

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 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 want 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.

Check out Daily Harvest!
<http://daily-harvest.com/alpham>
use code: ALPHAM

Special alpha m. thank you to Daily Harvest for helping me look good, stay lean and for sponsoring this awesome video!

Use Code: G00DJ0B25 for 25% off your entire
<http://peteandpedro.com> order!

Better hair makes every day a little better!

Use Code: HABIT25 for 25% OFF your 1st Month Of
Tiege: <http://tiege.com/habit25>

All promotion and advertising inquiries:

Terry@MENfluentiaL.com

Check out my NEW website: <http://www.alpham.com>

The BEST Hair Styling Products
<http://www.peteandpedro.com>

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.

FREE 6 Week Challenge:
https://gravitychallenges.com/home65d4f?utm_source=ytube&utm_term=secrets

Fat Loss Calculator: <http://bit.ly/2oSwsan>

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.

For more information see
[Http://intensivedietarymanagement.com](http://intensivedietarymanagement.com)

Ab Exercise To Burn Fat Fast Using Weights

What's the best ab exercise to burn fat fast? These top 3 ab exercises burn fat and build your abs. Exactly what's required to get your well defined abs to show.

What's going on six-pack ABS? Its Thomas de Lauer, your lead nutritionist and lean trainer here. And

today I want to give you some different ways to train your abs with weight.

You see, a lot of times we think that we just have to be doing crunches forever and ever and ever to get our abs to pop through. The reality is, when we're doing that we are seeing the ABS because we're getting some neural activation, and we're seeing the ABS because, quite honestly, if we're to cardio by doing thousands of sit-ups and that cardio is probably burning some fat, So, sure you're gonna see your abs. But you have to treat your abs just like every other muscle.

That doesn't mean that you need to go train them in a four six repetition range and go for this craziness. But, you do need to get them under some load. You do need to get this under some weight so that they can actually have some time under tension. So I want to show you three of my favorite weighted ab exercises. Nothing crazy. Simple things that you can do at home with little 5-10 pound dumbbells. A little bit of weight goes the long way. And you don't want to be loading your spine with a lot of weight anyway.

Modified Cable Crunch Ab Exercise

So let's start with an ab exercise that you probably know of which is gonna be just a regular

old good old-fashioned cable crunch. Okay, this is something that you see the gym, but might not be something you can do at home. But you can modify it. I'll show you how.

Okay, so what I'm gonna do when I do a cable crunch is get myself far enough back so I'm not, I don't want to be crunched in. Because what I don't want to do when I do a cable crunch is be supertight where I have to slide sliding my butt back. I wanna be far enough back. But when I'm at the top of the motion, I'm ducking in and tuck underneath.

I want the motion, but I couldn't down. I want my elbows to come along the plane of the floor. So see how they're like moving like that so that I've come up elbows are traveling along the floor and I'm curling in. Yet not this. If I do this it's really hard on the back. i want to be far enough back so I get that stretch slide the elbows you on the floor. And you want a hinge right at the bottom. Boom. So you get halfway down, hinge halfway down. So that's how you shouldn't doing those when you're in the gym.

Modification

Now the thing is is you could modify this ab exercise. You can do it with any kind of resistance band or anything like that. There's

actually a way that you get a similar motion by doing it with a simple plate. So we're gonna do this this is we're gonna hop on the ground.

One thing that's really important when you do any kind of weighted sit up at all is, you don't want to be having your feet off the ground the whole time. So that's going to end up doing is to make it so that you're really engaging your back way more. And you're tilting yourself back. You're going to have an awkward motion here because you're going to have extra weight out of it. So you want to make sure your feet are planted and you want to hold this place down. It's far back. And you hold the weight back, almost behind your neck, Behind your head if you put up on in your head you're going to do this; that's that's working your neck.

One baby hold it for the back and then fringe up that small little crunch we're hitting the back. The exact same way but you don't want to coming down if you come down all the way again. You're meeting that thoracic region so hold hold this plate along your back. And you have just enough resistance to get what you need it may not look the same as that cable app, but it is okay.

Weighted Side Oblique Crunches Ab Exercise

Now this next ab exercise is a variation of one that I've shown you before. So an ab move that I've shown you before, for the obliques. Here's when you get on your side, and you're hitting your abs like this. Okay. You're basically leaning on your forearm. Oh, we can do the same thing by taking a plate and holding it behind our head like this. Same thing except I'm just looping it through. If you have one that has a loop like this, it makes it really easy.

You can do this with a kettle bell; you can do it with a small dumbbell; anything like that. I'm just gonna hold it through the loop. And I want it right by my ear. Same thing.

