

How to Lose Subcutaneous Fat Fast

How to lose subcutaneous fat fast is easy when you understand this simple concept.

Subcutaneous fat is the fat layer under your skin. It's what you can pinch. And, if the layer of subcutaneous fat is too thick, it will hide your abs.

While research seems to indicate that subcutaneous fat has some health benefits, visceral fat is another matter. Visceral fat accumulates internally around your organs like your heart, liver and lungs. People with lots of [visceral fat](#) around their organs have greater risks for fatty liver disease, metabolic syndrome, type 2 diabetes, cardiovascular disease as well as colorectal cancer.

Subcutaneous Fat and Visceral Fat Go Together

Belly fat comprises primarily the fat that hides around our organs (visceral fat). But, the fat we can see (subcutaneous fat) also affects the size and shape of the belly.

Excess visceral fat seems to encourage the accumulation of subcutaneous fat. So, excess fat in the layer that hides your abs (subcutaneous fat) is an indication that you probably have the dangerous levels of visceral fat.

Once you realize that subcutaneous fat and visceral fat go together, you can be more effective in knowing how to [lose subcutaneous fat](#) fast. Reducing hidden visceral fat helps quickly and effectively reduce subcutaneous fat.

How to Lose Subcutaneous Fat Fast

Here are some keys to losing fat in your belly.

Reduce Simple Carbohydrates

Carbohydrates are digested, broken down in the digestive tract, into sugars. Rises in sugar levels in your bloodstream tells the pancreas to release insulin. Insulin tells your body to store sugar, stop burning fat, and causes leptin resistance (so your brain does not get the "I'm full" signal).

Simple carbohydrates include sugars, syrups, juices, and soft drinks. Refined grains also qualify because most of the fiber has been removed. Breads, pastas, most breakfast cereals, and grits are made from refined grains. White bread is the equivalent of table sugar in spiking insulin levels.

Consume More Fiber

Men should have 30 to 38g of fiber per day and women should have about 25g of fiber daily. Soluble fiber helps slow digestion, thus reducing the rate at which sugars enter the bloodstream. This helps control insulin levels. Insoluble fiber gives bulk to your stool making you more regular and helps move material through your digestive system.

Whole fruits and vegetables are good sources of fiber. An apple, for example, contains about 4.4g of fiber while unseetened apple juice contains only 0.5g of fiber. Four medium carrots contain about 6.8g of fiber while a cup of carrot juice contains only about 1.9g of fiber.

Avoid Stress

Prolonged stress raises cortisol levels. Chronic high cortisol levels increase insulin levels. High insulin levels lower your blood sugar and cause you to crave sugary and fatty foods. This helps form a stress-eating habit that add fat to your body.

Cardio Exercise



Cardio
exercise

Aerobic exercise includes most movements that help increase heart rates. This helps burn more fat for energy. The longer the duration and the more intense the exercise, the more fat you will burn.

Cardio exercises include running, cycling, swimming, rowing, jumping rope, and outdoor games such as tennis.

Strength Training



Strength
training

Using weights or weigh machines will help build muscle tissue. Muscle is important tissue for many reasons. Here we are concerned about the ability of muscle to use energy. A pound of lean muscle burns about 50 calories a day a rest. Compare that to a pound of fat which burns about 3 calories per day. You can increase your metabolism by building muscle.

Replace Carbohydrates with Protein and Healthy Fats

Protein and fats help you feel full. If you experience frequent hunger spells, you may no be getting enough protein and healthy fats.

Here is a video of a woman who had to have liposuction to

remove subcutaneous fat. While this is one way to lose subcutaneous fat fast, it is not the ideal way.

She still needs to learn to eat right to reduce her visceral fat. And, she thought as a vegetarian she was eating the right foods.

But the one thing, Case, when I saw that picture of you grabbing, and I saw you have a fairly large handful of subcutaneous fat. I expected to see this on your MRI scan. When we pull this MRI scan, I'm going to show you that fat your pinching is all this yellow fat here. But subcutaneous fat doesn't just hide here. All of that, this is subcutaneous fat, Dr. Ordon, that's the kind you liposuction out, right?

Exactly. Exactly. This is the front, this is what you were pinching. Pinching, but you can see this is no we're lower than that. This, right here, is your hips. That's something we can remove with liposuction. But the inter abdominal fat that Dr. Travis showed you, no, that's that's more related to diet and exercise. So the question is: what kind of things do you eat? Do you eat breads, pastas, those kind things?

How to Lose Subcutaneous Fat Fast by Eating From the Bottom of the Food Pyramid?

I've been a vegetarian since I was like five. So I only eat, pretty much, the bottom food group. I'm burnt out on vegetables. And fruit is always...

So, let's rewind there. I heard two words that should never be spoken together I'm a vegetarian, I don't eat veggies.

That means that you're not eating foods that are...

So you basically a lot of starches probably, a lot of bread..

Yea, I do good. I do wheats and egg yolk.

When you find sugars, that's what gives you that intra-abdominal fat that you're seeing there in the scan. So you know what you can do? Next time you make a sandwich you can throw a few veggies on it that don't predominate. Or if you make a sauce a pasta sauce, puree up vegetables, carrots sneak it into the sauce you won't even know the veggies are on there

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The Truth About Sugar: Addiction, Disease, Weight Gain

The truth about sugar is it's addictive, we crave sugar, it does not satisfy our hunger, it piles on the pounds, and promotes disease. Watch as 4 people with high sugar intake try to reduce their sugar consumption to under 6 grams per day.

I always thought a low-fat diet was the way to go. Saturated fat was always the enemy because it raises your cholesterol.

And then there was a big war on this: good old salt because it raises your blood pressure.

But now it seems something that's been innocently lurking in our cupboards for centuries is the new public enemy number one. It's sugar. And I don't really know why. So I'm gonna go and find out.

I'm Fiona Phillips and like most of us, I love my sweet treats. But I want to discover the latest science about what sugar is really doing to us.

This is part of the brain that reacts when you have sugar, and food, and sugary drinks. And it's why you might be eating far more than you think. Oh! That is a lot of sugar.

I'll be uncovering how you can spot the sugar in foods you think are sugar-free, how clever cookery can get sweet results without adding sugar, and revealing the sugars that even doctors say you can enjoy guilt-free.

The Truth About Sugar

I'm going to find out their surprising and very sticky truth about sugar.

We Brits love our sugar. It's one of life's great pleasures. And we're getting through over a million tonnes a year. That's 15 teaspoons each a day. There's no getting away from it, that's more than we should be eating.

Four Brits With Sugar Problems

I'm meeting up with four rather brave volunteers in Newcastle. I'm going to start by showing them how much sugar each of them is getting through every week. I'm asking them to cut back to just 6 teaspoons a day. A target the World Health Organization believes is the best to aim at.

first up is Cara Patterson. She worries that sugar is taking over her life. "I'm definitely addicted to sugar. I crave it. The worst time that I want sugar as soon as I wake up. Breakfast always contains something sweet."

Well Cara, your average daily sugar intake was 28 teaspoons. Cara's eating nearly five times the six teaspoons a day target that I want her to aim for. This is going to mean some big

changes for her.

Rick Shabilla comes from a Sikh family with a history of type 2 diabetes. He worries that his love of sugary Indian sweets could land him in the same boat. You've got your Indian desserts which we know are very high in sugars. These are normally accompanied with some ice cream, which should be I think, even more.

Your sugar consumption 29 teaspoons per day a day. That's really terrifying, to be honest. Like Cara. Rick is also nearly five times over where I want him to be.

Audrey Kanin feels her weight is getting out of control. A life on the road as an acquisitions manager has led to a diet of processed food and sugary snacks. It's just as easy for me to eat in the car as it is to have something because I just want to get home. We've got the chili beef here that contains five teaspoons of sugar in half the pack, which is a portion. I wouldn't even think to look at the sugar content. I would maybe look at the calories, or the fat, but I've never ever thought looking at sugar.

Your average daily intake was 23 teaspoons. So to be on target Audrey's going to have to cut pretty well three quarters of this sugar from her diet.

Simon Gallagher loves his fizzy pop. But at 26 stone he's becoming increasingly worried about his health. On a normal day I have three or four cans of fizzy drink. If I'm at home it can be pretty much any amount until I feel sick, basically, or until I run out.

Simon you're smiling now. The problem is that you have a huge amount of sugar. As it stands, you're having a whopping thirty nine teaspoons of sugar every day. Just to reiterate, this is fifty seven kilos per year, or fourteen thousand teaspoons of sugar you're putting into your body.

Simon is six and a half times over and we'll have to make the biggest changes of all. Although current guidelines suggest we should aim at less than 12 teaspoons of sugar a day, the World Health Organization thinks if we can reduce this to six it would have even bigger health benefits.

It's going to be a tough target for my volunteers. But I'm hoping the more I can learn about sugar, the more I can help them cut back.

The sugars we need to be looking out for are known as free sugars. These include the sugars found in honey, syrups, and fruit juices. But the main culprit is refined sugar we add to food.

The Truth About Refined Sugar

But what does refining sugar actually involve? And why does it make it a potential health problem?

Biologist Dr. Marty Dobson is going to help you find out. This is one piece of sugarcane. Beautiful. It's a huge grass that grows down in the tropics. And this stuff is packed full of sugar. And the way we get it out is the first thing we have to do, we need to break it down a bit.

Now what I'm gonna do, I'm gonna give you this bowl. You need to go round there. Juice as it comes out. Here We go. Easier said than done.

All sugars are natural and come from plants. Sugar cane and sugar beets are used in sugar production as they have particularly high concentrations. All this refining is designed to make that concentration even higher.

Carbon dioxide is then used to remove impurities like wax gum and fat, all with the aim of giving us pure, refined sugar. And now, we just have to boil it down. So what we have now is a thick syrup. We leave that to cool and the sugar will start to

crystallize out. What you'll end up with, is this, which is sugar. There's a lot of treacle there as well. But that is incredibly sweet.

However there's not that much of it is there, considering it came from all of this bulk and all the effort it took to get it out? Yes, exactly. What we're gonna throw away, all of this, this, roughage and fiber, So what you're left with here is, essentially, pure calories. The refined sugar that we use at home has basically had all the fiber and roughage stripped away to become pure energy.

And Marty wants to show me just how much energy there is in the four grams of sugar that make up a level teaspoon. I've taken a teaspoon a level teaspoon of icing sugar and put one in each of these tubes, about two teaspoons of sugar. You take those put them on first. And what we're going to do is blow down these tubes. Blow mind you. Three, two, one. So all that energy in one level teaspoon. Exactly. That's the energy you get if you eat it as well. It's the same amount of energy. The flames may look impressive, but this energy is the real danger of sugar. If you don't burn it off, it can make you fat very quickly.

