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Does the 21 day flat belly fix work

Most of us are not happy with the way our bodies look. Some of us could've done with a better hairline, broader shoulders, fuller lips or something else. However, one problem that seems to unite more people than anything else is the big belly. Call it a beer belly or a big tummy, no amount of cuteness can hide how miserable an extended gut can feel. Once you cross the threshold at 40, things get even worse. At this age your body is barely cooperative and losing stubborn fat can be a task all in itself. There is no shortage of products in the market that promise to help you get rid of this excess belly fat. Right from nutritional supplements, fat blasting pills, exercise equipment and meal replacement shakes; there is no dearth of programs aiming at losing belly fat. But do they work? For a big part of the population, losing belly fat after their late thirties is an uphill task. No doubt, losing belly fat at any age can be a challenge. But once you cross the threshold of your mid-thirties, fat cells tend to accumulate in the hip, gut and thigh region and this accumulated fat tends to be difficult to get rid of without strenuous exercise regimes and total lifestyle overhauls. Traditional weight loss advice does have some merit to it, but with all kinds of advice being thrown at us from a variety of sources, picking one that works can be tedious. Exercising regularly has a host of benefits to offer but it may not be enough to get rid of stubborn belly fat in people over the age of forty. However, I recently had a very interesting experience with the Flat Belly Fix that has helped me with my own belly fat loss journey. As a forty-two year old working mother of two, I found myself gaining weight with the combined pressures of a demanding career, maintaining a household and dealing with everyday stress. I have given many programs and regimens a go with the sole aim of losing weight without much success. However, when I gave Flat Belly Fix a shot, things were different. In this article I will be sharing my experience and review of the program. **The Flat Belly Fix Review: The Program's Principles** Unlike traditional diet or weight loss programs that aim at monitoring every aspect of your diet and exercise regime, Flat Belly Fix aims at sharing knowledge and information to help you innately understand weight loss principles. This program isn't about what to eat or what not to eat. It isn't about what exercises you should do or how much you should sweat either. This was very important for me as a person who likes having creative freedom in all aspects of my life. Many weight loss programs offer you enough information to lose some weight. However, you're never so informed that you can make lasting changes and continue maintaining weight loss results. In the case of Flat Belly Fix, things are very different. There are two main principles to the program: **Hunger and Appetite & the Energy Shift System.** In **Hunger and Appetite**, the principle focuses on understanding the nervous and endocrine system and their role in lasting weight loss. The **Energy Shift System** aims at teaching your body to shift from burning sugar to burning accumulated fat as its energy fuel. Together, these principles focus on teaching you how to sustainably maintain the 80% diet and 20% exercise lifestyle for a fitter body and life. It is a known fact that sustainable weight loss requires this balance. Flat Belly Fix essentially helps you learn what this balance looks like for you. **Flat Belly Fix Special Discounts** What is included in the Flat Belly Fix Program? Unlike many traditional weight loss programs, Flat Belly Fix has a three-pronged approach that I particularly liked. Apart from providing you with nutritional information as well as exercise instructions, the program also comes equipped with a smoothie recipe guide. To understand how this product helps you, let's break down the various parts of the program and understand the benefits. **The 21 Day System:** This is an interesting read available in a downloadable PDF e-book format and helps you understand everything related to health, nutrition, fitness and eating patterns. By covering topics such as human anatomy, the right eating schedule to maintain weight loss, triglycerides, serving sizes and proportions, insulin etc., you'll have all the information you need to go ahead with weight loss and maintenance. For me, the most important bit of information was learning that eating at the right time could help me with my weight loss goals. All through my twenties and even in my thirties, I used to be a regular midnight eater. Munching on snacks (although they were healthy ones) at odd hours of the day was probably hampering my weight loss efforts in more ways than one. If not for the Flat Belly Fix program, I wouldn't have ever known! **The 7-Minute Flat Belly Protocol:** 7 minutes is barely anything if you really sit and think about it. In our 24 hour long day, this short amount of time might seem insignificant. However, the exercises found in this part of the program will really make you reconsider the importance of seven minutes. The exercises include system tension movements, fibre activation and isometric hold among others. There are seven exercise protocols included in this, one for each day of the week. While you may wonder if short seven minute workout are enough to do much, let me assure you that you'll feel the burn! The exercise videos are designed in such a way that they target the stomach area. The exercises and movements that make a part of this protocol are based on movements that police officers, soldiers, military members and SWAT teams use of a daily basis for resistance and strength training. While this can sound very intimidating at first, I assure you it is not. As someone who hasn't really exercised in many years, I like that the Protocol came with photos as well as detailed instructions. I didn't have to wonder