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THE 1

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THE 1

## INTRODUCTION

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Over the years, the rising obesity rates in the western world have become a cause for concern. The whole world is gradually become more than ever. This is especially in the America. According to new global analysis, no country has been able to succeed in curbing obesity rates in the last 4 decades.

This current obesity epidemic has been put down to a lot of things but mainly stem as a result of modernization. Years ago people needed to live far more active lives to get things done. In this day and age just about everything can be automated or delivered to your door. Also, another major factor has been the invention of processed foods.

It has now come to the point where obesity is considered a disease and requires medical attention and intervention. This problem is fast spreading all round the world posing health threats everywhere. Anybody who is overweight is at risk. A major risk is that of heart disease, which usually ends up in a heart attack. Other health

risks you are exposed to is having a stroke, cancer, liver problems, type 2 diabetes and difficulty in breathing - amongst others..

The dangers of being overweight go beyond just affecting our health but even our daily lives. It also affects your flexibility in getting things done. It makes you feel sluggish and lazy. The speed at which you get things done is now increased.

Being overweight prevents you from having a proper sleep and rest, thereby hampering your approach on your daily activities. But hey, it's not all doom and gloom! In fact within the next pages you will discover super simple secrets that will have you losing unwanted fat and get you to peak health in no time at all

The following are tips to take on board as we start this journey towards improved health.

1. Get involved in a weight loss program that you will discover next and stay on it.
2. Consistency is what does the job.

3. Get yourself engaged in exercise that will help burn those calories and don't be discouraged if it takes a little time.

4. Just remain active and eat right. Losing a few pounds at a time is just ideal and makes the difference.

Now that we understand where we are and the current state that most of the world are in, it's time to begin the journey that will ultimately change your life...are you ready? Let's get started

## CHAPTER 1 – NUTRITION 101

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Have you ever heard the saying you are what you eat? In some sense, this is true, because if you eat unhealthy foods you are prone to be an unhealthy person. The foods we ingest are extremely important to our ability to grow, maintain function, and prevent illness. Therefore, if you value your health, you should learn as much about healthy eating as possible.

Healthy eating is important from the day we are born. As a child, we grow quite rapidly and this is due in part to the foods we eat.

Foods all contain nutrients that provide us not only with fuel to live our daily lives, but also with the very substances that build our bones, muscles, and organ tissues. Not getting enough of one nutrient or another can cause a variety of problems, including stunting our growth.

For mothers who are nursing, nutrition is important because breast milk contains the nutrients a child needs

to grow and develop properly. As we grow so does our need for more substantial solid foods, however our bodies need for proper nutrition never changes. Cells continuously break down and rebuild, so healthy eating for growth continues to be important right up until the day we die.

Maintaining bodily functions is also important but without healthy eating in our daily lives, the energy we use to think, walk, talk, breathe, and perform any other action will suffer. The energy it takes our body to do these things comes from two places: fat reserves in the body from our daily food intake. If you don't eat healthy foods, you will find that you are storing more fat than necessary or that you aren't getting enough and you feel sluggish or weak.

Along with energy-providing nutrients, like fats and carbohydrates, we also need the right nutrients to allow our organs to do their jobs. Hormones and other substances in the body make sure that everything is working properly. If you don't eat the right nutrients, your body cannot produce these hormones and, as a result, cannot function properly.



Lastly, healthy eating is important in order to prevent illness. When we don't get the right nutrients, our bodies natural defense system against diseases weakens, allowing viruses and bacteria to attack the body.

A good example is to consider our body like a well-trained army, if the army doesn't have enough to eat, it will not do well in battle. Without healthy meals and plenty of water, our bodies simply could not operate on a day-to-day basis. Understanding the different types of healthy food groups our bodies need on a day to day basis is vital and we should begin learning this as children. However it's still not too late. If your eating habits aren't what they should be, definitely consider changing your diet and look for a solid plan which accommodates all your macronutrient needs.

## CHAPTER 2 – MACRONUTRIENTS

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Let's take a look at the three main macro-nutrients that compose our food.

### **Protein**

Protein is the building block of muscles. Without adequate protein consumption, you will be spinning your wheels when it comes to weight loss. No nutrition program is complete without adequate protein intake.

A general rule of thumb with regard to protein intake is to consume 1 gram of protein per pound of bodyweight. However, if your main goal is to lose body fat, this could translate into eating too many calories, making fat loss very difficult.

You should, instead, consume about 1 gram of protein per pound of lean body weight. There are a couple of ways to figure this out and both of them are easy so don't worry.

First, if you have skinfold calipers, you can figure out your body fat percentage. Then just do some simple math.

Here's an example. You weigh 230 pounds and your body fat percentage is 22%.  $230 \times .22$  equals 50.1. We'll round up to 51 and then subtract that from 230, giving us 179. You should eat 179 grams of protein per day.

