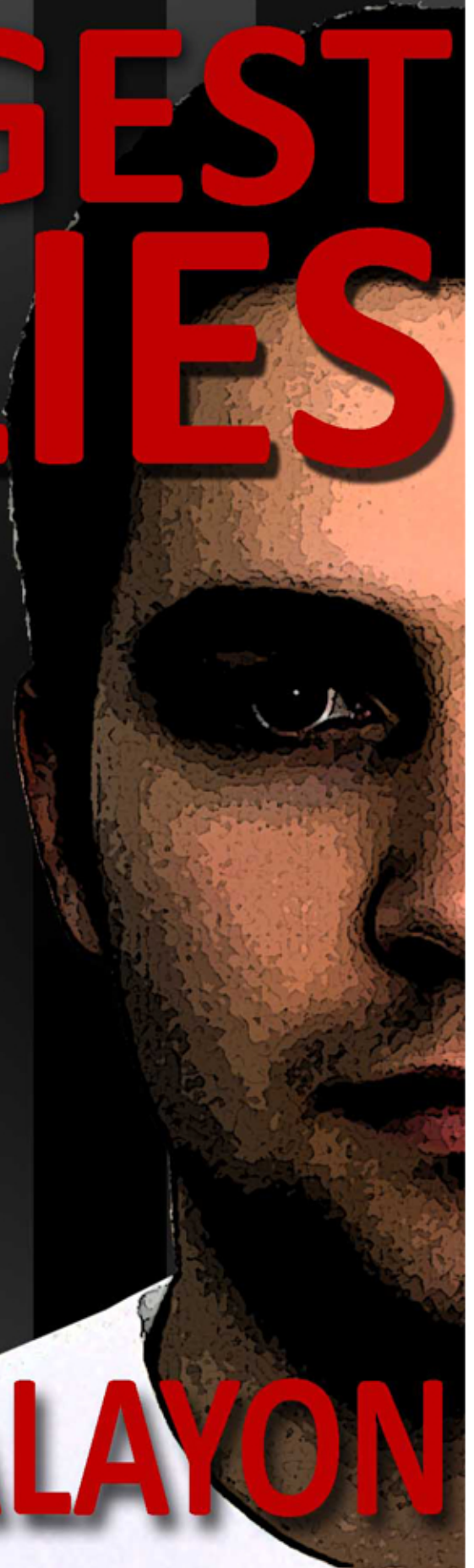


The
10 BIGGEST
FAT LOSS LIES

ANTHONY ALAYON





**READ THIS SECTION THOROUGHLY BEFORE GOING
ANY FURTHER!**

PRECAUTIONS

- You should always consult a physician before starting any fat reduction and training program.
- If you are unfamiliar with any of the exercises, consult an experienced trainer to instruct you on the proper form and execution of the unfamiliar exercise.
- The instructions and advice presented herein are not intended as a substitute for medical or other personal professional counseling.
- The editors and authors disclaim any liability or loss in connection with the use of this system, its programs and advice herein.
- These precautions should be taken under consideration with all Fat Extinction products and recommendations, whether implicitly or explicitly stated.

The 10 BIGGEST FAT LOSS LIES & SECRETS the Industry has Kept From You



So you have made it this far and are ready to discover the truth about instant and permanent fat loss!! I bet you are sick and tired of all the scams, diet fads, weight loss pills and ab machines that promise you the world but never deliver. If so you have come to the right place!

As a result of dedicating years of my life to educating myself about how to achieve weight loss, I finally discovered the secrets. ***These secrets will NEVER be revealed to you because the weight loss industry has done their very best to keep them a secret.....UNTIL NOW!!***

What I am about to do is expose the 10 BIGGEST FAT LOSS LIES the weight loss industry and their establishments have tricked you into believing for a long time. I will talk about things like the truth about why low carb/low fat diets do not work. I will explain how the weight loss industry was able to use clever marketing strategies known as quackery and anecdotal evidence to get you to purchase their ab machines or latest ground breaking, patent pending technologically advanced exercise machines. I promise you that by the time I am done, your eyes will be opened to a whole new reality!

All of these things that I have mentioned above have caused you to suck at losing weight. ***But Don't Worry, It Is Not Your Fault!!*** You have simply been led astray by the weight loss industry but my job is to show you the path to making your fat extinct once and for all!

