

DISCOVER THE
**BEST WAY TO
LOSE WEIGHT**
ONCE AND FOR ALL!



BY CAROLYN HANSEN

Discover The Best Way To Lose Weight Once And For All!



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<http://noexcusesbodymakeover.com>

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Introduction

Have you ever wondered why some people seem to be able to eat almost anything they like and yet they do not have to worry that their socially annoying habit of doing so in front of you will not lead to excess pounds of body fat on their hips and thighs, or around their abdomen?

How exactly is this possible? Are they doing anything special that you are not doing, or are they just blessed by the gods in some way? And if they ARE doing something unusual, can you do it too?

In this report you are going to discover some of the answers to these questions. You are going to learn what the primary factors are that control how much energy you burn from day to day. More importantly, when you understand what these factors are you will be able to see what YOU personally can do to control them.

Some people are born with a genetic disposition to run their metabolism on high, and they can therefore eat pretty much whatever they like. But for the rest of us - and that means the MAJORITY of us - a little knowledge can go a long way to improving the way we approach the problem of trying to stay lean and avoid becoming a slave to the bathroom scales that tend to play too great a role in our modern day lives.

Hello. My name is *Carolyn Hansen*, and I have spent a great deal of my time over the years thinking about how I can maintain my figure without having to constantly monitor everything that I eat. If you share this same concern then this report was written for you.

One of the biggest discoveries that I have made in the last 30 odd years that I have concerned myself almost exclusively with matters of fitness is that my metabolic rate is not something that is cast in stone, but is in

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fact highly malleable. I can choose to lower my metabolism, or I can make a conscious decision to behave in such a way as to force my metabolic rate to increase so as to burn more calories from my body each day.

Now, it took me a long time to figure out how to do this. Part of the problem was that there is a great deal of misleading information out there on how your body processes food and responds to various types of exercise. For the average person the task of figuring out what is good information, and what is bad, is just too demanding. With all the conflicting messages we are getting about what food to eat, and what exercises to incorporate into our daily routine to stay healthy, it is no wonder that the majority of us are doing a really POOR job of it.

Well, I have prepared this special report to help you cut through the mass of information that relates to the functioning of your metabolism, so that you can discover just what the essential ideas are that you need to know about in order to be able to master your metabolism.

I have selected the *four* most important pieces of the puzzle that, when put together correctly, can lead to a sustained increase in metabolism. I have presented them in the pages that follow as the *four secrets of increased metabolism* that you should let soak into your conscious mind so that you can use the information to effect the weight loss goals that you desire.

Are these pieces of information true secrets that will reveal the way forward to a trimmer body, and a more efficient metabolism?

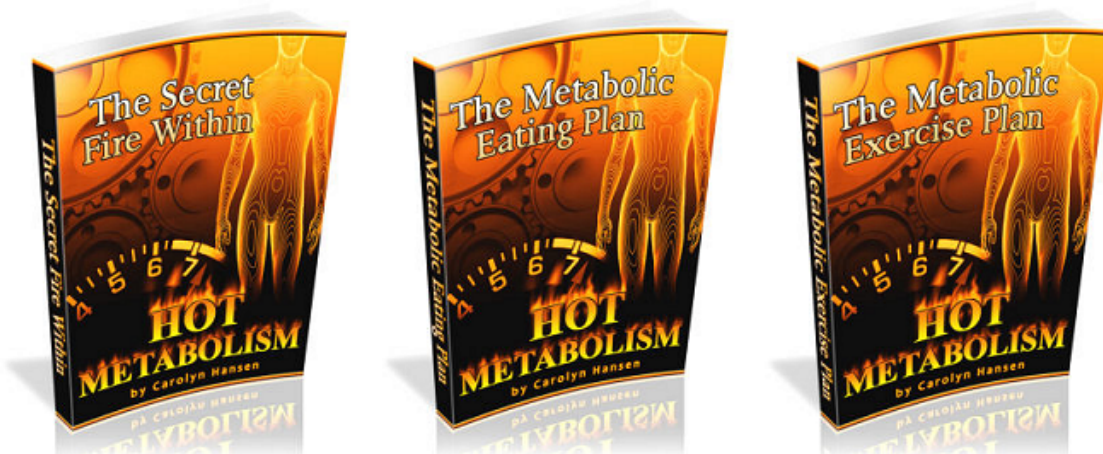
I truly believe so, yes. This is the information that my personal clients receive from me when they come into one of my gyms and ask for help to get their metabolism under control.

