

# Do This Burn Fat

By Mike Geary & Jeff Anderson

## 101 Sneaky (Yet Simple) Tricks To Lose Weight Fast

Sneaky Weight Loss Trick #2:

*The metabolism-boosting hot cocoa trick*

Sneaky Weight Loss Trick #5:

*The fat-burning coffee trick*

Sneaky Weight Loss Trick #99:

*The "candle trick"*

# 101 Sneaky Weight Loss Tricks

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## Meet Jeff Anderson:

In the military, every unit (or group of soldiers) has an appointed “Commander”.

Your Commander is the one who has the overall responsibility for the enforcement of military “standards”, training, and “combat readiness”.

He or she is the one the soldiers look to for mission guidance and who they support with their hard work and dedication.

And THAT is the role I’d like to fulfill for you as we begin our “mission” together!

I want to be YOUR “Fat Burning Commander”!

You see, I spent 10 years serving my country in the U.S. Army as a light-infantry soldier.

As a leader in several infantry units, I’ve trained soldiers all around the world...in 4 feet of snow; in drenched clothes in the freezing rain; under the searing heat of the desert sun; slicing through vines and elephant grass in jungles; neck-deep in swamps...you name it!

But during my years of service, I’ve also received specialized military training as a Master Fitness Trainer and always took on the additional role of “Weight Control Non-Commissioned Officer-In-Charge”.

Basically that’s “military speak” for saying that it was MY job to make sure that our soldiers were ALWAYS “fit-to-fight”.



You see, the truth is that even members of the military stray off course from a fit lifestyle every now and then. Too many cheeseburgers...too many beers...injuries keep you from training...hey, things happen, right?

Well, MY mission was to whip these troops back into shape in the shortest time possible so they could get back into the field and start shooting at things again.

In the military, I had a 100% SUCCESS RATE in helping my assigned soldiers regain their optimum level of fitness in the shortest time possible. These very same tactics became the basis for several of my best-selling weight loss programs where I've helped THOUSANDS of men and women just like you to achieve amazing success in transforming their body, their health, and in some cases, even their life!

And now I have YOU in my sights!

I don't care if your goal is to carve out a set of "6-pack" abs or if you need to lose 100 pounds of fat or more...I'm going to show you how to create the body you've always longed for!

What you're about to discover are some of the most underhanded fat-fighting sucker punches I've researched and developed over 25 years as a fitness professional.

They're short, easy to implement into any lifestyle or schedule, and their dangerous weapons against your battle against body fat!

Use them!

## Meet Mike Geary:

Mike has been a Certified Nutrition Specialist and Certified Personal Trainer for almost 15 years now. Mike has been studying nutrition and exercise for almost 20 years, ever since being a teenager. Mike is currently 37 and moved from New Jersey (growing up in the Philadelphia area) to the beautiful mountains of the Colorado Rockies 6 years ago. Mike now enjoys skiing most days during the winter in Colorado and Utah and spends a lot of time mountain biking, hiking, golfing, and enjoying other outdoor activities and sports.



Mike is an avid adventurer and in the last several years, has done:

- 3 skydiving jumps (2 of them from 17,000 feet in Colorado)
- 5 whitewater rafting trips including some of the most extreme Class 5 rapids in North America in the well-known Gore Canyon, and Class 5 rapids in Thailand.
- Piloting an Italian fighter plane over the desert of Nevada (wow, what a blast!)
- Taking part in a “Zero-Gravity Flight” where you actually experience weightlessness and float around the airplane cabin (the same training given to astronauts)
- Heli-skiing in Chile and British Columbia.
- Scuba diving the Silfra Ravine in Iceland in 34-degree F water and 300-foot visibility underwater.
- Snowmobiling and hiking on a glacier that overlies a volcano in Iceland
- Riding Porsche powered dune buggies through the entire length of the Baja Peninsula of Mexico with 25 high level business owners and CEOs, including Jesse James of West Coast Choppers fame
- Ziplining over canyons and forests in the Rocky Mountains, Costa Rica, and Mexico
- Cruising most of the Caribbean
- Traveling through Thailand, Nicaragua, Spain, Belize, Costa Rica, Mexico, Iceland, Chile, the Bahamas, Jamaica, Cayman Islands, Turks & Caicos, Trinidad & Tobago, and all over the US/Canada.

In the last 5 years, Mike has become the best-selling author of the famous *Truth about Six Pack Abs* program with over 559,000 readers currently in 163 countries, and a subscriber

base of over 655,000 subscribers worldwide to Mike's [Lean-Body Secrets online e-newsletter](#).

Mike's *Truth About Six Pack Abs* program has also been translated currently into Spanish, German, Italian, and French:

**German version:** <http://www.flacherbauch.com/>

**Spanish version:** <http://www.PierdaGrasaAbdominal.com>

**French version:** <http://www.toutsurlesabdos.com/>

**Italian version:** <http://www.addominaliperfetti.com/>

Mike is passionate about skiing and is also the author of the program for hard-core skiers to get their legs in the shape of their lives for the skiing season. Check it out:

<http://www.AvalancheSkiTraining.com>

Even if you're not a skier, these programs are some very unique leg training programs and will help anyone to get rock solid legs of steel!



If you're a time-crunched person and find it hard to fit in workouts into your schedule, check out Mike's super high intensity Tabata style (4-minute workouts) workout DVDs at:

<http://www.BusyManFitness.com>

Mike is also the author of the best-selling ebooks titled:

[\*The Fat Burning Kitchen\*](#)

[\*The Top 101 Foods that FIGHT Aging\*](#)

## INTRODUCTION

There was a time when the thought of losing weight didn't even occur in our society, people ate what mom cooked for dinner and they went to work. The difference in that society and today's society is that work was not behind a computer screen, but on their feet in the fields or on a warehouse floor. People worked physically because that was the only way to work, in fact, that's why it was called work! It was often during this time that people could eat anything they wanted because they were burning many more calories than what they consumed.

Seriously, if you think about it, how many farm hands, cowboys and ranchers are fat? There aren't many. Think about their lifestyles. They get up, have a cup of coffee and breakfast, go to work, come in for lunch, go to work, come in for dinner and then go to bed early enough to get up in the morning and do it all over again. In the meantime, they get good sun and fresh air and consume fresh water all day long. It truly is a healthy lifestyle. Unfortunately, most people now work indoors, sitting down and still eat three meals a day but have to do it so quickly you don't even get the opportunity to taste it.

Our life styles have changed so drastically and our comforts have increased tenfold. As they say, every rose has its thorn and for our society our desire to have comfortable lives and to work less has begun to show around the waistline.

That's why today, "fat" and "weight loss" is such an important aspect in our life. We are fatter now than we have ever been. The phrase "weight loss

programs" will catch the attention of anybody listening in on a conversation or watching television. In fact, that's one of the most popular keywords searched on the Internet today. And it's no wonder considering the downward spiral so many in our society find themselves in today.

And the hardest challenges with gaining weight is that the more weight you gain, the harder it is to change bad habits and the more dangerous it becomes to your health. Extra weight spells illness, whether it is in the form of diabetes or a heart condition, it's bound to show up if you don't do something about it. You have to be proactive in weight gain and you have to work it off until it gets to a point where you no longer have to control it, but rather simply make healthy habits a way of life. It's not necessarily about being toned and sculpted and having 6-pack abs (unless that's your goal, which we can also help you with), but you need to at least be at a weight that's not life threatening. You can work on the "perfect" abs later, but right now you just need to shed some extra body fat. As society realizes what is happening and that we are overweight as a whole, people are trying to play catch up and work from behind. They are trying to lose weight and live a healthier lifestyle.

This tips that I'm going to share with you in this program focus on various "little things" you can do that address the factors we all struggle with in gaining weight. It's amazing how these little changes in your life can add up to you easily losing ten, twenty, fifty or more pounds and they all revolve around eating right and getting your body moving.

So let's get started. As we go through each of these 101 fast (and sneaky!) weight loss tricks, think about your own lifestyle and daily agenda and search



for ways you can implement them into your day. Write down the ones that really raise an eyebrow for you and map out your game plan to put some action behind them. Reinforce these little changes daily until they become habit and then review the program again for your next tricks to target. In no time, you'll have developed healthier habits that come naturally and will support your long term weight loss goals.

Keep in mind that we don't expect you to adopt all of the tactics presented in this manual. That would be unrealistic, and some of the specific tips might not even interest you in the least. That's perfectly understandable. The important thing is that you choose at least 10-12 of these tactics that interest you the most to start with, and take action on them for at least 2-3 weeks straight. You WILL start to see results in this time frame, and it will motivate you to continue adding several more of the tactics each week to your routine thereafter, which will keep your fat loss results humming along!

Now, let's start off with an area that is so simple, but can be such a powerful weight loss tool...

## CHAPTER 1

### SNEAKY DRINKING TRICKS

First and foremost, people don't realize that what they drink is the first step in losing weight. In fact, most people don't know that when they feel hungry, they may actually be dehydrated and they are really thirsty, not hungry. Water is your best friend. 70% of your body weight is nothing but water. This is also why water plays an important role in weight control. So with that said...

#### TRICK #1: Drink ice water in this way

Yes, you know that you need to drink about 8 glasses of water per day for your body to burn fat and flush toxins out of your system. But a study from Germany revealed that ice water is more rapidly absorbed by the body and increases your metabolic rate by



as much as 30% for 2-3 hours due to the work your body has to do to raise the ice water temperature up to normal body temperature.

You can do this at various times of the day... Have a large glass of ice water as soon as you get out of bed in the morning and it will fight your body's dehydrated state from the last 6-8 hours and jolt your metabolism out of its slumber to get a fat-dissolving start on your day! You can also try this about

an hour after your lunch, which offers your body a little “wake up” right when many people start to get sleepy from the carb response from their lunch -- although I don’t recommend a high carb lunch, and we’ll talk more about that later.

Also, the reason I say to drink the water ONE hour after your lunch is to allow time for your digestive system to work without being overly diluted by water. Remember, stomach acid is there for a reason and diluting it with too much water isn’t necessarily the best thing for digestion.

### **TRICK # 2: Drink hot cocoa, but ONLY this homemade recipe.**

If you have a chocolate weakness, this will not only help you survive...but burn MORE fat in the process. Plus, this concoction is LOADED with super powerful antioxidants in the cocoa, which can fight the aging process, control blood sugar, and help maintain healthy blood pressure.



Here goes... Buy some **unsweetened organic** cocoa powder (NOT the pre-packaged hot chocolate garbage that is usually loaded with sugar, corn syrup solids, and hydrogenated oils) and mix a heaping Tbsp with 10-12 oz of unsweetened almond milk (or if you prefer, you can use water, coffee, or a brewed unsweetened chocolate tea as the base liquid) in a small saucepan

over very LOW heat. Using a whisk can help blend the cocoa evenly. I like to add 2 tbsp of coconut cream from a can to add more healthy fats to this delicious hot cocoa. You can find canned organic coconut milk in the Asian section of any grocery store. Add some stevia and a touch of vanilla extract while stirring over the low heat, and in a few minutes, you'll have a delicious, creamy, frothy mug of healthy hot cocoa -- **without** all of the sugar and trans fats that are loaded into a typical hot cocoa mix.

You can also add a half scoop of your favorite vanilla protein powder ([this is my favorite high quality protein blend, that is the BEST tasting](#) I've found too!) while stirring this mix together on the stove. In the final drink concoction, you'll get the satisfying shot of chocolate along with muscle-feeding, fat-burning protein, a nice dose of fiber from the cocoa, healthy fats from the coconut cream (including powerful medium chain triglycerides), and a mega-shot of healthy antioxidants overall too!

**Bonus healthy hot cocoa tip:** If you like coffee, feel free to use an organic coffee as the liquid base for making this hot cocoa, or use a shot of espresso to the final hot cocoa to make a mocha flavor. The antioxidants in the coffee are different than some of the antioxidants in the cocoa and work synergistically together to give you even more of a potent antioxidant punch!

Choose organic cocoa and organic coffee if you can because always remember that pesticide residues that can be in the conventional versions of any food can cause estrogenic effects in both men and women, which only makes fat loss harder. Pesticides are a form of what's called "xenoestrogens" and have many negative consequences in your body besides causing difficult

fat loss. The more that consumers demand organic products, prices will eventually come down, and it's a shift in our society that's long overdue.

### **TRICK #3: Make your own soda pop.**

Soda is the absolute worst thing you can put in your body...PERIOD! All sodas are sweetened with lots of sugar, in fact, the worst kind of sugar...high fructose corn syrup. The more you can cut out of your diet the better. Also, diet soda is still soda. It may not have as much sugar, but it has other chemicals and components that are not good for your body either. If you're one of the bazillion soda-addicts out there, make your own instead by combining a small amount (5-10 grams of carbs worth, max) of fresh 100% juice with a little bit of club soda or mineral water, and a little stevia if you need sweetness. Berry juices or pomegranate are the most healthy, but if you drank a whole glass of pure juice, you'd get just as much sugar as a soda, so that's why we said 5-10 grams worth of carbs only! **Note:** If you care about your body, do NOT use tonic water for mixing drinks as tonic has just as much sugar (usually in the form of corn syrup) as regular soda pop.



