

# 'Your Guide to Fat Loss'

Free Report

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## 1. Weight Loss vs. Fat Loss

It's almost a given that somebody will say "I need to lose some weight," when what they really mean is "I need to lose some fat."

This is particularly true with men. Men want to be "muscular" without being fat. Women also want to be curvy and sexy without being pudgy.

But if you lose weight, you typically lose muscle first THEN fat. That means you turn in to a flabby weakling instead of a sexy underwear model.

There are diets that claim you can lose 10 to 20 pounds in just one week: This is almost impossible unless you are hugely obese or the "weight" loss is really water and muscle loss. Or you have a leg amputated.

The promoters of these diets only claim "weight" loss – they could care less where it comes from. Hence the diuretic caffeine pills that suck water from your body and the "no exercise needed programs" while you starve yourself into a wimp.

Both of these tactics are often combined for the double whammy effect. Unfortunately, apart from being unhealthy, the benefits are very short lived. In fact, the minute you stop starving yourself, you often shoot back up to your old fat self in just a few weeks – or even more so as your body tries to defend itself against what it sees as "starvation." Don't do it.

Also, losing 10 pounds in 3 days is not "healthy" weight loss. Healthy weight loss is "fat loss" which is a slower process and takes some effort. There is no such thing as a quick fix and remember: it takes more than 3 days to get obese - more like decades of poor food choices and no exercise – and it's going to take at least much time that to get slim.

A pound of fat is 3500 calories, so that means in 7 days you have to burn 500 calories each day to lose one pound of fat. If you want to double that and lose two pounds in a week, you will have to burn 1000 calories each day for 7 days to lose just 2 pounds – 2 lbs of fat, that is.

When you walk a mile you burn about 100 calories. To burn one pound of fat, which again is about 3500 calories, you will have to walk about 35 miles.

Even if you really stress, you will have trouble burning more than 400 to 500 calories per cardio session – the reason being is your body adapts to the exercise and you burn less and less unless you continue to increase the intensity of your workouts.

So – unless you are Joe super jock and probably not reading this book – forget about fast weight loss and work on slow, but steady fat loss... the healthy way.

Go for just one pound of fat per week or even a half pound. That means if you are 30 lbs “overweight” you probably have about 30 lbs of fat to lose. You can safely drop that fat in about 20 to 40 weeks – not fast, but healthier and more permanent.

Lose the scale, too. Weight means nothing really. What means something is your fat percentage. If you must measure, measure body fat. How? Can you pinch an inch? See your abs? Get in to last year’s jeans? Getting the idea? You know when you look good and when you look fat. Use the mirror.

Even knowing all this, it’s hard to get out of the habit of saying “I need to lose weight.” Really, you would probably benefit by gaining some weight – muscle weight.

Especially for men, nothing makes you look better than added 10 lbs. of solid muscle – and how can you do that with diuretics and starvation diets? You can’t – plain and simple. Even if you naturally look bulky, you will just turn into a big wad of cookie dough on these diets.

It’s harder to gain muscle weight – especially for women – but it’s definitely worth the effort. Muscle mass burns calories far more rapidly than any other tissue, so the more muscle you have, the faster you burn the fat.

Plus, you look better. Women, for example, often say they like a man with an athletic build – not muscle bound, but fit. But the men they like have 10 to 20 pounds of extra muscle that didn’t grow naturally – they worked hard for it.

Muscle not only makes you look attractive and gives you confidence, but burns calories – even at rest. So by increasing your muscle mass and lowering your body fat percentage, you will truly look great.

How long will it take? How long did you take to look the way you are now? Look at months or even years, not days or weeks.

Another thing to remember is not everyone has the genetics to have a perfect body, but everyone has the ability to look healthy and attractive. Your genetics

determines to a large extent how you start out, but it does not determine how you end up – that's up to you.

It needs to be an important priority in your life, not just something you decide to do today and then get results next week.

The good news however – if you have 30 pounds of fat to burn, for example – is that the first 15 to 20lbs comes off relatively quickly. It's the last 10 to 15 that really require becoming serious about fat loss.

Fat burning is work – hard work – but the benefits are truly awesome and well worth the effort. But don't be a sucker and think that there's an easy way.

Because if there was – this guide wouldn't need to exist and everyone would look slim. That should be telling enough.



## 2. Common Diet and Exercise Myths

You can't turn on the television, pick up a health magazine or browse the Internet without seeing those ubiquitous ads for weight loss and fitness. Not only do these ads promise to give you the body you've always dreamed of, but it's a breeze to boot. It's funny how – deep down – we know this can't be true and yet... billions of dollars a year are wasted on all kinds of diet fads and strange exercise equipment. We just want to believe and marketers are more than happy to play on our desires.

Let's debunk some of the most common myths related to diet and exercise so we can get down to really becoming healthier individuals.

### Spot reducing

Millions of abdominal machines are purchased with the idea that by exercising the "fat" area, you can be slimmer. Bad news: It doesn't work. There is no such thing as "spot reducing". In fact, you may actually be making the situation worse; muscles grow, not shrink with exercise. So for example, instead of having a flat, attractive "6-pack" stomach, you may have a "barrel" – hard underneath, but protruding and fat looking on the surface. Unless you have low body fat, you can have abs of steel and nobody can tell. In order to be slimmer, you must lose fat

with fat burning exercise and intelligent dieting. Proper form during your abdominal workout is important as well to avoid that “barrel” look.

### Eating less and hard exercise will make me fit and burn fat

Sounds right, though, doesn't it? But it's not. Indeed, working out really hard and cutting your caloric intake can land you in the hospital, or at least on the list of walking wounded. This is one of the most common errors made by people of all fitness levels – especially those that want immediate results. Actually, you can look fitter and lose weight in the short term using this method. But after that, the long term effects can be devastating. Your body needs calories to do hard exercise and grow muscle – more, not less. Too much exercise without the right fuel will cause your body to literally feed on itself and making you weaker and more injury prone. It's the type of calories that are consumed that makes all the difference. Fat burning requires long term exercise and diet change, not heavy exercise and overall caloric reduction.

Eating or drinking a lot of (insert food or beverage here) will help me lose weight.

Eating or drinking a lot of anything – even water – is just not good for you. Remember those “grapefruit” diets that claimed to burn fat? Try drinking a couple liters of grapefruit juice in one day – but don't stray too far from the bathroom, because you are going to have a really nasty case of diarrhea. It's simply too much acid for your digestive system. Try eating celery all day and then doing a heavy workout at the gym – good luck. There is no one “miracle fat burner” that will do it all – only a healthy, balanced diet and regular exercise program will work.

I'll lose weight by eating “Health Food”

Right. Unfortunately, the label “health food” can be a bit a misnomer. Just because it says “granola” on the label doesn't mean it won't make you fat. Many of these products are loaded with sugar, fat and carbohydrates – just what you need to turn into a small hippo. You'll lose weight by eating the right amount of healthy foods – a big distinction. Start reading the labels on these products and you'll see most are comparable in bad calories to regular non-health food products – in fact, they may be even more fattening. Learn which foods you need and what to stay away from. Read those labels – fat burning is an intelligence driven activity – don't let the marketers fool you.