In my opinion far less than one percent of the population will ever be

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exposed to, and then come to understand, the secrets that you are about to learn. I know this because of my constant exposure to a public that seems woefully ignorant of the basics about how their bodies really work.

In fact, it was because I received the same questions from my clients day in, day out, over the decades, that I was finally inspired enough to write down all that I have learned about metabolic control, and put it into a book that I can hand to my clients. The three-volume system of metabolic control laid out in that book, titled **Hot Metabolism** explores in detail the information that you will find in the report you are reading now, and shows you how to put it into practice, something that I cannot do in the space of a short report.



Members of the [No Excuses Body Makeover](#) program, receive the content of my Hot Metabolism system over the duration of the course (I will be packaging and distributing the various components in a way that best fits with the design of the program) so that you can learn to master your metabolism. By doing so you will reap the rewards of an elevated metabolism that burns excess body fat slowly but surely every day of the year.

What this means is that you can either remain trim and lean, or, if you are *currently overweight*, you can reach that goal just as surely as

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putting one foot in front of the other eventually gets you to your chosen destination no matter what distance the journey might entail.

Regardless of your current level of excess body weight, trimming back to a more healthy body size is indeed possible through the application of the ideas presented in this report.

Are you ready to learn all about your metabolism so that you can harness the fat-burning power of an increased metabolism? I am guessing that the answer to that question is a definite *yes*, and I am certainly ready to teach you. So let's begin to uncover the secret principles that allow any one of us to control our own metabolism.



Carolyn Hansen

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The Secret Of The Hormones

Most people think that getting control over our body weight is mainly a matter of learning to watch the number of calories that we consume, so as to ensure that we take in no more than we need to fuel our body's energy expenditure. After all, excess body fat is the result of taking in more energy than we need to get by.

There is a certain amount of truth to this balancing of the calorie scales. But energy intake is only part of the story of body weight regulation, elements of which remain entirely hidden from most people for their entire lives.

The *number one secret* that most people never appreciate about their unwanted pounds of excess body fat is that it is almost always the result of a prolonged state of hormonal imbalance within the body.

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Most of us appreciate the idea that hormones control our daily levels of sexual desire, and that the ability with which we are able to gain muscle is strongly influenced by the levels of certain muscle building hormones - such as the steroids which athletes are prone to abuse for increased performance. What we tend not to appreciate so much is that the everyday balance of other hormones in our bodies determine the rate at which we are able to store and shed body fat.

On the other hand you may have some awareness that when the thyroid gland is not working properly we can suffer an increase in body weight.

People who have a hard time losing weight are apt to suspect that they are suffering from hypothyroidism, in which the thyroid hormones T3 and T4 (which play a big part in controlling the overall rate at which food is burned to produce energy) are not produced in the quantities needed to stimulate sufficient energy production. So the net effect is your body stores more fat than it burns off.

The functioning of your thyroid can be hampered by various factors, such as genetic disposition and response to other diseases, including auto-immune disfunctions. In addition to affecting only a very small percentage of the population, none of these factors you have much control over, so it is best to seek the advice of a medical practitioner when it comes to diagnosis of thyroid problems and the treatment of it.

But besides the level of thyroid hormones in your body, there are other hormones which also play an important part in the determination of your metabolic rate. These other hormones, which respond to diet and exercise, are much more under your direct control, and can result in weight gain when they become unbalanced in your body, even when your thyroid levels are perfectly inline.

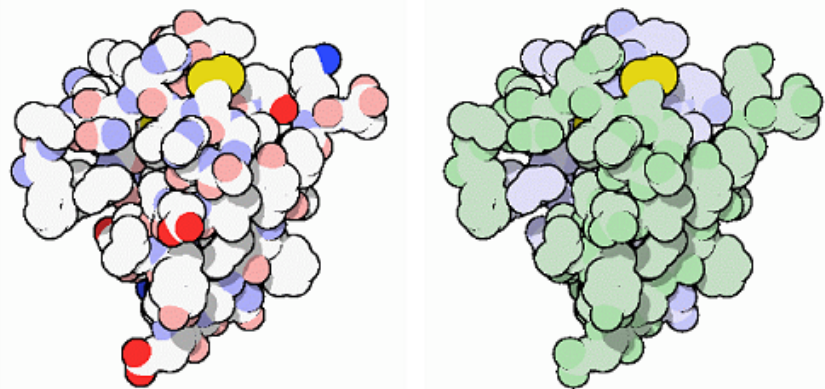
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It is these other hormones that I want to tell you about now, since if they are out of whack in your body they must be rebalanced to burn fat rather than store it.