#### **TRICK #4: Replace fruit juice with fruit – with these rules**



Fruit juice isn't as healthy as most people think it is. In fact, fruit juices can singlehandedly RUIN your fat loss efforts as they are loaded with sugar. Some fruit juices even have up to 35 or 40 grams of sugar in one 8 oz glass. This is a blood sugar disaster that causes “hormonal

hunger” in the hours after you drink the juice due to the negative hormonal cascade that juice causes. If you are craving a glass of juice, try the homemade soda we mentioned above, which will only be 5-10 grams of sugar instead of 30-40 grams of sugar that you'd get in a glass of juice. Better yet, just eat real WHOLE fruit instead. Fresh whole fruit provides your body with much needed fiber as well as better assimilation of vitamins and minerals, which means that your body gets the nutrition it needs to help prevent the “hormonal hunger” and disastrous blood sugar swings that can happen from pure juice. Keep in mind, if your goal is rapid fat loss, I'd recommend keeping your fruit intake to only 1 piece of fruit per day. The average piece of fruit contains about 20-30 grams of carbs, depending on size and type. If you're extremely active and workout with intensity most days of the week, you can probably get away with 2 pieces of fruit per day, but even in that case, I'd recommend limiting carb intake from fruit to a max of 50 grams per day.

## **TRICK #5: Enjoy your coffee – but with these rules**

Not many people know that coffee actually provides more antioxidants to the American diet than any other food or beverage. This is partially due to a lack of fruits and veggies in most people's diet.



But the truth is that coffee is chock full of powerful antioxidants and dozens of studies have linked daily coffee consumption with reduced risk of many types of cancer as well as reduced risk of diabetes.

Now all of that doesn't mean you should hook up an intravenous drip of caffeinated coffee throughout the day... most people shouldn't have any more than 300 or 400 milligrams of caffeine a day, but even that amount is too much for people that are sensitive to caffeine or have any adrenal fatigue and imbalanced cortisol levels. If you're sensitive to caffeine, one thing you can do is get one bag of regular coffee beans and one bag of decaf coffee beans (swiss water method is apparently the best natural type of decaf), and mix the beans half and half each day you make your coffee. That way, you still get to enjoy the taste of your coffee, but with HALF the caffeine content.

So you don't have to feel bad about your daily coffee or give it up fully. Coffee in moderation not only provides a pick-me-up, but can also help you to burn more fat and increase your lifespan through its high antioxidant content. For best results without the added sugar, drink it black, or use stevia, which is a natural, non-caloric sweetener. NEVER, ever, ever use artificial sweeteners

like Splenda or aspartame as these have been shown to damage your gut flora balance (causing digestion and immune problems), and are also possibly linked to cancer. Plus, studies show that people that use artificial sweeteners actually GAIN more weight.

One more thing to always avoid... FAKE creamers! Never use fake creamers as they are almost always made of corn syrup and hydrogenated oils – a source of deadly trans fats. Instead, use healthy natural coconut cream if you like cream in your coffee (a good source of metabolism-boosting MCT fats), or pasture-raised REAL cream, which has many benefits too. Pasture-raised (grass-fed) real cream even contains the powerful healthy fat called conjugated linoleic acid (CLA), which has been shown to improve fat loss and lean muscle, as well as fight cancer. Pasture-raised cream also contains a specific nutrient that's not found in many other sources, called vitamin K2, which has plenty of studies showing this nutrient fights artery calcification. [Read this article if you want to see how grass-fed dairy fat like cream and cheese can help PREVENT clogged arteries.](#)

As I mentioned before, when you drink coffee, just remember to always choose **organic coffee**, as the pesticide and herbicide residues in regular coffee can cause an estrogenic effect in your body that makes fat-burning very hard.



### **TRICK #6: The healthy hot mochaccino.**

If you're one of those sweet coffee drinkers that frequents Starbucks daily, you should know that you're getting over 600 calories (mostly sugar) in that Venti White Chocolate Mocha. That's like eating two giant pieces of chocolate cake!



Instead, for a healthier fat-burning mochaccino, brew your own black coffee and add some coconut cream and a small scoop of either vanilla or chocolate whey protein powder to it and blend it gently in a blender or with a hand whipper. Remember to choose a [naturally-sweetened protein powder](#), as almost all cheap junky protein powders at most stores contain artificial sweeteners in them. With this coffee concoction, you'll get all the taste of the expensive fattening commercial brand of mochaccino, but with a shot of muscle-feeding, fat-burning protein. Plus, the coffee and cocoa tag team for a powerful jolt of healthy antioxidants.

### **TRICK #7: The healthy frappuccino.**

Again, the goal isn't to load up on caffeine throughout the day but different people drink at different times of the day and are drawn to different types of coffee drinks. One other popular brand is the iced, blended



frappuccino that's like a coffee shake only again...loaded with the WORST kind of calories, and is a blood sugar disaster!

As a healthy alternative, try spooning unsweetened or vanilla yogurt in an ice cube tray and freeze it into cubes overnight. Then add them to a blender with some almond milk and/or coconut milk, along with a shot of espresso (or a little brewed coffee) and a scoop of vanilla or chocolate whey protein powder. This will taste so good that you'll swear it isn't good for you but it is! If you want to cut down on the caffeine, just use decaffeinated organic coffee instead.

**TRICK #8: Drink a cup of coffee before exercising.**



If you're a caffeinated coffee drinker, the short burst of energy you receive will help you get motivated for your exercise session, decrease your feeling of fatigue during your workout (so you can workout longer and easier), and is mildly thermogenic to help you burn more fat. Studies show that moderate doses of caffeine prior to an intense workout can improve strength and cardiovascular output during the workout.

Again, just don't abuse caffeine long-term, as your body will require more and more as time goes on to get the same effect. I personally like to stick to ONLY

one cup of coffee per day (and I take 1 or 2 days per week to have no coffee at all) to make sure that I don't get addicted to caffeine long term.

Also, some people can get adrenal fatigue from excessive caffeine use combined with stress, so beware that this can actually backfire against your fat loss goals as adrenal fatigue may involve imbalanced cortisol levels at the wrong times of day. That's another reason why I prefer to keep very controlled and moderate doses of caffeine and not over-do it. To make things simple, if you're having several cups of coffee per day plus taking any stimulant-based supplements, you're probably overdoing the caffeine. Keep the caffeine use more strategic and you'll actually reap the benefits of caffeine instead of the detriments.

### **TRICK #9: Drink green tea.**



Green tea has been used as a medicine in China for over 4,000 years. It aids the digestive system and can help ease an overly full stomach and it has been linked to a reduction in cancer risk. But for weight loss, the most important nutrient in green tea, EGCG, maintains high norepinephrine levels in your body to keep your metabolism revved up. One study published in the *Journal of Nutrition* even reported that subjects who drank green tea during their workouts lost significantly more belly fat than those who didn't. The health and weight loss

benefits of drinking green tea are enormous and if you're looking for optimum health and a leaner body, drink green tea several times throughout the day. It certainly can't hurt your fat loss efforts.

I personally like to mix up my teas because they each have different health benefits, so what I do is make a big batch of mixed iced tea every few days in a 1-gallon container. After boiling the water in a pot, I add about 5 tea bags and usually mix green tea, white tea, oolong tea, red tea, and possibly even yerba mate. This gives you a very diverse mix of powerful antioxidants as each type of tea contains slightly different types and quantities of antioxidants and each has different benefits. You can increase the power of the antioxidants by adding a little squeeze of lemon juice to your tea or iced tea.

[This article explains more about how lemon increases antioxidant absorption when you drink tea.](#)

I strongly believe that there are greater benefits to the human body of greatly varying your antioxidant sources compared to ingesting large quantities of the exact same types of antioxidants every day. This is another reason why I only have 1 cup of coffee per day, and drink various teas throughout the rest of the day, instead of having 4-5 cups of coffee like some people do.

Please note: It is equally important to choose **organic tea**, just like it's important to choose organic coffee. I recently read a report in the news that showed several major tea brands that failed pesticide residue testing with some brands having alarmingly high concentrations of pesticides and other chemicals in their tea. This happens because tea leaves in many brands aren't washed before they are dried and processed into tea, so any chemicals

used in the farming of the teas can remain on the plant. And remember that most pesticides are estrogenic, and contribute to “stubborn fat” on your body. The only way to avoid these chemicals is to choose organic tea most of the time.

**TRICK #10: If you drink alcohol, opt for dry red wine.**

Dry red wine is better for you than sweet wines, because sweet wines have a LOT more sugar! Dry wines have small amounts of carbs, but most of the sugars have been fermented into alcohol (the fermentation process also concentrates some of the antioxidants



from the grapes) and from a weight perspective, dry wine is better for you. When you compare grape juice with dry red wine, the blood sugar response in your body and associated hormonal cascade is entirely different. Grape juice has a whopping 35 grams of sugar per glass, whereas dry red wine has only 4 grams of sugar per glass since the microbes involved in fermenting the wine have consumed and converted the sugar. This means dry red wine has very little blood sugar effect, which is important if you’re trying to lose fat, because controlling blood sugar keeps your hormones more stable and prevents “hormonal hunger” that can occur from spiking blood sugar. In fact, some studies show that red wine can even help lower the blood sugar response from

a big meal if wine is consumed with that meal. Yet another reason I like to have one glass of dry red wine with my dinner about 4-5 nights per week.

Plus, dry red wines are loaded with certain powerful antioxidants such as polyphenols and resveratrol that are beneficial to your health. The best options are a good Cabernet, Merlot, Syrah, or Pinot Noir for the health benefits. And choosing organic is always the smartest choice with wine too when it's available.

**Another shocking benefit of red wine** – It can even improve your digestive health and immune system! That's right...you can read [this article showing why dry red wine can even improve your ratio of good bugs to bad bugs in your gut](#), which is very important to your digestive health and immune system.

Not a wine drinker? Then...

### **TRICK # 11: You can drink beer, but be careful**

I know that the words “beer” and “belly” don't exactly make a great combination but animal studies have shown that the bitter compounds from the hops in beer have an anti-inflammatory effect on the body.

Unfortunately, drinking too much beer can have a mild estrogenic effect in your body, hence the big bellies you see from guys that drink lots of beer all the time and don't workout often enough. The



key is to not have more than one bottle per day and dark beers contain a lot more of the beneficial antioxidants that you're looking for, despite being slightly higher in calories than light beers. And no...having all 7 beers on Saturday is not the same thing. In fact...

### **TRICK #12: Avoid late night social drinking.**

After a few drinks, most people get the munchies and when you're feeling a little inebriated and hungry you won't be able to make rational decisions regarding your diet. Unfortunately this usually happens at night and your body hates it when you overeat at night because your metabolism slows way down while you sleep and it will store all those extra calories around your waist as body fat. In addition, I've seen some studies indicate that too much alcohol late at night can reduce your production of growth hormone when you sleep, and obviously, you want to maximize your GH production when you sleep to max out your fat loss efforts.



Now with all of that said, I certainly realize that social drinking is something that many people don't want to give up fully (including myself) ... And you know what? We don't need to be "perfect" to get the body we want. I previously wrote up a [full article with 7 tips to still enjoy social drinking, but still stay lean](#).

## CHAPTER 2

### SNEAKY EATING TRICKS

Okay, when most people think about losing weight and eating, they think about “dieting”. Well, unfortunately, most of the fad diets out there tend to cause people to gain weight in the long run. Why? Because most fad diets starve you to death, slowing down your metabolic rate (aka, the starvation response), and even if you lose weight for a few weeks, that weight loss eventually comes to a screeching halt. To make things worse, when you start eating “normal” again, the weight piles back on, including some extra pounds due to the damaged metabolism at this point. Fad diets (including “cleanse diets”, “juice diets”, “cabbage diets”, and other nonsense diets) also deprive you of the foods that you love. This is NOT the way to lose weight, nor is it any way to live. They are short term fixes that actually cause more harm in the long term. You also cause yourself stress with many of these fad diets, which actually causes you to gain even more weight. It’s a vicious cycle!

The main reason that we are so overweight is because of our relationship with food. In our society, we tend to concentrate on quantity. Most people simply want as much as they can get instead of the best quality food. Quantity always beats out quality, when it should be exactly the other way around.

So, in eating right there a few tricks that you can follow each and every day and they're not going to deprive you of the foods that you love, but instead, treat those foods as luxury items so you enjoy them that much more.



### **TRICK #13: Eat fresh fruit and vegetables that have high water content.**



These are foods like tomatoes, watermelons, celery, cantaloupe, oranges, grapes that contain a lot of water – you get the idea. All of those fresh and flavorful juicy fruits and veggies are good for you. These items contain about 90 to 95% water, so you can eat a lot of these and they will fill you up without adding on the pounds. Now keep in mind that when it comes to fruits, you still have to be careful about total sugar and carbohydrate intake. I'd still try to do no more than 25 grams of carbs from fruit per serving and keep that to one serving per day if you're actively trying to lose fat. With vegetables, it's almost impossible to eat too much because they are generally so low in carbs and calories compared to fruits.

**Arm yourself with “super foods”.** Add the following foods to your daily diet and develop your own super weight loss powers:

#### **TRICK #14: Kiwis.**

These little green powerhouses have about twice as much vitamin C as an orange and are a potent "protector" of nitric oxide levels in your body. This helps increase blood flow



and can help with everything from pumping up muscle size and mobilizing fat to helping you achieve stronger, harder erections (if you're a guy). Eat one kiwi before your exercise session and another immediately after to really maximize your training's muscle-building, fat-melting effects.