I'm on my hip pocket, leaning on this arm, helping myself up a little bit. But I'm focusing on the negative. So what I mean by that, I help myself up in the movement, then I release the pressure off of my arm, here, and I allow the weight to carry me down to the negative fashion. It's like up and down. Up, let the weight carry me down, up, let the weight carry me down, up.

We're basically letting the weight give us a negative distraction on the ABS. Which is a pretty

powerful thing. And something that we obviously want to try getting in as much as we can. Don't need to go super heavy; no need for you to grab a 25 pound plate and try to do that. It's not gonna do you any good.

Windshield Wipers Ab Exercise

Okay now another one that I want to focus on is grabbing, we'll grab this here. Absolutely do it home. You can do this with two dumbbells, or you can do it with a barbell. I'll show you both.

These are called windshield wipers. Technically they are an ab exercise because you are engaging, using the upper body level. In all, we're going to do here is go from side to side. Boom. That's the middle, that's the side, middle, outer side. Another side, middle. Very straightforward move.

Variation

Let me show you the other variation of this ab exercise where we do it with some kettle bells. Might be something that will be easier to do at home because you may not have barbells sitting around. Let's go nice and light; let's go the pink ones and I'll show you a variation that you can do to make it a little more advanced dude. Same thing.

Pretend you're holding a barbell, back but now since you actually have more motion this way you're going to engage the Sartorius in the internal or external obliques. That works same thing okay. But what if I want to make it a little bit more advanced? Well, we do that the down side, side, middle, and crunch a punch. It's a side, slide, middle in touch, side, side, middle.

Watch Your Back

And the reason they don't recommend doing that with our back is because it can get difficult once you get that last little crunch up. And the last thing I want to have happen to you is you get tired you have that barbell come down on your face. At least with kettlebells or dumbbells you're safe. You're gonna fall this way if you do fall. Say a little bit more control.

Here are quick little ways for you to engage the ABS in a different way. Okay if something again when you're activating a little bit more intensity and you're getting a little bit more that sarcoplasmic reticulum, part of the muscle to actually contract at its fullest, you're gonna get more muscle growth. If you get a little bit of muscle growth in the ABS, that's what's going to give you that pop that you want. It gives you that a little bit of the actual definition in your abs.

And of course, I can't say this enough times, if you really want your abs to shine through you have to get leaned.

Intermittent Fasting: The Fastest Way to Get Lean

What's the fastest way of getting lean is intermittent fasting. So if you haven't already make sure, you check out the link down in the description that goes to my intermittent fasting. For science-based expect which is now the world's leading intermittent fasting course, that's the quickest way to get your abs to the diet.

This is gonna be one of the quickest ways to get abs when it comes down to your training. So as always, make sure you're keeping it locked in here on the channel with six-pack ABS calm and I'll see you in the next video.

Achieve The Body You Deserve:
<http://go2.sixpackshortcuts.com/SH3oN>

Belly Fat Loss Halted by Insulin and Insulin Resistance

Want to lose belly fat to see your abs? You must become a fat burner. Insulin is the key to losing fat, especially abdominal fat. Controlling insulin should be your new goal.

In this video we're going to talk about how to burn fat, a very important topic, but a big problem simply because pretty much all the mainstream recommendations for burning fat are completely outdated. In fact, look at the statistics in America: only 2% of the population ever is successful at burning fat, in achieving their weight-loss goals. Belly fat is a "sticky" problem.

An average female spent 17 years dieting. So what does that tell you? They're operating off of incorrect information.

What I'm going to tell you is based on fact, physiology books, how the body works. There Are two main fuel sources in the body. Okay, you have fat and you have stored sugar. There is a third

one called muscle, but I'm not going to get into that because you have to be very very sick for your body to start using muscle protein as a fuel source.

Are You a Fat Burner or a Sugar Burner?

We're going to talk about the two main ones which are fat and sugar. In other words, your body can store sugar (the name of that's called glycogen) in your liver and your muscles. And that can be released in between times where you're not eating. Okay. Or it can go after the fat.

So the way it works, our fat burning hormones based on what you eat and what you do trigger the fat, and then to release certain enzymes to dissolve that fat, called lipase enzymes. These enzymes that break fats down into ketones. Ketones are the byproduct of fat metabolism and your body can run on these very efficiently, way better actually it's a better fuel source, it's a cleaner fuel source. Your body can run on this; even your brain can run on ketones.

Now fat making hormones trigger the storage of sugar and the conversion of the sugar into fat. So that's how that works. The great majority of people are only burning sugar which is glucose.

They're not burning fat. What occurs is they will lose some temporary water weight and they hit a plateau, thinking that's actual fat. But if they never actually burn fat, and I can prove that because I have a machine that measures how much fat someone burns, and you can very easily see they lose water weight, and then they plateau.

