

# How to Absolutely, Positively *Know* When Your Body is Burning Fat

*Doctors' Weight Loss Secrets*

by Katrina Kern

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## Doctors' Fat Loss Secret # 1- How to Know Exactly When You're Burning Fat

### A simple tool puts you in control of your own fat loss!

The first way to know that you are actually about to start burning fat deposits in your body is hunger.

To feel a little hungry when you first begin a weight loss diet is good! It means that your body can't find enough sugars or carbs to keep going. Hunger is the signal that your body is about to reach into your "fat warehouse" to find nourishment for metabolism.

### Invaluable biofeedback

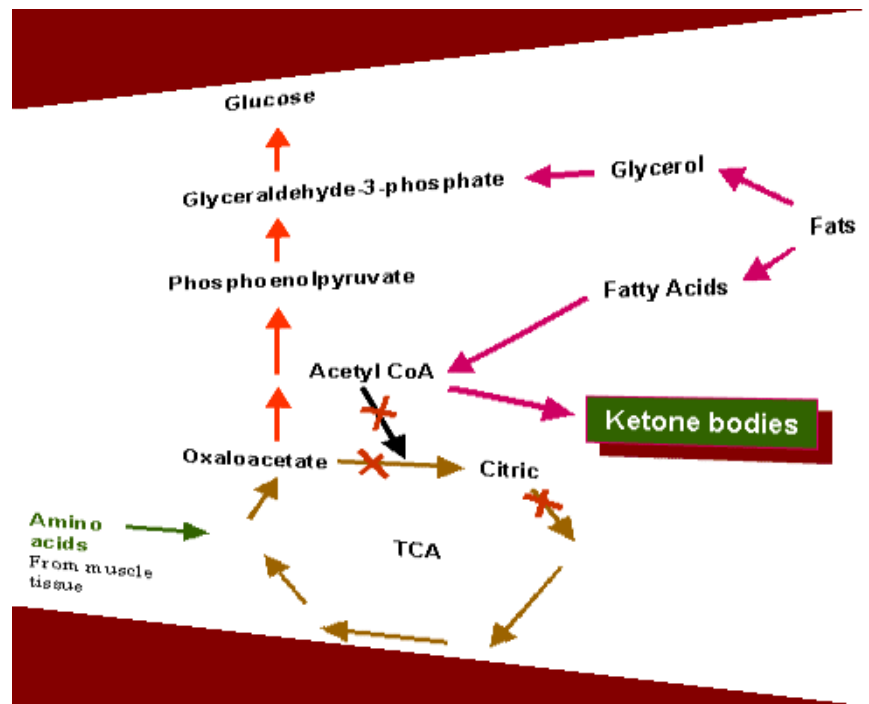
Every diet or supplement that results in fat loss is ketogenic (fat-burning). Certain foods and dietary supplements promote fat-burning.

Any time your body burns fat, chemicals called ketones are produced. Ketones are byproducts of burning fat.

If you are burning significant amounts of fat, these ketones will be measurable in your urine.

If you are familiar with the Atkins Diet, you already know about using ketone test strips. These are an invaluable tool for all serious dieters. They give you immediate feedback on just how much fat you are metabolizing (burning) at any time.

Ketone test strips are inexpensive, easy to use, and available at most any pharmacy or drug store. By maintaining the ketone content of your urine in the trace to small range, per the color chart on the bottle, you can customize your



intake of carbohydrates and ketogenic foods and supplements, to speed up or slow down your own fat burning process.

You can adjust your food and supplement intake to achieve the ideal fat loss rate for you!

By testing for ketones, you can:

- **Know for certain when you're in fat-burning mode**
- **Customize your food intake for your ideal levels**
- **See which foods promote fat burning- and which do not!**

The key to successful fat loss is a gentle, healthy, gradual process.

Too many ketones indicate that you are burning fat too quickly, and may irritate your bladder. Fast fat loss is a sure road to failure, because your body will compensate by slowing your metabolic rate, leaving you feeling tired and toxic from the high ketone levels in your system.

Also, you won't be able to stabilize your desired weight if you achieve it too quickly.