But I had no idea just how quickly. Imagine, say you're drinking three cups of tea a day. Okay, you put two teaspoons of sugar in every cup, 365 days. Now imagine you're also not burning off that. How much of my lovely fat substitute would you end up in your artificial belly if all of your sugar that you put into your tea was turned into fat? It wasn't burnt off. Six teaspoons a day for a whole year. And I didn't burn it off. Correct. How many of these? One of those, let's try one. okay? Let's do one.

Sugar is one of the cheapest forms of calories. It's not just bad for your teeth. If you have too much, your liver will end up turning it into fatty acids that your body will store as fat. It feels really uncomfortable. So this is the second of

my bottles. Okay. Nice. I don't want more. I'm afraid we're getting there. We're getting there. So what you've got there is four and a half kilos of fat, over half a stone.

I know I can. And all because of your six teaspoons of sugar that you were having every day for a whole year that were excess to what you need. Having a sweet tooth like that can lead to weight problems which could be seriously dangerous. If just a few excess calories from sugar can cause issues over time, what of high sugar diets done to my four volunteers at Newcastle University?

The Truth About Sugar and Obesity

Professor Mike Crennel is going to find out. One of the problems with sugar is it allows you to take large amounts of calories on very quickly which can make you obese. Mike uses high-tech equipment to measure the body fat percentage of my four volunteers.

At the moment, [51 percent of your body is fat](#). Really. Well, it's half my body weight.

All four have levels that are higher than they should be. And it's this body fat that can lead to health problems. Gaining weight can link to heart disease, diabetes, and other long-term conditions.

And further tests show that my volunteers are already in danger. The background of high sugar, high body fat, it's going to place more and more stress on your liver, on your muscles. Mainly on the pancreas. And over time, if you don't do something we're having to take insulin through an injection which is what happens with people when they have type 2 diabetes for a long period of time.

And for Simon, excess fat has led to signs of a potentially fatal disease. When your liver has too much food inside of it, it starts to have this long silent scream, which is indicating

to us that you have a condition called non-alcoholic fatty liver disease. And unless you do something, it's very likely that you're going to go on to develop type 2 diabetes. Sugar doesn't directly cause conditions like type 2 diabetes and liver disease. But because it's so energy rich, along with other carbohydrates and fat, it is one of the things most likely to increase your body fat. And it's this fat that will do the damage.

Time for my for volunteers to start cutting back. I'd like you to try it and get down to six teaspoons of sugar a day. Which for some of you, it's going to mean losing 80% of what you're consuming, sugar wise. At the moment it's a tough challenge. Do you think you can do it? It's very positive. Good.

While they're finding out the reality of cutting back, I'm going to be looking at three of the main sources of refined sugar in their diets to see what they're up against.

Sweet treats for most of us. These are the biggest challenge. I want to uncover the science behind why we crave them. Savory foods. Why is the food industry putting sugar in products that we'd assume were completely sugar free? And what is it that fizzy drinks do to our appetite that means some scientists faith their biggest problem of all.

We eat more biscuits than any other country in Europe. And sweet treats are where we Brits get most of our sugar from. So for our volunteers, these have to be the first things to go. But how tough will that be?

Holiday Sugar Consumption

It's the Sikh equivalent of Christmas Day. And there's a big celebration in the local temple. The source of great temptation. Though Rick, this is Guru Nanak dev Geez Gopro, which is a celebration of the birth of our first guru. This is our Christmas, if you will. So there's a lot of sugary sweets and treats to celebrate this event. This is torture. That's

sugar written in pretty much pure sugar, deep fried, and then dipped in syrup. It doesn't get any better. What else it doesn't get any more cruel than that. But Ricky's being a good boy. So far he hasn't put anything sweet on his tray. But does that change the celebration? Like Christmas Day without the pudding, this is actually quite, it's quite a big deal. It's really quite challenging that the guys teasing me doesn't help.

Meanwhile Cara is really struggling. Her husband Rob is refusing to dump the sweet treats. Right. I'm just gonna shove all my stuff over there so that you've got the your stuff. And I've got the stuff with less sugar in so they're arranging their cupboards into his and hers. As someone who craves sugar, this is asking for trouble. But Cara is determined to fight temptation. She really wants to kick her sweet habit for the sake of her son Noah. He's the ultimate motivation. Because I want to be around for him as he gets older. I don't want to be a burden. I wanted to do things with him. I thought one sugar tu be haunting us in 20 years time. Well, there's one thing that's holding Cara back: cravings that she just can't beat.

But why do some of us like, Cara, get really strong cravings for sugar? I'm taking her to Reading University to find out.

The Truth About Sugar Cravings

Neuroscientists here have been studying what happens to the brain when you eat sugar. And to see what's going on in Cara's head, she's being put into an MRI scanner that monitors brain activity. Cara is given sugar in the form of a sweet drink, and changes in her brain are picked up by the scanner. OK. So Cara, this is an image of your brain that we just took when you were in the scanner. This is a structured image. And on this we can see parts of the brain that we know to be involved in the reward system. So, for example, here we have the [striatum](#), and this is a part of the brain that reacts when you

have very pleasant experiences, like when you eat things that you really like, like sugary foods and sugary drinks. And so, if we look at this image over here, this time you can see the actual activity in this part. So that is the reward center and that's the brain saying, "Mmmm... This is really really nice. Wouldn't mind some more of that." So Cara can happily keep feeding herself sweet things and the brain will make her feel better. And what do you think? Seeing this is really interesting because often I crave the sweet things. But a lot of the time, no matter how much I give them the cravings still there. And I still want more. Yeah.

We are hard-wired and biologically driven to see good energy dense foods. So all of us have a primeval urge to seek high energy foods. And our brains are telling us that. Yeah. Everybody likes sugary sweet things because it's a natural drive.

What differentiates people who over consume those foods from people who don't? We don't know what the biological differences are behind that yet. So to sweet things, habit-forming them. If you have more brain activity underlying this craving or this reward seeking behavior, then you're going to repeat it. And that makes sense. So that is a, that is like a habit.

So there you have it. That is why sugar is so hard to give up. We are hardwired to enjoy it, to seek it out, and that is okay. In ancient times, I guess, when food shortages meant that high-energy sugary foods were literally the difference between life and death. But things have changed. There. And sweet, cheap sugary foods are all around us. And that is not good for us. And frankly, our DNA really isn't helping.

Are Some Sugars Better Than Others?

But, if your brain is egging you on to have a sweet treat, are there any that are better than others? I am confused as to

whether any of this stuff might be better for you than ordinary white sugar. Right. Well, let's have a look.

You often hear that honey is good for you, that brown sugar is healthier than white, and that maple syrup is not part of the sugar debate. But what's the truth?

So, essentially all of these are the same. They are all from natural sugars, from plants in different ways. So it doesn't make any difference which one you use. It's just sugar.

I did not know that. I thought that if I put a teaspoon of honey in my tea it was being much better for me than a teaspoon of white sugar. Brown sugar simply has a bit of molasses in it, and has roughly the same calories as white, refined sugar. And a level teaspoon of honey in your tea will actually have more calories than a level teaspoon of sugar because it has more nutrients and is denser. So there's no getting away from it. None of these forms of sugar are particularly good for you.

But there is some better news. One of the surprising truths about sugar is that if you do want the sweet treat, scientists say that fruit is the answer. That's because the naturally occurring sugar fruit contains comes with so much goodness, like vitamins, minerals, and fiber, that it doesn't count towards your recommended daily allowance.

The Truth About Sugar in Our Foods

But sugar in supermarkets isn't just limited to sweet treats. It's actually in quite a few savory products as well. And often, with a lot more sugar than you think.

I've got a bowl of pad thai noodles here. It's a savory dish, obviously. So what do you reckon, sugar wise? Not much. I think you'd like to spoon in what do you think two teaspoons of sugar in that dish. Oh stop! Nearly nine and a half teaspoons. Nine and a half. That's probably more than a

dessert.

It's not just ready meals that can have added sugar. What about one of the healthier, apparently savory breakfast cereals? So bran flakes, dry. But how many teaspoons of sugar, if you would expect any at all to be in there? One teaspoon? Is the one just the one? Okay. Right. I can tell you that there are in fact three teaspoons. I have that because I think that's the healthier choice.

And it doesn't end there. This pack of sweet and sour chicken with rice contains 12 and a half teaspoons of sugar. And there's over six teaspoons of sugar in this can of baked beans. Ideally, that would be your entire sugar intake for one day.

I'm really surprised how much sugar is in some of our supposedly savory foods. I want to know why manufacturers are adding it. So I'm visiting an International Research Facility in Surrey where scientists are employed by manufacturers to help them create the perfect products.

So, what have we got here Alice? I'm four units soon it's tomato soup and we've got two different recipes of tomato soup. Here one's, got no sugar in it. And just a little bit of sugar in the other. So I'd like you to taste them. See what you think, Okay? That one, okay, okay, well that one's got a little bit of sugar in it which i think is interesting because just a tiny amount can change the taste profile and actually make it taste a bit better. Sometimes it actually tastes delicious. And it brings out the taste of the tomatoes. Okay, that's good, that's good. It's tortoise soup? But is that a good thing. Isn't that then what the manufacturers are doing, making people like it with sugar in? And so they eat more, they buy more. But they're also getting bigger as well well.

They do want to make things that people like. At the end of the day, in fairness to the manufacturers, many are already

making attempts to reduce the amount of sugar in their product. And it certainly isn't just the case of the more sugar you put in the more you'll sell.

Scientists here are experts at finding the precise degree of sugaryness which will appeal to customers. The so called BlisS point. Today we've got nine testers over here behind us sitting behind these. All sitting behind these little screens. And we have five different recipes of tomato soup. Going from those that have very little sugar in them to a little bit more, and then a little bit more. And actually to a stage where some consumers might find it too sweet. And the purpose of this exercise is to find that recipe that the majority of them will like.

So what other products would you test in terms of its sweetness or added sugar? Oh a huge range of products. I mean, everything from yogurts, or cheese, or milk, to ready meals, or drinks, or confectionary. So Alice, tasters have emerged from their hatches. They've tasted their soups. What happens next?

Okay, so we're here in our viewing facility. We can see them, but they can't see us. So this is a one-way mirror. Okay, so we can listen in on the sort of things that they're saying about our tomato soups. And in a moment they'll vote on which one they think has got just the right level of sweetness in it.

So let's start off with sample three four one please. Can you raise your hand if you preferred that sample. Oh, that's interesting. Look, nobody's voted for the one with no sugar. And six for six please. Four votes for the three. Reasons that's the mid-range isn't it? And finally what about 763? Okay, so that's true. I'm two votes for the six percent. Sure, so they're three percent is the winner. That's the one they prefer. And that sort of information for the manufacturer of a savory food is priceless.

The Science Behind Sugar Content

Well I have to say I'm really surprised that there's so much science behind the exact amount of sugar that's being put into our foods. Of course, ultimately it's done to make the food taste nicer so we buy it. And it's good for business. So the question we need to ask ourselves really is, if manufacturers started taking sugar out of foods, would we still buy their products?