## I can eat what I want as long as I exercise

Attractive sounding, but untrue. Running 6 miles per hour (that's 10 minute miles) for one hour (6 miles) burns between 700 and 800 calories depending on your weight. Eating a piece of cheese cake and an order of French fries negates those burned calories. BTW: Unless you run regularly, running 6 miles at that speed is a real challenge – one far beyond the abilities of an average person trying to lose weight. Typical workouts burn about 300 to 400 calories an hour. Even professional athletes who use 2,000 calories during a training session watch what they eat because they know just how easy it is to put on weight by eating the wrong foods.

## Use your head!

Your best fat burning ally is your own brain – don't believe the hype. Read the labels, check the Internet and use your common sense. Get educated, get disciplined and get serious – it's the only way.

## **3. The Long Term Benefits of Being Lean**

Everyone knows it's not good to be overweight, but sometimes that's not enough to keep us motivated to start or continue our fat burning program. Here are some reasons why a lifetime investment in fitness and a healthy diet will pay big dividends in the long run.

### Self Esteem

It's all in you mind - but you know you feel better when you look better. And when you feel better, you are better. Better for those around you - better for yourself. We carry enough mental baggage without having to be fat on top of it, so being trim can change your quality of life far beyond the physical – in fact, being in good shape can be a truly transcendental experience.

Self esteem certainly comes from a lot more than being lean, but being able to look in the mirror and see somebody who obviously takes care of them self can give you a feeling of accomplishment that nothing else will. Even on the road to being lean, a program to burn fat will let you know you're doing something positive and help you feel better about yourself.

### More Money

Did you know fat people make less than skinny ones? It's true: studies show the fat make 5 to 7% less on average. Add the lower lifetime productivity in, and the total jumps to 10%. Why lower? Fat people die sooner. It's also harder for fat

people to get jobs and clients – so lose some weight in the waist and gain some in the wallet.

Don't forget to factor in your lowered medical costs and insurance rates – these items could add up to a bundle over a lifetime.

### Lower Incidence of Cancer

Dying is bad enough, but getting killed by cancer really sucks: Chemo, horrible pain, the loss of dignity, the long term battle that you never win – you know the drill. How about this:

*Being overweight can increase your risk of cancer by 50%. That's the conclusion of a study by the American Cancer Society of 900,000 men and women published in the April 24, 2003 edition of the "New England Journal of Medicine."*

*The study is being touted as a definitive link between obesity and increased risk of cancer. Weight control could reduce cancer deaths in the US by 14-20% and save the lives of 90,000 a year.*

Wow, scary, huh? It should be. Cancer rates are way high thanks to our need to eat too many fat laden foods and ignore the gym. Don't do it to yourself and don't do it too your family – the only thing worse than dying of cancer is watching a loved one perish from this disease.

### Social Acceptance

Want to be able to make friends? Get invited to parties? Asked out on dates? Or is that extra helping of mashed potatoes more important? Fat people, although they are everywhere and include some great people, are often isolated socially because they are fat. You'd think that fat people would get together and have their own social functions, but they don't – many are too ashamed of themselves. Isolation is the constant companion of fat people – all the more reason to start and stay with your fat burning program.

### More Energy

As we get older, we feel less "pep". The reasons for this are varied, but the reality is most of the time we just too out of shape and overweight to have the energy to do anything but survive. This leads to the "concentration camp" syndrome: you just plod through the day, hoping to have enough energy to get the basics covered – no energy left over for anything else – just work, work, work. The only enjoyment you get is eating something tasty in front of the tube after a tiring day at work. Burn fat and you will suddenly find you have more energy to do the things YOU want to do – besides just being another worker in the gulag.

## Better Health

Being slimmer can save you from a higher incidence of the following:

- Type 2 diabetes
- Heart disease and stroke
- Cancer
- Sleep apnea
- Osteoarthritis
- Gallbladder disease
- Fatty liver disease

Heart disease and strokes are still the number one killers today, with cancer running a close second. Overweight folks often have joint problems – hips and back - and osteoporosis or bone thinning. Sleep apnea causes the sufferer to stop breathing in the middle of the night with predictable effects. Type 2 diabetes is a chronic long term illness whose incidence has been rising right along with those numbers on the bathroom scale. Fatty liver disease is what alcoholics suffer from – and fat people too, it turns out.

## More Sex

What's not to like about that? Sex is what makes the world go round. If you are fat, partners are few and far between, if any. Worse, they feel sorry for you afterwards and avoid you. Husbands and wives both say the same thing: "We used to have sex, but since he/she put on 20 pounds, I'm just not interested." That's only twenty pounds – imagine if that number were 50 pounds?

There are many reasons for being fat – genetics, over eating, poor diet, not enough exercise, and psychological problems. None of these is a show stopper and all are something you can do something about. The longer you wait, the harder it will be until you finally die or start to burn fat – why live years as a fat person when you can start feeling better today?

Think about these long term benefits and put together a plan that will help you burn fat now. If you have already started – don't give up!

## 4. Measuring Caloric Intake

Recently, fitness experts have been more impressed with those who maintain fat loss than those who lose incredible amounts of weight over a short period. Since the goal is long term improvement - not a short-term fix with a big, fat rebound - this makes all the sense in the world.

These so-called “maintainers” – those who were able to keep the fat off over a 2 to 5 year period – all had several things in common. Experts cite these four as the most relevant to fat burning and long-term fat removal:

1. Increased activity: formal exercise, sports, physical work or recreational activity.
2. Resistance training - weights or machines - at least three times weekly.
3. Careful caloric and body fat monitoring: Weighing and fat measurement, food intake, calories burned from exercise and lowered fat intake via a healthy diet
4. A positive “can do” attitude.

This chapter is dedicated to caloric and body fat monitoring – one of the most complicated parts of any fat burning program.

Although the fat burning equation itself is simple (calories eaten - calories burned = fat loss), the details can be a bear.

Modern exercise equipment can estimate calories burned and fairly accurate tables exist to calculate the caloric cost for most exercises, so that part is fairly simple.

The hard part is calculating the calories you eat and monitoring your fat loss. Here’s where you need to be organized and really meticulous to get good results.

Like exercise programs, healthy diets also tend to improve in stages. Rarely to individuals start out measuring their body fat down to the gram and counting every calorie.

Most of us start by changing what we eat first rather than the overall number of calories. This is relatively easy because your body has been adapted over millions of years to eat a certain number of calories – if available – and eating less provokes strong hunger pangs.

The problem is that your body is set to eat more – even if just a little – rather than less calories. People would quickly starve to death otherwise, wouldn’t they? Better to err on the side of plenty. Plus, millions of years of feast or famine have led the body to take advantage of “fat times”. This adaptation – in the past – could mean the difference between survival and starvation. Today – especially in wealthy countries – it means people can get very fat.

