



The 15 Must-Avoid
Fat Loss LIES!

For people who want to
lose fat...

FOR THE LAST TIME!

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Fat loss is SIMPLE, but not easy. We've been overcomplicating this process for years! From low fat, low carb, low sugar to paleo, vegan, dairy free, sugar free to gluten free!

"I lost weight because I ate low carb"

"I lost weight because I cut out sugar"

"I lost weight because I <insert diet here>"

You didn't lose weight because of any of the above reasons. You lost weight because you cut calories.

This industry is full of LIES.

We're forever evolving with new research being released daily and it seems the more we read, the more we feel contradicted.

As a Personal Trainer, Online Coach and Bodybuilder, I've been asked (and quizzed others) a whole host of questions from topics of the downright ridiculous to others I still scratch my head about. I've lost and found fat on five separate occasions, battled body image issues and successfully overcome binge eating. (Read my full story here). I too, have felt contradicted when it comes to losing fat. I've felt ripped off, lied to and confused too many times!



I created this short document to help answer all your burning questions of common lies around fat loss! My aim is to educate you on what's fact from fiction and help you build your very own sustainable habits so (like myself) it'll be the last time you have to lose body fat!

The following fifteen questions are the top questions I've been asked surrounding fat loss. I've trawled through all the latest scientific research, compared it against my many years of experience helping hundreds of people strip body fat. This is the most up to date, cutting edge information available.

Lets go...

1) I've heard 'carbs' are bad for me. Is this true?

Absolutely NOT! Carbohydrates are essential to life! Our brain and central nervous system prefer glucose (carbs) for fuel and benefit from a continuously available supply. Some people are very “carb happy,” meaning they can burn through carbohydrates and not gain a kg of fat and there are those that are “carb sensitive,” meaning their body has a hard time using carbs as energy.

Carbohydrates have probably gotten the worst reputation of the macronutrients due to eating excessive amounts leading to excess fat. While some of this is true, research shows us it's not necessarily carbohydrate's fault, as the deciding factor on whether we lose or gain body fat is a calorie deficit. We want to have the aim of eating as many carbohydrates as possible whilst still losing weight. Sufficient carbs = more energy = bigger workouts = higher calorie output.

Reference: [http://www.cell.com/cell-metabolism/abstract/S1550-4131\(15\)00350-2](http://www.cell.com/cell-metabolism/abstract/S1550-4131(15)00350-2)

2) What type of cardio is better for fat loss? Fasted or fed? I was told to do fasted...

“It has been hypothesized that performing aerobic exercise after an overnight fast accelerates the loss of body fat”. This idea has surrounded exercise and fat loss for many years. Not only have I practiced it, but I'll admit I use to preach it to clients as a quicker way to lose body fat.

A recent study shows us is this untrue and there's no difference in results whether you exercise fasted or fed. “Both groups showed a significant loss of weight and fat mass from baseline, but no significant between-group differences were noted in any outcome measure. These findings indicate that body composition changes associated with aerobic exercise in conjunction with a hypo caloric diet are similar regardless whether or not an individual is fasted prior to training”.

This means it doesn't matter if you exercise on an empty stomach, or after a meal, you'll still achieve the same result. I prefer eating so I have more energy to bust through a workout! Do what works best for you.

Reference: <http://www.ncbi.nlm.nih.gov/pubmed/25429252>

3) Can I still drink alcohol and lose fat? Is it really that bad for me?

I preach a healthy lifestyle with everything in moderation. There is absolutely no reason as to why you still can't have alcohol and lose fat. I believe it comes down to what your goal is and what you want to achieve. If you want to step on stage as a bodybuilder or physique competitor like me with a very specific 'look' as your goal, then I believe alcohol is a no go. It requires very strict tracking to factor alcohol into your diet. If

you're stepping on stage, it's easier to leave it out.

If you want to lead a healthy lifestyle with every thing in moderation, then alcohol is okay. Again, **moderation** is the key word here. I believe if you want to consume alcohol, you must know what happens within the body. When you drink beer, wine, or spirits, the ethanol in those beverages is given priority by your body in metabolism. In other words, your body stops everything until it gets alcohol out of the system.

