

## The Essentials of Successful Fat Loss

### Part 1

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Are you seeing the results your time and effort deserves? Or are you left guessing why the scales aren't budging at the end of each wk? Have you ever wondered that there may be a missing link to why you're not in great shape?

Well, there are a number of **metabolic factors** that need to happen in order for your body to burn fat. Without any one of these your results will be seriously hampered. It's time to stop calorie counting and clock watching. It doesn't matter if you do an hour of exercise every other day or eat low fat meals. If you are missing any of these 6 key ingredients for weight loss then you might as well kiss your results good bye.

#### **1. Insulin Regulation**

Insulin is a storage hormone. It stores carbohydrates, in the form of glycogen. It will either store carbs in our muscle cells for energy or our fat cells for 'later'. If you have excess body fat, above 10% for males and higher than 16% for women, it is more than likely that you have what's known as Insulin Resistance. This means that your body cannot recognise the amount of insulin it's producing and therefore produces too much. The more insulin resistant you are the more likely you will be storing your carbs (glycogen) as fat. In fact people who are insulin resistant will store 80% of their carbs as fat no matter how many calories they consume.

The opposite of insulin resistance is Insulin sensitivity. This should be your aim: To become Insulin Sensitive and store your carbs in your muscles for energy. To do this you must eliminate all unnecessary carbs from your diet. These include starchy carbs such as bread, rice, pasta, cereals, grains, sugars, flavoured juices and fizzy drinks, and some fruits.

Once you become insulin sensitive then you can add these back in to your diet. Your body will then be able to store these sugars in your muscles rather than as fat.

#### **2. Protein intake**

The recommended daily allowance for protein intake is .8-1gm of protein per kilo of body weight. However this is for couch potatoes only. Once you start moving and exercising your requirement goes up significantly. For fat loss all the research points to a minimum of 1gm of protein per pound of body weight. To put this into perspective a 100gm turkey breast has roughly 30grms of protein in it. If you weigh 10st (140lbs) then you would need to eat about 5 turkey breasts a day to get your daily requirement in. You should vary your protein sources from day to day rather than relying on just one or 2 sources. Protein is contained in meats: beef, lamb, pork, venison, chicken, turkey etc and fish: salmon, cod, haddock, tuna, mackerel etc. Eggs are also a great source of protein too.

Protein should be eaten at regular intervals throughout the day, 6-7 small portions eaten every 2-3 hrs. This ensures regular protein feeds which increases your metabolism and

energy levels while also helping control Insulin and increasing Insulin sensitivity (Hey, that's two birds with one stone!)

### **3. Smart Fats**

Smart fats also known as good fats are essential ingredients to have in our diet. In fact they are most commonly known as Essential Fatty Acids or EFA's. The word Essential should not be taken lightly.

We need these fats for a variety of different reasons in our body:

- Optimise brain function
- Increase testosterone production
- Maintain a healthy heart
- Control blood pressure
- Maintain joint integrity
- Increase energy
- Increase mood
- They are even involved in burning body fat and increasing your metabolism.

Sources include: Fish, meats, eggs, brazil nuts, almonds, pecans, walnuts, cashew nuts, pumpkin seeds, flax seeds, sunflower seeds, avocados, coconuts, extra virgin olive oil and butter. Yes butter, not margarine, real butter in a solid block. In fact the fat in butter is absorbed so quickly that it is used for energy straight away. This makes it physiologically impossible to be stored as body fat.

In Part 2 I will discuss the 3 other factors necessary for optimal fat loss.

In the mean time you can start to implement some of these strategies straight away like reducing your sugar intake and increasing your good fat and protein intake. 3 simple steps that will have you dropping fat in no time.

Dedicated to Helping You Get Results Fast,

John O'Connell

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