



Old School
New Body
PRESENTS...

Ultimate Fat-Burning Secrets

**GET LEANER AND DO
IT FASTER THAN EVER!**

SPECIAL REPORT

BY STEVE & BECKY HOLMAN

Ultimate Fat-Burning Secrets was written to help you achieve a lean, healthy muscular body, a more youthful appearance and a happier, sexier disposition with sensible tips and strategies. Proceed with the suggestions in this e-book at your own risk.

Photography by Michael Neveux

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INTRODUCTION

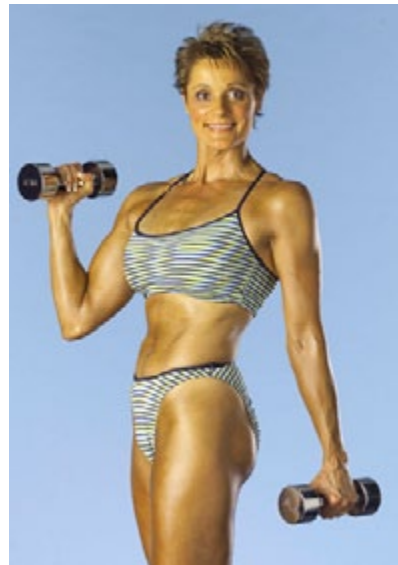


Is an intro really necessary? You want to burn fat—period—bring on the secrets! First we want to say that this is not a diet booklet or a workout manual. It's more like a number of sound bites on how to get leaner without getting meaner—and most of the “secrets” concern food.

The power of food and nutrients is downright amazing, and many can get you leaner, as you'll see. We've even researched the effects of alcohol, good and bad, and discuss how it impacts your health and your ability to burn fat. You'll see that having a few drinks is not as bad as you think, but you need to understand its role as an energy substrate and how the food you eat while you drink can be more easily stored as bodyfat. But there are good things too.

But that's toward the end of this special report. Let's start at the beginning. Our goal with this e-book is a leaner, healthier, happier, you. Let's get to it!

—Becky and Steve Holman



Ultimate Fat-Burning Secrets

- Researchers at the University of Washington found that a diet that's **30 percent protein** helped a group of overweight subjects lose more fat—an average of eight pounds each in three months. It turns out that the protein helped suppress appetite and boost metabolism. The subjects ate about 440 fewer calories per day thanks to an increase in protein. That could be one more reason a moderate-carb, higher-protein diet works so well at helping the body shed fat.



- **Water** appears to be a potent weapon for dieters. A University of Washington study found that one glass of water halted nighttime hunger pangs for almost 100 percent of subjects. Try it with a squeeze of lemon.

- **Conjugated linoleic acid** is a fatty acid found in dairy foods and beef—and it may help you control your weight. Scientists at the University of Wisconsin had 40 overweight subjects take four grams of CLA or a placebo with breakfast. After six months the CLA users had lost 1.3 pounds, while those who took the placebo gained 2.4 pounds.

Although CLA isn't a miracle fat-loss compound, it does appear to be helpful in curbing fat gain.

- Did you know that cold temperatures tend to stimulate appetite? Folks with naturally low body temperatures are more prone to weight gain because of that. In fact, every degree increase in body temperature increases metabolism by 14 percent. One reason may be that **higher temperatures** are more conducive to growth hormone release. If you're training in a cold gym, bundle up to keep your muscles warm, your metabolism stoked and the GH flowing.

- **Appetizers**, if they are the right kind, can de-appetize you. Don't skip the appetizer: If you want to eat less, have raw vegetables or a salad with low-cal dressing, and tell the waiter to remove the bread from your table.

- Here's another reason to get enough **essential fatty acids**, or omega fats, every day either from fish or fish-oil supplements. An '04 study reported in the *Journal of Nutritional Health and Aging* found that an omega-3 deficiency causes sugar cravings. Get more omega-3s, eat fewer carbs, lose bodyfat.

