

# 67 Crazy

## Fat Burning Tricks

Simple, Fast, and Easy tips to  
lose fat faster, look and feel  
younger, and boost your  
metabolism!

By Ed Scow, aka The Fit Dad

# 67 Tips, Tricks and Philosophies to Lose Weight, Burn Belly Fat and Live a Healthy, Lean and Vibrant Lifestyle

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## INTRODUCTION

First I wanted to express my deepest thanks that you are taking the time to read this book. I know that if you put some of these (hopefully many) tips and tricks into practice that you will be well on your way to achieving your fitness and weight loss goals.

I do want to say this – this is not a program. It is not a collection of workouts, nor is it a “diet.” I think this is actually more important than any diet or workout program you can try...at least for starters.

On the pages that follow you’re going to see a whole lotta of tips, tricks and philosophies that have worked in my life and, more importantly, the lives of my many clients in becoming a stronger, healthier and more vibrant and fit person.

Those who want to lose weight, and do it successfully, have learned that it’s a relatively simple feat to accomplish (although not always easy) and that focusing on making small changes over the course of many days, weeks and months will ultimately yield tremendous results. Some tricks and tips are easier than others, but they are all valuable.

Evaluate your life and where you are right now in your healthy lifestyle and then pick a few of these tips and tricks to put into practice...

...And then take action.

The tips, tricks and philosophies are varied between “Mental,” “Exercise,” and “Diet.” I decided to mix things up and not split them into separate sections because I wanted you to see everything. I think we have a tendency to think we only need help with one or two areas, when in fact, we can learn something from things we already know.

My goal for you is that you become the healthiest and most vibrant and energetic person you can possibly be. You deserve to succeed with every part of my body and soul and I know you can do that.

Life is for living and live is for being joyful.

Have fun, take things step-by-step and day-by-day and enjoy the ride!

*Tip, Trick and (Philosophy) 1:*  
*UNDERSTAND RESISTANCE*

I'm going to "borrow" a term from another author called "Resistance."

What is Resistance? In his book "Do The Work," (which is a great book) Steven Pressfield, he describes Resistance as something that comes up when you're doing "... any act that rejects immediate gratification in favor of long-term growth, health, or integrity."

It can come up as fear, self-doubt, laziness, acting out of compulsion, expecting perfection, being timid or anxious and ego, to name a few.

Basically, Resistance is anything that stands in the way, usually self-inflicted and often unknown, of accomplishing your goals and it comes up when you're actively trying to succeed and improve.

Some may call it the devil, or any variation of that description, and that's a pretty good description. Its sole purpose is to keep you from what you want most and since we're talking about health, fitness and weight loss, you need to understand that Resistance will rear its ugly head ALL THE TIME.

It may come in the form of self-doubt and feelings of being a failure.

It may rear its ugly head by making you believe you're "too busy" to exercise or make a commitment to eat high quality and nutritious meals.

It may tell you that you'll never accomplish your goals because you have too far to go and you've been in this body for far too long or that you're stuck in your ways.

Resistance may come in the form of a loved one who is fearful of what you'll accomplish, so he/she subconsciously puts up roadblocks.

It may also come in the form of self-hate over your expectations of perfection where you mentally berate yourself any time you slip up (this is a biggie).

You have to understand that Resistance is there, and always will be there. It's a fact of nature. I'm not saying you have to listen to it and I'm sure as hell not saying you have to give in to its lies, but you do need to know that it will be there waiting to pounce and that you should respect it.

You should respect it because where there is Resistance there is also progress. If you don't battle with Resistance, it probably means you're off your path.

If you're on the path to your goals, then Resistance will be there – it's the little devil on your shoulder whispering in your ear, but now that you KNOW that, you know that you can beat it because it means you're on the path to success.

*Tip, Trick and (Philosophy) 2:*  
**...THEN Kick Its Butt!**

Once you know you will meet Resistance when you set upon your path to success, your job is to then kick the living crap out of it every chance you get.

If it's telling you it's okay to skip today's workout because you're tired, slap it silly by going against it and doing your workout anyway and feeling awesome afterward.

If it's putting you in the dumps because you had a bad weekend of eating, put it in its place by choosing to move forward and understanding that you can't change the past and that all you have control over is what you do right now.

If that little devil on your shoulder named Resistance is saying you should be nervous about this new workout program because it's different and you might look silly because you're a beginner, remind it that everyone was once a beginner and you have to start somewhere. Also remind it that being a beginner is probably the best thing in the world because it keeps your ego in check and you're in a place of learning and discovering and keeping your ears open to new things.

If Resistance is whispering in your ear that it's okay to eat a few extra cookies because you had a rough day, yell in its ear that you don't need those cookies and that you're going to relax another way or eat something healthy that will make you feel good and help you sleep better.

Get my drift?

Understand that you will meet Resistance on a regular basis...

...But also understand that you have the POWER to kick the living crap out of Resistance by putting it in its place.

(Tip), TRICK AND PHILOSOPHY 3:  
REMEMBER THE MAGICAL F-WORD

Fiber is magical!

If you do nothing else in your nutrition life, please increase your fiber intake.

I have a few reasons for this.

First, it's nature's appetite suppressant. When you eat a fiber-rich food, that fiber expands in your stomach, which means you get fuller faster and if you get fuller faster, you won't eat as much and if you don't eat as much, you should lose weight.

Boom!

Fiber also helps with your digestive health. This may not be a subject you want to think about, but many people's digestive "movements" are jacked up. Don't go enough, go too often, the make-up of it is whacked out, are just a few common problems and fiber helps fix those issues.

If you don't consume fiber (and water), much of that waste will sit in your bowel and that creates a toxic environment, and not only that, your body won't be able to absorb nutrients properly because of that undigested goo sitting there in your intestines.

Increase your fiber (and water) intake, and you'll see those issues improve.

Third, if you pay attention to increasing your fiber intake, you will also be increasing your consumption of quality, nutritious foods.

Fruits, vegetables, nuts, seeds and whole grains are all great sources of fiber. To increase your fiber intake, you have to increase your consumption of those foods.

INCREASE your consumption of those healthy foods because you're paying attention to fiber, which also means you'll DECREASE your intake of crappy foods just because you won't have room for them.

So focus on fiber first, and the rest will take care of itself!

*Tip, (Trick) and Philosophy 4:*  
*BEGIN AND END YOUR WORKOUTS WITH METABOLIC  
CONDITIONING*

This is one of my current favorite workout styles.

Book ending your workout is a way to turn every workout, no matter what you're focusing on, into a highly metabolic (calorie burning) workout and really crank the intensity up a couple notches.

Here's how you do it...

Pick 2 metabolic exercises like burpees, squat thrusts, jump squats, jump rope, jump split squats, mountain climbers, swings, etc. and put them into a superset (perform them back-to-back with limited rest).

You then do that superset as many times possible in 5 minutes before AND after your regular workout.

Say you chose Burpees and Jump Rope as your two.

You'd first do 8 burpees, followed by jumping rope for 20-30 seconds and then go back to the burpees, etc. until 5 minutes is up.

Then go on with the "meat" of your regularly planned workout.

Then go back to the Burpee/Jump Rope combo for another 5 minutes and you're finished!

If you do it right, you won't even need to think about doing extra cardio because that Book End circuit will kick your booty and burn a whole lotta calories!

You can choose virtually any metabolic exercise you choose as long as it doesn't require a lot of space or time. Remember you're doing this for only 5 minutes.

I also don't want you to choose something like treadmill running, or any type of traditional cardio activity. We're trying to break out of that mode, plus I don't think it's as worthwhile as the other examples because we're trying to create a "metabolic disturbance" and burn a good amount of calories during the workout, but also keep your calorie burning elevated AFTER the workout.

Plus it's a fun addition to any workout program.

Tip, Trick and (Philosophy) 5:  
*You MUST Believe*

Do you believe you'll succeed?

No, I mean do you really believe? Do you know in the pit of your stomach, that you will reach your goals? Do you know that nothing, no matter how big, will stop you from getting to what you want?

You have to have that. Sure it may be tough, and that may even sound a bit extreme, but I don't believe it so.

You are trying to change your lifestyle for the better. You are going to meet some pretty tough resistance and you have to know, deep down and with every bit of your being that you will get what you want.

If you don't believe wholeheartedly in what you're doing, you will fail. That may sound harsh, but it's true. Sure you may achieve some success, and it might even feel pretty sweet, but I'm pretty confident in saying it won't last.

Belief is the first step.

Actually, it's the second. First you have to know what you want, and then you must believe in what you want and believe that you will achieve it, come hell or high water.

Belief is what you can go back to when you struggle.

Belief is what you can fall back on when Resistance rears its ugly head.

Belief is what will bring you through and belief is what will see you through to the end.

It's your buddy.

It's the little angel on your shoulder constantly reminding you, "You can do it."

Believe in yourself.

Know that you'll get what you want and then follow that up with massive action because Belief without action is about as good as a car powered by vegetable oil. Sure it's efficient and it'll get you from point A to point B, but you'll smell like French fries and will have strange people chasing you down the street.



*TIP, TRICK AND (PHILOSOPHY) 6:*  
*Live For Today*

The only thing you have control over is today.

More specifically, the only thing you have control over is this moment.

Live for today. Live for now.

Live each day to its fullest. Sometimes that means resting, while other times, in fact most times, it's about moving and treating your body well.

We have a tendency to live for some future date – usually falling in love with our Big Picture – and that can be paralyzing. Not that falling in love with your Big Picture is necessarily bad, it's that you have no control over the future. You only have control over this moment so treat this moment like gold.

Live life.

Love life.

Another negative habit that gets squashed by living for today is the “I'll start tomorrow” or “Monday works better for me” mentality.

I'm a personal trainer and have heard every variation of the “future” talk and it's damn maddening because it's a stalling tactic.

Telling yourself you'll start tomorrow, or Monday, or next month, or whatever date you put in, only puts your Big Picture farther and farther away.

You are delaying the joy you can have by living for the day.

You may think you're putting off the pain of starting, but in truth you are just delaying the complete and total joy living for your Big Picture can bring.

*(TIP), TRICK AND PHILOSOPHY 7:*  
*Pay Attention To Posture*

Posture is everything.

Good posture gives you energy, while bad posture leaves you feeling run down.

Good posture keeps you walking tall and gives you a look of confidence, while bad posture has you hunched over and gives an aura of zero self-confidence.

Good posture is strong, while bad posture is weak.

Good posture makes you breathe, while bad posture makes it difficult to breathe properly which makes you yawn more and leaves you feeling more tired.

Good posture makes you happier, while bad posture makes you a grump.

Posture really is everything.

Because we sit at desks for hours on end, sit behind the wheel of a car and sit on couches, our posture is all out of whack (technical term!).

Our shoulders are rounded, our chests are tight and weak, our heads are jutting forward and our low backs are either too flat or too arched.

All of this spells big problems and you may be feeling any number of them.

By paying attention to your posture, and then fixing it, you can help alleviate a multitude of problems and even shrink your stomach.

Right now, I want you to sit up straight, pull your shoulder blades back, drop them down, pick your chin up and tighten your stomach.

Do it now!

How does that feel compared to how you were just sitting?

If it feels good, that means you're going to have an easy time fixing your posture. Hopefully that's what happened to you. Hopefully you were instantly able to breathe better and felt more alive.

However, maybe it didn't feel very good and actually even felt difficult – kind of like a workout.

If that's you, then you have some extra work to do because your posture is out of whack and has been for quite some time.

You need to really focus on your posture and get it fixed.

One of my favorite posture exercises is called the Stick-Up. To do it, stand up against a wall with your heels, butt, shoulders and back of your head against the wall. Don't make your body contort in to weird positions to get in that posture – it should be a natural standing position.

From there, place the back of your hands and elbows against the wall so you create a 90-degree angle at the elbow. Tighten your stomach, keep your chin up and then, while keeping all those points against the wall, slide your arms along the wall like you're surrendering – imagine being in the Old West and some tells you “Stick ‘em up!” – now slide them back down.

Do that slowly 10-15 times and do that 2-3 times per day every day. After a couple weeks you should notice your posture improving and you should also be seeing the benefits of improved posture.

*Tip, Trick and (Philosophy) 8:*

### *Eat These Foods...Get More Happy (and Grammar...)*

Let's keep this one extra short.

Happy people eat real food. In fact, the more real food you eat, the happier you'll be.

Sad, depressed people tend to eat more processed foods.

There's a question of chicken or the egg here, but I have a study here that proves real, honest to God food makes you happy.

Here's the rundown...

Some nice, and possibly bored, British and American researchers got together to do a study determining whether or not consuming fruits and vegetables boosted your mood, and by extension made you happy.

They found that people who eat 2 servings of fruits and vegetables per day reported higher levels of happiness than those who did not.

What's even cooler is they found that the more produce you eat, the happier you become.

They found that people who regularly consume 7 or 8 servings of fruits and vegetables per day were the happiest of all studied.

As I mentioned earlier, they can't determine cause-and-effect, but they do say there's enough of a link to show a big boost in mood and happiness the more fruits and vegetables you eat.

Tip, Trick and (Philosophy) 9:  
**The 7-Hour Diet!**

I'm a big fan of fasting. I've been fasting, following Brad Pilon's Eat Stop Eat method, for about 3 years. I love it. Sometimes it's difficult, but I still do it every Monday. It's incredibly freeing!

I've tried, sometimes in vain, to get my clients to do this. Those that have put their doubts and fears aside have seen pretty nice results. Some are still wiggled out about the whole "not eating" thing, which I understand. My industry has done a pretty bang-up job confusing the hell out of people regarding the whole "starvation mode" thing, and hammering into people's brains you MUST eat 6 meals per day if you truly want to lose weight. I've been complicit in this myth as well. I've made my come-uppin's and hope I've done a good job explaining my beliefs.

Anywho, I have an idea for an incredibly simple "diet" that I'd like you to try.

I've never had anyone do it, nor have I tried it. If you try it you will be my guinea pig, and if you try it I'd love to get your feedback and results.

It's incredibly simple.

***I call it the "7-Hour Diet."***

For 7 hours a day you are allowed to eat as much as you'd like.

It's as simple as it sounds. You have a 7-hour window with which to get your calories. Once the 7 hours is up, you're done eating. You can still drink fluids, obviously, but your calorie consumption is over for the day.

Your 7 hours can be whenever you'd like, but they must be one continuous 7 hour window - you can't break it up into 2, 3 ½ hour windows, or any combination therein.

You can start with breakfast at 7:00am, eat as much as you want, and then come 2:00pm you're done for the day. You are free in that window.

You could start at 6 and be done at 1, start at 8 and be done at 3, start at 11 and be done at 6...whatever floats your boat.

How many days per week should you do this?

As many as you want. Do it every day for a few weeks. Do it 3 times per week. Do it 2 times per week...you have the freedom to choose what works best for you.

What would I do? I'd probably do it 3 or 4 days per week.

Two things...

Obviously I'd like you to eat the foods you should eat, while avoiding the junk. That should go without saying. I'm not telling you that you can eat potato chips and cheeseburgers for 7 straight hours and lose all the weight you want. That would be irresponsible and unethical.

You will probably notice there's a little more wiggle room than when you try to follow a regular diet. This short window of "eating time" makes it easier for you to indulge a bit more...

...but that does NOT mean you should be silly with your eating. Maintaining your weight loss is about lifestyle, not using a magic trick.

So please focus on quality nutrition over quantity.

Second, you are able to drink whatever you like once the 7 hours is up as long as there are ZERO calories.

My healthy sensibilities urge me to tell you to avoid artificial sweeteners because when consumed in abundance they can have some nasty effects. The dangers are real.

Drink mostly water, but I'm not going to whip you with a wet noodle if you have a Gatorade or Diet Pepsi.

That's it!

Easy enough, right?

Shoot me an email if you have any questions.

(Tip), TRICK AND PHILOSOPHY 10:  
**THE MEAL TIMING CONUNDRUM**

Ever been confused about what to eat and when to eat it?

Should you eat a protein only breakfast or have some carbs and fat too?

Do you have to have a protein shake immediately after your workout if you want to see results?

Do you need to have a protein and carb snack before your workout to provide you with the energy you need to make it through the workout and perform at the level you want?

What about nighttime eating? Is it okay to eat after dinner?

Should you have a protein shake, or other high protein food before you go to bed to help your muscles repair?

That's a lot of questions and to be totally honest I could go on because I've received so many questions about this one topic in the past couple months it's making my head spin.

I know the root of the questions and we'll cover that in a bit, but first let's clear something up...

You don't have to eat your meals or snacks at some magical "time window" in order to lose weight, gain muscle or be more fit.

Will you get better results if you pay attention to a few of those things? Maybe, but again, you don't have to become a freak about it.

When someone asks me one of these meal-timing questions, I ask one of my own questions.

That question is, "When you achieve your weight loss/fitness goal, are you going to continue worrying about that issue or will it go away?"

More often than not the person is thinking of themselves in two different frames of mind – the person who's trying to lose weight and the person after the weight comes off.

The problem is the two versions shouldn't be that different. The version of you who's trying to lose weight should be pretty close to the version of you who's going to maintain that weight loss and I highly doubt you're going to be all freaky deaky about meal timing once you achieve your goal.

I'm sure as heck not freaked out about it and I'm pretty happy with my physique.

Sure you have to be a bit stricter while in the process of attaining your goals than you do in "maintenance mode," but it's not that much of a difference.

All of those questions I asked at the beginning fall under a term my buddy Brad Pilon came up with called "obsessive compulsive eating."

That basically means that we're too wiggled out by meal timing – or to put it better, we allow ourselves to believe what the supplement companies and fad diet writers tell us.

These questions can be answered by following the money. Who's telling you to drink a protein shake immediately after your workout? Probably someone trying to sell you the protein shake.

Who's telling you to purchase commercially made snack bars to have before and after your workout? It's probably someone trying to sell you the bar.

Now, in the art of full disclosure, I do sell protein powders and snack bars...but I'll never, ever tell you that you have to have them to achieve your goals. Are they an option? Sure and that's why I offer them...because if you're going to buy them for convenience...I might as well give you the best option – and make a couple pennies for it too

Now that I got all that out of the way, let's get down to the nitty-gritty.

First up is the question about protein shakes immediately after the workout.

The thought goes that you've just beat your muscles up and they are screaming for nutrition and are screaming to be fed in order to repair themselves.

You know what? That's true.

If you did your workout properly, you did beat up your muscles and they are in dire need of the right nutrients in order to repair themselves.

There are two big times your body likes to repair itself – within 60 minutes after your resistance workout (not cardio) and the middle of the night (some say it's specifically between the hours of 12 and 2...so don't mess with your sleeping patterns).

So the rationale is if you feed your muscles fast digesting protein in the form of a powder, it will go directly to your muscles and repair them.

Is it true? Sure. Some studies show it to be true.

Do you need to be a freak about it and buy buckets of protein powder and carry it around with you like a crazy person?

No.

Should you freak out if you forget your protein powder? No.

Don't be an obsessive-compulsive eater!

In the grand scheme of things, it's not as important as it's made out to be by folks trying to grab a hold of your money.

I've known many, many people who have achieved their weight loss and fitness goals without caring one iota about getting a fast digesting protein and carb snack immediately after their workout.

Let me give you a few scenarios to show you some options.

### Scenario #1: The Early Morning Worker Outer (like my words?)

This person does their workout first thing in the morning. They get up, “wake up” and then do their workout – many times before the rest of the household has gotten up.

If you’re that person, here’s what I suggest. The closer your workout time is to getting out of bed, the less you should eat/drink (in terms of calories...not water) before the workout.

I say that because the bigger your meal/snack is the more blood will be sent to your digestive system which would otherwise be sent to your muscles. This could lead to a poor quality workout and poorly digested food. Or your stomach could get upset and you’ll either become nauseated or blow chunks...neither of which is cool.

So if you get up, warm up and workout...eat nothing.

If you get up and have 30 minutes before you workout, then have a light snack like a piece of fruit and some yogurt or a slice of whole wheat toast with some all natural peanut butter along with a big glass of water.

Then, after your workout, have your regular breakfast. Don’t freak out about the amount of protein, etc. Just eat a healthy breakfast and you’ll be fine.

### Scenario #2: The Freedom Exerciser

If you have a bit more freedom in terms of timing your workout, then a good idea would be to time it before you have a meal. That way you could eat a high quality meal in the all-powerful “repair window.” But again, don’t freak out about what to eat, just eat a healthy meal and you’ll be fine.

### Scenario #3: The Evening Exerciser

This could be the diciest because the last meal of the day is often times the most loaded with calories and an easy justification for eating MORE is to workout before your dinner.

Don’t be that person.

