

## **How to Burn Body Fat**

by Dr. Ted Broer

One of the biggest challenges that I am all ready finding about my weekly e-mail health update, is I have so much information to give you and due to e-mail restrictions, I can only send you two pages per e-mail. So forgive me if I don't get into detail covering every topic. There simply isn't enough room. You can call our office at **1-800-726-1834** if you have any questions about this email, or visit our website, [www.healthmasters.com](http://www.healthmasters.com).

Last week I promised you information on how to burn body fat. I also told you that I am now 50 years old. I am extremely excited about being 50. Here's why. I have endeavored to take care of myself for many years. When you first start taking care of yourself you kind of wonder is it really worth it? Taking vitamins, essential fatty acids and exercising isn't always convenient. Let me tell you it is worth every bit of the effort. I feel great. My energy is through the roof and as I told you last week, since I started taking the HGH Stimulate my lean muscle weight has even gone up.

The reason that it's important to increase lean muscle mass is as we get older we lose around 10% of our lean muscle every 10 years. That's bad because each pound of muscle burns 50 calories per day. Last week I met an old classmate who ten years ago worked out with me 5 days a week. While training with me he weighed 180 pounds. Had a 32-inch waistline. Could do 45 dips in one set, huge shoulders, great V-shape. His business grew and he used this as an excuse to stop working out. It was amazing to see his physical deterioration. He weighs over 200 pounds, I would guess around 210 pounds – he's shaped like an apple.

Lets do the math. (I'm estimating lean muscle mass because we didn't use a fat caliper.) You figure he probably had 120 pounds of lean muscle mass. Remember you can't count the bones.  $120 \times .10 = 12$  pounds of muscle loss plus his weight went up 30 pounds with 12 pounds of muscle replaced by fat. Basically he gained 42 pounds of fat. No wonder he feels and looks horrible. That's a lot of fat!

But it made me realize that taking care of yourself is worth the effort. By the way, 12 pounds of muscle times 50 calories a day, that's 600 fewer calories that he can consume and not gain weight. So he also lowered his metabolic rate by 600 calories a day. This plus hormonal changes, (lowered human growth hormones, lower testosterone in men,) makes it increasingly more difficult to lose weight as we age. That's why it is so important to remain consistent and to try to increase HGH production. That is why last week I went into so much detail on Health Masters HGH Stimulate.

### ***5 ways to Increase Your Metabolism and Burn Body Fat:***

1. Do cardiovascular exercise combined with resistance training 5 -6 days a week. I work out six days a week. If you don't know how to work out or just want a change, get a copy of my workout videos. Try and work out on an empty stomach. That way your body will release a hormone called glucagon to release stored body fat. If you want detailed

information on this topic get a copy of my report “Maintaining muscle mass and increasing your metabolism while lowering body fat”.

2. Eat six small meals a day. Take your ideal body weight multiply it by 10 and divide it by 6. Example; if you are a women and you want to weigh 120 pounds,  $120 \times 10 = 1200$ , divide by 6 = 200 calories per meal. After it has used the calories that it needs the body stores the extra calories as fat. Eating one large meal a day is extremely unhealthy and fattening.
3. Drink half your body weight in fluid ounces of purified water per day. If you weigh 200 pounds drink 100 ounces or 10, ten ounce glasses per day. Don't drink diet sodas. I have an article on Aspartame listed on my web site, [www.healthmasters.com](http://www.healthmasters.com). Read it, copy it and send it to your family friends and anyone you care about. I use reverse osmosis or distilled water stored in a stainless steel tank or glass. I have used distilled water for 25 years. We carry both distillers and reverse osmosis units at my office. Just drinking more water will make you feel better. It's amazing most people run around in a chronic state of dehydration. Sip on the water throughout the day.
4. Don't eat high glycemic carbohydrates i.e.: bread, rice, pasta, white sugar, potatoes, dried fruit or fruit juices. These types of foods spike your blood sugar, which then spikes your insulin levels. Insulin is a storage hormone. Guess what the extra calories from these high glycemic foods are stored as: FAT!
5. Don't eat fat-free meals. Fat helps to keep you full. Because it slows down the digestive process. Good fat is necessary to help you burn fat. Plus, the body in many of the metabolic processes uses fat. I take a fat supplement daily.

