Fat Burning Secrets

Proven Fat Burning Tips Revealed

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About Me

Probably like you, I have struggled most of my life trying to keep my weight down. Actually, I'm not so concerned about my "weight" as much as my "fat". As we age, we tend to lose muscle mass which becomes debilitating in old age. So I like to continue building muscle mass (which also stresses our bones and keeps them strong and somewhat flexible). However, I prefer to not coat my muscle with a layer of fat.

Even after spending nearly 40 years in the martial arts, reducing and keeping fat off is a daily activity. Fortunately, I have discovered a few "Secrets" along the way which I would like to share with you.

In this book (and the accompanying book on Fat Burning Foods), you will discover some useful tips to make reducing fat ... and keeping it off ... relatively easy. It is not a "once and done" process, however; you need to do a few things each day for maximum results. These things are included in this book.

In fact, I have discovered a very effective thing I do every morning when I get to work. It only takes about 2 minutes and it revs up my metabolism and gets my mind fired up and ready to work as well. Best of all, I don't even break a sweat. Now, I do have a fan in my office even though the office is well air conditioned. I will reveal this cool little technique near the end of this book.

In case you are interested, I am an Electrical Engineer with a BSEE and MSEE in electrical engineering and an MBA and PhD in business. I work full-time for the federal government, but I expect to retire in just a couple of years.

With that, I hope you enjoy and benefit from this book and the Fat Burning Foods. Be sure you use these concepts. They are easy and most importantly, they work!

Wishing you health, wealth, & prosperity,
Bryan
Dr. Bryan Stoker

INTRODUCTION

Tired of hiding your muffin top under layers of clothing? You are not alone. About one-third of American adults are overweight. Now is the time to transform your soft, flabby body into the toned, sexy physique of your dreams. Forget yo-yo diets and easy weight loss promises that leave you feeling like a fat failure. It is possible to have a lean, traffic stopping body you can't wait to show off. You've stumbled upon the fat burning secrets television gurus don't want you to know about. Get ready to throw your fat clothes away for good.

It's vital to know how fat is deposited in the body, so you have an understanding of how to make the body lose it. Your body needs food to acquire the necessary energy to function and feed its cells. The calories in food have energy commonly referred to as calories. The more calories the food contains the more fuel the body can acquire from it. In order to use the foods energy, your body must first digest the food. The process of

digestion causes the body to burn some old energy to get the new energy from the food. The more difficult it is to digest the food, the more energy/calories are burned.

The body's fuel is categorized as protein, carbohydrates or fats. This fuel nourishes your body and keeps it functioning the way nature intended. The left over calories are eventually stored in your fat cells. Your body uses a part of the foods fuel for nutrition. The excess fuel is eventually stored up as fat in the "fat cells" of your body, around the kidneys and liver.

Fat cells are often deposited in the chest, hips and waist region. As the cells become bigger, your physique acquires a doughy look. The body has a limited number of fat cells, and there is only so much fat these cells can store. Once the threshold is reached, fat begins to accumulate in the muscle lining of your arms and thighs, creating unsightly, flabby limbs.

SECRET #1: EAT FAT BURNING FOODS

All foods can cause fat creation, but certain foods actually help burn fat. Some foods have minerals or vitamins that raise metabolism and act as virtual fat burners. There are negative calorie foods with low calories that burn extra calories during digestion. Other foods, even eaten in small quantities, deliver a feeling of fullness with very little calories. Sticking to the right whole foods will drastically reduce the fat profile of your body.

By eating these fat burning foods at the right time, in the correct amount, the body fat profile starts to reduce. Add in foods that lower the likelihood of fat depositing in your body for an extra boost. The accompanying book on "Fat Burning Foods" provides you a list of the top 36 fat-burning foods, but here is a short list of everyday foods that double as secret fat burners.

Poultry

Poultry such as chicken has special assets that increase the body's metabolic rate, helping you melt extra fat away. Chicken is low in fat and carbohydrates with a good protein profile. Proteins require a lot of energy to digest, and more energy for proteins to be stored as fat. It is also a great source of iron, zinc, and niacin. For best results, remove the skin from poultry before eating to avoid excess fat.

Salmon & Tuna

Salmon and tuna are good sources of protein that provides the body with healthy fats from omega-3 and omega-6 fatty acids. Both meaty fish, while satisfying, are also low in calories and unhealthy saturated fat. Eating salmon positively effects leptin, the hormone responsible for burning and storing calories. High leptin levels cause the body to store fat. Salmon and tuna reduce leptin, giving your metabolism the boost it needs to burn calories.

