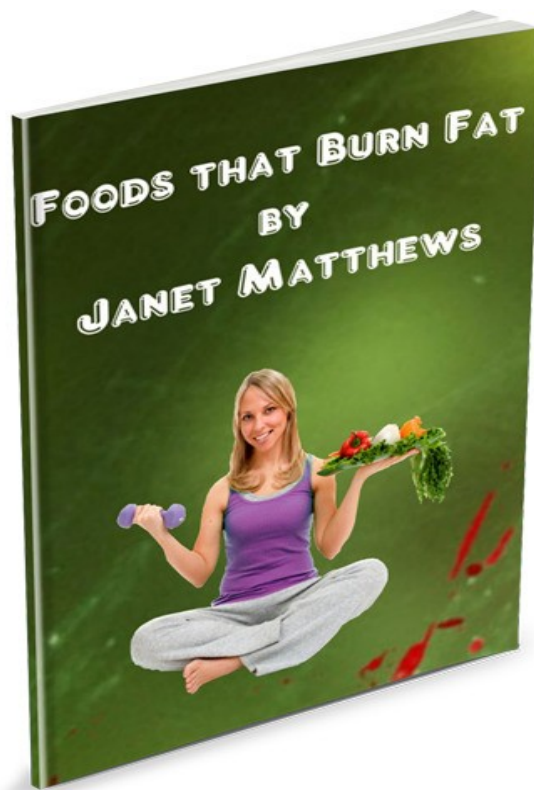


# Foods That Burn Fat

*Your body's secret weapon*

*by*

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## About the Author

*Janet Matthews took early retirement from teaching in 2006 and has spent a large proportion of her time since then revisiting her passion for health and nutrition. She originally trained with the Institute of Optimum Nutrition in London in 1987-9 and has a Dip ION qualification. More recently she has studied Naturopathy with the College of Natural Nutrition in Bristol, and completed and passed Part 1 of the Metabolic Typing training with Healthexcel.*

*Although she no longer practices as a nutritionist she is now following her other passion of imparting knowledge (once a teacher always a teacher!!). She has created a health related blog that covers a wide range of health issues and how to treat them naturally without the need for drugs. She has also written many health related articles for Ezine Articles and for other people's blogs and websites*

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## **Contents**

*The Weight Loss Conundrum*

*How Does Weight Loss Work?*

*Understanding Your Body's Silent Workout*

*Your Body's Secret Weapon - Foods with a Negative Calorific Effect*

*What Are These Negative Calorie Foods And Are They Good For You?*

*Is it safe to eat negative calorie foods to lose weight?*

### *Disclaimer*

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## *The Weight Loss Conundrum*

It won't come as any surprise for you to hear me say “losing weight is a struggle”. It seems so unfair that we put weight on so easily, yet losing weight is a constant uphill battle.

We all suffer what I call “body envy syndrome”. It happens whenever those infomercials appear on our television screens, featuring perfectly proportioned models promising miraculous results if you'll just buy their latest fad diet.

It can be very tempting to find a quick fix - especially when you've worked hard to lose a little bit of weight and then you fall off the diet wagon and gain some or all of it back on again. You have probably lost count of the times you've thought, “There has to be an easier way than this to lose weight!”

If you are anything like me, you have probably purchased most of the weight loss book ever published, forced down countless diet bars, and protein shakes, and attended the weight loss meetings so many times you could have paid for the entire building by the time you quit? You may well have done all of this and yet you *still* haven't seen the long-term results that you crave, probably more than food itself.

We have all been there, feeling sick and tired of trying, yet knowing that we need to lose weight so that we can have a healthier, happier life. Maybe you only need to lose a few pounds to fit into that new outfit or to look good for an upcoming special occasion. You know you want to lose weight, but you don't want another fad diet and you certainly don't want to keep going down a road that leads nowhere. You just want to find a diet plan that really works for you without all of the empty promises.

There's something you might not know about the battle of the bulge - something that can help you gain the victory once and for all without having to resort to any costly plans or fancy gimmicks.

How would you feel if I shared with you a way to lose weight that can literally be found in your own refrigerator, in your pantry or at your grocery store. By the way, this little known method of losing weight won't break the bank. I guarantee it.

### ***How Does Weight Loss Work?***

If you want to understand how weight loss works, you have to first of all understand how calories work. A calorie is a unit of energy produce by the foods you eat. Your body uses this energy as fuel. Imagine your food as wood for a fire. The more wood you put on the more heat the fire produces.

Similarly, the more calories we consume from our food the more fuel we produce for our bodies. If we consume too much food, especially the wrong kind of food the body stores the extra calories as fat.

That fat then appears in the places you don't want to see it. For example a tummy that hangs over the top of your jeans, flabby thighs or a double chin. To make the battle of weight loss even more discouraging, that fat and its cellulite, can give you a lumpy, bumpy look.

Cellulite is pockets of stored fat lying beneath the surface of your skin. In other words it is caused by the chocolate cake or donuts or the second helping of carbohydrates that produce the extra calories that aren't burned and used up as energy.

That is the bad news. However, the good news is, you don't have to accept being overweight as your fate, no matter how many times you've fallen off the diet wagon in the past.

The weight loss technique I am about to tell you about is easy and inexpensive, so there is no reason why you can't stick with it forever. Not only can you stay on the plan, but hopefully you may even find you actually enjoy it!

### ***Understanding Your Body's Silent Workout***

When you watch a play or a movie, what you see is the finished product. All of the actors and actresses are word perfect and they make it all appear as if it were real life.

