

THE DEFINITIVE GUIDE TO FAT LOSS

It's taken less than one-half of a century for body-fat levels around the world to skyrocket. Even obesity among children has doubled.

The most obviously persistent reasons for this:

- The major labor-saving technological changes of the 20th century,
- The industrial processing of food and with it the spread of fast-food eateries (To illustrate the spread of fast food culture, consider that White Castle, the first drive-in restaurant, was founded in 1921. McDonald started operation in the late 1940s, Kentucky Fried Chicken in 1952, Burger King in 1954, Pizza Hut in 1958, Taco Bell in 1962, and Subway in 1962.),
- The associated culture of consumption,
- The rise of an automobile-based way of life,
- The introduction of radio and television broadcasting,
- The increasing participation of women in the work force, and
- The IT revolution.

These elements – taken together – virtually defined American society in the 20th century (Chou et al. 2008, Cutler et al. 2003, Hamermesh 2010, Lakdawalla and Philipson 2009, Offer 2006, Philipson and Posner 2003, Popkin, 2004). (voxeu.org)

Modern obesity treatments, including bariatric surgery, are successful in fewer than 10 out of every 1000 people. Additionally, most of these treatments carry with them severe risks to a person's health and life.

How about diets? Fewer than five out of every 100 people succeed with diets...despite repeated attempts. And sadly, because of this constant dieting, well-intentioned people usually end up fatter than before going on the diet. That's not exactly what I can a remedy.

There has to be a better solution...that actually works, right? Of course. After all, excessive body fat negatively affects the quality of your life, including:

- Mobility (ability to move around)
- Athletic performance
- Body composition
- Perceived attractiveness
- Emotions and self-esteem
- Blood circulation
- Sexual health
- Ability to reproduce

In addition, being over-fat can increase your risk of:

- Organ failure
- Heart disease
- Stress fractures
- Strokes
- Cancers

However, instead of getting healthier and slimmer, people are [getting sicker and fatter](#). And that's despite the vast amount of information, research, and focus on nutrition, exercise, and fat loss. Shouldn't it be just the opposite?

Shouldn't more knowledge result in more fat loss? Why isn't that so?

The reasons for this disturbing and frightening trend are multi-faceted. Essentially, the blame can be placed on food companies, aggressive marketing, consumer ignorance, and a failing to act.

But, this guide is here to help you overcome all of that to reach your fat loss goal.

You'll find everything you need, to permanently lose, within the pages of this short, no-nonsense guide to fat loss.

The “Definitive Guide To Fat Loss” is here to help you:

- Quickly understand the true fundamentals of fat loss... without you having to become a scientist, researcher, or certified expert
- Discover the primary reasons your body prevents you from losing fat...regardless of your doing everything right
- Improve your “nutrient timing” for optimal fat loss
- Take simple, proven steps to finally burning fat
- Overcome perhaps the biggest, yet little-known psychological culprits that have millions paralyzed and unable to take the most important step to fat loss

Yes, you’ll hear a few terms that at first glance may stump you or seem a little intimidating. Don’t worry. Most new or unfamiliar things have that effect on most people.

- *But, more importantly, you’ll find that within this guide, only the core details in practical steps that you can take immediately...even if you choose to ignore some of those unfamiliar or intimidating terms.*
- *You’ll find this guide packed with simple steps that ANYONE can put into practice to finally get rid of excess fat...without hours of reading or planning.*

So, let’s waste no more time. Let this be the year you finally become slimmer...and stay slim. It’s easier than you think.

Fundamentals Everyone Must Know About Fat Loss

Isn’t it time you discovered the few fundamentals of how your body actually stores and burns fat?

Why Your Body Stores Fat

Your body stores fat for energy. This is a good thing.

For countless years, the human race underwent daily and seasonal struggles to secure food. There were no convenience stores...or foods. What you could find or kill is what you could eat. And, the harsh reality is that our race regularly experienced long periods of famine...with many people usually dying from starvation.

So, don't be mad at your body. It's only trying to make sure that you don't [starve to death](#).

