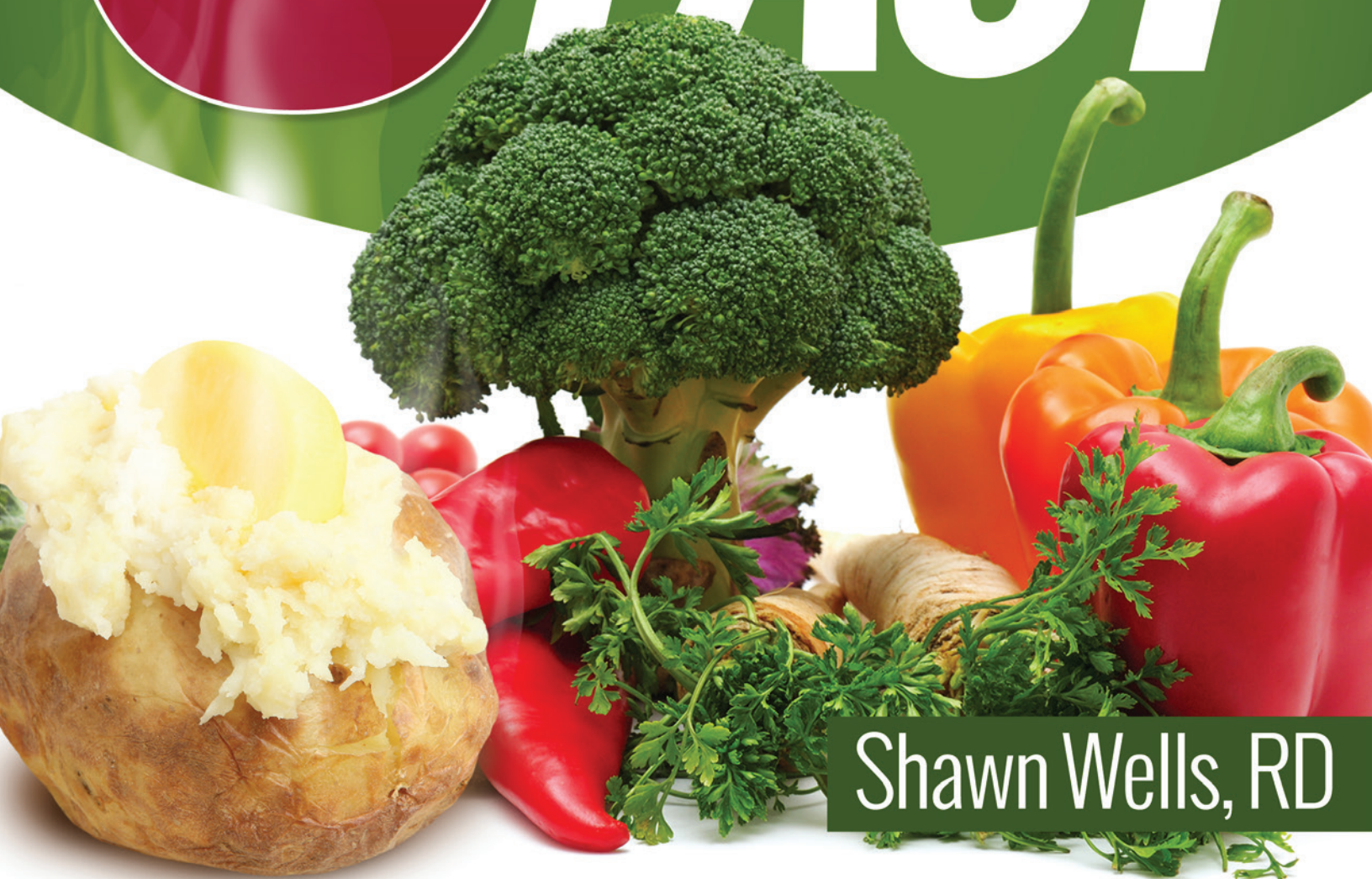


5 *Veggies* that Burn Fat FAST



Shawn Wells, RD



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5 VEGGIES THAT BURN FAT FAST

Yes, your mother and grandmother were always right, and it should surprise no one that, when it comes to optimizing the way you look, feel, and perform, we recommend eating copious amounts of vegetables. Packed with vitamins, minerals, phytochemicals, and fiber, it's no secret that a diet plentiful in vegetables confers many health benefits. According the United States Department of Agriculture,¹ eating a diet rich in vegetables may:

- Reduce the risk of heart disease, including heart attack and stroke;
- Protect against certain types of cancers;
- Reduce the risk of obesity and type 2 diabetes;
- Lower blood pressure; and
- Help decrease bone loss.

While consuming a diet rich in vegetables is associated with lower risks for numerous chronic diseases, the impact of eating vegetables on weight management has not been as widely researched. However, it's becoming increasingly clear that vegetable consumption may play an important role in weight management. In fact, in a study published in the journal *Nutrition & Diabetes*, researchers found that greater consumption of fruits and vegetables during weight loss efforts correlated to more weight and fat lost.²

What's more, researchers have found that reduced-calorie diets including five servings of vegetables per day can lead to sustained weight loss, with associated reductions in cardiovascular disease risk factors. Further, consuming a higher proportion of calories as vegetables may support greater weight loss.³

According to the National Center for Chronic Disease Prevention and Health Promotion (CDC), there are multiple reasons why a diet higher in vegetables may help folks control

energy balance and support healthy body weight management.⁴

First, the CDC reminds us that, in order to lose weight, one must eat fewer calories than what s/he burns (i.e., negative energy balance) on a regular, consistent basis—a fundamental principle of nutrition and metabolism.⁵ As simple as that concept is, anyone who's attempted to lose weight through a reduced-calorie diet can tell you that it's not easy, and for the overwhelming majority of folks, not sustainable. In fact, researchers estimate that fewer than 25% of folks who lose weight are successfully able to keep it off for at least a year.⁶

As discouraging as that may be, there is a tremendous amount of hope, and you don't necessarily need to rely on the “numbers game” (i.e., calorie counting) to sustain your ideal body weight. Research suggests that people may not limit what they consume based on calories alone. Specifically, feeling full (i.e., satiety) is a major reason that people stop eating. In other words, rather than the calorie content of food, the *volume* of food that is consumed at a meal is what makes people feel full and stop eating.