So the great majority people burn sugar. They're not actually burning fat. They are not losing belly fat. So in this next section I'm going to tell you about the single control factor that determines whether you're burning fat or whether you're burning sugar.

Insulin is the Key to Fat Burning

So here it is: the number one controller of whether you burn actual fat or whether you're burning sugar is this one hormone called insulin. Insulin, even in small amounts, has the strength, the domination, to prevent you from tapping into your fat reserve. Here's a little graph on how much insulin, or let's just say when I talk about insulin I'm going to talk about sugar, because sugar triggers insulin.

I could easily say the number one control of whether you burn belly fat is sugar, or hidden sugars. But I'm just going to call insulin sugar

right now. So that sugar is high, let's say it's high sugar right here, or high insulin. You're not going to be able to burn fat.

Your body is running on sugar. So let's say you eat moderately. Because someone said everything in moderation, you know it still won't work because insulin has to be zero, or sugar has to be zero, to tap into ketones which are is the byproduct of fat burning, which is ketosis. So in other words, it's not a graph that's a gradual graph. You have to make insulin, or so we say sugar, zero before you can burn fat.

Ketosis Means Belly Fat Burning

So now we're going to talk about this thing called ketosis. Ketosis is what we want to get into. And you may hear some negative things about ketosis because it relates to diabetes. But we're talking about doing ketosis in a very healthy way. Okay, ketosis is the healthiest thing to do for your blood sugars, for your heart, for your brain, and other conditions like polycystic ovarian syndrome. Really, really important because, think about that condition, persons are usually always insulin resistant. And if they go on this diet they see great improvements. Okay, so we want to get the person in ketosis.

To get in ketosis usually does not happen overnight. It's easy to tap into the sugar reserve because all you have to do is eat sugar but to get into ketosis it can sometimes take way more than two days. It could take a week, to two weeks, up to a month, and maybe in some situations five or even six weeks before you're really hardcore into fat burning. Now why is that? Because you've been living on sugar your whole life and your system is so inefficient and so used to burning sugar.

Keto Adaptation

To convert over it's called a keto adaptation. So you're adapting to burning fat just takes a little bit longer. Don't worry about it because you can see ketones in your urine within a few days. But the point is, you want to stick with it a little longer. And I think what discourages a lot of people is they think they're going to burn fat in a day or two. And they get discouraged, and they stop when in fact to adapt your body into a fat-burning it could take up to a month, to possibly six weeks in very extreme cases.

I'm telling you that because it might happen in a week, or maybe a little longer than a week. But just hang in there and stick with it because it will happen. And your body will be burning fat. And a lot of problems will actually go away.

Getting into Ketosis

So now let's talk about what foods that you have to eat to get into ketosis to burn belly fat. OK, so here's here's what you need to eat. Number one you want to keep your carbohydrates within 5 to 10 percent of the entire amount of calories that you eat in a given day. Now the type of carbohydrates we're going to recommend are vegetable in nature. So why vegetable even though they have a small amount of carbohydrate? They have a lot of vitamins and minerals that you're not going to get with protein or fat. So we do want the vegetable carbohydrates here in a good amount. Okay, but the net sugars from that is going to be very, very, very low. If anything, at all.

Okay. 25% of your diet should come in the form of protein. This thing that I'm telling you is not the Atkins diet. Atkins is a lot of protein. Our body is not made out of carbohydrate. Some of her body is protein, but a lot of our body is made out of fat.

Consuming Fat?

And that's the third one right here. 65 to 80 percent of your calories should be in the form of fat. Now before you freak out, realize that I'm actually have been in ketosis for quite a while.

And I have a lot of clients that also have been in ketosis. And it's a very healthy thing to do because you feel so good. But, fat is good. It's going to be in the form of healthy fats. And it's not going to be absolutely deep-fried, you know anything.

So we want the carbohydrates vegetable, we want the protein so that would kind of come out to about, let's say, about four to five maybe, six ounces of protein with each meal. Okay. But see most protein comes with fat. So a lot of your protein source actually comes from fat as well. But you do not want to consume the lean proteins, and that is because you need that fat to get your body into ketosis. Eskimos consume blubber and they actually are in a state of ketosis. And they can actually, a lot of them, actually have zero heart problems at all.

And if you're concerned about increasing your cholesterol, realize this your body makes 2,000 milligrams of cholesterol every single day. Why would your body make that much cholesterol if it didn't need it? So when you consume more cholesterol or fat your body just makes less. That's how it works. You need this cholesterol to build the surrounding around on your cells. You need its raw material to build up your hormones, especially stress hormone. So you need it for the

lens of the eye and even the brain. A lot of cholesterol is in our brain to help the nerve connectivity.

Your Body Adapts

So your body adapts to that. We need a lot of it, I mean like one egg would be 300 milligrams. You have to have like 40 eggs to equal what your body makes every single day. But it adapts, so you eat less your body makes more. You eat more, the body makes less.