That said, it's time to learn the core fundamentals of ***fat storage***...and then ***fat loss***.

How Your Body Stores Fat

Very little fat is stored in your muscle.

Instead, your body stores the majority of fat under your skin (*known as subcutaneous fat*) as well as in your body cavity (*known as visceral fat*). Your body calls upon your fat reserves anytime there's insufficient "energy" in circulating in your blood stream.

From Fat to Energy

How does your body transform fat into energy?

The hormone-sensitive lipase (HSL) enzyme triggers and releases fat (triglycerides) from your fat cells. As a result, "fatty acids" are then sent into your blood where they connect with a protein known as "albumin." Combined "fatty acids" and "albumin" enter your muscles resulting in fat-burning (beta-oxidation).

Fat-burning (beta-oxidation) then results in the production of ATP (adenosine triphosphate)...or energy. This energy is not in the form of "glucose." Instead, it is a very-dense, rich form of energy called "ketones." Your brain and muscles burn this super-rich "ketones" for fuel. This type of energy is used during important bodily processes such as:

- breathing
- regulation of body temperature
- digestion
- excretion
- rest or sleep
- low intensity exercises

Your Four (4) Hormones and Fat Loss

The release and burning of “fatty acids” depend upon low insulin levels accompanied by increased levels of the [following hormones](#):

- Glucagon
- Cortisol
- Epinephrine
- Growth hormone
- Thyroid hormone

Consider those hormones as anti-insulin hormones that trigger HSL (hormone-sensitive lipase) which triggers the release of fat for fuel.

I know there's a lot going on here but stay with me :)

The problem is that this process will never occur if “blood sugar levels” are high. High blood sugar levels result in high insulin levels, which result in low levels of these powerful fat-burning hormones. And subsequently, your body will continue to store fat instead of burning it.

Drastically Cutting Calories and Fat Loss

Many so-called experts and countless well-intentioned people grasp only the above information...and not the whole picture.

This use of partial information results in extreme dieting to drastically cuts a person’s daily caloric intake. On the surface, this seems like a no-brainer. But, it’s not that simple...as evidenced by all the yo-yo dieting that plagues many innocent people for their

entire life.

So, what's the problem?

As stated earlier, your body's fat (*energy*) storage system is all about the preservation of your life. Basically, it's there to make sure you don't die of starvation. Therefore, your body reacts to extreme calorie cutting in as little as 24 to 48 hours. Your body lowers the production of your "thyroid hormone" and metabolism...to conserve your fat (energy).

You see, it's all about preservation. Unlike you, your body doesn't realize that you have access to abundant quantities of food at every turn. That's why it goes into survival-mode

And even if you manage to starve yourself for a significant time and achieve significant weight loss, you'll lose valuable muscle along the way. Worse, when you stop "starving yourself," your body forces you to eat like crazy resulting in rapid weight gain and a fatter body...seeing as how your body cannibalized muscle (along with fat) during that period of starvation.

Four Major Systems That Might Be Hindering Your Fat Loss

Occasionally, people seem to get everything right, yet still have trouble burning fat.

About 15 of every 100 men and women struggle for reasons deeper than the fundamentals. They don't starve themselves. In fact, they hit the mark with:

- Exercise
- Diet
- Psychology

- Social Support

In such cases, the likely culprit is one or more of their bodily systems, including:

- Oxygen delivery
- Blood sugar management
- Adrenal system
- Digestive System

Fat Loss Obstacle 1 – Oxygen Delivery

You learned a little about ATP (adenosine triphosphate) in the last section. However, without adequate oxygen, your body doesn't function properly. Nor, will it burn fat efficiently. You see, ATP requires sufficient oxygen to do its job – converting fat to fuel (energy).

If you are anemic or suspect you have anemia (*a condition that results in deficient oxygen delivery*), then consult your physician. Basic blood work will likely be done to make sure that everything is in order.

