

THE ALPHA TONIC HIGH
TESTOSTERONE SHORTCUTS

Fat Melting Secrets



MICHAEL BONNER

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The aims of this program:

The purpose of this guide is to propose a program based on exercises that are easy to follow and, above all, that will enable you to make progress. I have been careful to ensure that it is quick to carry out and can be done either at home or in a gym. The learning process is guided, and progresses from simple movements that should be repeated until you master them.

After that you will be able to go on to the other exercises in this program. You should go for a 10-minute walk 3 times a week, spaced with 3 intervals, or else do 10 cardio exercise sessions 3 times a week and an A and B exercise.

Doing these exercises every day will soon become a habit and then, when you have reached the desired level, you can do the A and B exercises just once a week. It is important that you focus more on your performance than on the visible results and accept that progress will be gradual. In this way, when you reach a certain level, you will begin to see an improvement in your physical appearance.

Furthermore, by increasing your bone density you will improve your health, your self-confidence and your insulin sensitivity and you will reduce the risk of atrophy.

The associated diet should ensure that a maximum amount of addictive-type foods are replaced by wholefoods, but these should nevertheless remain inexpensive and easy to prepare.

However, to avoid frustration, it is important to envisage meals for special occasions (with friends or at a restaurant) and sometimes digress from strict diets.

1. **My story**

When I was a child, I was thin and would never have thought that I could get fatter and put on weight. The fact that my mother was naturally slim and that I was of a small build make it seem even more impossible. I wanted some day to have a muscular body like the people I admired.

After reading that some of the people who practiced bodybuilding developed their corpulence by eating impressive quantities of food, I tried the diet known as “eating anything within sight” by eating all the food that I set my eyes on! I gradually got fatter and as I was also lifting a whole lot of metal, I began to develop my muscles.

At first I was pleased with the results and gained self-confidence. I felt stronger and therefore less intimidated by people with muscles. When I finished high school, I enrolled in a course to become a certified personal coach.

When I started this career, none of the clients suffering from obesity or excess weight who came to see me actually lost any weight, which was disappointing because I was being paid for a service that I could not deliver.

Indeed, even if they were happy to do the exercises and even if their physical form improved, they did not reach their objective of losing weight, which for me was very frustrating and demoralizing.

In the end I gave up this job when I moved house and I changed my activity. My new colleagues were fatter than me and I again felt dissatisfied with my work.

Then I gave up sport, but not my habit of eating “anything in sight”. On the contrary, I ate even more during this period, because I was getting a lot of food from the bakery – early in the morning I was buying sodas, meat pies, a cream donut, another kind of pastry and even a sandwich to have as a mid-morning snack!

As you can guess, lunch and dinner went along the same lines, with sodas, French fries, fried chicken, burgers – all ordered from a fast-food restaurant. I was obviously not very proud of myself...

My face began to get rounder and I even ended up with a double chin, which made me feel ill at ease when I was with friends. I even got annoyed with my hairdresser for not being able to hide my round face!

My body followed suit with an increase in my waistline of over 25 centimeters (from 81 to 109), making it more and more difficult to wriggle into my pants.

But the worst thing was that my physical condition was going down (and I was only a little over 20), and I was feeling tired all the time, with palpitations and far too high blood pressure.

In a very short time I had put on 34 lbs / 15kg and had entered the obese category as defined by European standards. I didn't want to admit it though, so I told myself that it was just my muscles developing.

When I began to feel ashamed of my physique, I tried to lose weight by using the same methods that I had tried to teach my clients when I was a coach. I started studying recent scientific progress in the domain of physical training and nutrition.

Unfortunately for me, no diet worked for long. The pattern was always the same – I would lose about 44 lbs / 20kg then go back to my old habits of eating any old thing, any old place and not moving my body. I even had a competition with my colleagues to see who could lose the most weight and I was second best, losing 18 lbs / 8kg, but once the motivation had gone I went back to my former weight.

Then I tried to do more physical exercise and even worked lifting and carrying heavy crates all day in order to combine my job with sport, but I didn't lose any weight. I also tried to run a marathon, but injured my tibia because I was demanding too much of my body.

So in the end I resigned myself to changing my clothes and accepting to be fat because I was fed up with my weight going up and down like a yoyo. I understood how my clients must have felt when they tried to lose weight without success.

