



# Secret of Weight Loss

## What is the real secret of weight loss?

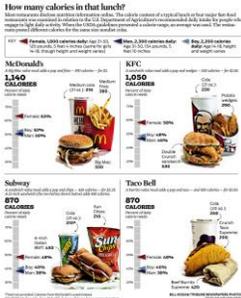
The funny thing is.....there is no secret. At the end of the day, no matter how many ways you look at weight loss, it comes down to 2 things;

1. The amount and type of calories you input into your body in a day.
2. The amount of calories you burn in a day

The differences that all of have in how easy or difficult it is for us to lose weight boils down to how you and your body burn calories, our individual efficiency of burning, and how well we absorb or do not absorb them.



## The amount of calories we should have in a day



In order to maintain weight, an average male should not be inputting more than **2500** calories per day. Females should not be ingesting more than **2000** calories per day.

If you are trying to lose weight at approx. 1lb per week you need to decrease your calories by 500 calories/day.

If you are trying to gain weight at approx. 1lb per week, you should increase your calories by 500 calories per day.

Without exercise or change in your daily activities, just a small amount of calories can result in weight gain or weight loss. The average American consumes 2700 calories per day. With this amount it is no wonder why Americans are one of the most obese nations in the world.

## The amount of calories you should burn in a day



Depends on the person. Losing weight is a simple equation: if you burn more calories than you eat, the weight will come off. Start off by estimating how many calories you burn each day using the daily calorie needs calculator <http://calorieneedscalculator.com> This will give you an idea of how many calories to eat. Healthy weight loss is 1-2 pounds per week. To lose 1 pound per week you need to create a calorie deficit (burn more than you eat) of 500 calories per day. To lose 2 pounds a week, you have to double the deficit to 1000 calories per day. You can achieve this by eating less, exercising more or a combination of both.

## How you burn calories/efficiency of burning

Your pancreas, liver, and endocrine system play a complex roll in the way you burn the calories that you consume. This is probably the most frustrating part of "dieting" or losing weight. All of us have different balances in our internal burning mechanisms of our bodies. Some things you have control over, or can be corrected, some are genetically set, and are very difficult to change. Estrogen dominance plays an important part of why when we get older, it is more difficult to lose weight. This is something that happens as both males and females age. But it is also affected by the efficiency or health of your liver. Your liver handles your fat metabolism which directly affects the sugar metabolism and the pancrease. Both of these 2 organs are influenced by the amount of estrogen in your body. This is why you should always do a liver detox of the body before you ever begin your diet. If you do not, it is likely that all of these organs are not likely working to maximize the calorie burning in your body.

Your digestive system also determines what gets into your bloodstream. If you have imbalances in your gut, then you may be absorbing too much of certain nutrients (turning them into sugar), and not enough of others (decease in metabolic function). So you should also make sure you have balanced bacteria in your gut before you begin diet.

## What Diet's Work?

All diets work if the input is less than the output. The key is what you do before and after your diet. Have a plan!