

The MetThrive Method Blueprint:

- ✓ Natural Fat Loss
- ✓ Insulin Resistance Reversal
- ✓ Getting Stronger
- ✓ Increasing Energy Levels

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PLEASE NOTE:

The contents of this guide is in the form of general lifestyle advice and should not be considered direct medical advice. Always consult with your doctor before making any major lifestyle changes to review any unique medical concerns.

What Happened?

You were not always like this, you've gained weight over the years and have fallen into some bad habits. But the good news: This is entirely reversible. Follow my blueprint.



Toxic Mainstream Culture

This is not your fault, although the solutions lie with yourself only. Modern mainstream culture— from the food choices around you to a culture that encourages you to be sedentary and stressed— will invariably lead you in the wrong direction. Now is the time to escape the path that the system has set up for you, to get sucked into the medical industrial complex. No way. That won't be you!

Natural Reversal is Possible

In only a few weeks you can shed unwanted pounds, see dramatic improvement in parameters including body fat, blood pressure, and labs including blood sugar/A1C/cholesterol. And more importantly you can feel better and more energetic than ever



Definitions: Measuring Body Weight/Fat



Weight/BMI

Most obvious; you can track this.

BMI uses weight in kgs and height in cms

20-25: "Ideal"

25-30: Overweight

30+: Obese



Waist-to-hip ratio

A lot of people find this difficult to measure.



Waist size and body fat percentage

I prefer using these measurements.

My Recommendation: Weight and body fat percentage measurements






Purchase body fat measurement scales (I recommend FitIndex smart scale which can connect to your phone via an app). Also tracks muscle mass. Very easy to use.

Ideal Body Fat Percentages

Category	Men	Women
Athlete	6-13%	14-20%
Fitness	14-17%	21-24%
Ideal	18-24%	25-31%
Acceptable	25-31%	32-38%
Obese	32%+	39%+

Note: Women naturally have a higher body fat percentage than men

Labs and parameters to Track

-  **Fasting glucose**
Most well known measurement.
-  **HbA1c**
3 month blood glucose control
Normal: <5.7% (UK measurement: <40 mmol/mol)
Prediabetes: 5.7–6.4% (40–47 mmol/mol)
Diabetes: ≥6.5% (≥48 mmol/mol).
-  **HOMA-IR**
Calculate using fasting glucose and fasting insulin drawn at the same time.
Online calculators ([click here](#)) will give you your HOMA-IR using these two numbers.
Closer to 1 = insulin sensitive.
>2= insulin resistance
-  **Fasting lipid/cholesterol panel**
-  **Blood pressure**
"Ideal BP" is considered 120/80. Make sure you have accurate blood pressure readings and your doctor is not overtreating you.

All of these measurements will reflect underlying insulin resistance

My recommendation: Track Insulin Resistance using HOMA-IR. It is often abnormal years before your fasting glucose and HbA1c are abnormal

Insulin Resistance: The True Pandemic

If you are carrying around excess body fat, you almost certainly have insulin resistance. This is caused by your body secreting too much insulin because of poor lifestyle habits. Constant unnatural insulin spikes lead to eventual insulin resistance (this is how any mechanical or physiological system works—too much of anything causes resistance to develop).

Insulin levels become unnaturally high. Problem is that insulin = anabolic fat storage hormone. This is why excess body fat is invariably associated with insulin resistance.

Consequences of Insulin Resistance

Insulin resistance is the root cause behind most of today's chronic diseases: prediabetes, type 2 diabetes, high blood pressure, high cholesterol. Insulin resistance is also the cause of many other inflammatory diseases.



Insulin Resistance = Fat Storage = Inflammation

The Journey to Insulin Sensitivity

Hopefully you understand this by now, because it underlies the whole principle of the MetThrive Method.

Your journey to better physical and mental health is all about **REVERSING INSULIN RESISTANCE** and **IMPROVING INSULIN SENSITIVITY**.

Think with everything you do— whether it's your diet, exercise routine, stress management, or sleeping better— in terms of becoming more **INSULIN SENSITIVE**.

