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A Nutritional Guide to Fat Loss

They Told You It Was Impossible To Lose Fat and Gain Muscle At The Same Time...
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Introduction

To understand the machine behind weight loss products, take a look at some of the shocking facts. Combined, the companies involved with weight loss efforts along with surgically induced weight loss efforts - the total raked in is in the billions of dollars.

Right now, that revenue is just over 20 billion. If that's not shocking enough, you might find it amazing to learn how many people go on a diet each year. The number is more than 100 million.

Of that staggering number, many of them are people who are repeat dieters. They spend money to lose weight, it works temporarily, then fails them for the long haul.

So they hop on the next weight loss train in the hope that they'll finally reach the goal they want for their body - *permanently*. Now of that 100 million plus number of people who are trying to lose weight, more than three-fourths of them are women.

So when you look at it, there's a lot of money, a lot of people and a lot of effort involved in weight loss. You would think that with all of the money involved, someone would know why these weight loss systems are not working the majority of the time.

Customized Fat Loss can tell you why it's not. But first, you want to learn what kind of fat your body has - and the purpose it has - because not all fat deserves the bad rap it's gotten.

What Is Body Fat?

Body fat is just adipose tissue in your body. One purpose of fat is to hold onto calories your body doesn't burn so that it's there when you need it. Another purpose is to keep your organs safe.

Though people often refer to all fat as simply fat, there are a few different kinds in the body and they serve different purposes. There is belly, subcutaneous, visceral and then white and brown fat.

Brown fat gets its label from the color of the fat. Its purpose is to produce heat in the body. This kind of fat is not bad for you.

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White fat is the one that's considered to be bad for your body because it can lead to health problems when you have too much of it.

Visceral fat is the fat that's around the body's organs and its job is to keep the organs safe when they're jarred. But this fat is supposed to be minimal. Too much of it harms the organs.

This kind of fat can be lost through diet and fat burning techniques. There are many locations in the body that have this type of fat.

Belly fat is pretty self-explanatory. This is fat in the abdominal area. It's also called visceral fat - but referred to as belly fat because it's naming a specific area of the body where the fat resides.

Subcutaneous fat is the fat that you can see right underneath your skin. You can feel it, too if you press your fingertips gently in and then slide them across your skin.

Those lumps and bumps are subcutaneous fat. It's there to protect your skin from harm - but when there's a lot of it, this type of fat becomes noticeable and is called cellulite.

All types of body fat can be reduced to healthy levels and should be, but you can't just go on any diet and have it reduce the amount of body fat that you have.

One-Size-Fits All Diets Aren't Fat Busters

Ever notice how all the diets are based on similar criteria? Eat fewer calories and get some exercise. But these so-called rules of dieting don't work. They won't help your body lose the fat because the very foundation of the diet is wrong.

In fact, some diets will actually cause the exact opposite of the fat loss that you want to happen. You *gain* fat instead of losing it. It's amazing that this is so misunderstood.

When diet guidelines are laid out, many of these guidelines are geared toward 'average' people. But there's no such thing as an average person. You don't have the same height, build, and bone structure or metabolism as the next person.

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That's why all of these everyone-else-is-doing-it diets haven't worked for you in the past. But before you give up, you should know that there *is* something that you can do to change how you eat so that your diet can be a fat buster.

Your Body Type Is Key to Successful Fat Loss

If you do an Internet search on your body type, you'll find that right now, there are three different ones that you can look at. Your body type fits into one of those categories.

You may not even know which category you fit into because you may not have ever been told that was important when dieting. But if you look it up, you'll see that this has a huge impact on how successful you are - or aren't.

These three main body types are ectomorph, endomorph and mesomorph. The body type that you are determines how you need to diet and exercise. Take a look at the important factors that go along with each type.

With the ectomorph body, this person will be slender to the point of being considered skinny - but can still have stomach flab, fatty areas and embarrassing cellulite.

People with this kind of body type usually have a metabolism that's pretty fast. That's one of the reasons they can eat a lot and don't pack on the pounds, but they have trouble the same way that others do when it comes to getting rid of fat.

Now if you take a look at the endomorph body type, you'll see that this is the body type for a person whose body can really hang onto the fat. The reason for this is because the endomorph body is genetically geared toward gaining fat and can gain it easier than the other two body types.

In stature, people who fit the endomorph description are shorter than 'average' people and they tend to be stockier. Their shoulders are usually broader. Their metabolism is slower - so for them, losing weight can be a tough struggle.

People who have the mesomorph body type are usually fairly strong individuals. But people with this body type can really struggle if they get into yo-yo dieting because their body is predisposed to both losing weight *and* gaining weight.

Their bodies tend to be easy targets for fat gain when they do gain weight. It's this body type that many diets are centered around.

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Looking at how the body types are different, how they gain or lose fat and how fast or slow the metabolism is, you can see how a diet geared toward one overall body type just doesn't work.

It's your body type that causes you to be successful - or not - at a certain diet. You have to eat according to your body type in order to lose both weight and fat.

To find the success that you're looking for, you have to have a diet that's geared toward your body type as well as for your metabolism. So don't waste anymore of your money on a diet that didn't take into consideration you as an individual.

Your Age Affects Your Fat Loss

When you're young, it almost seems like your body can be a human garbage disposal. You can eat different foods, even the bad for you, high calorie ones - and you don't gain anything.

