The 13 Metabolic Killers

Your “metabolism” refers to a variety of chemical processes that convert food into energy. It also establishes the rate at which your body burns calories. Ultimately, your metabolism is responsible for how quickly you gain and lose body fat. We all have a different metabolism based on a number of factors – some of which we can control and others we cannot. Your age, gender, body type, genetics, and activity level, all work together to determine your metabolism.

There are several very effective strategies for improving your metabolism and your personal “A.C.E. Coach” can help you take advantage of these. Just the same, there are common mistakes people make that will totally sabotage their fat loss efforts – no matter how much they exercise. I’ve outlined these 13 “Metabolic Killers” below, so that you can avoid (or at least limit) them as much as possible. I hope you find them helpful!

1) High Fructose Corn Syrup

**Metabolism Slam**: High fat gain! High fructose corn syrup (HFCS) has become somewhat of a “food villain” in our society, yet many so-called “experts” continue to defend it. Many say it’s no different than sugar. However, in numerous studies, rats gain significantly more fat when given similar diets, one with HFCS, the other with regular table sugar.

HFCS is a cheap, processed, broken-down sweetener that is quickly absorbed and used in our bodies (not in a good way). We don’t have to do any “work” to break it down, which speeds up the digestion and intensifies our insulin reaction. This inevitably leads to fat storage, so avoid HFCS at all costs.


2) Lack of Sleep

**Metabolism Threat:** Altered metabolic hormone responses and increased fat and cardiovascular risk. Is it possible that lack of sleep can actually affect your metabolism? Yes!

Many studies have concluded that sleep disturbance and lack of sleep actually decrease insulin sensitivity (which leads to altered metabolism and increased fat storage) and increases in ghrelin (which increases hunger).

If you suffer from lack of sleep or sleep disturbances, it’s important to do what you can to make sleep a priority. Most adults need 7 - 8 hours each night. Invest in blackout blinds, meditate, or pray to relieve stress before going to bed, and keep a consistent sleep schedule. Do what you can to fight fat with sleep!

3) Over-Eating Late in the Day

**Metabolism Threat:** Increased fat storage and obesity. Many people eat less calories than they burn, but still do not lose weight. Often times, busy adults run around all day long and make little time for a healthy, well-balanced breakfast and/or lunch. Then, they return home at the end of a long day and are starving for dinner… and they close control and over-eat.

End of the day over-eating is correlated with obesity – this has nothing to do with total daily calories, but rather too many calories at one time, specifically at the end of the day (when we’re the least active). Over-eating and then relaxing is actually a hallmark of a sumo wrestler’s diet plan – one you don’t want to follow! For an optimal metabolism, most calories need to be consumed during the day when you’re most active.
4) Long Boring Cardio Exercise

Metabolism Slam: Decreased muscle mass and caloric output. By engaging in long, low-intensity cardiovascular exercise, you actually run the risk of slowing down your metabolism! First, you’ll burn right through the stored carbohydrates in your muscles (glycogen), and then you’ll begin to break down the muscles themselves. This is the last thing you want for calorie-burning, and fat loss in general!

If you are one of the few who’s willing to stick with it despite the long time commitment and boring routine, your body will become less responsive to change (improvements). This means that as you repeat the same slow movement over and over again, you will burn fewer calories for any given amount of time. In addition, long cardio sessions can decrease testosterone levels, which will further diminish your metabolism!

5) High Glycemic foods

Metabolism Threat: Store more abdominal fat. Say “goodbye” to these glycemic highs! High glycemic foods are those that affect your blood sugar greatly, for any given amount. They are usually highly refined carbohydrates, like refined grain products and sugars.

These foods cause increased blood sugar, which spikes insulin production, thereby increasing fat storage. And they leave your stomach quickly, so you’ll more and more, fast.
6) Protein Starvation

**Metabolism Threat:** Muscle loss, increased insulin secretion, and more fat stored. If your diet lacks adequate protein, your metabolism is sure to suffer.

Protein plays a key role in health, digestion, and metabolism. When dieters don’t include protein, they often have higher insulin responses to food (leading to more fat storage), lower satiety (more hunger and calories consumed), and more muscle loss (lower metabolism).

