

6^{WAYS TO}
LOSE
BELLY
FAT
WITHOUT


EXERCISE!

JJ Smith

6 WAYS TO LOSE BELLY FAT WITHOUT EXERCISE!

by JJ Smith

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Published by Adiva Publishing
12138 Central Ave, Ste. 391
Mitchellville, MD 20721

For more information, see www.JJSmithOnline.com.

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Library of Congress Cataloging-in-Publication Data

Smith, JJ

6 Ways to Lose Belly Fat Without Exercise! /JJ Smith, First Edition

1. Health/Diet 2. Weight Loss 3. Women's Health and Wellness

ISBN: 978-0-9823018-8-3

Testimonials for
“6 Ways to Lose Belly Fat Without Exercise!”

“So far, I have lost 4 lbs and 2 inches off my belly in the first week! I am so excited. I want to thank you for all your info and caring enough to share it with us. Thank you so much!!!”

—Carolyn S.

“I dropped 3 inches in my waist the first 10 days!!!”

—Vanessa B.

“I have been following *6 Ways to Lose Belly Fat Without Exercise* since Sept 24th, and in 3 WEEKS, I have lost 5 INCHES from my waist/belly area!!!! Slimmer abs are within me!! I am beginning to lose the belly fat!!! I almost couldn't go to sleep for dreaming of my future . . . And how my life and body are transforming into a better me. I just had to share, just couldn't help it. Thank you!! It's truly working for me! And I honestly have not been working out at all, and I'm still getting these amazing results!!!”

—Debra P.

“I have lost so much belly fat . . . I lost close to 5 inches in my stomach area in just one month. I'm so, so happy about that; my sister just doesn't believe that I haven't worked out, not once.”

—Clarisse J.

“I'm 44 years old and, like most men, I have always dreamed of having a six-pack. I have worked out off and on my entire life but never could achieve that elusive six-pack until I discovered JJ's program to lose belly fat without exercise. I lost 14 pounds in 3 weeks and am constantly looking at or taking pictures of my abs. My abs look better now than they did when I was 21 years old!”

—Tyler J.

“This has truly been life-changing for me. I am an avid gym rat but could not seem to get rid of my belly; 3 months on your program and I can see the abs forming in my pictures, and I couldn’t be happier. So . . . all I can say is thank you, thank you, thank you!”

—Moe B.

“I am 6 pounds down—3 inches lost in the belly area and 2 inches in the waist area. I am really happy with my results and appreciate the helpful recipes. My metabolism is back up and I feel really good!”

—Christie C.

“I went from a 41 waistline to a 38, losing 3 inches in the first 3 weeks.”

—Geraldine S.

“I purchased *6 Ways to Lose Belly Fat Without Exercise* seven days ago, and I’ve lost two inches off my waist in ONE WEEK. As far as the BELLY FAT . . . It is almost completely GONE!!!”

—Lashell

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Important Note to Readers

The information contained in this book is for your education. It is not intended to diagnose, treat, or cure any medical condition or dispense medical advice. If you decide to follow my plan, you should seek the advice and counsel of a licensed health professional and then use your own judgment.

It is important to obtain proper medical advice before you make any decisions about nutrition, diet, supplements, or other health-related issues that are discussed in this book. Neither the author nor the publisher is qualified to provide medical, financial, or psychological advice or services. The reader should consult an appropriate healthcare professional before heeding any of the advice given in this book.

Preface

I am a nutritionist, a certified weight-loss expert, author of the #1 bestseller *Lose Weight Without Dieting or Working Out*, and creator of the Detox-Eat-Move (DEM) System. I help people lose weight without dieting and working out so they can get their sexy back!

Every day, I get asked the same question: “How can I get rid of belly fat?” I totally understand why! I used to be so frustrated with my belly. I looked like I was about three months’ pregnant and wore big baggy shirts to cover it. I have been where you are today. But then I spent years figuring out what was causing my belly fat and learned how to get rid of it for good. My goal for writing this book is to teach you how to get rid of your belly fat once and for all!



