

Losing Weight Nature's Way

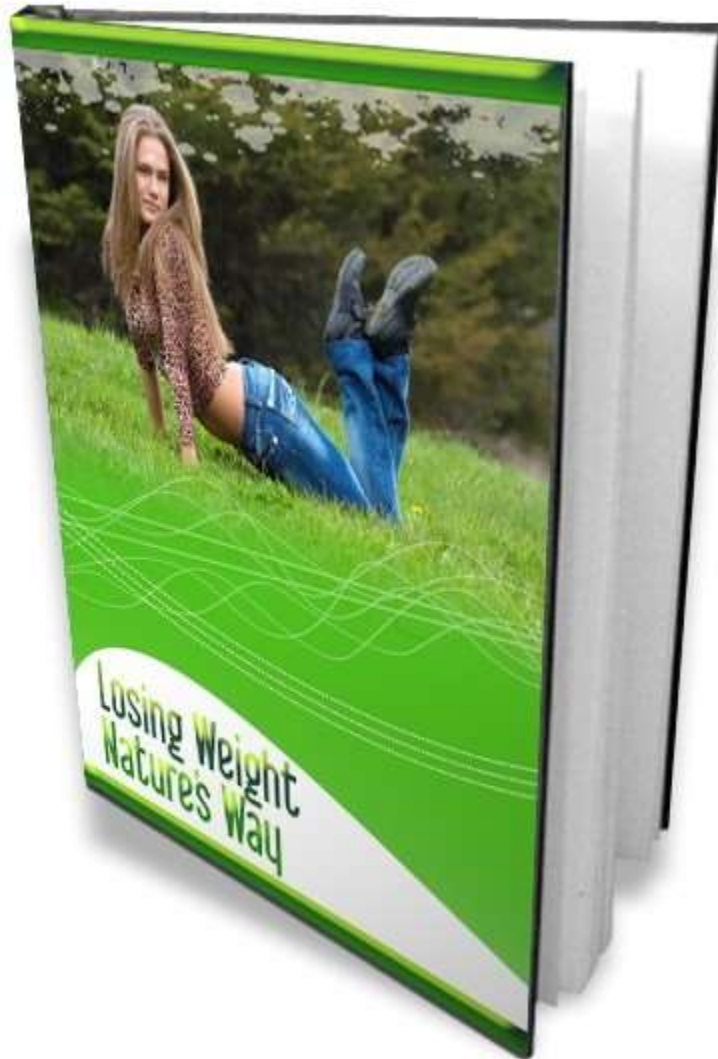


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Introduction

It is a widely recognized and acknowledged fact that the population of most developed Western countries is getting fatter, and we are not talking about a gradual increase here.

The number of people who are seriously overweight or clinically obese is exploding all over the Western world.

Just as an example, the statistics page of the '[Weight-control Information Network](#)' quotes data from the National Health and Nutrition Examination Survey (NHANES) which indicates that by the end of 2004, around two thirds of adults in the USA were officially overweight, and nearly one third were clinically obese. The situation has already deteriorated significantly since then, so we really do have a global crisis on our hands.

This explosion is placing a very heavy additional burden on the already overworked and under resourced health services in a number of countries.

At the same time, statistics over the past few years would strongly suggest that the trend for citizens of most developed countries to get fatter by the day is not likely to be reversed any time soon without dramatic action.

Consequently, the strain on health services across the world is also going to increase, which in turn means that the inevitable breaking point is likely to be reached soon.

This means that if you are seriously overweight or obese, grabbing your copy of 'Losing weight nature's way' is important, because this represents a significant step forward in a couple of very important ways.

Firstly, it indicates that you or somebody that is close to you – perhaps a family member or other loved one – has a weight problem. Furthermore, if the individual with the problem is you rather than someone else, this also indicates that you have acknowledged your problem, which is often the first and hardest step.

Secondly, the fact that you are reading this now indicates that you have decided to do something about your weight problem, and that decision represents a very significant shift in your way of thinking and attitude to the shape that you are in.

I don't know many overweight or obese people who are happy with their physical condition, but I do know plenty of people who are seemingly content to put off their decision to start losing weight to another day. Unfortunately for people like this, another day never comes, either because they simply choose to ignore their problem or because their weight problem is a primary factor that helps to kill them off early.

I make no apology for putting it in such blunt, stark terms, because as suggested, people who are significantly overweight or obese represent an increasingly troublesome burden on global society.

The day when health services collapse under the weight of treating people whose problems are generally a result of their own self-indulgence and inability or unwillingness to curb their bad habits is not far away if we don't start reversing the trend towards obesity very soon.

I know that there are hospitals in the UK (which has a National Health Service that is supposed to offer treatment to all, remember) that are already refusing to provide treatment to people who are seriously overweight or obese. I am certain that this is a trend that is likely to become far more common in the years to come, and not only in the UK. Perhaps you live in a place where you pay for medical attention and treatment, so you might say that this will never happen to you as long as you are willing to pay for your treatment.

Fine, but what happens when your bill doubles or triples because you are seriously overweight or obese?

It's going to happen because the risks involved in undergoing serious medical treatment are significantly higher for overweight or obese people, and you can be sure that if they are not already doing so, the medical authorities will start factoring this into the amount that they charge.

You are reading this, so I take that as a sign that you do not want to be overweight or obese forever.

What's the difference between overweight and obese?

When someone is overweight, their weight exceeds the normal standards for people of their height and age. However, because everyone's weight must include their bones, muscles, fat and water content, it is possible for someone to be overweight without being obese.

For example, a professional athlete or bodybuilder may well be overweight, but because the majority of the 'excess' weight that they are carrying is muscle tissue, they are not obese.

Nevertheless, in the majority of cases, being overweight does equate to carrying too much body fat and often progresses to become clinical obesity.

There are several ways of defining obesity, but the most common is by reference to what is known as 'Body Mass Index' (BMI) which is a mathematical formula that generates a numerical BMI based on an individual's weight in kilograms divided by their height in meters squared. Hence, the mathematical formula for BMI is kg/m^2 .

These figures can be converted into imperial measures (pounds and inches), but because the formula for doing so is somewhat complex, you should use this easy ready calculator taken from the [consumer.gov statistics page](http://consumer.gov/statistics_page) to calculate your own 'Body Mass Index':

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

So, now you have a BMI figure, what does it mean? From the same web site, you can see the relationship between your clinical weight classification and the risk of weight related illnesses and disease:

Risk of Associated Disease According to BMI and Waist Size			
BMI		Waist less than or equal to 40 in. (men) or 35 in. (women)	Waist greater than 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	--	N/A
18.5 - 24.9	Normal	--	N/A
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very High
35.0 - 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