If you don't have skinfold calipers you can still easily get a good estimate.

***Determine how many pounds you would like to lose, than subtract that number from what you weigh. That's how many grams of protein you should eat each day.***

For example, let's say you weigh 155 pounds. You remember that you liked how you looked in high school when you weighed 118 pounds.

In fact, if you have a previous weight that you want to get back to, you don't even have to do the subtraction

step. In this instance, you know you want to get back to 118 pounds so that's how many grams of protein you should eat each day.

In a study published in the *American Journal of Physiology*, one group was fed a high protein diet (just over one gram per pound of bodyweight per day) while the second group consumed a protein diet near equal to that of the RDA.

The group eating the high protein diet burned more fat than the group consuming protein near equal to the RDA.

One reason for this could be an increased "thermic" effect. The thermic effect of the RDA group was elevated 16% after eating.

However, in the high protein group the thermic effect increased 42% after eating, almost 3 times (263%) that of the RDA group. What this means is that it takes more energy (calories) to digest protein

## **Carbohydrates**

Carbohydrates come in two basic forms: simple and complex. Simple carbohydrates are one to three units of sugar linked together in a single molecule. In contrast to this, complex carbohydrates are hundreds or thousands of sugar units linked together in a single molecule. Going further, fiber is a complex carbohydrate that is so complex it cannot be broken down.

Simple carbohydrates are broken down into:

- **Monosacharrides** (one sugar molecule). These are your glucose, fructose, sorbitol, mannitol, galactose and mannose.
- **Disacharrides** (two sugar molecules). These are your sucrose and lactose.

Complex carbohydrates are broken down into:

- **Polysacharrides** (three or more sugar molecules). These are your dextrin, cellulose and starches.

Carbohydrates are broken down during the digestive process into glucose (blood sugar) for energy.

Ingesting carbs signals your body to release insulin, which shuttles the glucose into the various cells throughout your body. Carbohydrates provide energy for your muscles, body, brain and central nervous system.

Insulin also transports the amino acids (the building blocks of protein) and the carbohydrates into your muscle cells. This absorption by your muscles is a very important part of the muscle growth and repair factor.

Carbohydrates are stored as glycogen in your body's muscles, and it's this glycogen storage that gives the muscles their fullness, as well as energy. Without glycogen, your body will lack the toned or muscular look, even if you have low body fat.

Carbohydrates are your muscles preferred energy source. They supply the energy as well as play a crucial role in recuperation and muscle growth. However, **the excess carbohydrates that aren't used for energy, recuperation and muscle growth are stored as fats.**

In addition, the consumption of carbs creates a "protein sparing", in that more of your protein will be used for the muscle building process (as well as keeping you from losing the muscle you have) instead of being burned as energy. As you'll see below, this "protein sparing" is a key element in your nutrition program.

However, **the ingestion of excess carbohydrates will quickly and efficiently be converted by your body into stored body fat**, which is the jiggling thighs, beer belly, or love handles you so desperately are trying to banish forever.

Overweight people don't oxidize carbohydrates the way naturally leaner people do. They tend to store carbs more easily as body fat due to their excess-insulin problem (Marquez-Lopez, I., et al. [2001]. Postprandial de novo lipogenesis and metabolic change induced by a high-carbohydrate, lowfat meal in lean and overweight men. *American Journal of Clinical Nutrition*).

Controlling, or stabilizing insulin levels and the release of insulin is the basis of low carbohydrate diet plans. And

drastically lowering carb intake is probably the best approach for those people that are very overweight and have become insulin resistant. The first thing you need to do is get your insulin secretion under control by leveling out its release.

And the way to do that is to restrict your carbohydrate intake so that you avoid massive releases of insulin in your body. But it's not just about restricting carbohydrates, or eliminating them from your diet, it's also about eating the right amount of the right KIND of carbohydrates.

### **What is the Glycemic Index?**

The glycemic index was developed back in 1981 as a way to classify varying carbohydrates. It's a way to measure the power of the carbohydrate in a food with regard to its ability to raise blood glucose levels after ingestion.

The glycemic index (GI) is a way to measure carbohydrates on their immediate effect on blood glucose (blood sugar) levels. Carbohydrates that break down



quickly during digestion and raise blood sugar levels have the highest GI ratings.

Carbohydrates that break down more slowly over time have lower GI ratings.

The way GI ratings were determined is to ingest 50 grams of a particular carbohydrate while in a fasted state and recording blood sugar levels.

The GI classification is broken down as follows:

- Foods with a GI score between 70 and 160 are considered high GI foods
- Foods with a GI score between 56 and 69 are considered medium GI foods
- Foods with a GI score 55 and below are considered low GI foods

The glycemic index is important because of the impact on insulin levels that various carbohydrates have.

