

# FOUR WEEK FAT LOSS

## Question and Answer with Matt Lovell – Elite Sports Nutritionist

Hi, welcome to the first hopefully of what would be a regular occurrence of which would be times when you can log on and ask questions live on our Four Week Fat Loss and Question and Answer call.

I've got a load of questions that you guys have sent in earlier and also, I'll be looking through those questions and you can send me through some questions as they occur to you and you can actually type them in live and just go from there.

A question here from James: **Am I on the right track if I strongly recommend the Zone and Paleo diets to my clients?**

Yes, both those diet plans are really good. Same principles, I believe in a lot of the Paleo ethic, there's a lot of research to support the hunter gatherer, basic metabolism has not changed as quickly as modern food culture. What our early ancestors ate tended to mean they were much healthier and generally had less disease than what's currently associated with the modern diet. There were lots of things that were in better balance back then so there were no such things as 'Mars Bar Trees' for instance, much lower consumption of refined sugars, high consumption of the correct ratio of fatty acids, much higher energy expenditure compared to food intake.

So now our maximum energy spend in supermarkets to push the trolley around and you can load your trolley up with hundreds of thousands of calories of food and in a hunter gatherer that would have taken you a lot of calories to go out hunting and gathering all those calories, so the tendency was that those people would have been stronger and more muscular and leaner and therefore healthier as a result of that.

So your recommendations on the Zone diet are also good, you just have to be careful on the calories there because for me, I get 1,500 calories on the Zone diet that's perfect if I'm going to drop body fat rapidly, but if I was involved in any type of endurance activity within a few days, you just crash and burn on that type of low calorie intake. So you just have to watch according to what activities you're doing but for a sedentary person on very low activity than the calorie intake for overweight people won't be too far off the mark.

Next question from Mike: **Is there a difference between calorie deficit and weight loss ratio for more active people? Can you lose fat faster if you are more active even when actual calorie deficit in your diet is the same?**

Well, good question. Yes, I believe you can and the reason behind that is because the more you stimulate your lean muscle mass through activity, the higher your metabolic rate would be therefore, the more calories you'll be able to burn even at rest, even if you have the same calorie deficit in the diet if that makes sense, but it also brings up this calories in, calories out argument currently, we're hearing about this constantly here and I just like to put some clarity around that. So the first role of thermo-dynamics is if you take more energy than you need, you get to store it somewhere.

Similarly, if you take in less energy, then you need to get the energy from somewhere. So if you take in more energy than you need, you will gain weight there's no doubt about that and if take in less energy than you need, you will lose weight. But weight gain or loss isn't really

that fantastically interesting unless you know what the composition of that weight is in the human being and this is where the calories in, calories out argument falls down a little bit because not all calories are created equal.

So if you've under consumed calories but keep a higher percentage of protein or fat, you'll hold on to a higher percentage of your lean muscle mass, so you lose more fat, so you'll be leaner and if you over consume calories with the right metabolic stimulus and make sure most of those calories are from protein and essential fats, then you're more likely to lay down muscle tissue than you are to getting fat.

Similarly, if you've under ate and you got a higher percentage of carbohydrate, very low protein intake, moderate fat intake, you'll be likely to lose muscle tissue in the absence of muscle stimulus. So with some overweight athletes, they're just too heavy in terms of muscle mass. So sometimes you have to put them on a catabolic diet so they can catabolize their own muscle tissue. Similarly, if you over ate and you ate a higher percentage of carbohydrate and not very much protein then you'll be more likely to become fat from the carbohydrate. So I hope that's cleared up a little bit.

Question from Leroy: **If you're dieting and you're going to lose body fat, should you have one day per week for junk food to boost up your metabolic system?**

Well actually, when you under eat and then over eat, it does offset the natural decline in your metabolism, the body tries to bring about through slowing down fat loss, lowering your thyroid hormone production, lowering your metabolic rate and that's like a survival mechanism. So you wouldn't die in a period of famine. So outsmarting this primitive survival mechanism is key really to long term leanness and long term success in terms of fat loss and it's very good to over eat occasionally every three days, every seven days, every fourteen days depending on your body type, you'll find that you're better suited to over feeding at different frequencies.

So some people can't tolerate it more than every couple of weeks, some people once a week and some people actually need to over feed every three days or four days otherwise they really start to not respond and not adapt very well to whatever diet they are on. However in terms of junk food, I wouldn't suggest you just over indulge in any old crap. The trick is there to help maybe one or two small tricks but just eat more of the good stuff, you know enjoy more of the good things and just keep choosing your food carefully.