Yet we all know the “recipe” for losing weight. If we had a vital obligation to do it (a physical threat for instance), we would all know what efforts are necessary to get there by adapting our diet and our physical activity.

So why can't we manage to do it? Why can't we change our habits?

Part of the answer is linked to our habits, beliefs, preconceptions and environment – in short, all that deforms our way of seeing the right diet to adopt.

The other part of the response is physiological – our body is not happy with the idea of making such efforts.

2. Food is like a new religion

On the social networks you will find many conflicting ideas. Vegetarians will explain that their life has changed after adopting a diet based wholly on vegetables – their blood pressure and cholesterol have gone down, they are no longer taking any medication and of course they have lost weight! But then you will have the adepts of the Paleolithic diet who will answer that the vegetarians are making a serious mistake because the brain needs fats and it is now proven that you must eat meat!

If you look at what the “paleos” say, you will find testimonies of people who have improved their physical performance and their health, got rid of their little skin problems and of course have also lost some weight! But there too you will find detractors who will reply that they kill animals to fill up their arteries with fat and get fatter more quickly!

So no, nutrition is not as simple as all that. It can't be all one thing or all the other. But we are inundated with advice and opinions from people who are ready to call themselves experts and who will convince others to join this or that nutrition "group". As a general rule, these people tend to run down the other "groups" in order to further the group in which they are convinced they have found the truth!

The problem is that people who are easily influenced or who are ready to do anything to lose weight will allow themselves to be convinced by someone who preaches for a theory, either because this person has charisma or because it is what they want to hear. Afterwards they will only listen to that particular person and enter into what begins to look a bit like a cult...

Often it is not information that people are looking for to make their own opinions, but rather ideas or precepts which confirm what they already believe.

However, I am convinced that if you read this guide, it is precisely because you have an open mind and that you want to make up your own mind without basing your opinion on that of a nutrition "guru".

I went through these stages myself when I was following a low-fat diet for example, and I started to read and research all the information which would justify this diet. Then, as it didn't work, I went onto a low-carb diet and looked for everything that would confirm the benefits of this new diet. In this way, I was practicing a kind of religion and then changing it because it wasn't bringing the right result, before realizing that they all had something good that I could take from them and which would help me.

Today, the two nutritional beliefs that are in fashion are in vegetarian and paleo diets, which are however exactly opposite to each other in terms of food, with the one advocating food containing the least possible fat and the other the least possible carbs.

Very often, those who laud the merits of this or that diet don't even follow the advice or restrictions that they try to persuade you to adopt. Maybe you are following a diet

that you think is good for you, but someone else will prove to you that you are not doing yourself any good and try to convince you to do the opposite, although they aren't doing what they recommend themselves!

In the end, I gradually realized that if you try to take into account all the different information, opinions, restraints and constraints that you find right, left and center, you wouldn't eat anything at all!

To take an example, we can cite dairy products, which are said to be bad for the health because of their lactose content. They are also not recommended by the "Paleo" adepts because animal milk is not meant for modern man. They are also bad for you because they can clog up your arteries - but some people say that butter and cream are good for you because they don't contain carbohydrates.

Others believe that milk is good and natural as long as it isn't pasteurized. As for vegetarians, they do not approve of milk at all. In short, even for this simple matter of dairy products, it is hard to get one's bearings!

Now let's take gluten, which is currently very unpopular. Recommended by some because it contains little fat and is rich in proteins and fibers, wheat is criticized by others because it is said to contain anti-nutrients which could destroy the walls of our intestines (but so do other grains...).

The starch found in pasta and bread is accused by some of being transformed into glucose which acts upon insulin and turns into fat, but dietitians recommend eating this same food because of the excellent supply of carbs which are necessary for sport.

Vegetarians naturally assert that meat contains too much saturated fat which can, according to certain doctors who are adepts of this diet, increase the risk of cancer. Since the proteins in meat can be transformed into sugar (ketogenic state), meat is forbidden in low-carb diets. But it is recommended by the experts in paleo diets who explain that its low carb content and protein quality makes it an excellent food, rich in micro-nutrients.

Some experts think that the fructose in fruit can be transformed into fat when it reaches the liver, whereas fruit is often recommended by others because it is rich in vitamins, fibers and water.