Our bodies establish weight "set points" over time. Once you lose weight, you need to maintain that weight for at least two years before your body adjusts fully to its new set point. This is why most dieters gain back the weight they have lost, and even a few more pounds.

Your body has to be taught at a metabolic level to be comfortable at a lower weight set point.

### **Your future looks great!**

A weight loss diet is a long-term commitment to new habits and health. If you cannot commit yourself to two years of maintenance after the weight is off, it is better not to diet at all, because the backlash weight gain can leave you heavier than when you started.

Most bariatric (weight loss) doctors feel that 2 lbs. per week is a safe and efficient amount to set as a permanent weight loss target.

While two pounds a week may not seem like much, consider this: losing 2 lbs. a week, every week for a year, equals 104 lbs! It's not just about losing pounds. It's about your long-term health and attractiveness.

### **How to Use Ketone Test Strips**

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**How to Absolutely, Positively Know When Your Body is Burning Fat**

Ketone test strips are easy to use. As mentioned, you can buy them at any drugstore. Simply place the tab end of the test strip in your first morning urine stream. Note the color change.

Ideally, you want to see a slight change to pinkish-purple, matching the color chart on the container to the “trace” to “small” range.

This color change indicates that you are (absolutely, positively) burning fat!

If the strip reads in the moderate or large ranges, you are burning fat too fast. In that case, you need to introduce some more carbohydrates. Try 10-15 more grams of carbs per meal.

If you don't see any color change, you are not presently “in ketosis,” or fat-burning mode. In that case, you might restrict your carb intake, and introduce supplements known to encourage fat-burning.

This is also an excellent way to see changes when you introduce a new fat-loss supplement. For our clients taking Apple Poly™ the testing procedure is a great way to tell when the supplement is working for you- even before you begin to see results in your waist and on your scale.

Some users of Apple Poly™ report ketone results just by taking the product, without carb restriction or additional exercise. Others see that it helps them get into in ketosis easier, and stay there longer. And others realize that their bodies need more encouragement through sensible, gentle carb restriction.







### **The beauty is- it's all about you!**

Perhaps the best part of this test method, aside from the ease of use, is that you get to see what is really working for you. Everyone's body is a little different, and now you can customize your food and supplement intake from specific results of your unique body and metabolism.

To recap: test for ketones daily. If the reading is too dark, increase carbohydrates to balance into the “trace” to “small” range. If you see too little or no change, decrease your carbs, increase your protein intake, and add a little fat.

**Why would you want to eat fat?** Read Doctor's Fat Loss Secret #2.

#### **Ketone Results**

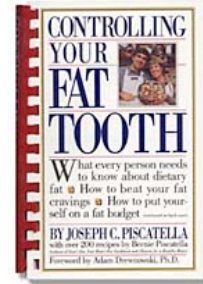
-  Negative
-  Trace - 5 mg/dL
-  Small- 15 mg/dL
-  Moderate - 40 mg/dL
-  Large - 80 mg/dL
-  Large - 160 mg/dL

## Doctors' Fat Loss Secret # 2- Your Fat Tooth

This may come as a surprise, but when you have food cravings- especially for sweets, snacks and carbs- what your body really wants is fat.

In his book Controlling Your Fat Tooth, author Joseph Piscatella says:

*“For years it was thought that the desire for ice cream, candy, and dessert was the result of cravings for sugar, or the so-called ‘sweet tooth.’ Research now suggests that the basic craving really is for fat, and that it is governed by biology, not willpower. Characterized as a ‘fat tooth,’ this craving predisposes some people to go for apple pie instead of an apple.”*



The problem is, when you have a craving for sweets, what your body really wants is fat. This is why it's so hard to stop at one chocolate chip cookie. You can go through half the bag before your body starts to satisfy the real craving... fat.

Remember the Lay's Potato Chip slogan, “No one can eat just one?” Now you know why.

Dietary fat is the regulator of appetite. Consuming small amounts of healthy fat, by eating a few ounces of white cheese (Swiss, Jack, or Muenster) triggers the release of a chemical Cholecystinin, or “CCK”. This is the chemical that tells your body it is no longer hungry- also known as the “full reponse.”