Insulin and Glucagon

The number one hormone that needs to be kept in check is *insulin*. The role insulin plays in the weight loss story is as the signaler to your fat cells that they should mop up excess glucose (or blood sugar) in the blood and convert it into fat for storage as a future energy source.

Because it is such a cute little molecule to behold, and because it is worth having a concrete image of this terrifically important hormone in mind every time you contemplate eating a delicious treat, here is what insulin looks like (shown in two representations) blown up about 10 million times:



Insulin is produced by the pancreas in response to a rise in blood sugar, which happens every time you eat. How much insulin is generated depends on what you eat and how much of it.

If your diet is high in simple carbohydrates, which is to say carbohydrates that can easily be converted into the simple sugars that are readily converted into energy by the body, then glucose will be produced in abundance as you digest the carbohydrates.

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Foods high in simple carbohydrates include table sugar, honey, fruit, candy and just about any processed food that tastes sweet - like pastries, cakes, cookies, and thick-crustured pies to name a few.

The problem with eating these simple carbohydrate foods in quantity is that we flood the bloodstream with more sugar than is necessary for immediate energy needs. So our body is constantly receiving the signal that we have excess food that can be stored for a rainy day. The end result is that we get fatter.

Other sources of simple starches, which is to say moderately complex forms of carbohydrate which can easily be broken down into simple sugars - and which are therefore almost as bad nutritionally speaking - include potatoes, rice, pasta, and bread.

If evolution had been kind to us it would have programmed our bodies to stop absorbing food when we have enough on board to last us just several days. Instead, for most of our evolutionary history food was never so readily available that our digestive system ever developed the ability to recognize a state of constantly available feasting opportunities and compensate by refusing to absorb the next meal when it was not needed for immediate energy requirements.

For those of us who live in the developed world, where food is just a refrigerator away, or failing that, is within walking distance to the nearest MacDonald's fast food restaurant, the ability to load up on cheap carbohydrates is responsible for daily blood sugar and insulin spikes that get increasing out of control as the years go by.

Every time your willpower falters and you indulge your sweet tooth with the kind of goodies you see in the image on the next page you send the needle on the insulin monitor through the roof.

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Yes, we have all done it on occasion. Maybe you are even still doing it regularly. But I bet you had no idea of the damage this does to your body's ability to burn your existing fat reserves. The more we put sugar into our blood, the harder the pancreas needs to work to pump out enough insulin to get the clean up job done.

When we constantly load our plates with carbohydrates (and simple carbs in particular) insulin levels slowly rise in the body as the years go by. In response, the fat cells begin to ignore the ever-present insulin and only begin doing their job again (of removing sugar from the blood) when the insulin level rises even more. So the pancreas puts out even more insulin as time goes by. The result is a steady building of insulin resistance by the cells which can lead to diabetes and other chronic illnesses.

The flip side of increased insulin production and (eventual) insulin resistance is a corresponding drop in *glucagon* levels. Glucagon is the hormone that does the exact opposite of what insulin does - it encourages fat cells to give up their fat content for the production of energy.

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This is the fat burning process that we want to encourage when the time comes to lose some weight. But if insulin levels are high then glucagon is under-produced by the body, even when blood sugar might be at dangerously low levels. This inability to keep blood sugar at a steady level is a symptom of diabetes, and can lead to a blood sugar crash that can put the individual's life in jeopardy.

Some physicians claim that it is the prevalence of insulin resistance in the developed world that is responsible for most chronic diseases, like cardiovascular disease, stroke, metabolic disorders which include type-I and type-II diabetes, and even dementia in later life.

If there is one hormone that needs to be kept in check for better health, it is insulin. By keeping levels low (by avoiding eating lots of carbohydrates, and especially simple carbohydrates) we retain maximum sensitivity to the production of insulin and we maintain appropriate levels of glucagon to burn fat as part of the energy production process.

So the moral of the insulin story is that when you put simple sugars into your body you switch off the fat-burning mechanism. This may only be for several hours in your youth, following a meal loaded with simple carbohydrates - before your body has begun to develop insulin resistance - but the effect becomes stronger as time goes on and your ability to burn fat grows weaker.