INSULIN SENSITIVITY = BODY FAT LOSS

INSULIN SENSITIVITY = REDUCED INFLAMMATION

INSULIN SENSITIVITY = HEALTH

This is the basis of the MetThrive Method.

Nutrition Fundamentals: The MetThrive Method

Low Insulin Anti-Inflammatory Diet Principles

Your way of eating must keep your insulin levels as low as possible to lose body fat and reverse insulin resistance.

Eat Real Food

Most important thing:

Eat Real Food and minimize ultraprocessed foods.

What are processed foods?

They are the packaged foods you buy— with a long list of ingredients.

Read Labels

Get into the habit of reading ingredient labels. You don't want to pour pro-inflammatory junk chemicals into your body!

Once you see this, you can't unsee it. Modern foods are packed with toxic ingredients. Ideally you want as few ingredients as possible (if you don't recognize an ingredient — don't eat it!). Ideally, cook yourself from scratch.

Optimize Protein Intake

Most people don't consume enough.

Aim for an absolute minimum of 1 grams per kilogram body weight of real natural protein every day. Ideally 1.5 grams or more per kilogram of body weight, as long as you have no medical contraindications to eating more protein.

Once you commit to stop pouring toxic junk into your body, there's no going back. Don't put any food in your grocery cart without reading that label!

Processed Foods: The Hidden Danger

Processed foods are now >70% of calorie intake. This represents a dramatic increase over last few decades. Most of what people eat nowadays is processed packaged foods. These contain unnatural ingredients that cause inflammation, are bad for our guts, and usually cause huge insulin spikes.

"Processing" can range from minimally processed (a handful of ingredients) to a large amount of processing ("ultraprocessed").

Hallmarks of processed foods:

- You buy it in a package
- Contains long list of ingredients
- High in sugars (often hidden under different names like syrups)
- Contain seed oils e.g. canola, rapeseed, sunflower, corn oil
- Preservatives
- Other additives
- Dyes

Want to know what one of the most processed foods is, in modern day society? BREAD!! Next time you go to the grocery store, look at the ingredients on your bread. How many do you see? There should only be 4 ideally (what would happen if you made it at home).

Maximizing Antioxidants

These are molecules that protect your body from damage caused by free radicals—unstable particles formed during metabolism or exposure to toxins— which can harm cells and contribute to inflammation, diseases, and aging.

Antioxidants neutralize free radicals.

Natural antioxidants include vitamins C, E, beta-carotene, and polyphenols, that are predominantly found in natural foods including vegetables, fruits and other foods including nuts.

3 of my favorite sources:



Blueberries

I consider a cup of fresh organic blueberries to be my daily medicine! Numerous research studies have shown the remarkable health benefits of consuming blueberries. One cup of fresh blueberries contains as many antioxidants as 5 servings of fruits and vegetables.



Bell Peppers

Red, yellow, and green peppers. One red pepper contains three times more vitamin C than an orange.



Broccoli

Packed with antioxidants including vitamins C, E and flavonoids.



Keep Meals Simple:

Protein + 2 vegetables = Perfect



The Deadly Triad: What to Absolutely Minimize



Carbohydrates

Carbs don't need to be avoided completely; unrefined high fiber carbs are okay, but remember it's still broken down to sugar. So if fat loss and reversing insulin resistance is your goal, you want to still be mindful.

Less than 100 grams of carbs per day is a good goal if you need to lose significant body fat.



Sugars

Watch out for sugars—they're everywhere, even in unexpected foods like bread, pasta sauces, yogurt, cereals, condiments, and "health foods" like protein bars. Manufacturers often disguise sugar on labels with names like sucrose, high fructose corn syrup, dextrose, maltose, and cane juice. Reading labels is key to avoiding hidden sugars that can sabotage your health journey and lead to weight gain or insulin resistance.



Fats

Fats don't need to be feared! Natural fats are essential for overall health and provide lasting energy. While they may be higher in calories, they are nutrient-dense and play a critical role in many body functions. Natural fats have been a staple in human diets for thousands of years, supporting our ancestors' health and survival.

