

Active Recovery Routine

You're going to do as much of this as you can **every** morning for the next 6 weeks. This will boost recovery, reduce inflammation, melt fat, increase energy and supercharge your results.

This is my most potent 1-2-3 fat-loss technique, and I call it “*Strike, Stroll, Shiver.*”

1. Strike (as in hunger strike): This first step is optional, but it will give you an added fat-burning bonus. Prior to “*Stroll,*” (step 2), consume a cup of organic coffee or green tea to help mobilise fatty acids and slightly boost your metabolic rate. It has to be plain-Jane coffee or tea—no sugar, no cream, no MCT oil, no butter—but you can add a blood sugar stabiliser such as Panax notoginseng, astragalus membranaceus, wild bitter melon extract, or a shot of apple cider vinegar to enhance this fat-burning effect even more. Just remember: no calories. If you are concerned about losing muscle, you can also consume 10 to 20 g of EAAs as well.

2. Stroll: While in this fasted state (which will allow your body to tap into its own fat for fuel), do a ten to forty-minute light aerobic session. Choose a simple exercise like a walk in the sunshine (bonus: morning vitamin D and circadian rhythm alignment!), an easy yoga session, bike ride, a leisurely swim, or even a sweat in a dry or infrared sauna. Choose anything that's light, easy, aerobic, conversational, and low-stress. While you are doing this also complete the following:

10 x Box Breathing: inhale 5 sec – hold 5 sec – exhale 5 sec – hold 5 sec

Gratitude: Spend at least 5 mins really focussing on what you are grateful for, it doesn't need to be something huge, it could just be the fact your heart is beating, or that you can feel the wind on your skin. Make sure you really feel it, putting a smile on your face while doing this also helps.

3. Shiver: Complete your “stroll” and dive straight into two to five minutes of exposure to anything cold, including a hot-cold contrast shower, a dip into a cold river or lake, or a cold bath. This step will not only help strip inflammatory white adipose tissue off your belly but also increase your metabolically active brown adipose tissue, which will further enhance your capacity to burn fat.

I want you to try to do this every morning for the next 6 weeks to really supercharge your weight loss.

Follow this up with: **10 mins Meditation**

Then Throughout The Day:

Hydration

Drink at least 2 - 3 litres of water (preferably glass bottled) a day, add a pinch of Himalayan salt or even better electrolytes, (herbal tea also serves here)

Light

Get at least 2 hours outdoor exposure a day (if possible)

Grounding

Spend at least 10 mins barefoot outside if possible

Misc

Spend at least 30 mins in the company of good friends

Laugh lots