**EAT MORE - WEIGH LESS!**

**Mark Harris, PhD**
So many of us get so caught-up in losing weight we fail to completely understand the consequences of not eating enough food each day. You see it's not so much of caloric restriction as it is calorie management. So many times we feel like if I just stop eating I will lose weight. Well I wish it were that easy, if it were we would all be in great shape.

The trick to dropping unwanted body-fat may sound a bit confusing at first but once you understand how the metabolism works you will have a much better understanding.

**Here's the Facts**

First we must understand why we eat and when we eat.

The obvious, "I'M HUNGRY" is NOT why you should eat. In fact if you wait until you are hungry you have waited far to long to eat and proper caloric management is disrupted.

**(GOLDEN RULE: EAT FOR WHAT YOU ARE ABOUT TO DO, NOT FOR WHAT YOU’VE ALREADY DONE)**

I'm sure you've all heard that breakfast is the most important meal of the day....and this is true. But have you ever really wondered why?

Let's examine the word, "breakfast" separate the word and you have two words and it simply means, "break the fast"!

Most people will eat their last meal between 5-8PM and then we relax a while and typically go to bed between 10PM and 12AM. Then we sleep between 6-8 hours. In many cases allot of us have not eaten for 10-12 hours by the time we have gotten out of bed in the morning.

Understand this; if you have a healthy metabolism your blood sugar will be very low in the morning because you have not eaten for a long time. We are not always hungry simply because there is no caloric demand from waking up. Your body has been is a resting and rebuilding phase while you were asleep.

We all get our day started by waking up and hitting the floor with both feet just like everyone else does. But in many cases that's where the similarity stops. What everyone should do upon waking up is break the fast they have been in before they get hungry and keep feeding the body all day long so it never gets hungry and the facts are you will melt body-fat away.

However if you are like many Americans you will skip breakfast grab a drug called caffeine and get your day started with a stimulant. So let me tell you what happens when you chose either situation.

**First let’s go with the benefits of breaking the fast and eating breakfast.**

1. (And this is KEY throughout the day) You will elevate your blood sugar to normal ranges. You see by not eating for 6-14 hours your glycogen storage will be low, yes you do still burn calories while you sleep. (I will get into that later) So it is important to get blood sugar into normal ranges first thing in the morning and maintain normal blood sugar levels all day long.

2. It prevents your body from going into the catabolic phase. Providing the body with proper nutrients upon wake-up will prevent the body from pulling nutrients from muscle tissue. You see our body behaves much like us, the last thing it wants to eat is fat, the nutrients your body craves are all found in the lean muscle tissue throughout our body. Once you blood sugar has bottomed out the body goes into starvation mode and will start wasting muscle tissue. The saddest thing about this over a long peroid of time is you are destroying your metabolism because muscle tissue and it's activity is the only thing that burns calories. Think about it for a minute, how many of you have had a steak with a ring of fat on the side and purposely eaten the fat first because you love fat? The answer is very few if any at all! The body acts the same way, just for different reasons. You see fat is our reserve energy source and if you do not feed the body the first thing that will happen is the body starts reducing its need for more calories by getting rid of the cause for more calories and that is your muscle tissue.
Here is the biggest problem we have, our body is very efficient at saving itself from us (LOL) by being able to store fat so easily and in many cases we are our own worst enemy and we aid our bodies into hanging onto stored body fat by starving ourselves.

3. Eating breakfast automatically elevates your metabolism for the rest of the day!

4. Eating breakfast also aids in brain function and sets the tone for a better day. Yes eating breakfast stimulates a hormonal release to energize your day.

The key is keep blood sugar in normal ranges and it becomes impossible to store body-fat.

Here is what you will need to know more about.

1. The Glycemic index and how you can use it to maintain your blood sugar.

2. Proteins and the Protein Efficiency Ratio (PER)

3. Fats and their key role to a healthy metabolism.

4. Feeding the lean body mass, not total body weight (your true BMR)
Food for thought, is resistance exercise the key to maintaining low body fat more so than cardiovascular exercise???

**The Key to Fat Loss**

The key to fat loss is to feed enough nutrients to the body so it will not feed on itself, maintaining normal blood sugar throughout the day and allowing the muscle to burn the fat. The basic rule is you must burn more calories than you eat in order to lose weight. TRUE, however it's more complicated than that if you want to lose just fat.

Here's where knowing what to eat and when to eat plays a valuable roll in fat loss. There are a million different diets out there and guess what there are a million that don't work! The key to fat loss is NOT a diet, it is a life style change and educating yourself on the proper foods and beneficial supplements that will make your fat loss permanent.

First and most importantly you must feed your body the proper amounts of protein throughout the day. Protein should be consumed in amounts proportionate to your personal needs.
For example; A 25 year old male with body weight of 215lbs and has a bodyfat percentage of 12% can easily consume 25-40 grams of protein per meal where a female same age at 125lbs and 18% body fat should consume 15-25 grams of protein per meal.
The key is to keep the body in a positive nitrogen balance so your body will burn fat and leave the muscle alone. Eating to much protein at one sitting can cause your body to store the excess calories as fat. Not all proteins are created equal while some are excellent other proteins can cause health issues. That's why you should understand the Protein Efficiency Ratio (PER) of the foods you eat.