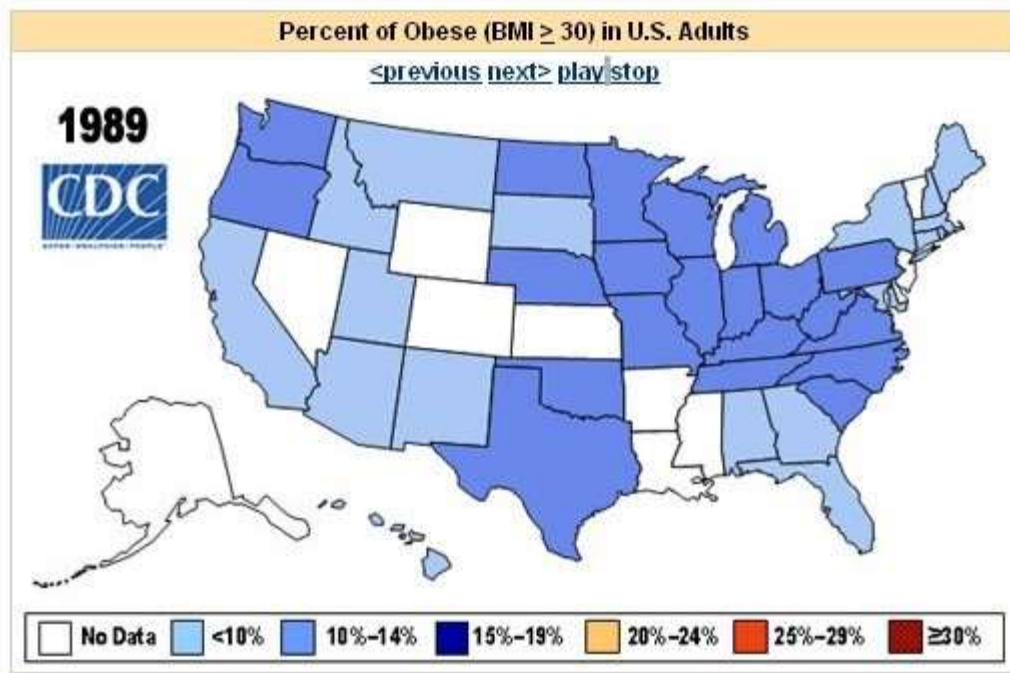
The most common way of quantifying whether someone is obese or not is if their BMI is in excess of 30 points on these scales.

Is the problem really as bad as it appears?

I would suspect that there are very few people who watch TV or read a newspaper that are not already aware that the problem of obesity is exploding on an international scale.

Consider the following charts taken from the '[U.S. Obesity Trends 1985-2007](#)' page of the 'Centers for Disease Prevention and Control' (CDC) website.

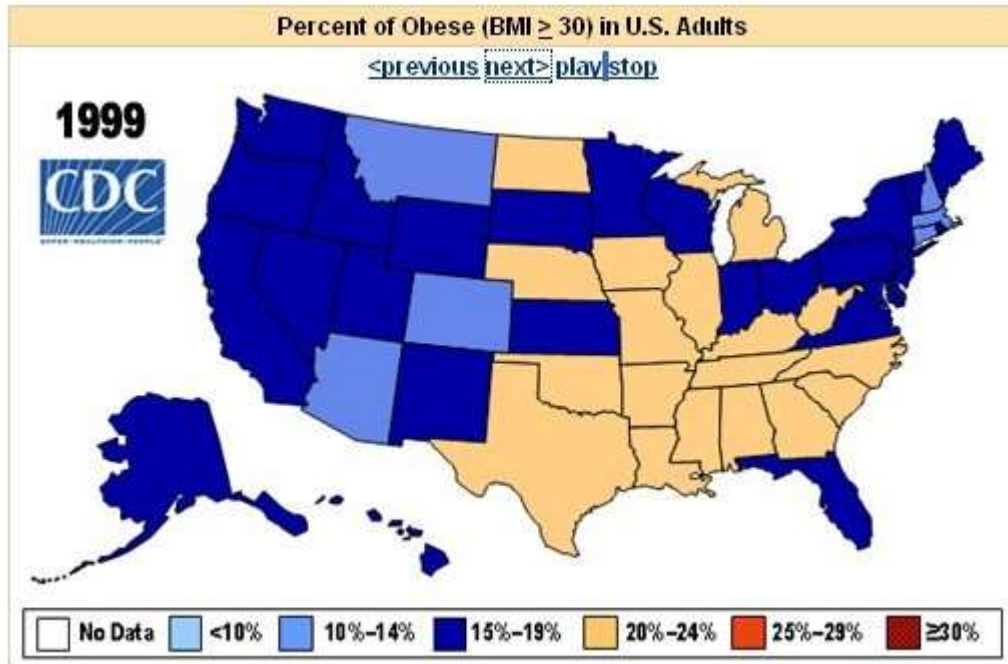
Go back just 20 years from 2009 to 1989, and this is how the obesity map of the USA appeared:



Although there were a handful of states for which there was no data available, you can see that there was no state in the USA where more than 14% of adults were obese.

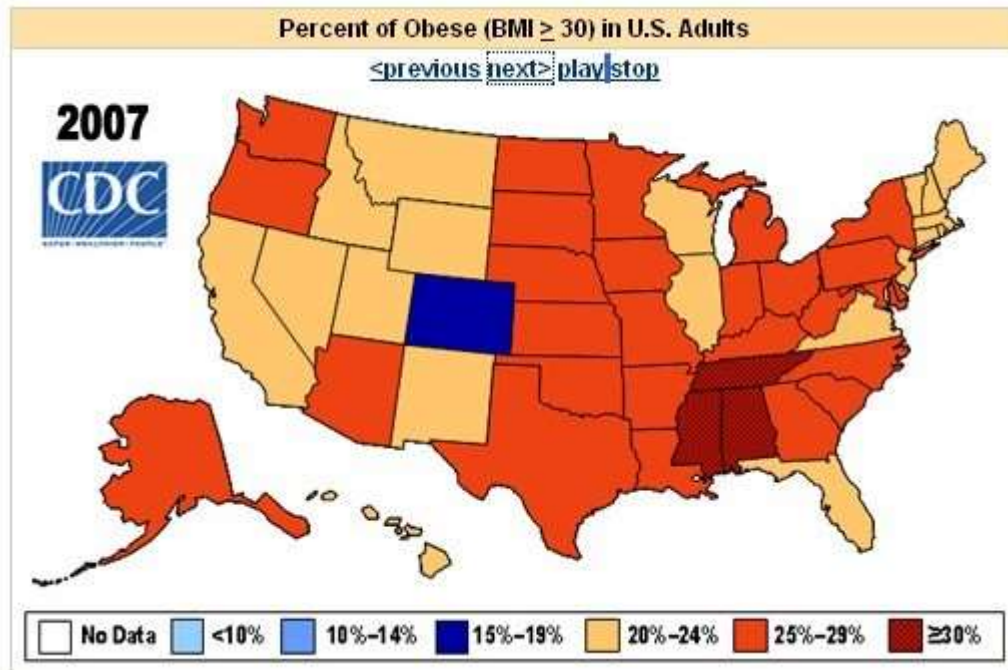
Fast forward 10 years, and the picture is looking considerably less encouraging:

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Now, there is not a single state where the rate of adult obesity is less than 10%, and there are many who are already in the 15% to 19% adult obesity 'band'.

But if you thought that was bad, take a look at the last available chart from 2007 (from which point, writing this two years further down the line, it is fairly safe to assume that the picture had deteriorated considerably further):



Now, there is only Colorado where there is not more than 20% of the adult population that is clinically obese. And yet, only eight years before that, there wasn't one single state where obesity was already above 20%.

Could anybody need any more proof that obesity is tantamount to an epidemic?

I'm not telling you this try to scare you, because if you are seriously overweight or obese, you already know that you need to do something sooner rather than later. However, just realize that you are not alone in your current predicament, but that you are probably unusual in seeking an answer for your problem.

