

**FAT BURNING 101**



**EASILY BURN FAT & LOSE GREAT**

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## **Easily Burn Fat & Feel Great!**

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# Obesity: An Epidemic of Epic Proportions



## Did you know that...

...every single state in America has reported an increase in obesity levels for 2009? Not a single state has recorded an obesity rate of less than 20%, and the states are not expecting those levels to go down anytime soon.

...a regular serving of food in most parts of Asia are but a *fraction* of a regular serving in America? Get a burger from an American McDonalds and compare it with one from China, Japan, Malaysia or even the Philippines – you'll see how big the difference is.

...two out of three Americans are obese or overweight? That means nearly 66% of the whole American population is fatter than they should be.

... a moderately obese person reduces his lifespan by around two to five years, while a grossly obese person reduces his lifespan by up to thirteen years?

...some people are so fat that they cannot even kill themselves? Necks don't fit around nooses, fingers don't fit through trigger guards, narcotics are buffered by the fats and arteries are too deep to be cut by household knives.

Interesting bits of information and all that, but here's the question: *what are we doing about it?*

Being fat is hard, but trying to lose that fat is even harder. This is precisely why so many people around the world are suffering the blight of obesity. Every attempt to try and lose weight is met with failure, especially by those that have very misguided notions about how the process is done in the first place.

If there is one thing that you must realize from all this ranting and raving, it is this:

**FAT KILLS.**

# A “Lean” View of What to Expect

Now that you have an idea of just how serious obesity is, let's stop piddling around and get to the bottom of the discussion - what this guide is all about:

## **The Dangers of Obesity and Fat**

Some people are completely oblivious to the effects of being fat, while others believe that you can be fat but healthy at the same time. Understanding the damage that excessive fat does to the body is the first step to a thinner, healthier you.

## **Why Many Fat Burning Diets Fail**

Do you know why so many people find it impossible to lose weight? We have already pegged down one reason – ignorance – but there are many, *many* other reasons why fat burning diets fail in the first place.

## **Training Your Mind for Weight Loss**

The only person that can tell you what to do is you. Training your mind to lose weight is an essential factor in weight loss, as an undetermined and wishy-washy dieter will get nowhere in losing weight.

## **Why Eating Fat is Key**

What's the difference between Trans fats, saturated fats, monounsaturated fats and polyunsaturated fats? If you don't know this and proceed with a diet of your choosing, chances are you are going to end up with a failed weight-loss plan instead.

## **Why Breakfast is Important**

How the body recognizes, processes and hungers for food is yet another important component of weight loss. What you feed your body first thing in the morning will affect all these processes, thus the focus on breakfast.

### **Exercise is Key**

This is probably the single most cliché part of any weight-loss program. However, how you exercise will determine how you lose weight – and you will soon learn what will be the best exercises to help you burn fat.

### **The Best and Worst Foods for Fat Burning**

While you can eat everything in moderation, there are just some foods that will either help or hinder your efforts to lose weight. Keep a sharp eye on what you eat, and you will find weight loss to be a much easier thing than you thought possible.

### **Water Secrets**

What you drink matters just as much as what you eat. Learn the role proper hydration plays in weight loss, as well as what you can do to ensure that you keep your body well supplied with water.

### **How to Drop Pounds Superfast**

There are just some emergency occasions where you need to quickly cut down fat in your body. Read on to learn how to shave those fats in a short amount of time – as well as a few tips to help *keep* them off for good.

Now that you know a thing or two about what to expect with this guide...

**Let's get started then, shall we?**

# The Myth of Being Fat and Healthy

One of the biggest problems that overweight and obese people face is ignorance.

Most people know that being fat is unhealthy for you, but don't know exactly *how* it affects the body. They learn to live with the fat, and slowly begin to see it as a harmless bodily organ that just makes them a bit larger than other people. Over time, however, they will soon realize just *why* doctors and health practitioners alike so ardently insist on the dangers of obesity.

Others believe in the old saying 'if it ain't broke, don't fix it'. These types of people stubbornly refuse to believe that there's nothing wrong about being fat if you don't feel anything wrong in your body – until they finally feel the side-effects a few years later.

This is exactly why I want you to realize just how dangerous being fat is, even before we begin solving the problems:

## Heart problems

One of the biggest problems with being fat is the extra strain it adds to the heart.

As the heart gets enveloped in fat, it is strained to pump blood faster. It has to work double time in order to deliver the blood all over the body, and this increased pace affects the heart both in the short-term and the long-term. In the short-term, overweight people tend to get tired more easily than those that are less obese. Even running for a couple of minutes is extremely difficult. In the long-term, elevated blood pressure levels and other cardiovascular problems plague the individual.

## Diabetes

High fat levels in the body have also been linked to a high rate of diabetes.

The primary trigger for diabetes is an imbalanced diet, but simply being obese already raises the chances of getting type 2 diabetes. Without delving into the technical details, the simplest explanation is that the fats in the body hamper the proper release or processing of insulin. This is especially true for type 2 diabetes, where the body either lacks in natural insulin or becomes resistant to the insulin it produces.

## Cancer

Cancer is a silent killer, and one that is aided greatly by obesity.

Individuals that are fat usually have a poor diet that already raises the risk of cancer, but simply being fat adds *even more* risk to an already dangerous situation. This is because the increase in body fat tends to stimulate cancer cells to become 'rounder,' thereby allowing them to spread faster instead of clumping together in one spot.

## Joint and skeletal weakness

Another problem obese people face is the sheer physical strain their body puts up with.

This is especially true for those that live sedentary lives, typing or scribbling away on a desk. The weight of the body weakens the joints and muscles, making the individual more prone to injury as they begin to age. This problem is not that prevalent for younger people, but the damage will be felt as the years begin to pile up.



### **Social stigma**

Perhaps the most painful aspect of being overweight is the stigma that comes with it.

Being shunned and cast out because of one's size is no laughing matter, especially when it comes to young children. Such social stigma then makes the physical problem of obesity into a psychological one, which compounds the base problems even further. The lack of self-confidence and connection with other people usually creates a savage cycle that destroys the overweight person both inside and out.

I don't mean to scare you with this list, but it is essential that you understand just *how* fat destroys a person's life – in more ways than one.

However, knowing the problem is half the battle. All that's left for you is to solve your problem, and I'll help you do just that!

## **The First Steps to Busting the Myth**

Before diving straight into the solution, we first have to prepare you to handle the upcoming challenge. Just as a traveler maps out his destination before leaving his home, so too should you map out your journey before you even begin.

And it all starts in the mind:

### **Accept you have a problem**

The mere fact that you are reading this is a strong sign that you know you have a problem. This is a vital aspect to any weight-loss program, as you will need every ounce of determination you can get to succeed. Refusing to acknowledge your problem with weight will only get you in deeper trouble over time. Accept that you *need* to change for the better, and you will be well on your way to losing that fat for good.

### **Dedicate yourself to change**

This brings us to the next step in the program: a dedication to change. Being overweight or obese is not a problem you can take lying down, so to speak. You are inevitably going to make some changes along the way, and many of these are not going to be enjoyable at first. Once you adapt to these changes, however, you will find yourself feeling stronger and losing weight. Dedicate yourself to change, and you will find weight loss to be a very easy matter to deal with.

### **Realize it will take time**

It is very, very possible to lose weight quickly. While we will eventually tackle on how to do this in the short run, it is important to realize that keeping it off for good takes time. Part of the changes you will have to make involves long-term commitment and not just a one or two-week stint if you really want to lose weight. Worry not, however, as time management is one thing we'll discuss later on in the guide.

### **Set ever-increasing goals**

Part of any weight-loss program is an escalating exertion of effort on your part. As you push your body to the limit, you will soon find it adapting to the pressures it faces. Keep on aiming higher and higher, especially when it comes to exercise, and you will soon find your weight problem to be a thing of the past.

### **Learn to enjoy the process**

Remember those lifestyle changes we mentioned three paragraphs up? Learning to enjoy these changes in your life is essential to any weight-loss program, regardless of intensity. It may take some getting used to, but you can trust me when I say that the whole process of weight loss is not hell on earth. All you need to do is learn to enjoy eating healthy and working out regularly, and you will be able to keep up your body fit for a lifetime!

