

The Tao of Weight Loss System

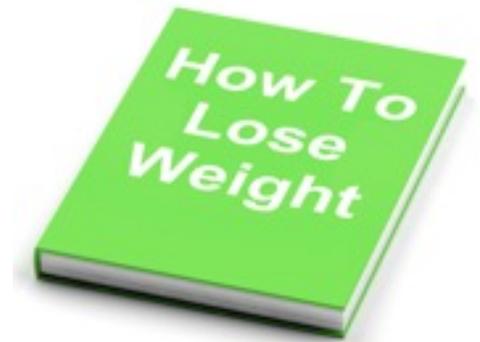
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EFFORTLESS
WEIGHT
LOSS/
CHANGE
YOUR LIFE
FOREVER

Lose Weight, Feel Energized
and Powerful in Your Life

After this report you will know:

1. Why it doesn't work to just cut calorie intake
2. 3 key mistakes most people make when trying to lose weight
3. Why low fat can cause weight gain rebound
4. What steps you can take to start losing weight successfully



Why is it so hard losing weight hard?

Losing weight can be hard and frustrating. Actually it can be very, very frustration especially if your friend loses x amount of weight on the same diet you didn't lose any weight on.

Perhaps you have tried to lose weight before and **met with defeat or you lost weight but regained it and than some.** That's enough to make anyone throw in the towel when trying to lose weight. What I am going to do in this ebook is to demystify why this happens and show you **how to get better results by follow a few simple strategies that I use with my patients.**

Sound good?

What science is finding is there is a switch which signals your metabolism to either store fat or burn fat. There are certain steps you need to take to trigger this switch. Once you can control that switch than losing weight becomes so much easier. **The truth is there just isn't one thing or a magic bullet for taking control of your switch.** It's more like a few steps that you need to repeat and make work for you. In this report we will touch upon those key steps. They are a combination of action and information.



So what is the deal with weight loss? **Why is it easy for some people to lose the pounds and almost impossible for other to lose anything at all or regain it after losing it?** Why is weight loss such a struggle for so many people?

The Basics of Weight Gain and Loss

The way we gain weight is if the energy or calorie load coming into the body is larger than the amount of energy leaving the body (general metabolism + activity) You probably new this right? Well if that is the case than a simple increase of 15% would lead to considerable weight gain over time. Than why isn't everyone who over consumes calories over weight and why do low calorie diets fail for most people? **One reason is the types of calories we eating and the amount.**

The amount of food we are consuming from 1970 to 2003 has increased. According to the USDA, the average American daily calorie intake was 2,234 in 1970 and 2,757 in 2003. This is an increase of 523 calories per day.

In the 1960's only 10% of Americans were obese. That number started to double. Roughly two out of three U.S. adults are [overweight](#) or obese (69 percent) and one out of three are obese (36 percent). Of all high income countries, the United States has the highest rates of overweight and obesity, with fully a third of the population obese—a rate projected to rise to around 50 percent by 2030. This is a very serious problem. Being over weight is such a problem because **it is the leading cause of chronic illness.** That's right. Diabetes, heart disease, and the list goes on and on.



So just stop eating as much and decrease the calorie intake and that should do it right? It isn't that easy. The body has very powerful mechanisms that will decrease metabolic rate and increase hormones that make you hungry. **Calories = Survival.** We humans haven't always had this easy of access to abundant supplies of food nor this kind of food. **The types of ingredients that make up much of the foods we eat today contribute to weight gain in a very sneaky way. That's right you could be eating foods I will cover in just a bit that are causing you to gain weight!**

What Type of Food should you eat?

Step 1

Counting calories is time consuming, not realistic and as one of my patients says, “who’s got time for that?” **Even if you are counting calories regularly, if your not eating the right ones you won’t lose the weight!** This is especially true if your diet (calories) is not based on whole foods and made up of the correct ratios of food. The trick is to consuming less calories and feel satisfied at the same time so your body doesn’t slow down your metabolism and increase your appetite. Your eating ritual has to be easy and simple. One way to do this is to eat a very specific ratio of the three macro nutrients. Fat, protein and carbohydrates.

