

Why Modern Foods Make You Fat

The problem with most of our modern foods today is that they tend to be processed.

This means that many of our foods include food additives, such as flavourings and texturizers, which may have little or no nutritive value, or be unhealthy. Some preservatives added or created during processing such as nitrites or sulphites may also have adverse health effects.

What's more, these foods also often have a higher ratio of calories to nutrients, a phenomenon referred to as "empty calories". Most junk foods are processed, and fit into this category.

How Modern Foods Affect Your Weight

There are two fundamental reasons why we need to eat – one is for calories and the other is for nutrients. Similarly, these are also two reasons why your body will activate your body's FAT programs.

In other words, your body will activate the FAT programs when:

1. You don't eat enough calories, or
2. You don't eat enough essential nutrients.

This is a key insight because like a lack of calories, your body also interprets a lack of essential nutrients in your system as a famine and will activate your FAT programs for survival.

Unfortunately, most of the processed foods we eat today have the calories we need, but not the essential nutrients. The nutrients are either too few, too poor in quality or are in a state that our bodies can't process.

The result – even though you may be getting enough calories from your food, your body may still be starving because it is not getting enough essential nutrients.

What's The Answer Then?

The answer is simple - Eat More Real Foods!

A real food is anything we ate prior to civilization. This includes live fruit, raw nuts and seeds, vegetables, salads, grass fed meats, free range chicken and fish.

These are the foods that are our ancestors ate and which have a full range of the essential nutrients our bodies need to function, all in a form that our bodies can readily digest and assimilate.

The best part is that by adding Real Foods into your diet and finally giving your body the nutrients it's been starving for, your brain eventually sends out the message to your body,

"OK I'm not starving anymore, I don't need this fat anymore, it's safe to be thin now – Turn The FAT Programs Off!"

In other words, it keeps you healthy AND puts your body into a state where it can lose weight.

This is not to say that you have to eat these foods to the exclusion of others. Rather, just add more of them to your diet to nourish your body so it no longer wants to be fat.

This is one of the keys to real weight loss and to avoiding the yo-yo dieting cycle of losing and gaining weight that those FAD diets put your body through.

By the way, in my "Gabriel Method" book, I explain:

- 2 essential fatty acids that help switch off your FAT programs, and 5 ways to get it into your system;
- The solution to essential amino acid malnutrition;
- How to get the most out of your meat;
- The 'dead' carbohydrates that do not have any usable nutrients and which most likely get stored as fat;
- How to avoid essential sugar malnutrition, including the essential sugars that boost your immune system and help regulate your blood;
- Easy ways to get all the essential nutrients into your body without the hassles,
- Plus much much more.


You will discover delicious ways to include these essential nutrients in your diet, which in turn will allow you to switch off the FAT Programs and begin losing weight the natural way.

Best of all, it's quick, easy and helps keep you away from the dangerous yo-yo dieting effect of losing weight then gaining it back again.

Until next time.

Jon Gabriel

John Gabriel
Author – "The Gabriel Method"

	Finally – Lose Weight Without Dieting
	<i>“By applying the principles in the book I have lost 10 kilograms (now 15 kilograms) without feeling restricted... It’s all based on sound scientific research yet applying them couldn’t be simpler.”</i>
	- Denise B, Teacher Denmark W.A.
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