

# NUTRI-FACTS

## LOSING WEIGHT THE RIGHT WAY January, Issue 1

### UNDERSTANDING YOUR BODY

The habitual amount of fat that you carry is not all pre-ordained by your genes. It is mostly caused by what you eat and what you do. We know that neither the number of fat cells nor their size is genetically fixed. Fatness is much more dependent on your lifestyle, so you can't completely blame your parents for this one!

### THE FAT POINT

Your body doesn't have an internal reference system for a fixed level of fat, only for a habitual level. When you remain at a particular level of fat for a year or two, your body develops all the adipose cells (connective-tissue cell specialized to synthesize and contain large globules of fat), capillaries, enzyme counts, peripheral nerves, hormone levels, and connective tissue to support that amount of fat. Your body comes to recognize that level of fat as self and will defend it vigorously. That is your fat point.

Because your body views your fat point as the "new normal", changing your fat point needs to occur slowly (as slowly as you put the weight on). Losing any more than ½- 1 pound a week will throw your body into defensive, fat-saving, state of starvation. Every time your body thinks it's starving, it will do everything it can to defend the very stuff you are working so hard to get rid of...fat. Your body is continually monitoring your fat point with hormonal messengers, such as glycerol, which warn the brain to take defensive action if even a single ounce is used for fuel.

The most you can reduce your food intake to reset your fat point is 10%/day. Any weight loss of more than that ½- 1 pound per week raises a red flag in your brain. Using this approach, you will see little change for the first two months, but over a year, your fat point will edge downward by 3-6%. Meanwhile, your body is remodeling

its adipose cells, hormones, enzymes, capillaries, etc to accommodate an updated fat point. 12 to 18 months later, you've completely reset your fat point without arousing a single bodily defense.

### EAT WELL!



## PROJECT PFC: MISSION STATEMENT

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**Eat Well. Live Well (and Long).**

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## LOSING WEIGHT THE RIGHT WAY January, Issue 2

### WHY DIETS DON'T WORK

There are three main problems with popular diet programs, all of which occur because they do not follow the findings of nutrition science:

1. They're concerned with reducing weight rather than the correct approach of reducing body fat.
2. They strip off vital muscle which is the major body component that burns fat in the first place.
3. They take off weight far too fast, throwing the body into a defensive, fat-preserving condition.

The true purpose of weight reduction is to dispose only of excess body fat while retaining your muscle and body water. Dehydration decimates health and performance and muscle-loss is even worse.

### RETAINING MUSCLE IS ESSENTIAL IN LOSING FAT

With a low-calorie diet of 800-1,200 calories/day, up to 45% of the weight loss comes from the body cannibalizing its own muscle tissue. The results are, you can look thin but still have a whopping 30% body fat... obese by today's standards!

Body fat itself has very low metabolic activity, meaning that it burns fewer calories than muscle. Muscle is the furnace that burns a higher rate of calories and in which body fat itself is burned. If you want to burn fat and do it with faster results then you will need to keep muscle on your body. Understanding this concept is critical to achieving your health and performance goals.

A simple way to rebuild, after you've reset your fat point or come off of a fad diet, is to raise your caloric intake slowly (by no more than 10%/day). Start by including a Recovery Shake immediately following your workout.

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## LOSING WEIGHT THE RIGHT WAY January, Issue 3

### BURNING FAT

In order for our bodies to burn fat, there must be several factors working in sync. Most folks miss one or more of these key factors completely, hindering their efforts. They spend countless hours doing cardio, yet see little or no results. Follow some different guidelines and you can achieve your fat burning goals faster than you ever imagined.

By now we all realize that we need to incorporate some resistance training into our routine, right? I am sure you have heard this before, but did you know why? In order for our bodies to keep a good muscle to fat ratio we need to be constantly rebuilding new muscle (whether you are a college coed or a grandfather of 80). The reason is, as we go through life we lose muscle. We can't help it, it just happens. From poor diet to fasting while we sleep, our bodies are continually being thrown into a cannibalistic state which robs our bodies of hard-earned muscle tissue. Keeping muscle on our bodies is important for good health and a speedy metabolic rate that makes it easier to burn calories. Additionally, the more muscle your body has the more storage capacity for glycogen (stored sugar). The more sugar your body can store, the longer and more intense workouts you can have, building a stronger you.

### GLYCOGEN

Glycogen is not stored in those pesky love handles or hips; it is not stored in fat. Almost 85% of the Glycogen you store is found in your muscles with the balance being stored in your liver. When you work out, regardless if it's cardio or weights resistance, you burn muscle glycogen. The problem is you only have a limited supply of this Glycogen. The human body can only store 800 to 2000 calories. This is why you need to continually eat throughout the day to replenish what you burn.

Glycogen builds from the vegetables, fruits, whole grains, and of course from the Recovery Shake you consume immediately after your workout. Having ample supplies of glycogen to fuel that "fat burn" is critical. You can't burn fat without the presence of that stored sugar which is glycogen? Glycogen is the kindling that keeps the fat burning. Without it, your body begins to break down muscle into glucose (catabolism), which in turn lowers your metabolic rate, making it harder to burn calories. The fact is, the more muscle on your body, the more calories and fat you burn.

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## LOSING WEIGHT THE RIGHT WAY January, Issue 4

### TIMING IS EVERYTHING

It is imperative to the overall success of your personal health and fitness goals that you understand and adhere to proper timing of the nutrients you consume.

### BEFORE EXERCISE

Your largest meal of the day should be eaten at least two to three hours prior to your work out so that sufficient quantities of glycogen can be stored prior to exercise. Your body burns glycogen much more efficiently than newly consumed carbohydrates, whether liquid or solid. Remember, you need enough glycogen (stored blood sugar) in your muscle tissue to sustain an intense workout. Since the human body can only store up to about 2000 calories (enough for a 60-90 minute workout) this meal is critical. Try to eat a meal that has about 60-65% complex carbohydrates, 20-25% protein and no more than 15%fat. These ratios can vary slightly depending on your personal goals and metabolic profile.

### DURING EXERCISE

If you've followed all of the steps that I've just outlined then ideally you should be sipping on water during your workout. However, because of lifestyle dynamics, too often we fail to do the proper thing all the time. In this case it is acceptable to sip on up to 9-12 ounces of a high-glycemic glucose/fructose sports drink or smoothie during your workout. It is important to never over-laden our digestive system during a workout. Exercising at peak efficiency is the goal, because exercising fatigued can lead to injury and not reaching full potential. Having a little glucose/fructose drink during exercise can keep us on top. Your last rep should end on a psychological high. Believe it or not, you body remembers.

### AFTER EXERCISE

This is the MOST important meal of the day. Your body only has a 30 - 45 minute window to optimize your

workout. If you miss this opportunity to give it what it needs, the window quickly closes. You won't be able to store as much glycogen you did prior to your workout because the cells that once contained your stored sugars have shrunk to now maintain as slower metabolism. Drinking a high-glycemic post-workout shake, with a 3:1 ratio of carbs: protein, causes the sugars to race into your muscles and replenish the lost glycogen. This will keep your metabolism humming. This is key to weight loss and muscle gain. Your body will not gain an ounce of fat but you WILL realize your health and fitness goals much quicker.

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