JJ's BEFORE



JJ's AFTER

When I went on the *Steve Harvey Morning Show*, I showed them before-and-after photos of my belly that I had taken with my cell phone. They were amazed by the difference and suggested I share the pictures on my website. Well, as struggling with weight is deeply personal, I

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couldn't bring myself to post them then. However, my clients will tell you that I do know what works and works very well for getting rid of belly fat. But for the sake of convincing any doubters, I will finally share the photos so that readers can see the results of these six strategies that helped me get rid of my belly fat without exercise.

I must say I'm so excited to write this book because you have asked for it. Every single day someone asks me how to get rid of belly fat. I have answered that by creating the most comprehensive program ever created on how to get rid of belly fat once and for all. Yes, it's possible to lose belly fat **WITHOUT** exercise, without sit-ups or crunches, without long boring cardio workouts, without ab belts or gadgets—and no fad diets!

I want to tell you a little secret that weight loss experts know. It is really important to understand this concept. Here's what we know: There is body fat and there is what is called "stubborn body fat." Belly fat is stubborn body fat because this type of fat sticks to the stomach and generally doesn't respond very well to exercise or traditional dieting. Generally speaking, eating healthy and being physically active will help you lose body fat. But that "stubborn body fat" is a different kind of fat, and that's what belly fat is.

Now I have some bad news about belly fat. Most people do not know that belly fat is actually the most dangerous fat on the body. Why? Because of where it's located around the delicate organs, it has the potential to destroy good health, or worse yet, kill you. Because belly fat resides within striking distance of your heart, liver, and other delicate organs, it is to blame for many health conditions. According to a 2006 study published in the journal *Obesity*,

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belly fat (also known as visceral fat) is a significant predictor of early death. In other words, visceral fat/belly fat means you have an increased risk for a shortened life. Even if you were to remove visceral fat via liposuction, allowing you to look better on the outside, that would do little to improve your overall health because the dangers of visceral fat would still exist for you.

The good news is that I have created a comprehensive program with six ways you can get rid of belly fat/visceral fat, and none of them involves exercise.

One reason I don't focus on exercises to flatten the stomach is because we already know this advice and have heard it over and over again. How many fitness trainers do we need to tell us that we should do sit-ups and ab crunches to lose belly fat? We've heard it, yet so many of us are still struggling to get those slim, sexy abs that we desire.

Now do ab crunches and sit-ups work? Fitness experts tell me that they do. But I don't do any of these sorts of exercises and neither do most of my clients, yet we've all achieved a flatter stomach and slimmer waistline. I do not teach things that I don't do myself. I'd rather leave that to the fitness trainers. If you choose to do ab crunches, go right ahead. They may even help. But they're not required in order to get results with this program.

I have personally used these six strategies I'm going to share in this book and have successfully gotten rid of my belly fat! And I'm so happy about that. In the beginning of this book, I shared a few of the testimonials from others who have had success losing belly fat with these six strategies. And you, too, can get a slimmer waistline and get rid

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of belly fat without exercise. I will hold your hand and show you step-by-step how to do this.

To be responsible, I will give you my public service announcement about exercise: We should all get as much exercise as possible because it's good for overall health. I am definitely not against exercise. It would be irresponsible of me to discourage exercise. I always encourage people to get more active and to get moving—it's great for cardio health.

I want you to understand that everyone has flat abs underneath once you get rid of the fat. So, we focus on burning that fat away so you can naturally reveal your sexy, slimmer abs. They are already under there, we just have to burn that belly fat away!

It is possible to lose belly fat without sit-ups, crunches, long cardio workouts, or ab belts and other gadgets. And without going on a fad diet. You really have a choice today. You can invest in you, not just because belly fat is dangerously unhealthy, but so you can have those slimmer, sexier, healthier abs you desire.

