

THE 07



A large white number '0' is centered in the upper half of the image. Inside the '0' is a thermometer with a white face and a red needle pointing to the '0' mark. The thermometer has markings for 80, 0, and 20. The background is a rustic wooden surface covered with various fresh vegetables, including a carrot, green herbs, a tomato, and a red bell pepper.

METABOLIZER

7 metabolism secrets allow you to
eat YOUR FATS away, STARTING NOW

Derek Evans

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INTRODUCTION: INSULIN RESISTANCE IS MAKING US FAT

New research has uncovered something very worrying indeed. A new reason for why so many of us are gaining weight might just have been discovered. It could be the very reason that you're not losing weight, despite the fact that you might be doing everything right. So what is the cause of our weight gain?

Insulin might be the culprit.

Insulin is a hormone that is produced by our pancreas and is used to digest any carbohydrates that we eat. Carbs are found in plant-based foods like bread, rice, cereal and pasta. When these foods are eaten, insulin is produced to take the glucose from them and turn it into energy for the muscles.

So let's say we eat a potato. The starch in that is broken down into glucose, causing your blood sugar to rise temporarily. It is then stored as fat, or used for energy as insulin takes it out of the bloodstream. The problem arises when this process goes wrong.

You see, much of the carbohydrates that we consume are highly processed. White rice, white bread and certain snack foods, like potato crisps, require high levels of insulin to break down. The higher the levels of insulin, the worse it is for our bodies. Why?

Because insulin is also known as a fat storing hormone.

Increased insulin can lead to the body developing a resistance to it. This is what happens when the body tries to store glucose, but won't let it in. It then proceeds to be stored as fat, leading to our waistlines expanding.

So you might be thinking that you'll just cut out all the carbs, right? If you don't consume any carbohydrates, then logically, there won't be any problems. Unfortunately, this won't work. There is more than one reason for insulin resistance.

Insulin resistance can cause fat gain, but at the same time, gaining fat can also lead to insulin resistance. The fat known as visceral fat, the type that typically accumulates around the organs and results in the dreaded 'beer belly', is especially good at contributing to insulin resistance.

Other contributors are chronic inflammation, a diet high in both fat and sugar (a diet consisting mostly of junk food, basically), sleep deprivation and chronic stress. Studies have shown that all of these play big roles in contributing to insulin resistance in the body.

So what conclusion can we draw from this?

The answer is simple. We can't just blame the carbs. It's not just the fault of the excessive amount of refined carbohydrates. They are just one part of a bigger picture.

So instead of just demonizing carbohydrates, we should look at that bigger picture. And that is our entire diet.

Our modern diet is full of refined carbs, sugar, calories and all kinds of harmful additives like Omega-6-rich junk oils like corn and soybean, and gut irritants like wheat. Chronic stress is the norm and we usually end up working overtime and missing out on sleep.

We need to start getting more sleep and reducing our stress levels, which we can do with exercise. But what about our diets?

The good news is that there is an easy way that we can increase our insulin sensitivity. We simply have to introduce a certain fatty acid into our diet.

(Psst. [Click here](#) to watch the video that explains this mysterious fatty acid, created exclusively for readers of this book!)

And it starts with the foods we eat.



INCREASING INSULIN SENSITIVITY

There is a new discovery out there. One that can increase our insulin sensitivity, and has the potential to improve our health in various ways.

The benefits of this discovery are numerous. Recent human studies have shown that it can do the following:

- Help protect against type 2 diabetes
- Help our bodies fight chronic inflammation
- Reduce 'bad' cholesterol and promote cardiovascular health
- It even helps us control our appetites by increasing the levels of hormones that manage our feelings of fullness

By introducing this to our lives, we can fight the effects of the bad diets and stressful lifestyles that we all experience.

So how do we do this?

Well, the first step is by introducing certain foods into our diet. Just three of them can make huge difference. They are:

Low-mercury fish

Macadamia nuts

Buckthorn Berries

By just eating these three foods, we can start to increase our insulin sensitivity. And we've got a few great-tasting recipes to get you started.





