

Healthy Ways To Lose Weight After Christmas

Now that the Christmas season is over, you're probably scared to even step on the scale. After a month and a half of cookies, candy, stuffing, gravy, and eggnog, you're probably sucking in your breath to button your jeans.

Well what if I told you that you didn't have to give up the good stuff to do get back into your skinny jeans?

Read on to learn how to lose weight and get back into peak shape so you're prepared for any emergency that may come your way.

The Low Fat Myth

Back in the 50s, President Eisenhower had a heart attack and top nutritionists and other government agencies decided it was time to find out what was causing such an increase in heart disease and obesity.

They did some quick research and decided that dietary fat was the problem. After all, *being* fat was the problem, right? So, the idea to follow a low-fat diet as a means to become healthy was born.

The only problem with this conclusion is that they didn't consider how the body works, nor did they factor in other behaviors and conditions that we now know are bad such as smoking, eating too much sugar, and not exercising.

We all know that if you eat a tomato your skin doesn't turn red, right? Or if you eat an apple, you don't become apple-shaped. Well, saying that you're going to get fat if you eat fat is sort of along the same line of thinking.

Now before you start thinking I'm off my rocker, hear me out. I'm not saying that you should start gobbling down fat willy-nilly. I'm just saying that fat has been unjustly demonized. It's true that our bodies take longer to burn fat, and that it burns it as a last resort, but what most "educated" nutritionists don't realize is that the solution lies in that statement.

Our bodies take a long time to burn fat, which means that fat is a steady source of energy, once our bodies burn up all the carbs to get to it.

Think of your body like a camp fire. You light kindling and small bits of dried wood to get it going, and they flare and then quickly burn out. While they're flaring, you put on a nice log that burns steadily for a long time, then add another log when that one's about out.

Well, carbs are the kindling that burns hot and fast, and fat is the log that burns long and steady. That's why they call it a "sugar rush"; you get a lot of energy quickly, then you bottom out. Carbs, even those from fruits and veggies, are not a viable source of consistent energy. Unfortunately, since fat has become a swear word in the nutritional world, the solution is to eat more carbs more often. Well guess what your body does with extra carbs? That's right – it converts them to fat.

Your body has three sources of energy – carbs, fat, and protein – and it burns them in that order. You don't want to get to the point of burning protein because at that point, you're damaging your kidneys and losing muscle mass.

On the other end of the spectrum, though, you'll struggle to find a consistent plane of energy by consuming carbs alone. That leaves healthy fats which, gram for gram, provide twice the energy potential as carbohydrates.

Why Big Business and Big Pharma Push Carbs

Ahh ... as with most things, big business and big pharma don't want you to lose weight. There's no money in it for them because they make billions every year from pushing junk food, processed food, diet pills, and a host of medications that treat obesity-related conditions. Now that the money train's rolling, they don't want it to stop.

Just think how much money the general population throws to Big Pharma. High blood pressure medications, cancer medications, diabetes medications, Alzheimer's and dementia meds, arthritis meds, sleeping pills, pain pills and the list goes on and on.

They don't care about our health because they're making a fat living off of our illnesses, pun intended.

The truth is that processed foods are killing you, and Big Business and Big Pharma are getting rich while you get fat and die.

[This Simple "Bible" Trick Can Help You Instantly Burn Unwelcome Weight!](#)

Junk In, Junk Out

It's true that you are what you eat. When you eat garbage, your body rots. There are a whole host of conditions related to eating improperly (translation: too many processed carbs and bad fats), including:

- Cardiovascular disease
- Alzheimer's
- Obesity
- Metabolic Syndrome
- Diabetes

- Acne
- Early Aging
- Joint Pain
- Chronic Fatigue
- Bloating
- Inflammation
- Atherosclerosis
- Brain Fog
- Insomnia
- High Cholesterol
- Cancer

This is just the short list, and it's now backed up by scientific fact.

Did you know that your brain is comprised of at least 60% fat and can't function properly without it? Or that Alzheimer's has been dubbed Type 3 diabetes because it's now been linked to insulin resistance and deficiency in the brain? Well, now you do. Imagine the bucks that Big Pharma is going to make selling more Alzheimer's meds to treat THAT.

Your brain can't function properly without fat, and once people add healthy fat back into their diets and decrease carb consumption, one of the first two improvements that they note is increased cognitive function and weight loss.