The #1 Worst Carb Ever (don't eat this)

At the link below, we're going to let the cat out of the bag on what is undoubtedly the #1 WORST carb EVER, and how the money-hungry food industry is conspiring to sneak this nightmare carb into just about everything.

In the end, this extremely common carb wreaks havoc on your fat-storing hormones in a MAJOR way, and has even been shown to hamper memory, slow brain activity, and increase your risk of Alzheimer's.

==> [The #1 Worst Carb EVER \(don't eat this\)](#)

In fact, research strongly suggests that how much you eat daily is regulated by the weight of the food rather than by a certain number of calories. Researchers from Penn State have posited that “energy density is a key determinant of energy intake in that cognitive, behavioral, and sensory cues related to the volume or weight of food

consumed can interact with or override physiological cues associated with food intake.”⁷

Energy density is defined as the relationship of calories to the weight of food (i.e., calories per gram). Foods like oils, bacon, butter, cookies, crackers, junk food, fast food, etc., are generally considered “high-energy-dense” foods (i.e., 4 – 9 calories per gram by weight); on the contrary, nearly all fresh vegetables (and fruits) are considered “low-energy-dense” foods (i.e., 0.0 – 1.5 calories per gram, by weight), as they tend to have a high water content and be a very good source of fiber, two important factors reducing energy density.

Along those lines, researchers have found that when folks consume low-energy-dense foods, they feel satisfied earlier and those feelings of fullness persist for relatively longer periods of time—despite reductions in calorie intake. In other words, diets rich in low-energy-dense foods like fruits and vegetables allow folks to eat more food, which leads to greater feelings of satiety.

In one study published in the *American Journal of Clinical Nutrition*, researchers from the University of Alabama found that feeling full is more likely to make an individual stop eating than the number of calories consumed. In the study, participants were permitted to eat as much as they wanted over the course of 5 days, and their menu options alternated from low-energy-dense to high-energy-dense foods. On the low-energy-density diet, the folks ate only about HALF of the calories (1570) that they consumed before feeling full compared with the high-energy-density diet (3000 calories).⁸

In another study published in the *American Journal of Clinical Nutrition*, researchers from the CDC found a clear association between dietary energy density, overall calorie intake, and body weight amongst over 7,000 study participants. Men and women who consumed a diet rich in low-energy-dense foods (e.g., vegetables) consumed between 275 – 425 fewer calories per day than did those folks who opted for more high-energy-dense foods; not only that, the men and women eating more low-energy-dense foods consumed upwards of 14 MORE ounces of food per day (that’s almost a pound).⁹ Not surprisingly, the folks who ate more low-energy-dense foods like vegetables had healthier body weights (i.e., lowest prevalence of obesity).

A number of other studies have confirmed these findings—diets rich in low-energy-dense

foods like vegetables promote satiety (i.e., feelings of fullness and satisfaction), reduce hunger, and decrease overall calorie intake. What's more, long-term studies have shown that low-energy-dense diets also promote weight loss. In fact, studies lasting longer than 6 months show that folks who eat more low-energy-dense foods experience THREE TIMES greater weight loss than people who simply opt to reduce calories.¹⁰

As mentioned, vegetables also tend to be a very good source of fiber, and simply put, fiber is a nutrition all-star. Dietary fiber promotes a healthy digestive tract, regularity, improves carbohydrate management (e.g., slowed gastric emptying), promotes satiety, reduces calorie intake, and enhances weight loss.^{11,12}

In a review of the body of research, scientists at the Human Nutrition Research Center on Aging at Tufts University found that simply increasing fiber intake by 14 grams per day for at least two days can result in an 18% decrease in calorie intake, and over the course of 4 months, that simple dietary intervention can lead to an extra 5 pounds lost. You can add 14 grams of fiber to your daily diet by including one cup each of broccoli, spinach, and Brussels sprouts to your diet (or simply, one cup of beans or lentils).

Eat this TWICE daily for accelerated fat loss

At the link below, we're going to show you the #1 fat-burning meal of ALL-TIME, and how by eating this simple meal twice daily, you can shed fat faster AND easier than ever before.

Even better, you can prepare this simple fat-melting meal in less than 60 seconds.

No, it's not too good to be true.

==> [The #1 Fat-Burning Meal \(Eat this 2xs a day\)](#)

Unfortunately, most people don't consume nearly enough dietary fiber. According to American Dietetic Association, the average American consumes a paltry 15 grams of dietary fiber per day, only about HALF of the recommended daily intake.¹³ As you might

have imagined, researchers have linked low fiber intakes to increased risk for diabetes and obesity.^{14,15}

Still not convinced that eating more vegetables can help you burn fat and lose weight? Well, there's no shortage of evidence.

In a study published in the *American Journal of Clinical Nutrition*, researchers from Penn State University found that overweight women who focused on increasing their intake of low-energy-dense foods (i.e., fruits and vegetables) lost nearly 25% more weight over the course of one year compared to women who were instructed to follow a reduced-calorie diet alone. The women who focused on eating more fruits and vegetables ended up consuming MORE food (despite consuming fewer calories) and experienced greater satiety. The researchers concluded, "Reducing dietary energy density, particularly by increasing fruit and vegetable intakes, is an effective strategy for managing body weight while controlling hunger."¹⁶

30 second daily "trick" FLATTENS your belly

How would you like to flatten your belly in just 30 seconds a day?

Well, you CAN.

In fact, it's almost ironic... this 30 sec trick is by far one of the most effective fat loss strategies our clients have EVER tried, and it's also the easiest to implement.