### **TRICK #15: Grapefruit.**

Researchers at the Scripps Clinic in San Diego, California reported that test subjects who ate half a grapefruit or drank 8 ounces of fresh, unsweetened grapefruit juice 3 times a day without changing any other element of their diet, lost on average 4 extra pounds in 12 weeks. Some even lost more than 10 pounds and this is without increasing exercise or changing anything else with their diet! The reason why seems to be that grapefruit increases your insulin sensitivity and controls blood sugar levels (despite the ingested carbohydrates), allowing your body to burn more fat throughout the day and control appetite. Note that the best results in this study were obtained with a half of a grapefruit before meals. I would personally prefer this strategy as opposed to grapefruit juice because you would be missing out on the fiber of eating the whole fruit. [This article shows you another study about grapefruits helping you to lose fat.](#)



### **TRICK #16: Avocados.**

Unfortunately, many people have been fooled into fearing avocados due to their high fat content. That is a BIG mistake. The healthy fats in avocados actually boost your muscle-feeding, fat-melting hormones, keeps your insulin levels balanced, enhance calcium absorption, and are jam packed with large amounts of potassium, a mineral that's proving helpful to losing weight and lowering blood pressure but is lower than it should be in most people's diets. Also, since avocados are an extremely satiating food due to the fiber and healthy fats, eating them helps to reduce your appetite in the hours after your meal. Say goodbye to junk food cravings and bring on that fat burning! I personally eat anywhere from a half to a full avocado DAILY and it only helps to keep me lean.



Add some avocado slices to salads, on top of eggs, and as a side with meals, or make up a batch of delicious guacamole by adding some diced tomatoes, cilantro, lime, and this upcoming "super food" below...

### **TRICK #17: Chili peppers.**

Chili peppers do more than just add more spice to your meals, the active chemical in them, capsaicin, directly increases



calorie burning while reducing hunger and food intake. That's why it's added to so many fat-burning supplements these days. In fact research has shown it to cause newly formed fat cells to self-destruct.

Now keep in mind that we're not talking miracle fat loss here... but there is a slight increase in thermogenic calorie burn from ingesting cayenne pepper or other hot peppers, and any extra benefit you can get can help when you're trying to cut down body, especially when combined with dozens of the other tricks in this manual.

Keep in mind that some people have a sensitive stomach to cayenne pepper (even when taken in capsule form) and can give a burning feeling, so it's best taken ONLY with meals and not by itself. Personally, it doesn't affect me, so I include it several times a year for a few weeks when I'm trying to cut body fat faster for a beach vacation or event. You can usually find a bottle of cayenne pepper capsules at any nutrition store for about \$5 to \$8, so it's cheap.

You can also simply add more spicy peppers to your meals, use cayenne in some of your cooking, and use fresh, hot salsa as a healthy condiment.

## TRICK #18: Cottage cheese – a slow-release protein

Your body needs protein to build and maintain muscle tissue and as you know, the more muscle you have, the more fat you'll burn all day and all night. Cottage cheese is about as good as it gets when it comes to protein power and convenience. 1 cup has about 28 grams



of slow digesting protein and only 6 grams of carbs. Have a cup for breakfast or lunch to provide your muscles with a steady flow of protein to avoid muscle breakdown and make you feel fuller for longer. If you're the type that likes to have oatmeal at breakfast, you can try reducing the amount of oatmeal (to cut down carbs a bit) and add a little cottage cheese, so you get a more balanced meal of protein and carbs instead of the typical carb-heavy oatmeal breakfast. Just add cinnamon, stevia, nuts, and berries to flavor it up if you like that.

Or you can try a cup of cottage cheese at night (it's pretty good with just cinnamon, stevia, and vanilla) for a snack to avoid the munchies and give your body another shot of protein for your most powerful muscle-building period...while you sleep! And of course, the more lean muscle you have, the higher your metabolic rate, and the more calories you burn 24/7.

### **TRICK #19: Defeat late night munching.**

Even the most die-hard dieter can cave in to late night cravings. Instead of reaching for the chips, keep Ziploc baggies of celery sticks and raw broccoli, cauliflower and red bell peppers with some hummus. When choosing a healthy hummus, always



look for hummus made with olive oil instead of cheap unhealthy canola oil or soybean oils, which is the norm. Another great option is celery sticks with almond butter for a low-calorie, low-carb snack with healthy fats to keep stable blood sugar levels before you go to sleep.

Another bonus is that the crunch of these fresh crispy vegetables is extremely satisfying and won't sabotage your waistline.

### **TRICK # 20: Snack on fat.**

If you've been avoiding dietary fat because the low fat diet craze of the last 30 years brainwashed you into thinking that eating fat equals getting fat, then I have some news for you. The right kinds of fats are actually very difficult for your body to turn into blubber because they're considered "functional" in that your



body has a use for them in developing strong cell structure and hormone enhancement. In fact, not only will healthy fats not make you fat, but they'll actually promote fat loss, as long as your total daily calorie intake is still where it needs to be. The good thing is that eating lots of healthy fats in your diet actually is proven to automatically control your appetite and calorie intake better than if you have eaten a similar quantity of carbohydrates. The reason for this is that carbohydrates are more "reactive" in your body in terms of hormonal response from blood sugar swings. This is called "hormonal hunger". Once you shift your diet to a larger percentage of fat instead of carbohydrates, you reduce this hormonal hunger by maintaining more stable energy levels and blood sugar levels.

Some of the healthiest sources of fat that can keep your hormones balanced and your appetite controlled throughout the day are: coconut oil and coconut cream, grass-fed butter, nuts and seeds (almonds, cashews, macadamias, pecans, and walnuts are my favorites), super dark chocolate (greater than 70% cacao content ideally), avocados, whole eggs (a hard boiled egg with veggies mid day is the perfect thing to kill any cravings for junk), and grass-fed meats.

### **TRICK #21: Short-circuit "boredom eating".**

If you have teenagers, you know the "zombie walk" they make to the refrigerator over and over again when they're bored. Many adults turn into impulse eaters because they get bored and lazily go to the refrigerator for

“something to do”. You’re not 13 anymore. Time to grow up! Analyze what triggers your own impulse eating and short-circuit the refrigerator response with a glass of cold water and an activity like a simple walk around the block. You’d be surprised how much this little trick can prevent you from engaging in impulse eating.



Also, equally as important is to make sure that you don’t keep junk food snacks in the house. If all you have are healthy snacks in the house, you won’t be tempted to grab those addictive junk food snacks that the giant food companies have scientifically engineered to make you crave more and more. This is no joke -- food scientists know the chemical additives as well as the right ratios of salt, sugar, and fat to get you addicted to their junk foods, so you can’t resist buying them over and over again. It’s big business and it’s time you took control of your own health instead of letting big food companies empty your pockets while making you fat.

### **TRICK #22: The “mobile phone” trick.**

Forget the exhausting anal-retentive food log. Researchers at the University of Wisconsin at Madison found that test subjects who took PICTURES of everything they ate for a week lost more weight than those who kept a food log.





They discovered that taking the pictures triggered a more critical evaluation of the food before eating it and the subjects ended up making better food choices as a result. So use your cell phone to capture an image log of all you eat for a week and cycle through the photos for a dose of reality and reinforcement of good choices you've made.

### **TRICK #23: Time your cheating.**

Losing weight doesn't mean you have to give up your favorite cheat foods. But you have to eat smarter. Time a cheat meal for immediately after your exercise session when your body's blood sugar is low and the sugar is more likely to be used to replenish muscle glycogen



rather than stored as body fat. Plus, if you've had an intense training session, your muscles will actually need to have their sugar reserves replenished in order to avoid rapid breakdown and recover faster.

Don't overdo it though - and this strategy should ONLY be used following high intensity exercise like resistance training. It's not a free pass to down a gallon of ice cream, but used strategically once or twice a week, a piece of chocolate cake, a bowl of ice cream, or a few slices of pizza along with a protein shake to offer some high quality muscle support is just fine. Also, you may have heard that "cheat meals" once or twice a week actually work to revamp your

leptin levels and give you a metabolism boost if you've been restricting calories a bit or eating low-carb for most of the week before the cheat meal.

Personally, I prefer the strategy of doing one big cheat meal twice a week, as opposed to a full "cheat day".

### **TRICK # 24: Deploy your "Emergency Response Plan".**

Ok, this is NOT a "get out of jail free card" to be used as an excuse to binge, but you may find a time or two when you made a bad choice and overstuffed yourself at a meal. Hey, it happens occasionally to all of us. Well the chain reaction in your body is to immediately turn those surplus calories into fat and the clock is ticking. Here's what to do as some form of damage control...

First, DON'T follow that meal up with any sort of sugar. Sugar will spike your insulin and shotgun those extra calories to your hips, butt, belly, and thighs. Next, take a 20-30 minute walk immediately after your meal.

The activity will actually help your

body break down the nutrients and sensing that you're moving around, it will use those extra calories you just ate as readily available "fuel" to be burned off rather than storing them away. Also, a 20-minute walk after a large meal was



also shown in studies to reduce the blood sugar impact of the meal, which can help to control some of the damage if you accidentally overate.

The second trick that you can use after a meal if you've overeaten is to do some simple resistance exercises (can even be done in your living room) to stimulate muscular contractions for about 5 minutes or so. This can be done with bands and/or bodyweight exercises. Now clearly, you're too stuffed after a big meal to do an actual workout, as you'd probably get sick, so the key here is just to do some simple resistance band exercises or light bodyweight exercises such as bodyweight squats and pushups. The larger muscle groups you can do this with, the better. When these occasional "I'm so freakin stuffed" type of meals happen, I like to do a few minutes of band "pull-aparts" and a couple dozen bodyweight squats about 15 minutes after the meal. These muscular contractions can help to shuttle nutrients into the muscle cells instead of fat cells and help your body deal with that extra large meal that you just accidentally stuffed down too much.

### **TRICK #25: Travel healthy.**

If you travel a lot, bring your own healthy snacks on the plane, such as raw, unsalted nuts, hard boiled eggs, veggie sticks, fruit, and a few protein bars so you don't cave in to all of the fast food at airports, or the endless sandwiches everywhere you look -- bread is NOT your friend if you're trying to lose fat



seriously.

Be careful with protein bars though, as most companies use terribly unhealthy ingredients like soy protein and artificial sweeteners in almost all protein bars at typical stores. This is one of my [newest favorite protein bars that uses organic ingredients](#) and has a whopping 14 grams of fiber and 20 grams of protein, as well as ZERO soy protein and no gluten.

### **TRICK #26: Your “glove box arsenal” and computer bag.**

Always keep a few healthy protein bars like the type described above in your car’s glove box or console for those times when you’re driving around and get hungry. You can also keep some replacements in your computer bag for the impromptu



hunger attack while waiting for business clients who are late for appointments, or if you have to be out driving around longer than you thought you would be. That way, instead of caving in for fast food, you always have a healthy snack available to hold you over.

## **TRICK #27: The potato and/or white rice trick.**

As you know, after an intense workout, that's the one time of day that your body can actually utilize higher quantities of carbs without storing them as fat. As it turns out, one of the better sources of "clean carbs" that are more readily used for muscle glycogen replenishment are potatoes and white rice.



Now I know that you've probably heard that these 2 "white foods" are a disaster for your waist, but the truth is that after a high intensity workout is the one time that these two sinful carbs are actually very beneficial to muscle recovery. In addition, if you've been restricting carbs most days of the week, these little "starch surges" a couple times per week after intense workouts can really help to keep your metabolism humming along and prevent low thyroid hormones.

Please note that any type of wheat based carbs are NOT a good choice as the gluten and anti-nutrients that are found in wheat can be damaging over time to your gut lining, causing digestive disorders and autoimmune problems in some people. Even if you're not officially Celiac, it's still best to steer clear of wheat-based breads and cereals most of the time.

## TRICK #28: Opt for dark chocolate as an occasional sweet.



Look for a brand that has at least 70% cocoa content (75% or higher is even better). Dark chocolate is high in antioxidants but don't look at it like a "healthy meal". Try to have no more than one or two small pieces per day, perhaps after lunch or dinner so you get the taste without going overboard.

Since I have a sweet tooth, this is my go-to trick to avoid the temptation of desserts. It works like a charm at home because if I only have dark chocolate in my house and no other dessert options, then I choose a small square of dark chocolate after dinner and it totally satisfies my sweet tooth, for only about 30 calories too. On the other hand, if ice cream was available in my freezer, I'm not sure I have the will power to resist it, and next thing you know, each night would end up being a 400 calorie dessert of ice cream without even thinking. This is why it's essential to NEVER bring desserts and junk food into your house. It's fine to indulge in these once a week or so, but force yourself to leave the house to get your ice cream or other type of dessert treat once a week. This way, you avoid the temptation on non-cheat evenings.

## Secret Weapon Supplements:

Most hyped up fat-burner supplements on the market are largely worthless. Any of the tips in this program will most likely do more for you than any of the powders, pills, and potions you see marketed on TV, online, or in magazines. But there are a few that are PROVEN powerhouse nutrients that CAN actually help to reduce body fat through different mechanisms such as blood sugar control, boosting your metabolism, and other mechanisms. Here are 4 of the best:

### **TRICK # 29: Alpha Lipoic Acid.**

Alpha Lipoic Acid (or ALA) is a potent antioxidant that has many benefits in the body. There's a lot of research that shows that ALA assists in controlling blood sugar levels in both diabetics and non-diabetics, which can help in fat burning due to increased insulin sensitivity and lower insulin levels. It's also been shown to help lower triglyceride levels. Basically, one of the most powerful uses of ALA in terms of fat loss is that it helps shuttle the carbohydrates you eat into muscle cells instead of fat cells.

For this reason, ALA can be useful to take with any meals you eat that contain carbohydrates. A good dose is approximately 200 mg of ALA with any carb containing meal. Keep in mind that there's an even more powerful combination of nutrients called [IC-5 that you can get here](#) (stands for insulin-control with 5 powerful nutrients) that contains an extra powerful form of ALA (r-ALA) in combination with 4 other unique

nutrients that are proven in studies to control your blood sugar from ingested carbs and help to utilize those carbs in your body in other ways instead of fat storage.

### **TRICK # 30: Fish oil.**

You've already heard how powerful fish oil can be for your health. It's been found to have amazing benefits for your heart health and various other health benefits. Fish oil is a more powerful source of omega-3 fatty acids



than plant based omega-3's because fish oil contains the essential DHA and EPA already converted, which aren't found in plant sources. Fish oil contain help to counterbalance the inflammation associated with the typical excess of omega-6 fatty acids in the standard modern diet that most people eat. By helping to control this inflammation, fish oil can also help you to lose fat.

