

The way to cure Obesity is not always by lowering your Daily Calories, and here's why...

Haven't you ever wondered why some people are naturally overweight while other people can remain skinny while eating twice as much?

The truth is that your total "**daily calories**" is not the deciding factor in whether you're overweight or skinny.

You see, there are 3 main types of calories that you can eat each day.

First, there is protein...

Next, there are carbohydrates (carbs)...

And finally there are fat calories...

The truth is that your body doesn't pay attention to how many daily calories are eaten, but rather your body pays attention to how much of EACH TYPE of calorie that you consume.

For example, if you eat too many sugar based calories (sugar is common in fat free foods) then your body won't be able to use all of those sugar calories, and the excess calories will be stored as fat tissue.

This can happen even if you didn't eat very many daily calories, because if you eat too many "wrong" calories then you'll get fat. This is why many obese people remain overweight their whole lives even though they eat less than some of their skinny friends and family members.

...And it doesn't have to be this way, because even though it's true that some people have slower metabolisms (and suffer from obesity) they can still get just as skinny as their friends if they just learn to EAT THE RIGHT TYPES OF CALORIES EACH DAY.

You see, your body needs protein, carbs and fat calories too. Your body needs all 3 types of calories, but it does not need them all in the same proportions at every meal.

Certain types of fat calories can speed up weight loss believe it or not, while

other types of "fat free foods" will actually make you overweight if you eat them too often.

Why else do you think that losing weight is so difficult? Why else do you think that our society is suffering from a serious obesity problem which is getting worse?

It's because the ANSWER to weight loss is the OPPOSITE of what most people think. Most average people have been brought up to believe that eating "fat" is bad and that eating "fat free foods" is healthy.

That may "seem" logical at first, but in reality the opposite is often true. Eating "fat" does not automatically turn to fat tissue on your body, and eating "fat free" does not automatically cause weight loss to happen either.

To begin losing weight you must realize this fact and **open your mind to a new way of dieting.**

If you want to lose weight fast then you must learn to eat foods which have fat burning properties, and these are foods which keep your blood sugar level more stable throughout the day.

You see, if you eat foods which cause your blood sugar level to spike upwards too sharply then you'll feel "energetic" for a short while -- but then afterwards your blood sugar level will drop way too low and you'll feel tired and lethargic for the rest of the day.

The higher your blood sugar rises after a meal, then the lower it will drop afterward. ...And when it drops you'll feel tired and hungry all over again. This is why obese people often suffer from "highs and lows" in their energy level.

But if you begin eating fat burning foods (which keep your blood sugar level stable throughout the day) then your energy will be steady all day long, you'll have plenty of energy and you won't ever feel tired or lethargic.

Also, when your blood sugar level is kept stable then your body's natural fat burning engine will begin burning more fat tissue. That's why these are called "fat burning foods".