Without fat, your body can't produce CCK. Which means that you don't feel full. Until you're halfway through that bag of cookies.

It takes the body about 45 minutes to produce and release this chemical that stops your hunger. The trick is to eat small amounts of healthy fat before you get hungry. And to reach for the (healthy) fat instead of the sweets and carbs.

One of the large pharmaceutical companies has announced plans to market a nasal spray containing CCK as a treatment for obesity later this year. Until then, you'll need to make your own. And your body will do it for you, with a little time, and a little fat.

More foods that contain healthy fats: walnuts and most tree nuts, avocado, pumpkin seeds, extra virgin olive oil, olives, salmon, sardines, trout, flaxseed.

## **Doctors' Fat Loss Secret # 3- Eat More, and More Often**

Overweight people just need to eat less, right? Wrong! In fact, studies show that many overweight people eat no more than thin people.

The problems really start when you try to lose weight by cutting back on calories. You skip breakfast. Eat a small salad for lunch and a diet microwave dish for dinner.

And here is where testing for ketones becomes even more important. Because if you are losing weight, but you are not burning fat- you are losing muscle tissue. Even heart muscle tissue. And over time, this can be very dangerous for your health.

### **Eat before you get hungry.**

Eating more of the right foods, more often, will cause your body to stay in fat-burning mode, and allow you to lose weight without getting hungry.

Don't let yourself get hungry before you eat! Eat before you get hungry.

Eating small amounts of lean protein and good fats every 2 to 3 hours will keep away your cravings and help you stick to foods that keep you burning fat. If you don't believe it, there's a simple test that will prove it to you!

(You can test any and all of the Doctors' Fat Loss Secrets throughout this book, to see for sure that they'll work for you. It's easy with the test strips.)

### **When you eat is almost as important as what you eat**

Timing is everything. Pay attention to your body. Notice your hunger and craving cycles throughout the day. You can avoid failure (throwing your body out of fat-burning mode) by nibbling slowly on small amounts of the right foods- lean protein and good fats- before your hunger and craving cycles kick in.

You know how hard it is to resist temptation (eating the wrong foods) once you are hungry. Start eating 30 to 45 minutes before you normally experience hunger. Don't let yourself get hungry.

### **Lose weight while you sleep**

Watch what you eat before bedtime. It's best to stop eating 3 to 4 hours before you go to bed. Your body releases human growth hormone during sleep.

Human growth hormone helps build lean muscle mass and is very important for your overall health. Elevated blood sugar at night can decrease or cancel the release of this vital hormone.

Try eating some lean protein like sliced turkey breast instead of carbs before your retire. It will not significantly raise your blood sugar, and it will help you get the rejuvenating rest you need to stay fit.

### **Skipping breakfast can make you fat**

If you think skipping breakfast will help you lose weight, think again! New studies show that breakfast - especially a cereal breakfast - is associated with better weight control.

An ongoing study of people who have maintained weight loss of at least 30 pounds for more than a year shows that eating breakfast keeps people slimmer (National Weight Control Registry). Breakfast eaters tend to eat fewer calories, less saturated fat and cholesterol and have better overall nutritional status than breakfast skippers.

And according to a study presented at the American Heart Associations annual conference, eating breakfast may reduce your risk of heart disease, diabetes, and obesity. Researchers found that obesity and insulin resistance syndrome rates were 35 percent to 50 percent lower among people who ate breakfast every day compared to those who frequently skipped it.



Researchers at UC Davis have also weighed in on the weight loss benefits of breakfast. “90% of dieters skip breakfast,” they say, “and that same 90% are often found eating more later in the day, to make up for it. In the end, skipping breakfast may sabotage weight loss efforts.”

Good choices for breakfast include protein, omega-3 eggs, high fiber whole grain cereals, and low carb, high fiber bread. Whole grain cereals work well for many, sweetened with fruit- not sugar. You can also try using fruit juice instead of milk on your cereal.

As with any meal, you need to stay away from high sugar intake, and fill your breakfast menu with ketogenic foods that keep you in fat-burning mode.

For those using Apple Poly™ to promote fat burning, remember to take it 15 to 30 minutes before your breakfast with pure water. This will ensure maximum uptake and benefit.

