

How To "Turn On" Your Metabolism In 3-Seconds To **Burn Stubborn Fat** Like Crazy

- ✓ **Increases** fat-burning
- ✓ **Increases** weight loss
- ✓ **Decreases** hunger
- ✓ **Increases** longevity
- ✓ Helps with **blood sugar control**

PLUS: How A 99-Year-Old Grandma From A Small Village in Ecuador Discovered The **Unusual Secret** To A Younger Metabolism

Do you know why you should sip a cup of **licorice root tea** at 1 pm?

Or why some of the world's most famous celebrities sniff **rosemary** before bed?

Or why you should have two cups of **hot black tea** after a long walk?

If not, don't worry...

I didn't know any of these secrets either.

Until I spent the summer in Ecuador...

Visiting my wife's 99-year-old grandma...

Who doesn't look a day over 50.

In a small village called Giron.

I didn't know what their secret was...

But everyone was thin...

And **looked so much younger** than their age.

Little did I know...

That in just a matter of hours...

I'd stumble upon a **breakthrough** that could help end the obesity epidemic in America...

Thanks to a new discovery from a team of scientists at the Salk Institute in San Diego...

That can "turn up" your metabolism on command.

Just like turning up the heat in your home...

Or the volume on your TV.

Now you can do the same thing with your metabolism.

Thanks to a little-known enzyme buried deep in your cells...

That stops the production of "new fat"...





And forces your body to burn up the fat you already have.

Anyone can do this in less than 3 seconds a day...

Whether you're 50 years old...

Or 85...

Whether you're physically active...

Or sit on the couch all day.

Just like turning on a switch.

If Your Metabolism Has Always Been Slow...

So no matter what you eat...

...you can never lose weight.

And if you've tried everything...

Keto...

Paleo...

Low carb...

Low fat...

More vegetables...

You name it, **if nothing has worked...**

Then there's something going on behind the scenes...

That's forcing your body to desperately hang onto fat.

No matter what you try.

So please, stick with me for the next 2 minutes.

Because I'm going to share with you **the shocking truth...**

Of what's really going on inside your body after you turn 50.

Along with the sneaky way your body refuses to give up your stored fat...

And what you can do in **less than 3 seconds** to start burning it off.

Plus, I'm going to show you all the research...

All the scientific studies...

And the words straight from a doctor's mouth...

So you'll have everything you need...



To turn up your metabolism whenever you want.

CLICK HERE TO ACCESS

Health effects of metabolic 'magic bullet' protein

New model lets scientists activate health-promoting enzyme AMPK at any time and in any tissue

Date: January 15, 2019

Source: Salk Institute

Summary: Researchers have developed a new system that lets them study in more detail than ever exactly how, where and when the metabolic protein AMPK carries out its molecular and therapeutic functions.

By the way, my name is Matt Stirling.

I studied health and fitness at Fanshawe College in London, Ontario...

I owned my own performance fitness and training studio for over 8 years...

And for the past 16 years...

I've trained and consulted with **tens of thousands of women and men** all over the world...

Using my unique yet highly effective fat-burning secrets.

Now I live with my beautiful wife Nubbia and our three lovely children...

Trying to be the best dad I can be...

My clients call me **the "metabolism guy"** because that's what I'm obsessed with.

Figuring out why some people have sky high metabolisms that burn fat around the clock...

While others can gain a pound just looking at a slice of pizza.

And what I found...

After stumbling upon this new breakthrough scientific research...

Along with a trip to a tiny village in Ecuador...

...to visit my vibrant and energetic 99 year old grandma-in-law

Is **the key to turning on your metabolism** whenever you want...

In a matter of seconds...

And it works no matter what your diet is...

How little you exercise...

Or how old you are.

It's all based on human biology...



And the secret starts with a NEW protein enzyme that **targets abdominal fat (according to doctors)**

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Boost AMPK To Reduce Abdominal Fat

AMPK has been extensively studied for its health promoting properties. During their investigations, scientists discovered that boosting AMPK resulted in an unexpected benefit: the reduction of abdominal fat.

