

## Health Disclaimer

Any and all information/audio/files contained on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audio, materials or information are not intended to take the place of medical advice from a health care professional. Any action taken based on the contents found on this webpage, Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials, products or information is to be used at the sole discretion and sole liability of the the person or persons visiting Healingbymind.com or the Healingbymind.com fanpage.

Readers/customers of any information/audio/files found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, information or materials should always consult appropriate health professionals on any matter relating to their health and well being before taking any action of any kind concerning health related issues. Any information/products/audios or opinions provided here or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information are believed to be accurate and sound, however Healingbymind.com assumes no liability for the use or misuse of audio/information found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information.

Neither any personnel or associates of Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information will in any way be held responsible on behalf of any reader/customer who fails to consult the appropriate health authorities with respect to their individual health care before acting on or using any information or products found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information, and neither the author or publisher of any information found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information will be held responsible for errors or omissions, or use or misuse of the information or products found on Healingbymind.com or any Healingbymind.com related sites, articles, reports, emails, videos, audios, materials or information. By reading this, you agree to these terms.

## Affiliate Terms

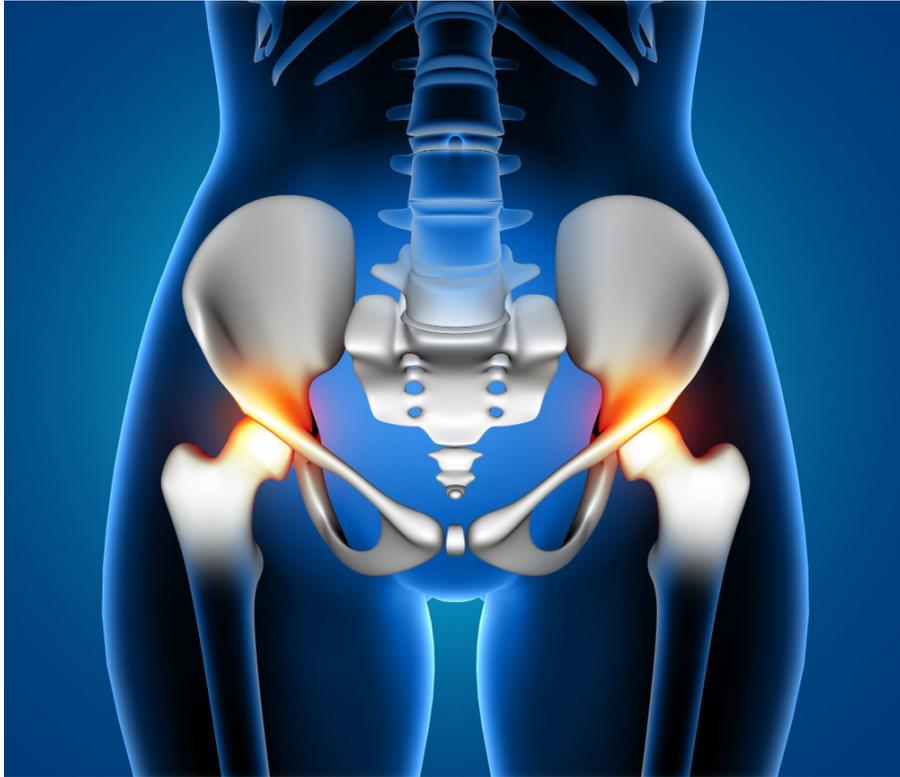
Also, this report contains affiliate links. What this means, is that I may earn a commission should you chose to sign up for a program or make a purchase using my web-links. It's okay though...I like these companies (and I have a funny feeling you will too!). For a full list of the companies which I promote, please check out my [Terms of Use](#).

*regards, Julian Sirian*



*'Now that is over and done with...'*

***Give this part of your body MORE love, and your tummy will reward you (as well as your brain!)***



Credit to [kjpargeter](#) for the photo

Imagine, for a moment, driving in a car...

It's late at night, it's raining, and you can barely see 200 yards in front of you...

You've been driving for 2 hours straight. Your home is only 15 minutes away, and you're tired.

It's just you, on this road, and you just want to get home. The radio is boring, and you're developing a headache.

Your windscreen wiper is making that noise, but there is nothing you can do about it. You just have to accept it.

Suddenly, you hear a clunk in the bonnet of your car. Something goes wierd.

You sit in silent terror. The rain lashing on the windscreen. The wipers lashing back...



There is nobody around, and your mobile battery is almost dead. Now is *not* a good time for car failure.

Suddenly, you hear the clunk again. Slightly quieter this time around, but in the same direction.

And you car seems to go slower...

You start to panic.

You're are THIS close to being home... you don't want to lose now...

You change gear to 3<sup>rd</sup>. The car steadies itself, yet keeps on driving. You pick up some of that lost speed.

You are about to go into 4<sup>th</sup>, when you come to a startling realization...

You CAN'T get into 4<sup>th</sup>.

You move the gear stick. It's jammed. And the engine is starting to rev high.

You even see a bit of smoke coming from the bonnet.

Not a good sign. So you slow down to keep in 3<sup>rd</sup>.

You try again.

You nudge that gear stick left, then right...then back to left.

You're confused. Annoyed.

Tired.

You're so close to being at home, you can almost smell the living room fire...

Then you hear another smaller clunk, and see the gear stick vibrate.