Literally, just 30 seconds a day:

==> [30 second daily trick FLATTENS your belly](#)

A number of other studies have found an inverse association between fruit and vegetable intake and body weight. In other words, folks who consume more of these low-energy-dense foods weigh less, and these studies demonstrate that advice to increase fruit and vegetable consumption is an effective strategy for weight

management.^{17,18} Further, researchers from the University of Alabama have found that folks who eat more fruits and vegetables are better able to maintain their weight loss progress after achieving their goal weight.¹⁹

In addition to being low-energy-dense foods packed with fiber and important micronutrients (e.g., vitamins and minerals), vegetables are also chockfull of important phytochemicals, which act as potent antioxidants that scavenge free radicals and reduce oxidative stress, a process associated with aging, inflammation, and obesity.^{20–22} In addition to their direct antioxidant protection, phytochemicals appear to have “anti-obesity properties” through their anti-inflammatory potential, their impact on carbohydrate and fat metabolism, and their effects on appetite control.²³

In one study published in the *Journal of Human Nutrition and Dietetics*, researchers from the University of Florida examined the relationship between phytochemical intake (from plant-based foods like vegetables) on body weight and oxidative stress. 54 young, healthy participants were divided into two groups: normal weight and overweight-obese.

Despite the fact that the folks in both groups consumed about the same number of calories daily, the overweight-obese adults consumed fewer plant-based foods, and subsequently, fewer phytochemicals. What’s more, they also had higher levels of oxidative stress and inflammation than their normal-weight peers.²⁴ According to lead study author Dr. Heather K. Vincent, “Diets low in plant-based foods affect health over the course of a long period of time. This is related to annual weight gain and high levels of inflammation and oxidative stress. Those are the onset processes of disease that debilitate people later in life.”

With all of that being said, it seems both prudent and pragmatic to incorporate plenty of vegetables in your nutrition plan when your goal is to optimize health and *fat* loss, and with that in mind, we’d like to share with you some of the top vegetable choices to help you accelerate your weight loss progress.

While we’ve narrowed down the list to five fat-burning vegetables, keep in mind that nearly all fresh vegetables are nutrient-dense, low-energy-dense foods that provide important vitamins and minerals, fat-fighting phytochemicals, and satiating fiber.

Do you POOP enough?

Please excuse the somewhat personal nature of this excerpt, but the information we are about to share below is extremely important for both you and your digestive health.

You may not think that you're constipated, but in reality, it is VERY likely that you ARE.

You see, constipation is not simply “not being able to go”, or only eliminating once a week...that's severe constipation. The truth is, a healthy digestive system should be eliminating after every meal.

Are you moving your bowels several times a day, once for every meal you eat? If not, you are suffering from constipation, which will cause a buildup of toxins and undigested, rotten, putrid food in your digestive system.

This can make it much harder for you to lose fat while also wreaking havoc on your digestive system and overall health...really bad stuff. Just imagine all that rotted, disgusting food sitting there in your digestive system...yuck!

Fortunately, this can be corrected rather quickly, with a few simple steps:

==> [4 tips for healthy digestion and regular bowel movements](#)

Thus, your favorite veggie may have not made the list, but that doesn't mean it's still not a great option. At the end of the day, if you enjoy it, then it's a probably a good choice—especially if it means eating some veggies over none.

Lastly, while the following sections highlight unique attributes of single foods, bear in mind that, in the grand scheme of things, your health and weight loss are contingent on your entire body of “nutrition work.” In other words, there's no single magical food.

Instead of viewing foods in isolation as “good” or “bad,” think about weight management and “deep health” as the product of practicing healthy eating habits, creating a positive food environment, and choosing high-quality nutritious foods in appropriate amounts **regularly** and **consistently** over time. Good nutrition takes practice, and it’s about progress—not perfection.

1. Cruciferous Vegetables

Cruciferous vegetables may have more fat-fighting and health-boosting benefits than nearly any other family of vegetables. On top of that, there are so many options from which to choose, including:

- Broccoli
- Kale
- Cauliflower
- Brussels Sprouts
- Rutabaga
- Cabbage
- Bok Choy
- Swiss Chard
- Turnips
- Arugula
- Collard Greens
- Watercress
- Radishes



Cruciferous vegetables are high in fiber, and as previously mentioned, fiber is a nutrition all-star, promoting healthy GI function, satiety, and weight management. Generally speaking, a single serving of any of the above vegetables provides between 3 – 7 grams of appetite-satisfying fiber—and only about 30 – 40 calories.

One unique benefit of cruciferous vegetables is their ability to help promote healthy estrogen metabolism through a special phytonutrient called indole-3-carbinol (I3C).²⁵ I3C helps promote an increase in the ratio of “good” (2-hydroxy estrogen) to “bad” estrogen (16-hydroxy estrogen). The “good” 2-hydroxy estrogen is a less active form

that is typically excreted from the body more rapidly.

Do this ONCE per day (takes seconds; 11 major health benefits)

Could it really be that ingesting this one single “super nutrient” from good ol’ Mother Nature, just ONCE per day, could provide ALL of these incredible health benefits at the SAME time?

1. Increased heart health
2. Sharpened focus
3. Heightened memory
4. Reduced joint pain
5. Improved eye health
6. Greater bone density
7. More youthful skin, nails, and hair
8. Mood enhancement
9. A slimmer waistline
10. Natural hormonal enhancement
11. Anti-aging benefits

...AND MORE?

Yes, it’s true, and at the link below we’re going to tell you ALL about this breakthrough “super nutrient” and exactly where you can find it (inexpensively) so you can begin experiencing all of the above benefits for yourself—quickly and easily—each and every day.

In fact, according to many top medical doctors today, this single “super nutrient” just may be the most important nutrient EVER for your health, well-being and longevity.