I have even heard someone who claimed to be a nutrition specialist cautioning against vegetables, saying that they have a harmful effect on the digestion. According to him, you should especially avoid eating raw vegetables, because they contain toxic substances – the aim being to deter the herbivores who want to eat them!

Of course, I cannot affirm that all this is untrue and for sure some of these assertions are well-founded, but is it really useful and healthy to get so obsessed about all these risks and to look at food as a source of problems?

I am convinced that some of these diets have a negative effect on people, causing them to develop eating disorders as well as social and other issues. They also have a considerable financial impact and complicate the lives of the people who follow them.

This is a complex debate and it is difficult to know who is really right because there are so many beliefs and personal opinions on the subject, which doesn't help to clarify matters. But in the end, is it really so important?

Indeed, what negative effect can eating peas or other vegetables really have on your life expectancy? Or, on the other hand, what positive effect can it have (the phytates that they contain apparently protect you from cancer but harm the digestive system)? If you compare this quite negligible effect on the length of your life with the seven years that you can lose from smoking 5 to 10 cigarettes a day, there is no debate! And there are a lot of other high-risk behaviors which are dangerous for the health.

There is insufficient scientific evidence to assert anything whatsoever and sometimes people who have the worst possible eating habits and who drink, smoke and suffer from diabetes are very resistant. So it is very difficult to make a close connection between one's lifestyle and one's life expectancy.

But in that case, how do we know what we should eat? Obviously we don't know if our ancestors 1,000 or 10,000 years ago were fat, or if some of them were even actually obese, but we do know that there were a lot fewer 1 or 2 centuries ago. So we should no doubt avoid all the food that has been created in the last century and be content with what is easily accessible from Nature, without any processing. This means wholefoods when it comes to grains and cereals, free range for animals and eggs, fished or gathered for seafood, picked in the correct season for fruit and vegetables. In fact, eat what is produced naturally and is not transformed by humans.

The good news is that this is an economical diet and quite easy to follow on a daily basis. And above all, it may very easily become a perfectly healthy way of life that you can continue for the rest of your days.

But let us begin by broaching the subject of how to lose weight. This will give you enough knowledge to be able to identify bad diets.

Then we will see what lifestyle you can adopt to get back to your ideal weight naturally, while continuing to eat normal food. In this way you will no longer have to worry about choosing food or accepting what is offered you during a dinner party for instance. At the same time you will increase your energy and feel healthier.

3. What happens to our calories and weight?

You are perhaps wondering what happens to the weight that you lose? When I was a personal coach, this fundamental question never even occurred to me.

You can of course lose weight with a “detox” which will help your digestive system eliminate waste, or lose water by perspiring, but we are not interested in that here. What we are interested in is the fat – what happens to it? Where does the fatty matter disappear to when we lose weight?

In fact it doesn't disappear. No matter can appear or disappear spontaneously. All this is ruled by the principle of maintaining energy, which says, in a simplified way, that the total energy in a system is invariant, i.e. there are only transformations of matter from one state to another without it ever getting lost.

There are 4 different forms of energy sources in our daily food, known as macronutrients. These are lipids, proteins, carbohydrates and alcohol. At the beginning, all this energy comes from one single source – the sun. What happens is that plants and vegetables transform solar energy into compounds of hydrogen, oxygen and carbon. When we eat vegetables, we eat these compounds, and when we eat animals, we absorb what they themselves have eaten.

Each of these 4 sources of food energy is simply a different compound of oxygen, hydrogen and carbon. For example, lipids contain twice as much carbon as carbohydrates, which makes it possible to produce more energy. Proteins are also made up of these three elements, as well as a small amount of nitrogen.

The energy present in food is measured in a unit called the calorie (or kilojoule in some countries). But what does a calorie really represent? It is quite simply the amount of energy that is needed to increase the temperature of one cubic centimeter of water by one degree.

To give you an idea, 1 gram of lipids contains around 9 calories, whereas one gram of protein or carbs only contains 4.

So what happens to the matter that we lose when we reduce weight? The answer is the same as if we ask what happens to a log when we burn it, or what happens to the fuel in a car when you go for a drive - the substance is transformed into gas and expelled into the air.

In the case of fuel, when this is burnt it turns into carbon dioxide which escapes into the atmosphere. And it's the same principle for our body – we expel carbon dioxide when we breathe.

