

The **6** *NATURAL*
Habits for:
Effective
WEIGHT LOSS

By Russ Nagamori

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IMPORTANT: Consult with your family doctor before attempting any exercise or changing your diet. From here on **YOU ARE FULLY RESPONSIBLE FOR YOUR OVERALL HEALTH.** This book is meant to be used as a guide and any results experienced or not experienced may be different for each individual depending on (but not limited to) their; age, gender, weight, height, environment, mental and physical background, heredity, etc.

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Table of Contents

<i>A Word From The Author.....</i>	p.3
<i>Chapter 1 – The Right Mental Attitude.....</i>	p.18
<i>Chapter 2 – The Habit of Healthy Eating.....</i>	p.35
<i>Chapter 3 – The Habit of Daily Exercise.....</i>	p.54
<i>Chapter 4 – The Remaining Three.....</i>	p.65
<i>Chapter 5 – A Quick Review.....</i>	p.72
<i>Chapter 6 – Shred Fat or Build Muscle.....</i>	p.76
<i>To Your Success.....</i>	p.86

A Word From The Author

The knowledge in this book was made to be short, sweet and somewhat blunt. This is for the reason, mindless of all the information available on health and fitness, that we learn more from doing as opposed to reading.

Many people in the health in fitness industry are coming up with thousands of different ways to change diets and exercise and there are just too many to choose from. Still the questions remain: *Which program works and which one doesn't?*

I can tell you right now that the fundamentals of the human body have **not** changed in the past one hundred years, if not 5000(or more) years, and that there is no need for new and more complex exercises. And the only reason why we need to keep up to date with dieting information is because of Man trying to play God and messing around with genetics and poison. The way of the old fitness and body building, and health are *still valid* today as they were centuries ago.

This book will be kept simple for your benefit. You will uncover a few basics to the human body – enough to get from where you **are** now to where you want to **go**. This guide's main purpose is to help *you create a health consciousness and lose weight*.

The principals described throughout this book will **always** remain the same. The different “*use*” of these principals will be the only thing that changes depending on what kind of body you want.

Let me tell you a bit about my background in health. As of writing this book, I'm about 5'5" (short, I know) and my normal weight ranges are kept between 129 lbs. and 132 lbs. It's been more than a decade that I have practised good health. I'm on and off with weight lifting and strength training. Sometimes I only do minimum exercising. Is it because I'm lazy? No, it is for the fact that I am healthy and comfortable with my body. Is keeping healthy and fit a choice? *Of course it is*. When I travel, I want to enjoy eating the foods I want to eat and focus on the enjoyment on the travel itself. I think it is absolutely nonsense to count calories when traveling. There is just no need for it.

My grandfather had both strength and muscle and was very knowledgeable about the subject. He taught me a good amount

about overall health and how to build strength and muscle. He was the first one to show me strengthening and muscle building exercises. These exercises did not include dumbbells or any other kind of equipment. In fact, he **never** had his own dumbbells or went to a gym. He did it *naturally*. In the time my grandfather was alive, there were two things that he said that have always stuck with me; “*it’s always mind over matter*” and “*you can do whatever you put your mind to.*”

In the days of being an infant and child, I had asthma. Both parents were heavy smokers and I can only imagine that is why I was born with it. Asthma chained me down and kept me inactive and not to mention sick all of the time. Even a short spurt in running or jogging my lungs felt like they would collapse. Use of an asthma inhaler (puffer) was necessary. Even the smallest amount of physical activity would mean having a hard time.

For years even the smallest amount of physical activity hurt, *literally*. Opportunities such as joining school sports or any other physical activity was not in my book – even if I wished them to be. And then one day it would all change.

On this one day in my early teen years, I made the decision that, no matter what, I would become fully active. My decision was based on the fact that I was becoming chubby. I didn’t want to be chubby and overweight. This decision ultimately changed my overall health – **after I acted on the decision**.

The idea was to lose weight and it came with a *desire* to take any action what so ever on every opportunity, even small, to get into shape **mindless** of my health issue.

I started getting involved with school sports. Started going out with friends to play soccer and football in the summer and hockey in the winter – just for fun (was never great at it). I also started to change my *eating habits* in the best way I could. Within about a year of the effort I had put in, I received word from the doctor that my asthma had disappeared and I felt much better than before – physically and mentally.