==> [Do THIS once per day \(takes seconds; 11 major health benefits\)](#)

In one study, researchers from the University of Massachusetts, found that cruciferous vegetable consumption was associated with a significant increase in “good” to “bad” estrogen (i.e., 2:16-hydroxyesterone ratio). In fact, just a 10-gram-per-day increase in cruciferous vegetable intake was enough to improve the 2:16-hydroxyesterone ratio.²⁶

A number of additional studies have demonstrated that either daily supplementation with I3C or the addition of broccoli (e.g., 2 cups per day) to one’s diet significantly improves the 2:16-hydroxyesterone ratio, which appears to be closely correlated to maintaining optimal female and overall health.^{27–29} What’s more, an increase in 2-hydroxy estrogen has been shown to reduce body fat and the size of fat cells, as well as increase fat burning in animals.³⁰

Not only that, through its beneficial effects on estrogen metabolism, I3C can help fight off dietary and environmental estrogens to which you may be exposed to through soy, plastics, personal care products, pesticides, and more. Environmental estrogens have also been linked to high levels of belly fat; thus, by consuming more cruciferous vegetables you’ll be fighting off belly fat stores at the same time.³¹

(For more on environmental estrogens, please see sidebar below.)

Cruciferous vegetables are also rich in a compound called sulforaphane, which is known to have a beneficial impact on carbohydrate tolerance and metabolism. What’s more, sulforaphane has been shown to increase the activity of a key fat-burning enzyme called hormone sensitive lipase (HSL). HSL plays an important role in the breakdown of fats (i.e., lipolysis) for fuel, and by upregulating HSL, sulforaphane has been shown to enhance lipolysis.³²

Not only does sulforaphane have the potential to increase the body’s ability to breakdown fats for fuel, it has also been shown in research to both inhibit the body’s ability to create new fat cells (i.e., adipogenesis) as well as suppress the body’s ability to store fat (i.e., lipogenesis).³³ Burn more fat and store less—sounds like a winner!

Even beyond the above benefits, a recent study published in the renowned journal *Nature Immunology* discovered that cruciferous vegetables may play an essential role in controlling immune cells vital to a healthy digestive system.³⁴ Dr. Gabrielle Belz and

her colleagues have found that a gene called T-bet is responsible for the production of gut-protective immune cells (i.e., innate lymphoid cells, ILCs). Specifically, proteins in cruciferous vegetables switch the T-bet gene on and appear to assist it in producing ILCs, which promote good intestinal health by keeping “bad” bacteria out of the intestine.

Cruciferous vegetables have also been shown through research to boast antioxidant and anti-aging properties. In fact, one study funded by the National Cancer Institute showed that participants who consumed 1 - 2 cups of cruciferous vegetables a day reduced their oxidative stress by 22% in just 3 weeks.³⁵

Environmental Estrogens: Obesogens

Simply put, they’re literally everywhere, from can liners to cash register receipts to common foods found in the grocery store to cosmetics to toothpaste to sunscreens to perfumes to baby products to soap to hair products...and the list goes on and on.

They’re referred to as “obesogens,” “environmental estrogens,” and “xenoestrogens,” and a growing body of scientific research suggests that they may have a variety of negative health effects. As a result, it’s becoming increasingly clear that it’s prudent to become familiar with them and limit your exposure to them—at least if you value your health and that of your children.

While it’s beyond the scope of this report to delve into this topic in the great detail that it deserves, we do want to take a moment to help raise your awareness about several of these synthetic xenoestrogens, which mimic the effects of estrogen in the body and have been linked to weight gain and obesity, not to mention myriad other health-related issues.

While there are a number of synthetic compounds to consider in this category, three key endocrine disruptors appear to be:

Bisphenol A (BPA). Along with parabens and phthalate compounds (see more below), BPA has been shown to possess “adipogenic” (i.e., fat-producing) potential. Specifically, it appears that these three synthetics activate a certain compound

(i.e., PPAR- γ) that initiates the process of adipogenesis (i.e., fat creation).³⁶ In other words, compounds like BPA, parabens, and phthalates literally turn on a switch in the body to increase fat storage. “BPA programs [fat cells] to incorporate more fat,” explains University of Missouri Biology professor Frederick vom Saal, who has studied BPA for over 15 years.³¹

In the body, BPA binds to estrogen receptors as well as mimics the effects of estrogen. Studies have shown that even low-dose exposure to BPA has been shown to lead to precocious puberty (i.e., the onset of puberty at a very early age, such as 7 – 9 years old) in girls, as well as genital abnormality in boys.³⁷ According to government testing, 93% of Americans have BPA in their bodies.

How can you limit your exposure to BPA? BPA is an industrial chemical used to make two common synthetics: 1. Polycarbonate, a clear, rigid, shatter-resistant plastic found in a wide variety of consumer products, including plastic food and drink containers; and 2. Epoxy resins, which are found in most of the 131 billion food and beverage cans made in the United States each year. Thus, it’s a good idea to limit consumption of canned foods—or look for cans labeled “BPA-free.” Also, plastic containers marked with the letters “PC” or with the recycling label #7 are likely to contain polycarbonate.

This may surprise you, but approximately 40% of cash register receipts are coated with BPA; as a result, it may be wise to decline receipts—and save a tree while you’re at it—or at least limit your handling of them.

Parabens. Parabens are artificial preservatives that have been around since the 1920s, and they are used in foods, industrial products, cosmetics, and personal care products. Parabens are chosen for their antimicrobial properties; by preventing the growth of bacteria, they can extend the shelf-life of consumer goods.