There's no doubt that thousands of studies prove that fish oil is probably THE single most effective supplement available on the market. Note that [Krill Oil](#) has been found to have slightly increased absorption rates compared to fish oil and also has the benefit of the powerful antioxidant Astaxanthin from krill.



Regardless of which version might be better, both fish oil and krill oil are powerful nutrients for fighting aging and maintaining a lean healthy body!

### **TRICK # 31: Clean out the pipes.**

Remember when grandma used to tell you that you need your “roughage” and you just rolled your eyes? Well you should have trusted her wisdom. Not to get all “icky” on you, but chances



are you’re not getting enough fiber from your current diet and your intestinal tract is not passing the digested waste through your system fast enough. This can lead to toxins seeping into your bloodstream and can inhibit proper absorption of nutrients from the food you take in.

To combat this problem, try consuming up to 1 tablespoon of psyllium seed hulls each morning (maybe start out with 1 teaspoon and work your way up. Psyllium bulks up in your intestinal tract and works like a broom to sweep through and clean you out. In fact, for somebody that has been chronically fiber deficient, it’s not unusual to lose a fast 2-5 lbs in the first couple days just from your initial fiber cleansing. Just mix the powder into a small glass of iced tea or water and drink it immediately.

Better yet, mix the fiber with your daily glass of [Athletic Greens](#), which is the best-tasting greens drink and most complete greens formula I've ever found. I use it daily and love it! I personally think Athletic Greens tastes the best mixed with unsweetened iced tea rather than water, plus you get extra antioxidants from the tea!

You can also use 1 tbsp of chia seeds mixed in your daily morning drink too, or use half chia seeds and half psyllium fiber. Another benefit of getting plenty of fiber in your diet is that it has a "prebiotic" effect on your probiotics in your gut, giving them a substrate to feed on and multiply. This is a good thing because you want a high ratio of good bugs in your gut compared to bad bugs. The bad bugs tend to multiply when you eat too much sugar, and the good bugs tend to multiply when you eat plenty of fiber!

### **TRICK # 32: Melatonin, but NOT in supplemental form**

Melatonin is one of your body's master hormones that help regulate the balance of all your other hormones as well as your natural circadian rhythm and sleep cycles. Unfortunately our natural stores of this hormone decrease beginning in our mid 20's and drop steadily each decade thereafter. Weight loss is largely



about hormone balance in your body and in order to increase the fat-burning hormones while decreasing the fat-storing hormones, you first have to bow to the master hormone your body is most likely deficient in. Two things that are typically low are vitamin D levels (we'll talk more about that later) and also melatonin.

Beware though, as most researchers are now finding that the amount of melatonin in most supplements is way TOO high! Most melatonin supplements come in either 3 mg or even 5 mg doses. However, according to recent research, anything more than 1 mg might be too high of a dose, which can disrupt your sleep cycle the following day, making it hard to wake up in the morning, and harder to fall asleep the following night, disrupting your overall sleep cycle.

The proper dose seems to be something less than 1 mg from most experts on this topic (this was even discussed on the Dr Oz show too), which is why I choose to NEVER use melatonin supplements, and only get the small natural quantities found in tart cherries or tart cherry juice.

That's right -- Tart cherries (Montmorency) actually contain a natural form of melatonin that can help you to naturally get sleepy and more easily fall asleep at night. I've found frozen tart cherries a few times in specialty grocery stores and I use them for an evening smoothie occasionally.

I've also found a tart cherry concentrate in Whole Foods and other health food stores that you can add to a drink or caffeine-free tea at

night to help get you that low dose natural melatonin. I use 1 spoonful of this tart cherry concentrate in a cup of chamomile or mint tea late at night. This helps immensely for calming down and falling asleep at night.

A side benefit is that tart cherry also contains powerful antioxidants that fight joint pain, gout, and other inflammation related problems.

Remember – getting more sleep and better quality sleep with help balance your hormones and reduce cortisol levels, all helping you to lose body fat faster!

### **TRICK # 33: One more secret from grandma.**

One of the biggest reasons why good supplements fail is that people simply forget to take them frequently, so there's no consistency. Go to your local pharmacy and pick up one of those compartmentalized pill storage boxes that you often see elderly medicine-takers using. These have individual chambers for every day of the week and even multiple compartments for each day for people who need to take medicine at various times. Place this somewhere visible in your house to remember to take your supplements at the right times each day depending on which supplement it is. We'll talk about a few more beneficial supplements later in this manual as well.

## CHAPTER 3

### SNEAKY SHOPPING, COOKING AND ORDERING TRICKS

Here are a few tricks that will help you to lose those extra pounds by simply changing how you shop for and prepare your food. How food is cooked has just as much to do with how healthy it is or is not and can ruin even the healthiest food in your cart. Plus, I'll even throw in some of my best restaurant survival strategies. Let's start with...

#### **TRICK #34: Don't shop hungry.**

When you hit the grocery store hungry, all sorts of things can end up in your shopping cart that shouldn't be there as temptation slowly picks away at your willpower aisle by aisle.



Prepare a list...and stick to it. But more importantly, eat a healthy meal or snack BEFORE going to the grocery store so that you're nice and satisfied and much less likely to give in and buy junky snack foods.

#### **TRICK # 35: Shop the "outer ring".**

Stay away from the inner aisles as much as possible when at the grocery store. If you look at how stores are set up, 90% of what's good for you and on your shopping list is located in the outer perimeter: fresh fruits and vegetables,

meats (always choose grass-fed or pasture-raised), dairy, eggs, and other fresh foods. The inner aisles are typically designed to bottleneck you and lure you into adding in processed foods, snacks, and sweets that show up as targets of opportunity.



This isn't to say that everything in the interior aisles is bad for you... after all, you've got to go in there to get nuts, coconut milk cans, tomato sauce (always choose it made with olive oil instead of soybean or canola), teas and coffee, and a few other healthy items. Just be sure to have that list planned, so that you don't give in to the tempting junk foods that you'll pass by in the interior aisles.

### **TRICK #36: Beware of serving size scams.**



Food producers often try to camouflage hidden calories by listing the nutritional information only for a small portion of their packaged goods. A packaged muffin may look like low cal until you read that there are two servings in the wrapper and you really have to double the number of calories that are printed on the label. Of course, as you know, you shouldn't be eating a packaged muffin (which are loaded with sugar, low quality oils, and blood-sugar spiking wheat flour), unless it's one of your weekly cheat meals.

This is off-topic of serving sizes, but since we're talking about muffins... you CAN actually make healthy low-sugar, low-carb Paleo style muffins at home if you choose the right ingredients and eliminate the refined sugar and flour, while also using healthy oils. My close friend Kelley Herring is a genius at healthy baking that's low-carb, gluten-free, and low-sugar and shows you how to make healthy blueberry muffins and other amazing healthy desserts in her amazing [Guilt-Free Desserts Manual here](#).

### **TRICK #37: Buy grass-fed meats.**

If you do eat meat, look for free range, grass fed versions that are higher in the natural "fat-burning fat" called conjugated linoleic acid or CLA. Grass-fed meats are also higher in omega-3 fatty acids which most people are lacking in, and lower in omega-6 fatty acids compared to



grain-fed meat which is standard in this day and age at most stores. Grass-fed meats also generally contain higher amounts of certain vitamins such as vitamin A and certain minerals too since the animals ate food that was more natural for their digestive system and richer in nutrients compared to corn and soy (most animal feed also comes from GMO corn and soy, which has unknown health consequences at this time).

Although grass-fed meat was the norm 50 or more years ago, in the last 3-4 decades, the factory farming industry discovered that they could fatten up the animals faster and cheaper by stuffing them with corn and soy, along with hefty doses of antibiotics which damages the gut flora of the animals and leads to weight gain. This is not the natural diet of these animals and leads to unhealthy meat. The good news is we're starting to see a switch back to healthier feed for animals and grass-fed meats are now more readily available in the last few years as consumer demand for it has risen.

Pasture-raised meats are also better for the environment as pastures are grazed and fertilized with the manure of the animals (instead of chemical fertilizers), helping to maintain healthy soils as long as too many animals aren't crowded into too small of a pasture area. On the other hand, factory-farms aren't just bad for the health of the animals, but also terrible for the environment since all of the grain feed has to be brought in by vehicles that burn fossil fuels, and the animal waste is condensed in a small area instead of being spread out over vast pastures. This leads to horrible water pollution originating from factory farms, or confined animal feedlot operations (CAFOs).

### **TRICK #38: The “dyslexic trick”.**

When you're grocery shopping for yourself and your family read the ingredients of what you are eating. If you can't pronounce it, don't eat it. Processed foods usually have chemical additives that can be mildly





addictive, as well as other additives that cause us to have cravings and elevate blood sugar, both of which cause weight gain. Choose products with the least amount of ingredients and the most natural sounding ingredients. As we've already talked about though, just sticking to whole foods around the perimeter of the store and making meals from scratch makes this a LOT easier to avoid processed, packaged food.

**TRICK #39: Be leery of “no fat” and “low fat” food items.**

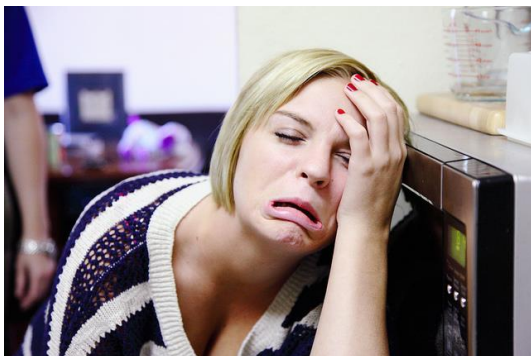
The low-fat craze of the 80's and 90's has still left most people confused about fat and looking for low-fat and fat-free items. Personally, I intentionally AVOID low-fat or fat-free items. After all, the fat content of foods helps your body control the blood sugar response and provides more satiety to prevent cravings and lower your appetite in hours after you eat, so even items like fat-free yogurt are silly in my opinion. And worse yet, many of these fat-free or low-fat food items use some sort of chemical or extra sugar to sweeten them so that they taste better, since fat-free items generally don't taste as good as the full-fat version.



This means that almost all fat-free or low-fat items actually do MORE HARM to your blood sugar and hormones than just the regular fat version, which will have a slower digestion time and longer lasting satisfaction on your appetite.

Now of course, you still want to avoid junk foods like cookies and cakes, regardless of whether they're fat-free or full-fat, but the point of this section is that for healthier items like yogurt, kefir, cheese, nut butters, etc, there's no point to choose a low-fat version when there's no benefit to doing so. Just choose the full-fat version and stop fearing fat! Your body will balance out your hormones and appetite better and you can stop trying to count calories and fat.

#### **TRICK # 40: Beware of “sugar-free” items (but read the label)**



Most “sugar-free” items typically use artificial sweeteners like sucralose, aspartame, and acesulfame potassium. Artificial sweeteners have been linked to an artificially induced insulin response in your body that makes fat burning hard and also could cause cravings for more carb and sugar rich foods. Artificial sweeteners have also been linked to some forms of cancer if over-consumed chronically. And possibly one of the WORST effects of artificial sweeteners is that they have been shown to damage your gut flora balance and possibly kill off some of your good bugs in your gut that are so vitally important to your digestive system health and your immune system. Sucralose (aka, Splenda) is one artificial sweetener in particular that's been linked in studies to harming your gut flora (damaging your probiotics).

If you need to lightly sweeten certain things like your daily coffee or tea, or your plain Greek yogurt or plain kefir, try the natural sweetener stevia if you want a non-caloric option, or use a tiny bit of real maple syrup (great in coffee!), honey, or coconut sugar (also great in coffee and baking). Just make sure to keep the quantity of real maple syrup, coconut sugar or honey small if you're aggressively trying to lose fat. I personally stick to stevia when I'm trying to cut down body fat aggressively for a vacation or another event, and when I'm just in maintenance mode, I use small amounts of real maple syrup, honey, or coconut sugar for my sweetening needs.

#### **TRICK # 41: Don't carry cash with you.**

When you're hungry, those vending machines go from whispering your name to shouting it over a loudspeaker. If you don't carry any cash with you, those M&M's propped up in space B7 can scream all they want and you won't be able to give in to their temptation. This assumes that most vending machines still don't accept credit cards. I haven't paid attention to a vending machine since I was a teenager, so I wouldn't even know what's in those things these days.



### **TRICK #42: Make your protein shake thicker.**

When you mix up your protein shake, try making it thicker by adding less liquid and/or more frozen ingredients. A study from Purdue University showed that subjects who drank a thicker shake with identical nutrition to a thinner one were less hungry and remained fuller longer. This means it could help you to eat less calories later that same day.

### **TRICK #43: French-fried fat burning.**



Let's face it... in terms of your health fried foods suck! They're immersed in trans fat laden oil typically and even after the excess has been drained away, there is still oil absorbed into the food item itself. Plus, French fries contain very large amounts of carcinogenic acrylamides, which is another downside of fried food. Here's a [full article I published on acrylamides](#) if you want to know more info on how to reduce them in your diet.

Fortunately, practically any food that's fried can be baked. That includes fresh cut potatoes for baked French fries (**NOT** the frozen variety) drizzled with olive oil. For an even healthier and tastier alternative, cut up some raw sweet potatoes into French fries and put them in a large Ziploc freezer bag or in a large bowl with a little bit of extra virgin olive oil, sea salt and garlic, and mix it

all up. Then spread them on a cookie sheet and sprinkle with a little bit of chili powder and bake at 400 until tender brown. Mmm delicious! Of course, since this is still a relatively carb-heavy side dish, make sure to eat this only on a day that you worked out hard so the carbs are utilized for something other than fat storage.

