

# **50 Simple Weight Loss Secrets Revealed**

These 50 Simple Weight Loss Secrets are meant to be integrated into your lifestyle as a supplement. There's a lot of value here: take your time and think about which ones you feel will work best for you. Many of these are as simple as adding small bits of food to your already existing meals. Some may be painfully obvious upon reading and will cause you to say, "Why didn't I think of doing that before?"

**All 50 Secrets are worthwhile and none of them will require you to stop eating your favorite foods** (although MODERATION is always recommended). In all areas of diet and exercise, moderation is key, and that comes in handy in when using any of the 50 Secrets. For example, nuts are a healthy mid-afternoon snack but that doesn't mean you should consume a whole bag in one sitting. Eat a handful. Remember, MODERATION. It's a word used often in the 50 Simple Weight Loss Secrets.

Before getting to the 50 Secrets, here's a brief explanation of some important, related terms.

## Metabolism

**What is metabolism?** Your body needs energy to function. Simple concept, right? Actually, metabolism is the sum of thousands of not-so-simple chemical reactions our bodies undergo to convert the foods we eat into energy. It's a necessary (and constant) process our bodies undergo for survival.

**How metabolism effects weight loss.** The most basic way we can look at this process is as something that influences how we gain or lose weight. That's where calories fit in. A calorie is a unit of energy that a particular food provides to the body. Our basic metabolic rate is a measure of how our body burns calories while at rest. The number of calories we burn while doing nothing is the direct result of the calories we take in during meals and push out from exercise. The more we do of this "in and out", the better the body becomes at burning calories.

**The keys to revving your metabolic engine.** The key lies in the way we eat--what we eat, and how we eat it. We want to keep our metabolism revved, like a fine-tuned car engine. We often refer to someone thin as having a "high" metabolism, but I prefer to use the word "efficient". Our goal should be to make our metabolism as efficient as possible. So, how do you create this efficiency? While factors such as heredity and amount of exercise affect it, we can take certain actions solely through our diets to increase our metabolic rate and help us burn calories--and fat--more efficiently. For example, the body has to work harder to break down nutritionally-dense foods such as fiber and protein to convert their nutrients into the energy we need. That uses more energy and burns more calories and fat. And by losing fat, our natural metabolic rate rises, which, in turn, burns fat more efficiently.

**By eating the right types of foods, or by simply adding certain foods to your existing diet, you can rev your metabolism with little effort.** By integrating even some of the 50 Simple Secrets into your life, you'll be on your way to boosting your metabolism and burning fat.

## Blood Sugar

The process for converting food into energy ties into the concept of "blood sugar" and by understanding what this means, you will learn how to use this process to your advantage in fighting fat. The goal is to stabilize your level of blood sugar, as **stable blood sugar levels fight fat**. This is a line worth repeating:

**STABLE BLOOD SUGAR LEVELS FIGHT FAT.**

**The 50 Simple Weight Loss Secrets were specifically designed around the concept of keeping your blood sugar levels stable** and I will show you simple ways to keep your blood sugar levels stable throughout the day.

Carbs explained. What is a carbohydrate? Carbohydrate is just a fancy word for “sugar” and sugars provide living things with energy. The past few years have seen a dramatic increase in the amount of attention we pay to carbohydrates or “carbs” in our diet. You know the hype... *“Carbs are bad for you and make you fat, so you should avoid them”*. Well, I have great news for you: CARBS ARE NOT YOUR ENEMY. Actually, they are necessary for survival and the right kinds of carbs can actually boost your metabolism.

Explanation of blood sugar. Here’s how it works: food is digested by the body and turned into glucose, or blood sugar, which is the main source of our energy. As part of this process, a hormone called insulin is produced in our pancreas and acts as a traffic cop of sorts by telling the glucose where to go in your body. Insulin allows the body to burn glucose as energy. The glucose could be sent to the muscles or brain for immediate energy, stored for later use or sent out to cells for proper maintenance and function. Insulin also stimulates the production of other hormones that tell your body, in effect, that you’re full and it’s time to stop eating.

