

Day 13: Forbidden Fruit: Don't Be Tempted

The Temptation of Noise

Because of the confusion and noise that you hear every day, you might still be tempted to do one or all of the following things...

1. Question the simplicity of your program and Personal Trainer Food. So you start thinking about counting calories, measuring things, trying to 'burn things off.'
2. Catch yourself reverting back to the bad habits that have only added to your weight loss struggles.
3. Think about switching to a different program because you overheard a girlfriend at a party say 'I lost 500 pounds on my new diet, blah blah blah.'
4. Worse yet, you might start thinking that your girlfriend is better and stronger than you and that you are a failure.

You must ignore your girlfriend and her exaggerated weight loss. Ignore the TV. Ignore the gadgets and gear. Ignore the noise in your head.

Mind Over Noise

When you start your program, the most important thing you must focus on is the mental aspect of You. This is the #1 struggle for people who want to lose weight.

Most people would rather go out and buy gear and gadgets and kill themselves in the gym than get honest with themselves about what is going on in their mind to make them fat. All the myths we have been talking about: the Calorie Myth, the Fat Myth, the Motivation Myth and so on have been confusing your mind.

In order to change, we have to focus on the mental aspect of fat because it is routines and habits that will help you to overcome all the noise in your head. Once you overcome the noise, fat loss becomes routine.

The Real Reason You Have Body Fat

When any processed starches or sugar is eaten, your blood sugar skyrockets. Insulin is released to bring blood sugar levels down. Excess sugar in the blood is sent to the liver and has to be converted into body fat.

Even so-called healthy starches such as pasta and whole grains can do this, which is why we recommend avoiding them. If you have a problem with your weight, you are 98% likely to have a problem with excess blood sugar.

When you avoid the wrong foods, your glycogen levels become low and the liver turns to your body's fat source for fuel. This is the key to PTF. You have been an efficient fat-making machine up until now. On PTF you are becoming an efficient fat-burning machine by eating the RIGHT foods.

Weight loss is 90% the food you eat.

What's wrong with Fruit?

There is another myth that you need to know about, and that is the Glycemic Myth. Here's the problem...

Fruit is low-glycemic. Whenever you eat some blueberries or an orange, your blood sugar doesn't go too high. So you shouldn't gain fat by eating them, right? The thing is, fructose (the sugar in fruit) goes directly to the liver and stimulates it to create triglycerides or body fat.

In the late 80's, there was a cookie company called Frookies that came out with fructose-sweetened cookies. Dieticians and nutritionists around the world went ga-ga over them, praising them for their genius. The cookies were recommended for diabetics to help them keep their blood sugar levels down.

A couple years later, a lot of diabetics started having obesity issues. That is when they discovered that fructose, even though it is low-glycemic, goes straight to the liver and creates body fat.

The Dark Side of Fructose

Another insidious result of consuming excessive amounts of fructose, primarily in the form of High FRUCTOSE Corn Syrup is non-alcoholic fatty liver disease. (HFCS goes by many other names and is hidden in tons of processed and junk foods) As many as 30% of Americans have this condition that leads to scarring and hardening of the liver. Eventually, it creates cirrhosis and can ultimately lead to liver failure and even liver cancer. There is no treatment for this.

Did you know? Agave syrup, sold today as a 'healthy' sugar substitute is also promoted as ideal for diabetics is 80% fructose? Avoid it!

How to Burn Fat Forr-evvver

Here is the key point for fat loss: whenever we habitually and routinely avoid fructose that goes to the liver, or the processed sugars that spike glucose, your body is forced to turn body fat into fuel. That is what creates long-term, sustainable fat loss.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

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