The same tip I gave in the “freedom exerciser” in terms of timing your workout and meal should be applied here as well. Just don’t freak out about what to have – just make it a healthy meal that’s not loaded with calories because the workout left you famished and ready to eat an entire cow.

I’ve heard way too many stories of people who are frustrated with their lack of progress, yet these same people justify eating big meals “because they worked out.” Don’t be



that person. Remember that you're trying to lose weight and in order to lose weight you have to eat less...not justify eating more because you worked hard.

I don't know if I confused you more than I educated you, but I hope you learned something.

My main point was to let you know you don't have to freak out and buy into the meal-timing hype.

People have been losing weight for years with no regard to getting a protein shake immediately before and/or after their workout, so why is it so important now? Because the number of voices telling you it's important (and trying to sell you something) are more and are more believable.

Should you get some protein in after your workout? Yep.

Does it need to be in the form of an expensive and overly hyped shake? Nope.

Do you need quality nutrition before and after your workout? Yep.

Does it need to be in the form of an expensive and overly hyped shake? Nope.

Get my drift?

*(Tip), TRICK AND PHILOSOPHY 11:  
ADD THESE TWO "G's" TO YOUR DIET ARSENAL*

There have been entire books written on garlic, and if you'd like to know more about their health promoting benefits, especially for your heart (blood pressure, reduction of triglycerides, etc.), you should look into buying one or two, but this tip is about fat loss.

Yep, garlic can help your body fight fat and it does it much the same way it helps with the cardiovascular system. I want to preface all this by saying more research needs to be done, but it is pretty exciting knowing that that stinky little plant can help get rid of, and prevent fat cells.

One way garlic can help fight the fatty wars is with a little phytochemical called Allyl Isothiocyanate (don't ask me to pronounce it). One of the things that phytochemical does is help to inhibit "pre-fat" fat cells from becoming full-on fat cells. The process is called adipogenesis, which basically means "the creation of fat cells" (That's not a fancy definition, but it's one that will stick...I don't want to use too many words that spell-check doesn't like).

Imagine you're hosting a party, and every couple hours all the people in the party recycle - current crop of people leave, new ones come in. You don't want stupid people coming to your party because they bring the whole thing down - they stand in front of the food and drink table, hog all the chairs and steal your coats. They are the fat cells. That fancy little phytochemical found in garlic acts as a door-man that inhibits, or prevents, those stupid people (fat cells) from coming in. They may have parked their cars, they may have been invited, but the door-man isn't going to let them in.

Does that make sense?

Another one of the things it does is inhibit the production of TNF- $\alpha$ . High levels of TNF- $\alpha$  lead to insulin resistance in the body. If you are insulin resistant, you have a lot of glucose floating around in your blood stream that can't get into the muscles to be used for energy. That glucose will then be stored as body fat. Of course there's also the diabetes that can come from long-term insulin resistance as well.

A very common question then becomes, "Do I have to eat it, or can I use a supplement?" You can use a supplement, but it's always a good idea to get it from food, and add the supplement a few days per week on the side. It's always tough to tell how active the extracts are in supplements because so many things happen when these nutrients are exposed to air, light and other compounds. That's assuming the supplement comes from a quality manufacturer. Some will use the extract, others will try to create it in a lab, and others will grind up entire garlic cloves, along with other "stuff," and throw it in pill form and have a label that says "Garlic."

Having said that, it also stands to reason that you would have to eat A LOT of garlic to get the desired effect you're looking for, in which case you should do as I mentioned earlier - add garlic to foods and supplement.

### ***What about the other "g" I teased? That "g" spice is ginger.***

Did you know ginger has been used in "Eastern Medicine" for gastrointestinal distress (gas, constipation), relief of morning sickness in pregnancy, and as an aphrodisiac for thousands of years?

Did you also know it can help fight fat?

Yep, the slices of pink stuff sitting on your sushi plate have been shown to help your body fight fat.

It does it in much the same way garlic does - with tiny little compounds that block fat from becoming fat, but they do it a little differently.

Remember that just because you eat fat doesn't mean it will be stored on your stomach, chest or hips as fat. There are certain processes that must take place for the excess in calories, or even simple carbohydrates, to become adipose tissue (body fat).

Without sounding like a science geek, which I'm clearly not, how it happens is certain compounds in ginger help your body be more sensitive to insulin, which makes it easier for the glucose (the usable form of sugar in your body) floating in your blood stream to go to the muscle cells rather than being stored as fat.

Just like garlic, more research needs to be done, but adding a bit of ginger to your diet could provide some benefit to your overall lifestyle as well as helping your body fight fat.

Can you supplement with it? Yes, but it's best to get it from the real thing. Adding the ginger to your food will most likely provide the compounds in their most active form. Because there isn't much research on this subject it's tough to know whether the extracts found in high quality supplements are as active as they need to be for you to see benefit. This is typical of many foods when talking about very small compounds. Sometimes they need to team up with other compounds in the food/root to work effectively, and other times they simply die off when exposed to different temperatures, light, or the length of time from harvest.

However if you're not willing to, or don't know how, to add it to your meals, you can look into adding a high-quality supplement. Make sure it comes from organically grown ginger and the company is on the up-and-up. You may even find a supplement containing both garlic and ginger extracts.

If you do add the supplement, and are on medications, specifically for anything related to the cardiovascular system (blood pressure, cholesterol, etc.) or diabetes, make sure you tell your physician.

Also remember I'm not making medical claims. I'm not a doctor, nor do I pretend to be one. This is NOT medical advice - I'm just presenting interesting findings on two common spices. I'm also not telling you that garlic and ginger are super foods/supplements, but the research is promising and it certainly couldn't hurt to add more to your diet, and consider adding it as a supplement.

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(Tip), TRICK AND PHILOSOPHY 12:  
**Be A GOOD SNACKER**

I loves me some snacks. That's a good and bad thing.

It's good because snacking keeps my body revved and energy levels high throughout my busy days.

It's bad because if I let myself get too hungry, or don't prepare for my day in advance, I make poor decisions and think with my stomach rather than with my healthy brain.

I think most of us are that way. We're good snackers if we prepare for our day with nutritious, easy to transport foods and don't allow ourselves to get too hungry before our meals.

We're bad snackers when we eat on impulse and out of compulsion rather than thinking things through and making sound eating decisions.

The key to being a good snacker is planning and discipline.

Both come with repetition and thinking things through.

If you're not currently a good snacker, it's silly to think you'll become one on a consistent basis in a day. This healthy habit is bred out of repetition and the repetition is bred out of careful planning.

You need to take the time to think about what your days look like and plan around that.

For instance, I get my day started very early and must plan my snacks out the night before and to be totally honest, I eat the same foods most days of the week as snacks.

Not only that, but because the early part of my day is crammed with clients, I don't have much time to sit and eat something so what I have must be quick and easy and without mess.

My wife makes awesome homemade protein bars; I snack on apples and sometimes have a big Tupperware container of homemade trail mix sitting in my office.

All of those things are easy to eat, full of nutrition and keep my energy levels up – a perfect trifecta of snacking!

The key to being a successful snacker is ease of eating. The foods you choose must be quick and easy, with little mess and fuss.

Important side note – I'm assuming you're a busy individual and don't have time to sit at your dining table with a pretty cheese plate with carefully prepared tea.

Another key with snacking is calories. Yes, things like almonds or cashews can be great snacks, but you need to be careful you don't eat too much at one time because they're calorie dense and it can be easy to break that calorie bank without even thinking about it.

If you're going to use nuts as a snack option, it's a good idea to put them in small containers rather than placing them in a large tub. Keeping them in a smaller container will help keep your total calories in check so you don't eat too much.

Snacks should always be low in calories, high in nutrition and easy to transport. If you remember that, you'll be a great snacker!

### TIP, TRICK AND (PHILOSOPHY) 13: *EAT WHEN YOU'RE HUNGRY*

We talked about meal timing earlier and I want to revisit that a bit because my colleagues and I in the fitness/weight loss/diet industry have really messed things up and confused a whole lot of people over the past decade or so.

It became en vogue to instruct EVERYONE looking to lose weight to eat every 2-3 hours or you'd enter the dreaded starvation zone and zap your metabolism.

Eating that often supposedly kept your metabolism "stoked," while paying attention to your body and understanding whether you're hungry, bored, thirsty or stressed wasn't taught and never even mentioned.

I'm in the same boat – I used to teach and believe the same thing until I was set straight and hopefully I'll be able to shed some light on the subject for you as well.

If you're hungry, eat.

Seriously. Eat when you're hungry. If it's 12:00 and you're not hungry, why would you force yourself to eat lunch? You'll probably get hungry soon enough, so there's no need to put food in your mouth if you're not hungry.

The same goes for snacks. I'm a big believer in having clients eat healthy snacks in the morning and afternoon because I think it helps them make better decisions come meal time, but if you're not hungry, and aren't going to become "famished" by meal time, then don't eat a snack.

This may sound overly simplistic and many folks reading this will wonder why the heck I'm telling people to eat only when they're hungry, but there are a lot of folks out there who really stress about when they should eat, whether they should eat a snack even if

they're not hungry, whether they're going to wreck their metabolism and ruin all their hard work and it's just not necessary.

Pay attention to your emotions, understand why you eat, and only eat when you're hungry.

Easy peasy.

*TIP, TRICK AND (PHILOSOPHY) 14:*  
*...BUT ONLY AFTER You Know How To Listen To*  
*YOUR BODY*

Did you know that sometimes when you think you're hungry, you're actually thirsty?

Did you know that most people program themselves to eat when watching television?

Did you know that if food were sitting in front of you, you would feel the urge to eat it whether or not you're hungry?

Do you know why you eat? Do you know how to listen to your body and understand whether you're thirsty, bored, stressed or just craving a crunch?

If you're hungry, eat.

If you're thirsty, drink water.

If you're bored, don't eat or if you do eat, make sure it's really low in calories and high in nutrition.

If you're stressed, don't eat because stress or emotional eating can do a lot of damage to your waistline.

If it's 2:00 in the afternoon and you haven't taken a drink of water since 8:00am, it's probably a good assumption that the urge to eat something is in fact your body wanting water.

If you're in a social setting and food is sitting in front of you, you will feel the urge to eat it – whether or not you just came from a nice dinner and aren't really that hungry.

This may be a little difficult, but you have to learn to understand what your body is telling you and also learn your weaknesses so that you can beat the evil snacking urge when it rears its head.

There's nothing wrong with talking to yourself in this situation, and I actually recommend it!

Before you grab that food, ask yourself (not out loud!) if you're really hungry or if there's another reason you're reaching for the Wheat Thins.

Think about the previous 1-2 hours and what your life was like.

If everything was fine and dandy, you drank plenty of water, you're not stressed or social eating, go ahead and have a couple Wheat Thins...

...but if you discover after this in-your-head conversation that the previous 1-2 hours have been bone dry, you're stressed or are hangin' out with friends and there are snacks at arms' reach, don't eat because you're probably not really hungry.

*(Tip), TRICK AND PHILOSOPHY 15:*  
**SUPPORT IS A TWO-WAY STREET**

Finding a good support team can make or break your results.

Losing weight, and sticking with that healthy lifestyle, can be a toughie and going the road with a partner, or team, can make all the difference.

Finding people who have the same goals as you is the best, but in truth anyone who's looking to better themselves will work because you're both moving in the same path – becoming better.

Once you find that person, or team, talk to them...use them as a partner. It's not enough just to have the support, you have to actually use it, but...

...Don't use your support team as a means for moaning and groaning and airing your complaints. All that does is make other people not like you, plus it keeps you in a negative mindset and a negative path.

It's okay to talk about the tough times, but try to focus on the positive. Talk about the cool things you've learned and the cool things happening and ask for help with any bad stuff – but don't make it all about the bad.

And...

A Support Team is a two-way street. Don't use your support person/team as a sounding board and not give help in return.

For this to work, you have to give and receive. If you want help, you have to offer help in return.

Ask the person how their day was, ask “why” a lot, and then do something really awesome – LISTEN. Put your phone down, stop writing, and stop looking around and listen when the person you’re SUPPORTING is talking.

I’m serious when I say this can make all the difference. No one wants to go anywhere alone, and sometimes we need a little help, or even a shoulder to cry on (literally and figuratively) and it’s much better to have someone else to do that with than talking to a stuffed animal or tree.

*TIP, TRICK AND (PHILOSOPHY) 16:*  
***DON’T Waste Time THINKING ABOUT YESTERDAY***

This falls in line with the previous topic, and is just as important.

Not only do we have a tendency to focus on the future too much, or delay the start, but it’s incredibly easy to dwell on the past.

The past is done.

Yesterday is gone.

You can’t change it. You will never receive a phone booth time machine like the one from “Bill & Ted’s Excellent Adventure,” so stop pouting about the past.

Yes, I said pouting. That’s really what it is. I love ya, and only someone who loves you can tell you to stop pouting and not fear a smack to the face.

Pouting about what happened last year, last month, or even yesterday, won’t solve anything.

Did you eat an entire bag of cookies last weekend?

That sucks and was pretty stupid, but you can’t do anything about what happened – you can, however, focus on something positive RIGHT NOW that can help burn off those stored cookie calories and you can figure out how to fix that behavior so it never happens again.

Did you skip an entire month’s worth of workouts? So what. Don’t dwell on that thought.



Pick yourself up, dust yourself off and move on.

Live for today.

Love today.

Be positive right now!

*Tip, Trick and (Philosophy) 17:*  
**Is It Okay To Eat At Night?**

There's a myth that has been around for over a decade and just when I think it's been busted, someone will ask.

I blame Oprah, and now her cohort Dr. Oz.

This great myth, that does have a kernel of truth, is that eating late at night causes you to store more fat.

The thought process was that if you eat closer to the time you go to bed, your body won't process all that food, nor use the calorie and just store it all as fat.

These "experts" used to say you shouldn't eat past 7pm, or some number picked out of a hat, if you wanted to lose weight.

It makes sense at first blush. It's easy to think that your digestive system shuts down when you go to sleep, but it doesn't...it's always working.

There's no truth to the myth I just shared with you, HOWEVER...

There is a kernel of truth, which is why you need to pay attention to the time of day you eat.

Your body has a natural cycle that gives you energy early in the day, then gradually eases you into relaxation as the day goes on to prepare you for sleep.

I said "natural," because modern living tends to screw it all up with caffeine, late night television watching and stress, but the fact remains your body slows down as the day goes on.

This is one reason I ask my clients to curb their late night eating, but it's not the primary reason.

Most people have also already had a full day of eating, which is also a good reason to shut down your eating at a certain point in the day.

If you've already eaten breakfast, lunch and dinner, and maybe a snack or two, you've had enough. Chances are good that you've had enough even if you skipped breakfast.

At some point weight loss, and weight gain, is a numbers game. Eat too much and you gain weight.

That's another reason I ask my clients to not eat past a certain point in the day, but again, it's not the primary reason.

So what's the primary reason?

Mood, stress and comfort foods.

The evening your normal time to unwind and chill out. It's also the normal time to try and de-stress, and many of us want to do that with food.

I have a client who, despite my constant pestering, eats 2 bowls of cereal at 10:30pm most nights of the week.

This client, whom I love, constantly struggles with her weight and it's all because of that damn cereal.

I've begged and pleaded with her to stop. I've scared her with the facts of carbohydrate intake, told her in no uncertain terms that the cereal is making her ass fat, but still she persists.

Why? Because she has a very stressful profession and that's how she unwinds. Plus she tends to work late at night, and those carbs give her an energy boost.

Some day she'll learn...hopefully!

If you're tired, stressed, in a bad mood, or demand your body keep working after you should be done, your body will crave foods and drinks you wouldn't ordinarily want and the evening is prime time for this type of behavior and eating.

That's why this myth holds a little bit of truth, but Oprah and Dr. Oz are way off base on the reason. There's nothing magical, or evil, about the evening and eating. It has everything to do with your levels of stress and fatigue.

Don't let stress, a bad mood, or fatigue cause you to gain weight.

Tip, (Trick) and Philosophy 18:  
**Move THYSELF**

I recently glimpsed a study showing that people who sit for long periods of time without taking quick breaks, are at higher risk for heart disease, compared to those who take frequent breaks to get up and move around.

The funny thing was it didn't matter if the sitter exercised on a daily basis – if they sat for long periods of time, it negatively affected their health.

Kinda interesting, right?

I understand that sedentary individuals have a higher risk of developing damn near every disease, but didn't expect to see the correlation between long-term sitters who still exercised daily and negative health.

Although on the flip side it does make a lot of sense.

Look at it this way...

Let's say you regularly exercise 30 minutes a day – and I'm talking exercise...not weenie stuff, but are really working yourself.

That's 30 minutes out of 1,440 in a day.

Not that much is it? Now I know that most people don't plaster their butts to a chair or couch for the remaining 1,410 minutes, but it's still not a big number.

Your body is made to move.

Your body is meant for action.

Your body screams to be worked.

Not always worked strenuously or intensely, but moved around. It's how a lot of your body's systems work. The more you move, the more your lymph system works – it's kind of a gravitational pump and the more your muscles are working, the better it works.

And obviously the more you move, the more your heart pumps fresh and oxygenated blood all over your body – skin, muscles, joints, brain, digestive system, etc.

The more you move, the more you sweat (not always profusely) and the more you get that system working, the better your skin will look.

The less you move and the more you sit, not only will your butt get bigger, but your hips will get tighter, your low back will get tighter and your shoulders will start to “slump.”

Moving on a regular basis can alleviate many of those problems.

So what do you need to do?

Move!

Not specific enough?

Stand up and walk around every hour for a few minutes. Not just to the kitchen or break room at the office, but actively walk around for a few minutes every hour. Not only will that help your body, it will also improve your concentration.

Don't want to walk around and look like you're wandering?

Okay, walk around and then do some squats and incline push-ups at a desk or wall.

Get the blood really pumping to those muscles.

After you do that, do a little light stretching of your legs.

Don't want to do the push-ups? Okay, stand up and do arm circles. Stand up straight and tall, with your stomach braced, extend your arms straight out to your sides and move your arms in a clockwise motion from the shoulder (keep your arms straight). Do those 10 times, then reverse motion for another 10 times.

Then, put your arms down at your sides and shrug your shoulders up to your ears. Hold for a count, and then lower your shoulders. Do that 10 times.

Then, still standing up straight and tall, pull your shoulders back by squeezing your shoulder blades together. This will help "open up" your shoulders from the tension created by spending too much time in front of a computer or at a desk.

Just don't forget to get up and move around.

What happens if you're driving for an extended period of time?

I've had many clients who are stuck in a car for 8 hours at a time on a regular basis.

For those of you who drive, it is much more important to stop the car and get out and move. While in the car, you can still do the shoulder shrugs and shoulder blade squeezes.

Another driving exercise that's a bit weird, yet very effective is Cheek Squeezes.

While sitting, actively squeeze your butt cheeks.

I'm serious!

Squeeze your cheeks. Doing this will flex those muscles and get blood pumping to your lower body.

Stop giggling and do it!

Remember that study I mentioned earlier – it doesn't matter if you exercise on a daily basis. If you find yourself sitting for hours on end, you **MUST** get up and move.

There is no negotiation with this one. It **MUST** be done and it must be done on a regular basis.

You'll also burn a few extra calories because sitting on your booty requires virtually zero calorie burn – so think of it that way if you must.

Do it, do it, do it!

### *TIP, TRICK AND (PHILOSOPHY) 19: PERFECTION ISN'T POSSIBLE*

Have you seen the movie "Talladega Nights" starring Will Ferrell? I don't know if I'd recommend watching it, although it is good for a few laughs, but there's a phrase he repeats over and over and it's something he learned from his drugged out and drunk dad when he was a kid and that is...

"If you're not first, you're last."

Kinda stupid, right?

In fact, later on in the movie his dad, in a sober moment, tells him "Son, that's stupid. There's second, third, or even fourth."

Ricky gets a bit upset, as that's how he's lived his entire life – if he didn't win the race, he usually crashed his car subsequently costing millions of dollars to the race team in pursuit of his perfection.

Mark that as probably the only time in life where you'll see a Will Ferrell movie being used as an example for ANYTHING in life other than sheer stupidity

Expecting nothing short of perfection is always a losing battle and the pursuit of your fitness goals is no different.

The problem isn't that the bar is set too high, or that your goals are unrealistic, rather the problem is that you can't see what's happening right in front of your face.

If you expect nothing but perfection, the little mess up with the diet is an explosion rather than being something you simply move past.

If you expect nothing but perfection, missing a workout means you should give up because there's no way you can go on rather than picking up and doing the workout tomorrow.

If you expect nothing but perfection, falling short of a weight loss goal is means for panic rather than focusing on all the good you did in the past several weeks and knowing that you have accomplished something good and will continue striving for your goal.