All this sugar in savory food is making life difficult for acquisitions manager Audrey Cannon. With such a busy lifestyle, she's come to depend on fast food and ready meals. But with a history of heart disease in the family, she's determined to kick the habit.

Just coming from work, and normally I would cook some processed food, such as these bumkey wedges. And as you can see, they've got a lot of barbecue sauce. But when I checked on the label, it had three spoonfuls of sugar in and I was astounded. I realized, so I'm gonna make my own.

Trying to get her sugar consumption down means Audrey is completely rethinking her food choices. It's been a big wake-up call to see how much sugars is in what I feel are healthy foods. But it's made the weekly shop a real headache. I haven't really found it difficult in what I've been eating. The difficulties being in what to buy and looking at the sugar content. As I've been going on the supermarket, that's been the biggest challenge.

Audrey's not the only one to struggle with food labeling. I do too. So how can we know when a product is high in sugar? The traffic light system which is the front of packaged systems great because you can see at a glance if something is red, amber, or green for different nutrients. So take these sweet and sour chicken dishes. All of these are red for sugars on the front. High sugar value means that it's got over twenty

two and a half grams in 100 grams of product. Traffic lights make it easy. But manufacturers aren't legally obliged to use them. Some don't, and some also choose to indicate the sugar content of a portion rather than per hundred grams.

You take, for example, this pack of crunchy nut cornflakes. You do have some nutritional information on the front of the packet, but just not color code. It's you can't see it a glance. No sugars in that. With products like this consumers have to examine the pack to find the information that some dietitians argue is the most useful. If you really want to know how much sugar was in this you could turn to the back of the pack, and here we can see four four sugars. It's 35 grams. So that's high sugar because it contains more than 22 and a half grams per hundred grams. So it's a sugary cereal.

This type of supermarket homework is particularly revealing with savory products that you might have thought with sugar-free. You'll see how much sugar it contains: twenty two point eight grams per hundred grams. So it's a high sugar product. Something that you have on your chips so you which you wouldn't associate with sugar. There's something that you think was savory, yes, with some products labeled 100 grams in some proportion and not everyone using the traffic light system.

Full Disclosure of Sugar Content?

I want to know why food manufacturers aren't making sugar content much easier for us. So I'm off to see the Food and Drink Federation which represents the industry.

Do you think that if all foods producers were made to add it to the traffic light system it might help? Because that to me is clearer than all the other systems that exist. Well, I think that there isn't a single solution for a problem such as obesity. That is so complex that the traffic light system would help wouldn't fix it because if you see a red next to

the sugar content that would make me put it down. The information that is available on package, whether it's through the Reference Intakes values, whether it's through the traffic light system, is clear and is accurate. Do you not think it'd be a whole lot clearer if the packets showed how many teaspoons of sugar? Then everyone would understand that.

The reason for the amount of sugar has to be labeled per hundred grams. All purple in grams is again in the food information to consumers regulation where all nutrients are treated the same. And a gram is a very well-recognized unit. When, if you talk about teaspoons or tablespoons, what do you think? Four or five or six grams? Well it very firmly seems as though all the regulation, all the information on the packets, most of which, most of us, got make much sense of it's all there for a reason. It's to educate us. It's to make sure we make the right choices.

But, in the end, it is the responsibility is all left to us. And I don't think, with the amount of sugar they're putting in some foodstuffs, that that is right. I really don't. I think that more owners should be taken by the manufacturers. Added sugar in processed food means the best way ready meal aficionado or jury can get her sugar intake down to just six teaspoons a day is to cook everything from scratch.

But after a day on the road is said daunting prospect. The terms about half of six and I've just got in from work. And I've now got to think about what I'm gonna have for tea. So I'm feeling a bit so frustrated that I can't just come in and cook something easy. And I've got to prepare and think about it and have plenty of ingredients in the house when, really, all I want to do is come in have my tea and sit and chill.

But is there a way for Audrey to have the taste advantages of sugar and savory foods in a healthier way, and without too much hard work? I've set nutritionists Christine Bailey this challenge?

Audrey, you're partial to the ready meals, aren't you? So what tips have you got first of all about ready meals, supermarket ready meals? What to avoid? As well as, you know, a lot of them contain sugar. But particularly, I would say the shop-bought sauces. Things like, you know, the tomato ketchup, the sweet chili sauce, baked beans, and sweet and sour sauce?

The answer it seems is fruit. Remember, sugar in fruit doesn't count towards your daily allowance. So we're cooking a sweet and sour sauce using the natural sweetness of chunks of pineapple to replace refined sugar. And to give it more kick without the calories, just add spices.

We're gonna actually add ,I've got here, some chili, some garlic, you're doing the ginger. I'm gonna use some onion as well. And I'm also gonna add just a little bit of Chinese five-spice, which has that lovely sort of oriental flavor to it.

Throw in some onion, pepper, and soy sauce, and we have a low sugar sweet sauce. To which we could later add a bit of chicken, or maybe prawns. Nice, delicious. You could use that as a ketchup alternative. You and your busy life, I mean, this is simple, isn't it? It is. Because I could just have this ready, and then just cook the chicken when I get home. Yes.

Just boil some rice. It'd be really easy. Well you can both cook it couldn't you? And put batches of fries it. Whip it out when you get home.

For Audrey, its problem solved. It's really delicious.

There's another source of sugar, though, that many of us enjoy. It's this fizzy drinks. Is drinking sugar the same as eating it? While according to some scientists, the answer is no.

The Truth About Sugar in Drinks

Drinks can have a shocking amount of sugar in them. And they're one of the quickest and easiest ways to see your sugar consumption soar.

The numbers, you think, are in this bottle of ginger beer into that little bowl. And that's not all. This one and a half liter bottle of strawberry flavored water contains 18 teaspoons of sugar. This 750 milliliter bottle of Elderflower sparkling water, 13 teaspoons. And this half liter bottle of sports drink, 15 teaspoons of sugar.

Most orange juice doesn't have any added sugar, but it still counts towards your daily allowance. When you juice a fruit, you're getting most of this sugar without much of the fiber or bulk. So a glass of juice can be packed with far more sugar than you might think. But how aware are you of this?

I would like you to put the amount of sugar in my little bowl that you think you might be in this drink? I want to say it's healthy because it's juice. But I know that there is sugar in juice. 2 teaspoons of sugar. 8! Unbelievable. Would you pick that up now? Do you think now? No!

But when it comes to sugar, what's the difference between eating oranges and drinking orange juice? Well, it has a lot to do with the amount of sugar you can consume in a very short time.

I'm back to meet Marty to find out more. Maybe in front of you, you have a liter of orange juice which is made from 12 oranges. And in front of you can you cap we have 12 oranges. And what we want you to do is we want you to well eat or drink what you've got in front of you, as much as you can. It's not a race. We just want you to eat or drink until you feel you've had enough. Okay?

So you ready. No way! You go you do like oranges. That's it.

Done. Yeah! Maybe still, go, maybe still going except maybe you've drunk what 3/4 of a liter? Yeah. Juice and, Koneko, you've had one and a half, one and a half oranges. So what does that mean? What does that mean? What do you actually mean? Right. Well maybe you have just drunk approximately 18 teaspoons of sugar. Wow! Okay, okay. Whereas you have had maybe three three and a half, something like that, teaspoons of sugar in that.

And that's the thing. the reason you've managed to eat less is because the orange is full of fiber. As well is chock full of fiber, there's got two things it does. First of all it keeps you satisfied. It fills you up much more than the orange juice does. The thing is, you can't eat as much of oranges as you can orange juice. I mean, you couldn't eat nine oranges just cuz you don't know. And the second thing it does is, it actually makes the sugar that you have eaten release very slowly into your blood.

Okay, so there are benefits. Despite the fact that fruit has got sugar. There are benefits for eating fruit. Definitely.

Fruit is full of fiber, vitamins. It's great for you. Fruit juice on the other hand, you were just, you know, in moderation it's good for you. But just be aware of the sugar that's in it. So without realizing it, not only has Meggie managed to drink five times the sugar that Nica has eaten. It'll get into her bloodstream super fast, causing a sugar rush.

The copper box arena in London's Olympic Park. Two net ball teams are helping us with a fascinating experiment which gets to the very heart of the truth about sugary drinks. Their effect on appetite. Some drinks can have as many calories in them as a meal. But will these liquid sugar calories fill you up like eating food will?

Dr. Jason Gill from the University of Glasgow Medical School

is going to help me find out. So what's the experiment about? The experiment today's all about sugar in drinks. I've got two netball teams here we're gonna give one of them a drink with sugar after the half of the game. And we're gonna give the other group a sugar-free version with the same drink. And then we're gonna give them an all-you-can-eat buffet and see how much food they choose to eat.

About the team that's given the drink with sugar in with therefore it the less food that's that's what you'd think we're gonna see whether that's actually the case. Do they eat fewer calories because they've already consumed some? Kind of reason to drink beforehand. So we've got the red ones for the red team and the blue ones for the blue team. And all I want you to do is take a bottle and drink all of it before you leave the court. If you'd like to help yourself what the red team doesn't know is that their Gosling sugary blackcurrant squash, which is packed full of calories. The blue team equally unknowing are drinking no calories at all.

But will the red team assume you all those extra calories through drink eat less than the team that has had zero? When the girls have had their fill, they're asked to leave the room.

And while they're out we carefully weigh everything left on the table to calculate the amount of calories each team has consumed. They're in for a shock. We gave you these two drinks beforehand but you didn't know that this drink had sugar in it. And that was a sugar-free version of the same drink. And then we had to have this buffet. And we weighed out all the food beforehand. We weighed out what you ate the end. And we calculated how many calories you consumed. And this table consumed a thousand calories in total more than this table. And that's entirely because if they should give content in the drink that's the difference. You have the difference is the sugar in the drink.

It so what happens is when you drink the sugar in the drink you consume the calories very easily. Your body doesn't really sense them very well. So they don't make you feel full. So when you go to eat, you don't eat any less food because the calories don't make you feel full from the drink you have beforehand.

So what does that mean? Well, we know that sugar sweetened drinks are a big determinant of obesity. The fact that you're drinking lots of these drinks is one of the big things that's responsible for the fact that we're all getting fatter, particularly children. People who have lots of sugar in their diets do tend to put on weight. And that's partly because the calories in sugary things, especially sugary drinks, aren't the best for making you feel full. So you're more likely to carry on eating. And therefore take on more calories.

Alternatives to Sugar

Simon used to down up to seven cans of fizzy drink a day. And the calories in them have been a contributing factor to him developing fatty liver disease. He's been trying to go cold turkey and not drink any fizzy pop at all. But he appears to be having withdrawal symptoms. Have been a bit more tired than usual. But, Alex, but that's probably more likely to do with the fact that I'm not wired permanently from sugar which I was clearly. I feel a little bit on edge at the minute, twitchy, sort of. Yeah. My attention span isn't as good.

