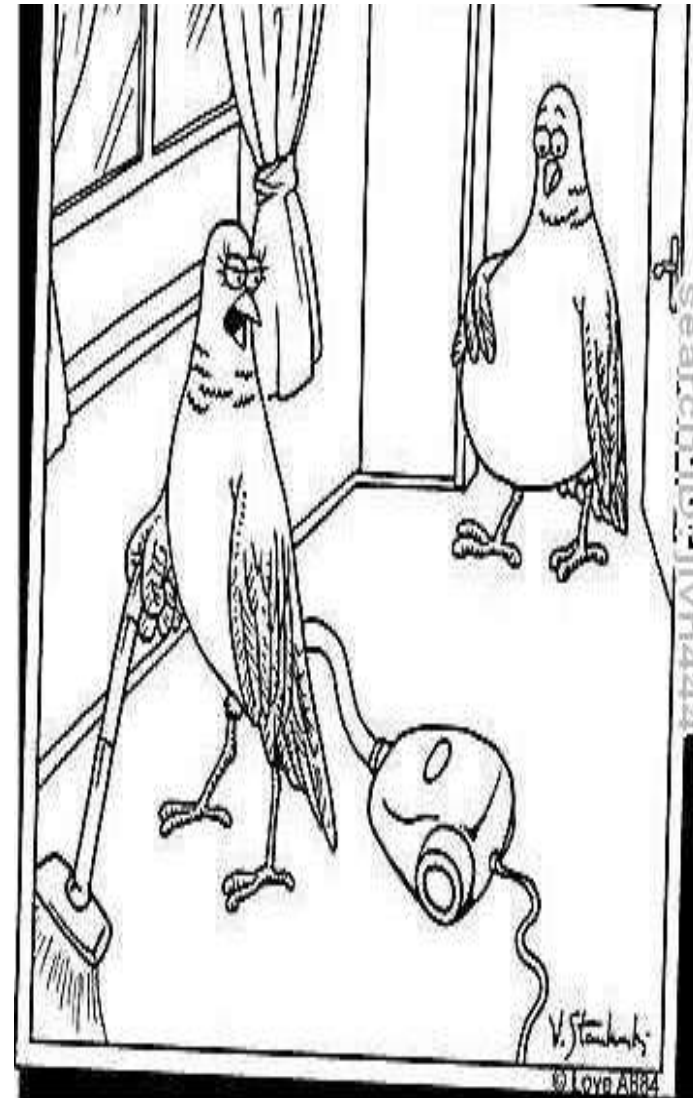


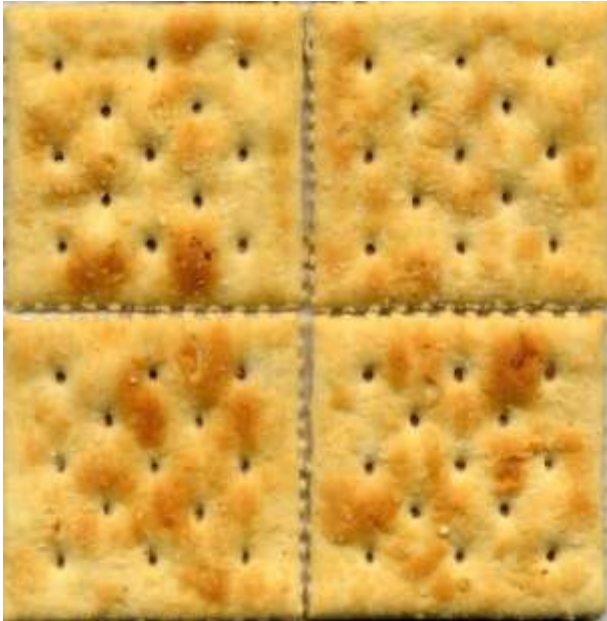
# A Deadly TRANS Fats

- Vegetable oil processing (total or partial hydrogenation) in order to increase their shelflife, stability and melting temperature
- Are very stodgy and tend to cumulate in the organism's body
- Increase the level of LDL cholesterol and triglycerides in blood, that in consequence may increase the risk of civilization diseases, mostly cardiovascular☹
- **Never get rancid as butter for instance.** Food products as crackers, cookies, rich in TRANS fats can be stacked and stored on market shelves for a months or even longer
- Slow down our metabolism and transcribe into human DNA and cause cell mutations



"Hangin' around McDonald's again, aren't you?"