Because of their low cost, their use is ubiquitous. In a recent study published in the journal *Environmental Health Perspectives*, researchers from the Centers for Disease Control (CDC) tested urine samples from over 2,500 participants (a wide variety of ages, representative of the United States population) and found parabens in 99% of all samples.³⁸

In a recent article published in the *Washington Post*, health columnist Jill U. Adams wrote, “Phthalates and parabens can interfere with the body’s hormones, most notably reproductive hormones such as estrogen and testosterone. The possible health risks could include chronic diseases, cancers and a host of developmental disorders and fertility problems...Both phthalates and parabens act on estrogen pathways, which in humans have been associated with such varied effects as decreased sperm count, endometriosis and insulin resistance.”³⁹

Although some argue that their estrogen-mimicking effects are weak, parabens may indirectly affect estrogen levels by another mechanism. Specifically, they have been shown to inhibit the activity of specific compounds in the body (i.e., sulfotransferase) that help metabolize estrogen. By blocking sulfotransferases, estrogen levels can remain higher than normal.⁴⁰

What’s more, parabens appear to be potent inhibitors of mitochondrial function.⁴¹ This has tremendous implications on overall health and vitality. The mitochondria are often described as the “powerhouses” of cells, as they are responsible for creating energy from the food we eat and store. In addition to impacting cellular energy production, some researchers have proposed that mitochondrial dysfunction plays a significant role in male infertility.⁴²

How can you limit your exposure to parabens? Parabens are present in a wide variety of cosmetics and personal care products, including lotions and moisturizers, face and skin cleansers, shampoos, conditioners, sunscreens, deodorants and antiperspirants, shaving gels, toothpastes, makeup, and many others. They are also used as preservatives in food and beverages, as well as in some medications. Parabens have also been detected in household dust.

You can locate parabens by reading ingredient labels, and the five most commonly used parabens are methyl-, ethyl-, propyl-, isopropyl-, and butylparaben; a sixth paraben, benzylparaben, is less common.

Phthalates. In addition to the potential obesogenic, metabolic, and reproductive effects cited above, the estrogen mimicking effects of phthalates have been linked to reductions in testosterone production, reduced sperm count and motility, and birth

defects in the reproductive system in males. In females, the effects of phthalates include de-feminization and early secondary breast development.³⁷

How can you limit your exposure to phthalates? Avoiding these pervasive endocrine-disrupting chemicals is quite challenging, but according to the Environmental Working Group (EWG), “A good place to start is to avoid plastic food containers, children’s toys (some phthalates are already banned in kids’ products), and plastic wrap made from PVC, which has the recycling label #3. Some personal care products also contain phthalates, so read the labels and avoid products that simply list added ‘fragrance,’ since this catch-all term sometimes means hidden phthalates.”

Along those lines, manufacturers aren’t required to list individual ingredients for “fragrances” or “parfums” in products, as these formulas are considered to be proprietary information. A single listing of the word fragrance can represent a dozen or more ingredients, and this is typically a hotbed for phthalates.

In one study conducted by the EWG, phthalates were found in nearly three-quarters of 72 name-brand products—although NONE of these products listed phthalates in the ingredients. A variety of cosmetic products were examined and tested positive, including deodorants, fragrance, hair styling products, hand and body lotions, and nail polish.⁴³

When shopping for cosmetics and personal care products without phthalates, your best option would be to choose products that are scented with natural essential oils, unscented, fragrance-free, contain no synthetic fragrances, or are labeled specifically “phthalate-free.”

2. Spinach

Popeye's super strength came from eating spinach, and the creators of that famous cartoon really did know what they were talking about. Spinach is arguably one of the most nutrient-dense foods you can find, as it is loaded with essential vitamins and minerals, as well as copious phytochemicals. As a matter of fact, spinach is an excellent source of:

- Vitamin K
- Vitamin A
- Manganese
- Folate
- Magnesium
- Iron
- Copper
- Vitamin B2
- Vitamin B6
- Vitamin E
- Calcium
- Potassium
- Vitamin C
- Fiber
- Phosphorus
- Vitamin B1
- Zinc
- Choline



With that laundry list of essential nutrients, it's easy to see why this "superfood" would be at the top of anyone's list trying to lose fat and promote a healthy lifestyle. What's more, all of these nutrients come at a very low price, calorically speaking. As a matter of fact, a single cup of spinach contains only 7 calories. In addition to these micronutrients, spinach is also a rich source of phytonutrients and antioxidants, like the carotenoids lutein, zeaxanthin, neoxanthin, and violaxanthin.

The phytonutrients and antioxidants in spinach work hard to scavenge free radicals and

support a healthy inflammatory response. Along these lines, the research is becoming abundantly clear that inflammation plays an important role in obesity, and vice versa.⁴⁴ Thus, including anti-inflammatory foods like spinach in your nutrition arsenal is important for optimizing overall health and body weight.

Speaking of which, in one study published in the journal *Appetite*, Swedish researchers gave overweight women either a beverage containing a greens extract (made from baby spinach leaves) or a placebo prior to breakfast each day. At the end of the 3-month study, the women consuming the beverage with the spinach extract lost, on average, 11 pounds—43% more weight than the placebo group, which was provided the same nutrition and exercise advice.⁴⁵

The researchers credited the enhanced weight loss to slowed digestion time, improved appetite control, and reductions in hunger. In fact, the women consuming the spinach extract benefited from a 95% decrease in the urge to eat highly palatable foods (e.g., sweets, junk food, fast food).

2 minute “cleanse” kills toxic parasites LIVING in your belly

Due to exposure to an array of common foods, beverages, and over-the-counter medicines, 9 out of 10 people’s guts have been infested with toxic, parasitic bacteria that is DESTROYING their health and making it virtually impossible for them to drop fat from their biggest problem areas...and that very likely means **you**.

Fortunately, there’s a quick 2 minute “cleanse” that you can perform today, almost without thinking, to correct this dangerous imbalance. Just follow the simple steps given at this link:

==> [2 minute “cleanse” kills toxic parasites LIVING in your belly](#)

The researchers found that after the women consumed the spinach extract, they demonstrated a 2.6-fold greater increase (compared to the placebo group) in the

hormone GLP-1, which promotes satiety (i.e., feelings of fullness), regulates reward-induced food consumption (i.e., hedonic compensation), and plays an important role in the urge to eat sweet, salt, and fat (i.e., junk food).

