

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Eat Fat to Burn Fat

By Jesse Cannone

Eat Fat to Burn Fat

by: **Jesse Cannone**

For about 50 years now, Americans have been eating low fat (some no fat) diets and the funny thing is we have gotten progressively fatter and less healthy. Who ever said low fat diets were healthy, and more importantly, why does eating less fat mean you'll be less fat?

In attempt to keep this easy to understand, as most of what you read and hear is complicated, confusing, and contradictory, I'm going to be direct, to the point, and explain things in a way that most people can understand.

Where to start??? Well, I've done some research on this and have found very little science to back up the claims that eating less fat will keep you trim. I have also found many examples that totally dismiss this idea. For example, the French eat significantly more fat than we do here in the US while there obesity AND disease and illness rates are quite a bit lower.

Another example is the Alaskan Eskimos. They consume as much as 70% of their calories from fat (whale blubber and fish) and they have one of the lowest rates of heart disease in the world - until they come to the US and eat like us!

Before I cover other examples I'd like to talk about some the reasons why the "low fat diet" is not only making us fatter, but also killing people faster than you can imagine!

Does that shock you? If so, do I have news for you!

Ok... here are just a few reasons:

Eating less fat means you have to eat more protein or carbs and most people end up eating more carbs (and the wrong type!)

Eat Fat to Burn Fat

Dietary fat is very slow burning in the body so when you replace the fat with faster burning carbs you tend to feel less energetic, risk burning muscle tissue, and wreak havoc on your metabolism and hormones because your energy levels (blood sugar) are like a roller coaster.

Dietary fats supply some of the best, and most stable sources of energy. So if you want to feel good all day long, you need to make sure you are getting enough fats, and the right types. I'll touch on which types to avoid and which to include in your diet later in this article.

The human body needs fat just to function properly, let alone optimal health

Certain amounts of fat are necessary for proper hormone production. If hormone production is off so will your metabolism be. Hormones regulate many things in the body including your ability to build and maintain muscle tissue, which is responsible for a large portion of your energy expenditure. In simple terms, muscle burns calories 24 hours a day and if you eat a low fat or no fat diet you will have a hard

time building and maintaining muscle.

Here are some facts:

Obesity increased from 14% of the American population in 1960 to over 22% by 1980

The Harvard Nurse's Health Study which ran well over 10 years found that not only did low fat diets not decrease the risk of heart disease but also that saturated fat wasn't so bad after all, and that too little was just as harmful

To read more of the facts about dietary fat and health check out these great resources:

So to sum things up...

If you want to lose weight and be healthy - DON'T eat a low-fat diet! You would have to be absolutely insane to after learning the truth about dietary fats. If you have doubts or questions please do some research and you will be amazed at what you will find out. In the meantime, go eat some healthy fats!

Jesse Cannone is a certified personal trainer and author of the best-selling fitness ebook, Burn Fat FAST. Be sure to sign up for his free email course as it is full of powerful weight loss and fitness tips that are guaranteed to help you get the results you want.

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,

Eat Fat to Burn 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.

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

.

Related Content:

- Scales Are For Fish, Not Weight Loss
- Fat Burning Foods
- 5 Great Ways to Burn More Fat Today!
- 2 Ways to Start Burning fat Quickly
- The Gov't Wants You To Be Fat

Read more Content at

Related Products:

- Obesity and Weight Loss
- Beat that Fat
- 30-Day Low Carb Diet 'Ketosis Plan'
- Recipes from the Heartland
- 600 Recipes For Chili Lovers

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment

Menopause, Andropause And Other Hormone Imbalances

Impair Healthy Healing In People Over The Age Of 30!