The good news is that you *can* regain your sensitivity to insulin, and refire the fat burning process by cutting down on the simple carbohydrates and allowing your body to rebalance itself. In other words, by *reducing* your dependence on carbohydrates you can *increase* your metabolism.

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Cortisol and Testosterone

Like insulin, cortisol is another hormone that you want to keep under control if you wish to keep your metabolism running on high. Cortisol is known as the stress hormone, because it is released into the blood stream when you are feeling stressful. Cortisol works in a similar way to insulin in that it instructs fat cells to store fat. Cortisol sends its signal to cells by latching onto cortisol receptors. Interestingly, the density of these receptors is greatest on the surface of fat cells found in deep fatty tissue of the abdomen.



This observation suggests that raised cortisol levels may be responsible for increased belly fat. However, studies show that it is the effect of cortisol on the liver that causes the main damage to overall health. Cortisol promotes the accumulation of fat in the liver and this "fatty liver" condition appears to be responsible for serious metabolic problems such as insulin resistance, which (as we have seen above) affects the body's ability to metabolize sugar.

Moreover cortisol inhibits the production of serotonin in the brain. Serotonin is the neurotransmitter responsible for feelings of satisfaction, calmness, and well-being. It is generated in the brain from the amino acid

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tryptophan after we eat carbohydrates. This is why we crave those sugary foods. Especially during times of stress when serotonin levels plunge and cortisol is high. This can lead to carbohydrate binging and the blood sugar and insulin spiking discussed in the previous section.

You are probably familiar with the term "comfort food". You know, when you sneak into the kitchen at night when no one is looking and cut yourself a large slice of cake, or break out that forbidden slab of pure chocolate.



You do not indulge in this behavior because you are particularly hungry, but because you know that by the time you have finished eating the treat you are going to be feeling relaxed and contented because the serotonin will be flowing again. Well, until the stress of the following day raises your cortisol level and you turn again to comfort food to take the edge off.

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If this picture of cortisol influence is accurate (which to the best of my knowledge it is) then one of the best things you can do to raise your metabolism is to manage the stresses in your life.



Stress comes in many forms, including through self-imposed damages to the body due to the consumption of alcohol and the use of tobacco. Therefore, living a "cleaner life" can remove some of the influences that might be suppressing your metabolism.

If you are wondering why cortisol is released in response to stress and causes fat accumulation, the likely explanation has its root in our hunter-gather history as a species. Long before we learned to cultivate grains and provide food for ourselves all year round, our diets were high in protein and low in carbohydrates. The reason for this is that we took the bulk of our nutrition from the flesh of slain animals.

So our diet consisted largely of animal protein and fat, which was plentiful in the summer and fall but sparse in the winter and spring, before the animals has time to recover their fat reserves (the meat of very lean animals is nutritionally void and was shunned by hunters even during periods of near starvation).

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At these times of the year, when starvation-induced stress was high, it made evolutionary sense to develop the cortisol response to accumulate fat whenever excess calories became available for storage.

Unfortunately, we have inherited the stress response, and our modern day high-stress lives allow us to add fat reserves all year round, particularly with the ready availability of carbohydrates in our diet. So stress management should actually play a very important role in any attempt to get excess fat reserves under control. Too often, though, we ignore the stress side of the equation when it comes to thinking about fat loss solutions.

Another way to combat cortisol accumulation is to exercise. Strenuous exercise stimulates the production of testosterone, which opposes the effects of cortisol by blocking cortisol receptors. Testosterone also stimulates the production of muscle tissue. So the overall effect is to block fat storage and promote muscle building. In fact, excessive cortisol levels are known to promote the breakdown of muscle tissue, so cortisol and testosterone are direct competitors. When your behavior promotes the increase of one of these hormones it reduces the level of the other.

Summary

Again, the take away message here is very clear: to increase your metabolism you need to reduce the stresses in your life. It also helps to perform strenuous exercise. Both of these actions reduce cortisol and therefore the fat storing behavior it promotes. Furthermore, the effect of exercising strenuously results in an increase in muscle mass which, as we will see later, also results in the increase of your metabolism.

All right, we have covered the basics of hormone influence as it relates to raising or lowering your metabolism. By no means have I delivered you the complete story of all the hormones involved in weight loss. You will

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learn more as a member of my [No Excuses Body Makeover](#) program.

By this stage, though, you know about the important hormones involved in weight regulation. In particular, you have learned to appreciate that the hormone insulin needs to be kept at a steady level to deliver the best results, and the way to do that is to reduce your intake of carbohydrates.