Insulin is a hormone that is released by the pancreas. The amount of insulin released is affected by blood sugar

levels. The higher your blood sugar, the more insulin that is released into the bloodstream.

***You want to avoid high insulin levels because high insulin levels can inhibit fat utilization (fat burning), and promote fat storage.***

Carbohydrates with a high GI rating also elevate free fatty acids in the blood, which promotes increased body fat.

Your body prefers low glycemic carbohydrates. Low glycemic carbohydrates do not trigger as great of an insulin release as high glycemic carbohydrates. This helps to prevent fat storage, as well as protect against diabetes.

Because low glycemic carbs are released into your bloodstream slowly, they provide you with sustained energy, as opposed to those sugar rushes and crashes that most everyone is familiar with.

In contrast, high glycemic carbohydrates convert more easily into glucose, enter the bloodstream more quickly,

and cause spikes in your insulin level. This promotes the storage of more fat and make you feel lethargic (the sugar rush and crash cycle mentioned above).

***Over time, eating too many high glycemic carbohydrates can cause a number of health problems, such as insulin resistance, hyperinsulinism, dyslipidemia, atherosclerosis, hypertension, diabetes, and heart disease.***

Interestingly enough, the glycemic index also caused us to rethink how we looked at certain foods. For example, the simple sugar fructose, while thought of as a simple carb, actually acted more like a complex carbohydrate in the body.

As mentioned above, starch contains long chains of glucose molecules. This is a prime characteristic of complex carbohydrates. However, how starchy foods affected the body and insulin levels was more complex than this.

Amylose, a type of starch, does not absorb as much water, and its tight molecule formations make enzyme

function more difficult, causing slower digestion. This would cause a lower Glycemic Index number in foods containing amylose, such as kidney beans.

However, amylopectin, another starch, absorbs more water than amylose, causing a molecular structure that enables a higher G.I. in foods traditionally thought to be complex in nature. A great example is white rice, with its G.I. number of 98, similar to that of plain old table sugar.

It's also a double whammy because besides the insulin spike, the calories of starchy carbs add up very quickly. It is extremely easy to take in too many calories when consuming starchy carbs.

One serving of white rice (3/4 of a cup - cooked) is about 150 calories and 35 grams of carbohydrate! How often, when eating rice, have you ever had just one serving? If you're like most people, I'd say very rarely, if ever.

## **Processed Carbohydrates**

Another problem has been the processing of carbohydrates. Stay away from all processed carbs. Eat whole wheat or whole grain bread as opposed to white bread. This is also true of pasta and rice.

Our bodies were not designed to live off of all the processed foods that are available today. The consumption of processed foods is probably the number one reason that we have wide spread obesity and obesity related health problems today.

Other foods that you should stay away from are foods whose labels scream "low fat", "no fat" or "reduced fat". These products are one of the huge reasons people in the United States have been getting fatter and fatter over the years.

How is that possible, when they've removed or reduced the fat content, you ask? Well, as you know by now, it's not necessarily the fat content of your diet that is responsible for the excess body fat you may be carrying around.

First, people have been led to believe (falsely, I might add) that eliminating fat from their diet will keep them from putting fat on their body and this simply isn't true. But because of this, many people took it as a license to eat as much as they wanted of low and no fat foods.

Unfortunately, the amount of fat in your diet is not usually the problem when it comes to the excess fat on your body. As we've previously discussed, total calories and carbohydrate intake have a lot to do with it.

And what do you think they used to replace the fat in those products? That's right, carbs, more specifically, sugar. Lots of sugar. Sugar that sends your insulin levels surging and plummeting.

These products didn't have any satiety. In other words, you were quickly ready to eat more. So now, not only are your insulin levels out of whack, you are probably eating more calories each day than you were before gorging yourself on low fat and no fat foods.

## **Fats**

Fats. A macronutrient that is more misunderstood than carbohydrates, if that's possible.

Here's a neat little factoid for you. The United States went on a low fat, high carb craze in the 80's and began to get fatter and fatter as a nation.

***Fat is not your enemy. Good or "healthy" fats such as omega 3's and omega 6's are essential to good health and a properly functioning body.***

In addition, taking in enough EFA's (essential fatty acids) is imperative when trying to put on (or keep, which is crucial when dieting) lean muscle. Low fat diets suppress the body's ability to produce testosterone, a definite no no when trying to preserve or build muscle.

Remember, a big key to losing fat and keeping it off, is to add muscle. Yes, this is true for women as well. Don't worry ladies, you don't have the same capacity as men for adding muscle. By adding some muscle, you will build a long, lean sexy body (think Jessica Biel not Kate 'heroin chic' Moss!).

