



## **7 Fat Burning Secrets...To Supercharge Your Weight Loss Success!**

*By Paul Crane*  
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## About The Author...

Paul Crane is the Webmaster of UltimateFatBurner.com, the most trusted and respected supplement review Web site on the Net. Since 1999, UltimateFatBurner has been delighting visitors with honest, heartfelt, and somewhat irreverent product reviews. Just look at what a few of our visitors had to say...

*I will absolutely not buy another diet/fat-burner without going to your website now. Yours is the only one so far in my research that is not tied to selling products at the expense of the consumer.*

*Thank you for helping out we "poor" consumers and pointing us in the right direction to get some value for our money and efforts. I recommend your website to anyone interested in diet or fat-burning products as an honest voice in the wilderness of pill-pushers.*

*Sherry (smart **AT** olivermcmillan.com)*

*I want to thank you so much. I think all weight loss pill bottles should contain your web address. This is such a manipulative market and we are so blinded by desperation, having been duped into believing that we need to look like supermodels in order to be happy.*

*Thank you for providing such honest, straight- forward information... keep it up! Hopefully, more people will catch on to this lifesaver you've thrown out, called "reality".*

*A thousand thanks,*

*Lillie (lruschell **AT** mac.com)*

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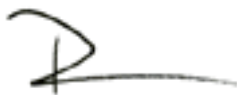
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Thanks for downloading 7 Fat Burning Secrets, and good luck achieving all your weight loss and dieting goals. If you enjoy this report, please feel free to forward it to your friends and family, and co-workers.

All the best,

A handwritten signature in black ink, appearing to be the initials 'D' followed by a horizontal line.

# Fat Burning Secret #1...

## ***Increase Your Fiber Intake!***

The average North American consumes 15 grams of fiber daily -- half the recommended amount of 30 grams (fiber is the dietary material found in legumes, grains, fruits, and vegetables).

Why is it important to consume 30 grams of fiber daily?

Well, an increased fiber intake has many positive effects...

- i) It fills you up quickly, without adding many calories.
- ii) It contributes to a feeling of "fullness".
- iii) It slows the release of blood sugar into the bloodstream.
- iv) It can contribute to reduced cholesterol levels.

In fact, Nancy Howarth, a nutritionist from Tufts University in Boston, has gone on record saying that people who add an extra 14 grams of fiber per day to their diet could expect to lose 4 pounds and decrease food intake by 10% in 4 months.

Pretty exciting right?

OK, but how do you increase your fiber intake?

The easiest and most painless way is to start early in the day. Throw out the corn flakes, and replace with a breakfast cereal that contains a minimum of 10 grams of fiber per half-cup serving. Kellogg's "All Bran Buds" is both a fantastic and a tasty choice – it provides 12 grams of fiber for each 1/3-cup serving (and that's a small serving). Measure out a 2/3 cup serving, or eat 2 small servings daily, and you've painlessly consumed 24 of your 30 gram daily requirement.

Other ways to increase your fiber consumption is to eat plenty of fresh fruits, beans and fibrous veggies! If you have to eat bread, eat whole grain varieties instead of refined white bread. If possible, always check the fiber intake on the nutritional information label on any product your purchase. The higher the fiber intake, the better!

Before you go racing out to increase your fiber intake, keep in mind that a “side effect” of increased fiber intake is, uh... “increased regularity.” For some individuals, it may also lead to gas and bloating. For that reason I recommend gently “easing into” the process of increasing your fiber intake.

For a full list of foods and their associated fiber content, please see...

<http://www.mckinley.uiuc.edu/Handouts/highfiber/hifiber.html>

## Fat Burning Secret #2...

### *Increase Your Protein Intake!*

For the longest time, "experts" recommended only a bare minimum protein requirement, simply because traditional foods rich in protein (beef and pork) were also high in saturated fat.

That's no longer the case, of course. Certain lean cuts of beef can contain as little as 4 grams of fat per serving (a 3 oz serving of "top round", for instance). Lean chicken and turkey are wonderfully low in fat, and great sources of protein.

So why is an increased protein intake important for weight loss?