And Simon isn't alone. With his habit your average Brit gets through 50 litres of sugary drink in a year.

So I'm back at Leatherhead food lab to see what that really means and whether there's an alternative. This is what 50 liters of water looks like. And this is the amount of sugar you have to add to make it as sweet as your average soft drink. Nearly five and a half kilos.

Oh my goodness. All that sugar. Yeah. That's sweet. Feeling it

sticking to my teeth.

We're going to swap that tub of water for another one. Now let's try an experiment, Okay? So we have the same amount of water here. And I'm going to put in 10 grams of this artificial sweetener, sucralose. So I'll chuck it in and see what it tastes like. Mixing up, right.

Alice it's time for us to taste this strange concoction. And, yes, yours that's definitely as sweet as the sugar one. And yet all that sugar that went into the other one five point four kilos and ten grams of your artificial sweetener. Ten grams of the sucralose. That's because it's 500 times sweeter than the sugar that we used. But the only thing that would make alarm bells ring with a lot of people is it is an artificial sweetener. Along with artificial sweetness comes all sorts of stories of it links to our health.

Well it is a sweetener. But all of the sweeteners are rigorously tested and they're very tightly regulated. They are tested and tested and tested. And it takes years to develop a sweetener for using in food. So we have to be very, very sure that they are safe to use in food before we'd be allowed to use them. Artificial sweeteners undergo meticulous testing by scientists. Which is then reviewed by the European Food Safety Authority before they can be used in food and drink. And leading scientific groups like Cancer Research UK say there's strong evidence that they are safe for humans.

Although the debate rages on. The science seems to indicate that the 20,000 calories consumed by the average Brit in a year from sugary drinks are much more likely to cause you health issues than a tiny amount of replacement sweetener.

The Results Are In

Our four volunteers are reaching the end of their low sugar diet. And they're coming up with their own solutions. Former fizzy drink junky Simon has been trying out fruit teas and

flavoring water with large chunks of fruit. Eventually, through trial and error, he's made the breakthrough: lemon mint. It is really really refreshing it tastes like a sensation compared to normal water. Just by cutting out the fizzy drinks Simon has dramatically reduced his sugar intake and he thinks he can feel the benefits already. When your pants are falling down in public that's a good sign.

If they've lost weight, and that has happened. Audrey has become the home-cooking queen, preparing everything she eats from scratch and using the internet to track down more sugar-free fast food like do-it-yourself hummus. Basically, you just open the kind of chickpeas have a few things to it and put it in a blender. Totally homemade hummus. So it's absolutely delicious.

Rick is doing well. He has completely stopped eating sugary treats during the day. But is consoling himself with a bit more nighttime cheer, relaxing down the pub over a couple of pints and hoping he'll still make the grade.

And self-confessed sugar addict, Cara: she's cut out the biscuits, the cake, and sweets through sheer willpower. There is gonna be things that come up like Noah's birthday where I'm gonna have cake and I'm gonna have sweet stuff. But I can deal with those days now. Whereas before so that would have been every day rather than just one day.

After six weeks our low-sugar experiment is over and my volunteers are back at Newcastle University for the same series of tests they had at the start. Rick has gone from eating 29 teaspoons of sugar a day to seven, narrowly missing out on his six a day target. But still well within current guidelines. Kalra, however is down from 28 teaspoons a day to just 3. Audrey, from 23 teaspoons to 1/4 of a teaspoon. And Simon has gone from a massive 39 teaspoons of sugar a day to just a quarter of a teaspoon.

All four were at risk of heart disease and type 2 diabetes. So what is their new low sugar regime doing to their health? Cara and Audrey's results are very similar. The headline of it all is that you've lost just over six kilos in weight, or just over a stone, right. So you've lost about five kilos which is nearly a stone. So well done. The changes that you've made to your diet by reducing sugar have substantially reduced your risks of conditions like heart disease and type 2 diabetes. As well as the wonderful things that it's done for your metabolism. When you first came through we were looking quite a lot at how your body was processing with sugar. And I'm pleased to be able to tell you that from the blood sugar results that we've taken you've improved hugely, which is relieving a lot of the stress on your pancreas. So, Cara and Audrey have dramatically improved their health by cutting back on sugar.

Rick, however, despite not eating any Indian sweet hasn't lost any weight at all. Rick, you have substantially reduced the amount of sugar you take in from 29 spoonfuls down to seven, but at that same time you've increased your alcohol intake. And so any benefits you would have had from reducing your sugar are taken away because you're taking in more alcohol.

The volunteer Mike was most concerned about was Simon. He was showing signs of potentially fatal fatty liver disease. His challenge was the greatest of all. You've managed to lose just over six kilos, which is just over a stone. Well, good. Now I'm pleased to tell you that the markers that we had for fatty liver disease have gone down by 40 to 70 percent. Good. That was the most. That was the most concerning thing, and I couldn't be prouder of him. Well, don't you much it's been a huge challenge. But for all four of our volunteers, it's just the start of a whole new lifestyle.

I'm really proud of myself and I'm definitely gonna continue with it. It's now work risking my health um a bar.

You just got to be a little bit more aware and not given that the peer and social pressures. I know its just something I really need to do. Obviously I have a long way to go, but because the first steps are the most difficult ones, I'm already moving that way. So I'll continue.

If you were to come back and see me in the next time I would be half the man I am now.

I've actually gone down two dress sizes. I don't mind going shopping and buying new clothes. And I absolutely have no problem putting in the charity bag because I'm never gonna wear them again because I'm never going to be like that again.

The truth about sugar is that it can pile on the pounds. Frighteningly quickly. And all that extra weight can lead to a whole host of very serious health problems. It isn't the only culprit. Too much of most foods will make you fat. But I think sugar is the thing many of us tend to binge on. Your body craves it. And it often doesn't fill you up. While most things we know are okay in moderation, with sugar, we really do seem hardwired for excess. So, sorry, but this time you really can't have your cake and eat it.

I am Fat and Need to Lose Weight

I am fat and need to lose weight! The best way to lose weight is to understand the cause of weight gain. It then become easy to lose weight.

There is always a reason for being overweight. And, it almost always has to do with eating the wrong foods. Most people have

followed the advice of the wrong people. Poor nutritional advice comes from the media, doctors, your family, food manufacturers, and even the government.

Fortunately, the scientific evidence has shown how to actually lose weight and keep it off.

For decades we've been told gaining and losing weight is all about the calories. Just one little problem: the research says otherwise.

I am Fat and Need to Lose Weight

Most of us think we only put fat in our fat cells when we eat too much. But as Gary Taubes explains in "Good Calories, Bad Calories," you're fat cells are like rechargeable fuel cells. Every time you eat you store some fat. In between meals, fat comes out of your fat cells to provide the fuel for your muscles and organs.

If you're naturally thin, it's because you have efficient fat cells. Fat goes in quickly and it comes out easily. Your body doesn't need much fat because the little bit of fat you do have is a reliable source of fuel.

We Starve at the Cellular Level

I am fat and need to lose weight! If you're predisposed to be fat, it's because you have greedy fat cells. When you eat, you tend to store calories as fat instead of burning them. And when your other tissues need those calories, the fat comes out slowly, if it comes out at all.

The end user of food that we eat is our individual cells. It doesn't matter if it goes in our mouth if it doesn't get to those cells, we starve. We starve at the cellular level.

And so, you do exactly what your body is telling you to do. You eat more.

You Eat Because You're Fat

In other words, you're not getting fat because you're eating more. You're eating more because you're getting fat.

High Blood Sugar is Toxic

Most of us weren't born with greedy fat cells. But we can certainly make them that way. When you eat too many carbohydrates, you raise your blood sugar. Since **high blood sugar is toxic**, your body releases insulin to bring it down. But, your body can only burn a little bit of sugar at a time. So what happens to the rest of it?

Your storage sites for carbohydrates are limited. And we've got unlimited storage places for fat, so the body ends up just converting the carbohydrate to fat.

Your Body Suppresses Blood Sugar First of All

And after bringing down your blood sugar, [insulin](#) does its other jobs. It tells your body to store fat. When you have a healthy metabolism, it only takes a little bit of insulin to bring your blood sugar down. And then everything goes back to normal.

But, over time, well, that can change. The cells can become resistant to the effects of insulin. In essence, when that happens the insulin is talking but the cells should start listening. And so they don't get the message from insulin. So they don't do what they're supposed to do.

And so your body does what it has to do. It starts producing more insulin.

You finally reach the point where your insulin is high just to keep your sugar normal, even if you're not eating any sugar.

And then when that happens, then it's starting to drive stuff into the fat cells and then you've reached this point where all of a sudden BAM! [You get fat](#).

I am fat and need to lose weight! The solution is to stop consuming foods that cause blood sugar to rise. Stop eating carbohydrates, especially high glycemic carbohydrates.

From the documentary "Fat Head."

Body Fat Percentage Pictures – 10% Body Fat Pictures

Body fat percentage pictures help motivate you to reach your goal. See what 10% body fat really looks like.

Today we're going to be discussing [body fat percentages](#) pictures and look at realistic examples with different people including Conor McGregor, Steve Cook, Jeff Nippard, and many more, including, of course, yours truly. To make this as realistic as possible, I've only chosen people who have documented that body class percentages using its DEXA Scan which is supposed to be the most accurate method out there.

So what [DEXA scan](#) does it uses x-ray consisting of two different beams where as a higher energy which gets absorbed by bones and soft tissue and the lower intensity one gets only absorbed by soft tissue, which means muscle and fat.

So before we start, again don't forget to click the notification bell next to the subscribe button, and also put the subscribe button to keep up with all of my videos that are coming. Still do that you will not regret it.

Body Fat Percentage Pictures 7% Body Fat

So, the first on the list is going to be Conor McGregor. Love this guy. He's an Irish MMA fighter and he looked like this at the time of the DEXA scan. And as you can see, he doesn't look lean. He does look very very athletic. So Conor actually came to 7% body fat, which is extremely lean. And I would have guessed, like 10 percent by that. But apparently I'm wrong.

Body Fat Percentage Pictures 6.2% Body Fat

Now let's talk about one of the most shredded people that I've ever seen. His name is Alberto Nunez and he took a DEXA Scan recently. This is a closest that you can possibly look to a Dragonball Z character. I threw that in there just to prove that Goku is in fact Mady. So before the DEXA Scan he did a little bit of a posing update to show people how he looks like. And this guy is insane. He looks like a human roadmap. He's got veins absolutely everywhere. Even his ass looks like a washboard. So Conor McGregor with 7% body fat; this guy must be like zero point five percent. Right? Wrong. He actually came to six point two percent body fat.

Apparently he's only got zero point 8 percent less body fat and Conor McGregor which is crazy when you look at the visual comparison. The difference is astonishing. But anyways. let's look at more examples.

