

Fat to Fit Transformation – 6 Months Body Transformation

Fat to fit transformation that will inspire you to make changes in your life. If you don't decide right now to change, maybe you never will.

Going from fat to fit requires more than eating right and working out. It take commitment. After many years of gaining weight, losing confidence in yourself, being embarrassed by what you see, and reducing your quality of life, it's hard to make a commitment to better health.

Look in the mirror. You may be shocked by what you see. You body fat percentage may show that you are 30, 40, or even 50% fat. When you are overweight, you'll have an increased risk for many different medical conditions including type 2 diabetes, high blood pressure, cardiovascular disease, some cancers, osteoarthritis, fatty liver disease, sleep apnea, as well as kidney disease. You may be on several [prescription medicines](#) because of your excess weight.

And, when you are fit, you'll have more energy to do the things you really want to do when you are fit. You'll also have much less concern about all the consequences of being fat.

Fat to Fit Transformation takes Determination

Your determination to make the transition from fat to fit may come from fear of the many unhealthy consequences of being fat. Or, your determination to go from fat to fit may come from the desire for the rewards of having a fit body.

There is no magic pill or potion to transform you from fat to fit. You have to decide to stop sitting around eating junk food and start training. Face your fears about your dismal

health future and make a decision to make an [inspiring fat to fit transformation](#) you know you need.

Isn't it time for you to make the fat to fit transformation in your own life?

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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," your 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."

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 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 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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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 then later on we'll get into what a successful 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)

The Key Superfood Fruits For Burning Fat & Getting Six Pack Abs

What's going on? It's Thomas Delauer with Six-pack ABS dot com. I'm the creator of the science-based six-pack intermittent fasting program which is the world's leading intermittent fasting program.

I want to talk about the best and the worst fruits that are helping you or keeping you from getting six-pack ABS. So let's talk a little bit about it. First I have to help you understand the science of fructose metabolism.

Fructose is the sugar that is in fruit, and here's

the thing, guys, it doesn't metabolize the same way that traditional glucose or traditional sugar does. You see when we consume regular carbohydrates, all the cells in our bodies can utilize that as a fuel source. However, with fructose, the sugar that comes from fruit, the only organ in the body that could utilize it is the liver.

That means our muscles and all our other cells can't use fruit as an energy source. It doesn't mean that fruit is bad. It just means that we need to be very particular with the kinds of fruit that we consume. So I'm going to give you fruits that are good, fruits that are kind of neutral, and then fruits that you should avoid.

First and foremost, the first one on the list is avocado. And you might not be thinking that that's much of a fruit, but the reality is it is a fruit. And one cup of avocado has only 1 gram of fructose, albeit it does have 235 calories in an entire cup of avocado. But it's worth it when you factor in all the different antioxidant properties that you get from it as well. And when we're talking about the actual efficacy of fruit in terms of how the fructose is utilized, avocado is going to be the go-to.

Next up is gonna be cranberries. Now here's the

thing, guys. Cranberries are not what you think. They're not just those dried sweetened cranberries that you see in the bulk bins or you get at the grocery store all the time. Cranberries are actually a little bit bitter, and they're harder to find than the dried ones are. But if you cook them up and you add a little bit of Stevia to them they taste just as good, if not better. And the thing is, cranberries contain a lot of other components. Not only are there only 4 grams of fructose in an entire cup of cranberries, but they also contain something known as anthocyanidins. These anthocyanidins are very, very powerful when it comes down to getting rid of bacteria in your body. So not only is it good to get rid of the bad bacteria in your gut, it's also very powerful at getting rid of bad bacteria that compiles in your urinary tract, and in your bladder. Maybe you've heard of people drinking cranberry juice when they have a UTI or a kidney infection. Well that's the reason why here's the thing most people end up drinking cranberry juice that has a ton sugar and triggers inflammation, and also ferments and feeds the bacteria so you're ending up not really getting anywhere special. You're better off to take good old-fashioned cranberries and sweeten them yourselves with a sweetener that doesn't have a high glycemic load.

OK. The next fruit that we want to talk about is

lemons. And I know you're wondering what the heck man you're giving me these fruits that aren't tasty fruits. There are things that I don't even think of as fruits to begin with. But the fact is lemons are a fruit and lemons contain a very unique kind of fiber known as pectin. You see, what pectin does is pectin breaks down and moves fats through the body. So if you have undigested fats in the digestive system, then pectin is going to help move those through meaning any excess fats that would ordinarily get stored as a triglyceride or stored as fat end up getting expedited through the body. But lemons also do something else: they stimulate the actual gallbladder to create and secrete more bile. Bile breaks down fats. You see bile salts which are in bile literally break down, emulsify, fats help that process out so that the fats can be utilized and not just stored and undigested. So this literally helps you utilize and potentially burn more fat. That's why the lemons are so critical.

