

fat burning secrets



**WHAT ARE THE FAT BURNING FOODS
AND EXERCISES THAT ACTUALLY WORK**

**Proof you can transform your
body (fast!)**

Fat Burning Secrets

*What are the Fat Burning Foods
And Exercises that Actually Work*

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Fat Burning Basics

If you're overweight, you are not a bad person. You're simply overweight. But it's important to lose the extra pounds so you'll look good, feel healthier and develop a sense of pride and self-esteem. Once you've lost the fat, you'll need to maintain your weight.

In this book, you'll discover how to lose 10 pounds a month – a nice, safe loss of about two or two-and-a-half pounds a week – painlessly. You'll feel satisfied and more energetic than in the past without feeling deprived.

Most Americans pack on those extra pounds by eating the wrong things. Changing these poor eating habits is the key to long-term success. Knowledge – along with the right food – is the key.

When humans lived in caves, they didn't know anything about preserving and storing food. They spent all their waking time and energy hunting and gathering food. When they had it, they gobbled it down fast. Instead of storing food in pantries or cupboards, they stored energy in their bodies in the

form of fat to burn during periods when there was little or nothing to eat.

Each year, it was absolutely vital for them to put on a good layer of fat during the warm spring and summer months. That was the only way they could guarantee their survival during the lean and mean winter months.

And since women bore the young, they needed more energy to sustain themselves and their babies, and that meant they were usually heavier.

Even though we no longer live in caves, we have inherited and maintained this basic mechanism for fat storage from our hunting and gathering ancestors.

Each one of us is born with a certain number of fat cells. How many of these fat cells you possess depends on genetics. If you have a lot of fat cells, maybe your ancestors were the biggest people in the tribe, which was a good thing because they had the best chances of survival.

You can never get rid of fat cells, but – unfortunately – you can add to them. Depending upon what you eat, your body will manufacture new

far cells. And like those you were born with, they never go away.

That doesn't mean you're doomed to be fat once you put on extra pounds. It is possible to shrink fat cells. That's what happens when you lose weight. You burn up the fat stored in those big fat cells. Think of them as balloons. Burning off the fat inside them has the same effect as letting the air out of a balloon.

A good weight loss program requires a certain amount of intake restriction – the consumption of fewer calories. You burn off the fat by eating less fat and becoming more active.

To guarantee a lifetime of weight-control success, you have to change the type of foods you eat, so that you ingest less fat and still get the vitamins, minerals, trace elements, protein, fat and carbohydrates your body needs to thrive.

Extremely low-calorie diets may help you shed pounds quickly, but they'll lead to failure in the long run.

That's because humans are genetically protected against starvation. During food shortages, our bodies slow down our metabolisms and burn less energy so we can stay alive.

A part of our brain called the hypothalamus keeps us on an even weight keep by creating a “set point.” That’s the weight where we feel comfortable. The hypothalamus determines this point based on the level of consumption it’s used to. It seeks to keep our weight constant, even if that point is over what it should be.

When we drastically cut back our food intake, the brain thinks the body is starving, and in an effort to preserve life, it slows the metabolism. Soon the pounds stop coming off. Consequently, we grow hungry and uncomfortable and then eat more. And then the diet fails.

How can you compensate for this metabolic slow-down? The answer is that you have to change the nutritional composition of the foods you eat. You will have to cut down on total calories – that’s absolutely basic to weight loss. More important, however, is reducing the percentage of total calories you are getting from fat.

That’s how you’ll avoid starvation panic in your system. At the same time, you reduce the amount of fat in your food, replacing it with safe, low calorie, nutrient-rich plant foods. This will convince your brain that your body is getting all the nutrition it needs.

In fact, you'll be able to eat more food and feel more satisfied while consuming fewer calories and fats.

Plant foods break down slowly in your stomach, making you feel full longer, and they are rich in vitamins, minerals, trace elements, carbohydrates and protein for energy and muscle-building. This allows your body to burn off its excess stored fat.

A person's arm is visible holding a large, clear plastic cup filled with a vibrant green smoothie. A green straw is inserted into the smoothie. The person has a small tattoo on their forearm.

This 1 "Weird"
SMOOTHIE
Ingredient Can
BURN
3 POUNDS
IN 3 DAYS?

[Get The Recipe »](#)

The Science of Fat Burning

When it comes to fat burning, you definitely want to do it two ways, and that is naturally and quickly. The quickly part is easy to explain. Everyone wants to burn their fat as quickly as they can so that they can look better and feel better as quickly as possible, that is the obvious part. But it is also important that you do your fat burning naturally because other ways can be both dangerous and ineffective.

It is not natural to do any kind of fat burning by either surgery or miracle pills, as both of these methods can be harmful to the body. Surgery can be extremely dangerous, many people have lost their lives in the pursuit of a skinnier body.

