

THE **6** PILLARS OF WEIGHT LOSS

The Revolutionary 'Flat Belly' System
That Fixes Your Relationship with Food



GET HEALTHY FOR THE LONG TERM

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FIXES YOUR RELATIONSHIP WITH FOOD**

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PILLAR NUMBER 1

A Plan

Remember: If you fail to plan, you plan to fail.

Weight loss is much more complex than it seems.

There's more to it than ingoing numbers and outgoing numbers, and that's why you need to think carefully about your behavior.

You've probably been thinking about nutrition and physical fitness as related only to diet and exercise.

Most people do. Does it work for you? Not as well as you had hoped, right?

It's easy to get caught up in the moment and binge on all the food you aren't supposed to eat or skip an exercise session.

Fitness and weight loss goals don't fail because you don't understand that an apple is a better snack than a candy bar.

They fail because of your pattern of behavior, and because you haven't made a good plan to deal with it.

It's important to interrupt those destructive patterns to create new, healthier habits.

There is usually a gap between your intentions and your actions when trying to lose weight.

Even successful diets and food plans that have worked for months or years will eventually stop.

Why is that? It's all in the mind.

For many dieters using points systems or counting calories, the guilt over a few extra points can be devastating.

That shame triggers the brain to seek solace in the simplest way possible—with more food.

The same thing can happen with other indulgences like gambling or shopping.

The instant an established boundary or amount has been crossed, you can feel like all your effort went down the drain.

The next thing you know, it all feels pointless and you're back where you started.

The secret to staying on track with your fitness progress is not to lock yourself into a strict program.

Stop thinking about everything in black and white and make your goals achievable.

Does your diet coach recommend that you eat 100 grams of protein every day?

Eating 105 grams of protein is basically just as good! So is eating 95 grams!

The real point of the recommendation is targeting.

Imagine that your perfect diet is the center circle on an archery target. Maybe 100 grams of protein is the red spot directly in the middle.

If you didn't hit that spot, you could feel bad about yourself...or you could pat yourself on the back for getting your arrow just one ring away from center!

Just like target practice, you need to learn how to nourish yourself and maintain your body properly.

It's not something you can do perfectly every day, but as long as you keep practicing you will reach that bullseye.

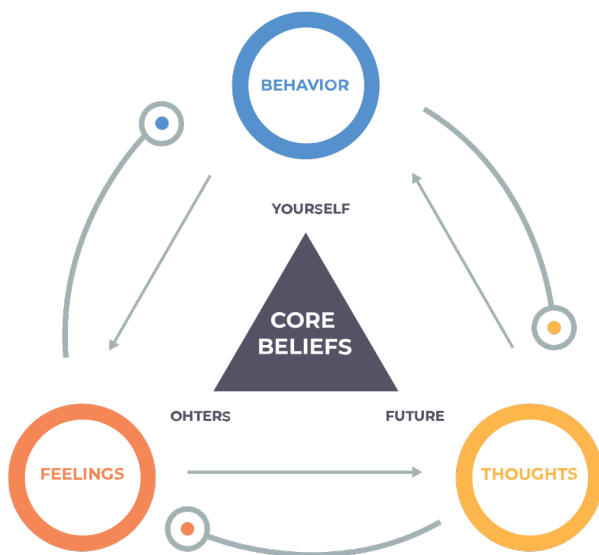
Plan to form a different eating habit than the one you have now. It's exactly the same as if you decided to form a new hair-washing habit.

Let's say you want to stop buying plastic bottles of shampoo and choose an unpackaged shampoo bar instead.

At first, your arm will itch to grab a bottle from the shelf. Eventually, it will know where to find the bar and how to use that instead.

There are actions such as showering, brushing our teeth, making meals or getting dressed, that our brain takes over.

That's why, even though you know you should have oatmeal for breakfast, you usually skip your first meal altogether.



Does this sound familiar? You set your alarm to wake up for work the next day, but when it rings you press "snooze" 2-3 times.

By the time you get up and ready for work, there's no time for any breakfast, let alone something healthy.

That's why you're starving and exhausting by lunch time, when you dig into the communal doughnut box at the office.

The problem you're having isn't knowing the difference between oatmeal and doughnuts. It's that your morning habit is to run late and compensate later in the day.

That habit leads to a fatty, sugary reward that releases happy chemicals in your brain. The loop continues every day.