So now, 65 to 80 percent of your body should be in the form of fat, so that is the formula To get someone in fat burning. One time in high school I was a wrestler and I tried to gain weight. And so when I did is I decided, well of course, if I wanna gain weight I have to eat fatty foods. I started losing weight the more fat that I ate. And that kind of confused me until later when I got into the physiology of it. I found out that consuming fat is neutral with insulin. Eating fat does not trigger insulin.

Insulin is the key thing that must be zero. Because once you get your body into fat-burning by doing this, all it's going to take is a little bit of sugar to totally throw you out of ketosis. Once your body is adapted to it. But you'll feel much

better with your energy, with your cardiovascular, with your endurance. And if you add exercise on top of this, oh my gosh, it's going to be huge.

A lot of professional athletes are going into this as well because they have a lot better performance. And a lot of credible medical doctors are even recommending this as well. So it's a it's a new thing. And you know it's true because it's the exact opposite of what mainstream is telling you to do. They're saying have 60% of your diet carbohydrates and have only 5 to 10 percent fat and protein the same. So you know it's correct. So if you just did the opposite of what everyone tells you to do you'll come out on top.

If you want to know the specifics of what exact types of fats that you should have and what combinations and some ideas of maybe some snacks click the link below and you can download a page of what to eat and how to do this correctly all right so I hope you enjoy this and I will see you in the next video.

Get Your Copy (Dr. Berg's New Body Type Guide)

Now: <https://shop.drberg.com/drbergs-new-b...> or

Kindle: <http://amzn.to/2fANYvK>

Take Dr. Berg's Advanced Evaluation Quiz:

<http://bit.ly/EvalQuiz>

Facts About Spot Reducing for Targeted Fat Loss

Want to get rid of fat in stubborn areas? Spot reducing for targeted fat loss seems to be the answer. But, what are the facts about targeted fat loss and spot reducing?

Welcome to Rick's corner. I woke up this morning and I looked out the window and I said, here in California, another day in paradise. 73 degrees, sunny. You can't beat it. This type of weather I could have all year long, yeah.

The subject today I want to talk about is spot reducing. I've done abs I don't how many times, but spot reducing we've never really touched on. And I've had people approach me over the years in the gym. especially women and men alone. They said how can I *spot reduce* a part of my body? For example woman want to reduce this piece in their thighs, men have a lower belly fat hanging. Pecs have a little bit of fat on them.

Spot Reducing Does Not Work

And what I tell people is, you can't spot reduce. It's just not gonna work. You can work a muscle and shape it. And it can come to a certain shape. If you have fat over that muscle it's not gonna go away by working it harder and harder. It's the same thing with abs. And I've said this, I don't know how many times.

When I was around 16 I started doing sit-ups in the living room with my mom holding my feet. Every day, 100 reps. Every day 100 reps. And my abs started to develop. And I was only probably hundred and forty five pounds. So they showed. They showed that I was working them. And as time moved on and I got heavier and heavier and bigger and bigger.

And the more I work my ABS, the bigger they got. They got thick. In a shirt someone says are you fat? No. I'm not. That it's my abs. You can see they're ripped. But they stick out. Now I'm not doing drugs. I'm not doing GH. I'm not doing insulin. I'm a kid. And it's just the fact that the muscle grows.

So I had talked to several people that said, look I need to reduce my waist. I'm doing abs every day, and I'm working them hard, and hard, and hard. They're just not showing up well. But we

have to realize is that the ab muscle is a muscle. And it grows. And sometimes genetically it might grow bigger than other people. So, genetically, it might not. Sometimes, genetically, you might not even have abs.

Overworking a Muscle Makes it Bigger

So you can work them and try to get the muscularity into them, but if you overwork them they are going to get big. And they're going to make you look fat. And so, in your mind, and you look in the mirror you think, spot reducing isn't working yet, I'm not working them hard enough I got to go back and work em harder. And then it's the same thing again. They are bigger, and you get depressed. You think, oh my god, nothing's gonna bring them out.

So what I did for myself was I cut it down to hundred leg raises every other day. And that maintains them. But the other part of that was diet. Now it's the same thing with spot reducing. If you want to get rid of this little thing down here for you a woman you have really got to watch your diet. That's all it is.

Now, I've been seen people in gyms over 50 years. And I see men and women in there at least 10 or 20 in my same gym over here in North Hollywood Gold's that have never changed. They're doing their their

lunges. They're doing the treadmill. They're doing their cardio. They're doing the bike. They're doing a circuit workout. And they're fat. And their spot reducing effort doesn't make it go away. And they have not reduced that body fat at all.