Please try the program and then write me and let me know how much belly fat you've lost. I look forward to hearing your success story!

JJ Smith

Introduction

Let me be the first to congratulate you on making an investment in YOU! Not just because belly fat is dangerously unhealthy, but because you will have slimmer, sexier abs if you apply the six methods in this book. You may even get results with just one or two of the methods, or maybe four or five will be needed. It depends upon what's going on in your body.

There are six strategies for losing belly fat without exercise discussed in this book. You will lose belly fat and see a decrease in your waistline while watching your overall health and happiness levels increase to a level you never thought possible.

Right now, I want you to put a tape measure around your waistline because this is the last day you will struggle with belly fat. Measure your results so you can track the inches melting away. Don't forget to e-mail me and let me know how much belly fat you've lost after thirty days.

In "Chapter 1: Remove 7 Fat-Belly Foods," I teach you to remove seven surprising fat-belly foods and to add more of the flat-belly foods. By eating the seven flat-belly foods, you can actually burn belly fat. I also share five guidelines on how to combine foods to help you get the best results. You will also get a seven-day meal plan and recipes for breakfast, lunch, dinner, and snacks to get you started right way.

In "Chapter 2: Discover the 5 Belly-Fat-Blasting Supplements," I discuss the five supplements that will help you burn belly fat. These are not weight-loss pills or pills that suppress your appetite. These are natural supplements

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that help your own body naturally burn more fat. I will help you cut through the chatter and tell you which ones really work. Here's the trick about supplements: start with just one supplement, maybe two at most, for thirty days. If it's going to work, you will begin noticing its effects after thirty days. This will give it enough time to build up in your system and for you to see if the supplement is going to be effective for you.

In "Chapter 3: Clean the Gut, Lose the Gut," I teach you the two best detox methods that help you lose belly fat. In my bestseller *Lose Weight Without Dieting or Working Out*, I discuss ten different detox methods. Of these, there are two that will specifically help shrink belly fat and bloating. I will explain how to do them, recommend specific products, and tell you where to get them so you can get the best results.

In "Chapter 4: Correct the #1 Hormonal Imbalance That Causes Belly Fat," I will teach you about a condition that often causes belly fat. It doesn't matter what you eat or how much you work out, if you have this hormonal imbalance, you have to correct it in order to get a flat stomach. I will help you figure out if you have this condition and tell you how to correct it.

In "Chapter 5: Avoid 2 Surprising Habits that Cause Belly Fat," I will discuss two bad habits that most of us have picked up with our busy, hectic lives that result in excess belly fat. These are lifestyle changes that can really make a big difference in getting rid of belly fat.

In "Chapter 6: Remove 1 Common Food Allergen That Causes Bloating," you will learn about this common

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food item that might be contributing to your belly fat and bloating!

The three appendices include frequently asked questions, a seven-day meal plan, and more than fifty recipes that help you get rid of fat, especially stubborn belly fat. The recipes offer variety and make it so much easier to eat delicious meals that burn fat!

One quick note: Throughout this book, when I say “burn fat” I always mean “burn belly fat,” but I will often just say “burn fat” to shorten the phrase.

Are you ready to make this commitment to getting a slimmer, sexier waistline? Are you ready to get rid of dangerous belly fat so you can live longer? Are you ready to get that beach body?

Know that this will take resolve, discipline, and the ability to overcome short-term temptation, but those temptations will diminish significantly after the first few weeks. I know how much courage it takes to begin a new life and a new journey to lose weight. I support you and encourage you in your efforts!

CHAPTER ONE

Remove 7 Fat-Belly Foods

There are certain foods that can help your body burn fat, and there are certain foods that make the body store belly fat. In this chapter, I will teach you about the seven surprising fat-belly foods that you will want to eliminate from your diet and the seven flat-belly foods you will want to add to it. I will also share five guidelines on how to combine foods to help you get the best results. (Appendix B provides a seven-day meal plan and recipes for breakfast, lunch, dinner, and snacks to get you started right way.)