Even just a couple hundred extra calories a day creates almost a pound of fat a month. That means 12 lbs. per year or 120 lbs. in ten years. Before you know it, you’re in the Chub Club. Even if you cut that to 25 extra calories per day – the

same calories found in half an apple, for example - you'd still be 50 lbs. overweight after 20 years. Whoa!

So even if you eat healthier, you still need to know how many calories you are getting. Without that crucial information, you may just end up being in better shape and feeling better, but looking almost the same. Worse, over time, as your body adapts to your exercise program, you may actually slide backwards. Once this happens, you might give up – all that work for nothing, you may think.

It's not for nothing, it's just a reminder that as you advance in your exercise program and eating habits, you must also step up to the next level of calorie control - that is if you really want to change the way you look.

First off, get over the idea that you can guesstimate effectively. It's just too easy to eat too much – or equally as bad – too little. You need to stay in a very narrow range for good results. Too few calories will put your body into a starvation mode which lowers your metabolism, burns fewer calories and defeats efforts to burn fat. Too many, well... you already know the answer to that one, don't you?

Optimum fat loss is around a pound per week or even less. Some experts say a pound a month is better. The seriously overweight can often lose more than that with no ill effects, but once you reach a certain fat percentage, your body begins to resist with a will.

A pound of fat is 3,500 calories. To lose this much fat you need to either reduce your caloric intake or burn it off during exercise. Indeed, a combination of the two is really the best approach.

To complicate matters, the calories you burn are often from your ready food stores of carbohydrates and blood glucose. Plus, dietary caloric reduction usually leads to a slower metabolism which in turn burns fewer calories.

That means just burning 500 calories per day will not cause you lose a pound of fat per week. In reality, you must do more. The amount of fat you burn depends much on you: your body type, metabolic rate (Basal Metabolic Rate), food absorption efficiency and a host of other minor factors. These factors are basically fixed, hence the need for a personalized approach. One size does not fit all when it comes to diet and exercise programs.

While some can eat anything they want, laze around in front of the tube and drink beers all days without gaining a pound, your story maybe just the opposite.

To see how you react to foods you must keep track of the calories you take in, what type they are – carbohydrates, protein and fats – and how much you are burning off from exercise.

A food and activity log is the best bet. Only then can you really get a grip on your personalized fat burning program. Daily notes on your activity will prove invaluable to knowing the hidden truths about your body.

Don't shy away from the initial complexity of this task – it gets much easier as you do it more often since you begin to remember the values. Many values will be the same day after day as well which should make it faster to fill in.

You must know how much you are eating; a small kitchen scale is the answer. It doesn't matter if you eat all the right foods when it's by the ton, not by the gram. Cheap scales can run from as little as \$13 US. Check the labels and measure your portion sizes to determine your caloric intake. After a while, you can eyeball it some, but only on the items you have weighted repeatedly.

Don't forget to include the dressings, sauces and drinks in your calculations – these items often have more calories – bad calories, at that – than the food they go with. Barbeque sauce, for example – my personal favorite – has 225 calories per serving!

A means to measure your body fat is also important. It's tempting to use your body weight for this, but the results are both deceptive and often wrong. Total body weight includes water, the contents of your stomach, muscle, bone and fat. All these factors – water being the most important – change constantly making it hard to gauge your fat burning progress. You may be losing weight, but what does it consist of? Muscle loss from not working out? Water weight from not drinking enough during the day? Haven't visited the toilet for the last 8 hours?

The cheapest tools to check fat loss are special calipers which measure skin folds. The thickness data is compared to a table and gives body fat percentages. They run from about \$15 dollars but can go much higher for more accurate models. The problem with these units is it is often difficult to get accurate readings and you must follow a strict protocol when taking measurements.

Another newer method that is becoming more popular is a scale which has a body fat sensor – among other things – built in. These \$100 units do a great job and are becoming more affordable everyday. To use them, you just stand on them with your bare feet and the device runs a very low current through your body. Based on the resistance it encounters it can detect all kinds of interesting information including your overall body fat percentage.

Remember: Further gains require further steps and better organization. If you are happy just not being obese, not a problem. But if you want to see your stomach muscles, better get it together – there is literally no other way. You can do it. Once you get the hang of it, it gets much easier because you become very

knowledgeable about foods, calories and exercise regimes. You may even want to send us some tips of your own!

Check the links below for more resources.

Calories burned from exercise: <http://www.healthstatus.com/calculate/cbc>

Calories in foods: <http://www.annecollins.com/calories/index.htm>

Calories in Fast Foods: <http://www.shapefit.com/fastfood.html>

Calculate your Basal Metabolic Rate:

<http://health.discovery.com/tools/calculators/basal/basal.html>

Skin fold calipers: <http://www.accumeasurefitness.com/>

Skin fold tables to determine body fat percentage:

<http://www.assist.co.uk/harpenden/HPSection3b.htm>

Food scales. <http://www.nextag.com/food-scale/search.html>

Body Fat Monitors: <http://www.healthchecksystems.com/scale.htm>



## 5. Creating a Calorie Deficit

In order to burn fat, you must create a calorie deficit – that is, you must take in fewer calories than you need so your body makes withdrawals from its fat reserves. Fat is like your body's savings account - and while we may not be so good at saving money, your body is a past master when it comes to saving fat.

To create a calorie deficit, you need to know a few things. First, what your body burns daily in terms of calories – called the basal metabolic rate (BMR) – and second, the number of calories you plan to eat daily. Subtract the amount of calories you plan to burn with exercise and you have completed the equation:

Calories Consumed - Basal Metabolic Rate – Calories Burned by Exercise = Calorie Deficit

Note the word “plan” – you need to plan the activity to burn fat and plan which foods you will eat. Without this, your program will work only sporadically or not at all.

Also note this formula can just as easily product a calorie surplus – what we are trying to avoid.

To find your basal metabolic rate, use this calculation:

For Men:

$$\text{BMR} = 66 + (6.23 \times \langle \text{your weight in lbs} \rangle) + (12.7 \times \langle \text{your height in ins} \rangle) - (6.8 \times \langle \text{your age} \rangle)$$

For Women:

$$\text{BMR} = 655 + (4.35 \times \langle \text{your weight in lbs} \rangle) + (4.7 \times \langle \text{your height in ins} \rangle) - (4.7 \times \langle \text{your age} \rangle)$$

Here's a BMR calculator to save time:

<http://health.discovery.com/tools/calculators/basal/basal.html>

Once you have an idea what you need daily to keep your metabolism going, you need to plan your diet and exercise program.

Even though eating a healthy balanced diet high in quality proteins and complex carbohydrates is good, the calorie total still needs to be less than or equal to your BMR plus calories used for daily activity or you won't lose weight. Eat Big Macs and Baskin Robbins if you want, just make sure you are getting your BMR plus activity or less.