In the next section you will learn of another way to keep your blood sugar from spiking and switching off the fat burning mechanism.

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The Secret Of Eating Frequency

Listen up, because what you are about to learn in this section is one of the best kept secrets of weight loss. It flies in the face of everything that you have been told about your dieting and non-dieting approach to eating food. If you make this one change to the way you eat you will be able to raise your metabolism WITHOUT making a change to the amount of food you eat daily OR the actual type of food. Of course, you will get a lot better mileage by also paying attention to the final secret to be presented in this report about choosing the RIGHT kinds of food to eat, but if you just do what is outlined in this section you will increase the overall number of calories you burn daily, even if you do not change your diet.

Most of us have been raised to accept that the best way to take in our food over the course of the day is to eat "three square meals". That is to say, we have breakfast shortly after we wake, we eat lunch around noon,

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and then we enjoy dinner in the early evening. The truth is that this is a particularly convenient way of carving out time for eating so that the act interferes as little as possible with the other tasks we need to perform in our day. But I gave up this three-meal approach long ago.

Eat Smaller Meals More Often

It may surprise you to learn that I now eat about six times every day rather than three. So instead of an eating plan that contains three large meals separated by 4 or 5 hour intervals:



my meal schedule involves smaller meals, of about half the size, eaten every 2 or 3 hours:



This is in direct contrast to the dieting approach which suggests that the best way to lose weight is to *skip* one of your meals so as to lower the total calorie intake. Or the other approach which would have you reduce the amount of food you eat for each of these three daily meals.

The trouble with these "dieting" approaches is that by cutting down on your total calorie intake you are sending a message to your body that food is scarce, when in fact this is not the case at all.

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The truth is that most of us are only ever a few minutes walking distance from great reservoirs of food, whether it be your own refrigerator or the local supermarket. Food is not scarce at all!

But when your body *does* get the message that food is scarce it responds according to a set of survival instructions that were programmed into our genes over the two million year course of our evolution. For most of that time food was in short supply and we had to work hard to ensure that we did not go hungry. On the occasions when food was in good supply it made sense from an evolutionary point of view to store any left over calories as body fat, so that when the lean times arrived again (as they always did) there would be an energy reserve for the body to draw from.

Moreover, when food in the environment is scarce it makes sense for the body to burn food reserves more slowly, so as to conserve its store of energy for as long as possible. In other words, your metabolism drops when you starve yourself - you burn fat more slowly, and you pack it on whenever you get a chance to eat. This is the exact opposite of your intentions if your goal is to lose weight.

So every day that you eliminate calories from your diet you are signalling to your body that it should hang on to every extra calorie it can latch onto. When you break your fasting again your body will work hard to store as much of your meal as possible as extra body fat. You know, for another of those rainy days that seem to be plaguing you so frequently right now.

Reversing The Evolutionary Imperative To Store Body Fat

Well, my body never gets that message. By reducing the size of my meals, and eating more often, I am telling my body every day that food is in constant supply and that there is no need to store extra fat reserves for a famine. I eat the same number of calories as my hypothetical twin who sticks to her "three squares a day". But while she goes hungry

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between meals, and primes her body to store fat when the next meal comes her way, my body never goes hungry. In a very real sense I am like those wilder beasts who roam the plains all day grazing, and never going hungry. By spreading my meals out this way I am programming my body to burn all the food I send it, because I am never sending it too much, and also never too little.

By eating this way I never raise my blood sugar significantly, I never stimulate my pancreas to churn out excessive amounts of insulin to mop up the excess glucose, and I keep my glucagon levels at a relatively high level so that they call upon my fat cells to release energy no less frequently than my insulin and cortisol is causing them to store it. That way I can maintain my current level of body fat, rather than see it rise year after year. If I want to lower my fat reserves all I need do is put into effect some of the other methods of raising my metabolism that you will find elsewhere in this report.

Summary

So the moral of this section is that the body must not go into "starvation mode" if it is to release excess stored body fat. If you eat smaller meals more frequently over the course of your day you will raise your base metabolic rate and burn off more fat every day.

More information about the importance of smaller meals, and details on how to prepare meals with the proper balance of protein, carbohydrates, and fats, can be found in the *21 Days To Healthy Eating* my healthy eating volume which you will receive as a member of my [No Excuses Body Makeover](#) program.

In *21 Days To Healthy Eating* you will find everything you need to know to get a small meal eating plan in place, and stick to it. You will also find dozens of recipes for high protein small meals - just the kind to keep your metabolism running on high all day long.

