

## **Facts About Nutrition You Need To Know**

**There is way too much crazy stuff being said about the subject of nutrition and your health. Being healthy and eating the right foods is not complicated and it's not a mystery. You just need to know the truth.**

### **17 Essential Facts You Need to Know About Health and Fat Loss!**

[by HeathPro365.com](http://HealthPro365.com)

#### **1. Below is a Myth About Your Digestive System.**

There is a major myth being going around that is not true. Non-meat eaters and those who will profit if you do not eat meat have been spreading a goofy rumor for many years.

The truth is meat will NOT rot in inside your body. Stomach acid and enzymes will break down meat in

your body.

By nature, the human digestive system is very powerful. Very few people are not capable of digesting meat. Consuming or eating meat is not a problem for the human body. Your body utilizes the protein, fats, minerals and vitamins that are inside meat.

Indigestible foods such as some fiber can sit inside your colon and rot, but not meat.

## **2. What Causes Disease in the Human Body?**



Processed foods is usually the big culprit.

The people in America have been under attack by most of the food industry. Unfortunately, the food corporations and their need to poison Americans is a fact. They often place profits above health.

Companies like Monsanto and others are creating poisonous products for the consumption of all Americans. Why? You'll need to do your own research on this fact.

Sugar, refined flour and processed oils are equally your enemy. Most people experience fat gain , rotten teeth, cancer, diabetes, heart disease and other life-threatening diseases.

## **3. Do Not Believe Our Main Stream Media or their Reporters.**

Most TV media reporters are nothing but agents for the big food companies who are spreading rumors and lies in order to cause fear or to persuade you to change your diet for THEIR best profitable interest.

Their so-called reports on food and nutrition are usually unproven and not factual.

Due to the dishonesty of our main-stream media, many people choose unhealthy diets and unfortunately, these diet choices could set up most Americans for diseases.

#### **4. Unhealthy and Poisonous Oils That Can Set Most People up for Diseases.**

Run from Soybean oil or Canola oil . . . it is not healthy at all.

The human body is unable to process these oils in a healthy way. Their fatty acid composition is completely different.

These dangerous OILS have massive trans fats... which are highly toxic and strongly associated with heart disease and other diseases.

Get healthy! Choose wise oils natural fats like coconut oil, butt and extra virgin olive oil.

#### **5. Warning: Look out for the "Food" Con-Artists. Just because it**

## **says Natural, does not mean that it is.**

We all know that natural foods are much healthier than processed foods.

Do your homework on foods that say they are 100% natural or use the word Natural in their advertising.

Often times, you will find more fructose in a product than sugar . . . and you should already know to stay away from HIGH FRUCTOSE CORN SYRUP. HFCS should be illegal to sell. It is very dangerous.

This ingredient is inside hundreds of food products! Avoid it at all costs. Discover more health secrets at: [healthpro365.com](http://healthpro365.com)

## **6. Another Myth: All FAT will Make you Fat!**

This is a lie and it is a totally unfactual statement.

ALL Fat has more calories per gram than protein and carbs. Not ALL fat is created equal.

The human body needs FAT consumption - **but you need the right type of fat.**

Monosaturated fats are healthy for the human body. You can get mono-fats from Almonds, coconut oil and avocados as an example.

Even though removing carbs can (in many cases) reverse obesity, it doesn't mean that "carbs" per se *caused* the problem in the first place.

## **7. Another Rumor: Some People Think that ALL Carbohydrates are Fattening.**

The truth is: Many Americans eat a high carb diet. Potato chips, candy, pastries, cakes, pies, pasta, bread, ice-cream and sugary soft drinks. These are many of your high carb foods.

Here a just a few of the examples of good CARBS. Vegetables; such as green beans, Brussel sprouts, asparagus, broccoli and some beans, banana, apples, cherries, apricots, peaches, watermelon, etc.

A good source of fiber could be: Whole wheat bread, brown rice and low carb fruit.

## **8. Want to lose fat? Eat more lean Protein and less or no bad Carbs and less or no fattening Oils. Facts about Fat. It's not rocket science.**

The fact about FAT on and inside your body. Too much fat inside or on your body can be life threatening. Why? Because "diseases" usually thrives easier in fatty tissue. The leaner you are the less likely disease will find a place to thrive. Not only this, but your heart must work much harder. For every one pound of fat, your heart has to pump another MILE of blood into blood vessels and small

capillaries. So, to say a FAT body can be healthy is not true. Consuming more lean protein will help you lose fat. Protein is essential for your organs, your skin, your digestive system and your muscles.

An American study discovered that chronic daily headaches are more common among those who were among obese people.

Fat inside and around the organs can crowd the organs and they will not function properly. Obesity is one of the most common risk factors for sleep apnoea, a condition that occurs when tissues in the upper airways come too close to each other, temporarily blocking breathing. Too much fat on the body can lead to memory difficulties, low energy, shortness of breath, leg swelling and high blood pressure. Long term, it can contribute to stroke, hypertension, and even sudden-death syndrome.

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Many studies have proven that PROTEIN can boost metabolism and help you to burn more calories without strenuous exercises.

Consuming a diet in HIGH PROTEIN can increase the calories you burn by 80 to 100 calories per day, because protein requires energy to be metabolized.