Next up is the exercise program. But which kind of exercise? It's best to do cardiovascular exercises that involve your leg muscles since they burn the most calories. Resistance training like weights is not a bad idea, but it burns too few calories to be very effective at burning fat.

A combination of the two may be the best bet, but remember the primary goal is to burn fat and that means burning as many calories as possible.

How much cardio should you do? Depends on your fat loss goal. A pound of fat is 3,500 calories. So if you want to lose a pound a week, you'd need 7 rigorous cardio sessions of 45 minutes to an hour per week – yow! Too hard for most people. You can however, take half that off your diet and get the other half from exercise.

So that would mean 1,750 calories less per week in the food you eat and about 4 cardio sessions of about 40 minutes each – doable, but still hard and you'd need to eat 250 calories less per day which may be even harder than the exercise since you might get pretty hungry.

It is better to go slow at the beginning and go for a modest 2 pounds of fat per month. That's 7,000 calories – you can get that all from vigorous cardio and minor diet changes. You'd need about 12 sessions of 45 minutes or 3 per week plus cut desserts, saturated fats and simple carbs down to a minimum.

If you do a combination of resistance training and cardio you may not notice much weight loss at first since you will be gaining muscle weight – this is true even when doing only cardio. But eventually, your weight – and more importantly – your body fat, should drop off gradually and in a completely healthy, non-stressful way.

There are three reasons why most programs fail: First and foremost is that people don't do them long enough to have a noticeable effect. You need two or even three months to start noticing any real difference. You should feel healthier sooner and have a bit more energy, but the fat loss takes a bit to kick in. Since the fat loss will occur from all over your body, the change will be very gradual and hardly noticeable at first.

This should be a lifestyle change, not something to do until you lose a few pounds then back to business as usual.

The second reason people fail is that they underestimate the calories they eat. This is so easy to do. You must add all the calories you take in – beverages, snacks, a candy bar, coffee and Danish at work, etc... You might be surprised to find your taking in at least a few hundred calories more than you think.

Watch out for the hidden calories – especially in snacks and drinks. These are where people really get more than they need.

If you do accidentally overeat one day, try to cut the calories in the next few days to make up for it. Say, for old time's sake, you decide to Supersize it at the McDonalds and get an extra 1,000 calories – bad news, but no reason to abandon your program – just cut back 200 calories for the next five days and you've got it. Or, you can add two extra 40 minute sessions of cardio – all the while thinking how much easier it would have been to NOT eat that deep fried pie and large fries in the first place.

Once you see just how hard it is to burn off calories or spend a few hungry afternoons, your food selection process should immediately improve.

Number three on the list of why people fail is lack of exercise. Skipping a workout once a month won't kill you, but once a week and that's at least 1,600 less calories per month than your goal. If you do miss a workout, try to make it up the next week. Missing more than one per week and you are seriously affecting your program and may consider a revision – not a problem, just know that you will be losing less fat and it will take that much longer to get lean.

Some people, and this is not as effective, automatically adjust for bad behavior by adding an extra cardio session per week and lowering their caloric intake by an extra 100 to 200 calories per day. This has the added benefit of causing you to burn fat faster, but runs the risk of damaging your program because it's "too hard".

Better it's too easy and something you can manage over the long term than too hard causing you to fall out early. Remember: lifestyle change, not fashion fad.

Let's say you are really overweight and too out of shape to do hard cardio or even work out for more than 30 minutes. Not a problem – go slow at first, but do more cardio. Try doing one session for 20 minutes every day for the first week. The second week, bump to 30 minutes – all the while keeping the intensity relatively low. The third week go to 2 x 20 minute sessions per day and so on until you can do two to three 30 to 40 minute sessions daily at low intensity. Since the intensity is low, you need to do more. Don't forget to really restrict your calories, too, or you will be exercising for nothing. As you get stronger and start losing fat, go for more intense workouts and do less of them – this will give you some free time to relax and enjoy the new thinner you.

This may sound like a lot of time to devote to losing fat, but remember, it's your health and, as you get thinner, you can cut back to fewer sessions until it's just 3 x 30 to 40 minute sessions per week.

One advantage to being seriously overweight is exercise is more difficult and so burns more calories – you should be able to shed 4 pounds of fat per month – not a lot, but that's a respectable 48 pounds per year. Overweight people also have larger food reserves to draw from making it safer to be a bit more restrictive on calories. Since weight is also a factor in BMR calculations, you can cut 200 to 300 calories from that total to help speed the process.

In people with morbid obesity, the underlying problem might be psychological. This means some counseling sessions would be a good idea, too.

Whatever you do, don't think some magic pill, TV fitness machine, new diet or supplement will make one bit of difference. You'll be wasting your money and short circuiting your fat burning program.

Here's some helpful links to get your program going:

Calorie contents in foods:

<http://www.thecaloriecounter.com/>

<http://www.caloriecounting.co.uk/resources/intro.htm>

What does 200 calories look like?

<http://www.wisegeek.com/what-does-200-calories-look-like.htm>

Calories burned in common sports:

<http://www.changingshape.com/resources/calculators/caloriesburnedcalculator.asp>

Calculator for calories burned in various activities:

<http://www.bodybuilding.com/fun/calories.htm>

## 6. Diet Sodas Cause Weight Gain

Research has shown that diet sodas - instead of helping you lose weight - can actually cause weight gain.

And not by a little either – 30 to 40% more. This effect is not only related to diet sodas, but also applies to other artificially sweetened products as well.

Not only that, but the research also points to higher rates of metabolic syndrome and heart problems related to drinking as little as one can of diet soda daily.

It turns out that those who drink diet sodas and eat artificially sweetened products – and there are many – may also experience important changes to their brain chemistry.

Artificial sweeteners have long been controversial. The FDA has approved them, but many experience serious health problems that seem to go away when these artificial ingredients are removed from their diet. One family of sweeteners – Cyclamates – has been banned due to its carcinogenic properties.

I'm one of those people. I used CLight for almost a year. This aspartame laced beverage powder caused me serious headaches and I couldn't seem to find the cause. I stopped drinking the Clight and my headaches disappeared – hardly scientific, but it worked. Sucralose affects me the same way.

The Internet is packed with web sites created by people who have also suffered serious health problems and many of my friend's experience similar side effects to aspartame in particular.

These recent studies which appeared on CBS news were done on rats. The principal researcher noted that the rats suffered serious health problems and actual changes to the physical structure of the brain not dissimilar to addiction.

They claimed one of the principal problems for the rats was not so much the sweetener, but their body's reaction to anticipated high calorie sugar. The rats, upon tasting the aspartame, revved up their metabolism to handle the charge of calories which never came. Since they were not sated, they continued to drink or eat to excess looking to fill the void.