#### **TRICK # 44: Pour on the cinnamon.**

A recent study found that consuming just 1-6 grams of cinnamon powder a day for 40 days reduced fasting blood glucose levels by as much as 29%, increased good cholesterol and decreased bad cholesterol. The non-cinnamon group? No changes at all. Translation: You'll balance your blood sugar, control your appetite, and burn more fat!



Add cinnamon to oatmeal, your morning coffee, yogurt, poultry, meats like lamb, curries, black beans, and put some in a mixture of cottage cheese and fresh apples or pears for a delicious dessert-like treat. Cinnamon can also go great in a frozen berry smoothie. Or if you don't frequently use cinnamon on your foods, you can always get cinnamon capsules to take with meals a couple times per day to help control the blood sugar response from each meal and add some extra antioxidants too.

**TRICK #45: Chew your food at least 12-15 times.**

This slows down the rate that you scarf down your meal (allowing your brain to catch up and tell you that your stomach is actually full, so you can eat less), but it also helps improve your digestion. When your food isn't chewed thoroughly and is just swallowed, you fill your



stomach with food that isn't ready to be digested and it doesn't yield the health benefits that you need. You extract more nutrients from your food when it's been chewed properly and therefore, you give your body more of the nutrients it needs so that your appetite stays more satisfied and you're less likely to get cravings, which is your body's way of trying to get you to eat more since you didn't absorb your nutrients that well.

**TRICK # 46: The “apple appetizer”.**

On your way to a restaurant, eat an apple in the car. This begins to fill up your stomach and triggers your body's “I'm going to be full soon” chemical response. Since you won't be ravenously hungry when you're looking at the menu, you're less likely to choose the



really fattening decadent foods that you normally may be pulled toward. A handful of nuts like almonds or pecans can also do the trick of helping you to control your hunger so you're not so ravenously hungry when you get to the restaurant or your dinner party.

#### **TRICK # 47: Order the salad.**



When dining out, always opt for a salad before your meal. Your body starts registering that you're eating and that you'll be full "soon" so it releases chemicals to allow you to stop eating sooner. (Have you ever ordered hors d'oeuvres and then as your meal is coming you feel like you could already stop eating...but don't?).

Also, the high water content in the vegetables will fill you up sooner and you know you're getting high quality vitamins and minerals from your first course. Just be sure to opt for dark green salads like mixed field greens or spinach if they're available instead of the less nutrient dense iceberg variety. Always make sure to choose a salad dressing made with olive oil instead of soybean or canola oil, which is what most commercial dressings are made with. If the prepared dressing isn't made with olive oil, try just using olive oil and vinegar instead for a healthier dressing option. Many commercial dressings are loaded with extra sugars like corn syrup and cheap refined soybean or canola oils, so beware.

**TRICK #48: The great “salad lie”.**

When making or ordering a salad when on a diet, you’ve probably been told to choose a low-fat or fat-free dressing, right? Don’t! Certain vitamins that are locked away in vegetables are fat-soluble, meaning that they need fat in order to be absorbed by the body. Topping your salad with fat-free dressing means you’ll actually get less nutrition from your meal. Plus most fat-free dressings contain extra sugar.



But that doesn’t mean you should necessarily go for the creamy ranches and blue cheese versions, which most times are made with cheap soybean oil. If you can avoid it, opt instead for healthy oils like extra virgin olive oil or flax oil and a splash of balsamic vinegar. Also, adding sliced avocado to your salads is not only delicious, but provides another jolt of healthy fats that help you absorb more vitamins and minerals from the rest of the vegetables in your salad. Enjoy!

**TRICK #49: When ordering at a restaurant, ask the waiter to put half of your meal into a to-go container BEFORE serving it to you.**

Most people will stuff themselves as they mindlessly eat at a plate full of very large portion sizes at most restaurants, so this trick allows you to be proactive in managing your calorie intake.



Trust me...you WON'T be hungry after finishing your half serving (which is still probably the size of a normal serving at home) and you'll have the next day's lunch already boxed up for you!

**TRICK # 50: The zero calorie dessert.**

When you're craving something sweet for dessert, pop a fruit-flavored piece of chewing gum into your mouth. The immediate jolt of sweetness will satisfy your craving and actually fool your body into thinking that you're "eating" a sweet decadent dessert. Keep a piece



of gum in your pocket when you go out to a restaurant and have it at the ready for immediately after you finish your dinner so you don't get ambushed by the dessert menu.

Now we're not trying to say that chewing gum is "healthy" per se... after all, most chewing gums either have a few grams of sugar or artificial sweeteners, both of which we're trying to avoid for the most part. But, if it's simply a matter of overcoming the need for that "sweet finish" to a meal, I'd rather get the 10 calories of sugar from a piece of chewing gum compared to the 500 calories in a typical dessert.

## CHAPTER 4

### SNEAKY “EXERCISE” TRICKS

If you want to lose weight, you have to move. If you don't move, it's like putting your metabolism in hibernation and your body just packs on the pounds, particularly around your waistline.

The bottom line is that although nutrition controls probably 80% of your weight loss, it's vitally important for you to fit exercise into your daily schedule or even if you did lose weight, you'd end up looking “skinny fat” which is another term for flabby with no muscle tone. In addition, without exercise, you'll have a weak heart, weak muscles, weak joints, and just a frail body in general that's more likely to get injured as you get older. That's just the way it is. Exercise is essential to control obesity; it is the best way to control stress, hypertension, cardiovascular disease, and other lifestyle related illnesses. It's even better if you can get outside, because your body needs as much fresh air as it can get.

Don't get trapped into using the excuse that you can't workout because you don't have a gym membership. There are several things you can do on a daily basis that will help to kick-start your body into losing weight and there are several exercises you can do on your own to lose weight in the comfort of your own home.

Here are some great tips for increasing your activity and getting more out of your exercise program:

## **TRICK #51: Try various frequency, duration, and intensity levels in order to keep getting results**

Most people don't realize this, but there's no "magical" workout duration and frequency that you have to follow in order to get the best results. Just because trainer X told you that you "need" to workout 3-4x a week at 60 minutes per workout doesn't mean that there aren't much more effective ways to accomplish the same thing.



One thing I've learned over the years is that varying your routine every couple weeks, and trying dramatically different frequency, duration, and intensity levels over time can really keep your exercise results progressing as you're giving your body a different type of stimulus all the time.

Let's look at several different methods below that you can change up your frequency and duration:

- 3 days per week at 60 minutes per workout (180 minutes/week)
- 4 days per week at 45 minutes per workout (180 minutes/week)
- 5 days per week at 30 minutes per workout (150 minutes/week)
- 6 days per week at 20 minutes per workout (120 minutes/week)

- 7 days per week at 10 minutes per workout (70 minutes/week)
- 6 days per week at 6 minutes per workout, TWICE per day (72 minutes/week)

Now you'll notice in the different methods above that you can shrink your weekly workout time down from 180 minutes/week down to 70 minutes/week by doing shorter workouts per day, but more days per week. Now, the KEY here is that by doing shorter workouts each day, you naturally have to increase the intensity of each workout. After all, if you're doing a 10 minute workout each day for 7 days a week, those 10 minutes have to be pretty intense or you really can't accomplish much in ten minutes.

But the fact is that 10 minutes is actually PLENTY of time in one workout to work your entire body thoroughly, as long as you're working with very high intensity and fatiguing your muscles to near exhaustion with each exercise that you do. Now compare that to a traditional 60 minute workout where it's pretty much impossible to work with high intensity for 60 minutes straight, so that naturally means that a 60 minute workout will be much lower intensity overall, even if you have short bursts of high intensity followed by rest periods throughout a 60-minute workout.

With that said, I'm not saying that you should never do 60 minute workouts. Rather, what I'm saying is that varying your duration and intensity over time can be a very effective way to keep your body progressing by giving it a different stimulus as the weeks and months go.

**Another method** that you can use is to vary your workout duration and intensity by day of the week, so an example of this would look like this:

- Monday: 60 minute workout, normal intensity level
- Tuesday: 10 minute workout, super high intensity level
- Wednesday: 30 minute workout, high intensity level
- Thursday: rest day
- Friday: 45 minute workout, medium intensity level
- Saturday: 15 minute workout, very high intensity level
- Sunday: 25 minute workout, high intensity level

With this example, you have a different duration and intensity level each day of the week, which gives your body a varying type of stimulus to help keep you progressing.

**TRICK #51B: My crazy “mini-workout” technique:**

If you want to get even crazier, I’ve experimented with multiple workouts per day at VERY short durations, such as 8 mini-workouts throughout the day of 2 minutes each. I told you that this may sound crazy, and it’s a very intriguing method that not many trainers have ever thought of before... it actually allows you to boost your metabolism 8 times per day instead of only once per day following a traditional workout.

Now I know that the method of doing 8 mini-workouts of 2 minutes each may sound impossible if you work at a job in an office, but for many people, especially stay-at-home moms, people that work from home, or even for people that have private offices, it's certainly do-able, and many of my clients have really enjoyed this method more than standard workouts done all at once.

The way that I've made this work for me is to set a little timer at your computer during your work day and every hour at the top of the hour, you'll get up out of your desk and do a quick 2-minute workout of exercises such as pushups, lunges, core exercises,



and/or bodyweight squats. The key here is that you do non-stop repetitions during this 2 minutes, so it helps to alternate through 2 or 3 exercises because it's very difficult to do 2 minutes worth of one exercise in a non-stop fashion. In this example, you would do this at 9am, 10am, 11am, etc, for 2 minutes each. This also serves as a nice "wake up" for you so that you don't get sleepy at your desk throughout the workday. If you do this at home, you can even have a kettlebell in your office or living room and incorporate kettlebell exercises into this workout too. If you're new to kettlebell workouts, you can [read this article](#) for an intro to them.

## TRICK #52: “Talk” to your body.



When you’ve worked out for a considerable amount of time, you’ll start receiving signals from your body. Take 5 minutes of quiet time each day and sit someplace comfortable. Close your eyes and bring your attention inward, into your body, and open yourself up to what it’s telling you. You’ll be amazed at what you hear and the conversation you’ll be able to have. Listen closely and be ready to take action on what it’s telling you. If it tells you you’re training too hard, listen to it and take a break. If it tells you that what you need is a giant piece of chocolate cake, gently remind it that there’s a time and a place for small splurges.

Sometimes it’s important to listen to your body and if it’s telling you that it’s overly tired and sore, maybe that means you’ve been overtraining lately and it’s time to back off and rest for a couple days. On the other hand, if you feel super energized, maybe today is the day to really try to “peak” your intensity to a higher level. Don’t fight against your body, but work with it instead. If you get plenty of sleep each night, work to get your hormones balanced, and keep your blood sugar stable by using some of the tricks we’ve talked about in this book, you’ll be surprised how balanced and energized you should start to feel each and every day.

**TRICK #53: Workout early in the morning before breakfast if you can.**

When you exercise, you stimulate your metabolism long after your training. By training in the morning, you can burn more calories throughout the day. If you like to do “cardio” style of training, try doing it before breakfast and you won’t have to burn through your



elevated blood sugar levels from your meal before you start tapping into body fat as your primary fuel source. Keep in mind that traditional “cardio” is not required to get as lean as you want, and resistance training is more important overall, while also training your heart simultaneously. But if you’re the type of person that really enjoys cardio training, one of the most strategic times of day to perform it is first thing in the morning on an empty stomach.

**TRICK #54: Buy a headset for your telephone.**

If you can walk around and get a little mild exercise while talking on the phone, then do it. Just strap your cell phone to your hip and your headset on your head and pace around while you clean the house or just roam around your house or





apartment, or even outside. Pacing actually helps you think and you'll get a decent amount of calorie burn if it's a long conversation. Not the type of calorie burn that you get from the gym, but it's still extra calories from phone calls you might have already had scheduled anyway.

**TRICK # 55: Park as far away from the entrance as possible.**

When parking at a mall or at work, don't search for the closest space to the door. Park in a safe place at the farthest end of the parking lot so you have to walk farther to and from your destination. The extra 2 minutes (yes, TWO minutes, that's all) it will take to get inside is silly when you think about how hard you've avoided it in the past and over time, you'll burn more fat from just this little bit of added activity on a regular basis.

With this in mind, if you're in airports frequently, don't be that lazy person that stands on the moving belts through the airport instead of walking on them. If you're rushed, walk on the moving belts to get to your gate faster, and if you have plenty of time, just walk without the moving belts. But NEVER be that person that just stands on the moving belts like it's some sort of airport "ride"... this is one of my pet peeves that I see overweight people doing all the time at airports and it's just a good example of laziness in my opinion.

## **Make television your personal weight loss coach.**

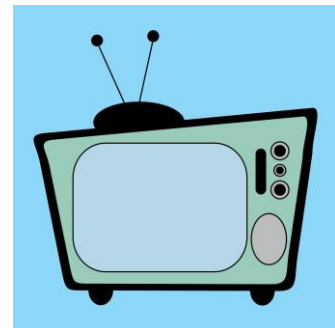
The couch and the television are anti-weight loss. Here are several ways to turn the tube into a fat-melting motivator:

### **TRICK # 56: Best case scenario, choose just one or two shows you must see during the week**

Make this the only time you turn on the TV.

The only other option would be a news program, however you can get all the news you need in 30 minutes or less. The point is that if you're the average American that spends up to 4 hours a day or more watching TV, obviously

there are plenty of activities that you could be doing with that time that would be more productive. Heck, even reading health and fitness books to learn more about the human body and how to optimize health would be a better investment of time than normal TV programming.



