

How to Stop Dieting, Enjoy Eating, Avoid Hunger, and Become Lean and Strong for Life



I'm going to start out by telling you something that may surprise you: It's time for you to officially STOP counting calories, fat grams and carbs--for good! That gets you nowhere.

Yes, in general, calories consumed vs. calories burned over a specific time period has a lot to do with whether you gain weight or lose weight. But counting calories is really pointless when you understand a couple of VERY IMPORTANT concepts about diet and nutrition.

In fact, most dieticians, nutritionists, doctors, and other health "experts" base their recommendations on the grain and carbohydrate heavy, "food pyramid".

This is an absolute joke. In fact, the food pyramid the way it is now, was not originally designed that way. The food pyramid and the emphasis on grains and carbs is actually designed to make everyone FAT!!

It's no wonder so many people are confused about nutrition!

The most important concept you need to gain about the food you eat is this:

The Nutrient Density of your food intake is key.

That's right... nutrient density makes calorie counting obsolete. We're talking about vitamins, minerals and antioxidants.

If virtually all the food you eat every single day is comprised of massive amounts of vitamins, minerals and antioxidants, then your body will get the nutrition it needs and actually begins to regulate your appetite and weight without you having to struggle and restrict yourself to control how many calories you eat.

Now before you think that high nutrient density only means fruits and vegetables, think again! High nutrient density can also include lots of high fat foods that you may have believed were "BAD", such as whole eggs, red meat, nuts, certain oils, avocados, butter, and so on.

Think about this: if you are eating foods that are high in calories but low in nutrients such as pasta, cakes, cookies, crackers, etc. (high caloric density, low nutrient density), then your body will be craving additional food, despite the fact that you may have already eaten more than your daily caloric maintenance balance for weight maintenance vs. weight gain.

On the other hand, if all of the foods you eat on a daily basis are super-high in nutrient density, regardless of the caloric content of those foods, your body is automatically adjusting your appetite and eliminating cravings. This aspect essentially forces your

body to “auto-adjust” your appetite and you naturally fall within the exact calorie range that your body needs without having to over-analyze or count calories.

Insulin-The Key to Whether You Turn Food Into Fat or Burn it For Energy

One of the key reasons the food we eat gets stored as fat has a whole lot to do with the hormone insulin and our levels of blood sugar, or glucose in the body. Insulin is responsible for keeping our blood sugar at a certain healthy level, but it also does a lot more than that.

Certain foods that we eat tend to raise our blood sugar or glucose levels more than others. These foods are called, “High Glycemic Foods”.

While of course, foods with a lot of sugar in them are obviously high glycemic foods, such as candy, pies, cookies, and desserts, it also includes a lot of not-so-obvious foods.

High glycemic foods also include most foods made with grains—like breads, pastas, crackers, cereals (even whole grain breads, cereals, etc.); starches—like potatoes, and foods containing other kinds of sugars, including fruit juices (even 100% fruit juice), soda, sports drinks, and energy bars.

When circulating blood sugar, or glucose goes up, insulin is secreted from the pancreas.

Insulin’s job is to lower the circulating blood sugar, which it does. But do you know how?

Insulin causes glucose in the blood to be turned into fatty acids (called triglycerides) and these fatty acids are then stored in the body. Guess where?

In your fat cells.

And when your blood sugar is high, your body burns some of it off for energy, instead of accessing your fat cells, breaking them down and using them for energy. So not only have you **CAUSED** your body to store the food you ate as fat, you just prevented it from **USING** any of your current fat stores for energy.

So, the key factor excess fat is the presence of insulin.

Guess what? Insulin also causes an increase in appetite. So, that sweet or starchy snack you just ate—well it gets stored right away as fat, AND you’re hungry again in a short time. This becomes a very a vicious cycle.

So even if you are counting and limiting your calories, if you are eating sweet or starchy foods or food made from grain, or foods containing sugar in the form of fructose, sucrose or even artificial sweeteners, you are going to have trouble losing weight. It just

doesn't work that way.

HOWEVER, when you keep your blood sugar stable, and keep insulin levels lower, your body will use the food you ate for energy and it will begin to break down and use the contents of your fat cells for additional energy.

So the key is to keep your blood sugar relatively low. It puts you in the Fat Burning Zone, and that, my friend, is exactly where you want to be.

