I’m talking about chronic inflammation—the NUMBER ONE cause of AGING AND OBESITY.

The MOST IMPORTANT STEP you can take if you want to be young and slim is to kick INFLAMMATORY FOODS to the curb. I’m tellin’ you—Inflammation packs on bloat, fat, and wrinkles faster than anything else.

When it comes to inflammation, the biggest culprits are grains (especially grains with gluten), dairy, sugar, soy, and industrial seed oils like sunflower and canola oil. This means most pre-packaged foods are off limits. I know that’s a burn—but if you’re SERIOUS about being young and slim, YOU’VE GOTTA GET IN THE GAME!

Also, get anything artificial out of your diet right now—I’m talking artificial flavors, colors, and sweeteners. Remember: anything your body isn’t designed to digest is inflammatory. Read labels—and if a product has ingredients you can’t pronounce, put it back.

Read more: 8 Foods that Cause Inflammation — Top of My “No” Foods List • Are These Pro-Inflammatory Foods Affecting Your Health?
**Slimdown Secret #2**

**LOSING WEIGHT QUICKLY IS YOUR BEST STRATEGY...**

We’ve all heard that “slow and steady” is the smart way to lose weight, right? But guess what: that’s a myth!

In a groundbreaking study, researchers found that people who **DROPPED THE MOST POUNDS IN THE EARLY DAYS OF A DIET** lost more weight by the six-month mark than slow starters. They also kept the weight off more successfully in the long run.

The trick here is to lose weight quickly AND SAFELY. That’s why my 10-Day Belly Slimdown is loaded with SUPERFOODS that fill you up, give you all the nutrients you need, AND burn that fat off fast.

Read more: [The Best Weight Loss Strategy: Lose Weight Quickly](#)

**Slimdown Secret #3**

**FEED YOUR BODY COLLAGEN EVERY DAY!**

This SLIMDOWN Secret is a BIG one: I want you to feed your body COLLAGEN every day!

Collagen is one of the most powerful Superfoods on my 10-Day Belly Slimdown. Here’s the deal. Your body makes its own collagen, which basically is the protein “glue” that holds your tissues together. But once you turn 20, you lose about 1 percent of that collagen every single year—and that’s when you start getting saggy, baggy, and old.

Luckily, it’s super-easy to add collagen to your diet. You can drink collagen shakes and put collagen in your coffee. And you can drink BONE BROTH, which is loaded with the building blocks of collagen.

When you do this, you’re gonna LOVE the results. Your skin will get smoother. Your joints will be happier. You’ll lose weight faster. Even your hair and fingernails will get more beautiful.

So if you want to stay young—and seriously, who doesn’t?—then get in the collagen habit!

Read more: [The Benefits of Collagen](#)
I call this one COLLAGEN, PART 2. Remember how I told you to get more collagen by taking a collagen supplement or drinking bone broth EVERY DAY? Well, I also have three tricks up my sleeve for helping your body make more collagen on its own.

First, make sure you get lots of vitamin C. Vitamin C is A RATE-LIMITING FACTOR in collagen production. That means that if you don’t have enough, your collagen production line shuts down.

Next, eat foods that are rich in sulfur, because sulfur plays a big role in collagen production. To get enough sulfur, eat eggs, garlic, broccoli, bok choy, onions, shallots, leeks, and cabbage.

Finally, DRINK WHITE TEA! This is a biggie, because white tea actually helps prevent the activity of enzymes that break down your collagen.

Try all three of these tricks every single day, and I promise—your body will thank you!

Read more: 5 Ways to Boost Your Collagen-Building Power

Center your diet around “SLIM-GESTION” FOODS. These are foods that optimize your metabolism, melting off those extra belly pounds like crazy.

To build a slimming plate, start with a LEAN PROTEIN like chicken, eggs, fish, or beef. You need this protein because it’s packed with fat-burning nutrients like choline, omega-3 fatty acids, and conjugated linoleic acid.

Next, load your plate with non-starchy veggies like kale, asparagus, and zucchini. Add a few berries or some grapefruit, too—but go light on other fruits.