There's another question come in, **can you use apple cider vinegar to assist with weight - fat loss?**

Apple cider vinegar is one of those amazing nutrients which gets talked about alot – well, there's not hell of a lot of research on it but I do believe it works. It contains a vast array of trace elements, it does have an alkalizing effect on the body even though it's acidic in nature; that sounds like a contradiction in terms but sometimes you can eat something which is acidic which has a net alkaline effect, so lemon juice is something which does the same thing. Also if you take acidic foods with the meals such as lemon juice or cider vinegar, what you do is slow down gastric emptying so, it acts like a nicely way to control your blood sugar if you take it before meal. It's rumored to have a host of other benefits and there have been whole books written on the benefits of cider vinegar. So I think it's quite a nice and a useful adjunct to anybody's daily diet. Just have a capful in some water first thing in the morning.

There's a question here from Yasna: **How do you calculate the balance of carbs, fat and protein for the individual athlete?**

Well this is obviously what you spend a lot of time getting right and actually fine tuning these

macronutrient balances the key to health and longevity. There are a lot of theories that you know, manipulating how much insulin you release over a lifetime, dictate how fast or slow you age. So when you look at low calorie studies in the animal population, certainly calorie restriction and hence insulin restriction appears to slow the aging process. But in terms of overall well-being and body fat levels then influencing that macronutrient balance is key to how you feel immediately after you eat, it's key to how much body fat you're going to carry, how much muscle mass you're going to carry. So very key to health; metabolic typing do a good job of fine tuning the diet. They've got some good guidance on that.

There's a question here. **For people trying to lose weight, is it okay to drink protein shake, 100% Whey so they're pretty low in calories and it's just because the protein bars at the gym are very high in calories and some are counter productive?**

Yes, you know its fine to drink a protein drink to help you lose weight, 100% Whey shakes are great. Whey has got a number of health benefits, it up regulates some glutathione in the body which is a major anti-oxidant and so it help protect tissues against damage. Protein bars, yes, you have to be careful when you choose protein bars because there's a lot of crap goes into those, lot of super gelatin and things, gelatin from boiled down bones and stuff, but not boiled down in a very nice way. We'll talk about those in a little bit more.

A question here. **Is the advice contained in the Four Week Fat Loss program appropriate for children aged 11 to 16?**

Yes it is although adolescents don't tend to have as high requirement for protein as adults. Obviously as you mature and your testosterone levels go up and for men and women that has an effect that you can require more protein in relation to the training you're doing and obviously the body weight would be an issue. In terms of the food groups and healthy vegetables, healthy sources of protein eating regularly are all very good. Be careful on over exercising for young adults. They can do weights by the way, its fine for under 16 year olds to do weights. A good idea if they're in any sports to start them as young as you can, in that way, they learn the movement pattern much better as they get older.

Question from Sonam **How do you manipulate the fat burning hormones before sleep? When do you eat chocolate and what are the best meals for breakfast, lunch and dinner?**

Well, we won't deal with the best meals for breakfast, lunch and dinner because that depends on who you are specifically, but growth hormone released before sleep is essential the majority is released in the hour just after you've gone to sleep, it's essential for proper recovery and you can take certain amino acids to encourage proper growth hormone release. Some of these amino acids include things like glutamine, arginine, ornithine alpha keta glutarate. You take these types of aminos before you go to sleep and you sleep deeper, you wake up more refreshed and at least in the studies they do on the intravenous use of these aminos, they have very dramatic effect on growth hormone levels. Taking them orally obviously is going to be less of an effect but it still going to have some effect. So I would look up and some supplements you can use along those lines or you could use a single amino acids.

Question from CJ: **Is there any such thing as a negative calorie food?**

By that CJ, I think you mean a food which requires more calories than it contains in order to digest it. So basically it has no calorie effect in the body or even may require more calories than it contains to digest. So the good thing is actually in the Four Week Fat Loss system, we've got a food exchange list which has negative calorie foods asterisked. So it's something like celery for instance, requires more calories to chew it and digest it than it

actually contains.

So if you make your salad up with a whole lot of these different foods, this is great for people who struggle with hunger that they can bulk out and feel satisfied and have the pleasure with the process of eating but not get any negative calories and also you benefit from a lot of the nutrients and potassium which would be in those vegetable based fruits and the only calories they're going to take in when they're eating it would be from one of the dressings they've chosen to make to go on there.