Why high blood sugar makes you fat. When we have normal levels of blood sugar, this is a very efficient process. The problems start when we have a high level of blood sugar, or a “spike”. When blood sugar is spiked, it means we have too much energy in the body. As result of this spike, there is a surge in insulin production, which results in two bad things happening: 1) our body receives a message that plenty of energy is available and that it should stop burning fat and start storing it; and 2) too much blood sugar is transported out of our blood, insulin levels drop below normal and we feel tired, hungry and crave more of the types of foods that spike our blood sugar. And the cycle starts again. So if you control your blood sugar, you also control your appetite.

Causes of high blood sugar. So what causes our blood sugar to spike? Foods high in sugar (cookies, soft drinks, candy), carbs that have most of their fiber stripped away (white bread, bagels, waffles), and starches (potatoes, white pasta, white rice) are quickly digested and processed into blood sugar and are likely to cause an insulin surge. Starches, in particular, dissolve into glucose as soon as they make contact with your saliva. Foods such as proteins, fats, and carbs high in whole-grain and fiber, on the other hand, are digested slowly and keep your blood sugar stable. Plus, it takes more energy to take in slowly-digested foods, which burns calories. Eating a balanced diet, with the right kinds of carbs is a healthy, fat-burning way to live.

[As you will read in the 50 Simple Secrets, by integrating certain foods into your diet you will avoid spiking your blood sugar](#) and keep your body primed to burn fat and calories.

## Why Starvation is Never the Answer

Many people believe that depriving themselves of food is the best way to lose weight. Wrong! This kind of thinking is unhealthy and will have the opposite effect in the long run. Here’s why: starvation wreaks havoc with our system. Slashing too many calories, especially protein calories, pushes the body to conserve calories, not burn them. Plus, the body will also begin to break down muscle tissue to use for energy--and muscle is the key to raising your metabolism, as more muscle means less body fat. Let me repeat: our metabolism actually slows down when we are in starvation mode. Reducing calories is fine, but you need to make sure you're eating at least 1,600 to 1,800 calories each day to keep your metabolism from shutting down. And never cut protein from your diet.

### Destructive diet strategies

1) Starving yourself until you get a perfect, fat-free body. This forces the body into survival mode, slows your metabolism, and leads to muscle loss and fat conservation. This kind of weight loss comes mostly from water and muscle, not fat. The science: when muscle protein is broken down it releases nitrogen, which your body washes away by releasing water from your cells—and this water weight will return as soon as you have something to drink. By decreasing your muscle and retaining your fat, the body’s metabolism is effectively decreased because muscle is metabolically active tissue which takes in

fuel and burns calories to maintain itself. If you lose 10 pounds of muscle from starving yourself, that's 10 less pounds of calorie-burning power your metabolism has (which also means that you'll need to consume far fewer calories to maintain that weight loss). And if you don't consume less calories, the weight will come piling back on, only now, you'll have less muscle, more fat and a slower metabolism.

2) Running on empty for hours, then dumping in more fuel than you can use. This spikes blood sugar, which means more fat storage.

3) Exercising on an empty stomach to lose fat. If you have no food in your stomach, where do you get the energy (glucose) to exercise? By breaking down muscle and converting its amino acids to glucose. What's the point of breaking down the very tissue you're trying to improve?

The bottom line is that you want to make healthy changes rather than punishing your body with starvation. And here's a point to note: no food should be off-limits. You should be able to enjoy chocolate or cake or anything else you love, in MODERATION, of course. My whole point in writing this is not to get you to diet and punish yourself. Seriously, who wants to live life measuring every morsel of food he or she eats? My goal is to help you incorporate some simple tools into your life that will make it easier for you to lose fat, boost metabolism and feel better about yourself. I hope that at least some of these 50 Secrets will become habits for you because the benefits will improve your life for years to come.

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