

THE FOODS

THAT BURNS CALORIES

FAST

FIGHTBACK AGAINST

BELLY

FAT



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There's No Magic Pill To Lose Weight

You may know how to eat healthy, but do you know which foods burn fat the best? It helps to know if you want to trim down your waistline in the shortest amount of time. Even though you know there's no magic pill that guarantees overnight success, sometimes it's tempting to dole out the money. It's enticing because losing weight is a struggle, and a vicious uphill battle that's not always so easily fought. The appeal to find a quick fix hits you every now and then – especially when you've worked hard to lose a little bit of weight and then you fall off the diet wagon and gain it all back (and then some). You may have lost count of the times you've thought, "There has to be an easier way to lose weight!"

Have you purchased every weight loss book ever published, forced down the diet bars, consumed the shakes, and attended the weight loss meetings so many times you could have paid for the entire building by the time you quit? Have you done all of this and yet you still haven't seen the long-term results that you crave more than food itself? Are you sick and tired of trying, but you still know you need to lose weight so that you can have a healthier life? Or maybe you only need to lose a few pounds to fit into that new outfit or look good for an upcoming class reunion. You know you want to lose weight, but you don't want a gimmick and you certainly don't want to keep going down a road that leads nowhere.

No Fancy Gimmicks

You just want to find a plan that really works for you without all of the empty promises. There's something you might not know about the battle of the bulge - something that can help you gain the victory once and for all without having to resort to any costly plans or fancy gimmicks.

Best of all, the way you can lose weight can be found in your own refrigerator, in your pantry or at your grocery store. By the way, this little known method of losing weight won't break your wallet. I guarantee it



Understanding the Basics of Weight Loss

To understand how weight loss works, you have to first understand how calories work. A calorie is energy given in the foods you eat. Your body uses this energy as fuel. Think of it as wood for a fireplace. If you put in too much wood, the fire gets too hot and there's too much heat produced.

In the same manner, too much consumption of calories, especially those foods with empty calories, equals an overabundance of fuel. The same way you would store wood in stacked piles for your fireplace, the body stacks an overabundance of calories as fat.



It then takes that fat and adds it to the places you don't want it put. Then you see results like a tummy that laps over the top of your jeans - often called a muffin top - or you discover the results are flabby thighs or a double chin. To make the battle of weight loss even more discouraging, that fat, and its cellulite, can give you a lumpy, bumpy look.

Cellulite are pockets of that stored fat beneath the surface of your skin. In other words, it's the chocolate cake or donuts or the second helping of carbohydrates if those calories aren't burned.

Now, all of that's the bad news. But the good news is, you don't have to accept being overweight as your fate (no matter how many times you've fallen off the diet wagon in the past).

Because this weight loss technique is easy and inexpensive, so you can stick with it forever. Not only can you stay on the plan, but you'll find you actually enjoy it!

Your Body's Silent Workout

When you watch a movie, what you see is the finished product. All of the actors and actresses stand where they're supposed to. They say their lines like a pro and they look good doing it.

What you don't see happening is the chapped hands and runny noses from filming outside in below zero weather or the nights filming lasted until two in the morning. You didn't see what went on behind the show.

Many people sit down to eat a meal or a snack and never give a second's thought to what goes on behind the scenes once the food is finished. Everyone knows how you gain weight and most of us are pros at the gaining. We gain by eating too much of the wrong kinds of food. But what if I told you something about your own body that could help you lose weight?

With every bite of food that you eat, your body must work to digest it. Because your body is expending energy to digest the food, it's actually performing a silent workout. Sounds great, right? Your body is working out without you having to lift a finger.

Picture this: your body is burning energy to digest the food while you watch television, while you talk on the phone, drive to work and even while you sleep. It sounds like a fantastic win-win situation doesn't it?

If it's so fantastic, then why are some people still overweight? Because you're not eating the right kinds of foods. You're still stuck measuring portions and counting carbs and assigning foods as good or bad.

The truth is, there is no such thing. Food is simply fuel. All of it is. But how (and at what rate) the fuel is burned depends on the foods you eat because it correlates to how it makes your body work. Still follow me?

Negative Calorie Foods - Your Body's Secret Weapon

What if you discovered you could lose weight simply with the foods you choose to eat? Foods that help you work off calories simply by eating them. It sounds too good to be true, doesn't it? But it's not. There are foods that make your digestive system use more energy to consume them than the calories contained in the foods themselves.

When you use more energy to digest a food than the caloric value of a food, then those foods are called negative calorie foods. By eating these negative calorie foods, you will burn calories and you will lose weight effortlessly.