Stick With a Diet That Works

Even recently a very good friend of mine. Like a neighbor, she was a large in the hips and she knew it. And she never used to be, and she was working out crazy. She came back to the gym. They made it for mine. They still worked out crazy, hard, but she did. But she cut her diet down to like chicken and asparagus. And that was it.

Now that gets old. And it gets boring. But it has results. And the results are less body fat. So you want to do what works for you. Yes, you're gonna get sick eating like that. But it's gonna work. So once you get down to the point where you find this little stuff in here, gone, and the lower belly fat for the men, you'll say to yourself, you know what this looks really good. I'm just gonna stick on the diet.

And then you can have a cheat day here and there. But you're not gonna get rid of that extra fat, especially you guys who are older. You get this fat under the pecs, and even the arms. Skinny skin

sags as you get older. Unfortunately, it sags, and it's a little dimply. There's not a lot you can do about it.

I used to see my mom and my sister. They had these fatty arms full of like cellulite, you know. What can I do to tighten this up? I said you can only tighten up the muscle underneath it. That's not going to go away unless you change your diet from eating the french fries the shakes and the burgers.

Overall Fat Reduction is the Key

So I just wanted to touch on that a bit because so many of you asked me how do I spot reduce. There is no such thing. You have to reduce all over. And the unfortunate thing about it, once you diet down to where you look where you want to look, but you still have little bit here. You got to diet even harder because that's the last thing to come off. Once you diet down to where it's right there, and you take everything else, carbs out, it comes off.

Now keep in mind that if you do that, when you go back to eating again, it's going to come back a little bit. It just does. It's unfortunate. It just does. Especially if you get older. So keep it in check. Have your cheat day once in a while. And go back on your diet. And when you see the results in the mirror, you know saying you know, I look

pretty darn good. And yeah, I got it from watching what I eat. Your workouts are intense. You're doing all you can do. There your homework is at home. You don't need a gym. An hour there and you got another 23 hours at home to figure out what to do with your eating.

So that's my tip on that. I think it works for almost everybody I've ever talked to. But you got to stay with it. You can get liposuction. I've seen people do that. The trouble with that, it does remove the fat cells, but then you get fat somewhere else because the fat's got to go somewhere.

Actually, fat cells don't go away. They just shrink down. They get smaller and smaller. When you diet and then when you eat, they fill out again. So keep that in mind. Anyway, that's what I wanted to talk about.

This should tell you all you need to know about targeted fat loss with spot reducing. There is no such thing. You have to reduce all over.

How Long Does It Take to Get a Flat Stomach So I Can See My Six Pack Abs?

How Long Does It Take to Get a Flat Stomach? Most people have no idea how long it takes to actually see their six pack abs. Here is the formula. If you are wondering how long does it take to get a flat stomach so you can see your abs, then this video is for you. Because in it I'm going to provide you a complete formula that you can use to determine how long it's going to be before you see your six-pack.

Hey everybody, how y'all doing, Peter Carvel here from [six-pack factor.com](http://six-pack-factor.com). Now this week's question comes from Stephen in the UK. And here is Peter's question. Do you have a formula that I can use to determine how long does it take to get a flat stomach so I can see my abs? I've been seeing great progress. I've been losing fat, but I just want to have an indication of how much longer it will take.

Well, that's exactly what I'm going to do in

today's video. We're going to talk about what it actually takes to get six-pack abs. And then I'm going to show you the formula that you can use to determine how quickly you can get six-pack abs. And then if you still have no idea how to get started, at the end of the day's video I'm going to provide you of a free solution that you can start using today to get closer to getting six pack abs ASAP.

How Long Does It Take to Get a Flat Stomach

So, what do you actually need to get six-pack ABS? Well, you need a low enough body fat percentage and you need to have well-developed abs. And that isn't that difficult to actually achieve guys, if you follow a proper program.

But we'll talk more about that in a second. To actually use the formula I'm going to show you in a second, to determine how quickly you can get six-pack abs, you need to know three things:

1. How low your [body fat percentage](#) actually needs to be before you get a flat stomach so you will see your six-pack.
2. How quickly can you actually lose body fat?
3. What is your current body fat percentage?

Just How Long Does It Take to Get a Flat Stomach?

What is Your Target Body Fat Percentage

So let's get going with the first one. How low does your [body fat percentage](#) need to be before you'll see your six-pack? Well for guys, it's anything between 10 and 7. At 10 you'll start seeing it, and at 7 it will be really visible and a really well defined six-pack. And for females, it will be anything between 20 and 15. Once again, at 15 it will look really good, and at 20 you'll start seeing it. One word of caution for females, anything below 15 it can become unhealthy. So a word of caution. Don't go that low; you don't need to go that low to see your six-pack and to have a great looking body.