Another interesting thing about high blood sugar and the resulting surging levels of insulin is that it not only make us fat, but it also make us sick. Did you realize that heart disease, strokes, cancer, diabetes, obesity, chronic inflammation, Alzheimer's, irritability, depression, ADD, arthritis, and many more diseases are often the result of high blood sugar and insulin as well?

If you study historical dietary patterns of ancestral humans in almost any culture around the world, the one similarity that accounted for their good health benefits was that the foods were unprocessed natural foods—with very little sugar.

Whether a diet was high in protein, high in fat, high in carbs, low in carbs, etc, etc doesn't seem to matter that much, as long as the diet was made up of natural unprocessed foods eaten as close as possible to how they are found in nature.

Way back when, people who were able to store food in the form of fat were actually more likely to survive and reproduce during times of scarcity. Because of this advantage, we still have that built in urge to eat a lot of food when it is available, and some more than others.

The problem is that not only is there plenty of food everywhere we look, but much of it is really 'nonfood', or just processed junk full of empty calories, fake flavorings and preservatives. Virtually NOTHING our bodies can use.

In spite of being able to store body fat efficiently, ancestral humans were rarely fat because they ate foods that were low in sugar, and high in nutrients. They also were relatively free of our modern diseases.

In the last few thousand years, we have made huge changes in agriculture and technology which has made most food fairly easy to obtain. We no longer have to spend our days hunting and searching for food. Unfortunately most of the food that is readily available is food that our bodies do not recognize—including grains and grain based foods.

Until recently decades humans never eaten grains to the extent that we eat them today. A full 70% of modern western diets are now derived from grains and soy products.

So the key, then, is to purge our kitchens of those foods that cause our bodies to store fat. As we get rid of the old, unhealthy, fat-storing foods, we open the doors to transform not only our bodies but our physical, emotional and mental health as well. Revamp the kitchen and revitalize, renew, and rejuvenate your body.

Since the days of our caveman ancestors, we were made to function best on whole, unprocessed foods, good quality proteins, **healthy fats**, and fruits and vegetables. If we can get back to a diet as close as possible to our ancestors, we will again have the lean, strong bodies that we strive for. Without being hungry or counting calories!

Trust me on this—it really works!

We have been duped into believing that fast, pre-made meals (diet meals) will somehow make us thin and healthy. If you check out your grocery store frozen food aisle, you will often see overweight people purchasing “diet foods”. Nothing could be further from the truth!

“Diet foods” are chock full of starchy fillers, extra sugar (usually in the form of high fructose corn syrup), preservatives, processed flours, soy by-products, and unhealthy fats.

These “diet” or “low-fat” foods cause inflammation, stimulate the insulin response--i.e., store fat--and do nothing for you nutritionally. What’s more, you GAIN weight from eating this kind of junk!



The media, the FDA, and conventional medicine have fooled us into thinking we need lots of grain-based carbohydrates to have a balanced diet. In response America has loaded up on processed carbs and as a result, packed on the pounds and watched their health go down the drain—without ever making the connection.

Have you read the statistics on diabetes? It’s now an epidemic—from the excess consumption of grains and sugars in our Standard American Diet.

Forget about diet foods! They take years off your life by stoking the fires of inflammation which lead to obesity and disease, not to

mention screwing up your body's hormones and metabolism and making it increasingly difficult to lose fat from your frame.

[The Fat Burning Kitchen--Your 24 Diet Transformation to Make Your Body a Fat Burning Machine](#), will show you all of the low-nutrient foods that you need to avoid as well as some of the foods you may have been deceived by food companies and advertising into falsely believing are "healthy".

This book can also show you all of the countless amazingly delicious options you have for healthy foods that are nutrient dense and can help to bring you closer to your goals. And you will be totally surprised at all the foods you probably thought were unhealthy that are actually very healthy, nutrient dense and fat burning!

You will find more information on the truth about cholesterol, saturated fats (you probably think these are bad for you, right?), omega-3's and omega-6's, fiber, protein, hormones, plant foods vs. animal foods, and tons of info that may shock you about what's actually in the food you buy at grocery stores or restaurants.

If you want real "diet food" pick up a raw apple, nuts, grass fed beef jerky, or raw cheese, and nibble away to your heart's content.

Get back to REAL food and eating like our lean, strong ancestors.

And when you do, the weight loss follows.