When we discuss the seven fat-belly foods that you need to remove from your diet, I don't want you to get too discouraged. It can be really sad to hear the list of foods that cause a fat belly. But there are plenty of other tasty options that can help you burn belly fat.

To get the best results, commit to at least thirty days of removing and adding the foods listed in this chapter. Once you reach your goal and eliminate excess belly fat, having the fat-belly foods on occasion won't be too detrimental. It's when we eat these fat-belly foods on a regular basis that we end up with the persistent belly fat.

THE 7 FAT-BELLY FOODS

As I said earlier, there are certain foods that can help your body burn fat, and there are certain foods that make the body store belly fat. In many cases, the body begins storing fat in as little as two hours after you eat one of these fat-belly foods. If you are serious about getting rid of belly fat, you must remove these seven foods (or as many as possible) from your diet. If you do not remove them, you can expect to have a fat belly for life.

White Sugar

White refined sugar is found in cakes, pies, fruit juices, candy, and so many other things that we crave every day. Many people are addicted to white sugar and don't even know it. I believe this addiction is the main reason people get belly fat. Many people don't think they eat a lot of sugar because they don't eat a lot of sweets like cookies or candy, but the problem is that sugar is hidden in many foods, including bread, muffins, and even dried fruit. I believe sugar is toxic. It has no nutritional value, it's highly addictive, and it makes you sick and fat.

Are you having a panic attack right now just thinking about giving up sugar? You have to look at kicking the sugar habit as though you are ending an addiction. The key is to understand where your sugar is coming from and then find alternatives to eating so much sugar in your foods.

Sugar is measured in grams, and 4 grams of sugar equals one teaspoon. So if your soda has 40 grams of sugar, that's about 10 teaspoons of sugar in just one soda. You can see how so many people end up ingesting so much sugar every day. I used to think I was eating a healthy breakfast by eat-

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ing oatmeal. However, it wasn't regular oatmeal but the sweetened, flavored, instant oatmeal, like apple-cinnamon oatmeal, and it had about 20 grams of sugar per serving (5 teaspoons!), which is way too much.

As a guideline, the best way to minimize the amount of sugar in your diet is to choose foods that have 5 grams or less per serving. When the drink or food item has 5 grams or less of sugar per serving size, the body doesn't overreact to the sugar. This means your pancreas will not have to release too much insulin. (It's excess insulin that causes belly fat in the body.)

To sweeten foods, it is always better to use stevia or some equivalent herbal sweetener rather than sugar. Stevia is a natural sweetener made from a plant native to South America and Central America. Other countries have been using stevia as a sugar substitute for several decades because it is virtually calorie-free and does not affect blood glucose, which makes it a great natural alternative to sugar and artificial sweeteners.

Sugar will cause belly fat and make you feel irritable, moody, and tired. It can cause numerous health problems, so commit to breaking your sugar addiction today!

Refined Carbohydrates

Because the fiber in refined carbohydrates has been stripped away, they are digested rapidly, causing insulin spikes, which results in fat storage. The foods to avoid are anything made of white flour, including white bread and white pasta. (Furthermore, white flour is bleached nearly the same way you bleach your clothing. When you eat white flour, you're eating some of those bleaching agents, which increases the toxic overload in the body.)

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Other examples of refined carbs to avoid are bagels, biscuits, donuts, croutons, pancakes, and waffles.

When reading a list of ingredients on a label, don't let the words "wheat flour" or "enriched wheat flour" fool you. It is essentially the same as white flour. You want to look for the label to explicitly say "whole wheat" or "whole grain" when you are buying pastas, breads, and snacks for healthier alternatives. One healthy, whole wheat/whole grain bread alternative is Ezekiel 4:9 brand breads.

