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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!

Weight Loss vs. Fat Loss

By Vernita Sherman

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In order to lose weight, your body must burn more calories than it takes in, but keep in mind that your body needs calories for energy and when you exercise; your body needs even more calories. Before I talk about energy, the first thing you must understand is that losing weight and losing fat is not the same thing. Just because you lose weight, does not mean you lose fat, and just because you lose fat, does not mean you lose weight. When people talk about losing weight, what they really want to do is lose the excess fat on their body and obtain an attractive figure. When you eat, the body uses most of the calories for energy. If you eat more calories than the body uses, it will get stored as fat. If you do not consume enough calories per day you will lose weight, but you will also lose energy. When you do not consume enough energy (calories) for your body, it will start using up your energy stores to make up for the energy deficiency. Unfortunately, the energy stores used is not your stored fat, but instead it's protein and carbohydrates (carbs) that will supply most of the energy (stored fat makes up a very small percentage). Your body will take the protein and carbohydrates from your muscle cells; causing your muscle mass to reduce (say good by to that toned attractive look) which forces your metabolism to decrease (a low metabolism = slow or no fat burning). When this happens your body requires less energy to maintain its new lower body weight (remember the body weight is lower because you lose muscle), which is why your body conserves energy by slowing down the metabolism. In other words, the body has adapted to the new lower energy (calorie) intake which means that you will no longer continue to lose weight.

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Keep in mind that the weight you had lost in the first place was mostly water weight and you will eventually gain it back in the form of fat, not muscle (in order to get your muscle mass back to the way it was before, you have to work on rebuilding it). When carbohydrates and protein that are already in your body are used as the energy source, your body will lose water weight because both carbohydrates and protein hold water in the cells. In essence, you are dehydrating yourself to lose weight. So yes the scale will go down, but approximately 75% (if not more) of it is water instead of fat. And just so you know, exercising while consuming a small calorie intake just

makes the situation worse. This is because when you exercise, you start burning off more energy and the more you workout, the more energy your body needs. I already told you above where the energy comes from, and if you do not give your body the energy it needs, it will just feed on your muscles even quicker now that you are exercising. So eat more food! In addition to this, when you cut down too much on your calorie intake, your body will start storing calories because it doesn't know when you will eat again. The calories that are stored will be stored as fat. So in other words, when your body is storing energy, it's basically storing more fat.

To summarize my point: Not eating enough calories results in muscle loss, dehydration, slower fat burning, and your body will always adapt to a lower calorie intake.

Bottom Line: if you can't maintain that lower calorie intake for the rest of your life, you will gain your weight back when you get tired of starving yourself!

To lose weight properly (burning fat) you must increase your metabolism (weight training) and your need for oxygen (aerobics) while eating enough calories each day (nutritious diet) to give you energy and maintain the protein in your muscles because protein helps build muscles, which indirectly burns fat. This brings up another good point: When you build muscle your weight will increase because your muscles are made up of mostly water, but your body fat percentage will decrease because building muscles increase your metabolism (in other words, muscles way more than fat, but take up less space than fat). So keep in mind that losing body fat can't be measured by a scale; use a measuring tape and also look at yourself in the mirror, and then

you will see the true results. One of the best ways to know if you are losing more body fat than water is by using a body fat analyzer.

Make sure that you focus on fat loss not weight loss. Your goal should be to lose weight by burning fat, not losing water from your muscles. Remember this when you choose your weight loss program.

This article was written by Vernita Sherman of QVM Weight Loss. QVM Weight Loss is a complete online resource for all of your weight loss needs. Vernita focuses on teaching you the truth about how to permanently lose weight the healthy way at <http://www.qvm-weight-loss.com>

Fat Loss Supplement

By Rolf Rasmusson

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Fat Loss Supplement - what is it?

What is a fat loss supplement? The term "fat loss supplement" is familiar to almost everyone nowadays. It is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. Currently many high protein and low carbohydrate diets in the US market are promising quick and easy weight loss. Examples of fat loss supplement products include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Fat Loss Supplement - which to use?

There is a huge variety of fat loss supplement products available in the market nowadays. Because there is no scientific proof of the effectiveness of most of the fat loss supplement products, there is no suitable way to help the patients compare the different fat loss products available on the market. The best thing to do is to consult with your doctor or other health professionals. Also look very carefully at the labels.

Fat Loss Supplement - exercising.

When someone is using some type of fat loss supplement product, it is important that you also follow some type of exercising program. Exercising is a key for most of the weight loss programs. But unfortunately, according to many health researchers, the dramatic benefit of exercise is not fully understood by more than half of the patients previously involved in a weight loss program.

Fat Loss Supplement - diet.

Weight Loss vs. Fat Loss

Diet is also very important to follow when you are using some type of fat loss supplement product. With many weight loss programs the greatest benefit is achieved when diet is combined with the use of fat loss supplement. Consult with your doctor for the best possible combination of diet and supplements.

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