POWERFUL SECRETS TO WEIGHT LOSS & HEALTHY LIVING
The Definitive Guide

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Foreword

When we started our company, Nutraganix, we wanted to create a brand that people could trust to deliver health and wellness supplements that were always 100% natural and thoroughly researched for safety and formula effectiveness. But even the best supplements are only one tool in the strategy for body transformation. A deeper understanding of what drives weight loss and long-term health is also a requirement for maximizing results and sustaining them.

So I started to look for a book or other resource that we could offer our customers that would aid them in their journey to sustainable weight loss and long term health.

Guess what? … I couldn’t find it!

Now don’t get me wrong, there are tens of thousands of books, articles, and other media on weight loss and healthy living – but I seriously could not find just one book that wasn’t 200 pages long that tied the essence of everything together – plus there is so much misinformation out there that I decided I was not going to use anything off the shelf.

And I got to work compiling this for you ...

The result is a book that is comprehensive and research verified, but also short, to-the-point, and without any fluff. I hope it provides some wisdom that will help you on your journey to weight loss and a healthy life!

To you,

Jason Sawicki
Co-founder Nutraganix LLC
Disclaimer: While we have made all efforts to use authoritarian sources for research we cannot warrant or represent that the contents within will always be accurate due to the rapidly changing nature of our collective understanding on the subjects of weight loss and healthy living.

This book is not intended to be used as a source of medical diagnosis or treatment for weight loss and all readers are advised to seek council of a healthcare professional for personal needs.
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The Importance of Diet
Remember the food pyramid? ... Well, forget it!

Nearly two decades ago, the USDA created a powerful icon: The Food Guide Pyramid. This simple illustration visually conveyed what the USDA said were elements of a healthy diet. It was taught in schools, appeared in countless media articles and TV spots, and was plastered on cereal boxes and food labels. Tragically, the information embodied in that pyramid was built on shaky scientific evidence, was influenced by lobbyists, and did not change over the years to adopt advances in our understanding of the connection between diet and health.

In 2005, the USDA retired the original food guide pyramid and replaced it with MyPyramid, which was basically the same pyramid on its side without any explanatory text. MyPyramid was pretty confusing and amidst much critical feedback, it too was retired and in 2011 was replaced with a simpler food icon – the fruit and veggie rich, MyPlate. While MyPlate is applauded as a large improvement over its predecessors, it is still critiqued as falling short in giving people the nutrition advice they need to choose the healthy diets. So instead of waiting for the much needed improvements yet again, faculty members of the Harvard School of Public Health built the Healthy Eating Pyramid and Healthy Eating Plate to rectify the mistakes of the USDA materials by incorporating the wealth of research conducted during the last 20 years in what makes for a healthy diet.
Healthy Eating Plate

This simple to use visual illustrates what a balanced healthy meal should look like.

Let’s review the key categories below.

Whole Grains

The body uses carbohydrates (carbs) mainly for energy, and it can get them from many sources—some healthful (beans, vegetables, fruit, whole grains), and some not (sugary sodas and other drinks, sweets). The best grain sources of carbohydrates are whole grains – these include foods such as oatmeal, whole wheat bread, and brown rice. They deliver the outer (bran) and inner (germ) layers along with energy-rich starch. Since the body is unable to digest whole grains as quickly as it can highly processed carbohydrates such as white flour, it keeps blood sugar and insulin levels from rising and falling too quickly. Better control of blood
The word “fat” gets a bad rap! We often shun foods with fat because of an association with the image of being fat and as such seek out “low” or “no” fat foods. However, contrary to what many believe — maintaining a diet moderately high in fat can actually be good for you, it may even help you lose weight! This is because there is a difference between good fats and bad fats.

**Bad Fats** include two types that should be consumed sparingly, these include: **Saturated fats** and **Artificial fats**. Saturated fats are known to increase the risk of developing certain kinds of cancers (such as colon and prostate cancer) and are found in animal products and vegetable fats like coconut and palm oils. Artificial Trans fats, also known as “partially hydrogenated” fats, can increase our bad cholesterol (LDL) and decrease our good cholesterol (HDL) — thereby increasing the risk for heart disease. Artificial Trans fats are abundantly found in fried foods, baked goods, icing, cookies, ice cream, popcorn, and packaged snacks. Yes, they taste good but these types of fats can also be calorie dense — so avoid having these foods represent a normal part of your diet!

**Good Fats** include two types of Unsaturated Fats: **Polyunsaturated fats & Monounsaturated fats**. Polyunsaturated fats help lower both blood cholesterol levels and triglyceride levels. This type of fat can be found in...
nuts and seeds, corn oils, fish oils, soybean oil, and sunflower oils to name a few. Monounsaturated fats help reduce the risk of heart disease and is a good source of vitamin E, including such foods as cashews, sesame seeds, almonds, and Avocado.