# Why Many Fat Burning Diets Fail

## Diets: Why They Fail To Burn Fat for Good



If you have ever tried to lose weight before, chances are you've first tried to skimp out on the fatty foods in favor of a leaner diet.

This is definitely a correct way to tackle a person's fat problem. After all, denying the body food will force it to 'feed' on the preexisting fat that is already packed around the body. Surely the body will vaporize those unwanted fats into oblivion.

However, dieting is not as useful as you think it is – especially if you consider the following factors:

### **Crash-dieting is a solitary solution to a holistic problem**

This is the main reason why diets alone fail to burn fats in the long run.

Denying your body the fuel it needs will force it to turn on your body fats. However, this is only a short-term fix to your problem. Once you begin to

revert to a regular diet, your body will automatically restore its fat reserves to what they used to be. You may have just lost 20 pounds due to strict dieting, but are going to get all 20 back once you start eating regularly again.

### **Crash-dieting is extremely dangerous**

Dieting is not only ineffective, but dangerous as well.

Your body may turn to your fats for energy, but there will be damage done to your gastrointestinal organs as well. Ulcers are one of the most prominent dangers to watch out for, as the stomach and intestines start to digest themselves if they do not detect food in them. Extreme cases of dieting can even result in fainting spells, as the body lacks the fuel it needs to keep itself operating at its best. Losing consciousness and falling down aren't the safest things around, you know.

### **Crash-dieting drains the will**

The up-and-down cycle of crash dieting is another reason why they don't fail.

While a few pounds may be lost after a week's worth of crash dieting, any return to a previous diet will eventually bring those pounds back. This can cause people to lose hope about their situation, eventually resigning themselves to the fact that they'll be fat forever. This then drains their will to continue on with their current regimen, or any weight-loss regimen for that matter. They just accept they've become fat and that they can do nothing about it.

These are the main reasons why dieting in the traditional sense will get you nowhere. All that waits for you down this path is frustration self-abuse.

This does not need to be the case, though. You CAN lose weight and get rid of that excess fat – even if you don't starve yourself through dieting alone.

## Alternatives to Crash-Dieting

The core principles of dieting are not bad. It is just that many people don't know how to apply them, believing that simply starving the body of food will shave off their fats.

Working with your diet, however, is essential to losing weight. All the exercise and mental conditioning in the world will do you no good if you subsist on burgers, fries and sodas for the rest of your life.

Thus, you have to strike a balance. Here are three basic things you can do to modify your diet without having to starve yourself:

### **Watch what you eat**

The quality of the food you eat determines your physical condition, and this is the single most important thing you need to keep in mind.

Salads, fish and lean meats are staples in any fat-busting diet, as they are low in fat content but rich in nutrients. It is whole-wheat grains, however, that will determine your long-term success. Their high fiber content will leave you feeling nice and full, even if you do not consume a mountain of the stuff.

Thus, you can pull off trading in the fatty foods for leaner options (which will be discussed in later chapters) without having to starve yourself.

### **Watch when you eat**

When you eat food is just as important as what you eat, especially if you are constantly on the go.

The body's digestive processes take a considerable amount of energy to do, and keeping these digestive processes activated is one of the best ways to burn fat. This is why you can break down the traditional three square meals a day to five or six smaller meals a day.

Just remember not to stuff yourself silly on all six meals. Eat just enough to put something in your stomach without bloating it up, and your body will do the rest.

### **Watch how you eat**

The last thing you need to keep in consideration is how you eat your food, especially if you are fond of eating in front of the television.

It takes the body at least seven minutes to recognize it is full. This means that you can continue to stuff yourself silly in less than seven minutes before you suddenly realize you have eaten too much. Eat slowly and deliberately, and you should be able to give your body enough time to recognize that it is already filled up.

This is why it is important to focus on your food. Eating in front of the television or letting your mind wander usually increases the volume of food you consume, so be aware of your food as you put it into your mouth.

Switch to greens, fish and lean meats. Eat five small meals a day. Eat slowly and deliberately. Keep all this in mind and you will understand what it means to *really* diet for the long run – without starving yourself out.

## Common Lines for Fat-Busting Failure

Now that you know how dieting will *not* solve your problem with fat, we need to focus on how to help you change you and your life.

One of the first things you have to do is break down your own personal barriers when it comes to your weight. To do that, you will have to recognize what makes a weight-loss program fail in the first place.

And here are a few common lines that cause fat-busting programs to fail in the first place:

### **“Maybe next time...”**

The lack of motivation is the first and foremost reason why people fail to lose weight.

Once people see what it really takes to lose weight, they begin to lose heart. The once rigid determination to lose weight slowly gives way to indifference and excuses. Work schedules and other miscellaneous activities suddenly seem to take a greater priority all the time.

Thus, we can fail because we find ourselves unmotivated to stick to the program.

### **“Munch, gobble, slurp”**

Okay, so this technically isn't a line. The gist, however, is plain to see.

The quality and quantity of the food we eat will either hamper or aid the body's ability to properly process fats, which is why we have to watch what we eat. This fact has been played over and over and over again in weight loss-programs, but for good reason.

Thus, we can fail because we cannot control what and how much we eat.

### **“Blame the genes.”**

Genetics is a convenient excuse when we encounter difficulties in the program.

Another reason why people begin to lose motivation is when they realize that something out of their control is getting in the way. A case of bad genes isn't the only example. Work schedules, physical conditions and even family duties all become plausible excuses for the unmotivated.

Thus, we can fail because we find excuses not to stick to the program.

### **“I want it NOW!”**

Time is gold, true, but there are some things that cannot be done in a day.

Sure, you can get a liposuction or crash diet to lose some serious fats. Lacking the motivation to keep that fat off, however, will often result in “lose weight, gain weight” cycles. Such cycles are extremely unhealthy and devastating for one's motivation to try and get the fats off.

Thus, we can fail because of our tendency to look for instant solutions.

### **“I'm there! Now what?”**

Fighting fat is not a one-time ordeal – it lasts as long as you live.

Some people actually have the willpower to doggedly stick to their program. However, this willpower suddenly disappears the moment they hit their fat-busting goal. Now that they are no longer obese, they begin to slip back to their old lives and start packing the pounds once again.

Thus, we can fail because there is no long-term commitment to keep the fat off.



# Training Your Mind for Weight Loss

Now that you have a solid idea about what makes failure, it's time to turn those lines around for your success:

## **I'll do it NOW**

We cannot wait for things to happen to us – we have to go get it ourselves.

This is especially true when you are trying to lose weight, as your fats won't go nowhere by themselves. You have to *want* to lose weight, but you also have to *learn* what it takes to actually get it done. In short, you have to be motivated and determined enough to change your life.

## **I'll bite, nibble and sip**

To burn fat off, we have to learn how to eat less more frequently.

We have already discussed the importance of how you eat, as outlined a couple of chapters back. This is why you have to learn how to bite and nibble instead of chomp and chew. Such an approach to eating food will bring you a long way in your attempts in weight loss, and the lessons learned from it will be valuable to you in more ways than one.

## **I've got the power**

Only you control your life, and this is an essential truth in any weight loss program.

A busy work schedule, a hectic family setting, a set of bad genes – all these are but challenges for you to overcome. A dedication to burn excess fat means that you have to learn how to live your life in a different manner. It may be difficult, it may be challenging, but it sure isn't impossible. *You have the power* to change your life. Remember that.

### **I'm in for the long run**

True fat burning takes time, which is something you have to accept with weight loss.

There are many options to lose weight quickly, some of which we will discuss in this book. You have to realize, however, that such solutions will be very short lived if you do not plan your weight-loss program for the long run. Learn to live a healthier lifestyle, and your weight-loss dreams will be fast and permanent.

### **I'm enjoying it**

The only way to stay committed to a life of fat-busting is to enjoy it.

Many people tend to 'rebound' from diets and workouts, wherein they gain the weight they lost – and probably even more. Learn to enjoy the process of working out, of eating slim and of living a healthy life, and you will have found the secret to living a fat-free life forever.

There is also another thing we have to take into consideration here, aside from mental conditioning alone. Losing fat does not necessarily mean that you have to cut out ALL fat in your diet.

You just need to learn which fats are good or bad for you.

