



The Weight Loss Grail

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Introduction:

Thank you very much for purchasing this eBook. You just made one of the smartest moves in your life. Weight problems have reached epidemic proportions in our society.

Unfortunately, most people will not do anything about it. Just the fact that you decided to learn how to fight back puts you light years ahead of the rest of the population. Now all you need to do is read this manual and DO what it says. Remember: **Knowledge is not power. Applied knowledge is power.** Don't just read this manual and then let it collect "digital dust".

Before we get into the specific questions and answers, I'd like to say a few things you need to keep in mind. That way, I will not have to repeat them every time below...

I'm against saying something with 1000 words when 10 will do. This is a "do this, do that" manual - not an encyclopaedia with 700 pages that you won't even read or that will confuse you even more.

However, sometimes I WILL get repetitive and sound like a broken record on purpose. If you see that happening, don't worry – I'm not "talking down" on you. Many people want to hear something more than once so it "sticks" in their brain. I have received several questions. For the sake of keeping things simple, I have created the first half of this manual by giving you the knowledge you need to have in order to lose weight. This knowledge targets most of those questions.

The rest of the manual contains several other questions (along with their answers) that required some extra attention. Some of the answers I give to some of the questions are "tongue in cheek" – especially when the question may be a little "weird" (you'll see what I mean).

I love writing about this stuff, ok? And you get to benefit from it. Just remember that even if I "scold you" at times, it's because I have your best interest in mind and **I want to see you succeed.** My job is to help you lose weight - even if I don't become the most popular guy.

So, thanks again for your purchase – let's move on, shall we?

How to absorb the information in this manual faster:

As you read each section of this manual, note down the facts that are interesting and offer new knowledge to YOU. You can use a piece of paper, or even your computer's "NotePad" (whatever you like best). That way, you will create a smaller "report" with all the highlights of the original manual.

People remember only 10% of what they read. Most don't remember what they had for lunch. This is especially true today with the great amount of information we are trying to absorb (or should I say misinformation?). So, do the smart thing and take notes.

The "copy and paste" function in this manual is enabled. That way, you can take notes more easily. After you read the whole manual once, you can then refer back to your "mini report" whenever you like.

So, open a new text file right now (NotePad or Microsoft Word or whatever). Or, take pen and paper and place it next to you. This is your health we are talking about here. It's in your best interest to read, understand, absorb and then USE this information. Let's get started!

Simple stuff most people don't "get":

Losing weight is like magic. A magic trick isn't that hard to perform, if you know how. People are amazed by magic. But, if you show them how to perform it, many are going to say *"oh, that was such a stupid trick - anyone can do this"*.

Losing weight is the same. Most of the things needed to do it are simple and common sense. But don't let that fool you. You can see the impact that knowing how to manage your weight has.

Everybody admires someone who is "lean and mean". Many people have the philosophy of *"Hey, if the result is going to be good, then I HAVE to suffer"*. Well, I'm here to tell you that **there's nothing wrong with getting great results without driving yourself crazy**. And I'll show you how to do just that...

First of all, the human body is not just "weight". It has both fatty tissue and lean tissue (muscles, internal organs, bones etc). **What you really want to do, is not to lose weight. It's to lose fat.** Otherwise, if you currently look like a "pear" and end up losing "weight", you will just end up looking like a smaller pear. But, if you lose fat and preserve or even increase your muscle tissue, you will look (and be) healthier, stronger and sexier.

What if I told you that I will cut your right leg? Hey, this would certainly help you lose "weight".

What if I told you that I will take a knife and cut a piece of your thighs? That would help you lose "weight".

What if I told you that I would make your vital organs like heart and lungs smaller? What if I cut a piece here and there? That would help you lose weight as well.

What if I told you that I will make your bones thinner? This will cause you to lose "weight" as well.

Is that what you want? What's that? You said "no"? Then **why** do people do this exact same thing to themselves every day?

When you want to learn how to do something, you need do nothing more than observe the people that have done what you want to do. Then, "emulate success" and copy their methods.

Who are the people who have taken what you want to do to the extreme? Answer: Bodybuilders. Don't let the word freak you out. It doesn't matter if you want to take your physique to that extreme or not. Competitive bodybuilders have their stuff down and you know it. They have very little fat (5% or less for example - while an overweight person may have 30% or more) - and they also have the maximum amount of muscle mass.

You don't need to be so meticulous in your approach - but "borrowing" some ideas from the methods they use will help you lose weight (fat) and keep it off for good.

I find it really surprising that many people who want to lose weight just take advice from friends who are also overweight. Or, they read about the "super weekend diet" in their newspaper or their favorite lifestyle magazine. Chances are that the writer of the article is several pounds overweight of course.

