

HOW TO LOSE ALL THE WEIGHT YOU WANT IN THE NEXT 90 DAYS!



**Key Concepts For Boosting
Your Weight-Loss Efforts And
Achieving Amazing Results!**

Stephen Smith

How To LOSE ALL THE WEIGHT YOU WANT In The Next 90 Days!

Key Concepts For Boosting Your Weight-Loss Efforts And Achieving Amazing Results!

Stephen Smith BSc
Copyright © 2007-2009

<http://www.quick-weight-loss-principles.com>

- 1 Introduction**
- 2 The 7 Biggest Mistakes People Make When They Want to Lose Weight!**
- 3 How To Create A Weight-Loss Mind Set**
- 4 Weight-Loss 101: The Basic Weight-Loss Strategies**
- 5 Advanced Weight-Loss Strategies That Will Have You Dropping Kilos In Days!**
- 6 The Ultimate Fat-Burning Day**
- 7 Controlling Insulin: The Key To Rapid, Lasting Weight Loss**
- 8 Document Your Daily Weight-Loss Activities**
- 9 Monitor Your Progress: Results Are The Name Of The Game**
- 10 Putting It All Together**

1 Introduction

Has it been a dream of yours for years to shed those unwanted kilos? Do you still look at your ‘skinny’ clothes in your wardrobe and think to yourself, ‘one day’? Do you ever imagine yourself at the beach wearing skimpy little bathers, lying back on a towel, soaking up the rays knowing the opposite sex are looking at you as they walk past?

If you’re like most people you probably said ‘yes’ to all of these questions. The only problem is how do you lose the weight and more importantly keep it off? With so many diets, exercise equipment, pills, powders and potions on the market it is virtually impossible to know what works and what doesn’t. It’s like trying to find a needle in a haystack! Plus, with the deceptive marketing tactics used by the food industry, what chance do you have? Let’s face it, with so much conflicting information combined with a hectic lifestyle, is it any wonder why, as a nation, we are getting fatter? And with so many factors working against you, who can blame you for being overweight?

There is an answer though! By following a simple, scientifically-proven, easy-to-use plan, you can lose all the weight you want faster than you ever thought possible and easily keep it off for the rest of your life! The amazing thing about this revolutionary new information of course is the speed at which it works. It is rather remarkable but true, many people throw off as much as 4 kilograms of fluid and weight in the first week!

This book isn’t the usual approach to weight loss, which means following a restrictive, starvation diet or tortuous exercise program; it is a ‘fast-start’ guide that simply offers you a range of strategies that have been proven to work time and time again and that fit perfectly into your lifestyle. What could be easier than that? Even better still, the book shows you how to develop ‘intrinsic motivation’- the motivation that comes from within so you continue to perform the habits that help you maintain a fantastic body.

This book covers the 4 ‘Lifestyle Factors’: Nutrition, Supplementation, Resistance Exercise and Aerobic Exercise and how to incorporate them into your lifestyle in order to get amazing results. The first part of the book, however, shows you how to create the correct mind set. Let’s fact it, even if you know all the strategies to lose all the weight you want in the next 90 days, unless you are motivated to put them into practice, they are totally useless!

Once you have created the correct mind set, the next step is to ensure you avoid some of the common mistakes people make when they want to lose weight. This will ensure that you stay on the right track.

Once you are motivated and know what the mistakes are, then it is time to learn the most effective strategies to finally lose all the weight you want. Without going into detail, I will cover exactly what you need to eat, what supplements you need to take, what exercise you need to do and briefly cover why these strategies are effective. This is a ‘fast-start’ guide so all the detailed explanation has been left out. If you want more detailed information, please read my other book, ‘Look Good, Feel Great!’, which is available from Body Concepts for \$29.95 (plus \$3.00 postage).

Ph: 1 800 425 289. Alternatively, visit my website:

www.quick-weight-loss-principles.com

The strategies in this book have been used by thousands of people over the years to help them get amazing results and now you can too. The strategies are based on scientifically-proven physiological principles that will work for everyone. These are universal laws just like the law of gravity, which means they work 100% of the time if you use them! I guarantee it! All you have to do is incorporate as many principles as possible into your lifestyle and you will be astounded at how quickly your body will change.

As I mentioned earlier, it is not unusual for people to lose 3-4 kilos in the first week and then consistently keep losing weight every week after that. The reason why this approach is so effective is simply because it attacks the excess weight from a number of different angles whereas

most strategies, like dieting, only use one.

So, if you've ever tried losing weight before and failed, if you're confused about what the best way to lose weight is, if you're sick and tired of deceptive marketing tactics and if you're committed to do whatever is necessary to get results, then it's time to finally learn the truth about weight loss...

2 The 7 Biggest Mistakes People Make When They Want to Lose Weight!

It seems that losing weight is now more popular than ever. The concept appears on TV, in newspapers and magazines, it is discussed on radio and it is even a common topic of conversation among people of all ages. The problem is, the path to losing weight and more importantly, keeping it off, is filled with ‘land mines’ all designed to stop your weight-loss results in their tracks as well as destroy your motivation to reach your destination.

In this chapter we will cover some of the most common mistakes people make when they want to lose weight.

1. Skip Meals.

This is the most common action people take when they want to lose weight. I can’t count the number of times clients have said to me that they didn’t understand why they were overweight because they only had 1 or 2 meals a day. This is exactly why they were overweight!

Many people skip meals under the assumption that if they eat less they must lose weight. Whilst this belief is partially true, skipping meals is certainly not the best way to eat less. Skipping meals invokes the body’s ‘Anti-Starvation Response’, which causes a drop in metabolism, a loss of muscle (due to cortisol release), an increase in the activity of fat-storing enzymes and an increase in appetite.

A far more effective approach is to have 5 or 6 small meals/ snacks (these terms are used interchangeably) each day. Doing so will keep your metabolism elevated, stop your body from going into a catabolic state (breaking down muscle tissue), limit the activity of those pesky fat-storing enzymes, fatty acid synthase and lipoprotein lipase, and of course help to suppress your appetite.

When people are recommended to have 5 or 6 meals a day they often respond with, ‘How could I possibly fit in 5 or 6 meals a day! I have kids to look after, I work full time and I’m busy during the day!’ Admittedly, these objections are totally justified and we need to find an easy way to have the 5 or 6 meals a day. The easiest way is to use meal replacements, in the form of powders or bars. Meal replacements are a quick, easy, convenient and cheap way to ensure you get the required number of meals each day. Plus, they make it easy to control your portion sizes of the macronutrients: carbohydrate, protein and fat, as well as providing your body with the highest quality protein source available, which is whey protein.

You certainly shouldn’t use meal replacements for every meal because it is essential to eat whole foods but perhaps 2 or 3 meals a day could be in the form of meal replacements. The mid-morning, mid-afternoon and supper meals are best.

2. Focus on just losing weight.

There is nothing wrong with wanting to lose weight fast and it certainly is possible to lose a large amount of weight in a relatively short period of time. A 10kg weight loss in 28 days is quite achievable but it is important to keep in mind that losing more than half a kilo a week is likely to be losses of muscle, water and stored carbohydrate in addition to some fat. It is certainly not going to be entirely from fat. Mind you, people who have a tendency to hold excess fluid will quickly lose it by following many of the advanced weight-loss strategies we will cover later.

Let’s face it, it has taken many years to put the body fat on in the first place and whilst it is possible to lose weight fast, losing body fat fast is another story. It is actually a physiological impossibility to lose body fat quickly; your body simply won’t allow it. Our bodies have been designed to hold on to our fat stores as much as possible. By doing so, if we are ever faced with a famine situation we will be able to survive for a long period of time due to the fact that we have a good source of energy to

draw from if we need it. Unfortunately, our bodies haven't adapted to our 'modern day' lifestyle where famines are very rare.

When weight loss is faster than a kilo a week the body has a greater tendency to 'rebound'. This means you may put the weight back on very quickly unless you can maintain the habits that helped you achieve the rapid weight loss in the first place.

Later, we will cover how to lose the maximum amount of weight as well as the maximum amount of fat as quickly as possible.

3. Don't Use a Multi-Directional Approach.

When someone makes a decision to lose weight they generally make changes to their nutritional habits. Unfortunately, only making changes to your eating habits is bound to fail simply because your body will always find a way to adapt to a reduction in your food intake. It does this by invoking the 'Anti-Starvation Response' as mentioned earlier.

A far better approach is to attack the excess weight from a number of different directions rather than just one. I suggest examining your lifestyle in the areas of, Nutrition, Supplementation, Aerobic Exercise and Resistance Exercise. By focusing on each of these areas and incorporating the various principles that relate to them into your lifestyle, you will be amazed at how quickly you will lose weight and how easy it will be to keep it off. It must become a lifestyle.

