



The Fat Liberation Phase or How to Burn Fat

Here is an explanation of the "fat liberation" phase or "fat loss" phase, to use the colloquial expression.

I learned this method from Phil Kaplan, one of my many mentors, and have used it successfully on myself and others.

Do not let the simplicity fool you.

It works.

Follow it and enjoy your progress.

During the *fat liberation phase* you will release *fatty acids* from *adipose cells* and then shuttle those fatty acids into muscle cells to be burned.

In english, you will **just - burn - fat**.

The Plan:

1. For 3-consecutive days (for four weeks only) limit carbohydrate intake to less than 100-grams per day. Limit carbohydrate consumption to fibrous sources only.
2. On these 3-days increase your protein intake by 25%.
3. On the fourth day consume the same amount of protein as you did on the first 3-days AND bring the carbs back, consuming 25% more carbohydrate, both fibrous and starchy, than you did previously.
4. On the 5th, 6th, and 7th days eat regularly - like you learned previously. Before you email me questions like, "what is a fibrous carb?" Please read this==>
http://www.curtisludlow.com/eating_healthy_tip.html
If you still have questions about good sources of "starchy carbs" "fibrous carbs" and "lean protein" email me: curtisludlow@mac.com
5. Eliminate intake of pasta, bread, and dairy products for optimal results.

Sample meals:

- Meal #1
2-6 egg whites with 1-yolk mix with spinach and salsa
- Meal #2
Protein shake (check carb count - NO CARBS)
- Meal #3
1-chicken breast with a leafy green salad
- Meal #4
Protein shake (check carb count - NO CARBS)
- Meal #5
Salmon filet with mixed vegetables
- Meal #6 (optional)
2-6 chicken tenderloins, grilled with arizona chipotle tomatoes

So, you are essentially just eating meat and vegetables for 3-days. This can be an enjoyable process. Eat the same basic foods at the same times during the day. This eliminates having to reinvent the wheel everyday.

Once you find a meal that you like, at least somewhat, keep eating it. You can have a "balanced diet" after you "get your abs back".

Stop complaining about the meals and **just do it!**

It's worth the effort!

Oh yes, by the way, **I still love you!**

Sincerely,

Curtis

The Point:

Many people eventually reach the point where they are fed up living at less than their ideal best.

When they reach this point, they contact me. I am the author of the book 'Fitness Cybernetics: How to Create Your Dream Body and Life Using the Law of Attraction'; founder of **Boot Camp FX**, the 30-minute fitness and fat loss boot camp; have more than a decade of experience helping people just like you reach their body and life goals *and* I can set you up on a fitness program and put you on the path to fitness and life success.

E-mail me at: CurtisLudlow@mac.com or call 714-414-9942 for more information.

Have a grateful day and GREAT FULL day!