Still want to drink it? My next question would be, why do you want alcohol in the first place? Is it a relaxer? Is it social? Our actions are made by the feeling we get from doing it. Is alcohol more important to you than your goal? If you drink alcohol for that relaxing feeling then I recommend going and doing something else to get that same feeling.

To summarise, if you want alcohol, it's okay as long as it's in moderation but remember, ask yourself why you want it in the first place and what's more important?

4) Why do I need 'good' fats in the diet? I've been told to cut fat?

Before I explain this, let me reiterate. Fat doesn't make us fat – too many calories makes us fat!

Good fats or 'essential fats' are needed because it is made up of omega-3 fatty acids. Essential fats are those which the body can't produce on its own—they must be eaten—and we must have them for optimal body functions for example, **essential growth development, important brain functions, nutrient transportation and major cell functions.**

Fats from food won't necessarily turn into 'fat' in the body. Instead, the body will favourably use the essential fats from food to build the outside lipid (fat) layer that protects our cells. Your cells will function the best, and metabolism will be optimal if these 'good' fat's make up the cell lipid layer because it improves the activity of insulin.

This allows for better insulin sensitivity, which is a principal factor in fat loss. If you have poor insulin sensitivity, you may have a very difficult time losing fat. Another benefit of 'good fats' is its anti-inflammatory properties. Inflammation in the body is horrible for health, but it can also significantly impact your ability to lose body fat and build muscle. I can't overstress the importance of decreasing inflammation if you want the best opportunity to be lean!

So Aidan, where do I get this amazing fat you speak of? A quality fish oil supplement from your local health food shop MAY help. This combined with consuming foods like salmon, nuts (almonds, walnuts, brazil nuts, pistachios), avocado, olive oil, flaxseed oil and chia seeds will give you the entire amount you need. These are only a few examples and for fat loss, I highly recommend being consumed in moderation.

5) When's the best time to consume protein or a protein shake?

To be honest, there's no 'best' time to consume a protein shake, however I believe there are certainly more important times to consume a source of protein than others. Why? There are times when your body may need it more, let me explain.

- One of the most important times (but not essential) is right after a workout. Your muscles are like sponges and need the protein for muscle recovery and growth. Studies show there's no such thing as a magic "window" however I recommend at least within 1.5 - 2 hours post session.

- Before bed may help. You're about to sleep for six to eight hours. That's a long time without protein. Could you imagine going throughout your day (when awake) not eating 6 to 8 hours? This may aid in your recovery.
- Right upon waking. Same thing, you've just gone six to eight hours without proper nutrition. I recommend adding protein powder to a smoothie or even your porridge? An omelette wouldn't be so bad either! Studies show a high protein breakfast can balance blood sugar levels leading to less energy 'crashes' in the afternoon.
- Half hour before a workout. This provides your muscles with adequate protein so that the effects of weight training (weight training breaks down muscle which is called 'catabolic') are not as severe. Now this doesn't have to be in the form of a shake and if it's over 30 minutes, don't stress!

The best advice I can give is keep it simple. Avoid overthinking the process and do what works best for YOU.

Reference: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3879660/>

6) How can I eat more and lose fat? Shouldn't I be eating less?

This one largely comes down to the individual's current state of health and many other factors. This topic could even be a whole other article. Let me try and explain in the simplest way possible. For the human body to lose weight, we need to consume less CALORIES than we burn. Studies prove this. However, when we say consume less calories, that doesn't necessarily mean less food. For example, 300g of pumpkin butternut raw has around 20g of carbohydrates whereas 300g of sweet potato raw yields over 60g of carbohydrates. Same amount of food, totally different amount of calories. I challenge you to see how much food you can fit into your daily caloric 'budget'. Remember, when deciding to lose fat, choosing lower calorie options can work in your favour as they'll provide you more 'bang for your buck'. Eating more food to lose fat? Yes please..

7) Why am I losing weight around some parts of my body but not others?

There can be many reasons for this. First, you need to understand how the body loses body fat and the way in which we lose it. If you have a highly stressful job or lifestyle, chances are you'll have higher levels of cortisol circling your body. Studies have shown this can lead to the body storing more fat around the waist and hips. Generally, give it time; everyone loses fat in different areas at a time. We're all different shapes and sizes with different hormones and dare I say 'genetics'. Compare yourself to yourself, measure and track your progress on a consistent basis and make changes accordingly.