RECIPES

Grilled Cod With Pancetta And Pea Mash

INGREDIENTS

- 4 thick cod fillets
- Sea salt
- Freshly ground black pepper
- 8 thin slices of pancetta
- 2 lemons, halved
- 500g potatoes, peeled and quartered
- 300g frozen garden peas, cooked and drained
- 1 small knob butter
- 1 splash milk
- ½ red chili, deseeded and finely diced
- 1 small bunch fresh mint
- 2 bunches rocket
- 1 splash extra virgin olive oil

DIRECTIONS

- Pre-heat your oven to 200°C. Season the cod with salt and pepper, place on an oiled baking tray and lay two slices of pancetta over the top of each fillet.
- Place the four lemon halves, cut side down, on the tray next to the fish. Roast in the preheated oven for 10–15 minutes.
- Cook the potatoes until soft in boiling salted water. Meanwhile, mash up the peas or blitz in a food processor.
- Drain the potatoes. Mash with butter, hot milk, salt and pepper, mashed peas and the red chili.
- Toss the mint and rocket together in a mixing bowl. Drizzle with olive oil.
- Serve each piece of cod on a scoop of pea and potato mash, with a helping of salad on the side.



Lemon-Dill Tuna Melt Sandwiches

INGREDIENTS

- 6 slices white bread
- 2 (6 ounce) cans tuna, drained
- 1/4 cup mayonnaise, or to taste
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped lemon zest
- 1 tablespoon finely chopped fresh dill
- 1 large tomato, thinly sliced
- 6 slices Swiss cheese

DIRECTIONS

- Position oven rack about 6 inches from the heat source and preheat the oven's broiler. Arrange bread in a single layer on a baking sheet.
- Toast bread lightly on both sides in preheated oven. This should take about a minute per side.
- Mix tuna, mayonnaise, lemon juice, lemon zest, and dill in a bowl.
- Spread tuna mixture evenly over each slice of bread and arrange the sliced tomato over it, topping it off with Swiss cheese.
- Return baking sheet to oven and broil for about 3 to 5 minutes, or until cheese is melted.



Salmon Chowder

INGREDIENTS

3 tablespoons butter
3/4 cup chopped onion
1/2 cup chopped celery
1 teaspoon garlic powder
2 cups diced potatoes
2 carrots, diced
2 cups chicken broth
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon dried dill weed
2 (16 ounce) cans salmon
1 (12 fluid ounce) can evaporated milk
1 (15 ounce) can creamed corn
1/2 pound Cheddar cheese, shredded

DIRECTIONS

- Melt butter in a large pot over medium heat and sauté the onion, celery, and garlic powder in the butter until onions are tender.
- Stir in potatoes, carrots, broth, salt, pepper, and dill and bring to a boil.
- Once boiling, reduce heat, cover the pot, and simmer for 20 minutes.
- Stir in salmon, evaporated milk, corn, and cheese. Cook until everything is heated through and serve.



Spiced Macadamia Nuts

INGREDIENTS

1 tbsp sunflower oil
1 tbsp freshly squeezed lime juice
½ tsp caster sugar
½ tsp garam masala
½ tsp hot chili powder
½ tsp sea salt flakes
freshly ground black pepper
150g macadamia nuts
1 tbsp clear honey

DIRECTIONS

- Preheat the oven to 180°C. Line a baking sheet with greaseproof paper.
- Whisk the sunflower oil, lime juice and caster sugar together. Continue whisking until the mixture looks pale.
- Keep whisking while adding the garam masala, chili powder, and season with salt and freshly ground black pepper.
- Add the nuts to the spice mixture. Stir in the honey and mix everything together until the nuts are evenly coated.
- Place the nuts in an even layer onto the lined baking sheet in the oven and roast for about 5 minutes. Turn them over and roast for a further 8-10 minutes, or until they have a shiny, golden coating and are no longer sticky. Keep a careful eye on them to ensure that they don't burn.
- Leave the nuts on the tray to cool. They will harden as they cool and can be served warm or cold.