- A study out of Arizona State University found a correlation between low **vitamin C** and low fat burning during low-intensity exercise. Subjects who were lacking in vitamin C burned 25 percent less fat than those who had normal vitamin C levels. Giving vitamin C to those who were deficient upgraded their fat-burning activity. Perhaps a 500-milligram dose of vitamin C before cardio is good fat-burning insurance.

- Growth hormone is a potent fat burner, and one of the biggest surges of GH occurs in the first two hours of **sleep**. That means being relaxed and getting into deep-sleep mode early, without restlessness, is important. There are a few things you can do to help make that happen more readily, like dimming the lights about an hour before bedtime. Light hampers melatonin, a hormone that regulates your sleep cycle. Also, a hot tub session or a warm bath can help you fall asleep faster.

- **Artificial sweeteners** cause water retention. That includes aspartame, acesulfame K and saccharin. If you're having trouble getting the lean look, drop the diet sodas.

- **Fat** in your diet can help you burn more bodyfat. After you've been dieting and hit a plateau, you may want to try eating avocados, coconut

An omega-3 deficiency causes sugar cravings. Get more omega-3s [from fish], eat fewer carbs, lose bodyfat.

butter or even some real butter—in moderation, of course. That can activate more fat-emulsifying enzymes, which are suppressed by strict dieting.

- **Capsaicin** gives chili peppers their hot taste and may help fry fat cells. A study reported in the *Journal of Agricultural and Food Chemistry* found that fat cells exposed to capsaicin in the lab died. Reason enough to spice up your diet.

- **Postworkout carbs** won't feed your fat cells. Researchers tested what happened when subjects got a 100-gram dose of high-glycemic-index carbs immediately after a hard exercise session, and it actually increased fat burning.

To help get rid of cellulite and/or prevent it, sleep naked.

- Dr. Lionel Bissoon, author of *The Cellulite Cure*, has an interesting tip to help get rid of cellulite and/or prevent it: **Sleep naked**. Bissoon says, "Tight elastic on underwear can cut off circulation and inhibit the lymphatic drainage in thighs and buttocks." No doubt men will be spreading this cure like wildfire, which could result in another baby boom.

- We've all heard that **eating six times a day** is better for your health than having the normal three square meals, but is there science behind it? Yes, and it goes as far back as 1964. An English researcher named Fabry found that eating one-sixth of your food six times a day rather than one-third three times a day speeds weight loss for the overweight, improves cholesterol numbers and improves glucose tolerance. More recent studies have also demonstrated that eating smaller meals more frequently reduces insulin and cortisol output. Remember, cortisol is the stress hormone that can force your body to burn muscle tissue for energy and also increase carb cravings. Apparently, not eating for a number of hours triggers the starvation mechanism, which causes your body to preserve bodyfat—for famine—and burn more expendable muscle. Don't forget to eat!

- The branched-chain amino acid **L-leucine** is the most important of the BCAAs for muscle growth. Research shows that taking even small amounts after your workout can significantly improve the anabolic environment. It may help you burn more fat as well. A Brazilian study showed that by increasing protein synthesis, L-leucine also amped up energy expenditure, which translates to a heightened metabolism. Take

Protein to Get Lean

Most people know that to get leaner you have to increase your meal frequency to five or six a day and err on the side of more protein than carbs. But what type of protein is best when your goal is to drop fat as quickly as possible without losing valuable muscle?

Most trainees have chosen whey in the past few years because of its high biological value and fast absorption; however, the tide is changing to a **fast/slow combo**—a mix of whey and casein with a helping of egg. Why? Casein is a slow-releasing protein, so it protects your muscle from being used for energy after the fast whey has rapidly moved in and out of your bloodstream. Casein sticks around and trickle-feeds your muscle tissue and thwarting hunger long after the whey has beat a retreat. That's good for metabolic stimulation and satiation.

Straight whey has also been shown to cause insulin to surge, and insulin turns off the fat-burning process. Yikes!

What about egg protein? Eggs have been championed as the perfect food, so having some egg aminos in the mix complements the other two proteins perfectly.