Finally, add HEALTHY FATS to your diet. I’m talking about olive oil, avocados, coconut oil, and ghee. Don’t cheat your body of these, because EATING HEALTHY FATS MAKES YOU BURN FAT. These fats also build strong skin cell walls, and that means fewer wrinkles!

Load your plate with these SLIM-Gestion Superfoods, and watch those pounds and wrinkles disappear!

Read more: The Magic of My SLIM-Gestion Foods
Slimdown Secret #6

EAT GRAPEFRUIT!

Grapefruit makes my Superfood list because it’s rich in NOOTKATONE, a compound that revs up your fat-burning. In fact, in one study, nootkatone even out-performed a popular diet drug! And unlike that drug—which got banned—grapefruit is incredibly good for you. It’s loaded with collagen-boosting vitamin C, tons of other phytonutrients, and gut-cleansing fiber.

It’s really easy to add a little grapefruit to your diet. I like to toss grapefruit into my salads, and I use grapefruit juice to make an awesome vinaigrette.

I do have one caution, however. Grapefruit can increase the effects of many drugs, and that can be dangerous—so check with your doctor or pharmacist.

Try making this superfood part of your SLIM lifestyle!

Read more: 5 Reasons to Love Grapefruit

Slimdown Secret #7

ADD MORE VEGGIE POWER!

Here’s a SLIMDOWN Secret to help you shrink your belly: ADD MORE VEGGIE POWER!

If you normally limit yourself to a couple of servings of non-starchy veggies each day, you’re not making the most of these slimming Superfoods. So work in at least 4 to 5 servings a day of non-starchy veggies—the more, the better. Here’s how I do it:

• I pack salads for easy, on-the-go lunches.
• I make green drinks and smoothies with greens, cucumbers, and a touch of lemon juice—way less sugary than fruit smoothies!
• I add two handfuls of greens to my collagen shakes.
• I clean out the vegetable bin and make bone broth veggie soup every week. It’s a great way to combine the fat-blasting power of veggies with the gut-healing, skin-smoothing power of bone broth.

Non-starchy veggies fill you up, push the nutrients in, and push the toxins out... so work them into your diet every chance you get!

Read more: Getting More Vegetables with Broth-Loading Soups

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Now, stay with me here. If the idea of fasting scares you, don’t panic! Luckily, there are pain-free ways to mini-fast. For instance:

• On my 10-Day Belly Slimdown, you won’t even fast for a full day; you’ll just shrink your eating window by a few hours each day. (What’s more, you’ll get to drink bone broth even when you’re fasting—and that means no cravings.) How easy is that?

• On my Bone Broth Diet, which is a great option if you need to lose lots of weight, you’ll simply do two easy 24-hour bone broth fasts each week. And again, you’ll always be able to reach for your broth, so you’ll never be hungry.

Mini-fasting will send your fat-burning into the stratosphere, and your body love these short fasts because they detox your cells. So don’t fear the mini-fast—embrace it!

Read more; Your Guide to Mini-Fasting • Amazing Benefits of Mini-Fasting • The Science of Mini-Fasting

Human Growth Hormone, or HGH, is a hormone that’s crucial for metabolizing fat and sculpting lean muscle. As you age, your body secretes less HGH—and that’s a big reason why your muscles get smaller and your belly gets bigger!

Luckily, there are two great ways to boost your HGH: with high-intensity interval training (or HIIT) and mini-fasting.

HIIT involves short bursts of high-intensity exercise followed by low-intensity recovery periods.

One study found that a 24-hour mini-fast increases HGH by an average of 1,300 percent in women, and nearly 2,000 percent in men.

Want even more fat-burning power? Combine these strategies, and do HIIT while you’re fasting. You’ll send your HGH through the roof and burn up to 20% more calories!

Read more: Ignite Your Fat Burning Hormones
Here’s how insulin works. When you eat, your blood sugar rises and your pancreas releases insulin. Insulin ferries sugar into your cells so they have the fuel they need to make energy.

