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FITNESS

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# TOP 10

## NUTRITION MISTAKES KEEPING YOU FAT!



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## **The Top 10 Most Common Nutrition Mistakes that are keeping YOU FAT.**

Are you one of the millions of people who have spent countless amounts of money and a ridiculous amount of time on a diet or exercise program that proved absolutely no results? Are you wondering what you are doing wrong or how you will ever be able to lose the weight you have been desperately trying to lose for so long? You and millions of other people are completely confused about what constitutes good nutrition and what is really “bad”. Not only are they overwhelmed and frustrated with all the conflicting information on the market today, they (and probably you) just don’t know where to begin.

The following ten mistakes are preventing people from finally enjoying the body they’re dreaming of. Which of these do you think is holding you back?

# 1. *Dying a Sweet Death*

It is no longer a secret or even a shock to most people that refined sugar causes weight gain and is one of the leading causes of obesity in the world. Sugar is also extremely addictive (causing feeling of highs and lows in the body similar to most drugs). And the negative side effects are just as bad as drugs, if not worse.

Americans, truly, don't realize how much sugar they are consuming in one day. Most soft drinks, juices and even some "health" drinks have anywhere between 5-10 teaspoons of sugar in each 8 oz. serving. Can you imagine putting 8 oz. of water in a cup and then adding 10 teaspoons of white sugar and then drinking it? Well this is exactly what you are doing when you drink any kind of soft drink, juice and most other drinks on the market today.

And it's not just drinks that are loaded with sugar. Most cereals and packaged foods have sugar (or some form of sugar) listed as the first or second ingredient (which means it is the ingredient in the highest quantity).

The following words on a nutritional label mean "sugar" and should probably be avoided:

- Corn Sweetener, Corn syrup, or corn syrup solids, Dehydrated Cane Juice, Dextrin, Dextrose, Fructose, Fruit Juice Concentrate, Glucose, High Fructose Corn Syrup, Honey, Lactose, Maltodextrin, Malt syrup, Maltose, Maple syrup, Molasses, Raw sugar, Rice Syrup, Saccharose, Sucrose, Syrup, Treacle, Turbinado Sugar, Xylose

Fortunately for those looking for a lean, defined body, once you stop eating sugar, your addiction will quickly disappear. People who are "on" sugar crave it all the time. People who are "off" sugar don't even miss it. Weaning yourself off sugar and sugar containing products will cause a drastic and immediate change in your weight. The first few days may be a bit of a "detox" (just like a drug) but these symptoms quickly disappear (and so do the pounds!)

## 2. *Toxins in a little blue, pink and yellow packet.*

Many times when people decide to give up sugar, they quickly resort to artificial sweeteners. Artificial sweeteners are definitely not the answer! Sorbitol, saccharin, aspartame and sucralose are actually worse for you than sugar itself. All of these artificial sweeteners have been linked to cancer, tumors, and obesity. Yes, artificial sweeteners cause weight gain by disrupting your body's natural hormones. Studies have shown that when people give up their daily "Diet Drink" (filled with aspartame) they quickly lose up to 10 pounds just by eliminating the consumption of this toxic sweetener.

So it is equally as important to eliminate any food that contains the above mentioned sweeteners as it is to eliminate sugar from your daily intake.

Most people's next question is then, "Well what is left if I want a little something sweet?" A great alternative to sugar and artificial sweeteners is the supplement STEVIA. Stevia is a naturally sweet plant native to Paraguay that is 30 times sweeter than sugar in its unprocessed form. With hundreds of studies showing Stevia is a safe alternative, it's the next big thing. No wonder. It's all-natural, contains zero calories, and has a zero glycemic index. Stevia leaves are 250-400 times sweeter than sugar and perfect for helping anyone wean themselves away of refined white sugar and artificial sweeteners. Stevia products are great for beverages, soft foods, and baking. Stevia products are available in most local natural foods and health food stores. In grocery stores, Stevia products are typically found in the health food aisle with other supplements.

### 3. *Laboratory Experiments should not be considered “Food”*

Have you noticed how much fatter Americans have gotten since more “weight loss” and “diet” foods have been put out on the market? Well, I assure you it’s no coincidence. Processed Foods can truly be considered “Non Foods” since they resemble more of a science experiment than they do real food.

To make differentiating between healthy natural food vs. non foods, just stay away from anything that contains ingredients on a label that you can’t pronounce. If the ingredients list to your favorite cereal is more complicated than your college organic chemistry final, chances are you should stay away from it at all costs. These chemicals are all toxins to your body (just as artificial sweeteners are) and your liver becomes extremely overwhelmed trying to rid your body of these harmful toxins. Why is this important in your efforts to lose fat? Well, the other job of your liver is to burn body fat and if it is too busy ridding you of toxic overload, it has no time (or energy) to get rid of your unwanted fat.

## 4. *Carbohydrates falsely accused*

There was a brief moment in time when I thought Dr. Robert Atkins was going to be elected president. Swarms of people were flocking to his weight loss program as the next big revolution in weight loss. Yes, some of these people did lose weight but they also were fatigued, extremely constipated and they all had the kind of bad breath that no amount of Altoids could conquer. Why? Because they were allowing their bodies to enter a state of “ketosis” which does cause people to lose weight but also quickly lands them in the hospital. Does this sound like the kind of long term health plan you should be following?

I do agree that reducing the amount of carbohydrates in your meal plan will help you lose weight and lean down. But you must reduce the bad and increase the good. Eating fibrous carbohydrates like fruits and vegetables actually turns your body into a fat burning machine. Eating starchy carbs like rice and potatoes after a workout will also help you develop the lean, muscular physique most men and women are looking for. It is the processed and refined wheat and grains that are causing everyone to blow up like balloons.

