



## **HARDBODY FITNESS INC.**

### **NUTRITIONAL E-BOOK**

#### **INTRODUCTION**

Welcome to the HardBody Fitness Nutritional E-BOOK. For the first time in the 10 year life of our business, we are offering our very exclusive, very successful nutritional information to the public. In the past we have only given this information to each personal training client who trains with us as part of their training package. We have decided to share our Nutritional information in the form of an E-Book in hopes of reaching out to help people all over the world in achieving success with their nutritional efforts in conjunction with their exercise programs and not just those in our local area within our reach. Now, if you can read..... You are within our reach.

So begins your journey to better physical health, emotional health and regaining your power and control over food, yourself, and your life.

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#### **My Personal Story**

Ten years ago, after 4 children, ages 3, 8, 12, 14 and sixteen years of married military life, I decided I really wanted to get control of my life, my body, my emotional state, and my physical health. I was 37 years old, was wearing a size 13 jeans, and large size tops. A far cry from my slim size 8 in High School! I was mortified!

My goal—was to get my great body back I had in High School and if possible, exceed it. That, I am very happy to report is exactly what I did!

In my quest for a healthy way to weight loss, I reasoned, that if I had gotten fat through eating food, there must be a way to get skinny.... also by eating food. No diet pills, no

extreme starving, no funky weird diets like my friends were doing. No sugar highs, and lows, no miserable going without food or eating only yogurt, popcorn, no phen phen, no ephedra, etc, etc. The plethora of goofy diets out there are endless as you know and they remind me of the carpet baggers way back in the 1800's who would come to town with the newest lotion and potion to sell you, then skip town after they had scammed everyone in town. Now a days' we have the same kind of modern carpet baggers all trying to sell us a quick fix for weight loss, and it's shocking just how many people out there are suckered into yet another unproven diet. So I went on a search for the real TRUTH about nutrition and I found it!!

The TRUTH is: There IS no quick fix, it's all about being informed with the right information about Diet, Nutrition, and Exercise together with good old fashion blood, sweat and tears that gets you the end result. There IS no MAGIC PILL!!!

## **The Big Fat Lie**

The big fat lie ..... "Fat makes you Fat".

"Clearly the low-fat diet hasn't been the panacea that many had hoped for; in fact it has turned out to be a dismal failure, a fact admitted publicly in 1996 by most of the world's experts in nutritional research. And we were on hand to hear it. We attended the Second International Symposium on Dietary Fats and Oil Consumption in Health and Disease hosted by Southwestern University Medical School in Dallas, Texas, in April 1996, at which nutritional researchers from around the world presented their findings on the effects of fat in the human diet. After the presentations showing that study subjects following the low-fat diet HADN'T gotten rid of their obesity, HADN'T lowered their cholesterol levels, HAD lowered their HDL levels (the good cholesterol) and HAD increased their blood levels of triglycerides (which are a major risk factor for heart disease; the moderators of the symposium pronounced the low-fat diet a FAILURE.

"Within the United States, a substantial decline in the percentage of fat consumed during the past two decades has corresponded with a massive increase in obesity."

The astonishing thing about the whole low-fat diet disaster is that the entire country (actually, the entire world, at least that part of it that was bone-headed enough to take it seriously) took part in a long-term scientific study based on theories—no fact, but theories—that turned out to be WRONG! Its mind boggling that the medical and nutritional scientific

hierarchy encouraged all 250 million or so of us to participate in this experiment by constantly exhorting us for the sake of our health to cut, cut, cut the fat from our diets without a shred of hard evidence that it would work. Walter Willett, M.D., Ph.D., professor of medicine and chairman of the department of Nutrition at the Harvard School of Public Health, said in a recent interview, “Low-fat has been like a religion. But it was just a hypothesis to begin with.” So, the low-fat diet was foisted on Americans as if it were a proven road to health when it was nothing but a hypothesis. A theory. An idea. In reality, an educated guess. “

Fourteen years later.....

***We as a country are now staring in the face, the ugly reality of this horrible mistake shoved on us as a nation and as a world. No wonder everyone is so confused...even our doctors. Now we have to take responsibility and undo the damage.***

***By addressing a person’s nutritional needs, we can prevent, and even reverse many of the diseases caused by Insulin Resistance. (Which were caused by the low-fat diet)***

### **Some quick Nutritional Education...**

Americans these days, on the average, carry around 25 to 35 pounds more of extra weight than they did in 1960. After following the low-fat diet for 15 years, (which was proved a failure in 1996) American’s got 30% fatter!! This extra poundage taxes our health and portends all sorts of difficulties:

- Heart Disease and stroke
- Diabetes
- High Cholesterol
- Elevated Triglycerides
- High Blood Pressure
- Cancers of the uterus, gallbladder ,cervix, ovary, breast, colon, prostate
- Gallbladder and liver disease
- Osteoarthritis.
- Insulin Resistance
- Hyperinsulinemia

All of these diseases can be helped if not reversed by addressing the American Diet. In our wonderful land of abundance where food is so plentiful, and accessible, we have lost track of what the words DIET and NUTRITION really mean. It does NOT mean, eat everything in sight!!

Almost all of the diseases above are related to.....

Download your copy of our HardBody Fitness Nutritional E-Book and start learning today how to lose weight correctly and take control of your Health and Fitness for the rest of your life.