How Fast Can You Lose Body Fat

So, number two: how quickly can you lose body fat? Well this is obviously a massive, controversial topic. So you know that I used to look like this. I got myself into shape and got my six-pack abs. And I've kept it off for over 10 years. Over the last seven years, I've been lucky enough to help hundreds and thousands of people to also get six-pack ABS right there at home. So I'm telling you that, not to brag, but that the information I'm

going to share with you right now is based on real-world and real-life examples.

So I know for a fact, because I did it, that you can lose 1% body fat per week if you are really focused and really dedicated, without starving yourself and without taking fat burners for breakfast lunch and dinner. Just simply following a proper program and being very dedicated to that program. I've also seen some of my clients doing one percent body fat per week over a six week period. But guys, on average I have seen anything between point two and point six percent body fat per week that people can lose. That is average. So that is what you should work on. And always remember, we're all individuals, okay. You can have five of the exact same guys here, same height, same age, following the exact same program, and they will all lose fat at a different rate. So don't compare yourself to anybody. Focus on progress and just make sure that every week you pushing closer to your goal. As long as you do that you are doing fine.

What Weight Are You Losing?

Just one word here as well, and people actually telling you you need to focus on losing weight slowly, or you need to lose 1 to 2 pounds per week, and no faster. Well the problem with weight

is that you can lose water weight, muscle, and many kind of things. We want to focus, if you want to expect abs, I'm losing actual fat. So I would say focus either on getting a body fat measurement done on a weekly basis or sometimes progress photos can provide an even better indication than the scale, for example, and whether you are getting closer to your goal and losing body fat.

Formula That Answers the Question: How Long Does It Take to Get a Flat Stomach?

So guys, now you know what you need to get down to. Now you know how fast you can lose your body fat. Now you need to determine what your actual own body fat is.

**Weeks to see your six-pack = (Current BF% - 7)
x 0.5**

So for example, and let's go through the formula now. For example, let's say you a guy you had 13 percent body fat, and you want to get down to 7. So that's six percent body fat that you want to get rid of. Let's work on average of losing 0.5 percent body fat per week. That gets us to 12 weeks it will take you to get down to 7 percent and see your six-pack abs. So, that's the simple formula guys. You simply take where you are right

now as far as your body fat, subtract seven, okay. And if you're female subtract 15. And then multiply that by 0.5.

So that is a guideline guys. Remember, like I've said, we will all lose fat at a different rate. We all start at different places. And your metabolism is different. Our genetics are different. The hormone profile is different. And all those things can play a role. So simply use this as a guideline and something to work towards.

But guys, that's how simple it is to get an indication of how quickly you can get six-pack abs. And then one final thing, guys, if you do get down to 7% for guys and 15% for females and you don't see your abs, or your stomach is just flat, that simply means that you need to focus on developing your abs a little bit more. And you need to focus on the program. It will help you build your abdominal muscles.

Now for those people who still have no idea where to get started, or what to do, guys. I've set up a brand-new and 100% free challenge for you to come and do. It's only workouts but at least you'll start understanding the kind of workouts that you need to do to lose your belly fat and start getting six-pack abs. And you can go to six week six-pack comm forge last 21-day challenge and sign

up. They're 100% free of charge.

So there you go, guys. You know know "How Long Does It Take to Get a Flat Stomach?"

If you like this video click on the like button. Please subscribe and let's have a chat. Let me know where you are right now and where you'd like to get down to. And then it's time to take action, get focus, and push hard towards reaching that goal of yours of getting six-pack ABS.

So, there you have it. Thank you so much for watching. Until the next one keep it simple and have fun out there. Bye, bye.

Free 21 day fat loss challenge :
<http://www.6weeksixpack.com>

**Keto Works for Fat
Loss: Here is What 4**

Months on the Keto Diet Looks Like!

Keto works for belly fat loss. Here is Tasha who weighed: 251 pounds. She started Keto September 2015: Current Weight in January 2016: 180 pounds. Pretty soon she can start showing her abs!

Hi there, My name is Tasha and I am the lady behind ketogasm. It's my blog that I started to document what I'm eating, how I'm doing, and connect with other people on the keto diet.

So you'll see recipes, and pictures of my food, and videos that I think are fun, as well as things that I think are helpful for other people following the keto diet.

At my heaviest I weighed 251 pounds and it's like burned in my memory. That's why it's such a specific number because I was appalled by, like reading that number on the scale when I was in the doctor's office. Like, oh no! That can't be. That it was, it was true, it was a real thing.

So I lost about 20 pounds and stalled out there completely before starting the keto diet. And once I started, I just saw really crazy, rapid results.

And it just worked for me.

I had done the diet before I had my daughter, after I had my daughter. Pregnant again. And then now I'm doing it after I had my son. So there's been a couple of weird periods where I get really big, and get really skinny. And I'm in my get really skinny faze. But I wanted to share what four months looks like on the keto diet.