So understand what refined carbs are and then avoid them.

White Salt

Sodium, commonly referred to simply as "salt," is another major factor in excess belly fat. Simply put, excess salt causes water retention and bloating. You're going to want to avoid the salt shaker and salt-based seasonings. Better alternatives are sea salt, black pepper, or cayenne pepper, which actually boost your metabolism.

So why does salt cause bloating and heaviness in our belly? Well, water is attracted to sodium, so when you take in high amounts of salt, you retain more fluid—which causes that heavy, puffy appearance and that extra water weight. Foods high in sodium include salty foods like peanuts, French fries, potato chips, and pickles. Look at nutritional labels before you buy any processed foods. Most of us need only 500 to 1,000 milligrams of sodium per day, but too many of us are consuming about six times that much, resulting in large amounts of excess belly fat and bloating.

When you slip up by eating too much of salty foods, drink large amounts of water to flush it out.

Artificial Sweeteners

You know them as those little yellow, pink, and blue packages that are generally marketed as “sugar substitutes.” Most people don’t realize that even though artificial sweeteners generally have zero calories, they can still contribute to fat gain. These artificial sweeteners increase appetite by sending false signals to the brain that sweet food is on the way. The brain subsequently becomes confused when sweet food never arrives, and so it never gives the signal that you are satisfied. This causes you to crave sugar throughout the day and develop a sweet tooth, sometimes causing you to eat more sugar. Yes, artificial sweeteners can cause you to crave sugar!

Let’s look at aspartame, in particular. One study done a few years ago showed that the two main ingredients in aspartame—phenylalanine and aspartic acid—stimulate the release of insulin and leptin, hormones that instruct our bodies to store fat.

The best choice for a calorie-free sweetener is stevia, an herb that grows naturally in parts of Paraguay and Brazil and is now widely available in the United States. You don’t need much of it—it’s about thirty times sweeter than sugar. Yet it does not raise blood sugar levels or cause rapid-onset cravings the way simple sugars do. A study published in the *Journal of Ethno-Pharmacology* found that stevia dilates the blood vessels and helps to prevent high blood pressure. It also helps to regulate the digestive system, encourages the growth of friendly bacteria, and helps detoxify the body and excrete more urine naturally.

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Trans Fats (Fried Foods)

One of my favorite foods to eat has been my Uncle Spencer's fried fish. It is simply the best. However, I've had to cut back significantly because of the dangers of fried foods. Most fried foods are cooked with partially hydrogenated oils, which contain trans fats. Fried foods become saturated with the hydrogenated oils we use to cook them, and these fat-filled oils cause belly fat. And even worse, you definitely don't want to reuse the oils in which you fry food. Some fast food restaurants do this. Just reusing the cooking oil one time will increase the risk of heart disease.

Some of the foods high in trans fats that can cause belly fat are margarine, commercial baked goods, French fries, onion rings, fried chicken, corn dogs, and funnel cakes, just to name a few.

Just say no to trans fats/fried foods! As an alternative, baked, broiled, or grilled chicken or fish can be just as tasty as their fried versions.

Eating trans fats is like eating plastic and it is very bad for one's health. Trans fats disrupt metabolism, cause weight gain, and increase the risk of diabetes, heart disease, inflammation, and cancer. One Harvard study found that getting just 3 percent of daily calories from trans fats (about 7 to 8 grams of trans fat) increases your risk of heart disease by 50 percent. And given that the average person has about 4 to 10 grams of trans fats in his or her diet each day, it is no wonder heart disease is such a major killer in modern times.

The good news is that the FDA regulates trans fats, and

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food manufacturers now have to list how much trans fat is in each serving when in excess of 0.5 grams. So it's now easier to find out how much trans fats are in your foods.

Saturated Fats

Just saying “saturated fats” sounds fat, doesn't it? You will want to minimize foods that are high in saturated fat, as these can lead specifically to belly fat. Saturated fats are found in many common meats, especially red meat, and in whole-fat dairy products like milk and cheese.

