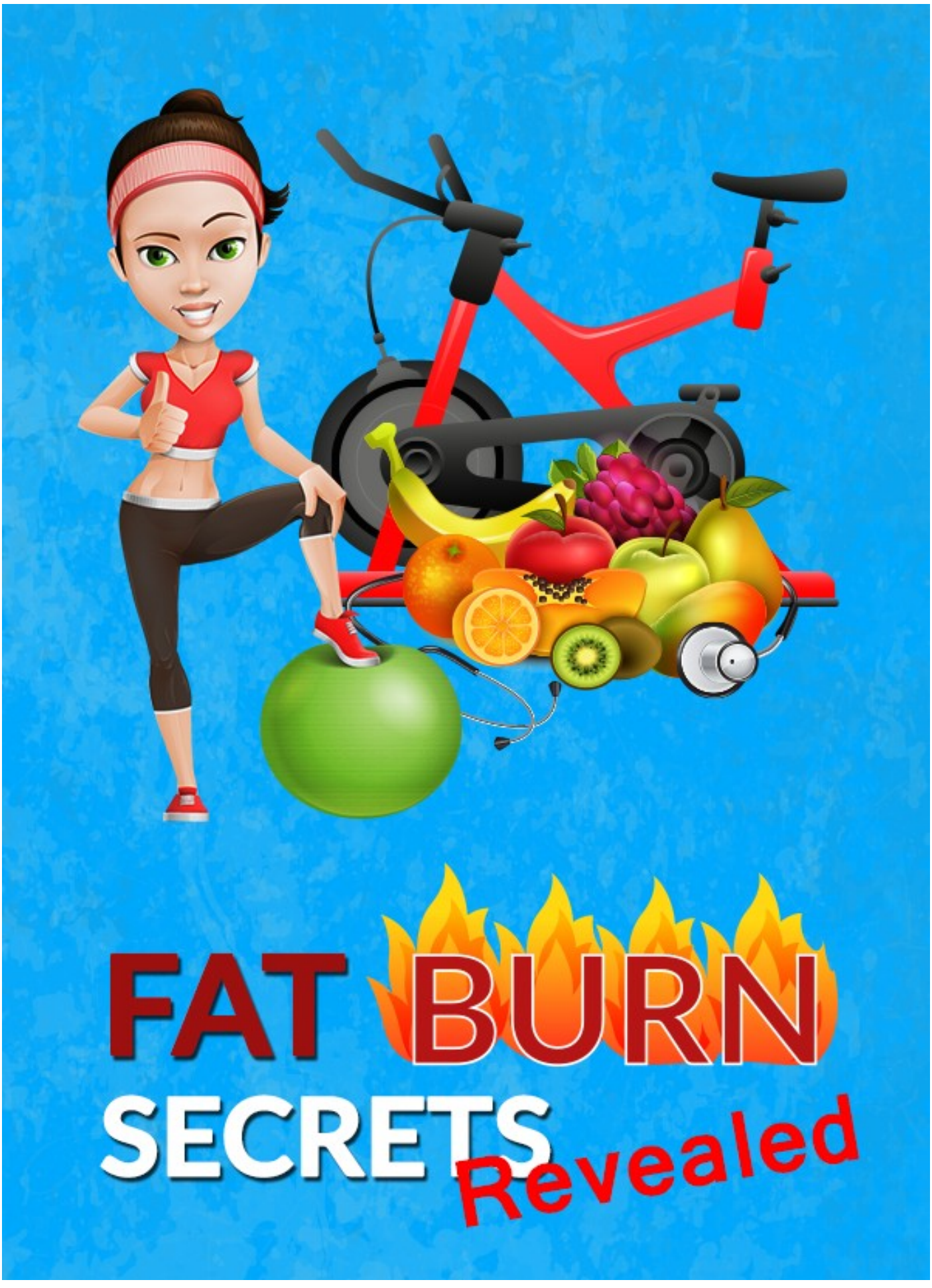

FAT BURN
SECRETS
Revealed

4 TOP FAT BURNING SECRETS Revealed!

INTRODUCTION

Tired of hiding your muffin top under layers of clothing? You are not alone. About one-third of American adults are overweight. Now is the time to transform your soft, flabby body into the toned, sexy physique of your dreams.