### **TRICK # 57: Watch more comedies.**



Japanese researchers found that when test subjects watched a 40 minute comedy show while others watched a 40 minute boring lecture, the comedy watchers' blood sugar

levels were much lower. The researchers theorized that laughter alters brain chemistry in such a way that either slows down glucose entering the blood or increases the muscles' assimilation of extra glucose.

Not only that, but laughter is proven to reduce stress levels, and stress hormones in your body make it extremely hard to lose body fat. Therefore, the more you laugh, the more you reduce those stress hormones, which helps to assist faster fat loss!

**TRICK # 58: For your comedy shows, choose a situation comedy with a laugh track.**

Clear a spot in the living room for your body and every time you hear the background laugh track triggered, do a single pushup or crunch. Over a twenty minute show, you're likely to get in about 20 – 30 repetitions. Work your way up to 2 reps per track and then 3 per track and see how high you can go.

**TRICK # 59: For non-comedy shows, train during commercials.**

When it's commercial time, drop down and do as many pushups as you can until you reach exhaustion and can't do one more repetition. (Feel free to do them on your knees if you can't do that many pushups yet.) For the next commercial break, do as many bodyweight squats or

lunges as you can until you reach exhaustion. If you're really aggressive, you could even do burpees during commercials, and burpees have some SERIOUS calorie burn! Continue switching back and forth with different exercises during each commercial break until the show is over and this will give you anywhere from 4 to 6 training sets while watching your show.

**TRICK #60: Use the stairs instead of the elevator or escalator.**

Elevators and escalators are great conveniences, but they make us very lazy. Also, depending upon how many flights you have to take, it may even be quicker to take the stairs than to wait on an elevator to open and then stop at every floor to let other passengers off.

At the airports, when everybody is standing still going up an escalator, I always choose the stairs and get a good calorie burn while everyone else is being lazy.

**TRICK #61: Try “card game workouts” for a unique new way to have fun while exercising!**

Here's how it works...

Instructions:

1. Use all 54 cards (including the jokers).

2. One player pulls a card for the second person, who performs the exercise you've chosen and number of reps on the card, with face cards being 10 reps.



*[For example, any black cards can be pushups, and red cards can be bodyweight squats according to the number on the card... so a black 8 could be 8 pushups, and if the next card is a red 7, then that's 7 bodyweight squats. You can choose different exercises for the face cards, such as jacks are 10 lunges, queens are 10 ab hip thrusts, etc, etc.]*

3. Immediately after this person completes their exercise repetitions, they pull a card for the other person.

4. Keep switching back and forth until you've gone through all 54 cards for a fun and intense full-body workout that strengthens and tones the entire body, while stimulating the metabolism, and burning serious fat.

If you don't have a training partner, you can try this workout by yourself as a great variation to your normal routines; finish as much of the deck as you can and work your way up to the full deck after several weeks or months.

**Progression:** At first, if you know a lot about exercise science, you may think that one flaw to these workouts is that there's no progression. As you can see with these workouts, your exercise sequence will be completely random and different every time you do one of these workouts (since you draw the cards in

a different sequence every time), but there's the exact same amount of reps for a specific workout in a deck of cards, right?

Yes, but there are more ways to progress on an exercise routine than just reps! So...

Here's how you progress and improve... What you need to do is time yourself (with a stop watch or exact time on a wall clock) how long it takes you (or you and your partner) to go through the entire deck of cards. You make improvements by reducing the amount of time it takes to make it through all exercises and reps in the entire deck of cards. This essentially means that you're increasing the exercise "density" by doing the same exact amount of exercise in a shorter time period...a classic method of progression!

I prepared a page on my website that shows you [5 examples of good card game workouts](#) if you want to try them, along with demonstrations of different exercises included and reps.

### **TRICK #62: Do cardio AFTER your strength training.**



A lot of publicity has gone into demonizing cardio as ineffective for weight loss. While it may be true that if you had to choose ONLY one form of exercise, resistance training would be the clear winner in terms of changing your

body composition, improving your heart, and making you leaner, this isn't to say that "cardio" in general can't be useful. In fact, combining cardio with weight training is likely the most effective method of removing body fat.

For the best results though, do your weight training first and then finish your workout with about 15 minutes of low-moderate intensity cardio. The weight training utilizes your muscle glycogen very effectively and sets your body up to be burning mostly fat once you transition to the cardio at the end of your workout.

### **TRICK #63: Expand your walking perimeter.**

Yes, there was a time when people didn't have automobiles and people had to walk to their destinations. If work or the grocery store is not far away, consider walking there or riding a bike instead of jumping in your car. It may take you longer, but you're getting your workout in at the same time.



I know so many people that live less than 1 mile from the corner store or where ever they might be going, and yet they never even consider walking or riding a bike...they always just jump in the car without even thinking, even if

they're not in a hurry for any reason. As long as you're not in a hurry, always think about whether you can walk somewhere or ride a bike to sneak in a little extra exercise, and maybe even some fresh air and sunshine!

**TRICK #64: Hide the remote control from yourself.**

Remote controls are also evil when it comes to losing weight. If you didn't have a remote, you may not even turn on the television, which means you might find more active things to do. Get up and change the channel if you don't have a remote or go for a walk instead of



watching TV. Unfortunately, I know that some of the most modern TV's these days only work with remotes and don't even have the option to get up and manually change the channel. If that's the case, remember our previous tips about trying exercise bursts during commercials or trying certain exercises every time you hear a laugh track or somebody says a certain word.

**TRICK #65: Do your own fetching.**

If you need something from the kitchen, the mail or newspaper from the driveway, walk and get it yourself





instead of sending the kids or the spouse. The more movement you do throughout the day all adds up for your total daily calorie burn.

**TRICK #66: If you take public transportation, get off a block before your stop and walk the remainder of the way.**

This is a good way to squeeze in a walk before and after work or on the way to another destination. Just make sure to give yourself enough time to add the extra 5 minute walk to your commute time.

**TRICK #67: Suck in your stomach and tighten your butt when you walk.**

Walk properly, but do your best to keep that stomach tucked in and clench your butt cheeks. The combination will work the part of your abdominal muscles that keeps your waist tight and thin.

**TRICK #68: Become a yogi.**

Yoga is a great way to lose weight and reduce your stress levels. Yoga teaches you how to control your muscles and by reducing stress, it also helps you defeat cortisol



imbalances in your body to put this fat-storing hormone in check. Yoga also works your muscles in a different fashion than traditional rep schemes in weight training or bodyweight training. By holding poses for certain time periods, you work on that static contraction, which gives variety in the methods that you're stimulating your muscles.

I always avoided yoga for years and years, but over the last year, I decided to start incorporating yoga once or twice a week into my routines and I can honestly say that it has improved my physique and does wonders for managing stress.

### **TRICK # 69: Be more “negative” when it comes to training.**

When doing resistance training, don't just let the weight flop down after getting it up. Instead, mainly focus on the “negative” phase of your repetitions (e.g. – when you're lowering your body or weight down and fighting gravity). One recent study showed that subjects who took 4 seconds for the negatives increased their body's natural growth hormone levels by almost 4,000% compared to the typical 1 second down that most people use. Since growth hormone helps build muscle while freeing up fat from your cells to be burned off, this technique will help you get better fat loss results in the same amount of exercise time.



### **TRICK #70: Use the stairs at hotels or even at home – especially before meals.**

If you stay at hotels frequently for travel or work, try to take the stairs every time you go to your room. I've been on the 14<sup>th</sup> floor a few times and forced myself to take the stairs every time we came back to the hotel (what a daily workout!). This isn't to say that you can't go up and down your stairs a bunch of times at home too, so keep that in mind. I also sometimes like climbing the stairs for about 5 minutes prior to any

meal...it makes you feel like you **earned your meal**, and helps to prime your body to use calories for muscle instead of fat. Also, try doing double steps instead of single steps as this causes you to have to exert yourself more and increases your heart rate higher.



### **TRICK # 71: Kick fat's ass.**

For variety and fun in your workouts, take up a local martial arts class or a cardio kickboxing class to burn fat. A recent college study found that the combination of kicking, stretching, punches, and calisthenics raised heart rates by 80% and burned about 300 calories per half hour. Plus, no one will mess with you in biker bars.

### **TRICK #72: Play competitive sports.**

Sports are a great way to get into shape and it's often much more fun to workout with someone else in a competitive atmosphere. You'll also be more driven to push yourself and you'll burn more calories. Tennis and racquetball are amazing sports where the heat of the competition can have you working harder and longer than if you did boring treadmills or ellipticals. By the way, I haven't used a BORING treadmill, elliptical, or exercise bike in probably 15 years now, and as you can tell, I love exercise and find it enjoyable, because of all the variety I incorporate!

### **TRICK #73: The “vacuum” trick.**

First thing in the morning when you wake up and you're lying in bed, exhale while pulling in your abdominal muscles like you're trying to suck your belly button all the way to the back of your spine. Hold it and contract for a 10-15



second count and then release. Take a 5 second breather and then repeat this

procedure another 3 more times. This will help “wrap up” those core abdominal muscles nice and tight like you're strapping on a girdle and train your muscles to give you a slimmer waist. In fact, it's not unheard of to lose at least an inch from your waist in 30 days or so, especially if you have what's called a “lazy” belly that protrudes. You can also try this trick any time that you're driving. I like to do it while driving home from the gym, because that's what triggers me to remember to do this several days a week. Or you could also try this trick while watching TV. Whichever method works best for you, just try to be consistent with it.

#### **TRICK # 74: Ambush your abs.**

Most people would like to target their stomachs and get rid of that area all together. Unfortunately, we can't spot reduce. Or can you...



Recent studies are evaluating exactly where mobilized fat is coming from when it's used for fuel and there's evidence that a slightly higher percentage may be coming from the muscles that are performing the exercise, even though fat does get burned from the entire body as well.

While it's not likely to provide any major fat loss results directly from your abs, at the end of your resistance training workout, try doing short bouts of cardio

(3-5 minutes each) alternated with several direct abs exercises, and you may just liberate a tiny bit more fat than usual from the stomach area. Again, this won't be massive spot reduction per se, but it might add up over time and help you get that last bit of extra fat off the abs if that's your goal. For example, you could try doing 3 minutes of jump and then immediately do one minute of abs exercises on the floor. Follow that with another 3-5 minutes of rowing machine, and then get back on the floor and do another 1 minute of direct abs exercises. Repeat for the desired length of your finishing sequence of your workout.

#### **TRICK #75: Banish “man boobs”.**



Gynecomastia is a very embarrassing condition for overweight men and is caused by excessive levels of estrogen brought on mostly by the added body fat, as well as chemicals we are exposed to called xenoestrogens (from plastics, lotions, petroleum products, pesticides, etc). So be sure to do everything you can to minimize pesticides by choosing organic foods as often as you can. Also, try to use natural lotions and shampoos to avoid the xenoestrogen chemicals that are found in most commercial lotions and shampoos. You can also fight the effects of the xenoestrogens you are exposed to by using chamomile tea

and cruciferous veggies (broccoli, cabbage, cauliflower), which contain unique phytonutrients that help counteract xenoestrogens.

In addition, weight training is a major weapon in getting rid of the extra chest fat. Aside from helping to sculpt the chest muscles if you do exercises such as bench presses, dips, dumbbell flyes... weight training in general, especially the biggest muscle groups of the body like the legs and back help to increase testosterone overall, which can fight the negative effects of estrogen in men.

#### **TRICK #76: Massage your partner.**

You can exert yourself a little bit and at the same time you will be able to complement them on the weight they've lost if they've been working out with you. And getting a great massage also reduces stress hormones, which make you fat. It's also a great way to keep the spark of intimacy alive. A perfect lead in to...

#### **TRICK #77: Sex burns fat.**

On average you can burn about 150 to 300 calories during sexual intercourse. But different positions can actually increase the number of calories burned.



If you're a man, opt for the missionary position but periodically raise your body up in the air as if doing a pushup so nothing is touching the bed except for your hands and your toes. With your arms only slightly bent, dip your pelvis down to move in and out of your partner. Not only will this work your chest, abs, and glutes a little harder, but it will shift your body position further up on your partner and your thrusts will now directly rub her most sensitive spot "down there". This is guaranteed to drive her wild!

If you're a woman, take control and get on top. Hold on to your partner's hands for balance and crouch over him with your feet on the bed. Bounce up and down in this position and you'll be working your glutes, your legs and believe it or not, your abs all at the same time. But a word of warning here...men are stimulated visually and the view you'll give him from this position is likely to throw your partner over the edge too fast so to help him hold out and allow you a "longer workout"...

Light a candle scented with *Lily Of The Valley*. It's been shown to help a man achieve longer staying power.



## CHAPTER 5

### SNEAKY MOTIVATION TRICKS

Once you've decided to lose weight, it can be difficult to determine where exactly you should get started. What I always tell my clients is that the best place to start is with your “motivational why”. In other words, what was it that FINALLY made you decide that this was the time to drop the weight?

Only you can answer that question, but it's the most important one. Your answer is what you'll turn to when times get tough. If it was a bad doctor's report, print out your prognosis and put it on your refrigerator as a reminder of why it's not stocked with pudding. If it's because you realize that if you don't lose weight, you may not live long enough to see your kids get married and have their own children...put THEIR picture on your desk at work and look at their smiling faces when someone comes around offering donuts. This will serve you well during even the hardest times.

Now it's important to point out that as you begin, understand that everybody is different. You're not going to find another person who has the same metabolism as you or who burns fat the same way as you. You may weigh exactly the same as a person next to you, but if you both were to start an exercise and diet program you both might not have the same results two weeks or even a month later, even if you did everything the same exact way each day. In saying this, it's important to realize that not everybody utilizes food in the same way either. What may cause one person to gain a pound may not do the same to another. The same is true in losing weight. If you're a

married woman and you and your husband are working out together and let's say he gives up soda and loses five pounds but you don't lose one pound. That shows you that you and your husband are not necessarily going to see the same results, even if you're eating and exercising in the exact same way.