These are the supplements I use and recommend for fat burning, you can call my office to order these and we ship them to you by UPS within 24 hours, **1-800-726-1834**.

- A. Health Masters Get Lean Protein
- B. Health Masters Fat Burner CLA-1
- C. Health Masters Cinnamon Extract Fuel Burners
- D. Health Masters Ultimate Multiple
- E. Health Masters HGH Stimulate

Let me cover with you how the first 4 of these products work. That way you will understand why I chose them. I already covered HGH Stimulate in last week's newsletter. If you need another copy of this e-mail us and we will send it to you.

#### **A. Get lean Protein:**

This is our breakfast protein. It must be taken first thing in the morning. It helps to reduce cortisol, which is a stress hormone, which stores fat. This protein powder is designed to slowly deliver a sustained release of energy to the brain the heart and the muscles. Using it first thing in the morning prevents a blood sugar or glucose spike. This helps prevent insulin from spiking. When your insulin spikes your blood sugar plummets. When this happens you begin an insulin roller coaster with your energy going up and

down. You feel terrible most of the day. Plus you store fat like crazy. I use this product every morning before or after my workout.

### **B. Health Masters CLA-1 Fat Burner:**

CLA-1 is a patented form of CLA. The original CLA was Tonalin. CLA-1 is better because it absorbs more efficiently and thereby works better to burn fat. Research shows that 4 capsules of our product provide 3000 mg of CLA-1. Taken for 8 weeks it will literally change the cells lipid (fat) membrane helping the cells ability to burn fat. CLA-1 is a true fat burner. I take 2 capsules twice a day.

### **C. Health Masters Cinnamon Extract Fuel Burner:**

This product is nothing short of phenomenal. Richard Anderson of the USDA did research and discovered a patented extract of cinnamon. The extract which was named cinnaline it improves fat and carbohydrate use in the cell. It literally helps the food or fuel to enter into the cell. By doing so it burns more fat and carbohydrates at the cell level. The whole key to optimal body weight is to burn more calories, which then produces heat and ATP (Adenosine Tri Phosphate) as energy. If you want to feel more energetic you must burn the necessary calories at the cell level. But the fuel or food or calories has to be used by being delivered into the cell. If this food or fuel is not delivered and burned by the cell, it is stored as fat.

Basically what I am saying is that in order to increase your energy and burn fat you must create energy from your food. Cinnuline does just that. It opens the door of the cell to convert food into energy. So you feel better and have more energy and burn more calories. Our Cinnamon Extract uses the patented Cinnuline, which works extremely well. Gymnema is also included in our formula and it is used as a standard extract. It is a botanical that is synergistic with the Cinnuline to help burn calories. It also helps insulin dependant diabetics to use less insulin and control cholesterol and triglycerides. Green tea polyphenols are used to help control blood sugar and lower storage of fat and are also potent anti-oxidants. Chromium is added because it is also synergistic with Cinnuline in helping to convert food to energy, not to fat. Alpha Lipoic Acid is added to work with the Polyphenols to help prevent oxidation of fat which can cause: joint problems, Parkinson's, Rheumatoid Arthritis, Lupus and Chronic Fatigue Syndrome.

The therapeutic dosage for this formula is 2 twice daily. I take it everyday.

### **D. Health Masters Ultimate Multiple:**

I always try to provide you with the best products possible. They are the same products that my family and I use everyday. Remember these facts, never use tablet vitamins if at all possible. There is so much glue and heat used in producing these products it is literally impossible for your body to break them down. They go right

through your body unused. Secondly don't use gelatin capsules use only cellulose fiber capsules.

Gelatin capsules are probably a pork by product. Less than 1% of all products use cellulose fiber capsules because of the cost. They are much more expensive than tablets or gelatin capsules. All of my Health Masters products use only cellulose capsules.

