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Impair Healthy Healing In People Over The Age Of 30!

Weight Loss: It's Not Always What You Eat, But What You Don't Eat

By Mark Idzik

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On a little island half way in between Guam and the Philippines there is a rampant epidemic affecting the inhabitants. This tiny island of approximately 8,200 people is not afflicted with famine or a deadly disease as you might think when talking about an epidemic... the islanders are dying at much earlier ages that at any other time in their history. They have alarmingly high rates of heart disease, type 2 diabetes and obesity.

Why?

Well, the people on this island used to make their living by farming, growing bananas and coconut and lots of fishing. They used to walk everywhere, eat fresh fruits and vegetables and had lots of daily activity.

Now, with the introduction of "western culture" and the destruction of their normal behavior, the islanders now drive to their computer jobs in mostly cramped offices and eat a diet of highly processed "prepared" foods imported from the United States, Australia and New Zealand.

As you can see, exporting the "American diet" of quick and easy processed food and lack of activity has taken a healthy and active island population, and turned it into a mini version of America, along with the associated rates of obesity and disease.

--It's What You Don't Eat

You see, when losing weight, we're not only talking about weight loss, we're also talking about better health. It's hard to lose weight without taking steps to increase your healthy habits... right?

One of the most important and effective ways to lose weight and get healthier is to avoid two groups of foods.

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Both of these foods have been directly linked to deteriorating health and specifically weight gain and obesity. The unhealthy ingredients in these foods have steadily (and secretly) been used in greater amounts over the last 20 years... and we haven't known it. More importantly, we haven't known the hidden dangers of eating them.

The first group of foods to avoid are those that contain "Trans Fats".

Also known as TFA's or Trans Fatty Acids, they are found in partially hydrogenated oils... manufactured and unhealthy fats. They are a silent killer hidden in our food, and have been directly linked to the skyrocketing rates of obesity in both adults and children worldwide.

The Center for Science in the Public Interest reports that banning trans fats from all foods would save at least 30,000 lives each year in the US alone. That's 82–274 needless deaths every day. The web

site www.bantransfats.com shows an alarmingly clear statistical increase in obesity over the last 20 years as trans fats have become a growing part of our American diet.

The government has admitted that manufactured trans fats have no safe level for human consumption! That's zero. There is no safe level of consumption at all, but it's still in a large percentage of the products we eat every day.

In American, we spend 90% of our food budget on processed foods. The government reports that over 40% of foods found in an average grocery store contain trans fats. Most fast foods contain trans fats. Snacks, chips, candy bars, cookies, crackers, commercial baked goods, pastries and cakes... almost all processed foods contain trans fats.

In the example of the island population above, the effects of eating processed foods and lack of activity turned a healthy population into one with alarming rates of obesity and disease.

How can we avoid trans fats and their effects? What do we look out for?

1) Become a label reader.

Read the ingredient labels of foods you buy and look for "partially hydrogenated". If you see those words, avoid that food. Any food that contains "partially hydrogenated" anything is unhealthy and will negatively affect your weight loss program.

Some common foods that contain partially hydrogenated oils are:

- candy bars
- chips
- snacks
- commercially baked pastries
- processed foods
- most fast foods

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- cookies
- cake mixes
- cereals

Bottom line, you can't lose weight and regularly eat foods containing partially hydrogenated oils.

2) Ask questions.

When eating out, ask if the foods you are ordering contain "partially hydrogenated oil" or "trans fats".

3) Look for alternatives.

The good news is that because of more media exposure about the dangers of "trans fats", companies are starting to replace "partially hydrogenated oils" with alternative ingredients and creating healthier versions of some of your favorite products.

Restaurants are starting to add more natural oils and are removing partially hydrogenated oils from their kitchens. Ask about it when eating out.

Try to get as many "whole" foods into your diet. Add more fresh fruits and vegetables, whole grains and healthy fats and avoid processed, prepared and fast foods as much as possible.

Avoiding these hidden oils in the food you eat every day alone will make a significant impact on your health, and specifically in reaching your weight loss goals. Add a few lifestyle changes and imagine where you will be on your journey towards better health next month.

In Part 2 of this article, I'll cover the other secret additive in foods that no one talks about. This ingredient tricks your brain into thinking what you are eating is delicious and makes you want to continue to eat it, bypassing all your natural signals of feeling full and satisfied! It's also found in a large group of foods we eat every day.

Mark Idzik is a health coach with a national clientele who helps his clients feel better, get more energy, lose weight and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=wyde#tips>

How You Can Eat Carbs and Still Lose Weight

By Jason Barger

When I decided to lose weight I of course decided to do as much planning as possible. It seems the older I get the harder it is to do anything without completely planning it out. Anyways, I had already been on the all protein diets and knew that they worked. The only problem was I could never stick to them for very long.

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So I decided to research the net a little more and see if I could find some other program that I had not yet heard about. I noticed something kind of strange, the more I looked around at different weight loss articles.

The two types of people that seemed to be claiming their way of eating was the best, were either vegans or the no carbohydrate eaters. This made sense to me. I mean, I know people who have lost lots of weight eating no carbohydrates. And if you know anyone who is a vegan, you know that they are generally very slim.

So I researched some more and came across some articles on food combining. These people claimed that you can eat whatever you want as long as you combine it properly. You can eat pasta as long as you only eat it with vegetables. Or, you can eat meat as long as you only eat it with vegetables.

This made sense because either way you are going to be eating a lot of vegetables, which nobody would argue, is a good thing. So I started my modified protein vegan style diet.

I went almost a month eating meat and veggies, when my weight loss seemed to plateau. So after that I decided to try a pasta diet, properly combined, for a while. And guess what, I lost some more weight the week I ate the carbohydrates.

A little over a month and I had lost 30 pounds and have kept it off for nine months now. So my question is this.

Do you think the vegans have the answer? Maybe,

Do you think the protein lovers have the answer? Maybe,

Do you think the food combining theory carries some weight?

I would say so. I would say it carries about 30 pounds of weight.

This article was written by Jason Barger. Jason is the founder of Primal Health Systems and author of

Primal Weight Loss–The Guide to Losing Excess Weight. To find out more about him and his health programs you can visit

How You Can Eat Carbs and Still Lose Weight

Tips for Weight Loss

Advalean for Weight Loss

Go Nuts!

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Obesity and Weight Loss

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Beat that Fat

101 tips to stay fit and live longer.

100 succulent Chinese Recipes



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