

The Fat-Loss Laws

The five principles behind the whole system, on one page. Pin it on the fridge, save it to your phone, and let it be the thing you come back to.

Law 1. Lower insulin exposure

Fewer sugar and ultra-processed spikes across the day. Eat within a window. When you do eat, anchor meals with protein and vegetables — that alone flattens the blood-sugar curve dramatically.

Law 2. Higher natural GLP-1

GLP-1 is your body's built-in fullness hormone. Fiber (psyllium, vegetables), a splash of vinegar before carb-heavy meals, and protein-forward plates all crank it up naturally — no injection required.

Law 3. Better sleep

Sleep is not optional. Under-sleeping raises hunger hormones, drives cravings, and blunts the fat-burning benefits of every other habit. Aim for 7–9 hours. Protect your wind-down.

Law 4. Calmer stress

Chronic stress and elevated cortisol push fat storage toward your midsection. A short daily practice (a walk, a few slow breaths, journaling) does more here than any supplement.

Law 5. Fewer ultra-processed foods

Not perfection — proportion. When the majority of your plate is whole foods, everything else in the system starts working better. Every step away from ultra-processed is a step forward.

Remember: consistency beats intensity. Most days, not perfect days.