A recent study on rats by Italian researchers found that:

*The treated animals showed extensive evidence of malignant cancers including lymphomas, leukemia's, and tumors at multiple organ sites in both males and females. The authors speculate the increase in lymphomas and leukemia's may be related to one of the metabolites in aspartame, namely methanol, which is metabolized in both rats and humans to formaldehyde. Both methanol and formaldehyde have shown links to lymphomas and leukemia's in other long-term experiments by the same authors.*

Formaldehyde is used to preserve corpses, by the way. Interestingly, The European Union has decided to ban formaldehyde because of its carcinogenic properties – even for use on cadavers.

When aspartame is ingested with carbohydrates - like having a hamburger and fries with a diet drink, aspartame causes the brain to cease production of serotonin – the chemical that makes you feel sated - meaning that the feeling of having had enough never arrives. You then eat more food, possibly containing aspartame, which leads to a vicious cycle.

Let's set aside this information about the fact that aspartame will not help you lose weight – why else would you drink a nasty tasting diet soda – and look at some of the probable health problems.

Studies done by Monsanto – the owner of NutriSweet, which makes the company about a billion dollars a year in profit – show that aspartame is perfectly safe. The FDA agrees – in fact, many of those who approved aspartame are currently working for Monsanto – including the ex-director of the FDA!



The FDA has recently said that although some people experience bad effects, it's not worth pulling it from the market place – hmmm....

According to independent studies – 76% are negative – they demonstrated a whole range of serious health problems including:

- Decreased vision
- Blindness
- Pain in one or both eyes
- Marked hearing impairment
- Tinnitus - ringing or buzzing sound in the ear
- Epileptic seizures
- Headaches, and migraines
- Severe drowsiness
- Dizziness
- Memory loss
- Numbness of the limbs
- Severe slurring of speech
- Severe hyperactivity and restless legs
- Irritability
- Aggression
- Anxiety
- Personality changes
- High blood pressure
- Insomnia
- Tachycardia – irregular heart beat
- Shortness of breath
- Nausea
- Diarrhea
- Abdominal pain
- Itching
- Excessive thirst
- Diabetes complications

- Menstrual changes
- Thinning or loss of hair
- Aggravated low blood sugar - hypoglycemia
- Gradual weight gain
- Severe PMS
- Fluid retention
- Bloating
- Increased susceptibility to infection

Also, it has been linked to:

- Irreversible brain damage
- Severe depression
- Birth defects, including mental retardation
- Aspartame addiction and increased craving for sweets
- Hyperactivity in children
- Aggressive behavior
- Peptic ulcers
- Suicidal tendencies

Oh yeah, in case I forgot to mention: Death

How does aspartame do all these things and still manage to remain on the market? For one, it mimics many common hard to diagnose illnesses like:

- Grave's Disease
- Epstein-Barr
- Post-Polio Syndrome
- Lyme Disease
- Chronic Fatigue Syndrome
- Alzheimer's Disease
- Meniere's Disease
- Epilepsy
- ALS
- Multiple Sclerosis

- Hypothyroidism
- Attention Deficit Disorder
- Fibromyalgia
- Lupus
- Non-Hodgkins Lymphoma

Lab tests can rule these out, but it still means several trips to the doctor and many a worried hour thinking you might die. Best just to cut the diet soda first and see if you symptoms abate.

More bad news: the patent for aspartame has lapsed meaning anyone can make it and add it to their foods.

The US may be behind the times in controlling this, but the Mexican government requires warning labels on all aspartame products that say:

*This product should not be consumed by individuals who are allergic to phenylalanine. Consumption by pregnant women and children under 7 is not recommended. Users should follow a balanced diet. Consumption by diabetics must be authorized by a physician.*

These warnings and recommendations fly in the face of The American Diabetes Foundation, the FDA and many other scientific studies, so in the end you need to decide for yourself but you will NOT lose fat by drinking diet sodas and you may end up hurting yourself.

Is it really worth the risk?

## **7. Maintaining Your Energy Levels while Dieting**

One of the hardest things to do is to lose fat and not feel weaker in the process. Cutting calories can have many negative effects and lethargy is definitely in the top 3.

Keeping up your energy levels is critical to your work, exercise programs and family life, so it makes sense to adopt some specific strategies to deal with this problem.

Using stimulants, unfortunately, is the traditional – but wrong – way to deal with this problem. Caffeine in sugary soft drinks, coffee and diet sodas might pep you up now, but you will pay later. What goes up, must come down. Crashing down in this case. Worse, it breeds dependence and a need to use greater amounts to get the same effects.

What you need are really two separate strategies – one for your diet and another for your exercise program.

Let's start with diet. The big mistake most people make – especially those that are not in the obese range, but still overweight – is cutting too many calories in the beginning. Even when well along in your fat burning program, cutting too many calories is counterproductive in terms of feeling energetic – in fact, it probably won't help you cut any fat either.

The reason has to do with your BMR – Basal Metabolic Rate. This is the minimum number of calories you need to get throughout the day. This amount does not include any calories burned by exercise. Your BMR is highly dependent on your metabolism, weight and activity level, but you can check this calculator to get a general idea:

<http://www.bmi-calculator.net/bmr-calculator/>

Learn more about BMR here: [http://en.wikipedia.org/wiki/Basal\\_metabolic\\_rate](http://en.wikipedia.org/wiki/Basal_metabolic_rate)

Once you know your BMR, you can begin to make a plan to eat the right amount of calories to burn fat, yet not get super fatigued in the process. It's really simple – eat your BMR (or close to it) in calories daily and use exercise to burn fat.

If you cut too many calories – this amount will vary from person to person – your body's metabolism actually slows down to compensate. The result: you feel weak and tired. Worse, you burn no fat in the process.

Exercise actually gives you more energy, not less, so use it to perk yourself up when feeling sluggish. But you need to eat right. The correct mix of protein, carbs and fats is essential to getting good results from your fat burner program.

Today, restricting carbohydrates – carbs for short – is all the rage. Basically, you avoid or severely limit foods that have carbs. This removes a huge amount of food from your diet and can really work to burn fat. This diet regime makes sense if you need to cut overall calories to get down to your daily BMR, but can hurt your energy levels – especially if you need the carbs to do your workout.

Carbohydrates are your body's energy source, so you need to eat some – especially if you exercise and lead an active lifestyle. So when cutting items to

get down to your BMR, fats should take precedence over carbs. Fats are highly concentrated calories your body does not need – it can produce all the fats it needs from the carbs you eat.

There are some fats in the form of oils that are actually beneficial (Omega 3), so you shouldn't shy away from fats completely, but reducing your overall intake will give you more room in calories for carbs which in turn will give you more energy.

Fats are also harder for your body to digest. This leads to that lethargic feeling you get after eating a big, fat-laden meal. So avoiding fats should keep you from wanting a nap after lunch.

The size of the meal you eat also influences how "heavy" you feel. Eating smaller meals more frequently is probably the best way to keep your energy levels high while still not eating too much.

Eating more frequently can be difficult. Our current cultural norms are three fairly heavy meals per day, but you are better off eating 5 to 6 times per day. Try to spread out your calories fairly evenly throughout the day – eating more in the morning is OK as long as your daily total stay at or slightly below your BMR.