Healthy Protein

Simply one of the best ways to build a strong body and limit calorie intake is by consuming healthy protein. Protein is essential for the body to build and repair tissue, make enzymes, hormones, antibodies, and even DNA. It is estimated that the average person should intake about 0.37 grams of protein per pound of body weight. That means a woman who is 130 lbs. should get at least 48g of protein. As for protein selection, some of the best protein comes from nuts and beans! These inexpensive, nutritionally dense, and protein packed foods will leave you feeling satisfied with less food. Animal meats and dairy products can also be high sources of protein, however, they should be kept to a minimum (if not avoided altogether) as they also contain saturated fats, cholesterol, hormones, and often antibiotics. Got Milk? Hmm … how about trying Soy or Almond Milk as a healthier alternative!

Fruits & Vegetables

Eating around half your plate in fruits and vegetables will not only help you lose and maintain a healthy weight, but it will also provide essential nutrients at the same time! Fruits and vegetables tend to be low in calories and fat, but high in fiber and water content. This combination means that you will feel full sooner (and thus eat less) and also take in nutrients that your body needs. One good simple reminder for fruit and veggie selection is to simply choose a variety of colors. Think green, orange, red, purple, blue, and white – these colors in fruits and
vegetables provide an array of vitamins and phytochemicals that are beneficial to your health.

Some other useful reminders when eating fruits and veggies are that the skin is typically what will contain the fiber, so avoid peeling if you can, and remember that richly colored fruits and vegetables contain more nutrients than paler ones. If fresh produce is not available, canned products are a fine alternative – just be on the lookout for added sugars, syrups, and other energy dense additives!
Eating Habits

Now that we’ve dove into food specifics, here is my **top 10 tips** for creating effective eating habits!

1. **Eat your food sitting down at a table, and from a plate.** Food eaten out of packages and while standing is forgettable. You can end up eating lots more than if you sit down and consciously enjoy your meals.

2. **Eat slowly, chew every bite, and savor the taste of the food.** Try resting your fork between bites and drinking plenty of water with your meals.

3. **Don’t eat after dinner.** This is where it is easy to pack on extra pounds. If you are hungry, try satisfying your urge with a non-caloric beverage or a piece of hard candy. Brushing your teeth after dinner helps reduce the temptation to eat again.

4. **Start your day with breakfast.** You’ve heard it before; it is the most important meal of the day. After a long night’s rest, your body needs the fuel to get your metabolism going and give you energy for the rest of the day. One study concluded that 90% of weight loss maintainers do not skip breakfast.

5. **Display produce proudly.** We are all familiar with the phrase “out of sight, out of mind” and that is not what you want when it comes to eating more fruits and vegetables. Try keeping fruits on the counter in a fruit bowl and chopping up / preparing veggies for storage in baggies for a quick grab.

6. **Eat smaller meals.** Instead of 3 square meals daily, try eating 5 or 6 smaller meals throughout the day. Eating smaller, more frequent meals helps to keep blood sugar stabilized and satiety high.
7. **Target a realistic calorie deficit for weight loss.** Many people will choose a random daily calorie deficit when trying to lose weight, but this is not recommended because you stand a good chance creating a plan that will ultimately not be sustainable. Here is a shorthand method to calculate a daily calorie goal for weight loss: \[\text{Body Weight} \times 10 = \text{Daily Calories}\]. So a man weighing 190 lbs. would target 1,900 calories daily. Most health organizations recommend men don’t eat below 1,600 calories and women don’t eat below 1,200 calories, but keep in mind this is a law of averages approach. It really depends on a multitude of factors, not the least of which is factoring in your calorie burn for the day.

8. **The Apple Test.** So one saying goes, if you’re not hungry enough to eat an apple, you’re not hungry. Question your cravings to begin recognizing when your reach for food is habit/reflexive or real hunger.

9. **Schedule a cheat day.** Resist cravings by postponing indulging to a future day when you are free to eat whatever you want.

10. **Avoid artificial sweeteners.** Artificial sweeteners can disrupt the body’s natural ability to regulate calorie intake based on the sweetness of foods. That means that people who consume diet foods, like diet sodas, may be more likely to overeat because your body is being tricked into thinking its eating sugar, and you crave more.
The Importance of Exercise
Did you know that you need to burn 3,500 calories to lose just 1 pound?