You eat what you want, when you want - and you keep on going right on with your life without any worries about weight gain. But then, all of a sudden, you start noticing that your body isn't handling this anything goes method of eating.

You haven't changed your lifestyle or your eating habits - but here you are putting on weight. So you back off a little bit, thinking maybe you've overdone it a tad - and you still don't lose.

What gets you nervous is that backing off of the way you've been chowing down hasn't slowed the weight gain. So what went wrong? Nothing went wrong. This is simply nature taking its course.

As you get older, your body is going to go through a series of changes. These changes are happening metabolically and affect the way that your body gains fat. **[Customized Fat Loss](#)** will show you how to use food to get your metabolism to stop going along with the aging process.

So if you might think that there's absolutely nothing that you can do about these changes and that you just have to accept that your body is going to continue to fight your fight loss efforts, you're wrong.

But you don't want to wait until you start to age to do something about halting this process. You can stop it now. And the best news is that you can stop it without using any weird foods, without following any strange diet rules and without spending hundreds on pills, potions or other items.

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Fat Loss Success Starts with Knowledge

Maybe you want to get rid of body fat because you want to be as healthy as possible and you want to do all that you can to live a long life. Or maybe you want to get rid of it because you want to weigh less and you want your body to look shapelier.

Whatever the motivation is behind your quest to lose body fat, you have to make sure that you back it up with knowledge. You need to choose the right methods to use to achieve your goal.

Choosing the right way to lose fat makes all the difference in the world. This is important because following the wrong method will only cause you to be one of the repeats in that vast 100 million people who try over and over again - only to fail each time they get on the hamster wheel. Learn the right way to lose the fat and make sure that it doesn't come back.

Good Nutrition Helps You Lose Fat

There are plenty of healthy diets on the market and when you first check them out, they look good. No extras to buy - just plain old food that you can pick up at the supermarket for meals that you make yourself.

Many of these diets will often tout the advice that not one food should be on the off limits chart. They teach that in moderation, you can have anything that you want.

But what these diets don't tell you is that there are about a dozen foods that can derail your fat burning efforts and you want to stay away from those. The right nutrition isn't just about eating the right kinds of foods for your body type.

It's also about eating the right foods that have the ability to burn off fat and will aid you in your fat losing process. If you have the knowledge that you need, you'll be able to choose foods that not only work naturally to combat fat, but you'll also know how to pick foods that help you in other ways.

For example, one of these other ways is by choosing foods that are natural metabolism boosters. These are foods that have the ability to speed up your metabolism.

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The best part is that it doesn't matter how old you are or what your body type is with this, either. Knowing what to eat is crucial. These foods work around your genetics and are customized to specifically help your body.

Remember that your metabolism can work for you or against you when it comes to losing fat. Learning about which foods to eat will help, but you'll also learn *when* you should eat these foods.

When it comes down to metabolism that can help burn fat, you'll learn that timing is everything. This fact is because your body's metabolism is faster during certain times of the day than it is during other times.

And you want to know how to take advantage of that timeframe. There is even a way to make sure that your body doesn't lose valuable fat burning time while you're getting your sleep at night.

Besides the right fat burning foods and making sure that your metabolism is working with your efforts, you need to know what nutrients help you. You might not know that there's a nutrient you can include in your diet that's made to burn fat. But you have to know how much of it that you need.

There are a lot of fat burning methods that claim that they'll help you burn fat, but they don't give you the information that you need in order to succeed on your own.

Instead, they give you a little bit of information and then want you to pay extra monthly payments for a membership. You won't want to constantly pay for information when you can get it all at once and only pay once like you can find with [Customized Fat Loss](#).

What Kind of Results Can You Expect?

When you want to lose fat, can you expect to get some information and wake up the next morning with the body you've always dreamed of? That would be nice and people would line up to buy it - but if a method promises you a magic overnight transformation, you can bet there's not a grain of truth in that.

What you can expect and should hold out for is a method that doesn't rely on fad diets. You'll see a lot of these promoted by celebrities. But did you know they get paid the big bucks to promote that stuff - and how many of them actually use the methods they promote long-term?

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Those commercials use celebrities as a way of saying, "You know you want the body this beautiful person has - and you can have it if you buy this product" - and they take advantage of your envy.

Using a reputable method, you can expect results in how much body fat you have within three months. You can also expect results from the guidance that you're given.

The method that you use should be able to cover what kinds of exercises you need to do to get rid of fat and turn fat into muscle. But above all, whatever program you choose to go with, you should be able to see the results of how your body is changing when you look in the mirror.

It's not about what the scale says. Remember, muscle weighs more than fat. So when you're becoming leaner, you might see a difference in the size of your clothes and how well they fit before you see the scale budge.

Other Weight Loss Resources

Here are some **FREE Reports** that may interest you...

[Fat Loss Starts With a Healthy Liver](#)

[5 Ways to Finally Get Fit](#)

[Shed Fat and Find Your Six Pack Abs](#)

[Is Your Belly Fat Killing You](#)

[Having Difficulty Achieving a Flat Stomach and Six Pack Abs?](#)

[Why Everyone Should Detox Their Body for Optimal Health](#)

[Cellulite Lies](#)

Here are some great articles from Flavia Del Monte, designer of the Full Body Licious female workout system...

[Why low calorie diets will make you fat?](#)

[What you must understand about calorie counting](#)

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