Pitfall: The quality of your food is very important as well because not all calories are equal. If you are not getting the proper vitamins and mineral from your foods than your bodies complex processes cannot run optimally and your body is going to have a difficult time balancing itself (losing excess weight).

Step 2

Eating nutrient dense foods that deliver enough vitamins and minerals is the best way to take in less calories and feel satisfied. If you want more information about this approach to diet you can go to the Weston A. Price foundation. The current Paleo diet is another name for what the Weston A. Price foundation has been saying for decades.

Healthy protein is particularly important to satisfy the bodies appetite. Protein delivers a strong fullness response in the body so the body feels full and you can take in less calories effortlessly. **So no hunger pains!**

With this approach to nutrition **my patients don’t experience sugar cravings, hunger pains or the energy swings typical of other diets.** Timing of the meals are also very important and an effective way to switch the body over to burning fat. This might be the number one strategy that pushes the metabolism into a balanced powerful fat burning furnace because this balances the hormones that control the fat switch.

Are you tricking your body into gaining weight?

Step 3

Certain foods can cause you to over consume at your meals without you noticing. This [study](#) shows that foods that have a higher glycemic index or spike your insulin levels can increase your appetite and thus your calorie intake.

The types of foods you eat determines your satiety point (fullness sensation). The satiety point is the point when you stop eating and this is determined by a feedback loop between the gut, brain and hormones like leptin and insulin.

So an important key is to eat foods that keep your intake of food overall low and your satiety point high. **That way you don't experience hunger cravings.** A key to doing that is by eating a key macronutrient. **Protein.**



Protein contributes to your lean body mass, not to fat storage. This [study](#) demonstrates this. The body uses protein and carbohydrates differently. **The truth is that some calories make you store energy as fat while other store energy as muscle.** We want you to be consuming the correct ratio so your body is burning fat optimally and

Tip: You don't have to eat 100% perfect. That's impossible for most people. It's about being smart when you do decide to enjoy the decadent foods.

reducing fat storage. The metabolism plays an integral part to this just as much as the kind of calories you are taking in. **So the ratio is another key to your body switching into a fat burning mode.**

Major roadblocks to weight loss

Step 4

The obesity epidemic has been attributed to the ready availability, abundance, and overconsumption of high-energy content food that has a very high palatable rate. Meaning these foods encourage overconsumption because they create such a pleasurable experience. An example of this is alcohol. **It has a high amount of calories but we consume it because it is pleasurable not because we are hungry.** I'm going to ask you a question. Are you eating because you are hungry or because it helps you feel good emotionally?

Believe it or not emotions can be a huge piece of the puzzle to lose weight. I have seen it numerous times in my clinic. **Getting honest with you self on this point is crucial and you need to have some kind of way to do that.** I have found with patients that this piece can play a huge part in successfully losing weight. If those unconscious habits are running and interfering with following through on these steps it makes losing weight very difficult in not impossible.

Stress

Step 5

Can you believe it? Stress is another piece of the weight loss puzzle that contributes to a variety of different problems and illness in the body. So I am going to go through a few ways stress affects the metabolism.

First of all the body shifts into a state of fight or flight which immediately shuts down the digestive track.

This affects the entire cascade of enzyme production, bacteria and acid for properly digesting and absorbing foods.

Poorly digested food can lead to something called dysbiosis and inflammation. Dysbiosis is an imbalance in the gut flora and can lead to a variety of conditions like hormonal imbalance, weight gain, or hormonal imbalances. Excessive stress puts more wear and tear on the body by requiring that the bodies systems are in a constant state of alertness.



