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NEWSLETTER

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Most Outrageous Weight Loss Gimmicks

Ever done something really dumb to lose weight? Eaten only grapefruit for four days or swallowed a bunch of pills that made your heart race? Read on for a few of the worst weight loss gimmicks in history. Submit any of your experiences which trump these. Winner receives a life supply of non fat Spam.

1. Fat free foods – Avocado, nuts and olive oil are out. Twizzlers, fat free twinkies, hard liquor and wonderbread are in. Sign me up.
2. Starving yourself to live longer – You might not live forever, but it'll sure as **** feel like you did.
3. Excessive sauna use – Congratulations. You lost 8 lbs in 40 minutes. Sadly, you look like a prune.
4. Colonics - Detoxify and lose weight by propelling gallons of water in a direction which defies gravity. I think I just lost my appetite.
5. Tape worms. Requires no further comment.
6. Eat for your blood type. Some of the smartest people I know have fallen for this one. I'm still waiting for the book based on hair color and am prepared to be a redhead as long as I can still eat cheese.



7. Any product that claims losing more than 1 lb a week, no effort required. This includes all pills with ephedra in them, and/or massive amounts of caffeine. The upside: it actually works. The downside: you might be dead. Kills the fun doesn't it?
8. Vibrate the fat off- Seriously? If this worked why would anyone eat worms?
9. Alli – The product warns against fecal incontinence. This is as bad as it sounds. Worse, I imagine, and potentially excruciatingly embarrassing. It comes as no surprise that the brochure strongly suggests following a low fat diet. Hmmm.

STRONG

DR 911's Medical Corner

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Q: Do my hair and nails actually reveal anything about the state of my overall health?

A: This is true to some degree - especially of your nails. While we can't just look at you and assess your overall state of health, your hair and nails may reveal some early signs of particular diseases.

Certain types of heart disease can make your nails bright red, while fully white nails may suggest liver disease. If your nails become yellow, it may indicate diabetes or certain lung disorders. If your nails become pale, it may suggest anemia.

Nails often provide more clues for a physician, but some hair disorders can point to specific diseases. A sudden, rapid onset of brittle hair (as opposed to life-long split-ends) or hair loss could suggest broader health problems. Consult your physician if you notice any changes in your hair or nails.

Beginner's Guide to Fat Loss

Losing body fat doesn't have to be confusing, as long as you can follow a plan that will help you reach your goal.

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Here's a question I'm often asked:

Is there an advantage to working out in the am vs pm?

Of course, doing it is better than not doing it - That aside, there is a slight metabolic advantage to working out at 4:00pm in the afternoon - when body temperature peaks. You will burn slightly more at that time of day, than you would at 6:00am or 7:00pm.

The difference isn't negligible, but it isn't all that significant either. (Perhaps an additional 25-75 calories depending on how hard you're working out).

Does it all add up? Absolutely.

Probably the worst mistake one can make is working out on an empty stomach in the morning - as your body will break down lean tissue, i.e., muscle, to fuel the workout. Net result: a drop in metabolism.

One thing we all should be doing is weightlifting. No, you won't bulk up. Yes, it'll increase your metabolism slightly, but significantly.





2008 has brought a few changes, notably my new partner Linda O'Byrne.

Linda has worked within the nutritional industry for over 10 years with some of the leading names in the nutritional supplement industry. An accomplished marathon runner, writer and ISSA certified Specialist in Performance Nutrition, who has developed nutritional programs for the weekend warrior and professional athletes alike. Currently residing in one of the USA's fittest cities Denver, Colorado, her daily passions are running, weight training, writing and looking after her young daughter.

Q & A with Linda

I've been hearing bad things about having fruit in your diet. Should I be cutting out fruit if I want to lose weight?

You shouldn't cut fruit from your diet! Yes, it's true that too much sugar in your diet can be detrimental to a fat-loss program, however, you don't need to avoid all sugars. Mainly, it's important to avoid the refined kind, which causes blood sugar levels to spike and crash. Plus, refined carbs can be stored as fat if you eat too much of them. These refined sugars are contained in products like cakes, cookies, and breads. The sugar contained in fruit is called "fructose" and doesn't cause the same spike in insulin that regular table sugar does. Fruit also contains lots of fiber, which makes you feel fuller for longer and contains antioxidants and vitamins too. If you're still worried, eat more of the lower glycemic fruits, such as apples and pears, and eat the higher glycemic ones, such as bananas and oranges, more sparingly or just post-workout. I'd definitely recommend that you consume two pieces of fruit per day, but try to eat them with a little protein for a complete snack. For instance, you could have some cottage cheese with an apple.

I've been eating quick-cooking oats but have read that old fashioned are better. Is that true? The nutrition panel looks the same to me.