And I've lost 50 pounds, over 50 pounds, actually on the keto diet. So I'm really excited because 50 pounds and 4 months is just like totally unheard of for me. I'm wearing the same clothes today that I did in the first video that I filmed with myself just for the progress. And it's really cool because these clothes don't fit me anymore. They're extra large stretchy yoga pants, and a large stretchy tank top. And they're baggy on me. So without further ado I still have a ways to go. I'm not at my goal weight yet, but I'm getting there.

And I'm excited to share. It's a little out of my comfort zone to share about myself, so please be gentle. I'm really shy. So this is a little weird for me to film videos of myself. But anyways, um, whatever, yeah. I'm excited. If you're interested in learning more about me or following my blog it's ketogasm DOT com. So I hope to see you

around. Bye.

How to Burn Fat Fast with Intermittent Fasting – Tricks to Burn Fat Faster

Everyone wants to burn fat fast. Here are some tricks to burn fat faster while doing intermittent fasting. These tips will help those of you looking to burn fat so you can lose weight fast.

Whether you want to lose 10 pounds in order to see your abs, or you want to lose 75 pounds to get in shape, these five tips will help you shed those extra pounds quickly.

You really shouldn't start an intermittent fasting plan. Well at least not until you watch this video. Because today I'm giving away the top 5 ways that allow you to burn fat faster while fasting.

If you've already tried intermittent fasting and you did it correctly you've probably already noticed some really great results. You probably lost some body fat, maybe lost a few pounds off the scale and you've become more productive in the process. Which is all great. But I know if you could double or triple your results without spending more time in the gym or in the kitchen you would be more than happy to learn how. Am i right?

Don't Spike Blood Sugar and Insulin Levels

I think I'm right. So let's get started with the very first trick. When you break your fast during your feeding window, you want to stick primarily to foods that don't spike your blood sugar. And more importantly, that don't spike your insulin levels.

And those two things aren't always the same, as many of you already know. one of the major benefits of fasting is that it'll allow you to lower your insulin levels. Insulin is a fat storage hormone that serves as a bridge between your cells and the nutrients coming into your body. Your body will also stop burning fat when insulin levels are elevated.

When we fast we're not just looking to lower calories by not eating even though fasting will

definitely do this. The main goal of fasting for fat loss is to decrease insulin levels. And there really is no better solution for doing just that when you simply don't eat. Your body's insulin levels are naturally at their lowest. However, what most people don't realize is that even if you fast perfectly, once you break your fast you could spike your blood sugar and insulin levels high enough to cause your body to actually store fat rather than burn it. So if you want to burn fat at the fastest rate, the goal has to be to keep your insulin levels low even after breaking your fast.

We can do that by understanding some basic principles and then making a decision on what to eat during your feeding window around those key concepts.

First let's get the obvious out of the way. Sweets, processed food, and junk food will all spike your insulin levels the highest while providing the lowest amount of nutrients. So if you want to burn fat faster after breaking your fast, stick only to real, wholesome, single ingredient foods. Most of these foods you'll find by sticking to the outside aisles of your local grocery store or supermarket while avoiding the inner aisles.

Next, you have to know that carbohydrates have the

biggest impact on your insulin levels. Certain types of dairy have equally as big of an impact. Other sources of protein have a moderate impact. And fat has the smallest impact. By not over indulging in carbohydrates and dairy after breaking your fast you'll already be miles ahead of most people.

Since fasting is supposed to be a flexible dieting structure, I don't want you to restrict your carbs or dairy to much. In fact, by doing that it'll probably make you want to have them even more instead. I want you to break your fast with a large serving of vegetables in order to fill your stomach up, and take the edge off of your hunger. Then move on to your protein and your fat sources. And then, if you're still hungry, you can move on to some low glycemic carbohydrates and dairy. This will allow you to limit your insulin spikes during your feeding window without actually thinking about it and without restrictions.

Keto Fasting

Let's move on to the second way to burn fat faster that goes hand-in-hand with the first tip we just went over. I'm talking about keto fasting. Keto fasting is a combination of the ketogenic diet and fasting. This will make your diet a little less flexible because you will have to adhere to a

certain macronutrient split, but it's an incredibly effective way to speed up the amount of fat loss from fasting.

Here you would start by setting up a regular intermittent fasting and feeding window. A common example would be to break your fast at one o'clock and then switch back to fasting at 9 o'clock. But during that eight hour feeding window with this method you'll actually want to keep your carbohydrate consumption under only 5 to 10 percent of your total daily calorie intake. This means no grains, no starchy veggies, and only berries for your fruit. You'll also want to keep your protein intake right around 15 to 20 percent of your daily intake because, remember, protein is also insulinogenic. And your fat should be right around 75 percent of your total calories.

