



7-Day Total Body Reset Day 7

3 Ways To Fire Up Your Body's Fat Burner

And hello, everybody. Welcome to day seven. Hey, have you ever seen my mohawk pinned down before? I know, it's kind of different. I decided to pin it down for you guys for day seven. I don't know, just something different.

Alright, hello, you guys, I gotta tell you, I know it's gonna sound a little bit cheesy me saying this, but I am proud of you. And I'm proud of you because we used to say in boxing, that the hardest thing is just getting through the first punch of the first round.

Did you know the first punch of the first round is actually harder than the 12th round? And I have fought some pretty seriously tough girls. And the first punch of the first round always hurts the worst. Just getting started is the hardest part. And you guys did it, you got through now, all the way through day seven of the 7-Day Total Body Reset. So, I'm proud of you. You recognize there was a problem, you recognize that you needed help, you found help. And hopefully, you went through all six days so far, following instructions, ready to go.

So let me let get going here. I could just sit here and just talk to you guys, but I'm going to share my screen, because I know I have a really great thing I want to share with you guys. It's not just me just talking to the screen. I do.

I want to say congratulations. Congratulations on recognizing that you were in a tough spot, recognizing that you need to help getting through the six days following and getting to day seven. So, I'm excited for you. So yes, you guys, I've been off the wagon myself, and it is not easy coming back. And I'm proud of you.

Now let me just make something clear here. If some of you guys are feeling a little bit like me, if you followed my instructions over the last six days, then you are detoxed for the most part of all the crap that you've been ingesting. Alright, if you have followed the plan perfectly. If some of you guys have been following the plan but you still feel crappy, that's totally okay. Some people need a couple more days.

Truthfully, I should have called this the eight-day Total Body Reset, but eight days doesn't sound as great as seven days. It just feels better on the tongue, doesn't it? Because usually on day eight, people wake up and they just feel amazing. So the fact that you're on day seven, and you might not feel amazing, like I've been describing, or that other people might be saying that they're feeling, that's okay.

It just depends on where you came from. Depends how many Pepsis you were drinking a day, or how much wine you were drinking leading up to this point, or how off the wagon you were. So, it might take you a couple more days. It's totally normal. Don't think that you're weird or something is wrong with you. Nothing is wrong with you. All right, I gotta make that very clear.

But I want to teach you today about three ways to fire up your body's fat burner. Because you are burning fat. You're burning fat. We want to keep this whole thing going. So, I'm going to teach you three ways to keep your body fat burning. Alright, you get it. I said that wrong, but you get it.

Alright, ready? Are you guys ready? Rule number one or method number one: Stop snacking in between meals. Now I realize that the government and medical school and nursing school and grade school, and all the crap we've been taught, has told us you need three meals and two snacks. You need to eat every two hours to keep up your metabolism.

Why are we the sickest and the fattest in human history? I believe, in my personal opinion, the dietary guidelines were the biggest mistake in US history. Because we are the sickest and fattest ever since the dietary guidelines came out, since we were all told to eat throughout the day.

Because digestion actually is very hard on your body. Digestion takes two thirds of your energy. And you might be thinking, well that's okay, I'll just be using up more energy. No, no, that's not how it works. Your body robs from other energy, other parts of your body. It robs from other sources to get energy for digestion, like your brain.

Digestion is very difficult. It beats up our body. So, by you eating all the time, you're beating up your digestive system. Your digestive system never has a chance to just return to baseline. You never give it a hot minute. Your stomach lining, your stomach acid, everything is constantly getting beat up. Not good.

Also, if you're always eating, your body never has a chance to tap into your fat for fuel. See, anytime you eat anything, it has a little bit of sugar in it. It doesn't matter if it's an avocado or a bowl of Fruit Loops, it all has sugar. Your blood sugar goes up, and it requires insulin to bring it down.

But in the presence of insulin, you can't burn fat because insulin is the fat producing hormone. You need insulin, you just don't need very much. But if you're eating all day long, every two hours, you're constantly needing insulin, therefore, you're not burning fat.