# And Where Can We Find Them?



# „Natural” Vegetable Oils

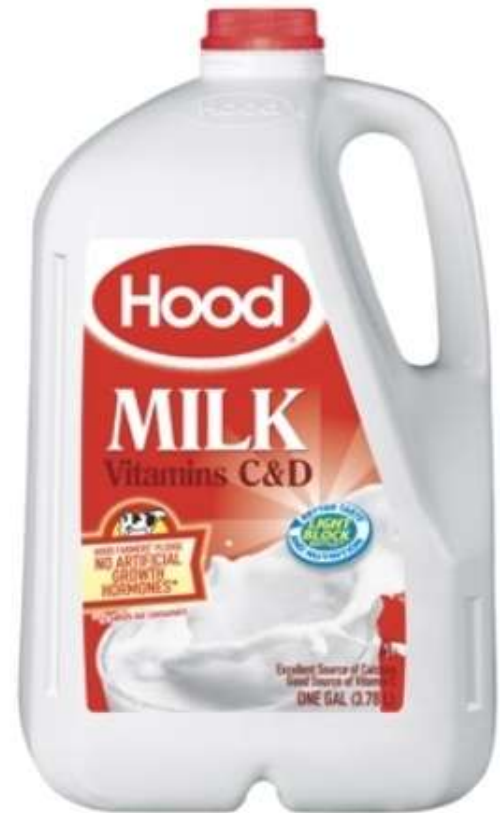




# The Sources of Healthy Fats



# Skim or Whole Milk ? 😊



# The Reasons to Increase Protein Consumption

- Proteins during their digestion require more energy input than other food compounds. It leads to higher calorie consumption, which favors fat burning process
- High proof proteins (milk or egg) protect lean muscle tissue by intensification of fat burning process. If we are not provided with required amount of essential amino acids, our system will start to take them from the muscles
- Portion of protein retards bloodstream glucose absorption. It reduces hunger by insulin secretion lowering and facilitates fat burning process





- Proteins are the stodgiest compounds of all
- Higher protein consumption intensifies the leucocyte (white blood cells) production, that enhance our immune ability
- **Proteins speed up body regeneration processes (wound healing, bone fractures, etc.)**
- Protein consumption causes the blood pressure decrease



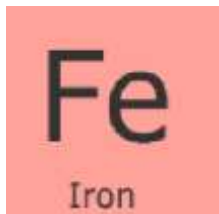
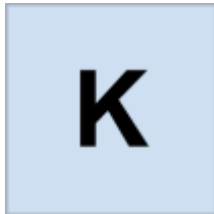
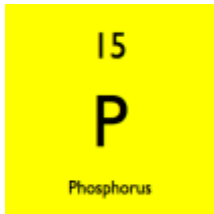
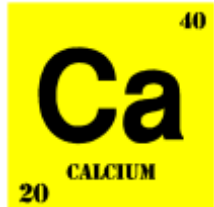
# Water

- The human body is about 70 % water
- Every 24 hours human's body loses 2-2,5 l of water – and the same amount should be delivered back to the system
- **Water dosage = 30 ml/kg/24hours**
- 5 % water loss = decreased body efficiency up to 30 %
- Thirst symptoms are associated with hunger (headaches, apathy, fatigue, concentration loss, drowsiness)

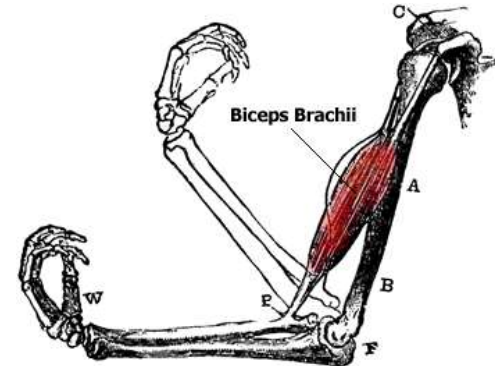
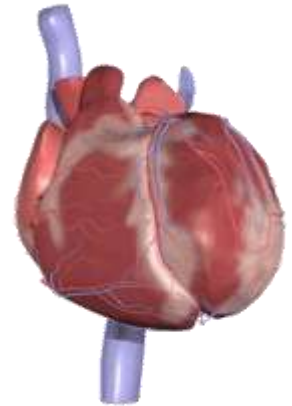