The difference between quick-cooking oats and old-fashioned oats is the way the oats are cut, and this has an effect on the rate of digestion and therefore the glycemic index of each. In essence, the old-fashioned oats have a lower glycemic index, so they are digested more slowly and are therefore a much better source of complex carbohydrates.

In addition, the instant packets of flavored oatmeal are overly processed and many contain loads of added sugar and are not a healthy choice at all!

I enjoy old-fashioned oatmeal with added protein powder and a tablespoon of ground flaxseeds—this way I get the complex carbs, protein, and essential fats in my healthful first meal of the day! Plus, it's super fast and tastes great!

I just had my body fat checked, and I actually lost muscle, rather than fat and I don't understand. I do cardio before and after weights five days a week and run three miles every day.

A big problem is the notion "more is better." This is not the case, so make sure to think "quality," not "quantity."

By doing your cardio before training with weights, you have totally defeated the purpose. Cardio depletes your muscles of precious glycogen and energy needed for your weight training. Cardio before weights along with too much training is most likely the reason you lost muscle. If you insist on doing cardio on the same day as your weights, always perform it after weights. You'll be more successful if you keep cardio and weight days separate. Remember that training is the stimulus for the results that occur when you are resting! Make sure you take a day off every week. This will give your body and mind the break they need to keep responding to training stimulus by recharging your physical and mental batteries.



Beginner's Guide to Fat Loss

Introduction

Losing body fat doesn't have to be confusing, as long as you can follow a plan that will help you reach your goal. Firstly, and in my opinion the most important, is what you eat. It's important to create a calorie deficit, meaning that you eat fewer calories than you burn. This will naturally lead to a loss of body fat.

Secondly is exercise. This is important both to help burn calories and to keep the weight off. Some types of exercise also build lean muscle, which helps to increase your body's metabolic rate, or the rate of calories burned.

Step 1 – Nutrition – “You are what you eat”

What you eat is going to be the deciding factor in the success of your weight loss plan. Not all calories are created equally, for instance if you eat healthily and consume plenty of protein, quality carbohydrates and healthy fats, while limiting unhealthy foods then your body is going to look a whole lot different from “junk food junkie” – even if the caloric intake is the same.

This is because good quality proteins & carbohydrates provide healthy sources of energy, keep you feeling fuller for longer and don't cause fluctuations in blood sugar levels, which lead to increased cravings as well as weight gain. Have you ever eaten a sugary muffin and had an energy crash an hour later? This is why!

Be realistic and don't get fixated on one number, “I must weigh XX pounds,” instead focus on losing a realistic one to two pounds per week.

It's important to create a caloric deficit, so you're actually burning more calories than you're eating. One pound of fat equates to 3,500 calories so you need to find a healthy way to cut this amount of calories. So if you're aiming to lose one pound of fat per week then you could cut 500 calories per day from your food intake.

You might find it beneficial to journal what you eat for the first week, right down to the cream in your coffee. Some people wildly underestimate what they eat and writing a journal holds you accountable too.

It's been shown that in order to lose body fat the best nutrition plan to follow is to eat smaller meals more frequently. For instance, instead of eating three “square”

Lastly, supplements can also help you to lose fat in various ways, by increasing calories burned, reducing water weight, suppressing your appetite or controlling cravings.

Sounds like a lot to remember so let's take a look at each section and help you build a plan to lose that body fat safely and effectively!

meals per day, break this down into five to six smaller meals. Remember that portion size is key so even healthy foods should be eaten in moderation.

Ensure that each meal has a low-fat protein and a complex carbohydrate source. Below are examples of good and bad sources of proteins & carbohydrates. Simply choosing one from each group will make a complete meal. You can include vegetables with every meal to make it more substantial and nutritious. You can also eat lots of salad but ensure that dressings are not fat-filled or too sugary, simply by checking the ingredients panel on the bottle.

For instance, lunch could be a tuna sandwich on whole-wheat bread and dinner could consist of salmon with a baked potato and vegetables.

Good sources

Protein
Chicken breast
Tuna
Turkey
Lean red meat
Egg whites
Protein powder
Fish

Carbohydrates

Whole wheat bread
Whole wheat pasta
Brown rice
Sweet potato
Oatmeal
Baked potato
Vegetables
Fruits

Bad sources

Fatty cuts of meat
Hamburgers/hotdogs

White bread
White rice
Bagels

Step 2 - Exercise & why it's important

Although nutrition is key, it's important to include exercise in your plan as this will help you burn more excess calories and therefore help to create that deficit that leads to fat loss. For instance, you could be cutting 500 calories from your food intake but you could burn an additional 500 calories during exercise so that would be two pounds of fat loss per week!

Weight training can really make an impact as it helps to increase lean muscle tissue and having more muscle means that your body burns more calories, even at rest. Having more muscle really shapes your body and makes you stronger too.