Body Fat Percentage Pictures 5.7% Body Fat

Next up is Mischa Janiec, the vegan bodybuilder and considered by many to have one of the best physiques on YouTube. we have the 5.7 huh? Yeah, crazy. He got 5.7 percent body fat. And this footage is shown after the DEXA scan. He is obviously in fantastic shape, very, very lean. But when you compare Mischa

to Alberto you would have guessed that Alberto is actually leaner. And also there are other things that we can't really know, like lighting and pump. So let's just accept these results for now.

Body Fat Percentage Pictures 5.8% Body Fat

So next up is going to be Rob Lipset. fellow Youtuber from Ireland. This guy has a really great physique. So what was his results? "I came in at five point eight percent body fat." I mean Rob has a fantastic physique, but he scored lower than Alberto Nunez and the same as Mischa. And Rob actually said that he thinks that he is actually higher than when he tested which I agree with. "I would give myself personally about 8%."

He took a picture of himself shirtless that day, and posted to Instagram with of course half nighty lighting and probably a little sneaky increase in contrast. Yes, we're all guilty of that. But this is really crazy because DEXA is supposed to be the most accurate, you know, test out there. And compare Rob with Nischa and Alberto. You can clearly see that they are not the same. But a percentage. And since both Robinson and Conor McGregor are from Ireland I'm starting to think that these machines are kind of racist and favor the Irish more than everyone else.

Body Fat Percentage Pictures 11.5% Body Fat

Next up is Steve Cook, professional men's physique competitor. And he got a DEXA can in his offseason. Steve Cook looks extremely shredded most of the time. So I'm surprised he took a DEXA scan when he was in the offseason. And his result came to at 11.5%. And fortunately, like many other physique competitors and bodybuilders, it's very hard to find footage of them shirtless when they're not stage ready.

Come on guys, it's okay. It's fine to show some love-handle action sometimes. Anyways I did my detective work and I managed to find a picture of him, or two pictures actually, from the same week of the DEXA scan. And these two are it. Obviously going to choose the best angles and lighting, but yeah, As you can see at 11.5% body fat heI still maintains visible abs and vascular arms.

Body Fat Percentage Pictures 10.8% Body Fat

Okay guys, get ready. Jaime Alderton is our next case study. He actually did two with DEXA scans. One before in before his contest prep and one right before his contest, I believe. As you can see here on the left, he tested at fifteen percent body fat. Another, right, you can see the end result after all his hard work. He got an astonishing low level of ten point eight percent body fat. So you're telling me that Jamie Alderton is 11 percent body fat. But look at the pictures that he took when he was contest ready. He looks absolutely insane, extremely dry, deep cuts. This does not make any sense.

Body Fat Percentage Pictures 8.2% Body Fat

Another fellow Youtuber his, name is Jeff Nippard. As you can see he has a very full, complete looking physique. And as you can see here in the footage, taken the same day of the test, he is definitely carrying more fat than some of the other examples that I've shown. But nevertheless, he took the test and it came to a 8.4 which is a lot leaner than I expected it to be.. To me 8.2% seems a little bit low for him, especially when you're comparing him to Jaime Alderton.

Body Fat Percentage Pictures 8.1% Body

Fat

Next up Kinobody is another Youtuber that did a DEXA scan recently. And he is in great shape. But as you can see in this footage, I would have guessed him to 12% body fat to be honest. So let's see what I got. "it's an amazing eight point one." "Eight point one percent. Eight point one. WOW! That's great." So this is another example that does not make sense because he is clearly not leaner than Jamie Alderton with a score 3 percent lower.

Body Fat Percentage Pictures 17% Body Fat

So it's now the moment that you've been waiting for. My turn to do the DEXA scan. I've never a DEXA scan before. This is my first time. So as you can see I just did a little physique update right after I did a huge burger challenge. So I was a little bit loaded, but you can see more or less how I'm looking before getting scanned. I would have guessed that I'm about fourteen percent body fat. Okay, you guys. Ready? Drum roll. Total body, seventeen percent. Yeah. Okay. It's not okay. Apparently I'm as bad as this G. So after crying a little bit in the bathroom for a few minutes, I came to the conclusion that my muscles are actually not muscles. They are a cluster of hardened fat that look like muscles, but they're not.

I have a higher body fat percentage than Jamie Alderton before he started his prep. And, also, I am about 10% higher and by effect compared to Kinobody. As you can see right here. I guess I'll be showing my new raw broccoli diet today.

Body Fat Percentage Pictures 3.9% Body Fat

To finish off, we have a very good example. we have Durianrider who is a part-time cyclist. And did a DEXA scan as

well. "A lean 3.9 percent." Okay. What is going on here? This doesn't make any sense at all. If he was actually three point nine percent body fat, he will be on the verge of dying. So even if the DEXA scan is the most accurate way to measure body fat, it obviously has some flaws.

How Accurate Are DEXA Scans?

So I was doing some research. I found out that there are three main manufacturers for the DEXA equipment. Depending on where the machine comes from, it may give use different results. And even the same machine that you use may give different results depending on a lot of different factors. A study, for example, shows that one of the most common reasons for the DEXA scan errors is the fat free mass hydration levels. It shows that even a 5% variation in fat free mass hydration can cause a difference of the 3% in body fat results.

So apparently, these DEXA scan machines assume that the non bone and non fat lean tissue mass has a constant hydration level. So instead, I found that a group of people who dehydrated themselves got different levels from the day after when they were completely hydrated. A study done in the University of Hospital in Italy actually found that 90 percent of all the scans had at least one error. But what they do show is that a DEXA scan is actually very, very accurate. But maybe not as accurate as people think. They are to me personally, these numbers do not matter too much. What I feel works best for me is just working out hard, eating a clean diet. And just look at the results in the mirror. So if somebody you know thinks they know everything about body fat percentages, send them this video.

Thank you so much for watching these Body Fat Percentage Pictures. Don't forget to tell you the notification belt and the subscribe button right next to it because there will be a lot more awesome content coming your way very, very soon. Anyways, don't forget to leave a comment and let me know what

you think your body fat percentage is. anyways I'll see you very soon. Peace out.

Thanks to Vitruvian Physique for the inspiration,
Link: https://www.youtube.com/watch?v=mrllUxAr1_g&t=586s

– Jon Venus

The Quest For Fitness

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How to Lose Belly Fat Naturally Starting Today

How to lose belly fat naturally is an important topic for those who do not want to use pharmaceutical drugs. Here are six tips you can use today.

The average person stores too much fat in their belly. And losing belly fat can be difficult. Unfortunately, there's no magic formula to shed excess belly fat. You simply have to follow some time tested guidelines. Here are six tips to help you finally lose that unhealthy belly fat.

Here are six effective tips about how to lose [belly fat](#) naturally that will surprise you. Lose belly fat in seven days.

In this video we will discuss belly fat: what causes people to have stubborn belly fat that they can't seem to get rid of completely. We will share with you the foods that you should

avoid, what type of food to eat more of, but more importantly, we will take you step-by-step through six different things you should do to rid yourself of that stubborn belly fat.

We also have for you a bonus of proven recipes for burning belly fat towards the end of this video. Before we get started we urge you to leave a comment at the end of the video. Tell us what you think, good or bad. We also encourage you to like and share the video if you enjoyed it.

What is Belly Fat

What is belly fat? [Belly fat](#), or as it is known in medical terms, visceral fat, is the unhealthy and often stubborn fats that surround the liver and other organs in the body near the abdominal cavity. Belly fat is the most stubborn stored fat in the body to get rid of easily.

To get rid of belly fat you must understand what causes you to gain belly fat. Otherwise you will not be able to lose belly fat.

What causes belly fat? The short answer to what causes belly fat can be answered in a short three words: sugar, sugar, sugar. Eating foods that contain lots of sugar is the number one contributor to belly fat. High sugary foods such as candies, sodas, cake, donuts, and other sugar laden foods and drinks are to be blamed for belly fat.

If you eat these foods often, you will gain belly fat whether you exercise or not. Hormonal changes and genetics are other factors that contribute to belly fat. But, sugar is your number one enemy.

There are other types of sugar that many people are not aware of and that are equally dangerous such as sucrose or regular table sugar, fructose or fruit sugar are also dangerous too if consumed in large quantities.

Here are foods that contain a high amount of fructose which can be bad for you when eating in large quantities. Watch out for bananas, cherries, mangoes, and eat those in moderation.

Next let's lose those suckers known as belly fat starting with our tip number 6.

How to Lose Belly Fat Naturally Tip #6

Start your belly fat burning journey on the right food. Eat right and stay eating the right type of foods that will help you burn belly fat. Low carbohydrate foods with low sugar content are what you need to eat daily. Look for foods that are rich in vitamins and minerals and low in fat and calories. Simply put, you need foods that do not raise up your insulin level.

Make some of these foods part of your daily diet: Kiwi, watermelon, tangerine, orange, beans, strawberries, limes, tomatoes, peas, grape fruit, and leafy vegetables like spinach, kale, cabbage, plus broccoli.

How to Lose Belly Fat Naturally Tip #5

Sleep well and avoid stress. Getting enough sleep, at least 7 hours of sleep each night, is very good for your health. But you will be surprised as to how it helps with losing belly fat. When you lack sleep, you often tend to get irritated. And when you're often irritated, you will be stressed. So, when you are stressed, your body craves for sugary food. And sugar Laden foods will make you gain belly fat. A good night's sleep and less stress in your life will help you burn belly fat.

How to Lose Belly Fat Naturally Tip #4

Taking a long daily walk, walking, is a part of losing weight. Walking is often underrated, but you will be surprised how much fat you can burn by walking 30 minutes every day, 30

minutes of daily long walk is better than walking one hour three times a week. Walk every day if you can. It is more effective.

A long walk is not a targeted belly fat routine, but don't forget that when you start losing weight it will start coming off everywhere. When you walk you build lean muscle mass, and lean muscle helps you burn fat.

How to Lose Belly Fat Naturally Tip #3

Stay hydrated. Drink seven to eight glasses of water throughout the day to help your body burn fat efficiently. If you want to increase your appetite for water, try flavored water infused with lemon, cucumber, and mint. Water has no calories and it will keep you full. When you feel full you're less likely to look for snacks or something to quench your hunger. Drinking a lot of water is one of the things you should do daily to lose belly fat.

2

How to Lose Belly Fat Naturally Tip #2

High-intensity interval training, HIIT. HIIT is one of the most effective workouts to burn fat faster. You only need to workout for 30 to 60 minutes a day, and as short as 15 minutes can do. For instance, start jogging as fast as you can on the treadmill for 10 seconds, followed by 12 seconds of slower jogging. Do as many repetitions as you can for one to three minutes. After that you can do a belly fat burning HIIT workout such as planking and crunches,

How to Lose Belly Fat Naturally Tip #1

Highly targeted belly fat burning exercises. Belly burning exercises are the most effective ways to lose stubborn belly fat. Exercises like crunches, planks, swimming, lunges, and

riding exercise bikes are on the top of the list.