Eat well-balanced meals and include a high quality protein source at every meal and snack!

7) Not Taking Breaks from Sedentary Work

**Metabolism Slam:** Decreased caloric expenditure and increased fat storage, as well as low energy. If you’re like most, you sit at a desk and work fora 3, 4, or even 6 hours at a time, doing little more physical activity than typing or talking on a phone.

While you’re sitting there, your hormones are carrying out their daily roles of increasing and decreasing energy production, stimulating or decreasing appetite, and promoting fat storage or
breaking it down. By ignoring your hormones, along with a consistent schedule of eating and fasting, you’re telling your body one thing: store fat.

Our hormonal rhythms have everything to do with fat storage. Our bodies are designed to move, not sit. In fact, our cellular response to food actually changes to more quickly digest and store fat with more sitting.

So how can you listen to your body AND get your work done? Take regular, quick breaks. Get up and move every 45 minutes or so. You’ll know it’s time to move when your body starts to “hibernate” – slumping, yawning, and drooping at your desk are all signs.

A quick walk up the stairs or around your office building for some fresh air will do the trick. This will tell your body to continue its natural, healthy rhythms and to metabolize fat as it should.

Eat well-balanced meals and include a high quality protein source at every meal and snack!

8) Too Much Alcohol

Metabolism Slam: Altered fat breakdown, increased caloric intake, and sleep disturbances. Although moderate alcohol intake can have positive effects on both cardiovascular health and insulin sensitivity, binge drinking swings the pendulum too far the other way.

With binge drinking, high levels of calories are consumed through both alcohol and food because a) alcohol is high in calories and b) it lowers your inhibitions so you’re less likely to make wise choices.

Then, ghrelin levels are increased, which stimulates hunger, and fat breakdown is decreased because the liver is dealing with alcohol overload. Lastly, it is associated with sleep disturbances, which as you now know, further negatively impacts your hormones. In short, binge drinking is a “quadruple whammy” to your metabolism!
9) **Liquid Carbs & Caffeinated Sweet Drinks**

**Metabolism Slam:** Reduced insulin sensitivity and increased fat storage. Sodas, sweetened caffeinated teas, and sugar-packed coffee – all these drinks have the combo of caffeine and simple sugar (high fructose corn syrup in the case of soda).

The problem? Caffeine can cause a short-term insulin insensitivity right when you need insulin to work its best – when there's extra sugar in your blood! If your cells are insensitive to insulin, your body will need to pump out more and more, which equates to greater fat storage.

What’s more, most people compensate by eating more after they’ve ingested liquid carbs (compared to whole, natural food). Even when the carbs are candy, research participants stopped eating... but, with liquid carbs, they drank AND THEN ate more afterwards!

10) **Processed Trans Fats & High Sodium Foods**

**Metabolism Menace:** Reduce insulin sensitivity and over-eating due to addictive food qualities. Ever feel like you can’t get your fill? Some foods actually cause the same types of addictive chemical responses (at a cellular/metabolic level) as drugs and alcohol. These foods are typically processed and/or high in salt. What's more, many of them also contain trans fats. Not only do these processed fats increase bad cholesterol, they also decrease good cholesterol.
It’s important to examine any non-natural food for trans fat ingredients. Look at the ingredients list for “partially hydrogenated fats.” Any food item with these kind of fats has trans fat, despite the amount listed on the nutrition label. Eat natural foods and avoid trans fats like the plague!

11) Starvation and Binging

**Metabolism Slam:** Increased cortisol secretion, leading to increases in abdominal fat. If you’ve ever been tempted to lose weight by starving yourself, don’t do it! Even though you may lose weight initially, you’ll likely suffer the consequences of a body that secretes extra cortisol and therefore prefers fat storage.

Cortisol secretion is also linked to insulin insensitivity (reduced sensitivity = more fat storage), so you’ll experience a double whammy! Then, if you include binging after starving, you’ll further the damage. Even though most everyone has drastically overeaten at some point in their lives, frequent binging brings about several metabolic issues. One is an increase in the hormone, ghrelin, which stimulates hunger even after the food is consumed and while it’s being metabolized.