According to cognitive behavior therapy, you must change your actions during the beginning of this loop. That way, the rest of the pattern can change.

To stop eating junk food instead of breakfast, start with changing the way you get up in the morning.



Put your alarm clock out of arm's reach or set it for earlier so you can snooze for half an hour without getting late.

You could also start prepping your oatmeal in the evening so all you have to do is turn on the kettle and stir.

Things get easier from there. A new process like pre-prepping breakfast and getting up in time to eat takes 5-6 times before it starts to stick.

Pinpoint your trouble spots and plan to get rid of them!

That said...it's not the easiest thing in the world to change your deep-seeded habits.

There are a lot of emotions that can surface when you start to ignore your regular actions and replace them with new ones.

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There are a lot of emotions that can surface when you start to ignore your regular actions and replace them with new ones.

You'll probably get mad. Your body wants so badly to skip little decisions it knows how to handle. It wants to save time and energy.

When you ignore that, you'll likely feel angry. You might even feel sad, or anxious.

It's possible that as many as 50 percent of your existing habits and actions are pre-programmed in your mind.

That's a lot of time saving for your brain! That saves a lot of energy.

Unfortunately, it makes forming new habits extremely difficult.

Now, think again about hitting that bullseye.



If getting up on time each morning and eating a healthy breakfast is the bullseye, what is doing that 3 times a week? How about 5 times a week?

It's practice, and it shows great improvement. If you take your eye off "perfection" you can appreciate that you are hitting the rings around the bullseye.

To make some habitual changes in your life for better health, it's important to start with a good mental attitude. Take a moment to assess your environment.

It's a good time to clean up, go through your old stuff and get rid of clutter.

Starting a big project like improving your health is much simpler when you start from a clean slate—mentally and physically.

This is especially important in the kitchen and pantry.

Most people have an emergency stock of chips, ice cream bars, candy bars and other sugary junk food.

If there's no place for it in your future, there's no place for it in the cupboard!

Ask yourself what triggers you the most to give up on your goals and wallow.

Is it chocolate? Wine? Maybe you have a weakness for chocolate chip muffins.

Whatever makes you weak in the knees, get it out of your house.

Replace that junk with the good things you plan to eat from now on.

Oats, cranberries, flax seeds and pecans for breakfast. Fresh fruit for snacks.



Whole grain pasta and bread for dinner, plus plenty of fresh herbs and vegetables to create your own sauces.

You will notice right away that being in a different environment makes you feel and behave differently.

It's a mental state of being, just like CBT addresses.

Instead of staying in the same place trying to change the same problem every day, start fresh.

Change the first part of the process, which was getting up every day and seeing easy, pre-packaged, high-sugar foods around you.

Do a deep clean, reorganize your eating and food prep area and create a plan in your mind.

Talk to yourself, or start a journal, where you can identify all the parts of your life you enjoy.

List all the new things you want to bring into your life and make sure your home caters to those goals.



A failure to prepare is often what trips people up during weight loss.

If you struggle with your weight, you have probably tried multiple diets over the years and seen both success and failure.

It's called "yo-yo dieting" and almost everyone who wants to lose weight has gone through it.



Think about how you went about those early weight-loss journeys.

How did you prepare yourself?

Did you clear your mind, talk yourself through every step, and give yourself positive feedback?

Or did you jump in excitedly with both feet and a diet book, or freezer full of diet meals?

However you went about it, you had a great goal in mind and should be proud of yourself!

Trying new things—hard things—is scary and sometimes necessary.

If you succeeded, think about why that was. If you didn't, what do you think went wrong?

As you remember your past efforts, you might start to see a pattern emerge.

Pinpoint the times you went off your diets or lost faith in your ability to achieve your weight loss goals.

Use that information to start a new, better habit!

Replace the triggering items and circumstances with positive ones that will reinforce your belief in yourself and your ability to achieve what you want.



PILLAR NUMBER 2

Plenty of Water

Most dieters have been told they can lose weight faster by drinking more water. Is it true?

The short answer is, yes.

Drinking water helps boost your metabolism and cleanse your body of waste.

It also acts as an appetite suppressant.

For weight loss, drinking more water helps your body stop retaining water in the form of bloating.

It sounds counterintuitive, but when you keep your body hydrated it doesn't hang onto extra water.