## **Doctors' Fat Loss Secret # 4- Every Day is Thanksgiving**

You can literally eat as much lean protein as you want and still burn fat. And one of the best sources of lean protein is turkey breast. Think of it as Thanksgiving every day- without the stuffing, gravy and pumpkin pie of course.

Protein repairs and builds muscle, and lean protein should be the staple of your fat-burning diet.

Calorie-restricted diets that do not include adequate amounts of protein are dangerous, because some of the weight you lose will be muscle tissue, including heart muscle.

It is easier for your body to burn muscle than fat. Muscle is also heavier than fat. Healthy weight loss promotes fat-burning, not muscle loss.

Your body does not store protein easily, and protein that your body does not use for repair and rebuilding is excreted naturally in a healthy person.

Here are some good sources of lean protein:

- **turkey breast**
- **chicken breast (without skin)**
- **sirloin steak**
- **whey (supplement found in health food stores)**
- **salmon**
- **tuna (in water)**
- **low fat cottage cheese**
- **swordfish**
- **haddock**
- **round steak**
- **lean ground beef**
- **orange roughy**
- **eggs**
- **crab**
- **lobster**
- **shrimp**
- **buffalo**

Protein is ketogenic because it requires more energy to digest than other foods. Protein foods also help to slow down the absorption of glucose into the bloodstream. This in turn reduces hunger by reducing insulin levels and making it easier for the body to burn fat.

## **Doctors' Fat Loss Secret # 5- Water, Water Everywhere**

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true "magic potion" for permanent weight loss!

Pure water consumption is critical to your health, and to burning fat. When you are dedicated to your weight loss program, you will need to consume more water than when you are maintaining your weight. Water keeps your cells and tissues hydrated, helps to detoxify your body, and is crucial for elimination.

And don't worry about "water weight gain." Here's the secret: your body only retains water when it does not get enough water! You can retrain your body easily by drinking more water. In a very short time, your body will stop holding on to excess water, because you have retrained it to know that there is plenty more on the way. And surprisingly, this "retraining" happens quickly, usually in days.

Doctors refer to this as the "breakthrough" point, when your body's optimal fluid balance is achieved. And the result?

- Endocrine-gland function improves
- Fluid retention is alleviated
- More fat is used as fuel because the liver is free to metabolize stored fat
- There is loss of hunger almost overnight

In a study published in 2003, German researchers found that drinking 500 ml (about two glasses) of water increased metabolic rate by 30% in test subjects.

When you are burning fat, toxins that have been stored in fat are also released, and must be eliminated- another reason to make sure you give your body plenty of pure water.

### **Drink 6-8 glasses of water every day**

This is so important for your fat loss program, and for your health, that it bears repeating. Drink 6-8 glasses of pure water every day.

But don't increase your intake of tap water. The purest water is vital. Distilled water can actually rob your body of minerals. Artesian water from a tested source is the best alternative.

Replace other drinks- especially canned soda or pop- with water instead. Adding a slice of lemon or lime for flavor, and chilling your water, can make it easier to increase your water intake.

## **Doctors' Fat Loss Secret # 6- Your Plate is Full But Your Food May Be Empty**

A new study reported by the Health Sciences Institute in Baltimore compared nutrient values of 43 different fruits and vegetables from the 1950's with the same fruits and vegetables we buy today. The study found new deficiencies in six out of 13 nutrients: protein, calcium, phosphorus, iron, riboflavin (vitamin B2), and vitamin C.

What's even more disturbing is that we could be at a loss for lots of other nutrients -- like magnesium, zinc, vitamin B6, vitamin E and dietary fiber -- and not even know it because there is no data on those nutrients from the 50's to use for comparison.

This report clearly shows that the nutritional quality of our food is declining, and that we cannot get adequate amounts of vital nutrients from diet alone.

Is it any wonder that the new USDA Dietary Guidelines for 2005 recommend 13 servings of fruits and vegetables a day? Thirteen servings!

There is no choice but to supplement the increasingly nutrient-poor foods with a multi-vitamin and mineral formula, to make sure your body has the nutrients it needs to function properly.