Scientifically reviewed by: Dr. Crystal M. Gossard, DCN, CNS, LDN, on March 2020.
Written By Sonia Whitman.

I refer to it as your **"metabolism switch"**...

But the scientific name for it is AMP-activated protein kinase...

Or **AMPk** for short.

It's the genetic master switch that controls our metabolism.

And when it's activated...

- ✓ It can speed up even the slowest metabolisms...
- ✓ Improve cardiovascular health...
- ✓ Help improve Type 2 diabetes...
- ✓ And even extend lifespan^[2].

According to Dr. Barry Sears, **activating AMPk is the secret to a longer and better life**^[23].



The **problem** is...

Like air conditioning in the middle of winter...

Most of us have it turned off.

So if you have 15 or more pounds to lose...

If you have more fat around your stomach than you want...

If you have cellulite..

Flabby arms...

A belly pooch...

Then it's a clear sign **your AMPk pathway isn't working right.**

The Good News Is...

All you have to do is **figure out how to flick this little switch...**

And everything else will fall into place.

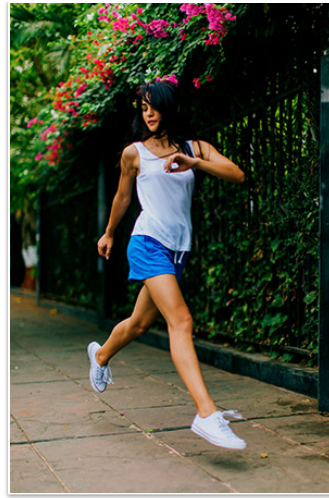
- ➔ You'll be at the exact weight you want to be at...
- ➔ You'll fit into the perfect size jeans...
- ➔ All your clothes will fit just the way you want them to...
- ➔ You'll have more than enough energy...

...to do everything you've always wanted to do.

- Your libido will be back...
- And you'll no longer think that everyone is staring at you the moment you walk into a room.

Even better...

- You never have to go on a restrictive calorie-counting diet ever again...
- You never have to do another second of cardio...
- And you don't have to force yourself to eat more vegetables.



Because none of those things activate AMPk.

Hopefully you can feel the weight being lifted off your shoulders...

Because you don't have to stress about those things anymore.

All you have to do is focus on this one thing...

Turning on the "metabolism switch" inside your body.

That's it.

Nothing else matters.

You can let yourself off the hook.

Because I'm going to show you exactly how to do this...

In as little as three seconds.



You can do it in the morning...

Or before you go to bed.

You can do it after a big carby breakfast of pancakes and waffles...

Or after your bedtime bowl of ice cream.

It works every time...

And like anything...

The more often you do it...

The better your results will be.

But First I Have To Tell You Something That Most Doctors Don't Want You To Hear

Because it flies in the face of everything you've ever known about losing fat.

AMPk is an enzyme found in our cells.

It's there...

Just waiting to be turned on.

And it plays a critical role in our energy metabolism...

Which is simply the rate at which your body burns fat and calories.

Specifically, AMPk helps convert sugar and fat into energy, while decreasing hunger.

So not only are you burning more fat...

But your hunger goes down as well.

That's key because if you've ever been on a calorie-restricted diet...

You probably felt hungry all the time.

Which is why crash diets are never sustainable.

The secret is...

You want to burn fat AND decrease your hunger at the same time.

That way you aren't replying on "willpower" to say no to your favorite foods.

You simply won't be hungry all the time...

And that's the power of AMPk.

However, there's one thing nearly everyone does...

That we've been told is "healthy" for years...

And yet, it KILLS AMPk on the spot.

When you stop doing this...

AMPk will soar like an airplane taking off from the runway.

Flooding your body and burning up the fat in its way.



Your Body Can't Produce AMPk in the Presence Of Fructans

Fructans are polymers of fructose (*aka sugar*)...

Now, this isn't just any type of regular sugar...

Fructans are found in many "healthy" fruits, vegetables, and legumes.

Simply put...

Fructans are a type of carbohydrate...

Made by a chain of fructose molecules strung together.

Here's why they can be a problem...