What is Losing Weight Nature's Way all about?

It is no big secret that after 'make money online' information, the #1 category of information that people are searching for on the internet is weight loss related information.

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Consequently, it is also no surprise that there are millions of dollars being spent every day on advertising all sorts of diet plans (of widely varying credibility and effectiveness), weight loss wonder pills and equipment - all of which is supposed to help you lose weight - such as exercise machines, multi-gyms etc.

Some of the diet plans that are advertised are entirely natural but the majority are not. Similarly, most diet pills are not formulated using only natural substances.

There is no shortage of businesses that are advertising their weight loss surgery services, many of them in overseas countries where the cost of medical treatment and attention is considerably less than it is in most Western countries.

While you will read of some almost 'too-good-to-be-true' weight loss surgery success stories, you are far less likely to hear anything about the hundreds of cases where weight loss surgery was ultimately ineffective. It is also a fact that undergoing surgery when you are seriously overweight or obese carries significantly heightened risks, but this again is something that you don't hear about.

Taking chemical-based diet pills or undergoing invasive and thoroughly unpleasant surgery is not natural in any way.

So, now you have a fairly clear idea of some weight loss strategies that could in no way qualify as being natural, let's start to look at the flipside.

Natural weight loss is a really simple concept...

The concept that underpins weight loss or indeed weight gain is a very simple one.

Every human being at every stage of their life needs to take in a certain amount of energy in order to get through the day. This energy comes

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from the nutrition that we take in, in the form of the food we eat or the liquids we drink, and is generally measured in terms of [calories or kilocalories](#). There is a slight difference between the specific meaning accorded to these two terms, with the latter being favored by professional nutritionists, but for the purposes of this book, I am going to use calories as an all-encompassing unit of food energy.

While every individual is different, you need a certain amount of food energy calories every day to satisfy your own personal energy requirements. These requirements will vary according to the amount of physical work you do, how much exercise you take, the speed at which your body burns the energy you are taking on board (your metabolic rate) and your general lifestyle.

However, at the end of the day, if you take on board the right amount of calories every day, your weight will stay stable and you will in general remain healthy.

If you take in too much energy, you will put weight on, but if you take in too little, you will see the opposite effect and lose weight.

It really is as straightforward as this.

You will see diet plans that recommend that you must cut down on your carbohydrates in order to lose weight, with other diet 'experts' on the opposite side of the fence who swear that the only way to lose weight is to reduce the amount of fats in your diet.

However, no matter what type of food you are eating for energy (which includes both carbohydrates and fats), you are going to keep getting fatter as long as you are taking in more energy than you burning. Thus, you will only lose weight if you are taking in less energy than you need. That really is it. That is how you lose weight naturally – you ingest less energy than you need every day, and the fat will gradually fall off.

How much energy do you need?

Everyone is different. In addition to our physical attributes, every individual has different energy requirements. In addition, there is some evidence that ability to lose or gain weight is to some extent predetermined by your genetic makeup, and there is not a great deal that you can do about changing that.

On top of your genes, there are many external factors that affect how many calories you need, so any standardized 'calorie table' can be nothing other than a very general, broad brush indication of the number of calories that you need. However, the following are generally accepted to be 'starting point' guidelines:

Sex	Activity Level	Calories Required
Male	Sedentary	2400
	Moderate	2800
	Heavy	3800
Female	Sedentary	1900
	Moderate	2100
	Heavy	3000

In order to get a more accurate picture of exactly how many calories you need, you need to factor in many variables, and after considering what these variables are, you will see how you do this.

Firstly, there are the lifestyle factors to take into account, such as the work that you do, the exercise you take and so on.

These are to a large extent taken into account in the underlying calculation on which the previous chart is based. Someone who is working in a sedentary office based occupation is going to need considerably fewer calories every day than someone who is working on a building site, as an example.

In addition to this, however, your present weight and age will also have an influence on the number of calories you need to maintain your current weight levels.

The more weight you are carrying, the more energy you need to get that bulk moving, while as you get older, your energy requirements gradually decrease as you are likely to engage in less physically activity than you did when you were younger.

Gender is also an influential factor, because women generally need fewer calories than men.

Taking all of these variables into account, what you are looking to do is calculate a 'Body Mass Ratio' (BMR) which is not the same as the 'Body Mass Index' that we were considering earlier.

What BMR does is provide an alternative method for calculating your daily calorific requirements taking account of variables like age, gender, occupation and present weight. BMR is calculated as follows:

To Calculate your Calorie Requirements:

The following method uses factors like height, weight, age, and sex to determine basal metabolic rate (BMR), using which we can determine your

Men: $BMR = 66 + (13.7 \times wt \text{ in kg}) + (5 \times ht \text{ in cm}) - (6.8 \times age \text{ in years})$

Women: $BMR = 655 + (9.6 \times wt \text{ in kg}) + (1.8 \times ht \text{ in cm}) - (4.7 \times age \text{ in years})$

After calculating your BMR, you can estimate your calorie requirements by multiplying your BMR by your activity multiplier from the chart below:

Activity Multiplier

Sedentary = $BMR \times 1.2$

Light activity = $BMR \times 1.375$

Moderate activity = $BMR \times 1.55$

Heavy activity = $BMR \times 1.725$

Super active = $BMR \times 1.9$

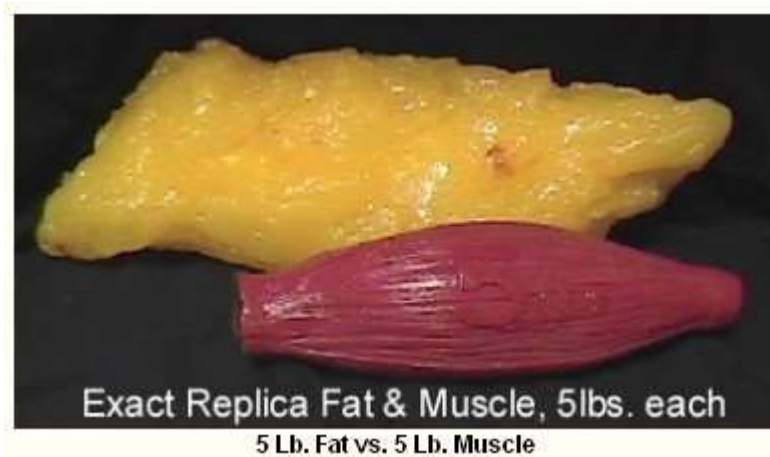
Yes, the formula is undoubtedly more complex than simply using the previous chart, but if you want a more accurate picture of how many calories you need rather than how many calories some mythical 'average' person needs, getting your calculator out and taking a few minutes to do the sums is time and effort very well worth expending. If you want to calculate your average daily calorific requirements in even more detail, there are many sites where you can find a neat ['Estimated Calorie Requirements' calculator like this](#).

An important distinction that you must understand...

While this book is talking about losing weight, I want to be more specific than this, because I am really talking about losing fat rather than just weight.

As I mentioned earlier, it is possible to be overweight but to have a very low fat to body weight ratio at the same time, because you are carrying a great deal of muscle. In other words, it is possible to be healthy but weigh more than the 'norm'.