- 1) Numerous studies show that protein helps stave off hunger, aids in weight loss, and helps build and/or protect lean body mass (muscle).
- 2) Other recent studies have indicated that high-protein meals actually raise post-meal thermogenesis (fat burning) and resting energy expenditure (Source: Journal of American College of Nutrition, 21(1): 55-61, 2002)
- 3) Research shows that dieters who obtain a larger percentage of their calories from protein (as opposed to those obtaining a greater percentage from carbs), tend to lose more fat, and less lean muscle mass (Source: Metabolism 43 (12): 1481-7. 1994)

P.S. The dangers of higher protein intake as touted by the advocates of the high carbohydrate diet are an illusion. There is NO documented proof that indicates higher levels of protein intake leads to kidney malfunction in healthy individuals. In fact, new evidence indicates that increasing protein consumption has no adverse effects on kidney function (Source: International Journal of Obesity and Related Metabolic Disorders, 23(11): 1170-7. 1999).

Increasing your protein intake should be something you begin focusing on the moment you get out of bed. Here's a great way to start the day off right, AND increase your protein intake...

Add a scoop and a half of chocolate Designer Whey Protein...

<http://www.ultimatefatburner-store.com/nn-001.html>

... to your high fiber breakfast cereal in the morning!

Tasty!

Another option is to mix a scoop of chocolate protein with a serving of oatmeal and 1 teaspoon of all-natural peanut butter... now that's delicious!

And of course, a vegetable plus 1-egg 4-6 egg white omelet is another good option!

In North America, meals tend to be rich in carbohydrates, and relatively light on proteins. You should make it your prerogative to include a serving of quality, lean protein with every meal of the day (a serving is roughly about the size of a deck of playing cards). Lean chicken, beef, turkey, or tuna are all great choices.

For a complete list of foods and associated protein content, please see...

<http://www.diet-supplement-review.com/high-protein-foods.html>



## Fat Burning Secret #3...

### *Replace Your Salad Dressing With Olive Oil*

Olive oil is a great source of unrefined, monounsaturated fat. It's used extensively in the Mediterranean region. The general good health of that area's population has provided the impetus for popular books such as "The Mediterranean Diet", by Marissa Cloutier and Eve Adamson, "The Omega Diet" by Artemis P. Simopoulos and Jo Robinson and "Olive Oil Cookery: The Mediterranean Diet" by Maher A. Abbas, to name but a few.

A full review of the Mediterranean diet can be read here...

<http://www.ultimatefatburner.com/reviews/mediterranean-diet.html>

Many experts attribute a large part of the success of the Mediterranean diet directly to its high olive oil content. A most recent study performed on rats shows that olive oil can increase the activity of certain chemicals called "uncoupling proteins". These chemicals effectively "tell" the body to burn excess calories (through the release of heat), rather than store it. (Source: American Journal of Clinical Nutrition 75:213-220, 2002). (This is only one of the many studies demonstrating olive oil's benefits -- its been shown to help promote healthy blood lipid levels, promote healthy (HDL) cholesterol, enhance fat burning as well as possessing anti-inflammatory characteristics! Wow!).

The easiest and tastiest way to add olive oil to your diet is to simply mix it one-to-one with a balsamic vinegar, and use it as replacement for those high-fat, high-carb salad dressings. I add 2 tablespoons of each to my chicken salad, and it tastes great! If you're not that adventurous, try something like Newman's Own Oil and Vinegar dressing... it combines olive oil (and several other beneficial oils) with vinegar and a few other choice ingredients. But your best bet is straight olive oil.

Give it a try!

## Fat Burning Secret #4...

### *Supplement With Fresh Polyunsaturated Oils*

Earlier on, I talked about how adding olive oil to your diet (a monounsaturated fat), could help accelerate the fat burning process.

Fresh, unrefined polyunsaturated oils are just as important in your diet.

Polyunsaturated oils are found in the highest concentrations in unrefined flax seed oil, safflower oil, sunflower and corn oils.

Here's what renowned "fat" expert Udo Erasmus says about polyunsaturated oils...

"... they increase the rate of metabolic reactions in our body, and the increased rate burns more fat into carbon monoxide, water and energy (heat), resulting in fat burn off, and loss off excess weight."

These polyunsaturates are the fats you'll often hear referred to as "good" or "friendly" fats, as they are rich in Omega 3 and Omega 6 fatty acids. Better yet, they are crucial to the optimum function of a zillion internal processes, and are wonderful fat burners. They may also have heart-protecting and cholesterol-lowering abilities.

To supplement with these friendly fats, you'll need to buy an "EFA Blend" (essential fatty acid blend) from your local nutrition store. I recommend...

Udo's Ultimate Oil, by Flora Health

Information is available online at...

<http://www.florahealth.com/>

Why do you need to buy a compilation product?