# Why Eating Fat is Key

## Fats: The Good, The Bad, and the Ugly

*“If you want to burn fat, then don’t eat fat.”*

The logic behind this line is quite simple and easily understood. If you are trying to lose weight by eliminating fat in your body, wouldn’t it make sense to totally avoid any kind of fat whatsoever?

However, there is a flaw in this logic. Not all fat is the same, especially when it comes to their effects on your body.

This brings us back to our main point: what fats are good, what fats are bad and what can you do about it?

### **The Good:**

Monounsaturated fat – this stuff is primarily responsible for protecting the heart from disease, as well as lower low-density lipoprotein (LDL) levels in the body. This is perhaps the healthiest type of fats you can consumer for your health.

Polyunsaturated fat – this stuff also helps protect the heart from disease, specifically heart attacks. Recent studies suggest, however, that polyunsaturated fats raise the risk of cancer – but only in excessive quantities. Eating a little helps your heart out a lot.

## The Bad

Saturated fat – if good fats help protect the heart, then saturated fats do the exact opposite. The risks for coronary heart disease and cancer skyrocket for people that consume large quantities of saturated fat.

Trans fat – such fats are different from saturated fats in chemical structure, but pack a bigger wallop when it comes to your health. Heart disease, cancer, Alzheimer's, diabetes, obesity, liver dysfunction and infertility are just some of the problems that Trans fat can bring in your life.

## The Ugly

Fats play a vital role in the body's hormonal systems, healing processes and various other bodily functions. A total lack of fats *will* kill you, like in the case of protein poisoning. This happens when you don't eat enough fat to properly process a protein-rich diet, like rabbit meat.

However, there simply are some fats that can help you out and some that can kill you faster. Monounsaturated and polyunsaturated fats can do you a world of good, while saturated and Trans fats will slowly kill you. Of course, you start to pack the pounds while you do so.

What you need to do is wisely choose what you eat – which will be discussed in the next chapter.

# Feasting on Felicitous Fats, Loathing the Loaded Lard

We have already gone over what kind of fats are good for you and what are bad. However, that knowledge is useless if you don't know where to get your fats from.

So without further ado, here's a short list of foods that will either help you live a healthier life or hasten your demise:

## Monounsaturated fat

Olive oil, canola oil, grape seed oil, rapeseed oil, peanut oil, sunflower oil, safflower oil, sesame oil, corn oil, whole grain wheat, oatmeal, cereal, avocados, cashews, sesame seeds, pumpkin seeds, other types of nuts and seeds.

## Polyunsaturated fat

Safflower oil, corn oil, sunflower oil, safflower oil, flax seed oil, cottonseed oil, soy oil, peanut oil, cereal, whole grain wheat, bananas, wild salmon, mackerel, trout, herring, sunflower seeds, hemp seed, walnuts, other types of nuts and seeds

## Saturated fat

Processed meat, fatty meat, red meat, lard, butter, whole-milk dairy products, coconut oil, coconut milk, palm oil, cocoa butter

## Trans fat

Partially hydrogenated vegetable oil, processed breads, processed pastries, shortening, margarine

Before we continue on with the rest of the guide, I must put special emphasis on partially hydrogenated vegetable oils.

*Just because something was cooked in vegetable oil does not mean it is automatically better for you.*

Oil that has been hydrogenated usually tastes better and is substantially cheaper than regular oil. The price you pay for this is a greater risk of cancer and heart disease, as well as the tendency to pack the pounds in the long run.

The combination of strong flavor and low cost is a godsend for the big companies.

This is the main reason why fast food is so deadly to your health, and this is why you should never eat fast food on a regular basis if you plan to lose weight.



# Why Breakfast is Important

## Rise and Shine: Start Your Day with a Healthy, Homemade Breakfast

It is no longer your mother's voice telling you to rise and shine and eat your breakfast. It is the voice of reason in you which agrees with her, and it is telling you to partake graciously of this homemade meal.

A simple, homemade breakfast is one of the easiest and quickest to prepare. It is also one of the best defenses in your battle against weight gain. When you eat breakfast at home, it prevents the urge (or the excuse) for hunger to hit you when you're conveniently closest to a fast-food chain or a take-out counter.

It's true. When you take time to eat breakfast at home, you won't rush off to get the nearest fast-food (read: fatty) meal when hunger strikes. You easily sabotage your goals and strike out when you reach for a greasy combo of burgers and fries and sugar-rich, caffeinated sodas in exchange for a light, homemade breakfast.

Besides, why skip breakfast when it can be healthy and delicious at the same time? It doesn't necessarily follow that food has to be drab and unappetizing when you're on a fat-burning diet. It only stipulates the following conditions:

### How much you eat

First of all, a well-balanced diet tells you to eat a wholesome variety of foods. You should have a sufficient amount of nutrition from the four basic food groups such as carbohydrates, proteins, fruits, and vegetables, but you have to lessen your intake on the fatty and sugary content of the fifth group.

Next comes the portion wherein you are advised to eat a variety of each in smaller servings. In this way, you get the satisfaction of a taste of each kind without bingeing and overeating on a full stomach. You do end up feeling gratified with how much you've eaten.

### **How frequently you eat**

Skipping meals has never been an effective solution to dieting and losing weight. When you miss one meal, you just tend to overcompensate with the next one, and this becomes all the more fattening. Subconsciously, you would only feel deprived and this would weaken your resolve to continue with your attempts at weight loss.

All in all, nothing beats a regimen of five small meals a day for healthy weight loss. Aside from a healthy, homemade breakfast, you are encouraged to continue on with lunch and dinner as well as two in-between snacks. Actually, your midday snack could translate into your second breakfast for the day. That's how frequently you can eat when you're on a fat-burning diet.

### **What kind of food you eat**

Like we said, the kind of food you eat can be both healthy and delicious, especially when it's homemade. You have control over the ingredients you put in and the servings you take out.

For example, it's really a matter of how you prepare your pancakes, omelettes, and French toast to make them more appetizing yet non-fattening. To cut down on your sugar intake, you could pour pure honey on your pancakes and toasts instead of thick maple syrup. To lower the risk brought on by bad cholesterol, you could cook your omelettes with low-fat olive oil instead of using creamy butter, trans fats, and poly-unsaturated fats.

The bottom-line is that you stick to low-fat, low-sugar, and high-fiber foods when you're on a fat-burning diet. The next article on oatmeal and honey will tell you how fab and fad combine to make breakfasts as homemade and healthy as possible.



# Break Your Fast Healthily with Honest-to-Goodness Oatmeal and Honey

For the best options in high fiber and low sugar foods, you can count on oatmeal and honey as your healthiest choices. These honest-to-goodness recommendations are based not only on mere speculation of fab and fad but more on solid grounds of health and science.

**To rally in behalf of 100% natural oatmeal goodness, here are five facts I am glad to share with you:**

1. Oatmeal does help in lowering cholesterol levels, and it does contribute to reducing heart disease. It only takes  $\frac{3}{4}$ -cup of oatmeal every day to lower your cholesterol as well as your blood pressure. When you make this into a breakfast habit, you maintain good cholesterol in your body and get rid of the chances for accumulating bad cholesterol. You distance yourself from the risk of hypertension and stroke. You just have to team up your oatmeal intake with a low-fat diet.
2. Oatmeal contributes to controlling your weight, because it keeps you feeling fuller for a longer time. This means you don't feel hungry as often or as much as you should after this meal. Oatmeal is known to have so much soluble fiber. This same fiber absorbs large quantities of water which cause the digestive process to significantly slow down to your advantage.
3. In line with the fine and soluble fiber mentioned above, oatmeal also helps in controlling blood glucose levels. Based on new research, eating oatmeal could reduce your risk for Type 2 diabetes which you may acquire in later years. In effect, the practice of eating oatmeal for breakfast helps you age more gracefully and healthily.

4. Aside from fiber, oatmeal happens to be very rich in complex carbohydrates, vitamins, and minerals for your nutrition. Its nutrients act as antioxidants which give you iron-clad protection against the risk for certain types of cancer.
5. As your favorite breakfast recipe, oatmeal is relatively inexpensive and accessible to dish out. With its current price and smooth consistency, even your budget won't find it hard to swallow. You quickly gratify your appetite for its old-fashioned goodness with instant and quick-cooking oats. It is so easy to pick on the habit when you can pick up the product from any grocery or supermarket near you. You only have to add some non-fat milk, bananas, and strawberries to make it a little more elaborate in preparation.