Fats supply chemical substrates that are necessary for proper hormonal production, as well as protect our vital organs and carry the fat-soluble vitamins to where they are needed.

Fats are an important part of your nutrition program to develop muscle, burn fat (yes, burn fat) and get fit and healthy. The late Dan Duchaine considered essential fatty acids to be the most anabolic legally available supplement in the world.

Some sources of good fats are Udo's Oil Blend (I get mine at Vitamin Shoppe), olive oil, canola oil, hemp oil, coconut oil, macadamia oil and flax seed oil.

Now, I know you've heard the saying that a calorie is a calorie - if you eat more calories than you burn up, you'll gain weight and if you eat fewer calories than you burn up, you'll lose weight. It just doesn't make much difference what you eat. Because a calorie is a calorie, right?



Not necessarily. First of all, as I mentioned, consuming protein has a much higher thermic effect (263% higher) on the body than consuming carbohydrates does.

That right there tells you that if you replace a percentage of your carbohydrates with protein, you will burn more calories, even if you are taking in the same total number of calories!

This is something that the bodybuilding world seems to have had a handle on for some time, but the general public (i.e., the media) doesn't seem to understand. When you drop calories to burn fat, you need to decrease your carbohydrate intake and increase your protein intake.

Let's take a look at the results of a study as an example: (*Volek, J., et al. [2002]*). Body composition and hormonal responses to a carbohydrate-restricted diet. *Metabolism*. 51:864-70.)

Researchers in this study took 20 normal men and switched them from their regular diet (47 percent carbohydrate, 17 percent protein, and 32 percent fat) to

a ketogenic diet (8 percent carbohydrate, 30 percent protein, and 62 percent fat).

The twenty men remained on their new diet for a time period of six weeks.

Tests done after the six weeks revealed the following:

The subjects **lost** 7.5 pounds of fat.

They **gained** 2.4 pounds of muscle.

Keep in mind, they did not alter their caloric intake, but instead made macronutrient changes.

In addition to the great body composition changes, the subjects had positive changes occur in other health markers.

A **decrease** in serum triglycerides.

A **reduction** in postprandial lipemia (amount of fat in the blood after eating).

A **drop** in serum insulin.

An **increase** in HDL cholesterol (the good cholesterol).

An **increase** in T4 (thyroxin) hormone.

Despite its many successes and its solid scientific backing, nothing seems to draw the wrath of the mainstream medical profession like that of the low-carbohydrate, high-protein nutrition plan.

No one refutes the fact that reducing calories will lead to weight loss. However, there are other factors that come into play, especially if your goal is to take the fat off and keep it off.

No one can drastically decrease the amount of food they eat indefinitely. This is one of the major reasons that 95% of the people who go on a weight loss diet end up putting all the weight back on.

This isn't about eliminating carbohydrates. This isn't the Atkins diet. This is about eating the right amount of the right carbohydrates as part of a long term eating plan.

## CHAPTER 3 – SIMPLE NUTRITION

### RULES FOR LONG TERM FAT LOSS

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In this section we will take a look at some of the simple rules of successful dieting for long term fat loss

#### **Avoid crash diets.**

They are bad for health and you will gain what you have lost once you take a break. Crash diets are not a solution to weight loss. It might seem as if you have lost few pounds but the moment you give up on the crash diet everything will bounce back with a vengeance.

Take a look at it in this way. Do you think that it is possible for a person to survive on a crash diet for the rest of his or her life? Certainly not! So at some time or the other, you will have to give up the crash diet and then you will see for yourself that a crash diet does more harm than good on the long run.

Crash diets may have a lot to promise, but very rarely do these promises ring true. Crash diets are things people go on in order to wear an old dress or suit for a particular occasion. That's the only purpose that they serve as far as I can see.

### **Reduce your calories gradually:**

If you are looking to lose fat, don't make huge calorie cuts. This will kick your body into starvation mode, reducing your metabolism and making it more difficult to burn off the fat. Instead, you should reduce your calories slowly, making reductions every week or two in order to prevent this metabolic slowdown and allow your body to burn fat at an optimal rate.

### **Vary your caloric intake:**

This is another way to outsmart your body and continue to lose body fat without lowering your metabolism. By varying your caloric intake every few days instead of eating the exact same amount of calories every day, you can keep the starvation mechanism in check and continue to burn fat.

### **Eat More (Good) Fat:**

Getting enough of the good fats will help you lose fat, build muscle, and recover faster from your workouts. In addition, it has myriad health benefits, including being good for your heart.

Good fats include: polyunsaturated (especially Omega-3's), such as those from fish and nuts (especially almonds), as well as monosaturated fats, such as those from peanut butter, olive oil, egg yolks, and fish oil.

