

555 GOLF ACADEMY

WHERE PASSION MEETS PERFORMANCE

GOLF NUTRITIONAL MANAGEMENT

THE FAT LOSS PROBLEM

There is a peculiar observation ... ‘Skinny People Eat Lots’! In short they have a higher metabolism and feed it. Thus it remains higher and they stay skinny. Fat people need to elevate their metabolism certainly by being a little more active.

Things NOT to do to lose weight! 1) Starvation Fasting (if your body is undernourished or starving, it automatically redirects and stores food energy in the form of fat), 2) Aerobics (‘Over Working Reduces Muscle Mass’ thus requiring less nutrition) and 3) Pills (anything unnatural we put into our mouths is not good).

Obesity is a \$147 Billion dollar problem annually in the United States. 69.2% of the population is overweight or obese! 35% of all children are now either overweight or obese. You are NOT predisposed to obesity as pandered! Don’t buy into that nonsense!

Big Pharma CANNOT help and they actually kill good people who are misinformed!

You must improve your diet by NOT eating refined sugars, or sugar replacements and bad carbohydrates. Try to eat as much naturally grown, unpreserved food as possible. There is a good nutritional saying, “Don’t eat white food!” (bread, rice, sugar etc. – deadly chemicals like bleach made it white. Think what bleach does to delicate clothing?)

Make a progressive list of good, naturally-grown foods ... read and eat every day ... pure water, lean beef, beans, legumes, salads, veggies, fresh fruit and the like.

‘Kitchen Cabinet Remedy’ is the 2 C’s ... Cinnamon and Chromium Picolinate. This helps burn fat by enabling insulin receptors to naturally lower your blood sugar.

Remember, small, active daily steps cover a lot of ground!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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