There is a common myth that muscle weighs more than fat, but it doesn't. Five pounds of muscle weighs exactly the same as five pounds of fat, *but* fat is far bulkier than muscle as you can see from these replica models:



Because fat is bulkier, if you are carrying too much fat, you will tend to look 'lumpy' and carrying too much fat brings increased risks to your general health and well being.

So, be clear about this. This book is about losing fat naturally, but if you want to replace that fat with muscle, that is fine - because what I am essentially focused on here is your health, well being and fitness.

It's all about shedding fat, getting you as lean, fit and well as possible.

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That point having been clarified, let's move on.

Your starting point...

Part of our natural, basic human makeup means that we tend to store fat. In fact, this is something that has been with us for many thousands of years as it was probably a survival mechanism to get over the times when our ancient forebears were short of food.

Given that it is only in recent times that food has become so abundantly plentiful (at least for those of us who live in the West), we have never really lost the capacity for storing unused energy as body fat. It is a little like animals that hibernate for the winter. They build up a huge store of unused energy during the summer that is sufficient to keep their inactive body 'ticking over' during the winter months when they are hibernating.

You cannot change, nor can you ignore, thousands of years of evolution. The fact is, modern Western man (and woman) has no real need to store unused energy in the way that our prehistoric forebears did, but you are going to continue doing so despite this.

So, if you are taking on too much energy, you are going to get fat, there is no avoiding this. You therefore need to know an awful lot more about why it happens if you want to tackle your problem entirely naturally.

The first thing that you need to understand about losing weight is that almost everything you eat and drink contains calories. The only exception to this rule in terms of naturally occurring substances is water (more about water later).

Other than that, everything you consume contains calories, and it doesn't really matter a great deal how these calories are taken. This is one of the reasons why there are so many virulent arguments between those who suggest that in order to lose weight, you need to cut down on carbohydrates and those who on the other hand suggest that fats

are the real demon that needs to be banished from your diet, and why they are probably on the wrong track.

There is little quantifiable scientific proof that following one particular eating approach like this is likely to be more effective for losing weight than anything else. While it is not at all difficult to find seemingly qualified people like medical doctors who will tell you that one particular diet regime (e.g. a carbohydrate only diet) is going to help you lose weight more quickly than anything else, it is surely no coincidence that most of these 'objective' observers have some kind of vested interest in the product or proposal that they are supporting.

The fact is, both carbohydrates and fats are processed by the body to produce energy, and so it follows that if you eat too many of either one or the other or even both, you are going to put more weight on.

According to [Dr. Kristine Clark](#) (Ph.D., R.D. & FACSM), who is the Director of Sports Nutrition for Penn State University's Athletics Department, one pound of stored fat in the body is equivalent to 3500 calories (which means that every kilo of stored fat is 7700 cal.).

It does not matter a great deal what kind of foodstuffs or drinks are being taken in to accumulate these extra pounds or kilos - for every excess pound of weight you are dragging around, you must take in 3500 calories less than you need to drop that pound.

However, there is one other thing to take into account, which does lend some credence to the people who suggest that taking in energy in 'form A' (e.g. fats) rather than in 'form B' (e.g. carbohydrates) makes you less fat.

This is the fact that our bodies have the ability to process some calories in one way while dealing with others in a completely different manner.

For example, almost despite what we are generally led to believe, our bodies do not necessarily extract all the goodness (vitamins, nutrients etc) or all of the calories from every single item of food we consume.

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This happens because your body has its own metabolic rate, a speed at which it processes the food that you take in.

At the same time, while any foodstuff is still within your body, your body will keep extracting as many calories of energy from that food as possible. Consequently, it follows that anyone whose system passes the food through very quickly is going to draw less calories from their food than would someone whose system is more lethargic.

It is probably no great secret that the modern Western diet is far too rich in processed, refined foods and far too light on raw, nutrient packed foodstuffs. We probably all understand that processed foods (burgers, hot dogs, pizzas etc) are likely to make you fatter than raw unprocessed foods, but one of the reasons why this happens is probably not widely understood.

Partially because these foodstuffs are very rich in fats and sugar, our system is simply not very good at processing them. Consequently, they can hang around in your body for two or three days, and while they are still being slowly digested in this way, your body is still leeching every available calorie from them.

Raw foodstuffs on the other hand tend to 'hang around' for only a few hours and therefore, even if they were 'calorie rich' (which most raw foods are not), your body simply does not get the chance to extract those calories.

When you think about it in these terms, it probably makes a great deal of sense. After all, you have spent years listening to people who have told you how good raw and unprocessed foods were for your digestive system. Plus, there have probably been times when the speed at which you have had to visit the bathroom has provided ample testament to the fact that raw foods 'keep you going'!

Now you understand why, and you can probably understand why processed or refined foods are likely to help pile the weight on as well. You'll learn more about this concept later.

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In contrast, there are other foodstuffs like the [essential fatty acids](#) (the Omega-3 and Omega-6 families) that are never likely to add a great deal of fat to your frame no matter how much of them you eat because their primary function is to help with the repair of bodily cells as well as helping to keep many essential metabolic processes functioning correctly.

So, refined foods are likely to add more weight than are natural raw foods even if they have no difference in terms of total calorific value. You now know what you have to do to start shifting your unwanted flesh – you have to drop around 3500 calories to get rid of one pound of weight or 7700 calories for every kilo.

Here is a final thing to consider before moving on, one very important thing that you must do before embarking on your fat loss program.

It is extremely important that when you initially start your weight loss regime – hopefully immediately after reading this book – you have a final target weight as an objective.

If you do not have a final objective in mind when you start, it is going to be almost impossible for you to ever feel satisfied with the weight that you have lost and the shape you are in.

It can be extremely tempting to just keep losing weight for the sake of it and that is not the way to good health, fitness and general well-being. On the contrary, it is the way to acquiring [anorexia](#), and while I have no doubt that anyone who is seriously overweight or obese might like to believe that they would welcome being anorexic, it is definitely not something you should want.

Without a final target weight in mind, it is far too easy to become obsessed with losing just a pound or two more until one day someone points out to you that you are already way too thin, by which time it is likely that anorexia is already a problem.

I know that you are probably reading these words thinking 'that could never happen to me' but that is what every anorexic person thinks.

So, taking account of your build, bone structure and musculature, try to establish a 'good weight' (note, not an 'ideal' weight – it does not exist) for someone of your build using a weight table such as [this](#) or a downloadable, printable chart like [this one](#), and make that your target. Having done so, stick to that target so that once you get there, you alter your weight loss diet and exercise regime to one that is designed to maintain weight rather than lose it.

Okay, with that note of caution out of the way, let's start to consider what you can do to get rid of those extra pounds.

The answer is really very simple...

You pile on the poundage because you are taking in energy that you are not using.

There are two things that you can do to start shedding the fat pounds, two things that can be done in isolation but which work far better if done together.

One is to increase the amount of calories that you burn every day through a program of sensible exercise.

The second is to reduce the calories that you take in, so that instead of eating more calories than you need every day, you are eating fewer. As suggested, these could be considered an 'either/or' choice, but I would strongly suggest that you should think about both at the same time, because doing so cannot fail to accelerate the speed at which you will shed the extra pounds.

We will begin by looking at the benefits of exercise.

How exercise helps to accelerate weight loss...

Why exercise helps weight loss in more ways than one

The benefit of exercise is that while you are exercising, you will be burning additional calories over and above those that you have been using previously.