In a follow-up study recently published in the *Journal of the American College of Nutrition*, the same group of researchers confirmed these findings, as they found that folks who consumed the spinach extract demonstrated increased satiety for several hours after consumption. What was particularly interesting about this study was that the researchers found that spinach extract seemed to positively impact the “food reward system,” often referred to as hedonic compensation.⁴⁶

Essentially, an eating episode (i.e., the choice to eat food) can be sparked by metabolic need, hedonic drive, or a combination of the two. In other words, in today’s world, we no longer eat only when we’re “metabolically hungry.” Instead, we are driven to eat even when we’re not truly hungry and despite having vast energy reserves (i.e., body fat).

More and more, obesity researchers are investigating the impact of hedonic drive and eating factors, which involves cognitive, reward, and emotional factors and may include choosing to eat based on food environment, food addiction, stress relief, boredom, and mood elevation.⁴⁷ By suppressing food cravings via acting on the reward system (through various hormones), certain foods like spinach may possess a novel way to reduce calorie consumption and positively address energy balance.

3. Allium Family

A member of the Allium family of vegetables, onions are rich in sulfur-containing compounds called sulfides, flavonols, and quercetin, which combine to provide many of onions’ far-reaching health-promoting effects. While the Egyptians worshipped the onion’s many layers as a symbol of eternity, researchers are beginning to laud this member of the Allium family for its cardiovascular benefits.



As mentioned, onions are a standout source of the nutrient quercetin. In fact, researchers at Wageningen Agricultural University showed that the absorption of quercetin from onions is twice that from tea and more than three times that from apples.⁴⁸ Further research at the Agricultural University of Wageningen showed that daily consumption of onions may result in increased accumulation of quercetin in the blood.

Do THIS twice daily to burn BELLY FLAB

Exciting news to share with you today... There's a new way to burn belly fat that has been shown in more than a DOZEN research studies to help you burn fat and slim your waist at an accelerated rate.

In fact, one breakthrough study showed that those who performed this belly-burning trick just twice daily **burned 400% more fat** than those who didn't. Another study published in the *Journal of International Medical Research* showed that those using this powerful flab-burning trick lost 20% of their body fat in just 12 weeks. And get this... the trick takes less than a minute to perform!

Would you like to burn 400% more fat by using this quick, belly-busting trick just twice daily? We show you exactly how to do it here:

==> [Do THIS twice daily to burn BELLY FLAB \(takes less than 1 min\)](#)

Of note, studies have shown that quercetin can reduce blood pressure in individuals with high blood pressure.⁴⁹ What's more, researchers found that daily quercetin-rich supplementation from onion peel extract resulted in improved blood cholesterol profiles, blood pressure, and carbohydrate management, which suggests a beneficial role as "a preventative measure against cardiovascular risk."⁵⁰

But the benefits of quercetin don't stop there, as they appear to extend to improvements in carbohydrate metabolism. Specifically, quercetin has been shown to inhibit digestive enzymes like alpha-amylase and alpha-glucosidase, which are responsible for breaking down carbohydrates into absorbable sugars.⁵¹ In a recent study published

in the *International Journal of Diabetes Research*, researchers from Iraq found that consumption of quercetin alongside carbohydrates was effective at improving carbohydrate metabolism.⁵²

Not only that, the sulfides in onions have been linked to improved weight loss and carbohydrate metabolism in animal studies.^{53,54} Through quercetin and sulfides, onions provide a one-two punch for supporting healthy carbohydrate management and promoting carbohydrate tolerance.

Speaking of carbohydrates, onions store theirs in the form of fructans, which belong to a unique category of dietary fiber called prebiotics. A prebiotic is defined as “a selectively fermented ingredient that allows specific changes, both in the composition and/or activity in the gastrointestinal microflora, that confer benefits.”⁵⁵ In other words, the fructans found in onions preferentially stimulate the growth of healthy bacteria in the digestive tract, and just like humans need nutrients to thrive, so too do the beneficial microbes that inhabit the gut.

This is important for a wide variety of reasons because gut bacteria—and more importantly, an optimal balance of healthy gut bacteria—play a tremendous role in digestive system health and function, overall health, immune system function, wellbeing, metabolism, the respiratory (i.e., lungs) and integumentary (i.e., skin) systems, and more.

With regard to fat loss, the evidence that gut bacteria contribute to energy balance (or, weight management) is so strong that Dr. Patrice Cani and her colleagues at the Metabolism and Nutrition Research Group in Belgium have coined the term “MicroObesity” to describe the relationship between gut “dysbiosis” (i.e., an imbalance of gut bacteria) and obesity.⁵⁶

Among the many fascinating discoveries that researchers have found connecting gut microbiome to weight management include:

- A research team led by Dr. Jeffrey Gordon at the Washington University School of Medicine showed that obese and lean human twins have clear differences in their gut microbial communities. Most notably, the gut flora in obese twins contains less diverse bacterial species.⁵⁷

- Not only that, Dr. Gordon and his research team demonstrated that when fecal material (rich in gut bacteria) from an obese human is transplanted into the gut of a healthy lab rat, the animal will gain a significant amount of weight despite the fact that its diet remains unchanged.⁵⁷
- In a study performed at the Obesity, Metabolism & Nutritional Institute at Massachusetts General Hospital, researchers found that changes in the gut flora are partially responsible for the weight loss and reduced body fat following gastric bypass surgery.⁵⁸

With that in mind, taking steps to improve the balance of healthy gut bacteria—which includes providing important support nutrients like the prebiotic fiber found in onions—has serious implications for reducing body fat and optimizing weight management. Like onions, garlic is also a member of the Allium family, and as a result, you can expect many of the very same health benefits. Affectionately referred to as the “stinking rose,” garlic is rich in flavonols and sulfides, of which the best known is allicin.

