

WEIGHTLOSS



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3 reasons why your running shoes are keeping you from losing weight

So it's time to drop a few LB's. You ask your friends, your mom, your mailman, your dentist and the guy who works at the corner store what to do.

And what do they all say?

Cardio, my boy... unless you're a girl, then that's weird. Maybe then they'd say, Cardio my lady!

Why do they say this? Because that's what we've all been told for millions if not dozens of years now – run until you drop and those unsightly bulges will magically turn into lean muscle and a bucket full of sexiness.

But that's not what happens is it... and there's several good reasons for it.

Reason cardio sucks #1 – It burns muscle

That's right my faithful reader! Running only burns muscle and rarely fat deposits. When you run, your body needs energy and it needs it quickly. So it turns to the most readily available source – muscle.

In order to burn fat, you have to kick your metabolism into high gear. But that takes a little time. When you run, you need instant energy and the process of converting fat into energy takes too long to start and too long to process.

That's why so many professional runners are lean but have that sort of stringy physique. The fact is that walking for an hour is better for you. Or if you want to run to exercise your heart, it's best to do intervals, which we'll talk about later.

Why cardio is the devil's work reason #2 – It just doesn't burn that many calories

So when you slip on those expensive runners and hit the streets, what are you actually burning in terms of calories? Multiple studies show that on average, a person burns about 100 calories per mile – and that's regardless of the speed at which you run.

So if you run a 5K or 3 miles, you're going to burn about 300 calories. Considering a slice of banana bread gives you about 450 calories... that 300 earned through sweating your butt off doesn't seem that impressive, does it?

Walking on the other hand burns about half as many calories. And walking is a lot better for your body as the next reason will illustrate...

Cardio blows reason #3 – It's hard on the body

Over time, hard running is not so great on your joints or on your heart for that matter. Yes, the right kind of cardio is good for your cardio vascular system and for building endurance... but at the same

time, a regular routine of running also damages the body and builds up scar tissue on the heart.

Walking, on the other hand, is far less intensive. It's still good for the heart and while you have to do it twice as long to burn the same calories, it's far safer. And if you walk faster than normal, say a 12 to 15 minute mile, you'll increase your calorie burn.

Not fast enough? Then try intervals. Intervals are short bursts of super speed sperated by walking. You run as fast as you can for 10 seconds and then walk for a minute or so. Do this 8 times and you'll get the same results as a 3 or 4 miles run without hurting your body.\

Think about it like this – our ancestors used to run around chasing down red deer, bison and woolly mammoths for food. If running was so great at helping you lose weight, then why didn't they starve to death while doing all that running?

There's just a better way to drop the pounds and it doesn't involve heavy cardio. It's actually possible to lose weight without hard exercising and without dramatically changing your lifestyle.

If you're looking for an innovative and proven way to drop a few pounds, then click this link and check out a free video that explains how it's possible to lose up to a pound a day without starvation, mind-numbing cardio or pumping iron 2 hours a day.

[Click Here To Watch A Video On A One Week Diet!](#)

Warning: there's a hidden truth about fat that's keeping you from losing it

It's sad to say this, but when it comes to our food, our government isn't really on our side. They act like they are, but it's all for show. Here's why...

Ever since the 1970's, when the health craze really got started, we've seen a lot of new products hitting the shelves. We're all familiar with Wheat thins and baked potato chips and veggie straws, right?

Yet there's something else that really gets us, and it's insidious because these words on the labels make us think that the product we're buying is healthier and that we can actually eat more of it.

What am I talking about?

Reduced fat and fat free.

I'm sorry to say that these two phrases have created and maintained more fat people over the last 40+ years than anything else has. The first reason I've listed above. You see reduced fat cookies or fat free yogurt or whatever and think, "Hey, it's healthy so I can still enjoy myself without any limitations!"

Nope, sorry to bust your bubble, but that's not true.

Sugar-free is another one. They just replace sugar with synthetic chemicals that are supposed to be healthy... yeah, like pumping your body full of saccharin and aspartame is good for you.