Proper hydration also helps your digestion and maintains the normal functions of your body's organs.

Not drinking water regularly enough slows down the digestion and fat metabolism.



It also leads to feeling tired and bloated, both of which make it harder to lose weight.

If you continue dehydrating over the course of many days and weeks, your liver will have to work harder to filter chemicals from your food.

At the same time, it will start to store more fat that cannot be digested properly.

Knowing this, it should be clear why drinking 8 8-ounce glasses of water per day is ideal for fitness and weight loss.

You might be surprised to learn that you can use water more precisely as a dietary aid.

Here's the trick. Take your body weight in pounds and cut that number in half.

Turn the new number into ounces instead of pounds, and drink that much water every single day.

For example, if you weigh 180 pounds, change that into 90 ounces and that's your water target for the day.



That's about 11 glasses of water for someone with the same weight as in the example.

Better yet, make that ice-cold water!

The body has to work much harder to warm the water and process it, so you will automatically burn more calories.

It's easier to drink more water if you start to replace sugary drinks or smoothies with a cold glass of water.

Not only does that remove hundreds of calories from your diet but it gets more hydration into your system.

Based on several studies, drinking one to two liters of water per day, or up to 67 ounces, should help you to lose weight.

Drink water before meals to feel full more quickly. According to WebMD, drinking water before meals reduces food intake by an average of 75 calories per meal.

Based on those numbers, drinking water before just one meal a day would remove 27,000 calories from your yearly diet.

That's about 8 pounds a year, just from water.

So, why exactly does water help so much with weight loss?

There are two main reasons.

1. Drinking water can make you burn more calories.

Some studies show that drinking more water increases the number of calories you burn.

This is called “resting energy expenditure.” In adults, resting energy expenditure has been shown to increase by up to 30 percent within 10 minutes of drinking a glass of water.

For children, resting energy expenditure rose by 25 percent after drinking cold water.

The effect lasts at least one hour.

Another study focused on overweight women and showed that increasing water intake to 1 liter a day helped them lose 2 kilograms in a year.

The women made no changes to their diet or lifestyle except to drink more water, and it led to weight loss!

2. Drinking water before a meal appears to reduce appetite and subsequent calorie intake.

This is especially true of middle-aged and older adults. In one study, middle-aged, overweight and obese participants who drank water before each meal for 12 weeks lost 44% more weight compared to a group that did not.

Another study showed that drinking water before breakfast reduced the calories consumed during the meal by 13 percent.

Researchers conclude this happens because after drinking more water, your stomach feels full.

The same results aren't shown with young adults and children, though drinking more water is linked to lower risk of weight gain.

A school-based study that installed water fountains in 17 schools and provided classroom instruction about water consumption reduced the risk of obesity by 31 percent in a year.



PILLAR NUMBER 3

Movement

Weight loss plans usually all have two things in common: They want you to eat less, and exercise more.

The truth is, your body does need proper nutrition and physical exercise to be in top form.

The secret many people don't know is, you don't have to go to a gym to get enough exercise.

You don't even have to take up jogging—just as long as you do something!

Here's a fact you may not have considered before.

Gratitude and joy can be linked to certain exercises, which reinforces good habits.

That means you can find an exercise routine that genuinely makes you happy, triggering your brain to connect activity with happiness.

MRI scans have shown how the emotion of gratitude releases serotonin and endorphins in the brain.

These chemicals act in a similar way to antidepressants.

If the thought of jogging, endless sit-ups or spin classes makes you uneasy, don't lose hope.

There's no rule that says your body only benefits from using gym equipment or hitting the track.

In fact, one hour of solid housework can burn more than 200 calories, according to WebMD!

Yard work is even more rigorous, burning about 120 calories per half hour of raking leaves or other chores.

Since household and outdoor maintenance happens every day, you can see how easy it really is to rack up the exercise.

But what about that joy you were promised?

Well, how green is your thumb?

Gardening is a hobby many people enjoy, whether they grow flowers, herbs, veggies or decorative species. It makes a great activity because it gets you outdoors in the sun and into the (hopefully) fresh air.



Hauling pots of dirt into and out of sun spots, checking leaves and fruit, and watering the garden burns plenty of calories.

Gardening brings many people joy as well as their share of daily exercise.

There are countless other ways to get active without feeling like it's a chore.

Consider yoga, dance lessons, or dog-walking.