### **Calcium is a weight loss wonder**

Calcium is another bariatric doctors' secret. When your calcium levels are low, a hormone called PTH (parathyroid hormone) and vitamin D both increase in your blood.

High levels of PTH and vitamin D are seen during food shortage situations. This means that your body is in "starvation mode," and will protect itself by storing more energy as fat for later use.

And that's exactly the opposite effect that we want when trying to promote fat-burning in the body.

### **Exciting new scientific findings**

In 2005, researchers at the CU-Health Sciences Center's Center for Human Nutrition reported recently that calcium may help control body weight, confirming findings from other studies.

The study examined diet data from 35 healthy, non-obese adults during a 24-hour period and measured their daily energy expenditures. They found that those individuals who consumed more calcium used more fat as fuel compared to those with lower calcium intakes.

This new report suggests calcium also may help control body weight in humans by increasing the amount of fat that the body uses for fuel. "It is encouraging to find that there is a correlation between the amount of fat used and the amount of calcium consumed," said Dr. Edward Melanson, one of the studies' authors.

According to Dr. Melanson, the average American typically consumes only 600- 700 milligrams of calcium per day, and many are well below that level.



In addition to calcium supplements, low fat cheese is an excellent source of calcium. In fact, in addition to helping your cravings, a one-inch cube of cheese will give you as much calcium as one cup of milk.

Another study from 2000 from the Nutrition Institute at the University of Tennessee at Knoxville found that calcium may help reduce body fat.

"The magnitude of the findings was shocking," says Michael Zemel, PhD, director of the Nutrition Institute, a co-author and doctoral supervisor. The effect is very significant, much more than we imagined it would be."

In a study published in Obesity Research in April 2000, three groups of people ate low-calorie diets containing 35 percent fat, 49 percent carbohydrates and 16 percent protein.

One group took 400 to 500 milligrams of calcium a day, and lost an average of 15 pounds in six months. A second group on the same diet, taking 1200 milligrams of calcium from a supplement, lost 19 pounds.

Eating calcium-rich foods, and taking a calcium and magnesium supplement is recommended. Take about 1500 mg. of chelated calcium every day, and half that much magnesium (most supplements are designed in this 2:1 ratio).

This will keep your calcium blood levels high, stave off osteoporosis, and prevent your body from entering starvation, fat-storing mode!

## **Doctors' Fat Loss Secret # 7- It's All in Your Mind**

Carbohydrates are addictive. The more you eat, the more you want. And it may be all in your mind- or more precisely, your brain.

Carbohydrate consumption raises the level of a brain chemical called serotonin. Serotonin is a calming chemical, and promotes feelings of well-being and satisfaction.

There is a simple way to give your brain the ingredients it needs to create and maintain adequate serotonin levels without consuming large quantities of carbohydrates. The secret is a supplement called 5-HTP.

### **Your brain can help you lose fat**

In the 1990's, researchers at the University of Rome reported that female subjects given 5-HTP automatically decreased their caloric intake by 22%. Over 5 weeks, the women lost an average of 3.1 lbs., by taking 500 to 1000 mg of 5-HTP a day.

In a second study, the Italian researchers put 14 obese women on a 1200-calorie/day diet for 6 weeks. Some were given 300 mg of 5-HTP 30 minutes before meals (a total of 900 mg per day), while the others were given placebo.

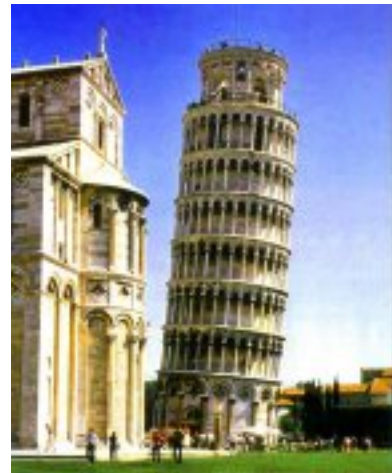
Over the 6-week period, the women taking 5-HTP lost 6.8 lbs. on average, compared with 1.5 lbs. for the women on placebo and the restricted diet.