The bottom line is that I **pushed** to be more **active** and was more conscious about what I was eating and the way I ate. The end result was a lean body and being able to maintain my weight. After that success I could accept all foods that came my way, and **not** gain weight.

That was a good number of years ago and I continue the same way to eat what I want, when I want, and keep active. I would like to mention that it is proven that more males than females who have asthma in their childhood are more likely to grow out of it. So maybe it was just a coincidence that I lost the asthma... *after* getting physically active. However, this also means that if you don't have asthma or any other health problem – you are one step ahead of many other people who want to get healthy.

The little things I did and continue to do *will* work for you as well. Every human on this planet consists of only two things; a mind of their own in which they can choose their own thoughts and a physical body that must behave and shape itself according to what you command it to do. Anything is possible for you and *you can do whatever you put your mind to*. It's just that simple.

Disclaimer

If you are currently on any prescribed medication, have any health issues or in need of any special medical (mental and/or physical) assistance, **please seek the necessary professional and/or medical help** that you need. Also you should consult with your physician or family doctor before making **any** changes in your diet, medication or exercise routines. The results from this book may vary depending on age, sex, and other conditions that may be involved.

The purpose of the above paragraph is that a lot of people don't take responsibility for their own health and enjoy blaming other people and circumstances for their own misfortunes. With that said, this is the best time to crush one of the biggest myths out there as to why so many people are unhealthy and overweight.

The fat gene – do you have it?

Chances are you probably do not have it. But if so, *how do you know?* One of the most used excuses for being overweight or obese is saying that genetics prevents weight loss. Not true. Genetics definitely plays a role in physical heredity but not when it comes to being fat and unhealthy. What genes may control is how your body processes different foods, or in other words; *how it processes the energy and nutrients from the foods*. For example,

one person may be able to eat a loaf of bread and not gain a pound while another person may eat the same loaf of bread and gain weight fast.

Another example is: Someone may experience rapid weight gain from eating pork while another may gain some weight but at a slower pace. It still doesn't mean genetics are what makes a person overweight. It just means that the person has to be more conscious about what food they eat, how much they eat, and the reactions that different food has on their body. The previous sentence is *simple yet so profound*.

It is estimated that 1 in 100 overweight people (not the whole world population) may experience a mutated gene (I can't recall an exact reference but it was a doctor who mentioned the estimation on a BBC Documentary). A flaw, if you may, in the genes they were born with. Just like a child born with a mental or physical handicap. It just doesn't happen to the majority of people. Or in other words, *it's generally a rare case*.

A difference in genetics could also result in one person being able to bulk up on muscle (through proper dieting and exercise) faster than another person that has the same diet and exercise routine but builds muscle slowly. That difference is **not** an excuse for the person who wants to build more muscle and finds it a bit difficult. It just means that they will have to give more effort than the person with the supposed "good gene".

To go on further, *why* is it just now, in this time, that fat has become a problem? The answer: **Technology**. You probably drive a car or take some other way of transportation to work. You also probably have at least one television in your house or apartment. You have also most likely been through a drive through at a fast food restaurant at some point in your life. This is much different than the time when much more physical labor was needed to eat and go to work. As humans we had to work for everything in the past. We needed to hunt, harvest, and build our own houses. Everything required physical labor. Today we have electronics and other technology to do pretty much everything for us. *Is that really genetic?*

And for a gene to change **it takes years**, and happens gradually over time – time being generations. I've heard many times the phrase, "*my parents were fat because of genetics so I will be fat for the rest of my life, too.*" I think we would have to look at

the *habits* of families like those. Just as genes are passed down in a family – **so are habits**.

If an overweight couple have bad eating habits and don't care to exercise, what do you think will happen when they decide to have kids? Kids learn from observing and not from what they are told to do. The “do as I say and not as I do” is **absolute nonsense**. So with this same couple, I can guarantee that the kids will follow in their parent's footsteps. The kids will be observing their parents habits and doing the exact same thing. Monkeys see and monkeys do. And then, without surprise, the kids become fat. It's no different than smoking. If both parents smoke, the children will probably end up smokers as well. Is that genetics at work? Nope. *It's habit at work*.