What’s the problem? If you keep spiking your blood sugar and insulin all day, you’re going to develop INSULIN RESISTANCE. This means that your cells start slamming the door on insulin. This floods sugar into your blood stream That sugar goes right back to your liver, and if you don’t use it right away, it turns into belly fat. Worse yet, excess insulin tells your body to store fat rather than burning it.

All this packs pounds on your belly and makes you a target for DIABETES. But don’t freak out, because I have a simple solution for you: LOWER YOUR CARBS and EXERCISE EVERY DAY. No kidding: preventing insulin resistance really is that simple!

Read more: Put the Brake on Your Fat Storing Hormones

**Slimdown Secret #11**

EXERCISE EVERY DAY—AND EXERCISE THE RIGHT WAY!

First, do HIGH INTENSITY INTERVAL TRAINING, or HIIT. This gives you the biggest bang for your buck, and it only takes minutes. You can actually get great body-sculpting, fat-burning results from a ten-minute HIIT workout—no kidding!

Also, do STRENGTH TRAINING, because it gives you a strong, sculpted core. And you don’t need weights or an expensive gym membership; you can do planks, pushups, and squats anywhere.

Be cautious about super intense exercise when under a lot of stress because it cause the opposite effect. This is because it can actually raise your levels of the stress hormone cortisol.

Oh, and one more exercise tip: Drink a cup of coffee half an hour before you work out. It revs up your metabolism and you’ll burn up to 15% more calories!

Read more: Do Less Cardio…Blast More Fat with HIIT • A Pre-Workout Coffee Can Boost Your Calorie Burn
It’s tough to work out if you spend half your life in airports. Believe me, I KNOW… because I have patients in New York, Los Angeles, and Michigan, and some days I can hardly remember what city I’m in—much less find a gym there!

Luckily, I have some tricks for staying in shape while I travel. Here are some of the ways I do it:

• I pack a resistance band in my luggage.
• I do planks, pushups, lunges, and squats in my hotel room.
• I take the stairs every chance I get.
• If it’s warm, I go for a swim in the hotel pool.

Try these tricks yourself, and you can easily work in a workout—no matter where in the world you are!

We now know that one of the biggest keys to staying slim and healthy is to keep our gut microbes happy. Sadly, our world is really rough on these little guys. They get snuffed out by antibiotics, whacked by a bad diet, frazzled by stress, and knocked out by toxins. As a result, your gut gets inflamed, and you get fat and sick.

What’s the answer? Every day, supplement your diet with probiotic foods that restock your gut with good microbes. These include kimchi, sauerkraut, pickles, and other fermented foods from your store’s refrigerated section.

Also, eat prebiotics, which are like fertilizer for your good bugs. Some of my personal favorites are asparagus, onions, and jicama.

Finally, take a prebiotic and probiotic supplement every day. It’ll help make your gut glow—and a glowing gut means a slim, healthy you!

Read more: Why you Need Prebiotics and Probiotics for Healthy Gut Microbiome • 8 Tips to Reset Your Gut & Get Rid of Inflammation
Slimdown Secret #14

I CALL THIS ONE THE MAGIC ERASER.

Let’s face it: We’re all gonna blow our diets once in a while. As for me—true confession here—I occasionally hit the gelato way too hard when I’m down in the dumps. There, I said it.

Luckily, if you occasionally screw up, just like I do, there’s a way to undo the damage like it never even happened. Simply do a 24-hour bone broth fast, eating NOTHING but broth. It’ll burn off those extra calories so fast they won’t have time to land on your belly.

So keep big cheats to a minimum. But when they happen—and if you’re human, like me they’ll probably will—try my Magic Eraser trick. It’s like a GET OUT OF JAIL FREE card for your waistline!

Read more: Five “Magic Eraser” Foods to Eat After You Cheat

Slimdown Secret #15

DON’T LET HUNGER TAKE YOU DOWN.

People think that to lose weight, you’ve got to starve yourself. Well, guess what: that’s the WORST thing you can do. I promise you that when you get too hungry, you’re gonna give up on that diet and plant yourself face-down in a carton of Ben & Jerry’s.

Instead, do a STARVATION-FREE diet. On my 10-Day Belly Slimdown, for instance, you can drink warm, rich bone broth before, after, and in between meals--this will get rid hunger instantly.