Let's take the case of an average person who eats 2,000 calories in a day. If this person burns 2,000 calories in the same day, ideally their weight won't change.

Here is an example of what these 2,000 calories may be composed – 250g of carbs (1,000 cal.) + 250g of proteins (1,000 cal.)

These 2,000 calories therefore correspond to 500 grams of carbon macronutrients. Within these 500 grams of macronutrients, carbon represents 280 grams, which corresponds to the carbon present in the 700g of carbon dioxide that an average person breathes out in a day. Certain scientists have calculated that we lose 0.012g each time we breathe out!

Now let's consider weight loss. This is the difference between the energy we absorb and the energy we use, in other words between the energy that goes into our body and that which comes out of it. In theory, a person who burns 2,000 calories every day and who eats only 1,500 should lose 500 calories per day. This represents 3,500 calories fewer in a week and ought to result in a weekly loss of 400 grams / 1 lb of fat. Basically, it is the carbon atoms that are already in the body that have been consumed instead of those present in the food.

To explain in simple terms, we can say that if we consume more carbon than we burn (or breathe out), this will be stored in the body in the fat cells or in the muscles (as glycogen). On the other hand, if we consume less than we burn (or breathe out), the carbon that has been stored as fat will be used as the source of energy. And the more exercise we do, the more energy we use, and so we burn (or breathe out) more carbon dioxide.

It is important to be aware of these notions since they demonstrate that the matter (fat) cannot disappear by magic and above all cannot disappear more rapidly than what your body is able to consume (or breathe out) in a day.

It is also essential to understand that this is a process which takes time. If we take the extreme case of someone who eats nothing at all for a week, this person would still only lose 5 lbs / 2kg of fat, corresponding to the loss of 14,000 calories for the whole

week. This is surprising, since some people and some diets state that there is a more significant weight loss in a short time, but in fact it is mainly water that is lost in such cases.

However, you cannot lose water forever! If someone loses 20 lbs / 9 kg in 1 month, they will not lose another 20 lbs / 9 kg the month after. This can be seen if you watch TV programs such as “The Biggest Loser”, where you can follow people in a ranch who are trying to lose weight by eating very little and doing lots of exercise.

In the beginning they lose a lot of weight, due to the 2,000 calories that they burn by exercising, and because their metabolism has speeded up (we will see why later). But this considerable loss of weight during the first weeks is primarily constituted of water. Over the following weeks the weight loss slows down and goes from 27.5 lbs / 13kg to around 11 lbs / 5kg and then to just 2 lbs / 1kg a week! They have lost all the water that is possible and now begin to just lose fat.

Other similar examples include fasting, which was a common method fifty years ago to fight against obesity and which involved a hospital therapy based on food deprivation. During this treatment, the patients drank only water for long periods and the weight loss curve very much resembled the one described above with a big loss of weight at the beginning (water) and then a stabilization of about 3 or 4 lbs / 1-2kg a week. As we have seen, this weight corresponded to the calories and therefore the fat that was burned.

4. Why did reducing calories not have positive results for you in the past?

It might be imagined that as the human body is a complex system with multiple interactions, the simple difference between the number of calories going out and those coming in would not suffice to explain weight loss. There are indeed other mechanisms which have an effect on our weight, such as hormones or our metabolism, but this principle is nevertheless the basic rule – if you consume fewer

calories than you burn, you will lose weight. It is mathematical and has been demonstrated many times, either by individual experiences or scientific studies.

Nobody can deny for instance that in places where there is famine, in other words where people do not have sufficient calorie intake, there are no overweight people.

The same conclusion has been made by scientific studies on people who consume fewer calories than they expend – the result is always a loss of weight.

We can cite the example of an extreme food deprivation experiment that was carried out in Minnesota in the USA where people having a “normal” weight looked like skeletons after having only consumed 1,400 calories a day.

There have also been tests, about sixty years ago now, of “therapeutic deprivation” where the participants ate no food for several months, with the result that their daily weight loss corresponded exactly to the consumption of 2,000 calories, i.e. 285g of fat.

The Weight Watchers and Jenny Craig diets lead to a loss of weight when they limit the number of calories consumed. The basic principle of “points” in the Weight Watchers diet is simply an easier way of counting the calories.