The body is not perfect at breaking down all parts of food.

And not all humans have enough of the essential enzyme necessary to break apart the fructose polymers.

So when you eat foods high in fructans...

Your body **struggles** to break them down.

Now, here's the kicker...

When you eat fructans...

You get a big blood sugar spike.

Even if those fructans are found in "healthy" foods like veggies or beans.

As your blood sugar rises...

Your body has to put this sugar somewhere.

And since it's hard for most people to break down fructans...

The fructose just gets shuttled into your fat cells.

Which leads to:

1. Increased weight gain
2. Stomach bloating
3. And puffiness

These hidden sugars not only cause your blood sugar to spike...

It also forces your body to release **insulin**...

Which is your #1 fat-storing hormone.

It's almost impossible to burn fat in the presence of insulin...

Because **insulin BLOCKS AMPk**.

So if you're eating 5-6 small meals a day...

You're blocking AMPk from being released...

That's the real reason why you aren't burning any fat

Even if you're snacking on carrot sticks...



Having a giant salad full of veggies for lunch..

Or a plant-based black bean burger for dinner...

They all BLOCK AMPk from being released, so you're not burning any fat.

As I mentioned before...

Fructans are made up of fructose polymers.

Fructose is a special type of sugar that has to be processed and stored in the liver.

Which means it can **kick you out of fat-burning** in seconds.

While you can store hundreds of grams of sugar in your muscles...

You can only store **30-50 grams** in your liver.

If you eat more than that...

And just to be clear, the average American eats **over 300 grams** per day...

Because there's no more room in your liver...

The rest just "spills over" and ends up in your fat cells.

Think of it like this...

If you fill your car up with gas...

And you just let it run...

The gas will eventually overflow and spill all over the ground.

It's the same thing with extra fructose in your body...

Except it spills into your fat cells.

Making your stomach, waist and thighs bigger and full of cellulite.

And once the extra fructose is in your fat cells...

It's extremely difficult to get it out.

Which is why it's so hard to lose fat as you get older.

And when you consume too much fructose...

You put your liver in an overwhelmed state...

You spike your cholesterol...

And your triglycerides...

Which means you're going to make a tremendous amount of visceral fat.

Visceral fat is the most dangerous type of fat...

Because you can't see it.

It's the fat that builds up around your heart and clogs your arteries.

What Most People Don't Know Is... Fructans Are Hiding In Some Of Today's "Healthiest" Plant-Based Foods & Vegetables

Have you ever gone on a diet...

Maybe you started eating a salad for lunch every day...

You cut out the fast food...

And yet, you still didn't lose that much weight?

Or maybe you didn't lose any at all?

Well, it turns out that **a handful of "healthy" vegetables are extremely high in fructans.**

Now, before I tell you what they are...

I want to be perfectly clear.

I'm not telling you to avoid all vegetables.

If you're eating these veggies and getting great results...

...then stick with it!

It's clearly working for you.

However, if weight loss is always an uphill battle for you...

It might be from these high sugar veggies...

That are stopping your body from burning fat.

When it comes to fructans...

The top sources are **onions, cabbage, broccoli** and **asparagus.**



And another plant-based food that tops this list are legumes and beans.

That Means You Could Be Eating Plenty of Veggies That Are Stopping You From Burning Fat

Again, if you're eating fast food around the clock...

Then switching to these veggies would be a great first step.

But once you're eating a relatively balanced diet...

And the fat still isn't coming off...

Fructans and these high-sugar veggies may be to blame.

Because in the presence of fructans...

AMPk can't be activated.

Which leaves your metabolism slow like a snail all day long.

You see...

What's healthy for one person isn't always healthy for someone else.

So while you're loading up on the beets, broccoli, bananas and peas...

It could be what's stopping you from losing inches as quickly as you'd like.

Even worse...

As We Age Your Body Naturally Produces Less AMPk

Which is why your metabolism slows down with every year that passes...

Leading to more fat build-up...

And loss of lean muscle tissue.

Have you realized how most people **gain weight**
and **get weaker** into their 50's and beyond?