And who wants that? Pretty much every single one of us wants to burn a little bit of fat. I don't know about you, I'd like to be a little bit leaner. So by you constantly snacking in between meals, and you're not giving yourself that five hours, you are not burning fat. That's not a good thing. Because I pretty much would bet my next paycheck that every single one of you want to burn more fat.

We want insulin, we just only need it a very small amount for a very short amount of time. Then we need to get it out of the bloodstream. And glucagon, norepinephrine, and epinephrine, the fat burning hormones, start working. So, stop snacking in between meals, give yourself at least five hours.

Number two, you need to eat fewer carbs and less sugar, which I know sounds like maybe a given-- yeah, of course Cristy. No, listen. It's not as obvious to people as you might think. People they don't think of this as a way to burn fat. And the reason is, there are two fuel sources for your body: Glucose, which is sugar, and body fat, which is in the form of ketones. In the absence of glucose, your body's going to use body fat. But if you keep giving it food all day long, keep giving it carbs and sugar all day long, your body never has a chance to tap into your stored body fat.

And I just had my body fat tested here recently. I have 40 pounds of fat on me. That is 140,000 calories of stored fat, which is stored energy. If I quit eating carbs and sugar, my body is going to be forced to tap into all that fat on my hips and my thighs and my stomach. Thank you, Grandma, that's where I carry my weight.

But only if I cut back on the carbs and sugar. It's an easy fuel source to give your body sugar and carbs. It loves that--it loves glucose. But take that glucose away, believe me, if I did the math, I actually could survive 100 days with no food just on my stored body fat. Can you believe it?

Yeah, look, I mean, we all have it. And I would bet you guys have probably that much fat on you or more. We all we have plenty of stored energy, if we can just tap into it. So eating fewer and carbs and less sugar is going to force your body to use its body fat for fuel. We all want that.

And point number three, we need to eat more healthy dietary fats. And let me just make sure - I'm not gonna go down this rabbit hole. I've done other videos on it. But we have been taught to demonize fat, and there's nothing wrong with fat. I'm talking about avocados and nuts, seeds, fatty meats like the gristle on the ribeye. I mean, yum. I salivate thinking about that: Eggs, seafood, butter. That's the kind of fat I'm talking about.

I'm not talking about the fat that Kentucky Fried Chicken is fried and no, no, no, that's highly inflammatory seed oils. We don't want that. We want healthy fat that's not the same fat that causes that crap to hang off the back of our thighs, ladies, and for guys for that big stomach over your belt. That's not the same fat.

See, your body loves to use fat for fuel. And when it does happen to store body fat for fuel instead of sugar, glucose, you have a much more steady output of energy. You don't have those spikes and those dips.

Come on, eat a plate of eggs bacon and avocado for the morning. You won't be hungry for seven hours. My mom fixed me a big plate of eggs, bacon, and avocado when I was at her house one time helping her with a yard sale. I ate it at eight o'clock in the morning. You guys, I wasn't hungry till six o'clock that night.

It's unbelievable. It's a steady output of energy. You don't have that foggy brain eating a high fat diet. It gives us energy, it helps regulate and balance hormones, it helps our hair and nails grow. It helps us sleep better. It's going to steady our mood. You'll notice you won't be so crabby with your spouse or your kids when you're eating a high fat diet. I'm not going to go too far down this rabbit hole. Again, I could talk forever about this. But we really, I really love the way I feel when I'm on a high fat diet, because I'm just steady throughout the day. No bad attitude, no screaming at my dogs, I'm just Steady Eddy. And that's what healthy dietary fat does.

So, we have our three ways that you could start burning more fat right now. But what's gonna happen right now? We're on day seven of the 7-Day Total Body Reset. What happens next? Because you got your three ways to burn more fat, but where do you go from here?

Now what I don't want is you going back to your old ways. What I don't want is you getting hooked on sugar again and feeling like crap. What I don't want is you having to go through this 7-Day Total Body Reset again. You just did it. I don't want you to do it again.

What I do want is for you to continue on this path and finally lose the weight and feel better. That's what I want. That's what I want for you. Because there are still a lot of things that you need to know. You know some basics, you've gotten through the first week.

But how and why fat? I mean, I just got done talking about fat. Back in the 1950s, there was a man that came forward and convinced our federal government that fat was the enemy. It's horrible what he did, what he made us believe. I want you to learn about that.