4. Try Another Diet.

It is amazing how many people go on diets, starve, suffer, and put themselves through pain. Then, when they lose weight they celebrate and welcome the fact that they can now go back to eating 'normally' again. Of course, the moment they do, the weight piles back on and usually with reinforcements! Then they decide that the diet they followed didn't work so they try another one, again, with the same results.

The definition of insanity is trying to do the same thing over and over

again and expecting a different result. This definition is perfect for dieting. I compare dieting to trying to defy the law of gravity by jumping off a different building each time- eventually you're going to get hurt!

The best way to lose weight is to never go on a diet again, they simply don't work. Decide to make some minor changes to your current eating habits that are sustainable for the rest of your life. If you can't maintain the changes then it is guaranteed that the weight-loss results you achieve will be short-lived.

5. Avoid Lifting Weights.

When people want to lose weight, weight training, or resistance training, is never considered as an option. The reason is that many people have the mistaken belief that lifting weights will 'bulk them up', cause them to grow facial hair, make women look like men or cause their voice to lower 3 octaves!

Despite this, resistance training is probably the most under-estimated way to lose weight fast! If a mildly calorie-restricted nutritional plan is followed, it is virtually impossible to increase your muscle mass because there are no extra calories to use for building muscle. Lifting weights under these circumstances will simply force the body to maintain its existing muscle mass, which results in maintenance of your metabolism and therefore your body's weight-loss and fat-burning ability.

6. Don't Make Permanent Lifestyle Changes.

Once people achieve the weight loss they desire rarely do they maintain the lifestyle that helped them achieve the result. Often they will say that it is too difficult to maintain so they return to previous lifestyle habits- the habits that caused them to put on weight in the first place! This is known as relapse.

In order to maintain the result it is absolutely essential that you maintain the habits that helped you achieve it. Of course, you can modify them slightly and still maintain the result. For example, you can decrease the

frequency of your exercise program so instead of exercising every day you can now exercise every second day or instead of only having one ‘Treat Meal’ a week you can allow yourself two. Therefore, you are still maintaining the exercise and healthy eating habits but have modified them to make them more sustainable for you. Remember these habits must be maintained for the rest of your life.

7. Get Advice From the Wrong People.

Once people make a decision to lose weight they will often start asking people close to them how they think they should do it. These people are usually family members or friends who have probably never studied anatomy or physiology and who likely know absolutely nothing about what it takes to lose weight and get in great shape. As a result, they get incorrect information that at best, won’t help them achieve their goals, or at worst, may be harmful to their health!

Perhaps they might decide to follow a diet that they read in their favourite magazine and more often than not, the diet is advertised to do one thing and one thing only- sell magazines! It is not used to arm people with correct information so they can make informed decisions or tell them the truth about losing weight, it is simply designed to sell magazines.

The best thing to do is to speak with someone who has achieved the result you desire and who has managed to keep the weight off. Then, model their actions. Find out what they eat every day, what exercise they do and what supplements they take and then simply do exactly the same.

Alternatively, employ the services of a professional who has been successful in achieving weight-loss goals for their clients. Personal trainers are your best option. Their job is to help people achieve whatever body composition changes they desire.

3 How To Create A Powerful Weight-Loss Mind Set

It seems ironic that losing weight is such a simple process but as a society we continue to get fatter and fatter. Let's face it, we all know the basics of what we need to do, we just don't do it! If you eat less and exercise more you're going to lose weight! The problem is how many people actually do these things? What's stopping people from doing the easiest things that they know will get them results? Why don't they simply make a conscious effort to reduce the portion sizes of their meals or get up a little earlier to go for a walk around the block? Jim Rohn (a US personal development speaker) answered these questions well when he said, 'The things that are easy to do are also easy not to do!'

The reason why people don't do these simple actions to get the results they want is because they haven't created a 'Weight-Loss Mindset'. A 'Weight-Loss Mindset' is simply having the motivation or drive to do what is necessary on a daily basis in order to get the results you want. The motivation comes from within; intrinsic motivation. Motivation is the fundamental difference between someone having a flimsy hope to lose weight and someone having a burning desire to do whatever it takes to get the excess flesh off their body! It is the difference between someone getting up in the morning to go for a walk when the alarm goes off and someone hitting the snooze button, rolling over and going back to sleep!

Many people who have achieved their weight-loss goal often comment that they experienced a 'defining moment' in their life that 'flicked the switch' in their mind; a moment that marked a shift in their mind about weight loss. It may have been a marriage breakdown, the loss of a parent, a negative doctor's check-up or even an innocent comment from one of their children like, 'Mummy, you're fat!' Any of these situations may cause an immediate shift in a person's drive to lose weight.

Unfortunately though, these are the exceptions rather than the rule. Human beings, the resilient creatures that we are, will put up with a lot

before we'll make any changes. Often we wake up in the morning after sleeping well only to feel more tired than before we went to bed but we'll put up with it. We look in the mirror and feel disappointed with what we see but we'll put up with it. Our joints and lower back ache all the time but we'll put up with that too. Yes, we're willing to put up a lot before we'll take any action.

Whatsmore, even if we do muster up enough motivation to do something about it, as soon as the going gets a bit tough or 'life' gets in the way, we 'drop the ball' and go back to old habits. Bad habits are like a comfortable bed, they're easy to get into and they're hard to get out of!

So how do we create a 'Weight-Loss Mindset'? Is it something you're either born or not born with or can it be created? The fact is, just like athletic ability we all have some but to varying degrees. Some athletes are born champions and, despite their lifestyle habits sometimes, they achieve massive success with little effort. These people are very rare indeed. On the other hand, there are those people who can improve their ability through hard work, dedication and perseverance, but even on their best day they may have trouble holding their place in the high school's 3rd XVIII football team! These people are also extremely rare.

Most people however, will fall somewhere between these two extremes both in athletic ability and in their ability to create a 'Weight-Loss Mindset'. The big difference though, between improvement in athletic ability and improving your 'Weight-Loss Mindset' is that with an athletic endeavour you are limited by the physical capacities of your body, whereas when you are dealing with your mind, which is intangible, your ability to improve is infinite.

Now I know many people may not have the opportunity to have a defining moment, the moment when a switch is flicked in their mind and they immediately start taking action towards their weight-loss goal, but there is another way to create a powerful weight-loss mind set and I will cover the exact steps later in this chapter.

Weight-loss difficulties

If you ask most people what they would like to change about their body you will invariably get a barrage of responses rather than a single reply. Comments about removing bulges, dimples and rolls from certain areas whilst ‘toning up’ others tend to be the most common responses.

Since we live in an image-based society most people are concerned about the way they look. This is exemplified by the fact that diet books tend to be some of the most popular books on the market.

Unfortunately though, the vast majority of people who want to change their body don’t even take the first step because they are totally confused as to which direction they should go. Of those who do take action, many find their ‘body-changing journey’ a very difficult one. Their progress is often slow, they experience enormous hardships and obstacles along the way and they are often required to put in a super-human effort in order to stay on the path. Worst still, by the end of their journey they often find themselves exactly where they started! Such is the plight of many dieters.

This often leaves them frustrated and disillusioned due to the futility of their effort and with the belief that they have to accept their bodyshape for the rest of their life.

Choose your own path

The good news is there is a way that works - a way that has been proven to be effective in getting people results! The answer doesn’t lie in following a single diet or exercise program or in taking handfuls of pills. The answer is to simply copy the daily habits or rituals of people who have achieved and maintained the results you want, but then to only incorporate the habits that suit you and your individual lifestyle.

Let’s face it, we all have different likes, dislikes, tastes, commitments and time availability. Therefore, the type of plan that suits one person

may not suit you. Why not examine a range of options that can help you achieve the results you want and then decide to use the principles that best suit you.

For example, weight training is a great way to ‘tone up’, boost your metabolism and dramatically accelerate weight loss. However, some people, for a variety of reasons, cannot or choose not to incorporate this activity into their lifestyle. If this is the case- fine! There are many other ‘lifestyle modifications’ that someone can make to achieve the results they desire.

There are many paths that may be taken up the mountain of physical greatness in order to reach the peak. However, the people who have achieved the greatest success have modeled themselves on people who have been successful in the past but they have also managed to forge their own path.

Follow proven principles

Laws govern the universe, whether they are physical laws, spiritual laws or even financial laws. All of these laws work for everyone and they work 100% of the time.

The physical laws that govern the human body are fundamental principles that when used can help people achieve dramatic changes in their body in a short period of time. Just like the law of gravity, these laws work 100% of the time and they work for everyone. The only difference is some people respond faster than others.

