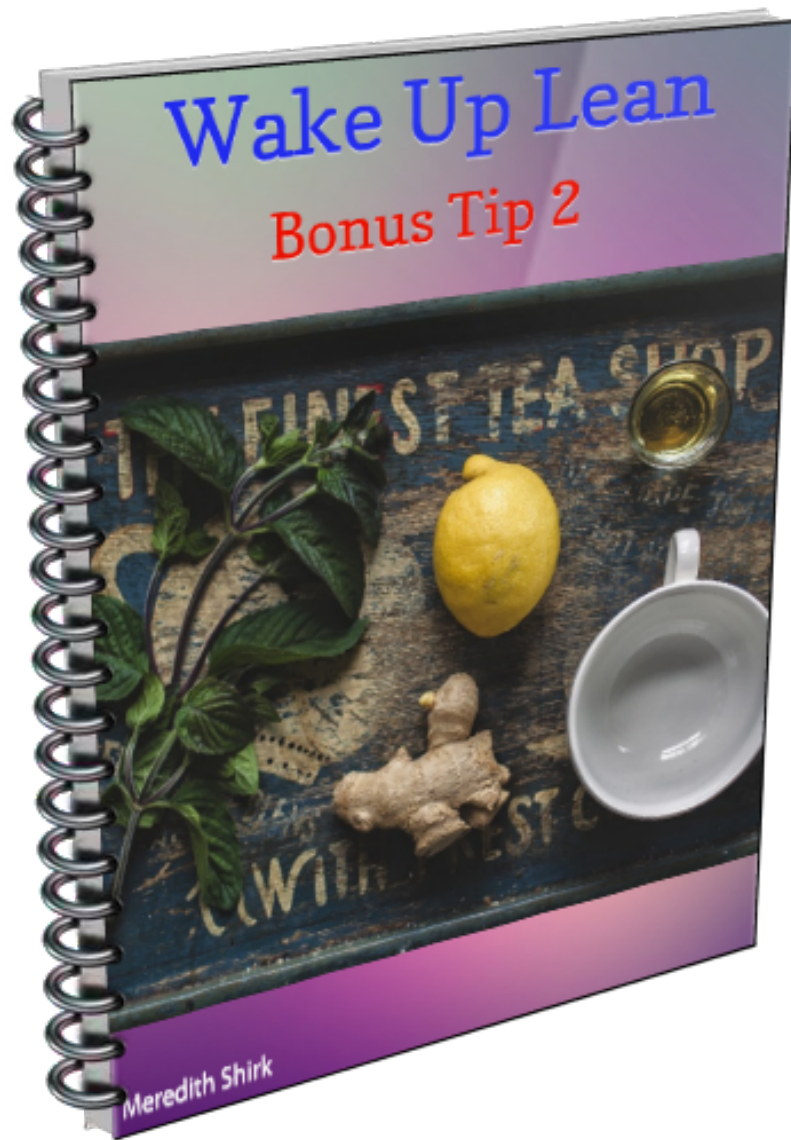


Wake Up Lean

Bonus Tip 2



Meredith Shirk

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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Evening Elixir

Ingredients:

- 3oz. warm water
- 1 tbsp. honey
- 1 tbsp. lemon juice
- 1 tbsp. ginger (fresh or ground)
- *1 tbsp. apple cider vinegar (optional)*

Instructions:

- Combine ingredients and drink 30 minutes after last meal OR 20 minutes before bed

Elixir Benefits

Having the right fuel in your body before bed just might be **the one thing** that will **break down** your weight loss brick wall...

You see when you go to bed, your body's system are still humming along. Although you might not think you are burning calories when you are counting sheep, you indeed are!

... BUT you have to make sure you are setting yourself for fat burning success.

To get into a little bit of science here, let's talk about your liver and your brain...

Did you know that the brain only makes up 2% of our entire body mass, but yet it is the most energy-demanding organ in our bodies? It is estimated that the brain burns 20 times more fuel than any other cell in the body!

Now enter the liver.... The liver is the only organ in the body that can both store and release glucose fuel the brain.

Ok I am sure you are wondering what your brain has to do with your belly ☺

When you do to bed, you set yourself up for either **stress or recovery**.

If you go to bed with a depleted liver (i.e. empty stomach) the brain triggers the release of stress hormones – adrenalin and cortisol as a sort of brain energy defense mechanism.

The overproduction of these stress hormones, not only wrecks your sleep and recovery, but it has also been linked to obesity, heart disease, osteoporosis, diabetes, poor immune function, hypertension, depression and other distressing health problems.

That Is Where The Evening Elixir Steps in....

This sweet yet tangy shot treat provides your liver with ample glycogen stores, preventing stress hormones release as well as aiding in detoxification, circulation and hormone regulation.

References:

Nathaniel Altman, *The Honey Prescription*

Dr. Ron Fessenden, *The Honey Revolution*

Sleepless in America – A Pathway to Obesity?