I want you to learn about cholesterol. You have no idea the lies we've been fed about cholesterol. Cholesterol is needed to make every single hormone in the human body. It's not bad.

How about healthy whole grains? Well, I got some news for you. There ain't nothing healthy, and there ain't nothing whole about grains. I need to teach you about this as well.

How about calories? Do they matter? Calories in, calories out? Is that whole paradigm even true?

What about exercise? We've all been taught you need to eat less and move more. Is that true? Can you really lose weight without exercise?

And what about salt? Is salt really the enemy that we have all been brainwashed to believe?

I mean, I have a lot I still need to teach you. You have just hit the tip of the iceberg.

Now that you've completed the 7-Day Total Body Reset, I've got a special gift for you because I want you to keep this whole thing going. I want you to continue to lose weight to feel better. And I want you to do it all without shakes, pills, diet foods, or exercise, because it's not necessary.

So, I have a special opportunity for you something I created just for you, and it's called the 90-Day Weight Loss Accelerator. What is this? Let's go through what this is.

First thing it is going to include at a value of \$441, you're gonna get a three-pack of challenges. The 10 Pound Takedown Challenge is where you can lose 10 pounds in 30 days without shakes, pills, diet foods, or exercise. You're in the next three challenges starting with the one beginning next. So you're not going to wait, you're going to go right into the next challenge. You're getting three of those with the 90-Day Weight Loss Accelerator, right off the bat.

You're getting the 90-meal Meal Prep Planner valued at \$197. And this is a book that helps you get organized, go shopping, figure out your meal plan. stay organized, it is absolutely incredible. Stay on track, keep your poop in a group. It's a beautiful meal prep planner. Yes, it's an actual book. I had one right here and then I don't know where I put it.

You're getting a three-pack of challenges for \$441.

You're getting a Meal Planner for \$197.

You're getting the 90-day My Success Journal valued at \$67.

Now what had happened was I wanted to start journaling, but I couldn't find a journal that I liked. So I wrote one and I produced it and I got it into production for all of you guys. And it's 90 days, so you can kind of see a theme here. I'm taking care of you guys for 90 days, for three months. I want you guys set up for the next three months.

So this 90-day My Success Journal sets you up for three months. Each day is going to be the date, your weight, your sleep, your water. You're going to have a place where you can actually journal, and then I want you to write down three things that you're most proud of for that day. It's gonna have Cristy-isms, it's gonna have a place for progress photos, it's a really great My Success Journal.

So I want you to journal. I actually journal every day, as you guys know, that I just started that kind of recently. But My Success Journal is perfect for that.

So you're getting a three pack of challenges for \$441. You're getting the Meal Prep Planner for \$197, the My Success Journal, it's \$67.

And you're getting the Code Red Revolution Audio/Digital Bundle for \$59. And what is this? Did you guys know I have The Code Red Revolution book. It's an incredible book. And you're going to get the

audio/digital bundle. I read my own audio book. And it's actually read the exact same way I'm talking to you right now. Because I'm real with you. And I want you to feel like I'm having a talk with you, I want you to have feel like I'm connected with you. And that you and I are just sitting here talking like this, because that's the way I would talk to you. If I was sitting in your living room, you're going to get the digital that comes to your Kindle or your reader. And you're going to get the audio book, because this is really going to help you fully understand the Code Red Lifestyle™.

So you're getting the three pack of challenges, the Meal Prep Planner, the My Success Journal, the audio/digital bundle, and you're going to get a 90-day supply of magnesium valued at \$56.

Why magnesium? Because 88% of all Americans are deficient in it. And the Code Red magnesium—which by the way is two bottles is what you're going to need to last 90 days—the Code Red mag has a higher bioavailability. So you're gonna absorb more of it, you're gonna absorb in the high 70s, like 77% absorption rate, as opposed to the magnesium you get from the big box stores like Costco, Walmart, Target, Rite Aid, things like that. They have a very low absorbency rate, like 30 to 31 to 33%. So basically you're peeing out expensive urine, it's not even...it's dissolving in your stomach, instead of dissolving in your intestines

And magnesium is responsible for 300 enzymatic processes in the body. And we are so deficient. In fact, when my sister, Cari, worked in the ICU, she said when someone came into the ICU, we almost always got them on a magnesium drip, because they need it so bad.