Stop making the same crazy mistakes and pay attention to what I have in this e-book. You may be surprised and even upset when you discover the truth!!

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Click each link below to read about FAT LOSS SECRETS!

FAT LOSS LIE #1: *SIMPLY RESTRICTING YOUR CALORIES EQUALS WEIGHT LOSS*

FAT LOSS LIE #2: *A FAT FREE DIET WILL GUARANTEE WEIGHT LOSS RESULTS*

FAT LOSS LIE #3: *A LOW CARB DIET IS KEY TO WEIGHT LOSS AND ALLOWS YOU TO EAT ANYTHING YOU WANT*

FAT LOSS LIE #4: *AEROBIC EXERCISES ARE ALL THAT IS NEEDED FOR WEIGHT LOSS*

BONUS SECRET #1: *CARDIOVASCULAR SECRETS*

FAT LOSS LIE #5: *2 MEALS PER DAY IS THE BEST WAY TO ACCELERATE FAT LOSS!*

FAT LOSS LIE #6: *TAKING DIET PILLS IS ESSENTIAL FOR FAT LOSS!*

FAT LOSS LIE #7: *AB MACHINES WILL ELIMINATE BELLY FAT*

FAT LOSS LIE #8: *LIPOSUCTION WILL GIVE YOU INSTANT AND PERMANENT FAT LOSS*

FAT LOSS LIE #9: *SEASONINGS, FAT FREE AND ZERO CARB FOODS ARE ALL HEALTHY FOR YOU*

FAT LOSS LIE #10: *LIQUID DIETS ACCELERATE WEIGHT LOSS FASTER THAN ANY OTHER DIET*

BONUS SECRET #2: *PROGRAMMING YOURSELF FOR SUCCESS*

FINAL WORDS

FAT LOSS LIE #1

***SIMPLY RESTRICTING YOUR
CALORIES EQUALS WEIGHT LOSS***



The Secret

If you want to lose weight, you are told that in order to do so, you have to consume fewer calories than what your body burns on a given day. While this is true, simply reducing your caloric intake below what you burn on a given day will not guarantee you the results you are looking for.

Losing Body Fat vs. Losing Muscle

When we talk about losing weight, in reality we are talking about losing body fat and maybe some excess water weight (and this kind of weight goes away within a few days after you start a proper program). Examples of weight that we don't want to lose are muscle and even bone weight. However, if you don't know what you are doing, these last two tissues will actually account for a large portion of your weight loss, and thus, your results will be undesirable and you will be more prone to gaining even more fat weight!

The reason for this is because muscle is what gives shape to your body, and furthermore, it plays a huge role in the amount of calories that your body burns on any given day. ***Muscle is a metabolically active tissue and it requires calories in order to continue to exist. Therefore, if you lose muscle, not only do you lose body shape, but also your body's metabolism (ability to burn calories) is dramatically reduced as well!*** Unfortunately, many of the fad diets today result in exactly what I just described. This is the reason why once people get frustrated with the program, and they abandon it, new fat weight gets added in a fast and furious manner.

Cortisol

Cortisol is a stress hormone secreted by the adrenal glands during periods of physical and emotional stress. Cortisol is a hormone that when secreted in excess, preserves body fat, stores water weight and burns muscle tissue for energy.

Dieting is a physical stress and if you do it in excess and incorrectly, you will increase cortisol levels dramatically and thus end up preserving body fat and losing muscle instead. This is yet another reason why you need to incorporate the right diet into your program.



Meal Management

Going more than 3 hours without food is a sure fire way to increase your cortisol levels and also lower your blood sugar, which in turn will give you low energy, food cravings, less muscle tissue and reduced fat loss due to the cortisol increase. Therefore, it is imperative that you graze throughout the day and that you have a small meal every 3 hours in order to keep your metabolism going.

Macronutrient Management

In order to lose just body fat, first we need to create a slight caloric deficit by adding some physical activity and also by controlling our food portions (as specified in my Fat Extinction Program). There is no need to starve, as if you do so, cortisol will rear its ugly head.