You should consume 50 to 100 grams of protein every day. Protein will not online boost your metabolism but boost your immune system as well. Learn more health secets at:

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## **9. What is Your big Enemy? The answer is; SUGAR!**



The SUGAR industry hires multi-million dollar lobbyist in Washington, DC to make sure their products remain in the food supply for the average American. The sugar industry full knows that sugar causes a host of diseases, but yet they pack inside all the soft drinks, candy, pastries, cakes, pies and sugar cereals for our children.

Sugar is so bad that the human body has an organ called a Pancreases that manufactures a hormone called insulin. Whenever the human body gets any sugar inside, the pancreas creates insult to be pushed throughout the body and tries to REMOVE it.

An over-worked pancreas could cause it not to manufacture as much insulin and then you become a diabetic. This is a very dangerous disease. You have to take insulin pills or insulin injections every day.

Research proves that the risk of obesity in children is increased by 60% for each single daily serving of a sugar-sweetened beverage. Diabetes has become an epidemic.

## **10. The Best Diet is Not a Secret.**



Only eat healthy foods. This report provides you a good idea of what foods are healthy and which ones are NOT. There are no secret diets. The only reason you have extra FAT on your body is because you've been eating the WRONG foods for too long.

If you want to lose fat and get healthy, then you must change how you think about food. You must know what is good for you and what is NOT.

Why would you purposely want to poison your body? Why put junk in your amazing body? Would you pour dirt into your gas tank?

## **11. Another Myth: All Cholesterol is Unhealthy.**

Cholesterol is obtained from the FAT of an animal. In rare situations, some humans will manufacture cholesterol themselves. This seldom happens.

Most Cholesterol is saturated fat from an animal product. The human body, over time, will have veins and arteries with worn areas or like roads - similar to chuck holes. Cholesterol steps in and fills in these worn areas and potential holes. Your brain needs Cholesterol also.

The truth is; your body and brain needs a certain amount of cholesterol to maintain a healthy system.

## **12. Right now, until the Food Manufactures become More Honest . . . DO NOT BE FOOLED BY THEIR LABELS.**

Unfortunately, food manufactures do not care if you get a disease or die. They could care less. Their main mission is to earn large profits. That's it.

Misleading claims are a standard practice with most food producers. They know most people want to be healthy - so they will purposely deceive people into thinking that their products are healthy.

This includes “whole grain” labels on sugary breakfast cereals and low-fat labels on yogurts. Many of these foods are **packed** with sugar, or they try to confuse or hide certain unhealthy chemicals or do not include certain healthy ingredients as claimed. If the packaging of a food tells you that it is healthy, then it probably is NOT!

## **13. Eat Healthy and Don't Count Calories.**

No reason to be a calorie counter if you're eating the correct foods. Eat smaller portions.

The human body is a complex metabolic machine and there are many complex factors at play. This

includes cutting carbs, eating more protein and/or simply abandoning processed foods in favor of real, unprocessed foods.

Counting calories is not necessary if you eat healthy foods and eat smaller portions. This is the big secret of losing fat and getting into shape.

## **14. Be Careful with Labels. No fat or low fat means it's probably not healthy.**

When fat is removed, then it must be replaced with something the average human will want to eat. The food manufacturers were well aware of this problem, so they added a whole bunch of sugar and artificial chemicals to make up for the lack of fat.

Most low-fat foods have had the fat removed, only to be replaced with near poisons that will end up making you sick, unhealthy and subject you to being a diabetic.

## **15. Good Health Starts with Knowing What is Good Healthy Foods and What foods are Damaging.**

It is not as complicated as some so-called health nuts want you to believe. By now, if you've done just a little research probably already know what is healthy and what is NOT.

If you are unable to easily pronounce the ingredients on the label, then simply don't buy it. The food marketers use words they know most people will not know well, this way they can say you were WARNED. If you do not understand most of the words on the label, then forget it. Don't eat it.

**Think about this;** Real healthy food do not have an ingredient list. What does the label say on an Apple or a Banna or a ripe Peach or on lean meat? Trick question - there is NO label of ingredients because it's REAL food. [\\_HeathPro365.com](http://HeathPro365.com)

## **16. Do Not Use Aspartame or any of the sugar substitutes. Why?**

I'm sure most people are aware of the harmful side effects of aspartame. This chemical actually comes from the feces of cows. Do you really want to ingest this into your body? Some chemist discovered that this chemical tasted sweet, so they packaged it and sold it to food companies.

Aspartame kills mice and been killing mice since it's inception, however, aspartame is found in all gum, sugarless candies and sodas. Aspartame is known to also cause cancer. Plus these sugar substitutes causes weigh gain.

Stevia is the only known product that has been deemed safe to use as a sugar substitute.

## **17. Secret to Fat loss. Keep your Body PH Balanced.**

### **Drink Water with Lemon.**

Most foods and liquids are acidic and your body is continuous in a war zone trying to stay balanced. Help your body stay PH balanced by consuming food that are alkalining agents. Lemons are a great

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alkaliner and this alone will help you lose fat. Some fruits and vegetables are also alkaliners.

For example. Almonds helps to alkaline your body. Anytime you can help your body by eating the right foods, it will be highly beneficial to your health and well-being.

Keep your body PH balanced. Disease thrives in acid. Sugar and most things you eat are acidic and you need to constantly be helping your body by including good alkaliners. Apple Cider Vinegar is great too.

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