Your brain isn't the only organ that needs fat, either. Your gallbladder needs it to function, fat protects your liver from alcohol and other toxins and actually makes it dump its own fat cells, you can't make critical hormones without fat, and your bones need it to adequately absorb calcium. Oh, and they help you control the stress hormone that causes you to retain belly fat, the most unhealthy (and unappealing) kind there is.

And those are just a few ways your body uses fat. The complete list of whats and whys would be the length of a thesis, not an article.

Oh, and a steady supply of fat boosts your metabolism, even when you're sitting still. Yes, I just said you can lose weight while you're watching TV. And you can eat fat while you're *doing* it.

Though modern science has proven over and over again that our bodies NEED healthy fats, even saturated fats, it's been vilified for so long that the mindset is tough to change on a country-wide basis. Other countries who consume significant amounts of healthy fats, such as those in the Mediterranean, are twice as healthy as the average American. They're significantly skinnier, too.

Good Fats vs Bad Fats

Now, that I've blathered on about how you need fat to get skinny, let's talk about what kinds of fats. Specifically, you want to consume unsaturated fats such as those found in nuts and seeds and fatty fish, and healthy saturated fats such as those found in coconut oil, olive oil (which has both), butter, and, yes, even some red meat (gasp).

THE BEST FOOD SOURCES FOR HEALTHY FATS

salmon

omega-3 fatty acids



avocado

mono-unsaturated fats

walnuts

alpha-lipoic acid



olives

*vitamin E
antioxidants*

eggs

mono- and poly-unsaturated fats



Omega-3 fatty acids are the real hidden gems in many good fats. They do everything from help you lose weight to preventing Alzheimer's and are found in olive oil, fatty fish such as salmon, nuts, seeds, avocados and a host of other foods. They're the gold standard of fats.

You know what fats you shouldn't eat? Fake fats, aka, trans fats. This is man-made fat created by hydrogenating vegetable oil so that it stays solid at room temperature. They're terrible for you. They really do lead to obesity, increased bad cholesterol and other diseases that most fats are blamed for. Like I said, it's all about the good fats. Put down the margarine and butter your veggies instead.

Oh, and grow your own in compost that you've made because commercial ones are grown in nutrient-poor soil and aren't nearly as high in nutrients as they used to be. You'll notice that most of these low-carb foods I've listed can be easily canned or stored in other ways so that you can stockpile it. That will keep you healthy even if SHTF.

Now, we've given you a head start on how to lose those Christmas pounds, but how do you put them to use? Well, you know what you need to know to get started, but we've found a system that lays it all out for you. With it, there's no calorie counting, no starvation, and no energy roller coasters.

The girl who created the system actually found it when she was reading the Bible looking for ways to help her husband, who had been diagnosed with ALS. She compared the way the bible instructed people to eat with modern scientific studies and came up with a plan that works.

[It's called the Shepherd's Diet, and outlines exactly what you need to eat](#) (or more accurately, what you won't have to give up) as well as providing you with detailed shopping lists that help you buy the foods that you need in order to get lean and

healthy.

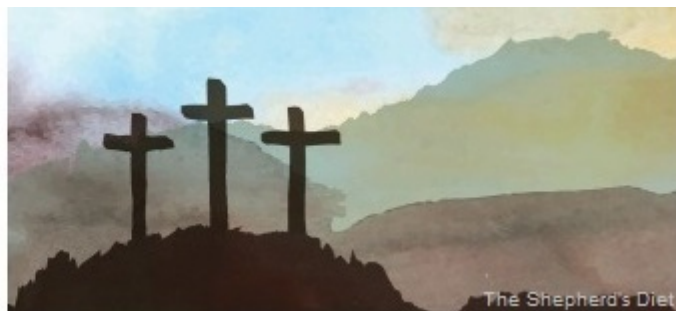
Anyone can do follow her plan – remember, she came up with it while looking for a treatment for ALS – and it comes with some great free gifts, including a great guide to help you reduce stress with food.

It really is worth checking out. If not, do your own research and put together a plan that incorporates the right balance of good fats, protein, and healthy carbs. The upside to the system is that she's already done the work for you, but if you're willing to invest enough hours, you can do it yourself if you insist.

Regardless, we wish you a lean, healthy New Year!

**The Bible's Hidden Fat Loss
Secret REVEALED**

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*This article has been written by **Theresa Crouse** for Survivopedia.*