

Fast Track To Safe

And

Fast Weight Loss

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How To Lose Weight Safe & Fast - The 5 big Truths About Fast And Permanent Fat loss

Thinking of how to lose weight fast and easy starts with learning to eat good breakfast and incorporating an easy to use diet in your fast weight loss plan. Discover how to exercise to **increase your metabolism and burn fat 24/7**. We are not talking of staying hours in gym but just 15 minutes 3 times a week.

Breakfast can speed-up your metabolism, bump up your sense of well-being and increases your length of attentiveness. Studies show that starting your day with a good breakfast plus lose weight fast diets through the day makes a big difference in your ability to lose weight fast and easy.

You are about to learn some truth hidden by big companies to perpetuate continual purchase of their products while making me and you the losers. NOW! Discover what this weight loss expert who used his **quick weight loss program to lose 48 lbs, the wife 62 lbs and they kept it off forever has to say**.

These Five Truths Will Contradict Everything You Thought You Knew **About Diet & Fitness**. So...Prepare Yourself...

- In the first instance its fat you need to lose... not weight. If ever you lose weight using most of the fad diets hawked over the internet, you have water loose mostly... not fat. Frankly speaking you are not in any way getting healthier... rather you're just getting dehydrated and endangering your life.
- Low carb diets will not make you lose fat in the long run because they rob your body of energy thus making it too hard to follow. Low fat diets are worse, putting even more fat on you! The only way to drop the fat is by eating the right foods... in the right amounts... and at the right time. Sounds complicated, I know... but it's really simple!
- Long, boring cardio exercise... four or even six times per week is the worst way to burn fat. If you know this little secret, it's now possible to burn five times the belly fat exercising just 45 minutes per week. Not per day... I said per week!

- Celebrity-endorsed boxed food diets are expensive, and slow. That means you have to keep paying for months! Plus... the ads skip over the part about you still having to buy your own vegetables! That's hundred\$ more each month!
- Restrictive dieting is indirectly denying your body the essential nutrients it needs; is not only starvation but stupid and dangerous...Plus it doesn't really work! Why go to bed hungry when there's a delicious way to “tickle your system” into burning fat all night long lose weight fast easy... while you sleep the night away?

I can't wait! I want to get the FULL SECRET. Then [CLICK HERE NOW!](#)

Now that you know the truth of how your diet was sabotaged before you even started it...

Yes we're talking about a simple , quick and easy way to lose 26 lbs of fat in 7 incredible weeks.

- No restrictive diet. You eat delicious, healthy foods in sizeable amounts; Foods that are more nutritious and get you more satisfaction six times per day.
- No need for cardio, warm-ups, or stretches. This is a whole new approach to move about 15 minutes, just 2 - 3 days a week. A program that suites your hectic lifestyle!
- A total body transformation! Choose to lose 60 pounds or only 10. Beginning with the simple push of a button your confidence and attitude get a huge boast!
- You're melting fat 24/7! Your body is turned into a fat burning furnace that melts away big junks of fat while you watch TV.....sleep or even while you eat! How amazing can that be?
- A plan that can actually stay forever! This whole brand new system of “Push Button Fat Loss” is so simple..... So healthy.....and fulfilling, you'll never cheat on another diet!

There is no controversy that you need healthy diets to lose weight fast; but the quick easy ways to lose weight fast involves a combination of factors and most

especially doing things that are in line with our natural way of living. That's why this program on how to lose weight fast works and is sustainable. You get the pounds off and it's gone forever. [**GET KNOWLEDGE BY CLICKING HERE!**](#)

So pay attention and learn because:

You will be exposed to tips, exercises, strategies, and great ideas for right eating that will take you places you never thought was possible.

Don't worry; you will not have to eat low-carb or even low-fat crap.

The first step to get this way is to **take responsibility** for your own fitness program. You can live a long time if you take care of your body correctly.

According to experts, about 70% of the adult population living in the U.S is overweight. This means if you are thin and healthy you make up the minority.

You have to stop eating junk food and begin eating healthy. At this point you may be wondering why there are so many commercials on TV sponsoring fast food like McDonald's or Burger King. The simple fact is they want you to get fat so you will go out and spend more money on diet pills. This way you can get skinny and then start all over by going back to the fast food joints to get fat again. It is a catch-22 scenario. It is a vicious cycle.