**It's just as easy to be sweet on the goodness of honey, because it has there's such a buzz on its benefits as follows:**

1. Thanks to the honeybee, you can enjoy a taste of sweetness in your breakfast. Your brain welcomes the early-morning dose of glucose it gets from honey more than it does the effects of sugar on your diet.
2. All the work of nature that goes into making a teaspoon won't be for naught when you use it to work-up your diet program to a more low-sugar one. It makes just as good a topping on your pancakes as maple syrup, and it sweetens your cup of tea in a soothing way.
3. This nectar also tops your toast quite well, and it makes a perfect combination with butter – a low-fat, low-salt one at that. Pure honey in itself contains zero quantity of cholesterol, a trait consistent with your fat-burning diet.
4. Besides being a great source of antioxidants and vitamins like Vitamin B, there's a buzz about pure honey being good as a sore throat remedy and as a natural derma treatment.

5. Honey goes beyond breakfast because it can be used for so many recipes in the four other meals you're going to have in a day.

We can drone on about how good oatmeal and honey can be for your fat-burning diet, but we've got to get on to our next topic which happens to be on the three big facts on why you should be eating your breakfast. After this page break comes this very exciting topic.

## **3 Facts Which Tell You Why You Definitely Ought to Eat Breakfast!**

We're basically done with the oats of a fat-burning diet, so let's proceed uncut to the "oughts" of eating breakfast.

Studies show that the habit of eating breakfast should start early in life. It is never too late to start on it if you're already a full-grown adult. Neither would it be too early to teach your kids the benefits of a complete and healthy breakfast.

Why? It's because breakfast is a meal you simply can't do without. It is an essential part of everyone's daily training program on how to effectively lose those pounds and maintain a healthy weight.

Since the habit of eating breakfast can be so defining in the way you lose excess weight and burn your way through fat, then we probably need to define those three facts which tell you why you definitely ought to eat breakfast.

### **1. It improves your concentration and memory.**

The thing is how can you concentrate on what you're saying and remember what it is you're supposed to be doing when you feel your stomach grumbling and everyone else hears it too?

There is also the matter on if, when, and how you consume breakfast at home. Are you constantly distracted from food in a rush with time such that you lose out on the rewards of this daily experience? That's a food for thought.

Unfortunately, eating breakfast affects how you perform your tasks at work and in school. Children who eat a proper breakfast have been found to focus on tasks better. They get better grades and they have fewer problems with behavior in home and in school. Adults are no less different.

Therefore, make a difference in the way you eat breakfast. Focus and remember to have breakfast if you want to give your concentration and memory a well-earned boost.

### **2. It increases your energy and endurance.**

We can never stress enough that breakfast is undoubtedly your most important meal for the day. Depriving yourself of a good breakfast can rob you of the energy you require to perform work. When you're not as energized at the beginning of a day, you are more prone to fatigue.

How so? Well, you are literally short-selling your body on its initial supply of calories. You are starting your day all wrong – without breakfast. As the day progresses, you will only feel weak and lethargic.

Keep in mind that it is the breakfast meal which powers up your day. With it, you have the fuel to be up and about, running and on the go. The more you skip your meals, the more you will only starve your body of much-needed energy and yourself of good overall health.

Does the house now move to have breakfast? It certainly ought to!

### 3. It lightens your mood and overall personality.

It is a fact of life. What you put in your body makes for an active mind and a good mood.

When it comes to mood, you overcome two extreme tendencies when you learn to give in to the need to have breakfast. On one hand, you tend to be less hyperactive and over-irritable. On the other hand, you tend to become less anxious and depressed. As a whole, you feel happier and more satisfied.

There is also a connection between how eating the right foods helps your nervous system produce the right amount of neurotransmitters. Drastic changes in the level of neurotransmitters like serotonin and dopamine have been proven to cause mood changes and disorders.

Along with exercise, carbohydrates such as whole wheat and rice and fruits like bananas and apples help raise your feel-good serotonin levels. Essential fatty acids from fish and white meat also increase these levels. Familiar as they are, these foods have already been proven to be good for your fat-burning diet. They can be just as wholesome for you breakfast.

*Do you see now how eating a healthy breakfast can be your first line of defense for the day?*

With reasonable basis, breakfast helps establish the tone of the rest of your life, or at least the next 16 hours of your day. The “rest of your life” may seem like an exaggeration but, when you make breakfast a daily habit, it’s much like saying you’ve set the right mood for the rest of your life.

If you rarely eat breakfast, now’s the best time to turn the tables around. Make breakfast a pleasant and fulfilling dining experience. With these four facts to keep you pepped and motivated, you ought to be raring to eat breakfast!

# Exercise is the Key

## Watch Your Weight: Indulge Yourself in Diet and Exercise

We are about to proceed to key exercises which help you lose weight and burn fat, but let's first have a look into diet and exercise as a tandem. How do they interrelate?

It takes a little more knowledge on how you can indulge yourself in diet and exercise to create an effective weight loss program. When they work together, diet and exercise can be very fat-burning. As you lose weight healthily, you burn fat right along!

***But before you can actually LOSE weight, you should first know how to CONTROL your weight.***

Here are two key points on how diet and exercise help you to control those pounds and then lose some:

### **Diet and exercise equate to better weight control.**

As your first real meal of the day, breakfast completes your diet. It is an essential part of your basic three-meal-day and a recommended part of the five-meal-day imposed on weight-watchers.

During sleep, your metabolism slows down along with your body's other vital signs like breathing and heart rate. When you start the day off by eating a healthy and hearty breakfast, you give your metabolism that much-needed boost. You provide your body with the vitamins, minerals, and fiber which it needs to perform some fat-burning activities like exercise.

After having come from a period of self-imposed starvation during your hours of sleep, the body would naturally wake up to the desire for food and sustenance. You need to replenish your energy for the activities to come, such as the exercise program you are about to undertake.

When you deprive the body of the necessary food, you put it in a mild to moderate state of panic. Your brain automatically longs for glucose when your energy levels are low, and it would be so easy and tempting to grab the first snack you can find.

As your basic instinct of hunger grows more severe, you are more likely to lose control. You are forced to eat compulsively and give in to unhealthy food choices. What's more, the less you feel like exercising. In contrast, when you have been satiated with breakfast, you are less likely to overindulge during lunchtime, and the same control applies to lunch and dinner. It is actually with dinner that you have to eat the least.

When you have had a satisfying meal, you are also less likely to snack in between meals and overindulge in sweets. You have no excuse at all to overcompensate for the lack of energy. You don't build up an appetite and then give in to the urge to overeat and defeat your exercise program.

### **Diet and exercise contribute to healthy weight loss**

You'd better believe it: Eating breakfast does keep you thin.

This does not mean, however, that you can eat anything and everything there is. Like we said in the previous, it's still a matter of how much you eat, how frequently you eat, and what kinds of food you eat.

Eat, but stay within these parameters to achieve healthy weight loss.

When you stay on a low-fat, low-sugar, high-fiber diet and supplement this with a good amount of exercise, you can lose more pounds and keep them off for a greater number of years. After all, it is those excess calories which you don't burn off that show up and stay on as unwanted fat.

When you develop an appetite for both healthy weight control and healthy weight loss, you could achieve the ideal weight for your own personal settings on built, metabolism, and lifestyle. Of course, there would be the challenge to erase and overcome years of neglect through poor eating habits and lack of exercise.

***This brings us to another issue which you have to face. EXERCISE.***

## **The Idea of Exercise: It's Habit-Forming... and It's Fat-Burning, Too!**

When you're talking about weight loss, the only effective way to lose those pounds and keep them off your figure for a good number of years to do it slowly but surely until you're so used to it as a habit.

Consistent with this idea, the most certain way you're going to start losing weight is to find ways to burn more of those excess calories. What better way than to exercise!

***Is there any other way than to exercise?***

Come to terms with the fact that you do need to exercise. More specifically, there is no better way than to team up a good amount of exercise with a well-balanced diet.



When you tip the scale at a weight which is more than you desire, then your first probable step would be to eat less. We've corrected you on the process of starving yourself and skipping your meals. Instead, we've encouraged you to start eating breakfast and develop better eating habits.

The next habit you are about to form would be the habit of exercising. You will have to work your way out of a sedentary lifestyle into an active exercise program that burns fat at all levels.