What you *don't* see happening is all the hard work during the months of rehearsals, the numerous retakes of each scene, below zero weather conditions or the nights filming lasted until two in the morning. You don't see what went on behind the scenes.

How many times have you sat down to eat a meal or a snack in a restaurant without giving a second thought to what goes on behind the scenes when the food is being prepared or even once the food is finished.

Similarly your body is working hard behind the scenes in a way you may not be aware of. But you need to understand what is happening to get maximum benefit.

I am sure you already know how you put weight on. Most of us are seasoned pros when it comes to gaining weight. Basically we gain by eating too much of the wrong kinds of food. But what if I told you something about the workings of your *own* body that could help you lose weight?

Every time you eat food, your body has to work hard to digest it. If your body is expending energy to digest the food, it is actually performing a silent workout. Your body is working out without you having to lift a finger.

Your body is actually burning energy to digest the food while you watch television, while you talk on the phone, drive to work and even while you sleep. It sounds like a fantastic win-win situation doesn't it?

The burning question is, if it's so fantastic, then why are so many people still overweight? The main reason is you are not eating the right kinds of foods. Food is basically fuel, but all food is not equal in calorific value and certainly isn't equal in the amount of calories burned during digestion.

### ***Your Body's Secret Weapon - Foods with a Negative Calorific Effect***

How would you feel if you discovered you could lose weight simply by choosing foods that help you work off calories simply by eating them. It sounds too good to be true, doesn't it? But it's not. There are foods that cause your digestive system to use more energy (calories) to consume them than the number of calories contained in the foods themselves.

When you use more energy to digest a food than the caloric value of a food, then those foods are called negative calorie foods. By eating these negative calorie foods, the body uses calories from the body's fat store enabling you to burn calories and lose weight effortlessly.

### *How it works in reality:*

If you have a slice of chocolate cheesecake you would consume roughly 350 calories (or more depending on the type of ingredients used). Once you've eaten that slice of cheesecake, your body goes to work breaking it down and beginning the digestive process.

Your body will probably burn 150 calories digesting that chocolate cake leaving you with a net gain of 200 calories. These calories will turn into unwanted fat and weight gain if not used as energy by the body.

Now remember, the amount of calories you burn by digesting your food will depend on the type of food you eat.

Instead of the chocolate cheesecake, let's say for example that you chose an apple instead. A medium sized apple has approximately 80 calories. You eat the apple and then the digestive process begins. The number of calories required to digest the apple will be more than the 80 calories produced by the apple. Your body works harder to digest it than the energy gained in calories by eating it and so we refer to the apple as a negative calorie food.

However, you need to remember that there is no simple formula that can subtract months or years of eating the wrong way. But with the addition of the right kind of foods - negative calorie ones, you can start to erase those pounds and endeavor to keep them off successfully.

It goes without saying that the more complicated and involved a diet is, the less success most people achieve in the long run. None of us have the time to waste filling out complex charts and recording every single morsel we put into our mouths. That is why negative calorie foods are an ideal weight loss plan for people who want to lose weight and improve their health in the least complicated way. By using your body's own digestive system to help, you can actually change the equation.

## ***What Are These Negative Calorie Foods And Are They Good For You?***

I am sure by now you will be wondering: "Is there a catch?" Are these negative calorie foods some type of exotic food with names you can't pronounce?

Not at all. In fact, negative calorie foods are *exactly* the kinds of foods doctors not only recommend that you eat, but also encourage their patients to do so for weight loss and disease prevention.

So what are these mystery foods? Well they are certain everyday fruits and vegetables. Since experts agree that more fruits and vegetables are a good thing for everyone, these negative calorie foods are a great weight loss plan.

The fruit and vegetables that fall into the category of negative calorie foods are as follows:

### ***Negative Calorie Vegetables***

Asparagus, Beet Root, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Chicory, Hot Chilli, Cucumber, Garden cress, Garlic, Green Beans, Lettuce, Onion, Radish, Spinach, Turnip, Zucchini

## ***Negative Calorie Fruits***

Apple, Blueberries, Cantaloupe, Cranberry, Grapefruit, Honeydew , Lemon/Lime, Mango, Orange, Papaya, Peach, Pineapple, Raspberry, Strawberry, Tomato, Tangerine, Turnip, Watermelon

As you can see there's nothing unusual about the lists of vegetables and fruits. They are simply ordinary foods with the power to create negative calories when consumed.

Please don't get confused thinking that the phrase 'negative calorie foods' means that the foods don't have any calories, because that isn't the case at all. The foods *do* contain calories - your body just has to work so hard to digest them that you end up with a caloric deficit once the food has been digested.

## ***Is it safe to eat negative calorie foods to lose weight?***

Yes, it is safe. Unlike heavily advertised pills and gimmicks, there are no ill effects to eating negative calorie foods because they're healthy for your body - working to keep it naturally lean and strong enough to produce the energy you need throughout the day.

You do, however, need to ensure that you eat a well balanced diet in conjunction with these foods. For example you still need to eat plenty of good quality protein and good fats to ensure that your body receives all the nutrients it needs for maximum efficiency.

For any healthy well balanced diet the bottom line is to regularly eat foods from each of the different food groups and to ensure that you eat food, as near as possible, in the state that nature intended.

If you would like more information on healthy eating and tips and hints on how to improve your health and weight loss you can visit my [blog](#)

Wishing you health and happiness

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