When you eat, which types of foods is also helpful, but less important in terms of burning fat. Before and after exercise, you might want to get some simple carbs which will give you quick energy. "Good" simple carbs are sugars found in fruits and natural fruit juices. "Bad" simple carbs to avoid are processed products made from white flours and sugary desserts.

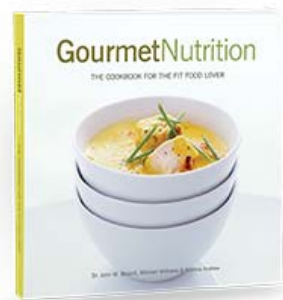
Other than before or after exercise, simple carbs should be replaced by complex carbohydrates. These are found in 100% whole wheat products and most vegetables. These items digest more slowly which in turn releases less glucose into the blood stream – the excess is later stored as fat.

Exercise is also important – the more you do, the better shape you will be in and so should have a greater ability to keep up higher energy levels; up to a point. But exercise also tires the body and requires adequate rest and recovery before doing more, so don't overdo it.

Some people enjoy getting their exercise in the morning and say it gives them more energy to get through the day, but others find they are too tired after exercising and prefer to exercise at night. There is no right or wrong here, but you might also try splitting your routine into two sessions – a short cardio session in the morning and a longer session in the afternoon. This will keep your body's metabolism active all day and you burn more fat.

Over exercising can do more than drain your energy, it can seriously injure you. Make sure you give your body adequate recovery times between sessions – talk to an expert about this – and don't exercise while injured. It's better to put your exercise program on pause than stop completely for 6 to 8 weeks while you recover from an injury. Listen to your body, if a certain exercise is hurting ...stop, and do a different exercise that doesn't hurt. And get the painful area checked out.

The correct relationship between exercise and rest will help you to get into shape, burn fat and keep higher energy levels. Avoid the "energy" drinks loaded with caffeine and corn syrup and stick to the basic foods Mother Nature intended for you to consume – that way you can burn fat without turning into a caffeine junkie in the process.



100 reasons to get yours today.

## 8. Fat Burning and Weights

Weight lifting is now considered an integral part of all fitness programs. Even runners, cyclists and golf pros use weights to build strength these days.

But just how good are weights as fat burners? The reality is not very. Fitness programs that only rely on weights show little fat loss over short and medium terms. Resistance training does burn calories, but it's no substitute for cardio and a proper diet. But read on, there are other important benefits.

Most people are interested in exercise as a means to an end – that end being a more attractive body. That they would also like to be stronger and physically fitter is secondary. So with looks in mind, let's take a look at just how and why weights should be part of your fitness program.

First the why: resistance training can help you to raise your metabolism which in turn will burn more calories, increase bone density which protects you from

osteoporosis or bone thinning in old age and give you more strength for other elements of your fitness program – namely, cardio. Plus, being a little stronger never hurts when carrying out your day-to-day activities and, lest we forget, looking good at the beach.

Now on to the how: First and foremost, consult your doctor before beginning a weight training program – especially if you have any pre-existing medical conditions. Second – get an instructor or professional trainer to show you how to do the exercises – don't try to copy others who may be doing them wrong. Even if you're an experienced weight lifter, a few pointers on the latest techniques never hurt.

In the past, weight training was divided into three categories: resistance training to build endurance, power lifting to be able to lift very heavy weight once and body building designed to increase muscle mass and definition. Now, fitness experts talk about strength training as being the primary component of your weight program.

Strength training revolves around making your whole body stronger, not just working the individual parts as in the past. Beginners usually start with very low weight and concentrate on form and intensity. Doing an exercise wrong with light weight can make you sore, but will rarely cause serious damage. Doing the same with heavy weights can damage you for life.

Form is critical. Spend several weeks making sure you use the proper motions to move the weights before increasing resistance. While your doing these motions concentrate on the muscle group you are trying to work – if you feel tired in another area, get help from the instructor – you're form needs work.

Lifting weights involves two motions: the positive motion when you move the weight against gravity and the negative motion when the gravity works in your favor. As an example, when you bench press, you lift the bar off your chest while lying on your back. As you push the bar up you work against gravity and when you let it down, gravity helps.

The key to good results involves the speed at which you move the weight depending on the type of motion. This can be called intensity or control. When working with gravity on the negative part of the movement, go slow and control the weight. When pushing or pulling away from gravity during the positive, move faster to help build more explosive power. Note that this does not mean to "jerk" the weight: you should always be in full control – just give it a little extra push or pull depending on the exercise.

Many people start by trying to train all the muscle groups at the same time on the same day. This leads to marathon workouts and injuries. Only train one, two or

possibly three different muscle groups per day. Your body will respond better and you will get the required 72 hours of rest before exercising the same group again.

If you are new to weight lifting, concentrate on the large muscle groups: the legs and back. You need a base: do squats, rows and other compound exercises like dips and bench press. Compound exercises involve more than one muscle group. Things like biceps, forearms, calves and shoulders will grow automatically since they also are being worked at the same time. Also, by ignoring the little groups you will have more energy to devote to the bigger ones – the ones that will really allow you to build serious strength.

Important note to women: Unless you have a bear-type body and are naturally a strong person, you will not get “huge” unless you really, really want to – and even then, you must lift very hard for years. In fact, even a good body builder has trouble adding more than an inch to his or her arms a year. So forget about being the Incredible Hulk by accident – it’s not going to happen. You will, however, look more toned and athletic in just a few months – that is if you follow the next rule of resistance training: Intensity.

The human body is amazingly adaptable to its environment. It will quickly get used to any exercise which means you must increase the intensity of your workout to continue making gains. This doesn’t necessarily mean adding more resistance, but more intensity. Try to rest less between sets and move the weight with more control. Push a little harder and resist in the negatives a little longer. This will give you a better workout without the risks of injuring yourself with too much weight. Injuries are normally a premature end to your strength-training program and may have serious long-term consequences. At the minimum, you will lose weeks, or even months in the gym and it may stop your entire fitness program. Your first goal should always be to advance your program - but injury free.

Don’t forget to rest enough – you’ll find weight lifting can be addictive. Don’t over exercise your muscles – more is not better. Forty minutes to an hour three to five days a week is plenty. Don’t work a muscle group if it still feels sore from the last workout. Don’t ever workout injured - ever. Even if you need a few weeks or even months off – do it. Take the time to let your body recover so you can enjoy your continually improving fitness level.

In conclusion, while weight lifting may not be the ideal stand-alone fat burning program, it definitely should be included in your fitness routine. Professional athletes like Tiger Woods and Lance Armstrong use resistance training – they must know something. Lifting is not just for jocks and football players – it’s for everyone who wants to have a stronger, nicer looking body that burns fat all day long.



## 9. NOT Burning the Fat: Gastric Bypass Surgery

While much of the world literally starves to death, western man has an embarrassment of riches: Rich food, a rich, sedentary lifestyle and a rich selection of really greasy and fattening food to choose from. Combine that with a serious lack of self control and you have a recipe for one of the worse epidemics of our times.

