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The Truth About Fat

By Kim Beardsmore

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by: **Kim Beardsmore**

Fat has had a lot of bad press and for many people, just a mention of the word can evoke misery. You can try to lose it, try to hide it, try to avoid it, but your body still needs it! Did you know that fat helps to insulate our nerve cells, keeps us warm, balances our hormones, keeps skin and arteries supple, lubricates joints and is a component in every cell?

The key issue here is recognizing which type of fat your body needs, how much your body requires and which type is your enemy. Armed with the right information, you can focus on getting more of the good fats and less of the bad fats into your daily diet.

There are two types of fat to be aware of. Saturated fats – let's call them "the enemy" and unsaturated fats – "the good guys"! It is easy to tell the difference because saturated fats are hard at room temperature. Saturated fats are not essential to your health. They come from animals and are found in meat, eggs and cheese. They are harder to digest and full of cholesterol.

Unsaturated fats are liquid at room temperature and have been divided into two groups. Monounsaturated fats such as olive oil, and polyunsaturated fats such as sunflower oil.

Polyunsaturated fats are split into Omega 3 fatty acids and Omega 6 fatty acids. Monounsaturated fat (Omega 9) although not essential, is not harmful in moderation – a good quality (extra virgin first cold pressed) olive oil is a healthier alternative to the usual vegetable oil.

Good sources of Omega 6: safflower oil, sunflower oil, evening primrose oil, walnut oil, pumpkin oil, sesame oil.

Good sources of Omega 3 are mackerel, herring, salmon, pilchards, sardines, tuna and flax seed oil.

Here are some important facts about fat in our diet.

The Truth About Fat

1. Fat is the 'energy reserve' of animals, plants and humans.
2. The ideal body-fat ratio should be approximately 19–26% of a woman's body weight, and 12–18% of a man's body weight.
3. There are two different types of body fat – brown and yellow. Brown fat is situated inside the body and is 'active', containing mitochondria that produce heat (thermogenesis) and as a result burn energy. Yellow fat is found nearer the surface, is less active and more likely to accumulate. Women tend to have a higher ratio of yellow fat than men.
4. Women need higher levels of fat because it is essential for reproduction and so the body stores it 'just in case'.
5. An average healthy intake of good fats in the diet should be approximately 30–40 grams a day. The fat content of diets in affluent populations can be nearly four times this amount!
6. Most foods containing fat combine saturated, monounsaturated and polyunsaturated fat in varying quantities. For instance, butter's fat content is almost 100%, of which 60% is saturated, 30% monounsaturated and 10% polyunsaturated, compared with sunflower seeds' fat content of 73%, of which just 12% is saturated and 21% monounsaturated and 67% is polyunsaturated.
7. Heat, light and oxygen destroy essential fatty acids, which is why it is best to keep oils in dark containers.
8. Essential fats must come from the diet because your body cannot produce them. The essential healthy fats are Omega 3 and Omega 6 (known as essential fatty acids).
9. Weight for weight, fat provides more than twice the amount of usable energy than carbohydrates or protein (you'll find 9 calories in every gram of fat).
10. Fat contributes to the palatability, texture and the smell of many foods, it also slows down the process of digestion providing an extended period of satiation after a meal.

When you know the good from the bad, fat is fabulous!

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Kim is a successful weight loss coach who will cut through the diet-hype and help you reach your goal weight. No public 'weigh-ins', meetings that cost you money or fads...simply results you will love! You can receive a free consultation. Visit today:

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The Truth About Losing Fat On Your Stomach

By Melanie Mendelson

Do you know anybody who does not wish to get rid of the fat on one particular area of their body? I have not met anybody like that!

"If I could only get rid of my big belly"! "Oh, I wish my thighs were slimmer"! Does it sound familiar?

Even skinny people are often unhappy with the excess fat in some areas of their body. We've all seen those skinny men with huge bellies!

This common problem is accompanied by a widespread belief that you can lose the fat on a "problem area" by exercising that particular area. Some people do hundreds of crunches in attempts to flatten their stomachs, others buy the "miracle" ab gadgets and bulky "hip slimming" machines from TV.

Were you about to call the 800 number to buy the "latest and greatest" ab roller?

Hold on to your hard-earned money!

The belief that you can lose fat on a specific part of your body by exercising that area is a myth! Targeting the "spots" of your body for fat loss is called "spot reducing", and it simply does not work.

Exercising certain areas of your body will strengthen the muscles there, but it will not remove the fat from them. Your newly developed muscles will be hidden under the layer of fat.

What about those heavily pitched creams, wraps and rubber belts that supposedly "melt the fat away"? Those are just plainly scams.

The creams and body wraps can temporarily give your skin smoother appearance, but they will do absolutely nothing for fat loss. All kinds of weight loss belts, pants and other clothing will make you sweat, thereby causing some loss of water weight which is mistaken by most people for fat loss. But they will not help you lose even one gram of the actual fat!

There is no way to tell your body where exactly it should lose its fat.

Each person's body has its own unique shape and fat distribution pattern. The places where the fat goes first are, unfortunately, where it comes off last. So the only way to lose that fat is by losing weight in general.

The only healthy permanent way to lose weight is by making lifestyle changes to incorporate healthy eating and increased activity. When you do that, the fat will come off everywhere on your body, including those "trouble spots". And yes, you will then have that body that you always dreamed of!

The Truth About Fat

Melanie Mendelson
Author of "Practical Weight Loss"

A Guaranteed Way To Lose Fat For Good
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Melanie Mendelson is one of those select few people who succeeded in losing weight and keeping it off. She lost 23 lbs and got down to her ideal weight, and she reveals all her weight loss secrets in her special guide. Visit Melanie's site at

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