Okay. Now the neutral ground. We've got blueberries and we've got strawberries. Blueberries have a little bit more sugar. They're about 14 grams of fructose for an entire cup, which really isn't too bad. But it's still a fair amount of fructose. But the thing is they are so powerful when it comes down to specific antioxidants that help out what's called BDNF.

Helps out your brain. Okay. They have something known as anthocyanins these anthocyanins can cross through the blood-brain barrier and help your brain literally to regenerate. There's such a powerful antioxidant and normally they can't get through that blood-brain barrier. The blood-brain barrier has a wolf at the door for anything that would normally try to come in the brain. Blueberries, that specific anthocyanin dye, the dark thing that's in the blueberries of whatever actually makes them blue and dark and purple, gets into the brain and helps your brain grow. So then couple that with the fact that they're not too high glycemic they don't have a lot of carbs they're pretty powerful fruit.

Strawberries are kind of in the same boat. OK, only 7 to 9 grams of carbohydrates by way of fructose for an entire cup. So if you're trying to watch your carb intake, you're trying to stay on low carb diets, then it might be a good idea for you to load up on the strawberries to still get that sweetness you want but without the fructose load that's all gonna turn to fat.

Okay, now the fruits you should avoid. Bananas. Don't believe all the hype. Sure they have some potassium. But not nearly as much as even an avocado has. You see a whole bunch of bananas is gonna have less potassium than generally one good-

sized avocado. So don't believe all the hype. You ended up with 20 grams of sugar for just one medium banana. That's really not worth it.

Next up is gonna be grapes. Straight-up fructose. There you're looking at a cup you're looking at close to 20 grams of carbohydrates again from fructose. However, one cup of grapes doesn't have a lot of surface area because grapes are usually good size, so that means that you're ending up like maybe 15, 16 grapes and you're having 20 grams of carbohydrates: straight fructose that your liver can barely metabolize.

Last, but not least, apples. Guys, apples are just a commodity at this point. They are so genetically modified they are everywhere. We create them in the masses so really we're not getting much from them. They're not very nutrient dense and they end up having up to 25 grams of fructose in just a single apple. So really you're not getting much out of them. You're just getting the sugar. And the very little thing that you are gonna get out of them is in the skin, which most people don't even like in the first place.

So that's the general breakdown. So fructose does not metabolize the way that regular sugar does. And lastly fructose doesn't trigger a ghrelin response. What that means is it doesn't satisfy

unlike other carbohydrates. You see sugars can make you hungry but most carbohydrates will satiate you for a little bit. If you have fructose it doesn't do any of that, has no effect on that hormone level. So keep your fruit in moderation and whenever possible get it from the ripe fruits.

As always keep it locked in here on this channel and if you have ideas for future videos you can put them in the comment section below but also make sure you check out my internet and fasting protocol down below. I will see you soon.

Burn Fat Fast For Six Pack Abs:
<http://go2.sixpackshortcuts.com/SH3WD>

Check Out Thomas' Channel:
<http://www.youtube.com/TheTDeLauer>

How I Went From Fat To Six Pack Abs – Thomas DeLauer's Incredible

100 lb Fat Loss Transformation

How To Achieve Six Pack Abs With The Fastest Method – Science:
<http://go.sixpackabs.com/sciene2ba>

Hey, guys! So, yesterday I promised I'd share with you my story of transformation and how I was able to completely disrupt and change my life for the better. You may not know this about me, but I wasn't always ripped...

0:18 – I used to be 280lbs?!

0:33 – I was just trying to be the best that I could be... But in reality, I let my health go completely to the waist side...

0:48 – The biggest thing that I did for my life was getting my health back in control... And the BIGGEST thing I did to take control was:
I Stopped Eating All The Freakin' Time!

1:06 – Intermittent fasting was a HUGE part of my success

1:51 – What you may hear when first starting intermittent fasting

2:56 – “Time is the ENEMY”

3:45 – Reasons others fail at intermittent fasting & why we do NOT

5:29 – Tomorrow – Tuesday, October 24th: Top 5 Myths About Intermittent Fasting BUSTED

I appreciate you guys taking the time to listen to my story, and I hope you have the courage to face what’s holding you back too for not only the body, but life you truly deserve.

I’m coming to you tomorrow with another video on the Top 5 Myths About Intermittent Fasting, so make sure to: “Like” “Share” & “Subscribe” to SixPackAbs.com

**I’ll See You Tomorrow,
-Thomas**

Make The Decision To Change Your Body & Life For Good: <http://go.sixpackabs.com/sciene2ba>

P.S. Make sure to “LIKE” and “SHARE” this video on Facebook:

<http://sixpackabs.com/thomas-delauers-story-fat-to-fit-my-body-transformation/>