

# **Kickbutt Metabolism**

## **The Truth About Permanent Fat Loss**

**By David Cassell**

**<http://BurnTheFat.ImproveMetabolism.com>**



### **Medical Disclaimer**

This book provides suggestions in the area of health that are based on current research and advanced nutritional theories. However, it is not an individual prescription for any reader.

If you have health issues of any type, it is always recommended that a medical doctor and team of health care providers are contacted and new ideas discussed with them; as they have the best insight into your health.

The sale or free distribution of this ebook assumes that you have done exactly that. Thus, the author and the publisher assumes no responsibility for the use or abuse of information in this book.

**Copyright © 2011, David Cassell. All rights reserved.**

This report is NOT for sale and may not be resold. This is a FREE report and may be freely distributed or shared, provided none of the information or links are changed.

**You may contact the writer at [kickbutt@improvementabolism.com](mailto:kickbutt@improvementabolism.com)**

## **Table of Contents**

Intro	Lies, BS & information Overload	<a href="#"><u>4</u></a>
Chapter 1.	What Metabolism Is	<a href="#"><u>5</u></a>
Chapter 2.	Stress Can Give You Big Belly	<a href="#"><u>6</u></a>
Chapter 3.	Late Nights Wreck Your Metabolism	<a href="#"><u>7</u></a>
Chapter 4.	The Golden Formula For Fat Loss	<a href="#"><u>8</u></a>
Chapter 5.	Sabotaging Your Fat Loss Efforts	<a href="#"><u>10</u></a>
Chapter 6.	Eat Protein To Burn Fat	<a href="#"><u>11</u></a>
Chapter 7.	The Doubled Edged Sword Of Cutting Calories	<a href="#"><u>13</u></a>
Chapter 8.	A New Way To Look At Food	<a href="#"><u>15</u></a>
Chapter 9.	The Best Exercises For Fat Burning	<a href="#"><u>22</u></a>
Chapter 10	The Dangers Of Over Exercising	<a href="#"><u>26</u></a>
Chapter 11.	Potty Training For Improved Metabolism	<a href="#"><u>28</u></a>
Chapter 12.	Supplements That Support Fat Loss	<a href="#"><u>31</u></a>
Bonus. 9	Diet Foods You Should Not Eat And Why	<a href="#"><u>35</u></a>

## **Introduction: Lies, BS & Information Overload**

You are reading this e-book because you are experiencing one or more of the following problems.

- You are gaining weight easily despite dieting or exercising
- Your weight loss has slowed
- You are ashamed of wearing certain clothes because of unsightly fat?
- You want to improve your body composition
- Your diet has left you feeling starved
- Your weight is causing a lack of energy
- Your weight is affecting your cardiovascular health

Frankly, it is not surprising that you and millions of others are experiencing these problems, despite efforts to correct them. Why? Because when it comes to fat loss, you have been sold lies, half-truths and confusion by the media.

Here are a few examples:

- A lip balm that contains chromium and claims to shed pounds
- An ab belt that promises to give you a six pack
- Celebrity endorsed supplements that are worthless for fat loss
- Conflicting advice about diets. Zone diets, Atkins, liquid diets. Where do you begin?
- Diets that promises rapid weight loss and a body builder's physique in a few weeks

Are you as tired of the BS, hype and information overload as I am?

The weight loss industry is a multi-billion dollar industry with endless marketers, gurus and big businesses involved. Unfortunately, many of these people have lied or twisted the truth about fat loss to further their bottom lines.

The end result is that many dieters fail to lose any meaningful weight. And many of those who do actually lose weight end up regaining it and then some.

In this e-book, I give you the honest straightforward truth about achieving a Kickbutt Metabolism - a major component in achieving sustained fat loss, more lean muscle mass and greater energy.

## **Chapter 1 - What Metabolism Is**

Your metabolism is a complex network of hormones and enzymes that converts food (proteins, fats, carbohydrates) into fuel and determines how effectively that fuel is burned.

It is what happens when the nutrients released from the breakdown of foods get into the cells. That's when true nourishment of the body occurs and it happens on a cellular level.