Forget yo-yo diets and easy weight loss promises that leave you feeling like a fat failure. It is possible to have a lean, traffic stopping body you can't wait to show off. You've stumbled upon the fat burning secrets television gurus don't want you to know about. Get ready to throw your fat clothes away for good.

It's vital to know how fat is deposited in the body, so you have an understanding of how to make the body lose it.

Your body needs food to acquire the necessary energy to function and feed its cells. The calories in food have energy commonly referred to as calories. The more calories the food contains the more fuel the body can acquire from it. In order to use the food's energy, your body must first digest the food. The process of digestion causes the body to burn some old energy to get the new energy from the food.

The more difficult it is to digest the food, the more energy and calories are burned.

The body's fuel is categorized as protein, carbohydrates or fats. This fuel nourishes the body and keeps the body functioning. The left over calories are eventually stored in the fat cells.

Your body uses a part of the foods fuel for nutrition. The excess fuel is eventually stored up as fat in the "fat cells" of your body, around the kidneys and liver.

Fat cells are often deposited in the chest, hips and waist region. As the

cells become bigger, your physique acquires a doughy look. The body has a limited number of fat cells, and there is only so much fat these cells can store. Once the threshold is reached, fat begins to accumulate in the muscle lining of your arms and thighs, creating unsightly, flabby limbs.



SECRET NUMBER 1: EAT FAT BURNING FOODS



All foods can cause fat creation, but certain foods actually help burn fat.

Some foods have minerals or vitamins that raise metabolism and act as virtual fat burners. There are negative calorie foods with low calories that burn extra calories during digestion.

Other foods, even eaten in small quantities, deliver a feeling of fullness with very little calories. Sticking to the right whole foods will drastically reduce the fat profile of your body.

By eating fat burning foods at the right time, in the correct amount, the body fat profile starts to reduce. Add in foods that lower the likelihood of fat depositing in your body for an extra boost. Here is a list of everyday foods that double as secret fat burners.

Poultry

Poultry such as chicken has special assets that increase the body's metabolic rate, helping you melt extra fat away.

Chicken is low in fat and carbohydrates with a good protein profile. Proteins require a lot of energy to digest, and more energy for proteins to be stored as fat.

It is also a great source of iron, zinc, and niacin. For best results, remove the skin from poultry before eating to avoid excess fat.

Salmon & Tuna

Salmon and tuna are good sources of protein that provide the body with healthy fats from omega-3 and omega-6 fatty acids.

Both meaty fish, while satisfying, are also low in calories and unhealthy saturated fat. Eating salmon positively effects leptin, the hormone responsible for burning and storing calories.

High leptin levels cause the body to store fat. Salmon and tuna reduce leptin, giving your metabolism the boost it needs to burn calories.

Other Lean Protein

As with other proteins, research shows the thermic effect of protein is the most of all the macronutrients.

Protein requires approximately 30% of its calories for digestion and processing. Lean proteins also suppress the appetite, reducing the tendency to overeat.

Though poultry has a lower fat profile, lean red meats such as top round, lean sirloin, game and other white meat have their place in a fat burning diet.

Citrus Fruits

Citrus fruit hikes up the metabolism while supplying a big dose of vitamin C, a chemical used in the process of fat burning.

Citrus fruits are ranked as the best fat burning foods you can eat. Oranges, grapefruit, apples and even tomatoes share these fat burning qualities. Mix several varieties for different flavors and taste.

Citrus fruit effectively burns fat around the hips and waist.

Apples

An apple a day keeps the fat away.

Apples contain a substance called pectin that restricts the cells from absorbing fat and assists water absorption from food.