At the level you're in, do not pin your hopes on the misconception that you can lose weight overnight. It simply does not happen that way. It takes a program of building up to a diet plan and an exercise routine that combine well enough for you to lose extra weight and burn excess fat in the process.

### ***How does exercise work to burn fat?***

As a fat-burning process, exercise is based on metabolism. Metabolism is a series of life activities which your body undergoes for its own survival. You have to provide your body with the energy it needs to sustain activities like movement, growth, and repair. This energy is usually expressed in terms of calories.

Exercise boosts your metabolism by burning calories and transforming them into usable energy. The cycle continues, and exercise burns more calories to keep your metabolism going.

When you lack activity and you consume less number of calories than you ought to, they build up in your system in the form of fat. When food is not converted into energy, it tends to be stored in the body as fat deposits. These are your reserves of energy for future use.

But unless you engage in any energy-releasing, fat-burning activity, all you can look forward to is a future of fatness instead of fitness.

### ***How can you manage to be fit instead of fat?***

Fitness comes when the habit of exercising is formed. You don't put off exercising for another time when you're better inspired, and neither do you put up with it as a personal suffering you have no choice but to bear.

### **The idea of exercising should be something you can possibly enjoy.**

If you love taking walks and communing with nature, then do some brisk walking within your neighborhood or around the park during your free time. If you love animals, then walk your pet or someone else's dog. You can even walk to work if it's close by and cut on some transportation and fuel expenses.

If you prefer a run at a faster pace, then you can take up some early-morning jogging or cycling with a group of friends. If you're great in the water, then take swimming as a hobby. The idea of exercising should actually spell fun!

### **The idea of exercising should be something you can squeeze in.**

If you can squeeze in some time in between the things you have to do in the house, then you can manage to do some exercising from the comforts of your home. You don't even have to go to the gym or join a club.

Some push-ups or sit-ups are not hard to manage in between commercials on TV or when you're downloading stuff on your computer. Some bendings and stretches, yoga style are quite easy to manage when you get out of bed to start a new day. You just have to set your mind to it. The idea of squeezing into a new set of fabulous clothes could do the trick.

**The idea of exercising should not be something you spend too much on.**

You don't have to spend too much time on an exercise routine and make it an excuse. There are new exercise routines which only take an hour of your time or a few minutes of every day. When you do it on your own or through an online course, you don't even have to spend too much money on a formal membership or a regular class.

Maybe you're really spending too much time on thinking whether or not you should exercise? Well, maybe it's time to get down to it and start exercising.

***Would you like to learn some exercise techniques and build a plan around them?***

That's what I've prepared next for you. You're only a few lines away from finding out!

## 5 Exercise Techniques Which Burn Fat at All Levels

Before you get down to it and start exercising, it's always best to come up with a plan.

If you want to lose the most weight – and fat - in the least possible time, then it can't be just anything. Everything about exercise has to be done in moderation.

To fulfill this, your plan should be both professional and individual in approach.

### ○ Professional

The most professional of exercise programs would discourage you from going into quick fixes and crash diets. These only drain away the strength and mass of your muscles, and they weaken you both physically and emotionally.

To prepare and psyche you up for a regular exercise routine, health professionals and fitness experts would see to it that you are nourished with a well-balanced diet. This means a diet which has been reduced in terms of calorie content but which still includes a well-proportioned amount of the four basic food groups such as carbohydrates, proteins, vegetables, and fruits as well as a lesser amount of the fifth group which is basically sweet and fatty.

As you learn to combine the benefits of diet and exercise along with advantages of rest and sleep, you could potentially control and lose weight the healthy way.

## ○ Individual

The concept of ideal weight varies from person to person. It is an individual statistic which is based on your own body mass index. It makes sense for BMI to measure your body weight against your height.

The ideal weight for you also depends on your state of health and your body built. You have to be extra careful on how drastically you lose weight especially when you have medical complications with your heart, lungs, kidneys, and other organs. The exercises you do should be healthy enough to speed up your metabolism without overworking and dehydrating your body.

Also, there is only so much weight you can lose based on your skeletal framework and your genetic predispositions to fat. However, you can always maximize on your assets by doing something to cut down on calories and pounds, shape up and trim your figure, and gain more on body strength.

Speaking of strength, endurance and resistance training are actually part of effective exercise techniques. Let's go into that right now.

*Here are four exercise techniques which are certified to burn fat:*

### **1. Resistance training**

Resistance training is a form of strength training. This exercise program applies bodyweight techniques through the use of dumbbells and barbells. These exercises are quite effective in helping individuals build muscle and burn fat.

## **2. Interval training**

Interval training is similar to cardiovascular exercise, but it consumes less time to perform. The workout consists of short bursts of energetic exercise which burn off excess calories and shed extra pounds.

How does it work? You build up to a moderate activity for the first four to five minutes, go all out for a minute or two, then slow down your pace in the last few minutes.

If these high-intensity interval training techniques are not compatible with you, then you could try low cardio exercises.

## **3. Cardio exercise plan**

Consistent with the principle of interval training, cardiovascular exercises strive to keep your heart rate high. They teach you breathing techniques which promote a healthy exchange of gases in the lungs such that your metabolic rate becomes fully optimized to burn fat without losing muscle. Forming the habit of walking, running, swimming, and cycling falls happily right into this plan.

It ideally takes 30-50 minutes of low-intensity cardio exercise for fat to be burned and metabolized. Going beyond the 60-minute limit, especially in a high-intensity cardio exercise, would not be advisable at all.

Why? It would no longer be fat but muscle which gets broken down or metabolized.

## **4. Aerobic exercise**

When you train in aerobic exercise to a moderate degree, you are only bound to burn small amounts of calories at a time. But when aerobics becomes a habit and practice over time, you could get rid of all the excess calories you need to burn.

Like cardio exercises, aerobic exercises have their benefits in that they have been proven to lower the risk of cardiovascular and musculoskeletal diseases. When coupled with a cardio and diet plan, aerobics can be a fun and healthy way of losing fat.

### **5. Circuit training**

If you're into the idea of working out in a gym or fitness center, then you would most likely get involved in circuit training. These are repetition exercises with low weights which help you build body resistance.

The principle holds true that you succeed at losing weight while preserving muscle mass during circuits. You also have to develop correct breathing techniques because there are little to no breaks in between exercises.

To make the most of your workout time, part of the technique would be to figure out just how long you should exercise and how often you should train. Remember, you have those professional and individual points to consider.

A moderate amount of exercise will go a long way. As you go along, your body has a way of adapting to the activities in your plan. Once they become a habit, you could become bored and restless with the same repetitious activities.

That's when it becomes advisable to combine exercise techniques with the help of a fitness expert or to introduce new exercise programs into your plan.

# The Best & Worst Foods for Fat Burning



## Top 10 Best Foods That Help Burn Fat

We started and ended the previous section by saying that everything, including diet and exercise, should be in moderation.

We start off with this new topic along the same flow of thought. There are foods which can either be good or bad for your fat-burning purposes, but at any rate, you should always consume them in moderate amounts.



We've established that fact that you can't skip the habit of taking breakfast, and you can't forego a daily routine of exercise either. What's more, you can't miss out on eating all the right foods which contribute to the fat-burning process. When you are able to make the distinction between foods which can be good or bad for your health, then you are able to make the right eating choices.

*So how do you know whether foods are “good” and “right” for fat burning?*

Don't take the fat-burning function literally. It simply means that there are certain foods which boost your metabolism and speed up the breakdown of fatty material. They are currently referred to as *thermogenic foods*. That's how they help get rid of excess calories and prevent fat from being stored.

For a diet to help those fat deposits trickle away for good, here are 10 of the best foods which help burn fat. Nibble away at these safe and sure choices:

**1. *Fiber-rich foods.***

There is such a good reason why fiber-rich foods top your list of the 10 best foods for fat loss. Well, actually, there are three great reasons why. First, fiber which is soluble in water helps slow down the process of digestion. Second, fiber content in your diet helps speed up metabolic rate. Third, fiber-rich foods help prolong your energy to do more activities. Now that you have a better idea on their benefits, you can personally indulge in more of your favorite fiber-rich foods like whole grain bread, rice, pasta, and of course, oatmeal!