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The Secret Of Metabolic Exercising

If you have devoted a good portion of your exercise sessions over the years to aerobic classes, stationary treadmills, jogging, swimming, or any other kind of low impact but long duration physical activity, then I have some news that might annoy you to hear. You have been wasting your time.

Well, maybe not entirely. Any form of exercise is better than none, and you will certainly be fitter for having spent time being active. But as far as this applies to your efforts to lose unwanted body fat go, aerobic activity is largely a waste of time.

This might strike you as an odd thing to suggest. After all, if you are actively engaged in exercise for an hour or two, surely you are burning calories. This is true. But you are only performing low-exertion

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movements when you engage in this form of exercise. You may burn a few hundred calories this way, but when the exercise stops, so does the calorie burning.

Are Those Aerobic Workouts Keeping You Fat?

That post-workout protein shake with the added banana for taste that you indulge for ten minutes while you are catching your breath can easily replace every calorie you put out during the previous two hours of huffing and puffing.

Moreover, if you regularly exercise this way your body will acclimate itself to the process and ensure that your muscles are adequately stocked with glycogen so that your body will not be required to tap into your reserves of body fat despite the fact that you stick to your workout schedule almost religiously.

I have had personal clients come to me and vent their frustrations, exasperated that their body weight has barely budged despite almost a decades worth of stationary cycling or treadmill use. None of this surprises me, of course, because although I fell into the same trap in my youth while attempting desperately to get my body fat percentage down to single digits in preparation for bodybuilding contests, I learned a long time ago that true metabolic exercising - the kind that raises the metabolism and forces your body to burn fat all day long - requires an entirely different approach to putting your body through its paces.

Add Muscle To Build The Metabolic Furnace

Instead of low-impact aerobic activity, the path to an increased metabolic rate involves strength training. In other words, the kind of activity that builds lean muscle. I know what you are probably thinking. Why would you want to add muscle to your frame when you are already carrying around extra pounds?

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The answer is that muscle tissue is active tissue. It requires fuel to do its work. Even when it is not flexing it needs to burn fuel to keep warm and be ever ready to perform when called upon at a moment's notice. Fat tissue, on the other hand, has a much lower capacity to keep itself warm and can perform no action that expends energy through moving mass around (which muscles do wonderfully).



This is why ten pounds of lean muscle tissue is to be far preferred over ten pounds of fat tissue. The former is going to burn fat all day long, while the latter just sits there doing nothing.

How much energy does a pound of muscle consume? It is something of the order of 10 calories per day. Not much, but a great deal more than can be attributed to a pound of body fat. So an extra ten pounds of lean muscle tissue will use up about 100 calories per day - equivalent to about a pound of fat each month.

Moreover, this is the rate at which calories are consumed if you sit on the couch all day. If you add actual physical activity to your day (always a great idea) the number of calories each pound of muscle consumes each day could be anywhere from two to five times as much as if you sat still all day long.

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Now, even if these numbers do not sound like they could make much of a difference to your weight loss efforts, nonetheless, over time this effect can lead to a real change in body composition (muscle to fat ratio).

If you approach the idea of gaining muscle seriously, by adding proper strength training to your workouts, you can add far more than ten pounds of muscle to your frame. You can also do a lot better than just to sit there and admire that newfound mass. You can put those fat burning furnaces to use!

Summary

Muscle tissue is the secret weapon in the fight against flab. Adding muscle to your frame also offers a great number of added health benefits, not the least of which include a reduction in the likelihood that you will suffer back pain, high blood pressure, and decreased sexual performance in later life.

For the gentlemen out there you may be interested to learn that erectile dysfunction plays a much greater role in the sex lives of those unlucky chaps who sport a pot belly. Just one more reason to elevate your metabolism by adding muscle tissue through proper strength training!

Later in this course you will receive the *exercise component* of my *Hot Metabolism* system and I will show you how to get the most out of your gym sessions. This will allow you to maximize the amount of muscle growth for the least amount of work so that you can increase your base metabolic rate and burn fat continuously. In fact, this method of increasing metabolism is doubly effective because your muscles will continue to burn fat even while you sleep. They never switch off. What matters is the accumulative effect over time.

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The Secret Of Fat Burning Foods

The Holy Grail of weight loss solutions would be foods that, like the high carbohydrate comfort foods that flood our brains with serotonin, not only make us feel highly satisfied after eating them, but also elevate our metabolism and cause us to burn fat more readily - rather than accumulate it, like real comfort foods do.