Don't fall into the “no carb” trap. Learn the right carb approach to look great and feel great at the same time.

## 5. *Training for Sumo Wrestling*

Sumo wrestlers make a concerted effort to get fat for their sport. So if your number one goal was to GET FAT this is exactly what you could do:

1. Skip breakfast and eat very little all day long
2. Eat the bulk of your caloric intake in a large heavy meal, filled with complex carbohydrates in the evening
3. Go to bed after eating this heavy meal.

That's it. This strategy has been working for sumo wrestlers for years. And you know who else it is working for? The 130 million Americans who are overweight or obese.

You must develop the habit of eating frequent meals all day long to develop the kind of warp speed metabolism that is going to allow you to get lean and stay lean (no sense in getting there without being able to maintain it right?) Eat 5-7 well portioned meals each day and you will see your body burn fat faster than you can say "sumo wrestler."

## 6. *Shriveling up like a prune*

If you often feel like you are starving all day no matter how much food you've consumed, chances are you may be severely dehydrated. Many people actually mistake hunger for dehydration and eat tons more calories than they actually need when all they really needed to do was drink some water!

It would be impossible to pick up any diet or weight loss book without it saying somewhere "drink 8-10 cups of water each day." Even if all health and nutrition gurus don't agree on all the same principles, they do all agree on one: water is the magic potion to ensure weight loss. When you consider that water helps the body metabolize stored fat, rid the body of waste (as in unwanted fat and toxins), and is a natural diuretic and a natural laxative, no wonder it is an absolute MUST when fat loss is your goal. Drink a minimum of  $\frac{1}{2}$  of your bodyweight in ounces of filtered water each day to ensure that your body rids itself of the unwanted fat you are aiming to lose.



## 7. *Being scammed by “Health Food”*

Yes, you have been scammed. You and approximately hundreds of thousands of other people who have purchased pre-packaged “health” foods. There are many health foods on the market today that are causing people to gain weight, as well as making it near impossible for them to lose weight. Have you ever purchased the foods that someone claimed to be “guaranteed to make you lose weight” only to see the scale go up instead of down? Frustrated dieters all over the world can’t figure out why their new weight loss shake is not working like the commercial suggested. Well, one of the nasty culprits causing millions of people to pack on the pounds is hydrogenated oil. There are thousands health foods that contain this toxic oil. Weight Watchers and Lean Cuisine meals and bars almost all contain hydrogenated oil. (And they are supposed to be good for you?) Even some energy sports bars and shakes are loaded up with hydrogenated oils and many other toxic preservatives.

Another nasty culprit is processed soy. This is always a shock to most people (especially die hard vegetarians) who have been falsely led to believe that soy is actually good for you. Well if you lived in Asia you would quickly see that most Asians eat soy in small quantities and in the form of old fashioned fermented soy (such as miso, tempeh, natto, shoyu and tamari) not the processed, toxic soy that is used in so many vegetarian type products and weight loss products on the market today. The worst of today's soy protein products are soy protein isolate, soy protein concentrate, texturized vegetable protein and hydrolyzed vegetable protein. These ingredients are found in everything from shake powders, energy bars and veggie burgers to canned tuna. The worst soy oil products are margarines and shortenings made from partially hydrogenated soybean oil containing dangerous trans fatty acids. So avoid these forms of toxic soy at all costs. Not only will you be saving yourself from a myriad of health problems (like decreased thyroid function and hormone disruption) you will also see a dramatic loss in unwanted body fat.

## 8. *Avoiding Fat like the plague*

While some thought Atkins was the best thing since sliced bread, others thought that fat was the root of all evil. This is only partially true and the complete elimination of all fats from your diet is a BIG mistake. Yes, you should eliminate unhealthy fats like hydrogenated oils (sorry, that means no French fries or doughnuts). But the healthy fats found in wild fish and nuts are absolutely necessary for your body to function at optimum. These fats, called Omega 3 essential fatty acids, are actually so critical to your body's functioning, that it is very difficult to experience any weight loss without including them in your meal plan.

Where do you find these Omega 3's? You find them in salmon, walnuts, flax seeds and organic eggs. Make these foods an integral part of your eating regimen and you will see some great results in your weight loss efforts. A high quality Omega 3 supplement also works wonders for your body and helps to burn off unwanted fat. Take a few capsules with each meal to ensure you are getting your Omega 3's daily.

## 9. *Ignoring your muscles needs for fuel*

Protein is not just for bodybuilders. It's for every person who wants to achieve a lean, slender and toned physique (Did I just describe every person on the planet?) Protein not only fuels your muscles, it also helps stabilize your blood sugar and prevent hunger. So you get the benefit of lean, toned muscles and a way to NOT be hungry. Sounds like a win, win to me. Unfortunately, most people go the entire day without eating any protein at all. It's no wonder these are the same people that complain of a flabby body, fatigue, and hunger pangs that just won't go away. Include a source of healthy protein into each meal (that includes snacks). Wonderful sources of protein are grass fed meats, free range poultry, organic eggs, wild fish, and organic raw nuts.

# 10. *Believing that dieting is the only way to lose weight*

If you still think that going on the next crash diet is the only way to lose weight than I have some bad news for you: You have a long life of Yo-Yo dieting ahead of you. The only way to reach your ideal weight and stay there is to develop a healthy way of eating that you enjoy and that you can maintain (key word is Maintain!) No unrealistic and unhealthy diet scheme is ever going to get you looking and feeling the way you have been wanting to look and feel for so long. So, if a long life with a lean, healthy and vibrant body is what you are looking for, commit yourself right now to learning exactly how this is possible for you for the long term.

Commit to changing 1,2 or all of the above items and finally take control of your health and your weight once and for all.

In health and happiness,

*Zack*

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