A sobering statistic: 30% of Americans are considered obese – not fat or overweight, mind you - obese. This is the type of fatness that can only come from a lifetime of overeating and not enough exercise. Not surprising in the U.S. where groups of elementary school students routinely recognize Ronald McDonald more often than Jesus Christ or George Washington.

Admittedly, there are folks with a genetic disposition for this, but only one out of a hundred can say they have the rare MC4R gene thought to be responsible for obesity. Fifty years ago, rates of obesity were negligible. Today, more than a billion people are considered overweight worldwide.

Western medicine - while talking about prevention - has tended to focus on surgery to relieve the problem. Why? Because doctors get paid to do procedures, not give advice like "stop downing 2 liters of Coke a day and hit the treadmill."

Liposuction, tummy tucks and the like have been the staple bread winners for cosmetic surgeons for years. These doctors even have their own popular TV shows and make more money than God.

Now, envious surgeons from other fields have decided they want to get in on the gold rush and have developed a controversial procedure called the gastric bypass. And while they claim it's only for the worse cases, you can bet there are plenty of doctors who will do one for anyone who can afford it.

In principal, it sounds good. A surgeon uses one of the various types of procedures – probably the Roux-en-Y, since it's the most popular - to reduce the size of your stomach and bypass much of your large intestine. Afterwards, this makes you feel full quickly since your stomach size is much smaller and prevents your body from absorbing as many calories from the food you eat by bypassing the large intestine.

Weight loss from this procedure is truly dramatic: patients typically lose around 10lbs per month until they reach a plateau around 12 to 24 months.

Unfortunately, the side effects can be devastating – even deadly. Medical professionals say only 1.5% die from the surgery – small comfort for the victims. Others say the death rate may be as high as one in fifty for inexperienced surgeons.\*

Aside from dying, you may experience:

- Iron and vitamin B12 deficiency more than 30% of the time - about 50% of those with an iron deficiency develop anemia.
- The connection between stomach and intestines narrows – called stomal stenosis – about 10% of the time that leads to nausea and vomiting after eating.
- Ulcers about 10% of the time.
- The staples may pull loose leading to peritonitis – a nasty infection which requires they open you up to clean the area and re-staple the wound.
- Hernias.
- The bypassed stomach may enlarge resulting in hiccups and bloating.
- Follow-up surgeries to correct complications, or to remove excess skin
- Gallstones due to high weight loss in a short period
- Gastritis (inflammation of the lining of the stomach).
- Liver failure.
- Osteoporoses due to lack of calcium absorption - most of which occurs in the bypassed large intestine.
- Blood clots in the legs.
- Pneumonia.

Note also that this procedure is relatively new and the long-term side effects are still being tallied.

Oh - and here's the real kicker:

*The surgery is not a solution in and of itself. While it can train you to eat smaller quantities and feel full more quickly, you still have to do much of the work. To achieve weight loss and avoid complications from the procedure, you must exercise and eat properly -- according to important, healthy guidelines that your doctor and nutritionist will teach you.*

*Taken from Medline.com*

Eat and exercise properly.... hmm... you still have to do much of the work ... hmmm. Wonder why they don't just try that first? How is it that the population

gets into this state in the first place? It not as if people just wake up one morning, look in the mirror and find a 300lb. hippo standing there, is it?

No, it takes real dedication and serious neglect to be obese. Where are the family and friends, co-workers and doctors during this whole process? Getting super fat themselves, from the looks of the statistics.

Here's another fun fact:

*"...often the primary causes of obesity are emotional and psychological. Gastric bypass surgery will not fix these emotional and psychological problems. In fact, if these issues are not dealt with prior to or along with the surgery, the patient may be more likely to experience serious complications."*

Taken from <http://searchwarp.com/swa24638.htm> - an article about insurance coverage for the procedure.

With this in mind, in would make sense to start doing something about fat today – not wait until you're a candidate for a dangerous \$25,000 surgery. Whether it be psychological counseling or safe, healthy exercise and diet, it would be cheaper and far more effective to do this now, not later when airlines start charging you for two seats, you get automatically "supersized" in the fast food joints and the big & fat clothing stores know you on a first name basis.

If you have obese friends, you owe it to them to tell them the facts.

Obesity is one hundred percent curable and avoidable – but only for those who accept that they are the ones in control – not Ronald McDonald.

Check this link to see a medical description for the various different types of gastric bypass procedures:

<http://www.nlm.nih.gov/medlineplus/ency/article/007199.htm>

\*See this sad article for more details about the 1 in 50 death rate:

<http://www.cbsnews.com/stories/2005/01/21/earlyshow/contributors/melindamurphy/main668323.shtml>

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The advertisement includes images of a man in a white shirt and tie, a man's muscular torso, and several meal plan booklets.

## 10. NOT Burning the Fat: Liposuction

How many times have you heard this: "I can't seem to lose weight? I am going to get liposuction and then I'll look great!" People actually think liposuction is a procedure to lose weight. Really, it's nothing of the sort.

Liposuction is cosmetic surgery – with all the risk that any surgery entails – to sculpt the body. Neither is it indicated for losing weight nor can it be used on very fat people.

It has become the third most popular procedure after nose reconstruction and breast implants with over 300,000 operations done annually. (American Society of Plastic Surgeons 2006)

Liposuction may be performed on the abdomen, hips, thighs, calves, arms, buttocks, back, neck, or face. Sometimes a surgeon will do more than one area at a time.

The procedure is deceptively simple: Small, pencil-sized incisions are made at the edges of the area to be liposuctioned and a cannula – a hollow, stainless steel tube – is used to literally suck out fat cells. There are about 5 distinct types or procedures and dozens of different methods of using them.

Today, all use an injected solution that includes a local anesthetic – Lidocaine, plus Epinephrine to reduce bleeding and a saline solution to help make the vacuuming process faster and less painful. The amount of injected solution depends on the area, amount of fat and doctor preference.

UAL or Ultrasound Assisted Liposuction is now popular for its low procedure time. Ultrasound waves – emanating from the head of the cannula - breakdown the fat cells which are then sucked out through the tube.

The operation can be quick for small areas and take up to 4 hours for larger areas or multiple procedures. Longer procedures for large area are done while you're asleep, but most just use a local to numb the area.

Recuperation can be long and painful for large areas. Some patients need two weeks of pain medication and all must return to the doctors to have drains and sutures removed after 5 to 10 days. The final result can take 6 months to see.

Liposuction costs between \$2,000 and \$7,500 dollars per area although some offshore clinics charge considerable less. This does not include costs for the special compression girdles, medications, time off work and follow on treatments. Insurance will not cover any costs unless the procedure is used to treat some type of health threatening illness like a tumor.

When you are overweight, the fat is spread all over your body – not just your waistline. This means that by liposuctioning one area – say your stomach – you would be left with fat arms, fat legs and a fat face. For this reason, it's not recommended for folks who have 30 to 40 pounds of fat – even though there are doctors that will do the procedure.