See what I mean?

Expecting perfection from yourself in terms of weight loss, or any other fitness goal, will set you up on a terrible roller coaster ride of emotions.

You'll be happy one moment, but then something bad will happen and you'll kick the ever-lovin' crap out of yourself mentally for messing up, then you'll hit a high again... then another low.

Perfection is NOT what this is about.

It's about setting realistic goals and moving toward them. Who cares if you mess up? It's not a big deal. Pick yourself up and move on. If you're committed, and continue improving, you will reach your goal.

Tip, Trick and (Philosophy) 20:  
**THE "REST SQUEEZE METHOD" TO BURN MORE FAT,  
AND DEVELOP STRONGER, MORE TONED MUSCLE**

Sometimes I'm not very creative with names, and envy those marketers, and trainers, who can come up with super-fancy sounding names to their programs and methodologies, which I suppose on some level is pretty sad.

So in my complete and total lack of creativity, this trick is called the "Pause Squeeze Method."

Fancy, right?

Here's the gist...

Let's pick out the chest press for this explanation.

When doing the chest press you press the weights up, then lower back to chest level, right? Simple motion.

There are different variations where you adjust the incline (or decline) of the bench, but beyond that your only way to change it is to change the weights, reps and rep speed - you're still pressing and lowering.

This method takes that movement and gives it a swift kick in the butt in two ways.

First, still using the dumbbell chest press as an example, you are going to squeeze your pecs (chest muscles) like crazy at the top of the movement, which means you are going to pause at the top. Second, when you get to the "bottom" of the movement, you are going to pause again - this is when your muscles will be stretched.

So rather than simply doing the movement in one fluid movement, you have two pauses with one of the pauses including a mighty squeeze.

Now before we move on I need to mention that you are not squeezing those muscles with your hands...you are not going to be groping yourself. For one you'll have weights in your hand, which makes that impossible; and for another it would be silly. Imagine if someone caught you lying on a bench squeezing your pecs, or your butt (for squats and lunges)? Creepy. I'm guessing most folks reading this will have gotten that, but felt the need to lay it out nevertheless.

What does it mean to "squeeze" the muscle? Flexing. When you get to the top of the movement you are going to take a couple seconds and flex those muscles as hard as you can, before continuing on with the movement. With the chest press you are going to focus on flexing your chest muscles (pecs) by squeezing them - imagine you have an orange between your pecs and want to make orange juice...that's how you flex your chest muscles. Weird? Hey, the analogy works.

You are also going to pause at the bottom of the movement, which is when your muscles are stretched to their fullest. This little pause will take momentum out of the equation, which means some may have to decrease the amount of weight used. This will also increase the "burn" felt during the movement, and just flat out make it a better exercise.

You can use this with pretty much any exercise. When doing a squat, you would pause for 1 or 2 seconds at the bottom of the movement, then pause again, while actively FLEXING your butt and thighs at the top of the movement. The same is true for lunges.

For a Row you would pause with your arm(s) fully extended (which is when the back muscles are fully stretched), then pause again and actively flex your back and biceps when the weight is pulled up toward your hip/waist.

With a Shoulder Press you would pause at the bottom, without resting the weights on your shoulders, then pause again, while flexing those shoulders and triceps when the weights are overhead.

You could even do this with a crunch by pausing and flexing your abs HARD while crunched up, then pause while you are fully extended on a stability ball.

**IMPORTANT NOTE:** Do NOT rest when you are in the fully “stretched” position. There should still be tension on your muscles...I am not telling you to take a break with every repetition. This means that the weight should not rest on your chest/shoulders during the pause of a chest press or shoulder press. You should still “feel” like you are doing the exercise...not resting. This trick will only work if you keep the tension on those muscles at all times.

*Tip, (Trick) AND PHILOSOPHY 21:*  
**STRANGE “MIND TRICK” Radically TRANSFORMS  
MOTIVATION, Will-Power & SELF-DISCIPLINE**

I’m going to get weird with you for a second.

I’m a huge believer in the power of the mind. We could devote an entire book to this topic, but for now we’ll cover this one simple trick.

Are you a negative person when it comes to the way you look and feel?

Do you tend to call yourself fat, out of shape, flabby, etc.?

Does looking yourself in the mirror put you in a bad mood because of the way you think you look?

Do you become envious, or maybe even a bit mad, when you see a person who’s fit and trim?

My mom used to call fit women “skinny bitches.” She wasn’t filled with hate, quite the contrary actually. She was filled with love for others but hated herself. She was a serial dieter, always struggled with her weight and self-esteem and, to a certain degree, hated herself. (she passed away over 10 years ago. I was 23 when she died, she was 56)

Whenever a negative thought about the way you look or feel pops into your head, I want you to immediately say to yourself “Cancel Cancel.”



After that thought I then want you to think, or say to yourself something positive in the form of “I am.”

Here’s an example...

Let’s say I got out of the shower and saw myself in front of the mirror in all my nakedness (too crass?) and didn’t like the amount of flubber sitting on my stomach and thought, “God you’re fat. Look at that jiggly fat on your stomach. You’re a trainer! You shouldn’t be fat!”

Pretty hateful, right? I have said that to myself, and I’m willing to bet you’ve said something similar about yourself.

When that thought passed through my head I should have immediately said, “Cancel cancel” and then went on to say or think...

“I am a strong, fit and lean man. I may not like the way I look right this second, but every minute of every day I am getting better. I am fit and my abs are awesome.”

Big difference right?

One puts you in a bad mood, the other in a GREAT mood.

Some may say that I’m being dishonest and not telling the whole truth to myself or that I’m just a cook.

They’re idiots.

When you think thoughts like the one I just shared you put yourself on the path to making that a reality. If you say and think those thoughts enough you will begin to become that version of you.

This isn’t psycho-babble. It’s truth and works.

If you think of yourself as a strong, lean and fit person TODAY, you will not eat as a person who is fat, tired and unhealthy...you’ll eat and live as a person who’s strong, lean and fit because your body and mind want to become that version of you. It has no choice but to put you on the path to fulfilling that mantra.

It may sound weird, but it works.

If you believe me, then start doing it and you’ll love the results.

If you don’t believe me, do me this favor. Do it for two weeks. Every time you have a negative thought about yourself, think “cancel cancel,” then immediately replace it with a positive, “I am” thought.

Do it every single time for a couple weeks and then you can either label me as a weirdo cook, or maybe you'll come to the positive side.

(Tip), TRICK AND PHILOSOPHY 22:  
*CAN THESE 2 "C" SPICES BOOST YOUR HEALTH?*

I used to love toast. To be more specific, I loved the way my mom made toast. I could never make it the same as dear ol' mom. The combination of WHITE bread (yep!), butter, cinnamon and sugar was to die for. It's amazing how such a simple little treat could make a kid feel - or adult for that matter.

Taking all the junk out - bread and sugar - you're left with butter and cinnamon. We won't get into the butter debate right now, so that leaves cinnamon. Cinnamon is a tremendously beneficial little spice.

Did you know that by simply adding cinnamon to a high carbohydrate food/meal can help lessen the roller coaster ride of blood sugar/insulin levels?

A study performed using rice pudding (gross) demonstrated that by simply adding cinnamon to the meal (gross meal) decreased the rate at which the meal left their stomach AND decreased their blood glucose levels afterward. I found this pretty cool on two counts. First, the simple addition of a spice that EVERYONE has in their kitchen can be pretty powerful. Second, that was a very high carbohydrate meal - rice pudding is all carbohydrate, which is something I would NEVER recommend unless you actually wanted to gain weight. Knowing that cinnamon slowed the time it took for that high carbohydrate meal to leave their stomach AND it lowered their blood glucose (sugar) levels afterward is pretty impressive given how simple sprinkling cinnamon is to food.

I'm not advocating you consume more high carbohydrate snacks/meals, because even though that study was interesting, it does not mean the problems of consuming high carbohydrate meals can be stopped by simply adding cinnamon. There's a difference between helping and stopping.

However, having said that, it's easy to see the benefit cinnamon can have on weight loss. Again, not a cure-all, but certainly couldn't hurt.

One of the coolest ways I found cinnamon to help was your brain. The scent of cinnamon can boost brain activity. Pretty cool, right? A study performed in 2004 compared cinnamon with other spices, as well as "no scent" while participants performed tasks on a computer program. The cinnamon group out-shined all other groups so much that it led to more testing in subjects with memory disorders.

One quick note, as I've told my daughter countless times, you do NOT have to use a lot of cinnamon to get the benefits...actually going overboard on cinnamon can have some detrimental gastrointestinal side effects - if you catch my drift. Don't guzzle cinnamon by the spoonful, actually don't even try to eat it "dry," unless you want to entertain, and scare, your loved ones.

Adding some to your oatmeal (don't buy the packets with cinnamon already in it), or adding some, along with a bit of honey to your tea, or other foods is all it takes.

**What's the other "C?"** This particular one I do not enjoy, but it does have some benefit and that's cayenne pepper.

The beneficial compound in cayenne peppers is also what brings the heat - capsaicin.

Before I mention any health benefits, you may want to know that the heat you feel in your body after eating spicy peppers actually burns calories. How many? I don't really know, but the heat takes energy, which means calories. I don't recommend eating cayenne by the handful as an effective weight loss tool, but thought you'd like to know :)

Cayenne is also a pretty decent digestive aid. It helps stimulate your intestinal tract to produce the necessary enzymes to help break down (metabolize) foods. It's also a decent for relieving gas for much the same reason.

The capsaicin has also been shown to reduce both triglycerides and blood cholesterol...

...and if I didn't have to tell you already it helps clear congestion. Spicy foods do this by stimulating the necessary secretions to break up the mucus and get it moving on out of your body - just be sure to have tissues handy! If you like going the "natural remedy" route, then preparing tea with a hot pepper like cayenne, or similar, can be much quicker than taking a decongestant or other over the counter cold medicine.

One quick note before I end this section and that is that I am by no means endorsing the "Master Cleanse." I know that goes in and out of popularity, but I do not endorse it...never, never, never will.

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(Tip), TRICK AND PHILOSOPHY 23:  
*Treat Your Gut Well*

Probiotics are little microorganisms (healthy bacteria) living in your digestive system.

Does that sound weird? I'm telling you to consume bacteria when ordinarily we try to kill bacteria via antibiotics?

We need bacteria (healthy bacteria) in our digestive systems to help protect the lining of your intestines, break down food, help the absorption of nutrients and keep your immune system humming along.

The problem is that the Standard American Diet (SAD) makes it difficult for these bacteria to live and thrive, compound that with our overuse of antibiotics and a stressful lifestyle and you have a bad environment for your digestive system which means you can have digestive issues like diarrhea, constipation, and IBS, not to mention your food won't be digested properly, which means you'll create more waste than is necessary and you won't absorb nutrients properly.

If you want to put a picture to this description, imagine the water pipes of an old house and how grungy they are. Kinda gross, right?

However, if you clean up your diet and start increasing your intake of probiotics, you could see those issues go away.

Those healthy bacteria manage to get to your digestive system and act like what I call "scrubbing bubbles." They clean things up, move things along and improve the ambiance of your digestive system.

Do you know what a Stager is in the home selling and decorating world? It's a person who comes in to a house that's on the market for sale and reorganizes it, cleans it up and makes it look more presentable and easier to sell. That's kind of what probiotics do. They get in your intestinal tract and make it more presentable so you can improve your health, energy levels and even lose some stubborn weight.

How's that for a comparison?

You can get probiotics from food like yogurt, Kefir, sauerkraut and other fermented foods.

I think it's difficult to get the necessary numbers from simply eating yogurt (regardless of what the commercials say) and recommend a quality probiotic supplement.

They come in many different forms from tablets and capsules to powder. One nice thing about the powder form is you can add it to foods or smoothies and you won't even know it's there. Throw it in some oatmeal or a homemade smoothie, and you'll never know.

Don't forget about your kids with this one as well. Giving them extra probiotics can do them some good as well.

(Tip), TRICK AND PHILOSOPHY 24:  
**IF SUGAR, IN ANY FORM, IS IN THE TOP 2-4  
INGREDIENTS, PUT IT BACK**

I asked you more than once in this list to pay attention to the ingredients listing on the packaged foods you buy, and here's another one.

Pick the package up and turn it around. Look at the ingredients listing and if sugar, in any form, is in the first 2-4 ingredients, I want you to put it back.

The ingredients are listed in descending order, meaning if sugar is near the top, there's a high percentage of sugar. There are exceptions to that statement for foods that only have a couple ingredients, like apple sauce, but for many packaged foods if sugar's at the top, there's a lot of it in there.

The troubling thing is that's going to be pretty much all packaged foods because packaged foods need to add sugar to make the food palatable. It needs sweetness and sugar adds the sweet!

Applesauce is actually a pretty good example of things you should compare. As parents, we tend to use applesauce as a healthy snack, yet there are instances where it's not a healthy snack and is no better than candy. Pick up a few different brands/ styles of applesauce the next time you're at the supermarket and compare them. I'm willing to bet that the most popular brands, the ones your kids like and are given the best spots on the shelves, have a higher percentage of added sugar. They use less apples (I'm also assuming they may use inferior quality apples), and add sugar to make it taste better – which means the kids will ask for it more and you'll get it because it's "healthy."

Even other "good" foods like whole grain bread have high fructose corn syrup in the first 2-3 ingredients and that's because a lot of whole grain bread tastes horrible without a little sweet added to it.

The caveat with this one is if you're looking for something to use as a "reward." If that's the case, get what you get, but if you're looking for something as a meal, healthy snack for you or your kids, pay attention and put the thing back.

We get too much sugar and the big reason for that is that we eat way too many processed/package foods. If you learn to pay attention to the ingredients listing and

where sugar is on the label, you can cut down on the amount you eat and that simple act can improve your waistline and overall health pretty quickly.

As a rule of thumb, anything ending in “ose” is sugar, as well as high fructose corn syrup, corn syrup, and, of course, sugar.

*TIP, TRICK AND (PHILOSOPHY) 25:*  
***LISTEN TO YOUR BODY...***

We live in an era where when someone wants to start working out, they want to kill themselves.

We see television shows where obese people beat the living crap out of their bodies for hours and hours on end in order to lose 50,000 pounds in one week.

We see infomercials where the trainer is advocating 60 minute plus workouts 6 days per week at an incredible level of intensity.

Are they right?

Sometimes.

But you need to realize that may not be what you NEED.

How's your stress?

How are your sleeping patterns?

How's your eating?

Do you smoke?

Do you drink more alcohol than you should?

Those 5 questions help determine just how hard you should be working yourself.

If you're overly stressed the last thing you need is an incredibly intense workout. The same thing goes if you're not sleeping well (stress and sleep go hand-in-hand).

If you're not taking in enough nutrients, you won't have the energy to perform a workout as it should be done, which means your form will suffer and you will either get sick or injured.

The food you take in is the fuel your body needs to perform quality workouts and if you want to be super-intense and train 5-6 days per week, you'd better be putting jet fuel in your body and not the processed junk that's like putting sugar in a gas tank.

If you've been particularly stressed out, take a week off from your workouts...it's okay.

If you're not sleeping well because you're stressed, or for some other reason, don't train intensely until you are sleeping well (side note – I covered a little more about sleepy time and repair in the nutrition section).

Sometimes it's okay to back off and let your body heal and when that time comes, intense workouts are not the thing for you.

Instead, do something a little lighter like going for a walk or yoga. Something that will help you unwind and be beneficial to your body in a time of stress (good or bad stress).

Actually, sometimes taking a break will give you the weight loss results you're after while continuing to beat yourself up physically and mentally will hinder your results or even make you gain weight.

Kinda crazy.

*Tip, Trick and (Philosophy) 26:*  
**AND KNOW WHEN TO SAY "SHUT UP!"**

There will be times when your body lies to you because sometimes your body is lazy.

When that time comes, and it will come, you have to overpower that urge and tell your body, "Shut up! Let's get this done and get better."

This can be difficult at times because sometimes you really do need to back away and take an active rest, but a lot of the time, it's just your body being a little achy and lazy.

If you're super stressed and/or have been training pretty intensely for a number of days in a row, then yes you should take a break, but if you're a little sore or tight, tell your body to get moving, spend a little extra time warming up and get rolling.

Trust me when I tell you that your body will thank you and show you tremendous results when you put it in its place and get it moving.

*Tip, (Trick) and Philosophy 27:*  
**ISOMETRICS To LOOK SEXXY (POST WORKOUT TRICK)**

I want to ask you a personal question and I want you to be honest with your answer.

Ready?

If you have any level of definition in your arms or legs, what's the first thing you do when finishing up a really good workout?

If you're like me, and countless others, you check yourself out in the mirror and maybe even flex. You, just like me, enjoy seeing the way your arms and legs look after that workout.

That feeling you have is called "the pump" and it's WONDERFUL!

If you do it, don't feel bad. A sneaky little trick models and bodybuilders do before getting their pictures taken is get their "pump" usually by going nuts with resistance tubes and/or push-ups. They want the blood to fill their muscles and make them look better than they already do.

I'm not going to sugarcoat this, or even try to cover up what I do - I check my arms out in the mirror and am not ashamed of who knows it. It's perfectly okay if you do too!

Do you want to make that feeling even better, and maybe even last a lot longer?

Spend a few minutes at the end of your workout doing some Isometric exercises.

What are Isometrics?

Basically you're going to be trying to move your muscles (flex), while not actually moving the muscles.

For instance pressing hard against a wall while flexing your pecs is an Isometric exercise. Flexing your bicep while simultaneously holding the wrist of the flexing arm with your other hand is also an Isometric exercise.

You could do this for pretty much every muscle group. You could flex triceps and hold that position, flex and hold your quads (thighs), and even your butt...although I doubt you'd notice the pump :)

Most people are going to want to do this to their "mirror muscles" - the biceps, shoulders, chest, and abs.

Do a few sets of each group at the end of your workout, holding the contractions for 20-30 seconds each, or longer.



Where's the proof?

A British study found that participants who did Isometrics increased the size of their arteries by 11%, AND their blood pressure dropped (but you have to remember to breathe throughout the exercise otherwise your blood pressure will RISE). The researchers think the exercises increased the nitric oxide in the participants blood.

Pretty cool, right.

Now if you pay any attention to supplement advertisements you will notice a couple key words in that sentence - nitric oxide. One of the big "rages" in the supplement world through the early 2000's, and still today, was nitric oxide supplements.

These supplements were supposed to make your "pump" last longer, and some even claimed to make it permanent.

Well you can save your money because doing Isometrics is actually proven to do what those supplement companies were trying to convince you their powder could do.

Here's another little kicker for you - boosting nitric oxide is one of the things "male performance" drugs do, as well as some of the few "female performance" products on the market. So there's another little benefit for you :)

*Tip, (Trick) AND PHILOSOPHY 28:*  
**Use YOUR ARMS AND LEGS INDEPENDENTLY**

This tip is a fun one because it not only cranks up the intensity, but it can point out any muscle imbalances you may have. Machines hide imbalances because they let the dominant side do most of the work, which does you a disservice.

I'm not only talking about using dumbbells, resistance tubes or kettle bells, or anything else you can think of that allows your arms and legs to work independently; I'm talking about focusing on one side at a time.

Here's how it works...

When doing a Chest Press, only hold 1 dumbbell and do the prescribed number of reps, then switch hands.

The same goes for Bent Over Rows, Shoulder Presses, or any other upper body movement.

When you put the emphasis on that one side, it not only forces you to work harder, but it makes your core, specifically the opposite side of the working side, work tremendously harder to keep you from falling over.

While doing a Standing Shoulder Press with your left arm, the right side of your core (specifically the oblique) is going bonkers trying to keep you upright...and you must focus on staying upright. Don't lean to one side or the other. The only difference in form should be the fact that only 1 arm is working at a time.

What about the legs?

You could do 1-leg squats, also called Pistols, which are a phenomenal, yet very difficult, exercise. I practice these on a weekly basis and my legs always "thank" me for it the following day!

You could do 1-leg Romanian Deadlifts (RDL), which will not only make that one leg work a lot harder, but your core and lower leg/foot gets involved as well. Just make sure you really focus on keeping your abs tight and moving back from the hips first- the back should remain neutral and you should really squeeze your butt and hamstring as you stand up.

What about lunges? Aren't they basically a 1-leg exercise already?

True, but to make them more intense with this tip, you should raise your back leg onto a step or bench – or whatever you'd like to use that's anywhere from 6-24 inches off the floor. The taller you are, the higher you can raise that back leg.

Raising the back leg off the floor increases the stretch in the hip flexors of the back leg and put more emphasis on the working muscles of the front leg.

If you've done them before then you know what I'm talking about...if you haven't done them, give 'em a try!