Activities like volunteering at events, jumping around at concerts and joining the kids at a trampoline park are perfect for weight loss and a side of happiness.

After all, your mindset has a lot to do with your success.

The more joy you feel and the more self-support you give yourself, the higher your chances of meeting your goals.

A good mood and mindset also help you not to give up when you eat potato chips or sit on the couch for two days.

Everyone makes mistakes; everyone goes off target once in a while.

The best way to handle these situations is not to make yourself feel guilty and tell yourself you've ruined everything.

Instead, you need to focus on what you've done right.

Did you go out with your friends and have 4 alcoholic drinks last night?

Did you have a piece of cake?

Two pieces of cake, and miss your date with the gym?

It happens. You're still a good person!

You still hit that bullseye 5 days of the week!

Regroup and be grateful for having enjoyed yourself.

There's no reason to berate yourself the next day and mentally beat yourself up.

If you are a recovering yo-yo dieter, you already know the shame that comes after breaking dietary restrictions.

Now, know this: You have nothing to feel guilty about.

You are only human, and humans crave sugar and alcohol and friendship every day.

Tell yourself what went right instead of what went wrong.

Tell yourself, "You went to bed by midnight and drank a big glass of water before bed.

Good job!" Keep your own spirits up because you are the only one who can hit the bullseye (or near) again tomorrow.

Reward and nourish every good decision that you make.

Let go of the bad ones.

When you focus on the negative, you'll just end up mad at yourself, angry at your body, and unwilling to keep trying.



On the other hand, if you pat yourself on the back for the good things you've done, you won't start the next day feeling so guilty.

You'll wake up in the fresh, positive environment you've created for yourself, eat something good for breakfast, and move on.

Approach your weight loss and health goals from the logical perspective.

Know that at some point, sooner or later, you'll want to quit.

Tell yourself that's bound to happen, and that it happens to everyone. Then, prepare for it.

Get mentally fit to talk yourself out of driving to 7-11 and filling a bag with soda and candy bars.

Or at least, prepare to talk yourself out of doing the same thing again tomorrow.

Human beings are programmed to want to eat food every time they see it, smell it or even talk about it.

Why should you be any different?

Let all the bad feelings go and just aim your arrow towards the target.

Find something joyful and active to get you moving and keep you inspired.



PILLAR NUMBER 4

Green Food

To win the fight against fat and keep it away, it takes mental focus and a long-term wellness plan...it also takes plenty of fresh, leafy greens and vegetables.

A diet high in vegetable matter is also high in fiber and vitamins.

Greens have low energy density, which means they take up lots of space in your stomach but don't have many calories to go along with their size.

The more greens you eat, the fewer calories you consumer overall.

Leafy greens are great source of antioxidants and minerals.

They also contain calcium, which has been shown to promote weight loss and support the health of your teeth, nails and bones.

Counting calories and points is an unsustainable way to lose weight.

That's been proven over and over by people who start dieting that way and burn out weeks or months later.

It's exhausting to try to quantify every meal in terms of its total energy.



Do you know exactly how many beans were in your last salad?

Was the dressing olive oil-based or canola oil-based?

How much did your tortilla weigh, exactly, and was there corn flour in it?

If you don't know these details about your last meal, then calorie counting isn't going to get you far.

If you can manage to count your way down a few pounds, congratulations!

You shouldn't have to keep counting for the rest of your life, however.

Another common method to try to lose weight is to sign up for a prepared meal plan that you just stick in the freezer and reheat three times a day.



It sounds easy and even gives you the satisfaction of stuffing piles of food into the freezer...but those meals get boring fast.

They're also usually quite small and very expensive.

No matter how little sugar, salt, starch and bad fats those premade meals are made with, they'll definitely include some preservatives and unpronounceable ingredients.

Stop counting food points and eating tiny, reheated meals!

Use tactics that you can keep using once you've reached the weight that makes you happy.

Focus on filling your plate with vegetables and green calories (though there won't be many calories in them!) and you won't need to keep track of your meal points anymore.

Here are a few helpful tips:

- Use smaller dinner plates. They'll still look full and inviting but won't hold extra portions.
- Keep your cupboards and refrigerator clean of junk food. A treat now and then is fine, but don't keep that stuff in the house!
- Choose whole grains, not processed white flours, bread or pasta. The fiber is great for your body and it helps slow the release of sugars in the rest of your food.
- Go for dark, leafy greens when you can, and use a range of colors found in the produce aisle.