Macadamia Nut Chicken Stir-Fry

INGREDIENTS

4 lbs. skinless, boneless chicken breasts,
cut in bite-size chunks
3 garlic cloves, minced
2-3 inch pieces ginger root, peeled and finely-chopped
2 tablespoons peanut oil
1 cup green bell pepper, cut in bite-size chunks
1 cup red bell pepper, cut in bite-size chunks
1 cup scallions, cut in bite-size pieces
1/3 cup onion, chopped
1 cup macadamia nuts roasted, salted or unsalted

Sauce Ingredients:

3 tablespoons soy sauce
3 tablespoons honey
2 tablespoons rice wine
1½ tablespoons vinegar
1 teaspoon Chinese Five Spice
2 tablespoons corn starch
1 cup water

DIRECTIONS

- Make the sauce first. Simply put all ingredients in small bowl and whisk until smooth. Set aside.
- In a wok or large sauté pan, fry the chicken in the oil with the onion, ginger and garlic for about 5 minutes over medium heat.
- Add the green and red pepper, along with half the scallions and cook for about 2 more minutes.
- Add the macadamia nuts and stir.
- Pour the sauce over the chicken, and after about 2 more minutes of cooking, the sauce should thicken. If it is too thick, add extra water little-by-little until you reach the desired consistency.
- Serve with rice.



Apple And Sea-Buckthorn Berry Pie

INGREDIENTS

Enough sweet short crust pastry for a 22cm pie
(base and lid)

4 cooking apples (eg Bramleys), cored and sliced

200g sea-buckthorn berries, picked over and stemmed

180g sugar

3 cloves

caster sugar to top

1 egg, beaten with 1 tbsp water

DIRECTIONS

- First, cut 2/3 of your pastry and roll out thin enough to cover the base and sides of your pie dish.
- Add the sea-buckthorn berries to a pan with a little water and 30g of the sugar. Bring to a boil and simmer for about 20 minutes, until the fruit is soft and pulpy. Once done, press the berries through a sieve to remove the seeds.
- Trim the edges of the pie crust. Combine the apples, sea-buckthorn berry juice and sugar in a bowl. Turn into the pie shell, before adding the cloves and a sprinkling of caster sugar.
- Roll out the remaining pastry and use it to top the pie. Crimp the edges to seal, prick the top of the pie with a fork to make steam holes, brush with the beaten egg and sprinkle some sugar over the top.
- Place in an oven that has been pre-heated to 200°C and bake for 15 minutes.
- Reduce the temperature to 160°C and bake for a further 40 minutes, or until the pastry is golden and the pie is cooked through.



Sea Buckthorn Sorbet

INGREDIENTS

2 cups water
1 & 1/2 cup sugar
1/2 cup maple syrup
1 & 1/2 cups sea-buckthorn juice - preferably freshly
extracted

DIRECTIONS

- Pour water and sugar into a small saucepan and bring to the boil.
- Reduce heat and simmer for 3-5 minutes to make a syrup, then take it off the heat to cool.
- Mix sea buckthorn juice and syrup together once the syrup has cooled.
- Use an ice-cream maker to churn the mixture according to the instructions provided with the maker.
- Once it is churned, put it into the freezer to harden before serving.

CONCLUSION: THE SECRET

So what is this secret discovery?

Well, before we go into that, let's look at what these three foods that we listed earlier have in common. All of them contain significant amounts of Omega-3 fatty acids.

You're sure to have heard of Omega-3. Coming from both animal and plant sources, these are essential to our overall health. And all the experts agree. The benefits of Omega-3 are numerous. Here are just a few:

- It benefits your heart health
- It normalizes and regulates your cholesterol triglyceride levels (thereby preventing build-up of bad cholesterol)
- It has also been shown to affect learning ability and overall brain health

Low concentrations of Omega-3 in the body have even been shown to increase the risk of death. From all causes. So, as you can see, this fatty acid is an essential part of our diet.

But what if there was a distant cousin of this fatty acid, one that can be considered a super version of Omega-3?

There is, and this is the amazing discovery that researchers have found. However, there is a problem. Only minimal amounts of this can be found in food sources. So we need to take supplements in order to get the full benefits.

But what supplements?

Well, you can learn all about how to get concentrated [supplies of these Omega acids, here](#).

