

3 WEIGHT LOSS "BIOHACKS"

backed by science
to burn belly fat fast
without exercise



ZEN
STRENGTH 



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About Us

Jason Ryer
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Human Potential Coach*
Zen Strength

Certified Health and Wellness Professionals

We are certified health and **wellness professionals** with knowledge and access to the **best tools** for **hacking health** and **upgrading human performance**.

Jason Ryer has **helped over 500 people** control their weight – and beyond: to build strength, detox, and boost energy.

Prevent Disease and Optimize Health

We help people **prevent disease** and **optimize health**. *

* Unlike conventional doctors, we do not diagnose or treat disease.

We believe that **prevention is the best medicine!**

Empower Lifestyle Changes

We focus on lifestyle changes: addressing inflammation, gut health, sleep quality, hormones, diet, exercise habits, and relationships.

Better yet, we **empower our members** to **take control** of their own well-being by supporting them through every step of their journey towards optimal health – from setting **goals**, identifying **obstacles** and challenges along the way, to reaching those goals as soon as possible.

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3 WEIGHT LOSS BIOHACKS

Why can't you lose weight?

You've tried (many times!) before.

I get it. If you're like most of my clients, it seems you've tried just about everything to lose weight.

And you've likely found some **success** here and there. The **weight comes off**.

But then it comes back.

You need to find something consistent.

These biohacking tips won't guarantee weight loss.

But they certainly can help you in your journey.

You could use a "kick in the pants".

These biohacks could be the **motivation** you need to **get back on track**.

What's a "biohack"?

It's a way to **improve your biology** (losing weight) **faster** - while making it **easier** and more **effective**.



Why follow these biohacks?

When you follow the biohacking tips in this guide, you'll **lose weight** and **beyond**:

- ★ You'll have a boost of **energy** and **motivation**.
- ★ You'll **feel better**.
- ★ You'll **burn belly fat** fast
- without the need to **exercise**.

Why trust this guide?

Backed by science.

You'll get easy-to-understand explanations about how these biohacks really do work, along with references to scientific studies in journals.

This works for millions.

I've researched and tried many diets myself and I take the **best from what works** for millions of people - many much like you!

COFFEE

Coffee Helps with Fat Loss

Coffee contains caffeine which is a powerful stimulant. Many of us drink coffee simply because “it feels good”.



- ★ **Increases Metabolism**
- ★ **Increases Fat Burning**
- ★ **Decreases Appetite**

★ Added Bonus:
Coffee gives you **STRENGTH!**
[1] [2] [3] [4] [5] [6] [7]

If you're trying to **lose fat** then adding anything with calories can work against your goal (with some exceptions below in biohacking tips #2 and #3).

Upgrade Your Coffee

Get the [highest quality coffee](#) you can afford. The standard would be **single-origin, mold-free** coffee.

Common Problems with Coffee

- Drinking too much.
- Adding sugar.
- Adding artificial creamer.

Drink enough to get the **effect you want** - and no more - while keeping in mind that drinking **coffee too late** in the day can wreck your **sleep** (and, in turn, your efforts to **lose weight!**).

I also recommend not drinking coffee first-thing in the morning. Instead, **start with water** (with lemon and sea salt) and allow your body's natural stimulants (cortisol and adrenaline) to get you going for the first hour or so.

Alternatives to Coffee

Of course there are alternatives to coffee - like **tea** or simply **water**. Tea is generally less stimulating and drinking plain water can help you **feel full**.

The Science behind Coffee

- “For every doubling in caffeine intake, the mean reduction in weight, BMI, and fat mass increased 2 Beta-fold” [8]
- “Weight loss maintainers reported to consume significantly more cups of coffee and caffeinated beverages” [9]
- “For all subjects combined, increases in consumption of ground-caffeinated coffee and caffeine at baseline were followed by decreases in diabetes risk during follow-up...analysis revealed that the decrease in diabetes risk only applied to those who had lost weight” [10]

MCT

MCTs for Fat Loss

MCTs can be used as an effective tool to increase your body's ability to **burn fat** - and, at the same time, **boost energy**.

What are MCTs?

MCT stands for Medium Chain Triglyceride. It usually comes from **coconut oil** and is the **dietary fat** that helps your body burn more fat - by encouraging the body to produce **ketones**.

Ketones are an alternative fuel source for energy. They are what your body makes on its own when you run out of **glucose**. Glucose is your default source of energy that typically comes from eating **carbohydrates**.