You need to take it at night. It's going to help relax you. Magnesium calms, it's going to help relax you, it's gonna help you sleep better. It's gonna help you go poop the next morning. It's incredible stuff. You're getting two bottles of Code Red mag.

So you're getting a three-pack of challenges, your Meal Prep Planner, the My Success Journal, the audio/digital bundle, and you're getting a 90-day supply of magnesium.

You're getting a Code Red, buttery soft shirt valued at \$35. This is hands down everybody's favorite, and it is buttery soft. It actually feels like that buttery soft material. And I put a little cube of butter, I thought that was cute. But the “I took my life back” in this distressed pattern is everyone's favorite. And let me tell you, the shirts run big. So when you go to choose your size, when you get the Accelerator kit, make sure that you keep that in mind. Everybody wishes they would have sized down. Keep that in mind. But that is included in the 90-Day Weight Loss Accelerator Kit.

You're also going to get a 90-day supply of vitamin D3 valued at \$26. Vitamin D. In this hemisphere we just don't get enough sunlight. You'd have to lay out 20 minutes a day naked without any sunscreen and without moving to get even a fraction of the vitamin D that you need. And did you know that people who are having COVID complications are also people who are low in vitamin D. Don't put yourself in that position. Keep your vitamin D levels up.

And this is a very high-quality vitamin D. One capsule a day, you're going to have a 90-day supply in one bottle. You're going to get that bottle, guys. So you're getting a three-pack of challenges, a Meal

Prep Planner, My Success Journal, the audio/digital bundle, the mag - two bottles of mag - one bottle of D3, the butterfly soft shirt.

And this one is everyone's favorite: The phone consult with a Weight Loss Advisor, yes, valued at \$197. An actual phone consult with somebody who mastered the Code Red Lifestyle™. Somebody who went through the program, lost all their weight, and is keeping it off. Someone who understands what it's like to sit on your closet floor and cry because nothing will fit. Somebody who understands the shame you feel when you don't even want to go watch your son play soccer because you're too embarrassed to walk in front of the parents at the bleachers. You're too embarrassed to chaperone your kids' dance because you are just too embarrassed of the way you look.

This is someone who understands hiding behind your kids in family photos. This is someone who understands what you are going through, an actual “beep boop beep boop boop” phone consultation with a mentor, who's going to make sure that you get your poop in a group, that you're on the right track, and you have everything you need in order to be successful. Yes, that's just something that companies don't offer anymore. So we're happy to offer it for you. We love offering this service.

So we have a total value of \$1,078 for the 90-Day Weight Loss Accelerator Kit. Look at all these items that you get. You're gonna get a big package from me, because most of these items are physical items. And I don't know about you, but I love ordering stuff from Amazon.

How many of you guys order something from Amazon that you forget you ordered it, it shows up to your door? And you're like, what did I order and then you open it up, you're like, oh, that's right, I ordered a bunch of gum, you know, you're going to get a big package from me in the mail.

And it's not going to be \$1,078. You're going to pay \$197 for the 90-Day Weight Loss Accelerator. Absolutely incredible, incredible deal. I mean, the phone call alone is the cost of this entire pack. It's setting you up for 90 days, setting you up for the next three months to be able to succeed.

Now, you're gonna want to open up a new window, don't close out this one right here, open up a different window. Open up a new tab, or use a different device. Grab your iPad or something, go to Codedredlifestyle.com/accelerator. Spell it right, accelerator, and pick up your Code Red 90 Day Weight Loss Accelerator while I answer a few questions on the next screen.

Cuz, I know you've got some questions. I know what they are already. I'm going to hit you up right now with these questions and these answers. But while you're listening, go pick up your codedredlifestyle.com/accelerator. Go pick that up.

Questions.

What happens if I already signed up for next month's challenge?

Don't worry. If you already signed up and you already paid, and you want to get the 90-Day Weight Loss Accelerator, go ahead and buy it, and then contact our customer service department. Fill out a

ticket, please do not email them. We do not monitor emails, we have a ticketing system. Fill out a ticket and tell them, "I just purchased the Weight Loss Accelerator. Can I have my challenge refunded?" And once they verify your purchase, and they verify everything, we will refund your registration to the next challenge. Yes.

