



The Keys to Raise AMPk Cheat Sheet

Here are two simple, natural steps, which you will be able to use immediately to raise your AMPk, increase your energy and lose excess belly fat as your cells start to use fat for energy instead of sugar.

Step 1: Cut down on bad fats in increase good fats in your diet.

My Recommendations:

- Cut down on the amount of bad fats such as saturated fats, hydrogenated fats, and omega-6 fats by eating leaner cuts of grass-fed meat and choosing nonfat dairy options.
- Increase the amount of good fats such as monounsaturated fats and omega-3 fats.

The best sources of monounsaturated fats are olive oil, nuts, nut oils and avocados.

You can add omega-3 fats into your diet by adding up to 4 servings a week of fish such as salmon, mackerel, herring and halibut.

How does this work?

If your diet has too much of the wrong kinds of fat, your cells lose the ability to hold water, vital nutrients and electrolytes.

They also lose their ability to communicate with other cells and be controlled by regulating hormones including insulin.

Without the right type of fats, cells simply do not function properly. And this dysfunction is a critical factor in the development of insulin resistance, obesity, and diabetes.



Step 2: Use Berberine.

Berberine is a yellow alkaloid from the plant goldenseal, and one of the most exciting natural products in current medical research.

Berberine is a safe, powerful way to raise your level of AMPk.

Berberine-containing plants like goldenseal root, barberry bark, Oregon grape root, and coptis or goldthread root have been revered for a number of medical uses through the years.

Perhaps most important have been their use in fighting infections, but they have also been used for diabetes.

What scientific research has focused on in the last decade is building an impressive amount of clinical research in the use of berberine in lowering blood lipids and blood pressure, and improving blood sugar control in type 2 diabetes.

Berberine exhibits a number of beneficial mechanisms to produce these effects including an ability to activate AMPk.

My Recommendation: take 500mg three times a day before meals.