Your metabolism does other things too but what you need to know now is that ultimately, your metabolism determines how quickly you gain or lose weight.

Now, looking at this definition you might think that you have no control of your metabolism since it runs automatically 24/7. The good news is that barring certain situations such as having a poorly functioning thyroid or taking certain medications (factors that can adversely affect your metabolism), you can indeed crank up your metabolism.

### **Factors That Affect Metabolism?**

1. The thyroid gland, producing thyroid hormones
2. The adrenal gland, producing adrenal hormones
3. Digestive system health
4. Use of caffeine
5. Use of alcohol
6. Use of drugs – prescription and non-prescription
7. Amount of sleep
8. Immune system status and presence of an infection
9. Attitude
10. Toxic load of the body
11. The water content of the body
12. The oxygen content of the body
13. The muscle mass content in the body
14. The fat content of the body
15. Your body frame size – small, medium, or large
16. Your height and weight
17. The hormone insulin and glucagon
18. Growth hormone levels
19. Exercise and activity levels
20. Food that you eat
21. Vitamin and mineral status
22. Number of times food is eaten during the day
23. Crash dieting

For the purposes of this e-book, I'll focus on the 4 major problem areas that are most likely to affect people's metabolism - stress, sleep, diet and exercise.

## **Chapter 2 – Stress Can Give You Fat Belly**

Your metabolism functions best when your body is in **homeostasis** (internal stability). But during times of stress and survival situations, your metabolism shifts to a different setting.

The changes in metabolism during stress are essential to your survival. However, if these changes are maintained for a prolonged period of time, your metabolism can be negatively affected.

In times when you are stressed, adrenal gland hormones are produced in high amounts. The stress could be anything; stress from a family situation, stress in rush hour traffic or stress from financial pressure. All stress has the same physiological effect on the body.

These high levels of adrenal hormones cause shifts in your body. Your memory functions are enhanced. You have a lowered sensitivity to pain. You feel a burst of energy. And your immune system gets a super charge of energy.

These are good changes in certain situations, but only if they are short-lived. The longer that your stress hormone (cortisol) level is high, the more damaging it is to your health and the more fat your body could end up storing.

Excess cortisol secretion can suppress thyroid function, increase abdominal fat, raise blood pressure, lower immunity, promote higher blood sugar levels and decrease your bone density and muscle mass.

Speaking of muscle, it is a very critical factor in fat burning. Muscle is a metabolically active tissue. In other words, muscle burns calories and it burns more calories than fat does.

The last thing you want is a situation where you are losing muscle mass. I'll talk more about the important role of muscle-mass in later chapters.

### **Tip:**

*Pay attention to your stress levels. Do activities that help to relax and de-stress you.*

### **Chapter 3 – Late Nights Wreck Your Metabolism**

Proper sleep - perhaps the most ignored aspect of fat loss. Inadequate sleep wrecks your metabolism.

If you don't get at least six hours of sleep, which is equivalent to four complete Rapid Eye Movement (REM) cycles, then homeostasis **does not** rule your nervous system and stress results. This shifts your metabolism pathways to ones that store fat.

As you already know, long periods of stress, such as what happens when you are not sleeping well, could interfere with your body's composition by increasing fat and decreasing muscle. And this in turn causes a sluggish metabolism.

Sleep deprivation also interferes with hormones such as ghrelin and leptin, which are essential to the control of appetite.

Sleep deprivation increases inflammation in the body which in turn, increases the risks of getting a whole host of illnesses. Research has shown that people who are sleep deprived are at higher cardiac risk and also more likely to get certain forms of cancer.

How much sleep should you get? 7-8 hours of deep uninterrupted sleep is ideal. Sleeping more than that regularly is likely to slow down your metabolism.

Whoever said sleep is overrated probably died prematurely. If you have a problem falling asleep, you can take a safe non addictive sleep aid or consult your physician.

However, be very wary of some of the sleep aids that are pushed by big pharmaceutical companies. These can cause some harmful side-effects.