Plus my multiple uses only activated B vitamins. Most cheap vitamins use cyanocobal amine this is a cyanide B-12 vitamin and is very toxic. The body cannot use it. It is poison. Our B-12 is methyl cobal amine, which is highly absorbable. A lot of times cheap products will list their B-12 as cobal amine. They won't tell you whether it's methyl cobal amine or cyanocobal amine, guess why? It's because they use the cheap cyanocobal amine and they don't want you to know their product is toxic. Our B-12 is 10 times more expensive than the poisonous one. But our product works. We carry the best products period. Our multiple also has 200 iu of natural E. 99% of all grocery store vitamins use useless synthetic E. Our multiple is also patented to release energy by containing Vanadium, Chromium, and Biotin which are critical ingredients for energy production and fat burning. Our product really helps you to feel better. I take it every day. The dosing is to take 2 twice a day.

If you want to try the 4 fat burning products that I covered today, the costs and servings are as follows:

1. Get Lean Protein	14 servings	1 serving per day	\$37.99
2. Fat Burner CLA-1	120 ct	4 per day	\$39.99
3. Cinnamon Extract Fuel Burner	120 ct	4 per day	\$39.99
4. Ultimate Multiple	120 ct	4 per day	\$23.99

If you have decided to try all 4 products (I hope you already have the HGH Stimulate) in the next week, I will send you a copy of my 300 page \$25.00 *Maximum Fat Loss* book at no extra cost. Plus you can receive my exercise videos at 1/2 price. You call 1-800-726-1834, Monday through Friday 9 - 5 EST to ask questions or place an order for these products.

### **5 Health tips for the week**

1. Don't eat powdered eggs or eggbeaters or anything that doesn't look like a real egg. Powdered eggs wreak havoc on your cardiovascular system. Use only organic, no hormone eggs. They are great for kids and adults. By the way, the reason eggs have a yellow yolk is because they are high in sulphur. Sulphur is critical for healthy hair, nails and skin. I try and eat 2 - 3 organic eggs daily. By the way, my cholesterol is perfect. Real eggs do not make your cholesterol go up, however powdered eggs will make your cholesterol go up. Studies showing that eggs increased cholesterol used powdered eggs. Real eggs in the shell, that you have to crack, have never been shown to raise cholesterol. You should cook your eggs in extra virgin olive oil, organic butter or coconut oil.
2. Don't use canola, corn, soy, safflower or cottonseed oils; they are loaded with Omega 6. When you get too much omega 6 it messes up your body chemistry and can lead to heart

attacks, diabetes, cancer, asthma, arthritis, blood clots plus a whole bunch more problems. Use cod liver oil. I use the V.E. Irons brand as a fat supplement personally. It's simply the best. Also organic flax seed oil is good.

3. Don't take aspirin on a regular basis. It causes problems with your eyesight. It has been linked to Macular Degeneration and using it for 10 years causes a 44% increase in cataracts. (Ophthalmology 98; 105: 1751 - 1758) My mom used aspirin daily for years and can't see anymore. A better solution for keeping your blood flowing is to take a natural vitamin E, or you can use Bromelain, garlic, zinc or vitamin C.
4. To help digest your food better eat your protein first. Most people start with the salad. No, you should end with salad. You can also use a digestive aid. I use either Health Masters Panzyme PH or Enzyme Research Digestive Enzyme 270.
5. Stop cooking on Teflon or using aluminum pots and pans. Teflon is poisonous and aluminum has been linked to Alzheimer's disease. Use cast iron, stainless steel or glass. Don't use anti-perspirants deodorants or baking soda or baking powder that has had aluminum trisilicate added as an anti-caking agent.

This has been a fun health update for me. I hope you enjoyed it. I will contact you again next week. Next weeks topic will be on cholesterol and heart disease. You're going to love it! Always feel free to send a copy of this email to everyone you care about.

E-mail me and let me know what you think.

Sincerely,

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