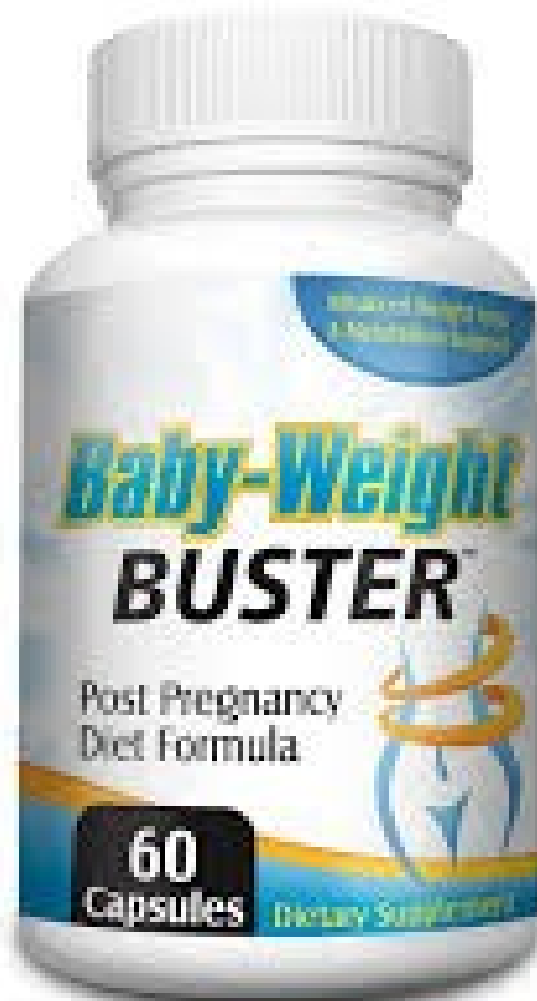


BABY-WEIGHT BUSTER



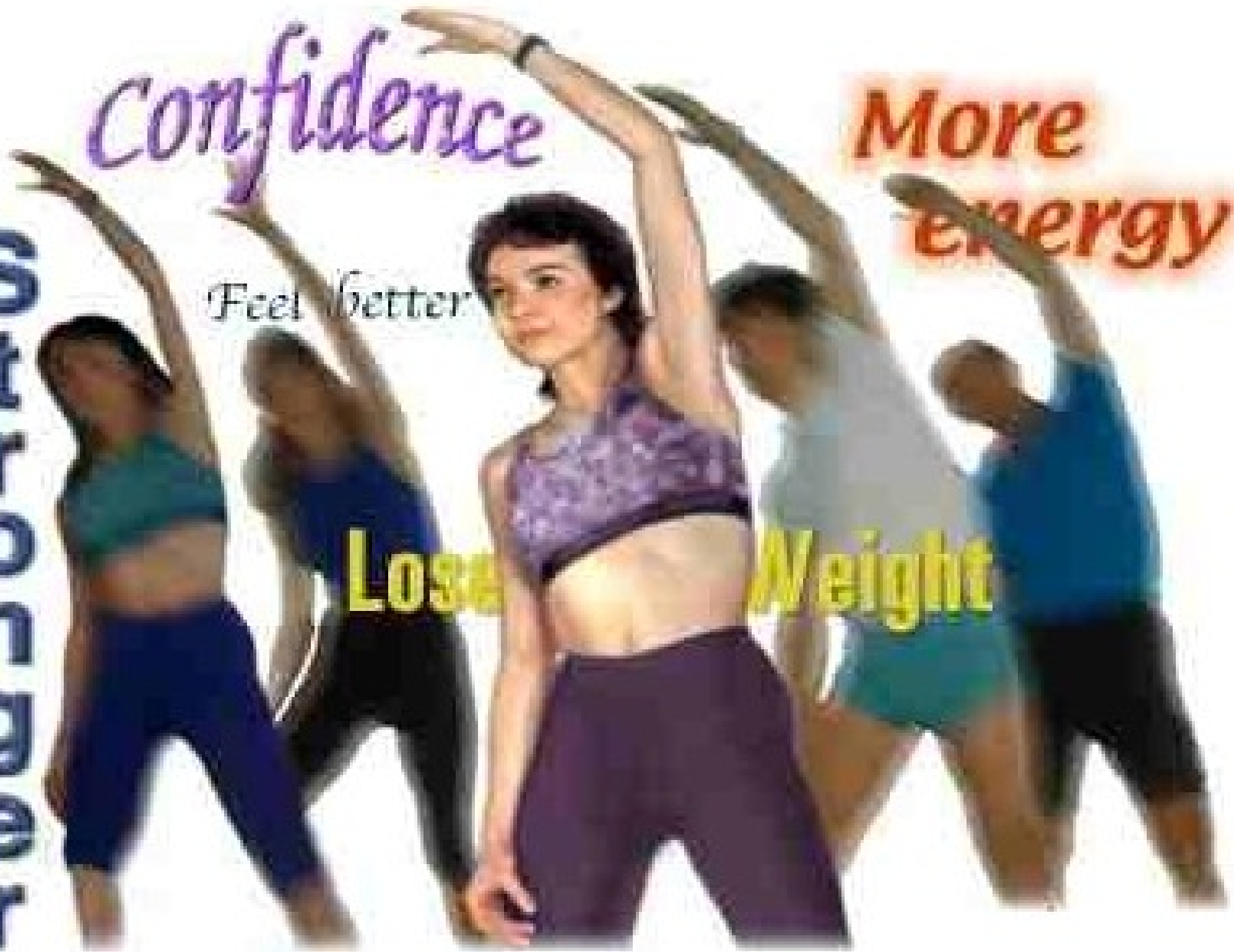
MEMBERS

Confidence

More energy

Feel better

Lose Weight



What is Calorie

When people talk about the calories in food, what do they really mean?

A calorie is a unit of measurement: but it does not measure weight or length; it is a unit of energy use to characterise the energy producing potential in food. So when you hear that something you ate contains 100 calorie, it is just a way of describing how much energy your body could will get from that particular food.

ARE CALORIES BAD FOR YOU?

Calories are not bad for you. Our body needs calories for energy. However, eating too many calories, especially from the wrong source, and not burning enough of them off through activity will lead to **weight gain**.

Therefore, we can safely say that fat doesn't make you fat nor do carbohydrates.

What makes us fat then?

It is the total calorie intake and expenditure of the energy is what matters for long-term weight management.

Conversely, Essential Fatty Acids will actually assist weight loss or if you are looking to build muscle will help you build lean muscle.