Fat Loss Obstacle 2 – Blood Sugar Management

Blood sugar management is and remains a “hot topic” today. And, when it comes to fat loss, your efforts might be hindered if you suffer from either:

- Insulin Resistance
- Hypoglycemia

Insulin resistance is a condition that makes it very difficult for your body to convert excess glucose from your blood stream into your body's cells for later use. Therefore, your body produces more and more insulin to help get that excess glucose out of your blood stream.

Tendencies of insulin resistance include:

- Feeling sluggish after eating meals
- [Craving sugar](#) after eating meals
- Difficulty falling to sleep

Hypoglycemia is a condition that causes your body to experience spikes of low blood sugar. As a result, the body uses adrenaline to raise your blood sugar. This spike in blood sugar is followed by a spike in insulin to then lower the high blood sugar. As a result, hypoglycemia causes regular blood sugar fluctuations.

Tendencies of hypoglycemia include:

- Feeling significantly better after eating meals
- Craving sugar before eating meals
- Difficulty staying asleep

If you suspect that you suffer from insulin resistance or hypoglycemia, be sure to consult your physician. Routine blood work will likely be conducted to determine if you indeed suffer from either.

Fat Loss Obstacle 3 – Adrenal Glands

Your adrenal glands are there to defend your body against [stress](#). Among the many hormones your body releases to manage stress, cortisol is one of the most significant.

Cortisol increases your body's blood sugar levels to provide your muscles, organs, and brain with adequate fuel during stressful situations. Constant chronic or acute stress results in chronically high levels of [cortisol, blood sugar, and insulin](#). Fat loss is extremely difficult in such cases. Holistic and integrated doctors will often run the [Adrenal Salivary Test](#) to assess your adrenal functioning and cortisol levels.

Fat Loss Obstacle 4 – Digestive (Gastrointestinal)

A properly functioning digestive (*gastrointestinal*) system promotes good health. However, if your digestive system is dysfunctional, then fat loss and weight loss can be more challenging than either has t be.

Pinpointing food allergies and sensitivities will go a long way towards stopping many digestive issues as well as controlling inflammation. Not only will this help you move closer towards your fat loss goal, but it can also alleviate:

- Gas and bloating
- Constipation
- Diarrhea
- And more

Your doctor can provide you additional information on how your digestive system affects your entire body.

The Role of Physiology

The above four obstacles might be affecting your fat loss. Typically, no more than 15 out of 100 people have their fat loss progress impeded due to the above obstacles. Nevertheless, it's important for you to realize that "fat loss" isn't 100% nutrition and exercise. The proper functioning of your body's systems is also crucial to "fat loss" and good health.

Nutrient Timing For Optimal Fat Loss

Your body is better able to process and use certain foods at specific times.

Eating in accordance with this is known as "nutrient timing." Nutrient timing is an excellent, yet overlooked way for you to:

- More easily improve your health
- Enhance your performance (at work, home, or the gym)
- Accelerate workout recovery
- Promote fat burning
- Improve body composition

- Help you to remain lean.

Is Nutrient Timing Really Important?

Simply put, eating certain foods at the wrong time will ruin your fat loss efforts as well as undermine your exercise routine. So there's little doubt that "nutrient timing" is critical.

You've learned of insulin's role in fat storage and regulating blood sugar. However, we haven't talked about [carbohydrates \(carbs\)](#). Some carbs are more complex (slowly absorbed), whereas others are simple (rapidly absorbed). Your body is much better able to digest certain carbs during certain times and situations.

Ideal Situations for Higher-Carbohydrate Consumption

- Intense exercise or physical activity
- Frequent exercise or physical activity
- Low body fat, high level of fitness

Ideal Situations for Low Carbohydrate Consumption

- Sedentary or non-physical activities
- Rare or irregular exercise of physical activity
- High body fat, low level of fitness

Understanding The Primary 3 Types of Carbs

There are three primary types of carbohydrates:

1. High-fiber carbs
2. Starchy carbs
3. Simple, refined carbs (sugar)

High-fiber carbs

These types of carbs are slowly absorbed by your body due to their fiber-rich content. Thus, high-fiber carbs are better at controlling your

hunger and blood sugar levels. In addition, they are packed with health-promoting nutrient.