Well, now you know why.

If you're consistently gaining weight...

Even if it's just a pound or two every month...

Your body probably isn't producing any AMPk.

It's like trying to drive a car without any gas in the tank.

It just sits there...

Stalled.

Now, let's take this one step further so you really understand this...

Because when you do...

Then we can talk about how to fix it.

As The Size Of Your Fat Cells Increase...

Your body releases a substance called resistin.

Which is the perfect name...

Because it basically "resists" your body from losing weight.

Resistin blocks AMPk activity ^[1].

It's also associated with poor blood sugar control and increased blood lipids ^[1].

So you eat foods that are high in fructans...

Your body releases insulin and resistin...

Both insulin and resistin block AMPk from being released...

And your metabolism stays slow...

The fructose gets shuttled to your liver

And when there's too much where the liver can't store all of it...

It "spills over" into your fat cells.

Leading to a bigger stomach...

Larger thighs...

And a bigger waist.

Does All Of That Make Sense?

And when your fat cells become too large...

It can lead to **heart attacks, stroke, cardiovascular disease, high cholesterol, high blood pressure** and **weight gain**.

But what scientists and doctors are finally starting to realize...

Is if you want to get the fat out of your cells...

And burn it off...

It's really as simple as flipping your AMPk switch...

And keeping it on as often as possible...

For as long as possible.

Because AMPk determines your body fat composition.

Now, you're probably wondering...

How Do I Turn On My "Metabolism Switch"?

Well, if you look at the traditional research, you're going to be disappointed.

Because it's the same boring advice you've heard over and over again.

For example, one way you can do it is through intense exercise.

In studies, rigorous exercise has been shown to activate AMPk.

But here's the problem...

First, it only stays activated for a short amount of time.

So unless you're doing intense exercise around the clock...

...which I wouldn't recommend...

Then it might not make a big difference.

Plus, what I've found working with hundreds of women and men 50 and above...

Is that intense exercise usually does more harm than good.

It's easier to get injured...

Or pull a muscle...

And it's hard to stick with long term.

Honestly, it's just not worth the risk.

You Could Also Try Restricting Calories

In theory, when you eat less...

Your body is supposed to produce more AMPk.

But here's the problem...

You can't restrict calories for the rest of your life.

I mean, you've probably tried that dozens of times already...

And how has that worked out for you?



So while it's technically supposed to help...

We all know that your body can't survive on only a couple hundred calories a day.

Because when you're starving every day...

And try to rely on your willpower to avoid the foods you love...

It's only a matter of time before you crack...

And cave into the foods your body really wants.

Luckily A Trip To A Tiny Village in Ecuador Helped Me **Discover A Secret Way To "Turn On" Your Metabolism Whenever You Want**

After getting married, my wife and I went to visit her grandmother...

...who lived in the tiny village of Giron in Ecuador.

In Giron, there are no paved roads...

No skyscrapers...

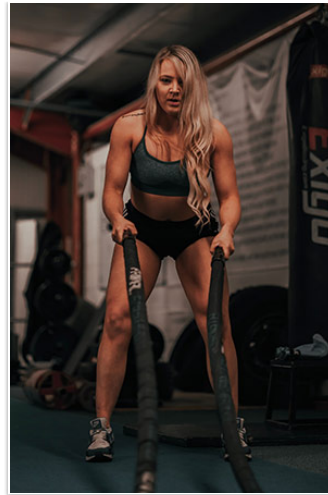
There isn't even a grocery store.

They live off the land...

And make everything by hand.

When we got there, I noticed something strange.

Everyone was not only thin...



They all looked incredibly young.

In a village full of people in their 70's, 80's and 90's...

Most of them didn't look a day over 40.

I couldn't believe it.

And one morning, I followed Nubbia's grandma on her morning routine.

At 99, she'd walk to a small patch of land about 7 miles outside her village...



No cane...

No wheelchair...

And with her straw basket in hand...

She'd pick these tiny plants one by one.

I had no idea what they were.

But when she had a full basket...

We walked back to the village..

Where she'd spend hours separating the plants.

Then she'd grind them down by hand...

