



Surprise: Exercise Only Isn't The Automatic Answer to Weight Loss!

January 25, 2005

For many of us, the typical New Year's resolution is to start an exercise program. We all know of America's obsession with exercise but we also know of the extremely disappointing results when it comes to your losing weight. Many people actually become fatter while exercising because their appetite increases from all the work and effort, then you eat more of the foods that unknowingly made you fat in the first place. The great news is that no one needs to be a "rat on a treadmill" any longer. Fat loss is 99% nutritional based, not exercise based as we have been led to believe.

If you're told that most people have to run an hour every day for 360 days in a row to lose a lousy 9 pounds of body fat you'd call that an awful return on the investment. And that fat loss is often offset by the gain of extra pounds following incorrect nutritional recommendations.

Exercise does 3 main things: Increases the stroke of the heart - its capacity increases. It increases the number of mitochondria (your body's energy burning devices) - another good thing, and it also increases the diameter of your arteries so the blood flows easier and there is a larger volume to fill before an arterial clog occurs.

It is not and has never been automatic that you will lose body fat by exercising. Look and see how many people actual look better and lose weight as a result of exercising alone. You'll likely be forced to admit the results are lousy.

The 1st thing most folks want to know is how to minimize the amount of exercise they need to do and how to optimize the exercise they do engage in. Here's the secret - STOP eating carbohydrates before exercising. The insulin response stops fat-burning COLD. Without insulin generated from the carbohydrates you can't store much of the fat you eat as body fat - it gets blocked automatically. These scientific facts are right out of the Textbook of Medical Physiology, and Basic Medical Biochemistry.

Drink an 8-ounce glass of "healthy orange juice" and you've just added enough energy to run a mile. Don't run the mile and guess what? You've gotten fatter from the juice. Run and no excess body fat is burned. This is directly from Nutrition for Fitness and Sport. We have been told to "load up" on carbohydrates, for energy, before working out. If fat-loss is your goal, that advice is dead wrong.

Your own body fat is supposed to be your body's prime energy source. We have 100 times more stored energy in our own body fat than in stored carbohydrates (called glycogens). Americans have been misled into short-circuiting Mother Nature's natural fat-burning mechanism with what many call the great 50-year carbohydrate eating experiment. This "experiment" was never based on science and future columns will explore the science of human nutrition so you don't get misled

again.

Exercise doesn't always burn body fat. Here's why. The "so-called" experts say, regarding running,: You "burn 600 calories per hour running (this is correct). There are about 3600 calories in a pound of body fat (this is correct). Therefore, it takes 6 hours of running (6 times 600 = 3600) to lose 1 pound of excess body fat. So it's 6 days, not 40 days to lose a pound. This assumption only works if exercising would immediately start 100% fat burning and that is not what happens.

According to the Textbook of Medical Physiology, on a high carbohydrate diet or consuming carbs before you exercise, only a mere 15% fat is burned. The bulk of the body's energy is from carbohydrate stores - not fat stores - the opposite of what we desire for fat loss. When following the popular but incorrect nutritional recommendations before exercising, it actually takes a massive 40 days to burn just 1 little pound of fat. Now you know why all that running or doing aerobics failed you.

For 2 hours before the workout to 2 hours after the workout eat very little, if any, carbohydrates because insulin stays elevated for 3 hours after the carbs are eaten making you hungry again. When you get hungry after your workout and eat more carbs, every ounce of them goes right back to fat. You completely wasted your workout's fat-burning.

What can you eat before and after exercise? Protein and natural fats: foods like cheese, nuts, lunch meats, peanut butter, coffee with real cream, etc.

What gives you more endurance during the exercise? A special type of essential fat termed a healthy essential oil or (EFA). Your body can't make these oils and food processing destroys the functionality of the majority of them. This will be the topic in next week's column. Stay healthy until then!