This also helps push fat deposits from the body.

The antioxidants in apples may also reduce excess belly fat from metabolic syndrome. Apples have a high level of soluble fiber that helps you control hunger pain.

Berries

Strawberries, blueberries, raspberries, blackberries, cherries – take your pick.

Fruit, as a whole, is packed with vitamins and minerals.

It's low in calories and high in water compared to refined foods. Excellent sources of fiber, berries boost the metabolism, breaking down food and fats. Naturally sweet and delicious, a handful of berries will keep you feeling fuller longer and help eliminate the craving for sugary glasses of artificially flavored, empty calories.

Oatmeal

A large portion of oats' calorie profile is soluble fiber.

Soluble fiber helps control blood sugar and you feel fuller longer. Oatmeal also lowers the risk of heart disease by lowering cholesterol. Choose old fashioned or steel cut oatmeal and eat it with fresh fruit.

Vegetables

Most vegetables (except for potatoes, yams and sweet potatoes) contain few calories, yet they provide essential vitamins and minerals that improve the body's metabolism.

Veggies such as spinach, broccoli, cabbage, carrots and artichokes contain no fat and very low carbohydrate levels. In fact, these veggies aid in fat burning because your body uses more calories to digest them than they produce.

The extra calories needed to break down food are taken from body fat reserves. For example, one serving of Brussels sprouts has 50 calories, but the body needs 75 calories to digest. That's 25 calories of body fat burned just for eating your Brussels sprouts.

Beans

Beans are not only full of minerals; they are also low in calories and rich in amino acids.

The amino acids in lentils help decrease body fat while helping build muscles, and maintain stable blood sugar. In addition, they are excellent sources of dietary fiber keeping you satiated longer, reducing the urge to overeat.

Eggs

Eggs, one of the most nutrient dense foods, are a natural superfood.

Their high levels of protein rev up the metabolism and help you burn fat. Eggs are hands down one of the best fat burning foods.

Among other protein foods, eggs have the most abundant mix of essential amino acids. Despite having low calories, they are packed with vitamin D, vitamin B12, choline and selenium. It's been proven eggs don't contribute to bad cholesterol.

In fact, they improve the good cholesterol needed for a healthy body. Eggs have all the nutrients crucial for good health.

Almonds & Walnuts

Almond and walnuts are excellent sources of the healthy fats needed for the smooth functioning of the body's cell structure.

Just an ounce of almonds has 12% of the daily protein allowance and contains calcium and folic acid. Plus, the form of vitamin E in walnuts is especially beneficial. A handful of nuts is a tasty, crunchy snack to satisfy your hunger pangs.

Pine Nuts

According to scientists, pine nuts contain an abundance of healthy fatty acids.

These fatty acids help eliminate fat accumulation in the abdominals. Pine nuts also increase satiety level hormones along with the benefits of fat reduction.

SECRET NUMBER 2: ADD FAT BOOSTERS TO YOUR DIET



Eating the right food will kick your metabolism into high gear and help you burn unwanted fat.

Combine fat burning foods with these fat boosters to push your metabolism into overdrive.

Mustard

Tiny mustard seeds are packed with nutrition including the amino acid tryptophan, omega 3 fatty acids, selenium, phosphorus, manganese, magnesium, calcium, iron, niacin and zinc.

They even have a bit of protein and fiber. The spicy Asian and Mexican varieties temporarily speed up the metabolism like ephedrine or caffeine in a safe, natural way. Adding spicy mustard delivers zest to your food and a nice fat loss boost.

Onions

Onions are aromatic, flavorful and low in calories.

But, onions can also aid in weight loss. They are a source of a nutrient called chromium.

Chromium is said to improve insulin and maintain stable blood sugar. Onions help stop blood sugar crashes and the resulting case of the munchies.

Coconut Oil

Coconuts boost the body's energy. Unlike margarine or shortening, coconut oil is full of medium chain fatty acids used as an immediate fuel supply.