The bottom line is that today's society has to work a lot harder than societies of the past. Sixty years ago women and men were thin because they had to work with manual labor instead of on computers. Manual labor was a requirement or you wouldn't be able to eat. You had to go gather eggs from the hen house if you want eggs; you had to go milk the cows for fresh milk and you had to plow the fields to grow your vegetables. That's the way life was back then and technology has taken away all of this manual work. Now we can simply throw a plastic tray in a microwave and within 3.5 minutes, we have a 1,000-calorie, greasy, salty, carcinogenic hip expander sitting on our lap as we zone out in front of the television.

You know it's time to make some changes, but in fact, "getting started" is usually the easy part for people. They go shopping, get some workout clothes, buy some running shoes and maybe a gym membership. Then, they go and workout pretty steadily for a week or two.

But it's CONSISTENCY that becomes the problem and consistency is the most important aspect of any weight loss program. You have your "motivational why"...but now you need to steadily work towards that goal in order to achieve it.

Unfortunately as people progress after a few weeks, they find it harder to keep up their routine. Their lives become more demanding and they begin to go to the gym less and less until eventually they just give up and stop going.

So here are some great tips for staying motivated and on track with your weight loss program...

**TRICK #78: Step on the scale every morning.**

The point isn't to make you obsessive but studies have shown that those who weigh themselves daily lose more weight. If the scale reveals that you've lost a little weight, it will be a great motivator that your hard work is paying off. If it shows that you've gained a little weight, then it allows you to quickly adjust your upcoming day to be more vigilant in what you eat and make sure you get your exercise in to get back on track.



Just be sure to weigh yourself first thing in the morning before you eat breakfast and preferably after you've used the bathroom so you're as consistent as possible.

**TRICK # 79: Have your body fat percentage measured weekly.**

This is a bit more scientific and accurate as to what's happening in your body. By comparing your weight and body fat percentage readings each week, you'll know exactly how much weight you're actually losing because it tells you how much of your body weight is fat and how much is lean mass.

For example, the scale may show that you've not lost any weight at all. But measuring your body fat may reveal that you've actually lost 2 pounds of fat and gained 2 pounds of valuable lean muscle tissue that will help you burn even more fat as you move forward.



**TRICK #80: The easiest way to know if you're losing weight is by the fit of your clothes.**

If you start to feel as though you're floating in your clothes then you know your eating and exercising is doing you some good. Another way to know if you're losing weight is if you can begin moving where you usually buckle your belt, and of course tighter is better.

### **TRICK # 81: Recruit your “skinny jeans”.**

Ok, you know you’re holding on to that old pair of jeans that used to fit you (way back when) but are way too tight now. Well it’s time to break them out once again. Each week, after your weigh-ins, try to put them on. You may not even be close to your old size, but you’ll at least get a feel for how far you can get them up your body. Keep a mental note of where they end up each week and strive to get them closer and closer to a comfortable fit and a permanent piece in your wardrobe.



### **TRICK # 82: The “birthday card” trick.**

Not brave enough to take a snapshot of yourself and post it on your refrigerator? Want a picture of what you’re going to look like if you don’t get your weight in check? Go to the “Birthday Humor” section of your local gift card shop. You’re bound to find 2-3 choices that have a picture of a scantily clad woman or man over 400 lbs. Buy the card and post it on somewhere as a look at your potential future if you don’t get things going in the opposite direction.

### **TRICK # 83: Quit smoking.**

Smoking doesn't contribute to your weight exactly, but it does lead to erratic eating behaviors and increases social drinking and eating. Besides...if you haven't heard, it can kill you. Many dieters hold off on quitting because they don't want to take on too much at once and they're afraid that they'll gain weight if they stop smoking. But a study of over 200 people who smoked and weren't active was conducted where one group went cold turkey while exercising and another tackled each habit one at a time. The group that did it all at once had the highest success rate after 18 months. Perhaps it was that exercise releases "feel good chemicals" in your body and will help to ease any stress from not smoking while not smoking helps your body train more efficiently.

### **TRICK # 84: Use "Neuro-Associative Conditioning".**

This is a fancy term for reprogramming your brain to attach "pain" to bad habits and "pleasure" to healthy ones. Here's how to do it:

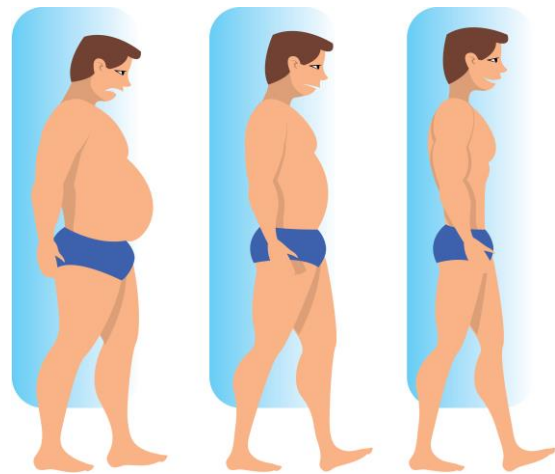
When you feel a "bad choice" coming on (like skipping your scheduled workout or diving into a dozen jelly donuts) pull out a picture of someone who is obese or an old picture of



you when you were out of shape). Then drop down and do 5 pushups or simply stretch high in the sky and then down to your toes. Next, immediately look at a picture of someone who is incredibly fit with a big smile on their face. Keep these photos in your mobile phone or somewhere handy where you can get to them at a moment's notice. Your brain will naturally begin associating unhealthy choices with unhealthy consequences while branding the right choices (like exercise) with a pleasurable image of where you're heading.

**TRICK #85: The “refrigerator album”.**

Nothing keeps you motivated like seeing progress. Take a photo of yourself (today!) in a bathing suit and post it on your refrigerator. Take a new photo every 4 weeks and post it just to the right of the one before it. This will serve as a constant reminder of where you've been, where you're at now, where you're going, and how dedicated you've been along the way. Imagine having 6 months of photos to look at each day and what it will do to your motivation.



### **TRICK #86: DON'T reward yourself with unhealthy food.**

By rewarding progress with cheat foods, you only reinforce its power as an emotional crutch, waiting with open arms to bring you happiness in the form of sugar and unhealthy fat. Stick to rewards that are non-food based, like this next TRICK...

### **TRICK # 87: Plan an “extreme makeover” in stages.**

There's a television show that was popular in the states called “Extreme Makeover” that took men and women who had features considered unattractive and a team of doctors and stylists went about turning them into beautiful models.

Plastic surgeons chiseled down noses, enhanced breasts, and sucked-out fat cells,

Personal trainers showed them how to exercise for long-term success. Hair stylists gave expensive haircuts and makeup tips. Dentists straightened and whitened teeth, and fashion consultants took them shopping for clothes that brought out their new beauty. Well, give yourself the royal treatment...but ONLY once you've achieved certain goal markers.



For example, map out different splurges at different stages of your transformation. Perhaps after 10 lbs lost, you go to an expensive hair stylist and get their opinion on the best cut and style for your face as well as makeup



tips. At 20 lbs, it may be a shopping trip with a friend whose fashion sense you admire or even a local fashion consultant from a modeling agency. At 30 lbs it might be getting your teeth done. You get the picture. The point is to build upon the positive changes you're making on the inside with attention-grabbing changes on the outside. Map out your makeover ahead of time and post your goal sheet somewhere where it's visible so you have something to shoot for.

### **TRICK # 88: Brush your teeth.**

When you're feeling a craving come on for one of those guilty, cheat foods you know you shouldn't have, grab for your toothbrush and a peppermint toothpaste. Brushing your teeth has a subliminal effect on our resolve to not "dirty" our teeth with food immediately after and



peppermint has shown to be especially effective at destroying cravings for sweets. Try it for yourself next time you have cravings for sweets, and I bet that brushing your teeth will do the trick to get rid of the craving!

### **TRICK # 89: Chew gum between meals.**

A Scottish University study found that subjects who chewed sugar free gum between their meals ate much less food than those who didn't chew gum. Participants noted that chewing gum increases the feeling of fullness and therefore they were able to reduce food intake throughout the day. Keep in mind that most chewing gums use either sugars or artificial sweeteners (I haven't found any yet that use stevia), so this isn't a good long term habit to get into, but if you're in an aggressive fat loss cycle, this is one of those little tricks that could help you to reduce calories a bit.

### **TRICK #90: Try to find an exercise buddy.**

This should be someone who is as committed to exercising and losing weight as you are. One of the advantages of finding a committed partner is that you have someone to keep feeling responsible to. The



knowledge that someone is waiting on you makes it easier for you to get out of bed and go exercise with them. You wouldn't want to stand up your exercise buddy, right? Some of my most successful past clients are the ones that found a workout buddy, which kept them much more committed to their workouts and consistent in the long term.

### **TRICK #91: Practice positive self-affirmations.**

While you're at the mirror, look into your own eyes, smile, and tell your reflection (out loud), *"You're going to be strong today. You're going to have incredible willpower and you're going to love your new body!"*. It may sound silly, but there's a reason why so many successful people use affirmations. **THEY WORK!**



### **TRICK #92: Listen to upbeat music while you exercise.**

Studies show that you will train harder and longer with less fatigue if you listen to music that "pumps you up" while you train. You're also less likely to get distracted during your workout or get interrupted by other people at the gym for chit-chat because most people generally don't like to interrupt someone wearing headphones. This will equal more intensity and focus in your workouts.

## TRICK # 93: The “forgotten” factor in your fat loss success.

As you know, us fitness authors like to try to give you every possible weapon that can help make you successful with lifelong permanent fat loss... and that involves:

1. Your mindset and motivation
2. The priority that you put exercise in your life
3. The priority that you put nutrition in your life
4. Your knowledge of training and nutrition



As well as many other factors.

But there is yet another factor that we often overlook that determines whether you're going to be a success in getting and maintaining the body that you want for life, or if you're going to fail.

And that factor is... **social support**

Let's face it, if you have this major goal of getting in amazing shape, but most of the people that you surround yourself with are out eating wings and drinking beers 5 nights a week (or are couch potatoes), then it's highly unlikely that you'll be a raging success in your fitness goals, as they will inadvertently "drag you down". You've probably heard speakers talk about successful people and how you are the “average of the 10 people you hang out with the most”. If you

hang out with people that are very health and fitness conscious, then you are more likely to be health conscious also. If you hang out with mostly people that don't care about health or fitness, you're unlikely to stick with long term fitness goals because the people you hang around with aren't interested in that either. This isn't to say that you need to get rid of your friends. But rather, if you have friends that are a bad influence on your health and fitness, it might be a good idea to reduce the amount of time you spend with them and increase the amount of time you spend with your friends that are a positive influence on your health and fitness. This will naturally improve your health and fitness as your "fit friends" influence you to constantly improve yourself.

**TRICK #94: Make your weight loss public.**



This takes guts but it harnesses one of the most powerful motivators known to man...embarrassment. It's easy to quit when you know you're the only one watching, but it's harder to fail when you're worried about what your co-workers and friends will be secretly thinking. Plus, you'll find that everyone will show you more compassion and support by not tempting you with the afternoon invite to a fast food lunch outing and you may find those morning donut buffets at the office magically stop altogether.

### **TRICK #95: Be a “big loser”.**

Know of any other friends, family or co-workers who are trying to lose weight? Ask them to put their money where their mouth is.

Everyone agree on an amount of money to put in the kitty and see who can manifest the best transformation in a 12-week

period. That may mean the most weight lost, the highest percentage of body fat, or the best “before & after” pictures - whatever you collectively decide on.



Keep a central weigh-in log and check in with each other every week for support (or friendly trash talking). At the end of the 12 weeks, the winner gets the pot of money or other agreed upon prize. This is a HUGE motivation to truly transform your physique and it's the reason that all of those transformation contests have so many dramatic success stories.

### **TRICK # 96: Give to a charity or organization...you hate.**

Write out a post-dated check for three 4-week periods in an amount that's substantial enough to motivate you in this little trick, but not enough to make you go broke. Hand the checks off to a friend to moderate and put them in

pre-addressed stamped envelopes to a charity or organization that you would absolutely HATE to send money to.

For example, if you're in the U.S. and a staunch Republican, it may be a donation to the Democrats, or vice-versa if you lean the opposite direction politically. Or maybe you have a rival college team? I know I'd hate to send money to the Aggies at Texas A&M being that I'm a Longhorns fan.

If you don't make your monthly weight goal as monitored by your money moderator, the check gets put in the mailbox and you should be receiving a nice "thank you" note from your arch nemesis in no time. But if you DO make your goal, you get that week's check back in your hands with your dignity intact!

### **TRICK # 97: Make your kids fatter in a photo**

Your children are at risk. The obesity level of the younger generation is at an all time high and climbing steadily because kids often eat too much fast food and processed foods and spend too much time in front of the television and video games. If you have children, trust me...they're watching you. You can either model healthy behavior or lead them straight down the path to all the weight-related illnesses that lie waiting for them. Here's what to do...

Gather your kids together for a group picture and have them blow up their cheeks with air as you take the shot. Now, after printing out the picture, cut out their faces and paste it on a photo of an overweight adult from a magazine.

Place these photos somewhere where you'll see them to remind you that this is what they'll look like if they make the same unhealthy choices you have. You're not just losing weight for yourself. You're doing it for them too.



