

IKIGAI WEIGHT LOSS



IKIGAI is a synergy of the rarest adaptogens and botanicals that addresses the disruptive effect of day to day stress on our bodies and awakens our fat-burning metabolism.



Ikigai is a weight reduction supplement that promises a variety of weight loss advantages. By consuming one capsule of Ikigai everyday, it is said that the core reason of weight gain may be addressed. According to the official website, Ikigai's formula targets hormones such as cortisol that may alter body weight. Ikigai promises to give effective fat-burning results by targeting these hormones, cardiovascular health, and other bodily regions.



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Ikigai is produced at an FDA-approved and GMP-certified facility in the United States. The firm claims that their product is "the world's first safe, natural remedy"

that targets the underlying causes of belly fat and unexplained weight gain.

The History of Ikigai

The formula Ikigai is promoted online by a guy who says it saved his life.

The dad passed out while playing outdoors with his kid. He was transported to the hospital by ambulance.

Over the years, he had acquired a large amount of weight, resulting in major health issues. Following his medical stay, he resolved to make a change.

The guys that designed Ikigai began investigating weight reduction treatments. His investigation took him to Okinawa, a Japanese island, and a guy called Dr. Ichikawa.

Okinawa is renowned for its healthy population and long life expectancy. Okinawans have among of the best life expectancies in the world, and obesity is almost nonexistent.

Based on Dr. Ichikawa's studies, he determined that following a Japanese diet and consuming Japanese supplement components would result in considerable weight loss.

Contrary to standard weight management advice, the creator of Ikigai asserts that calorie counting and exercise have "nothing to do" with weight loss. It has nothing to do with your genetics or metabolism.

The only method to reduce weight is to take his supplement, Ikigai, which he referred to as a "10-second hack that you can do tonight."

This individual claims that, after using Ikigai, he lost a total of 54 pounds "in only weeks" from his whole body.

After taking Ikigai, the guy states he now has stable blood sugar, balanced blood pressure, and improved cardiovascular health.

Clearly, dropping 54 pounds in a few of weeks is absurd. Let's examine where Ikigai originates from and how this supplement functions.

Where Does Ikigai Originate?

The Japanese term ikigai translates as "a purpose for existence."

It is founded on the notion that living provides satisfaction. You have worthwhile objectives and aspirations. You enjoy life without pursuing wealth or notoriety. You appreciate your job and have a sense of contentment with your current position in life.

The term "ikigai" originates in Japan. One article published in 2018 referred to ikigai as "the key to a long and healthy existence."

"In Japan, millions of people have ikigai (pronounced Ick-ee-guy)—a motivation to leap out of bed every morning... Okinawa, the Japanese island where ikigai originated, is considered to have the biggest number of centenarians in the world. Could the notion of ikigai promote longevity?"

There have been books published on ikigai. *Ikigai: The Japanese Secret to a Long and Happy Life* by Hector Garcia became a success.

Ikigai is founded on the confluence of four fundamental components, namely:

What you cherish

What the globe needs (your mission)

What you excel at (your vocation)

What you may be compensated for (your profession)

By maximizing these four areas, it is possible to uncover one's ikigai. According to research, ikigai is essential for living a long and healthy life.

Ikigai (the supplement) works differently, assisting you in losing weight as opposed to discovering your passion. However, it is touted as a method for living longer by treating the core cause of aging.

How Does Ikigai Function?

The manufacturers of Ikigai give minimal information on the supplement's mechanism of action, ingredients, and safety.

Ikigai has not undergone clinical testing to confirm its safety or efficacy. There is no proof that anybody has lost weight while using Ikigai, and there is no evidence that you can drop 50 pounds or more in a few weeks without dieting or exercise.

However, it is true that stress affects weight, and Okinawans enjoy long lives and have a low obesity rate.

Okinawa is a "blue zone," which indicates that it contains more centenarians than the majority of the globe. People in Okinawa have the longest average lifespan in the world. Japan already boasts one of the world's longest life expectancies at birth (LEB), and Okinawa has an even longer life expectancy.

