

3 Habits That are Making You and Your Family Fat – Without You Even Knowing

(Hint: None of them have anything to do with eating.)

by Mark Joyner, Founder of Simpleology

You wouldn't expect these habits to make you fat – but they do.

1. Staying Up Late

The opposite would seem to make sense: If you stay up late, you burn more calories. Burn more calories, burn more fat.

Right?

Unfortunately, staying up late can set off a multi-pronged attack on your body composition.

First, sleep is vital for recovery. If you don't get enough sleep, your body won't build as much muscle mass – no matter how much time you spend in the gym. Less muscle mass = less fat burning power.

Next, if you are sleep-deprived, you increase levels of the stress hormone "cortisol." The connection between stress/cortisol and obesity is well established, but it gets worse. A recent study (Epel, Yale) shows that cortisol related fat storage tends to be around the vital organs – the worst possible place to store fat in your body.

If that's not enough, lack of sleep is linked with glucose intolerance (diabetes), lower Growth Hormone levels, a weakened immune system, low energy, and more ...

Get a full night's sleep (7 to 9 hours), but make sure your place of rest is peaceful and pitch dark. Your natural sleep hormone, melatonin, is suppressed when there is too much light.

2. Skipping Breakfast

Many people skip breakfast thinking it will help them to lose weight.

"Fewer calories in – more fat burned."

The reality is that skipping breakfast actually lowers your metabolism so that at your next meal you'll tend to overeat. To make it worse, the food you eat on a lowered metabolism is more likely to be stored as fat.

3. Prescription Drugs

Many of the drugs you are prescribed increase appetite, cause edema, or slow our metabolism. That's a recipe for getting, and looking, fatter.

The most commonly used drugs that have these effects are oral contraceptives, many anti-depressants, and estrogen replacements.

Check with your doctor to see about finding suitable alternatives that won't make you fat.

[Simpleology 103](#) owners can find a deluxe version of this article on the "Extras" tab. It includes 4 more habits that are making you fat, a few bonus tips, and the shocking connection between your sex life and body fat.

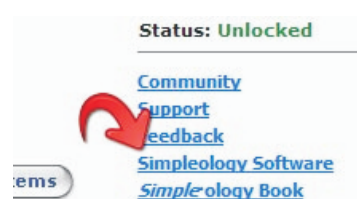
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Enjoy!

All the best,

Mark

Mark Joyner
Founder of Simpleology

Success Stories

(as posted in the Simpleology community – log in to the community to see thousands more just like this)

"In three weeks my body and energy level has totally changed, it's unbelievable!"

Username: john_stallone

"I just can't believe how much better I feel and how much focused I am. During these last 18 days I've lost over 10 pounds. I have purpose, drive, and energy to do it all."

Username: karenbski

"So far, Simpleology has been an overwhelming success for me. I have been more focused, earned more money, and lost a few pounds."

Username: ken_letsch

"...in the first 20 days, i have completed 2 years worth of very important paperwork, which encompasses every aspect of my life...personal, business, investments, etc..."

Username: carla_isbell

"My annual salary will be more than I've mad in the last three years combined! Mark, I am a fan for life, and want to thank you for the MASSIVE contribution that work and Simpleology have made (and continue to make!) THANK YOU!!!"

Username: gaharrington

"I am not only accomplishing more each day, but I have managed to lose 34 pounds!

Username: billbecker

"I never thought that i would survive the financial crash that happened to me at Easter time. Your daily messages have been a constant source of support and inspiration to me. I am now 2kg. lighter, my debt is halved ,my relationship saved and i am indomitable. Very many thanks for saving my life...."

Username: daviddowrick

"I am so glad I found this material. I have signed up my entire office and also have them taking the course."

Username: pspenard

"Hi Mark, I've gone from \$0 to \$2000 a month -- and much of it is thanks to you. So I'm really just writing to say thank you."

Username: stenmorten

"I am absolutely stunned. I have reached lesson 16 in Simpleology 101 and completed the morning Praxes. I got 17 things down on my Daily Target list. Usually this amount of work would take me a week. I got up at 6am this morning and now at 2.30 pm I'm done for the day."

Username: craighawkins



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