

# Adonis Golden Ratio Supplementation Guide

CATEGORY 2 - PRIMARY GOAL  
FAT LOSS



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# ADONIS GOLDEN RATIO SUPPLEMENT GUIDE

## Category 2 – Primary Goal Fat Loss

Based on your current measurements your goal should be primarily fat loss with a secondary goal of building muscle. I've worked with multiple supplement companies and I have put together a few items that I think will be the best possible option for accelerating the fat loss process and I'll explain them further in this guide.

The specific items I recommend for your current body measurements are from a company that I know and trust called Biotrust. I personally know the guys at this place and I can vouch for the quality and effectiveness of their supplements. I know that choosing supplements can be a little overwhelming so I'm giving you a specific recommendation for just the items that I think will work for you given you current measurements.

Even though Biotrust doesn't really produce 'stacks' per se, I've gone ahead and built one for you that I think will be the most effective fat burning combination:



# Fat Loss



As Seen In **oxygen** **Men's Fitness**



**FAT BURNER** – Biotrust Leptiburn is the specific fat burner I recommend because it's also designed to increase leptin levels as you diet.




**CARBOHYDRATE SENSITIZING SUPPLEMENT** – Biotrust IC-5 is a new carbohydrate sensitizing supplement that helps you store carbohydrates as muscle energy instead of fat.



**PROTEIN** - Biotrust Low Carb protein blend

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As I've stated in other parts of this program you should always be training for muscle growth, but carrying excessive bodyfat can actually slow down your ability to gain muscle. This is because fat cells cause three major problems:

### **1. They convert testosterone to estrogen.**

This is obviously not good as testosterone is the most important muscle building hormone in your body. This is also why it's not a good idea to take testosterone boosters until you've stripped away some of the excess fat as it will just end up getting converted to estrogen which is no good because estrogen signals your body to store even more fat. This is a vicious cycle that you must break out of to get a ripped, lean, hard muscled body.

### **2. Excess bodyfat sends out protein signaling molecules (sort of like hormones) that make your muscle cells insensitive to insulin.**

This means that when you eat carbohydrates your muscles will have a hard time taking the carbs in for energy and instead more of them will get stored as fat. In other words, the more fat you have the worse your body is at burning carbs and the better it is at storing fat.

### **3. Leptin resistance.**

We know that when you're carrying excessive fat your cells also become resistant to Leptin. Leptin resistance can stall your ability to lose weight and work against your best efforts when you're dieting.

These are the three main issues with excessive fat from a hormonal standpoint and why excess fat will stall your muscle growth potential and also sap some of the energy from your muscles so you can't workout as hard. And I'm not even mentioning how excess fat simply doesn't look good, and puts a strain on your entire body.

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sugar you can/should eat changes as your body changes. The Adonis Golden Raito nutrition calculator will give you the correct amount for you to maximize fat loss without losing lean muscle, however there is one issue that can come up with fat burning that causes most people to fail. It’s called the Leptin Paradox.

## The Leptin Paradox



The process of burning fat requires a reduction in calories, this should not come as a surprise to you, but there is one problem. When you reduce calories for an extended period of time, for example longer than a week, your body starts to reduce the amount of a hormone called ‘Leptin’ that is released from your fat cells. During this process of dieting your body can also become Leptin resistant, which means your cells are become less capable of receiving the signal from Leptin. This is a double step backwards from a fat burning standpoint.

This reduction in both Leptin production and sensitivity is a problem because Leptin is an important hormone in the energy balance and fat burning process. In normal situations it signals your body that you’ve got enough fat and enough food to live on. But when you start dieting Leptin levels can drop, and if they drop too low for too long you will find it harder and harder to actually burn any fat. This is because your body is sensing the lower Leptin levels as a sign that you must already have very low bodyfat. In other words, eating less calories to lose weight tricks your body into thinking you’ve already lost all of the weight...at least from the standpoint of Leptin balance anyway.

## **Now you're faced with a problem, how do you reduce calories without reducing Leptin?**

Until very recently scientists didn't even know Leptin existed. Once they discovered Leptin and learned how important it was they also realized that reducing calories reduces Leptin, which makes it increasingly harder to lose more weight. To effectively lose weight without stalling, crashing or rebounding you want to keep your Leptin levels steady as you reduce calories and lose weight.

## **Energy Maintenance**

During a fat loss program you could potentially experience fatigue and a loss of energy that can end up affecting your workouts, and your daily life. Your fat loss supplement should also provide you with energy and help prevent any fatigue you might experience.

You'll find that the Leptiburn formula I'm recommending here also has this covered with ingredients that are shown to stimulate thyroid hormone and also multiple natural forms of caffeine that will give you a smooth energy rush.



## **Controlling Insulin**

The first thing we talked about was controlling Leptin and your energy throughout the fat loss process. The next thing to consider is controlling Insulin. We've already talked about Leptin sensitivity but now you must also consider insulin sensitivity. Excess bodyfat can also cause insulin insensitivity as the fat itself releases protein hormones that cause your muscles cells to become resistant to insulin. This means that less of the carbohydrates you eat can be stored in your muscles cells as glycogen for energy, and instead they

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get converted into more fat...which in turns causes your fat cells to release more of the hormones that makes this whole process even worse...again this is a vicious cycle you want to break out of.

When you're dieting to reduce bodyfat you'll be reducing the total amount of carbs and sugars you're eating but in order to accelerate the process you'll also want to kick start your insulin sensitivity. The goal is to have your body storing the carbs you eat in your muscles cells for energy to push through your workouts which will help you build muscle and burn fat. This will also allow your body to become better at burning bodyfat instead of storing it.

If you've already gone through the nutrition manual in this program you'll see that I don't tell you to completely eliminate sugar the way many other highly restrictive diets do, you can still have sugar but you have to be smart with the amount and when you eat them. Having a supplement that can boost your insulin sensitivity will be a huge bonus in the fat burning process because not only will it help you burn more fat but it'll also allow you to eat some sugar without throwing a monkey wrench into the whole process. Part of the key to successfully losing fat is to also enjoy the process and that is a big part of what an insulin sensitizing supplement can do for you.

## Protein

During a fat loss program protein is going to be one of your best friends. It satisfies hunger better than fat or carbohydrates, and it causes an increased 'thermic effect' from eating it. Thermic effect means your body burns more calories digesting protein compared to fat or carbs.

## Fast and Slow Proteins

Different proteins absorb at different rates, whey protein being one of the fastest and micellar casein acting like a time released protein. For the purpose of fat loss you want a protein source that combines fast and slow proteins as it will deliver a steady stream of highly bioavailable protein that satisfies hunger and reduces food cravings for an extended period of time.

## Bioavailability

Proteins are rated on their 'bioavailability'. This is simply a measure of how much of a given protein source your body can absorb and assimilate into your muscle cells and other cells around your body. Whey, Milk, and Casein proteins are the highest bioavailable proteins you can get and a good protein product should have all of them.

Using only the highest bioavailable proteins ensures that you're actually absorbing and using the protein you're paying for!

## Taste

It seems like a minor point, but it's worth mentioning that you are going to want a protein that actually tastes good. Dieting for fat loss is already tough enough, you don't want to hate every protein shake you drink. Instead you should be looking forward to every shake as if you were 'getting away' with drinking an actual milk shake during your diet. Taste is definitely important.

That's it, three things that can dramatically accelerate your fat loss efforts learn more about them here:



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BIOTRUST FAT BURNER\*\*](#)