



**“How Eating
SUGAR, CARBS
and FAT
Can Help You To Burn All
That Unwanted Belly Fat”**

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Introduction

Are you stuck in a weight loss rut, trapped in a cycle of trying out one method after another and yet not seeing any results?

Believe me, I know how that feels.

Since most diet plans just tell you to stop eating certain kinds of food without making you consider your body's metabolic rate and food needs, what happens is that your body gets deprived of nutrients and substances that it actually needs.

Did you ever feel constantly fatigued and lightheaded while you were dieting?

Did you often experience headaches and irritation during that time?

These are sure signs that your body was deprived of its nutritional needs while you were trying to shed weight using a weight loss method you were subscribed to at the moment.

But what if I tell you that you can actually burn as much as 10 pounds of unwanted fat without really dieting?

In this free report, I will show you three easy ways that will help you to achieve that.

Now, if you would like to get rid of more than 10 pounds, I highly recommend to [watch this FREE VIDEO right here](#)

What you'll discover is a method that shed 23 pounds of belly fat (hardest to get rid of) in only 21 days.

It's crazy how powerful it is.

[Click here to watch the video right now](#)

#1: Eat Good Sugar ONLY

Any health and fitness guru who is worth their salt will tell you that sugar is your enemy. That is definitely true; you are probably aware of that.

So why then does my first weight loss tip say that you should eat sugar? Well, that is because there is a mountain of difference between good sugar and bad sugar. What this difference is, I will show you in this chapter.

Did you know that Americans in general eat an average of three pounds of sugar per week?

You may not be shoving sugar by the tablespoon into your mouth, but you certainly can be consuming that much, if not more, if you are not being careful with what you eat.

Sugar is everywhere – in the sodas we drink when we're thirsty, in the decaf latte we grab from Starbucks on our way to work, in the peanut butter and chocolate chip cookies we snacked on before bedtime.

You want to know something surprising?

Even the food items being marketed currently as health foods are laden with sugar.

If you think that low-fat muffin you enjoy for breakfast or that energy bar you eat before your workouts are sugar-free, think again.

[Check out their labels;](#) I'm willing to bet that there are words like sucrose and fructose listed there.

What makes sugar so bad for the body, anyway?

When you load up on sugar, you cause the levels of glucose in your bloodstream to rise.

High levels of blood sugar force the body to secrete more insulin just to process all that sugar.

Unfortunately, insulin has this nasty ability to turn all the sugar that the body doesn't need into fat. [This fat is then stored, usually as layers on your abdomen and thighs.](#)

That is not the end of the story. So, insulin did its job in converting sugar into fat and in storing it in the body. What happens next?

When the insulin and the sugar levels in your blood go down, the hunger pangs will start again. You will be driven to eat more sugar and if you do, the cycle starts a new. It is a cycle that will have you gaining more and more weight.

This is even worse when the sugar you consume is the refined kind. Refined sugar has gone through numerous stages of processing and each stage takes away all the nutrients that existed naturally in the sugar's source.

When you take in sugar, all you are consuming are empty calories. The body does not get any value from it and it taxes the body in trying to digest it.

Refined sugar is also a simple sugar.

Simple sugars are quicker for the body to digest. Because it takes less time for the body to absorb simple sugars, you will get hungry more quickly when you indulge in them.

[Unnecessary eating contributes a lot to weight gain.](#)

But What If You Like Sweet Things?

But what if you're a sweet tooth, you may ask. If you really like sweet things, you can indulge your sugary cravings by eating ripe fruits. Fruits like strawberries, bananas, apples and blueberries are definitely sweet and scrumptious when ripe.

However, even though ripe fruits are mostly sweet, the sugar content in them is so low that it is considered negligible. Fruits are very rich in vitamins, minerals and dietary fiber, besides.

If you must have sugar in your food, then you should use unrefined brown sugar instead. Unrefined brown sugar will still have most of its nutrient content intact.

You should also try muscovado sugar, which is unrefined brown sugar sourced from sugar canes. Muscovado sugar has a rich, molasses flavor, and a little of it goes a very long way.

[A little sugar goes a very long way indeed.](#)

The American Heart Association stated that if you're male, you should be having no more than nine teaspoons of sugar in a day. If you're female, your consumption should be less than six daily.

If you can consume even less than that or completely substitute your sugars with fruit, you will be able to shed those 25 pounds you are aiming to lose within 60 days for sure.