*Tip, Trick and (Philosophy) 29:*  
**SHOULD You Use Food As A "Reward?"**

Do you reward yourself with food? Do you use Cheat Days in your diet?

I'm a bit proponent of those practices because it helps you stick to a new way of healthy eating. It gives you the chance to "live a little" while making a lifestyle switch.

I want to present you with a different view though.

For some using Reward days is a bad idea because it places too much power in the hands of crappy foods.

Rewards are supposed to be something good, right? A positive reaction to hard work and discipline and accomplishment.

You may get rewarded with a promotion in your job for busting your butt on a big project.

You may reward your kids with a vacation for having good grades all year.

Rewards make you feel good about a job well done.

Food shouldn't necessarily fill that same role because it can have the opposite effect you want it to.

Using food as a reward can lead you to abuse the reward. I've known many, including myself, who will "reward" themselves with something like a cheeseburger because they had a great workout, busted their butts all day, or just had a rough day.

This places food, particularly really bad food...food that makes you fat, on a pedestal it does not belong.

It can give it too much power.

If that's you, then I'd like you to switch up your Rewards when on a diet.

Switch it up to a day at the spa, or some other type of relaxation that's away from everyone else.

I know many guys may scoff at the spa idea, so change it to whatever you like. A quiet afternoon going to lunch and a movie by myself would be a great reward for me. I like being by myself because it's peaceful and allows me to unwind.

See what I'm saying?

I just don't want you to give food too much power over your life, especially when you're trying to lose a bunch of fat. Food already has a power over your life it should not have an putting it on such a high pedestal with something like a Reward can lead to bad times.

I'm not telling you to completely forgo your favorite foods, but I am asking you not to use it as a Reward on a regular basis.

Make sense?

If not shoot me an email and I'll try to better explain.

*Tip, Trick and (Philosophy) 30:*  
**UNDERSTAND THAT EVERYONE IS DIFFERENT BUT...** (*see*  
*NEXT TIP*)

I have two young kids and the one that's old enough to watch television is bombarded by shows telling her how everyone is different – different colors, backgrounds, ethnicities, etc. – and that it's okay.

And it is! This world is a colorful place and it's a beautiful thing!

Our differences should be cherished and held dear.

You're different from me in so many ways and that's awesome.

Some are from Africa, while others are from Alaska. Some are ladies from Japan, and others are men from Norway.

Some were born in Texas and moved to Australia and some were born in Mexico and moved to England.

That's what's so beautiful about our world. We're all different, we all have different backgrounds and we're all individuals.

When it comes to diet and fitness, what works for me may not work best for you and vice versa.

While I may severely limit bread, not because I'm afraid of it, but rather because I don't like it, you may love the stuff and find no issue with having a sandwich on rye or sour dough bread.

While you may embrace veganism, I will not because I love a good filet and that's okay.

Here's what I'm trying to say...

There are endless numbers of GOOD programs out there for you to choose from and there is nothing wrong with choosing something that's different from what another expert tries to sell you on or what a loved one is doing.

You are unique.

If you like to exercise in a group, that's cool. Find a group exercise class you like and stick to it...there are dozens of different variations to choose from.

Or, maybe you want to exercise all by your lonesome, like me, and lose yourself in the workout and that's cool too.

If you like kickboxing and get a relief from beating on a heavy bag, that's cool – just don't choose me as your partner!

Personally, I hate running and you'll never find me hitting the pavement going for a quick 5 miler. That's okay. There's no reason for me to run when there are so many other options (especially ones nicer to my knees).

Find what you like.

Find what you'll stick to.

Find what will challenge you in a positive way.

You are different and what you choose should reflect your individuality.

As I alluded to earlier, the same goes for nutrition. If you don't like Brussels sprouts, don't eat them. If you love broccoli and blueberries, although not necessarily at the same time, eat it up!

But that leads me to the next one...

*Tip, Trick and (Philosophy) 31:*  
**...NEVER Make Excuses!**

Yes, you're unique and yes you have individual tastes and likes/dislikes, but that doesn't mean you get to make excuses.

I know you won't do this, but sometimes people take the last tip too far and think it means they don't have to eat vegetables, or that because they don't like running, they don't have to do anything that elevates their heart rate.

That's not true.

There are limits to everything and making excuses, or leaving something OUT that you know must be left IN because you don't "like" it, or don't feel like it, isn't cool.

Excuses are never cool.

You may have bad days, or even bad weeks or months, and we all do. Everyone stumbles and everyone messes up, but what separates those who succeed from those who don't is Belief and "Stick-to-itiveness" (made up word...sound it out).

Stumbling is okay, but you have to own it.

Don't shirk your responsibility because you're only hurting yourself.

Be you, understand what you'll stick to, and then move forward.

Always move forward.

If you veer off your path, move back to the straight and narrow as soon as you can and keep moving forward.

Excuses will be the death of you, so don't make 'em and if you do, slap yourself silly, tell the truth and then move on.

You can do it, but you must BELIEVE and take action.

*TIP, (TRICK) AND PHILOSOPHY 32:*  
**EVERY ONCE IN A WHILE SAY, "SCREW IT!"**

Eating well on a regular basis, when you're coming from a place where you're not accustomed to eating well, is difficult.

I'll be the first to admit that making big changes to your diet can be incredibly difficult (which is why I focus on Baby Steps), especially if you've been working really hard and even more so if you encounter a bit of stress.

So it's okay to say, "Screw it!" every once in a while and eat or drink whatever you want.

Have you been craving a piece of cheesecake for 2 months? Eat it!

Have you been hankerin' for coffee drink thingie from your local coffee shop but haven't had it because it's like 5000 calories? Drink up!

Want pizza? Dig in!

It's incredibly liberating, and even helps you lose more weight, if you have days like this on regular basis, but there are a couple caveats.

One, you need to still be wary of total calories. I'm not a big believer in going completely crazy when you decide to reward yourself. Splurging a bit is fine, but breaking the calorie bank by thousands of calories is dangerous territory.

Second, it can't be too often. You can't say, "Screw it!" every few days. It has to be spaced at least once per week, or once every couple weeks.

If you've been really strict with your eating and workout program because you're really focusing in on forging new habits, then once per week is cool.

If you slipped a couple times in a given week and had mini-cheats, then spread it out to every couple weeks.

However you break it down, I think it's necessary. It keeps you from getting stuck in ruts and keeps you sane. Nobody wants to hang out with the health nut

(Tip), TRICK AND PHILOSOPHY 33:  
**1 ½ REPS FOR MORE TONE, DEFINITION (AND FAT LOSS)...AND IT MAKES YOU BUUUUURN :)**

So one day I was working with a client and decided to try something a little funky. He was doing bodyweight squats, and was making it look far too easy, so I stopped him mid-set and showed him something different.

I asked him to add a little "bounce" to the squat before he stood all the way up.

Here's what that means, in case my trainer-phrasing makes absolutely no sense...

He would squat all the way down, come half way up, go back down, then stand all the way up. In essence I asked him to add a "half rep" to each repetition.

We were only doing 15 reps, but by about 12 he was yelping, complaining and pounding his thighs. Goal achieved :)

Just for kicks I asked him to do 22 normal bodyweight squats to see how that felt. I knew it wouldn't be as tough as the 15 where we did 1 ½ reps, but I just wanted to see. I was right. He breezed through those 22 like it was nothing.

Our next group of exercises included triceps extensions and I asked him to do the same thing. We were only doing 10 reps, but the extra half-rep made it feel like we were doing a hell of a lot more...without necessarily turning it into a "high rep" activity.

Mission accomplished.

We continued on like that for the next month or so with exercises like bodyweight squats, stationary lunges and push-ups. I wanted to see how his performance would be in complimentary exercises that used weights after that four weeks AND I wanted to see if he noticed anything in the way his arm looked and felt.

A month later we did weighted squats and chest presses and he had increased quite a bit in both exercises...and it was just because of the addition of those ½ reps to the workout (I didn't change anything else in the program).

The cool thing was he told me, without my asking, that he thought his arms felt "harder" to the touch, even when he wasn't flexing. Weirder still he said his wife was giving him compliments about the way his butt looked in his jeans.

Awesome!

I then mixed this little trick into my ladies only classes and started getting the same feedback. Some ladies said they were noticing how much stronger they were and others were telling me that they were noticing real differences in how their arms and shoulders looked. One lady even told me her husband couldn't keep his hands off her butt and was giving it little "love taps" whenever he strolled by!

Pretty sweet!

So I'd like you to give this nifty little workout trick a try. It's pretty simple and doesn't involve much change in your overall workout program as you're not doing anything too funky...

... You're simply adding a little "bounce" to every repetition.

I already explained the squats, and if that makes sense then you'll understand how to do it with Stationary Lunges (or Split Squats) as well.

With push-ups, the movement is much the same as with squats. You lower yourself into a normal push-up, but rather than rising all the way back up, you stop half way up, return to the floor and THEN press all the way back up - and that's one rep.

With triceps extensions, you lower your hands as normal, but rather than pressing back up to the starting position, you pause with your arms bent at about 90 degrees, lower back down, and THEN press all the way back up.

With shoulder presses, you press the weights all the way up, but as you are lowering you stop about half way, press back up, and THEN lower then back down to your shoulders.

With bicep curls you lower the weights all the way down, curl half way up, lower back down and then curl all the way up.

Catch my drift?

That little trick increases what's called Time Under Tension, or TUT, which forces the muscles to work just a little bit harder, without blasting the reps to the moon.



I mix it in to workouts in many different ways.

Sometimes I'll have the person do all 3 or 4 sets using the extra half rep (usually when doing bodyweight squats), sometimes I'll just use it as a way to "finish" a group of exercises (like with triceps extensions or shoulder presses) to really hit those muscles hard.

You can mix it up and be creative and find the way you like it best. My only precaution is to not overdo it. Do it for 4-5 weeks, then don't do it for a few weeks and pay attention to how your body responds.

You may also need to adjust the weights used for certain exercises...and guys may need to buy new shirts to accommodate their increase in shoulder and triceps size; while the ladies may need to prepare themselves for the increase in strength and sexy arms :)

(Tip), TRICK AND PHILOSOPHY 34:  
*SLOW Waaaay DOWN*

If you have some weight to lose, I'm willing to bet you're a fast eater. You mindlessly shovel the food in your mouth like it's the last meal you're ever going to receive.

Don't be bashful in admitting this. I'm the same way and I see it from the vast majority of folks while I'm at a restaurant (I'm a people watcher, which may or may not be disturbing).

If you eat too fast, you consume too many calories.

If you eat too fast, you don't chew your food well, which means it won't be digested well, which means you'll probably get indigestion.

If you eat too fast, you'll swallow a lot of air, which means you'll get gassy.

If you eat too fast, you look like a pig at feeding time and nobody wants to be compared with a pig.

Slow down. Enjoy your meal and enjoy the company you have.

Put your fork or spoon down between bites and take a drink of water. If you're eating something like a sandwich, or other "finger food," put it down between bites.

That simple action will slow you way down and you'll consume fewer calories.

Taking a drink of water between bites, while an overly simplistic tip, takes up space in your stomach which means you won't be able to fit as much food there and you'll stop eating before you consume too many calories.

Slowing down is a simple and easy tip to not only lose weight, but also solve some of the "stomach" issues you may be experiencing.

Do it and watch your stomach shrink!

(Tip), TRICK AND PHILOSOPHY 35:  
***5 Ways To Lose 5 POUNDS (OR MORE) IN 5 DAYS!***

I am a very impatient person.

When I order something from Amazon I want it on my doorstep that afternoon.

When I make up my mind on what I want for dinner, I don't want to wait for it to be prepared.

If I think up a project to start at home, I want it done that weekend, which also means I usually screw something up.

I also like to know ways to improve my body in very short periods of time.

I'm assuming you do too, so to honor your impatience, here are 5 ways to lose 5 pounds (or more) in 5 days.

**1. *Remove all calorie-containing drinks and drink ONLY water.***

This one is pretty simple, at least in theory. Calorie containing drinks are empty calories that do nothing but make you fat (unless you're having homemade smoothies, which are great).

If you're a pop drinker, cut it out.

If you add cream or sugar to your coffee, cut it out.

If you have a glass, or 2, of wine every night, cut it out.

If you drink a couple beers every night, cut it out.

Cut out ALL calorie-containing drinks and replace them with water.

But that's not all...

If you're in the habit of drinking zero-calorie drinks like diet pop, bottled tea, flavored bottled waters, sports drinks, etc.. - basically anything that can be found at a convenience store - cut them out too.

I want you to cut out ANY drink that has artificial sweeteners.

Some may scoff at this, but I have my reasons, other than just being mean. There is research showing that artificial sweeteners may in fact make you hungry because they work up your insulin response.

I've also found, both in my own experience and that of my clients, that zero-calorie bottled drinks also lead to bloating. Bloating is water retention, water retention is needless weight.

If you have made a habit of drinking these zero-calorie drinks on a regular basis you may be surprised just how much water weight you retain. I've had clients lose 8 pounds in a single week just by following this one simple trick.

Do it. You'll be glad you did.

## **2. *Completely remove bread and dairy.***

This one is going to be the tough one, but it works.

You should completely understand the bread one. It's a useless calorie-source that many people's digestive system just can't handle, plus it leads to an increase in fat storage.

I shouldn't have to go too in depth on this one because you've heard it before.

If you do it, you will lose weight, and if you do it right, you will never go back because you'll feel so great and realize you don't really need them...but you have to be diligent in order to break your body's addiction to them.

The second one, dairy, may be a head scratcher for many, but I have my reasons.

I won't get into the hormones, antibiotics and flat out bad stuff that happens at many dairy farms and instead just tell you that a large percentage of the population can't properly digest dairy.

If you can't properly digest it, you will have inflammation, bloating and an increase in fat storage.

Cut out the dairy for a week and see how you look and feel. If you're like most, you'll look great and feel better.

If you're a yogurt eater, replace it with Greek yogurt, or even Kefir.

If you're a milk drinker, just cut it out. You don't need it. Seriously. There's no reason for you to drink milk. Calcium? Nope, you can get that from a whole host of other foods, including broccoli. Protein? Nope, you can get that from nuts, lean meats, seeds. Vitamin D is added and you can find that in an inexpensive supplement. There is no nutritional need for you, or your kids, to have cow's milk.

Swap it out for coconut milk or almond milk, but please don't do soy. Soy milk is bad, and I don't have enough room here to get into it...just don't do it.

Easy peasy.

### **3. *Stop eating after 6:00pm (see the end for a different end time option)***

This is more of a behavior thing than the evening having some "magical" power.

I've been doing this long enough to see trends in the clients who struggle to lose weight, and by far the biggest is snacking at night, AFTER eating a full dinner.

The 2 biggest causes are boredom and staying up past the point your body wants to go to sleep.

Many people work, work, work, then when they get home the house is hectic with kids activities, home work, etc. And then come a certain point there's nothing to do. You essentially go from 100 to 0 in no time flat and your body, and mind, doesn't know what to do. You think you're bored, and to fix that boredom you reach for a snack to occupy your mind. Problem is it's making you fat.

Stop it.

You could also be like the other person who insists on staying up long past your body's natural "bed time," and when you do that your body will naturally crave simple carbohydrates.

Why?

Because it needs energy and simple carbohydrates are the best source for quick energy. The problem is they're also the best way to make you jiggle and fat.

If that's you, then make it a rule to STOP eating after 6:00pm. Eat your dinner, then nothing else. Sip on calorie-free drinks, but consume zero calories.

Now let's answer the question I'm sure many have. What if you don't eat dinner until 7 or 8pm?

Then stop eating after dinner. If you get moving a little later, which means you also eat dinner a little later, then just use that as your end time. This is a flexible one depending upon your life.

All I'm trying to tell you is STOP snacking after dinner because it's making you, or at the very least keeping you, fat.

#### **4. *Double Your Fiber Intake***

Fiber can do one of two things, depending on the source. One, it "bulks" which means it expands in your stomach. That's a fancy way of saying you can't eat as much, which makes fiber nature's appetite suppressant (take that supplement industry!). If you can't eat as much, you'll take in fewer calories. If you take in fewer calories, you'll lose weight...quickly.

Boom.

Fiber's second function is to keep things moving through your digestive system.

How do I put this nicely?

Most people's digestive systems are a complete disaster. IBS is a huge problem with ladies and a fair amount of guys have a huge amount of "sludge" sitting in their bowel.

Neither of those are good, and many of the problems can be fixed quite easily - add fiber.

The fiber will keep things moving along, which means you're less likely to store "sludge" in your intestines, which is just waste adding numbers to the scale...and possibly making you sick.

Have an apple or pear as a mid-morning snack, along with a small handful of almonds. Both have a decent amount of fiber, plus water and other nutrients.

While you're waiting to eat dinner snack on broccoli dipped in hummus.

Have a spinach salad for lunch every day.

Have a homemade smoothie for breakfast that's loaded with berries.

Before going out for dinner have a small fiber-rich snack, like a handful of homemade trail mix consisting of almonds, pistachios and raisins.

Add blueberries, raspberries or sliced strawberries to a serving of all-natural vanilla yogurt.

Have oatmeal for breakfast and top it with berries.

You'll be amazed how easily the weight falls off if you run with this trick.

### **5. Start Your Day With 2 Short, But Intense, Workouts**

I'm a big fan of "book ending" your day with workouts. It starts your day off right by boosting your energy and your natural fat burning hormones, keeps your metabolism "primed" through the morning and keeps your "bad" appetite in check.

The second workout is a perfect way to end your day by helping you to de-stress and unwind, plus it will keep your "bad" appetite in check. Oh, before I get questions, don't truly "end" your day with the second one. I don't want you to do an intense workout right before bed. When I say "end" I mean end the productive part of your day. Do it before your last meal, or an hour or two before heading to bed. It won't mess up your sleep cycle, and you may find that it actually helps you sleep better

So what do I mean by "short and intense?"

Shoot for 7-10 minutes each and make sure it's something that works your entire body and makes you breathless; so that means cardio machines are out, as is running and biking.

We're talking resistance here, not thousands of reps for your legs.

Here are a couple simple options. Both of these are circuits and you are to do the circuit as many times possible in 7-10 minutes. The less rest, the better.

#### **Workout #1**

- 1A) Push-up - 10 reps
- 1B) Overhead Bodyweight Squat - 15 reps
- 1C) Plank Extension - 8 reps/arm
- 1D) Burpee - 8 reps

#### **Workout #2**

- 1A) Burpee w/Push-up - 6 reps
- 1B) 1 ½ Stationary Lunge - 12 reps/leg
- 1C) Mountain Climber - 12 reps/leg
- 1D) Dive Bomber - 8 reps

If you'd like more workouts, with videos, click the links below to check out a few of my blog posts (they're free...)

**[3 Simple 10-Minute Workouts To Lose Weight FAST!](#)**

**[Fusion Conditioning Fat Loss Workout \(Incredibly Awesome Workout!!\)](#)**

## Simple 10-Minute Bodyweight Workout & Abs Add-On To Lose Weight and Melt Stomach Fat

(Tip), TRICK AND PHILOSOPHY 36:

### *SIMPLE WORKOUT TOOL THAT DRASTICALLY INCREASES FAT BURN...WHILE DECREASING JOINT STRAIN (it's CHEAP TOO!)*

Have you ever seen these? ----->

If you've ever moved to a new house or apartment, or just enjoy moving the furniture around in your current home, you have no doubt used furniture movers.



The cool thing is they're an awesome workout tool as well.

The first time you place your feet on them and do a lunge you'll think the exercise is actually easier. You don't have to lift your foot up and lunge backward, all you have to do is slide that foot back.

It's almost effortless.

However, it makes the exercise more effective because it causes more muscle activity in your "groin" muscles, as well as your butt. Yep, your butt has to work harder to propel your body back to the starting position. You're also able to do a "deeper" lunge, which many people aren't able to do because they aren't flexible or agile enough. The slider covers up those issues and, in fact, increases your range of motion and flexibility, which means you'll be able to move more smooth.

But you're not only limited to lunges.

You can place both feet on them when doing Mountain Climbers, Cross Body Mountain Climbers, and Spiderman Climbs.

You can use them in place of a stability ball when doing Jack Knives or Pike-Ups.

You can use them for Lateral Lunges and Reaching Lunges. You could also remove the stability ball for another killer leg exercise, the leg curl...and even alternate legs to make it even more effective (my clients hate this exercise...but it works really, really well at hitting your hamstrings and butt!).

You can place your hands on them and do Sliding Push-ups.

Click the links below to check out some of my Youtube videos using Carpet Sliders.