**2. *Vegetables and leafy greens.***

In a separate group but just as rich in fiber, vitamins, and minerals would be your choice of fruits and vegetables for making juices and dishes. Let's deal with vegetables first. Vegetables such as green leafy vegetables, squash, and everything that goes into a salad come highly recommended for diet-conscious people. Baked and mashed potatoes make especially good side dishes. So as not to lose out on

the nutritional value and fat-burning capacity of veggies, you'd better look more closely into your recipes and cooking methods.

### 3. **Fruits and fruit juices.**

Some of your pulpy fruits which are rich in fiber and low in calories would be avocados, apples, peaches, bananas, and all kinds of berries. Cranberries in particular are great for digesting food and excreting waste. Citrus fruits which are rich in Vitamin C like lemon, lime, and grapefruit ease your way to burning fat, too! The great thing about fruits is that they can be served either fresh or in assorted fruit juice forms. What matters is that you keep them juicy yet unsweetened.

### 4. **Proteins.**

It is a fact that a wealth of proteins in your diet causes your body to build up energy and heat, two elements which are essential to burning calories and excess fats. The most excellent sources of healthy proteins are lean beef, pork, fish, chicken, and poultry products. You fatten up the least when broiled beef, grilled pork, and roasted chicken add substance to your diet.

Among all animal proteins, turkey meat would be the best in terms of the least amount of calories. As natural forms of proteins, whey, tofu, and soy would be the healthiest.

### 5. **Fish and fish oils.**

Aside from providing you with health-giving proteins through white meat, fish also contain Omega-3 fatty acids which control the way you burn or store fat. It achieves this feat by controlling the level of your hormone leptin. Seafood such as tuna, herring, and salmon are among the best examples. They not only protect your heart but they also prolong your life.

### 6. **Complex carbohydrates.**

The most ideal carbs for dieting are complex carbs. Because they take a longer time to digest, a dieter feels full longer after a meal. As they keep your blood glucose low and constant, your body feels no

necessity to store more fat for reserve energy. You find this type of carbs in 100% whole grain bread, oats, and cereals. Like we mentioned earlier, you are doing good and right by your health when you start your day with a healthy breakfast of complex carbs like oatmeal.

**7. Dairy products.**

Along with calcium, the vitamins and minerals in milk do the body a whole lot of good. It keeps you strong and youthful. For dieters who want to help make their metabolism better, they can consume low-fat milk and yoghurt as alternatives. Instead of commercial processed cheese, cottage cheese and cheddar cheese are healthier choices.

**8. Hot and spicy foods.**

Peppers like cayennes and jalapenos not only spice up your food and give it a kick, but they also pep up your metabolic rate to burn those fats. At a moderate level of one hot and spicy meal a day at most, your metabolic rate has been said to speed up by 25%.

**9. Green tea and herbs.**

Natural herbal teas like green tea are a better alternative to the metabolic effects of caffeine. In a similar way, they help speed up your heart rate and facilitate your metabolism in order to quickly burn more calories.

**10. Water.**

Actually, water should top our list of 10 best foods for dieting but there a reason for putting it last but not least. We've actually devoted the next section to water and water alone as a secret to losing weight and fat burning. Get to know more of this top secret as you read on!

Now all you have to do to eat what's good and right. Stick to these top 10 BEST foods and you will never go wrong.

**Now on to the dangers!**

# Top 10 Worst Foods That Hinder Fat Loss

In the process of finding out more about effective programs for fat loss, you sometimes get burned by confusing and misleading concepts which get you nowhere. You crash-diet with all the wrong foods which promise you a quick fix, an instant remedy to all those problems weighing you down.

When they let you down, you only feel further away from figuring out the fat-burning process.

This time, on the lighter side, let's finally give out a list of those foods which truly hinder your attempts at fat loss.

Without any delay, here is a list of the top 10 worst foods which you should cut from your diet:

## 1. *Ice cream.*

With all its choco syrups and candy toppings per float or per scoop, ice cream easily tops your list of the top ten worst foods for dieting. In any flavor, they are so cool, light, and inviting that you forget just how much calories, simple sugars, and saturated fats they contain. Your sweet tooth would be tempted to consume more scoops of these sweets than you actually set out to do. When you're feeling down, it would be so easy to binge on this product and suffer the consequences later.

## 2. *Sodas and colas.*

Packed with calories, these carbonated, even caffeinated, drinks have little to contribute to your diet except for excess sugar. Even in their zero-calorie or calorie-free form, they still count among the worst foods because they have little nutritional value. You're better off drinking water and lots of it!

3. ***Doughnuts and baked goodies.***

Over the counter doughnuts can be so easy to reach for when you're in a snacking mood, but they smack your diet way out of line, again and again. Grabbing a high-calorie, high-sugar, high-fat doughnut can be the easiest way to gain and regain weight.

4. ***Fast foods.***

Fat-drenched combos and appetizers like burgers, French fries, and onion rings all combine to make great diet busters. They're fortified, not with vitamins and minerals, but with the worst kinds of fat: trans fats. Even fried chicken in all its deep-fried goodness is not at all good for your health. It oozes with your favorite kind of aroma, but it also oozes with a lot of the worst fats you can find.

5. ***Bacon and sausages.***

Just think: There are about 100 calories per slice of bacon. Most of these foods' calories come from fat and cholesterol. Delicious as they are, they could be flavored and colored with carcinogenic nitrates which are not worth the cell damage they cause.

6. ***Butter and margarine.***

Sadly, these flavor enhancers contain some of the most damaging fats around, and we're still talking about the notorious trans fats. Being loaded with so many calories, these forms of fat are harder and longer to burn. They also lead to health complications such as high cholesterol levels, heart disease, and some forms of cancer.

#### **7. *Peanut butter.***

In every bottle of this thick, rich spread, you're getting a dense amount of calories, sugars, and fats. Most commercial brands contain unhealthy additives such as high-fructose corn syrup and hydrogenated oils. If ever you've sourced out some 100% natural peanut butter, just consume it in very small amounts.

#### **8. *Processed cheese.***

All types of cheese which are commercially manufactured and labeled as cheese products or cheese foods would fall under the classification of processed cheese. Along with their high calorie content, their richness in salt and fat make them one of the worst choices for a dieter.

#### **9. *Cookies, crackers and chips.***

In just one sitting, you can gobble up a lot of cookies and crackers without even reading how many pieces to a serving there are. Although they can be counted as carbohydrates, their nutritional value counts to so little. Enriched with simple sugars, these snacks only raise your blood glucose levels and store fat into your body.

#### **10. *Sugar-coated cereals.***

This totally bowls over the purpose of eating cereals for breakfast. Instead of getting 100% whole-grain oats and cereals, you've compromised your diet with an overload of sugar and fat.

As you have found out, the best foods for losing weight and burning fat still greatly outnumber your worst possible choices for food in your diet. We've even had to classify the best ones into food groups instead of itemizing them as individual foods just to show you that the benefits of food still outweigh their disadvantages.

You only have to choose those foods which are good and right for you, remember?

**Now on to what water can do for you!**

# Water Secrets



## 5 Reasons Why is Water So Important to the Fat-Burning Process

There could be an explanation why you're not losing weight even after you've adjusted your diet to include breakfast as well as to consider the best and worst foods for fat loss. Even your exercise program could be failing you for one particular reason.

You don't have to delve deeper to get at the heart of this problem. There could be something missing or lacking in your diet, and it could be a whole lot of drinking water.

Water can be such a catalyst for losing weight, but few people are willing to explore this possibility. To drink eight glasses of water a day is hard enough for most people, and adjusting their diet to suit this requirement would be even more difficult.

### ***As a weight-watcher, are you drinking enough water?***

Sure, it's quite natural for most people like you not to drink enough amounts of water daily, but it's not that natural for anyone to be carrying around an excess weight just because you don't drink water enough. More so when you know that it's the reason why you're not losing as much weight as you would like to.

### ***That has got to change!***

Now that you're more aware of how water can be such a weight loss mineral, then you'd better down more glasses of it.

If you can't seem to stand the idea of drinking eight glasses of water or more a day, then it seems you have to understand more about the five reasons why water can be so important to the fat-burning process.

#### **1. Water detoxifies your body cells.**

As the transport media in blood, water comprises most of the plasma component that circulates nutrients throughout the different parts of the body. Every cell gets supplied with food for growth and energy.

