

The Top 5 Reasons Why You're STILL Not Losing Belly Fat

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Thanks for downloading our free report – The Top 5 Reasons You’re STILL Not Losing Belly Fat. We hope you enjoy it – so let’s jump right in!

There are 5 big reasons why most people get “stuck”. They may have lost a few pounds here and there, but they haven’t been able to really keep it off, or get to their desired weight or look.

Those 5 reasons are as follows:

1. **You’re not eating enough.**
2. **Your supplements suck.**
3. **You’re doing too much cardio.**
4. **You’re not drinking enough water.**
5. **You’re eating the wrong foods.**

So let’s dive right in and learn more about these top 5 reasons – and how you can fix your routine to finally lose that belly fat!

Reason #1: You’re not eating enough!

For some reasoning that lies outside of this writer’s thinking, starvation diets and extremely low calorie diets are STILL popular. People still seem to think that by significantly under eating they are going to lose weight, feel great, and get that body that they’ve always wanted.

Let’s squelch this idea right now.

If you under-eat, while you will “lose weight” – it is EXTREMELY unhealthy – you will damage your body, slow down your metabolism (which is not a good thing for fat loss, I assure you), deprive your body of very important nutrients, and decrease your sex drive (never a good thing J).

When you make that decision to under eat, your body isn’t thinking “oh, I’m going on a diet right now, so I should shed my fat!”

Its thought process is more along the lines of “Holy crap! I’m starving! I better save as much fat as possible, and slow down my metabolism to conserve energy!”

I think you can understand why your body saving fat is not a good thing for LOSING fat. And having a slowed metabolism just means that you won’t be able to burn as many calories (and

have a harder time losing weight in the future).

So overall, this is a counterproductive, and very unhealthy approach to weight loss. Under eating is never a good thing – and you shouldn't be afraid of eating food.

Think of food as fuel and your body as a car. If you fill up your “gas tank” with fuel, you will have maximum performance. If you limit your fuel intake, and know you won't be getting any more fuel any time soon – you'd have to limit yourself to make up for it. You'd have to turn off your “air conditioning”, drive slower, etc. to make it to your next fill up. Again, not a good thing for your body.

So I hope I was able to drive the point home that you need to actually EAT to lose belly fat.

The best thing to do is plan your diet carefully, and take in the calories that your goals (be it weight loss or muscle gain) call for. So stop starving yourself and EAT!

If you want to find out more about what you should and should NOT be eating, check out this awesome presentation by our good friend Isabel De Los Rios on the [4 Foods You Should NEVER Eat](#).

Reason #2: Your supplementation protocol sucks.

So it seems that there is currently a big negative sentiment toward the supplement industry. Unfortunately, this industry is not as heavily regulated as it should be, so there are frequently supplements that are not very truthful in their labeling, make false claims, or are just flat out scams.

All of that could make the average consumer fearful of buying supplements. But fortunately for you, we're going to make you an above-average consumer J.

First and foremost – get it out of your head that all supplements are bad. This is simply untrue. When you add supplements into a proper exercise and nutrition plan, they can significantly improve and speed up your results. Remember – the key part of that concept being they are ADDED into a proper exercise and nutrition plan – they are not just taken by themselves. Without those two components, supplementation becomes a wasted effort.

And when we say supplements, we're not talking about fat loss pills and appetite suppressants – you want to work WITH your body, not against it (and this isn't just a “common sense” thing – working against your body is generally an unhealthy practice).

So, with that said, what supplements should you be taking? And whom should you trust?

[Meal Replacement Shakes](#) – these are not just for bodybuilders and people looking to gain muscle. Meal replacement shakes have their place in fat loss as well.

The reason for this is twofold. One is that you know exactly how many calories you're getting from them, and the exact nutrition intake as well. If you buy them from the [right company](#) – you know you're getting what's on the label. Two is that they are good for you, give you proper nutrition, and are convenient if you're on the go and don't have enough time to prepare a healthy meal.

Along with that, let me emphasize the fact again that you know exactly what's in what you're eating when you're having these meal replacement shakes. If you were to go out and buy a meal at a restaurant or fast food joint, you don't know what they are putting in your food – you don't know the ingredients, you don't know how many calories you're taking in, etc. So with that concept in mind, meal replacement shakes make a preferable alternative to that.

So which shakes should you have? And which brand should you trust?

The only brand we recommend here at LoseBellyFat.com is [Prograde](#). Prograde is a GMP rated company, which means that what they say is in their products is actually in their products; which unfortunately cannot be said about other supplement companies. Our favorite meal replacement shake is called "[Lean](#)" – it tastes great you know that it's high quality.

Reason #3: You're Doing Too Much Cardio!

Seriously, stop it.

No, really.

Low intensity cardio over long periods of time is not only majorly ineffective for fat loss, it can destroy your muscle tissue as well.

And I assure you, losing muscle tissue is NOT a good thing for fat loss.