Technically, allicin is not contained in fresh garlic. Rather, crushing or chopping garlic results in the release of an enzyme called allinase that results the formation of allicin, which has been touted by some researchers as the world’s most potent antioxidant. Because heat inactivates the allinase enzyme, it’s recommended to let garlic sit for 10 minutes after chopping or crushing before cooking (see “Tip” below).

Research on garlic has demonstrated myriad cardiovascular benefits, including improved blood cholesterol and blood pressure.⁵⁹ Additionally, research suggests that garlic may play a role in suppressing atherosclerosis (i.e., hardening of the arteries).⁶⁰ Also of note, garlic contains a sulfide called 1,2-vinyldithiin (1,2-DT), which has long been recognized for its anti-inflammatory properties. Recently, researchers have discovered that 1,2-DT can inhibit adipogenesis (i.e., the formation of new fat cells) and inflammation associated with fat accumulation. In fact, based on their experiment, the researchers concluded that 1,2-DT has “antiadipogenic and antiinflammatory actions” and may be “a novel, antiobesity nutraceutical.”⁶¹

In addition to onions and garlic, leeks, shallots, and chives also belong to the Allium family. While their nutrient and phytonutrient contents may differ slightly, they are still excellent options to add to your menu.

Tip: Studies suggest that heating foods like onions and garlic may have a negative effect on their sulfides, which could potentially reduce their beneficial health properties. However, allowing onions and garlic to sit for 10 minutes (after slicing, dicing, crushing, etc.) before cooking preserves the compounds and provides the most health benefits.⁶²

Never eat this type of fish (EVER)

While we've been led to believe that fish is one of the healthiest food choices around, what you probably didn't know is that there are 4 specific types of fish -- all very common -- that you should literally NEVER eat due to incredibly high levels of contamination that can and WILL hammer the delicate cells of your body with **toxic inflammation...**

In the end, this toxic inflammation build up contributes to achy joints, premature aging of the skin (and less visible organs like the heart, kidneys, and liver), difficulty shedding excess weight, cognitive decline, forgetfulness, feeling blue and moody, and so much more...

Whatever you do, **AVOID these 4 types of fish** like the plague:

==> [NEVER eat this type of fish \(EVER\)](#)

Watch out!

4. Potatoes

For one reason or another, potatoes seem to get a bad rap. Before delving into why they shouldn't, it is critical to distinguish whole, unprocessed potatoes from potato-based "foods," like potato chips, French fries, and restaurant preparations of mashed potatoes and loaded baked potatoes, which are typically a far cry from the humble spud.

When properly prepared (e.g., cooked and cooled), potatoes are an excellent source of resistant starch, which is a special type of carbohydrate that is not digested by the

human body.⁶³ Resistant starch is considered both a dietary fiber and a “functional fiber,” depending on whether or not it is consumed naturally from foods or as a supplement.⁶⁴ Multiple studies have shown resistant starch increases satiety and reduces food intake both acutely and in subsequent feedings.^{65,66} Research has also shown that consumption of resistant starch increases fat burning, decreases fat storage, and improves insulin sensitivity.^{67,68}

That’s not all; researchers speculate that resistant starch may also increase the thermic effect of feeding, which means that it boosts the metabolism, as well as promote weight loss and preserve calorie-burning muscle.⁶⁹

One of the very intriguing aspects of resistant starch is that it serves as a prebiotic for the beneficial bacteria that compose the gut microflora. In other words, while it goes undigested by us, resistant starch is fermented by gut bacteria, and as a result, has the potential to positively impact human health in the myriad ways previously described.⁷⁰

Beyond resistant starch, potatoes are a nutrient-dense food, containing a variety of different phytonutrients that have antioxidant activity, as well as 10 different vitamins and minerals, including the following:

- Vitamin B6
- Copper
- Potassium
- Vitamin C
- Manganese
- Phosphorus
- Niacin
- Pantothenic acid



While that all sounds great, let’s face it, when it comes to the battle of the bulge, one of the most important factors to consider is satiety, which refers to feeling satisfied. Thus, when trying to control calories (i.e., negative energy balance), it’s important to choose foods that satisfy the appetite (i.e., high satiety). No one likes to be hungry, which is all too common when trying to eat less. Along these lines, some authors refer to satiety as the “new diet weapon.”

Understanding the importance of feeling full, Dr. Susanna Holt and her team of researchers at the University of Sydney set out to establish a satiety index of common foods.⁷¹ In the study, the researchers fed participants fixed-calorie portions of thirty-eight different foods and subsequently recorded their perceived hunger following each feeding.

The results of the study, like many similar studies, indicate that satiety is most strongly related to the weight of the food consumed. In other words, the foods that weigh the most satisfy hunger best, regardless of the number of calories they contain.

Of pertinence to this conversation, boiled potatoes scored highest on Holt's satiety index, over 40% higher than any other food tested. In addition, Holt and her colleagues found that higher amounts of certain nutrients, such as protein, dietary fiber, and water content, also correlated positively with satiety scores—lending more credence to building a nutrition plan around low-energy-dense (e.g., vegetables) and protein-rich foods.

When purchasing potatoes, it may be a good idea to opt for organic when possible. Each year, the EWG produces the Shopper's Guide to Pesticides in an effort to reduce consumers' exposures to pesticides as much as possible. The EWG releases a list called the Dirty Dozen™, which contains the fruits and vegetables with the highest pesticide residues. Potatoes fall on the EWG's Dirty Dozen list, as they contain more pesticides by weight than any other food.

Other root vegetables (e.g., carrots, beets, rutabaga, turnips, parsnips) and tubers (e.g., sweet potatoes, yams, cassava) are also great options, although it is important to note that nutrient content may vary significantly across individual vegetables.

5. Hot and Sweet Chili Peppers

Not only does spicy food taste great, it can also boost the metabolism. That's right, the same compound that makes certain foods spicy can also turn up the heat on your metabolism, helping you burn more calories and torch unwanted body fat.