You can enjoy high-fiber carbs **often and at anytime.**

Examples of high-fiber and Paleo friendly foods included within this group are:

- Veggies
- Low sugar fruits like berries

For those not following a Paleo approach to eating:

- Beans and legumes

Starchy carbs

These types of carbs are dense, yet contain lower amounts of nutrients than high-fiber carbs. Portion sizes should be moderate. Small amounts are best, roughly the size of a clenched fist.

You can enjoy starch-carbs **during the 3-hour window after exercise or activity.**

Examples of starchy Paleo friendly foods included within this group are:

- Yams and sweet potatoes
- Taro
- Pumpkin

If you are not following a Paleo approach to eating:

- Quinoa
- Amaranth
- Oats

Simple, refined carbs or (high sugar)

Sugary, simple, and refined carbohydrates provide you with no nutrition. Put another way, they provide you zero health benefits. However, they are excellent for helping your body to rapidly recover after workouts, exercise, or intense activity.

You can enjoy simple, refined or (high sugary) carbs **ONLY during the 3-hour window AFTER exercise or activity.**

Examples of recommended refined or (high sugary) carbs included within this group are:

- Dates
- Raisins
- Figs
- Most breads

Many people overdo it with refined carbs because eat these carbs with recklessness...believing that such indulgences are acceptable after exercising or intense activity. That's not true and moderation is still the key. Over indulging in refined carbs will ruin your fat loss progress and health.

Putting “Nutrient Timing” Into Practice

While being a very powerful strategy for fat loss, nutrient timing might not be for you.

Furthermore, you might elect to begin with a different “fat loss strategy” presented to you later in this guide. That's perfectly fine. The last thing you want to do is become overwhelmed to the point of doing nothing.

So, if “nutrient timing” doesn't really get you fired-up, then simply begin by improving the quality of foods and carbs you consume. And while choosing foods, remember the nutritional value of each of the three primary carbs...and their health benefits.

[After having made fundamental changes to the quality of foods you eat](#), then reconsider putting “nutrient timing” into practice. It's an

excellent way to burn more fat, and more quickly recover from intense activities or exercise.

The Top 10 Daily Fat Loss Habits

Before sharing my top 10 daily fat-loss habits, please know you shouldn't attempt to tackle all 10 habits at once.

After seeing the list you might ask yourself, “why not?!”

The reason is that lasting habits are built one at a time. So, here's what I recommend you do:

1. Release the belief “that you should, or must do it all” now
2. Review the list of habits
3. Choose the one habit you feel most confident in being able to do for 14 consecutive days (two weeks)
4. Give yourself permission to focus entirely on this habit...and not trying to implement anything else
5. After successfully completing your chosen fat-loss habit for 14 consecutive days, then choose another

Following these instructions will allow you to ignite your fat-burning furnace, easily. Otherwise, it becomes difficult and unnecessarily challenging.

Habits are like homes. You build it one phase at a time. And, only after that phase is complete can you move on to the next. Otherwise, you sabotage your home-building by trying to have the foundation, roof, frame, electrical wiring, plumbing, etc. all built at the same time.

Your habits are the same way. You'll sabotage yourself by attempting to do multiple things at once. Plus, it's so much easier to do one thing at a time. Attempting to master multiple new habits at once often results in frustration, disappointment, and

quitting.

That's not the way to lose fat. After all, no one every gained 10 or 20 pounds of fat in a day or even a week. So, regardless of how much fat you have to lose, take it one one day at a time. Inch by inch, you'll get there.

Choose one habit from the following list...and stick with it for 14 consecutive days...before trying another.

Here's the list.

1. Treat your body to seven to nine hours of [sleep](#) ([naps included](#))
2. [Drink four pints \(16 oz\) or bottles of water](#)
3. Eat between [four and five meals](#)
4. Eat one serving of [lean protein](#) with every meal
5. Substitute "[grains](#)" with "[veggies](#)" with every meal
6. Enjoy four (1-cup) servings of veggies per day (minimum)
7. At every meal, [stop eating BEFORE your full](#)...or "stuffed"
8. Exercise or enjoy any physical activity for 30 minutes
9. Take a multi-vitamin and a fish-oil supplement with your breakfast
10. Stop and stretch or move your muscles for five minutes, twice each workday.

