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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!

Research On Metabolics

By Michael Feduc

Understanding how your metabolism works in connection with weight maintenance is important if

you are trying to lose weight. If you volunteer for metabolic research, you will be able to find out more about your body's needs for nutrition in order to stay healthy but lose weight. Choosing from one of two types of metabolic research programs, you can either stay at the research center or remain at home.

By allowing the research study to help you learn more about your own functioning, you are also helping others to gain valuable information in general about health concerns and weight related issues.

Offering several different types of programs, the metabolic research centers make it easy for you to join. This is a great science site

<http://www.sciencecanbefun.com>

Of course, they want you to be excited about participating so that you will continue with the study so that the researchers can gather plenty of data. With metabolic research, scientists are able to learn more about many disease and forms of treatments that will be successful.

Of course, one of the benefits most of us want is to find a way to lose the fat and to become healthy and fit for a better quality of life as well as a longer life. Before choosing to participate, make sure you are fully committed to completing it so that someone else that can complete it can have the limited spot.

If you feel it did not help once you have finished the program, you can rest assured that the data probably has helped someone. You can also elect to participate in another program that may cover different things and be of more help to you. Either way, you should be aware that your participation is invaluable to the researchers in finding treatments.

Volunteers must be found for metabolic research to do any good. By stepping up to volunteer, you are setting an example for others in helping your neighbor to reach a healthy and happy life. With more

in-depth metabolic research, weight loss goals will be more likely to be attainable for more people.

Michael often works with the following internet sites:

<http://www.educationforhire.com>

<http://www.mmdatabase.com>

7 Surefire Strategies For Fat Loss!

By Richard Rigor

1. **Weight Training.** Building lean body mass (muscle) will speed up your body's metabolism. Muscle is "active" tissue, meaning it takes calories to maintain. The more muscle you have, the more calories you burn. You build muscle by doing resistance training exercises. Simple enough? Let's go on...
2. **Reduce Carbohydrate Intake.** Say what? I thought you need a lot of carbohydrates for fuel? True, but an excess intake of carbs (please don't call them carbos) can and will be stored as body fat. 100% of all my clients who reduce their carbohydrate intake for fat loss succeed. I can't let all my tricks out of the bag in fairness to my paying clients, but a good starting point would be 1 – 1.25 grams of carbohydrate per pound of lean body weight per day.
3. **Eat Frequently.** I know you've all heard this before and it's true. Four to six meals daily has its benefits, especially on a sub maintenance calorie diet. It allows for a steady flow of nutrients to the body which creates a favorable metabolic environment for muscle growth and fat loss.
4. **Eat More Protein.** That's right... The building blocks of muscle are amino acids, and you get that from protein. I've found that many of my clients consumed too little protein. Now that I've taught them these nutritional tactics, they're on their way to losing fat and getting lean! Isn't that what you want?
5. **Reduce Intake of Saturated Fats.** Notice that I was specific in saying saturated fats. Saturated fats are the ones that cause the most problems, healthwise. There are good fats and there are bad fats. There are a group of fats called Essential Fatty Acids (or EFAs) that are just that. They are essential to life. The body cannot make them so we must consume them through our diet. There are certain fats that I recommend to people to help them lose fat! My clients know, but do you? (Hint: F?????? Oil)
6. **Water.** Drink, drink, and then drink some more, not necessarily in that order. An adult can probably survive several weeks without eating food, but only a few days without drinking water. Need I say more? Water regulates body temperature, rids the body of waste, lubricates joints, and provides a medium for chemical reactions that occur in the body.
7. **Know What You're Doing!** Get with someone who knows or better yet – Get a personal trainer! Do you know when the two BEST times are to do cardio (aerobics) for fat loss? Do you know how many sets and reps to perform for a given exercise in order to MAXIMIZE your goals? Do you know how to use free-weights? What are macronutrients and how can I manipulate them to enhance and hasten fat

loss? If you don't know the answers, be efficient and get a personal trainer. It'll save you time and money in the long run.

Copyright 2004 By Richard Rigor

Richard Rigor is the author of "The Ideal Body Fat Loss Guide". He has a degree in Nutrition and has been a top fitness consultant for over 11 years. Visit

www.theidealbody.net

for more information.

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