PILLAR NUMBER 5

Protein

Protein is a macronutrient, meaning it is a nutrient your body needs a lot of.

The body uses protein to build and repair muscles and bones.

You consume protein when eating meat, eggs, nuts and legumes.

The nutrient is also found in other vegetables, though in lower concentrations.

Protein is one of 3 macronutrients; the others are carbohydrates and fat.

Carbohydrates provide energy to fuel the body.

Fat allows the body to absorb essential vitamins like A, D and E.

A study in the *The American Journal of Clinical Nutrition* compares high protein with regular diet.

Its findings support the idea that protein can help burn fat.

In an experiment, two groups of people were monitored over 32 hours.

One group of people ate the average American diet--a mix of carbohydrates, protein and fat.

The second group ate high protein total diet replacements.

The replacement meals were nutritionally balanced, simply with extra protein.

It was the high protein group that burned more fat and calories over the course of 32 hours.

The protein group also burned more fat than they ate, which is an ideal sign for future weight loss.

The experiment shows that not all calories are equal. Instead, the same number of calories from different diets undergo different processes in the body.

One hundred calories of chicken is unique from 100 calories of spaghetti.

More protein per meal makes you feel full faster and for longer.

It also helps your body use stored energy and burn fat better than with low-fat diets.

The best proteins for health and weight loss include dairy products, beans, lean meat and fish.

How much you need per day depends on your size and activity level.

The Recommended Dietary Allowance for protein is 0.8 grams per kilogram of body weight.

If you weigh 90 kilograms, that's a total of 72 grams of recommended protein per day.

Seventy-two grams equals about 4 ounces of cooked white chicken, 5 hard-boiled eggs, and 1.5 cups of tofu.

It's pretty easy to reach that goal over the course of the day.

However, a growing number of nutritionists say that's not enough.

Some experts say the recommended amount is for people who don't get vigorous exercise.

As for people with a gym membership or a regular lane at the swimming pool, they can use much more.

This makes sense; hard workouts damage your muscles which need protein for repairs.



Start with the daily recommended protein and increase it as you start to become more active.

Balance your protein with other necessary nutrients and your body will start burning more fat and creating more muscle.



PILLAR NUMBER 6

Science & Sugar

What happens if right now, you stop reading and imagine fresh, warm cookies, fluffy chocolate cake, or a tantalizing dish piled high with scoops of ice cream?

Do you instantly think how nice it would be to eat those things?

Do you feel like finding yourself something sweet to eat?

That right there is the science of cravings. It's very important to understand how this works in your body so you can protect yourself and fight back.

So, why are sugary foods so hard to resist?

To understand, it's helpful to think about what sugar really is: A special group of carbohydrate molecules.

Sugar is made and naturally found in many forms, including the following:

- Glucose
- Fructose
- Sucrose
- Maltose
- Lactose
- Starch

These sugars appear in all kinds of food and drink, including fresh vegetables and fruits.

The real issue is added sugar, which you will find in processed foods and prepared meals.

They may be included on the food label as raw sugar, honey, high fructose corn syrup, fruit juice, or fruit sugar.

Glucose comes from foods that are rich in carbohydrates, like potatoes and pasta.

Fructose is a natural fruit sugar found in most fruits and many vegetables.

Sucrose is the crystalized type of sugar used in baking. It is processed from sugar beets or sugar cane.

Maltose comes mainly from grains, since it is formed when seeds break down their stored glucose and prepare to sprout.

Lactose is formed by mammals when they produce milk; it's what gives fresh milk its sweet taste.

Starch is a naturally-occurring sugar found in seeds and root vegetables like potatoes, rice and corn.

When you hear about “added sugar” in food, that usually refers to sucrose or fructose.

Several other types of sweetener may be used in “sugar-free” foods like chocolate, such as maltitol and other sugar alcohols.