It is even possible to lose weight by following a diet based on junk food! Tom Naughton carried out an experiment in response to Supersize Me during which he showed that this was possible, provided that he ate less than 2,000 calories a day in fast food restaurants and slightly lowered the amount of carbs. He supplemented this program with physical exercise and managed to lose weight. He even observed a real improvement in his blood test results!

A well-known nutritionist, Marc Haub, wanted to demonstrate that the difference between the calories coming in and the calories going out was the key to losing weight. Being overweight himself, he tried out an experiment on himself during which he only consumed 1,600 calories a day, but ate things like fritters, cakes, Oreos

cookies and bars of chocolate. The result was impressive, since in 10 weeks he reduced his weight by 27 lbs / 13kg and his cholesterol levels also dropped!

You can find many similar examples on the internet, such as the science teacher who ate nowhere else but McDonald's for 6 months and in spite of all managed to lose 56 lbs / 25kg by limiting the calories. In his case too, there was an improvement in his general health.

A last example, which is quite different, also led to the same conclusion. This was a person (Chris Voight) who managed a firm which produced potatoes and who lost 21 lbs / 9kg and improved the results of his blood tests by eating 20 potatoes a day, i.e. a little fewer than 2,000 calories. You can find his account quite easily on the web, with the explanations of his experiment.

It may seem strange that diets that are completely different from one another have identical results with regard to weight loss. Why do some people manage to lose weight by reducing the quantity of carbs absorbed, while consuming a lot of fat? And, vice versa, why do low-fat and high-carb diets have the same result? Is the bad reputation of fat unfounded? All this leads to many questions...

From a technical point of view, the role of insulin constitutes part of the response. Insulin is the hormone which enables fat to be stored; its role is to transform carbs so that they are able to be used or stored in the form of energy. So we could say that by reducing carbs we reduce insulin and thereby reduce fat storage, or else that when we increase carbs and reduce lipids, this decreases insulin sensitivity, which slows down the transformation of the carbs. In other words, if there are fewer lipids in your food, your organism will more effectively burn the carbs and not store them.

On the other hand, foods that are bad for your weight are at the same time rich in carbs and rich in lipids. This is the case for all processed foods:

- › Chocolate (pure butter and cocoa) is saturated with sugar and fat to make it taste better
- › Potato chips are full of trans fats and contain starch (carbs)

- › Ice cream contains a lot of sugar (processed) and a lot of fat (either from dairy products or added)
- › Fritters are fried in oil and coated with processed sugar (sometimes starch from flour is also added)

Whereas in processed foods there are often combinations of foods rich in lipids and carbs, these are almost inexistent in the natural state. As we will see later, this combination associated with salt (and artificial flavorings) is terrible because it is extremely addictive!

The real response to the previous question is that when you follow a low-fat or a low-carb diet, you automatically reduce the quantity of calories that you consume. Since fat represents the most concentrated supply of energy, by reducing it you drastically reduce the calories.

Taking the example of the 20 potatoes a day, if you try this diet you will notice that in spite of the almost complete absence of fat, you will feel full after every meal!

The portions of food that we eat nowadays are smaller than those eaten one or two centuries ago, but they are much more calorific than in the past.

On the other hand, why do diets with low carbohydrate content enable you to slim even when you eat large quantities? The answer is simple – it is because when your body lacks carbs, it burns fat to transform it into energy and nourish the brain by producing ketones.

When we produce too many ketones, we are in a state known as ketosis, which leads to reduced appetite. This can be observed during fasting – after a few days, due to ketosis, we have the impression of not being hungry.

It is also possible, according to other theories, that it is the proteins we eat during a diet without carbs that lead to a decreased appetite, which means that we end up eating fewer calories.

Maybe you have already attempted to count the calories you consume without being really satisfied with the result? This is what often happens when you follow a diet and count the calories. The body reacts by sending messages to your brain indicating the lack of calories and you then feel hungry, which is difficult to ignore for a whole day.

For the first few weeks, you will be able to resist, but after a while you will find it more and more difficult not to give in to the desire of pouncing on your food.

This is even more difficult if you count calories while continuing to eat junk food. It is extremely complicated to stop eating chips, for example, when you have reached the total amount of calories allowed but not finished the packet!