[3 Simple Legs Exercises For Strong, Toned Legs & Butt Using Carpet Sliders](#) (free Workout Video on my Youtube Channel)

[3 Awesome Abs Exercises Using Carpet Sliders](#) (free Workout Video on my Youtube Channel)

[Weight Loss Workout & Abs Workout Using Carpet Sliders](#) (free Workout Videos on my blog)

(Tip), TRICK AND PHILOSOPHY 37:

### REMEMBER THE R-WORD (RECOVERY)

Your goal with working out should not be to workout more.

If your goal is to lose weight, you need to allow your muscles to properly recover so you don't hinder your metabolism, beat up your joints, get burned out or set yourself up for sickness.

If your goal is to gain muscle, or preserve the muscle you have while losing weight, you need to remember that muscle is gained and protected while your body is resting and recovering.

Pounding your muscles day-after-day with the same type of movement is only tearing your muscles apart.

They need rest to properly recover and recuperate.

TIP, TRICK AND (PHILOSOPHY) 38:

### WHEN IN DOUBT, WORK HARD

Here's the thing about deciding to exercise...you gotta do it.

And when I say, "you gotta do it," I mean you have to work. These folks who allow you to believe you can do easy stuff and see results are lying to you.



I'm not saying you have to pick out the buffest person in your gym and copy their program, or watch an elite athlete train and do what they do because that could be dangerous and would be stupid (unless you're up to that level).

Everyone comes from a different starting point. Just as I don't use the same program for every client, you shouldn't feel that the words "work hard" mean you need go bonkers with intensity, however you do need to push yourself and if there ever comes a day in your routine that you don't know what to do, a good idea is to work hard.

Pick a couple new exercises and push yourself.

Pick a new resistance level and do a few less reps.

Go a little longer on timed exercises or circuits.

Having someone tell you to work hard may be intimidating to some folks, but it's necessary. Like I just mentioned earlier, working hard doesn't mean you have to do anything out of your level of fitness, but it does mean you need to push yourself just a bit harder.

The reason I'm including this is because I have received a fair amount of questions from folks telling me they have worked out for months and/or years and their results have dwindled, and want me to tell them what to do.

My response to them is the same as it is to you – work harder.

If you're going to stick to your old workout program, that's cool, but work harder. Increase the resistance, decrease the amount of rest you take, split it up so you're training 4 days per week rather than 3. Whatever you feel fits in your schedule, do it.

When you get to a point where you're wondering what to do, work hard.

(Tip), TRICK AND PHILOSOPHY 39:  
**HOW TO NATURALLY BOOST GROWTH HORMONE IN  
EVERY WORKOUT!**

Let me ask you a question before I fully reveal this trick...

What do you do when you're in the midst of an exercise and your muscles start burning? Let's say you're in the middle of a squat and your thighs start to burn...

Do you stop, or push through that burning sensation?

Don't stop!

In case you didn't know that burning sensation is lactic acid, and it's totally normal. I've met some people who don't think it's a quality workout until their muscles are burning (which isn't true), and I've met others who try to stop BEFORE they reach that burning point because they think it's a bad thing.

On a side note, many people think that soreness is due to "lactic acid buildup," which is understandable because muscle soreness kinda feels like the burning sensation felt during an exercise, but it's not true. Your body is pretty good at clearing that acid out of your system and it's long gone by the next day. Soreness happens when you've worked your muscles beyond their ability to repair within a day or two.

Anywho, back to the trick.

When your body starts to reach that "burning point" where lactic acid is flowing, your body also releases a boatload of Growth Hormone, which if you know anything about building muscle or burning fat, is incredibly important.

Growth Hormone is THE hormone for burning fat and building muscle and anything you can do to boost it, without going the pharmaceutical route, should be tried.

CAUTION: Don't overdo it. Just because I've shown you this trick does NOT mean you should strive for the burn in every exercise of every workout. That can be dangerous and unnecessary.

Here's how I would do it...

Decrease the weight used on an exercise like a chest press, and double the amount of time it takes to lift the weight (raising it up). Doing so will cause your body to reach the burning point sooner than normal, and subsequently cause an increase in GH.

This can be done in any exercise - shoulder press, squat, lunge, push-up, row, even isolation movements like curls and triceps extensions. I wouldn't do it in an exercise like deadlifts, cleans, snatch, etc. where speed and power are necessary.

Another fun way to do it is to increase the reps of your last set.

Let's say you're doing a superset of Dumbbell Chest Press and Dumbbell Rows for 4 sets of 8. Add a 5th set, but decrease the weight a bit and do 20 repetitions. Don't decrease the weight so much that it's easy, and don't go too heavy where you may injure yourself. Those last 5 reps should really bring in the burn.

Those are two simple ways to use your current workout and add "Lactic Acid Training" to the mix and get the benefit of a GH boost.

One more quick note - this is just as valuable for ladies as guys. I know terms like “Growth Hormone” are thrown about quite a bit in the muscle building world, and that tends to scare some ladies, but growth hormone is just as important in your fat burning as it is for the fellas.

(Tip), TRICK AND PHILOSOPHY 40:  
*FORM is KING (OR QUEEN)*

During a recent workout, I made two big mistakes. One, I was pressed for time and skipped my warm-up.

Then, after being stupid and skipping my warm-up, I let my mind wander while doing the workout and subsequently used poor form on a couple exercises and I could “feel it” in my low back and shoulders.

Not cool.

In my workout videos, and in training sessions, I’m always harping on people to pay attention to 1 or 2 form “points” that help ensure they are keeping their body in proper alignment.

With squats, I always say to focus on sticking the hips (butt) out first, and keeping the heels on the floor. Doing both of those things helps to make sure you are putting the tension on the muscles of the upper leg and butt while keeping it OFF the knee joint.

Yet this is something that you must focus on ALL THE TIME. You must focus on what you’re doing because, if you don’t, sooner or later you will injure yourself.

When doing push-ups, it’s important to brace your abs and keep your hands straight down from your shoulder joint. If you don’t, your back will sag like an old horse or you will create a butt pyramid.

The “best” thing to happen is crappy results.

The worst thing that could happen is an injured low back and shoulder joints – neither of which are fun.

Pay attention to your form because that determines how effective the workout is.

If your form is “off,” your workout will suffer and your results will be nonexistent.

When your form is “on,” your workout will be awesome and your results will be awesome.

(Tip), TRICK AND PHILOSOPHY 41:  
**TURN YOUR TELEVISION INTO A FAT BURNING MACHINE!**

Watching television is typically a time where your body stores fat, rather than burns it, but we're going to flip that on its end.

This trick is easy, and is a great way to add workout time, without actually adding a workout.

Let's say you have 30 minutes before dinner which will give you just enough time to squeeze in one more episode of Seinfeld before scarfing down on lasagna (healthy lasagna of course!), but you have some energy and feel guilty about watching television rather than doing more activity - or you skipped your workout and don't want to feel like a fat oaf.

You're going to turn your Seinfeld-watchin' into a series of mini-workouts.

Here's how it's going to work...

During the first commercial you're going to alternate between two full-body bodyweight movements like push-ups and squats. Do 8 push-ups, stand up and do 10 squats. Go back and forth like that until the show comes back on taking a break whenever necessary (but try not to rest until the show comes back).

Then, the next commercial break you'll alternate between two "core" exercises like Plank Extensions and Inch Worms.

Then, the next commercial break you'll do a "metabolic" exercise like Burpees and Jumping Jacks.

You don't have to use those exercises, but I'd like you to mix it up every commercial break to hit your body in a number of different ways.

Mix up exercises like different push-up variations, Hip Extensions, Squats, Lunges, Jumping Jacks, Invisible Jump Rope, Burpees, Squat Thrusts, Plank Extensions, Planks, Side Plank Extensions, Inch Worms, etc. If you have a set of resistance tubes handy you can mix in a little band work as well.

How often can you do this? As much as you want. Do it for the entire 30-minute show, do it for a 60-minute drama, a television movie...whatever! Because you're going to exercise for about 2 minutes, with a 6-8 minute break, you could theoretically do that all evening without overworking yourself. I wouldn't do it, but whatever floats your boat.

I've even had a client Challenge herself with Planks during commercials. Every day she would see how long she could hold a plank during the evening news commercial breaks. Personally I hate planks, but she loved 'em and found this a great way to mix in more exercise with her television watching.

*(Tip), TRICK AND PHILOSOPHY 42:*  
**Use YOUR ABS ALL THE TIME!**

Life is full of "isms."

Conservatism.

Liberalism.

I actually Googled the term "ism" and found a site that listed over 200 different "Philosophical 'Isms." And let me tell ya...some of them were a bit cooky!

But any list of "isms" just wouldn't be complete without the best ism of all isms...

...The Ed'ism.

Yes, there are plenty of Edisms and if you've talked to me before, you know a few of them. In fact, way back in the day I had a client who said she could write a book of nothing but Edisms and I told her she should. She never did, but this is also the same person who called me a "son of a (you fill in the blank)" on more than one occasion.

One of my favorite Edisms is, "Keep it in and tight."

Before you let your mind wander, let me tell you that I'm talking about your stomach.

Whenever you exercise, I want you to always be mindful of keeping your stomach in and tight.

Our stomachs are all out of whack – and I'm not just talking about the blubbery goo that sits on top, I'm talking about the muscle tone and strength.

We sit too much and don't move enough and that combination wreaks havoc on your midsection and if you've had kids...it's a whole lot worse and can be messed up for years if you're not mindful of the way you hold your stomach.

But what does "keep your stomach in and tight" mean?

The easiest way to describe it is to think, “posture.” Standing up straight and tall – without letting your stomach “hang” – and remember I’m not talking about fat, I’m talking about the muscle.

It means that when you do anything, and I mean anything, I want you to focus on tightening your stomach muscles and pull them in.

I’m NOT talking about the kind of tightening where you can’t breathe because you’re sucking in and flexing your abs hard. It’s more of a “brace” than a flex.

Think of the way your stomach feels when doing a Plank. It’s tight, right?

That’s what I mean when I say “keep it tight.”

Now the “keep it in” part is just as important because if you keep your abs tight, but push them out, your abs will begin to become comfortable with that position (if you do it long enough).

You don’t want your stomach to be “out” do you?

I didn’t think so.

You want to tighten your stomach like when you’re doing a plank, and then focus on “pulling” your stomach in a bit.

I want you to picture something for me...

...I’m sure you’ve seen pictures (or maybe you’re guilty of this yourself) of ladies and guys in their bathing suit with their stomachs sucked in and their chests puffed out. It looks goofy, doesn’t it?

If the picture were a video, you’d see their faces turning bright red because they’re holding their breath and when the picture is done, they exhale and let their stomachs hang out again.

That’s not what I’m talking about when I say “Keep it in and tight.”

Remember, it’s a “bracing” more than flexing and sucking in.

Once you master this Edism you will notice an immediate difference in the way your stomach looks, how you walk and sit and even how you feel.

That’s a strong statement, but it’s a true statement.

So remember to “Keep it in and tight!”

Tip, Trick and (Philosophy) 43:  
*Focus On Solutions*

I want to present you with a situation that may sound pretty familiar.

You're fed up with the way you look and want to make a change. You hate the way your clothes fit, your lack of energy, and you want to be better.

Maybe you've figured out what your next move is and you're excited and ready, but your brain keeps going back to the Negatives.

It keeps pushing you back to the bad feelings – how bad you look in your clothes, how your lack of energy makes it difficult to focus on your workouts, etc.

Sound familiar?

When we have a problem, whatever the problem is, we tend to put all of our focus on the problem (Negative) and not the Solution (positive).

Don't be "problem oriented," instead focus on Solutions.

In the situation I presented earlier, the person should have focused on the addition of the good stuff and how good it made him/her feel, not the Negative of the current situation because the current situation is being changed every day and is not permanent ...you're making a positive change.

The Solutions are, obviously, eating better and moving more. That's simple, but not always easy.

To make it easier, it should be broken down into multiple Solutions (positives) that can be made every day and you should only focus on 1 or 2 Solutions at once – don't get bogged down trying to accomplish a lot at one time because that leads to frustration.

For instance, an old problem was probably a crappy lunch. The Solution, obviously, is to eat a healthier lunch that not only helps you lose weight, but also keeps your energy levels stable throughout the afternoon so you're less likely to feel the need to eat a bad snack.

This should be one of the only Solutions focused on and until it becomes a normal habit, you shouldn't move on to something else.

That healthy lunch will also make you more apt to actually do your workout, instead of skipping it because of your lack of energy. It will also start a snowball effect for the rest of your eating day. You won't want to ruin this good feeling by eating poorly in the evening.

See what I'm getting at?

For whatever reason, we like to keep coming back to the problems. I'm not a shrink and don't know the official reason, but I know it happens all the time. Otherwise the weight loss business wouldn't be a multi-billion dollar industry.

Break the cycle.

Know your problem(s), but then focus only on the Solution(s).

Like I said earlier, you'll also want to limit the Solutions you focus on to a few at a time.

If you know your big problems are horrible breakfasts, afternoon snacking and skipping workouts, focus on those FIRST until they're not problems anymore.

Once mastered, move out to more Solutions.

Here are a couple more Solutions you could focus on – but remember, you should master one big one, or a few small ones, before moving on. It may take a bit longer, but the success will actually last...

1. If you skip workouts, schedule it into your day. The most successful people I've worked with have scheduled their workouts into their day. They don't let the day dictate whether they workout, they schedule the workout and the day is planned around it. Focus on small blocks of time and do quick workouts that leave you feeling great and give awesome results.
2. If you're a stress or emotional eater, know and understand that and then figure something else out that can fill that void for stress busting. It's okay if you're a stress eater, but it's NOT okay if you give in to those urges on a regular basis. You have to figure out another way to bust that stress.
3. If you are addicted to carbohydrates – the bad ones – and want to bust that cycle, yet still crave those carbs, focus on doing a type of Carb Rotation diet. It's incredibly effective and really easy once you get a plan.

The Solution mindset will get you to your goal quicker, keep you at your goal longer and make you much, much happier whereas if you focus on the problems, you'll spin your wheels, struggle and eventually give up.

I want you to achieve your goals and being Solution oriented is the best, quickest and smoothest way to get there.

Build on those Solutions, keep the momentum going and build on those accomplishments. Accomplishments and achievements feel awesome. Every time you



turn a Solution into a habit, you should feel proud of yourself...then move on to something new.

(Tip), TRICK AND PHILOSOPHY 44:  
**KNOW WHAT YOU WANT**

What do you want?

Do you want to lose weight? Do you want to lose fat while maintaining muscle? Do you want to gain muscle? Do you want to get super strong?

Do you want to be drop dead sexy and have a choir sing your praises as you mosey down the street with your super-strut?

It doesn't matter what you want, but you must KNOW what it is you want.

You'd be surprised at the number of people who have absolutely no idea what it is they really want and "I want to be in better shape" is not a proper answer.

Once you answer that simple question, you can then progress on to the bigger goals, but without it your goals won't make much sense, or they'll be too broad that you won't be able to accomplish them.

(Tip), TRICK AND PHILOSOPHY 45:  
**THE FRONT OF THE PACKAGE IS LYING TO YOU**

The front of the label is usually all marketing.

Its sole purpose is to grab your attention, get you to pick it up off the shelf and place it in your cart or basket.

If you do that, the label has won and the marketing department gives one another a collective high five and does a happy dance.

You have to understand that and take that cynical thought process into the purchase of every packaged food. The front of the package is there to grab your eyeballs and get your eyeballs to tell your brain you need what that package is saying.

Things like "low fat," "lite," or "Reduced Fat" sound great and look appealing on the front of the box, but usually don't tell the whole truth.

I have 2 packages of oatmeal sitting in my pantry that I use to prove a point with this tip. They are both the same “flavor” of individually packaged oatmeal – which you shouldn’t buy, by the way.

One is labeled “50% less sugar,” while the other is the regular version.

They were also the same price.

Looking at the 2 packages sitting on the shelf would lead you to grab the one that says it has less sugar because it should be better for you. It has less sugar, after all.

But is it?

If you were to turn the packages around and compare their serving sizes, you would discover that the only difference between the two packages is that the one labeled as having less sugar has less sugar because it gives you less oatmeal – not less sugar.

The individual packets come with less food. That is the ONLY difference.

They are the same price, but one has less food than the other. So in actuality, you’re not really getting a better food, just less, and you’re paying MORE for the same thing.

Crazy, huh?

Don’t trust the front of the package. Turn the thing around and analyze the label. Look at the ingredients and keep an eye out for anything with the words: processed, enriched, high fructose corn syrup, corn sugar, sugar, anything ending in “ose,” hydrogenated or lots of words you need a Ph.D. in chemistry to read.

Look at the sodium content. If it’s too high, don’t get it.

Look at the fiber content. If it’s too low, don’t get it.

Look at the sugar content. If it’s too high, don’t get it. The same goes for fats. If it’s boxed and is high in saturated fat, put it back.

Don’t trust the front because it’s either lying or misleading. Its goal is to detach you from your money and doesn’t care if it causes your stomach to grow in response to its flashy words and colors.

(Tip), TRICK AND PHILOSOPHY 46:  
**Yes...HIGH FRUCTOSE CORN SYRUP IS HORRIBLE**

Those friendly looking “farmers” you used to see on commercials saying that high fructose corn syrup is no worse than table sugar and comes from corn so it can’t be all bad drive me bat-crap-crazy.

Let’s not dive in to any of the hysteria about whether high fructose corn syrup was responsible for every natural disaster since Hurricane Andrew or if it’s causing great numbers of people to turn into zombies (which I heard from a reputable source is true... kidding, of course) and instead reflect on what should be the first response of everyone when seeing the propaganda brought forth by the sugar people and the huge power they and the farmers hold in this country (and for the record, I spent many of my younger years working on a farm and come from a farming background, so I love farmers and the ag industry).

Their response to people hating on HFCS is to say it’s no worse than table sugar.

Who the hell cares?!

Who said table sugar was good? Who said that the sugar found in “throw back style” Mt. Dew is any better than the HFCS found in modern day soda?

Who said the refined white stuff is any better than HFCS? They’re both horrible. Excesses of both lead to weight gain, diabetes, joint pain, and any number of other health issues.

They’re both some of the biggest reasons the health of this country is in the toilet and our health care costs rival the GDP of many countries.

HFCS is bad. An excess amount of it is very, very, very, very bad.

The problem is that it’s not only found in things like soda, chips and candy. It’s found in virtually all processed foods.

It’s found in real wheat bread. If you don’t believe me, the next time you’re at the grocery store, pick up a bunch of different packages of wheat bread and look at the ingredients. Most will have HFCS because it sweetens up otherwise dry bread.

It’s cheap and does its job well, which is to get you to enjoy the food and want more.

I’m not being an alarmist and saying you should avoid all HFCS because that’s nearly impossible. Having a little isn’t going to do most of us any harm. It’s the fact that it’s in virtually all processed and packaged foods that’s the real problem.

So the next time you see one of those commercials where the one mom tries to make the other one look and feel like an idiot for having the audacity to think that HFCS was bad for her kids and she doesn't want them pounding juice boxes like it's their 21<sup>st</sup> birthday, remember that no one said table sugar was good and just because it comes from corn doesn't make it good.

Even cocaine comes from nature, but you don't see the Colombian drug lords on television saying, "coca is coca...it doesn't matter if you snort it or nibble on a little bit, or even have some in your Coca-Cola like in the olden days."

Not only would we laugh in their faces, they'd get arrested. I know it's a stretch to compare cocaine to sugar and high fructose corn syrup, but their argument is flawed. Sugar, when added to foods, may make it tasty, but it's horrible. Plain and simple.

*Tip, (Trick) and Philosophy 47:*  
**TRY A "SINGLE INGREDIENT" Diet**

Does this tip freak you out a bit?

I think the first time I asked a client do it, she nearly reared up and kicked me. She thought I was crazy!

It's not really all that freaky once I explain it.

All I'm asking you to do is eat nothing but real food for the next couple weeks. It doesn't have to be something like lettuce only for lunch, just foods that are only one ingredient.

For instance, a smoothie containing blueberries, raspberries, ground flax seed, blackberries and organic milk would be fine because they're all single ingredient foods.

Your snacks could be something like almonds or cashews and a piece of fruit.

See what I mean?

As long as the parts of the meal/snack are single ingredient foods, they're okay.

For instance a salad of spinach, slivered almonds, sliced boiled eggs, pear slices, chopped broccoli and vinaigrette dressing is cool, but if you were to replace the vinaigrette for Ranch dressing, that would not be okay because Ranch is loaded with non-food thingies.

And no, I don't count white bread as a single ingredient food.

Your diet must be made up of real foods found in nature.

Is it tough? Does it require a lot of thinking and planning? Yep, but that's why I'm only suggesting it for a week or two.

My wife and I did this before a trip to the beach a couple years ago and it worked, but it was definitely tough...

