

# FAT BURNING SECRETS

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*Proven Fat Burning Tips Revealed*

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## INTRODUCTION

It is possible to have a lean, traffic stopping body you can't wait to show off. Not only can having a fit body turn heads, but it can also help you [live a longer life](#). You've stumbled upon the fat burning secrets television gurus don't want you to know about.

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/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 #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 these 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 provides the body with healthy fats from omega-3 and omega-6 fatty acids. Both meaty fish, while satisfying, are also low in calories and 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 has shown the thermic effect of protein is the most of all the macronutrients. Protein require 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 a 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. With the large variety, 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. Berries as a whole are packed with vitamins and minerals. They are low on 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 helps you feel fuller longer. Oatmeal also lowers the risk of heart disease and lowering cholesterol. Choose old fashioned or steel cut oatmeal and eat with fresh fruit. Make sure to monitor your serving sizes during diet phases carefully.

## **Vegetables**

Most vegetables (except for potatoes, yams and sweet potatoes) maintain low calories, yet contain 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, they aid in [fat burning](#) since your body uses more calories to digest vegetables 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, but does 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 pains.

## **Pine Nuts**

According to scientist, 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.

It is perfectly fine to indulge twice every week because not eating "satisfying" foods for a long time may trigger your body to store body fat to prevent itself from going into starvation mode.

So this is your perfect alibi to enjoy some great-tasting foods once in a while without feeling guilty. Hey, it's not a sin to enjoy life if you know the right way on how to lose belly fat fast.

## **SECRET #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. So, 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 supply of fuel. Use coconut oil in your cooking to speed metabolism improve thyroid functioning 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 the catechins, proven to raise your resting metabolic rate. That means you keep burning fat longer, turning the body into a well-oiled [fat burning machine](#). It has also been shown, the catechins interact with the caffeine in green tea. A perfect substitute for coffee, green tea is high in antioxidants making it a natural stimulate.

## **SECRET #3: Eat 5 To 6 Times A Day.**

Does that sound like a dream come true to food lovers out there? Well, not exactly. You see, you are not allowed to pig out and eat all you can for 5 to 6 times a day. That's insane!

You should just eat smaller portions more often. Many believe that eating fewer times in a day would make them slimmer. Not a chance! When you eat only about 3 times a day, you will tend to binge when you finally get to eat. Binging is one of the worst things you can do if you want to [lose belly fat fast](#).

Regular eating 5 to 6 times a day prevents you from overeating as a result of missed meals. It also boosts your metabolism due to the burning effect of the foods you eat.

Although you are eating 5 to 6 smaller meals a day, it is highly recommendable to eat the most during the start of the day and eat less as the day comes to an end.



## **SECRET #4: INCREASE WATER INTAKE**

You need to drink lots of water (especially when you're sweating or working out often) if you want to lose belly fat fast. Your body needs water to function properly.

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

So 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.

A good alternative to water is green tea. Drink hot green tea to neutralize the effects of fatty foods. Green tea not only helps burn down your fats, but it also prevents certain types of cancers and other diseases because of its catechins content. Adding lemon to your tea can boost the powerful effect of catechins.

Don't drink soft drinks, chocolate drinks, and canned fruit juices, as they contain lots of sugar.

## **SECRET# 5: DO SOME CARDIO**

Cardiovascular workouts such as brisk walking, dancing, cycling, and jogging are effective fat burning exercises. Aerobic exercises give oxygen for our bodies and burn calories.

It is almost impossible to lose belly fat if you rely on dieting alone. Even if you eat smaller portions of healthy vegetables and fruits that contain minimal fats and calories, you cannot [attain a leaner body](#) without any form of cardiovascular exercise, because exercise speeds up your metabolism. Moreover, lack of physical activity can make you weak and unproductive.

Here's how to lose belly fat faster than you can imagine by following a secret routine to get the most out of your fat burning exercise:

Do your cardio (brisk walking, jogging, etc.) early in the morning before you eat breakfast. When you wake up in the morning, you are already fasting the entire night. So when you exercise right before you eat breakfast, your exercise will burn the excess fats stored in your body, because there is no food to burn!

If you feel you have enough "gas" in you to push yourself, do some HIIT (High Interval Intensity Training) cardio, as research has proven that this could burn more fat (while preserving the muscles). This involves alternating a few seconds of cardio at a moderate pace followed by a few seconds at a fast paced. For example, you could run as fast as you can for 5 seconds followed by 10 seconds of steady jogging, then repeat.

Some are afraid that not eating before exercising in the morning will "eat up" your muscles. One way to avoid this is to have a whey protein shake or BCAA (Branched Chained Amino Acids) drink before you exercise. The proteins will be rapidly absorbed to help prevent losing muscles.

Do your 3 to 4 times a week every morning, or once every two days. Ideal duration of your exercise should be from 15 to 30 minutes if you're doing moderate-paced cardio. If you're doing HIIT, you could do it in as short as 10 to 20 minutes. This all depends on your skill level, experience, and the amounts of belly fat you want to shave off.

## **SECRET# 6 – BUILD MUSCLES**

Weightlifting is an effective way to burn fats aside from [building your muscles](#). The more muscle mass you have, the more your fats are burning.

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 it always needs calories.

While normal cardio burns fat only during the 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 prevent packing on fat, it is important to do weight resistant exercises to build muscle.

## CONCLUSION

Now you have the secrets to a beautiful toned body in the palm of your hands. The only thing standing in the way of a lean sexy physique is you. Adopt these fat burning secrets into your lifestyle and you will see results in a matter of weeks.

The right diet plan will show you how to combine the fat burning foods to keep your body melting away the flab. There are countless delicious recipes to make the switch painless. Add a weight lifting exercise regime and you will sculpt your body into an object of desire. Don't let another day pass. The new you is ready to emerge.

## Recommendations:

- 1) [Old School, New Body](#) – Reveals 5 simple steps to looking 10 years younger and achieving your ideal body.
- 2) [Stop Being Tired](#) – Reveals easy-to-understand information to live a life full of energy... without depending on drugs, stimulants or expensive treatments
- 3) [No-Nonsense Muscle Building](#) – Watch this FREE muscle building tips presentation to get BIG and lean in no-time.