

Optimize Fat Cell Function to Get Rid of Belly Fat Forever!

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Scott what is the best way to kick start fat loss for a guy like me who is highly stressed working long hours? Every time things get tough at work or home it seems my gut grows over night. My wife has the same problem except she packs on the fat in the lower body. I would give anything just to have a six pack and my wife refuses to wear a bathing suit even though she looks great except for a few trouble spots.

Fat Cells have two settings much like a Vacuum Cleaner. They can be stuck on suck up mode to grab everything available in the blood stream to build up fat storage levels for the dreaded swollen look just like the vacuum bag. Or the reverse setting to kick out as much stored garbage as possible to be metabolized as fuel. **You can do most things right with diet and exercise and still not experience much success if the fat cells are not operating correctly for a number of reasons.** Optimizing fat cell raw material levels as well as hormonal status through saturation of the vital ingredients within the **Alpha Omega** and you are on your way to rapid fat loss with the ability to keep it off Permanently.

Stress Activates Fat Storage Receptors

For you and anyone else who is stressed, program design is absolutely critical, not something you can figure out on your own. Stressed people are very sensitive to carb intake since stress hormones negatively impact insulin sensitivity and as a result the metabolic environment is primed to store carbs as fat instead of burning them as fuel. Training volume must also be kept in check due to the negative impact elevated stress hormones have on recovery. Even the slightest program refinements emphasizing intensity over volume are crucial to your success. **The hormonal environment typical of your situation must be addressed by shutting off the receptors driving fat storage which for men are plentiful in the abdominal region.** Women have a higher density of fat storage receptors in the buttocks and thighs while some will also store in the mid section as well. **A traditional approach of low caloric intake and a high volume of exercise will not solve the problem, in most cases it makes things much worse!**

Cleansing The Fat Cell

There are many misconceptions about body fat- it is made up of billions of fat cells, some we are born with and others created by bad food choices such as corn oil used in frying and trans fats within a countless number of packaged goods you have consumed over your life time. Trans fats were designed to extend shelf life and to lower the fat intake on food labels leading consumers to believe items are "diet friendly" choices. Nothing could be further from the truth as in actuality

these fake fats are very hard to get rid of. **Doughnuts you consumed years ago and last week have left a trail of trouble that you must clean up to restore proper fat cell function.** Otherwise progress will be painfully slow.

Why Binging On The Wrong Foods Causes Long Term Damage

Highly stressed people often binge and their sources are typically highly refined foods which have tons of fat storing attributes, but the trouble does not end there. The left over toxins, trans fats etc lodge in the fat cells forcing an unwanted expansion and inhibit the use of stored materials as fuel. **The best way to get these cells back into fat burning mode is to purge the garbage with a high dosage of Alpha Omega to not only change the raw material landscape, but to also optimize the hormonal environment- limiting the fat storing impact of stress.** Optimizing insulin sensitivity can stop hunger and cravings in their tracks quickly getting rid of the greatest barriers to success.



"There is no shortage of stressed patients in my practice and Alpha Omega is a required tool for all of them. In addition to the great fat burning impact related to the carefully designed ratios of essential fats I have also found that clients may experience improved mood, less anxiety, fewer cravings for bad food choices and generally deal better with stressful situations." **Eric Serrano MD Columbus Ohio**

<http://www.infinityfitness.com/products/alphao.html>

Prevent Future Body Fat Accumulation

Once you have a large warehouse of fat cells your capacity to store body fat is greatly increased forever. You can manipulate cell size by making them collectively shrink and that is how we lower body fat levels. **Furthermore fill fat cells with their desired essential fatty acid materials found in Alpha Omega's clinically developed proprietary ratios and this cements a huge barrier to future body fat accumulation even when diet is less than perfect for stretches of time.**

Staying Lean Forever the "Easy" Way

Imagine the satisfaction of earning your dream body and a long term strategy for how to keep it for good! **One of the greatest compliments we can get from a consult client is when they tell**

us they never thought staying lean and fit would be so "easy" A key to prolonged success is rotating the emphasis of both training and nutrition with a customized approach to keep metabolism, hormones and other key factors fresh. **So many fall into the trap of chasing fat loss forever without considering the laws of diminishing returns or the value new muscle will have in the war of winning their ultimate goal physique** Clients with adequate fat burning muscle can even spend a significant amount of time off a perfect diet without gaining body fat due to their superior metabolic and fat burning hormone levels. Optimizing the status of the fat cell is a key to long term success making every day of proper nutrition and exercise pay off to earn the fastest possible rate of progress.

Here is a great article regarding blasting trouble spot fat
www.infinityfitness.com/articles/troublespot.html

Ready to Optimize Fat Cells For Rapid Fat Burning?

<http://www.infinityfitness.com/products/alphao.html>

Men

First 2 weeks 9-12 **Alpha Omega** Daily split over meals

Following 2 weeks 6-9 **Alpha Omega** Daily split over meals

Following 4 weeks 3-6 **Alpha Omega** Daily split over meals

Women

First 2 weeks 6-9 **Alpha Omega** Daily split over meals

Following 2 weeks 6 **Alpha Omega** Daily split over meals

Following 4 weeks 3-6 **Alpha Omega** Daily split over meals

For more information about **Alpha Omega** www.infinityfitness.com/store/sst.html

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