Working at the cellular level, Essential Fatty Acids lead to better fat burning and less fat storage.

Most foods and drinks contain calories. Some foods, such as lettuce, contain few calories (1 cup of shredded lettuce has less than 10 calories). Other foods, like peanuts, contain a lot of calories ($\frac{1}{2}$ cup of peanuts has 427 calories).

You can find out how many calories are in a food by looking at the nutrition facts label. The label also will describe the components of the food — how many grams of carbohydrate, [protein](#), and fat it contains.

Here's how many calories are in 1 gram of each:

- carbohydrate — 4 calories
- protein — 4 calories
- fat — 9 calories

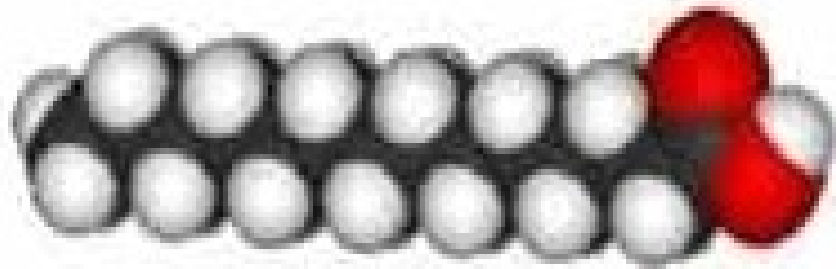
That means if you know how many grams of each one are in a food, you can calculate the total calories. You would multiply the number of grams by the number of calories in a gram of that food component. For example, if a serving of potato chips (about 20 chips) has 10 grams of fat, 90 calories are from fat. That's 10 grams x 9 calories per gram.