Or fat substitutes like Olestra – remember that stuff? Eat these yummy Olestra potato chips and enjoy yourself... right up until the uncontrollable anal leakage hits!

See, sugar is the problem. When these food manufacturers take away the fat, they simply replace it with sugar. Fat and sugar are what makes junk food taste so good. They also enhance salad dressing, soup, crackers, cereal, and ice cream and so on.

Unfortunately, sugar is far far more destructive to your body than fat. It's now been proven that sugar is more addictive than cocaine. And sugar is quickly converted into fat cells and stored in the pancreas as glycogen – the leading cause of diabetes.

So the next time good old Uncle Sam makes a big stink about McDonald's French fries, step up and ask him why it's okay to put massive amounts of sugar in our food!

Just check the ingredients on your favorite can, bag, bottle or box. See where sugar is on the list. Keep in mind that ingredients are listed from the most to the least, so if sugar, corn syrup, malto dextrin or other sweeteners are above #4... you'll know why dropping a few pounds is so tough today.

If you want to know how to combat this bullcrap, how to use your body's natural processes to lose big pounds quickly and safely without gut-busting cardio, starvation, spending 3 hours in the gym or eating weird foods, then click this link and watch a free video and learn how to make big strides for yourself.

[Click Here To Watch A Video On A One Week Diet!](#)

More addictive than cocaine, more fattening than bacon... and it's in everything you eat

Remember the big trans-fat scare of a few years back? You know, how McDonald's was actively trying to poison us all with their anti-life French fries?

"There's trans-fat in those delicious fries! My God! Won't somebody think of the children!"

And yet nobody knew what the hell a trans-fat was.

As if Mickey Dee's would intentionally try and kill off its customers, right?

Yes, but fast food is not healthy and kids and adults are getting fat because they eat it 12 times a week!

Well, duh!

The last time I checked, Ronald McDonald doesn't come around to your house with a gun and force you to gnaw on fries and milk shakes. Pretty sure we have to go to the joint and ask for this stuff.

But we're all stupid and irresponsible children and it's up to our good old Uncle Sam to protect us from ourselves...

Oh yeah? Then how come there's a literal addictive poison in almost everything in the grocery store that comes in a package – something more addictive than cocaine, something that rapidly becomes a fat deposit and is the direct cause of diabetes?

How come our Uncle doesn't protect us from that?

Sugar is coming for you!

Yeah, you guessed it. Sugar is the leading cause of weight gain and a variety of diseases common to modern life. It's very bad for you and it's in everything.

So it's okay to go after French fries but not big sugar? It's okay to let them pump a wide variety of this poison into our cans, bags, boxes and bottles?

Guess so.

When I was a little kid back in the 1970's, I can remember that overweight people were fairly rare. Nowadays, though, most of us are overweight and outright obesity is on the rapid rise. I used to wonder about this until I started studying sugar.

If you want to check my facts on this, here's a very easy way to do it. The next time you're at the store, pick up a bottle of salad dressing, a bag of instant potatoes, something from the frozen section, a bottle of juice or even a can of tomato soup.

Look at the list of ingredients and see if any of the following appear near the top of the list:

Sugar

Brown sugar

Fructose

Corn syrup

Malto dextrin

All of these, and some more too, are sugars. Now here's the kicker – ingredients are listed from the highest concentration to the lowest. So that means that if any type of sugar is in the top 3 positions, it's

in that product in huge amounts.

Cutting down on your sugar intake is going to go a long way to helping you control your weight. It's the beginning of the process, and you'd be very surprised at how easy it is to lose weight simply by eating in harmony with your own body.

Believe it or not, you can actually drop as much as a pound a day without running, pumping iron, starving yourself or eating anything weird!

It's true, and by clicking the link below, I'll show you a free video that explains why I know this and how it works.

[Click Here To Watch A Video On A One Week Diet!](#)

What the Japanese know about eating that keeps them healthy and long lived

Have you ever wondered why so many Asians, the Japanese, Chinese, Koreans and Vietnamese in particular seem to age well? Why so many of these folks are fit and healthy throughout their long lives?