Consequently, exercise will help to get rid of the additional weight you are carrying. If regular exercise and you have become strangers in the recent past, it is time to start getting yourself reacquainted with doing some exercise.

However, it goes much further than actually burning off more calories when you are participating in exercise, because activity helps to speed up your metabolism as well.

In essence, once you start a program of regular exercise, your body might actually burn more calories even when at rest, so that there will be an all-round improvement in the speed at which you are using up the calories. In fact, this improvement can go as far as burning off more calories when you sleep, because although your body is at rest, the 'speed up' effect in your metabolism is a 24/7 thing.

However, it is generally believed that anaerobic exercise is far more effective for burning fat when you are at rest than is aerobic exercise. I will expand on the differences below.

What kind of exercise is best?

There is no one answer to the question of what kind of exercise is best, because to a large extent it will depend on what you want to achieve while getting rid of the surplus poundage.

For example, while most overweight people are likely to be primarily interested in getting rid of their surplus fat and not a great deal more, there will be some people who are equally interested in building their musculature.

For anyone that falls into this category, the exercises that you choose to do will be different from those that work best for people who are just trying to shed the extra pounds of fat. As an example, if you are trying to replace fat with muscle, then lifting weights is going to be more appropriate than would be swimming or running, although of course, all three forms of exercise would have significant benefits.

In essence therefore, you need to know what your primary target is before deciding what kind of exercise program is best for you.

There are essentially two different types of exercise, aerobic and anaerobic.

Aerobic exercise is called this because it encompasses the exercises that make you 'out of breath', so that you begin breathing more deeply as a way of replacing the depleted levels of oxygen in your body and blood. Aerobic exercise works your lungs and speeds up your heart, and it is therefore generally better at burning fat than is anaerobic exercise. Aerobic exercise takes in such things as running or jogging, swimming, cycling and even walking.

Anaerobic exercise on the other hand is the opposite, the kind of exercise that does not get you out of breath or make you 'puff and pant'. Falling into this category would be the weightlifting. As previously suggested, anaerobic exercise does not burn off the fat as quickly as does aerobic, but it does have the benefit that it is more effective for speeding up your metabolism, leading to the effect of burning more calories even when at rest.

Aerobic exercise works as part of a fat burning weight loss plan, because your body normally turns to carbohydrates to provide the energy that you need. However, when exercising, your body starts to look to the stored fat to provide some of the necessary energy as well, hence the weight loss effect.

Anaerobic exercise on the other hand will generally be almost entirely fuelled by the carbohydrates in your body, and therefore the fat loss

effect is far less noticeable. It does however have the advantage of speeding up your metabolism.

It is important to realize that there are situations where the two different forms of exercise tend to blur into one another. For example, if you start out walking slowly, then that is aerobic exercise, but if you start to push your speed until you reach jogging and then running pace, the expansion and contraction of your muscles means that you are also exercising anaerobically as well as aerobically.

There are a couple more factors to bear in mind.

Firstly, somewhat counter-intuitively, the heavier you are, the more calories you will burn. As you will see from the table in the next subsection, while a 120 pound person will burn fractionally over 9 cal per minute when jogging, a 180 pound person will use just short of 14 cal per minute doing exactly the same thing.

Secondly, even within a category of exercise, some forms of exercise are more effective for burning of fat than others. As an example, because of the effects of gravity, weight-bearing exercises such as jogging, running and walking are more effective for burning fat than would be non weight-bearing activities such as swimming or even cycling. In both of these cases, the effects of gravity have little or no influence on the amount of work you need to do.

No special equipment is needed, so no excuses...

The following table of how many calories you burn per minute of exercise is taken from ACE Fitness Matters, Volume 1, Number 4, 1995:

<u>Activity & Calories/min</u>	<u>120 lbs</u>	<u>140 lbs</u>	<u>160 lbs</u>	<u>180 lbs</u>
Aerobics (Traditional)	7.4	8.6	9.8	11.1
Basketball	7.5	8.8	10.0	11.3
Bowling	1.2	1.4	1.6	1.9
Cycling (10 mph)	5.5	6.4	7.3	8.2
Golf (pull/carry clubs)	4.6	5.4	6.2	7.0
Golf (power cart)	2.1	2.5	2.8	3.2
Hiking	4.5	5.2	6.0	6.7
Jogging	9.3	10.8	12.4	13.9
Running	11.4	13.2	15.1	17.0
Sitting Quietly	1.2	1.3	1.5	1.7
Skating (ice and roller)	5.9	6.9	7.9	8.8
Skiing (cross country)	7.5	8.8	10.0	11.3
Skiing (downhill and water)	5.7	6.6	7.6	8.5
Swimming (crawl and moderate pace)	7.8	9.0	10.3	11.6
Tennis	6.0	6.9	7.9	8.9
Walking	6.5	7.6	8.7	9.7
Weight Training	6.6	7.6	8.7	9.8

So, if you are going to exercise for 30 minutes, then you would take the figure from the table for whatever it is that you are planning to do, and multiply by 30 to calculate how many calories you will burn.

Note that according to the table, walking burns more calories than downhill skiing or cycling. Although most people would probably be surprised by this, it does emphasize that walking is an extremely effective form of exercise, which is good because it demonstrates that you do not need special equipment to begin an effective exercise program.

If you have not been doing any form of exercise recently, you should start slowly and build up gradually, but there is no reason and definitely no excuse for not starting to take exercise on a regular basis. If you're serious about losing the extra fat, half an hour or even an hour of walking every day should be a small price to pay.

You should also note that the calories burned during exercise shown in the previous table is a gross figure, and takes no account of the calories that you would have burned if you were doing something else.

For example, if you are a 180 pound person who is running and therefore burning 17 calories a minute, you would need to subtract the calories that you have been burning doing something else from this figure to arrive at any meaningful net total of *extra* calories burnt.

Even if the alternative activity is nothing more strenuous than sitting on the couch watching the TV, you're still burning 1.7 calories an hour

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according to the 'Sitting quietly' figure shown in the table. Thus, your net extra calorie burn is actually 15.3 calories a minute. I know that this might seem like a very small difference but it is important to understand that there is a difference between gross and net calories burned.

Other important exercise considerations...

One thing that is often noticeable with people who have not been exercising on a regular basis, is that they are mechanically inefficient. Even with walking, if you have not been walking in any serious way in the recent past, the chances are that your walking 'style' and pattern is likely to be inefficient at first. Injuries and other physical damage are far more likely to happen in these early days, hence not trying to do too much, too soon.

Here is the most interesting thing about being mechanically inefficient in this way. Because you are expending energy on both the exercise that you are attempting to do *and* on making sure you do it properly, you will in fact burn more calories in these early days than you will later once you have acquired mechanical efficiency.

To get some idea of what I mean by mechanical efficiency, think of Olympic race walkers. Could you seriously consider walking 50 km at the speed that these people go at?

An Olympic 50 km race walking champion can do it because they are mechanically efficient. Despite the fact that they probably look slightly absurd to the untrained eye, with their hips swiveling, arms pumping and walking at a speed that falls marginally short of a jog, it's amazing to think that these people really do know what they are doing.

They do, because otherwise they would not be able to walk the distances they cover at the speeds that they achieve and maintain.

