

Fat Burning and Weight Loss

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Excess weight, too much stored fat or obesity is an indication of future health problems, the common ones being joint pains and inflammations, suppressed immune system, allergies, skin problems such as eczema, boils, face pimples, diabetes, heart disease, strokes, excess cholesterol, and more. This results in poor energy levels, tiredness and lethargy, lack of concentration and mental alertness, hyperactivity, mood swings, anger, irritability, restlessness, depression, etc.

In order to lose weight, one will have to make sure the body is adequately nourished while dieting. Every cell needs a stable and complete supply of nutrients. If not, there could be a metabolic backlash which might cause further weight gain.

Weight loss should **not** be done at the expense of building health. **Strive to build health** and get more energy, feel wonderful and full of drive, with increased mental alertness.

With the multitude of weight loss diets and programs being recommended, take this pill or eat certain foods, cut this out, no fat, eat less, etc., no wonder one is confused as to who is telling the truth and what really works. If you are on any weight loss diet and you are not losing weight, are often feeling tired, feel starved, feel like indulging, are craving for sweet foods, then the advices given are inadequate or incorrect.

What are the correct and balanced nutrients your body needs to burn fat instead of storing fat?

Fat is lost **only** when energy is produced. Weight cannot be taken off until fat is burned efficiently. Therefore one should at least get to know what are the needed nutrients that must be present before fat can be converted into energy. Knowledge in nutrition is a key element to have before embarking on the road to weight loss and restored health.

First step is to convert your body from fat making mode into fat burning mode.

Fat making is due to blood sugar imbalances, sugar levels peaking above the normal levels. Excess sugar is converted into fat by insulin and this gets the body to produce excess insulin. This excess makes the body become more resistant to insulin, the insulin inhibits the breakdown of fat and the fat is dumped and stored. In that condition, glucose (blood sugar) is not burned efficiently and the fat resources are not used for energy purposes.

As a caution, high blood sugar is dangerous as it causes damage to the nerves, eyes, kidneys, and arteries.

Blood sugar imbalances are created from the consumption of junk foods, such as white and brown bread, white rice, packaged mealie meal, fried or packaged chips, packaged cereals (corn flakes, puffed rice, 2-minute oats, etc.), sweets and chocolates, brown or white sugar, pastries, doughnuts, etc.

To get the body into fat burning mode, one will need to eat foods that do not peak the blood sugar levels. Those foods also must provide the necessary ratio of proteins, carbohydrates, fats, vitamins and minerals to keep the insulin levels down. Plant based foods, such as spinach, broccoli, egg plant, beans, lentils, brown (not white) rice, soybeans and soybean curd, whole barley, whole wheat, millet, quinoa, sorghum, whole mealies or corn, rolled oats, apples, peaches, oranges, mangoes, almonds, cashews, avocados, etc., provide such nutrients.

The body gets into fat burning mode when the body produces little insulin. In that condition, the body releases another hormone called glucagon. Glucagon tells the body to breakdown fat and burn it for energy.

Foods rich in fibres are key to keep the insulin levels within the correct limits so glucagon can be released. Fibres have a property of holding onto any glucose in the digestive tract and releasing it slowly in the blood stream. Most junk foods have had all their fibres removed and as a result there is no control of sugar release in the blood. The therapeutic fibres are psyllium husks, konjac fibres (which is rich in glucomannan – the most efficient fibre in controlling blood sugar balance) and next is rolled oats (not 2-minute oats). Fruits, vegetables, lentils, beans, whole grains contain fibres.

Anti-Ageing Hormones

Incorrect eating habits, stress and consumption of sugar and stimulants (coffee, tea, chocolates, cigarettes, alcohol) can create hormonal imbalances which affect fat burning and can keep the body in fat making mode. Stimulants upset the blood sugar levels and mess up the body's metabolism (the rate at which glucose and fat is converted into energy).

Hormonal changes are the major culprits that promote weight gain as we get older. Anti ageing hormones when present in the correct quantities, as when one is young, stimulate muscle production while reducing fat. In lower amounts, it becomes more difficult to lose weight. Anti ageing hormones do exactly what they do best – keeps one young and vital.

HGH - Human Growth Hormone

A very key anti-ageing hormone that does the following: – burns fat deposits – inhibits the formation of fat – mobilises existing fat stores and burns them for energy – improves muscle tone while preventing or reducing the formation of wrinkles and sagging skin and retaining its firmness and pliability

HGH declines rapidly as we age. By 30 years old, with lower HGH levels, one gets muscle waste and bones start thinning. By 35 years old, there is only enough HGH produced to aid in wound healing and sustain the immune system, and not enough is left or remains to metabolise fat deposits.

