

The Problem with Weight Loss: Your Body Will Do The Opposite

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When you drink a lot of extra water - your body excretes more water to maintain balance.

When we weight train -- we actually break down muscle tissue. And the body reacts by creating new muscle. It attempts to preserve homeostasis by doing the reverse of the stimulus we put on it.

When a male takes supplemental testosterone -- the body turns off its own production in a bid to maintain homeostasis.

When we immunize children against disease -- we actually inject them with a small dose of that disease. The immune system recognizes the vaccine as foreign, destroys it, and 'remembers' it. When the virulent version of an agent comes along, the immune system is thus prepared to respond. In order to prepare the body to defend against a disease - we expose it to the disease - and it responds by doing the opposite - it destroys the disease.

In almost every situation I can think of, the body tries to maintain homeostasis by "doing the opposite" of the stimulus.

How does this apply to weight loss?

Now we know that while you are doing it -- low intensity exercise burns primarily fat.

Higher intensity exercise actually burns more carb stores than fat.

But in every head to head comparison, high intensity exercise results in more fat loss than low intensity exercise - even though the more intense work may burn a lesser percentage of fat during the exercise session.

Burning glycogen results in a larger amount of fat lost than burning fat directly.

The body responds by "doing the opposite"...

Break down muscle to grow more muscle. Burn glycogen to lose more fat.

I designed Warp Speed Fat Loss training program to specifically take advantage of this ‘law’ of nature so that when your body “does the opposite” you’ll end up with faster and greater fat loss.

Warp Speed Fat Loss is a complete 28 day diet and training system crafted to help you lose 10,15, or 20lbs of body fat in just 28 day. To start losing weight fast visit Warp Speed Fat Loss . Alwyn Cosgrove, M.S., C.S.C.S. is a nationally renown fat loss expert whose work has appeared in magazines such as Men’s Health, Men’s Fitness, Muscle & Fitness, Maximum Fitness, Men’s Journal, Self, Oxygen, and Muscle & Fitness HERS. His Warp Speed Fat Loss system is a complete Done-for-You A-Z Fat Loss Blueprint that gives you exactly everything you need to eat and exactly what to do for exercise to lose weight in record time.

Discover what Warp Speed Fat Loss has to offer.