Also, if a craving strikes between meals, you can reach for a handful of coconut chips, or some avocado slices. Fats like this wipe out cravings in seconds.

And here’s one more quick tip: Drink unsweetened sparkling water, because those bubbles really fill you up. Make your drink festive by adding some cucumber slices, lemon slices, and even mint. It’s refreshing, filling… and sin-free!
Slimdown Secret #16

KETOSIS IS YOUR FRIEND.

What’s ketosis? It’s when your body starts burning fat for energy, instead of burning sugar. This happens when you stop eating a diet that’s loaded with sugar and other carbs, and switch to a diet that centers around proteins, healthy fats, and non-starchy veggies.

At first, this change may give you a case of the “carb flu” as your body shifts gears. I call it feeling “wired, tired, cranky, and weird.” But after that passes in a couple of days, you’re gonna start BURNING FAT LIKE CRAZY. And here’s more good news: you feel less hungry, you’ll build more muscle, and you’ll reduce your risk for diabetes and heart disease.

So cut way down on those carbs, get your body into ketosis, and become a fat-burning machine!

Read more: What is Ketosis and How Does it Relate to Weight Loss?

Slimdown Secret #17

YOU’LL LOVE THIS ONE: DRINK COFFEE.

Drinking coffee before a workout will boost your results. That’s because coffee stimulates THERMOGENESIS—which means your body creates extra heat, burning more fat off your belly.

But that’s not the only great thing coffee does for you. It suppresses your appetite, so it’s easier to resist cheating. It boosts your mood, which protects you against emotional eating. And it gives you extra energy, so you spend more time moving and less time couch-potatoing.

Want more? Coffee can lower your risk of dying from heart disease, cancer, stroke, diabetes, and kidney disease. There’s a WHOLE LOT OF POWER in that little cup of Joe, so take advantage of it!

So start every morning with a cup of coffee. For even bigger benefits, drink my SLIM COLLAGEN COFFEE, which gives you a dose of java AND a fix of wrinkle-blasting collagen!

Read more: Can drinking coffee help you live longer?
You have to stop beating yourself up over what you’ve done or haven’t done.

If you start a diet but get derailed, I don’t want you to wallow in guilt or kick yourself for being a failure. That’s the surest way to stop your forward progress in life.

Instead, realize that you’re “perfectly imperfect,” and sometimes you’re going to mess up—just like everyone else on the planet. The really important thing is what you do next.

So if you fall off the diet wagon, don’t tell yourself that you’re a loser. Instead, be kind to yourself—remember that phrase PERFECTLY IMPERFECT—and simply start your diet over again.

Remember: It’s not how many times you fall down, it’s how many times you get up again!

Read more: 13 Things a Person with a Healthy Mindset Does

Deep breathing—also called abdominal breathing or primal breathing—tones and firms your ab muscles. In addition, it triggers a relaxation response that reduces inflammation, revs up your metabolism, and lowers your insulin levels.

If you’re new to deep breathing, here’s how it works. Inhale through your nose for a count of five, expanding your belly like a balloon. Pause for two counts and then exhale slowly for the count of five, pulling your belly button back to your spine. Pause for two seconds, and then take your next breath. You’ll trigger that relaxation response after about 10 breaths.

You can do this anywhere, anytime. And believe me: it’s one of those little tricks that can make a big difference when it comes to blasting that belly fat!

Read more: 8 Quick Ways to Reduce Stress
Slimdown Secret #20

BANISH THE BLOAT!

Don’t you hate it when your belly gets two inches bigger overnight? I do, too—and that’s why I avoid these belly bloaters:

- Sugar
- Gluten
- Artificial sweeteners
- Dairy foods
- High-salt foods
- Beans
- Soft drinks
- Sugar-loaded fruits, like apples and pears.

Bubbly drinks like sparkling water and champagne can bloat your belly too, so steer clear of them before a special occasion. Instead, drink green tea, lemon water, or bone broth.