Now, I'm not suggesting that you adopt the walking style of an Olympic race walker, but you should appreciate that in the early days when you first start exercising, you are mechanically awkward. Consequently, you will burn more fat calories because you are fighting your inefficiency

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and exercising at the same time. It follows that the more you exercise the more efficient you will become and therefore the fewer calories you will burn.

I know that sounds a little unfair, but that is just the way it is.

In a similar way, you have already seen that the bigger you are, the more calories you are going to burn. It is therefore logical that as you lose the unwanted pounds and your weight starts to fall, you will again use fewer calories while exercising than you did at the beginning.

There is nothing that you can do about this, because it is something that happens which is unavoidable.

Another aspect of adopting an exercise program for the first time is realizing that it makes a difference to your life in many ways. For example, if you spend an hour or two in the gym every day, it is logical that you will be fairly exhausted. It would be no surprise if you found that you needed an afternoon nap, something that you had previously never considered.

During the time that you are sleeping, you are burning off the minimum number of calories, so to a certain extent, this will offset the benefits of the rigorous exercise that you have just undertaken.

If you put yourself through such a strenuous, vigorous exercise regime, it will probably increase your appetite too. It is not unknown for people who decide to exercise so vigorously to put on weight rather than lose it, because they are building muscle mass at the same time as eating far more than they were previously.

Keep a journal...

As soon as you start your fat weight loss program, the first thing that you must do is start a journal.

In this journal, record all of the exercise that you do, noting the type of exercise you have been doing, how long you are doing it for and the intensity of your activity.

For example, you can walk extremely slowly or you can walk at the speed of an Olympic race walker and there is going to be a significant difference between the calories you would burn off in these two alternative scenarios, so having a record of activity intensity is essential.

Remember that when you first exercising again, you are mechanically inefficient and heavy, and that the number of calories you're burning off is therefore larger.

On the other hand, as you become more used to regular exercise, you should be able to 'up' the intensity level so that you burn off the same number of calories as you did in the early days, or perhaps even more.

Don't forget to take this into account, and factor this in when you try to calculate a 'net calories burned' figure for recording in your journal.

You need to keep a constant record of your (declining) weight in this journal, plus a complete record of everything you eat and drink.

This journal will become your 'fat loss bible' over the coming weeks, and you should not underestimate the importance of keeping a journal of this nature because it can serve many positive purposes.

Firstly, there will be times when you will be tempted to skip an exercise session or tuck into a large bowl of ice cream with chocolate sauce. One quick glance at your journal should dissuade you from this (at least most of the time anyway!).

Secondly, I have no doubt that by following a regular program of exercise combined with eating and drinking in the way I recommend

later in this manual, your weight will fall and you will become both slimmer and fitter.

When you are trying to lose weight, there is nothing more encouraging or inspiring than to see actual written proof that what you're trying to achieve is working, and do not forget the point I raised earlier about having a final target weight and sticking to it.

You should not realistically expect to see a massive weight loss every day unless you start off from being very obese indeed.

For this reason, I would not recommend that you take a note of your weight every day, but perhaps do so once or twice a week.

In this way, the weight loss becomes far more apparent, which is much more encouraging and far more likely to keep you going when temptation strikes from time to time (as it inevitably will).

But I don't have time for exercise...

Hogwash!

I understand that you are probably very busy every day of your life, but the fact is, everyone can make time for exercise if they apply some creative thinking and have enough determination to push through with what needs to be done.

For example, if you take the train, subway or bus to the office or factory every day, get off to three stops early and walk the rest of the way. It might add 10 minutes to your trip, but it will also provide the exercise that you must do if you are serious about shedding the fat.

In a similar way, if you use your own car to get to work, park it further away from the office if possible, and walk the rest of the way. If not, park on a lower level of the car park than you normally use, but use the stairs to get up to the floor you work on, rather than the elevator.

In fact, use the stairs whenever you can, because according to [one sports nutrition expert](#), a person weighing 150 pounds will burn 12.5 calories per minute climbing stairs. If you work in an office block, use your break time or 15 minutes of your lunch to do some serious step climbing, and you will be making a significant impression on the 3500 calories that you have to burn to get rid of one pound of fat. Perhaps you are a person who is extremely busy at work and equally busy at home with the family? You may even be a housewife or househusband, but there is still no excuse not to exercise.

For example, why not create a program of enjoyable exercise that the whole family can indulge in? Walking around the park, cycling or swimming together are all excellent exercise options and something that everyone can enjoy together. And, if you have children who are not yet able to swim, there is no better time to start teaching them than right now because swimming is a skill that could save their life one day.

Here's another thought.

Even everyday 'around the house' activities burn off the calories with washing the car, vacuuming the house, or digging the garden, all representing a form of activity and exercise.

So, if you usually take the car to a drive-through car wash every week, save yourself some money and get a workout every weekend by washing the car yourself.

If you vacuum the house or apartment once or twice a week, double the times that you do it. Not only will this make sure that you keep the house that much cleaner, which itself can have health benefits – cleaner air with less floating dust that can cause allergies – it will double the number of calories you burn doing basic housework as well.

If you have a garden, it could always be made to look neater and tidier couldn't it?

Once again, if you only 'do' the garden once a month, double up and double up the number of fat calories you are burning off at the same time.

You are what you eat and drink

Water is the essence of life

Water is the very essence of life.

You can live for a long time without food (protest hunger strikers have survived for over 10 weeks without anything to eat), but no-one can survive more than a few days without water.

Water serves many purposes for us. Your body uses water for moving the necessary nutrients to the places in your body that need them, and removes waste material from your body as well. It also helps the various organs in your body communicate with one another by providing a medium through which they can send electrical impulses to one another.

Here's a very important fact. A 5% reduction in bodily hydration will equate to a 20% fall in usable energy levels, which if you are exercising is a very serious consideration!

Water has zero calories, and as long as the water that you are drinking is alkaline water, it helps to offset the natural acidity of your body too.

The final factor about water is that when you drink it, it fills you up. This might sound simplistic, but you should pay a great deal of attention to this because when your stomach feels full, you don't want to eat.

Consequently, drinking plenty of water will naturally reduce the amount of food that you think you have to eat to overcome the feelings of hunger that you believe you are suffering.

You often see it quoted that you should drink eight glasses of water a day, but while this is a very reasonable starting point, the amount that you should drink as an individual depends upon your own metabolism.

Nevertheless, eight glasses of water a day would equate to somewhere around 3 to 4 liters, which is certainly a reasonable level of water to drink as a starting point, but if you want to drink more than this, then go for it – unless you drink the equivalent of a tanker truck of water, no harm will come of it, and it will add no calories.

Also, you have to be aware that your body often confuses hunger and thirst, because in both cases, your metabolism is calling out for something to fill an empty space in your stomach.

Hence, when you are on a diet, try drinking water every time you believe that you are hungry. Give it 15 minutes to see if the feeling of hunger persists, because the majority of the time, it won't, so water helps you to avoid taking in more calories than you need.

Before you sit down for a meal – indeed, if you're cooking at home, before you even start preparing or cooking the meal – drink at least one large glass of water, possibly two, depending on how long the preparation and cooking process takes. Once again, this will reduce the empty space in your stomach, make you feel less hungry and get rid of the temptation to nibble as you're going along or to try the food on numerous occasions during the cooking process.