The meats to avoid are lamb, poultry, veal, pork, and some cuts of beef. Look for the label to say “lean or extra lean” or choice, select, London broil, or chuck. The worst choices are red meats that say “prime”—they are flavorful but fatty.

Other meat products high in saturated fats are jerky, sausage, and bacon. A better alternative is turkey bacon or turkey sausage.

Whole-fat dairy foods like milk, cream, cheese, and butter are high in saturated fat and can cause belly fat. Cream-based sauces, such as Alfredo, are among the worst.

Let me digress about cow's milk for a second. There are many issues with cow's milk, which is why I encourage almond milk, soymilk, and non-dairy cheeses. I explain that the same way breast milk is made for infant babies, cow's milk is made for infant cows and is difficult for many people to digest. It can lead to inflammation, bloating, and indigestion. Try vegan or non-dairy milk, such as almond, soy, or hemp milk, and non-dairy cheeses.

Eating a lot of saturated fat not only increases belly fat, it also increases cholesterol in the blood and leads to heart

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attack or stroke. Consumption of these fats should be limited or avoided altogether if possible.

Sodas and Fruit Juices

Let me be as direct as possible regarding this one: sodas and store-bought fruit juices are high in white sugar and/or high-fructose corn syrup and thus cause belly fat. If you are still drinking regular sodas and fruit juices, then just removing those will make a huge difference in getting rid of belly fat!

As a first step, begin substituting diet soda for regular soda. Then gradually decrease the number of diet sodas you drink as well. Although diet sodas are better than regular sodas because they have no sugar, diet sodas still cause some health and weight issues. Diet sodas have been found to make you crave sugar and fattening foods because of the artificial sweeteners in them. Don't replace them with store-bought juices because those contain a lot of sugar and additives that cause weight gain.

A great alternative is green tea (hot or cold), which is a fat burner and helps you lose more weight while still allowing you to get your caffeine fix for the day. You could also try plain water. If that does not sound appealing, try adding a bit of fresh lemon to flavor it.

So, sodas/diet sodas/fruit juices all cause belly fat! Gradually ease off of them. I used to drink three diet sodas a day, now, thankfully, I drink about one to two diet sodas per week. Don't be too hard on yourself. Start to make better food choices one day at a time. It's about progress not perfection!

7 FLAT-BELLY FOODS

The following seven flat-belly foods help you burn fat in two ways: by speeding up your metabolism, reducing insulin levels, and by increasing muscle mass (muscle cells burn more calories than fat). Your goal is to add more of these 7 flat-belly foods into your diet to help burn belly fat.

Lean Fish, Chicken, and Turkey

Lean fish, chicken, and turkey are all good sources of lean protein. The more protein you eat, the harder your body has to work to digest it, resulting in more calories burned during the eating process. The healthiest lean proteins are fish (particularly wild salmon), chicken, and turkey. Avoid the skin on chicken and turkey, as that is where all the saturated fat is found. And of course, we're not going to fry the fish, chicken, or turkey because of the fatty oils (trans fats), but rather bake, broil, grill, or lightly sauté them.

Vegetables

The biggest advantage to eating veggies, particularly the green leafy veggies, is that you can eat them in abundance and still lose weight. The best veggies to eat to burn belly fat are spinach, broccoli, asparagus, kale, collards, turnip greens, mustard greens, beet greens, wheatgrass, carrots, eggplant, celery, peppers, cabbage, cauliflower, Brussels sprouts, and radishes. Try a veggie stir-fry in olive oil with a little cayenne pepper to make a delicious fat-burning meal.