Take a small pinch and put it in a cup...

And pour hot water over them.

Like an honest to goodness homemade tea.

"*Why are you drinking that?*", I asked.

She replied...

"This Tea Keeps Me Young"

And who could argue with her.

She's been drinking it every morning for over 50 years.

And at 99, she's as sharp as a tack...

She lives 100% independently on her own...

No one is caring for her...

And she looks like someone half her age.

My curiosity was running wild...

So when I got back home...

I started researching the ingredients in my grandma-in-law's secret tea...

And I quickly realized why everyone in the village...

Was so thin...

And looked so young.

A NEW Weapon To Fight Excessive Weight

The first plant extract my grandma-in-law used is called **Berberine**.

Berberine is a bioactive compound that can be extracted from several different plants ^[7].

It's been tested in hundreds of different studies...

And it has a long history of being used in traditional Chinese medicine...

But the benefits go much deeper than that.

One of the main actions of berberine is to activate AMPK ^[8].

In a study published in the journal *Diabetes*, it states...



"Berberine reduced body weight and caused a significant improvement in glucose tolerance without altering food intake."



That means not only did it help with weight loss by triggering AMPK...

It also helped manage blood sugar...

...without the test subjects changing their diet.

That's key because if something works without you having to completely overhaul your diet...

You're much more likely to stick with it.

Berberine also helps ^[9,10]:

1. **Slow** the breakdown of carbohydrates in the gut
2. **Decrease** sugar production in the liver
3. **Lower** total cholesterol

In a study of 37 women and men...

The participants took 300 mg. of berberine 3 times a day...

As a result, they dropped their body mass index (BMI) levels from 31.5 to 27.4.

They also lost belly fat...

Their waists got smaller...

Their total cholesterol went down...

And their blood pressure decreased ^[11].

They also saw an improvement in fat-regulating hormones.

Berberine can also reduce blood lipids...

This means it can help **protect against heart disease**.

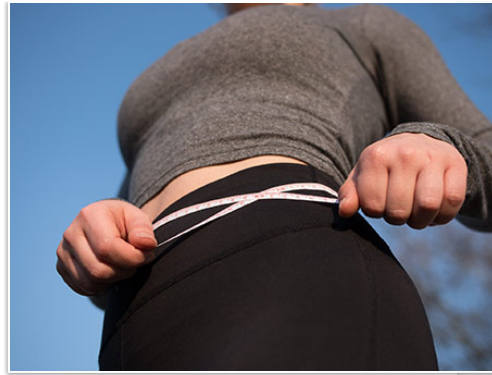
A meta-analysis of berberine supplementation in diabetics found that...

On average it lowered triglycerides by **42 mg/dl**...

And both total cholesterol and LDL cholesterol went down, on average by 22 mg/dl ^[12].

That's a **HUGE** decrease...

Without completely overhauling your diet.



The Next Ingredient Was **Cinnamon Bark**

Original Article

Singapore Med J 2006; 47(

Cinnamon bark extract improves glucose metabolism and lipid profile

When I came across this one...

I just assumed it was regular cinnamon.

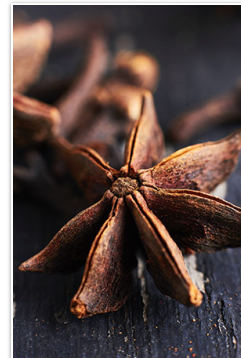
Boy was I wrong.

Cinnamon bark is actually known as "true cinnamon"...

Because it's less common...

And it's considered to be of superior quality than regular cinnamon.

According to a study published in the *Journal of Agricultural and Food Chemistry*...



Cinnamon bark regulates the enzyme AMPk... to prevent cells from being filled with fat.

The result was a decrease in weight gain to those fed a high-fat diet.