Unfortunately, we'll still see the majority of people at gyms going straight for the cardio machines – the elliptical, treadmills, bikes, you name it. And most of these people have been doing this for a LONG time – and still haven't lost any weight. And yet continue to be emotionally attached to their long, low intensity cardio routines.

So first and foremost, let's go into a little more detail about why long, low intensity cardio is bad for fat loss.

When you perform cardio for an extended period of time, your body begins to produce a hormone called cortisol. Cortisol is what is called a “stress hormone”. We produce cortisol during our body’s “fight or flight” response to stress – increased cortisol can help give you a quick burst of energy, and lower your sensitivity to pain. While this may sound good, releasing a lot of cortisol overtime (like in long, slow cardio) actually creates something in your body called Catabolism. Catabolism is when your body begins to break down tissue (it’s opposite being anabolism, when your body begins to build tissue).

Now you might be thinking, “okay, cool, so if my body is being catabolic, then I’ll lose fat, right?”

While that is true to some extent, your body doesn’t distinguish between muscle and fat tissue – it just sees tissue that it needs to break down for energy and survival.

Which, unfortunately, can do some serious damage to your ability to lose fat.

You see, the more muscle your body has, the more energy it needs to sustain that muscle. The more muscle your body has, the higher your metabolism will be. So the more muscle you have, the more calories you’ll burn doing any daily activity. If you get rid of that muscle, then you burn fewer calories, and in turn have a harder time burning fat.

So – by doing too much long, slow cardio – you’re actually causing yourself to lose muscle and lower your metabolism. You might be burning calories while you’re on the treadmill, but you’re diminishing your ability to lose fat during the other 23 hours of the day.

So – in conclusion – do less cardio! It’s not helping you lose belly fat!

Reason #4: You’re not drinking enough water.

So you’ve probably been told over and over that our body is 70% water, and because of that, it’s important to drink it.

There is truth to that statement. But it’s boring. So let’s focus on the actual reasons and benefits of drinking more water.

First and foremost, NOT drinking enough water can hinder brain function, making it harder to make decisions and process information. So if you’re not drinking enough water, your brain is not going to be functioning properly – in effect, making you dumber.

And you don’t want to be dumber, right?

Along with making sure your brain is functioning properly, water has some great physical

benefits as well.

If you are drinking enough water, you increase muscle function, decrease your chances of having joint injuries, increase your ability to burn fat, and keep your immune system working at full capacity.

So all of that is cool, but you're here because you want to lose your belly fat. So let's talk about water's ability to help you with that.

By drinking more water, you help your kidney function. Your kidneys job is to filter water and help your body excrete it.

If you are not drinking enough water, your kidneys start to struggle to perform, and call upon your liver for help.

When your liver is helping your kidneys, it's not able to do what it was designed to do; one of these things being metabolizing fat. So when you're not drinking enough water, your liver ends up spending more time helping your kidneys and less time metabolizing fat.

And while this is obviously a horrible thing for fat loss, it's also horrible for your overall health! If your liver is not working properly you can do some SERIOUS damage to your body.

So in conclusion – DRINK MORE WATER!

Reason #5: You're eating the wrong foods.

For a while now, we've seen this myth that "all calories are the same" in our industry. That it doesn't really matter what kind of foods you're eating, as long as the total calorie amount is okay, and they are "generally healthy", you'll do fine.

Man, just writing that sounds ridiculous.

While it is very important in fat loss to create an energy deficit (meaning less calories in, more calories out), it is extremely important that while doing this you are eating high quality foods.

Not just because they will help you in fat loss, but also because it is healthier overall for your body. You do not want to deprive your body from essential nutrients – this can cause things like chronic fatigue, depression, diseases, oh, and a little thing known as death.

And also, if you're in an energy deficit just eating Cheetos, for example, you're not going to lose weight. No matter what calorie amount – you'd probably gain fat.

So let's talk about high quality foods, and what foods you should be eating.

First and foremost, although this isn't practical for everyone, when you have the opportunity to, we recommend eating organic foods. This is because organic foods have fewer chemicals in them, and are generally higher quality produce. If you do not have access to organic foods, however, it's not the end of the world if you are just eating 'regular' foods.

Secondly, we recommend you stick to high quality, lean proteins – such as chicken, fish, and lean cuts of beef. We also recommend that you get your fats from high quality sources – fish, olive oil, coconut oil, nut butters/nuts, and meat. And finally, as much as possible, try to get your carbs from fruits and vegetables. For fat loss, the less grains you eat, generally the better you will do.

And if you want to learn more about foods that you should and should NOT eat, you can watch this AWESOME video presentation by our good friend, Isabel De Los Rios, on the [4 Foods You Should NEVER Eat](#).

And that's it! We hope you were able to learn something from this report. However, learning something is just one step – you need to go out there and apply the information. Without taking action – all your effort becomes for naught.

So get out there, take action, and start losing some belly fat!