Take fish oil capsules EVERY DAY!

### **More Fruits, More Vegetables, More Fiber:**

Keeping your weight under control and losing fat can be made much easier by adding a steady stream of fruits and vegetables to your fat loss nutrition program. Fruits and (most) vegetables are high in water and fiber content and low in calories.

They fill up your stomach, keeping your appetite under control at a lower level of calories. For better fat loss results, try adding more fruits and vegetables to your diet or just have yourself an apple before your meals.

### **The Importance of Fiber in Fat Loss and Overall Health**

Increase your fiber intake. Be sure to include in your diet as many fruits and vegetables as you can. As mentioned above, fruits and (most) vegetables are high in water and fiber content and low in calories.

Fiber has a wide variety of health benefits, both directly and indirectly (due to the loss of fat with a high fiber nutrition program). Fiber plays a very important role in intestinal action, ie, keeping you 'regular'. It helps flush cancer-causing substances from your body.

A nutrition program high in fiber is a vital key to any fat loss plan. Fiber helps you to feel full, making it easier to eat fewer calories. In addition, more calories are burned from digesting high fiber foods. In fact, by increasing your fiber intake to 35 grams a day you can automatically

burn up to an additional 250 calories. While it's recommended you get 25 – 35 grams of fiber per day, most Americans get 14 grams of fiber per day, or less.

Go crazy on vegetables. Vegetables are your best bet when it comes to losing pounds. Nature has a terrific spread when it comes to choosing vegetables. And the leafy green vegetables are your best bet. Try to include a salad in your diet always.

Fresh vegetables are better than cooked or canned vegetables. Try to eat your vegetables raw. When you cook them, you are in fact taking away nearly half the vitamins in them. And canned vegetables too are processed and are not nearly half as good as fresh vegetables. When you buy your vegetables it would be a good thing to see if the label says that it is pesticide free.

Interestingly enough, frozen veggies can have as many or more nutrients as fresh ones, because of how long it can take for vegetables to go from the farm to you, once they are picked. To retain most of those nutrients, be sure to steam cook your vegetables, for as little time as necessary.



Besides plenty of fruits and vegetables, be sure to take a fiber supplement, such as Orange Flavored Colon Cleanse. Yes, it will make a big difference.

### **Limit Your Intake Of Carbs**

All the media attention of low carb diets has successfully put most people into pro low-carb or anti low-carb camps without a lot of thinking involved. Whichever side you're on, the bottom line is that reducing your carbohydrate intake when trying to loss fat will help. This is especially true of carbs sources like sugar and starches.

You should focus on non-processed carbs like natural oatmeal and vegetables. It can also help to vary your carb intake in the same way you vary your calorie intake mentioned above.

### **Stack Your Carbs**

Eat most of your good carbs in your morning meals and in your post-workout shake (and pre-workout shake if you have one). This will help to stabilize your insulin

levels and help you burn body fat for energy later in the day.

Forgo the pasta, potato or rice at your evening meals for lean proteins like fowl or fish, along with a side dish of veggies. Or enjoy your favorite protein shake recipe.

### **Eliminate Processed Foods:**

Stick to natural foods. Forget anything processed that is just a bunch of chemicals. You're putting poison in your body! I can't stress this enough. Processed foods play a huge role in obesity as well as many other health problems such as diabetes, not to mention fat gain.

### **Increase Your Protein:**

Increasing your protein intake will increase your metabolism and help to maintain your muscle mass, both key ingredients in losing fat and keeping it off.

Specific food combinations can help to burn calories by ramping up your metabolism. Eat carbs that are rich in

fiber. They take longer to digest and you will feel “fuller” for longer periods of time.

Along with carbs rich in fiber, take in more protein. Your body burns more calories when you eat protein than it burns digesting either fats or carbohydrates.

Eating more protein to burn fat was confirmed in a study published in the *American Journal of Physiology*. One group was fed a high protein diet (just over one gram per pound of bodyweight per day) while the second group consumed a protein diet near equal to that of the RDA.

The group eating the high protein diet burned more fat than the group consuming protein near equal to the RDA.

### **Drink More Water**

I know, I know, we've all heard this one over and over again. But how many of us really drink enough water? I'm talking at least 10 8 ounce glasses of water a day, minimum. You should really try to take in a full gallon of water each day.

First of all, our bodies are about 70% water. That should tell you something right there. And you all know that you can go much longer without food than you can without water.

The body needs a lot of water in order to maintain its daily functions efficiently. In addition, water helps to flush out harmful toxins, as well as prime the body for fat loss.

If your body isn't getting enough water, it does everything it can to hold on to the water it does have. The problem with this is the way it holds onto the water. You see, about 70% of your muscle is made up of water. It helps to give your muscles that full, pumped look (along with glycogen).