Another reason we are getting fat, is because most of us live sedentary lives. Kids are not spending their time running around and playing games outside. Instead, they jump on their video games or spend time surfing the Internet and chatting with friends or others.

Besides the above, you will find that many people are getting fat or fatter, is because of the foods they eat. Everything that is bought from the store is processed.

We live in a fast-paced world. For this reason people claim they don't have time to cook or are too tired to. So they grab quick junk foods from corner stores, fast food joints, and restaurants.

The solution to being overweight is simple. Make smarter food choices, prepare your own meals, and get out and exercise. If you do this, you won't have to worry about being fat.

Our bodies were created in a certain way. We were made to move about. This means working, exercise, and whatever else is required to keep the body moving. If you are **ready to learn how to get your body in shape and develop a healthy body, prepare for a journey, for you are going to get an education of a lifetime.**

The Best Training Strategies

If you've ever been to a doctor, the first thing they do is convince you to do low to moderate intensity aerobic training. This is also referred to as cardio. They suggest you do about 30-60 minutes of steady pace cardio for about 3-5 times in a week. They claim this helps maintain your heart rate at a moderate level.

Some recent scientific research that gives concrete facts to prove such cardio workouts may not work that well after all.

Our bodies were designed to perform physical activity in bursts of exertion followed by recovery. According to the research study, physical variety is a key variable in your training.

Another factor to keep in mind when it comes to varying your physical workouts is the effects to your body internally. Scientists have known for years that any excessive steady state endurance exercise that is anywhere between 30 minutes to an hour, only trains the heart rate at a specific level. You don't get the heart fully involved.

This kind of workout causes muscle wasting, and can even create a condition in your body that can lead to chronic diseases. But if you do stop-and-go type movements, you will find that your body reacts to it in a better manner. Your body will be able to increase anti-oxidant production. Your body will also provide a more anti-inflammatory affect and your metabolic rate will increase.

Also, stop-and-go training trains the heart to respond to and recover from a variety of demands and stress levels. This is what you need. The kind of exercise that

trains your heart to rapidly increase and rapidly decrease is the condition that will benefit you more fully. And it has another benefit. It is much more interesting to do and has a better success rate.

This means those who used this method, did not drop out. One great way to do stop-and-go movement type exercises is by doing wind sprints. If you live around hills, this is even better. Even get involved in some kind of sport. The best sports to perform are football, basketball, racquetball, tennis, and hockey, to name a few.

Body Part Isolation Training

According to scientific studies, the body does not work well when you try to do isolation exercises. It is better to perform kinetic exercises instead. The body will not function properly that way. In fact, by doing that type of exercise, you are really risking damage or injury to that body part. In your body, everything is connected together.

This means **when you workout, every part of your body should work out together**. When you lift weights, you may do bicep exercises, thinking that will strength your biceps only. But it doesn't. You are also exercising your triceps, shoulders, and wrists. Do you see what I mean? You are actually working out three areas or muscle groups at the same time.

The Best Body Exercise

According to a physical fitness trainer, the best form of exercise you can perform, that will benefit the body most of all, is the squat. Why is this known as the best one? Because it has been known to produce the greatest muscle gain and at the same time institute the largest fat loss.

So if your goal is to gain muscle, lose fat, and build a strong body that functions for you the way you want, make sure to include squats and dead lifts in your workouts. You can do squats with your free weights, or other kinds of resistance including barbells, dumbbells, sandbags, or some other kind of heavy object.

Other Exercises

There are exercises you can do that do not involve weights. You can still gain muscle mass and lose fat. These exercises include swimming, mountain biking, indoor or outdoor rock climbing, rope climbing, rope skipping and jumping steps.

Jump the Steps: No one knows this exercise. I saw a wrestler doing this one time. What you do is get a hold of a portable step.

You can get a strong and portable step with 3 steps. What this wrestler did was jump on the first step and drop off on to the floor. He then jumped onto the second step and then jumped to the floor. He jumped onto the top step and jumped onto the floor. Do this yourself. If you can't afford portable steps, find a gym that has one, or go to a manufacturing facility in town and ask if you can borrow one. When you do this, do five jumps per step 10 times.

When you do ten rounds, take a break, stretch your legs, and take a 5 minute rest. After you have rested, go back and do 10 more.