The really effective solution is to eat foods rich in nutrients which will make you feel full and happy to follow the diet. It is especially important to avoid addictive foods.

5. The return to natural foods

You have probably heard the argument of the Paleolithic diet supporters, who maintain that we should not eat anything that our ancestors didn't eat 10,000 years ago. In other words, no food dating from after the discovery of agriculture, such as dairy products and cereals.

Their argument is based on the fact that this period of human evolution (i.e. from the implementation of agriculture to the present day) only represents one percent of the history of mankind. Personally, I do not agree and do not call into question these foodstuffs with regard to putting on weight. The food to be avoided, in my opinion, is that which has been present in our diets for the last century, i.e. for only one percent of the agricultural era!

These are foods that are extremely addictive and attractive, but completely artificial, processed by man and mass-produced.

We should ask ourselves the simple question – what did people eat before industrial food?

Below is the list of food eaten in the previous centuries:

- 1) Fresh vegetables
- 2) Fruit in season
- 3) Meat and fish
- 4) Potatoes and other vegetables containing starch
- 5) Whole grains
- 6) Dairy products

Obviously there were no chips or other appetizers or bars of chocolate! If you fancied a dessert, then you had to make it yourself.

It is quite interesting to think that we are the only living beings on earth that have to keep an eye on our body fat.

Other animals use homeostasis to regulate their appetite and their body mass. This is a natural mechanism of the body which enables the latter to maintain the correct balance.

At some time in our evolution, we lost our natural capacity to realize when we had had enough to eat and whether we were still hungry or not. And because of all the different types of food that we have created and which are so easy to eat, we have lost this faculty.

There are scientific studies which try to demonstrate that to a certain extent the mixture of trans fat, refined starch and processed sugars could cause the same addiction as cocaine by activating the same brain captors that are associated with our idea of pleasure.

In the list of foods cited above, you can see that there are no trans fats and no added sugars apart from the sugar found in fruit. Nowadays trans fats are added just to guaranty that the sell-by date is as far in the future as possible, despite their having

inflammatory properties which are harmful to the body. Potatoes and whole grains only contain natural starch, fibers and nutrients that are good for the health.

The endocrinologist Rober Lustig asserts that adding significant quantities of fructose to our food is one of the main causes of an increased appetite and that, globally, almost half of the glucose consumed is transformed into fat and only half used as energy.

Moreover, according to him, fructose reduces our feeling of being full. I myself have lost 13 lbs / 6.5kg in three weeks by simply stopping sugar (sodas, etc.)!

If you start off by stopping refined sugars and avoiding the trans fats found in chips, cookies, etc., you will have given up 95 % of the addictive and fattening foods on the market.

6. Why are paleo diets without carbs bad for you?

You may already have tried a “paleo” type diet (or without carbs) by just eating meat and vegetables.

Perhaps the lack of carbs have made you feel permanently tired or you have found it difficult to concentrate. It is true that few people manage to adapt to a small quantity of carbs, which are your body’s best source of producing energy.

It is the processed carbs which cause problems and not the natural carbs that human beings have eaten for centuries.

For a diet to be effective, you should always eat some carbs (sweet potatoes for instance) as a supplement, so that you don’t run the risk of feeling that something is missing, which will incite you to stuff yourself with sugary foods.

The most important nutrients for losing weight

It has been proven that the foods which give you the longest sensation of being full are those that are rich in fibers or proteins.

The recommended sources of protein are low-fat dairy products (yoghurt for example), eggs, lean meat (e.g. chicken) and fish.

To facilitate proper digestive transit and elimination, you should eat enough fibers, which are found in fruit, tubers, whole grains and vegetables.

Above all, you should keep well hydrated by drinking water. If you don't drink enough, your body will seek hydration by inciting you to eat more at mealtimes.

Measure your progress

By eating healthily and doing some exercise, it should not be long before you see some results.

There are several ways of measuring your progress:

- 1) **Pictures** – take a photograph of your body before starting the program, then take regular photos (every month for instance) to check your progress.
- 2) **Tape measure** – this is more eloquent than the weight shown on the scales, since it is your appearance that you want to improve. So measure your body and particularly your waistline, which is the best indicator of good health. For women, the measurement should be taken between the hips and the lower ribs, and for men at the level of the navel. Studies have shown that there is a

close relationship between the waistline and the level of glycemia and cholesterol.