So, to recap:

Sugar is everywhere, even in food products marketed as health food. Always check the label to see whether a specific health food is sugar-free or not.

Sugar is bad for the body because too much makes the body secrete a lot of insulin. Insulin converts the sugar into fat.

Refined sugar is a simple sugar with empty calories and little to no nutrients left after processing. It makes the sugar spike and the insulin spike in the body go faster.

If you can't live without your sweet snacks, go eat ripe fruits instead. Or if you must have sugar, go for the unrefined brown types.

Also, a little sugar goes a long way.

#2: Eat Good Carbs ONLY

How many diet plans out there advocate not eating carbohydrates? If you've been shopping around for good diet programs, you've got a solid idea that too many of them are based on the belief that carbohydrates are bad for you.

But carbs aren't bad, at least not entirely.

The thing is this: [Your body needs carbohydrates to survive.](#)

The body simply cannot function without a regular intake of carbohydrates.

Carbohydrates fuel the body's metabolism and allow individual organs to perform their job in keeping you alive. Eating close to zero carbohydrates is the worst thing you can do as a diet plan.

Advocates of the low-carb diet did get something right, though. If you are going to eat carbs, you must make sure that every single ounce of carbohydrates that pass through your digestive system should count towards keeping you healthy and helping you get rid of your unwanted weight.

To make your carb intake work for you, you should stick to eating good carbs and staying away from the bad ones.

Good Carbs and Bad Carbs – What's the Difference?

Carbohydrates have always been a source of misunderstanding among a lot of diet gurus. But you need to understand that not all carbs are bad for you.

There are actually two kinds of carbohydrates: the simple carbohydrates and the complex carbohydrates.

The difference between these two lies in their chemical makeup, but we're not here to talk about that.

The first type of carbohydrates – the simple ones – is just sugar.

Simple carbohydrates are called simple because they can be easily digested by the body and you can feel their effects on you as soon as you eat them.

We already discussed the effects of sugar on the body when we talked about my first tip. But to give you a recap, too much sugar in the blood causes insulin to spike.

Insulin converts the sugar into fat and stores it in the cells, making us gain more weight. When the sugar spike goes down, we go hungry and start craving for more sugar. It's a dangerous cycle that we all must avoid.

On the other hand, the second type of carbohydrates, the complex ones, is starch.

The body pretty much treats complex carbohydrates just as it would the simple ones. [Complex carbohydrates also get transformed into sugar](#) that insulin processes to make it usable by the body.

The big difference here, though, is that it takes far longer for the body to transform complex carbohydrates into sugar.

So, it is less likely for us to experience extreme sugar spikes, insulin spikes and hunger pangs when we eat complex carbohydrates instead of the simple ones.

How Do Complex Carbohydrates Help You Lose Weight?

Complex carbohydrates, as you can see by now, are the good carbs. They are ideal sources of energy for the body, and you can enjoy them without worrying too much.

For one, eating complex carbohydrates will not give you insulin spikes. The digestive system processes them very slowly, thus allowing for a slower release of insulin in the blood.

This means that your energy levels will be more stable.

In addition, because your energy levels become more stable when you eat complex carbohydrates, you will not crave for more food or experience hunger pangs that much. Compare this to when you eat foods rich in simple sugars, like cookies, muffins, doughnuts, and chocolate.

You will experience hyperactivity right after you eat the sugary stuff, but then you get a sugar crash and become even hungrier. This, in turn, makes you gain more weight.

You also aren't likely to overeat when you consume complex carbohydrates rather than simple ones. Complex carbohydrates are heavier, so when you eat them, you will feel full more quickly.

[You will get to eat less than you usually do](#) so your body will be able to metabolize what you ate more efficiently. That leads to efficient weight loss.

Here are some examples of complex carbohydrates that will keep you healthy and help you lose 10 pounds quickly:

- Whole grains like brown rice, wheat and millet
- Whole grain products like breads and pasta
- Oatmeal
- Raw nuts
- Root vegetables like sweet potatoes, white potatoes, yams and parsnips
- Legumes like chickpeas and lentils
- Beans
- Sweet corn

What Happens When You Skip on the Carbs?

I mentioned at the start of this chapter that eating very little carbohydrates is the worst thing that you can do as a diet plan.

Did you know that when you starve your body of carbohydrates and other nutrients, you set yourself up for some serious weight gain that will be harder to shed off later on?

