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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!

How To Out The Fat!

By Alex Sharp

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Most of us are looking for easy ways to loose weight. Well, here today we will talk about how to do just that. It might not be as hard as you might think. We all have friends who pack on the double patty burgers with two extra large fries each day. After they swallow this, they will go onto eating a whole bag of candy and wash it down with a half gallon of milk. Sound like some of your college buddies? Through out the day, we get thirsty. All living creatures do. What do you turn for most often? Sodas, we all do it. Why? Because they are easy to get and they taste good. Who can turn down a sweet drink after a jog in the sun? Well, you shouldn't be doing that. There is two reasons why. One is because it is wasted calories. You don't get anything back from the soda. You might get some pep from the caffeine, but that is about it. You might get a slight sugar rush, but it won't be anything that last. The second reason is, because we are slightly hungry. We aren't hungry enough to go get something to eat, but a drink will satisfy us enough to our next meal.

Instead of drinking sodas all day long, drink juice. More specifically, juice with the pulp in it. I know what you are thinking. There is more of a purpose to this than moving your bowels. We all have had a bit of a problem in the bathroom department and have ran for the juice with the pulp in it. Juice with the pulp in it will fill you up. Unlike sodas, there is something actually there to curb your hunger. You will drink less because you will get full. Try it, you will be surprised.

Always stick to wheat bread. Don't eat the white stuff. Whole wheat products are known to stabilize blood sugar levels. This mean you won't get hungry as fast. This is an easy way to curb your hunger. Here are some tips you can use when making sandwiches.

Avoid cheese. We put way to much cheese on everything these days. I won't be surprised if some day they make a cheese covered soda can. This is a heart attack waiting to happen. There is no reason to eat this much cheese. One of the ways you can cut down on the amount of cheese you eat is by shredding the cheese. Use the shredded cheese instead of cheese slices. You can cover the same amount of area, with less cheese. You can also do this on salads as well.

Cut down on the mayo. I would suggest that you cut this completely out. I know some guys who put so much mayo on their sandwiches, I can't see how they eat them. I can't see how they can taste anything but the mayo. A good suggestion to do it, sprinkle a little of Italian dressing on the sandwich. Just enough so you can taste it. This will really cut down on the fat. Also, if you make your own, you can control how much oil is in the dressing.

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Cut down on bread. If you are going out to eat and the waiter drops a bread basket on the table, push it away. Don't eat the bread. The more carbs you can get away from the better. Cut out the silly snacks. Don't fill up on potato chips between meals. Instead grab an apple or some veggie sticks. You will be amazed at how good they are once you give them a chance. I love green peppers sprinkled with a little salt. I will take these any day over potato chips.

Stay away from fatty cuts of meat. Don't go to the store and buy the most fatty cuts of pork you can get. Take it home and trim the fat off of it if you have to. There are tons of ways you can cook lean meat so that it isn't dry. That is why most people like the fat in the meat, it adds juice. Also with spices, you can fix the problem of not having the flavor that fat adds.

Stay away from too much dairy. No need to get full of ice cream that is full of fat. Instead if you must consume it, go for the low fat versions. Try to get flavors with a lot of fruit in them or add your own fruit. You won't notice the missing fat if you add some flavor to it. Avoid frying stuff. Learn how to bake, broil

and steam your foods. You will be surprised at how much fat frying adds to the dish. Sure it tastes better, but it won't help your waist any.

There you have it. Those don't sound too hard do they? I'm sure after you repeat them after awhile, they will get easy to do.

If you are having trouble losing weight, please visit www.natural-stamina.com/LoseThatWeightFast.html for further articles.

Alex Sharp is CEO of Natural-Stamina.com a program helping men with all issues of their health and sex lives.

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

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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

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