What’s more, while stress may precede most binges, it also follows them... which can lead to more fat storage and perpetual binging. If starving and binging characterizes your eating, it’s crucial that you stop the cycle!

12) Weight Cycling

**Metabolism Hazard:** Insulin resistance and increased visceral fat storage. If you’ve lost and gained the same five or ten pounds over and over, your cells have likely become more and more insulin resistant, which makes you susceptible to storing fat.
Many popular weight loss programs lead to “weight cycling” because they require diet or exercise programs that most people can’t stick with over the long-term; they’re just too rigid and unrealistic. Don’t allow this cycle to sabotage your health! Choose small, realistic lifestyle changes and master them before moving on to too many new ones.

13) Night-Shift Work

Metabolism Threat: More fat stored and lowered metabolism. Whether it’s due to lack of sleep, circadian rhythm disturbances, or overeating, night shift work has been positively correlated with higher BMI (Basal Metabolic Index) in many studies.

In fact, cardiovascular risk factors, such as high blood pressure and high cholesterol, have also been correlated either directly or indirectly (due to high BMI). If you currently have a good night-shift job, this doesn’t likely mean you have to quit or you’re doomed, but it’s good to be aware of this fact to know how best to compensate for it.

Want Better, Faster Results for the Body You’ve Always Dreamed of?

Continue reading for a special limited-time offer…
Losing weight (fat) is challenging, especially with the above 13 “Metabolic Killers” waiting to sabotage your efforts. It’s amazing, however, how much easier it is to succeed when you have someone who is 100% responsible for your success and available to take you by the hand and guide you every step of the way.

That’s why I teamed up with Chad, the pioneer of “online fitness.” We combined our skills to create the most effective one-on-one personalized weight loss coaching in the world…PERIOD.

The Average “A.C.E. Coaching” Success Story Loses 33 LBS in 12 Weeks!

A.C.E. Stands for...

A - Accountability
C - Customized nutrition and workout plans
E - Encouragement and motivation

Simply put, it’s VERY important to us that you don’t just buy a product and are then left on your own to figure it all out and try and stay motivated. That’s why we make it possible to have a Personal A.C.E. “Coach” that is 100% responsible for your success and make absolutely sure you get all the personal guidance for guaranteed results FASTER!!

That’s right! If you follow your A.C.E. Coaches personal guidance, we GUARANTEE Your Success! You will NOT fail with this service. That’s the power of having someone:

- Hold you accountable and answer all your questions
- Customize your workout for the body you want
- Design a nutrition plan for your specific needs
- Be there to encourage you on the things you can’t anticipate on the way to success

And celebrate your successes too, of course!
Success is 100% Guaranteed
If You Follow The Guidance Of Your A.C.E Coach!

This Is How We Make absolutely, Positively CERTAIN that You Succeed!

…No Matter how long you’ve been Trying

…No Matter How Many Times You’ve Failed Miserably

…and No Matter How Lazy you are or think you are

This was Life before and then after “Loraine and Kris” got their own personal A.C.E. Coach and Results Even Faster:

BEFORE

Fat and Frustrated

Unsatisfied, Obese and Unhealthy

AFTER

More Than a Little EXCITED

After Losing 43 lbs

Lost 55 lbs and Very Happy!

YES, I Want Awesome Results Fast with an A.C.E. Coach!

One-on-One A.C.E. Personal Coaching!

The hardest part of any diet and exercise routine is getting started and avoiding all the hidden diet and “metabolic killers” that are silently lurking around every corner and even in foods that are supposed to be “healthy” for you. That’s why we give you 60 days of personal one-on-one coaching 100% Risk FREE!

Here’s How It Works...

When you take advantage of A.C.E. Coaching, you’ll get:

- Your Coach’s Personal email address
- Started on the quick registration process and be assigned your Coach
- To tell us all about you, your body, and goals you want to achieve (as well as any injuries, conditions, or limitations you have that they should take into account)
- Access to our A.C.E. Support Community
- Taken-by-the-hand and dragged-across-the-finish-line
- Exclusive access to a weekly coaching calls and online chat sessions

Our team will work with you individually via email, phone, and/or in our cutting edge members area to help you achieve the results you want and deserve.