Other Lean Protein

As with other proteins, research has shown the thermic effect of protein is the most of all the macronutrients. Protein require approximately 30% of its' calories for digestion and processing. Lean proteins also suppress the appetite reducing the tendency to

overeat. Though poultry has a lower fat profile, lean red meats such as top round, lean sirloin, game and other white meat have a place in a fat burning diet.

Citrus Fruits

Citrus fruit hikes up the metabolism while supplying a big dose of vitamin C, a chemical used in the process of fat burning. Citrus fruits are ranked as the best fat burning foods you can eat. Oranges, grapefruit, apples and even tomatoes share these fat burning qualities. With the large variety, mix several varieties to for different flavors and taste. Citrus fruit effectively burns fat around the hips and waist.

Apples

An apple a day keeps the fat away. Apples contain a substance called pectin that restricts the cells from absorbing fat and assists water absorption from food. This also helps push fat deposits from the body. The antioxidants in apples may also reduce excess belly fat from metabolic syndrome. Apples have a high level of soluble fiber that helps you control hunger pain.

Berries

Strawberries, blueberries, raspberries, blackberries, cherries – take your pick. Fruits as a whole are packed with vitamins and minerals. They are low on calories and high in water compared to refined foods. Excellent sources of fiber, berries boost the metabolism, breaking down food and fats. Naturally sweet and delicious, a handful of berries will keep you feeling fuller longer and help eliminate the craving for sugary glasses of artificially flavored, empty calories.

Oatmeal

A large portion of oats calorie profile is soluble fiber. Soluble fiber helps control blood sugar and helps you feel fuller longer. Oatmeal also lowers the risk of heart disease and lowering cholesterol. Choose old fashioned or steel cut oatmeal and eat with fresh fruit. Make sure to monitor your serving sizes during diet phases carefully.

Vegetables

Most vegetables (except for potatoes, yams and sweet potatoes) maintain low calories, yet contain essential vitamins and minerals that improve the body's metabolism.

Veggies such as spinach, broccoli, cabbage, carrots and artichokes contain no fat and very low carbohydrate levels. In fact, they aid in fat burning since your body uses more calories to digest vegetables than they produce. The extra calories needed to break down food are taken from body fat reserves. For example, one serving of Brussels sprouts has 50 calories, but the body needs 75 calories to digest. That's 25 calories of body fat burned just for eating your Brussels sprouts.

Beans

Beans are not only full of minerals; they are also low in calories and rich in amino acids. The amino acids in lentils help decrease body fat while helping build muscles, and maintain stable blood sugar. In addition, they are excellent sources of dietary fiber keeping you satiated longer, reducing the urge to overeat.

Eggs

Eggs, one of the most nutrient dense foods, are a natural superfood. Their high levels of protein rev up the metabolism and help you burn fat. Eggs are hands down one of the best fat burning foods. Among other protein foods, eggs have the most abundant mix of essential amino acids. Despite having low calories, they are packed with vitamin D, vitamin B12, choline and selenium. It's been proven eggs don't contribute to bad cholesterol, but does improve the good cholesterol needed for a healthy body. Eggs have all the nutrients crucial for good health.

Almonds & Walnuts

Almond and walnuts are excellent sources of the healthy fats needed for the smooth functioning of the body's cell structure. Just an ounce of almonds has 12% of the daily protein allowance and contains calcium and folic acid. Plus, the form of vitamin E in walnuts is especially beneficial. A handful of nuts is a tasty, crunchy snack to satisfy your hunger pains.

Pine Nuts

According to scientist, pine nuts contain an abundance of healthy fatty acids. These fatty acids help eliminate fat accumulation in the abdominals. Pine nuts also increase satiety level hormones along with the benefits of fat reduction.

SECRET #2: ADD FAT BOOSTERS TO YOUR DIET

Eating the right food will kick your metabolism into high gear and help you burn unwanted fat. Combine fat burning foods with these fat boosters to push your metabolism into overdrive.

Mustard

Tiny mustard seeds are packed with nutrition including: the amino acid tryptophan, omega 3 fatty acids, selenium, phosphorus, manganese, magnesium, calcium, iron, niacin and zinc. They even have a bit of protein and fiber. The spicy Asian and Mexican varieties temporarily speed up the metabolism like ephedrine or caffeine in a safe, natural way. Adding spicy mustard delivers zest to your food and a nice fat loss boost.