However, if your body is not taking in enough water, that water is used for other things, leaving you bloated. And the way to get rid of that excess water, believe it or not, is to take in enough water.

This will rid you of that excess water weight that bloats you, and begin to help your body run more efficiently and priming it to begin dropping body fat.

Once you begin taking in enough water, your body starts dropping weight, possibly 4 or 5 pounds in the first week. Now, this is mostly water weight.

However, doing so optimizes your bodily functions, allowing it to run more efficiently and start burning stored body fat for energy.

### **Have a Reward Day:**

I know, it's usually called a cheat day or cheat meal but to me that sounds like you're doing something wrong. It's too negative. Let's call it a reward day for everything you are doing right.

First, giving yourself a reward day does not mean going so crazy that you sabotage everything you're worked hard to achieve. As to whether it's a meal, day, or even half a day, only you can decide. Only you know how far to go with this to keep you on track. Only you know if

you're better off with just a meal because an entire day will send you flying off the progress tracks, turning your reward day into a reward week. Eat what you want but eat normally. Don't stuff yourself. Eat what you want until you are full and satisfied.

**Even More Fiber on Treat Day:** Be sure to take a fiber supplement on treat day and get a lot of fiber that you might not be getting through reward day foods.

### **Get Your Green Tea:**

A lot of studies (both human and animal) have shown green tea has great potential for elevating your metabolism and burning fat off your body.

One study (see below) looked at potential for green tea to stimulate thermogenesis and fat burning. This study had 10 healthy men spend periods of 24 hours in a metabolic testing chamber.

During these test sessions they took either 1) green tea extract that contained 150 mg of caffeine and 270 mg of

epigallocatechin gallate (EGCG - the key active ingredient of green tea), 2) 150 mg of caffeine or 3) a placebo.

So what were the results? There was no difference in thermogenesis between the caffeine group and the placebo group. The green tea extract increased 24 hour metabolism by 4% compared to the placebo group. In this case, that translates into about 80 calories a day.

What does this mean for fat loss? It means green tea can definitely be used as an aid in your weight loss efforts. A metabolism increase of 4% is significant. Now, that leads me to the other side of weight loss products and supplements.

While green tea can play a real role in your weight loss efforts, because of the way these products are advertised, people have unrealistically high expectations of what these products can do for them.

If you have a resting metabolic rate of 2,000 calories per day, taking green tea can help you burn an extra 80 calories a day. This isn't a lot but does equal 7 pounds over a years time. And this is 7 pounds for doing nothing.

If you take a real fat loss aid like green tea (and there are many weight loss products that don't work at all - that's another entry), have an understanding of what you can expect. And remember, you must have a complete fat loss plan in place.

If you've been gaining weight and are eating 100 more calories a day than you burn and you add green tea, guess what? You won't lose weight, you'll just slow down your weight gain.

***Put an effective fat loss training program, consisting of a weight training routine, high intensity cardio and proper nutrition. Then, adding a quality supplement like green tea (or, even better, actual green tea) may help accelerate your fat loss efforts!***

And don't forget, unlike a lot of the weight loss supplements that don't even work, taking green tea has numerous health benefits above and beyond the fat loss aspect.



**Green Tea Study** - (Dulloo AG, Duret C Rohrer D, Girardier L, Mensi N, Fathi M, Chantre P, Vandermander J, Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-hour energy expenditure and fat oxidation in humans. *American Journal of Clinical Nutrition* 1999 Dec;70(6):1040-5)

### **Sugar + Fat = NO!**

While you should avoid sugar as much as possible anyway, you do not want to combine fat and sugar in the same meal. Most junk foods and fast foods combine these together.

### **Read Food Labels**

You may be surprised what's in certain foods or how many calories are in a serving (a serving is NOT the entire bottle or bag).

### **Get More Sleep**

Getting enough sleep on a regular basis is crucial to having your body perform optimally. Your body needs at

least 7 to 8 hours of restful sleep each night. Your body repairs itself and recovers from your workouts while you sleep.

Without enough sleep you're on your way to overtraining, feeling burnt out and sore, and getting sick often. SLEEP!

### **Don't Go Shopping Without A List**

This is huge. You must know beforehand what you need to get at the grocery store for two big reasons.

If you don't, you'll end up making impulse buys of food you shouldn't have in the house.

Not if you want to stick to your nutrition program and show off your sexy abs.

By having a list you can go directly to the food items you need and avoid all the junk food areas that the store tries to make you walk through since these are high profit items.

### **Eat Before You Go**

Never go food shopping on an empty stomach. You'll end up buying a lot of things you wouldn't get otherwise.

Going food shopping while hungry is a great way to sabotage your health and fitness program.