1) Grocery store brand oils are highly refined to increase shelf life, and contain little of the beneficial qualities you are looking for -- many contain trans fatty acids, which have been linked to serious health problems.

2) Your body needs an optimal balance between the Omega 3-6-9 fatty acids (don't worry if this all sounds confusing, it's not really!), which can't be obtained from a

single oil source. Lots of people supplement with flax seed oil, for instance, which provides them with a great source of Omega-3 fatty acids, but almost no Omega-6 or 9s.

A few tips for buying oil...

1. Never buy oil that has been stored on a shelf -- it should be refrigerated, and packed in an opaque container (this oil is so fragile, it is easily damaged by heat, light, and/or oxygen).
2. Always buy oil that has been formulated without the presence of heat, light, and/or oxygen.

And remember... never cook with this oil (cooking damages the oil and eliminates its beneficial properties). Add it instead to protein shakes, meal-replacements, or salads.

## 7 Fat Burning Secrets #5...

### ***Eat Your Breakfast!***

It's true; the first meal of the day is also the most important. It fires up the metabolism and increases the day's fat burning potential.

Skipping breakfast is one of the worst things you can do for your dieting success. Need proof? Here it is...

A University of Colorado study headed by Dr. Holly Wyatt found that people who eat breakfast are more successful at losing the weight and keeping it off. These people also burned more calories through the day, and avoided over-eating at other meals (Source: Obesity Res: 10:78-92, 2002).

If you're one of the people who think you're doing yourself a favor by skipping breakfast, you're dead wrong. You might even be one of the people who over-eat at other meals to compensate for skipping it. Hey, I'll be the first to admit it...

Sometimes it's not easy to be motivated by the thought of eating first thing in morning. Often it's the last thing you feel like doing. The good news is that you do not need to eat much; a couple of hundred calories worth of nutrients is all you need to get your day started right.

Best choices for breakfast?

Stay away from simple carbs -- like common breakfast cereals, pop-tarts, toasted waffles, sugary buns, muffins, and so on. Most common breakfast cereals tend to contain a ton of sugar, and even if they don't, often have an undesirably high glycemic index rating -- unless they have a high-fiber content (in other words, Kellogg's All Bran Buds are a good choice for breakfast, but corn flakes are not).

The best choices involve an optimum blend of protein and carbs -- mixing your high fiber cereal with a scoop or two of Designer Protein ([see Day 2's tip](#)) is a good idea.

Another suggestion might be to have an omelet (1 egg, 4-6 egg whites + 1 tbsp shredded low-fat cheese) and half a grapefruit. Regardless how you do it, adding breakfast to your daily regimen is a sure-fire to accelerate your weight loss success!

## 7 Fat Burning Secret #6...

### *Drink Lots of Water!*

OK, OK, so this isn't exactly new OR exciting. But it IS important.

Adequate water consumption really provides the foundation for any good weight loss program... no matter what that program is! It's probably the most-overlooked and underrated weight loss strategy there is!

And what's the best part?

It's cheap, safe, readily available, delicious, and totally free of side effects!  
Perfect - no need to spend big dollars on expensive weight loss supplements!

So...

Why IS adequate water consumption the foundation of a good weight loss program?

Actually, adequate consumption is a LOT more than that; it's the foundation of a healthy lifestyle. It's pivotal in a variety of critical bodily processes like...

- Regulating body temperature
- Lubricating the joints
- Nutrient transportation
- Removal of various waste materials from the body
- Ensuring proper digestion
- Maintaining healthy skin tone

And what about the benefits of water as they pertain \*directly\* to weight loss? Good question...

1. Water maintains and encourages proper kidney function, which increases the efficiency of the liver's fat burning ability.
2. It also acts as an appetite suppressant -- people who do not increase their water intake on a diet are generally much hungrier than those who do!

3. Water intake reduces water retention -- yes, believe it or not. If your body is deprived of water, it is more likely to hold onto what little it has. On the other hand, increasing your water intake will cause your body to stop hoarding its limited supplies. It's not unheard of for people to lose 3-4 lbs. of weight shortly after increasing their water intake.
4. It helps the body function at its most optimal level, which means it's much easier to burn unwanted fat.

Before I continue, please let me make this special point...

It's important to note that when I say water, I don't mean pop, juice, tea, coffee, diet pop, or anything else you can think of...

Tea and coffee contain caffeine, which has a dehydrating effect, pop and juices are full of sugar, and diet pops are full of chemical sweeteners, which may prove to be hazardous to your health.