**Tip:**

*Drinking alcoholic beverages may make you sleepy at first but overall it disrupts REM sleep. It is better to have a warm shower and drink a cup of hot milk to help you get your zzzzzzzzzzs.*

## Chapter 4 - The Golden Formula For Fat Loss

Before you start any diet you need to know your baseline, that is, how many calories your body needs to maintain your current weight. From this reference point, you can know how many calories you need to cut and how many you need to burn from exercise.

Your basal metabolic rate [aka **BMR** or sometimes used interchangeably with the term “rest metabolic rate” (**RMR**)] is that baseline.

Your BMR refers to the amount of calories that is needed when your body is at rest, in order to breathe, circulate blood, keep your muscles toned, keep the intestines moving, maintain your glandular activity and keep your body temperature where it should be etc.

Now here is a surprising fact. The more you weigh, the faster your metabolism is likely running. A large Sumo wrestler that weighs 350 pounds has a higher BMR than a woman weighing 130 lbs. This is because his body has to work harder to carry around that extra weight.

The formula to calculate BMR (both men and women) is  $370 + [21.6 \times \text{Lean Body Mass (LBM) in kg}]$ .

So let us calculate the BMR for a 350 lb sumo wrestler with 60% LBM:

$1 \text{ kg} = 2.2 \text{ lbs. Weight} = 350 \text{ lbs. LBM} = (0.6 \times 350) / 2.2 = 95.45 \text{ kg}$   
 $\text{BMR} = 370 + (21.6 \times 95.45) = 2431.72 \text{ calories}$

So for the sumo guy to maintain his weight, he must consume 2431.72 calories daily. On the other hand, a 130lb woman with 70% LBM will need to consume 1263 calories daily to maintain her weight.

Here is why knowing your BMR is important.

***In order to burn fat, you must consume less calories than your BMR.  
But the source of your calories will affect your metabolism to your advantage or to your demise.***

You can find out your BMR by running down to the local gym and having a personal fitness trainer calculate it with a hand-held bio-impedance device. Or perhaps you could have your doctor tell you your LBM. You could then use that figure to calculate your BMR.

My BMR is \_\_\_\_\_ Date \_\_\_\_\_



**Tip:**

*In case you do your own research, you'll find that there are various formulas for calculating BMR, each with its own pros and cons. There will be some variances in the figures but don't be overly concerned with this.*

*The key is to use your BMR as a logical starting point and then adjust your calorie intake each week based on how your body is responding to your diet and exercise plan. No need to calculate your BMR weekly.*

*Later on down the road when you have made significant progress in your fat loss or want to maintain your weight or seek to build muscle, you may recalculate your BMR.*

## **Chapter 5 – Sabotaging Your Fat Loss Efforts**

Let us expand on the idea of consuming less calories than your BMR.

At one time, many dietitians were telling people that just by decreasing their calorie needs by 500 calories a day (3500 weekly), they could lose a pound a week.

The premise of this diet was that “a calorie is a calorie.” It didn't matter where calories were cut – the important thing was that calories were cut. This kind of diet worked briefly but it turned out not to be effective in the long run.

Just as ineffective for fat loss, was some people's embrace of vegetarianism in an effort to restrict their consumption of calories. They may have lost weight in the early stages of their diets but eventually regained it. Not surprisingly, many of them eventually gave up their vegetarian lifestyles.

Why did these people fail? The reasons will be discussed in greater detail in chapters 6 and 7. Suffice it to say, calorie restriction is fundamental to fat loss. But when diets are based on severe calorie restriction or on the premise that all calories are equal, then there is a problem.

Also know that adequate protein intake is a vital part in achieving a Kickbutt Metabolism and permanent fat loss. Cutting too much protein from your diet **will** sabotage your fat loss efforts.

Well, what about the proteins in vegetables you ask? Good question. There is still a debate as to whether or not people can get complete protein from plant based foods. There are many in the health community who feel that plant based foods can offer this.

Just to make it clear, I am not for or against vegetarianism. But if you are a vegetarian, ensure that you are getting adequate amounts of protein.

### **Tip:**

*The USDA website says, “vegetarian diets can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs”.*

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