For example, eating 5 small meals a day is better for your metabolism than eating 3 larger meals. However, when person A uses this principle they only lose 2 kilograms whilst person B loses 5 kilograms. Both people lose weight as a result of using this principle but they lose it at different rates! Despite individual variability in results, the principles still work for everyone!

Use several ‘Lifestyle Factors’ simultaneously

When people make a decision to change their body, often they will go on diet, take some pills or do some exercise. A ‘single-pronged’ approach to body change almost always ends unsuccessfully.

Body composition change is like a chair. In order to be balanced and stable, the chair needs four legs. Without a leg, the chair becomes unstable and can’t serve its purpose. Similarly, body composition change requires changes to be made in a number of areas of life rather than just one. The four ‘legs’ (Lifestyle Factors) of body composition change, as mentioned previously, are: Nutrition, Supplementation, Aerobic Exercise and Resistance Exercise.

By making simultaneous changes to your lifestyle in each of these areas rather than just one area, you will be absolutely amazed at the results you can achieve in a very short period of time.

Maintain the habits

Once you start using the correct principles to help you lose weight and then turn the principles into habits, your body will change very quickly. However, once you achieve the result you desire it is imperative that you maintain those habits. It is impossible to return to your old habits and expect to maintain the physical changes you have achieved.

One of the best ways to avoid this situation is to adopt a Japanese philosophy, ‘Kaizen’ (constant improvement). When you arrive at your first ‘success port’ – celebrate! Enjoy the moment, reward yourself for being disciplined and bask momentarily in the sunshine of personal glory. Then, quickly re-group, re-assess your position and decide upon your next port. Immediately set your sails and head off on another personal journey on the unpredictable seas of life to a new physical goal!

Progress higher and higher in your quest for physical greatness. Not only will you be rewarded with a better body and vibrant health, but you will

be amazed at how the discipline you create for improving your body has a carry-over benefit to many other aspects of life as well.

The power of habits

Dr. Denis Waitley, a well-known US psychologist and professional speaker, describes habits as starting off like flimsy cobwebs but through repetition, over time, become like powerful cables that either strengthen or shackle our lives.

For example, if we create the habit of not exercising, the result will be that our muscles will atrophy (shrink), our metabolism will slow down and our body weight will likely increase. Additionally, if we make a habit of eating fast food every day, we are likely to put on weight. This does not mean of course, that if we miss an exercise session or eat fast food once a week that we won't achieve our goal. Only an action performed consistently over time will produce a substantial result.

Achieving a dramatic weight loss in 90 days is simply a matter of changing your habits. Examine your current habits and decide which ones are stopping you from achieving your weight-loss goal. Changing these habits means changing your consistent actions and changing your actions means changing your beliefs and attitudes. Accordingly, the first step on the road to losing weight is an examination and adjustment of your beliefs and attitudes.

Beliefs and attitude

In examining our beliefs concerning weight loss, we must first know whether what we believe is right or wrong and the only way to do this is through education. There are many sources from which to obtain the information we require including, personal experience, the experience of others, books, seminars and formal education. The unfortunate fact is however, that there is so much conflicting information out there that often you end up being more confused!

Take the area of nutrition for example. There is probably no other field of

endeavour where so much confusion exists! Some ‘experts’ recommend high carb, moderate protein and low-fat eating, others suggest low carb, high protein and moderate fat diets. Some tell you not to combine protein and carbs in the same meal, other say always have them together. Who do you believe? You can read countless books on nutrition written by equally qualified experts that totally contradict each other, so what should you do? As mentioned previously, the best way to ensure you get the right information is to look for people who have achieved the result you desire and then do the same! Throughout this book you will learn all the strategies you need to lose all the weight you want in 90 days.

Before you acquire the knowledge to achieve the physical changes you desire, you must then examine your attitude. Your attitude is your level of desire or motivation to achieve the outcome. Even with all the knowledge required to get the changes you desire, without motivation, the knowledge is useless.

Your level of motivation determines what you are willing to do to achieve your goal and also what obstacles you are willing to overcome. Without a high level of motivation it is highly likely that you will not have the discipline to perform the consistent actions or create the necessary habits in order to help you achieve your goal. It is also likely that you will stop striving to achieve your goal whenever any hardship or difficulty is faced.

There a number of ways to increase your level of motivation. First of all consider your reasons for wanting to change. That can give you the ‘why’ to change and with a strong enough ‘why’ you can endure almost any ‘how’. Also, consider the benefits of making the changes and creating new habits. Think about how great you will feel, how good you will look and how happy you will be. Then consider the negative effects of not changing your current habits, how will that affect you?

Keep your reasons for changing, the benefits of changing and also the consequences of not changing, in the forefront of your mind. In fact, a good habit to create immediately is to think deeply about these 3 areas

every morning and every night. The stronger they are re-inforced in your mind, the stronger your motivation will be. A good point to remember is that the things that are common sense aren't always common practice, motivation and action make the difference.

Consistent actions

As was mentioned previously with regards to changing your body composition, single actions don't produce results. Performing a single workout won't automatically give you the body you desire just like eating one healthy meal won't give you boundless energy. However, if you string a number of consistent actions together, the results can be outstanding in a short period of time. Just like the journey of a thousand miles begins with a single step or an expert in any field of endeavour results from just a small amount of practice or study every day, changes in your body result from performing simple actions or disciplines over a period of time.

Consistent actions, the actions that form habits, result from knowing what to do or 'education' combined with the desire to do what is necessary or 'motivation'.

Once you know what to do to get the results you want and you have the motivation to apply the knowledge you have acquired, creating habits is easy. Decide exactly what actions you need to take on a daily basis in the areas of nutrition, exercise and supplementation, generate the level of motivation required, take action and then watch your body change. You will be amazed at how quickly things will happen if you have the discipline to stay focused on your goals and consistently do what is necessary.

If I had to choose one characteristic that would guarantee success in achieving your physical goals it would have to be consistency. Consistency is the key that can unlock the door to success. You see, if you consistency perform the actions that are necessary on a daily basis in order to see your goal come to fruition, you will be successful. There is no other alternative.

All you need to do is simply determine what actions need to be taken every day, make a commitment to perform those actions, and then consistently follow through by performing the ‘daily disciplines’.

I know this is easier said than done so here are some suggestions:

The first step you need to take is to determine what actions need to be taken. Now, if we take weight loss for example there are literally dozens of different strategies you could employ. What you need to do is determine the strategies that you can perform easily each day and that you believe you can perform for the rest of your life.

One strategy I have personally employed is to go for a jog around my local park every day. I do two laps and take it at a leisurely pace. I don’t push myself either; just enough to work up a bit of a sweat and I don’t do any more than two laps. It is actually very easy and I really enjoy it.

I will admit that I have missed some days but they are the exception rather than the rule. I really look forward to my jog each day and feel great afterwards. I believe that if I pushed myself harder I would end up not enjoying the jog and would probably stop doing it altogether. Similarly, if I did more laps (which I could quite easily do), again, I would probably end up not enjoying the jog as much and would be more likely to try and find excuses not to do it. The jog takes me about 15 minutes and if I did an extra lap I would probably make excuses like, ‘I don’t have time!’

Why not consider going for a jog or a walk every day as well? If you have a dog, perhaps you could take it with you as well, I’m sure they would appreciate it! Remember, with any habit it has to be easy for you so take it easy and enjoy yourself.

Make a commitment

Once you have determined what strategies suit your lifestyle and are able to be employed every day, make a commitment to perform them. One of the best ways to strengthen your commitment to perform these ‘daily

disciplines' is to write them all down. Write down the action you will take, be specific, and at what time you will do each one during the day. The people who lose the most weight, consistently perform the necessary action in the same way at the same time each day.

My former housemate, Warren 'Wozza' Manning (2 x Natural Mr Western Australia, 2 x runner-up Natural Mr Australia), used to prepare his meals for the next day every night after dinner. It was like clockwork. At 8:00pm he would be in the kitchen weighing his food, separating it out and then cooking it. He would spend around 30 minutes every night doing this and the results spoke for themselves. When he competed he was able to achieve a 1% body fat! His consistency definitely contributed to his fantastic results.

Summary of steps needed to create a powerful weight-loss mind set

In order to create a powerful 'Weight-Loss Mindset' you need to get clear about what you want to achieve. Be as specific as possible. For example, if you want to achieve a bodyweight of 60kgs, write that figure down. There is a famous saying that says: 'Begin with the end in mind.' It usually applies with business but it is also particularly appropriate when achieving your weight-loss goal.

Then, set a time-frame within which you will achieve your goal. Make the time-frame realistic with your expectation to lose around half a kilo per week.