[The reason for this is our body is hard-wired for survival.](#)

If we go on a strict low-carb diet, the body will interpret it as famine. The lack of carbs in your meals will condition the body to slow down its metabolism, thus reducing its rate of burning fat.

Even worse, the body will start converting all the carbs you consume into fat. The available carbs and protein in your body will be converted into fat as well.

All these are meant to stave off the hunger and help survive the coming famine that the body perceives.

Once conditioned into this form of starvation mode, your body will resist any future attempts to shed off that fat you have accumulated while you were going through your low-carb diet.

In other words, skipping on the carbs is setting yourself up for total weight loss failure. It is something that you should never do.

How to Enjoy Your Complex Carbohydrates

If there are people – diet gurus among them – who think that eating carbs is bad for the body, there are also a lot of people who think that eating just complex carbohydrates is not fun.

There are people who do think that complex carbohydrates are good for losing weight, but they are not using these good carbs correctly.

So, let's tackle the first issue – that eating just complex carbs and avoiding the simple ones is not fun.

It is understandable that people think so. I mean, who doesn't want to give up yummy things like chocolate sponge cakes and peanut butter cookies?

[But what if I tell you that you can still enjoy scrumptious snacks](#) like chocolate cakes and cookies without gaining weight?

Yes, it is entirely possible. The key here is substitution. For instance, you can substitute the baking flour you use for cakes, cookies and pastries for coconut flour or rice flour.

You can also use unsweetened chocolate.

For sugar, you can use a little honey or molasses. You still need to be careful with your use of honey, though.

Honey is a simple sugar and while it has health benefits, it can also make you gain weight if you use too much.

The ingredients may be different and the taste will be slightly different as well, but they will still be yummy.

Most of all, substituting simple-carbohydrate ingredients with complex-carbohydrate ones will not make you gain weight.

The second issue is taking advantage of the good carbs, but not correctly. You see, complex carbohydrates are good for you, but if you prepare your complex-carb food items improperly, they will still make you pad the fat.

Let's take the potato as an example.

[Potatoes are complex carbohydrates](#), and yet they are considered to be bad by people who are dieting to lose weight.

The thing is, more often than not, we consume potatoes in a way that is bad for us. After all, what good is a juicy hamburger without

French fries? Or barbecued chicken without buttery mashed po's? Or a movie night without popcorn and potato chips?

There are many ways of enjoying potatoes and still get their weight-loss benefits.

For example, instead of deep-frying potato strips to make French fries, you can probably cut them in wedges and bake them.

You can eat mashed potatoes as long as the butter you are using is the real thing, not butter substitutes or sodium-rich margarines. As for potato chips, see the baked wedges example.

You can still enjoy the carb-rich goodies that you love and [still lose 10 pounds fast](#).

All you need to do is to perform some clever ingredient substitutions and prepare your carbs the right way.

So, to recap:

- You must eat your carbs. Your body needs carbs to survive and function properly.
- There are two types of carbs: the simple ones and the complex ones. The good carbs that you should eat are the complex carbs because they provide the energy your body needs without inducing insulin spikes and lows.
- Eating complex carbs help balance insulin production in the body and make you less hungry.
- Depriving your body of carbs will set the body into starvation mode that will defeat any attempts you make towards weight loss.
- Clever substitution and [preparing your carb-rich food](#) correctly is the key to the effective use of complex carbs.

#3: Eat Good Fat ONLY

You've probably been told all your life that all kinds of fatty food are bad. Not only will fatty food make you pack on the pounds, but it will also endanger your heart.

There is no denying that too much fatty food will give you heart disease, but you also need to know that not all fatty food are bad if eaten in moderation.

[There is such a thing called good fat](#), and good fat is something you need to eat to lose weight.

What are these so-called good fats?

Fats come in many forms, and they serve different functions in the body. The fat types that are considered good for the body are:

- **Monounsaturated fat**, found in some vegetable oils like olive oil and flaxseed oil, as well as in fruits like avocado and in nuts like walnuts, pistachios and almonds.
- **Polyunsaturated fat**, found in nuts, fish and seafood, as well as in some vegetable oils like sunflower oil, safflower oil and corn oil. The omega-3 fatty acids are considered as polyunsaturated fats.

Aside from monounsaturated fat and polyunsaturated fat, we also have saturated fat and trans-fat.

These two are called the bad fats, although some medical circles are slowly changing their way of thinking when it comes to saturated fat.

