



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Module 5 - Part 5 How to Flatten Your Tummy Naturally



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HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



| HOW TO FLATTEN YOUR TUMMY NATURALLY

Here's your success checklist:

- Eat balanced meals for your Metabolic Nutritional Type. (Reviewed in Module 2 Part 1 Create Meals Balanced for Your Unique Nutritional Needs.)
- Eat high-quality food. (Reviewed in Module 2 Part 4 Why Buy Organic Foods Whenever Possible.)
- Drink 50% of your body weight in ounces of pure water every day. (Reviewed in Module 2 Part 5 Drink More Water and Less of All the Other Stuff.)
- Avoid foods you're intolerant or sensitive to. (Reviewed in Module 2 Part 2 How to Do an Elimination Diet to Identify Food Sensitivities.)
- Manage your stress and heal unresolved trauma. (Reviewed in Module 3.)
- Assess your core function and perform restorative core exercises. (Reviewed in Module 5 Part 6 How to Complete Your DIY Fitness Assessment.)