Once that caloric deficit is created, then you need to establish macronutrient management. Macronutrients are **Carbohydrates** (foods that give you energy like rice, potatoes, oatmeal, fruits and vegetables), **Proteins** (foods like eggs, chicken, turkey that give you the building blocks for your body tissues such as muscles, bones, hair, skin and nails) and **Fats** (yes, you heard right, fats, as the right fats like extra virgin olive oil, flaxseed oil, and fish oils support hormonal production, thus aiding with health, energy production and even fat loss!).

Taking the right amount of macronutrients, in the right quantities and at the right times is crucial to achieving the best results! Why? ***Because when you combine the macronutrients properly, you stimulate the release of fat burning hormones that will not only help you to lose fat, but also give you more energy and protect muscle tissue from being burned as well as preventing cortisol from rising!*** In addition, these hormones will suppress your appetite and accelerate your metabolism so that your fat can become extinct in no time!

A simple way to start managing your macronutrients is to make sure that you have an equal amount of carbs and proteins in each meal with a little bit of essential fats. You can use the size of your palm as a measure for the size of your protein serving while you can use your clenched fist as a measure of the amount of carbs to have in each meal. Add to each meal some vegetables and a teaspoon of essential fats and this alone will get you started on the path to Fat Extinction! If you have not done so already, make sure to sign up for a [free newsletter](#) and [body fat analysis](#) where I tell you how many macronutrients (and calories) you must eat on a daily basis to lose belly fat!

FAT LOSS LIE #2

A FAT FREE DIET WILL GUARANTEE WEIGHT LOSS RESULTS



The Secret

Are fats the reason why people in America are overweight? Arguably the most discussed topic when it comes to dieting and weight loss is the intake of fats. Anytime the word fats are mentioned, people automatically think that they are bad for you and must be avoided at all times in order to achieve weight loss and increase your levels of fitness. These people are only partially correct and that is the main reason why I decided to dispel this myth about fats. I feel that there is a need to discuss some of the common myths about fats as well as explain what the different types are.

5 Myths about Fats Debunked!

Fats Myth # 1: All Fats Are Bad For You

Many people think that no matter what type of fat you eat, it can cause you to gain weight and increase the chances of having health problems. ***The truth is that not all fats are bad for you and some fats have numerous health benefits such as helping you to decrease body fat and have higher energy levels.***

Fats Myth # 2: If You Eat Fat, You Will Gain Fat

This has been the stereotype given to fats for many years now. People always seem to look at nutrition labels and will stay away from anything that has a high fat content. The truth is that ***if you eat the right fats, you will find yourself losing weight and decreasing body fat*** if you are following the right type of diet.

Fats Myth # 3: Eating Fats Will Increase the Risk of Bad Health

This is without a doubt true if you are eating the wrong kinds of fats. Saturated fats will cause you to gain weight and increase the risk of having health problems in the future, but other fats that I will discuss a little later in this section can actually increase the chances of living a healthier lifestyle.

Fats Myth # 4: All Fats Are the Same

As I have mentioned briefly in the above statements, not all fats are the same. People often stereotype fats this way and are robbing themselves of several health benefits. I used to be a victim of believing this myth until I discovered the truth about fats.

Fat Myth #5: In Order to Decrease Body Fat You Must Stay Away From Fats

This is arguable the biggest mistake made by people who are attempting to lose weight other than the fact that they think that less food is better. I have heard a countless number of times how people say they will not eat this food or will not eat at all as there are too many grams of fat in a particular food. They may be right if the fats they are talking about are saturated. However, as long as the fats you consume are the right ones, such as mono and polyunsaturated fats, you will experience many benefits that can enable you to live a healthier lifestyle.

Different Types of Fats

As I mentioned above, **NOT** all fats are the same. This is a huge mistake that people often make when they hear the word. I used to think the same way until I realized that there are different kinds of fats. The main fats that we must be concerned with when either decreasing body fat or attempting to increase lean muscle mass are listed below.



Fat Type #1: Saturated Fats

This type of fat is indeed the reason why many stereotype fats as being bad! These fats are mostly found in animal and they do not yield the best health benefits as they are connected to a host of diseases. These fats can cause high triglyceride levels and are not as healthy as other fats. Some saturated fats are needed for hormonal production and should not be cut out of your diet completely.