## CHAPTER 6

### EVEN SNEAKIER TRICKS

#### **TRICK # 98: Change your deodorant.**

It's not just what you stick in your mouth that can cause you to gain weight. Environmental toxins also contribute and the more direct contact you have with chemicals, the more likely they are to throw a monkey wrench in your fat-burning machinery. One recognized culprit could be your deodorant. Look at the ingredient label and ditch it if it contains either aluminum or polychlorobiphenols. There are several natural brands now on the market that are safer and more supportive of your fat-burning efforts.

#### **TRICK #99: The “candle trick”.**

Your body's best time to recover and repair is at night while you sleep. In fact, this is a major feeding time for your muscle and also the time that you experience the biggest release of fat-melting, youth-enhancing growth hormone (GH). But many people don't sleep very well and don't get full advantage of this body transforming opportunity, so try this...

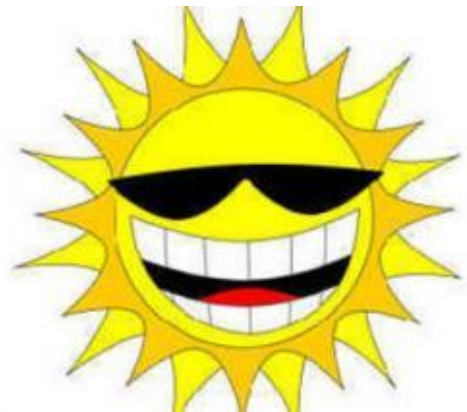


Right before bed, light a lavender scented candle in your bedroom and let it burn for two minutes. Lavender has an aromatherapy effect that relaxes the body and promotes more restful sleep.

Another similar trick to help you relax before bedtime and sleep more deeply is taking a warm bath with 2 cups of Epsom salt dissolved in the bath tub and soaking your whole body in the tub for about 15 minutes.

### **TRICK # 100: The “light bulb trick”.**

Scientists have found a direct link between sunlight exposure and hormone production with direct exposure resulting in a 65% increase in natural muscle-building, fat-burning hormones... but you need at least 45-60 minutes of direct sunlight to get that effect. If you're challenged with getting



out in the sun because of a crazy schedule, go to your local hardware store and pick up a 120 watt “full spectrum” light bulb for your home or office. The light emitted from these bulbs very closely mimics the sun’s rays and has been shown to provide some of the same great benefits as getting direct sunlight exposure. This is particularly beneficial in the winter when your body might be sun deprived. Use this trick in the mornings and/or afternoons, but NOT in the evening, when your body needs to start winding down for bed and you actually

need LESS light before bedtime. Now as you may have guessed, even this type of full spectrum light bulb can't provide all of the same powerful benefits of the sun, but it's better than nothing, especially for the winter months when you might be light deprived.

### **TRICK # 101: Marry up...and "in".**

People who are overweight often look for mates who share their size challenges. Wrong move if you're not already committed. Studies show that partners who are both overweight often drag each other down because they're dependent upon the other being successful. When challenges are hit and one person backslides, the other often falls in suit and both often throw their hands up in defeat. On the other hand, if you choose a partner without a weight problem, you're more likely to feel the subliminal pressure to strive to look better for him or her and are therefore more motivated to take off the extra weight.

Not partnered up yet? Use your search for love as a motivator to look your best now and don't go cruising the local Overeaters Anonymous meetings for a date.

### **BONUS TRICKS?**

I want to over-deliver with this manual, so for that reason, I decided to slip in some cool **bonus fat loss tricks** for you too. Remember that any one trick

might only be a minor improvement to your routine, but when you add dozens of these tricks together, you'll be set on your way to a new lean body for life!

### **BONUS TRICK #1: Garlic Breath**

This isn't widely talked about in fitness circles, but garlic appears to have some helpful fat loss benefits along with its powerful health benefits.

Best-selling author Tim Ferriss, describes in his book "The 4-Hour Body" about how when he

added garlic to his fat loss supplementation protocol, he saw increased fat loss in both himself and his test subjects. The mechanism isn't widely understood as to how garlic can help increase fat loss, but it certainly can't hurt, and has powerful health benefits too such as improved heart health.



Tim suggested trying aged garlic capsules a couple times per day, and also just generally trying to cook with garlic more often. I guess you'll just have to be extra careful to brush your teeth more frequently to help prevent "garlic breath"!

### **BONUS TRICK #2: Ginger!**

You already know that ginger contains powerful antioxidants with many health benefits. Ginger can help to improve your digestion and sooth your stomach.

And it's even been used historically as an aphrodisiac and to help women alleviate menstrual symptoms from PMS.

Certain unique compounds in ginger can also help prevent your body from forming new fat cells. That makes ginger a great addition to meals and supplementation stacks.

In [one article I dug up](#), the researcher states about the powerful effects of ginger (this is quite a bit of “geek speak”)

*“Ginger can stop pre-adipocytes from becoming fat cells. How? Certain components in ginger, 6-shogaol and 6-gingerol, help inhibit TNF- $\alpha$  from down-regulating adiponectin. This is important because the more adiponectin in the blood, the lower your body weight and fat*



*becomes. In fact, obese individuals have lower levels of adiponectin than their lean counterparts. Ginger helps increase the production of adiponectin by inhibiting TNF- $\alpha$  production. Both properties act differently in the body though. First, 6-shogaol functions as a PPAR $\gamma$  agonist. I will get into PPAR $\gamma$  cells in a minute! The second, 6-gingerol, is the component, which inhibits TNF- $\alpha$ , raising adiponectin levels.*

*Now what is a PPAR $\gamma$ , and why is it so valuable in the body?*

*PPAR $\gamma$ , shortened name for peroxisome proliferator-activated receptors, which are specialized cells are found all over the body with the majority being found in adipose tissue, macrophages, and the large intestine. These cells make peripheral cells more sensitive to insulin, allowing for more glucose to move into the muscle. These specialized cells control when pre-adipocytes acquire specialized properties, making them into functioning adipocytes, or fat tissue. These cells prevent the production of more fat cells, make peripheral cells sensitive to insulin, and help with fatty acid and glucose breakdown.”*

The bottom line is that just like garlic, cinnamon, and other spices, there appears to be powerful fat loss benefits to including a little ginger in your daily repertoire. When I go out for sushi about once a month, I love to really load up on ginger! But to get daily benefits from ginger, I personally take about 2 ginger capsules per day (one in morning and one in evening with meals) included in my handful of supplements I take daily.

### **BONUS TRICK #3: Chamomile Tea to Help Fat Loss?**

You might be wondering how the heck chamomile tea can aid fat loss... after all; chamomile tea has no caffeine, and is actually the exact opposite in that it is a known relaxant.

Well, first of all, you probably have heard about how estrogenic compounds in our environment (from pollution, herbicides, pesticides, petroleum chemicals in

household cleaners, etc), and in our food supply (from foods such as soy, beer, and also pesticide residues) can trigger the body to hold onto stubborn belly fat (and can even be one of the causes of “man boobs” in men as we discussed in an earlier chapter) if you’re exposed to enough of these estrogenic compounds on a regular basis.



These are called xenoestrogens and can make it particularly hard for you to burn off body fat (especially abdominal fat) if you’re exposed to these chemicals regularly without protection in your diet.

This problem isn’t only for guys either... these excess estrogenic compounds can create hormone imbalances in women too, and make it even harder to lose stubborn body fat.

This is where chamomile tea can help. Chamomile tea is a potent source of unique phytochemicals and antioxidants that help to fight against any estrogenic compounds that you may have been exposed to. This can help your body to more effectively burn off stubborn body fat.

Is it a miracle? No, of course not. This is just yet another one of those minor details, that when combined with all of these other methods, can help you to accelerate fat loss.

What I do is simple... I just have a mug of chamomile tea (unsweetened) every night about an hour before bed. It helps to relax me before bedtime anyway, so that's another benefit.

**Warning:** a very small percentage of people can have severe allergic reactions to chamomile, so make sure that you know if you're allergic to chamomile or not.

#### **BONUS TRICK #4: Fenugreek for powerful blood sugar control.**

Yet another example of a very healthy spice! I started reading about the blood sugar benefits of fenugreek about a year ago. I was finding dozens of studies in the literature about how fenugreek can lower your blood sugar response from a meal, and some of the active compounds in fenugreek can help to shuttle carbohydrates into muscle cells instead of fat cells.



But I went a step further in testing fenugreek and I ran my own tests using a blood glucometer to measure my response from a certain amount of carbs with and without certain nutrients. To give you a few examples:

On my "control" day, to test my blood sugar response to 40 grams of carbs without any added nutrient, I ate 40 grams worth of carbs from oatmeal, and



my blood sugar went from a fasting level of 83 to approximately 112 about 45 minutes after the meal.

However, with the addition of cinnamon to this same meal the next day, my blood sugar rise only went from a fasting level of 86 to approximately 94 after the same 40-grams of carbs combined with 1.5 grams of cinnamon.

But when I tested fenugreek, I apparently used TOO high of a dose of fenugreek (1.8 grams), and my blood sugar went from a fasting level of 84 all the way down to 72 about 45 minutes AFTER eating 40 grams of oatmeal carbs. This shows the amazing power of fenugreek in controlling blood sugar. If you use fenugreek for blood sugar control from meals, I'd suggest a lower dose of maybe 500-600 mg.

I did a full write up of my [blood sugar experiments with different nutrients at this blog post](#). It's an interesting read if you want to learn more tricks for controlling your blood sugar.

Just remember that keeping a lower and more controlled blood sugar response from all of your meals means that you not only age slower (by reducing the glycation in your body), but you also keep yourself in a fat-burning state for longer portions of each day, and help to prevent hormonal hunger that's caused by wild blood sugar swings.

Remember that we also talked about the blood sugar controlling benefits of ALA and cinnamon earlier in this book too. Keep in mind that there's an even more potent combination of nutrients called [IC-5 that you can get here](#) that

contains a powerful form combination of fenugreek, cinnamon, r-ALA, and other nutrients that are proven in studies to control your blood sugar from ingested carbs and help to utilize those carbs in your body in other ways instead of fat storage.

**BONUS TRICK #5: Pre-meal muscular contractions send calories to muscle cells instead of fat cells.**

This is effective for any meals of your day, but is even more important for any of your larger meals. You can utilize brief muscular contractions (described below) before and after your meals to help shuttle calories from your



meal into muscle cells instead of fat cells. Muscular contractions for as little as 1-2 minutes in duration can actually do the trick.

The reason this works is that the muscular contractions bring GLUT-4 (glucose transporter type 4) to the surface of muscle cells, allowing calories to flow into muscle cells instead of fat cells more readily.

Tim Ferriss talks about this technique in his famous book, “The 4-Hour Body”, and says that you basically want to beat insulin to the punch by utilizing GLUT-4, because insulin generated from your meal will try to flow calories into fat

cells. Tim says "*The more muscular gates we have open before insulin triggers the same GLUT-4 on the surface of fat cells, the more (calories) we can put into muscle instead of fat.*"

It's important to note that you want to open up your "muscular gates" with GLUT-4 in large portions of your body, so forget about biceps curls here, and instead focus on simple things you can do in your living room or basement such as bodyweight squats, band pull-aparts, pushups, etc. Exercises that use the biggest muscles of your body, such as your legs, back, and chest are most effective for opening up the largest amount of "muscular gates" for calories to be utilized in muscle instead of fat. You should ideally do this about 5 minutes BEFORE your big meal and about 90 minutes AFTER your meal to max out the benefit. But I would say that doing it before a big meal is even more important than doing it after a meal.

Through Tim's research, as little as 60-90 seconds of these types of contractions should be enough to benefit from this technique and help prevent body fat gain from larger meals. If you didn't figure it out yet, you can actually perform a lot of repetitions in 90 seconds, as we're talking about doing repetitions non-stop during those 60-90 seconds, so don't think you're not going to feel a burn from this. In fact, you SHOULD feel quite a burn from the 90 seconds of these exercises, and be happy knowing that you're helping to shuttle the calories from your big meal into muscle cells instead of fat cells.

The easiest way to do the technique above is to alternate 2 or 3 exercises during the 60-90 second window. So what I personally have tried is doing bodyweight squats for 30 seconds straight, then pushups for 30 seconds

straight, and then band pull-aparts for another 30 seconds straight. Boom.  
Done... and now you can enjoy your meal and at least not feel so bad about indulging if it happens to be one of your bigger meals.

## CHAPTER 7

### THE FINAL WORD...

Well, there you have it, 101 incredibly easy tips that are simple to implement right away to make it easier to burn off that unwanted body fat. But let me offer this final bit of wisdom.

While a collection of weight loss tricks like the 101 I just went over are definitely going to help you get better, faster results, if you're truly committed to your personal transformation, you need to have a detailed roadmap that takes you turn by turn from Point A to Point B. I mean imagine if you were visiting New York City and were just dropped off in the middle of nowhere and had no idea where you were or how to get back to your hotel. Now, you could ask pedestrian after pedestrian for directions or "tips" on how to find your destination. If you're lucky, you can piece together those tips and ultimately find your way back but it's obviously going to take you longer. If you're unlucky you'll end up asking the wrong people who either give you the wrong directions or worse...steal your money!

That's kind of how it is navigating the weight loss maze. Everyone seems to have an opinion about what works best but unfortunately that just ends up confusing things or getting you very frustrated with failed attempt after failed attempt from following bad advice.

Now I truly hope you were able to write down some of the tips that I just went over with you that raised an eyebrow and made you think, “hmmmm...I can use THAT!”

We wish you a heartfelt good luck in your fat loss endeavors!

In good health,

Mike Geary & Jeff Anderson

To further your nutrition knowledge a bit more, make sure to read the page below for one of my most comprehensive articles on nutrition tips:

[\*\*My top 20 “food rules” to get lean and healthy permanently\*\*](#)