For more information on HGH and how to get the body to produce the correct levels of HGH, click on HGH - Human Growth Hormone.

Thyroid Hormones

Another anti-ageing hormone) – it controls the metabolic activity of all our cells. It stimulates the cells to use oxygen in order to create energy. In order for the thyroids to produce the hormone, it will need the presence of the amino acid tyrosine (obtained on its own or from a good supply of digested proteins), iodine (obtained from kelp) and vitamin B2, B6, B12, A, C, E and minerals Zinc and Selenium. Tyrosine also curbs appetite, elevates one's mood and reduces the desire to eat. It helps the body to stay at the desired weight once the goal weight is reached.

As a caution, if one reduces one's food intake or starves oneself, the body will start to conserve food, less thyroxin (thyroid hormone) will be released which decreases the metabolic rate. Therefore energy is conserved instead of being burned and the stored food rapidly converts into fat. The result is more tiredness.

The best advice is not to starve oneself or miss meals. Instead have 6 small balanced meals during the course of the day.

Having changed your eating habits from junk foods to wholesome foods, your body is now ready to burn the stored fat or bad fats circulating in the blood stream.

What constitutes a balanced meal?

Each meal should consist of proteins and amino acids, carbohydrates, oils and fats, vitamins, minerals and fibres.

- Proteins and Amino Acids – eat adequate amounts of proteins to help the body produce the correct amount of hormones, repair tissues, build muscles, etc. One can also take individual amino acids to produce more HGH or thyroid hormones. For those under stress or who have digestive disturbances, take digestive enzymes with each protein intake.
- Carbohydrates and Fibres – from whole grains, fruits and vegetables.
- Oils and Fats – Omega 3 oils from flaxseeds and pumpkin seeds, almonds or fish oils. Omega 3 oils is key to fat burning as it stimulates the metabolism and at the same time clears up dry skin, boosts brain function, protects the heart and strengthens the immune system. With Omega 3 oils, the craving for foods diminishes.
- Consumption of saturated fats (French fries, deep fried foods, doughnuts, hamburgers, margarine, biscuits, most salad dressings, vegetable processed foods, confectionery, chocolate bars), the body is not satisfied, one craves foods and wants to eat more.
- Vitamins and Minerals – Vitamin B1, B2, B3, B5, B6, B12, Folic, Biotin, C, E Minerals Magnesium, Manganese, Zinc, Copper, Sulphur, Iron, Chromium. Vitamin B5 is needed in larger quantities as it is also used during stress, for the production of anti inflammatory hormones and for the functioning of the immune system. When B5 runs out, fat is not burned, energy production comes to a standstill and lethargy and tiredness sets in.

GLUCOSE + (NO B VITAMINS, NO MAGNESIUM AND NO VITAMIN C) = FAT

GLUCOSE + B VITAMINS, MAGNESIUM AND VITAMIN C = ENERGY

FAT + B VITAMINS, MAGNESIUM, VITAMIN C, BIOTIN, OMEGA 3 AND 6 OILS = ENERGY (FAT BURNING)

(Magnesium is best taken in a soluble form – a powder mix of Calcium and Magnesium in the correct ratio dissolved in an acid base will ensure 100% absorption and usability of Magnesium.)

Other supplements to speed up weight and fat loss

(NOTE – Those listed supplements work best when the body is in fat burning mode and on a balanced diet):

- HCA – Hydroxy Citric Acid – It slows down the production of fat. It prevents or blocks an enzyme from converting carbohydrates and sugar into fat. – It reduces appetite – It reduces the synthesis of fat and cholesterol
- Acetyl L-Carnitine – Breaks down the formation of fat into fatty acids (energy is released when fatty acids are burned) – Metabolises fat deposits (cholesterol) in the blood vessels and the muscles, converts them to fatty acids and carries them to the cells, across the cell membranes to the energy factory (mitochondria). Overweight people have low carnitine levels and increased levels of cholesterol and blood pressure
- Grape fruit extract – Gets rid of cellulite
- Hoodia – A powerful appetite suppressant
- Green tea – A caffeine based thermogenic (increases body temperature by burning fat). Also a well known antioxidant
- Yohimbe Bark – Increases the hormone testosterone leading to lean muscle and increased blood circulation. Helps with cellulite which is caused by bad circulation. Testosterone also stimulates the energy factory (mitochondria) in the cells to convert glucose and fat to energy more efficiently.
- White Kidney Bean – A carbohydrate blocker – it prevents the absorption of glucose released from excessive amounts of carbohydrates
- Chromium Picolinate – Assists insulin to carry glucose from the blood vessels into the cells for energy production.

References: Patrick Holford (30 Day Fat Burner Diet), Adelle Davis, Dr Robert Erdmann & Meirion Jones (The Amino Revolution)