Very few people will read a "bodybuilding" book or at least a fitness magazine. This is very interesting, because even smart people fall in this trap. They can be very successful in their careers and very "witty" in conversations with their friends - but when they try to lose weight, common sense and smarts go out of the window. Anyway... let's get down to business...

Meal Frequency and Basic Nutrition:

Here's a great way to lose weight and keep it off:

Instead of eating "3 square" meals, break up your food intake into 6 smaller meals. This is the best way to lose FAT and maintain your lean tissue without feeling hungry...

One of the better illustrations of this concept comes from the animal kingdom:

Bears have a lot of fat because they need it in order to survive long starvation periods (like a hibernation).

Deer are "lean and mean" as they tend to chew all day and have small, frequent meals.

Yes, I know that animals and humans have different DNA but the point is still a valid one.

When many people try to lose weight, they tend to say "I will skip dinner" - and they will also skip breakfast since "they don't have the time" to prepare it.

This could mean that they go for up to 12 hours without eating anything. This is the exact type of situation that would make their body say something like: "Hey, where has all the food gone? This must be an emergency. I had better hold onto my fat reserves for as long as possible and slow down my metabolism so that I don't waste away. My fat reserves contain more calories than my muscle tissue - so, I will sacrifice the muscle and hold onto my beloved fat."

It's very interesting to observe how the human body reacts in time of emergency - but believe it or not, muscle tissue is considered "expendable" and fat is considered "vital". This is the exact OPPOSITE of what we want...

Our ancestors, the caveman and woman, faced daily hardships that meant they couldn't always count on where their next meals were coming from. During lean eating times, their body's automatically went into starvation metabolism. So can yours. This is not good.

Starvation metabolism refers to a slowing of the metabolic rate brought on when the body is undernourished. The body, instinctively fearing starvation, naturally burns calories more slowly to survive longer. It also hoards energy, builds up fat stores, and causes the Yo-Yo dieting syndrome.

Going on a strict diet to lose just enough weight for a class reunion, wedding, or special party is ultimately fattening because your body shifts into starvation metabolism and makes up for lost time after the big event.

It's a cruel joke that our body's will kick into starvation metabolism at the most inopportune time. We're not starving. We're just trying to lose weight! Most people who slip into starvation metabolism do so when they go on a highly restricted diet for a couple of weeks or a couple of months. Few people can sustain this kind of diet for long. Then, when the diet is abandoned, the dieter starts making up for lost time. The maintenance plan goes right out the door and in come the cookies, cakes, pastries, and candy. Adding insult to injury, the body then swings into excess mode and starts storing fat in anticipation of another perceived famine. Unfortunately, we willingly prolong the vicious cycle by again starting a highly restrictive diet.

Now, let's see the right way to do it: Let's say that you need 2000 calories a day in order to maintain your weight. If you want to lose weight, you can start consuming SLIGHTLY less calories than that - say 1800 - but you will break them up in 6 meals of 300 calories (for simplicity's sake). To work out your estimated daily calorie requirement, click on the link below.

[Click here to work out your Estimated Daily Calorie Requirement](#)

(A new window will open and load our online calculator)

A safe way to cut calories is to consume roughly 80% of your daily calorie requirement. By using the calorie calculator above to figure out exactly how many calories you need to eat each day to maintain your weight, you simply divide that number by 5, then multiply it by 4. This will mean that you eat 4/5th's or 80% of your daily calorie maintenance level.

For example, If a person requires 2500 calories per day to maintain their body weight, they would divide that number by 5 which gives us 500. Then multiply that by 4 and that gives us 2000. Therefore this person would try to consume roughly 2000 calories a day.

Doing this creates a small deficit in calories causing you to slowly and safely lose weight. Attempting to decrease your calorie intake by any more would cause your body to think there is a famine or food shortage and will slow down it's metabolism bringing any weight loss to a halt or even cause the body to burn muscle instead of body fat.

Calculating your calorie deficit this way is much more safer than others who suggest that you simply subtract 500 calories from your daily calorie requirement. This can be unhealthy for some people, especially women who only require 1200-1500 calories. This would create too large a deficit causing problems stated above as well as the other symptoms associated with crash or starvation dieting.

Because your body will be receiving calories and nutrients every few hours, it will say: "Hey, I'm getting food all the time. It seems that nutrients are readily available. There's no reason to do away with the lean muscle tissue. But I can definitely start coming back to my 'normal' weight."

As an overweight person, you are above your ideal weight. Your body WILL try to come back to its normal, healthy weight IF you give it a chance and do things properly...

Thank you for reading the first 2 and a half chapters of The Weight Loss Grail. If you would like to continue reading this ebook, then please do yourself a favor and visit our website and get instant access to our amazing weight loss program.

Our website: <http://www.theweightlossgrail.com>

We hope to see you soon,

The Weight Loss Grail Team