It's important to take it slow when you start a weight training program. Begin with a 20-30 minute workout with one exercise per body part and aim for 12-15 repetitions. If you can't join a gym then you can do body-weight exercises at home, such as calisthenics, pushups, squats and lunges.

Cardiovascular exercise is also important for general health and also for burning body fat. You could start with a brisk walk for 20 minutes several times per week and as you progress you could begin to jog for one minute, followed by a one minute walk and so on. The key is to progress as your fitness level improves.

It's important to warm up prior to both cardio and weight training so just walk for ten minutes or do some other form of light cardio.

Step 3 – Supplements For Quicker Results!

Protein supplements

It's difficult to get enough quality protein from whole food alone and this is where protein powders come in handy as they are a good source of protein and quick and convenient to use. Protein supplements ensure you obtain sufficient protein to promote muscle growth and also help with recovery.

Protein also is slower to digest than other macronutrients so you'll feel fuller for longer too. Protein supplements come in a range of products such as powders that mix with water or milk to make a shake, nutrition bars and ready-to drink formulas.



Stretching is also valuable for ensuring that you don't injure yourself. I'd recommend that you do stretching exercises after you exercise and this will not only loosen you up but also help to cool your body down after your workout. Just ten minutes after each workout is adequate.

However if you're unable to start a workout program, even the little things count like climbing the stairs instead of using an elevator or taking a walk every day. It's important to stress that supplements aren't going to work alone: you can't take a fat burner and expect to drop body fat without having the factors like good nutrition and exercise taken care of first. However, they can definitely help you to reach your goal.

Some supplements aid in helping you to stick to your diet plan by providing a quick and easy way to consume nutrients. This is important when you're eating five or six meals as it's often hard to prepare that many nutritious meals in one day. This is where protein supplements & meal replacements (MRPs) come in handy.

Meal replacements (MRPs)

MRP's contain a balanced mixture of high quality protein, carbohydrates, vitamins and minerals. They are basically a perfect meal in a convenient form of a shake, which is ideal when trying to consume healthy meals every 3-4 hours to optimize fat loss.

Other supplements to help burn fat

There are different types of fat burners. Some are stand-alone ingredients such as the fatty acid CLA (conjugated linoleic acid) and others are formulas which contain several ingredients that work together, such as caffeine, green tea and citrus aurantium.

Fat burners can work in several ways such as:

- **Suppress the appetite**
- **Boost the metabolism**
- **Reduce excess water weight or “bloat”**
- **Release fat as energy**

So we'll take a look at some of the main ingredients used and how they work:

CLA

This is a fatty acid which has been shown in many studies to help to burn body fat as well as help the body to retain lean muscle tissue. CLA has the added benefit of being stimulant free, so ideal for those looking for an all-natural fat burning supplement.

Citrus Aurantium

Citrus aurantium has been shown to be an effective fat burner, either alone or in conjunction with other ingredients such as caffeine. It's often found in fat burning formulas and can really help to burn more calories as well as providing an energy boost for more intense workouts.

Caffeine

Caffeine is probably the most widely used supplement for fat loss. It can increase energy but also help to increase total calories burned. You may see 'Guarana' on some fat loss supplements. This is simply an herbal form of caffeine. There is some controversy over the health risk of consuming caffeine regularly however science does support the fact that caffeine poses no health risks if used in moderation.

Yerba mate

Yerba mate is a member of the holly family and has been shown to increase energy, burn more calories and help clear the body of waste products like lactic acid. However Yerba mate doesn't give the jittery side effects of many stimulants and so is particularly good for those who are sensitive to caffeine.

Recipes ([click here for recipes](#))

Workout snacks ([click here for workout snacks](#))

Baking tips ([click here for baking tips](#))



Green Tea

Green tea is well known as an effective antioxidant however it's also been shown to promote loss of body fat. As Green Tea also has natural caffeine content, it also helps to upregulate the metabolism too.

Putting it all together!

Losing weight should be enjoyable and easy to follow, below is an example of a meal & supplement plan so you would follow this every day, just basically sticking to your healthy breakfast, lunch & dinner with a mid-morning and mid-afternoon snack.

If you're still hungry at the end of the day, don't deprive yourself. You could have a low calorie snack as meal 6, such as a protein shake or yogurt and almonds.

Don't stop now!

By the time you've finished your program you'll probably not only be significantly trimmer but also feeling a lot healthier and more energetic. All the more reason not to stop as it really should be a lifestyle change in order to maintain your healthy body.

This doesn't mean you have to be super strict every day but just be more realistic about what you eat and continue with your exercise program and you'll keep your desired shape!

If you find yourself slipping then simply journal your food intake for a few days again, make the changes and you'll soon be back on track.