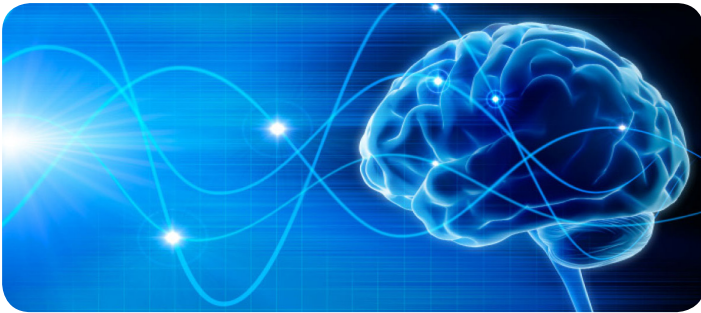
These are not true sugars and don't act the same way in the body.

It might surprise you to hear that sugar isn't only added to sweet foods like pastry and cake.

It's also added to everyday ingredients like tomato sauce, yoghurt, dried fruits and peanut butter.

The reason sugar is in practically everything has to do with its effect on our brains.

Just as the thought of sugary treats makes us crave those foods, the physical reaction to sugar on our taste buds sends a signal to the brain.



That signal activates the brain's reward system, making us feel content and happy.

That warm, fuzzy feeling you get when you taste Grandma's chocolate cake?

That's your reward system saying, "Do this again!"

The reward center of the brain isn't just activated by food.

It can also come into play through socializing, sexual behavior, drug use and other activities.

Unfortunately, it's easy to over-activate this system.

When your brain's reward center is overstimulated by sugar, a series of unfortunate events will occur.

There will be uncontrollable cravings and a gradual tolerance to sugar.

Your brain will require more and more sugar to produce the same happy reaction from the chemical dopamine.

Over time, all that sugar will mess with the receptors in your gut.

These are what tells your body to produce insulin, which turns blood sugar into energy or stores it for use later.

The more sugar you eat, the more insulin your body makes to process it, and the more dopamine your brain releases.

There are multiple dopamine receptors in the brain, and some of these are clustered together.

The clusters create major hot spots that make up our chemical reward network.

Drugs like alcohol and nicotine send dopamine into overdrive, leading some people to seek that feeling again and again.

That's called addiction.

Sugar also causes dopamine to be released, though not as violently as drugs—and that's why it can be so hard to quit.



The same scenario plays out even if you eat a totally balanced meal with no added sugar or excessive fat and salt.

Let's say you eat a great meal of brown rice and curried vegetables.

If you like those flavors and your body is satisfied, you'll still get a hit of dopamine as a reward.

Then, let's say you eat that same meal again tomorrow and the next day, and the day after that.

As much as you loved that meal in the beginning, it will start to get boring.

You won't feel the same satisfaction as you did the first or second time.

Boredom with the same foods every day is a natural response in the human body.

Unlike some mammals, we evolved to constantly seek out new sources of nutrition.

Our brains pay special attention to new flavors, probably to make sure we eat the varied diet we need to be healthy.

If you take that same scenario—eating the same meal day in, day out—but add sugar, there's a different outcome.

The first time you eat a doughnut, for example, your body will reward you with dopamine as usual.

The second time, the third time, and the fourth time, you'll still get that dopamine hit.

Even if you eat a doughnut every day, the dopamine hit will never flatten out and disappear.

In fact, instead of getting bored with the doughnuts, your brain will crave more of that food.

When you respond to cravings and start to eat even more doughnuts every day, the dopamine response will continue to make you feel great about it!

In this way, sugar behaves a little bit like a drug.

That's why people seem to be addicted to sugary foods, since it's a chemical cycle that will never end.

That's where behavior modification comes into play, as with cognitive behavior therapy.

There's nothing wrong with eating a doughnut or even a few doughnuts once in a while.

The problems come when you train your brain to seek only sugar instead of a varied, healthy diet.

Every time you consume sugar, the end result is a rewarding feeling.

It can conflict with your sense of guilt about eating junk food, but it's still there and it's a powerful emotion.

The good news is, when you're aware of this pattern you can make sure not to trigger it in the first place.

If you notice your sugar intake becoming a habit, it's time to make a better habit!

It works just like in the example where the alarm clock was moved across the room to change waking habits in time for a healthy breakfast.

The amount of sugar the average person eats these days is literally killing them.

It's everywhere, in nearly every meal and mixed into every innocent ingredient.

The average amount of sugar consumed in one day is 95 grams.

If you add that up over 365 days of the year, it's an astonishing 77 pounds of added sugar.

The American Heart Association recommends eating no more than 25 grams of added sugar per day.