The Cure For Knowing It All, Yet Doing Nothing

This final section is as important as or possibly more essential to your successful "fat loss" mission than the others within this guide are.

So, if you are serious about losing fat, then keep reading.

The information, strategies, and tips in this "Definite Guide to Fat Loss" are only worthwhile if you put them into action. The greatest of men and women all knew what most people do not – "knowledge is merely potential power."

Instead of looking for more information or waiting to accumulate a mountain of knowledge, it is best that you take what you have learned in this guide, and as they say, “get cracking.” Do something.

But, do not overwhelm yourself with the grandiose idea that you can successfully implement it all at once. Less is more. And, as they say, “Rome wasn’t built in a day.”

Yet, understandably, you want to strip as much fat off your body as possible...as quickly as possible. Logically, it might seem that if you immediately do “everything” you have learned here, you will lose more fat...more quickly. But, fat-loss truly defies logic. In fact, it does not give a damn about you losing fat.

The human race is known for its “all or nothing” approach regardless if it is losing fat or achieving other worthwhile goals. However, experience and history show that most people fail when taking this route...especially when attempting to permanently lose weight and fat.

So, the question is “what’s the fastest, most effective approach to fat loss?”

- Take small steps
- Make environmental changes (home, work, etc...)
- Practice
- [Shift your attitude](#), and identity
- Seek “success” exposure with “contagious” people

Take small steps

As we age and learn more, the last thing that any adult wants to hear is to take “baby steps.”

However, that is the key to just about every successful pursuit and achievement. So, give yourself permission to take “small steps” as long as you are moving in the direction towards your fat loss goal.

Force change via your environment

Perhaps, one of the simplest ways to rapidly make changes in your behavior or habits is to make environmental changes.

After all, if you do not have temptations or the opportunity to indulge in the “wrong habit,” then it is near impossible for you to do the “wrong thing.” Here are three (3) tips

1. **Leave unhealthy foods and junk foods at the store...and do [housecleaning of any “junk”](#)** you have already stored in your home, office, or car.
2. **Park your vehicle further away from storefronts,** appointment locations, and your home.
3. **Try a day or week without the TV.** And, if that is too radical for your taste, simply eliminate the television set from your bedroom so you get adequate sleep.

Practice, practice, practice

Constantly seeking “one more” piece of information leads to paralysis.

Therefore, do not think, learn, or talk anymore. You have everything you need to get results. Put into practice. Then you can tweak your approach if it is not working.

New Attitude, and Identify

Fat-loss is something that ultimately begins from the within before [manifesting itself in visible, outward ways](#).

With the wrong attitude and identity (self-image), all the fat-loss knowledge in the world will be useless. Starting today, identify just one negative attitude or thought that hurt instead of helps you lose fat. Then, challenge it every time it surfaces...until it fades away.

Eventually, you will have a new attitude that supports your pursuit, and your identity (self-image) will also shift in a positive, beneficial direction.

“Success” Exposures to “Contagious people”

When possible, make regular contact with people who are already where you want to be with your fat loss goals.

This is an excellent way to be quickly exposed to “successful” ways to reach your goal. Simply, by speaking with or observing “contagious people,” you’ll easily pick up new habits, ways of thinking, and unique approaches to propel you closer to a slimmer, more attractive body.

Plus, you will most likely have developed a fat-loss advocate to give you added support and much-needed motivation. And, this is an excellent way to adopt a new attitude and identity.

And if you do not have anyone to connect with, be sure to follow my blog...and the [success stories](#) of others I have helped achieve their weight and fat-loss dreams.

That is it. Get busy. Take a small step. Just get started.

There is a to of info here. If you need any help reach out by commenting below or sending me an email.

Live limitless,

Justin Miller