Onions

Onions are aromatic, flavorful and low in calories. But, onions can also aid in weight loss. They are a source of a nutrient called chromium. Chromium is said to improve insulin and maintain stable blood sugar. So, onions help stop blood sugar crashes and the resulting case of the munchies.

Coconut Oil

Coconuts boost the body's energy. Unlike margarine or shortening, coconut oil is full of medium chain fatty acids used as an immediate supply of fuel. Use coconut oil in your cooking to speed metabolism improve thyroid functioning and amplify fat burning.

Hot Peppers

The chemicals that give hot peppers their spice safely speeds up the heart rate. Some people are able to burn up to 1,000 more calories every day from eating peppers. Spicy foods like chilies and peppers trigger your body to burn fat. For their flavor and fat burning properties, hot peppers are one of the best diet foods.

Green Tea

Green tea significantly reduces total fat in the waist and skin areas. Green tea has the catechins, proven to raise your resting metabolic rate. That means you keep burning fat longer, turning the body into a well-oiled fat burning machine. It has also been shown, the catechins interact with the caffeine in green tea. A perfect substitute for coffee, green tea is high in antioxidants making it a natural stimulate.

SECRET #3 INCREASE WATER INTAKE

Drinking more water helps the body reduce fat deposits. The kidneys do not function correctly without enough water intake. If they don't work properly, some of the load is discarder to the liver. If the liver is doing the kidney's work, it can't concentrate on its' main job of metabolizing fat. More fat will remain in the body and fat burning stops. So drink the right amount of water improves metabolism and keeps your fat burning at full capacity. Water also flushes out toxins and improves the body's ability to stay healthy.

SECRET#4 – BUILD MUSCLES

Muscle keeps you metabolism active and burning calories. Adding muscle improves your body fat composition ratio. Muscles are an active tissue that continually renews itself so it always needs calories. While normal cardio burns fat only during the exercise, weight training builds muscle ensuring body fat continues to burn throughout the day. The main source of energy for muscles is fat. So, even when relaxing or sleeping, you continue to burn calories. The more muscle mass on your frame the more positive effect on your metabolism. To avoid your metabolism from getting sluggish and packing on fat it is important to do weight resistant exercises to build muscle.

MY SECRET WEAPON

Now, let's cover a few "secrets" I have uncovered. They are not so much different from everything discussed above as much as the simple way to do it. **There are basically 3 factors: diet, exercise, and my special whey protein smoothie**.

Diet is pretty simple. *You need to consume less calories than you burn if you want to burn fat.*

Of course, not all calories are the same. Calories from fat and protein take more energy to break down than carbohydrates, and dietary fat does not convert into fat ... unless you consume more calories than you burn. So here is my simple formula. Eat lots of healthy meats; don't seek out extra fat, but don't worry about it either; and go easy on the carbohydrates. You can have all the berries you want.

When you select carbohydrate foods, what matters is the "effective carbs". To get the effective carbs, subtract the "fiber carbohydrates" (which are not digestible) from the total carbohydrates. You want low "effective carbs"; this is why you can eat as many strawberries, black berries, raspberries, blue berries, etc. as you want.

By the way, it has been proven the peelings of apples have cancer-fighting properties AND it happens to be a negative-calorie food ... so get your apple a day, and eat the peelings too. Don't eat the seeds!

I don't count calories; I just follow the guidelines above.

Exercise is extremely important. It makes you feel good, look good, helps prevent disease, prevents muscular atrophy (sarcopenia), and keeps you bones flexible. I'm convinced if there is a panacea, exercise is it. You need a mix of cardio and resistance exercise for all those benefits, and be sure to get lots of water too.

But here's the thing ... You don't have to spend hours at the gym, log miles on a bike or running, or bulk up your muscles. Your exercise can be as simple as walking daily for a half hour. However, you can get much better results if you use my "morning at work" trick.

My "Morning at Work" trick is pretty simple. Keep a few exercise bands at work. Every morning I use a heavy band (50 lbs tension) and do 30 bicep curls. I use a 40 lb band and do 30 overhead tricep presses (lift the handles straight up over your head and then let your arms curl back). Some days, I will also use a 30 lb band and do military presses. Other days, I will use the 50 lbs band holding the handles at my shoulders, and do squats. That it! It takes me less than 2 minutes to do it, and it gets me pumped up, energized, with my mind fully awake and ready to go.

The bands I use are fairly heavy; you may not want to use them that heavy when you start. And that's okay; just use what works for you. You want to feel a bit pumped when you are done, but you don't want to strain. If 30 repetitions is too much, start with 15 or even 10.