Don't think that just because you are born a certain way that you are not capable of getting the health you want. **We are not** born knowing how to interact with people. **We are not** born with the knowledge of finance. **We will never** be born with a career on our plate. Those skills are **all learned** and **applied** and made into *fixed habits* – habits that can be *changed*. Our environment including where we grow up and the people that surround us is where we initially receive information and begin to develop our habits.

So before anyone comes up with the, “it's in the genes”, they should go find out if what they think is actually true or **just an excuse**.

Also, when choosing a doctor or any other medical professional, make sure they are physically fit and healthy. A fat doctor does not have the right to tell someone how they can be healthy. An unhealthy dietitian being overweight, unhealthy or both, has no right to tell you how to eat, either. That's like going to a smoker and asking them how to quit smoking – **it's insane**.

As you continue to read this book, there will be reference to research and study and specific references like the Mayo Clinic and Government statistics. Even though someone in authority says that something may be good or bad, *do your own* research and find out the *facts* for yourself. At the end of the book, I will give the sources I trust when it comes to gathering information about health and fitness.

The principals

Write now as I'm typing this, the number one country for North America and across the globe with overweight people is the United States of America. Mexico as number two and Canada at number 6, according to the Huffington Post. India, the United Kingdom and Australia are not too far behind. Being overweight and obese is not found in just a few select countries but globally.

The Huffington Post estimates that 500 million, or one of every ten people, across the globe is overweight or obese. More than 60% of U.S. citizens are said to be overweight with more than 35% being adults. According to CDC (Centers for Disease Control and Prevention), weight gain is shown more in people aged 60 and above compared to people aged 18 and under. I believe from observation, which during retirement, less physical activity is present. If a person eats well but neglects proper exercise then they are bound to gain weight. That's a fact.

Mexico counted for over 24% of the population was overweight with more overweight males than females. Statistics Canada (website) shows that Canada's population is over 19% overweight with more males than females and that over 31 % of kids aged five to eleven are overweight. So what does this mean?

This means that being overweight has become an epidemic. It's most definitely a problem caused by humans themselves and at the same time it can also be *cured* by humans. The solution is not surgery, fat loss pills or any other form of over the counter medication. Obesity and being overweight is **not** a disease – *it's a symptom*. Treat the **cause** and the symptoms vanish.

The principles that I will provide you with here revolve around four main elements; **thinking, deciding, acting and repeating**. Your thoughts followed by your actions will create your results. With that said - your weight is your result and the maintenance of your physical body is your responsibility.

There are six principals altogether. Let's call them the "The Big 6." The Big 6 are the principals that must all be used and can be used in different ways. In this case we will use them for fat loss but they can also be used for fitness and building muscle. The Big 6 are as follows:

1. The Right Mental Attitude
2. The Habit of Healthy Eating
3. The Habit of Daily Exercise

4. The Habit of Sleep and Relaxation
5. The Habit of Elimination
6. The habit of Keeping Clean

There is one common denominator between all men and women who have perfect health; *they are healthy, strong and have good looking bodies*. From the obese man who lost weight and now maintains his new health to the body builder who has sculpted his or her body to a specific physique. There is just one thing they all have in common – can you guess what it is? *It's habit*. They have all developed certain habits.

When I was a child my grandfather told me about habits. He said that *whatever you choose to do and do it over and over again, eventually it becomes habit*. He also said that it doesn't matter if the habit is good or bad and that the habit will form **mindless**.

In order to get healthy, you have to change your current habits to change your results. A habit is formed first as a thought. The thought is then subject to be acted upon through making a decision to do so. **This is your choice**. After thinking and acting in a certain way and repeating that process, you eventually form a habit. Different habits bring different results.

Imagine someone who is overweight and unhealthy who desires to have a body of toned muscle. Instead of watching television for two or three hours a day, they can *change* that habit into one where they lift weights and jog for two to three hours a day. They could also change *another habit* by eating healthier food with more muscle building protein instead of potato chips and pop all the time.

