



If someone asks, “*What can I do about this stubborn belly fat?*”, the typical answers that come to mind are: Diet, Exercise, Microbiome, Hormones, Liposuction, Fat Freezing.

I will say without question that diet, exercise, microbiome and hormone health are all things that everyone should be mindful of, not just for a nice flat stomach, but for the health of our cells and overall well-being! I talk about all these categories on a regular basis! Not co-signing on the latter two because of their effect on fascia, but that’s for another rant.

FasciaBlasting works on belly fat in 2 new ways – It's easier than you think!

SPOT REDUCES FAT

Did you know that in peer reviewed and published science of the FasciaBlaster tools, the participants lessened subdermal fat (the fat below the skin), without an overall reduction in body fat. Now we would have loved to see every participant lose a little overall body fat, but they were specifically instructed to NOT change their diet as we really wanted to see what JUST the FasciaBlaster tools alone could do.

RELEASING POCKETS OF FAT BOUND BY FASCIA

In my TED Talk , I speak about how the fat takes on the shape of the fascia. I even go on to say that if your fascia is shaped like Mickey Mouse then your fat will be shaped like Mickey Mouse. Now I’ve never seen that (LOL), but I have seen fascia that is bound into “pouches”, and I’ve even seen indents from buttons on jeans. So smoothing fascia allows fat to re-distribute in a beautiful way.



#BlasterSister

“Hydrate, heat, blast and flush. I also take a week off once a month for healing and Epsom salt bath on the weekend. I try to follow this routine, but I don’t punish myself if I can’t here and there - just know tomorrow is a new day. It took me a few months to find what worked for me - when to blast, how long, how hard, heat no heat. Light and brisk is what I have been doing.”



“I had tried everything else and this was my last option before a tummy tuck. I truly expect to be disappointed and I am completely shocked by the results! I had hip surgery almost 2 years ago and I fell off the exercise wagon. All I do now is about 2 miles a day on the treadmill to keep my weight down. I honestly can’t remember the last time I did a sit up or plank. Here are my results after just 2 months of blasting for a few minutes while I’m in the shower. I can not thank you enough Ashley Black!!!”