You try to move it, but its now completely jammed. That gear stick is going nowhere.

You can go down, but you can't go up.

It then suddenly dawns on you: The gears have jammed up. You aint going faster, anymore.

You're screwed.

Yes, you can make it home, but just. This 15 minutes is now going to be more like half an hour. And your fuel is starting to run low.

You turn off your heating, drive and pray that it's not a big deal. You've already had a big bill to pay this month, and you're running low on money as it is.

This is not a good time.

You manage, through sheer luck, to drive into your garage. You can hear the rain rattle the garage doors outside.



As you turn the light on, you have peak into your bonnet.

To your horror, you see 2 gears shafts seized up. They're jammed proper.

You suspect that the solution isn't going to be too expensive, but this WILL be a learning curve for you.

Plus you have work tomorrow as well.

You go online, and you try desperately to find a quick fix to loosen those last 2 gears. You know if you don't do it, you will have to start paying for taxis. And you can't do that forever.

Well, your Psoas muscles are kinda like this situation.

You need to know of their existence, and also the exercises to stretch them, or you aint losing proper weight, any time soon.

Yes, incredibly, your Psoas muscles around your hips play a big role in losing weight. Ignore them, and you're wasting your time.

Your muscles in your hips plays a huge role in whether you retain weight or not.

Even more incredibly, they are often described as one of the most largest muscles in your body, and are usually overlooked even by athletes.

But you may be wandering...

'Why the hell are these muscles involved in weight loss?'

Quite simple really.

Now this is going to be quite complicated. I will try to simplify this for you, but the going will get a bit tough every now and then.

So here goes...

Your Psoas muscle (near your hips) continuously sends signals to your nervous system whether you are in flight-or-fight mode for survival, or if you are relaxed.

If you are in flight-or-fight mode, you will activate your Automatic Nervous

System (ANS). If you are relaxed, you will activate your Parasympathetic Nervous System (PNS).

'But', I hear you say, 'I am relaxed most of the time!'

Oh really?

Not according to your Psoas muscle, which acts like a, 'scout' to your nervous system.

It gives feedback based on a simple question...are you curled up in a ball? (which is a traditional survival instinct position as it helps protect your vital organs).

Now, I know what you are thinking...

You will only curl up in a ball, in bed!



However your Psoas muscle also regards sitting with poor posture as an attempt to curl up in a ball (which most people do anyway, unless you have a straight back and sit on your glutes).

And when you sit down, it sends a message to your nervous system that you are under attack.

This then allows your ANS to release more Cortisol, (the stress hormone), into your blood.

This then, over time, affects the one gland that you do NOT want to overbalance...

And that is your Adrenal glands (found above your kidneys).

An overs-stimulated Adrenal gland, means medical issues won't be too far away, including chronic stress, and too much Glucose (Glucose is used to give your cells energy).

Cut a huge long story short, your blood will also have high amounts of glucose in it.

Also, your Pancreas, which helps remove the Glucose from your blood, will be overworked which means that more insulin is released.

Eventually, your fat, Liver and muscles won't react properly to insulin, and this will crease insulin resistance.

All that extra Glucose and Cortisol in your blood will mean that you will have high blood sugar, and will store more fat around your thighs and waist, due to an overworked Pancreas.

Now, don't get me wrong...just a quick note...

There are many causes for Adrenal fatigue. And in truth, I'm only just scratching the surface, as it is a big issue and involves many, many things.

However, chronic stress and/or sitting down with poor posture are the most notable two that can, sadly, trigger it.

(Incidentally, fatigued Adrenal glands will also create a whole host of other problems as well.)

But now, the important bit (*drumroll optional, but highly recommended ;-)*)

## The Research

- Increased hunger, unhealthy snacks, food cravings and bad sleep can be caused by stress.
- Irritability, fatigue and weight gain, or the difficulty to lose weight may be contributed to increased Cortisol levels.
- There may be a connection between having a higher chance of having increased hunger thanks to higher cortisol levels, based on a study of 59 healthy females.
- Cortisol can also increase your blood sugar levels, which may be involved in weight gain.
- 172 women and men were involved in a study, which implied that there may be a connection between higher belly fat and a higher Cortisol response.

## Possible Solution

Apart from the obvious sitting with a straight back and resting on your glute muscles (which, lets be honest, requires some habit changing in its own right), learn to work your Psoas muscles first thing in the morning, and after you come home at night.



This will ensure that your hip muscles aren't too tight, and will send the CORRECT signal to your nervous system that you are not under attack, and to not release more Cortisol than needed.

Check out this free video, courtesy of [Exercises For Injuries](#) ,which shows 4 great Psoas muscle stretches.

<https://www.youtube.com/watch?v=hmGPUbHS6mc>

This will result in more of an activation of the PNS, which will also [stop extra fat](#) from being accumulated in your belly and thighs. This will also mean that you will also have a good night sleep as well.

And now you know why sitting is the new smoking.

But this is nothing without checking a crucial gland out first. If you don't do this, your weight loss programme will be mostly in vain (and may even include a host of other, serious, medical issues).

And that is in the next report...

---

Did you like this report?

Feel free to share this report with as many people as you like, and who could benefit from it.

Also, if you would like even more awesome free information of tips and hacks on losing weight, please subscribe to my email list.

Just visit [this link](#), enter your email address, and you will soon join my list.

Thanks ;-)