If you want a good starter-set of bands, I recommend the set below (click the picture on the left). However, if you want an awesome complete at-home fitness program, click the P90X3 image below (on the right), and get the program and the band set as a bundle.

The "Morning at Work" system (and especially the P90X3 program or any weight training program) uses resistance training which provides all the benefits mentioned earlier.

My Special Whey Protein Smoothie: And once you complete your resistance training sessions, you should immediately grab my whey protein smoothie. It's not really a "smoothie" in that you need a blender and lots of ingredients. You can make it really quick with just a shaker cup ... with a lid ☺

In fact, you can use any whey protein you want (any of these are good), and just mix it with milk. But I have a combination that gives you a multitude of additional benefits!

I prefer to use Six Star Whey Protein for 3 reasons:

(1) It includes a bit of creatine in it which is good for building muscles. Using both creatine and whey protein have been proven many times over for encouraging muscle recovery and growth of lean muscle mass. This is important as you age to avoid sarcopenia (age-related muscle atrophy).

(2) It's one of the least expensive whey proteins on the market. In fact, it is the least expensive I have found.

(3) It comes in some great flavors. Most whey protein supplements come in chocolate, vanilla, and many offer strawberry. But you can also get Six Star Whey Protein in "cookies and cream" which goes really well with my special recipe' (provided below).

My Special Recipe'

So, as I mentioned, you can simply mix your whey protein with milk, and get great results. And if you want to build serious muscle mass, you can also drink a nice fruit punch creatine drink (mix it with water).

But would you like to <u>Triple</u> the benefits of your whey protein?

Here's how I do it ...

When I first open up a new canister of Six Star Whey Protein, I mix in about 1.5 cups of Hershey's Cocoa mix ... not the "Special Dark" kind ... This makes the flavor a bit richer and it LOADS the mixture with antioxidants. Special Dark does not have as much antioxidants, so use the regular Cocoa powder. You don't have to be exact; just add a cup or two.

Next, add some unflavored fiber from your local Walmart. This is like Metamucil, but I use Walmart's "Equate" brand, because it's a lot less expensive. Make sure you get the kind that dissolves in water and is unflavored. When you open your new canister of whey protein add the Hershey's cocoa and about a cup or 2 of Equate unflavored fiber too. You will never notice it's there when you mix up your protein drink, but the extra fiber helps you feel full (thus avoiding the desire to eat as much), and it provides all the digestive benefits of fiber in your diet.

Now for the coup-de-grace ... Don't use milk! The protein label says mix it with milk or water. Milk is good, but I personally think it's nasty with water. The thing is there are a lot of issues with milk and many people are lactose-intolerant. I'm not, but there are tremendous nutritional benefits when you use Almond Milk. Get the 30-calorie per serving Almond Milk ... again, I use Walmart's brand ... Almond Milk is thinner than milk, but in your whey protein drink, you won't notice the difference.

So there you have it ... My secret recipe' "after resistance recovery drink" ...

Six Star Whey Protein + Hershey's Cocoa mix + Unflavored Fiber + 30-calorie Almond Milk.

Put one scoop of your pre-mixed protein with 8 ounces of almond milk and shake it up.

CONCLUSION

Now you have the secrets to a beautiful toned body in the palm of your hands. The only thing standing in the way of a lean sexy physique is you. Adopt these fat burning secrets into your lifestyle and you will see results in a matter of weeks. The right diet plan will show you how to combine the fat burning foods to keep your body melting away the flab. There are countless delicious recipes to make the switch painless. Add a weight lifting exercise regime and you will sculpt your body into an object of desire. Don't let another day pass. The new you is ready to emerge.

The guidelines in this book and the *36 Fat Burning Foods* will help you lose weight and trim your body, but what if you want faster even better-looking results?

If you want faster results, you need to consider 2 additional approaches: your diet and your exercise regimen.

So in case you want the fastest path to a new, healthier, happier you, I have enclosed 2 bonus reports. One is on the incredibly popular 3-Week Diet. It is so popular, because it really works!

The second bonus provides you with a resistance muscle-building course using only your body weight. If you get the P90X3 system, you don't need this course. But I have provided it to you anyway.

If you are not yet ready for either of these 2 bonuses, that's fine. Go with the guidelines in this book until you are ready. However, I do recommend you at least read the 3 Week Diet report and click the link at the bottom to watch the highly-informative, entertaining video ... or you can simply click here and watch it now.

Wishing you health, wealth, & prosperity,
Bryan
Dr. Bryan Stoker