They’ll be with you, side-by-side, every step of the way. Making sure you make it this time. Not letting you give up on yourself. Or get side-swiped by dieting and weight loss booby traps. Your trainer will keep you trimming fat and defining your body until you look in the mirror and say “WOW! I look and feel great!”

Your “A.C.E. Coach” will custom-tailor a nutrition and workout plan for you. He/she will promptly answer all your questions, keep you
motivated and moving, and hold you accountable each day. As you can see above, they’re helping men and women of all ages and sizes - people just like YOU - achieve amazing results fast.

Now it’s your turn to get these fast dramatic results!

Click the Button Below to Claim your Spot with an A.C.E. Coach to finally get that lean and healthy body you’ve always wanted!

"I’ve already lost 85 lbs (an additional 30 lbs lost since submitting my video!) and was only able to do this because of the amazing support and accountability from my A.C.E. Coaching trainer, Brooke. I’ll admit, I was hesitant to sign up for an online program, but Brooke started helping me from the very first day! Every day I’d get little tips and motivation, and she’d always answer my questions right away! She even gave me her cell phone number and began texting me to keep me motivated and on track."

"Thanks to the A.C.E. Coaching Program, I lost more than 40 lbs of fat in only 12 weeks! I’ve struggled with my weight all of my life, but the A.C.E. Coaching program not only changed my body but it also improved my life. My A.C.E. Coaching trainer set up a personalized program (both nutrition and a workout routine) to fit my specific goals and my busy schedule. And he made sure I stuck with it. The personal guidance and accountability is so key! It’s what I’ve been missing all these years that I struggled. Today I am much happier and much healthier...and I look and feel my best...all thanks to A.C.E. Coaching. I couldn’t recommend their program more, there’s nothing else like it anywhere!"

"I lost 40 lbs of fat in less than 12 weeks with my trainer on A.C.E. Coaching! The A.C.E. Coaching program allowed me to accomplish what I thought was impossible...At week eight, I saw something that I did not think existed - MY ABS! Talk about feeling good about yourself! Life is different for me physically and mentally, and I owe it all to the Fast Track program."
"I am so glad I found A.C.E. Coaching and chose my online personal trainer and took action. I never thought I could get results like these this fast! I lost more than 30 lbs and got the lean tone muscles I’ve always wanted!"

Jonnie Fox
lost 21 lbs

"When I found Fast Track to Fat Loss, I was so sick and tired of being fat and feeling bad about myself, I was desperate. I’ve watched Kim on TV for years and read Chad’s articles on the internet, so I knew their program had to be good… it was FAR exceeding all my expectations! In just 12 weeks, I lost more than 30 lbs of fat and gained 10 lbs of muscle! And I feel GREAT! This program is so simple to follow, and when you do, awesome results will follow – take my word for it!

Dex Sells
lost 30 lbs of FAT and gained muscle

"My A.C.E. Coaching trainer helped me lose 37 lbs and decrease body fat by 8%! I’ve struggled with my weight all my life, but not any more! I finally feel like I’m on the “A.C.E. Coaching” to achieving my dream body…"

Lisa Clark
lost 37 lbs

"I decided to lose weight when we booked our trip to hike to the top of Mt Kilimanjaro in December of 2009. I had only 9 months to get in shape for the climb. I stumbled upon A.C.E. Coaching on the internet and knew immediately that it would be a plan that I could use for life. The A.C.E. Coaching community is amazing and the members and trainers were always there to keep me motivated…So here I am, just over a year later and I am a new person! I weigh what I did 36 years ago and I am in the best shape of my life… A.C.E. Coaching is not a quick fix diet, it is a lifestyle plan and it is one that you can keep and enjoy for the rest of your life. Anyone wanting to lose weight or just become more fit and healthy can achieve their goals with the A.C.E. Coaching plan and the community support it offers… I am just one of many!"

Kristin Thor
lost 29.5 inches

YES, I Want Awesome Results Fast with an A.C.E. Coach!