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Disclaimer

It goes without saying, but please be sure to check with your doctor before starting any exercise or nutrition program! All information is based on my personal opinion and experiences. Any financial advice is personal opinion and any financial improvements are not guaranteed. You should consult with your own financial and tax advisor. You are responsible for creating and implementing your own physical, mental and emotional wellbeing, decisions, choices, actions, and results. I am not a nutritionist or registered dietician. If you have any concerns, you should consult with a professional.



KEY TO A FLAT STOMACH

Every body is different and will respond differently based on the current state of your digestive system, amount of lean mass you carry, your metabolism, etc.

Here's a quick list of some of the things I do and why.

Apple Cider Vinegar - I drink a splash of it in water most days. I find that it helps me in a few ways. There are a ton of supposed benefits, but I'll focus on my abs. One, if I overindulged on something like pasta or bread, it seems to reduce the bloat if I drink some afterward. Two, it affects my taste buds and I'm less apt to want sweets...always a good thing when you're aiming for flat abs!

Kale and Spinach - When I want to drop the flab, I buckle down and have more salads and smoothies. They are filling and helpful to your digestive system. I do tend to feel bloated the next couple of hours after eating them, but the long term result is worth it!

Tuna - I eat canned white albacore tuna. It can be high in mercury, so you don't want to get too crazy, but it's good for a couple of days to buckle down. Splash some olive oil, spices, lemon juice on tuna on top of a bed of spinach and it's a wealth of nutrition.

Water - I make it a point to drink 3-4 32 oz. bottles of water a day. This ensures that I'm not dehydrated and my body isn't holding onto water weight. Throw in a slice of lime for increased PH...good for digestion!

Dandelion Tea - This herbal tea is a little bitter. It helps release any extra water weight as well. It's a natural mild diuretic.



Digestion! - A big part of your belly is how well things are moving along. To fine tune my digestion, I do these few things:

Probiotics - I like the Good Belly drink. Simple way to get probiotics (the good bacteria).

Prebiotics - Prebiotics are a bacteria that the good bacteria feed off of and allow them to flourish. I'll eat a couple of forkfuls of sauerkraut before dinner. Any fermented food will do!

Supplements! - Some people don't like supplements. I'm open to them. These are a couple that I use to help me:

Cal/Mag/Zinc - This combination has a few benefits. The magnesium helps your body absorb the calcium. The two help both your bones, muscles and your nervous system. Zinc helps your cells and immune system. This combination helps me sleep better, recover after a great workout, have crazy dreams, and my body is ready for a 'movement' in the morning. (Back to digestion!)

CLA - This stands for conjugated linoleic acid. It's an altered omega-6 fatty acid. Its naturally found in meat and dairy. This supplement helps your metabolism and increase lean mass. I always feel that I look more lean when taking it. If you want to read more, check out this [article](#).