...Although it made the margaritas taste a bit better once we got to the beach! We also looked pretty dang good too =)

### TIP, (TRICK) AND PHILOSOPHY 48: *EAT REAL FOODS FIRST*

This may sound like a silly suggestion, after all what foods are you going to eat besides real food?

I'm not implying that you munch on Styrofoam and cardboard, but I am implying that we eat far too many processed foods and I don't categorize processed foods as "real" foods.

They're manufactured foods.

Yes, they have nutritional value and yes they are "real," but I don't label them as such because I think you have to differentiate between foods found in nature and stuff that's been perverted in a manufacturing/processing facility.

Real foods consist of fruits, vegetables, nuts, seeds, meats and, yes, whole grains (notice I said whole grains...not just grains).

So I'm giving you the ability to eat processed stuff – whatever processed stuff you're used to eating including desserts, crackers, white bread, processed drinks, boxed dinners, etc. – but you have to eat them AFTER you've consumed real food.

Let's say you're out to dinner and order a burger with a side of steamed vegetables and fries. On the burger you have tomato, lettuce, pickle and maybe something funky like a fried egg. You've asked for the bun to be of the whole grain variety – and you know the restaurant actually uses real whole grain buns.

First, eat the steamed vegetables, while also drinking your water.

Next, you eat the burger, while also drinking water.

Then, and only if you have room, (which you probably won't) should you even consider having the fries.

Here's why I'm suggesting you do this...

If you eat real food FIRST, before anything else, you probably won't have any room left in your stomach to fit the non-food stuff, whether it's dessert, booze, soda, fries, etc.

Or, if you do have room because you didn't order a big meal, you won't be able to eat as much of the bad stuff because you waited until the end and have gotten yourself into the habit of stopping the eating process before you're "full."

See what I'm saying?

This tip comes in handy while at restaurants, which is why I gave the burger example, because most restaurants give you the option for crappy side items along with a few good ones like a side salad or vegetables.

This tip also makes you pay attention to what it is you're eating. All too often we mindlessly pick our foods and don't even think about what we're eating. Following this tip will force you to actually pay attention to what you're ordering, how it's prepared, what ingredients are used, etc. which has the added benefit of knowing that a lot of the food served is processed.

This tip may seem over simplified, but if used on a consistent basis, can yield tremendous results, while still allowing you to eat the "bad" foods you enjoy.

### Tip, Trick and (Philosophy) 49: *DANGERS OF THE Yo-Yo!*

We all know that yo-yo dieting isn't good for you and it sure as heck won't get you to your weight loss goal because any amount of weight you lose is usually added back, plus some extra, and much of the weight you lose is muscle rather than being ALL fat. Sure you lose some fat by following a fad diet, but not as much as you'd like.

We can dive more into the physical changes that happen when yo-yo dieting at another time, because this article is all about the mental nastiness of yo-yo dieting.

What does it do to your head in terms of playing with your emotions and beating the snot out of your self-confidence and self-worth?

Let's say, as an example, you want to lose 40 pounds.

What do you do?

If, like many, you decide to try the latest best-selling diet, or head to one of the “medically supervised” weight loss centers that have been cropping up all over the place, or maybe even give the intense workout program a try...

...Or all 3!

Fine and dandy.

That’s the choice you made because you’ve heard good things and that’s great!

You are excited in the beginning because you know you will finally get rid of those 40 pounds. You know this is the time and are willing to do just about anything.

You do everything they tell you and the results are almost instantaneous. You start losing weight like you’re a contestant on the Biggest Loser – the weight is falling off like an ice cream cone on a hot summer day.

You are EXCITED!

Then...something happens.

Maybe you have to go out of town and that means lots of driving and sitting in airports.

Now what?

You do pretty well. Rather than losing a bunch of weight over that 2-week period, you maintain your weight loss, which is actually really good when throwing you out of a normal routine.

The problem is it doesn’t feel good. You feel as though you’ve let yourself down because you weren’t as disciplined as you knew you should have been.

But you get over it and move forward.

Fast-forward a couple more weeks and something else happens. Maybe your dog dies.

You’re heart broken because you love that little doggy dog.

This time you don’t fair so well. You’ve lost 20 pounds up to this point and have been pretty pleased with your results, but you go off the wagon and that super-restricted diet and all those supplements go out the window and you start to eat out of emotion...

...and you don’t workout.

This goes on for 2 weeks and this time, rather than keeping your weight loss stable, you have gained 10 pounds.

50% of what you've worked so hard for has been wiped away by 2 weeks of emotional eating.

You're even more devastated than before!

You decide it's just not worth it because it's too hard.

You stop taking calls from your trainer or weight loss coach because you don't want to deal with their pestering booties.

Fast-forward a couple more months and you have regained that final 10 pounds, plus a few more, but you don't feel like it's the "same" weight. Sure the scale says it's the same as you weighed 6 months ago, but you feel bigger...like the weight has somehow managed to take up more space.

It doesn't seem right that even though you're the same weight, you now seem bigger.

Now you're pissed.

You decide you're going to get back on the wagon and head back to the diet center (or whatever you did before) and are going to purchase the most expensive package they offer – complete with one-on-one consultations, loads of pills, powders and B12 shots and stick to the toughest workout program you can find.

Not only are you going to lose the initial 40 pounds, but you're going to go for an extra 10 for a grand total of 50 and you're going to look damn good.

Things are going smoothly for a few weeks – you're losing weight just like before, and it's even coming quicker than before thanks to all your hard work and the crazy restrictions.

Then something happens...

...again.

This time you get sick and injure your knees.

The sickness leaves you bedridden for a week. It's like nothing you've felt before and the knee pain isn't anything serious but you tell yourself you won't be able to do squats or lunges anymore, so you'll just have to do more cardio.

Even better, the sickness left you another 10 pounds lighter.

Oh happy day!!!

You're cruisin'!



But the following week, you gain 5 pounds.

How could that happen?!

You've worked hard – harder than before, even doing MORE cardio and you gained 5 pounds. That sucks!

It's okay, you say. You'll step it up the next week and only eat 500 calories a day and just get an extra B12 shot to make up for the lack of energy and run an extra 5 miles on the treadmill just to be safe.

But the next week you only lose ½ pound.

What the hell?! ½ a pound! You put yourself through HELL for a measly ½ pound?!

That's it...you're done. All this hard work and in the past 3 weeks you've gone from being sick and injured to gaining 5 pounds to only losing ½ a pound and it leaves you angry, depressed, and all sorts of cranky.

I could go on with this story, but I think you get the point.

And I hope you feel just a little depressed after reading that because that was my point. I didn't want to be the happy and cheery guy you've come to know and love, I wanted to paint a dismal picture – a picture that pulls at your strings and makes you feel a bit ill.

Maybe it's your personal story.

That's actually a combination of a few stories I've been told by some awesome clients.

When they started they were at their wits end – they were beaten up and down in the dumps thinking they weren't worthy of losing weight and achieving their goals.

They let themselves believe that somehow what they were doing was horrible and that it was all their fault, when they were just victims. Sure they chose the paths they marched down, but it's pretty tough to turn down some of the marketing. I even find myself falling for some of it.

The problem isn't necessarily the up and down of your weight – although that is a big problem.

One of the biggest problems with the yo-yo is what it does to your head.

It leaves you feeling horribly depressed – as if you're just not good enough...that somehow you're always doing something wrong, when you're not.

It leaves you with the thoughts that you're trapped in the body you have and nothing will ever work for the long-term – that your only hope are these quick stints of rapid weight loss (and gain).

It isn't your fault that the program you tried is stupid. It's the creator of the stupid program and his outlandish promises who is at fault.

It's not your fault that you believed the hype that following some ridiculously low-calorie diet, along with protein powder and shots, were going to once and for all get you to your goal.

It's the fault of the stupid business owner and stupid person leading you to believe that a scam is actually worthwhile and doesn't have any side effects down the road...like cancer.

The dangers of the yo-yo are real and not cool.

So how do you keep yourself off the yo-yo?

Easy. Follow what you know to be true and keep working. Remember that the weight you're trying to lose didn't show up in one week. It took years to come on and while it shouldn't take years to come off, it sure as heck will take longer than a few weeks.

Find, and stick to, a program that is based in the real world. Something that takes into account that you're a real person and have real issues and something that will never, ever tell you to give up all your favorite foods because anything that tells you never to eat chocolate or having a beer again is not something worth sticking to.

The only way to stay off the yo-yo and keep your head in the right place is to not fall for the hype and do what you know is best and do what you know deep down in your heart will get you to where you want to go. Sometimes it's not the most fun, or easiest path in the world...but the best courses usually have a few bumps in the road.

Then you have to KNOW that you are worthy of the goals you want to achieve. That may sound weird, but it needs to be said because for some reason we let it slip into our minds that for some reason we're not worthy of success...that it makes us too different.

Horse crap!

You are worthy of achieving your goals and you WILL achieve your goals IF you stay off the yo-yo and keep your eyes focused in the right place.

Tip, Trick and (Philosophy) 50:  
**DON'T EAT ANYTHING THAT HASN'T EATEN WELL**

Let me ask you a very disturbing and strange question...

If someone were to present you as a steak dinner at a fine restaurant, would you be tasty?

My point is, would the way you treat yourself make you appetizing or would the things you eat, the way you live and the things you drink affect the nutrition of you (if you were food)?

How your food is treated matters.

I'm not going to list any studies here because that's not the point of this book. I'm presenting you with things I want you to both think about and hopefully put into action and I want you to think, and maybe do some research, in to how the food you eat is treated.

Cattle are designed to graze, just like all herbivores (plant eating animals). They're not made to be kept in small pens, crammed in with other cattle, and fed a steady diet of corn, hay, and a lot of other "stuff" like corn gluten. They're not made to be fattened up as quickly as possible (hundreds of pounds in a few months), yet that's what happens.

I'm not a vegetarian or vegan. I grew up on a farm and spent most of my teenage years working on a commercial feedlot. I love where I grew up and the lessons it taught me and I am an eater of steak and other meat. I say that so you don't think I'm a meat hater. If you are, that's fine. I respect your viewpoints and the reasons you don't eat meat, whatever they may be.

What I do believe is that the animals we eat should eat well themselves. They should eat what they were meant to eat. Just like you and I should eat what we're meant to eat...although we're not going to end up on someone's dinner table, unless this is some perverse Charlton Heston movie (Soylent Green is people!).

The make up of the meat is different depending upon what they eat. Their fat is different. If you don't believe me, prepare two hamburgers – one free-range and the other commercially raised – and take a bite of each. I guarantee they'll taste different.

I put this tip in here to get you to start thinking about the quality of the meat you're eating and how it was raised because those things matter. Do I think all cattle should be free-range? Sure. Do I think it will happen, or if it's even possible? Nope. It's not a sustainable way to do it, but I do think it can be improved.

(Tip), TRICK AND PHILOSOPHY 51:  
**WALK THE “CHEAT” MEAL AWAY & STOP YOUR BODY  
FROM STORING IT AS FAT!**

You know that feeling you get after you've eaten too much? You sit back and immediately tell yourself, “I shouldn't have done that” and then the guilty feelings start to spill in.

You wonder how many calories you've eaten, if it will effect all the hard work you've been putting in with workouts and diet, and feel like your buttons may pop off your pants if you move the wrong way in your seat.

It happens to the best of us, but don't let it beat you down...beat the fat down and turn that fat gaining meal into a fat burning meal!

Here's what you're going to do.

First, you're not going to eat anymore. Simple statement, but it must be made.

Next, you're going to drink a glass of water to help that food settle in your stomach.

Then, you're going to get up and go for a 20-30 minute walk.

That's it.

Why the walk? A couple reasons...

First, it helps aid in digestion. Your body works better when you're up moving about. Your blood pumps better, your lymph system works better and it gives your digestive system more room - standing is better than sitting...think about it.

Next, it's work.

You're forcing your body, aka your muscles, to start working rather than sit and wallow in self-pity over having stuffed yourself with 4 pieces of Meat Lover's pizza, which will make your body want to start using those calories immediately rather than worrying about whether you'd like fatter with those calories sitting on your chin or love handles.

Don't give your fat storing machine the opportunity to store any more of that fat than necessary.

The walk is also good because it's just intense enough to elicit a calorie burn, without giving you an upset stomach, feeling light-headed or like you want to barf. Digestion requires extra blood flow to your stomach and intestines; working out requires extra blood flow to your muscles. It if comes to a fight, your digestive system will win which is

why you may feel lightheaded or get an upset stomach if you exercise too soon after eating.

The walk doesn't require a lot of intense muscle contraction because it's just putting one foot in front of the next, so your body can digest that food fully, without worrying about sending extra blood to the muscles.

Walking is also relaxing and will help you feel better after just turning yourself into a glutton. Half of the weight loss battle is fought in your mind and anything you can do to make your psyche feel better is worthwhile.

(Tip), TRICK AND PHILOSOPHY 52:  
*DON'T Be SAUCY*

As I write this, it's 1:40pm on a Thursday afternoon. I finished up training clients at 1, and hadn't eaten lunch yet so I headed across the street from the studio to a quaint little sandwich-type place.

This particular place has a pretty good macaroni and cheese recipe that I had never tried and it sounded good. Since I wasn't overly hungry I only ordered half. I also ordered a small bag of chips and small drink.

It was a nice little lunch...and I do mean little.

The Mac 'n cheese serving was very small. I did order 1/2, but I expected there to be more simply because of the sheer number of calories served in restaurants.

I wasn't disappointed, just surprised.

I dutifully ate my lunch, but didn't eat the chips because they were gross, which means all I ended up having was the 1/2 order of Mac 'n cheese and small diet soda.

I felt fine afterward because I ate slowly, but had I eaten just a wee bit faster I could have wolfed down that cheesy dish in 3 bites!

Do you want to know the scariest part?

After I finished eating I wanted to find the calorie-count for the Mac 'n cheese just out of curiosity. I had a rough idea what the calories were and wanted to see if my mental counting was correct.

I guessed it was roughly 400 calories, which for me is a decent number for lunch since I was able to have a mid-morning snack.

Do you think my guesswork was on the money or was I off?

I was a bit off...by about 150 calories to be exact and those 150 calories was not lower than my guess.

My ½ order of Macaroni and Cheese was 550 calories!

Again, that's not a bad number for me, but for the average person that's a bit too much for an entree and if your goal is to lose weight, and you're having snacks throughout the day it is too much. Also remember that I did NOT eat the chips, nor were there any calories in my drink. Had I eaten the chips and ordered a calorie-containing drink (any calorie-containing drink), that number would have easily gone over the 1000-calorie mark because many personal-sized bags of chips are upwards of 300 calories and a small drink would have been at least 150.

And just imagine if I would have ordered the full serving! I would have easily consumed it all and would have taken in a whopping 1100 calories!

That's freaky!

But why did I under-estimate by 150 calories?

The answer lays in something that you should always be leery of whether dining out or preparing dinner from home and that is sauce.

The cheese sauce on my lunch is what shot the numbers through the roof. The amount of macaroni included was relatively small and probably only made up about 150 calories and the remaining 400 was all cheese.

Yikes!

So let that be a lesson to you...always assume you are underestimating your calorie counting when there is a sauce involved and assume your underestimation is big.

If you look at something that's "saucy" and think there are 500 calories, then it's probably safe to assume it's closer to 650 or 700.

Sauces, like liquid calories, can make or break your goals and is usually the easiest thing to minimize any time you want to lose weight or get healthier.

Tip, (Trick) and Philosophy 53:  
*TALK TO YOUR FOOD*

This one is a bit strange. It's strange, yet pretty powerful if used properly. Kinda like Spiderman where Uncle Ben says, "With great power comes great responsibility." No Spider Man fans here? Sheesh, can't a comic book junkie get any love?

Okay, so you don't have to literally talk to your food – unless you want people to think you're crazy, and maybe you are, so if that fits...go for it!

What I mean is, before you eat anything I want you to ask the food (mentally) "How are you going to make me feel in 10 minutes and beyond?"

If the answer to that is anything but "good", "great", "fantastic", etc. don't eat it. If you ask that question and the food tells you "I'm going to make you feel like holy hell", then don't eat it.

If you ask that question and the food says "Well, you're going to feel good for about 5 minutes because I'm just so dang tasty, but then in about 15 minutes I'm going to make you feel like you swallowed a 10 pound lead weight" don't eat it.

Get my drift?

I really, truthfully want you to do this.

Before you eat anything, I want you to mentally ask yourself "How will you make me feel?" because that will go a long way in actually getting you to THINK about what you're eating/drinking and decide how it will either help you or hinder you.

It's not enough to ask that and know the answer, you actually have to DO something about the response the food gives you.

If you ask that question and the food tells you "I'm going to make you feel like crap!" and you still eat it...you need to reevaluate what you want and how badly you want it because if your goal is to lose weight and you do that, you don't truly want it bad enough.

If you find yourself being given, or about to present yourself, with something you KNOW you shouldn't eat – ask yourself that question and it may be just enough to tip you over to the positive side.

If you ask that question and the food tells you "Well, a little bit of me won't make you feel bad and won't make your pants tighter, but if you eat all of me it'll be pretty bad." Then listen to the food and act accordingly.

I can't do a lot of dairy, but sometimes I throw caution to the wind and have REAL ice cream – not the fake weenie stuff...I'm talking full fat milk, sugar and cream. You know what? I pay for it each and every time. If I were to ask that question of the food it would tell me "Don't eat too much of me or you'll regret it!" and I should listen, and will listen from now on.

I asked this of the fast food burgers and fries I used to enjoy so much and they told me "I taste good for like 2 minutes, then you hate how you feel and you regret eating me" so I quit eating fast food altogether and haven't felt better.

I've asked a couple clients to do this, and the ones who did saw tremendous results...almost instantly.

One in particular really loved sandwiches - mostly going to her favorite sandwich place for lunch...but she couldn't lose weight. I told her to ask her sandwich how it made her feel - in her head...not out loud - and she was able to discover some pretty cool information. She never told me that her joints always tended to hurt the day after having sandwiches, that her energy went into the dumps for about 5 hours after eating the sandwiches and that she also felt compelled to drink a couple sodas along with the sandwich. When she figured this out, she cut the sandwiches out, and felt awesome a week later. She also lost weight pretty quickly, which is what she really wanted.

It all happened because she talked to her food, and was honest with herself.

Do this and you will not be sorry! But you may feel a little (or a lot) weird.

### *Tip, (Trick) and Philosophy 54: The "Monday Morning" Diet*

This past weekend was NOT friendly in the nutrition department in the World of Ed. I ate poorly...actually let's just call it what it is and say I ate like crap.

Bleh.

I hate weekends where that happens. I know what I should do, and I know all the tricks to keep myself from going off the deep end, but sometimes it all explodes.

Ever have one of those weekends, or maybe weeks?

You know what you should do, but don't.



You know the tricks you should follow (hopefully the ones I've taught you), but for whatever reason don't follow them.

Your diet just goes to pot.

But how do you get over it without truly going off the deep end and ruining all your hard work?

Is there a way to "get back on the wagon" and continue with your success?

Yep!

It's actually easier than you think...and you didn't do as much damage as you think you did – as long as it's not a regular occurrence. If weekends like this happen on a regular occurrence, then you need to step back and re-evaluate.

Here are a few quick tricks to get back on the wagon and continue losing fat.

### **#1 – Don't freak out.**

This may sound overly simplistic, but it needs to be said.

Did you know that one of the sayings in the fitness industry is "Every Monday Is New Year's?"

Do you know why?

Because people blow up over the weekend, then freak out Sunday night or Monday morning and go crazy buying up stuff and hitting the gym.

***A buddy of mind in the fitness industry says all the cardio addicts are doing their "Cardio Confessional" on Mondays praying to the cardio gods to remove all the nastiness.***

It makes sense.

Take a step back and realize the truth. The truth is that it was just one weekend. It was only 2 days. It's NOT a big deal (unless it happens regularly).

You didn't do that much damage to your progress, and if you've been going hot and heavy in your nutrition and workout you may have actually done your body a favor.

Realize that the past is in the past. You can't change it, but you can change what you do today...but what you should do today is NOT freak out and go off the deep end. Treat it like any other Monday. Go on with your plan as usual.

### **#2: Drink ONLY water.**

If you messed up over the weekend then you're holding a lot of "water weight" and one of the easiest way to get rid of it is to drink water...nothing but water. Don't drink tea, sugar-free drinks, alcohol, etc. ONLY water.

I'm for serious here yo.

Only water.

Nothing else.

Not your coffee. Not your juice. Nothing but water. Don't add any powdered stuff to it...JUST WATER.

Don't ask if something else is "okay" because I'm trying to make myself as clear as possible...

