

The T-Zone Weight & Fat Loss Tips!

Let's face it, almost everyone who is looking to improve the way they look, feel, and perform share the same primary goal of wanting to lose weight or body fat! Ask almost everyone you meet what is your primary health goal and they will say Lose Weight! So with so many people on the planet sharing the same goal and Billions of dollars being spent on developing the next best program, why hasn't anyone figured out "A Way", "A Plan", "A Fool Proof Program" that works for everyone? The answer is, in my humble opinion, because there is no "one plan" that works for everyone! Why? Because we are all different in the way our bodies metabolize food and we all have different emotional, physiological, psychological and genetic issues that play a role!

So what is making us so Fat? Let's face it the majority of Americans are overweight (66% or more according to latest statistics) with more than a third of us OBESE! **Even more tragic** is the fact that the numbers are even worse in our children with the latest reports just released showing that over 45% of our kids are **OBESE** and will probably suffer more premature disease (i.e. Diabetes, Cancer, Heart disease) than generations before. Why? Because excess body fat is the number one contributing factor in all three of these major killers! These recent studies illustrate ONE glaring fact... the problem is getting worse and it will greatly affect **all** of us with painful consequences if we do not start making some drastic changes!

So What Can We Do? Let me see if I can simplify the **key components** and identify some of the **most common mistakes** so that you have the best chance at succeeding with your weight/fat loss program! In theory weight loss should be simple! Master the 3 components of **WHAT TO EAT (or not to eat), HOW MUCH TO EAT and WHEN TO EAT IT** and you should be able to lose weight.

- 1.) What to Eat: Quality vs. Quantity!** Understanding what is causing so many of us to be overweight or obese is critical to achieving our weight loss goals. The quality of the food we consume plays a major role in our weight and health. Understanding what is in our foods and the effects (or lack of) of these ingredients is critically important to our weight. Unfortunately we have learned to consume our foods based on taste, convenience and emotional needs rather than nutrition. Our lack of education about what is in our foods and our lack of attention to what we are actually eating and why is literally killing us! It isn't helping that the greed and competition of the people who are profiting from our food consumption (i.e. the food manufacturers, fast food restaurants, etc.) are constantly sending out inaccurate and even misleading information about their foods and their effects. **So what is making us fat?** Too many "**empty calories**" and Foods filled with "**Obesity Additives**" like sugars, refined or "stripped" carbohydrates, processed foods, preservatives, chemicals, and other unnatural substances! For more details on these specific ingredients read The Top Ten Nutrition Mistakes by **clicking here** (link to pdf)
- 2.) How Much to Eat: Calories in vs. Calories out!** No matter what anybody tries to tell you this still is the single most important factor in weight loss. The fact is we must be in a calorie deficit to lose weight! The problem is there is no "sure way" to know how many calories you are actually consuming. Why, because studies show that most people, even those who are diligently trying to record their daily intake, unintentionally "under report" their calorie consumption. The other problem is that calorie counts on your food labels or even your food data bases are estimates. Why, because no two "same food" items have exactly the same calorie content. For example you can take two 5 oz. sirloin steaks and the actual calories in each will vary due to the composition of each steak. (i.e. protein, fat, carbohydrates etc.) No two apples, oranges, green beans etc. are exactly the same in terms of calories.

Even more difficult to figure out is how many calories does your individual body burn? Each of us are very different and so are our metabolisms. Again all current methods for determining calories burned are based off estimates! There is

no way to measure exactly how many calories “our bodies” burn. It is not just a matter of “how many” total calories consumed but more of a matter of what types of calories we consume (i.e. protein, carbs and fat) How often we eat, at what times of the day, and in combination with what types of other food. All of these factors influence our metabolism and how many calories we actually burn. There is also the matter of how many calories did our physical activity for the day burn?

Rather than trying to count calories a simpler approach might be to use a portion control system like using your hand to measure your portions. Example a portion of protein would be equal to the size of your palm, a portion of Carbs would be equal to the size of your clenched fist and a portion of fat would be equal to the tip of your index finger.

The other most important influence on our metabolism is our hormonal balance, particularly the balancing of the diet hormones **Insulin, Leptin, and Cortisol**. **Insulin** balances our blood sugar and different foods when consumed generate different levels of Insulin Release which effects how our food is metabolized and how much of it is burned for energy and how much will be stored as fat. **Leptin** balances and controls our hunger and cravings and can help regulate the storage of fat as generated by the “Starvation Mode” Syndrome. **Cortisol** is a hormone released by stress and causes fat storage predominantly around the mid section.

3.) **When to Eat:** Here in the West with our hectic, fast paced lifestyles one of our biggest problems is skipping meals! “Not enough time” is our usual excuse followed by “I just wasn’t that hungry” leads to poor performance, fatigue, and a whole bunch of other problems including weight/fat gain. The body is a machine and it needs fuel to function at optimal levels. Eating Smaller more frequent “balanced” meals keeps our metabolism revved up and the calories we do take in are less likely to be stored as fat. It would be much better to eat 4 or 5 smaller meals every 3 hours than 1 or 2 BIG meals 7 or 8 hours apart.

In closing you can begin to see why 98% of all diets fail! Weight/Fat Loss is complicated and if you really want to achieve your goals I highly recommend you hire the help of a trained professional (nutritionist, weight loss coach, or fitness trainer) to set up and coach you through a personalized program that has been created for you and your individual needs and lifestyle! I have a number of resources available to help you so please feel free to contact me with questions on how to proceed successfully! **Here is a quick recap of the key tips for Fat Loss!**

- Get an accurate as possible “Body Composition” test to learn your current condition and a good approximate of how many calories your body needs on a daily basis and how many calories your body “should burn in a day!
- Eat smaller more frequent (every 3-4 waking hours) meals that are well balanced (protein, carbs & fat) and nutrient dense! Not “empty calories”!
- Eat your food in as close to “Natural” (the way it came from nature) form as possible! Ask yourself has this food been altered by man? (Preservatives, Flavorings, Antibiotics, Colorings etc.)
- Learn to read your food labels and if the food contains any of the following, do not eat it! Refined or Enriched Flours, High Fructose Corn Syrup, and other words ending in “ose” these are all other names for sugar. Watch your oils, soybean and other vegetable oils are highly processed and highly toxic and promote fat storage!
- Avoid “fatty foods” like all deep fried foods, fatty meats, (deli meats)baked goods, and whole milk dairy products
- Drink at least ½ your body weight in ounces of water each day. I recommend Purified, Ionized, Alkaline Water that is “Energized” with “Zero Point Resonance” for increased fat loss, strength, flexibility and performance!
- The combination of Healthy Eating and “Time Effective” Exercise is the quickest and most effective way to lose weight/fat and “keep it off”! I recommend Circuit Interval Training for maximum results in the shortest time for your exercise program which is what we specialize in here at The T-Zone!

To learn more about all of the above visit our website at www.thetzone.com for all the details!

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