



WEIGHT LOSS NUGGET

Are You Stuck in an Inflammation Loop?



FULLY
ALIVE
NATION

Do you ever wonder why even when you are eating better and exercising you still are not feeling better?

Discover the proven solution to this dilemma in [Masterclass #79, How To Get Weight to Literally Just Fall Off. Aka, Could Our Blood Be Making Us Fat? Yes it could.](#)

Watch this insider Masterclass to learn the biological link between inflammation and an increase in fat cell production.

That increase in fat cell production leads to insulin resistance.

Insulin resistance leads to insulin surges and insulin surges create more inflammation and more fat cell production and round around you go, stuck in that inflammatory feedback loop.

This is just one example of the nuggets of information in this powerful class!

Get into your **Fully Alive app digital library** now to watch or [click here](#) to watch immediately.