**The next step is learning what the Glycemic Index is all about**.

The Glycemic Index (GI) relates to the way your body’s sugar levels respond to certain foods. Foods are given a rating from 0 –100 on the glycemic index with glucose in the highest position. High Glycemic Index foods (such as simple carbohydrates) will increase the body’s sugar levels rapidly whereas low glycemic index foods will increase the body’s sugar levels slowly. A good understanding of the glycemic index can assist in weight loss and help control diabetes.

The glycemic index is complicated and cannot be generalised to all people. Different people will have different reactions to food. The body’s response to food will relate to several factors including; age, activity level, insulin levels, time of day, amount of fibre and fat in the food, how refined (processed) the food is, and what was eaten with the food. In addition to this, other factors such as the ratio of carbohydrates to fat and protein as well as how the food was cooked (eg. Boiled compared to fried or baked) and metabolism will determine the way your body’s sugar level responds after eating. Foods that have a low glycemic index will have little effect on the body’s sugar levels. Comparatively, foods that have a high glycemic index will have an instant affect on blood sugar levels. Ratings on the glycemic index have resulted from numerous studies; however, individuals should test their own reactions to food in relation to the glycemic index.

**Here is a link to a Glycemic Index Chart online, although I do not agree with it 100% it is fairly close and will give you an idea as to how your blood sugar goes up and down based on the foods you eat.**[**http://www.glycemicindex.ca/glycemicindexfoods.pdf**](http://www.glycemicindex.ca/glycemicindexfoods.pdf)

As stated before, just counting calories does not work, you have to know what the calories you are eating are doing in your body. That's why it's important to educate yourself on the foods you eat.

There is one thing I hope you take from this article, you do not have to starve yourself to death to look good. You simply have to eat the right foods at the right time of day based on your activity levels for the next 3 hours. If you remember in Part 1 I spoke about the Golden Rule, "Eat for what you are about to do, not for what you have already done." The second thing I hope you will remember is, "Eating fats will not make you fat"! Eating the wrong foods at the wrong time WILL!

Here's what you need to know in order to establish you caloric requirements for the day.
1. Body weight
2. Lean body mass weight
3. Body fat % and lbs of body fat you carry.
4. Your body type (endomorph, ectomorph or mesomorph)
5. Daily time and activity chart
6. Gender
7. Age
8. Activity history and basic medical back ground.
9 Hydration level

I personally like to add a comprehensive blood panel to check for possible metabolic dysfunction or hormonal issues that may be causing problems.

Once you take in all the data you can sit down with a nutritional consultant and establish your daily BMR and calorie expenditure for the day. Once that has been established you can then design your custom nutrition program based on your needs and desire to obtain that lean stealth look.

Meals should be eaten every 3 hours, why? To keep your blood sugar stable and keep your muscles fed with protein.

The volume of food for each meal will be based on the type of activity you will have for the following three hours of your day. Too many carbs during an inactive time of the day is something you need to avoid, in fact lower calorie meals should be eaten before your periods of inactivity. Breakfast should always be no less than 1/5 of your calories or 20% for the day, get your blood sugar levels to normal range and get your metabolism running in high gear.

The highest calorie meals should be eaten before you most active periods of the day. IMO Protein consumption should be distributed evenly with each meal throughout the day, your carbohydrates and fats should fluctuate based on your energy needs during the day.

Another big tip: Take 1 gram of L-Glutamine with each meal and your hunger levels and cravings will all but disappear.

If you recall I also said I would discuss the fat intake today. What you are about to read may very well go against what your current nutritionist or personal trainer may recommend. So please discuss this with them before you change you eating program.

There are fats that in fact will speedup your metabolism and speed up fat loss. However it will require some disipline on your part to stick with the program.

Recent medical studies and several Universities have done extensive research on the use of fats to increase the metabolism and in fact turn on the fat burning machine within our body.

Some people struggle with weight loss simply because they are using the wrong foods for energy and we have ALL been mislead by the medical industry on how evil fats are to the human body, when in fact the truth is the complete opposite of what's been preached since the late 1960's. What I mean by wrong foods is simple, many people have digestive resistance to carbohydrates and in particular GLUTEN. You very well could be one of the millions of people that would do far better on weight management on a diet low in carbohydrates and higher in healthy fats.

Fact: Coconut Oil (in it's raw form) Is by far the healthiest fat you can possibly consume. Contrary to popular beliefs Coconut oil is 100% MCT oil, it is rich in Omega 3 fatty acids and does not serve as an Omega 6 fatty acid. Too much Omega 6 can and will cause inflammation in the body. Coconut oil aids in reducing inflammation and also serves as an excellent energy source for the brain and yes even muscle tissue as well.
So if you think you may be sensitive to carbohydrates you really need to have your program constructed using fats in your meals over complex carbohydrates. The biggest group of people that benefit from a program like this are typically have type O blood but is not limited to just this particular group.

Coconut oil is quickly converted into an energy source called ketones. The awesome thing about ketones is they cross the blood brain barrier and feed our brain the valuable nutrients it needs to function normally. The second benefit is it turns on the fat burning furnace in our muscles.

The key to success is to maintain ketosis for extended periods of time and allow the body to burn the stored fats that are typically left untouched when carbohydrates are present in the diet.

I know I mentioned I would talk about caloric requirements and I did, I just did not give you any numbers or percentages just yet. The fact is every single person will have different needs based on their nine (9) question we ask when you visit us. Yes even the percentages of proteins to carbohydrates to fats will vary based on a number of factors. This is what makes your programs with us so unique. I often here people comparing notes on their diets and that get confused because what they are eating may be the complete opposite of what the next person is eating. There are just too many variables to give a base program that will work for everyone.