

The Fat Loss Secret

Lose Fat Permanently Without Starving Yourself and Feeling Miserable

In this short PDF, I will reveal **The Secret** to losing fat and keeping it off.

The Holy Grail is coming up.

It doesn't matter if you've got 50 lbs to lose, 100 lbs or just those last 10 or 15 stubborn ones that you can't seem to shake. The process is the same.

YOU

Let me just digress and deconstruct your story first as a starting point so we're both on the same page.

You're probably over 50 and have some or all of these issues:

1. Deconditioned from years of dis-use, career building, family building, and a go-go lifestyle leads to a deconditioned, out of shape body
2. Struggling to lose fat and build muscle too
3. Time constrained and not feeling confident in your ability to make progress. Nothing has really ever worked in the past so your confidence is low.
4. And you're confused about what to do

The Experts

The reason you're confused is because there are many, many conflicting plans and experts out there telling you to do different things:

- Go low carb
- Low fat
- Carnivore
- Keto is the way
- Vegetarian

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- Vegan
- Mediterranean diet
- Fasting

On and on, everybody has a different plan. Now clearly there are many scammers on the internet that have no idea what they're talking about. Tons of those folks.

But there are also legitimate coaches and trainers with actual followings of hundreds if not thousands of people saying or proving that their way actually does work.

So you ask yourself, how can everybody be right when they claim conflicting things? It doesn't make any sense and that's really why you're confused.

The Spartan Method Approach

Let me shed some light.

First, macronutrients don't really matter. You don't have to hit a magic breakdown between protein, fat and carbs to find the formula. That's not the key.



Is it calories? Is it that simple? Just eat fewer calories and you'll lose fat.

I'm sure you've heard or read many discussions poo-pooing the old Calories In - Calories Out paradigm. Right.

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This is where you've got to balance what you eat with what you burn in energy to lose fat. And many will say this is too simplistic, there's all these hormonal things going on, your body compensates when you cut calories, blah, blah (all partially true by the way).

Do calories matter?

A simple question deserves a simple answer. Yes they do. You must consume fewer calories than you're currently eating to lose weight. No doubt about it.

BUT that doesn't mean that to lose fat permanently you should focus on reducing the calories you're eating.

That's called a diet and it won't work. You can't force yourself to eat less than you desire and be successful. It's why essentially all diet approaches like the point systems, changing the size of your plate, drinking gallons of water, all the MLM products, etc., all these gimmicks will not work. And you know it ('cause you've tried some).

It's impossible to force yourself to eat less than you desire. Can't be done.



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Your Hunger

Here's what you need to know.

There are only two reasons you eat food. Or should I say, two reasons your brain signals you that you're hungry.

The first is nutrition - your body is seeking nutrition, you know, vitamins, minerals, micronutrients. Your body needs nutrition to take care of business, repair things, make hormones and enzymes and do all the things that it does to keep you alive.

So many times you get a hunger signal because you're lacking nutrition. You may have just eaten a meal but if it was void of nutrition, you'll still be hungry.

The second reason you eat is for energy, to run your body, keep your heart pumping, brain working, all the organs doing their thing, moving your body around, this all requires energy. Energy is calories.

That's the only two requirements your body has for food - nutrition and energy. That's what drives hunger.

The Secret

To lose fat permanently, yes you have to consume fewer calories than you're currently consuming because that's the only way you force your body to burn it's stored fat for energy. To do this you must **increase nutrient density**.

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Nutrient density is how much nutrition is packed in these calories. If you select foods that provide more nutrition per calorie, you're increasing nutrient density.

Increasing nutrient density is the secret to permanent fat loss.

This is how you eat fewer calories without feeling like you're starved and miserable. Provide enough nutrition so your body can perform all its essential functions, minimize the amount of calories you consume providing this nutrition (this is nutrient density) and then your body will naturally get any additional energy calories it needs from your stored fat.

Satisfy nutrition and you'll consume your own fat for fuel.

OK, you know the secret now. [Read more about Nutrient Density here.](#)