Then establish strong, emotive reasons as to why you want to change. Create 10 positive and 10 negative reasons. The positive reasons are the benefits you will gain by achieving your weight-loss goal. For example, a positive reason may be, 'achieving this goal will give me more energy so I can play with my kids for longer.' The negative reasons are the consequences you will experience if you don't achieve your goal. For example, 'if I don't achieve this goal every time I look in the mirror I will feel disappointed with the shape of my body.' Base all of your reasons around your core values, the things that are most important to you. Your

values may be things like, health, family, achievement or security but there are many more.

Once you have listed your positive and negative reasons, create an affirmation, which is a positive statement that reinforces your goal. It should be brief (1-2 sentences), specific, positive, written in the present tense, personal and should contain 'action' or 'feeling' words. It may be something like: 'I weigh 60 kilograms and I look and feel fantastic. My size 12 jeans are falling off me!'

The final step is to create a habit of reading your reasons and your affirmation twice a day; once in the morning as soon as you get up and once before going to bed at night. It may be best to keep your list of reasons and your affirmation on your bed-side table. Think about each reason as you read it and take a moment to visualise a situation where it may be appropriate. As you read them try to create as much emotion as possible. The more emotion you create, the more you will build a 'Weight-Loss Mindset'.

Once you have done all the goal-setting stuff the next step is to create a workable plan and we will cover that in chapter 10.

4 Weight-Loss 101: The Basic Weight-Loss Strategies

Many people say to me that some of the suggestions I make are too hard for them and their lifestyle or they just don't have the time to do the things that are necessary, but they still want to lose weight. Of course, I automatically think that, 'if it's too hard for you to do these things then you're really not that serious!' or 'If you really wanted to lose weight you'd find a way to do these things!' However, after much thought and consumption of 'humble pie', something I don't like doing, I realised that maybe, just maybe, some of the recommendations I make are too hard for some people.

I have to admit, I don't have three kids (or any kids for that matter) so I can't even imagine what it would be like to try and exercise first thing in the morning when your kids get up at 5 am! Furthermore, since I am not female I don't experience the hormone fluctuations that women get each month and don't really know what effect they can have on your body and mind. I know some of the theory (scary stuff!) but have no practical experience.

Accordingly, in this chapter I would like to cover some of the 'grass roots' stuff. Some of the simplest strategies I know that can help you lose weight immediately. These are strategies that anyone can do straight away, that can be easily maintained without very little impact on your lifestyle and that have little, if any, cost.

The first point I would like to make is that obesity or even just an overweight condition is 'insidious'. This means it occurs gradually, stealthily, without notice. All of a sudden one day you wake up and you realise, you're FAT!

It usually occurs over many years. Let's say you put on 30 grams of fat a day, which is quite common. In a week, you've put on 210 grams; after

a month, 900 grams, almost a kilo! Then after 12 months, you've put on almost 11 kilograms of energy-sapping, artery-clogging, sex-repelling fat!

Just think about how easy it can be for this situation to occur. It is just like going trekking through the bush with a faulty compass. If your compass is out by 5 degrees and you have to trek 10 kilometres, what's going to happen? You're going to be off course! If your current lifestyle causes you to put on 30 grams of fat a day, we call that off course! Whatsmore, it only takes a few, small errors in judgment over time, to put you off course. Do you really think you'll notice an extra 30 grams of fat on your body? Probably not. You may not even notice a week's worth of stored fat! That's why we call it insidious!

Just as fat takes a long time to accumulate on your body, it also takes a long time to be burnt off. Mind you, how do most people try to get the fat off their body? Fast! Just like someone cramming for an exam, once people make a decision to lose fat/ weight, they try and force it off their body as quickly as they possibly can. Unfortunately this approach is doomed right from the start. The body is a very clever mechanism and since fat tends to be the fuel source it uses if it is ever faced with a famine, it will try and find others way to overcome the rapid fat/ weight loss. For long-term results, fat needs to be burnt off the body slowly. However, there are healthy and safe ways to speed up the process.

So now let's look at some simple ways you can help to create an energy deficit in your body and therefore shed the excess weight. We will consider each of the 4 major lifestyle factors: nutrition, supplements, resistance exercise and aerobic exercise, and how you can easily fit principles from these four areas into your lifestyle.

NUTRITION:

- Have 5 or 6 meals a day
- Don't skip meals
- Reduce your portion sizes
- Eat more protein and less carbohydrate and fat

- Have a portion of all 3 macronutrients (carbs, protein and fat) every meal
- Use low-fat alternatives
- Drink more water
- Cut the fat off meat
- Use oils to cook with sparingly
- Don't go shopping hungry
- Reduce your alcohol intake
- Be conscious of your 'snack food' intake

SUPPLEMENTS:

- Use a protein powder/ meal replacement for 2 or 3 meals a day
- Add psyllium husks to your breakfast cereal
- Use a good quality multivitamin/ mineral supplement
- Use Omega-3's
- Use a thermogenic supplement
- Use a glucose disposal agent
- Use thyroid-support supplements

RESISTANCE EXERCISE:

- Perform household chores vigorously
- Lift some weights at a gym twice a week
- Do some exercise with rubber bands while watching TV

AEROBIC EXERCISE:

- Use the stairs when walking to your office
- 'Power walk' up the escalator at the shopping centre (don't just stand there like most people do)
- Park your car in a distant parking bay when going to the supermarket
- Take the dog for a walk
- Go for a regular walk with your partner or friends
- Take the kids down to the park to play

There are probably dozen of other slight changes you can make to your

lifestyle as well as ways to add 'incidental exercise' to your daily routine. Add to this list as much as you possibly can, make the changes in your lifestyle and watch the weight fall off your body!

Plus, there are many more principles on my website:

www.quick-weight-loss-principles.com

5. Advanced Weight-Loss Strategies That Will Have You Dropping Kilos In Days!

The title of this book is, ‘How To Lose All The Weight You Want In The Next 90 Days!’ This is a big claim but rest assured it is possible. All it requires is for you to use the advanced weight-loss strategies that we cover in this chapter. These strategies are often used by bodybuilders and fitness competitors during their competition preparation, especially when they need to lose the last few stubborn kilos of hard-to-shift body fat. Since these strategies help bodybuilders reduce their body fat percentage to the low single digits, just imagine what they could do for you if you have more than a few kilos to lose!

These strategies aren’t difficult but they do require discipline and a commitment of time and effort. If you’re willing to commit to these principles you will be rewarded with a dramatic loss of weight in the next 90 days! After the 90 days is over you can still maintain the weight you lose without having to maintain the principles exactly. However, you can’t expect to go back to your previous lifestyle habits and not expect the weight to pile back on. In order to maintain the weight loss, you must maintain similar habits that helped you achieve the results in the first place. You don’t need to be as strict as you were during the 90-day period but maintaining the habits is essential for achieving permanent results.

If you seriously want to lose all the weight you want in the next 90 days then you must perform all of the principles exactly as recommended. Unlike the recommendations in my book, ‘Look Good, Feel Great!’, where you can pick the principles you want to use and ignore the rest and where you can even modify the principles to suit your lifestyle, these principles must be followed exactly as they are outlined. If you want extraordinary results, then you must be willing to put in an extraordinary

effort!

I realise that some people may be thinking, ‘But I’ve got an enormous amount of weight to lose, can I actually lose it all in 90 days?’ Yes you can! If you are committed and perform all the daily disciplines you will most certainly lose all the weight you want.

Okay, let’s move on to the strategies. Remember, it is absolutely essential that you perform every one exactly as is outlined. It is only for 90 days so give it everything you’ve got!

Perform 20-40 minutes of aerobic exercise morning and night

Yes, you read that correctly, morning and night- 2 sessions a day... every day! No excuses. We’re all busy, we all feel tired some mornings, but if you’re serious about getting amazing results, then you must be willing to do everything necessary.

When we talk about aerobic exercise, we’re talking about exercise! Not walking around the shops, doing the gardening or doing housework. It must be exercise, which means your breathing rate increases, your face goes red, you sweat, you get tired- simple!

Some examples of aerobic exercise include: walking (pounding the pavement at a brisk pace- not dawdling), cycling (a stationary bike is ideal), swimming, rowing, stepper, cross-trainer, aerobic classes, boxing, etc. If you choose walking as your form of aerobic exercise, try to do it on a treadmill. The treadmill will force you to maintain a set pace, compared to when you go walking around the block. When you walk around the block it is too easy to slow down when you start getting a bit tired or worse still, stop to admire the rose garden of one of your neighbours!

Use ‘thermogenics’

There are several very effective thermogenic supplements on the market that can accelerate your progress towards your goal. Those containing

caffeine (from guarana), green tea extracts and an extract from a plant called coleus forskohlii are the most effective. They will boost your metabolism and promote the release of fat from the fat stores. **‘XLR8 Thermogenic’** by BCN is a good example. It contains a combination of powerful herbal ingredients specifically designed to boost your metabolism, burn body fat and increase your energy.