When you take MCTs in a fasted state they can give you a boost of **energy** - and encourage your body to **burn fat**. ([Buy MCTs here](#))

Upgrade Your Dietary Fat

To upgrade your fat-burning you can **blend MCTs with coffee**. If you [add butter](#) to the mix, you'll have the popular **Bulletproof Coffee**.

Common Problems with Dietary Fats

- Coconut Oil
- Oils in Plastic
- "Bad" (Seed & Vegetable) Oils

Some people use coconut oil to save money. I sometimes use coconut oil too. I think it's great. BUT...

- ★ **Increases Fat Burning**
- ★ **Speeds Up Metabolism**
- ★ **Boosts Energy**

If your goal is to lose weight, you may find it challenging if you consume **coconut oil** because your body can store it as fat.

I prefer not to eat **plastic** so, when it comes to food containers (and especially oils), I use glass.

The "bad" oils are **seed and vegetable oils** that are refined (oxidized and rancid) and are otherwise pro-inflammatory and unhealthy. Best to avoid.

Alternatives to MCT

You already learned that, assuming you don't want to lose weight, **coconut oil** can be a good alternative to MCTs (and I think coconut oil is great for cooking).

If you really want to get the beneficial effects of ketones, you can take it to the next level with **ketone supplements** - both ketone salts and ketone esters.

The Science Behind MCT

- "Relative to long chain fatty acids, MCTs induced a greater degree of fat oxidation in this short (2 week) study" [11]
- "Although all tested groups had similar weight loss when given a highly hypocaloric diet (587.4kcal daily) ingestion of 10g MCTs was associated with less lean mass loss and more serum ketone bodies in obese persons" [12]

Prebiotic Fiber

Prebiotic Fiber Helps with Fat Loss

Digestion is key to losing fat. Prebiotic Fiber helps digestion and makes you feel full thereby decreasing hunger.



- ★ **Nourishes Good Gut Bacteria**
- ★ **Supports Healthy Digestion**
- ★ **Decreases Hunger**

In order for an ingredient to be considered prebiotic, science must prove the ingredient:

- Can resist gastric acidity
- Is fermented by intestinal microflora
- Can stimulate the development of “good” intestinal bacteria

Alternative Prebiotic Fibers

If you prefer you can get your prebiotic fiber from whole food sources like:

- ★ Asparagus
- ★ Leeks
- ★ Garlic
- ★ Jerusalem artichokes
- ★ Radishes

What is Prebiotic Fiber?

You’ve heard about the benefits of **probiotics**. They are the “good” bacteria in your gut.

Prebiotic fiber feeds those good gut bacteria - so that you have more of them, **better digestion** and an easier path to **healthy weight loss**.

Upgrade Your Prebiotics

I recommend [Bulletproof Innerfuel](#) prebiotic fiber with acacia, guar and larch arabinogalactan.

You can add prebiotic fiber to your morning coffee by blending it together (along with the MCTs).

Common Problems with Fibers and Prebiotics

- Not all fibers are prebiotics.
- Different prebiotics have different effects.

The Science Behind Prebiotic Fiber

- “This meta-analysis suggests that guar gum is not efficacious for reducing body weight.” [14] However...
- “Gum Arabic decreased BMI and VAI significantly” [13]
- “Significant increases in total fecal anaerobes were observed with 15 g ($p=0.01$) and 30 g AG ($p=0.001$). A significant increase ($p=0.02$) in *Lactobacillus* spp. was observed when subjects consumed AG for a total of six weeks regardless of dose.” [15]

3 BIOHACKING TIPS FOR WEIGHT LOSS

Summary

1

Biohack #1: Drink Coffee

If you're not already drinking black coffee, you can try it in the morning and see how it helps you with energy, food cravings, and your weight (and health) goals.

2

Biohack #2: Add MCT

After testing black coffee, blend in some MCTs and see how that further enhances the benefits.

3

Biohack #3: Add Prebiotic Fiber

Try taking prebiotic fiber during various times throughout the day - perhaps when you have food cravings.

You can try mixing it in with your coffee as well.



5-day Formula Drop 10+ LBS

With the 5-day Formula, you'll learn how to drop 10+ pounds - without counting calories or excessive exercise.

LEARN MORE

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3 WEIGHT LOSS BIOHACKS



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