**...ONLY DRINK WATER!**

You want to flush that stuff out and really you shouldn't be drinking that much artificial sweetener, colors, etc. so the water is going to do you good in more ways than one.

**#3: Limit The Sugars and Grains.**

You should be limiting your sugars and grains on a regular basis, but you should pay extra attention on days like this.

Nothing with added sugar.

No grains – whether processed or whole grain...none.

Eat lots of veggies and fiber-rich fruit.

That's another thing. Limit the fruit intake to only those with a decent amount of fiber. Things like apples, pears, blueberries, raspberries, etc. are good for days like this.

Things like grapes, bananas, etc. aren't good for these days. They're fine on most days, but not today.

I'd also like you to limit your fruit intake to early in the day. Try to get it in the morning/lunch.

**#4: See above per fruits and veggies.**

**#5: Sweat.**

Crank the workout up a notch or two.

You don't have to go super-long, or even that much longer than normal, and you should NOT "pray to the cardio gods" because that won't do you as much good as you think.

Add some Book Ends to your workout, or finish things up with some metabolic work to really get the sweat flowing.

But, like I said, don't increase the overall workout time by much – maybe 7-10 minutes more.

Decrease the rest period.

Challenge yourself a bit more.

Increase the resistance.

Use that pent up frustration from a crappy weekend in your workout. Use that as fuel and leave it there. That's a great way to ensure it doesn't nag at you. Go into your workout telling yourself that you will leave that frustration with the workout.

You'll put that extra energy there, and then move on.

It's really pretty freeing to be able to do that.

Easy enough?

Those are 5 super simple tips and tricks you can use any time you fall off the wagon and need to jump back on.

Obviously you want to limit days like this because if you do it on a regular basis you were never really "on the wagon" were you?

If you find yourself "stumbling" every weekend, you need to stop, take a break, and re-evaluate what you want and why you want it.

If you want the right things, and for the right reasons, you shouldn't be crapping out that often.

Right?

Of course I'm right. I'm always right.

Gag.

Alright I better get out of here before I say anything stupid.

*TIP, (TRICK) AND PHILOSOPHY 55:*  
**DON'T FORGET THE LEGS!**

Lunges hurt.

Squats hurt.

Any variation of those two hurts.

Make no bones about it, working your legs hurts, but it hurts in a “good” way. It’s that kind of hurt that taps you on your shoulder, or butt, the next day and says, “Hey. Thanks for working me so dang good yesterday. I’m going to repay your work by burning a lot of extra calories and getting strong and lookin’ good.”

And really, you’re thankful for your legs telling you that, even though it does “hurt.”

Because working your legs hurts, many people don’t work them, or if they do work them it’s not with enough intensity, or not often enough.

Stand in front of a mirror and what do you see?

Besides a super sexy person, you also see an upper half and lower half. The upper half is what usually gets worked, while the lower half is left to propel you wherever you go and that’s not good enough.

Your legs have a lot of big muscles that burn A LOT of calories and they burn them while you’re working and while they’re repairing themselves.

Your butt? That’s a huge and powerful muscle group that needs to be worked. Not only does it need to be worked to make you look better, but it needs to be worked to make you work better because most folks butt muscles don’t work the way they’re supposed to due to too much sitting or neglecting them in workouts, which can make even “beginner” exercises difficult and effective.

Your upper legs? That’s also a huge and powerful group of muscles that are yearning to be worked and they’ll thank you for the work by burning a lot of calories and whittling away at the fat stored there.

When it comes to the legs, working as much of them at one time is key to the quickest and best results. When you hit the gym, the common thing to do is head for the machines, which is fine, but not ideal. If you want to make the most out of your workout time, and get the quickest results possible, you need to do big exercises like squats and lunges.

You don't need to load up the bar with 500 pounds, so don't worry about backbreaking loads. Starting off with bodyweight versions is good enough, and actually necessary if you're new to these exercises and/or sit a lot.

I've worked with my fair share of "experienced" exercisers who think they use pretty good form and want to use a lot of resistance, and sometimes got cranky when I wouldn't let them, but realized they didn't need it the following day when they were walking like hobbled old folk.

Get some instruction and pay very close attention to your form and focus on the muscles being worked. As you get tired, it's easy to let your form suffer and you need to be careful not to do that. Bad form in things like squats and lunges will lead to pain and injury in the knees, hips and back.

Don't let those fears keep you from doing them though because they're just too dang good to neglect – unless you have a medical reason to avoid them.

In short, working your legs hurts, but is too beneficial to neglect. Your body will thank you for the work by burning a lot of calories, a lot of fat and you'll move so much better because of it.

*Tip, (Trick) and Philosophy 56:  
Fall In Love With Push-Ups and Lunges*

I loves me some push-ups and I think you should too.

It doesn't matter if you can't do very many right now. All that matters is that you do them, do them often and focus on getting better every time.

The reasons most don't like push-ups is exactly the reason they SHOULD be doing push-ups. If you can't do many right now, or you have to do them from your knees, that's when you should start practicing them and focus on getting better.

I can tell you from experience that seeing the fear/embarrassment in someone's eyes when they can't do one single push-up from their toes, or can't do anymore than 3 or 4 from their knees and then watching their faces light up when just 2 weeks later doing as many as 8 from their toes is an unbelievable thing.

Aside from the "Ed says you should do them" reason, they also work a lot of your upper body at once, which is key for getting results.

They are a phenomenal strengthening exercise, there are seemingly endless varieties to keep your mind from wandering and getting bored and they're just plain awesome.

They not only work your chest, but also your shoulders, the back of your arms (triceps) and also do a wonderful job of working your core and even your butt and low back.

Now what about lunges?

Many folks will point to squats as the greatest lower body exercise, but I think you should also focus on lunges.

I say that because they put more emphasis on a single leg (the front one), which can help you level out any strength imbalances (which most of us have) and increase balance and stability.

I also like them because, just like push-ups, you can do them anywhere and there are a lot of different variations so you don't get bored and you keep your body guessing and progressing.

They also make your hamstrings and butt killer sore, which is always good!

When in doubt, do push-ups and lunges and you'll be good.

*Tip, Trick and (Philosophy) 57:*  
**SUBTRACTION BY ADDITION**

Let's go over some fuzzy math.

You can decrease (subtract) the amount of calories you eat in a day by adding food.

Sound silly?

Does it sound like one of those claims of "Eat all you want and still lose weight?" I hate those over-hyped marketing claims; so before I confuse you any longer, let me explain.

I believe (and it's been solidified over the past several months) that the simplest way to lose weight is to focus on the GOOD and not the bad.

Focus on adding as much of the "good" as you can and the "bad" doesn't have any place in your life.

So what I mean when I say "I believe that you can decrease (subtract) the amount of calories you eat in a day by adding food" is the following...

Before you eat lunch and/or dinner, eat a high quality, fiber-rich, real food snack.

It doesn't matter what you're eating for your meal or where you're eating it. Focus on adding that good, quality snack before your meal and you're almost assured to eat less.

The reason is the fiber and focusing on the quality of the food.

Fiber is nature's natural appetite suppressant because it expands in your stomach. If it expands in your stomach, you won't be able to fit as much in.

If you eat it as a snack about 15 minutes BEFORE your meal, your brain will get the "no more" trigger much sooner than if you were to wait until meal time which means you won't be able to eat as much.

Not only that, but by focusing on the quality of the food and making sure it's an actual REAL food, and not a pseudo-food and not some type of fiber replacement drink or pill, you will get a ton of nutrition – vitamins, minerals and cancer-fighting phytonutrients.

So what foods work?

Nuts like almonds, peanuts and cashews (or any other nut) as long as they're not perverted. Berries like blueberries, raspberries or strawberries. Some homemade granola is great.

Just make sure the food is rich in protein and a real food. Also make sure it's low in calories. These little trick works well and you don't need to have a lot of whatever food you choose.

A serving of berries will be around 70 calories. A small serving of nuts will be around 100 or so and the granola about the same, but the nuts and granola are easy to go overboard with, so be careful with the amount.

So there ya go.

There's a simple and easy-to-implement nutrition tip that can yield huge results.

### *Tip, (Trick) and Philosophy 58: 3 Simple Questions...*

I had a pretty interesting consultation last week. It was interesting because I spent a good 30 minutes listening to her talk about the previous diet she tried to stick to – one that another "trainer" put her on.

It was confusing as hell!

They had her using all sorts of math...math that's not necessary for the overwhelming majority of the public. 20% this, 40% that, 35% here...and if that didn't work maybe switch it to 25%...or maybe 45%!

I understood the diet (it sucked)...but I didn't understand why on earth a trainer would expect someone to stick to such a difficult diet.

When it was all said and done, I asked her 3 questions. These 3 questions marked the beginning of our journey, but it left her with some perspective about how simple eating should be.

What 3 questions did I ask?

1. How many servings of fruits and vegetables do you eat per day?

I don't mean total servings, but how many servings each? Most people don't eat any. Some eat fruit and no vegetables, and vice versa.

Very few eat enough fruit AND vegetables but the ones who don't often struggle with keeping their weight under control (I'm assuming they're not covering their broccoli with melted cheese or Ranch dressing...if you are, stop it!).

Those who consume more than 2 servings of fruits and vegetables per day are the ones who see the most success – both immediately and long-term.

This is a small step that leads to more small steps, which leads to huge success.

2. What do you drink on a daily basis?

If you drink stuff that has calories (besides homemade smoothies), cut it out. They're useless.

This especially goes for soda, fake fruit juices, and sports drinks (including those stupid Vitamin Waters and Smart Waters).

This also includes coffee "drinks" – these puppies can easily be hundreds of calories. Your primary drink should be water. Anything else is "extra." That may sound overly simplistic, but all too often the things that work are simple.

3. Do you mini-cheat?

Do you allow yourself to have small "treats" on a daily basis? Maybe a cookie every afternoon? Maybe a glass of wine or cocktail (or 2) every evening? A small dessert after every dinner?



Individually these aren't that big of a deal – maybe 100-200 calories each, but when you take that out over the course of a week that can equal 700-1400 calories...calories you DON'T need.

To be totally honest, those mini-cheats aren't huge numbers and won't add up to much (despite what I just said) UNLESS you also "relax" your eating and drinking habits on the weekend.

You can't do both.

You can't have a small 'treat' every day and still relax your eating habits on the weekend. That's just too much.

If you want to lose fat, you have to pick one. Either eat nearly perfect all week and relax a bit on the weekends, or eat nearly perfect every day with a small cheat most days. But I have to emphasize the "small" portion of those statements.

Small is NOT a giant cookie.

Small is NOT a 300-calorie candy bar (read the label because many candy bars easily top 300 calories).

Small is...small. 100-200 calories.

Those 3 questions are incredibly easy to handle – eat a lot of fruits AND vegetables every day, don't drink your calories and control your cheating – but if you master them, you will be way ahead of the game.

You'll lose fat without overloading your brain and going nuts wondering if you're following the 'plan' that some idiot made up.

Don't over think this stuff – just focus on a few basic points until they become permanent and then focus on a few more things.

You'll lose fat. You'll be healthier. You'll be happier.

It may not be glamorous and it sure as hell isn't magical, but it works and it works VERY well.

*Tip, Trick and (Philosophy) 59:*  
***DON'T Fear Fruit***

Does Fruit Make You Fat? Is Fruit Dangerous?

I've been noticing a scary trend over the past couple years, and it seems to have only gotten worse lately and that is scare tactics when it comes to diet.

Scare tactics are nothing new. They've been around for quite some time.

I don't know if this is true or not, but I remember reading that Henry Ford (the car dude) stopped eating sugar after seeing some under a microscope while hanging out with his good buddy Thomas Edison. The sharp edges freaked him out so much that he thought it would rip apart his insides.

I suppose that could be a good scare tactic?

But I digress...

The scare tactic I've been seeing lately is that fruit will make you fat, or at the very least hinder your weight loss results.

The argument, and they may even cite studies to prove their point, is that the fructose in fruit is easily converted to fat and stored around your stomach.

But is it true and even if it were true does it make that much of a difference?

Let me answer that by asking you a question...

When was the last time you saw an overweight person devouring fruit – I'm talkin' real fruit, not fruit juice, or any processed food "containing" fruit?

When was the last time you heard someone say "Boy...I just can't eat anymore of those apples. I'm stuffed!" while simultaneously patting their big ol' belly?

I'm guessing never on both accounts.

However, when you watch people who are fit, the people whose physiques you envy, what are they eating?

I'm guessing that, unless told otherwise due to a medical condition or because of personal preference, or because they are going from very fit to super-duper fit, they're eating some fruit.

Some may be eating lots of it.

Personally, I love fruit and so does my family.

You know what? We eat fruit.

We throw it in our smoothies on a daily basis and eat it with most meals. We dip apple slices in all natural peanut butter (sometimes caramel...yum!) as a snack and we munch on grapes when we watch cartoons.

Are we overweight and unhealthy?

Nope.

Don't get me wrong. I know there's a time and place when consuming lots of fruit can be bad for your waistline, but with a population where 2/3 of us are overweight or obese, the overwhelming majority never has to worry about that.

Fruit is very low in calories – most servings are roughly 60-80 calories.

Fruit is loaded with water which helps satisfy your appetite, which will make you eat less at mealtime.

Most fruit is a good source of fiber – apples have roughly 5 grams in their total 60-80 calories.

Fruit is LOADED with healthy vitamins and minerals, which the majority of us lack and that simply taking a multi-vitamin won't make up for.

If you're active, you need the carbohydrates found in fruit to give you energy and make you not want to rip someone's face off due to being "down."

True and long-lasting weight loss is not about creating "bad guys," it's about creating good habits and making good lifestyle changes.

That may not sound sexy and it doesn't help with headlines, but it's the truth.

Anyone who makes a scapegoat out of a perfectly good apple and tells you eating said apple is going to stop you from losing weight deserves a wedgie.

Fruit is beneficial. Fruit boosts your energy. Fruit is loaded with water and nutrients and most is a good source of fiber.

Eat it and enjoy life!

*Tip, Trick and (Philosophy) 60:*  
**Live By Your Own Rules**

Are there any "secrets" to losing weight simply and easily?

To be totally honest there are no secrets - and there really aren't any secrets to be found...anywhere.

Okay, that's not totally true.

I do have a couple of secrets that I use on a regular basis to help me lose weight and to keep my fit, strong and trim physique.

But my "secrets" have more to do with "rules" that I hold myself to more than a secret workout technique, secret supplement.

What do I mean?

I'll give you a few examples of some of my "rules" (or if you prefer to refer to them as secrets...be my guest)...

1. I start every day off with a homemade smoothie. I can't emphasize how important a healthy breakfast is and this goes way beyond weight loss.

My homemade smoothies include real fruit (blueberries, raspberries, strawberries), quality whey protein powder, ground flax seed and Kefir. They taste fantastic and give me a HUGE nutrient boost and shoot my energy through the roof!

2. If I want a treat, I'll eat it. I'm not going to deprive myself of something that I want. If I want some chocolate, I'll eat some chocolate and don't feel bad about it – and you shouldn't either.

But...I don't go overboard and I don't do it more than once per day. My treats are small – once per week I'll splurge a bit, but if I'm trying to lose some weight I don't allow myself any "splurges."

3. I keep my "containers" small. Small plates, small bowls.

This is a no-brainer when you think about it. The smaller the plate or bowl, the less food you can fit.

We have a bad habit of wanting to fill our containers with food...then we eat all that food.

If you use small bowls and plates you can still fill it and eat it, but you've cut the total calories by at least 50% and possibly more.

Okay, that's all the secrets I feel like sharing today.

You need to come up with your own "secrets" and use them. You can use mine if you'd like, but I encourage you to figure some things out that work for you and fit your personality and your lifestyle.

Not everyone has the personality that allows him or her to “cheat” when they want. They don’t have the control and can’t stop at a small amount. That’s fine.

Maybe you have figured out what time of day works best for you to workout...make that a rule and stick to it. I have clients who will ONLY train first thing in the morning and I know others who will only do evening. That’s what works for them, they schedule it into their day like any other appointment and stick to it. That’s their rule.

Maybe you have a few “go to” foods that have worked well for you in the past. Things like blueberries or almonds. Try to incorporate them into your every day routine.

Figure out what works for you and then do it.

### TIP, TRICK AND (PHILOSOPHY) 61: STOP THINKING...

Are you a thinker?

I am.

I sit and “brainstorm” quite often thinking I’m making progress, when all I’m really doing is spinning my wheels and limiting my results.

I felt a nice little pain in my stomach after writing that sentence, but it’s the truth. I think too much, which is another way of saying I’m a procrastinator...and I hate it. Procrastination pushes your results farther and farther back and is very maddening (and that’s putting it nicely).

The same thing happens when many people decide they want to get in better shape, lose weight, tone up, or whatever their goal may be.

They make the decision, then search out in hopes to find the best and easiest program.

Last summer I had a consultation with someone who made the decision to lose weight, feel better and get stronger. She came to me while “shopping around” trying to find the best program. We talked for a while and she went on her way to “think about it” and compare all her research.

I called and emailed every week or so following up seeing if she made up her mind and the answer was always the same; “I’m still weighing my options. But while I have you on the phone, could you answer a couple more questions?”

Finally 3 weeks down the road, she was still “thinking” and I decided to get tough. I asked her why she was still thinking.

She gave a simple answer and I kept prodding hoping to find the real answer. I knew she hadn't decided to go with someone else because she was still taking my calls and I wanted to get to the bottom of her procrastination.

Come to find out she was afraid.

Not afraid of me (although maybe she was...), but afraid of the change.

She was afraid of making a change to her normal routine.

She wanted to make a change...

...but was afraid what that change would feel like.

It would upset her normal routine, even though she knew her routine needed to be upset.

I told her what I'm going to tell you...

...Are you ready?

Stop thinking and just DO.

Stop weighing your options of what program is best, who's the best, etc. and just take a step forward. Maybe you're not ready to decide on the right program just yet, but that doesn't mean you need to wait.

You can still make some changes to your diet. Swap out your bad breakfast for a healthy one. Swap out your 100-calorie snack packs for a piece of fruit or homemade granola.

You can still move. You can still go for a walk, do any number of the workout videos I show you on the blog, you can still do something.

Something is better than nothing.

A step in the right direction is not procrastination – it's ACTION and action is what's necessary.

Did I get her as a client?

No. She thought I was calling her lazy.

But, oddly enough, we still talk from time to time because she's still searching...

Don't do that.

I know you can achieve your goals, but sometimes we get to a point where we're stuck and all too often that point is with the first step.

Just move.

Stop thinking and just DO.

*Tip, (Trick) AND PHILOSOPHY 62:*  
***Squeeze The Cheeks!***

Squeeze Your Cheeks!

And I'm not talking about squeezing the cheeks on your face to give them that nice, read glow; I'm talking about squeezing your other cheeks – your butt!

I know this may sound odd, but for most of us, our butts are asleep.

The muscles don't fire the way they should.

We sit way too much and don't move nearly enough.

When this happens, our butt muscles don't work the way they're supposed to and it's easy to see if you watch people squat or lunge – they move from their knees, while neglecting hip movement (and cheek squeezing).

A common problem, as I just alluded to, is starting lower body movements from the knees rather than the hips. Pay attention to how you do things like squats or lunges and watch other exercisers and you'll see what I mean. You'll see a lot of people bending from their knees first, which gives them a certain amount of forward momentum, which also places a tremendous amount of force on the knee joints.

So to correct this, whenever you do any lower body movement like squats, lunges, hip extensions or any of the other various goofy exercises that involve your legs, I am often heard yelling "Squeeze your cheeks!"

Anytime you raise yourself up out of a squat, lunge or hip extension you should focus on driving your heel(s) into the floor and squeezing your butt like you've never squeezed before!

Doing this takes the pressure off the knee joint and puts it back where it belongs – the muscles, and more specifically, your butt.

When you put the pressure and focus back on the muscles, you'll work more muscle, which also means you'll burn more calories, which also means you'll lose more fat.

Flexibility will come into play with this one. If you're tight in the ankle or hip area, you probably won't be able to do a full range squat, and that's fine. Work into it. Start where you can, use perfect form and try to get better every time you do the exercise.

And always remember...

...Squeeze Your Cheeks!!!

*Tip, Trick and (Philosophy) 63:*  
**TRICK YOUR BODY FAT INTO MELTING ITSELF!**

Did you know your body has two different types of fat?

Yep, it's true. Scientists have recently discovered your body has "brown" fat and "white" fat.

Much of your body is currently made up of white fat, but when you were a baby you had a higher percentage of this newly found "brown" fat.

What makes the brown fat so cool is that it's not a storage tank, rather it actually burns energy.

Brown fat actually burns calories and produces heat, whereas white fat just sits there like a video game playing kid in a zombie-like trance.

