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Burn the Fat, Feed the Muscle (Lose Body Fat) – Product Review

By Mike Miyaki

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At first glance, this product manual's title (Burn the Fat, Feed the Muscle) was a bit distracting. While the 300+ page manual does a good job of explaining how increased muscle strength helps lose body fat and why its more important to lose body fat versus lose weight; I wasn't sure about the content of the product manual until I read it in its entirety. The overall premise is to burn the body fat with exercise and feed the muscle with good nutrition plans. The author, Tom Venuto, is a body builder and that helps explain some of the direction of the manual.

On the plus side, Tom's instructional product manual has a tremendous amount of information including goal setting, discussions on meal frequency and exercise plans, just to name a few. On the negative side (depending on your perspective), it contains a few references about the basics of weight loss (or body fat loss) such as drinking plenty of water and burn more calories than you consume. Basics are covered in 2 of the 17 chapters, so it didn't waste too much of the reader's time.

Overall, I would rate this instructional manual, (Burn the Fat, Feed the Muscle) an 8.5 out of 10. If you have the ability to motivate yourself and take action by reading a manual, then the price for this product of \$39 is a great value. However, if reading an instructional manual isn't enough to motivate you to take action to lose body fat, then you may benefit from a more multimedia rich program such as Denise Austin's Fit Forever , Billy Blanks' Tae-Bo, or Winsor Pilates . These other programs include CDs, videos and/or charts. However, if you do consider these other programs, they may cost a bit more.

What I liked

1. 1. Tom's full chapter on setting 'compelling' goals helps the reader understand the importance of defining a compelling reason for unstoppable motivation to succeed. In my opinion, a true compassionate reason is key to success in any area – without it, you're setting yourself up for mediocre results He uses excellent quotes from Denis Waitley & others to drive his point home.

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2. His discussions on how to lose body fat versus losing weight is covered well in his product manual and he discusses various methods to test body fat including the inexpensive use of calipers for skin fold testing. I personally use the \$20 Accu–measure calipers and they work very well.

3. He mentions that dieting isn't as important as good meal planning and increasing muscle strength to help lose body fat. The combination of these two strategies are key to your long–term success. For more details about Tom's manual, (Burn the Fat, Feed the Muscle), check out his site which as additional details, plus any special offers that might be available.

4. His discussion on the 'adaption syndrome' is valuable and an important lesson in getting to the next level of success in your goal to lose body fat. You can also adapt this lesson to help you succeed in many other areas of your life.

What I didn't like

1. Tom provides tons of valuable information on the subject of weight loss or how to lose body fat, but in the beginning of the product manual, it lacks a detailed plan to help the reader start a program quickly. Given today's fast paced world, a quick start guide would have been useful.

2. For novice readers, the sections on drinking plenty of water and calorie balance are extremely important, but for readers with this basic knowledge on how to lose body fat, these sections are a bit too elementary.

3. In this product manual, Tom discusses the benefit of timing meals. While this might improve your personal situation, I personally believe the extra effort dedicated to timing is not worth the time & effort put into the timing process. (Or maybe I'm just a bit lazy to go through that much detail to lose the last percentage of body fat.)

Overall

For beginners, this manual (Burn the Fat, Feed the Muscle), provides 300+ pages of details that are extensive, easy–to–read and easy–to–implement. If you have some basic knowledge of weight loss or losing body fat, you can still benefit from about 90% of this product manual. There are a great few sections that I've never seen before and are very interesting perspectives on how to lose body fat.

If you have the discipline (& can get motivated to take action), then the small price you'll pay (\$39) is worth it. If however, you can't get motivated to take action by reading an instructional book, then you should consider other multimedia products such as Denise Austin's Fit Forever , Billy Blanks Tae–Bo, or Winsor Pilates . As mentioned before, be prepared to pay a bit more for these other programs. I've followed many of the steps outlined in his instructional product manual and have been pleased with the results. For \$39, and with a 3–month money back guarantee – it's worth the price. Similar to other lengthy instructional manuals, plan to read in small periods of time and keep your pen out to take good notes. Last time I was on his site, he was giving some free bonuses away also, you'll want to check out his site today before you consider purchasing. End of Product Review.

Mike Miyaki

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Scales Are For Fish, Not Weight Loss

By Dr Jeff Banas

Contrary to common belief, your weight is not really the indicator of a weight problem - the actual percentage of body fat is the true indicator. You need to know what percent of you is actually FAT. How are you going to monitor your weight loss if you do not know what percent of your body is fat, before you begin your program?

Let me give you an example on measuring body fat, this is important in understanding weight loss, or should I say FAT LOSS. This is actually what we are trying to lose, right? FAT!

Lets say someone weighs 200 pounds and when we measure their body fat we find out there body fat is 40%

This means that 40% of the members body is made of fat (80 lbs). The other 120 lbs is muscle, bones, organs, water, etc. (everything but fat).

Now any true weight loss program should include some form of strength training customized to their personal abilities (Another reason you need someone who truly understands the whole body and how it works). Because if you can gain some of that muscle mass that we lose with age, our bodies will burn more calories and therefore burn more FAT!

Now it's a few weeks into the program and this person steps on the scale and they now weigh 198 lbs. They are a little disappointed because they thought they were doing better. Their clothes fit better, they have more energy, and they are feeling better.

But they are still depressed because they only lost a lousy 2 pounds! Right? Are we sure???

We now check their body fat and it is now 36% not 40%. Let's do a little math.

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200 lbs at 40% body fat means that 40% of them is fat, which equals 80 lbs of FAT, and 120 lbs are muscles and everything else (called the lean body mass).

198 lbs at 36% body fat means that 36% of them is fat which equals 71 lbs of FAT, and 125 lbs of lean body mass.

This person actually lost 9 pounds of FAT (the stuff we are trying to lose) and gained 5 pounds of lean body mass (mostly muscle mass, which is a good thing because this will allow their body to burn more calories!)

You need to measure and focus on PERCENT OF BODY FAT, AND NOT WEIGHT!

But don't worry, when your body fat goes down, as your body fat decreases so will the numbers on the scale!

Dr. Jeffrey Banas is a Chiropractic Sports Physician, practicing in Mesa; AZ. Dr. Banas personally lost 60 pounds in 2003 and now uses his experience to help others struggling with their weight problems. Dr. Banas can be reached at his office at 480-633-6837, or by visiting his web site at

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