Water is what you need... just plain old H<sub>2</sub>O.

With that said... if water is so great for weight loss, why isn't everybody drinking enough?

Well for one, I suspect that because it's such an unassuming liquid (no magic ingredients of any sort), it's hard to imagine it having such dramatic effects.

Other reasons?

Some people don't like the taste. Others are afraid they'll be fired from their jobs if they need to use the washroom every 20 minutes. There are all kinds of reasons. If you are not a fan of water, I'll make you a promise...

If you make a concerted effort to get through 2 of those 1.5-liter (50 oz) bottles a day for the next 3-4 days, I guarantee you **WILL** feel substantially better. I guarantee you will notice a positive difference in your life.

How can I promise that? Well, because unless you are currently taking in that much water, there's a 99.9% chance that you are dehydrated **RIGHT NOW!** So here's what's really cool about this...

Because most of us have never been fully hydrated, we don't recognize that how we feel **right now, at this minute** is a result of water deprivation -- after all, we've felt this way for years, right?

Exactly.

But if you make an effort to drink those two bottles a day for a minimum of 3-5 days, you will notice an amazing difference -- especially if you stop abruptly and return to your old habits after those few days.

Believe me... it really opened my eyes, and I guarantee it will do the same for you!

Even if you don't like the taste of water, I strongly urge you to try this!

Here are a few tips to help you get through 80-100 oz of water daily!

First off, don't worry. This seems like a lot, but it isn't really (I've managed to drink 2X that amount without any difficulty -- or 4 X 1.5 liter bottles -- in a single day). Believe me, it's easy to do... as long as you are organized, and start early in the day.

Here are a few tips that will help keep you on track...

- Every evening, make sure you've got a couple of bottles tucked away in the fridge so you can start the next day with ice-cold water. Lukewarm water is much harder to drink.
- For some unknown reason, I find it easier to consume my daily allotment if I drink it directly out of the bottle, and not from a glass. No idea why this is, but give it a try and see if it helps.
- Make sure you always have a water bottle at hand. In the fridge, in the car, in your desk at work – wherever you are, make sure that it's water that is the first thing you reach for when you get thirsty. Like everything else, prepare for your success!
- If you'd like a nice long \*uninterrupted\* night's sleep, gradually decrease your water consumption in the evening. ;-)
- Sip away at your water like you would anything else. Forget about how much you have to drink, just drink!

Oh, and just one more thing...

Wait until the weekend before you start this experiment, and don't attempt this if you have to take a long drive anywhere. Believe me -- initially, you will require more frequent bathroom breaks. Don't worry though -- things will settle down after a couple of days.

Any way you'd like to slice it, you owe it to yourself to take the 3-day challenge; 2-50 oz bottles a day for 3 days... and just see how much better you feel!



## 7 Fat Burning Secrets #7

### *Track Results Accurately!*

First off, this may not seem much like a weight loss strategy. But in reality, it is...

Without **really** being able to track the relative effects of your dieting efforts, you may very quickly become disheartened, and quit. The bathroom scale for instance, the typical "measurer" of success, is very likely your worst enemy.

Why?

All it reports upon is what you weigh.

And what you weigh should not concern you. The only thing you need to worry about is your body fat percentage. The scale does not report on your body's makeup, and its results can be very misleading. You may be under the faulty impression that you are in worse shape than you are. Or, alternatively, you may be in worse shape than you think. The only way to really be sure is to measure your body fat percentage.

Even weight loss (as it is reported on your bathroom scales), is not necessarily a "good thing", if that weight is mostly comprised of lean muscle (lean muscle keeps your metabolism elevated, and your body burning calories efficiently).

Conversely, a scale that shows an increase in weight (or no movement at all) is not necessarily an indication of failure. Here's why...

Suppose your diet program involves twice-weekly sessions with a personal trainer, and some resistance training. An increasing scale measurement may be the indication of success -- you may be adding lean muscle (which is more dense and weighs more than fat). Or, if the scale reflects a static weight, you may simply be replacing the "fat weight" with "lean muscle weight".

Both of these are positive scenarios, but you wouldn't know it from what is reported by the bathroom scale. Keep in mind that most people's weight will vary slightly on a daily basis. For those following an Atkins style diet, for instance, a couple of days of falling off the wagon and over-consuming carbs can lead to several extra pounds reflected on the scale. Have you really gained a couple of pounds of fat in a few days? Not hardly? That weight gain is mostly water weight – carbohydrate

consumption causes water retention. Women too, can see significant vacillations in the scale measurement simply as a result of their monthly cycles.