However, the most effective and more targeted belly fat exercises are crunches, and planks. There is a debate about which of the two is more effective. Some say that combining different types of crunches are the most effective.

Regular crunches are where you lay flat on your back on the mat with your hands placed behind your head, with your legs off the ground at a 90 degree angle. Lifting your upper torso off the floor, and repeated motions.

Plank is a core exercise that not only helps you burn belly fat faster, but it can help train your muscle to stabilize the spine and pelvis to prevent back injuries. Many believe the side crunch is the most effective belly fat burning exercise, bar none. To do side planks rest on your forearms starting on one side of your body. Keep your leg straight and raise your hips to help your body aligned straight from head to your feet. Hold this position and don't let your hips drop or move. Hold firm for a certain number of seconds then rotate and repeat on the other side.

Natural Belly Fat burning Recipe

Now, here are our bonus belly fat burning recipes.

Make yourself belly fat burning detox water. Start with a clean container like a bottle jar with a lid that will allow you to add other ingredients to the container easily. Here are the recipes for a four day drink: 1/4 gallon of purified water. Add 4 bags of green tea to the water in the jar. Add 1 lemon, slice, and add to that water jar. 1 cucumber, slice, and add to the water jar. 1/2 grapefruit, slice, and add to the water jar. 1 lime, slice, and add to the water jar.

Let this fat-burning detox water stay refrigerated for about 30 minutes before your first drink or your first glass. And drink. Repeat every day. Make another batch when your batch is

gone.

Thanks for watching. I hope we have given you some valuable tips about how to lose belly fat and recipes to help you lose that stubborn belly fat. Stay healthy and good luck.

Amazing! You must see this awesome animated story of unforgettable friendship and love for animals. Click here to watch!

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Sugar Hides Your Abs With Fat

Sugar hides your abs with fat. Sugar and high glycemic index foods are largely responsible for excess fat, especially belly fat that hides your abs. But, sugar also has many other negative effects on the body. Knowing these negative effects of sugar will help motivate you to cut back, lose body fat, and let your six pack abs pop out.

Today we're going to be answering the question of "What does sugar do to your body?" and the 10 negative effects of sugar. We will also answer the question, "Is fruit is good or bad for you?" at the end so don't miss it.

Sugar Gives Your Wrinkles

Number one. Sugar can give you wrinkles and adds age to your face. Scientists from Leiden University Medical Center in the

Netherlands measured the blood sugar levels of 600 men and women aged between 50 and 70. They then showed the photographs of these people to 60 separate participants and found that those with higher blood sugar looked older than those with lower blood sugar levels. In fact, for every one millimetre per litre increase in blood sugar, the perceived age of that person rose by five months.

Sugar Aggravates Acne

Number two. Sugar is associated with acne. Foods ranked high on the glycemic index such as sugar and refined carbs have been associated with greater amounts of acne on the face and body. According to the latest research a study of Australian men showed that those who ate a diet with a low glycemic load saw a great reduction in overall acne. It was a small study with only 23 men but is still food for thought.

Sugar Increases Risk of Type II Diabetes

Number three. Sugary drinks causing 83 percent increased risk in developing type 2 diabetes. One study of 90 1249 women showed that those who consumed one sugar sweetened beverage today had an 83 percent increased risk of developing type 2 diabetes compared to those that only had one a month.

Sugar Increases Risks for Cancer

Number four. Sugar intake increases the risk of developing certain types of cancers. There has been a direct link seen between breast and colon cancer with sugar consumption. This is likely due to the fact that insulin is one of the key factors behind the growth and multiplication of cells. And sugar spikes insulin to abnormally high levels.

Sugar Ruins Your Teeth

Number 5. Sugar can ruin your teeth. A study done by the

American Journal of Clinical Nutrition showed that sugar destroys the healthy bacteria in the mouth. This can cause tooth erosions and may dim that bright smile. What about sugar and weight gain? There are five reasons why sugar can cause us to gain weight.

Sugar Has No Nutritive Value

Number 6. Sugar is the premier definition of empty calories. It has no real nutritional value.

For example, sugar supplies absolutely none of these essential components of health:

- Nutrients
- Minerals
- Proteins and
- Fiber

Because of this lack of nutrients.

Sugar Increases Hunger

Number seven. Sugar makes you feel hungry. In a study done by Yale University, those that consume sugar had an increased appetite and desire for more. So not only does sugar fill you up with empty calories, it makes you want more of those calories. Sugar hides your abs with fat. This process happens when sugar screws up the hormonal levels in the body which leads to...

Sugar Blocks Leptin

Number eight. Sugar blocks leptin and raises insulin to supernatural levels. Leptin is a hormone in charge of telling us that we're full and need to stop eating. Leptin also tells us that we have energy and should go out and use that energy. Sugar consumption raises insulin levels which block leptin from doing its job and from reaching the brain. High insulin

levels make it very hard for the body to access and burn the stored fat on our bodies.

Sugar Hides Your Abs With Fat and Causes Belly Fat

Number nine. Sugar hides your abs with fat. Sugar causes [belly fat](#). Numerous studies have shown direct links from sugar to the increased accumulation of belly fat. This is the worst kind of fat because it is the one associated with all sorts of diseases including the world's number one killer, [heart disease](#). Despite knowing all of this, it's hard to stop eating sugar because...

Sugar is Addictive

Number 10. Sugar is addictive. Similar to drugs like cocaine scientists have shown that sugar causes a very similar dopamine release in the brain. Studies on neuroplasticity have also shown that drug users have very similar behavioral addictions to those addicted to sugar. Point being, sugar is addicting. And it comes without the immediate social repercussions of frequent drug use. That's why it's so hard to stop eating it.

How much should you eat per day? None! There is not a real reason to be eating this food in your diet. But only on the rare occasion as a treat.

What About Fruit?

What about fruit? Fruit has fiber, vitamins, minerals, water and tons of nutrients that refined sugar does not have. This is why, when studies compare diets with refined sugar to fruit sugar, the negative effects are not the same.

That being said, you will want to pay attention to fruit sugar if your goal is weight loss. Things like fruit smoothies are

not good for weight loss goals as they do still have sugars even though those sugars are natural. Sticking to whole sources like apples, oranges, and berries are a much better idea.

Can't Stop Consuming Sugar?

What should you do if you can't stop eating sugar? I think the subject needs to be covered in greater detail. So either next week or sometime we'll be making a video about breaking sugar addiction if that's something you guys want. Just remember that sugar hides your abs with fat! Breaking a sugar addiction is a great way to help the body lose weight. But of course, cutting out sugar isn't the only piece you need for fast and effective weight loss.

There are ten important scientific steps that you must understand to get fast and consistent weight loss results. These basic steps are the sometimes surprising reasons why people struggle so hard to lose weight. If you're curious about those ten steps, go ahead now and click [the screen](#). It's going to take you to another page where you can drop your email, and in return get access to the video of the ten steps for fast weight loss success backed by science.

Remember: Sugar Hides Your Abs With Fat

Got a question our topic for the health nerd? Just put in the comments section below. And rumor has it for every new subscriber I get a new Emperor tamarin monkey is born. So please subscribe to the health nerd for healthy tips and tricks backed by science. Cheers.

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Burn Fat Fast To Lose Weight by Controlling Insulin

Burn fat fast by controlling insulin. Dr. Jason Fung explains why calories in vs. calories out isn't nearly as important as controlling insulin when it comes to burning fat.

Insulin spikes turn off fat burning. And insulin spikes cause leptin resistance so the "I'm full" signals don't easily reach your brain.

The simple solution to get your body to burn fat fast is to reduce your intake of refined carbohydrates. During the refining process fiber and nutrients are removed. This allows for rapid digestion and assimilation of sugars into the blood stream. High levels of blood sugar mean insulin levels spike upward to try to control blood sugar.

Numerous studies have shown that diets high in refined carbs may be associated with excess belly fat.

You need to greatly reduce your intake of refined carbohydrates if you to to burn fat fast to see your abs.

Most people want to burn fat fast. But, what happens when you eat is that insulin goes up. And insulin basically is the hormone that tells your body to **store** fat, not burn fat fast.

Insulin stops your body from burning fat. When you eat, you start to store some of the sugar and store some of the fat. Carbohydrates get turned into glycogen in the liver.

Basically, glycogen is a chain of glucose molecules used for storage. And when you have too much glycogen, then your liver produces lipids [fats] and your body stores fat.

How to Burn Fat Fast

So when you don't eat, your insulin levels fall. And that's a signal to start pulling some of that stored energy out. So you're gonna start by pulling some of the stored glycogen energy out from the cells and liver. And then you're gonna access some energy from the stored fat. This is the best way to burn fat fast.

Refrigerator and Freezer for Energy Storage

So you can think of the glycogen like a refrigerator. You can put food energy in easily and you can take food energy out easily. Right. It's just food energy.

And the [stored] fat is more like your freezer. You can store more of it, but it's in your basement. It's hard to get to. It's the same idea.

You have two storage forms of energy. The refrigerator, though, has a limited capacity. So, if you consume too much food you have no choice but to put it [as fat] in your freezer.

The body doesn't have some giant vat of calories, right. You can store sugar; you can store fat. There are two places in the body where you can store food. Your calories go into your fridge and calories go out from the fridge.

Insulin Does Not Allow You to Burn Fat Fast

But there's a third thing that you have to consider. And that is how much food goes back and forth between the freezer and the fridge. And the question is, "What's controlling this?" And it

turns out that the main player is insulin.

Insulin inhibits lipolysis [the breakdown of fats]. What that means is it stops you from getting the fat out. So if you have a lot of insulin, then you can't get the food [fat] back out this way. So, normally, if you eat a huge meal your insulin is high. It's going to tell the body to move all the storage in this way [into the freezer]. and that's the problem.

Insulin Resistance Keeps Insulin Levels High

So, if you have a lot of insulin resistance, which keeps your insulin levels very high, it's like that freezer is kind of locked away in the basement behind the locked steel bar. You can't get at it.

Lets Try a Diet to Lose Weight

So what happens now when you start reducing your calories? If you start reducing your calories in, what your body is simply going to do is reduce the calories out [by reducing your metabolism]. That's what it does because it's not gonna keep losing weight until you die. That's just ridiculous.

If you're not affecting the insulin, you can't get at that fat to burn fat fast. You're just gonna

reduce your calories out.

Check out the full 36 minute talk here:
<https://www.youtube.com/watch?v=tIuj-oMN-Fk>

Get Ripped Diet Hack To Get Your ABS To Show FAST

Get ripped diet hack to get your body in shape so your abs pop out. These hacks will help you see your well developed abs and look amazing.

