



SUPPLEMENT BLUEPRINT

FOR FAST FAT LOSS

Supplementation to support fat loss is based on the desire to assist the body in the following physiological mechanisms:

- Help the body use your fat stores as fuel.**
- Elevate protein synthesis.**
- Detoxify and remove toxins.**
- Support optimal hormone levels for fat loss.**

There is widely kept secret within elite coaching circles that specific sites on the body can scientifically determine what hormones need to be optimized and which supplements should be used to target fat loss in those stubborn fatty areas.

For example, the thickness of one's belly button skin fold is a reflection of one's Cortisol output. It is a direct reflection of one's stress levels and their bodies ability to handle it. When cortisol is chronically elevated - which occurs during times of sustained physical and mental stress - is when stubborn fat storage starts to occur.

Some females have a tendency to store a majority of their fat in the hips and thighs while others may store fat in the arms and torso.

Once your problem area has been identified, the next step is supplementation along with a workout routine that both naturally boosts your fat loss hormones.

Taking a multivitamin pill usually doesn't cause any harm, but it's doubtful that any one multivitamin pill will have the precise quantities of nutrients needed to correct a specific problem area. Since these fat-storage problems involve hormone imbalances, we need to get more specific.



The Fat Loss Supplement Blueprint

PROBLEM ZONE	CAUSE	SUPPLEMENT
STOMACH FAT	HIGH CORTISOL	VITAMINS C & B DRINK LICORISCE ROOT TEA OR APPLY LICORICE ROOT CREAM DIRECTLY ON ABDOMEN DAILY
LOWER BACK FAT	RAISED INSULIN	FISH OIL AND GREENS POWDER LOWER CARB INTAKE DURING THE MORNING AND AFTERNOONS
THIGH FAT	HIGH ESTROGEN	IMMUNE BOOSTERS BODY DETOX INDOLE-3-CARBINOL AVOID OVER CONSUMPTION OF SOY PRODUCTS
ARM FAT	LOW TESTOSTERONE	ZMA (ZINC MAGNESIUM ASPERTATE) B-COMPLEX USE HEAVY KETTLEBELL
PUFFY KNEES & ANKLES	LOW GROWTH HORMONE	ALPHA BRAIN GLUTAMINE 2-3 DAILY DOSES R.A.M.P AND MET-CON WORKOUTS
FAT ROLLS OVER RIBS	UNDER-ACTIVE THYROID	KELP GREEN SUPER FOODS PERFORM RYANRAW KETTLEBELL CARDIO ROUTINES AND WORKOUT CONSISTENTLY



Purchase Ryan Raw Recommended Supplements for Targeting Fat

Target **Stomach Fat** with 'New Mood'

Purchase @ <http://ryanshanahan.com/eliminate-stomach-fat>

Target **Lower Back Fat/Love Handle Fat** with 'Earth Grown Nutrient Super Foods'

Purchase @ <http://ryanshanahan.com/green-superfoods>

Target **Thigh/Hip Fat** with Body Cleansers and immune system armour

Purchase @ <http://ryanshanahan.com/immune-system-armor>

Target **Arm Fat** with Natural Hormone Optimizers for males & females

Purchase @ <http://ryanshanahan.com/Burn-Arm-Fat-Supplement>

Target **Lower Chest/Rib Fat** with Thyroid stimulating nutrients.

Purchase @ <http://ryanshanahan.com/green-superfoods>

Target **Knee & Ankle** Fat by increasing Growth Hormone Release.

Research has proven supplementing with Glutamine and/or Alpha GPC significantly increases Natural Growth Hormone Release, a.k.a 'The Fountain of Youth Hormone'

Purchase @ <http://ryanshanahan.com/fountain-of-youth-supplement>

The majority of the supplements are available in a daily A.M and P.M vitamin pak

Purchase @ <http://ryanshanahan.com/Total-Body-Care>

*Take only the A.M paks for 15 days, then switch to only the P.M oaks for 15 days.

Conclusion:

In order to actually get rid of this stubborn body fat, you have to have a customized Supplement protocol , Increase blood flow to stubborn fat cells through a targeted exercise plan and the modulation of **insulin levels** via carbohydrate restriction and loading (As detailed in The Shred Diet).