In *Old School, New Body* we mention that we use a packet or half a packet of Muscle Meals, a meal replacement with a casein-egg-whey protein array. Supplements aren't mandatory on the plan, but they help make eating small protein-charged meals frequently more convenient.



High-protein diets stimulate the metabolism and reduce hunger on low-calorie fat-loss-style diets, and an anabolic/anticatabolic mix extends both of those effects. You can thank casein's ability to hang around for hours and hours for those lean-machine boosts.

BCAAs throughout the day—but especially after a workout—to enhance muscle building and fat burning.

- **Water** is important to weight loss. Your metabolism depends on it. A study at the University of Utah found that subjects who drank eight to 12 eight-ounce glasses of water a day had faster metabolisms than those who drank only four glasses.

- You know that **growth hormone** is an anti-aging hormone. It's also a muscle builder and a powerful fat burner. One of the best ways to increase your GH is to go for the burn in the gym. **Muscle burn** is caused by lactic acid, and studies show that lactic acid in the blood triggers GH release. Higher reps and/or the F4 method in *Old School New Body* will ignite muscle burn so your GH churns.

- A study reported in *Physiology & Behavior* showed that exposure to temperatures slightly **warmer** than comfortable curbed appetite. Subjects who were exposed to a temp of 81 degrees ate 10 percent less and had a 20 percent reduction in appetite compared to subjects who were in a 72 degree environment. Keep the thermostat higher to get leaner—and save summertime electricity too.

- Recent studies show that as far as fat gain goes, it doesn't matter if you get your calories during the day or at night. That may be true as long as the calorie count is the same. Getting most of your calories at night, however, has been shown to increase ghrelin, a hormone that causes hunger, by nightfall the next day. The result is that you tend to binge at night, a time when you expend the least energy, and that can cause more fat deposition. In the morning you aren't hungry, so your body burns muscle tissue. You don't get famished again until the evening hours, when you binge and store more bodyfat. Back-loading most of your calories at night is a sure way for most people to burn muscle and pack on fat. **Eat less at night** and spread your calories throughout the day. And if you're training hard, don't forget to include protein in every meal.

- Research out of the University of Massachusetts shows that the longer you sit, the greater your appetite. Sedentary subjects felt almost 20 percent hungrier than those who moved more during the day. Apparently, being still for long periods triggers the release of ghrelin, a hormone that ups your appetite. If you've got a desk job, get up and **move around every 30 minutes**.

Subjects who drank eight to 12 eight-ounce glasses of water a day had a faster metabolism than those who drank only four glasses.

- **Eat more slowly** to get lean faster. A survey of 3,000 men and women found that those who ate quickly were three times more likely to be overweight than those who ate more slowly. Fast eating doesn't let the body register a feeling of fullness till it's too late.

- **Alpha lipoic acid** is a power-packed antioxidant that bolsters the mitochondria, the energy-producing part of cells. The mitochondria are also where fat is burned, so ALA may be an effective fat burner as well as energizer.

- Research out of the University of Copenhagen shows that **dark chocolate** may help many people control food cravings. The scientists believe the bitter taste may signal the body to regulate appetite. About two bites after a meal may do it—that's about 50 extra calories. The researchers also suggested that the steric acid content in dark chocolate slows digestion, so those few bites may help you stay feeling full longer.

- Researchers at the University of Michigan fed overweight rats the equivalent of one cup of **blueberries** a day, and the rats stored less belly fat than those that didn't get the blueberries. Scientists believe compounds in the blue pigment switch on genes related to fat burning.

- **Breakfast** is a must for weight loss. Studies show that subjects who eat at least 400 calories at the first meal of the day signal the body that it's not in starvation mode, which releases fat for more energy.

- In a recent Japanese study involving more than 175 overweight subjects, those who got one or two tablespoons of **apple cider vinegar** a day for 12 weeks showed much lower bodyweights as well as less visceral-fat and smaller waist measurements. The acetic acid in vinegar appears to help break down bodyfat. That means **oil and vinegar** is an excellent choice for your salad dressing.