about anything. Everything from properly executing my movements to the duration of the movements, numbers of reps as well as rest period specifications were included. It was fairly easy to follow along. **Smoothie Recipe Guide:** Most diets don't account for taste and the satiety that comes with eating tasty foods. However, I personally found that the Flat Belly Fix Smoothie Recipe Guide ensures that this doesn't happen. Rather than telling you to focus on cutting out loads of foods, this guide gives you a comprehensive list of yummy recipes to consume instead. I'm a self-professed foodie and I genuinely enjoy eating fresh produce and local fruits. With smoothies made of ingredients like wild berries, coconut, almond milk, nuts, avocado and vanilla apart from other fruits, I thoroughly enjoyed eating during this program. The recipes for the smoothies do include some ingredients like coconut milk yogurt and kefir which were a little difficult to find, but not impossible either. With some prior planning, even this aspect of the program was easy. **What's Different about Flat Belly Fix?** The foundation of Flat Belly Fix's unique approach to weight loss stems from an ancient system of eating. By choosing ancient ingredients and foods in their most natural state, it is possible to maintain optimum levels of strength and well-being. Simple ingredients that can be found in your grocery store are good enough. The only challenge (if it can even be called that) is finding a way to incorporate these foods into your diet. Moreover, since the accompanying literature tells you the exact benefits of these ingredients and how they will help you, making some changes won't be difficult. The promotional video that's on the Flat Belly Fix website claims that customers are sure to enjoy rapid weight loss without any side effects as a part of this program. They also claim that this program can help in reducing or reversing Type II Diabetes by enabling your body to burn fat for fuel instead of sugar. Other claims include reduced risk of developing heart ailments, boosting thyroid function, improving mental clarity and mood, better concentration, smoother skin and and overall feeling of youthfulness. **About Todd Lamb** The author and creator of Flat Belly Fix, Todd Lamb, is a former SWAT member. He is also a veteran police officer with over 17 years of experience apart from being a certified Canine handler and having military experience. Unlike some health gurus who are popular because of their talk shows or videos, Todd Lamb is a person with intensive training to maintain optimum levels of fitness. He has also authored many fitness books. Backed by real-life experience and hands-on training, his inputs and the information he shares have helped many. Todd began creating this program after his wife, a police officer, was involved in a car accident and in the recovery period she began gaining weight. With an aim to help her lose weight, he stumbled upon a very effective system that could help many others lose weight and keep it off. **Flat Belly Fix Special Discounts** The Benefits I Experienced With Flat Belly Fix **Understanding Fundamental Principles:** After the age of forty, it becomes incredibly difficult to yo-yo diet and expect the weight to stay off. What I experienced with this program was that I was taught about the right philosophy that will help me achieve and sustain weight loss. With the 21 Day System, it was easy to understand the underlying principles behind what exercises and food habits I needed to inculcate. This explanation and information makes it easier to actually make the changes you need to make to see a visible and lasting shift. **Weight Loss and Fat Loss:** The most important goal I had moving into this program was to lose my stubborn belly fat. Through the 7-Minute Protocols that are a part of the program I felt the burn in my gut region which is a sure-fire sign of muscles in the region being worked. Over the few weeks that followed, my stubborn belly fat melted away, an inch at a time and I lost almost eight pounds of weight. Not just my stomach, but my entire body felt more toned and sculpted. Supplemented by a steady diet of nutritious foods, my belly was never bloated or constipated either. **Improved Mental Clarity:** As a result of exercising regularly and supplying my body with the right kind of foods, in the right amounts, at the right time I enjoyed better mental awareness throughout the day. I felt more agile and my reaction times also improved. I accredit this to the 7 minute protocols, more than anything else. **Improved Sleep Quality:** After getting a good workout on a regular basis and feeding my body with ancient foods and superfoods, I noticed that my sleep cycle was also better regulated. Instead of me tossing and turning in bed waiting to fall asleep, I now fall asleep faster and wake up feeling much more refreshed in the mornings. **The Verdict: My Final Thoughts** The Flat Belly Fix regime is one that focuses on arming you with all the information and resources you need to get to a happy place with your weight. The plan is perfect for those over the age of forty looking for a solution to the problem of relentless belly fat. With tasty smoothies and other fresh, tasty foods, following the diet part of the program is not very difficult. Even with a hectic schedule, this program works! The short workouts pack a punch and deliver what they promise. The only catch here is that you must be consistent with your workouts and eating habits if you want to experience lasting and noticeable results. However, this is true for any program. In conclusion, if you're looking at blasting away stubborn belly fat, this Flat Belly Fix program might be the key to getting you there! Backed by a 60 day money back guarantee, there is no reason not to give this program a shot. **Additional Resources** 1. **Weight Loss Supplements: Our Picks** does the 21 day flat belly fix really work

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