You see, hot peppers contain a compound called capsaicin, and observational studies suggest that consumption of foods containing capsaicin is associated with lower body weight.⁷² Research has shown that capsaicin can boost metabolic rate, accelerate fat burning, decrease fat storage, increase feelings of fullness, reduce appetite, and decrease calorie intake.⁷³

One unique way that capsaicin appears to increase calorie burn is through activation of “brown fat,” which is different from unwanted body fat (also called white adipose tissue).⁷⁴ The purpose of brown fat is to burn off calories as heat in order to keep the body warm, and capsaicin’s ability to “activate” stubborn brown fat is a cutting-edge way to boost metabolism and burn body fat.^{75,76}

Not only that, capsaicin appears to activate a compound in the body called AMPK, which helps partition carbs to muscle, not fat.^{77,78} Activation of AMPK also increases fat burning and reduces the body’s ability to create and store fat.⁷⁹ Shuttle carbs to muscles, burn more fat, and store less...how does that sound to you? Pretty awesome, right?

With all of that in mind, you might consider spicing up your meals a bit with cayenne, jalapeño, habanero, and other hot peppers. Basically, the hotter the pepper, the greater the capsaicin content, and if you’re feeling especially spicy, then you might try the bhut jolokia pepper (aka, the “ghost pepper”), which is so hot that it is often used as an elephant repellent in India!

For those of you who aren’t particularly fond of spicy food (i.e., hot peppers), the great news is that sweet peppers may also have some fat-burning advantages of their own. Structurally similar to capsaicin, sweet peppers contain compounds called capsinoids (e.g., dihydrocapsiate) that appear to possess similar metabolism-boosting effects without the side effects often associated with capsaicin.

Like capsaicin, the capsinoids activate a receptor type called Transient Receptor Potential Vanilloid 1 (TRPV1).⁸⁰ While capsaicin activates the TRPV1 receptors in the mouth, these non-pungent capsinoids don’t; however, like capsaicin, the capsinoids do activate the TRPV1 receptors in the gut, and this is how they have the potential to exert their beneficial effects on metabolism.

Activation of the TRPV1 receptor is the means by which capsaicin activates “brown fat” as described earlier. What’s more, activation of the TRPV1 receptor also increases sympathetic nervous system (SNS) activity, which enhances energy expenditure and oxygen consumption in skeletal muscle and white adipose tissue. In other words, it helps boost the metabolism and increase fat burning.^{81,82}

A number of studies have shown that these non-pungent capsinoids increase metabolic rate, body temperature, and fat utilization.^{83–87} In one study published in the journal *Bioscience, Biotechnology, and Biochemistry*, Japanese researchers found that supplementation with non-pungent capsinoids for just two weeks significantly reduced body weight and fat accumulation through activation of the SNS. Study participants who consumed the capsinoids significantly increased fat burning, and whereas the placebo group actually gained body fat, the capsinoid group dropped, on average, nearly four pounds (in just two weeks)!⁸⁵

In one study published in the *American Journal of Clinical Nutrition*, folks who supplemented with capsinoids for 12 weeks lost twice as much weight as study participants who were given a placebo. Even more, the group taking the capsinoids demonstrated increased fat burning over the course of the study, which is likely to explain how they lost over 500% MORE belly fat!⁸⁶

Whether you like them spicy, sweet, or both, the research suggests that regular consumption of peppers may help you boost your metabolism and burn more fat.

Mom Knows Best

As you can see, Mom really was right. A diet rich in vegetables can indeed help optimize fat burning and weight management. In fact, with their low-energy-density, fat-fighting phytochemicals, and satiating fiber, vegetables appear to provide a variety of potential benefits to help accelerate fat loss. Adding vegetables to your nutrition plan may help:

- Improve appetite control
- Reduce calorie intake
- Optimize metabolic health
- Boost metabolic rate

- Enhance insulin sensitivity
- Improve carbohydrate management
- Increase fat burning
- Reduce fat storage
- Promote an optimal balance of healthy gut bacteria

If you're like many people, you already “know” that they're good for you; however, the tricky part is finding ways to work vegetables into your nutrition plan. For many folks, this simply involves a little bit of planning and preparation; after all, you can't eat them if they're not convenient and readily available, which may require you to go grocery shopping and do a little food prep.

Beyond the simple ideas of substituting salads for side dishes, it's a great idea to try a variety of vegetables prepared in a number of different ways. For example:

- Add vegetables like spinach, onions, peppers, and mushrooms to omelets.
- Add vegetables like spinach, kale, cucumber, sweet potatoes, and pumpkin to protein smoothies.
- Add vegetables like lettuces, spinach, kale, tomatoes, cucumbers, roasted peppers, and onions to sandwiches and wraps.
- Add vegetables like broccoli, cauliflower, carrots, potatoes, onions, garlic, peppers, spinach, and others to broth-based soups and lentils.
- Add vegetables like broccoli, cauliflower, asparagus, peppers, squash, onions, and mushrooms to pasta and rice dishes.
- Pack fresh vegetables like carrots, peppers, cucumbers, and snap peas for a snack.

There are many ways to include more vegetables in your nutrition plan, and the more the merrier. Consider trying one new vegetable each week—or maybe one new recipe for an old favorite. If you have kids, get them involved in the selection and preparation process as well. Perhaps your relationship with vegetables may be a bit different today if it was cultivated differently when you were younger.

Lastly, remember that optimal health, performance, and weight management are the product of practicing healthy eating habits, creating a positive food environment, and choosing high-quality nutritious foods in appropriate amounts **regularly** and **consistently** over time.

Do THIS before eating carbs (every time)

At the link below, we're going to show you our #1 carb-fighting trick that you can use each and every time you eat carbs. This simple carb-fighting "ritual" is clinically proven to:

- *Lower your blood sugar
- *Increase insulin sensitivity
- *Decrease fat storage
- *Increase fat burning

Even better, you can perform it in just a few seconds...and it WORKS like gangbusters.

==> [Do THIS before eating carbs \(every time\)](#)

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