Reference: <http://www.ncbi.nlm.nih.gov/pubmed/16353426>

8) How come when I detox, I lose weight but then the minute I start eating normally again, I put it back on? I was recommended a detox by a friend...

I think that question sums up everything that's wrong with a 'detox'. I get very passionate about hearing the word 'detox' because why should ANYONE have to detox in the first place? When you detox, whichever way you choose to do it, you are cutting calories severely. Any thing that promises to lose weight in a quick

amount of time is a fancy way of saying “you're going to lose all your water weight, glycogen weight and also some muscle”. Sound good? Absolutely not! The quicker you lose something, the quicker you gain it back plus some. We are 70% water; 1g of carbohydrate holds 3mLs of water. When you cut carbohydrates, your body will lose water. The minute you go back to normal eating, surprise surprise your body acts as a sponge and is quick to hold onto it in case it happens again. See the trend? Studies prove detoxes are potentially dangerous to the body. Whatever you do, DON'T detox! **You're setting yourself up to long term failure and remember, if you feel the need to 'detox' then chances are you have an unhealthy relationship with food and/or alcohol which means you need to make some long term, habitual changes.**

Reference:

<http://www.mayoclinic.org/healthy-living/consumer-health/expert-answers/colon-cleansing/faq-20058435>

<http://www.livescience.com/34845-detox-cleansing-facts-fallacies.html>

9) How much water do I need to drink and is it important to stay hydrated?

Proper hydration is important for overall health. Without proper hydration, you become dehydrated, which means your body does not have enough water to function normally. Water helps you feel full which can control appetite levels. Sometimes when we feel hungry, we confuse it for thirst. I recommend sipping on water before, during and after a meal. How much water you drink will be dependant on sex, health, weight and are you involved in physical activities/exercise. I recommend starting off with 2L per day and adjust if need be.

10) What are the best foods for fat loss? I shouldn't be eating junk food should I?

The easiest way to put it, there are NO special foods that magically help you lose weight. Of course, there are better foods than others, but no foods should be completely restricted from your diet unless you're intolerant to it, you don't enjoy it, you feel guilty after eating it or you can't stop eating it after taking a bite. The more you restrict yourself from foods, the more you want it. This builds an unhealthy relationship and you increase the risk of bingeing on it later.

No 'superfoods' will magically help you lose weight just like no special junk food will cause weight gain. Overall calorie intake has been to this day, the deciding factor on whether we lose fat, gain it or maintain it.

I preach a healthy lifestyle with everything in moderation. Of course, for some people, more sacrifices need to be made in order to get to a goal but generally speaking, I never restrict my clients of anything in particular – unless of course one of the reasons above.

11) What is the best time of day to do a workout?

In my opinion, whichever time suits your lifestyle. There are studies that show its better to go in a morning, and there are studies that show we should go in the afternoon/evening. Why? Hormones are different depending on the time of day you train. Unless you are an elite athlete training for a very specific goal or competition, it doesn't matter what time of day you go. Do what suits you and your lifestyle and enjoy the process! For example, if you love training in a morning before work because you have more energy, do it! If you hate mornings and you prefer the evening because thats when you're more focussed, train then!

12) When out at a restaurant, can I still eat if I'm trying to lose fat? My meal plan doesn't include these options...

If your meal plan (or whatever plan you're following) doesn't allow you to eat at a restaurant, please do yourself a favour and throw it in the bin.

You can eat whatever you like, as long as you understand that YOU'RE responsible for your actions. If you choose a pizza, that's fine, but understand the balance of moderation.

For me personally, I love a good wood-fired pizza. I ensure my toppings are at least a source of protein and veg. One meal out a week won't hurt, so don't stress. Just make sure you drink plenty of water and don't go overboard. Tracking your intake is always a useful tool. Keep it simple and check the menu before going. If you over consume carbohydrates, simply reduce your intake the following day. This will help to balance your overall weekly intake.

13) What are the best exercises to drop body fat?