Want to Rid Belly Fat and Get A Six Pack Abs Fast? [CLICK HERE NOW!](#)

Building a Lean Body through Nutrition

You need to eat right. You have to eat an adequate diet that includes healthy dietary fats. Fats are necessary as they are part of the cell membranes that go throughout the body. If you eat healthy foods, your cellular processes will work normally.

Healthy eating also helps keep the body balanced. Hormone production is normal. Muscle building occurs at a normal rate and fat burning occurs. The vitamins and minerals our body consumes are absorbed and used for enzyme regulation.

The Good Fats

Here is a list of foods that are fats, but are the good fats. These are:

1. Coconut fat: You may not realize this coconut fat is about 92% saturated fat. Although it contains that much fat, it is a very healthy and natural fat. Why is

coconut fat good for you? It contains 65% medium chain triglycerides (MCTs), and 50% of MCT is lauric acid. This MCT is used to enhance the immune system. The best sources of coconut fat include organic coconut milk, virgin coconut oil, and fresh coconut.

2. Extra virgin olive oil: Olive oil is made up of about 71% monounsaturated, 16% saturated, and 13% Poly-unsaturated oils. When going for this type of oil, try to go for the one that has “extra virgin” on the label. Extra virgin refers to when the olives are pressed first.

3. Dark bittersweet chocolate: You may have heard about pure dark chocolate as having antioxidants. This is because the cocoa bean is full of antioxidants. The fat part of the chocolate is not unhealthy as you may have heard. It is actually made of a natural fat composed of about 59% saturated fat. Most of this is stearic acid. It also includes 38% monounsaturated fat, and 3% polyunsaturated fat.

Don't touch regular milk chocolate. This is because regular chocolate has 30% cocoa, and the rest of the components being high amounts of sugar, milk fat, corn sweeteners, and other ingredients.

4. Avocados or guacamole: The fat in avocados (depending on where they're grown) is approximately 60% monounsaturated, 25% saturated, and 15% polyunsaturated. Avocados are very healthy for you. They provide many nutrients, fiber, and healthful fats.

5. High fat fish: Such fish like wild salmon, sardines, mackerel, herring, and trout is good as a source of natural omega-3 polyunsaturated fats. Besides fish, other foods that contain natural omega-3 are walnuts and flax seeds.

6. Nuts (walnuts, almonds, peanuts, cashews, and macadamias): Nuts are great sources of healthy unprocessed fats as well as minerals and other trace nutrients. Macadamias, almonds, and cashews are great sources of monounsaturated fats, while walnuts are a good source of unprocessed polyunsaturated fats (including omega-3). Do not buy nuts that are cooked in oil, instead go for the ones that are raw or dry roasted.

7. Seeds (sunflower seeds, pumpkin seeds, sesame seeds, and flax seed): Every one of these seeds are great sources of natural unprocessed healthy fats. Flaxseed that is freshly ground is the best to get.

8. Animal fat: Animal fat is actually good for us, if the fat comes from a healthy animal. Humans have survived on animal fat for a number of years. This has been the case since the cave man days. The problem today is that animal fat comes from animals that were fed antibiotics and hormones. This is why you need to go after organically raised, free-range meats, eggs, and dairy.

Bad Fats

There are good fats as was discussed earlier. Now I will talk about the bad fats. Bad fats include the following:

1. **Hydrogenated oils:** hydrogenated oils are industrially produced chemically altered oils. So if you find any foods that contain hydrogenated oils, do not buy it.

2. **Refined oils:** Whether you know this or not, most oils that are sold in the supermarket are refined. Typical oils that have been damaged by this refining process include vegetable oil, soybean oil, corn oil, cottonseed oil, and safflower oil. Refining destroys the natural structure of fats, takes away natural antioxidants, and creates free radicals. The end product is something totally unhealthy.

3. **Fried foods:** Anything that is fried is not good to eat. This includes tortilla chips, potato chips, French fries, donuts, fried chicken, and chicken nuggets.

The Best Foods to Eat

The best place to start when it comes to the right foods to buy is **fresh vegetables**. It is best to get the vegetables from a produce store or farm. But during the winter this is hard to do so you may have to get them from the local grocery store. The best vegetables include **zucchini, onions, asparagus, fresh mushrooms, spinach, broccoli, lettuce, cabbage, carrots, and red peppers**. Of course these are just some of them.