For the same reason, drink at least two glasses of water when you first get out of bed in the morning. For most people, the time between dinner in the evening and breakfast is their longest period without food, so it is natural that you might feel especially hungry in the morning.

A couple of glasses of water will suppress your desire to eat and reduce the amount of food you are going to consume for breakfast.

Water is the most important fluid you can take in, and you should therefore try to replace as many as possible of the other drinks that you

might take, with water. However, it is inevitable that there are times when you want to drink something other than water, in which case all you need to do is to seek some kind of sensible balance.

For example, if you drink ordinary tea or coffee, both contain caffeine which is a known diuretic. Consequently, for every cup of tea or coffee you drink, you should drink at least two glasses of water to replace lost fluids.

Similarly, some medicines and herbs also have diuretic qualities, so you need to drink sufficient water to replace those lost fluids.

Water helps to clean out your body and fill your stomach at the same time. Add this to the fact that it has absolutely no calories whatsoever, and you can understand why water should form an essential part of any sensibly planned natural weight loss program.

Balance and your digestive system...

Earlier in this manual, I suggested that your system processes raw foods considerably more quickly than it processes refined, fast foods, and that while any foodstuff is still in your digestive system, your body will continue to pull as many calories from it as possible.

Consuming raw foods is one way of helping your digestive system to become more efficient, but there are many other things that you can do that will provide additional help.

The fact is, digestion is the most energy consuming activity that your body ever has to undertake, so the more you can help your digestive system to become more efficient, the healthier you will become.

The basic digestion process is designed to break foodstuffs down into their constituent materials before using each of those constituents as necessary. For example, every single morsel of food that reaches your

stomach will be broken down into minerals, vitamins, calorific energy and so on.

However, not every foodstuff is digested in the same way, with some foods (e.g. those that are rich in protein) being broken down by acids, whereas others (e.g. carbohydrates) needing alkalis to prompt digestion.

Consequently, if you mix proteins and carbohydrates in the same meal, you have a situation where your body is completely confused! On the one hand, you are producing acids to digest one particular foodstuff, and at exactly the same time, you are producing alkalis to digest something else, and the two substances cancel each other out.

The net result is that nothing gets digested, and at some point, your bodily system simply gives up.

Instead of eating protein and carbohydrate rich foodstuffs in the same meal, eat them at different times in different meals.

Also, because vegetables can be digested by either acids or alkalis, 'bulk up' each meal with vegetables, as detailed in the next chapter.

With these steps, you will help your digestive system to become more effective, and we have already seen that the less time food spends in your digestive tract, the fewer calories come from it and therefore the less fat you will accumulate.

The importance of vegetables

It's an unfortunate fact that the majority of us have a very dim (and unhealthy) view of vegetables, which is a shame because if you are trying to lose weight by shedding fat, the more vegetables you can include in your diet, the more effective you will be.

The fact is that vegetables are very high in nutrients and minerals, whereas they are very light in saturated fats and sugars, exactly the kind of things that you do not want to take in when you're trying to get rid of an excess of bodily fat.

There is really no limit on the amount of leafy green vegetables that you consume, while 'ordinary', day-to-day vegetables such as broccoli, Brussels sprouts, cauliflower and carrots are all a rich source of essential vitamins and nutrients.

There are many vegetables in the so-called 'Super Foods' list that you will find in 'Appendix A', so those are the ones to focus on.

Make it a point to eat a large green salad every day, including mustard or collard greens, kale, bok choy, cabbage, radish or spinach.

Also, find space for water filled vegetables such as cucumber and celery, because these have the double benefit of helping to keep you completely hydrated while adding very few additional calories to your diet.

The only thing that you have to place any limits on are starchy vegetables such as potatoes, beets, sweet potatoes and yams. Remember that these vegetables are primarily carbohydrates, so keep them separate from your proteins (meat, chicken etc).

A few portions of starchy vegetables every week should be enough, and when you eat them, try to do so earlier in the day because that gives your digestive system sufficient time to break these vegetables down before you go to bed.

As previously suggested, eating raw foods is a terrific way of boosting your fat loss efforts. If possible, you should aim to eat around about one pound of raw vegetables every day.

At the same time, there are some vegetables that are better cooked, but when you do so, make sure that they are steamed rather than boiled (boiling takes away a significant amount of the goodness), and of course, they should not be fried if at all possible!

Eat More Fruit!

Yes, I know that the chapter title is a bit abrupt but I cannot overemphasize how important fruits are as part of a sensibly structured fat reduction diet.

Fruits are packed with all the nutrients such as vitamins, minerals and fiber, that you need to stay healthy and to lose the fat.

I have discovered that you should eat fruit in a certain way if you want to get the maximum benefit from it. The first thing is, you should only eat ripe fruit, because the process of ripening is akin to human digestion. Hence, ripe fruit is already 'broken down' and really easy for your body to absorb the goodness from.

Secondly, you should eat ripe fruit on an empty stomach, giving it 30 to 45 minutes before you consume anything else. Doing things in this way means that you get the maximum benefit from the fruit that you have consumed, whereas if you eat fruit after a meal (for example), it will sit on the top of that food in your stomach and rot.

Follow your fruit with water, and you will have the maximum benefits from what you eaten, and you will feel full before you start your next meal. Together, water and fruit act as a natural appetite suppressant, helping you to cut down on the amount of calories you are taking in. You will find many fruits in the 'Super Foods' list, such as apples, bananas, blueberries and raspberries, so whichever of these most suit your tastes, go for it!

Negative Calorie Foods

The only truly zero calorie substance is water, but there are many foods that are listed as negative calorie foods.

This is because the process of digesting your food uses energy and therefore burns calories. Indeed, while your body is digesting your food, it is channeling most of your energy in that direction.

Negative calorie foods are those that do contain calories but in such small amounts that your body needs to use more calories to digest them than they contain. Hence, including a significant percentage of negative calorie foods in your everyday diet will inevitably provide a big boost for your fat loss efforts.

You will note that several of these negative calorie foods are also featured on the 'Super foods' list at 'Appendix A', which suggests that a significant proportion of your daily diet should comprise as many of these foods as possible:

Negative Calorie Foods

Asparagus	Apple
Beet	Cranberries
Broccoli	Grapefruit
Cabbage	Lemon
Carrot	Mango
Cauliflower	Orange
Celery	Pineapple
Chile peppers	Raspberries
Cucumber	Strawberries
Dandelion	Tangerine
Endive	
Garden cress	
Garlic	
Green beans	
Lettuce	
Onion	
Papaya	
Radishes	
Spinach	
Turnip	
Zucchini	

Other things to include in your diet

Green tea

It has long been believed that drinking green tea has many health giving benefits, amongst which is its ability to increase your metabolic rate - which raises the rate at which you are burning off calories. In addition, it is also believed that it can help to enhance fat oxidization, which in turn helps your body to burn fat more quickly.

The secret weight loss weapons in green tea are [catechin polyphenols](#), because while all teas contain antioxidants, it is only green tea that contains a significant amount of catechins.