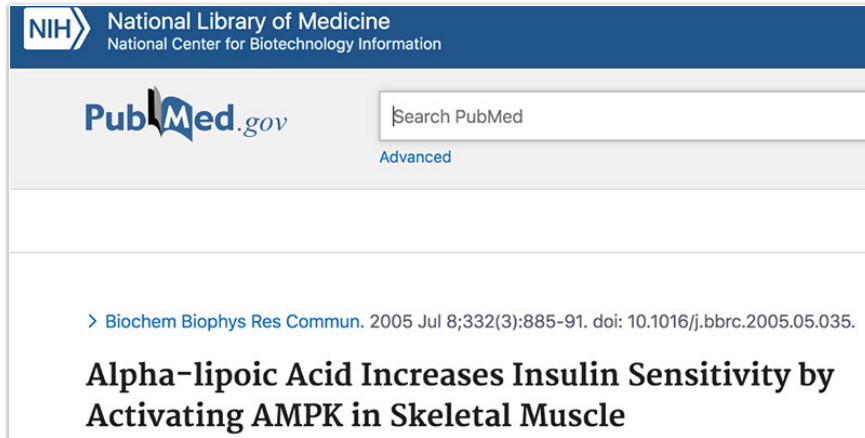
And in the *Archives of Biochemistry and Biophysics*...

Scientists report that this type of cinnamon improves insulin sensitivity...

And reduces the accumulation of white fat ^[13].

This is the type of fat that "pads" your body.

Rounding Out The List Were 4 Powerful Plant Extracts That Activate AMPk



The first one is Alpha lipoic acid, which increases insulin sensitivity by activating AMPk in skeletal muscle ^[14].

It's also been shown to reduce body weight and increased fatty acid oxidation (aka fat-burning) ^[14].

Next was chromium...

An essential mineral that can increase the amount of AMPk in skeletal muscles...

Which positively impacts glucose metabolism in skeletal and heart muscles ^[15].

It also helps lower blood sugar levels ^[16].

But what I found most interesting is this:

Most people who have tried to lose weight and keep it off...

...fail because of hunger and strong food cravings.

Well, in an 8-week study...

Taking 1,000 mg of chromium daily...

Reduced food intake, hunger and cravings in healthy overweight women ^[17].

Which is extremely powerful, just think about it...

How many diets have you quit because you were hungry all the time...

Or the cravings just got too intense for you to ignore?

And imagine what you could do if that were no longer a problem for you?

Next on the list was Bentotiamine.

Bentotiamine is a B vitamin that can help reduce pain, inflammation levels and prevent cellular damage ^[18].

Do you know one of the main triggers...

That's stops your body from burning fat?

Inflammation.

Most of us are walking around with extremely HIGH levels of inflammation...





In our bodies...

Around our belly...

And around our organs.

Yet when you get rid of that inflammation...

The extra weight starts coming off FAST.

And last on the list was naringin.

Naringin is a flavonoid that has strong anti-inflammatory and antioxidant effects ^[19].

It can also be beneficial for the treatment of obesity, diabetes, hypertension and metabolic syndrome ^[19].

That's because it helps activate AMPk ^[20].

And remember, when AMPk in your body is high...

The body burns more fat at rest.

In other words, your fat-burning metabolism increases...

Even if you aren't dieting or exercising.

Whether you're 50 years old...

Or 80 years young.

And it remains sky high...

As long as you keep the AMPk pathway open.

When you close the AMPk pathway...

By snacking all the time...

Eating oatmeal for breakfast...

Munching on high-sugar veggies...

Or eating bananas, apples, or oranges...

Your body **stops burning fat...**

And starts shuttling sugar into your fat cells.

After researching all these different plant extracts...

I was on cloud nine.

I thought I finally had the recipe to end obesity as we know it.
However...



I Had To See If It Actually Worked

Based on all the research...

If you could activate AMPk...

It would essentially "turn on" your metabolism whenever you want.

Which means your body will burn more calories and fat at rest.

And while most "experts" try to do this through intense exercise or strict diets...

Those aren't long term solutions because they're impossible to stick with.

But after my trip to Ecuador...

Seeing the thin youthfulness in my 99 year old grandmother-in-law...

I truly believed we could turn on your metabolism with a flick of a switch...

No matter your age

By using the same formula she had been using for decades.

I wanted to make it so easy and so convenient...