Lean chicken is good. Also turkey sausage is a great to eat. But when it comes to eggs, be careful here. If you have high bad cholesterol, stay away from the yoke. If

your bad cholesterol is normal, you can eat the entire egg, but don't be eating it on a regular basis.

As for milk, homogenized milk is bad because it was pasteurized. Pasteurization kills the good stuff. If you absolutely need milk, go with skim milk. Actually, **the best milk is soy. Soy milk is not pasteurized therefore it has all the necessary nutrients for good health.** You can also use coconut milk. As I stated earlier in this e-book, coconut milk has a lot of good stuff in it. It is rich in antioxidants. Plus, it is full of healthy saturated fats.

Other foods that are great to eat include smoothies, oatmeal, yogurt, cottage cheese, ricotta cheese, and chopped nuts and berries.

Here is a list of some foods you can eat:

- Chopped walnuts, pecans, almonds, macadamias, peanuts, and various other nuts.
- **Whole flax seeds:** Make sure to get the flax seeds that are not ground. It is better to grind it yourself.
- **Salsa:** For those who like salsa, give it a try, especially the exotic types. Salsa is full of vitamins and antioxidants.
- **Butter:** Butter is good to use. It adds flavor to food. Just don't eat margarine unless you want to get a **heart attack** at some point in your life. Margarine is full of bad fatty oils. It is also processed using refined oils.
- **Whole grain bread:** This group includes wraps. Get the bread that is at about 3-4 grams of fiber per 20 grams of total carbs.
- **Salad dressing:** Don't buy salad dressing from the store. It is refined and processed using refined soybean oil. The best salad dressing is to make it yourself.
- **Frozen fish:** Frozen fish is the best type to get. Frozen fish is frozen right after it is caught. Not fresh fish that has been sitting there for a while. This creates spoilage.

- **Frozen veggies:** it is best to get fresh vegetables, but when the time of year prevents it, you can get frozen vegetables. Believe it or not, frozen vegetables usually have high nutrient contents compared to vegetables that are shipped from other states.
- **Various antioxidant rich teas:** It is always good to have herbal teas around because they taste good and are good for you. Some teas you can stock up include green, oolong, white, rooibos, and chamomile. My **best for fat burning is loose oolong tea**. All herbal teas have trace nutrients and antioxidants.
- **Stevia:** This is a perfect sugar replacement. It is all natural and good for you. Stay away from artificial sweeteners like aspartame, saccharine, and sucralose. They taste bad, are full of chemicals, and have been known to cause cancer and other diseases.
- **Whole wheat or whole grain products:** Never, I repeat never get anything that is white, whether it is bread, pasta, or rice. Wheat products are also excellent in fiber.
- **Organic unsweetened cocoa powder:** If you like a nice cup of hot chocolate, the best type is by using organic unsweetened cocoa powder. It is full of antioxidants. Many people don't like it because it is unsweetened. In that case, just add a little bit of raw honey or Stevia.
- **Fresh fruits:** You can't go wrong with fresh fruit no matter the time or season. Fruit contains natural sugars but also contains fiber and antioxidants. There is plenty of fruit to choose from including kiwi, pomegranate, mango, papaya, grapes, oranges, fresh pineapple, bananas, apples, pears, peaches, and all types of berries.

There is a food that is growing popular among trainers and on the internet. **This food is known as quinoa**. Quinoa is classified as a seed that has high protein content. It is gluten-free and has many other important nutrients.

This is just a tip of the iceberg, and if you want full list and details of why you should start incorporating them into your diet plus exercises for workouts.....

[THEN CLICK HERE NOW!](#)

Wrap Up

If you take to heart what is contained in this report and apply it to your everyday life, you will notice instant results. It is all about getting healthy. That is the important point. Do whatever it takes to get your body in good shape and in good health and you will find it will respond in kind.

If you keen in getting started then you get one of my best recommended E-books one to help you **lose pounds** like dropping hot potatoes, **getting rid of belly fat and Build a Six Pack ABS** effortlessly. Over **250,000 clients have used worldwide.**

[CLICK HERE NOW!](#)

Secondly, if you want to master the diets your can prepare by yourself, that are organic and nutritious not the fad diets plus exercises to help you lose and keep the weights off forever; **[CLICK HERE NOW!](#)**

Websites: **[Http://www.fattoabs.net](http://www.fattoabs.net)** & Emails: **Support@fattoabs.net**

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