It's a change of habits! That's all there is to it! It's **simple**. The one who has a fit body has different habits than those with an overweight body. In changing old habits you must think in a different way and act in a different way. Building muscle and weight loss require different use of the same habits. In order to control what habits you develop *you must control your own way of thinking*.

This Can Work For You

It's up for you to decide if you will make it work or not. That is a decision that only you are responsible for. Right now

make a decision that from here on, for the rest of your life, that you will be fully responsible for your mental and physical health. Decide that you will do what it takes to become healthy and to have the body of your choice.

Before this book can really help you there are **pre requisites**. You must have a *definite aim* as to what you want your outcome to be. A definite aim is the same as goal or intention. The fact is that if you don't have a goal in mind, you will never know when you've arrived. (In a later chapter we will help you decide what goal suits you best.) Next you must have a *desire*, that little flame inside that will motivate and help drive you until you have accomplished your goal. Proper action must be taken and met with persistence.

The Bio-Machine

The human body works in a more complex way than that of any super computer. Human research and acquired knowledge provided by science has revealed the basics to what the human body is and how it works. If we know what the body is and how the body works and what elements that are needed for it to operate at a healthy state, we can fix **any problems** when they arise and prevent problems from happening.

The human body is actually similar to a vehicle. The motor of a car, truck or airplane needs 3 **key** elements in order for it to run. Those key elements are air, fuel and spark (electric current). The proper balance of these three key elements is *essential* to make a motor *run* and continue to run efficiently. If one of those elements is taken away, the motor will **not** start, or die if one is taken away while running. If you force more air or fuel through the motor, it will have issues one of which would be bad fuel economy or even a flooded motor (the vehicle will not run if flooded). If the spark plugs (spark) are corroded (or dirty) then issues would also arise and take away from the overall performance of the motor. It may even fail to start. For those not familiar with vehicles, the motor of a vehicle works exactly the same way as if you were to start a camp fire. The human body is somewhat similar.

The body needs a proper *balance* of air, food and water, along with exercise. Take any one of those away and the body **will** start to break down and eventually die. Take away air and the

human body won't last a few minutes. Take away food and water and the body will start to transform all fat and muscle into energy for the body to survive leaving the person very ill. Starving the body of water and food means that the body will eat itself so that it can survive. There is only so long that the human body can neglect food and water before it dies. Taking away exercise will *also* lead to death but ill health will approach the body beforehand.

Imagine someone just sitting on the couch that does nothing but breath air, eat food, drink water but never gets up. It's absolutely certain that person will develop both physical and mental health problems and eventually pass away from a heart attack, stroke or some other fatal consequence.

Now here is the interesting part. A lot of exercise with only a very small intake of food and water will cause fatigue but *burn the fat*. Eventually after the fat is burned, the body will start breaking down muscle tissue in order to supply the body with energy – to survive. At this point the body will be in starvation mode. Even too much pressure of oxygen (air) into the lungs can cause oxygen toxicity and can have a bad effect on the brain. (We can handle different levels of amount of oxygen to a certain extent but it's the pressure that must be balanced and not forced. An example would be a recreational diver.) Take away half the oxygen that you normally take in while moderately exercising and the performance will start to drop because the body is not getting enough oxygen that is required. This will leave a person literally breathless and unable to continue the exercising. And finally, eat too much of any food with little or even moderate exercise and the body will store it in the fat cells. This includes fruits and vegetables and any other healthy food and not just the junk food.

By continuing to breathe in fresh air, eating the right amount of healthy food, drinking water and working in a balanced exercise routine you will get your body into the perfect weight and design *you want it to be* and maintain it through *strengthening* the new healthier *habits* you create.

Simple Anatomy

Don't worry! This is not one of those boring high school biology class lectures! I will explain a bit about the body in the simplest way so that you can easily understand it.

All physical parts to the human body are made of billions and trillions of *cells*. These cells include; bones, muscle tissue, fat cells, skin and the nervous system (spine, brain and nerves), respiratory system (lungs and mouth), digestive system (stomach and intestines), the circulatory system (heart, veins and blood) and reproductive system.