How to Obtain These Fats:

These are mainly found in chicken, eggs, steak, or pork chops.



Fat Type #2: Monounsaturated Fats

These are the good fats that have a positive effect on your body. They help to keep cholesterol and blood pressure down. They are much better than saturated fats as they are not linked to any disease from animals. Overall it is a good fat to consume and can help with muscle recovery after a workout.

How to Obtain These Fats:

They come from virgin oil, canola oil, and peanut oil.



Fat Type #3: Polyunsaturated Fats

These fats are also good for you and do not have an effect on cholesterol levels. Polyunsaturated fats are high in omega-3 fatty acids which cannot be produced naturally by the body. They instead are essential and must be taken by the body through diet or supplementation. **They help your body prevent fat storage and speed up muscle recovery.** Also, polyunsaturated fats have Omega 6 in them. This is another essential fatty acid which is good for muscle recovery and a good anti-inflammatory for after a workout.

How to Obtain These Fats:

These fats are found in fish oils, flaxseed oils, and vegetable oils; such as corn, cottonseed, safflower, soybean, and sunflower oil. Taking Omega-3 fatty acids either through an oil, pill, or as a salad dressing are typically ways in which these fatty acids can be consumed. Omega-6 is found in eggs,

poultry, margarines, and vegetable oils so there is no real need to take it as a supplement unless you do not consume those foods regularly.



Fat Type #4: Trans fats (A.K.A. trans fatty acids)

Other things on nutrition labels to look out for when you are interested in decreasing body fat and weight loss are trans fatty acids. This particular fat is often left unmentioned and I feel there is a need to let others understand exactly what it is and how it affects our bodies.

Trans fatty acids are produced by the partial hydrogenation (addition of hydrogen atoms) of vegetable oils and help foods have a longer shelf life. These fats also allow foods to taste better. If trans fatty acids are consumed regularly, they can increase the risk of raising your LDL (bad) cholesterol levels and even lowering your HDL (good) cholesterol levels. In addition, these fats can wreck havoc on your insulin sensitivity and may also cause one to have hardened arteries and other health problems with their hearts.

How to Obtain These Fats:

Some foods that contain trans fatty acids are processed margarine, cookies, snack foods, fried foods, and pastries.



Conclusion: So now you know that in order to achieve successful weight loss, you need to increase your intake of good fats which are mono and polyunsaturated fat sources.

FAT LOSS LIE #3

**A LOW CARB DIET IS KEY TO
WEIGHT LOSS AND ALLOWS YOU TO
EAT ANYTHING YOU WANT**



The Secret

A low carb diet, which is defined as a diet that has less than 50 grams of carbohydrates a day (and is higher in fats and proteins) has been touted as the end all solution to weight loss. Supporters of this diet claim that you can eat anything you want, and as long as you keep the carbs at 50 grams or less you will lose weight.

The truth of the matter:

While initially reducing your carbohydrates this low will have a drastic impact on your weight loss, most of the weight loss will come from water weight. The reason for this is because when you eat a diet with carbohydrates, some of these carbohydrates are stored in the muscle and liver in the form of glycogen (stored carbs). Each gram of glycogen contains with it some water weight. However, this is not the same water that causes a puffy look as the water that causes such look is excess water under the skin. By the way, such excess water is caused by improper dieting.

So when you go on a low carbohydrate diet, as the glycogen gets depleted, all the water weight contained within it is released. **Thus, you lose a significant amount of weight, but in reality, you are losing roughly the same amount of fat that you would in a properly designed diet like the one in the Fat Extinction Program.**

In addition, over the long term, these low carb diets cause problems. While initially you can indeed consume a bit more calories than you could on a more balanced diet (this is due to the fact that these diets are very high in protein and protein increases your metabolism), in the absence of carbohydrates **your thyroid hormone production (which is a key hormone that regulates your metabolism) starts to dramatically go down. As a result, your metabolism gets crippled, and so does your ability to burn fat.**

Also, because you don't have enough carbohydrates and your glycogen levels are depleted, you will suffer from low energy and your muscles will not look hard and toned. They will instead look soft because there is no glycogen to keep them looking firm; muscles are no different than balloons except that in their case, glycogen, as opposed to air, is what fills them up.

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