

@mjkabir Notes



<https://shownotes.app/show/dkz7y>

## Belly Fat Reduction Research

Yep, it's bugging me in the mid-section. Time to lose the mid-section!

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## What's Belly Fat?

218 days 23 hrs ago

## Food to Eat

1. Fiber-rich fruits.
2. High protein foods.

218 days 22 hrs ago

## Food Not to Eat

1. No Alcohol
2. No added sugar

218 days 21 hrs ago

## Lifestyle Choices

1. Reduce stress - stress hormone called cortisol - that triggers eating bad food
2. Make sure sleep well
3. Talk to friends - be social

218 days 21 hrs ago

## Cycling Carb on a Weekly Basis

Need to study this!

218 days 21 hrs ago