It sounds like a fantasy, doesn't it? Food burning foods. But in fact we know already that some foods switch off the fat burning process, at least temporarily, when they flood the blood stream with glucose and send insulin into overdrive. So is it such a stretch of the imagination to believe that there might be foods that work the opposite way?

In fact there is a class of food that does just this. I will not keep you in suspense. It is protein. Foods that are high in protein content include lean meats, poultry, fish, eggs, nuts and seeds, and dairy products.

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Add Protein To Your Plate First

If you stick with me for any length of time you will discover that my primary mantra for implementing a fat loss strategy goes something like this "When you prepare each meal select your protein source first, then add a source of complex carbohydrates and healthy fats". Protein should be the key element in all your meals. Plan your meals around protein and you will have half of your battle plan for fat loss already formulated.

Now, if you have paid any attention at all over the years to what the "recommended" way is to pile food onto your plate, you might be thinking to yourself "Wait. Shouldn't we be concerning ourselves first with our choice of carbohydrates, since carbs form the base of the food pyramid?"



The food pyramid, shown above, with simple carbohydrate foods like pasta, rice, cereal and bread at the bottom, promotes the idea that a healthy diet should be built primary on carbohydrates and supplemented next with fruits and vegetables, and finally high protein food sources, fats and oils.

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Unfortunately, our predominant adherence to a high-carbohydrate diet is what is causing the epidemic of obesity in the world today. As you shall see by reading the remainder of this section, the food pyramid is founded on some quite erroneous assumptions about the role played by the three food groups (carbohydrates, fats, and protein) in human nutrition.

Instead of focusing on carbohydrates, it is protein that you need to concern yourself with when it comes to the preparation of your small healthy meals.



So why exactly is protein the preferred food source when it comes to fat loss considerations?

Well, protein is used by the body as a source of amino acids, which we need to build both cellular structures and the enzymes that run the various cellular processes necessary for the maintenance of life.

So protein is used as a source of building blocks for our bodies. But it can also be metabolized for energy. In fact, a gram of protein can be metabolized for (roughly) the same number of calories as a gram of carbohydrates. But our bodies must do more work to metabolize protein - about five times as much as it takes to break down carbohydrates, and about two to five times the amount of work required to digest fats.

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Protein Stokes Our Internal Fire

Because protein *does* require more energy to digest, when we switch to a high protein diet our metabolism increases. We burn more calories than if we adopted a high carbohydrate or high fat diet. Eskimo populations that subsist on a diet where up to 90 percent of their caloric intake comes from meat and fat have base metabolic rates that run about 15 to 30 percent higher than populations that consume a Western type diet, where carbohydrates are the primary calorie source.



Eskimo communities are certainly not the only populations to have adopted a high protein, high fat diet, and lived fairly comfortably on their preferred non-carbohydrate staple of meat. American Indian populations often consumed bison almost exclusively as their food source, only turning their noses up at the bison in the winter and early spring months when bison body fat levels had dropped down to around 2 percent, making the meat virtually poisonous as a sole source of nutrition.

Likewise, Midwestern trappers who made the mistake of thinking they could live off rabbit meat in the winter months discovered the protein source was so lean that no matter how much meat they ate they continued to remain hungry (and eventually died if they kept up the

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habit). The point am I am trying to make here is that a certain amount of fat in the diet is not only desirable, it is absolutely essential to the metabolism of protein and the maintenance of energy levels.

So when I say that you should eat lean meat as a source of protein I am really talking about meat that is considered lean in modern day terms, with a fat percentage of maybe 15 or 20 percent. This is in contrast to corn-fed livestock whose body fat percentage can be closer to 50 percent. In the latter case this excess (saturated) fat is really a secondary source of carbohydrate calories and the animals that supply the meat for our consumption are far from healthy specimens. This is why "lean" meat is always to be preferred over the alternative.

Summary

Eggs, salmon, nuts, and sources of lean beef provide an excellent means to add protein to your diet and increase your metabolic rate so that you can burn more fat. Protein powder, in the form of whey, is also a terrific source of protein. I tell all my clients to put whey on their weekly grocery list.

Toss a scoop of whey into a blender with a cup of milk, some blueberries, and half a banana, and you will have yourself a small high-protein meal that can keep your body humming for several hours. Not only does protein raise the metabolism, but it also helps smooth out those glucose spikes that you would otherwise be facing on a high carbohydrate diet.

