



MODULE 4: INSULIN: THE FAT STORAGE HORMONE

Welcome to Module 4!

MODULE 4 OVERVIEW: I have been *hanging out* to get stuck into this module, as I think that understanding how your hormones function and how to manipulate them through food, training and lifestyle is absolutely essential to long-term success.

If you've ever been in or even close to a shape you absolutely love and then had it all slip away without truly being able to put your finger on why, or if you constantly struggle to look and feel your best despite doing 'everything right' then you are going to LOVE this module.

Over the next 3 weeks I'll teach you the good, bad and the ugly of this prominent hormone we call insulin, as well as just how you can manipulate it to work *for* rather than against you.

MODULE 4 GOALS AND OUTCOMES: Understand the way in which insulin affects your ability to store or burn body fat, regardless of how you eat or exercise. Learn to manage your blood sugars and insulin output through smart food and lifestyle choices, and notice how much easier it is to get into great shape and stay there!

SUGGESTED EXERCISE: Focus on eliminating or reducing foods that work against you, and increasing foods that make you more sensitive to insulin (meaning, you burn more fat!). We discuss both these topics in Week 2 of this module, and they will be summarized in your Module Summary for you so you don't forget!

MODULE 4 SUPPLEMENTS: Fish oil, magnesium and Yang r-ala, which contains carnitine, are 3 great supplements for making you more effective at stabilizing your blood sugars and burning fat. Email me if you'd like personalized advice on how best to implement these supplements into your life!



So – time to get stuck into it. This Module is fantastic for helping to undo the effects of past poor eating patterns as well as for getting you unstuck with food habits that may currently be stopping you from reaching your goals.

Remember -

Life is Now. Press Play.

Kat

PS: Don't forget to add your thoughts on the [forum!](#) Go to 'Transformation Tools' and click on the **Module 4 thread. You can answer the discussion question I've left there for you, or just share any thoughts you have!**