Get Ripped Diet Hack

Gentlemen, congratulations because this is the year that you are gonna take your physique to the next level. Time is of the essence because summer's gonna be here before we know it, resulting in beach frolicking, pool parties, and mowing your grass shirtless to give all the thirsty Cougars of the neighborhood a treat.

This is the summer that you are gonna have abs, or at least not be embarrassed to take your shirt off in public. Right now I assume that you're lifting weights, right job, doing cardio, nice work. Give yourself a round of applause.

All right, that's enough because the reality is that what your body looks like is actually 80 percent due to what goes in your mouth. And you're dying. So today I'm going over my top five food hacks to get your abs to show.

Get Ripped Diet Hack 1

Get Ripped Diet Hack number one. Don't do it: diets. Just stop. Like, like, if you're doing a diet, you got to stop because diets are temporary. The results that you get from dieting temporary as well. It's about adjusting your lifestyle, developing an eating plan that you can handle, that you can do now, and a week from now, a year from now.

When I hear diet, I think restriction. Meaning, like, I can't have x, y and z. And I really may want X, Y, Z. Or even if I don't want it, if you tell me I can't have it, I want it even more. It's not a diet, it's a way of life. It's a way of eating that works for you.

Get Ripped Diet Hack 2

Food hack at number two: Pick one day during the week and prepare all of your food for the entire week. For me it's Sunday. On Sunday I make a ton of food. I make my salmon, my chicken and I grill a bunch of meat. And then I also make my grains. For me it's either quinoa, wheat berries, farro. And I will make a big batch of both.

Do all of your meal planning, shopping and cooking on one day. That way it's taken care of. If I've got to wing it, if I've got to be like, mmm, it's Thursday, I'm hungry. Right, like I will never go and cook myself something healthy. I always grab something crappy because it's easier. And when I'm hungry, all willpower goes out the window too.

Get Ripped Diet Hack 3

Get Ripped Diet Hack number three: Prepackage and portion all of your meals. This is my lunch for five days: Monday, Tuesday, Wednesday, Thursday. And in each container this week I'm doing broccoli, quinoa, half a sweet potato, and a chicken breast. And I package it up and so every day when lunchtime comes.

Get Ripped Diet Hack 4

Hack tip number four: find healthy delicious snacks. The reason why I have been successful at maintaining a lean, a sexy physique, at the age of 41 is because I know how to snack. I know what to look for when I'm looking at a label.

If you are somebody who is looking for a super healthy and delicious snack, you gotta check out today's video sponsor: Daily Harvest. So I am obsessed with Daily Harvest. Like it is ridiculously delicious. The way that it works, they send you directly tiered or superfood eats. They've got smoothies, they've got activated breakfast bowls, and they've got something called nice cream, which is like vegan ice cream sundaes. Even got soups. All the Daily Harvest ingredients are organic. They're unrefined and they're picked at the peak of ripeness. And then put in the cup and then frozen.

Instead of telling you about them, I think it's going to be easier if I show you. Your Daily Harvest box arrives. It's on dry ice so all the ingredients in each cup remains frozen. You unbox it and then you stick it directly into your freezer. Then when you're ready, go to your freezer. I'm feeling like a mint cacao smoothie, so I grab it. I unwrap it. Then I'm going to pour

almond milk. You could also use water, you could use dairy, and you're gonna put it into a blender. You're gonna blend that bad boy, pour it back into the cup, grab a straw, stick it in and enjoy. Mmm, oh my god, it tastes like mint chocolate chip ice cream.

Great Selection

Guys, they've got such an insane selection, it's ridiculous. I highly recommend going and checking them out. Not only are they delicious, they're healthy. And they're quick. They're convenient. So that you don't have to like be, like, oh I'm hungry, and you go grab a Snickers. I've been like totally blown away by Daily Harvest, guys, and I think you will as well. There's a special link down below – Daily – Harvest DOT com, slash alpha M.

Hit that link, and then enter the discount code alpha M. They're gonna give you three free items when you sign up and give them a try. They've got different plans. You pick and you choose, like if you're only into the ice cream or the nice cream, as they call it, you can just pick that. Or, if you're into the smoothies, or the overnight oats, like, they've got incredible products, guys. Link below. Duper affordable. Super delicious. Easy, and definitely a food hack that you should check

out.

Get Ripped Diet Hack 5

Tip number five: Once or twice a week I will have a cheat meal. Not a cheat day, or hey, a lot of people do like the whole lie. I mean whatever. For breakfast, lunch, snack, dinner, midnight snack, it's 24 hours I can eat whatever want. Just hear me out. Personally, I feel like this is the absolute wrong message, that one day you're so gluttonous and you're just going, like, nuts. Instead, to maintain sanity, what I do is once a week, twice a week max, not consecutive meals, not consecutive days, I will have a cheat meal.

If I want pizza and beer, I go out for pizza and beer. If I want ice cream, I'll go of ice cream.

Before I go I'd also like to leave you with a bonus.

Get Ripped Diet Hack 6

Food hack tip number six is slow down. Eat slow. 20 minutes is how long it takes for your brain and your stomach to kind of talk to each other. And be like, "Yo, I'm cool. Because what happens, right, you know how this works, if you just like stuff your face really fast, right after about like 20 minutes you like oh my god I feel like I'm gonna

die, because you feel so disgusting.

But if you slow down, you eat at a normal pace. After about 20 minutes your body's like. "Hey, I'm not hungry anymore", and it's a lot easier to not overeat when you slow down.

Look Amazing

I promise you something, if you implement these five plus the bonus number six, slowdown get ripped diet hack into your life, into your eating plan, you're going to be amazed at how your body changes. You're going to be amazed at how incredible you feel, how amazing you look. It's ridiculous, guys. You're gonna not only be looking amazing this summer, you're going to be looking great forever because these five things are something that if you do consistently, it's gonna change. It's gonna change everything, guys. You're incredible. You're beautiful. But now, hopefully, you'll be just a little more shredded this summer.

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Burn Stubborn Belly Fat Faster with These 3 Secrets

Burn Stubborn Belly Fat Faster with these simple secrets to fat loss. This system works to burn stubborn fat everywhere on your body.

What's up guys? In today's video we're going to be going over three secrets to burn stubborn fat

faster. People have stubborn fat in all kinds of places. But the most common spots are the belly, the thighs, the batwings, and the love handles.

Even though stubborn fat is a little harder to get rid of, you're going to be more than prepared to deal with all your stubborn fat after watching this video.

First, let me just clarify that we can't target fat burn. And no, this is not one of the secrets because most people already know this. You can't choose a particular section or area of your body that you want to burn fat from. And you can't target your belly so you can burn stubborn belly fat faster than other fat sores. So even though you might have stubborn belly fat, there's no way to do certain exercises that will decrease just your belly fat.

Fat loss happens across our whole body. So while you're burning fat from your belly, you're also going to be burning fat from your toes, your hands, your face, your whole body. So when we're looking for a way to burn fat faster from a particular area of the body, we're really looking for a way to burn fat faster across the whole body in general.

Deplete Your Glycogen Gas Tank

The first way that we're going to be able to do this is by depleting our gas tank and keeping that gas tank really low. So your body has a gas tank. And instead of running off of gas, it runs off of mostly glycogen. Most people think that glycogen only comes from carbs, but the truth is that protein can also very easily be converted to glucose and stored away for later use.

When your gas tank is full of glycogen, your body will use the glycogen and spare your fat cells whenever it needs energy, whether that be energy for going about your regular day, or energy for completing your workout. Either way your body is going to prefer to use glucose. The only way that we're going to get access to the fat cells is after the glycogen stores have already been depleted.

So if we can deplete the glycogen stores and keep them depleted, we can speed up the fat loss process. How do we deplete glycogen? Well, one very simple way is by not consuming too much glycogen to begin with. And again, protein, don't forget can be converted into glycogen.

So I'm not necessarily advocating a low-carb diet here because low-carb diets are not the only way

to burn through your glycogen stores and start burning fat. Low carb diets are, however, the fastest way to deplete that gas tank. Because during low carb diet, protein and amino acids won't give you enough glucose to refill that tank. Once again though, keeping carbs low is not the only way to do this. You can burn fat a number of different ways, but the key is to maintain a negative calorie balance in order to use all the stored glucose and switch over to burning that stubborn fat.

Believe it or not, you can even do a pure carb diet where you have only carbohydrates and still burn through all the glycogen just by maintaining a large enough calorie deficit. I know this because I've done it on myself before. And I have a whole video about it.

So first of all you have to maintain a calorie deficit.

Anerobic Weight Training Helps Burn Stubborn Belly Fat Faster

Second of all you should incorporate some heavy weight training into your program. There is no better way to burn glucose than through anaerobic training. Anaerobic training involves exercises that require you to use primarily glycogen rather

than oxygen for energy. Almost all weight training, as long as the weight is heavy enough, will be considered anaerobic in nature and will help you deplete your glycogen stores faster.

I recommend a bare minimum of 3 days a week of weight training. But with five days a week of weight training you're obviously going to burn through a lot more of that glucose faster. So if your schedule allows you, try to do weight training more frequently. Remember, once that glucose is out of the way, that's when you have direct access to your fat stores. That's actually why ketogenic diets works so well for fat loss. They actually switch your body's main source of fuel from glycogen over to ketones that come from fat.

Fasting

The second thing that you want to do is fast. This is another excellent way to decrease glucose in your body and empty out the gas tank. But that's not the only reason why fasting is so good for fat loss. Insulin is your fat storage hormone. To make it really simple, when your insulin levels are high it's virtually impossible to burn stubborn belly fat faster. When insulin and blood sugar levels are low, glucagon is released to draw energy from your cells. So now, instead of

shuttling glucose into your cells with insulin, glucagon will pull it from your cells. Glucagon and insulin are opposites. And you're really only going to get one or the other. If insulin is high, glucagon is naturally low. And if glucagon is high, insulin is naturally low.

Again, to burn stubborn belly fat faster we want to try to keep our insulin levels low. And insulin levels don't get much lower than when we're gonna be fasting. The point is that fasting is one of the fastest and the best ways to keep your insulin levels really low. Also, when you fast, usually it's a lot easier to maintain a calorie deficit throughout the day because you're not eating calories for a whole portion of the day, unless you're the type of person that overeats big-time. When you're hungry, then that could be a problem.

Fasting should help you maintain a calorie deficit, ultimately helping you empty that gas tank faster.

Increase Muscle Mass

The last thing you can do to burn stubborn belly fat faster is increased muscle mass. You might be thinking, how's muscle mass gonna help me burn more stubborn fat? Well, in humans, glycogen is made and stored mostly in the cells of your liver

and your body's muscle tissue. Even though you can't really change the amount of glycogen that you're gonna be storing in your liver, you can increase the amount that you store in your muscles by building more muscle.