Unfortunately though, thermogenics are not ‘magic pills’. You can’t expect to take a couple of thermogenic capsules and then go home and eat pizza and drink alcohol and expect to get results. Thermogenics only work when their use is combined with a good nutrition and exercise program.

Take 1-2 capsules twice a day; once prior to your morning exercise session and once with your lunch. Don’t take them later than 4:00pm in the afternoon because they may keep you awake at night.

Before using thermogenics, see your doctor first and obtain their approval.

Do not eat anything for 30 minutes after the completion of any exercise

As a result of using the thermogenics in combination with the exercise, your metabolism will remain elevated for some time after the exercise session is finished. This means your body will burn fuel at a faster rate than normal so you will burn off more body fat after the session has finished.

If a meal is eaten immediately after the completion of the exercise session, the blood glucose level will rise, inducing the secretion of insulin from the pancreas. One of the effects of insulin is to stop fat burning in your body. Therefore, wait 30 minutes (but no longer because cortisol will rise) before having your next meal. Cortisol will cause a breakdown of muscle in your body, which will depress your metabolism.

Perform a weight training workout 2-4 times a week

Lifting weights is the most under-estimated way to lose weight fast! Now, before you start saying, ‘But I don’t want to get big muscles!’ or ‘I don’t want to look like a man!’, consider the following:

The main purpose of lifting weights when your primary goal is to lose weight is to preserve the muscle mass you already have. You see, muscle is the ‘engine’ within which the fat, or ‘fuel’ is burnt and maintaining or even increasing your muscle mass slightly will help ensure your body fat is burnt off efficiently, contributing your weight-loss efforts.

If you don’t lift weights, your body will quite happily lose both fat and muscle as you drop the kilos and the loss of muscle will make continual weight-loss more difficult. Lifting weights forces your body to maintain your muscle mass, therefore keeping your metabolism elevated and turning your body into 24-hour-a-day fat-burning machine!

Incidentally, it only takes a minimum of two 30-minute sessions a week to obtain the muscle preserving benefits of lifting weights.

Have 5-6 small meals a day

One of the most common strategies people use to lose weight is to skip meals. Whilst reducing food intake is certainly an effective way to lose weight, having fewer meals is not the way to go.

Having a mild calorie restriction is effective because if you consume less calories than you burn each day you will lose weight- simple! However, skipping meals forces the body to invoke its ‘Anti-Starvation Response’, as we covered earlier, because it thinks it is entering a famine.

By having a small meal every 2-3 hours throughout the day, your metabolism stays elevated and your body will happily burn fat all day long. Unfortunately though, most people are conditioned to having large meals and they automatically assume they will put on weight if they have 5 or 6 meals a day. The fact is, the ideal portion sizes for most people are

actually quite small and in order to lose weight fast it is essential that you never feel full from a meal but you do feel satisfied.

Also, most people find it difficult to have a meal every 2-3 hours throughout the day because they are so busy with work and/ or family commitments. Here are some suggestions to ensure you get your 5 or 6 meals a day.

- Plan and prepare your meals the night before
- Use high protein meal replacements for your mid-morning and mid-afternoon meals
- Select foods that are quick and easy to prepare and consume

Reduce your intake of high-density carbohydrates

Most (but not all) high-density carbohydrates like bread, pasta, rice and cereals cause a rapid rise in blood glucose. This invokes the release of insulin from the pancreas, which in turn stores the glucose. The body stores glucose in the muscles and liver as glycogen and once these sites are full, the remaining glucose gets stored as body fat . Not only this, but insulin also stops the body from mobilising and utilising fat for fuel (burning fat).

So if you want to maximise weight loss and fat loss, you need to keep insulin to a minimum and the best way to do this is by reducing your intake of starchy carbohydrates without cutting them out altogether. Cutting them out totally is a philosophy of many low-carb diets on the market. However, these are very hard to sustain long-term and may lead to nutrient deficiencies.

Each day, have a small amount (1-2 serves) of high density carbohydrates (bread, pasta, rice, cereals); a moderate amount (2-3 serves) of medium density carbohydrates (starchy vegetables and fruits); and a large amount (6+ serves) of low density carbohydrates (fibrous vegetables). [For a complete list of carbohydrates, see pages 136-138 of my book, 'Look Good, Feel Great!']

Ensure each meal contains protein

Protein is a component of all cells and makes up over half the dry weight of the human body. Furthermore, the human body is a dynamic structure, which means it is constantly building up and breaking down tissue. Just imagine a bath full of water. At one end of the bath the plug is pulled out and at the other end the tap is turned on full. The water level in the bath doesn't change but there are 'new' water molecules entering the bath and 'old' water molecules leaving the bath all the time. The human body is exactly the same. If the body breaks down more tissue than it builds up, then it is said to be in a catabolic state. This results in the metabolism slowing down due to the loss of lean tissue, particularly muscle.

Having a portion of high-quality protein every few hours throughout the day provides the body with a constant supply of amino acids- the building blocks of the body. This prevents the catabolic state, promotes an anabolic state (tissue building) and therefore keeps the metabolism 'fired-up'.

If only carbohydrate or fat is consumed for a meal, for example a piece of fruit (carbohydrate) for the mid-morning meal, then the body will still enter a catabolic state because it doesn't have the building blocks (amino acids), which come from protein, to re-build body tissues with. Protein, as its Greek root suggests, is of primary importance.

Many people find it easier to get the protein their body needs every 2-3 hours by simply having 3 whole-food meals (breakfast, lunch and dinner) and then having protein/ meal replacement shakes for their mid-morning or mid-afternoon meals.

An important point to keep in mind is that if you have a lot of weight to lose, if you want to get the weight off fast, or if you've previously only had 1 or 2 meals a day, then it is best to only have protein for your mid-morning and mid-afternoon meals. This will ensure you don't go hungry and you keep your metabolism elevated by avoiding the 'Anti-Starvation Response' and by preventing your body from going into a catabolic state from lack of protein (building blocks).

The easiest way to do this is to have a meal replacement shake/ protein shake that is low in fat, low in carbohydrate but is high in protein. Most of the protein powders on the market fulfill those criteria.

Add water (not milk) to a scoop of your powder in a shaker cup or a glass. This will help keep your carbohydrate intake and overall calorie intake low as well as keeping insulin secretion low, making access to your fat stores easier.

One of the best options for adding water to is BCN's **MultiSlim Deluxe Shake**. It can be purchased from most health food stores and pharmacies. You can have it in water if you want or to improve the taste. Simply put 1 sachet in 100mls of low-fat milk and 100-200mls of water. The 100mls of low-fat milk won't add to your carbohydrate or calorie intake substantially.

Only have 1 'Treat Day' a month

In 'Look good, feel great!' I do allow a 'Treat Day' once a week, where you can have any food at all for one or two meals. That principle is useful for long-term maintenance.

However, as mentioned before, since you are expecting an extraordinary result, it is essential that you put in an extraordinary effort. Accordingly, for the next 90 days you must only have one 'Treat Day' every 30 days. And remember, a 'Treat Day' is only one or two meals of eating whatever you want. You can't set your alarm for 5am and have a feeding frenzy until midnight!

In saying this though, don't try and go the entire 90 days without having a 'Treat Day' either. It actually supports your weight-loss efforts for a number of reasons. It boosts your metabolism, helps avoid cravings and boosts testosterone production in both men and women (within natural levels). Most importantly though, it acts as reward system and gives you a goal to aim for each month.

It is important to plan your ‘Treat Day’. It may be around a party, a special occasion or simply as a reward for being disciplined with your weight-loss efforts over the last 30 days. Plan to have all the foods you enjoy and really go for it! Don’t feel guilty, not even for a second. You’ve earned it and you’ll actually be supporting your weight-loss efforts.

Use Glucose Disposal Agents (GDAs)

GDAs help to keep your blood glucose level stable by disposing of glucose effectively (it mainly gets transported into muscle cells). By doing so your insulin level stays low, which means your body can mobilise and utilise fat as a fuel source more effectively (insulin suppresses fat burning in your body).

Also, GDAs ensure any carbs you consume are stored as glycogen (the body’s storage carbohydrate) rather than being converted into body fat. Plus, the GDAs help to stabilise your blood glucose level and get rid of any potential sugar cravings.

GI Factor is a unique supplement developed by Body Concepts. It contains some of the world’s most powerful glucose disposal agents (GDAs) including, chromium, alpha lipoic acid, gymnema sylvestra and fenugreek extract. Use 1 capsule with lunch and dinner for best effect.

By committing to the plan and disciplining yourself to see it through, you are ensuring that the results will follow. Plus, the disciplines you create to help you achieve your physical goal will have a ‘carry-over benefit’ to other areas of your life as well.

