



5 Ridiculously Easy Tricks To Cheat Your Way To Fat Loss

REPORT

WARNING: You are NOT going to find anything B-O-R-I-N-G! like doing 2000 minutes of cardio (blah) or eating more fruits and veggies (yawn!) here.

I don't have plans to bore you (not today!). I'm only giving your practical tips you can start to use instantly to burn un-wanted body fat.

And I'm going to keep this report stupid simple, short, and sweet (If I'm talking too much please stop me :-)

Okay, without any further delay here are the 5 ways to cheat your way to fat-loss...

1. Make This Simple Oil Change And You Can Burn up to 18 kg of Excess Fat Per Year.

Now, all oils used in cooking, frying and baking contains the same amount of calories.

But NOT Coconut oil.

You see, because of the small size of the fatty acids that make up coconut oil, they actually yield fewer calories than other fats and oil (at least 2.25% fewer calories per gram of fat).



Oil	PORTION SIZE		CALORIES
Coconut Oil	4.5g	1 Tea Spoon	39
	13.6g	1 Table Spoon	117
Palm Oil	4.5g	1 Tea Spoon	40
	13.6g	1 Table Spoon	236
Oil (All other types)	4.5g	1 Tea Spoon	40
	13.6g	1 Table Spoon	236

To prove this, researchers at McGill University in Canada conducted some experiments and found that...

... If you replace all the oils in your diet (such as soybean oil, canola oil, safflower oil, and the likes) with coconut oil, you can lose up to 18 kg of excess fat per year.

And this is without changing your diet or reducing the number of calories you eat.

All you simply have to do is get an oil change.... fullstop.

Now, this small reduction in calories is only part of the picture, Coconut oil also helps you lose weight through other complicated processes (like thermogenesis) that I don't want to bore you with.

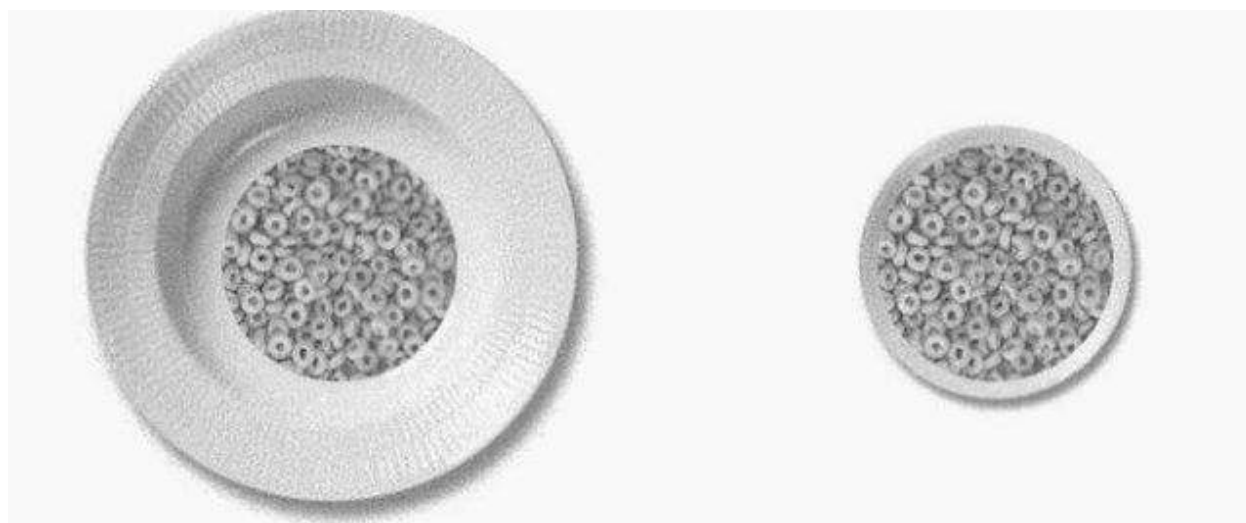
All you should know is this:

If you want to lose unwanted body fat, the best and simple thing you can do is to start using coconut oil in place of other oils you already use (in cooking, baking and frying) now.

If you want to know more about coconut oil and it's buying rules, so you don't make the mistake of buying the wrong stuff go [Here](#)

Okay it's time for trick 2...

2. Use This Quick Plate Hack That Tricks Your Brain Into Eating Less



your mind will always play tricks on you when it comes to the relative size perception of your portion and your plate all thanks to the Delboeuf Illusion

Which plate has more food, A or B?...

...If you said A, then you're wrong.

But if you said B, then..... you're also wrong.

The right answer is this:

The two plates have exactly the same amount of food. However, plate B looks fuller because of a “visual perception bias” called “Delboeuf illusion”

Some crazy researchers decided to put the power of “Delboeuf illusion” to the test by secretly observing all the attendees of a party...

...And the overall conclusion was that people **over served** themselves when using larger plates and **under served** themselves when using smaller ones.

Imagine what a difference like that can make on your waistlines!

So how do we use this to your advantage?

If you're thinking of breaking all the big plates in your house, well, that's a hardcore option.

However, I'll suggest switching to smaller plates to trick your brain to think it's eating more food (and leaving the big plates for your hungry neighbours and friends :-)

Doing this will help you consume fewer calories, therefore you'll lose weight without even trying.

If that doesn't work well, then you'll definitely want to look at the next trick...

3. Deploy this ancient Asian trick for weight control

You see, when you're eating and you become full, your stomach sends a message to your brain. This message alerts your brain that you're full and eating should stop.

Now, the problem is this:

It takes your brain several minutes to receive, recognise and act on the “Stop eating” message (from your stomach).