When the researchers tested the same women during a 6-week period with the 5-HTP but no dietary restrictions, the average weight loss was 3.5 lbs.

Importantly, with or without dietary restrictions, the women in this study lost substantial amounts of weight (10.3 lb total) while taking 5-HTP - 4 times as much as with placebo.

### **4 to 5 times the weight loss**

In a third study of 20 obese women, the researchers found that 300 mg of 5-HTP, taken 30 minutes before meals, resulted in a 6-week weight loss of 7.3 lbs. on a 1200 calorie diet.



Without the diet, the women had 6-week weight losses of 3.7 lbs and 0.6 lbs., respectively. The total weight losses over the 12-week period of this study were 11 lbs. with 5-HTP and 2.4 lb with placebo—a nearly 5-fold difference.

In this study, 5-HTP also produced dramatic results in terms of the women's feelings of 'early satiety,' or feeling full earlier than usual during a meal.

When the women were *not* on the restrictive diet, 100% of those who were taking 5-HTP reported early satiety. Even when they *were* on the diet with 5-HTP, 90% still reported feeling full earlier in the meal.

Some users of 5-HTP report mild nausea at doses of 900 mg. a day. If you experience nausea, build up to the dose over a couple of weeks and your body will adjust. The feelings of nausea will diminish and disappear.

5-HTP is available at your health food store. It is a safe and natural supplement which will help you get past carb cravings, especially before bedtime, and before meals.

Everyone is a little different, and you'll need to determine your optimal level of 5-HTP through personal experience. If you find you are still having severe cravings for the wrong foods, increase your dosage. Once the cravings are abated, you've found your optimal level.

5-HTP can be taken safely for serotonin maintenance indefinitely, and will help you during and after your weight loss to resist cravings for the wrong foods.

## **Doctors' Fat Loss Secret # 8- You May Need Chocolate!**

There are specific phytochemicals in chocolate that are very good for you. Chocolate contains and releases chemicals that improve circulation and promote feelings of being loved.

Everyone needs to be spoiled a little once in a while. And taking a little bit of something so delicious can help you avoid binging on high carbohydrate foods. But you have to be a little careful and sensible with this secret. Too much chocolate, or the wrong kind of chocolate, can take you right out of fat-burning mode.

The right kind of chocolate to treat yourself with occasionally is semi-sweet dark chocolate. It can help get you through those cravings for something sweet.

A serving of approximately 10 semi-sweet baking chocolate chips contains 9 grams of carbohydrate and 4 grams of fat. But used as a "medicine," they can actually help when you need to treat yourself, or you feel like you just have to have something sweet.

Here's the trick- take 10 of these delicious dark chocolate morsels and eat them very slowly. Try not to chew them at all. Just let the sweetness dissolve in your mouth, and savor it. Pay attention to how it makes you feel- loved and "treated" to something special.

Then, put the rest of the bag away. Remember, just a tiny bit of semi-sweet chocolate before you have cravings is sufficient, and helpful.

**Doctors' Fat Loss Secret # 9-**  
**The 16 Foods You Should Never Eat If You Want to Burn Fat**

Here's a simple list of foods to stay far away from if you want to burn fat.

- Ice cream
- Fried anything
- Doughnuts and pastries
- Cakes and pies
- Candy, milk chocolates and sweets made with sugar
- Sodas made with sugar
- Fruit drinks made with sugar
- Potato chips
- White bread
- Cookies
- Sausage
- Cereals with added sugar
- Nearly all fast food
- Beer
- Mixed alcohol drinks
- Honey and corn syrup



But you knew that already, right?

The single biggest step you can take toward your fat-burning goal is to cut the amount of refined sugar in your diet. It's added to so many foods and it's often hidden, so checking your labels is a must.

Did you know that a single can of Coca-Cola contains almost 10 teaspoons of sugar?

The average American consumes nearly 53 teaspoons of sugar a day. Don't be one of them. Soft drinks are now the single greatest source of refined sugar in our children's diets. And one in five of those children are obese.

Once you cut back on the refined sugar, your body will adjust to the taste of sugar-free sodas. And some taste much better than others.