# Minerals



- necessary for proper functioning of circular, neurotic and muscular system, sedative agent
- prevents muscle cramps
- strenghtens osseous system, promotes regeneration processes
- neccesary for proper heartwork, reduces blood pressure
- hemoglobin producing agent, oxide transporter, improves body shape

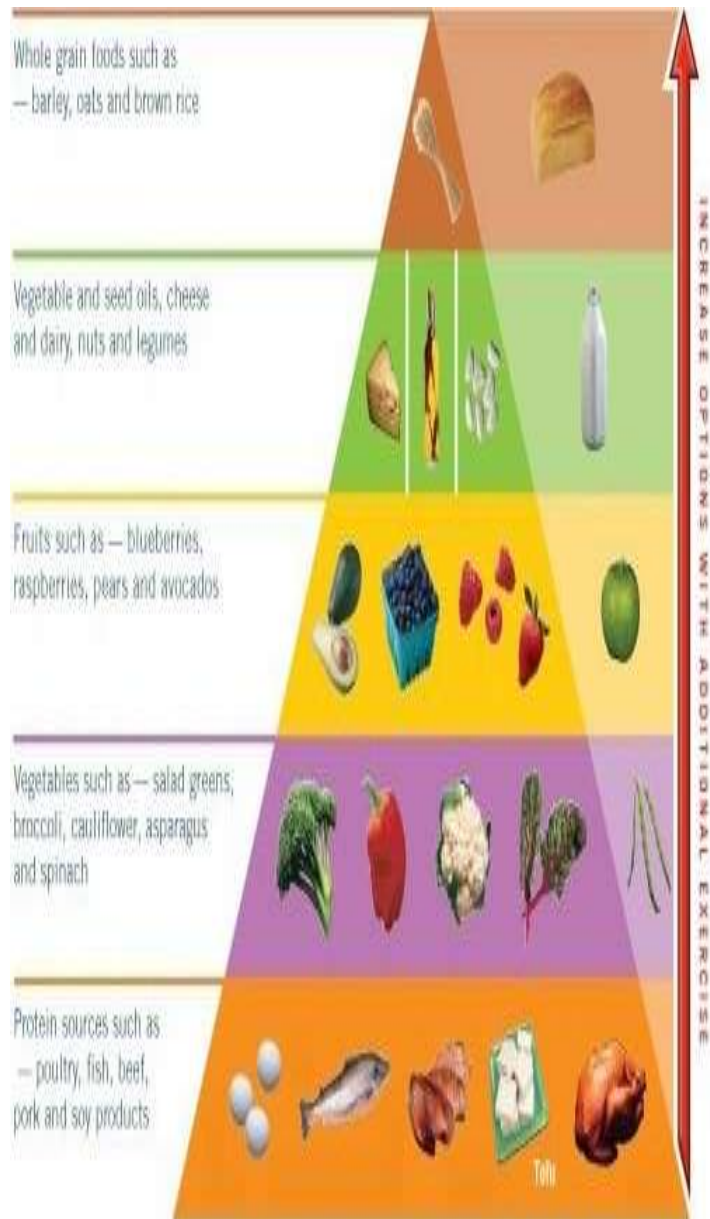


# Vitamins

- Vitamins contain no useful energy for the body, but they do link and regulate the sequence of metabolic reactions that release energy within the food we consume
- Vitamins cannot be made in the body and must be obtained in our diet



# Corrected Food Pyramid



- **Traditional food piramide should be turned upside down.** Healthy fats and protein products are to be moved to the piramide bottom (frequently consumed). Highly processed grain products and carbohydrates are advised to get to the piramide top (rarely consumed), since they cause nothing, but obesity
- **Protein and fat products don't require insulin and its secretion variation, that guarantees stable glucose and energy level**
- Protein and fat products are broken down more slowly than carb products. They provide better fullness if consumed
- If you cut down or eliminate unhealthy carbs from your diet, the system will start to burn the excess body fat in the first place – **THAT WILL MAKE YOU LOSE WEIGHT☺**