Bottom line? You simply cannot trust what the scale tells you!

So what's your best bet?

Easy... track your body fat percentage on a regular basis. Use this measurement, and your bedroom mirror as the true measurement of your success. You may use your bathroom scale if you like, but always remain critical of the results.

OK, next question? How do you track your body fat percentage? I have a couple of recommendations...

The Accumeasure Digital Body Fat Caliper is the tool that every dieter should have. This is what I have, and I recommend it for anyone...

<http://www.ultimatefatburner-store.com/ac-002.html>

It's easy to use, accurate, and inexpensive. And it's one of the best things you can do for your weight loss program! (Online BMI indicators and body fat calculators are useful, but only provide you with very general figures. You need a tool like the Accumeasure Caliper to properly monitor success!).

Another option is Body For Life champion Anthony Ellis' Composition Tracker...

<http://www.comptracker.com/>

This software makes the monitoring of your body fat levels a relatively simple task!

No matter how you do it, I highly recommend you begin tracking your results accurately today. It will make all the difference!

## In conclusion...

Well, there you have it... 7 “quick and easy” secrets to accelerate your weight loss success. When you think of it, it’s amazing how even the simplest little things can have a dramatic impact on your weight loss success. Start implementing these “secrets” into your diet today and you’ll notice a big difference almost immediately!

I hope you’ve enjoyed this publication. If you’d like, please feel free to “pay it forward” and send it on to your friends, family, and colleagues. If you have your own Web site, you may also offer it to visitors as a “value-added” bonus, as an incentive for signing up for your newsletter, or whatever you like. However, this is a copyright protected publication, and you may not sell it, modify it, or claim any of its contents as your own.

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OK... now that you’ve completed this publication what’s your next step? Easy...

Visit us online at...

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Or scroll on ahead to view our recommended resources....

## Recommended Resources!

Below you'll find a few of the most popular (and the most recommended) dieting resources on UltimateFatBurner.com. Of course, you can also visit [UltimatefatBurner.com](http://UltimatefatBurner.com) at any time for reviews on all the latest and greatest fat burners, prescription diet pills, body building supplements, and much, much more!

**See you there!**



Burn the Fat is an online bestseller and one of the best diet and weight loss publications I've ever encountered. It's a little intense, but it's very, very good. If you're tired of false promises, ridiculous claims, and simply want results, you'll want to investigate Tom's book.

[Click here to read my review of Tom Venuto's Burn The Fat!](#)



Will Brink is a well-known and respected author, sports consultant, trainer and supplement guru whose material has appeared in many of North America's top sports publications. His publication provides an insider's guide to the best and the worst of the diet/sports supplements available today.

[Click here to read my review of Diet Supplements Revealed!](#)



A new study published in the Journal of The American Medical Association suggests that the real key to being successful on diet is not the type of diet you choose, but your ability to stay on it! Jim Stone's "Stop Cheating on Your Low Carb Diet" will keep you firmly on the path to success!

[Click here to read my review of Stop Cheating On Your Low Carb Diet!](#)



Fit Over 40 is unlike anything that has ever been published before in the health, weight loss and personal development fields. It's an inspirational and compelling work, one that both enlightens, and educates.

Better yet, it forces you to reach deep inside yourself for answers and solutions. And, despite the title, it offers immense value to anyone, of any age.

[Click here to read my review of Fit Over Forty!](#)



Since 2003, when the U.S. government in its infinite wisdom decided to "outlaw" ephedra / ephedrine, the most commonly-asked question I have received from visitors to this site is...

"Where can I find ephedra? This is the only thing that ever worked for me, and now that it's gone, I'm desperate."

If you want your ephedra back, you'll want to read my review of "The Black Market Report on Ephedrine."

[Click here to read my review of The Black Market Report on Ephedrine.](#)



Written by yours truly, "The Ultimate Fat Burning Diet Primer" compiles 10 years of weight loss research and writing into one accessible manual. Why choose "The Ultimate Fat Burning Diet Primer?"

1. Easy-to-read, light and enjoyable.
2. It's a professionally formatted publication, with an attractive PDF layout.
3. Tons of tips and tricks to help you achieve the results you want!
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Looking to trim up? Looking for results you can actually see and feel? Aussie personal trainer Gary Matthews can take you there!

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