EVERYTHING YOU NEED TO KNOW ABOUT THERMOGENICS, FAT BURNERS & WEIGHT MANAGEMENT
All the weight training, cardio training and endless sets of reps will not create a lean, toned physique without a well managed nutritional regime. Any fat loss programme needs to include a focus on decreasing calorific intake while increasing calorific expenditure (eating less and exercising more).

To burn fat we must create what is known as an ‘energy deficit’ (the result of eating less and exercising more). When this occurs, your body is forced to break down and use its stored energy (body fat) for fuel to make up for the ‘energy deficit’. This process of releasing and burning stored body fat is called biolysis.

Some natural ingredients work by interacting with certain receptors on fat cells which signal the release of stored fat.

This interaction may help to accelerate the process of lipolysis (or the release of fat to be burned as energy). There is one other factor involved in the fat-loss battle, which is the tendency for your body to slow down its metabolism to compensate for the energy deficit. Simply put, your body is trying to conserve energy (its fat stores) because it thinks that it is starving. This is one reason why some dieters ‘hit the wall’ and seem to plateau once they reach a certain body fat %. To overcome this problem, we can use supplements to ‘rev’ up the metabolism to keep the fat-burning process continuing.

One way to speed the metabolism is through supplements that have thermogenic effects. This term means ‘heat producing’. Taking a thermogenic agent may speed up the metabolism (more calories burned) which results in an elevation of one’s core body temperature. Think of a thermogenic as a heating agent, one that creates similar effects as when you eat spicy foods. This type of product supports a process called thermogenesis, or the process of burning calories to be released as heat. There are many substances that provide thermogenic and metabolic-enhancing effects. One of the most widely recognised thermogenic substances is caffeine. The caffeine used in thermogenic products is usually pure caffeine in a dried form and may be more potent than that found in coffee.

Thermogenic products, although very effective in supporting fat loss, should be used with caution. If you are sensitive to stimulants to the point that even one cup of coffee makes you nervous or jittery, a thermogenic product may not be the best choice for you.

CLA is a good alternative to thermogenic products for individuals who are sensitive to stimulants. Thermogenics should always be combined with proper exercise and nutrition. If you think of a step by step process, get your training right, make sure your nutrition is right and if you are still not achieving the desired goals, then thermogenics may be recommended.

Sarah Hunter (featured above) completed our 12 week challenge and dropped 2 dress sizes using Bio-Synergy products alongside a healthy diet and regular exercise. She was awarded 3rd prize in the Masters competition for women over 45.
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