How does the body use calories?

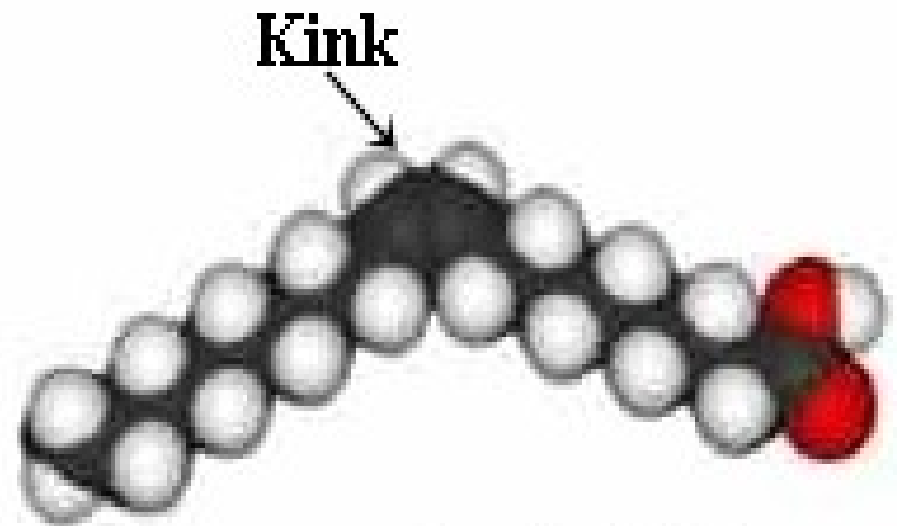
If you eat more calories than your body needs, the leftover calories are converted into fat. Too much fat can lead to health problems. Often we are told that those who are overweight and want to lose weight can start by avoiding high-calorie foods. I beg to differ, we just need to eat a healthy balanced diet and exercise for at least 45 minutes each day because activity burns fat. So time spent playing with your kids or spouse outdoors, or riding your bike all adds up.



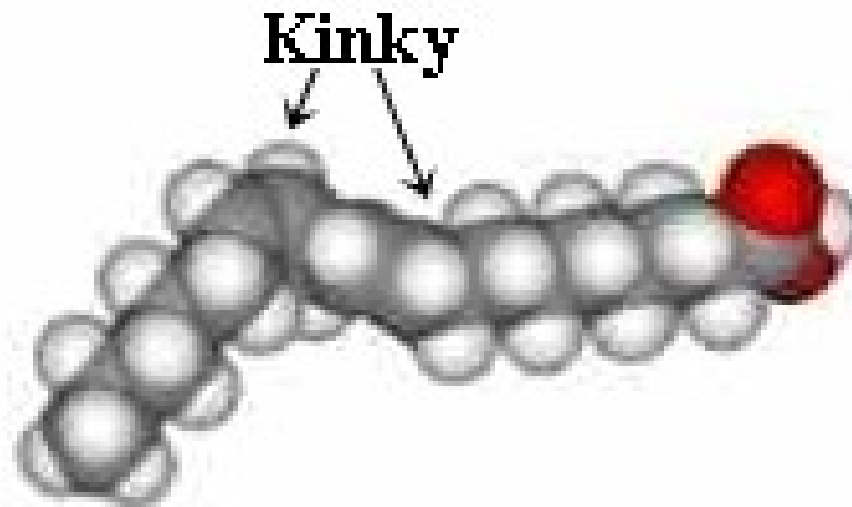
Since all fats have a glycerol in common, the fatty acids are where the action is: difference in fatty acids structure relate to difference in performance, and impact on human health. Form affects function. In other words, the chemical make up of a fat molecule will affect the function of the body in a positive way or a negative way (Chemistry is form & Biology is function).



saturated Fat
(0 double bond)



Monounsaturated Fat
(1 carbon double bond)



polyunsaturated Fat
(multiple carbon double bond)

The "Science" behind Plant-base Fats

Improved membrane regulation – Plant-base fatty acids or essential fatty acids (EFAs) will make your cell membranes better configured for transport of nutrients in and waste out. They do this by regulating the fluidity of the membrane, so that transport proteins can work correctly. Think of it like the gates in and out of a sports ground - if they are rusty and seized, then flow in and out is no good, but once they are well oiled, then movement is restored to its original optimum.