- According to the March/April '11 *Well Being Journal*, "Studies show that a person can burn up to 300 calories during a **sauna** session, the equivalent of a two-to-three-mile jog or an hour of moderate weight training."

- It may seem counterintuitive, but **eating more fat** can help you shed bodyfat. Researchers found that when subjects boosted their fat intake to about 50 percent of their daily calorie intake while reducing

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carbs to around 30 percent, they burned more fat during workouts than when on their normal diets. Apparently, eating fat makes your muscles more efficient at extracting oxygen from your bloodstream. More oxygen facilitates better conversion of fat to energy, and your muscles turn into fat-burning turbines. So if you go lower carb, increase your intake of good fats, like those in nuts, fish and avocados, and you'll get leaner faster. Incidentally, that finding may be why researchers in another study found that taking conjugated linoleic acid—a good fat—prior to workouts burns more fat and builds more muscle. Try about five grams.



- You probably know that **oatmeal** is an excellent choice for breakfast. A bowl has around 20 grams of slow-releasing carbs, so you don't get an insulin spike, plus it gives you about five grams of fiber. Unfortunately, oatmeal is bland, so most people add sugar. Bad idea if you're trying to get lean. To pump up the flavor without the extra carbs—simple or otherwise, as with fruit—simply add a scoop of your favorite vanilla protein powder. You'll get a sweet vanilla taste and a whopping 20-plus grams of muscle-building protein.

Another Blubber-Burning Fat

Most of us have heard that the essential fatty acids found in fish and fish-oil capsules help our bodies burn fat. Now there's another blubber burner in the fat family: monounsaturated fats.

According to the February '08 issue of *Prevention*, a study conducted at Reina Sofia University Hospital in Córdoba, Spain, fed overweight subjects various diets that contained the same number of calories but with different carb and fat contents. The diet rich in **monounsaturated fats** prevented the accumulation of belly fat—both the subcutaneous fat that's just below the skin and the visceral fat, the deeper, most dangerous type.

So where do you get monounsaturated fats? From the oils of certain plants and plant foods, like **olives, nuts and avocado**.

Two other studies of interest: One found that a diet high in monounsaturated fat helped subjects lose weight, albeit in small increments, without changing their calorie intake. Another found that a breakfast high in monounsaturated fat can boost calorie burn for five hours. Guacamole dip for breakfast? No, but maybe some nuts on your cereal or in yogurt would work.

Fat Shrinking and Moderate Drinking

What's the secret of staying lean without completely cutting out alcohol? First, keep in mind that alcohol is an energy substrate, so when you drink it, your body burns it first. That means any carb and/or fat you eat around the time you drink alcohol goes to fat cells—like pretzels, chips, peanuts and even the carbs in your “fun” beverage.



1) If possible choose the lowest-carb libation. A good choice is **wine** at four grams of carb per glass.

2) Don't drink on an empty stomach. Alcohol lowers blood sugar, which can make you ravenous for high-carb foods. The solution is to eat a meal of lean protein—chicken or fish—and a high-fiber, low-starch cruciferous vegetable like broccoli—not potatoes, rice or pasta.

3) Moderation: Three glasses of wine should be the limit, and stopping at two is better—and don't eat carbohydrate around the time you partake. That's very important because, as mentioned above, it goes right to fat cells.

Because your body must burn off the alcohol first, fat burning is essentially switched off until it is metabolized. That's why you don't want to chow down on carbs while you drink—have a healthy meal about an hour or so prior—and it's also why a low-carb beverage is best.

Other than those fruity, high-sugar mixed drinks, beer may be the worst fat-adding alcohol because each 12 ounces has about 15 grams of carbs and 150 calories, compared to the 75 or so calories per glass of wine. So if you drink four beers, that's 60 grams of carb potentially being stored as fat—and 600 extra calories. Ouch. That's going to take you at least an hour of cardio to burn off.