- 3) **Scales** – the most common method of observing weight loss is to get on the scales, but you must keep in mind that the figures are not linear and can vary from one week to another. It is the general tendency over several weeks that should be taken into account and not your daily weight.
- 4) **Your sensations** – these are not to be forgotten. Take notes or keep a diary to follow the development of your state of mind and what you feel.

Cheating meals

There will certainly be times when you will be tempted to eat something other than what's in your diet or you will be surrounded by people eating the things you are avoiding, so you must prepare yourself for this.

It is normal and even recommended that you should eat out with other people and not always in the home, but it is not always easy to take out your Tupperware full of vegetables and lean meat in front of the other guests...

As a general rule, I would advise you to eat what is offered when there is a celebration or event of some kind, but try to avoid the really bad things (chips, cakes, etc.). Go for the salads, vegetables, meat, etc.

If you have to eat at a restaurant, choose quality over quantity by going to a gourmet restaurant where you will enjoy having a small amount of food (rather than an all-you-can-eat buffet which you will find hard to resist).

For most people, the most difficult thing to resist is desserts. What I advise is to eat a small dessert when you are out, but never have any in your home. If you are invited

to a birthday party, have a piece of cake and eat it with pleasure, but be satisfied with that.

You're not getting the desired results?

If you don't succeed in losing weight by following this program, there may be several reasons. Firstly, it may be that you are consuming too many calories even when eating healthy food and doing exercise. To remedy this, try to count the calories you consume over a relatively short period of time and check what's happening.

In general, it is difficult to get a good idea of the number of calories that are really present in the food we eat. By counting the calories, we get a better idea and often realize that certain foods contain more calories than we imagined. This will help you to calculate the right portions and, more generally, the amount of food that you need for one day.

An easy way to calculate the number of calories is to use a website such as chronometer.com, or a smartphone application such as MyFitnessPal. These tools will enable you to automatically count the total number of calories that you consume.

A person who uses up 2,000 calories in a day needs to consume only 1,500 calories a day to lose 1 lb / 450g a week. This represents very little food when you start to count...

Counting your calories is quite tedious so, to make things easier, I recommend that you eat similar food every day so that you don't have to keep on searching in these applications.

If you cook with a limited number of ingredients, this will also make the task easier. It is indeed simpler to calculate for a meal consisting solely of rice, broccoli and chicken

than if there are 10 different ingredients. It is advisable to use kitchen scales to be sure of the quantities that you eat.

About your metabolism and the last 10 lbs / 5kg.

Your metabolism depends on your weight, age and gender, but also on your personal characteristics (people are all different and you have to accept that).

There are many misconceptions concerning how metabolism works, but in truth it is quite simple – the amount of energy spent per day is called the metabolic rate.

People with excess weight tend to accuse the slowness of their metabolism, but in reality it is the other way round – the heavier you are, the faster your metabolism! On the other hand, when you lose weight, your metabolism slows down because your body is lighter and requires less energy for its everyday activities. Ask yourself this simple question - does a loaded truck need more fuel to go up a hill than a motorbike?

There are many products which try to make you believe that they can “boost” your metabolic rate, but the only way of doing it without drugs is physical activity. Is it advisable to increase one’s metabolic rate? Studies have shown that animals with a faster metabolism died sooner than others. In reality, you should try to have a low-calorie diet which will eventually lower your metabolism and in the end allow you to live longer. This is what more and more people are doing worldwide to try and lengthen their life expectancy.

Let us suppose that you have lost 10 lbs / 5kg and that you want to lose another 10, but your weight doesn’t seem to be going down.

Is this because your metabolism has slowed down? Probably not.

It has slowed down quite normally because of your weight loss, but you should no doubt reduce the number of calories you consume to adjust this. It is quite likely that you lost the first 10 lbs / 5kg very quickly because half of them consisted of water, and not because your metabolism was faster.

When you start to eat healthily, you will certainly begin to lose a small amount of dead weight within your digestive system. Owing to the lack of calories, you will also burn the sugar reserve in your muscles and liver.

You will also lose the water which is associated with the carbs stored in your body and this is very positive because this water accentuates the swollen appearance that you get when you eat too much.