This fluid also helps remove toxins and waste products from the body. When excretion happens smoothly, then your body cells are cleansed and detoxified from impurities.



## **2. Water improves your muscle tone.**

Similar to the rest of your body, your muscles are sustained by more than 70% of water. This fluid is very essential to the job of building, maintaining, and repairing your muscle fibers. As such, you have to keep them well-hydrated.

No matter how much you do your exercises and perform your workouts, if you're dehydrated, your muscles will weaken and lose their power. You can hardly lift weights, do pushups, and run the mile when you're severely dehydrated. You would be pushing your body to its limits. Where's the moderation in all that?

## **3. Water suppresses your appetite.**

When you start drinking all the water you need per day, your body feels satiated all the time. Its hunger centers relax, and your appetite normalizes and then slows down.

Just try to observe. If you drink one large glass of water before any meal, you will feel slightly full. On a bigger scale, you will feel fuller much more quickly with each of your five meals if you load up on water every time and eat food in small servings. This sensation which causes you to eat less with every meal leads to weight loss in the long run.

## **4. Water helps your body burn more fat.**

This has something to do with your appetite, metabolism, and body temperature.

It follows that, since water naturally suppresses the appetite, it slows down the process of digestion so that stored fat can be metabolized.

On the other hand, decreasing your water intake would cause fat to be stored further. Instead of being burned and used up as energy in the fat-burning process, fat shows up in your figure as extra deposits here, there, and everywhere.

It also follows that when obesity happens, not only do you experience the heaviness of fat. When you do not consume enough water to regulate your body temperature, you also feel its heat building up much to your discomfort.

This is the very reason why an overweight person has to take in one glass of eight ounces more for every 25 pounds of excess weight he carries in his body. This applies all the more during an intensive exercise program and hot weather conditions.

### **5. Water balances your weight loss.**

As you lose pounds of fat, water helps prevent your skin from sagging and aging. Once you rehydrate enough, water lifts and plumps up your skin for that youthful, energized glow.

*If there is a fountain of youth in the entire fat-burning process, indeed, it would have to be water.*

Transparent as it is in appearance and function, water seems to be the ultimate secret to fat metabolism. It appears that water may do more than simply hydrating the body. It may actually function to increase the rate of metabolism. Coupled with a low-fat diet and good exercise, this eventually leads to weight loss.

*Cheers to water, the universal solvent! It could be the calorie-free way to solving your fat-burning problems.*

## 4 FAQs Answered: How Does Water Work to Help Burn Fat?

The previous section dealt with the reasons why water can be so important to fat loss. Aside from hydrating the body, it optimizes the process of metabolism.

To now help you process in detail how water works to help burn fat, here are some frequently-asked questions with regard to metabolism, fat burning, hydration, and water retention. Have your fill as we go along.

### ***1. So how exactly does water act to increase metabolism?***

In order for metabolic processes to work optimally, the body should have sufficient water. Water provides a medium for food to be converted into useful energy. When the body is at work and calories are expended, that's when fat can be chemically broken down into simpler components which can be used by the body. When done on a regular basis, sufficient amounts of water, nutrients, and exercise would act to decrease the likelihood that fat will be deposited and stored where you least want them to be.

### ***2. Which organ in the body does the major work of burning fat?***

Actually, it is the liver which converts stored fat into energy. As it emulsifies or breaks down fat, it also purifies the blood and detoxifies the body.

The function of filtering water in the body is supposed to be one of the kidney's main functions. Without enough water, however, the kidneys cannot function properly. When they do not function efficiently due to a problem with the organs themselves or a lack of water circulating in the body, then the liver has to compensate and work double-time.

### ***3. What happens when the liver gets overworked?***

Remember that one of the liver's primary functions is to metabolize and break down fat into simpler forms. When the liver gets overloaded with some of the kidney's share of work, it cannot operate at full capacity. As a result, it cannot metabolize fat as quickly and so more fat gets deposited and stored in the body. At this point, weight loss slows down and ultimately stops. Weight gain then begins to take over.

### ***4. How does the body react to the presence of water?***

1. Rehydrating with water ends the vicious cycle of water retention. The body will stop storing water once it senses that there is no longer a threat to its survival. It will no longer hold on to every drop because it receives a signal that it will be getting enough supply. Instead of retaining water in the body and showing it off as excess weight, the body will start flushing out the excess water along with its wastes. That's when you can say your body has made a breakthrough.
2. Hydration is not without its side-effects. As your body adjusts to an increased intake of water, you could notice a reaction in your body. You could feel the urge to urinate more often, and this could inconvenience you especially when you're busy at work or after some sleep.
3. This is a normal reaction, because the body is excreting waste and flushing its self of stored water. Now that fresh water is expected to come in constant supply, the body reaches a breakthrough point wherein it does not have to overcompensate in the storage of water in uncomfortable areas of the body like your belly, hips, thighs, and ankles. As they get less swollen with water, you'll feel your body literally lightening up.

4. When the body gets enough water, its fluids become well balanced. A state of balance or homeostasis is achieved, and the body functions optimally without having to activate its emergency coping mechanisms.
5. Don't allow yourself to get thirsty and dehydrated at all. This condition would only trigger your body to reactivate its coping mechanisms of storing water and depositing fat back into your body.
6. Once the natural thirst for water returns, the appetite for food gets balanced. You would notice a decrease in hunger pangs unlike when you were dehydrated. The thing to do now would be to drink sufficient water and stay hydrated, enough to suppress your appetite.
7. However, when you dehydrate your body once again by working and exercising without replenishing your intake of drinking water, then your body gets the false impression that you're more hungry than thirsty. Whatever calories you lost through activity would just as quickly be regained through overfeeding and bingeing.
8. Your consumption of water should not be confined to one sitting. Imagine just how bloated and uncomfortable you would feel! That would not be safe or healthy at all. Ideally, your water intake should be distributed all throughout the day. Around two to three hours before going to bed, you could stop taking in water. It's more of a practical advice, because you would not want your sleep to be interrupted by frequent trips to the bathroom.

9. If you are not much of a drinker or gulper, it would be advisable to take small, frequent sips of water as much as possible, especially when you are actively working on an exercise or sport. If you hate water which is warm and bland, you could try a bottled of chilled mineral water or a tested brand of flavored water. You could also add a slice of lime or lemon to a glass of water, if it makes you feel any better.
10. There is not enough evidence to show that cold water can, in fact, increase fat-burning capacity. Its most aggressive proponents would argue that cold water slows down digestion by binding to oily food like sludge does to fuel. Some say that the body exerts more work to make cold water warm, and so metabolism speeds up. However, just as it would be questionable to just gulp down these ideas, it would be even harder to gulp down cold water in large quantities.

It seems quite evident that water is important to fat burning, and you will need plenty of it to lose weight successfully. Hopefully, it won't be an excess of water which you will be retaining any longer but a wealth of ideas on how to make an uncut supply of water work toward your fat-burning process.

# How to Drop Pounds SUPERFAST

## The Power of 3: Tips on How Quick a SUPERFAST Weight Loss Program Should Be!

At this point, we have become more conscious that the key to burning more calories is to increase your metabolic rate. Metabolism is the rate by which your body burns up energy in the form of calories.

More than simply counting calories, you can count on a good diet and exercise program which fully optimizes on your body metabolism. This is your quick and effective way to burning excess calories, losing extra pounds, and getting rid of fat.

Although we'd like to speedily breeze our way into emergency plans for quick weight loss, let's take time with some food for thought: *Just how quick should a SUPERFAST weight loss program be, if it should do you any good?*

Here's how we would answer this question:

- ***A SUPERFAST weight loss program should be quick enough to lead you away from obesity.***

We have talked about what dangers fat poses on the body and how obesity can hinder your growth as a person. Being overweight already has its physical setbacks, but becoming obese has multiple problems which you would like to avoid as much and as early as possible.

So don't wait until you are deep into the woes of fat before you address the problem. Be proactive. Be on the alert for warning signs, and be quick enough to execute a safe exit via a SUPERFAST emergency weight loss program.

- ***A SUPERFAST weight loss program should be quick enough not to give up!***

You can't give up on the idea of a weight loss program which could work successfully for you. The point here is not to give up – not on yourself, or on the program you are about to undertake.