## CHAPTER 4 – WHAT TO EAT?

### NUTRITION GUIDELINES

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In this part we will look at what to eat for the different macro nutrients and give you the best choices to suit your dietary requirements

#### **Protein**

• Ham	• Turkey
• Veal	• Eggs
• Venison	• Buffalo Shrimp
• Lean Beef/Steak	• Swordfish
• Pork	• Salmon
• Lamb	• Tuna
• Chicken	• Cottage Cheese

These are real meats, not sandwich meats filled with unhealthy additives like nitrates. And forget the glaze for the ham!

## **Carbohydrates/Vegetables/Fruits**

• Celery	• Broccoli
• Parsely	• Cabbage
• Cucumber	• Spinach
• Peppers	• Asparagus
• Olives	• Peppers: green, yellow, red
• Romaine Lettuce	• Barley
• Onion	• Tomatoes
• Cucumber	• Oatmeal
• Yam	• Collard Greens
• Sweet Potato	• Carrots
• Apple	• Beans,
• Orange	• all types Brown Rice
• Squash	• Brussel Sprouts
• Corn	• Zucchini
• Cauliflower	• Lentils
• Green Beans	• Black eye Peas
• Garlic	• Legumes
• Artichokes	• Pineapple
• Yogurt	• Beets

• Avocado	• Peas
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### **Good Fats**

• Udo's Choice Oil Blend	• Coconut Oil
• Flaxseed Oil	• Fatty Fish such as salmon, herring and trout
• Fish Oil Capsules	• Natural Peanut Butter
• Olive Oil	• Nuts and Seeds like Almonds Macadamia Oil

This is a partial list. As far as fruits, get fresh fruits, or frozen fruits without added sugar. For canned fruit, it should be in water or its own natural juice.

As far as vegetables go, raw, canned or frozen with no added salt, lightly cooked or raw.

Keep in mind, that these are not complete lists and your selections will vary based on total caloric needs, total

protein needs, etc. Not to mention your taste buds. If you don't eat meat, that's okay. You can get adequate protein from vegetable sources, especially a variety of beans and legumes, such as pinto beans, black bean, lima beans, etc

Stay away from all processed foods. I can't stress this enough. Processed foods play a huge role in obesity as well as many other health problems such as diabetes.

Consider staying away from all white carbohydrates, as well. At the very least minimize them by only allowing yourselves these treats once in a while such as on a reward day.

White carbohydrates include bread, rice, potatoes, cereal, pasta, fried food with breading, tortillas and anything else white that falls under this category.

### **Eat the Same or Similar Meals (Most of the time)**

While you can get quite a variety of tasty meals and still eat healthy, it's easier to eat the same meals most of the time. While most people cite 'lack of variety' to why they

can't stick to a nutrition plan, this really is just an excuse. Why? Because most people already are very limited in what they eat and eat the same meals most of the time.

While dinner may change, it's still a limited number of choices and breakfast and lunch, for most people, are the same meals every day, at least during the work week. So limiting meals is something most of us already do.



## CHAPTER 4 – A DAY OF HEALTHY

### EATING

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Sometimes we get stuck for ideas and just don't know what to eat. We may have all the choices but actually seeing a healthy eating plan is a different thing altogether.

In the following set menu for the day you will see a structured eating plan without being restrictive. Always remember to get in at least 10 glasses of water throughout the day. Feel free to use as is and then supplement one choice for something else. The key is consistency and persistence.

#### **Meal 1**

1/2 cup Natural Oatmeal (can add cinnamon and a few berries [strawberry, blueberry, raspberry, blackberry, watermelon])

Omelet

3 Egg Whites to every Whole Egg

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Chopped Onion

Chopped Pepper

Black Beans

Green Tea

## **Meal 2**

Raw Almonds or Cashews

## **Meal 3**

Chicken Breast (Garlic & Pepper Seasoning & chopped onions)

Mixed Vegetables

Pinto Beans

## **Meal 4**

Salmon or Tuna (chopped in salad if you prefer)

Large Chopped Salad (onion, peppers, broccoli, tomato, cucumber, macadamia oil and vinegar)

## **Meal 5**

Raw Almonds or Cashews

Green Tea

Now we have seen a healthy eating plan in action, it's time to start getting active and adding an exercise program into the mix to supercharge your weight loss and increase your health. Let's get active!

## CHAPTER 6 – THE BEST FORM OF EXERCISE TO INCINERATE BODY FAT

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In order to maximize your weight loss efforts and minimize the chances of suffering from weight gain rebound syndrome, you may want to consider performing high intensity interval training a few times per week.

High intensity interval training will help you burn fat faster and with much less overall training time. Even so, most people today still perform endless amounts of low intensity aerobic and wonder why they aren't making the fat loss progress they want.