Use thyroid support supplements

The thyroid gland is responsible for controlling the metabolism of all body cells. When it is functioning at optimum levels it ensures all body cells burn up the maximum amount of energy or fuel throughout the day.

Unfortunately though, when people follow a reduced calorie nutritional

plan to help them lose weight, their thyroid output tends to reduce. The thyroid gland does this in order to preserve energy (fuel).

By supplementing your diet with specific nutrients that have been shown to up-regulate thyroid function (even when calories are restricted), you can ensure that this drop in metabolic rate does not occur in your body.

BCN's **MultiBoost** contains ingredients that help to up-regulate thyroid function as well as a range of vitamins and minerals that may be lacking in your diet whenever you reduce your food intake.

6 The Ultimate Fat-Burning Day

Obesity levels in ‘Western’ countries are reaching epidemic proportions and are growing almost exponentially. In Australia for example, the obesity level has doubled in the last 10 years and the extra weight has increased our risk of developing degenerative diseases like, heart disease, cancer and diabetes.

Since we are putting on weight at such a rapid rate, it means the activities we are engaging in on a daily basis are promoting fat storage rather than fat burning in our bodies.

In this article we will examine the ultimate fat-burning day- everything you need to do to burn off the maximum amount of body fat in 24 hours. This will also significantly contribute to your weight-loss efforts. As we cover each of the ‘daily disciplines’, decide whether or not it suits you and if you can incorporate it into your lifestyle. The most important point to remember is that any fat-loss principle you decide to incorporate into your lifestyle must be sustainable. It must become a habit that you can perform for the rest of your life. If not, the results you achieve by using it will be short-lived as well.

Upon arising

The first strategy to employ is the ‘Maximum Weight-Loss Protocol’. This is a jealously guarded secret of fitness experts around the world simply because it is so effective at getting amazing results. This one strategy alone can burn off a massive amount of fat in a few short weeks if it is performed every day. It is a very simple 4-step process, which is as follows:

1. Wake up in the morning and take a thermogenic.
2. Exercise for 30-60 minutes.
3. Wait 30 minutes.
4. Have breakfast.

This strategy uses a number of physiological mechanisms in the body in order to maximise the utilisation of fat for fuel.

Start your day by waking up in the morning at 6:00am and taking a thermogenic. At this time your blood sugar (blood glucose) tends to be low because you were fasting for the last 6-8 hours during sleep (assuming you didn't have a midnight snack!). Your metabolism is relatively low too. Taking a thermogenic (fat burner) like, BCN's **XLR8 Thermogenic**, gives your metabolism a 'kick start' and also forces your fat cells to release stored fat and send it into the bloodstream. Now you have created an environment in your bloodstream where your blood sugar is low and your blood free fatty acids are high.

Then, when you start exercising, your working muscles will use fat almost exclusively as a fuel source. Plus, as a result of taking the thermogenic and doing the exercise, your metabolism will stay elevated for quite some time after the exercise session is completed. This is why it is important to wait 30 minutes before having breakfast. You will keep burning fat during this post-exercise window. If you have breakfast straight after the exercise session, your blood sugar will rise, inducing insulin secretion. Insulin will then stop the fat-burning process in its tracks.

In saying this though, you don't want to wait longer than about 30 minutes because as a result of having a low blood sugar level for an extended period of time, the level of cortisol in your bloodstream will start to rise. Cortisol has the effect of breaking down lean tissue in the body including muscle, which results in a depression of your metabolic rate.

Breakfast

It is best to use this 30-minute window to have a shower, get changed and perhaps get the kids ready for school. Then at around 7 or 7:30am have breakfast.

Your breakfast meal, should contain a small portion of all three macronutrients: carbohydrate, protein and fat. Breakfast might be an egg on toast (wholemeal or multigrain without butter or margarine) and a cup

of white coffee or tea (one sugar is allowed). Perhaps you would prefer a 30g serve of natural muesli with 150mls of HiLo or skim milk or lite soy milk, rice milk or oat milk. Add 1 level tablespoon of LSA mix (linseeds, sunflower seeds and almonds) and 2 teaspoons of psyllium husks to the cereal. You can also have a cup of tea or coffee with this meal.

If you're not a breakfast person but still want to lose weight fast, then consider having a meal replacement shake like, BCN's **MultiSlim Deluxe Shake**. Simply pour a glass of milk, add a sachet of the powder, stir vigorously and drink- it's that simple!

Next, it's off to work or it's time to start your daily chores. During the day carry around a water bottle with you. Make an effort to constantly sip it all day long. Even though your body may not require all the water you consume (because you do get water from food), the extra water will flush toxins from your body, keep your body cells well hydrated and reduce your appetite. It is best to use filtered water rather than tap water to limit the impurities that go into your body from the water you consume.

Mid-morning

At 10am it's time for your mid-morning meal/ snack. Again, this may include a small portion of carbohydrate, protein and fat. Of course many people are busy during the day so they want options that are quick and easy. A piece of fruit with some nuts or a small tin of flavoured tuna on 1-2 corn thins are good 'whole-food' options. If you're really busy though, and these days, who isn't? Then the 'whole-food' options may not suit your daily schedule. If so, consider using a meal replacement powder or bar.

As mentioned previously, if you want to lose weight fast, if you've got a lot of weight to lose or if you're used to having only one or two meals a day then only have protein in this meal.

It is so important not to skip this meal because it helps you avoid the 'Anti-Starvation Response' that the body kicks in when you miss meals. If the body goes without food for greater than about 3 or 4 hours during

the day, your body thinks it is entering a famine so it invokes a number of mechanisms to protect itself. These include: reducing thyroid hormone output, increasing cortisol production, increasing the activity of the fat-storing enzymes and increasing your appetite. They are all designed to slow the metabolism down, limit fat burning and promote fat storage. So in order to avoid the ‘Anti-Starvation Response’, make sure you have 5 or even 6 small meals a day. It may seem ironic that by eating more often you can actually burn more fat but you would be amazed at the number of overweight people who eat only once or twice a day!

Lunch

Lunch is around 1:00pm and is always a ‘whole-food’ meal. For maximum weight loss you must control your intake of high-density carbohydrates like, bread, pasta and rice without cutting them out altogether. Unfortunately this means the traditional sandwich for lunch has to go! Two slices of bread or a medium-sized roll have 30 grams of carbohydrates or more and if you want to keep your blood sugar stable and therefore insulin low, having around 20 grams of carbohydrates per meal is ideal. This equates to approximately 1 slice of bread, ½ a cup of cooked rice or pasta or 1 small potato.

The lunch meal should also have a small portion of protein and fat and this can easily be achieved by having around 100 grams (cooked weight) of lean meat either, fish, chicken or red meat. This will provide you with 25-30 grams of protein and 4-7 grams of fat. Some low-density carbohydrates should also be added to the meal because they have very little impact on your carbohydrate intake and your blood sugar level but they do help to fill you up as well as provide your body with many valuable nutrients including, vitamins, minerals, fibre and phytonutrients (nutrients from plants). 1-2 cups of a mixture of broccoli, carrots, green beans, tomatoes and lettuce is a good option.

Take another serve of your thermogenic (fat burner) with your lunch meal. It can help prevent the afternoon slump some people fall into as well as giving you an energy boost prior to your afternoon workout. You can have the thermogenic capsule with your mid-afternoon meal if you’d

prefer.

With your lunch and dinner meals (the two largest meals of the day), also take a glucose disposal agent (GDA). BCN's **GI Factor** is a good example. It helps your body dispose of glucose effectively, which keeps your blood glucose stable. A stable blood glucose keeps insulin low and makes it easier for your body to access and burn fat as a fuel source. [High insulin stops fat burning]

Mid-afternoon

Your mid-afternoon meal/ snack at around 4:00pm has the same options as your mid-morning meal/ snack. Often people skip this meal because they are so busy during the day and as a result, when it's time for dinner, they tend to over-eat- the worst time of the day to be having a big meal. Furthermore, if they do have something for their mid-afternoon meal, it is usually a piece of fruit, a small tub of yoghurt or a low-fat muffin- not a complete meal because it lacks protein and good fats. As was covered earlier, it is essential that all meals have a portion of carbohydrate, protein and fat, rather than just carbs because they're the most convenient. Protein is particularly important because it is used for many vital functions in the body including, supporting the immune system, making enzymes, and building body tissue.

You may want to have your afternoon serve of your thermogenic with this meal.