(I think Diet Mug Root Beer tastes nearly as good as the sugar-laden sodas. Sometimes, I have to check the can to make sure I bought the "diet" and not the regular!)

Now, on to the list of fat-burning, ketogenic foods you can eat aplenty. And that's a much longer list.

**Doctors' Fat Loss Secret # 10-**  
**The Big List of Ketogenic, Fat-Burning Foods**

What if there were foods you could eat that would actually make you burn fat? You wouldn't have to be hungry, but your body would just automatically shed pounds, inches and fat.

Well good news- there are such foods.

Some foods on this list are referred to as negative calorie foods, because they require more energy (calories) to digest than the calories they contain. And all of these foods will help you to easily, naturally burn fat and lose weight.

Unless you batter and deep fry them.

So, use this list when you go shopping. Think of new ways to combine foods on this list to make health, satisfying, fat-burning dishes, meals and recipes. Here we go!

**No Carb / Trace Carb Fat Burning Foods**

Turkey Breast	Lean Ground Beef	Prime Rib
Chicken Breast (no skin)	Lean Roast Beef	Filet Mignon
Salmon	Trout	Tuna (in water)
Lean Ham	Lean Pork	Lamb
Flounder	Lobster	Shrimp
Flaxseed Oil	Virgin Olive Oil	Mustard
Tea	Soy Sauce	Black Pepper
Coffee	Stevia	NutraSweet
Orange Roughy	Whey	Buffalo

**Minimal Carb Nutrient-Dense Fat Burning Foods**

Broccoli	Spinach	Lettuce
Cabbage	Bok Choi	Kale
Cauliflower	Mustard Greens	Asparagus
Mushrooms	Cucumbers	Pickles
Celery	Green Beans	Olives
Peppers	Artichokes	Brussels Sprouts
Onions	Nuts (in moderation)	Flaxseeds
White Cheeses	Oysters	Apples
Apricots	Beets & beet greens	Blueberries
Fresh Cherries	Carrots	Blackberries

## More Minimal Carb Nutrient-Dense Fat Burning Foods

Oranges	Mangoes	Okra
Parsley	Papaya	Mussels
Chives	Parsnips	Pears
Clams	Chinese cabbage	Chicory
Dandelion greens	Cod	Crab
Currants	Damson plum	Cranberries
Honeydew	Eggplant	Endive
Huckleberries	Grapes	Garlic
Pineapple	Kohlrabi	Grapefruit
Pomegranates	Lemons	Kumquats
Raspberries	Prunes	Leeks
Red cabbage	Radishes	Quince
Sea bass	Rhubarb	Rutabagas
Sorrel	Scallions	Sauerkraut
Strawberries	Spinach	Summer Squash
Tomato	Tangerines	Terrapin
Yogurt (low fat)	Turnips	Watermelon
Butter	Oatmeal	Zucchini

### 5 More Fat Burning Food Tips

**1. Green Tea** When you tire of all that plain pure water, green tea is an excellent choice. Studies show that EGCG in green tea boosts metabolism. Green tea is also rich in polyphenols.

**2. Grapefruit is great fruit** Researchers at Scripps Clinic in California reported that subjects who ate half a grapefruit (without added sugar) with each meal lost an average of 3.6 lbs. over 12 weeks, without any other dietary changes. **Note:** If you are on prescription drugs, ask your doctor whether grapefruit will interfere with your medication.

**3. Apples and Pears** Brazilian researchers reported that women eating 3 small apples and/or pears a day lost more weight than women who didn't eat these fruits, thanks to healthy fiber and polyphenols.

**4. Spice it Up** Research shows that eating hot peppers can boost metabolism, burn calories, and quell food cravings.

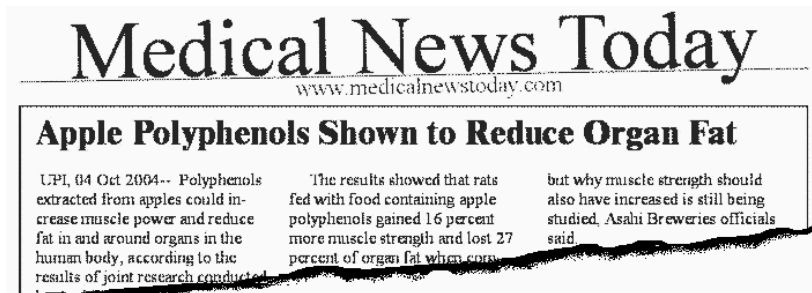
**5. Feeling your Oats** Studies show that fiber in oatmeal lowers cholesterol and provides long term energy that may aid in weight loss. Choose steel cut or rolled oats, not instant, no more than ½ cup. Add fruit to sweeten instead of sugar.

