

Lose Love Handles by Eating Whole Foods

It amazes me that people are still drinking sugar containing beverages while trying to lose weight. There's no possible way to have read up on weight loss and not been told about the evils of these sugar laden drinks. Today I was doing a consultation with a brand new client. She had brought in a regular (sugar containing) Snapple Green Tea. She thought she would get a pat on the back and a good job because it's green tea. Now, green tea is good for a plethora of things from raising metabolism a bit to providing cancer fighting antioxidants. I love it and drink a few cups of it most days without sugar. While she had good intentions, as many people do in her situation, it certainly pays to dig a little deeper and learn the basics. Eliminating sugar is one rule of those basics. Eliminating beverages containing any calories (from fat or sugar) is another rule of the basics. Here are 3 outstanding reasons why NOT to drink your calories 1) If you're on a diet, this assumes you will be eating less total food anyway. Don't you want to get the feeling of actually eating the little bit that you are eating? 2) The calories often come from fat or sugar. At this juncture, these are empty calories. They do nothing to support your fat loss goals and subsequently, make a calorie deficit more difficult to achieve. 3) Sugar laden drinks boost insulin levels, and then plummet them. The sugar is liquid, devoid of fiber, and high glycemic. This is a recipe for an immediate spike and crash of blood sugar. This means triggered cravings and possible invoking a binge cycle, where you eat more than you normally would have. On top of that, simply having insulin raised in this manner will stop body fat from being burned. Awful. The only time during a dieting phase that you should be drinking calories is during your workout energy and recovery intake. To stay in the hormonal fat burning zone, stick with water or unsweetened, zero calorie beverages

About the Author

To help you along we created a Down and Dirty High Intensity Cardio Series that you can follow for free when you visit <http://www.mcnewsletters.com>. If you'd like a [complete program for fast weight loss](#), you can purchase our Black Book of Secrets- 61 Fast Fat Loss Tips, Tricks and Techniques. Michael Collins- Helping Ordinary People Sculpt Extraordinary Bodies

Source: <http://www.eatsee.com>