Workout

After work or late in the afternoon perform a resistance-training workout. This may involve lifting weights, using rubber bands or performing bodyweight exercises. Resistance exercise is the most under-estimated way to burn fat fast. A 20-30-minute session at least twice a week is all that is needed to provide your body with the benefits. Resistance exercise forces your body to maintain or even slightly increase your muscle mass. Since muscle is the most metabolically-active tissue in the body, the greater your muscle mass, the faster you burn fat. If resistance exercise

is not a part of your weight-loss plan, then you will always lose muscle as you lose weight, which slows your metabolism down. And ladies, by performing regular resistance exercise you won't end up looking like a man! The fat-burning process in your body can be magnified even more by doing 20-30 minutes of aerobic exercise (walking, cycling, jogging, swimming, boxing, etc.) after your resistance exercise session.

Resistance exercise is a high-intensity form of exercise and as such the body uses more carbohydrates (muscle glycogen and blood sugar) as a fuel source. Therefore, performing some aerobic exercise after the resistance exercise session when the blood sugar is low means your body will use more fat as fuel, especially if you've taken the **XLR8 Thermogenic** capsule with your lunch or mid-afternoon meal.

The other major benefit of performing an afternoon exercise session is that any carbohydrates eaten for dinner will simply be used to replenish the glycogen (stored carbohydrate) in the muscles and liver rather than being converted into body fat.

Dinner

Dinner is around 6:30-7:00pm and consists of a substantial portion of protein (150 grams of fish, chicken, turkey or red meat), a reduced portion of starchy carbohydrates (high or medium density carbohydrates) like, potato, pasta, rice or pumpkin and a substantial amount of fibrous carbohydrates like, broccoli, carrots, green beans, peas, cauliflower, etc.). The protein portion is important because it provides the building blocks for the body during sleep- the time when the body goes through the processes of repairing, replenishing and rebuilding. Protein also helps stimulate Growth Hormone (GH) release, which is a powerful anabolic (muscle-building) and lipolytic (fat-burning) hormone.

The reduced portion of starchy carbohydrates is necessary because the body doesn't need much fuel in the evening since activity is low. It is still good to have some though because it replenishes the muscle glycogen stores that were depleted during the afternoon exercise session. Having a small portion also makes it easier to follow this style of eating long term.

Many fitness experts recommend avoiding starchy carbs in the evening altogether and whilst this is justified because of the reduced activity and a slowing of the metabolism towards the end of the day, it is hard to stick to long term if you've had starchy carbs with dinner every evening for the last 10 or 20 years! Plus, you don't want to have to eat differently to the rest of the family.

After dinner take a multivitamin/ mineral supplement and 3-4 fish oil capsules (these can be taken with your breakfast if you'd prefer). These two supplements ensure that any nutrients you may be lacking in your diet are supplied to your body, especially at a time when they can be used most- during sleep (repairing, replenishing and rebuilding). BCN's **MultiBoost** is a good option because it also provides your body with the thyroid support nutrients. Also, by providing all the required nutrients to your body through the diet and supplements, all the body cells' functioning improves, including their metabolic efficiency, which results in greater fat burning.

Also, take another **GI Factor** capsule with your dinner to help your body dispose of the glucose effectively.

For people with a 'sweet tooth', allow yourself half a punnet of strawberries. They are a low-density carbohydrate so they won't affect your blood sugar much at all. They are also a good source of vitamin C, fibre and phytonutrients.

At around 8:00pm, prepare your meals for the following day (mid-morning, lunch and mid-afternoon) so you can have them ready to take with you the following day. If you don't have your meals pre-prepared, your ability to get high quality, fat-burning meals during the day is very difficult and it is easier to skip meals or select options that are not the best for helping you achieve your weight-loss goals.

Supper

One hour before bed (9:00pm) have a protein shake for supper. It should consist of protein powder mixed in water not milk. Having it mixed

in water and not milk reduces your carbohydrate and calorie intake. The protein should also be a combination of whey (high quality) and casein (slow release). **MultiSlim Deluxe Shake** is a good option. This meal provides the body with a constant flow of amino acids into the bloodstream during sleep, which prevents muscle breakdown (anti-catabolic effect) and promotes Growth Hormone release. Also, being in a liquid form means it doesn't require much digestion by the body and this is important especially when the body is going through the other processes of repairing, replenishing and rebuilding.

If you follow this daily plan exactly as outlined, you will burn more fat off your body in a 24-hour period and lose more weight in a healthy manner, than ever before. Keep in mind though, one day isn't going to transform your body. In order to see dramatic changes in your body you need to string many days together and make these strategies daily habits. If you do, you will be amazed at how much your energy level will increase and how great your body will look.

7 Controlling Insulin: The Key To Rapid, Lasting Weight Loss

Insulin is the hormone responsible for the control of blood sugar (glucose) and is manufactured by the pancreas. People who have type 1 diabetes produce very little (or even none) of this hormone. As a result, they must take regular injections of insulin in order to function normally.

Type 2 diabetes on the other hand is where the body produces insulin normally but the insulin doesn't work as it should so greater amounts of insulin are required. The body is said to be 'resistant' to insulin.

Insulin resistance (IR) is characterised by an inability of the body cells to bind insulin and allow nutrients to flow into the cells. This results in elevated levels of glucose in the bloodstream, leading to many serious health issues. Over time, it may result in blindness, peripheral neuropathy (damaged blood vessels and nerves in fingers and toes that may require amputation) and coronary heart disease to name a few. IR is a symptom of several diseases including type 2 diabetes, poly-cystic ovarian syndrome (PCOS) and obesity. It also appears to occur in people who use certain medications like antidepressants.

When you consume a food containing carbohydrate, your blood sugar (blood glucose) increases. Depending on the amount eaten, the type of carbohydrate eaten and what has been eaten with it, insulin will be secreted from the pancreas. Insulin then binds with receptors on cell membranes and allows glucose (and other nutrients) to flow into the cells.

Over many years, the insulin receptors get bombarded with insulin and become de-sensitised to its action. Just like a regular coffee drinker becomes de-sensitised to caffeine and requires greater amounts to get the same 'hit', someone with insulin resistance requires more and more insulin to drive the nutrients into the cells.

In the case of poly-cystic ovarian syndrome and people on anti-depressants,

the cause of insulin resistance is far more complex. With PCOS it appears that high levels of circulating androgens (male hormones) in women negatively affect the cell membranes, which leads to IR.

In the case of anti-depressants, most of them are designed to inhibit the uptake of neurotransmitters back into the neurons from which they came. This means that the neurotransmitters continue to stimulate the ‘post-synaptic neuron’. The theory behind anti-depressants and its relationship to IR is not quite clear yet. I theorise that they also affect other cells around the body as well rather than just brain cells and this leads to IR.

It is interesting to note that in the past type 2 diabetes was also called adult-onset diabetes because it took many years for the cells to become de-sensitised to insulin. Unfortunately though, IR and type 2 diabetes are now becoming prevalent in children so the term adult-onset is no longer used.

Having spent over 10 years as a personal trainer I have had the opportunity to work with hundreds of people. I can honestly say that there were 3 groups of people that I had the hardest difficulty getting weight off. They were: type 2 diabetics, women with poly-cystic ovarian syndrome and people on anti-depressants.

Initially, I couldn’t understand why they weren’t getting results like everyone else. They were doing everything correct nutritionally and with their exercise. However, after spending many hours researching these conditions I found that they all suffered from IR. That is why I included this section in this book.

I’m sure there are so many people out there who have one or several of these conditions and who want to lose weight. I hope they find the information in this section useful in overcoming their difficulty in losing weight.

The causes of Insulin Resistance (which are not disease or medication related):

High intake of high-density or refined carbohydrates

Concentrated sources of carbohydrates like sugars, bread, pasta, cereals, rice, pastries, etc. all cause a dramatic rise in blood sugar leading to insulin secretion and over time, IR.

High intakes of saturated fats and trans-fatty acids

All of your body cells have membranes made of phospholipids, part of which comes from the fats we consume. A high intake of saturated fats and trans-fatty acids results in the cell membranes becoming less permeable. This makes the passage of nutrients across the cell membrane into the cell more difficult as well as the passage of wastes out of the cell. This affects the overall functioning of the cell.

Nutrient deficiencies

The body has a requirement for a whole range of nutrients: minerals, vitamins, amino acids and fatty acids. These nutrients have numerous functions in the body. Several minerals are involved in the transport of nutrients across cell membranes. These include: chromium, selenium and vanadium. A deficiency of any of these minerals impairs this function, resulting in IR.

Lack of exercise

Any type of exercise involves muscular contractions, which means fuel is required by the muscle cells of the body. Furthermore, the transport of fuel into the cells means that the permeability of the cell membranes must improve for this to occur. A lack of exercise results in cell permeability staying the same or, over time, decreasing. This leads to IR.