You could do it in less than **3-seconds**

So after spending weeks...

Talking with suppliers and manufacturers...



I was able to source all the plant extract ingredients in bulk...

It wasn't cheap...

Or easy...

Because I was SUPER picky.

After all, the ingredients had to be:

1. 100% plant based
2. Without any fillers, additives, or chemicals
3. Non-GMO

It took months to get the formula just right...

And by the end of the year...

I had just enough in my life savings...

To get our first test batch...

In capsule form.

That way you could just pop it in your mouth...

Like your morning vitamin...

And move on with your day.

A little over a month later...

A package arrived at my door...

I ripped open the box as fast as I could.

Took one with a big glass of water. And..

Within 24 hours I felt a change

I wanted to put these plant extracts to the test...

So while I was taking them on a daily basis...

I was also eating a lot of high-carb meals.

You see...

Along with activating AMPk...

These extracts were also supposed to help stop carbs from being stored as fat.

That's the 1-2 punch that makes it so powerful.

Because if you can activate your fat-burning metabolism...

Without having to give up your favorite carbs...

While still losing weight...

Then there's literally nothing that could stop you.

So for the next few days...

I went HARD on the carbs.

Spaghetti, lasagna, breads, brownies, ice cream, you name it...

Anything I could think of.

And I didn't gain a single ounce.

In fact, after the first 24 hours I lost a pound and a half.

And over the next 10 days...

My stomach started flattening out...

My face looked thinner...

My jeans were looser...

And I looked younger.

Within 10 days...

I was down **12 pounds** and **two jean sizes**.

I felt incredible. However...



The Biggest Change Came With My Wife Nubbia... After Having Twins

Honestly, my results were just icing on the cake.

The true test was with my wife Nubbia...

Who after having three kids...

And twins just a few months ago...

She was determined to get her body back...

But with the twins at home...

She didn't have time to go to the gym for an hour or two every day...

And after an 8-month pregnancy...

She didn't want to go on some unhealthy crash diet.

After the first 3 days...

Nubbia lost 4 pounds...

But she didn't think anything of it.

Until later that night when something amazing happened.

She was emotionally drained after a long day of taking care of the twins.

And after putting them to bed...

She went straight for the emergency ice cream in the freezer.

And she ate it all.

Every last chocolatey spoonful.

But when she woke up the next morning...

Something crazy happened.

She was down another **2 pounds!**

Remember, when AMPk is activated in your body...

It increases your fat-burning metabolism.

And the "true cinnamon" in my grandma-in-laws secret recipe...

Helps block carbs from being stored as fat.

We both looked at each other stunned.

Over the next few days...

Her cravings disappeared...

She wasn't hungry all the time anymore...

And every morning her weight dropped.

1lb, 3lbs, 1.5lbs, 2lbs.

After just 10 days...



I woke up to the loudest scream in the world.



I thought something happened to the twins...

But it wasn't a scream of terror...

It was an excited scream of joy.

There was Nubbia...

Standing on the scale...

Down 14 pounds.

Within weeks all of her pregnancy fat had disappeared.

And within just two months...

She got all the way back down to her high school weight...

Which seemed impossible just a few months earlier.

It turns out...

We Finally Discovered The Secret...

To Turning On Your Fat-Burning Metabolism Whenever You Want

Remember...

When you activate AMPk in your body...

Your cravings and hunger go way down.

And your metabolism shoots up.

Have you ever been around someone who always said no to treats?

Maybe it was a co-worker...

Or one of your annoying "skinny friends".

You just assume they have a lot of willpower...

Or self-discipline...

Or maybe you think they don't love food as much as you do.

None of that's true.

They simply don't have the same cravings, urges, and intense hunger as you...

Because when AMPk is turned on...

Those cravings just don't exist.

You feel satisfied instead of hungry...

You feel content instead of cravings...

And since AMPk is sitting in your cells right now...

BEGGING to be used...



All you have to do is turn it on

And let it do the hard work for you.

That's what Nubbia and I did...

And we started dropping fat like crazy.

So we started giving it to all our friends and family...



None of them were very health conscious...