

YOUR PRESCRIPTION FOR LOOKING
& FEELING YOUR BEST THIS SUMMER

The Belly Fat Cure & Far Infrared Sauna Therapy

by Kim Henderson

We all want flat bellies, especially as the warmer months arrive and we break out our swimsuits. Our culture may prize the look of flat, washboard abs for both men and women, but recent research has found that keeping the belly trim is also a critical health issue. Carrying too much belly fat can actually shorten your life expectancy and increase your chances for heart disease and type 2 diabetes. This information has spawned an entire new focus for the diet & health industry—belly fat. *DPHL* recently interviewed cutting-edge, fitness and diet expert Jorge Cruise about a brand new report he devised (available for free at www.jorgecruise.com) called *The Belly Fat Cure*. According to Cruise, by following his simple lifestyle modification cure and by maximizing your efforts with far infrared sauna therapy, you can achieve a healthy, trim waist circumference in record time. This month Cruise shares his simple cure with us and tells us how you can use far infrared sauna therapy to help accelerate your belly fat weight loss efforts.

Cruise was once overweight himself. Yet,

his techniques have allowed him to lose 40 pounds and maintain a healthy weight and fit body for many years. Over the past 10 years, he has worked with thousands of clients throughout the world and most of them complain of the very same problem. "I'd say that 80 percent of my clients' number one trouble area is too much belly fat," he explains. "My good friend Dr. Mehmet Oz likes to call the issue 'waist management.' Waist circumference is the new measure of health," Cruise tells us. He cites a recent study published in *The New England Journal of Medicine* that tracked over 350,000 participants, and measured the association of body-mass index (BMI), waist circumference and waist-to-hip ratio with the risk of death. This nearly 10-year study found that waist circumference is a critical factor in assessing the risk of death—even more important than the BMI. A 2-inch increase in waist circumference raised the mortality risk by 17 percent in men and 13 percent in women, regardless of BMI. The link was strongest in those who were at a healthy weight, compared to their heavier peers. According to Cruise, "Too much belly fat can double your risk for premature death. It also puts you at risk for type 2 diabetes and heart disease. That's very dramatic and very shocking."

HOW TO DETERMINE YOUR BELLY FAT

Cruise's solution is surprisingly simple. First, he suggests measuring your waistline with a measuring tape by putting it around the area above your hips and below your belly button. As a general rule, women's waist circumference should be 32.5 inches or less and men, 37 inches or less. If you measure more than that, you need to lose belly fat.



PHOTO: jorgecruise.com

THE CURE

In his book, *The Belly Fat Cure*, Cruise suggests lowering your intake of sugars (that's all kinds of sugars—from fruit, honey, sugar, desserts, soft drinks, juices—your body doesn't know the difference) to 15 grams per day. Cruise says that too much sugar is the number one cause of fat deposit in the waist area. "There's an important hormone called leptin. When you eat, this hormone signals to your brain when you've had enough food. However, when you have too much sugar in your system, it suppresses the release of leptin. With low leptin levels, the brain doesn't receive the message that it has had enough food. The excess calories are then stored in your belly." By keeping the sugar levels low, Cruise says that the leptin levels stay high and that this is key for success.

But what's a sugar-loving person to do? "Use the herbal, sugar-free sweetener stevia or xylitol, which are completely natural and not harmful to your body. Avoid the yellow packets (sucralose or Splenda), the blue (aspartame or NutraSweet), and pink packets (saccharin or Sweet 'n Low), as various research has linked them to hormone disruption and neurological damage," says Cruise. His report outlines exactly how you can make better, low-sugar substitutions. Cruise does not believe in deprivation, but rather, smarter choices. For example, instead of having a banana with 22 grams of sugar per serving, you can choose 1/2 cup of blackberries with only 3 grams of sugar. Or instead of having Coca Cola with a whopping 39 grams of sugar, you can have a stevia-sweetened cola called Zevia with no sugar at all. These simple choices make all the difference.

In addition to reducing sugar intake, Cruise suggests 6 servings of smart carbohydrates a day. "Sometimes a protruding tummy is caused by what I call false belly fat. The bulge is really caused by a backup of fecal matter. It's critical to get enough fiber going through you from quality carbohydrates to clear out the fecal matter," Cruise explains. "I suggest tasty, healthy carbs like whole grain bread, pasta, and rice."

Cruise says that if you follow the 15/6, sugar/carb value, you're 85 percent on your way. The remaining 15 percent is exercise. "The great news is that don't need to join a gym to get fit," he says. You can achieve your goal by simply walking and doing yoga, he tells us. (Check out Cruise's book *Body at Home* for more details.) By following these lifestyle suggestions, his clients have lost on average 2 to 3 pounds a week over a 10 to 13-week period!

THE MAGIC OF FAR INFRARED SAUNA THERAPY

Far infrared sauna therapy is an added tool that Cruise heartily recommends. He has a Sunlight Sauna in his own home and cannot say enough good things about it. "I love it. It reduces stress and detoxifies the body which is even more important when you are losing weight. I use it every day." Far infrared heat raises the body's core temperature allowing for a good sweat. "Far infrared heat is powerful. The benefits are unique. It improves circulation, and detoxifies the lymphatic system carrying toxins out of the body through sweat. Your skin becomes radiant. It's a great way to feel and look your best," he says.

Far infrared sauna therapy specifically supports your belly fat weight-loss efforts, too. Cruise explains. "It's really important to relax every day and have time for yourself." My time in the Sunlight Sauna is like a sanctuary. I use it before I go to bed. It completely relaxes me and helps me to get deep restorative sleep." Cruise explains that weight-loss efforts can be sabotaged by too little sleep. "You need to get good sleep. This is really important. That means 8 hours of solid sleep because leptin levels go super high during that 7th hour of deep reparative sleep." Far infrared sauna therapy serves as an accelerator for losing more fat. Also, as Dr. Mehmet Oz explained on *The Oprah Winfrey Show*, far infrared heat penetrates deep into the skin raising the body's core temperature which in turn stokes the metabolism and causes your body to burn more calories.

Thus, sauna therapy helps on two levels—by promoting relaxation and improved sleep, which helps the body to release more leptin and by increasing core temperature which fires the metabolism and burns more calories. ■



About Jorge Cruise

Jorge Cruise is author of three consecutive *New York Times* best-sellers; his newest book, *Body at Home*, is available now. Each Sunday his *USA WEEKEND Magazine* column is read by more than 50 million readers. He has appeared on *The Oprah Winfrey Show*, *CNN*, *Good Morning America*, *The Today Show*, *Dateline NBC*, *The View*, *The Tyra Banks Show*, and *VH1*. Get a copy of his free *Belly Fat Cure* report a jorgecruise.com.



About Far Infrared Heat

Last month, we recapped *The Oprah Winfrey Show* appearance by Dr. Mehmet Oz, in which he featured a Sunlight Sauna and told the world about the health, weight-loss and life-extending benefits of far infrared sauna therapy.

Far infrared heat, the type of heat Sunlight Saunas generate, differs from a traditional hot rock/steam sauna. Far infrared light is part of the sun's invisible light spectrum and has the unique ability to penetrate human tissue. It feels like sunbathing, yet is completely healthy and safe because it does not cause the skin to burn. Far infrared heat works by increasing the body's core temperature, which produces a much deeper, more detoxifying sweat.

Resources

For more on Sunlight Saunas, visit the company's highly informative website, www.sunlightsaunas.com; you can also learn more by calling them at 877-292-0020.