# The Principles of Healthy Dieting

- Learn how to distinguish good carbohydrates from bad carbohydrates
- Change your eating habits, make this change fundamental. Let it be new, healthy lifestyle, not another diet☺
- Stay away from „low carb” products. To obtain less fatty food without affecting its texture, the another compound must be added (and these are mostly processed carbs). No food compound can be eliminated without consequence. Regular food products and low fat products often exhibit equal or even higher caloricity
- Drink water before meals – water holds no calories and makes the stomach full. All biochemical reactions, including fat burning occur with water contribution



Healthy  
Eating



- Quit on eating fast food (junk food), which carries nothing, but enormous amounts of highly processed carbs, TRANS fats and chemical preservatives
- Learn how to ignore the poeple, who will criticize your new lifestyle
- Don't be ashamed about the fact, that you eat healthily ☺
- **Never consider your diet a draconian sacrifice, your diet is just another way of nutrition. Healthy food can also be tasty☺**
- Don't calculate your daily calories, just mind its quality and physiological response on them



**MY MENU  
CONSISTS  
OF TWO  
CHOICES:**

**TAKE IT OR LEAVE IT!**



- Read the labels on food products thoroughly
- **Quit newspaper „miracle” diets**
- **Don't skip your meals** – when you drastically reduce your calories, your body is getting on the „saving mode”, your metabolism is slowed down and this state is preventing for losing weight
- Eat 5-6 small meals a day every 3 hours (revise your point of view on the traditional breakfast-lunch-supper diet). **Irregular meals will also put you on the „saving mode”**
- Eat fresh and unprocessed food. Products with longer expiration date and shelf life are never considered a healthy meal



"Now, this looks like a good one!"



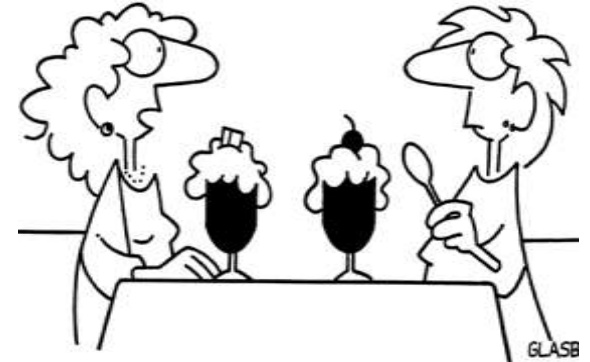
- Eat slowly, otherwise the cortisol (stress hormone) is being secreted, which in consequence leads to metabolism slowdown
- You can eat more carbs in the morning. There is higher insuline tolerance after the night's sleep. Good carbs (oatmeal, porridge, whole grain bread) will be transformed to **glycogen** (storage material in the liver and muscles) – while its broken down, it provides the energy to help you make it through the day
- Combine good proteins, good carbs and good fats in every meal
- Buy fresh food. The more colourful product is, it contains more nutritious compunds, minerals and vitamins
- **Eating in the evening😊**



EXTREME SLOW FOOD

# „Animal Fat Kills Us”, What Do We Do Then ? ☹

- We start to consume processed vegetable oils
- We mostly consume compounds and products that our mankind has not consumed throughout 99 % of its existence
- Reduce one compound and compensate that with other (swap fats for carbs ☹)