The best weight loss programs are designed to see you through the lifestyle changes you need to make. Anyway, health and fitness experts are quick enough to give you the support when it comes to online information on a choice of diets and exercises included in a weight loss program. Your circle of family and friends can be just as supportive of these choices, and they are bound to be receptive to the positive changes you want to achieve.

- ***A SUPERFAST weight loss program should be quick enough to yield positive, long-term results.***

Instead of accumulating more unwanted calories, pounds, and fat into your system, why not accumulate more information on healthy diets, mind trainings, and body exercises which could work for you?

Don't waste your time and energy on weight loss programs which are useless and ineffective for you as an individual. Instead, focus more on making the minutes count and the calories burn as you learn to diet and exercise the right way.

Empowered by these three tips, you should be able to determine how quick a SUPERFAST weight loss program should be to work for your own good. To speed up the fat-burning process, you and your weight loss program should be proactive, supportive, and positive with each other. It's time for us to shift to emergency mode now and find out more about the best emergency plans for quick weight loss.



## 3 Best Emergency Plans for Quick Weight Loss

Since you're so quick to warm up to the idea of burning your way through fat, you may only be willing to settle for a great SUPERFAST weight loss program and nothing less. With time and health as your biggest constraints, this calls for emergency plans on quick weight loss.

Some permanent weight loss programs seem to take forever and sometimes you can't afford a long-term slow 'n easy solution, not when you're in an emergency situation.

Occasions like a decisive job interview, a well-documented wedding in the family, or a much-anticipated high school reunion call for emergency weight loss measures. So do potential first dates, and even blind ones at that. Do you sense the urgency?

Depending on how urgent your quick weight loss program should be, you could prefer to lose a conservative amount of as much as 20 pounds in a month or 10 pounds in two weeks. You could also be desperate to lose 5 pounds in two days, as long as there's a safe and easy way.

*What exactly are the safe and easy ways to lose weight quickly?*

Well, here are three of the best emergency plans ever devised:

### **Tip #1: Flushing with water**

A couple of days before the occasion, your goal would be to flush out any excess water from your system without necessarily dehydrating yourself.

In the section on water and how it works, you have learned what both water retention and dehydration can do. So with this particular tip, you only have to fine-tune your adjustments for the moment. You have to be careful with how you flush out stored, excess water and retain a fresh, sufficient supply of it in your system.

The simplest and safest way to flush out excess water would be to sweat it all out. Wear warm, stuffy clothing or eat hot, spicy foods to bring about the perspiration. Engage in activities which make you sweat. Power up with those exercises and trainings which get your heart pumping and your skin breaking into a sweat. Take it to the next level with some moderate cardiovascular exercises and interval trainings.

At the end of all these, indulge yourself in a sauna session or hot tub treatment to unclog those pores and flush out the watery sweat and body odor from your system. Finish off with a nice, relaxing shower. You'll feel all refreshed and confident after all the work you've just done.

As you rehydrate, one so-called remedy would be to gulp down lots of water. Drinking more of cold water will fill up your tummy and make you feel fuller for a much longer time. In the next couple of days, your appetite will be suppressed and you will tend to eat less than you usually do.

### **Tip #2: Watch your Diet**

In the meantime, while you're flushing your system with water, you have to keep a close watch on your diet. Apply any or all of the following tips:

- Go on a very low-salt diet for now. You do know for a fact that salt contributes to water retention. The more salt you take in, the more water would be absorbed into your system. You don't have to plump up your skin with more water, not when you're already struggling with too much fat underneath.
- Limit your carbohydrate intake to a low-carb diet. Carbs are very soluble in water, and you can anticipate what happens when you've maxed out on water. Bloating would probably be the right term.

- Eat fresh fruits, raw veggies, and natural proteins like whey, soy, or yoghurt. Look back on the top 10 best foods for fat burning, and you'll have your immediate diet solutions for the next few all-important days.
- Refresh your mornings and evenings with some herbal concoctions like green tea or chamomile tea. They relax your senses and put you in the right frame of mind to face the challenge of the coming days.
- Time your meals 3 to 4 hours apart, and cut down on your calorie intake at the end of the day. Without starving yourself and skipping on breakfast, it's possible to shift to 4 meals instead of the usual 5 and only for now.

### **Tip #3: Do your exercise**

Any emergency weight loss plan would be incomplete without any exercise. Divert the adrenaline rush brought on by the thrill and excitement over of an event into the focus and motivation to exercise!

Work up to the occasion by doing some real workouts either in or out of home. Do some brisk walking around the neighborhood in the morning. Keep walking the dog and doing your household routine in the kitchen and garden. Attend your interval training session in the gym. Maintain your daily lifestyle as you normally would while you make a smooth transition into more energy-expendng activities at a safe and healthy level.

Aside from adjusting your levels of water, food, and exercise, there are so many things you can do on a different level, even when you're on such a tight and limited timetable.

Although you can only mask any remaining flab with the appropriate touches and accents in your clothing, you can always divert attention away from your flaws.

Allow something else to shine through. In as much as you're so healthy and well-hydrated, your complexion and demeanor will have that clear, youthful glow. Water and organic ingredients have their magical way of detoxifying your body and clarifying your skin. They will wonderfully see you through the rest of your emergency weight loss plan.

## **Fat Burning Uncut:**

# **Burn Your Way Through Fat and Build a Leaner, Meaner You!**

Not everyone in the world was born and raised to be a lean, mean fighting machine. Most people have to battle their way through an epidemic of epic proportions, and you can put a name to it: Obesity.

If you are overweight, you cannot be both fat and healthy at the same time. Your body suffers a lot of damage, and you would eventually feel its side-effects as you grow older. Try as you might to be oblivious to obesity, it is not a problem that will simply go away. You have to take action and burn your way through obesity and fat to a much healthier lifestyle. It all starts with training your mind and preparing your body for weight loss.

Before you even allow obesity to slowly eat away at what remains of your confidence and self-esteem, you have to find a way to metabolically melt the fat away. A change in diet inspires a change in metabolism. Where many popular fat-burning diets would fail, a more perfectly-planned diet would succeed in speeding up your metabolic rate – and ultimately, the fat-burning process.

You've been well-informed on the top 10 best foods which bring you closer to burning fat as well as the top 10 worst foods which hinder you from this same goal. Keep this list handy and use it wisely to make healthier choices in your diet.

There is no room in your diet for any distaste for water either. This universal solvent could be the solution to your fat-burning problems. Because drinking more water suppresses your appetite, detoxifies you cells, tones your muscles, and rehydrates your body, it is the real secret to losing weight safely but surely. It not only helps to burn more fat but it also serves to balance your weight loss.

For a more well-balanced diet, you have to develop better eating habits. We've stressed on the importance of eating breakfast as your first meal of the day. There is absolutely nothing to achieve by starving yourself and skipping breakfast. In contrast, there is so much to gain in terms of memory, endurance, and mood when you start eating breakfast as a habit. It is the only way you can start your day right.

You also have to start your weight loss program right. To create an effective weight loss program, you have to learn to watch your weight. Before you can actually lose weight, you first have to know how to control your weight.

Once again, metabolism plays a very important role on how you gain or lose weight. This process is the key to how you convert food to energy and burn away the fat. There is no better way to build a leaner, meaner you than to combine a well-balanced diet with a good amount of exercise. When diet and exercise work hand in hand as part of a weight loss program, you would achieve better, long-term results.

We've also established that it is not only a matter of how much and how often you exercise but also what exercise techniques you use that gets you those results. Whether you go for resistance, interval, or circuit trainings and cardio or aerobic exercises, your overall exercise plan should be both personalized and professional in approach. Don't give up on the idea of exercise, because the experience can actually be helpful, enjoyable, inexpensive, and less time-consuming.

If ever there is something which needs to be consumed quick and superfast, it would be those excess calories, those extra pounds, and those unwanted fat. But before you empower yourself with the quickest superfast weight loss program, you should first figure out how quick enough it should be and how good it can be for any emergency.

The best superfast weight loss program would not be quick to give up but it would be quick to yield positive results. Most of all, it should be quick enough to lead you away from obesity.

The further away you are guided from the problems and dangers of obesity, the closer you are to building a leaner, meaner you.

***Take it from us: You can lean on this guide, and we mean it!***