Each different kind of cell has a different job. The bones give structure to the body that enables us to stand on two feet. You also have the joints and tendons for mobility. The skin, muscle, fat and nervous system are wrapped around the bones. There are nerves all over our body with the main station being the brain and the bulk of nerves rapped around the spine. The nerves give feedback to the brain and allow the brain and mind to take control of the body. (Mind and brain are different. Mind is activity and the brain is a physical part of our body. Think of the brain as the physical control station and translator that sends and receives messages through the entire body.)

Muscles are a source of *physical strength* and *energy*. If you had only bones and nerves you could not do anything. You couldn't walk or even move a finger! The muscles in your arm and hand allow you to pick up a cup of coffee or lift weight. The more the muscle is built and strengthened, the more that you are able to lift with that same muscle. A bigger muscle will also store more energy.

Fat cells are stored energy. The body will turn to these reserves in times when the body is still operating but there is no energy entering the body.

The respiratory system helps take in and distribute oxygen throughout the body. The digestive systems helps break down any food or drink we consume and extracts the nutrients while doing its best to flush out what we don't need (the waste). The circulatory system passes blood cells, nutrients, oxygen, hormones, etc. to and from cells to control body temperature, fight disease, stabilize PH, etc. Think of this system as a bunch of passages (blood veins) that cells (blood and other) travel throughout the body and deliver the goods and services that your body needs, where it needs them, to maintain good physical health.

Obviously to understand the whole of what Man currently knows about the human body would take more than a dozen text

books and videos. It was an attempt to just break it down as *simple* as possible to give you a basic idea of the human body as it is.

This *symphony of energy* we call the body is controlled mainly unconsciously but can also be controlled to behave in a certain way by our *Will*. All these systems that were beautifully designed are built to function *automatically*. However, YOU are the one choosing what food you eat, what you drink and what activities you do. *You are in control*.

Two Different Worlds

Muscle is different than fat and both will increase or decrease by different *means*. Muscle needs full contractions with heavy weight to get stronger and bigger. Muscles also need a mix of sufficient protein, nutrients and rest in order to grow.

Think of a black smith who manually forged swords or other weapons in the mid-evil times. As he hammered away at steel and iron with a 3 pound steel hammer for hours, *his muscle would receive feedback*. If the muscles in his arm could talk, they would say something like this: “*whoa! I need to grow bigger and stronger so that I can handle the weight of the hammer and hammer longer without getting tired!*” So what happens? After the muscles are worked, the muscle tissues develop microscopic tares in the tissues of the muscle. The protein is attracted to the tares and fuses itself within the muscle tares.

Viola! After rest and a period of time, those muscles in the blacksmith’s arm start to grow bit by bit. Eventually they grow big but will only grow to a *certain extent*. They will **only** grow in size and proportion to the weight he is handling. If the blacksmith wants bigger muscle then all he has to do is **add more** weight by upsizing his hammer. Don’t forget that he would also need the appropriate diet as well. Then the process repeats itself and the muscle will grow once again.

Now if this same blacksmith started knitting sweaters for a living, you can *imagine* that his arms will lose both mass and strength over time for the fact that muscle would **no longer be needed**.

There is a bit of a myth out there that you have to “shock” the muscle to make it grow bigger. **It’s not true**. Your body adapts to its environment and through the interactions of your

environment. Your muscle will adapt to lifting weight as your skin adapts to the sun. The skin will get darker and produce a natural sunscreen after being in the sun for longer periods of time and muscle will gain strength and grow from lifting heavier weight.

Fat on the other hand is different – *very different*. We are **all** born with a certain amount of fat cells and we never lose them. They are with us – *until death do us part*. Some of us are born with more or less of these cells than other people. Fat cells are basically used to store energy. They get bigger and smaller, *depending on what we eat, how much we eat and how much energy we use or don't use*.

When your body extracts the *energy* (calories) from the food you eat through digestion, **it stores the energy you don't burn up** in the fat cells. If the energy is not used from the fat cells, the cells grow bigger in size *because of the accumulation of energy*. Thus we gain weight. If we exercise and burn up all the energy we ate prior to exercising, the body would then turn to fat for its energy source as we continue to exercise. The energy in the fat cells would then be released and distributed to power the body. The result of expending the energy in the fat cells would mean the cells get smaller in size. **That equals weight loss.**

In simple terms, you don't burn fat cells. *You burn the energy that the fat cells contain*. Now you can *imagine* that each fat cell really just increases or decreases in size.