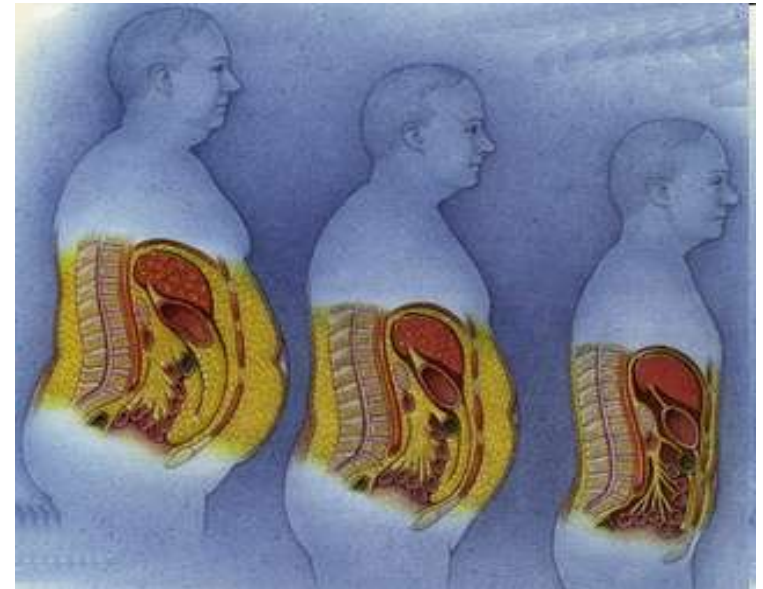
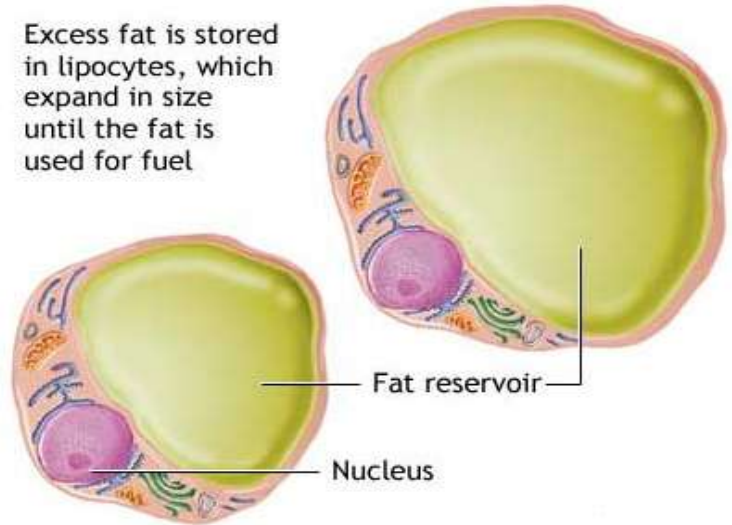
“If you put a crouton on your sundae instead of a cherry, it counts as a salad.”





# What Is The Truth...

- Every particle of body storage fat is consisted of glycerol (glucose derivative) and fatty acids (esterification)
- **The glycerol actually does not come from fats consumed, but directly from carbohydrates - active glucose form is synthetized in fat cells. So glucose directly conditions the process of fat esterification in fat tissue**
- Insulin stimulates the synthesis of fatty acids and prevents our system from getting energy from storage material (body fat)



# The Example of Miracle Diet

- **Breakfast:** One coffee, one sugar cube
- **Lunch:** Portion of chicken breast, lettuce with vegetable oil and lemon juice
- **Optional lunch:** two hard boiled eggs, one carrot
- **Supper:** Nothing
- **Breakfast:** One tea cup, no sugar
- **Lunch:** Portion of grilled meat
- **Supper:** Nothing

„New, short and effective”- nothing, but nonsense

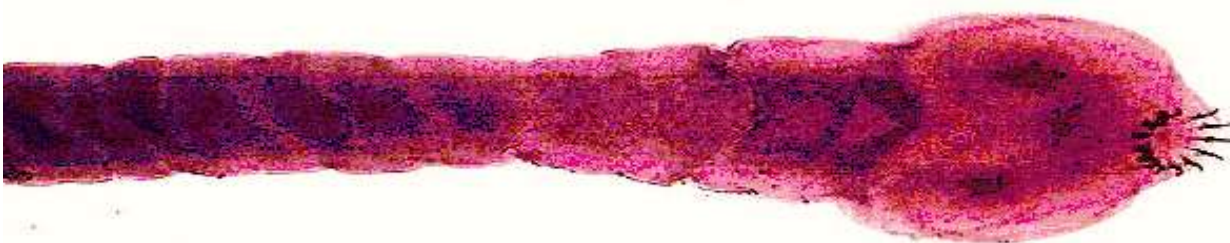
- In most of cases, the best way to body dehydration or emaciation
- Have nothing to do with fat losing, since it they mostly make us lose muscles
- Underweight and undernourishment states are physiologically as risky as being obese and overweight
- Most of users never get satisfactory effects. After such a torture, they get back on the wrong eating tracks again