Use coconut oil in your cooking to speed metabolism, improve thyroid function and amplify fat burning.

Hot Peppers

The chemicals that give hot peppers their spice safely speeds up the heart rate. Some people are able to burn up to 1,000 more calories every day from eating peppers.

Spicy foods like chilies and peppers trigger your body to burn fat. For their flavor and fat burning properties, hot peppers are one of the best diet foods.

Green Tea

Green tea significantly reduces total fat in the waist and skin areas.

Green tea has catechins, proven to raise your resting metabolic rate. That means you keep burning fat longer, turning the body into a welloiled fat burning machine.

It’s also proven that catechins interact with the caffeine in green tea. A perfect substitute for coffee, green tea is high in antioxidants, making it a natural stimulant.

SECRET NUMBER 3: INCREASE WATER INTAKE

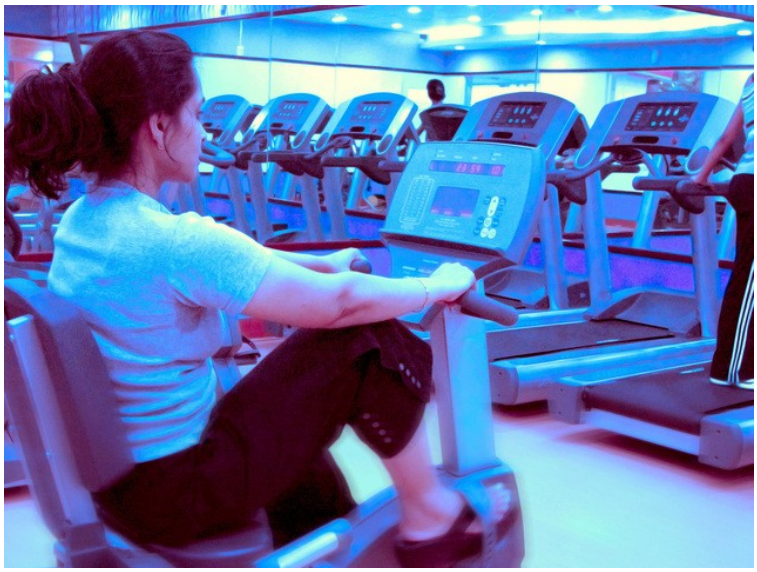


Drinking more water helps the body reduce fat deposits. The kidneys do not function correctly without enough water.

If the kidneys don’t work properly, some of the load is discarded to the liver. If the liver is doing the kidney’s work, it can’t concentrate on its’ main job of metabolizing fat.

More fat will remain in the body and fat burning stops. Drinking the right amount of water improves metabolism and keeps your fat burning at full capacity. Water also flushes out toxins and improves the body’s ability to stay healthy.

SECRET NUMBER 4: BUILD MUSCLE



Muscle keeps you metabolism active and burning calories.

Adding muscle improves your body fat composition ratio.

Muscles are an active tissue that continually renews itself so they always needs calories. While normal cardio burns fat only during exercise, weight training builds muscle, ensuring body fat continues to burn throughout the day.

The main source of energy for muscles is fat. So, even when relaxing or sleeping, you continue to burn calories. The more muscle mass on your frame, the more positive effect on your metabolism.

To avoid your metabolism from getting sluggish and packing on fat, it is important to do weight resistant exercises to build muscle.

Here you can get a free functional strength report

CONCLUSION

Now you have the secrets to a beautiful toned body in the palm of your hand.

The only thing standing in the way of a lean sexy physique is you. Adopt these fat burning secrets into your lifestyle and see results in a matter of weeks.

Add weight lifting exercises to your regime and sculpt your body into an object of desire. Don’t let another day pass. The new you is ready to emerge.

Get instant to the full fat burn secrets report





Here you can find my others free reports for a better lifestyle:

Calm Mind Healthy Body

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Fitness trackers