These substances help to keep the weight off by blocking the normal movement of glucose sugars in the cells of your body. They also work in tandem with other substances in your body to increase the rate of fat oxidation, which is another way of saying that they help your body to

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burn fat as fuel rather than burning carbohydrates - which would normally be the 'first choice' fuel that your body would turn to. The most abundant of the catechins found in green tea is [epigallocatechin gallate](#) (EGCG), which has the ability to alter hormone levels in the body which naturally helps to suppress your appetite. In addition, it is believed that it also affects the levels of [noradrenaline](#) which is a [neurotransmitter](#) that is partially responsible for controlling the levels of '[active](#)' brown fat tissue in the body.

Strip away all of the science, and the net result is that drinking green tea or taking green tea extract is going to help to accelerate your fat loss while also helping to limit the further buildup of white fat tissue, the kind that you most want to get rid of.

I mentioned earlier that drinking water is vitally important, but if you want an alternative that you can drink from time to time which will also help to promote quicker fat loss, green tea is the answer you have been looking for.

Acai berries

[Acai berries](#) are small but nevertheless easily distinguishable purple/black berries that are originally from the Amazon rainforests. You will see that this is one of the foods mentioned on the 'Super Foods' list, as well it should be, because it is generally believed that there are a very wide range of health benefits to be gained from eating acai berries or at least taking acai berry extract.

For example, it is suggested that acai can help to prolong your life, that it is a very powerful antioxidant and that it can help to keep your blood pressure under control as well.

However, in weight loss terms, the most important benefits are that acai helps boost energy levels and stamina, which should assist your exercise efforts.

In addition, because acai contain very high levels of dietary fiber, they will also help to prompt your digestive system to become more efficient, meaning that less 'junk' gets left in your stomach and digestive tract.

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This is important, because most people do not take in sufficient dietary fiber in their normal diet. This means that over time, a significant amount of undigested food detritus gets left in your stomach (some claim that there can be up to 20 pounds of 'rubbish' in your gut that never gets shifted under normal circumstances).

As you drink lots more water while increasing your consumption of high fiber foodstuffs such as fruit, vegetables and acai, it is quite possible that you will see a very significant weight drop in the first few days as this accumulated 'junk' is flushed out of your system.

Yerba Maté

[Yerba Maté](#) is another plant that is indigenous to South America that is generally taken as a tea by steeping the leaves of the plant in boiling water (the drink is known as maté).

The weight loss related benefits of Yerba Maté are believed to be widespread, with claims that it can assist in burning fat, aid stamina and endurance, while helping to detoxify and 'clean out' your body.

However, probably the most important benefit to anyone who is trying to lose weight and burn fat is that Yerba Maté appears to be a very effective natural appetite suppressant. This helps you to follow a more sensible eating pattern.

Apple cider vinegar

Although it can have a bitter, sour taste, [apple cider vinegar](#) is a substance that is claimed to have a wide range of health benefits. While many of these benefits have not been tested or proven scientifically, a test conducted on 12 people in 2005 found that most of them reported feeling more full and satisfied after eating bread that had been infused with a few drops of apple cider vinegar when compared to eating the bread alone.

Hence, as with many other substances reported in this chapter, it appears that apple cider vinegar may act as a natural appetite suppressant, with many people taking it by mixing it with honey in a hot drink, or alternatively with fruit juice.

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More simple steps to effective natural weight loss...

Instead of eating two or three substantial meals a day, suppress your appetite with water or any of the substances that you read of in the previous chapter, and try to eat five or six small meals every day.

By doing so, you will spread the energy that you draw from those meals more evenly throughout the course of the day, meaning that your energy levels become far more constant than they might otherwise be. This also puts significantly less strain on your digestive system, which can be helpful in flushing out the toxic waste that otherwise tends to hang around in your stomach and colon.

Another thing that you can do that is effective is to make a conscious effort to chew your food many more times than you have in the past.

By chewing your food a great deal more in this way, you are making the remains of it far easier for your stomach to digest while making it far less likely that you are going to overeat. This is because your stomach does not register the amount of food that you have eaten immediately, so if you eat quickly, it is very easy to put too much food into your stomach without realizing it. It is only later that you begin to feel overfull and bloated.

Chewing your food more slowly and comprehensively automatically means that it is far easier to stop eating before your stomach becomes over-full. Furthermore, because your teeth have done a good 'predigestion' job of breaking your food down before it hits your stomach, you make the digestive work considerably easier.

One mistake that you should not make is to stop eating altogether. Many people who are determined to shift stubborn fat from their body try to do so by starving themselves, but this never works, because all that happens in this situation is that your body starts to 'shut down'.

When this happens, not only will your body start burning the fat, but it will also start to eat away at muscle tissue. Hence, you will be losing

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weight, but the kind of weight you are losing is exactly the kind of weight that you want to retain.

To take this even further, your heart is nothing more than one large muscle, and if you are seriously overweight or obese, your heart is already under significant extra pressure and strain. If you start to starve yourself, you are therefore putting even more strain on your heart, which is really not a smart thing to do.

In short, forget the idea of starving yourself. Not only is it an ineffective way of shedding fat, it could be dangerous as well, so don't do it.

Instead, stick to what you have read in this book. You have everything you need here to shed your excess fat quickly and safely, so don't be tempted to try to do something that is counterproductive and could be dangerous.

Conclusion

In this book, you have everything you need to lose weight quickly, safely and completely naturally, and as I hope you understand by now, there really is nothing complicated or difficult about losing weight in an entirely natural way.

You do not need to take chemical-based or even natural diet pills, nor is there any need for following a strictly regimented diet that adheres to the guidelines set out by a particular diet plan. All those things do is take your money, whereas losing weight naturally really needs nothing more than a sensible program of exercise to prompt your body to burn calorie energy more quickly combined with a sensible, balanced diet.

You will note that I have not suggested that there are any particular foods or drinks that are completely forbidden, and this is a conscious choice, because for most people, the hardest part of losing weight is that they cannot stand the thought that certain things are banned.

Certainly, you should place a very strict limit on sugar rich foods, coffee and alcohol, but a bowl of ice cream or a beer every week is not going to destroy your weight loss efforts. On the contrary, because little treats like these can often perk you up, they may have completely the opposite effect of making it far easier for you to stick to your diet. Any time you need to know how many calories there are in any particular foodstuff, this is the most [comprehensive food calorie list](#) that I have been able to find anywhere on the net.

Now that you have reached the end of this book, I hope that it has opened your eyes to the fact that shedding unwanted fat completely naturally is not anywhere near as difficult as many people might imagine.

Appendix A – “Super Foods”

This list of ‘Super Foods’ is taken from this [Wikipedia.org page](#). Thus, if you need to check the citation references, go to the Wikipedia page by following the link above:

- [Açaí](#) ^[9]
- [Apples](#) ^[10]
- [Alfalfa](#) sprouts ^[11]
- [Aloe Vera](#) ^[12]
- [Aphanizomenon flos-aquae](#) ^[13]
- [Avocado](#) ^[14]
- [Bananas](#) ^[15]
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- [Bilberry](#) ^[19]
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- [Soy](#) (see also [Soybeans#Promotion as health food](#)) ^[35]
- [Spinach](#) ^[40]
- [Spirulina](#) ^[41]
- [Sweet Potato](#) ^[citation needed]
- [Green Tea](#) or [Black Tea](#) ^[16]
- [Tomatoes](#) ^[42]
- [Turkey](#) ^[16]
- [Walnuts](#) ^[43]
- [Watercress](#) ^{[44][35]}
- [Yacon Root](#) ^[45]
- [Yogurt](#) ^[16]