What happens when you have lost the water is that you have to start burning the pure fat in order to reduce your weight further and this requires more time. It won't disappear by magic unless you resort to liposuction!

This will require some effort on your behalf because to lose 450g of fat in one week you need to eat 500 calories less by day than what you burn.

So now you know what you have to do – stop believing the sales arguments for the different diets or sports programs. Instead start to eat healthily and exercise regularly in order to increase the amount of fat burned to make energy.

Concerning dogmas

There are many different ways of practicing physical exercise and there as many ways of persuading you to try the latest program rather than those that are already on the market! Like for diets, each training program will try and convince you that it is the best and that the others are useless.

To summarize my idea of nutrition:

- 1) Limit as much as possible the kinds of food that are really bad for you
- 2) Eat more healthy food
- 3) In the end, you should consume fewer carbons and macronutrients, and therefore calories, than you breathe out or expend

Physical exercise can be regarded in a similar way by applying the basic rules below:

- 1) Limit injuries
- 2) Practice any kind of sport on a regular basis
- 3) In the end, try to do more intensive exercises (go faster, repeat exercises more often, use heavier weights, concentrate more on your muscles, run further, etc.)

Searching for perfection and procrastination

Perhaps you are wondering why this book isn't any longer. Well this is because there is no need. There are already countless books on the subject which have more than 200 pages containing scientific evidence to prove that theirs is the best diet and all the others are frauds.

I am convinced that their authors are sincere and really believe what they say, but I am also convinced that it is all a question of business. There is a huge market for dietary programs and the number of publications praising the merits of this or that new diet never seem to diminish. Will we one day find that nobody has anything more to say on the subject?

What I believe is that if the market is so flourishing, it is because there are many people who buy and read these books as a simple leisure occupation or passing entertainment. I have done the same myself – I bought a book that tried to persuade me that it had the solution, I followed its theory for a while and then I looked elsewhere for an answer to the same question.

It strikes me that this way of always striving for perfection and not to see a thing right through, but instead go on to something else which promises to be better, is called procrastination. If not it looks very much like it. However the solution is very simple – it suffices to eat healthier food and in smaller quantities and especially to maintain this diet over time.

Many people use this excuse for not starting a serious diet: "I haven't started because I'm trying to decide if it's better to choose a carb-free diet or a fat-free diet..." or else, "I'll start doing some physical exercise when I've found what suits me best – cardio training, working out with machines, high-intensity interval training, endurance, stretching, etc." Many good reasons, in fact, to do nothing at all.

By always striving to reach perfection, to be sure of the smallest detail, to know everything precisely, I did nothing (or not enough) and I stagnated. I met people who had a perfect physique and I wanted to talk to them to find out how they did it, what dietary programs and physical exercise they followed. But I was often disappointed because these people didn't have my theoretical knowledge of the subject, even though their physical condition was much better than mine! They said things like, "I just started to do a few exercises at the gym."

And when I wanted to know what training program they had used, they would reply, "I don't know, I just regularly do the exercises I like."

I have even met top-level bodybuilders who had very few, or even no, theoretical notions about training and who were satisfied with going to the gym and exercising on a regular basis.

I believe that there are as many gurus in the domain of sport as there are for food, since many people feel the need to be advised and to look up to someone who asserts that they know the truth and that they only need to follow his or her program and forget all the others.

However, like for nutrition, if you keep on changing the program or the way you train, you will only encounter failures.

Tell yourself that perfect circumstances or a situation where you are sure to master everything and be prepared will probably never exist and that waiting for such a situation is just procrastination.

It is often much easier to wait for everything to be ready before starting something because, at the end of the day, buying the necessary things, taking out a subscription with the gym, finding the best food, buying and reading books and so on require less effort than actually starting to eat less and to do physical exercise...

A few years ago, I gave some advice to a person who was going to stay for several months in a hotel which had no gym. This person asked me what to do without a

gym. I replied with a simple question: “how many squats (bending your legs) and press-ups can you do?” The answer was none.

The person was afraid that without having weights to lift they would lose all their muscles. So, I prepared a program which made it possible to exercise by just using the weight of their body, which could be done in the hotel. But as this situation did not seem perfect, the person preferred to do nothing at all, telling me, “Never mind, I shall just have to get used to the idea of losing all the benefits I gained at the gym...”