There's another question here. **Is there any breakfast cereal that would fit into your Four Week Fat Loss program rather than having to cook in the morning?**

No, there's not. So on an intensive fat loss phase, you shouldn't be taking in any grains in my opinion. Now on the maintenance phase that's fine, they're part of a sort of balanced healthy diet, but in the intensive phase, you need to get rid of those and one way you can get around not cooking in the morning is just cook at night and keep some of the food in the fridge and then you can just get out and eat it. Eat your leftovers in the morning. Its crazy I think this obsession with carbs like breakfast cereals and toast in the Western world, it's just like people currently eat anything else for breakfast. But why not? you know, why not eat meat, eggs, nuts and vegetables and stuff like that for breakfast and even cheese, cold meats and stuff like that. You know, you just need to re-educate yourself and get on with it.

Question from Donald: **Why is coconut oil highly recommended?**

Coconut oil is recommended because of its additional benefits above and beyond its calorie and energy content, so it's basically a functional food so it has immune enhancing effects. Part of the makeup of the fatty acids in coconut oil means you can burn them faster so it has an effect to slightly raise your metabolic rate. So you swap coconut oil for other fats, you may have a beneficial effect on long term weight loss. It can assist in proper hormone regulation.

So there a whole different reasons why the coconut oil is good for your health. Don't just add it in on top of your normal fat intake though it won't work, I mean you've got to be sensibly go to replace and not just add in.

**Is it correct that to lose fat you should completely cut out sugar and sweets in any desserts completely?**

Well that's really about the 80%-90% rule so, if you're very outbalanced, then you need to get things right 90% of the time in order to correct health or performance or body fat issues or gain lean mass and if you are close to being where you need to be then you probably need to get it right about 80% of the time, that does leave room for sugar, sweets and desserts from time to time and you really have got to live in the real world. If your Gran's cooked you a cake, I think it's just plain rude to say no, but similarly, if you just routinely buying like confectionary on the way to work, then you need to like have a word with yourself and you know take a snack and then some nuts instead and use will power at times, when it's most appropriate.

There's a question here. **What do you mean by insulin sensitive?**

Something we talked about is insulin sensitivity versus insulin resistance. So basically a cell will either respond to a small amount of insulin or large amount of insulin and if its insulin sensitive, you'll only need a little bit of insulin and then if it's insulin resistant then you need a large amount of insulin (to get nutrients into the cell).

If you have to produce a large amount of insulin, what that means is you'll basically if you're insulin-resistant is you're starting to become in a pre-diabetic state so gradually the pancreas will have to produce more and more insulin and because your cells are insulin resistant, they won't be taking on any of the nutrients and eventually the pancreas will burn out and that's when you need to take external insulin in even higher amounts.

Question from Fred: **What's the best way to stimulate insulin sensitivity and promote thyroid activity?**

Well, the single best way to promote insulin sensitivity is to take in a higher percentage of Omega 3 fatty acids and also to exercise. The best way to stimulate thyroid activity is to eat more seafood including sea vegetables which contain iodine and also to reduce the total stress, so when there's a high cortisol level, these stress hormones will slow down conversion of thyroid hormones into an active form. If you've got any problems with any kind of endocrine disorder then you need to get tested, check with the GP, what's happening with that and get a proper support from them and hopefully, an endocrinologist who knows his way around the area properly.

I think we're running out of time now, so what I'm going to do is I'm going to draw the call to a close now. It's been great, as in great fun, we had some great feedback as we're going through, so I'm glad people have enjoyed it. Hopefully, tell your friends and next time there will be a few more people on the call and it's been good for me as well because it refreshes the gray matter. We don't rehearse this calls, it just comes in and we just you know, we just chat through it.

There may be in future, questions that come in and we might need to do a bit research and get back to you, but certainly what you're getting is just a roar of the cuff answer to any questions and we will be doing them as a regular part of membership to the Four Week Fat Loss and the reason we're doing that is because we genuinely – you know it's not just a sales pitch, we genuinely do want people to do well on their programs and I don't think there's many people with any that I know of who have this interactive component to back up the eBooks that you're going to be getting to the site.

I'm going to limit the amount of people that can get the Four Week Fat Loss to around a hundred and that's just because it just takes long answering all the questions on the site and I also got to spend a lot of time but we are offering a sort of benefit for those of you who've downloaded this call. If you sign up in the next couple of weeks to <http://www.FourWeekFatLoss.com/order>, we'll be sending you a free copy of My Detox eBook which is about 4,000 word guide to detox, which can be really useful for health for helping lose fat particularly for athletes, I don't think I've ever worked with e one athlete who's had a normal functional liver profile test sent back to me.

So in case you miss the link it's <http://www.FourWeekFatLoss.com/order>. We'll be in touch soon. I hope to see you guys who are on this call back on for the next one like I said, if you know anyone else that would benefit from this kind of interactive call then let them know and we'll be speaking to you soon. Thanks a lot.

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