So by the time your brain acts on it (the message), you would have consumed excess calories the body doesn't need or want.

Now, is there a way to speed up the signal from your stomach to your brain that allows you to stop eating sooner?... Glad you asked.

Fortunately, there's a quick fix for that. It is:

**Drink a full glass of water 10 to 15 minutes
before eating your meals.**

How does that help? The answer is simple.

You see, when you drink water before your meal, it fills your stomach up and kick starts the process that sends the “stop eating” signal to the brain. So when you start eating, you feel full sooner, therefore you don’t overeat.

That’s why in many Asian countries, liquids are consumed before meals to fill the stomach in order to reduce hunger and prevent overeating. And also to stimulate digestive juices to improve digestion.

If you find the taste of ordinary water boring then try adding fresh lemon or cucumber (or any other fruit) to your water to make it more delicious and fun.

A bonus trick is to add a lot of fresh pepper while cooking your foods. This does two things

1. Makes the food pepperish, so you drink more water while eating, therefore you’re likely to eat less.
2. It boosts your metabolism because pepper is a good metabolism booster.

Once you’ve added water and more pepper to your food, move onto cheat #4...

4. A Simple Overlooked Weapon to Win The Weight Loss Battle

Of all the weight loss tricks I have for you today, this one is the easiest to implement... and also... easiest to forget.

Ot is one of the most important and most overlooked weight loss weapons in your arsenal.

What’s this secret weapon I’m talking about?

SLEEP

Now, you might be thinking how can sleep help me lose weight eh?

Just to mention a few....

- ❖ Enough Sleep can prevent hunger and cravings of junk food.
- ❖ Sleep prevents disruption of your hunger and fullness hormones (ghrelin and leptin)- thereby avoiding “by-chemical” tendency for weight gain
- ❖ Sleeping early cuts down snacking time during the day

Think about this for a second

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If you sleep After eating dinner, then that prevents you from trekking back and forth to the fridge Looking for what to eat again after dinner.

Well, as a matter of fact, If you sleep early, you'll be able to wake up early enough to prepare a nutritious and healthy breakfast.

If you have trouble sleeping then use this simple formula (it works all the time)

What formula?

It called the "10-3-2-1-0" sleeping formula:

10 hours before bed: No more caffeine
3 hours before bed: No more food or alcohol
2 hours before bed: No more work
1 hour before bed: No more screen time
0: The number of times you hit the snooze button in the morning

Once you're done sleeping, then you're ready for the next trick.

5.Hack NEPA to Lose Weight Effortlessly

What's one major difference between slim people and fat people?

Faster metabolism?... Nope (most times)

Good genes?.... Nope (most times)

Answer is slim peeps engage in more NEPA activities

Wait! NEPA what?!

NEPA stands for Non-Exercise Physical Activity — This is the energy we expend each day for everything that is **NOT** sleeping, eating, or sports-like activities/exercise.

It's also called NEAT(*Non-Exercise Activity Thermogenesis*).

Here is a "jaw-dropping" fact about NEPA/NEAT — It can help you burn **10** times more calories (about **1,500 to 2,400 calories**) than a regular exercise in a day.

You see where I'm going with this, don't you?

Long story short, What I've been trying to say since morning is just “*move more*”.

Look for every excuse to move more.

For example:

- Use the stairs instead of the escalator or elevator
- Walk around your house while having phone calls
- Intentionally park your car a bit far so you can walk
- Get the remote and Wash your plates yourself (I bet your kids and waistline would love that)
- Take quick 10 minute walks every 2 hours to boost your metabolism and refresh your mind.
- Have More Sex (married of course). Ladies especially, don't just lay down like a log of wood, join the party, you can get in more NEPA/NEAT while having more fun.
- .
- .
- ETC.

Honestly, I couldn't even finish this report without walking up and down my house — I feel more pumped!

Anyhow:

Use as many of these tactics to up your NEPA time daily and cure the “*sitting disease*” forever!

BONUS CONTENT

Use This Food Re-arrangement Technique To Keep you Full For Days

One of the best ways to be some “kg lighter” without counting calories or portion control is cutting down on carbs and replacing them with protein.

Hollop! Hollop! If you're starting to think I'm talking about low carb diet — I'm NOT

I'm saying cutting down carbs to increase your protein intake not because carbs are particularly fattening BUT because the types of carbs we mostly eat (like bread, rice and so on) **Can't** keep us full for long — And that's where protein come to the rescue, to keep you full longer.

Which ultimately helps you eat fewer calories at the end of the day.

So what Am I asking you to do is a simple “food quantity” re-arrangement

What does that even mean? Simple

Instead of the normal plenty carbs, tiny protein you normally eat, you should re-arrange it to plenty protein and little carbs.

To make it crystal clear as day, here are few example:

- Instead of a big hip of rice and one small meat, you should have a big meat/chicken and a small rice
- Instead of 10 slices of bread and two eggs you normally eat, you should have 3 slices of bread and 4 eggs... or better still... 3 slices of bread 2 eggs mixed with sardines
- Instead of 1 big bowl of eba (garri) and a small fish you should eat a big fish and a small bowl of eba(garri).

That's all folks.

Remember that it's the little things that make the biggest difference. And nobody can find time to make this changes, we have to **make time**.

I have blessed you with some weight loss superpowers, please use them for good and let me know at <http://fitnigerian.com/weight-loss-report/> how you've been using your powers :).

Here's what to do Next:

1. Go here <http://fitnigerian.com/weight-loss-report/> to let me know what you think of this report and what other question you might have.
2. Actually USE the Tricks in this report. Without action, these tricks are useless
3. Clap for yourself. You just read a 8-page ebook ;)