Can I use my three-pack for any challenge?

No. You're going to get it for the next three challenges. Because I'm saving you from you. If you are allowed to start whenever the heck you feel like it, you might go off the rails again. I've got to keep you moving forward. I've got to keep you trucking forward. So it's going to be the next three challenges starting immediately.

How long do I have to buy this?

48 hours from right now.

If I bought a custom program, can I still buy this?

Yeah. If you bought a custom program in the past, and maybe you there's a lot of things that happen. And you want to get the weight loss accelerator, it parallels nicely with a custom program. And all the tools in the 90-Day Weight Loss Accelerator kit is going to help along with your custom program. You should really do well with all of those tools.

Can I buy this if I'm still at goal weight?

Yes. Again, the more tools the better. I'm at goal weight and I still journal. I'm at goal weight and I still take my mag, I'm at goal weight and I still take my D3, I'm at goal weight and I wore the t-shirt today. I mean it's all the things. I met goal weight and I have a coach that I talk to. So yeah, you could really benefit from all these tools. There's nothing here you can't use.

How do I schedule my call with my Weight Loss Advisor?

When you purchase your Accelerator kit and you get your welcome email - by the way that's going to be in your spam folder - you are going to get a link to schedule your call to click that link. Pick a time and you'll schedule your call with your Weight Loss Advisor. They're very excited to talk to you and they're really nice.

Can I swap out items in this kit?

No. The items are the items. You can't swap them out.

Can someone who did not compete the Reset buy this?

You guys, I specially designed this program for you. I specially designed it because you proved to me that you want to take your life back. You've completed the 7-Day Reset. You know if somebody like your mailman or your pastor's wife or your cousin's, uncle's, aunt's, daughter just wants to buy the Accelerator Kit tonight, they're not gonna even know what it is. They're not gonna know what it's even worth. They're not even gonna know how great of a deal is. They didn't do the hard work like you did. So truthfully, I created it for you.

Can I buy this now and save it for later?

No. Because I don't trust you to come back. I want you to keep going immediately so that we don't lose ground. I don't want you screwing up. I want you going right into the next phase, before you can do anything and screw it up. Trust me, stay with me. I'm saving you from you. Believe me, let's keep this whole party rolling.

How long do I have to book my phone call?

You can book your phone call in anytime during the three months that you have your Weight Loss Accelerator.

So guys, we have coderedlifestyle.com/accelerator. Go to coderedlifestyle.com/accelerator. Everything in this kit is \$1,078 and you're getting it for \$197. It's absolutely incredible.

Guys, I said this in the beginning. I'm gonna say that one more time. It takes a lot of bravery to step up like you did. It takes a lot of bravery to reach out for help. I've had to reach out for help before. I know what that feels like. I know what it feels like being full of guilt and shame. I know what it feels like to think that you're not good enough, like I should have this. Why do I keep going around this mountain again? Why do I keep self-sabotaging? Why do I keep binging and purging or just binging? Why do I keep doing this to myself over and over? Why is this so hard for me?

You know, I don't know. I don't know what's going on with you. All I can do is give you the tools that you need. And maybe this time will be the last time. And you know what, it's okay if it's not. I want to release you of the shame and guilt. But I really want this to be it for you. I really want this to be the last time. Maybe you have gone around this mountain for years and decades.

But I can tell you this, because I've been in this industry for 26 years, that seven days is not enough to undo all your bad habits. You need more time, and you need time with me. So take my hand. Let me help you. Go to coderedlifestyle.com/accelerator. Get yourself the kit. And let's keep going.

All right. I will see you on the next challenge. I'm proud of you. Whatever happens, whatever happens from here, whether I see you on the next challenge or you go on your own. I have a feeling I'll see you on the next challenge, but I'm proud of you. I'm proud of you for at least getting this far. But I really want to see you tackle this once and for all. Plenty of people have done it. You can be one of those people. This is not harder than anything you've ever done. You can do this. You can do this. Alright, I'll see you on the challenge.