Also, before a big event, go easy on high-fiber veggies like broccoli, cauliflower, and cabbage. Normally, these are great for you… but sometimes they bring on bloat, so just to be safe, pass on them before a hot date or a job interview. Instead, reach for bloat-fighting cucumbers, celery, and avocado. Your belly will thank you the next day!

Read more: How to Get Rid of Bloat Fast, and for Good

Slimdown Secret #21

GET YOUR SUNSHINE VITAMIN!

Did you know that it’s harder to lose weight if you’re low in vitamin D? It’s true—and it’s also true that millions of us are vitamin D-deficient because we’re so sun-phobic these days. It’s like we’ve all turned into vampires.

Here’s the deal: The best way to get enough vitamin D is to go outside. Seriously. It’s true that too much sun is bad for your skin, but a little bit is just fine and will NOT cause wrinkles or skin cancer—so every day, spend about 15 minutes outdoors without using sunscreen. Also, take a vitamin D supplement and eat foods that are rich in vitamin D, like fatty fish and pastured eggs.

And P.S. – Want another reason to get plenty of vitamin D? It’s a natural mood-booster… so while it’s slimming you down, it’ll also cheer you up!

Read more: How Vitamin D Keeps You Slim, Happy and Healthy (And How to Get More of It)

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Slimdown Secret #22

GET YOUR HORMONES TESTED.

Lots of women come to me in their thirties or forties because they feel awful and they don’t know why. They’re gaining weight, they’re aging fast, and they’re tired and cranky. Frequently, a little detective work shows me that the problem is HORMONES.

Here’s something that might surprise you: PERIMENOPAUSE can start in your forties or even your thirties, and it can TOTALLY throw you for a loop. Luckily, you can fight back with a smart diet and safe, natural BIO-IDENTICAL hormones.

So don’t let wonky hormones hold you hostage. If you look and feel older than you are, have a doctor test your sex hormones and your thyroid hormones. If they’re out of whack, take action to get them in balance. It’ll take pounds off your belly, take years off your face, and transform you from tired and cranky to bold and beautiful!

Read more: Menopause, Perimenopause and Hormones…Oh My!

Slimdown Secret #23

COOK SMART!

Let me ask you a question. How often do you wind up grabbing a pizza because it’s 6:00, everybody’s starving, and there’s nothing to eat?

Well, I have the solution for you. It’s called BATCH COOKING. This means setting aside a few hours every week and prepping lots of foods at one time.

When I batch cook, I roast a chicken in the oven, make a stew in my slow cooker, and boil a dozen eggs—all in one afternoon. I wash and chop veggies for salads and shakes. Everything goes in the fridge or freezer in serving-sized containers, and I’m good to go for days and days.

How great will it feel to come home the rest of the week with dinner ready to go—no takeout needed!

And guess what diets fail because of failing to prepare… Well… you’ve got that one covered.

Read more: Batch Cooking Frees You from the “Six O’Clock Panic” • Batch Cooking and Meal Prep Recipes
My book, The 10-Day Belly Slimdown, is full of tips to help you lose weight quickly and permanently! Right now, I’m giving away free bonuses to help you get started on your slimdown fast. When you order now and enter your receipt number at 10daybellyslimdown.com, you’ll get:

1. **Instant access to 10-Day Belly Slimdown Quick Start Guide:** This is the electronic, Cliff Notes version of my new book so you can start preparing for your 10-day slimdown immediately!

2. **My 10-Day Belly Slimdown eCourse for FREE:** In this eCourse I personally walk you through all phases of the 10-Day Belly Slimdown and give you my best tips for sailing through the 10 days.

3. **Online support from the private Facebook group:** You are not in this alone. In the 10-Day Belly Slimdown Facebook group, you go through the diet with other people. You can ask any questions you have, post your progress photos, and even just ask for encouragement.

4. **Access to bonus resources:** Additional recipes, meal plans, shopping lists, and encouraging emails are just some of the bonus resources you will have access to immediately.

## Collagen Shop

The healing properties of collagen protein are a staple of the 10-Day Belly Slimdown. Dr. Kellyann’s SLIM Collagen Protein features the highest quality ingredients. [Learn more and shop now!](#)