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**YOUR PERMANENT
WEIGHT LOSS BLUEPRINT**

7 Weight Loss Strategies You
Need to Tweak for Long-Term
Weight Loss

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Chapter 1

The Basics of Weight Loss

What if I told you that losing weight is actually pretty straightforward? When you look at it from a biochemical perspective, it really all boils down to the classical model of calories in, calories out.

You have to understand that in every given second, your body is burning up energy. This is in the form of calories. That's right. Every time you blink your eyes, move around, or consciously breathe, you're burning energy.

So far, so good, right? Well, even the things that your body does on an automatic basis like pumping blood, breathing, or digesting food required calories.

The truth is, your body is a biochemical calorie-burning machine. Isn't that good news? You're already burning energy.

The problem is, when people eat more calories than they burn in the space of 24 hours, your body does three things with it. First, it will try to burn it for energy.

But since you are already operating at a calorie surplus, your body is really left with two other options. It's either going to waste that energy and make it pass through (and this does certainly happen to a degree), or it's going to turn that energy into fat. Since you're not a plant, your body stores energy in the form of fat, not starch.

Interestingly enough, the main form of energy we eat sustainably on a day-to-day basis breaks down into sugar. Our blood sugar is the main energy source of our body.

Your body secretes this hormone called insulin that enables your cells to absorb sugar from your bloodstream.

This sugar then passes to a structure in your cell called the mitochondria. This is the powerhouse of your cells, and this is where sugar gets turned into energy. You will need this energy to stay alive.

But if you have too much sugar in your bloodstream, your body turns into fat and stores it in your fat cells.

How to Lose Weight According to the Classical Model

To lose weight, you just need to look at how the system operates and let the math work for you. Since you gain weight when you take in more calories than you burn, then losing weight is just a simple matter of reversing this process. Burn more calories than you take in.

How do you make this happen? Well, you can go on one diet after another and reduce your lower calorie intake. You can do this by switching to a different set of foods that are less calorie-dense, or you just eat less food altogether.

No matter how you do it, at that end of the ledger, you take in less calories while at the same time burning calories at the same rate.

This means that you don't slow down. You do the things that you normally do on a day-to-day basis before you adopted your diet.

Since you are burning more calories than you're taking in, this creates a net negative calorie intake and your body is running on an energy deficit. This is just a fancy way of saying that you are burning more calories than you are eating.

No matter how you trigger it, when your body enters a net negative calorie state, it starts looking to burn stored energy. Remember, it has to find the energy to power your body – and your body needs a certain amount of calories every single day.

The first place it's going to look is your bloodstream. In the space of about 36 hours, the sugar in your bloodstream would be completely depleted. After a few more hours, the stored sugar in your liver would also be depleted.

At that point, your body will then start to burn the energy that it has previously stored. That's right. It starts burning fat.

Your fat cells start opening and releasing the fat bodies into your system and your liver starts turning that fat into ketone. These are acid-based chemicals that your cells can then absorb for energy.

This whole process of your liver turning stored fat into energy is called ketosis. The more fat your body releases and burns, the slimmer you get.

Please understand that there's a big difference between sugar calories and fat calories. Your body cannot store sugar in its original form. It would have to store that sugar in the form of fat.

This is why most diets succeed. At some point, your blood sugar will not be able to supply enough calories for your body's energy needs. And slowly, you start burning fat calories.

The big difference between the many diets out there, whether we're talking about the Mediterranean diet, the Atkins diet, the Paleo diet, or the Ornish diet, and other variations, is the amount of ketosis that they lead you to.

Some diets are more ketogenic. The Paleo diet as well as the Atkins diet, and obviously the Keto diet, are geared more towards maximizing your body's ability to burn your stored fat for calories.

Others, like the Ornish diet, take a more long-term approach. They focus more on calorie intake. But at the end of the day, the process that I described above has to happen for you to slim down.

Your Mission

The bottom line is simple; if you want to lose weight, you have to achieve a net negative calorie state.

The good news is, if you have a sweet tooth and you can't live without fruit and vegetables or anything sweet, you can still achieve a net negative calorie state. You don't necessarily have to burn fat right off the bat.

On the other hand, if you like meat and fatty foods, you can jumpstart your fat-burning process by cutting down on carbs.

There is a big difference between achieving a net negative calorie state or NNCS with a typical carb-rich diet and a high-fat, low-carb one. Still, at the end of the process, you are left in an NNCS state. This is your goal.

Looked at from this perspective, weight loss is pretty straightforward. Unfortunately, there's a sad reality behind this. Weight loss is one of those things in life that are easier said than done.