Proteins and Fats spike insulin MUCH LESS than
carbohydrates

Hydration and Beverages

- ☐ Stay well hydrated

8-10 glasses a day of water as long as no contraindications. Tea and coffee are okay. You can flavor water with lemon.
- ☐ Avoid sodas

Diet is better than sugary soda, but most artificial sweeteners are still not healthy.

Hydration is extremely important for fat loss and insulin resistance reversal.



Intermittent Fasting

Also known as **Time Restricted Eating**.

This technique works fantastically well for many people to lose fat.

The science is simple: IF/TRE keeps your insulin levels naturally low for an extended time of day. If your insulin levels are low; it's the opposite of the anabolic fat-storage state. In other words, your fat starts to break down.

- 1 — Common strategy
Eat only during 8-hour window of day
- 2 — Advanced
Some people do 6-hour window or even less.
- 3 — Typical schedule
First meal closer to noon. Then don't eat after 7pm = 7-8 hour eating window and fasting 16 hours a day

Tips: Go very slowly. You can push back time you eat in small increments if you're not used to it. For example, if you usually eat at 9am, over a few days you push this back to 10am, and so on and so forth.

Never fast if you are feeling unwell. Remember too, women often find it harder than men to fast in the morning due to hormonal reasons.

Your Intermittent Fasting and Time Restricted Eating Schedule does not need to be rigid. For instance, if you work out or exercise early in the morning, you may need to eat earlier.

But my recommendation if you need to lose fat and reverse insulin resistance: Try to eat during an 8-hour window,



Counting The Calories

Once again, the single most important thing you can do is to commit to eating Real Food. Nevertheless there is still a law of thermodynamics at play:

- If calorie input more than output = weight gain
- If calorie output more than input = weight loss

You have to be operating at a slight calorie deficit to lose body fat, but if you are doing things right, this does not need to be dramatic. I'd recommend a 500 calorie deficit if you are not optimally exercising. If you are exercising regularly, especially muscle strengthening, your deficit does not need to be so dramatic. You can achieve what is called Body Recomposition. This means building muscle as you lose fat. This is my recommendation: Get Stronger and gain some muscle mass.

Focus on the goal of body recomposition as a core fundamental of the MetThrive Method.

Calculations/Know Your Numbers

How do you know how many calories you need daily? I recommend plugging your numbers into the Mifflin-St. Jeor equation ([click here](#)). This will tell you your baseline requirement, and you can calculate your deficit from there.

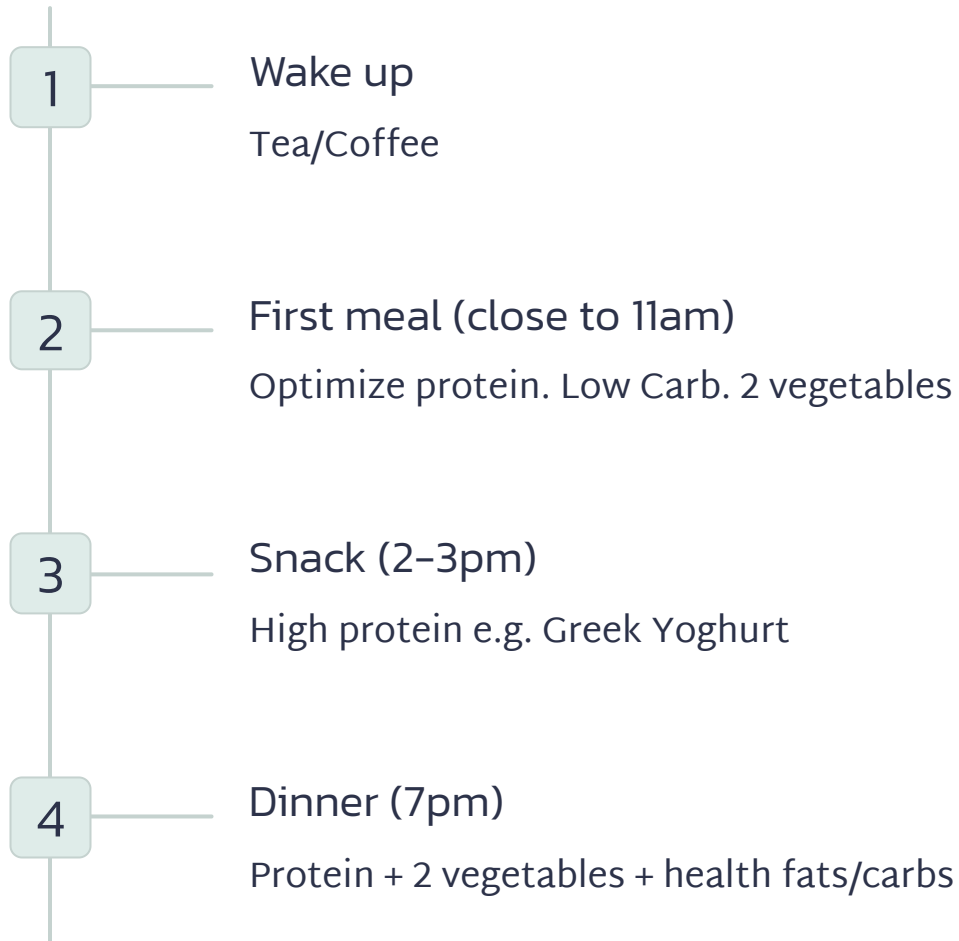
Note: This number will change as you lose body fat/weight and exercise more.