Same answer as question ten. There's NO magic exercise formula to drop body fat however there are certainly more effective ways than others. I recommend weight training as a whole FIRST over any thing else. Why? Building lean muscle tissue will help build your metabolism more than any cardio related exercise. If you're already into weight training, I recommend focussing on the larger muscle group, multi-joint exercises that recruit the most muscle per movement for example, squats, deadlifts, presses, lunges, chin ups and pull downs. Once this is achieved, I recommend incorporating high intensity interval training but please know this is merely a tool in the tool-kit of fat loss. It isn't the be all and end all.

14) How many meals should I be consuming per day for fat loss? Six meals per day to boost my metabolism right?

It truly does not matter how often or how many meals you eat per day. For any body composition change, it will always come back to the simple equation of calories consumed vs calories expended. However, I will say make a choice based on personal preference.

For example, I love food and I love eating so I like to eat regularly – that's just me. If your lifestyle only allows you three meals over the day, that's fine! On the flip side, if you find you eat three meals per day but that leads to overeating later on due to hunger, I recommend you make the choice of eating more over those three meals to keep you satisfied OR eat more regularly. Again, make it work in YOUR favour. Your nutrition should be working for you, not against you.

You could set your day up like this:

Daily intake: 2000 calories

Meals per day: 4

Calories per meal: 500cal (2000 divide by 4)

That's a nice big bowl of oats for breakfast with protein powder and berries.

Reference: <http://m.nutritionreviews.oxfordjournals.org/content/73/2/69.full#>

15) Should I count calories or not? I was told this is the only way?

Great question! I believe counting calories is an awesome tool to become very self aware of your body (which is a great tool to have). It's a great learning technique on knowing how much is too much and knowing the rough amount of energy in certain foods. Tracking helps provide consistency and creates flexibility. When losing body fat, creating flexibility within structure is an awesome tool. It means when life comes up and circumstances change, the plan doesn't "go out the window"; you simply adapt to the situation.

The ultimate decision comes down to preference and what suits you. Tracking calories certainly makes it easier and simpler to adjust for desired results however I've experienced negative results in my own life and career as a trainer. I've experienced stress over numbers and fear of eating certain foods to take me over my intake. I've seen people go to ridiculous circumstances and count every calorie on the plate before eating it and even avoiding social situations in fear of not knowing how to track.

If this is you, or you don't even know what a calorie is, I recommend using a different method of tracking progress such as a written food diary until you become confident and comfortable in those situations.

Here's a great tool from Precision Nutrition on visual portion control without the need to count calories.

If you know all about macronutrients, and love counting, using apps such as MyFitnessPal or CalorieKing may be useful for you.

Where do you go from here?

Remember, fat loss is simple, but not easy. It requires ownership, consistency, accountability and a desire to succeed. Surround yourself with people who understand what you're going through and who will support the decisions you make. Studies show you may change your habits to mirror or 'fit in' with those around you.

"The results confirmed the 2007 study's conclusion that if you have heavier friends, family members, and colleagues, it is more likely that you will be heavier, too. The stronger the relationship between the two people, the stronger the link between their weights. The study was published in the *American Journal of Public Health* on May 9, 2011".

Reference: <http://www.health.harvard.edu/blog/how-your-friends-make-you-fat—the-social-network-of-weight-201105242666>

This is one of the major reasons I created the exclusive Facebook group "Fat Loss for D'Arcy Online Coaching". Click here to join myself and over a hundred others share recipes, answer questions, provide tips, motivation and more!

Be careful of the many LIES that surround this industry. If you're unsure of any information that someone has provided you, ask them for scientific research to back their claims before believing what they've said.

Next Steps...

Are you looking to

- Build sustainable, lifelong habits around food and exercise?
- Learn how to lose body fat without a strict meal plan or 'diet'?
- Gain confidence, be motivated, and feel slimmer in your clothes?

As a thank you for investing your time in reading the entire book, I would like to offer you an exclusive transformation session worth \$99.

We will sit down on a call and go through your biggest barriers to successful fat loss. Understanding where you are now, how you got in this position and what needs to happen to get you to your dream body.

You will leave this session with clarity on how to succeed in your fat loss. If we both think it could be a fit, we will talk about working together ongoing.

These sessions are limited, to ensure that you are committed to changing your body, and that you qualify for a complimentary session, please complete this short form with further information.

FORM HERE <-----click/tap

I will email you back within 48 hours time to book your session.

I look forward to hearing from you!

To your successful fat loss,

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