Researchers continue to examine Okinawa to identify what contributes to Okinawans' exceptional health. Researchers have shown that Okinawans consume fifty percent more green and yellow veggies than the typical Japanese. Others have urged Okinawans consume more fish in order to provide their hearts with the necessary fatty acids to avoid heart disease.

Okinawa's life expectancy and longevity are so well-known that there are diets named after the island. The

Okinawan diet is characterized by low rice consumption, high sweet potato consumption, low sugar consumption, and high vegetable consumption.



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Although Okinawa is renowned for its longevity and low incidence of obesity, the situation is changing. The obesity rate is increasing. Some experts have attributed the preference for western cuisine among the younger population. Younger generations may be losing contact with a healthy lifestyle, whereas earlier generations maintained it.

Additionally, cortisol influences weight growth. Ikigai claims to target cortisol, so promoting appropriate levels

of the stress hormone and treating the core cause of weight gain. Regardless of diet and exercise, a stressful lifestyle may cause weight gain.

Cortisol is produced by your body in reaction to stress. Cortisol is a survival hormone that instructs the body to store fat rather than retain it. It instructs your body to halt burning fat, since it may need that fat for survival. This is a component of the body's fight-or-flight response.

Modern research indicates a correlation between elevated cortisol levels and weight gain. As your body creates more cortisol, you gain weight naturally. By decreasing cortisol, it is possible to reverse this impact.

Ashwagandha is an adaptogen present in Ikigai. Adaptogens assist the stress response of the body. Many individuals use ashwagandha everyday for a variety of impacts. One research indicated that ashwagandha significantly decreased cortisol levels compared to a placebo, indicating that ashwagandha may aid weight loss by targeting stress and cortisol.

Ikigai includes lemon balm extract as well. Lemon balm extract has been seen in sleep aid and muscle relaxant products. However, lemon balm is not often used in

weight reduction products. There is minimal evidence that lemon balm may aid with weight loss.

Overall, it is difficult to evaluate the safety or effectiveness of Ikigai without knowing its contents or doses. However, it is probable that the supplement aids in the management of your body's stress reaction, making weight loss simpler.

Instead, the Ikigai sales website and accompanying film emphasize the supplement's health advantages. As stated before, the business says the mixture may cause weight loss of 54 pounds in "only a few weeks."

Additional touted advantages of Ikigai include:

A safe and natural weight gain remedy.

Deals with the underlying causes of belly obesity and unexplained weight gain.

Targets stress hormones and other weight-disrupting hormones using natural substances.

Maintains a healthy heart and open arteries.

Supports glucose and blood pressure levels.

Allows you to live a long and healthy life in a smaller physique by promoting healthy aging.

Ikigai asserts to be the ultimate weight reduction treatment, claiming to combat weight growth from various sides and in multiple ways - with minimum diet or activity necessary.

Ikigai Ingredients

The manufacturers of Ikigai give minimal information on the formula's ingredients. Ikigai contains plant extracts, herbal extracts, and Asian plant extracts, as far as we can determine. Beyond this, however, we know little little about the formula's contents.

Here is all the information provided by the manufacturer on Ikigai's ingredients:

"IKIGAI is a synergistic blend of the rarest adaptogens and botanicals that combats the disruptive effects of day-to-day stress on our bodies and stimulates our fat-burning metabolism."

In other words, we are aware that Ikigai comprises two components, namely:

Adaptogens (including ashwagandha) (including ashwagandha)

Botanical extracts (including lemon balm extract)

These words are ambiguous and without meaning. Adaptogens refer to any plant extract that strengthens the body's stress response. Popular adaptogens consist of mushroom extracts, herbal extracts, anti-inflammatory plant extracts such as turmeric, and other substances.

Botanical extracts are equally unclear. Any plant extract is a botanical extract. It is unknown where the plants are cultivated, what extracts are used, and where the substances are processed.

How Much Weight Loss Is Possible Using Ikigai?