There's something that you might have heard of known as spillover. It's when you overfill your gas tank with too much glucose and there's no more room to store the glucose in your liver or your skeletal muscle tissue. The result is spillover. In this process, insulin is used to store the extra glucose into your fat cells. By having more muscle mass, your body will be able to use more glucose. That goes without mentioning the fact that you're going to be emptying and refilling that glucose all the time by working out and then eating. People that don't do weight training, or even worse, people that don't work out at all, they're never emptying out that gas tank. They just keep filling it up.

What happens when you keep filling an already full gas tank? Spillover. That spillover will just lead to a vicious cycle of regaining that stubborn fat.

So, building more muscle mass will increase the amount of glucose that your muscles can use. And the weight training that you're going to be doing to build up that muscle mass will constantly be

depleting that gas tank, allowing you to burn stubborn fat as long as your diet isn't high in glucose that you're using to refill that tank.

Review

So again, just to recap, number one you want to empty out your gas tank by maintaining a calorie deficit and by doing a weight training program consistently. Number two, you want to fast in order to drop insulin levels to their lowest point to allow your body to draw energy from fat stores using glucagon. And the third tip is to increase muscle mass throughout your body so you can avoid spillover.

That's it guys. I really hope this video has helped you burn stubborn belly fat faster. If you enjoyed it make sure you subscribe to this channel and visit my website, gravity transformation com where you get much more than just another workout and diet plan. Xee you guys soon.

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Cause of Obesity and Treatment of Obesity

What is the cause of obesity?

With 70% of Americans overweight, any treatment of obesity that does not address the cause of obesity will fail. Doctors and pharmaceutical companies are often content to treat symptoms.

Dr. Jason Fung presents six talks that help you understand what science has discovered about the real cause of obesity and the successful treatment of obesity.

Welcome to the lecture. This is called the etiology of obesity and this is the first part of my six-part series looking at, basically, what the cause of obesity is. And and then later on we'll get into what a successfully treatment of obesity looks like.

First Record of the Cause of

Obesity

So let me start with a story. This is William Banting. He was a London Undertaker and he lived in the 1796 to 1878 and basically he had become very obese through the years starting in his mid 30s. He had started to gain a few pounds every year until by age 62, he had weighed about 202 pounds which was really quite obese for that time. And not being too happy with that whole situation, he decided that he would do something about it.

So what he did was he went to see some physicians and they gave him some various advice such as increasing the exercise. So living near the Thames, he actually took up rowing. And he decided that he would row every day. The problem was that he said that he developed a very healthy appetite. But in the end, he wasn't able to lose any weight. So he went to see some other esteemed doctor at the time, and he told him well all you need to do is decrease your caloric intake and you'll automatically lose weight. But what he found was that he was just tired and hungry. And he still wasn't able to lose weight.

The Cause of Obesity Found!

So eventually he came to the attention of a French surgeon who told him about a specific diet which

involved eating three meals a day of a meat, fish, or game with just very little stale toast or cooked fruit on the side. And what happened was that he avoided very strenuously these fattening carbohydrates which were sugar and starch, the bread, beer, sweet potatoes. And what he found was that he actually was able to lose a significant amount of weight very quickly.

So he published this in a letter called "Letter on Corpulence" published in 1863. And it actually quickly became one of the best-selling diet books of its time. And it's really considered one of the first diets.

This sort of idea about a treatment of obesity actually persisted for quite a few years.

Early Medicine Knew the Treatment of Obesity

So William Osler who is considered the father of modern medicine. He authored the textbook "The Principles and Practice of Medicine" which was very influential. In it he discusses treatment of obesity. And much of his ideas are similar to Banting. They featured lean beef, veal, mutton, and eggs. That was his opinion. He actually had published a monograph himself on obesity and its treatment. His thought was that what needed to be

eaten was fatty foods. Fats are crucial actually, because they increased the satiety and therefore decrease fat accumulation. His idea, of course, was very similar to Banting, that one needed to strenuously avoid the fattening carbohydrate.

Up until the 1950s and 60s, this idea was fairly prevalent. It wasn't really a secret in any way. If you look at standard textbooks, or even for those addressed to the lay public at the time, such as Dr. Spock's "Baby and Child Care", things hadn't progressed much beyond that. What he noted was that rich desserts, the amount of plain starchy foods taken is what determines, in the case of most people, how much weight they gain or lose.

The Cause of Obesity Well Known

In the British Journal of Nutrition in 1963, Dr. Passmore writes "every woman knows that the carbohydrate is fattening." That is, this cause of obesity was fairly common knowledge. That is, if you eat fattening carbohydrate, not all carbohydrates, but the starchy foods, the sugary foods, the sweets, they are going to lead you to obesity. That was pretty well the prevalent thinking at his time.

How We Lost the Cause of Obesity

Things started to change in the 1950s and 1960s with the great so-called epidemic of coronary disease. And what this was, was as we industrialized, what we noted was that there was an increasing incidence of coronary disease. So in the 1950s dietary fat increasingly became vilified for its effect on LDL cholesterol. The so called diet heart hypothesis. And by the 1960s, the American Medical Association was insisting that the so called low carbohydrate diets were fad. Of course, they really were anything but a fad, having been used for close to 200 years.

The vitriol was so extreme that John Mayer, who is a prominent nutritionist of his time, actually said that these carbohydrate restricted diets was the equivalent of mass murder. We're killing people with these, with these reducing diets. The problem was this, of course, that if fat was the problem then you necessarily had to eat a high carbohydrate diet if you're going to eat low fat. Because fat and protein tend to travel together. However, the fattening carbohydrate could not be healthy in that it's low fat and unhealthy at the same time. Because it causes obesity.

Now Fats are the Problem!

So in order to resolve this cognitive dissonance, all of a sudden the fattening carbohydrate suddenly turned into the “healthy whole grain”. The fat with its dense calories was simply assumed to cause obesity even though there was really no proof, anecdotal or otherwise. To sustain that the model that we think about obesity, instead of being the fattening carbohydrate model, all a sudden became this calories in calories out model. And that’s where we were in the 1970s.

There was still a significant amount of debate of course, between the dietary fat proponents and the dietary carbohydrate refined carbohydrate camp. And this was settled not by scientific dispute, but really by dictum by government in 1977.

USDS Supports Agriculture with Dietary Guidelines

The US Department of Agriculture published. for the first time. this Dietary Goals for the United States. This was the first time, really, that any government institution had told Americans that they could really improve their health by eliminating or reducing the fat in their diets. This is a copy of the USDA Dietary Guidelines and what you can see very prominently is that you

should avoid too much fat, saturated fat, and cholesterol. And what you should eat is actually adequate starch. So instead of avoiding the fatty carbohydrates, you should really eat more.

And this dietary fat controversy turned from a scientific controversy into a political one. It came down really on the side of eating more carbohydrates. This explicitly determined goal was to raise the consumption of carbohydrates until they constituted 55 to 60 percent of calories, and to decrease the fat consumption from approximately 40 percent to 30 percent.

This is what gives us the very familiar food pyramid which is meats at the top with poultry, fish, you know, weekly or even monthly. And at the bottom what you should be eating every single day is bread, pasta, rice, and whole grains.

Lack of Exercise as a Cause of Obesity

Physical activity, of course, is very important. It got to the point in 1995 if you were to look at an American Heart Association diet. But this is what they wrote, "To control the amount and kind of fat diet, saturated fatty acids, and dietary cholesterol, you eat snacks from other food groups, such as low-fat cookies, low-fat crackers,

unsalted pretzels, hard candy, gumdrops, sugar, syrup, honey, jam.” In other words, it really didn’t matter how much sugar was in your snack or in your diet. It only mattered how much fat there was.

So things like this, which is candy, is entirely fine to eat as long as you’re cutting the fat. So how did we do? How did we do?

As a nation, well it turns out that we actually did pretty well. If you look at what happened, we made a very conscious effort to eat less fat, less red meat, fewer eggs. If you look at the average fat consumption of Americans, it decreased from about 45% of calories to about 35%. If you look at what else we told them to do, so you know, get your blood pressure checked, get your blood pressure treated, to stop smoking, to treat your cholesterol, we did very well as well. So 40% decline in hypertension, 28 percent decline in hypercholesterolemia. So it turns out we did very well.

Public Followed Government’s Advice

So in fact, you can’t really say that the public wasn’t listening to us. In fact, they were had listened to the advice of the time and tried

really their very best to comply. And they did.

We told them to eat less fat and eat more carbohydrates. And that is what they did. So if you look at the changes in the U.S. food availability, you can see that butter, eggs and animal protein, such as meat, significantly decreased from the 1960s to today. And what we ate instead was what we were told to eat: grains and sugars. If you look at the U.S. sugar consumption through the years you can see through the 1800's there's a steadily rising increase in the amount of sugar per capita that Americans were eating. This really reflects the increased availability of the sugar. As sugar plantations kind of spread throughout the Caribbean and the U.S. south. By the time you hit the 1920s you can see that there really is not that much more that we are going to eat. And we enter a sort of flat period from the 1920s to about 1977.

By the time they tell us that eating sugar is just fine, you can see that there's this secondary spike in the amount of sugar that we eat. If you look at grain which is the, the most important of which is wheat, we you can see that in 1950 the per capita consumption was approximately a hundred twenty-five pounds per year and in the 1960s it decreased slightly. In the 1970s, decreased down to a hundred and thirteen. But by 1980 had gone up

to 122. By 1990 a hundred and forty one. And two thousand, a hundred and forty six total.

Grain products shows a very similar distribution. And what happened you can see that there had been a very slowly increasing incidence of obesity over the previous years. But when you hit here if there's a clear tipping point right here in 1977 when they release the first Dietary Guidelines for Americans. You can see that the curve really changes, That is instead of a slowly rising increase in the prevalence of obesity, it takes a very sudden sharp turn for the worse.

Calories-In Calories-Out Cause of Obesity

So this is the way that we understand obesity now. The reason we don't actually think about what causes obesity is because we actually think that we know what causes it.

And this is what we think: so this is caloric reduction as primary theory that is it's all about the calories. Sometimes called calories-in calories-out. And what causes obesity? Well it's clear that you either eat too much or you exercise too little. and really those are personal choices or behaviors. So that is the way that many of us think about obesity as it currently stands.

Assumptions

And there's a few implicit assumptions in that theory that you may or may not realize. But a calorie, the calorie of sugar, is no different than a calorie of fat. The fat stores are essentially unregulated. That is, it's simply a dump for excess calories. Of if there's the imbalance here, it will be simply simply dumped into the body as as fact the intake and the expenditure of calories are under your conscious control. That is, we make all the decisions on how much we eat, how much we exercise. Which sort of ignores the effect of hunger as well as basal metabolic rate.

Dr. Jason Fung goes on to talk about what science shows to be the result of various studies trying to support the calories-in, calories-out hypothesis as well as the studies showing the real cause of obesity.

This is the first of a six-part series in which Dr. Fung describes how you can actually control your weight, lose excess fat and maintain a healthy weight. Watch all six lectures.

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