Indeed, candidates for liposuction are usually physically fit, follow a regular exercise regimen, and are only 20 pounds overweight.

On average, in the United States 19 out of every 100,000 people die undergoing the liposuction procedure.

Not only is this cosmetic surgery the most dangerous, it also can lead to other problems including:

1. A disfigured appearance caused by excessive zeal on the part of the surgeon
2. Results so bad that one has to have it re-done
3. Irregular and uneven results with unsightly bumps and depressions
4. Very little evidence that liposuction was actually done
5. Large scars

#### **Potential complications are numerous as well:**

1. **Seroma.** After liposuction, there may be a pooling of serum – a liquid from your blood - where fat cells have been removed. This may require a doctor's visit to have him remove the fluid with a large needle – fun, fun.
2. **Embolism** may occur when fat is loosened and enters the blood through blood vessels break during liposuction. These tiny pieces of fat get trapped in blood vessels, migrate to the lungs or travel to the brain. Fat emboli may cause permanent disability or death.
3. **Visceral Perforations or puncture wounds** to major organs can also occur during liposuction. When this happens, additional surgery may be needed. Visceral perforations can also kill you.
4. **Nerve Compression or changes to sense of touch.** You may experience "paresthesias" which is an altered sensation where you had the liposuction.

It can manifest as pain or numbness that can be transient or, in some cases, permanent.

5. **Infections can occur after any surgery.** Some physicians prescribe an antibiotic to all patients undergoing liposuction as a proactive treatment. Sometimes these infections may be life threatening such as in cases of necrotizing fasciitis - bacteria that eat away tissue - or with toxic shock syndrome, a serious, sometimes fatal infection.
6. **Skin Necrosis or skin death.** The skin above the liposuction site may become necrotic or die. Once dead, the skin changes color and falls off. This can greatly increase the risk of infection or may even require a skin graft to repair.
7. **Swelling.** Swelling or edema may occur. In some cases, swelling may persist for weeks or months after liposuction.
8. **Burns.** During UAL - Ultrasound Assisted Liposuction, the most common method, the cannula may become very hot causing internal burns. This can also damage nerve endings leading to lose of sensation.
9. **Fluid Imbalance.** Surgeons can inject large amounts of fluids during liposuction to make the procedure more smoothly. This may result in a fluid imbalance which can result in serious conditions like heart problems, excess fluid in the lungs, or kidney damage.
10. **Toxicity from Anesthesia.** Lidocaine, a drug that numbs the skin and similar to Novocain used by dentists, is frequently used as a local anesthetic. Lidocaine toxicity may cause the heart to stop – guess what that lead to?
11. **Death** – although a remote possibility, any surgical procedure can result in you pushing up daisies – think about it.

Here's the best part – after liposuction, you will have fewer fat cells which will not grow back. However, the ones you have left – and this is the really cool thing about fat cells – can expand to fill in the gaps. Yep, there is no known limit to the size of a fat cell. Also, since there are fewer fat cells and the calories you eat will be equally distributed among them, you may get real fat in unexpected areas.

If you really want to be healthy and happy, you need exercise and a healthy diet – if you feel good about yourself, it will show. No matter what you do, with the technology that exists today, changing the way you look with surgery will not change the way you feel inside.

Accept who you are and take good care of your most valuable possession – you're body. Then you won't need to shell out all kinds of money to get unpredictable results or gamble with your life. Burn fat naturally and safely. Think of the money you'll save and don't feel bad for the poor, plastic surgeons that will have to do without your business.

### **Final Thoughts:**

Burning body fat and losing weight in a healthy manner is all about understanding what is realistically achievable. As a general rule one to two pounds of weight loss a week is pretty good. If you are on some diet which creates weight loss at a faster rate, then the weight loss is unlikely to consist of body fat. Anyone that can reduce their caloric intake enough will lose weight, but if you reduce that intake by too much, too soon, as with some diets you run the risk of losing weight through muscle and water and not body fat. What may look like good results on the scales may not be healthy weight loss or be achievable long term.

Its all about mindset and understanding some fundamental things: If you consume more calories than your body uses, you will put on weight. If you create a caloric deficit and burn more calories than you consume, you will lose weight...simple.

Bad eating habits are often learned in our early years, often from our parents who do not know any better and who do not realize what they are doing to us. We come to associate high fat foods and all sorts of dubious additives with taste. What we need to do is unlearn those bad habits, which may be a challenge, and learn new healthier eating habits by re-educating our taste buds. Once you get into these new healthy habits, you are likely to look back and wonder what you were doing to yourself all these years.

If you put the wrong fuel in your car, it will let you down very quickly. If you put the wrong fuel in your body it will let you down, but...it may take decades to do this, by which time, it may be too late.

Remember that exercise is equally important as eating healthy. If you get a good exercise plan consisting of aerobic exercise for burning body fat and resistance exercise for building muscle and increasing metabolism into your regular routine, then you will reap the benefits for the rest of your life. For those that are busy, introducing an exercise plan is about getting you priorities right. It is your responsibility to take care of yourself. You owe it, not only to yourself, but to your family. I am sure they don't want to lose you to a heart attack or whatever disease at middle age.

This is a lifestyle change, you either take up the challenge and don't look back, or like many people you half heartedly give it a go and give up a short time after. So, you have to be strong enough to persist with the change or, you fail.

Eating properly and exercising regularly can not only add years too your life, it can add life to your years.

*Eat wise, exercise and expect success*

The Fat Burner Guide Team

*This report is a FREE except from The Fat Burner Guide*

[www.TheFatBurnerGuide.com](http://www.TheFatBurnerGuide.com)

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## Recommended Resources:

### **Burn The Fat, Feed The Muscle By Tom Venuto**

Burn The Fat, Feed The Muscle, The #1 best-selling diet eBook on the Internet (as rated by clickbank.com), is completely unique and different from other programs on the diet market because it's not a weight loss program - it's a fat loss program. Once you've read just the first three chapters, there will be no doubt in your mind



that pursuing weight loss is not only the wrong goal, it may be the reason why you've failed to reach and maintain your ideal body weight

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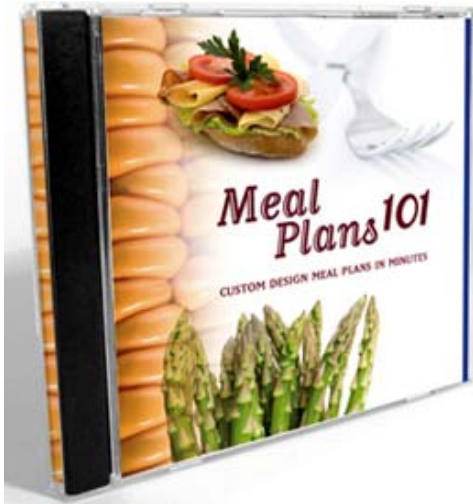
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