According to the manufacturers of Ikigai, you may drop 54 pounds in "only a few weeks" if you take the supplement.

The formula's developer says he dropped the same amount of weight after consuming Ikigai. This man's cardiovascular and weight issues were so serious that he fainted and was sent to the hospital in an ambulance. After leaving the hospital, he established Ikigai and dropped 54 pounds in a matter of weeks.

We were unable to locate any more weight reduction claims linked with Ikigai. As far as we can know, no one has successfully lost weight without dieting or exercise utilizing Ikigai.

Is Ikigai Safe?

The manufacturers of Ikigai assert that the recipe is fully safe for consumption by anybody. As stated before, the author of the recipe through a serious medical crisis, yet he took Ikigai safely despite his condition.

On its official website, the firm describes the safety profile of Ikigai as follows:

"IKIGAI is completely safe to consume...

IKIGAI is 100 percent natural, vegan, and GMO-free. IKIGAI works by treating your body's stress response to

promote appropriate cortisol levels, hence lowering cravings and belly weight gain."

If you have a pre-existing ailment, the manufacturer advises you to see a physician prior to using Ikigai.

Scientific Proof of Ikigai

Ikigai Pricing

Ikigai is priced at \$59 per bottle, however the price reduces to \$44 per bottle when numerous bottles are purchased. Here is how pricing is structured:

1 bottle: \$59 plus \$9.99 delivery

Three Wines: \$147 plus \$9.99 Shipping

Six Bottles: \$264 plus \$9.99 Delivery

Ikigai may only be purchased from Ikigai-Formula.com. This item is unavailable in shops and on other websites.

Each container of Ikigai includes 30 pills (30 doses). You take one capsule every day to achieve considerable weight loss.

Ikigai Refund Policy

Ikigai has a sixty-day return policy. Within sixty days of purchase, you may request a full refund with no questions asked.

Nevertheless, the corporation retains the original transportation charges. Your \$10 delivery price will not be refunded to you.

If you do not lose 50 pounds or more while taking Ikigai, you are eligible for a full refund. Contact the manufacturer to begin the process of a refund.

Who Established Ikigai?

The manufacturers of Ikigai disclose few details about themselves, their medical background, and their nutritional certifications.

The guy who developed Ikigai and dropped 54 pounds in a matter of weeks does not pretend to be a medical doctor or weight reduction expert. He is a regular person who used Ikigai to treat a significant medical condition.

There is no indication that Dr. Ichikawa is a legitimate medical doctor in Okinawa or that a medical doctor contributed to the development of Ikigai.

The firm claims to produce Ikigai in an FDA-registered and GMP-certified facility in the United States. However, the corporation does not divulge the location of this facility nor the origins of its ingredients.

There is only one method to contact the Ikigai creators:

Email: customer.ikigai@gmail.com

Ikigai is available online through Clickbank, a prominent eCommerce site.

Last Word

Ikigai is a weight reduction product that promises to help anybody lose 50 pounds or more in a matter of weeks without dieting or exercise.

The diet pill is based on the Japanese idea of Ikigai, which stresses the significance of discovering your life's purpose in order to live a healthy, happy, and long life.

Overall, none of the claims claimed on the Ikigai sales website are supported by proof, and the firm gives scant information about itself, its testing, and its components and doses.

Ikigai is supported by a 60-day return policy. If you do not experience substantial weight loss during the first few weeks of using Ikigai, you are eligible for a full refund.

1 BOTTLE
30 Day Supply



\$59 per bottle

YOU SAVE TODAY \$238!

Add to Cart!

~~\$247~~ **\$59**
+ Shipping

3 BOTTLES *Most Popular!*
90 Day Supply



\$49 per bottle

YOU SAVE TODAY \$744!

Add to Cart!

~~\$891~~ **\$147**
+ Shipping

6 BOTTLES *Best Value!*
180 Day Supply



\$44 per bottle

YOU SAVE TODAY \$1518!

Add to Cart!

~~\$1782~~ **\$264**
+ Shipping