Sure, many Japanese who live stressful city lives might not fare as well as those who live in more rural areas, just like over here... yet even so, it always seems like they look younger than they truly are, doesn't it?

Recent studies have shown that the residents of Okinawa are some of the longest lived people on the planet. Not only do they live well past 100 with remarkable regularity... they don't look like they're that old either. On top of that, these long-lived Japanese have trim bodies free of unsightly fat deposits.

That makes sense, though, when you look at it. After all, the healthier your body, the less likely you are to contract some life-threatening disease like diabetes, heart disease, cancer and even Alzheimer's.

One significant reason for this is that many Okinawa islanders still live on a special diet that has been around for thousands of years. A diet free of modern preservatives, artificial sweeteners, synthetic foods and other junk that we get every day in the U.S. Long ago, these Japanese learned to eat and live in harmony with their body's natural rhythms and processes.

Of course, thousands of years ago, they didn't have any science to tell them this. They simply ate naturally and through time, discovered what worked and what didn't. Today, though, things are different!

My grandfather, Graham Flatt, was a marine fighter pilot during World War 2. After being shot down over Okinawa in 1945, he was nursed back to health by a family of farmers. While there, he ate like they did and exercised as they did...

...and learned a remarkable secret about how to maintain robust health and lose weight quickly and safely without all the modern ideals of heavy cardio, hours in the gym and strange eating habits.

He passed on this wisdom to me and as a personal trainer, I've discovered the powerful truth that's now been scientifically tested and proven about this secret ancient Japanese way of treating the body. It's rather remarkable and I'd like to share it with you.

Click this link and watch my free video. I explain how my granddad discovered this incredible weight loss secret and how I've been able to break it down and analyze it – and it really works!

There is so much miss-information out there when it comes to weight loss. Things that we've all been conditioned to think are necessary and that in some cases not only don't work but actually harm your body.

Heavy cardio:

We've all heard this one. Get out and run until you drop! The fact is that no matter how fast you run, you're only burning 100 calories per mile. Also, continuous hard running is bad for the joints and even builds up scar tissue on your heart and can lead to heart attack! And the sad fact is that as soon as you stop running, your metabolism drops back to normal too.

Eat less:

This one is pretty awful because it seems to make intuitive sense. Stop eating as much and you'll lose weight. Less calories in means less calories stored, right?

The problem is that our bodies are designed to preserve themselves. When you starve a body, your

body goes into famine mode and converts more and more of the food you are eating into fat deposits. On top of that, it begins to break down dense muscle tissue for energy in the meantime. Not eating is one of the worst things you can do to yourself.

No carbs:

Yes, this one is BS too. Your body needs carbohydrates for energy. Of course, you certainly should cut down on potato chips, ice cream and corn muffins. Yet if you work in harmony with your body and are getting the right kind of exercise, even starchy carbs like rice, pasta and potatoes are actually good for your body and will help you lose weight!

So don't let the people trying to sell you expensive gizmos and put you on long term high-cost diets fool you. There is a simple, easy, safe and highly effective way to lose weight and look and feel great. You don't have to run until you drop, spend 2 hours every day in the gym, starve yourself or eat bacon 5 times a day!

Click this link and watch a free video that explains how easy it is to lose weight without breaking the bank.

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Weight loss myths costing us all over \$270 billion

If you're like most of us, you're probably searching for an effective way of losing a few pounds and keeping them off. It's a common issue in modern life, especially in industrialized nations like the U.S., the UK, Canada, Australia and most of Europe.

Poor diets, ineffective exercise, stressful work schedules and the pressures of daily life continue to push the obesity rate higher and higher... they continue to expose more of us to cancer, diabetes, heart disease, digestive disorders, joint pain, premature aging and even mental illnesses like Alzheimer's and dementia.

And yet with all of this, the fitness and weight loss industry continues to thrive. We spend over \$270,000,000,000 annually across the globe on diets, fitness programs and more. In the U.S. alone, over 120 million people purchase at least one weight loss product every year and sometimes more than one!

So why are we all still getting fatter, sicker and older before our time?

Because it's good for business, that's why!

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