## Doctors' Fat Loss Secret # 11- Baby Apple Skins and Belly Fat

Here's a fat loss secret even the doctors don't know about yet.

In late 2004, scientists in Japan announced that lab animals fed special chemicals from apples lost large amounts of organ fat, and increased muscle strength, when fed an extract from baby apple skins as a portion of their diet.

Since the news broke, a number of people have begun adding this nutrient to their fat loss program as a nutritional supplement, with excellent fat and weight loss results.



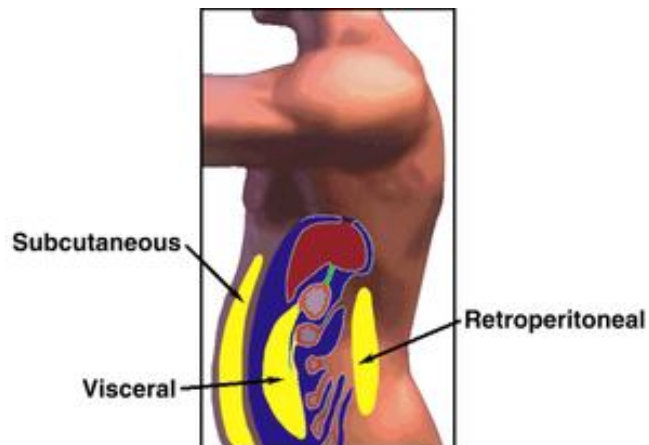
Organ fat is not only the most difficult type of fat to lose, it's also the most dangerous. Studies have linked organ fat (also known as visceral, abdominal or belly fat) to obesity, heart disease, diabetes and aging.

In addition to numerous other health benefits, apple polyphenols show the unique ability to promote the loss of organ fat.

Before this discovery, only one thing has ever been proven to reduce organ fat. Exercise.

And because apple polyphenols are a natural, safe botanical compound, many dieters are now turning to this supplement as a way to promote fat-burning.

Users of apple polyphenol supplements report virtually effortless weight loss as a "side effect." These natural chemicals from apple skins seem to promote interior fat burning and increased muscle strength, making it easier for the body to enter and maintain ketosis.



And of course, now that you're armed with Doctors' Weight Loss Secret #1 (your ketone test strips), you can know for certain whether this, and any supplement or food, makes it easier for you to burn off your body fat.

If you haven't already tried apple polyphenols as part of your fat-burning program, you can order a bottle at <http://www.applepoly.com/>

### **So now you know!**

We talked at the beginning of this book about how important it is to go about your fat loss program in a gentle, gradual, healthy way.

You don't have to adopt all 11 Doctors' Weight Loss Secrets presented in this report all at once. In fact, that would probably be a shock to your system.

So, here's a sensible way to begin. Go ahead and get your ketone test strips, so you can see the results of any change you make in your diet or supplement program.

Next, read through this report again and choose one or two secrets that "feel" right to you. (Don't start with #8, though.)

Try those, and test them with your ketone strips. Find the ones that work for you. Find the ones that don't. You can tell every morning, with every change you make, whether you are getting results- by testing.

Gradually adopt other supplements and changes, and continue to test every day. You are not like everybody else! Or anybody else. Your body will tell you, if you listen, what is best for you.

And remember, the wisest thing is to consult with your physician before you adopt any diet, exercise, or supplement program.

I hope this report has made it clear that you can now take charge of your fat loss program, and move easily and safely toward the body you've always wanted. In fact, it's easy- once you see for yourself How to Absolutely, Positively Know When Your Body is Burning Fat!