

THE TRUTH ABOUT BERRIES

ARE BERRIES GOOD FOR YOUR BODY?



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BOOTY TYPE TRAINING/BERRIES REPORT

When it comes to toning your booty and flattening your tummy, diet is key.

You won't develop your dream physique apart from watching what you eat in the kitchen...

But let's be honest for a minute. The kitchen typically isn't the place we struggle with our diets. I mean, we don't typically fill up our morning coffee and *then* feeling a craving for something to snack on.

Cravings happen later in the day.

Which is why it's essential for you to have a go-to booty toning, belly flattening snack on deck at all times...

Something that's sweet, satisfying, and brings you closer to your physique goals.

And that's what I have for you today!

The snack that's going to give you a rounder booty and a flatter belly...

What is this delicious snack?

Berries!

Blueberries, strawberries, blackberries, raspberries...

All of them (or a berry blast combination) will make for a great snack each and every day to help you reach the physique of your dreams. So before we get into *why* berries should be your go-to snack in your booty-type training, let's just be clear on *what* berries are.

WHAT ARE BERRIES?

Okay, so I have to confess that there's nothing groundbreaking in this section...

We have a pretty good idea of what berries are, right?

Whether it's blueberries, strawberries, blackberries, acai berries or raspberries, there's almost nothing more satisfying on a warm summer day than a sweet and juicy burst of freshly picked and washed berries.

A berry is a small and pulpy fruit that's loaded with nutritional benefits and is easy to snack on.

They don't only fill you up with plenty of vitamins and minerals, but they also improve your brain function, fight heart disease, and improve hair, skin and nail growth...

According to a broad study published in *Antioxidants*, berries interrupt the cycle of oxidative stress and inflammation that throws off balance in your cells and can cause cancer [1]. So in a sense, berries nip pre-cancer activity in the bud, making snack time a tasty preventative measure against sickness.

Pretty sweet, right?

The antioxidant properties in berries aren't only (potentially) life-saving, but they also keep your skin looking young, your eyes healthy, your immune system in check, your mood balanced and your memory healthy [2].

Basically, berries are packed with loads of benefits for you...

But what makes them so great for your booty-type training specifically?

BERRIES AND LOWER GLYCEMIC INDEX

There are a couple of keys to developing a curvy booty...

First, of course, is working out your booty specifically so that it gets toned and looks great...

Second consists of your nutrition. You won't develop a curvy booty, free of cellulite and well-toned without prioritizing good nutrition. As an added bonus, your nutrition is going to flatten your belly, which will make your booty pop even more!

And herein lies the importance of snacking on blueberries compared to some less healthy (and less tasty) options.

When it comes to your diet, you want to eat carbohydrates that have a low glycemic index, meaning that the particular carbs you consume won't cause your blood sugar levels to spike, but instead, will cause them to *slowly* rise and *sustain* over time...

See, all carbohydrates are eventually broken down into sugar (glucose), but the more complex the carbohydrate, the more steps it has to go through in the body to become a sugar molecule and then be released into your blood to provide fuel for your body and brain.

Because berries are a complex carbohydrate (and have a lower glycemic index), they take longer for your body to turn into glucose, and the sugar is released into your body at a steady pace instead of a spike, which is *better* for your weight loss goals on your booty-type training for one big reason: It keeps the cravings away.

BERRIES FOR WEIGHT LOSS

According to an article published in *Harvard Health Publishing*, your diet is most controllable when you reduce the amount of high glycemic carbs you eat and enjoy more low glycemic carbohydrates [3].

Dr. David Ludwig, director of the New Balance Foundation Obesity Prevention Center at Harvard-connected Boston Children's Hospital, and his colleagues have uncovered some clues as to why people on a low-glycemic diet find it easier to lose weight and keep it off than those who eat a low-fat diet, for instance. In 2012, their research determined that, after a weight loss of 10% to 15%, people on a low-glycemic diet burned more calories than those on a high-glycemic diet, meaning that a low glycemic diet is a (long haul) approach to reaching your dream physique, without necessarily taking you longer to get there. You'll lose the weight you want, keep it off, and then lose some more when you snack on low glycemic foods such as berries.

In 2013 the same group looked at the effects of high and low glycemic meals with the same number of calories four hours after people ate them. They found that the people were hungrier, had lower blood sugar, and had more activity in the area of the brain that is associated with craving and reward after they consumed a high-glycemic meal.

A 2015 study published in *Appetite* specifically tested the effects of eating berries as a snack compared to a high glycemic snack in the afternoon.

The study showed that not only did the group who ate the berries eat them at a slower rate (making the snack more satisfying and participants less anxious for *another* snack) but it also kept the participants from eating excessive calories for dinner. This group that was given berries as a late afternoon snack ate 150-200 calories less at dinner time than the other group that was given a high glycemic treat [4].

And as you know, the weight loss formula is simple: Calories in vs. Calories out.

If you start snacking on berries in the place of what you're snacking on now, and see similar results as this study, you'll (generally speaking) lose a $\frac{1}{4}$ of a pound *more* per week. Another study published in *Plos Medicine*, drew a direct correlation between adding berries to your diet and improvement in weight loss [5].

So when it comes to losing weight, flattening your belly and making your booty pop more as a result, berries are the way to go.

But do they also help you develop a curvy and muscular booty as well?

Well, of course they do!

BERRIES FOR A CURVY BOOTY

After your workouts, you want to eat carbohydrates that will balance your hormones and build muscle.

Berries do both.

See, after you complete your booty-type training, your body needs carbohydrates in order to regain hormonal balance because of the amount of stress it's been under during exercise. It also needs sugar in order for your muscles to repair. Berries supply your body with the essentials after your training to both burn fat and build your booty muscles.

There isn't much to say about how berries produce booty growth other than that! But I recommend, when you aren't snacking on berries, add them to your post-workout meal, which should always be paired with protein.

Mix berries into a protein shake or protein smoothie to get the ultimate post workout meal.

Here's a recipe for you:

VANILLA BERRY BOOTY BUILDER SMOOTHIE

Recipe makes 2 servings:

- 1 ½ cups (350 mL) water, or yogurt or milk of choice
- 1 scoop vanilla protein powder
- 1 cup (150 g) strawberry, frozen
- 1 cup (100 g) blueberry, frozen
- ½ cup (60 g) raspberry, frozen
- ½ cup (75 g) blackberry, frozen

1. Put all ingredients into a blender and mix until smooth.
2. Enjoy!

CONCLUSION

When it comes to developing a curvy booty and a flat tummy, your diet is key.

And berries should be your new best friend.

They're a great mid-day snack and post-workout carbohydrate source that'll ensure you reach your physique goals by crushing cravings, keeping your stomach satisfied and building muscle...

Plus, they taste delicious!

Always have some berries on hand in your kitchen and prepare an easy snack in the afternoon with these tasty treats.

Also, enjoy the Vanilla Berry Booty Builder Shake!

Keep up the hard work!

RESOURCES:

- [1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5187535/>
- [2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5890122/>
- [3] <https://www.health.harvard.edu/staying-healthy/keep-your-weight-down-and-your-energy-up-with-the-glycemic-index>
- [4] <https://www.ncbi.nlm.nih.gov/pubmed/26162950>
- [5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4578962/>