With this kind of macronutrient split you'll keep your insulin levels very low, both while fasting and while eating. It'll help you stay in ketosis all day long. Now keep in mind you don't have to follow a keto dieting structure all the time to experience faster fat loss. Just by throwing in a couple days where you do keto fasting and then by switching to more of a regular fasting approach on the other days you will increase the amount of fat burning throughout the week.

Extend Your Fasting Interval

Now even though combining the ketogenic diet with intermittent fasting is one of the most effective ways to lower insulin levels and burn fat, there are even more effective ways to burn fat faster. This leads us up to the third tip which is to extend the length of your fast.

Since fasting is the absolute fastest way to decrease insulin levels and burn fat for energy, the longer we stay in a fasted state the more fat you'll burn. Once we get used to the shorter term intermittent fasting protocols, try to work your way up to more of an extended fast lasting 24 to 48 hours. First you would try to go from having a regular 8 hour feeding window to only a 4 hour feeding window. Then move on to only eating one meal a day at the same time every day. Finally you would try to do an extended fasts where you would not eat anything for 36 to 48 hours.

Even though this may sound very difficult, I can say from experience that by working your way into it, it can be a lot easier than it sounds. A longer fast like this will create a much larger calorie deficit for the entire week. And as I already said, insulin will be at its lowest point, allowing for maximum fat burning.

Workout While Fasting

Let's move on to the fourth way you could burn fat faster while fasting. And that's by performing fasted workouts. And look, I know, fast training has come under a lot of attack by the mainstream fitness community about how it doesn't burn more fat than regular training in a fed state. But misinformation in the fitness community spreads like wildfire. The idea that fast training doesn't burn more fat came mostly from a very flawed series of studies. One major reason why these studies were flawed was because right after doing the fasted workouts the participants were given a meal replacement shake. These meal replacement shakes shot the participants insulin levels way up and shut the fat burning process down. There is yet to be a study that compares a group that continued fasting after training on an empty stomach to a group that trained fed. This means that these studies that supposedly denied the benefits of fasted training made it impossible for the participants to experience the major benefit of fasted training itself, which is the extra fat you would burn after the workout by not eating right away while insulin levels were all extremely low.

Regardless of all that, there are still numerous studies that confirm the benefits of fasted training even without continuing to fast after the workout. One study compared 28 men and divided

them into three groups. One of which did not exercise. Another one that exercised after eating a carbohydrate rich meal. And the last that skipped eating before exercising. The researchers were surprised to find that on almost all levels including body composition, insulin levels, and how much fat was either lost or gained, the fasted training group blew the other two away. There are also numerous other studies including a meta-analysis on over 270 people that point to the benefits of fasted training. I'm a firm believer that fasted training allows you to use more fat for energy because glycogen stores are already depleted. By continuing to fast for a couple hours after your fasted workout you increase fat mobilization and continue burning more fat until you eat which allows you to ultimately burn more fat over the course of 24 hours. I'll link up some research below and support a fasted training and you can make up your own mind.

Resistance Training With Heavy Weights

The last way to speed up fat loss with intermittent fasting is by lifting heavy weights. Lifting heavy weights that challenge you and bring your muscles close to failure is one of the best ways to deplete glycogen stores in your body. Fasting will deplete glycogen stores very efficiently on its own, but by progressively

pushing yourself and lifting heavier weights, you will always be depleting your so-called glycogen gas tank. When glycogen is depleted your body looks to get its energy from other sources such as your fat stores. Weight training will also help you build more muscle, allowing you to store more glycogen in your muscle cells rather than your fat cells.

If you're not incorporating weight training into your program, then I very highly recommend that you start now and work on progressively increasing the weight load that's used over time.

That's it guys. I really hope you enjoyed this video. If you did, make sure you subscribe to my channel. And also, if you're still looking for a simplified step-by-step way to burn fat faster, check out my six week challenge where on average my clients are losing either 20 pounds or 5% body fat in just 42 days. This challenge comes with a customized diet plan that changes every single week as well as a weekly workout plan, a recipe book, and an accountability coach to mentor you and guide you through the entire process. If you're serious about making a transformation and you're willing to put in the work and the effort required to do so from day one to day 42, and the whole challenge can be yours for free. Head on over to my website by clicking the link below to

find out more details about the challenge.

FREE 6 Week Challenge:
https://gravitychallenges.com/home65d4f?utm_source=ytube&utm_term=fasting

Fat Loss Calculator: <http://bit.ly/2wplFbl>

Studies on fasted training:

tinyurl.com/ybosvgqf

tinyurl.com/y7n9d4jc

Learn more about getting [well defined abs](#) and start looking trim and fit!