# Tapeworm Diet ☹️

„Get the phial **with tapeworm head inside** and swallow it (Made In China, available worldwide on ebay). New tenant in your gastric system will do the rest!. It is superawesome and makes an excellent career in Hollywood nowadays”

**Any side effects? : drowsiness, nausea, headaches, overall body deterioration, infections, diarehha and death**

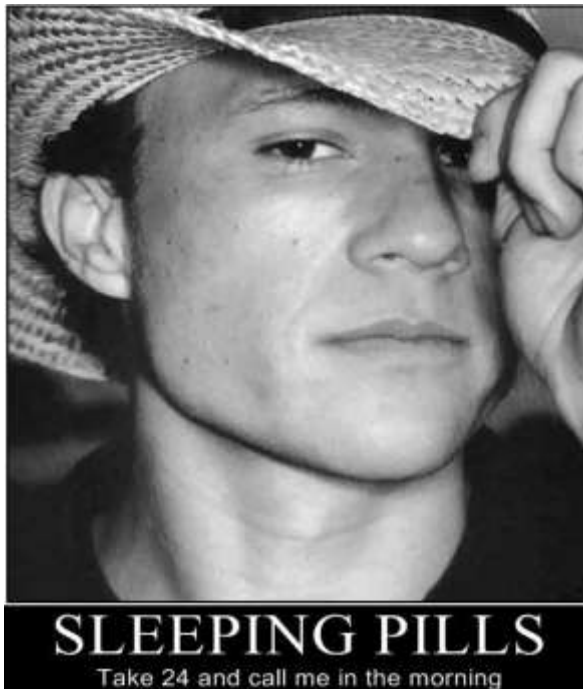
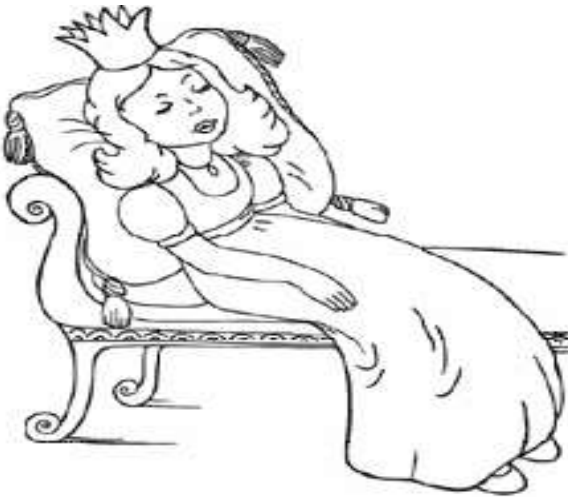




# Sleeping Beauty's or Gopher's Diet

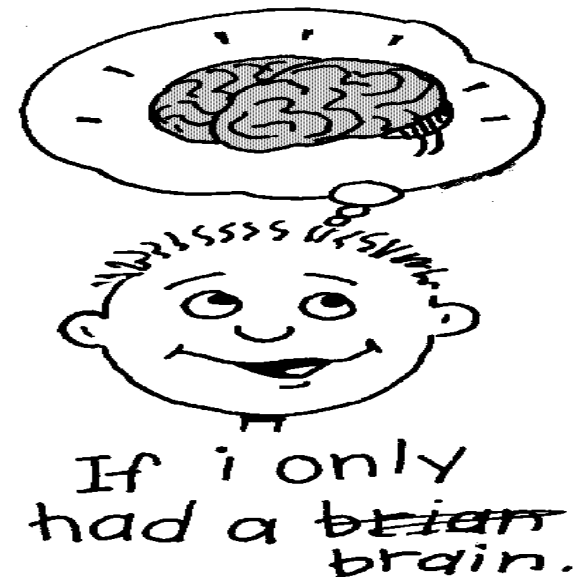
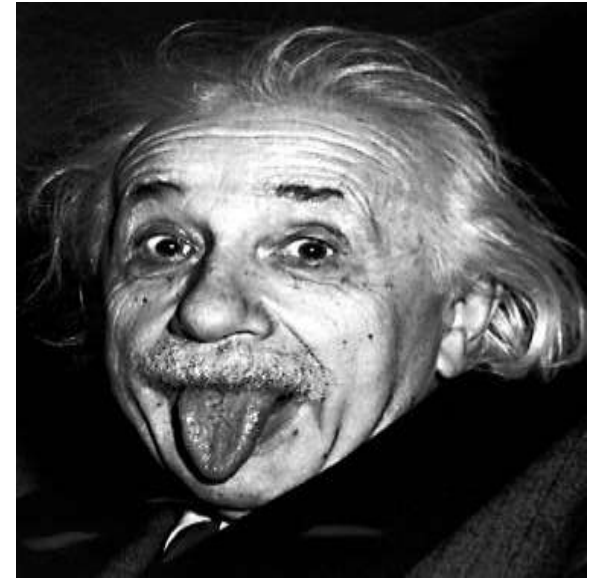