You then need to monitor your calories daily. This is easy (and also addictive!) once you start doing it. I recommend using "MyFitnessPal", which you can download as a free app on your phone. It will tell you the calories in what you are eating and the macro composition (protein/carbs/fats) within a few easy clicks!

If you are serious about this health transformation, familiarize yourself with both of these: Mifflin-St. Jeor online calculator and MyFitnessPal

Example Eating Pattern

Remember this is not rigid. If for example you exercise early, this can be modified:



Stay hydrated in-between. Tea and coffee is fine.

Portion size/calories will depend on your goals. Keep Simple. Every time you snack remember it's an insulin spike. Proteins and Fats spike insulin LESS than carbs.

Recommended Supplements

There are many good supplements out there to consider, especially for optimizing metabolic health.

My 3 favorites:

1

Turmeric

Contains curcumin, a potent natural anti-oxidant anti-inflammatory compound.

Consume with black pepper (piperine) to optimize absorption.

2

Ginger

Contains gingerol, another potent natural anti-oxidant anti-inflammatory compound.

3

Vitamin D

This is not only for strong bones but optimal metabolic and immune health.

Exercise Fundamentals

I stick to the 1-hour a day rule (can split up if needed, but I prefer doing it all at once). Listen to your favorite podcast or music during that time. No other distractions.



Optimize muscle strengthening

This does not mean you need to become a bodybuilder! Muscles are very physiologically active and the more muscle tissue, the more insulin sensitive you will be.



Workout location

Can do at home, gym or even in a class using dumb bells (start light), exercise resistance bands, or bodyweight exercises.

"1 hour a day of exercise is something I don't have time for!"

Answer: YES you do. Some of the most famous busiest people in the world manage this. It's only 4% of your day! And that 1-hour will bring you ENORMOUS benefits even outside of that one hour of calories burned. It's a mood boost, energy boost, stress reliever, concentration enhancer, and helps you sleep...

Basic Exercise Recommendations



Warm up

5 minute warm up: stretch and foam rolling



Muscle strengthening

Do muscle strengthening minimum 5 days a week



Cardio

Cardio minimum 3 times a week for 20 mins

ROUTINE:

Alternate upper body and lower body/core days.

On lower body days also do core exercises.

Can do 20 minutes cardio any day you choose (jog on a treadmill or outdoors, cycling or another activity).

Can have a rest day.





Example Exercises

Upper Body

- Bicep curls
- Hammer curls
- Triceps extensions
- Bench press
- Dumbbell rows
- Forearm
curl/extension/rotation

Lower Body

- Calf raises
- Squats
- Lunges
- Romanian deadlifts
- Traditional deadlifts

Core

- Planks
- Mountain climbers
- Sit ups
- Power-ups
- Superman/superwoman

Remember:

If you have never done before: start with very light weights.

Form is more important than weight lifted. Worry less about increasing weights (that will come with time) and more about maintaining great form.

Slow controlled movements.