So it is important that you look at burning fat not just as a goal for your image, but as a goal for your health. And surgery and "magical fat burning pills" are not good for your health, at least in most cases. There are some extreme cases where surgery may be necessary for your fat burning needs.

Other than that, it is important that you do your fat burning the right way, and that is not necessarily the hard way, but the smart way.

So what is the smart way to burn fat? Well it depends on your body type. And each person's body works a little bit differently, and responds a little differently to different diets and workouts, but for the most part there are ways that pretty much everyone can effectively burn fat.

The most effective way to burn fat is to increase your metabolism. And the most effective way to increase your metabolism is to stay active. Many people often think of going to the gym and lifting weights or hopping on the treadmill or bike, but they don't realize there are better ways to get your exercise.

You can get just as good of exercise, if not better exercise, by doing activities you enjoy such as flag football, soccer, pick up basketball games, tennis, volley ball, or whatever other kinds of sports you enjoy. That way you can get in your exercise, and you can enjoy your exercise at the same time. Often when you enjoy what you are doing, you do it a lot more effectively!

Another way to start burning fat is your eating habits. You can still eat your sweets, just cut back. And make sure that you are not eating more than 2 hours before bed, as this is when you will build up the most fat. And if you are eating close to when you are going to bed, make sure it is a protein based meal, definitely not a fat or sugar filled meal.

Remember, you do not have to kill yourself or do things that you do not enjoy like running on a treadmill or riding on the bike at the gym to start burning fat. And you do not have to starve yourself for your fat burning goals. You just have to work and eat smart. Remember, burning fat is more of an art and a science than a work ethic.

Fast Fat Burning Strategies

Everyone wants to have a thin and fit body, no matter if they have struggled with fat all their lives or this is a recent problem. The diets most people adopted in the last years and the irregular meals have lead to a distortion of their body. They no longer have nice curves and strong muscles, but the fat has taken control over their entire body.

If you are one of those persons you surely ask yourself what you can do in order to burn the fat and strengthen your muscles in such a way as to have a beautiful and harmonious body.

Along the time many fat burning techniques and strategies have been developed. Below you will find some of the most effective ways in which you can burn the fat and build your body lines the way you want.

1. Motivation

Each and every change which takes place in your life needs a strong motivation. For example, you get

married because you love a person so much that you want to spend all your life with that person or you change your hairstyle because you want to look nicer.

The same thing happens with the fat loss diets. You can only succeed if you have a strong motivation to keep you going. This motivation will be the first thing into your mind when you are too lazy to do your fat burning workouts or do not feel like trying any of the recommended fat burning recipes.

This motivation will be like the good angel which will help you continue with the diets and healthy food until you reach your goal: the perfect, fat free body.

2. Diet

Diet is very important when it comes to losing weight, burning fat and toning your muscles. Not only because it can limit the amount of fat that goes in your organism, but also because it can help you lose fat. It is true! What you eat can help you burn the fat and transform your body into a fat burning furnace.

This is why you should give proper attention to the food you are eating, take out of your diet the food

which brings fat in your body and include those aliments which will stimulate your body and cause it to burn the excess fat.

3. Exercise

Along with the appropriate diet, you also have to start making physical exercises. I know this is a combination you have heard about very often and which you probably consider a very tiresome one, yet it is he only one that works in the war against fat.

Exercises can help you burn the fat from all those troublesome areas like the belly fat, the fat from your hips or from your thighs. It will also raise your spirits and make you go on even when you are feeling down.

4. Patience

Patience is another key element when it comes to fat burning. You have to know that nothing happens overnight, but just by having a strict program, which should last for a couple of weeks or even more. The results will be amazing, as long as you take your time and never give up.

It is not easy to get rid of all that awful fat, but is even harder to live with it. So, if you could live with

all that fat in your body, it should be easier to burn it off. Give fat burning strategies a chance and you will see how your body will thank you.



Fat Burning Foods

Each one of the following foods is clinically proven to promote weight loss. These foods go a step beyond simply adding no fat to your system – they possess special properties that add zip to your system and help your body melt away unhealthy pounds. These incredible foods can suppress your appetite for junk food and keep your body running smoothly with clean fuel and efficient energy.

You can include these foods in any sensible weight-loss plan. They give your body the extra metabolic kick that it needs to shave off weight quickly.

A sensible weight loss plan calls for no fewer than 1,200 calories per day. But Dr. Charles Klein recommends consuming more than that, if you can believe it – 1,500 to 1,800 calories per day. He says you will still lose weight quite effectively at that intake level without endangering your health.

Hunger is satisfied more completely by filling the stomach. Ounce for ounce, the foods listed below accomplish that better than any others. At the same time, they're rich in nutrients and possess special fat-melting talents.

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