I believe this happens for two reasons.

1. Most people still aren't aware of the incredible fat burning potential of high intensity interval training (HIIT).

2. This type of cardio fat loss training is very hard work. It's much easier to walk on a treadmill or spin a stationary bike for an hour than it is to do 10 or 15 minutes of interval training.

With a typical aerobics fat burning program you perform your exercise (treadmill, stationary bike, elliptical trainer, etc.) in a steady state manner at around 60 - 75% of your max heart rate. Usually, your sessions last 30 minutes to an hour and a half.

With interval training your workout sessions are much shorter and you can add a lot more variety into your program. High intensity interval training is just like it sounds. You alternate all out aerobic exercise with active rest.

Here's an example:

Luckily for me, I have a hill just down the road that is perfect for interval training. I jog over to the hill.

This takes about 4 - 5 minutes and serves perfectly as my warm-up. Then I sprint up the hill to the top. This takes me about 15 - 20 seconds. I turn around and walk back down, which serves as my rest interval. I then repeat for a certain number of intervals and the jog (or walk) home serves as my cool down.

Another great interval training program is jump rope. You may need to practice a bit on this one. After a brief warm up, I will jump rope as fast as I can for about 10-20 seconds, followed by a slower cadence for about half a minute.

This form of interval training is brutal and will get your heart rate up fast! You won't last long on this program.

Always warm up before starting your intervals. If you're not in the best of shape break into it lightly, starting with more low or moderate intensity cardio. You might also want to check with your doctor. No sense in getting hurt right when you start your interval training.

Interval training has been shown, in study after study, to be a much more effective fat burner than steady state aerobic exercise.

You will:

1. Burn more calories by elevating your metabolism so you lose fat faster.
2. Increase your power.
3. Increase your speed.
4. Increase your endurance.

No matter what your fitness goals, interval training is one of the best ways of helping you achieve them. And the variations are endless.

You can vary the training parameters (exercise to rest ratio, number of intervals) to make the workouts harder or easier, depending on what you are trying to accomplish.

You can also use any number of exercises for your training, such as:

- \* Cycling
- \* Sprinting
- \* Treadmill
- \* Elliptical trainers
- \* Jump rope
- \* Rope climbing
- \* Hill sprints
- \* And more...



## CHAPTER 6 – 3 MONTH CARDIO FAT

### LOSS PLAN

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Perfect For The Holiday Season:

#### **Month 1 (4 - 5 workouts per Week):**

- 45 minutes to an hour at 60-70% of Max HR (3-4 times per week)
- Interval Training Session (Once per week)

Perform the interval session as follows

4 minute warm-up

20 seconds all out followed by 1 minute at easy pace

Perform 8 "sets" followed by 4 minute cool down

#### **Month 2 (4 - 5 workouts per week):**

- 60-90 minutes per workout at 60-70% Max HR

### **Month 3 (3-4 workouts per week):**

- Interval Training

4 minute warm-up

30-60 seconds all out followed by easy recovery of 30-60 seconds

Start with 4-5 "sets" and work up to 8-10

4 minute cool down

If you haven't been doing this kind of training, work up to it but get started now so you can hit it hard over the holidays.

If you aren't ready for high intensity interval training, here's a sample progression for you:

- Alternate jogging with walking
- Alternate running with jogging
- Alternate sprints with walking
- Alternate sprints uphill with walking down the hill

Don't continue doing endless hours of aerobics that aren't helping you reach your goals anyway. Get more out of your cardio workouts by performing high intensity interval training.

Keep in mind, high intensity interval training is almost like a weight workout for your legs so you need to be careful about overtraining.

If you want to do more to burn calories then you may also consider adding a couple of "normal" cardio sessions.

## CONCLUSION– ACTION PLAN TO BEGIN THE WEIGHT LOSS JOURNEY TODAY

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Well we've reached the pinnacle of our guide now is the time to make a decision to begin getting healthy. While some of the things may seem overwhelming in this guide, Don't let all of this keep you from taking action or making progress. You don't need to make all the positive changes at once. If you feel that would be too much for you and drive you back to your current unhealthy lifestyle, don't do it!

Take your time and implement a handful of changes at a time. Every week or two you can make more positive changes. Let's say you're a big chips and soda person, amongst other bad habits. You can start by substituting diet soda for regular soda and whole grain pretzels for chips. Start by just changing breakfast. You get the idea.

Sure, it may take longer to get the results you want but if it allows you to stick with your new program for life, that's what matters!

While it may seem like a lot to take in, if you go over it again there are really simple rules to follow that will allow you to be healthy and energetic while losing weight, too!

Well that brings us to an end of our beginners guide to losing weight and gaining health. I'm glad we've been able to take this journey towards a healthy life, all the best with it and start today!