Breath out/exhale when going against gravity.

Walking: Your Superpower

Even if you can't do more cardio— simply walk.

Get 10,000 steps in minimum daily.

Walking after a meal burns calories, aids digestion and helps reverse insulin resistance.

My recommendation: Track your steps daily using a pedometer or app on your phone. This is in addition to your 1-hour a day of exercise, but even if a brisk walk is included in your "cardio" — that's still okay.





Stress Management

Stress is ubiquitous these days; it's all around us:

Work, Family, Finances.

Elevated cortisol and adrenaline may have served an evolutionary purpose as a Fight or Flight Reaction, but nowadays chronic low level stress is absolutely devastating for metabolic health.

If you want to lose body fat and reverse insulin resistance, then being stressed will hinder you! I know it's easier said than done, but take a step back and really evaluate where you are in life and your everyday stresses.

What can you do to take your mind to a better place?

Stress Relief Techniques

Everyone is different, but what makes your stress hormones settle down?



Exercise

Physical activity (works for me!)



Nature Walk

A walk in nature



Meditation

Mindfulness and relaxation



Hobbies

Your favorite hobby or better still, learn a new skill

Please keep thinking about ways to de-stress on an everyday basis. This is also why I am a huge fan of stoicism. Learning to distinguish between what's in our control and what isn't — is a massive first step to dealing with stress. The only thing we are truly in control of is our own reaction to situations.



Sleep Optimization

Most people are not sleeping enough, which also sets back any health journey we are on. Sleep is when our body rejuvenates and replenishes.

Everybody needs to sleep enough, for most people the sweet spot is between 6.5 to 8.5 hours.

Sleep Hygiene

Practice good sleep hygiene. Have an unwinding period end of day. Don't eat too late. Warm herbal bath or shower. Massage chair. Reading. Whatever works for you!

Screen Time

Don't stare at a bright screen in the hour before bed. If you have to, dim the brightness.

Sleep Environment

Your goal is a restful uninterrupted deep sleep. Room should be cool and not too hot.

Make sleep a priority. Your metabolic health needs it!

Life Goals and Purpose

Take time regularly to assess your life goals and what matters. This could be work, family, financial or traveling the world!

We all need a purpose to keep going. What is your purpose and biggest life goal?

Additional Tips for Success

Morning Positivity

When you wake up in the morning, fill your head with positivity. Don't scroll your phone first thing and let all of the crazy mainstream media news or social media fury, enter your head. Fill your head with something positive.

What I do: read 5-10 inspiring quotes on my phone shortly after waking.

Digital Detox

Have set periods of the day without looking at your phone or screen. Remember those algorithms are designed to press your buttons, cause a dopamine rush, and get you hooked!

Outdoor Time

Get outdoors at every opportunity. We are built to be outdoor creatures and nowadays spend an unnatural amount of time indoors and devoid of natural light. It's unhealthy!

Positive Relationships

Stick to the best company. Be around positive inspiring uplifting people. Remember, you are the sum of the 5 people you spend the most time with.

Don't be afraid to cut negative people out of your life. You should!

Laughter

Laughter is the best medicine!

MetThrive Method Summary

- ✓ Make your health and wellbeing an absolute priority, no matter how busy you are
- ✓ Think in terms of things you can do to improve insulin sensitivity
- ✓ Low-Insulin Anti-Inflammatory Diet
- ✓ Eat Real Food, Keep it Simple
- ✓ Optimize Protein
- ✓ Optimize Antioxidants
- ✓ Healthy Fats
- ✓ Track Calories
- ✓ Time Restricted Eating
- ✓ 1-Hour A Day Rule for Exercise
- ✓ Focus on Muscle Strengthening
- ✓ Get Steps in Daily, Ideally Outdoors
- ✓ Stress Management
- ✓ Sleep
- ✓ Life Goals

YOU NEED TO DO ALL OF THESE!

There are no shortcuts, but you will get there with small daily habit changes, that will become part of your normal routine, and add up to massive transformative changes quicker than you think.

KEEP GOING!

STAY MOTIVATED!

STAY DETERMINED!

IT'S WORTH IT!

GOOD LUCK

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MetThrive Method