As mentioned in the second chapter of this report, much more detail about the *right* foods to eat to enhance your metabolism can be found in the *21 Days To Healthy Eating*.

How I Got Into Shape

I hope you enjoyed learning about how your metabolism works as much as I enjoying putting this report together for you. Of course, what you have learned today is just the tip of the iceberg when it comes to putting these ideas into action and reaping the benefits of an elevated metabolism.

As a wrap for this report it seems only fitting that I tell you a little about myself and how I have used the principles of fat loss outlined in this report to get into shape over the years.

Just like you, all I wanted was a lean, healthy, strong, and shapely body. Not too much to ask for in your youth, which is when I first became overly interested in the idea (in fact I became obsessed with it!)

But back in the eighties, when I got started, the fitness "experts" of the day believed that to get into good shape one had to starve oneself on low-calorie diets and do hours of long, slow, repetitive activity.

My friends and I spent many years doing just that. We dieted our socks off and spent every moment we could walking, jogging, cycling, swimming and attending aerobics classes. And guess what? Not a lean, firm body in sight. For me, just the same old skinny, flabby body that measured in at 23 percent body fat. Not much to show for several years of hard work.

The Turning Point

Eventually, due to burn out and lower body injuries I was told that I would have to give up what I had been doing for perhaps a year. At that time walking was an effort. I had shin splints and a stress fracture. So I

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did the only thing that seemed left for me to do. I went to the gym and begun a regimen of strength training.

I discovered that when the intense hunger that I had become used to (from all the endurance activity) was no longer an issue, eating better became easier for me. It seemed simpler just to eat more protein, eat more often, and get rid of the junk. And guess what? Within 6 months, body fat was dropping off and a new firm body shape had begun to emerge. Progress was so fast that within 18 months I found myself standing on a competitive bodybuilding stage and I went on to compete over 30 more times.

Since then I have helped hundreds of people (thousands if we count my gym members) get into better shape. Some of them have even gone on to compete in body shaping/physique contests themselves.

I consider my years of hands on and personal experience way more valuable than the fitness/personal training qualifications I hold that enable me to work in the fitness industry. What I have learned about getting into top physical shape is not taught in any university in the entire world.

You Can Do It Too

Today my goal is to share what I know with every person who has had trouble getting into shape and who needs a hand to do it. Because I cannot personally coach you I have taken the time to write down my system for weight loss and make it available as part of my [No Excuses Body Makeover](#) program. By the time you have finished the program you will know everything I do about how to increase your metabolism so that you can have fine control over your body weight for the rest of your life.

In short, you will discover that this program is ideal for you:

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- If you have ever struggled to lose weight and watched helplessly as the unwanted pounds just kept piling on...
- If you have tried every fad diet only to end up heavier.
- If you have tried pills, vitamins, shakes and even prescription drugs with no success.
- If you do not have time for hours of walking or jogging.

But any weight loss program is only going to benefit you in the long run if you can stick with it. That is why I have made an effort to put together a system that requires:

- No conventional dieting
- No self denial
- No sweaty exercise
- No willpower

Now that you have discovered, by reading this report, how to boost your metabolism, and burn more fat with less effort, you are ready to lose all the weight you want. It is easy when you know how. And if you would like me to show you the exact steps and give specific directions to help you shed fat, build back the muscle, and transform your body, then you will find everything you need in my [No Excuses Body Makeover](#) program. Inside you will discover:

- How to destroy fat faster, easier, and with less effort than ever before.
- How you can crank up your metabolic dial to become slim and lean for life.
- The type of exercises you can do to achieve three times the results in half the time.

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- The hidden cause of weight loss failure ignored or overlooked by nearly everyone.

If you allow me to guide you in this weight loss journey you will find the process quite different than anything you have tried before - because we are going to make it about more of everything rather than less. You will be finally free to feel the energy of a lean and strong body while enjoying more of everything... more food... more energy... more vitality, strength, confidence, and quality of life.

Now, doesn't that seem like the right way to go about securing what you really want - a strong, healthy, energetic, and lean body?

If you would like to learn more about the *right way* to do all this then check out my membership program:

[To Burn Fat All Day Long - Try My No Excuses Body Makeover](#)



Once again I want to thank you for allowing me to guide you in this weight loss journey. I assure you, you will find the process quite different than anything you have tried before - because we are going to make it

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Carolyn Hansen