With the daily average nearly 4 times that, it is not surprising that 1 in 3 adults, and 1 in 5 kids are obese.

There are about 600,000 different packaged food items in grocery stores today and 80% of them contain added sugar.



The most commonly consumed of these is soda.

Just one soda, at 39-66 grams of sugar, put you way over the recommended limit.

The fact that food companies use more than 30 different names for common sugar means it's tougher than it should be to understand how much sugar you're really eating.

When researchers look at how different types of sugar affect the human body, they notice something unusual.

Though starch is a type of sugar, it has relatively few negative effects when compared with high fructose corn syrup.

To understand what's happening in the body and why different sugars have such a varied impact, let's start with carbohydrates.

Carbohydrates come naturally in the form of grains like wheat and flax.

We usually eat them after they have been processed into bread, pasta and other doughs.



Usually stripped of their fibrous outer layer and used as white flour, processed grains are almost pure glucose.

Whole grains, ground with the husk, break down slowly in the intestine.

The less fiber, the faster they break down. As the fiber and glucose is digested, the glucose enters the portal vein and travels to the liver.

If the liver needs energy at that time, it will pull in the glucose.

If the liver has no need, the glucose passes the liver and finds other parts of the body in need of instant energy.

You can see that glucose is an ideal sugar that does exactly what our body needs it to do.

Fructose, on the other hand, is not so great.

The body does not process fructose the same way as glucose.

Instead, fructose goes directly to the liver, whether the organ needs energy or not.

Worse, the liver doesn't recognize it as a sugar so it does not signal the brain to stop eating.

Fructose is found naturally in fruit in very small amounts, and doctors agree this is nothing to worry about.



Large amounts of fructose, like those found in sweetened drinks, are concerning.

High fructose corn syrup is the main source of fructose in our diet.

It comes in all kinds of packaged foods, from cookies and soda to canned fruit and yoghurt.

Fructose mostly packs itself into the liver. It doesn't matter if other parts of your body need the instant energy; fructose goes where it wants.

If your liver doesn't need the extra energy, that sugar gets stored as fat.



If you keep on eating fructose in large amounts, it will keep turning into fat in your liver.

When your liver becomes loaded with fat, that's when you get sick.

Your levels of cholesterol and triglycerides rise and put you at risk of cardiovascular disease.

Liver fat also decreases insulin's ability to do its job—and that's when you start to develop diabetes.

Insulin doesn't just process your blood sugar, it sends a signal to your brain that you are full and should stop eating.

Once insulin becomes less effective, you will feel less full and likely keep packing fructose into your already-sick liver.

On top of that, you'll start to gain weight in your abdominal cavity.

That's where it packs around your organs and is called "visceral" fat.

Visceral fat is not something you want in your life.



When all these symptoms are going on in your body, it's called metabolic syndrome.

Metabolic syndrome puts you at risk for cardiovascular disease, diabetes and stroke—and you can avoid all this by steering clear of added sugar.

Here are 5 simple ways to reduce and repair damage to your body done by sugar:

1. Avoid sugary drinks.

High amounts of glucose and fructose are a huge no-no for your system.

Give tea or carbonated water a try if you need a change in flavor now and then.

Most of your hydration should come from plain old water.

2. Read labels carefully.

Sure, processed foods are convenient from time to time, but there's no replacement for real, fresh food.

Canned and packaged foods are loaded with sugar and salt, and usually stripped of fiber.

3. Exercise more.

You don't have to have a gym membership to benefit from a little exercise.

Even a 30-minute walk helps reduce stress and control your blood sugar. It can also reduce cravings.

4. Don't buy "low-fat" foods.

It's usually just a gimmick, and these foods are still packed with salt and sugar.

When you're finished eating, your body will just convert that excess sugar into fat.

5 . Eat more fiber.

Try to eat at least 25-30 grams of fiber every day.

Fiber-rich foods like oats, flax and whole wheat have plenty of vitamins and antioxidants.

Most importantly, they keep the colon clean and working properly.

The foods you eat can either be the safest and most powerful form of medicine or the slowest form of poison.

It's all about the choices we make.

Remember to prepare yourself for the mental and physical journey of weight loss!

Evaluate your environment and plan ahead for cravings and bad days.

Never give up on yourself.

Make a plan, drink more water, get moving, eat those green veggies, add protein to your plate, and don't forget the science of sugar!