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

Get Fit By Getting Fat

By Gregg Gillies

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

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

Bad fats include saturated fats from things such as animal and coconut fats. Then there is the worst kind of fat the man made kind, trans fatty acids which can be found in our typical, of no redeeming value, junk foods such cookies, chips, fries and margarine.

Limit, if not stay completely away from, the bad fats and try to get about 30 – 35% of your calories from the good fats.

"Studies show that higher-fat diets make more sense for fit people than low-fat diets," says Liz Applegate, Ph.D., author of Encyclopedia of Sports & Fitness Nutrition. "In one study, endurance athletes ran up to 24 percent longer before they fatigued when they ate a diet that was above 30 percent fat compared to one that was below 20 percent," she says.

More importantly to most readers of this newsletter, researchers are now beginning to realize the fact that a nutrition plan high in the good fats helps the body to burn fat. Omega-3 fatty acids increase the size of your cells' fuel-burning furnaces so your metabolic rate rises and you burn more calories every minute of every day.

Omega-3's also help your body's sensitivity to insulin. This helps your body store less fat. In addition, the fat you do store is more readily and easily converted into energy and burned during activity.

Get Fit By Getting Fat

This keeps your blood sugar levels stable and keeps you away from those famed sugar crashes and cravings and irritable mood swings.

Another important exercise effect is that Omega-3's also help your body produce testosterone, the hormone responsible for building new muscle. The late Dan Duchaine has called the essential fatty acids the most anabolic legal food supplement one can take to build muscle.

Of course, more muscle equals more calorie burning equals less body fat.

Fat can also help you recover from your workouts. Vitamins A, D, E and K are fat-soluble and are very important antioxidants in the muscle-building, bone-repairing category.

As I mentioned above, fat also helps your heart. Omega-3 fatty acids and monounsaturated fats help lower bad LDL cholesterol and help prevent blood clots, making your heart able to do its job with less stress.

On a personal note, I suggested my favorite essential fatty acid supplements to a friend of mine recently who has always suffered from high cholesterol, despite working out five plus times a week and eating a very healthy diet.

I'm going to quote the email she sent to me. I love getting stuff like this.

"I was at a demo this morning, from 10-2, and it was at a gym that was having a members appreciation day, so they had other tables set up.

This guy who had a table next to mine was doing blood pressure tests and cholesterol tests.

When it slowed down and bit he asked me if I wanted my cholesterol done. I told him it would probably be pretty high, it's been over 230 for the last few years.

I told him about the marine oil supplements I was taking and told him I have been taking them only about 7 weeks or so, and he told me he'd check my cholesterol, to see if the supplements are bringing it down any.

I got a reading of 150!!!

He thought maybe he did it wrong, so he did it AGAIN, on my other hand, (pin prick and blood taken) and it read 150 AGAIN!! Exactly!

He got all excited and asked me for the n3inc website!

I told him I have not changed my diet OR exercise — the only thing I am doing different is taking ResQ 1250 and ResQ LDL-X.

I hear testimonials like this time and time again from people who take high quality EFA supplements.

Making sure you get a proper supply of the good fats will go a long way toward a healthy life and the fit, toned sexy body that you want.

Gregg Gillies – trainer, fitness, fat loss expert, speaker, author of Get Fit Fast and publishes a free newsletter at

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.

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.

Get Fit By Getting Fat

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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