Preventing insulin resistance:

Overcoming IR requires incorporating lifestyle habits that are the exact opposite of the causes. This means following a diet that is low in high-density and refined carbohydrates and high in natural (low-to-medium

density) carbohydrates. These include foods like fruits and vegetables. For a more complete list, see pages 138-139 of ‘Look good, feel great!’

Replacing your existing fat/ oil intake with unsaturated (‘healthy’) fats can make your cell membranes more permeable, which means nutrients can flow into the cells easier and wastes can flow out of the cells easier. Good sources of ‘healthy’ fats include: olive oil, fish oil, flax seed oil, avocados, nuts and seeds.

Selecting foods that are high in the minerals (chromium, selenium and vanadium) involved in nutrient transport through cell membranes is beneficial. These include foods like oysters, whole-grain cereals, fish and shellfish, raw onion, potatoes, egg yolk, beef, broccoli, nuts/ seeds, parsley and garlic.

Supplementing your diet with the previously mentioned minerals can also be beneficial in improving insulin sensitivity. There are also other nutrients that nutritional science has discovered that can dramatically improve insulin sensitivity. These include alpha lipoic acid (ALA), 4-hydroxyisoleucine (an extract from fenugreek seed), corosolic acid (from Banaba Leaf) and extracts from cinnamon.

BCN’s **GI Factor** contains a unique combination of glucose disposal agents that can improve cell membrane permeability.

Finally, incorporating exercise into your lifestyle can reverse IR by increasing cell permeability. Find the type or types of exercise you enjoy doing and can see yourself doing long term. Make a commitment to perform it on a regular basis and get moving!

Most disease common in civilised societies are reversible through lifestyle choices. You are now at a cross-road with two possible paths to follow. One path will lead you to a life of fun, energy, passion and health. The other to a rapid physical decline, lethargy, reduced quality of life and an early death... The choice is yours.

8 Document Your Daily Weight-Loss Activities

One of the best habits to create in order to see your weight-loss goal come to fruition is to document your daily activities. This involves writing down exactly what you eat, what exercise you perform and what supplements you take every day. It is also worthwhile writing down how you felt that day. This may include your energy levels, appetite, general well being, muscle soreness and mental state. The way you feel can certainly have an impact on your performance of the daily activities relating to nutrition, exercise and supplementation. To make the documentation exercise even more beneficial, every evening set weight-loss activity goals for yourself for the following day as well as rate how well you stuck to your goals for that day.

By documenting your daily weight-loss activities you become consciously aware of what you are doing rather than simply ‘going through the motions’ of the day. You are far less likely to unconsciously react to a situation by emotionally eating or mentally talking yourself out of a workout because you know you have to write it down.

Plus, the act of writing down your weight-loss activities makes you far more accountable. You can easily see where improvements can be made and this ensures you stay on the right track. It may also help you identify reasons why your progress may have stagnated. By identifying what’s stopping you from losing weight, you can take positive steps in the right direction rather than becoming despondent about your lack of progress.

Setting weight-loss activity goals for yourself each evening before bed focuses your mind on the positive steps you need to take. It plants a ‘motivation seed’ in your subconscious mind so when you wake up in the morning there is no need to wrestle with thoughts of pressing the snooze button and staying in bed. As the Nike saying goes you, ‘just do it!’

It is amazing how much of an impact simply documenting your activities,

feelings and activity goals can have on your commitment to do the right things every day. It seems to add more fuel to your 'motivation fire'. The act of putting pen to paper after each meal and exercise session as well as at the end of each day re-inforces the positive habits and helps you stay focused on your weight-loss goal.

Whenever you write anything down relating to your daily weight-loss activities it is essential that you are as specific as possible. Rather than simply writing down: a chicken and salad sandwich for lunch; write down: 2 slices of multigrain bread, 100g of chicken breast (no skin), 2 slices of tomato, ¼ cup of lettuce, no butter.

In the early stages of documenting your daily weight-loss activities it may seem like a real chore. However, very soon after creating the habit you will be amazed at how easy it is to incorporate the habit into your lifestyle. Better still, in a very short period of time this habit will have an enormously positive impact on the daily activities you choose to perform. This discipline will influence everything you choose to do and will pay you dividends by helping you dramatically change your body in a relatively short period of time.

Make a commitment right now to create the habit of documenting your daily weight-loss activities and get ready to be amazed at the changes that will occur in your body.

9 Monitor Your Progress: Results Are The Name Of The Game

Monitoring your progress is the final step of your weight-loss activities. Once you begin your journey on the ‘weight-loss track’, it is imperative that you check your progress to make sure you don’t stray from the path. The best way to do this is to break your long-term goal into short-term goals. By monitoring your progress in this way, you can see if the plan you are following is working. If it isn’t, then alterations can be made to put you back on track. It is like the pilot who flies from Sydney to Perth. The pilot’s goal is to get to Perth Airport. Whilst the plane is in the air the wind affects the plane’s position resulting in it being off-course approximately 95% of the time. However, by constantly monitoring the plane’s position, the pilot can adjust the direction it travels, ensuring it arrives at its destination. The same is true for goal-setting. You must constantly monitor your progress to make sure you are ‘on track’.

Achieving results is the name of the game. By incorporating the principles we’ve covered here into your lifestyle there is no doubt you will achieve your weight-loss goals quickly, easily and permanently.

The easiest way to monitor your progress is through body weight measurements on bathroom scales and circumference measurements around body sites. Always keep in mind though scales are not the best indicator of fat loss. They can give you an idea but scales don’t distinguish between losses of fat, muscle, carbohydrate or water. If you are involved in a resistance training program, as you should be, don’t be surprised if your bodyweight doesn’t change initially because the muscle you put on will displace the fat you lose. However, in a few weeks the weight will literally fall off your body.

Women in particular should not be too concerned about short term adverse fluctuations in bodyweight because it may be a result of hormonal changes, which may cause water retention.

The weight and circumference measurements should be done once a month at the same time of the day whilst wearing roughly the same clothing, e.g. in the morning after arising on the first Sunday of every month.

The initial appraisal should be done before you start the weight-loss program and then subsequent measurements taken each fortnight thereafter.

A regular re-appraisal of your bodyweight and measurements is important because it helps keep you motivated and gives you a guide as to how well the program is working for you. If you aren't getting the results you desire you may need to make some adjustments to your lifestyle.

Weigh yourself on the scales on the same day each fortnight, at the same time and after going to the toilet. Wear minimal clothing.

NOTE: For all measurements always use the same equipment (scales and tape).

10 Putting It All Together

Now that you've come to the end of this book, only one question remains: What are you going to do next? You have been given all the information you need to lose all the weight you want and get a fit, sexy body in the next 90 days as well as how to create the motivation to ensure you perform the daily disciplines that will keep you on the path to achieving your weight-loss goal.

What you need to do now is design your own, individualised weight-loss plan. Re-read chapter 3 and go through all the goal-setting information and complete the necessary exercises.

Next, examine each of the four Lifestyle Factors, nutrition, supplementation, resistance exercise and aerobic exercise, consider the principles relating to each factor and then decide whether or not you will incorporate the principle into your lifestyle. Of course the more principles you use, the faster your results will come. Examine all the basic principles first (chapter 4) and then the advanced strategies from chapter 5.

If you would like to learn even more principles, get a copy of my other book, 'Look good, feel great!' It is a compilation of everything I have learned from being in the fitness industry for over 18 years. To get your copy call the Body Concepts office on free call: 1 800 425 289. It is \$29.95 plus \$3.00 postage. Alternatively, visit my website:

www.quick-weight-loss-principles.com

Review chapter 6 (The Ultimate Fat-Burning Day!) and see how closely you can model your daily life on that example. The closer you can get to having your daily life like that, the faster you will get amazing results.

To see if you have any degree of IR as discussed in Chapter 7, visit your doctor and have a fasting blood glucose test. If it is over 6 millimoles per litre then IR may be a contributing factor to your weight gain and you can

then take the necessary steps to overcome it.

Organise a Daily Planner as discussed in Chapter 8. A 14-day planner can be obtained for only \$4.95 by calling the Body Concepts office on 1 800 425 289. This will help you stay focused on your weight-loss goal, identify areas of improvement and help you develop the intrinsic motivation you need to perform the daily disciplines.

Finally, you need to monitor your progress. You can do this by weighing yourself and taking girth measurements around body sites. This is a great way to see that the actions you perform on a daily basis are getting you the results you want.

One thing is for certain. The next 90 days are going to come and go and how you look at the end of those 90 days is totally up to you.

When is NOW going to be the best time for you to start doing something about your weight? When is NOW going to be the best time to make a decision to live a healthier, happier and more fulfilling life?

If you want to look good, feel great, live life to the full and know that you have so many quality years ahead of you; if you want to feel like you did when you were young, make the decision right NOW to do something about it. There's never going to be a better time than NOW!

I know you can do it!