Nuts and Seeds

Nuts and seeds are healthy fats that raise the body's

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metabolism and help you burn fat. Nuts and seeds are a great healthy snack option. However, a word of caution: If you want to lose belly fat, or any fat on your body, you should limit your intake of nuts and seeds to one serving (one ounce) per day because they are so calorie-rich; they are a healthy fat, but a fat nonetheless. As long as you don't overeat nuts and seeds, and preferably eat them raw, they promote weight loss and appetite suppression, not weight gain.

So how many nuts make up an ounce? Think “a handful”—what you can hold in your palm. As a tip, I tell my clients to fill up an empty Altoids box with nuts or seeds so you can travel with your handy snack at all times. You don't want to sit in front of the TV watching and eat an entire bag of nuts. Healthy eating means we don't eat out of boredom or for recreation. You want to be disciplined about how you eat and snack!

Berries

Berries are loaded with antioxidants and keep your metabolism going strong. Eat them fresh or frozen. Try blueberries, blackberries, raspberries, and strawberries. In the summer months, they are just marvelous to eat because of how sweet they are. They are a great healthy snack, or you can add them to a protein shake in the morning to replace a heavy breakfast or have them as a snack later in the day.

If fresh berries are unavailable or too expensive, buy frozen ones, puree them in a blender, and drink them as a fruit shake. Easy and delicious!

Green Tea

Studies have shown that green tea is one of the best

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metabolism boosters you can drink. Green tea also slows the aging process—it's twenty times more effective in slowing the aging process than vitamin E because of its strong antioxidant capacity, according to some research. There are many wonderful benefits of drinking green tea, but as far as weight loss goes, it simply helps the body burn fat faster and more efficiently. If you've read any of my other books, you know that green tea is one of my most highly recommended beverages to drink to burn fat.

My favorite brand is Wu-long Premium Chinese Slimming Tea.

Cayenne Pepper

Cayenne pepper is known as a fat burner because it fires up your metabolism. It heats up the body, and the body burns calories when it tries to cool itself down. So spice it up for sure! It's so effective, some people actually buy cayenne pepper capsules to burn fat.

Protein Shakes

Protein shakes will help you build muscle, and the more muscle you have, the more calories you burn each day. Protein will also help stabilize blood sugar levels and prevents insulin spikes that result in fat storage.

There are several different types of protein powders available. Whey protein is popular. It is a complete high-quality protein that speeds up metabolism. But it comes from cow's milk, so if you are allergic to dairy, whey protein will cause gas, bloating, and indigestion. My favorite alternatives are rice, soy, and hemp protein powders. If you are a vegetarian, you can use rice protein or a plant-based protein powder to accomplish the same thing.

5 PRINCIPLES ON EATING TO LOSE BELLY FAT

There are five ways you can eat and combine foods in order to help your body burn belly fat.

Principle 1: Eat Clean Foods

Clean foods are primarily natural, whole, raw, or organic—foods that the body can effectively digest and use for energy without leaving excess waste or toxins in the body. Excess waste in the body ends up in the colon. Where is the colon? In the belly area. We want to get rid of waste in the gut that's making the belly bigger.

Buy organic whenever possible. Organic foods don't have chemical preservatives, food additives, hormones, pesticides, and antibiotics. Fresh organic foods are far less toxic than highly processed and packaged foods and leave less residue and waste in the body. If you can't afford organic fruits and vegetables, wash off the pesticides and waxes as best you can. Waxes are pretty difficult to remove; in fact, they usually can't be removed by simply washing them. You need to purchase special cleansers from health food stores. Be sure to rinse the produce after you scrub off the wax. You can also reduce the toxic content of fruits and vegetables by soaking and scrubbing them in a tub of 10 percent white vinegar and then washing them off with water.

Principle #2: Eat Protein with Every Meal

Eat protein with every meal, and eat it first before the carbohydrates or fats. You can also eat protein by itself. Eating protein does not cause insulin spikes, so it prevents

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that extra fat from being stored in the body. Protein sources include lean meats (fish, chicken, turkey), eggs, and beans.

