

Day 2: Fat Chance You Will Lose Weight Counting Calories

Putting a number on food, such as 'calories' simply doesn't work. Calories cause dietary defeat because they are confusing. We have all been told that portion control and calories are the reason everyone is obese.

The Calorie Myth

If you were to eat 10,000 calories of bacon, you should gain 2 pounds of fat if you buy into the Calorie Myth. But it doesn't work that way! Your body does not immediately convert bacon fat into fat on your thighs. However, if you eat 10,000 calories of cake, your blood sugar will sky rocket and your liver immediately converts the cake into fat.

It is not as simple as calories in = calories out. A calorie is a form of heat measurement, but it does not represent what is actually going on in your body. The advent of calorie counting has not stopped the obesity trend. Losing fat is not about limiting calories! It is about eating natural food. That's it!

The Calorie Myth is also at work with your Rev program. The foods you are eating are nutrient dense, full of bio-active fiber, vitamins and protein. These foods are going to heal your body from the inside out which in turn will cause you to lose fat.

P.S. Are you taking a good multi-vitamin? That is a great way to ensure that all your bases are covered while on REV. We don't have a specific brand we recommend; choose one that you prefer that suits your needs.

Speaking of Fat

We said it above, but let's say it again: eating fat will not make you fat. Did you see that bottle of yummy Sweet Garlic Butter Sauce* in your order? We have found that some people try to limit calories on their program by skipping the butter sauce. The butter sauce is NOT going to make you fat, in fact, the opposite is true. It will make your food taste even better than it already does, will keep you satiated and will keep your body in a fat-burning zone.

By the way, you can also use any full-fat dressing or oil on your vegetables-- as long as it has 2 grams or less of sugar in it.

*People love our Sweet Garlic Butter Sauce so much that we get asked how to order more all the time. If you ever find that you need more, just call 1-800-273-1686, email customersupport@PersonalTrainerFood.com or open a Live Chat on www.PersonalTrainerFood.com

4 Key Ways Rev Incinerates Fat

Here are some ways that your program is working to burn fat (and take note, calories have NOTHING to do with it).

1. Reduces Inflammation

Sugar creates inflammation in your body. Your body has to respond to that inflammation by launching an immune response. As your immune system is activated, you suffer from lower energy, poor physical health and fat gain. It is like having a cold all the time—the thing is that you just don't know it! While on REV you will probably notice that you are feeling more energetic. You may notice your skin glows. You may feel happier, able to focus and more productive through the day as inflammation decreases in your body.

2. Detoxifies Your System

Processed, starchy and sugary foods have a lot of junk and chemicals in them that have been overwhelming your system. The result is inflammation as we discussed before. The bio-active vegetables, eggs and meat on this plan are the best things you can eat to naturally detoxify your body. Staying well hydrated will help your body to detoxify even more.

3. Turns Your Body Into a Fat-Burning Machine

Months, years, or even a lifetime of poor eating habits add up to a sluggish digestive system and a slow sugar-burning metabolism. REV will optimize your system so you can burn fat easily while on the program. If you transition to maintenance after your program, as long as you avoid excessive sugars and starches (which got you to the point where you had more fat than you wanted), you will not gain fat. If you continue on to your next 28 day program, your body will be in a perfect place to continue burning fat.

4. Reduces Sugar Cravings Permanently

Eating only vegetables, eggs and meats for the next 4 weeks will reset your taste buds. We know you might be thinking it is IMPOSSIBLE to lose the taste for your favorite foods, but you will be surprised! Sweet or starchy foods may not taste as good as they did to you before. REV leads to long term weight loss because it changes the way sweet foods taste. Healthy foods will actually taste better to you. (If you have any doubts, think back to how good those eggs tasted this morning!)

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

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

Call us at [1-800-273-1686](tel:1-800-273-1686) x4