**Its Motto: No Eating, While Sleeping, Take a Lots of Sleeping Pills Then...**



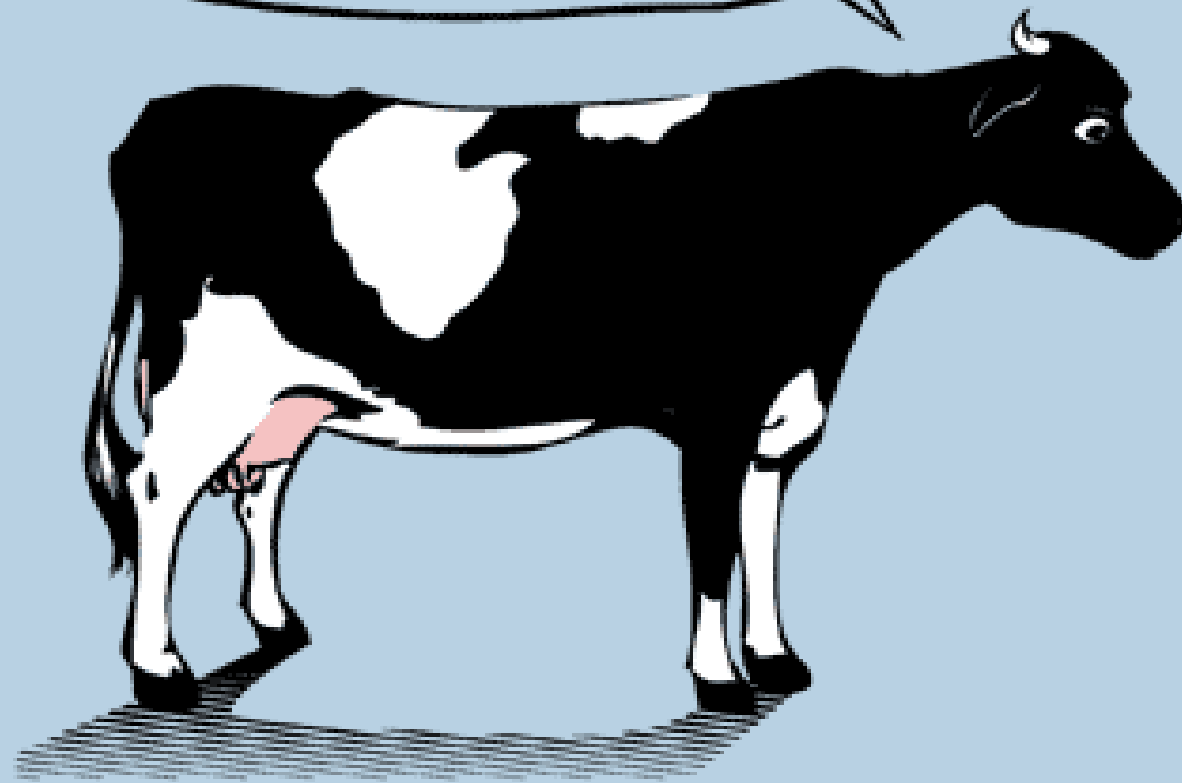
# Use Your Brain To Lose Weight

- Use rational diets that are based on science
- Exercise regularly (at least 3 times a week, for 40 mins)
- Try to abstain from eating of high caloric snacks
- Defecate regularly



# Thank You For Your Attention ☺

Milk, I am your father



Noooo!!!