This is why incorporating exercise into your weight loss plan will significantly help you achieve the results you’re looking for. The average person burns about 2,000 calories without exercise (hence the general nutritional recommended calorie intake), but of course the actual number will vary a bit depending on weight, metabolism, and typical daily activities.

While the general approach to weight management is to eat as many calories as you burn - for weight loss, we need to focus on simple math – burn more calories than you take in.

So if you’re burning 300 calories in one workout, it will take you nearly 12 workouts to lose one pound. My eyebrows raised on that one too! But if you were to also cut 300 calories out of your normal daily intake (that is roughly a bagel), it would take you only 6 workouts to lose that one pound – cutting your time in half. Clearly, reducing how many calories you are consuming in addition to consistent exercise is a winning formula for weight loss.

So what kind of exercise helps burn the most calories?

Simple - Aerobic exercises. Also known as cardio, aerobic exercises like running, ellipticals, cycling, swimming, etc. are the best for weight loss because they repeatedly use large muscle groups (e.g. thighs, quads, calves, and core) that consume calories at a high rate.

In specific, High Intensity Interval Training (HIIT) is the best kind of aerobic training. HIIT is superior to ‘steady state’ cardio because you dynamically change the pace up and down, creating a surge in metabolic activity – which means that you’ll not only burn more calories during the workout, but you’ll also experience the
“afterburn effect”, a higher calorie burn during rest. Some cardio machines have pre-programmed interval cardio options, but here is a simple one to use as well: **Sprint (30 seconds), Jog (90 seconds)** – repeat throughout 30 minute workout.

**What about strength training?** If you are like most, looking forward to cardio is kind of like looking forward to a trip to the dentist – you know it’s necessary, but you don’t get very excited about it. You may have heard that building muscle is key for weight loss because muscle burns more calories than fat. While it’s true that your body does burn more calories maintaining muscle than it does maintaining fat – don’t ditch the cardio just yet. The truth is that, at best, gaining one pound of muscle will help you burn an extra 5 to 10 calories a day. You could burn the same amount of calories chewing gum.

Having said that, strength training can be a valuable component to add to your exercise regimen – I just wouldn’t rely on it solely for weight loss. If your primary goal is weight loss, a good approach to incorporate strength training would be to focus on total body workouts. These types of workouts will ensure you are building your large muscle groups, which as already mentioned, will naturally consume more calories. Remember not to take time away from your cardio routine to make room for strength training – add extra time each workout day or add extra workout days.

**Important:** If you are going to do cardio and strength training in the same workout session, **do cardio last**. There are two key reasons why you will not want to do cardio first. Number one, after a good session of cardio your glycogen stores are significantly depleted. Since your muscles rely on glycogen for energy, you will have less fuel to push yourself in total reps and number of sets. Reason number two - after cardio, your protein synthesis drops which impairs your body’s ability to build muscle after a weight workout.
Heart Rate

When it comes to burning calories the greater the exertion, the more calories you’ll burn. Pretty simply really. And monitoring your heart rate can be a helpful tool in determining your overall body’s exertion during exercise.

For maximum weight loss, you will want to try and stay in the “aerobic zone” (aka cardio zone), which is 75 – 85% of your maximum heart rate. Working out at 60 – 75% of your max heart rate, the so-called “fat-burning zone”, will still burn calories, just not as much as the aerobic zone will.

While many workout machines will now calculate your max heart rate for you (and monitor it as well), here is the most accurate formula to use if you’d like to manually calculate your maximum heart rate.

\[
\text{Max Heart Rate Calculation} = 208 - (\text{Your Age} \times 0.7)
\]

Frequency & Duration

It is generally recommended to exercise 3 to 5 times a week and for 30-60 minutes. It is important to start slowly, especially if you have been inactive for some time. It is better to exercise once or twice a week for 10-15 minutes than to overwhelm yourself with an aggressive routine that you’re not likely to sustain.
Part of life

As with all things, having a long term view as you approach goals is often the secret to success. Here are some tips to making exercise a natural part of everyday life.

- Walk where you could otherwise take an elevator or use moving walkways.

- Expect ups and downs – don’t be discouraged if you skip a few days or a few weeks. It happens. Just get started again and slowly build up to your old momentum.

- Make exercise a priority – don’t find yourself ever saying ‘I don’t have the time’. We all have the same amount of time in a day, it’s just a matter of how we value our time that determines where we spend it.

- Focus on activities you enjoy (e.g. swimming, basketball, etc.) or by making fun what would otherwise be a boring workout, e.g. *Zombies, Run!* is a fun app that combines compelling audio story telling with cardio workouts.