Improved fat metabolism - by activating certain pathways (known as PPAR), EFAs change the way your genes are interpreted. This leads to better fat burning, and less fat storage. The fat burning is both from food in the diet, and from your body, so combined with the reduced storage, you are effectively tuning your body to use fat rather than hold on to it.

Improved hormone utilisation - in the same way as the EFAs improve nutrient flow, they also improve the way hormonal receptors will function, and also produce a class of hormone-like signalling molecules known as eicosanoids. These are used in anti-inflammatory roles throughout the body, and help with muscular recovery post exercise.

Hormone triggers that burn fats

Protein: triggers fat burning if you eat less than 6 ounces.

Omega 3 fatty acid: increases metabolism

MCT: MCT like coconut oil and red palm oil are burned by the body for energy, or fuel, instead of being store as fats.

Vegetables: Cruciferous vegetables like kale, cabbage, and watercress, enhance fat burning by lowering estrogen, which is a growth hormone as well as improve the livers ability to dispose of fat more efficiently for the the liver work with fat burning hormones. Plus the potassium in them allows sugar to be stored instead of as fats.

Exercise: interval exercise with lots of rest will increase fat burning by 450%

Sleep: most fat burning takes place when we are asleep.

Secret to lose weight while you sleep



Ghrelin is a peptide hormone that has the ability to make you feel hungry when there is an increased level or suppresses your appetite when there is a decreased level. Lack of sleep causes an increased secretion of this hormone, and its effects on the body work contrary to the interest of their overall well-being.

Whereas lack of sleep decreases leptin levels, which is the opposing hormone to ghrelin, involved in appetite regulation and metabolism.

Hormone triggers that store fats

Sugar: increase Insulin

Excess Protein: increase Insulin

MSG: increase Insulin by 300%

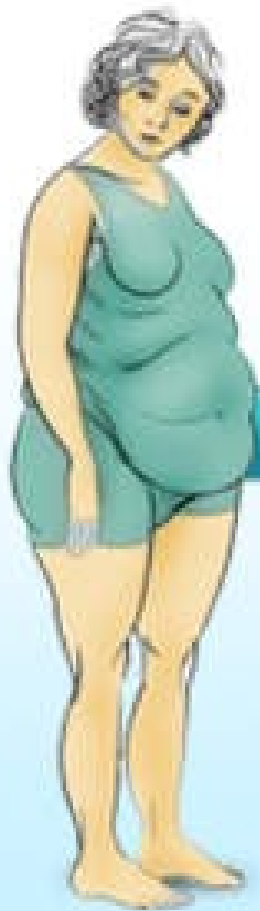
flesh Foods: increase Estrogen and Cortisol

Stress: increase Cortisol

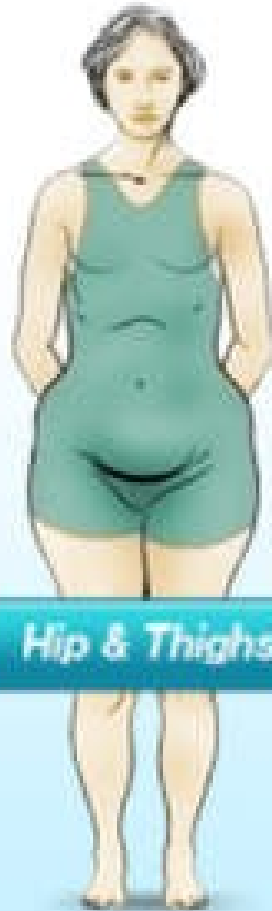


Questions

Where do you hold the weight?



Sagging Belly



Hip & Thighs



All Over



Protuding Belly

FIND OUT YOUR BODY TYPE!

CLICK IMAGE TO ANSWER