Turbocharge your bodies fat burning capacity

Step 6

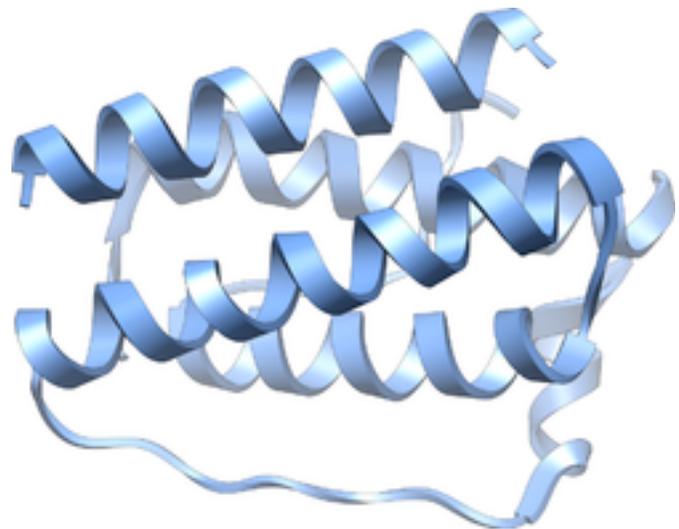
The metabolism determines how your body burns and stores the fuel you take in everyday. If your metabolism is impaired in any way than your ability to burn fat isn't going to work as it should.

There are a few organs and main hormones that determine this. They are the liver, stomach, adrenals and small intestine. It would be impossible to cover all the details here about how all the pieces play into the health of your metabolism.

If you are interested I have several articles on my site kalubjarosh.com that will go into more detail about the importance of each organ system and how it related to weight loss.

I will mention a key hormone called leptin. Leptin is created in fat cells and other tissues. It is responsible for telling the brain how much fat is in your body and sends signals about the amount of food you have eaten and is changed by a regular exercise routine. Leptin is a key weight hormone because of its effect on appetite and metabolism. **When dieting it can drop and this slows the metabolism and when it is high the metabolism is high.**

Women are not as sensitive to leptin as men. Which means that women can have a more difficult time getting the body to register it. Up until recently survival was determined on access to food. So the more fat you could store the better because fat increases the biological success of survival for a species. In fact most mammals go through a process in fall where they will increase their body weight significantly to make sure they survive.



For women having ample fat insures the ability to carry a baby to full term and survive during food shortages. **So women are more resistant to leptin than men are.** That means for women it takes more leptin to keep the metabolism burning strong or an increased sensitivity to leptin. There are a few tricks that increase the bodies ability to respond to leptin in a more sensitive way.

1. Good sleep is essential
2. The right kind of exercise
3. Meal timing and calorie intake

When dieting, leptin drops especially in women and the metabolism slows down. **So leptin drops slows down the metabolism. So it's not your fault your up against your biology.** So how do we reset the leptin switch? The good news is because of science we understand the forces that cause weight gain.

Don't Try To Go It Alone

The number one mistake I see people make when trying to lose weight is they try and do it themselves. This usually doesn't work. Why? Studies have shown that people have more success losing and maintaining weight loss when they have social support and connection backing them up. Sharing an experience with others can be opportunity to learn new health skills to deal with stress, stay motivated, learn how to set goals and support others. So connect with family and friends or a community that can help you stay focused and that you can support each other.

If you don't have a local community near you than you can join the online community at kalubjarosh.com.

These strategies outlined in this report will give you a deeper understanding and head start in your weight loss goals.

REVIEW:

So the foods you eat can determine if you have mood swings or cravings.

Don't try to go it alone and figure it out on your own. Studies show that social support helps people lose weight more successfully and maintain their weight loss.

Certain foods are processed differently in the body and can cause weight gain.

Certain foods can set you up for weight gain by flipping your metabolism to store fat.

It is important to eat a proper ratio of macro nutrients and to be getting proper amounts of mineral and vitamins in your food.

Most people are imbalanced in one area of their bodies and need specific help so their metabolism can switch over to burning fat.

Leptin is an important fat regulating hormone.