In order to downsize fat all over the body, *cardiovascular exercises* are the best. Doing a cardio exercise involves faster than normal movement such as walking/brisk walking, jogging, running and cycling. Jumping jacks and swimming are also examples of cardio exercise.

Basically what happens when you do a cardio exercise (or any other exercise for that matter) is your body sends out signals that it needs energy. It will first burn up the energy from the food you ate prior to the exercise. After tapping out of all that energy, your body will start taking energy from the fat storage to burn. The fat will release energy so that your body can distribute and utilize it to keep your body in motion. Cardio exercises will not only help burn the energy in fat but will also eventually tone muscle. Toning muscle simply means shrinking the fat cells and revealing the muscle underneath, in detail. More intense exercises that involve

lifting weight will help build muscle and strength as well as burn more energy.

And unlike muscle, the fat will increase or decrease all over the body *somewhat equally* whereas muscle needs to be built by exercising the individual muscles.

Fat and muscle are both completely different cells. A popular myth is that you can turn fat into muscle. That is false. **Fat won't turn into muscle and muscle will not turn into fat.** It's a common error to think that is what happens if an overweight person just starts lifting weights. **Fat does not carry protein and muscle fibers do not include fat.** Fat is fat and muscle is muscle. Muscle needs protein and weighted contractions in order to build more muscle. The only way fat may help in the building of muscle is if the body is using the energy from the fat cells to help power your muscles to lift heavy weight.

The System

There are only so many scenarios that are possible for good health. If one is to eat a lot of good food mixed with protein and include an intense variety of weight lifting exercises, they will grow muscle. If one is to eat a balanced diet and mix it with enough cardiovascular exercises, they will burn fat and maintain a healthy lifestyle. If someone eats a lot of food and doesn't exercise, they gain weight and become unhealthy.

The amount of muscle will depend on gender. The difference between muscle building between women and men is *hormones*.

Men carry high levels of testosterone depending what age he is at and women carry less. It will be easier for men to build bold muscle faster and bigger than the women. Testosterone is connected with the growth hormone in the body.

You now carry a key ingredient to losing weight – eat a BALANCED diet (**not too much that your body doesn't use it**) and do cardio exercises! Like I said earlier, if you eat a lot of anything and do nothing to expend the energy, it WILL cause you to develop more unwanted fat.

When you think of food, think of energy. Different kinds of food are made up of different amounts of energy. Grains for example carry more energy than green vegetables like iceberg

lettuce or cabbage. Calories are a MEASUREMENT of energy and NOT energy themselves. We will get into that later, but for now let's just make a point - *you are what you eat*. Every time you eat or drink you are injecting your body with energy. What your body does with the energy is entirely up to you. Simply said:

Taking in more energy than you burn off = fat accumulation

Burning off the same amount of energy you take in = no difference in weight

Burning off more energy than you consume = weight loss

Ah, yes. It's "simply said" because **it is that simple**. Get physically *active*. Humans are the only disoriented beings on this earth. All problems there ever will be are caused by humans. ALL problems in this day and age are caused by humans. You may ask, "*What about the volcano eruptions and hurricanes that cause disaster?*", and my reply is "**Don't build near the ocean or volcanoes.**" The reason natural disasters affect us is because we insist on building civilization around them. If a volcano erupts on an island that no one lives on, in the middle of the ocean – there is no problem.

Now how does that relate to weight loss?

Being overweight is the *problem* and *we* are the only ones responsible for the *solution*. I believe undoubtedly that one of the main reasons for people being overweight and failing at any exercise or dieting program is because generally they are not committed and tend to blame something or someone else for their own way of doing things. Maintaining proper health is *simple* and *I will show you how*.

Let's get going!

This book is not hundreds of pages long and I *guarantee* you that if you *follow* this book **promptly**, YOU WILL SUCCEED. Let me repeat: YOU WILL SUCCEED. You **will** lose weight. You **will** be able to enjoy all food you eat. You also have the potential to save money and ultimately *enjoy living a healthy lifestyle*.

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