Side Benefits of Exercise

In addition to weight loss, exercising causes your body to release endorphins, which are natural pain killers and are also linked to positive feelings of well-being and improved concentration & mental alertness. You’ll sleep better too! Research shows that those who exercise sleep much better than those who don’t and better quality sleep gives way to improved vitality, the feeling you get when you’re ready to seize the day!
The Importance of Water
How much water do you drink? If you don't know it's probably not enough. If you are making a guess, it's probably not accurate. If you are not drinking enough water, your nutrition plan will without question be much less effective in transforming your body than if you were drinking enough.

Water may just be the most important component in losing fat and keeping it off. You heard that right... the most important. So why is it that people will bend over backwards to record exact calorie counts, carbohydrate, protein and fat grams... but do not know the exact amount of water they are consuming?

Being aware of those other things are enormously important in order to achieve specific objectives in physique transformation, but tracking water intake is MORE important and here’s why:

**Fat Metabolism**

Water is not only a natural appetite suppressant, but it actually helps the body metabolize stored fat. When the body does not have a good supply of water to draw from to perform required physiological tasks, it will draw water from inside the body’s cells, including fat cells, in order to perform the desired tasks.

Any fat stores in the body that are drawn on for water, are less likely to be mobilized and burned off as energy, resulting in increased fat stores.
over time. Note that even mild dehydration lowers your metabolism by 3%!

**Kidneys and Liver**

In addition to this, did you know that the kidneys need a specific and plentiful water supply to function properly? If the kidneys are functioning at low capacity, they will recruit the liver to pick up the slack. One of the liver's primary functions is to metabolize stored fat for the body to use as energy.

And if the liver is occupied doing what the kidneys cannot do on their own due to lack of water, then it will not be able to perform its own functions, metabolizing fat being the most applicable in this case, with full effectiveness.

**Water Retention**

In addition to hindered fat loss, one of the most common misconceptions is that drinking water cause water retention. The truth is the exact opposite. Lack of water causes water retention. The reason for this is that the body perceives the shortage when it is provided with less than it needs thus causing what is commonly referred to as "survival mode", retaining every last drop that it can.

In this state, whenever you do drink water, it will automatically be stored, resulting in unsightly and uncomfortable water retention. The only lasting solution to reducing water retention is to provide the body with more than it needs which will allow it to flush excess water out of the system.

You might think that water retention is primarily due to eating foods that contain excessive sodium. As they certainly may cause water retention, the main culprit again is most likely lack of water because if you are drinking enough, the body will get rid of excess sodium as well.
(but yeah, avoid foods with high sodium too – you should only consume 1,500 - 2,300mg a day of sodium as over this amount is believed to increase blood pressure, a common risk factor for heart disease and stroke).

**Exercise & Muscles**

Water aids in enhanced muscle tone and contraction during exercise. It also helps maintain our performance and effort during exercise, and in turn our physical results.

If you are experiencing excessive hunger, excessive water retention, and lack of muscle tone or fatigue during exercise, water consumption may be a huge factor in the negative affects you are experiencing. Water helps maintain muscle tone by assisting muscles in their ability to contract, and it lubricates your joints. Proper hydration can help reduce muscle and joint soreness when exercising.

Burning calories also creates toxins (think of the exhaust coming out of your car), and water plays a vital role in flushing them out of your body.

**Feeling Tired?** Dehydration causes a reduction in blood volume; a reduction in blood volume causes a reduction in the supply of oxygen to your muscles; and a reduction in the supply of oxygen to your muscles can make you feel tired.

**How Much Water Should I Drink?**

How much water you need depends on your weight, level of activity, the temperature and humidity of your environment, and your diet. Your diet makes a difference because if you eat plenty of water-dense foods like fruits and vegetables your need to drink water will be diminished.
A simple goal to strive for is to drink **half your body’s weight in ounces of water** each day.

Example: 200 lbs. = 100 oz. water

**Too much water**
It is possible to harm yourself by drinking too much water, but it takes quite an effort. The body can take in up to 15 liters of water per day – which most people will never reach, but one should avoid drinking more than 100oz of water in one sitting and more than 500oz (15 liters) in one day.

Drinking large amounts of water can dilute the electrolytes (sodium and potassium) in your blood to the point that it interferes with brain, heart and muscle function.
Afterword

On behalf of the Nutraganix team, we hope that you have enjoyed our short guide to weight loss and healthy living!

Long term success depends on changing habits and while these can be tough to make, it is all about just taking one step at a time wherever you are in your weight loss goals and having persistence to keep it going!

Connect with us!

If you’d like to hear about updates to this book or to try any of our new supplements at a major discount, please join our VIP rewards club here! [http://nutraganix.com/vip/](http://nutraganix.com/vip/)

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Sources

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