Principle #3: Always Balance Carbohydrates with Protein

Whenever you eat a carbohydrate, eat some protein along with it. Examples of some healthy carbohydrates include fruit, vegetables, whole grains, beans, nuts, and seeds. As a general guideline, the protein should be about half the amount of the carbohydrates. For example, if you have 30 grams of carbohydrates, then eat about 15 grams of protein along with it to prevent insulin spikes that cause excess fat to be stored in the body. You can use food labels to determine how much carbs and protein are in food.

Principle #4: Limit Your Intake of Red Meat to Two to Three Times per Week

Most red meat contains a lot of saturated fat, so try to limit your intake to two or three times a week. I told you earlier how to pick “lean red meat” when you’re grocery shopping, but until you really understand how to do that, it’s best to just limit the amount of red meat to just two, max three times per week. Instead, eat more lean protein from fish, chicken, and other sources, such as eggs, brown rice, beans, and nuts, which contain good essential fats.

Principle #5: Eat Every 3 to 4 Hours

A lot of people diet by eating only once or twice a day, but this is a big mistake. Eating so infrequently significantly slows metabolism and makes it harder for the body to burn belly fat. To burn fat, you should try to eat every three

6 WAYS TO LOSE BELLY FAT WITHOUT EXERCISE!

to four hours and think in terms of three meals and two healthy snacks per day. So this is good news! It is important to eat more frequently to burn belly fat!

Now why is that? Every time you eat, you have to burn calories to digest your food. Eating increases your metabolic rate, allowing you to burn fat all day. When you eat only once or twice a day, your body gets a signal telling it that it is food-deprived, causing the body to respond by slowing the metabolic rate and holding on to existing fat reserves to prepare for food scarcity.

To get the best results, commit to at least thirty days of removing and adding the foods listed in this chapter. Once you reach your goal and eliminate excess belly fat, having the occasional fat-belly food won't be too detrimental. It's eating them on a regular basis that causes persistent belly fat.

If you need help with food choices and recipes, refer to the Seven-Day Meal Plan and the 50 Lose-the-Belly Recipes provided in the appendices at the back of this book.

Note: The word "fat" can also mean that someone is obese. Fat is one of the three main types of nutrient. Fats are found in many foods. They are made of macromolecules called lipids. Lipids are based on long-chain fatty acids. Some of these are essential because the body cannot make them. There are three different types of fats : Unsaturated fats, Saturated fats, and Trans fats. The File Allocation Table (FAT) file system was introduced with DOS v1.0 (and possibly CP/M). Supposedly written by Bill Gates, FAT is a very simple file system -- nothing more than a singly-linked list of clusters in a gigantic table. A FAT file system uses very little memory (unless the OS caches the whole allocation table in memory) and is one of, if not the, most basic file system in use today. Chemically speaking, fats are triglycerides, uncharged esters of the three-carbon alcohol glycerol that are solid at room temperature (20Å° C). Triglycerides that are liquid at room temperature are referred to as oils. Triglycerides belong to a diverse class of biological molecules called lipids, which are generally water-insoluble but highly soluble in organic solvents. From Wikipedia:File Allocation Table: File Allocation Table (FAT) is a computer file system architecture and a family of industry-standard file systems utilizing it. The FAT file system is a legacy file system which is simple and robust. It offers good performance even in light-weight implementations, but cannot deliver the same performance, reliability and scalability as some modern file systems. It is, however, supported for compatibility reasons by nearly all currently developed operating systems In nutrition, biology, and chemistry, fat usually means any ester of fatty acids, or a mixture of such compounds; most commonly those that occur in living beings or in food. The term often refers specifically to triglycerides (triple esters of glycerol), that are the main components of vegetable oils and of fatty tissue in animals; or, even more narrowly, to triglycerides that are solid or semisolid at room temperature, thus excluding oils. The term may also be used more broadly as a synonym of lipid