[A growing body of medical research](#) is suggesting that saturated fat found in products like coconut oil, palm oil, dairy products and meat products can contribute significantly to weight loss.

Trans-fats, on the other hand, are truly ugly. They are synthetically processed fats found in commercially manufactured products like cookies and hydrogenated oils.

They not only induce weight gain but also lead you to develop heart disease.

What Good Fat Does to the Body

Are you surprised to know that the body actually needs fat to be healthy and to lose weight?

If you are, then you are probably wondering why. As mentioned above, the good fats – [also known as dietary fats](#) – perform specific vital functions in the body.

One of the most important functions of these dietary fats is to ensure that the nutrients we eat can be absorbed and used by the body.

Many of the vitamins and minerals that we eat, while absolutely necessary for our health, cannot be readily processed by the digestive system.

When dietary fats bind with these vitamins and minerals, they become soluble enough for the body to absorb readily.

It is important for the body to be able to absorb the nutrients that it needs. If your body senses that it lacks certain nutrients, you will crave for foodstuff that contains these nutrients as a form of self-medication.

But if the body cannot absorb these nutrients properly, you will just continue craving for more of the food you need, eventually forcing you to overeat. A healthy dose of dietary fat prevents this from happening.

[Another vital function that dietary fats](#) – the omega-3 fatty acids in particular – perform is that they chemically alter some signals sent to the brain regarding the storage of fat in individual cells.

The consumption of dietary fat often reverses the effects of insulin spikes wherein individual cells are forced to store fat and make you pack in the pounds.

The chemical changes that dietary fats can make in the brain can lead to the body using up its stored fat and shedding them in the process, rather than sticking to them and storing them in your mid-torso.

When the body starts burning these fats, you will naturally lose weight.

Using Dietary Fat Properly

Of course, just because a lot of dietary fat forms are good for you, it still doesn't mean that you should indulge in them to your heart's content.

[Too much of a good thing](#) will still be bad for you, after all.

Doctors and nutritionists alike all over the world state that our fat consumption should never exceed 30% of our total calorie intake for the day – 20% for unsaturated fats and 10% for the saturated ones.

Thus, you have to be sparing in your dietary fat intake to make your weight loss attempts more effective.

You also need to take care when cooking with fats.

When you were shopping around for weight loss products, you have probably heard or read that frying your food adds to weight gain and is not good for your cardiovascular health.

That is true – you need to avoid fried foods as much as possible.

[Even if you used healthy oils with good fat](#) in frying your food, such as olive oil, the chemical composition of these oils change when exposed to the high heat required for frying food. The heat can turn good fat into bad fat.

Instead of frying your food, you can try drizzling olive oil on them and then grilling or broiling them.

You can also try mixing olive oil or sunflower oil, vinegar and mustard and then use this vinaigrette as salad dressing rather than trans-fat-laden mayonnaise.

Add some raw nuts in your salad and you'll have something to eat that is both healthy and yummy and will help you lose weight.

Using a bit of real butter on your food rather than margarine or butter substitutes is actually more helpful in keeping you healthy and promoting your weight loss.

Margarine and butter substitutes are highly processed foodstuffs and they are bound to contain trans-fat.

To make the long story short, you can make the fatty foods you eat work for you in [shedding off your unwanted weight](#) by preparing your foods differently and making sure that the fatty foods you eat really contain good fats rather than bad fats.

These will make such a difference when it comes to your weight loss goals.

So, to recap:

- Not all fatty foods are bad for you. There are 4 kinds of fats: the monounsaturated fats, the polyunsaturated fats, the saturated fats, and the trans-fats.
- Your body needs good fat because good fat ensures that the nutrients you eat are properly absorbed by the body.
- Good fats also alter the chemical signals that force the body to store fat rather than shed them.
- [The proper use of good fats](#) is the key to enjoying them and losing weight at the same time.

Get Rid of All That Unwanted Fat NOW

Now that you know the basic stuff that you need to do to [lose at least 10 pounds of unwanted fat quickly](#), what are you going to do?

Are you going to act on it? Or are you just going to store this information away and will look miserably?

We only have one life to live and time waits for no one.

If you aren't going to act on this information that could potentially change your life forever, then when are you going to do it?

Think about it.

[As you can see in this video right here](#), it takes very little to lose even up to 84 lbs, if you take action.

Don't postpone it - take action now!

I'm looking forward to see NEW YOU!

Maegan Ross