This is a protection mechanism for babies to keep themselves warm since they're all tiny and can't exactly get up and grab a blanket, start a fire and snuggle up to their sweetie when they get a chill, and it's "activated" when low temperatures are present.

Its levels decrease as you age, but some of it is retained in your upper chest/back area.

So how do you use this brown fat to your advantage and turn your fat cells against themselves to lose fat?

Take a cold shower.

Seriously!

Much of this is still theoretical because not many big studies have been done on the subject, and this does NOT mean you can start sitting in freezing cold baths for hours, or start jumping into frozen over lakes in mid-February. Don't do anything stupid.



A 2009 study published in “The New England Journal Of Medicine,” found that brown fat tissue became metabolically active in overweight men who were subjected to 60 degree Fahrenheit temperatures for two-hours a day.

This isn't very realistic, but the author Tim Ferris found a different way to use this trick that may be just as beneficial in his book “The Four Hour Body.” He states that you could sit with an ice pack on your upper back for 15-20 minutes at a time, or allow cold water to hit your back for a few minutes while taking a shower.

If you're going to use trick, I recommend going the route of the ice pack or cold shower. I actually did the cold shower trick for a few months this past summer and did actually notice a slight decrease in waist size, but then again that is totally anecdotal and unscientific. The only thing you can do is try it for yourself, in addition to a quality workout program and diet, and see if it helps.

As a side note, cold showers have long been a trick for athletes to help them recover quicker from practices or competition, which means it may also help you recover quicker after an intense workout.

### (Tip), TRICK AND PHILOSOPHY 64: *EAT FOR YOUR SKIN*

There are times when only focusing on nutrition and diet tips with the sole purpose of losing weight gets a bit mundane and you need to change course.

That's what this tip is for. If you take the focus off weight loss and put it on improving your skin, which many people are already worried about, you may find that you not only improve your skin, but you also lose weight.

Why?

Because the foods that help improve the health, strength, tone and shine of your skin are also the foods that help you lose weight.

When you're looking for foods that help improve your skin health, you need to focus on foods that are loaded with nutrition (much like foods that help you lose weight).

For instance, foods rich in Omega-3 fatty acids are great for your skin.

So things like salmon, cashews, almonds, olive oil and ground flax are all great foods to add to your diet to improve your skin health.

Not only that, but certain vitamins are shown to be helpful to your skin. Vitamins like A, B-Complex, C, E and K as well as the minerals Selenium, Zinc and Copper.

One very common reaction to knowing those vitamins is to find a supplement that has all of those, and that's an okay option, but it's not ideal.

Supplements don't have all the other vitamins and minerals that help those vitamins work properly. You can't load up on B and C vitamins and expect that to improve the quality of your skin. You have to find foods that are rich in those vitamins and consume foods also have other vitamins that work together with Vitamins B and C to do their job in your body.

It would be like putting high performance tires on a \$2000 car. Sure the tires may be nice, but it won't matter because the car is crap.

Here are a few other foods that are great for your skin.

Papaya is loaded with most of the vitamins I listed earlier, especially K. Vitamin K can be a toughie to find in nature, but Papaya is a good source.

It can be pricey, but it's worth it because it's awesome for your skin.

Spinach is another goodie for your skin. It's a great source of Vitamin C as well as a few of the B-vitamins.

One thing I like about spinach is that calorie-for-calorie, it is one of the most nutrient dense foods known to man. It's super low in calories per serving, but is high in nutrition. Use it on salads, sandwiches, or anywhere you think of adding foliage to your meals.

One of my favorite skin foods is the Bell Pepper. Bell peppers are great skin foods and can be added to virtually any dish.

You can also slice them up and dip them in another great food – hummus. This makes for a great pre-meal snack to have as a family. If you're hanging out in the kitchen as a family while dinner is being made, slice up some red and yellow bell peppers and lay them on a plate with a little bowl of hummus and watch it disappear...

...and then watch your skin improve and waist shrink.

This is also a great one to get your kids to eat as well. The peppers don't really have much of a taste, but they crunch and you're giving them a dip, which is huge for kids. You can feel great about giving your kids something healthy, while letting them believe they're getting some type of treat.

If you're not a big bell pepper eater because you think all peppers are hot, fear not because they're not hot at all. I'm a weenie when it comes to hot stuff, so trust me when I say if they're not hot.

Also make sure you get a rainbow of peppers and don't stick to just one color. Buy and eat all the different colorings to get a mixture of phytonutrients.

Again, this little tip is just another way to mix things up in the nutrition/diet world. It can be quite boring for you to only seek out foods that help you lose weight, so simply changing up the goal can infuse some variety and excitement in to your eating...

...It will also be a reminder to keep certain foods OUT of your diet that do bad things to your skin. Things like fried foods, processed junk and "heavy" fatty foods (i.e. fatty foods NOT rich in EFAs).

(Tip), TRICK AND PHILOSOPHY 65:  
**KNOW YOUR STRENGTHS**

We all have certain strengths when it comes to diet and you must know what they are.

Do you love eating fruit?

Or maybe you're one of the few who absolutely love vegetables.

Maybe your strength is that fast food completely grosses you out and you would no sooner be caught there than you would tiptoeing the rim of a volcano.

You must know your strengths and rely on them.

Relying on your strengths gives you a solid base that you can always fall back on when times get tough, and it gives you something solid to expand from.

Let's say you're great at getting a variety of fruit in your diet, but struggle with snacking in the evening.

Snacking in the evening isn't necessarily a bad thing, unless it's the wrong foods and if you're going over your needed calories for the day.

Because you're great at getting a variety of fruit in your day, but not so great at the proper choices in snacking, make a serving of fruit be your snack.

This is actually taken directly from my own life. I love fruit, but evenings usually sneak up and bite me in the butt and my solution was to start eating a super-sweet fruit if I had a snack attack in the evening.

9 times out of 10, this little tip nips my evening snacking in the bud, but I wouldn't have figured it out if I didn't rely on the strength of loving a variety of fruit.

If you enjoy vegetables, make sure you get them in your daily diet as much as possible.

If you're great at starting your day off well, know that and build from it.

We all have different nutritional strengths, but not many of us know what they are. Take a few minutes to think about your day and your regular diet and figure out what your strengths are.

Write them down, and then proceed with the next tip...

(Tip), TRICK AND PHILOSOPHY 66:  
*BUILD STRENGTHS AROUND YOUR DIET WEAKNESSES*

I don't normally like to ask you to think about your weaknesses because it's better to focus on positivity and strengths, but sometime it's necessary and this is one of those times.

If you want to change your eating habits and really make lasting changes, you MUST know your weaknesses so you can turn them into strengths.

Evening snacking is a weakness of mine and I know it's a common weakness among clients. The end of the day comes, they're winding down are a bit tired and stressed and they start to crave things. Some crave fatty foods, others sugary foods. I crave sugar, which is a the super-sweet fruit is the best thing for me to turn my weakness into a strength.

Maybe a weakness of yours is eating a proper breakfast, but a strength is getting your workout done first thing in the morning.

A great way to turn that weakness into another strength is to remember how important post-workout nutrition is to your weight loss, as well as your overall energy levels.

Focusing on the positivity of the workout can be enough to get rid of that weakness. You could then come up with a homemade smoothie recipe that is quick and easy to make that you can drink in the car on the way to work or drop the kids off at school or daycare.

Another common weakness I encounter with clients is the mid-afternoon craving.

This is usually just your body saying, "I'm tired...give me something to pep me up." The problem is that the easiest thing to do is reach for something heavily caffeinated to pep you up, or reach for some quick carbohydrates to satisfy the snacking craving and energy need.

It doesn't have to be that way because you're going to build strength around that weakness.

Maybe a strength of yours is fitting in quick workouts. If that were the case, the mid-afternoon craving time would be a great time to add that workout. It doesn't have to be an intense workout and can be something like a brisk 15-20 minute walk.

Or maybe you discovered you really enjoy vegetables when coming up with your strengths and have decided to get over this afternoon weakness by snacking on baby carrots and a healthy dip. The combination of crunch, water and sugar will pick your energy levels up, satisfy the carb and water cravings and while keeping the overall calories low – which is key for any great snack.

The point of this tip is to reflect on your lifestyle and discover your biggest nutrition weaknesses and then use the strengths from the last tip to turn those weaknesses into strengths.

You probably won't be able to get rid of all of them because we all have weaknesses. Another weakness of mine is allowing myself to get "too hungry" before lunch, which leads to poor food choices, or eating too quickly which leads to indigestion and feeling horrible for an hour after. I know it's a weakness, but I allow it to happen all too often and it's something I'm always working on.

I tell you that so you don't get discouraged if your weakness is tough to turn into a strength. It's fine and that's going to happen. The only thing you need to focus on is having more strengths than weaknesses so that those weaknesses hold no real power over your waistline.

(Tip), TRICK AND PHILOSOPHY 67:  
**EAT MORE FAT, GET MORE SEX...AND BOOST YOUR  
HORMONES**

In the not too distant past, fat was the enemy. Low fat diets were all the rage, low fat processed foods were flying on, and off, the shelves in grocery stores...and people were still gaining weight and becoming less and less healthy by the minute.

It seemed an easy equation - eat fat, get fat; and eat saturated fat, become unhealthy AND fat.

The problem is your body doesn't necessarily work that way. Yes, certain types of fats, and an overabundance of fat in your diet can be bad, but your body NEEDS fat and needs more than you may think.

Consuming fat, specifically healthy fats, has a whole host of benefits from keeping your skin, nails and hair looking healthy and strong to helping your brain function properly (especially in babies and kids), to hormone regulation.

To put it bluntly, if you don't consume enough healthy fats, not only will you be fat, but your sex drive will drop, you will have zero strength and you'll look horrible.

Paints a rosy picture, right?

I'm doing my best to avoid citing scientific studies in this book, so why stop at the end? Here's what you need to know...

If you increase your intake of high quality fats from things like nuts, seeds, quality meats and fish and supplementation, you will boost your body's ability to produce testosterone and growth hormone - both of which are important for men and women, especially as you age. These hormones tend to drop in men as we age, unless you do something about it, and healthy levels in both those hormones in women is also important for sex-drive, keeping muscle tone and keeping your energy levels high.

If the levels of these two hormones are where they should be your sex drive will also improve, which is always a good thing...well I suppose not always, but usually.

The types of fat I'm talking about are the unsaturated varieties. Saturated fats aren't necessarily bad, it's the abundance of them in your diet that leads to the negatives, as well as the source. Coconut milk is a great source of fats...even though they're the "evil" saturated variety.

What are the best sources? Walnuts are an excellent source, as are all nuts. Cold water fish like salmon and halibut are great sources as well as long as you get wild and not farm-raised (check the label). Grass fed beef, as well as "wild" game like deer, elk, etc. Are all great sources of healthy fats as well.

Egg yolks are a great source as long as they come from a free-range chicken. Seeds like ground flax (or the oil) and sunflower seeds are great sources as well.

If you make it a point to start increasing the healthy fats in your diet, making sure to keep an eye out for things like Omega-3 fatty acids, while also limiting the poor sources, specifically things like vegetable oils, and reducing your intake of poor quality meats and processed foods you will notice a difference in as little as a few weeks.

You will feel better, your skin, hair and nails will look and feel better, your energy levels will increase, you will find it easier to both lose fat and gain muscle, and...

Your sex drive will increase.

All great things, right?

BONUS ANTI-AGING TRICK 1:  
**TURN BACK THE HANDS OF TIME WITH THESE AGE-  
DEFYING FOODS!!**

Father Time can be a bastard. He makes your joints start to hurt, he doesn't allow for you to recover as quickly, makes it tougher to lose fat and makes the fat that you do gain wiggle its way down to your belly.

Good times, right?!

The good thing is you can fight Father Time, turn back the hands of time, or at least hold him at bay.

There are certain foods that can help slow the aging process and it's time you started eating them!

**#1 Pistachios** - pistachios have the same benefits as other nuts - rich in antioxidants, healthy fats and fiber, all of which help protect your skin. The healthy fats also boost hormone levels and scrub your DNA to slow the aging process. Fiber helps clean your digestive system, which ensures all the vitamins, minerals and water you consume get absorbed and used. The antioxidants in pistachios, just like all other sources of the awesomeness that are antioxidants, help fight free radicals which are basically age monsters and anything you can do to stop them is worthwhile.

Why pistachios over any other nut? Because they come in a shell which means it's easier for you to control the amount you eat. Nuts are great, but they're calorie-dense, which is a fancy way of saying they pack a calorie punch if you eat a lot of them.

**#2 Greek Yogurt** - Greek yogurt has twice the protein and half the sugar of regular protein, but the reason it helps fight Father Time is because of its probiotics. Probiotics are like scrubbing bubbles for your digestive system. They're "good" bacteria that help your body absorb the nutrients you're eating. Greek yogurt is also lighter in lactose, which is good if you have a sensitive tummy like me.

**#3 Red Wine** - You may enjoy wine, but I do not. Having said that I may need to change my tune because red wine is rich in a potent and super-duper powerful antioxidant called resveratrol. Studies have shown resveratrol shows promise in preventing cell death in the brain and heart...both of which are kind of important.

**#4 Green Tea** - Green tea helps slow the aging process by strengthening the DNA structure of your cells which may help slow the aging process. A Chinese study showed that people who drank 3 cups of Green Tea a day slowed the aging process. It's also a good source of caffeine and other antioxidants that help boost your alertness and energy levels.

**#5 Blueberries** - Blueberries are powerhouses of phytonutrients and other antioxidants that combine to beat up on those nasty free radicals. Free radicals lead to skin breakdown, blotchiness, sagging and wrinkled skin. Blueberries also help protect you from UV rays and other environmental nastiness that makes your skin, and body, age rapidly. They're also great sources of Vitamin C and fiber, which also help slow the aging process.

**#6 Watermelon** - Watermelon is rich in beta-carotene and lycopene which help protect your body from the harmful effects of UV-rays. They do it by bobbing and weaving their way to your skin where they set up shop and repair the damage from the sun. Sunblock from the inside out...kinda cool, right?

*BONUS ANTI-AGING TRICK 2:*  
**FLATTEN OUT YOUR WRINKLES WITH THESE POWERFUL  
'SKIN' FOODS!**

Wrinkles are not fun. Wrinkles are like the streams of your face, except rather than carrying water they add years to the way you look. Nice analogy, right?

Wrinkles do suck and millions, possibly billions, are spent each year on cosmetic procedures, topical creams and spa treatments trying to smooth the skin to make it smoother, more vibrant and healthy looking.

But what about the inside? What can you do with your diet that benefits the skin from the inside out?

Before we dive into the foods that benefit the skin, we should also talk about some things that harm your skin and cause wrinkles. Too much sun exposure is an easy one, along with smoking. Stress and dehydration also wreak havoc on your skin. Anything that does damage to your insides will show up on the outside too, including too many refined carbohydrates, "bad" fats and junk food.

All the things you know you shouldn't eat because of what they do to your waistline, you should also avoid because of what they can do to your skin.

Okay, let's get on with the show now that we touched on evil stuff.

**#1 - Spinach**. Pop-Eye was one smart fella – aside from the smoking and overly large forearms. Spinach truly is a power food and it does wonders for your skin.

First off, it's absolutely loaded with Vitamins A, C, K as well as B-2 and B-6. It's also rich in the minerals zinc and selenium, not to mention being a good source



of fiber. Spinach is also loaded with other vitamins...but those are the ones that most benefit your skin.

We've already talked about the benefit of Vitamin C in the blueberry section, but it also helps to protect valuable skin-protecting phytonutrients found in spinach. I suppose in a way, the Vitamin C acts as the phytonutrients' big brother in keeping it safe from the bullies of temperature and light

A very cool thing about spinach is that calorie-for-calorie it's actually the most nutrient-dense of any food, which is pretty dang cool if you ask me. All of those vitamins and minerals come together to cleanse your system from the inside out leaving you with tight and vibrant skin.

Not only that, but that also means that spinach helps everything from bone health and anti-inflammatory properties to cancer prevention and weight loss!

**#2 - Papaya.** The more research I did for Papaya, the more I was amazed with its skin-boosting properties. It's simply an amazing little fruit.

First off this little sucker is absolutely loaded with Vitamins A, C, E and K. Not to mention being a decent source of fiber and B-Vitamins. I mean it's loaded!

Two very special enzymes found in papaya help the body fight back and heal from skin injuries including all types of burn (including sun burn) and other types of skin injury and inflammation. These enzymes also help prevent premature aging due to the intestinal benefits – it helps with the digestion and absorption of nutrients.

Another “internal” benefit of papaya is that it helps return good bacteria to the gut after a round of antibiotics. This benefit has been shown to increase when combined with another tasty fruit – pineapple. A good way to see this benefit is to throw some papaya and pineapple into a blender, along with some other tasty ingredients, and create a sweet smoothie!

The unique combination of Vitamins A, C and E combine into a inflammation-fighting behemoth to bring inflammation under control that's caused by various health problems. All too often people with inflammation conditions also have unhealthy skin – it could be mental, or a lack of certain types of nutrients – I think both.

Another bonus of papaya is that it's good for your hair in helping take down dandruff. You can even look for papaya-infused shampoos.

Not only that, but it helps get rid of dead skin cells and other impurities in the skin – which is very cool!

From an external standpoint, I read multiple articles on the benefit of creating papaya masks and/or placing slices of papaya on acne-prone skin, large pores and age spots.

The nice amount of Vitamin E found in papaya can help give your skin the “healthy glow” every woman desires.

This truly is one of the powerhouse skin foods!

**#3 - Bell Peppers.** Contrary to popular belief, not all peppers are hot and these are in the “not hot” category.

Bell Peppers contain a compound that eliminates the compound capsaicin, which is what’s responsible for making peppers hot.

Bell Peppers are incredibly high in Vitamins A and C and they’re a decent source of Vitamins B-1, B-6, K and E.

I’ve gone over the benefit of those vitamins in previous foods, and the benefits still hold true with peppers!

All colors of Bell Peppers have virtually the same benefit so mix it up and create a rainbow of Bells! Where the differences lie are in the phytonutrients which give the peppers their distinct colors. The red and yellow versions are going to be the sweetest and most fruit-like.

Here’s a fun fact: Many of the same phytonutrients that give produce its color is also what protects it from insects, decay and environmental hazards.

Now you’re ready for Jeopardy!

**#4 - Broccoli.** I have to tell you that when doing my research I was very glad broccoli came up on the list of being good for your skin.

Why? Because broccoli is a true power food when it comes to its complete health benefits. It’s one of those foods I think should be eaten daily, because it’s just that important.

Why is it good for your skin? It’s loaded with Vitamins A, C and K and is a decent source of Vitamin E and various B-vitamins. Not only that but it’s a good source of Zinc and even Omega-3 fatty acids – the stuff thought to only be available in fish and nuts.

Broccoli also contains a type of phytonutrient called glucosinates, which have been shown, in lab tests, to protect skin from UV damage. A type of sunscreen from the inside!

While sticking with the “inside” flow – broccoli is also a “detox” veggie in that it is like an internal scrub brush (block the visuals). But it’s a detox veggie on a genetic level, not just an intestinal level. It’s high in another type of phytonutrient called glucosinolate (not the same as the other one) which helps “scrub” you clean at a cellular level – kinda cool, huh.

The unusually high amounts of Vitamins A and K, when combined with other sources of Vitamin D, create a nice little combination punch for your skin health. Most of the population is deficient, to some degree, of Vitamin D, which has a whole host of issues I won’t get into here...so get your D! When those ladies who are deficient in Vitamin D are trying to boost it up to a healthy level, adding broccoli makes the process speedier and smoother.

To put it bluntly, **EVERYTHING** in broccoli comes together to boost the health and quality of your skin to give it a natural, healthy glow.

Okey dokey, let's wrap this puppy up.

I want to reiterate how thankful I am that you took the time to read this book and put some of these tips into practice. That's all I'm asking – read it, think about what you can use, and then take action by implementing some of the tips.

You don't have to do all of them, nor should you. Evaluate which are most important and which ones will be the simplest to throw in and focus on 1-3 at a time. Really focus on implementing them, and when they become habit, grab 1-3 more and focus on turning them into habits.

That's how you succeed and that's how you change your life.

If you'd like to learn more about my programs and services, including home workout programs, more free tips, workout DVDs, diet programs, personal consulting or working with me individually, check out some of the websites below...

If you're a busy parent and would like to get in the best shape of your life from the comfort of home, head to:

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I also accept a limited number of in-person training clients (if you live in Lincoln, NE) and do some consulting via the web for those that would like a more personal approach, including customized workout programs and nutrition tactics. Shoot me an email for more information in those two areas.

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