

ZERO-X



THE SCIENTIFICALLY - BASED FOOLPROOF

PLAN FOR SAFE AND HEALTHY WEIGHT

LOSS WITHOUT EXERCISE

By Robin.D.Ramnarine

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Dedication

This book is dedicated to my two sisters Rita and Grace, without whose help and support I would be where I am today. It is through their help and support over the years that allowed me to be in a position to finally write and publish this book.

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Zero-X Weight Loss System

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Chapter 11: The Science Of Zero-X

In 2008, researchers from Loyola University Health System, Howard University, University of Ibadan (Nigeria), John Hopkins and the University of Wisconsin compared African American women in Chicago with African women in Nigeria.

This recent 2008 study included 149 women from two rural Nigerian villages and 172 African American women from the west side of Chicago and suburban Maywood. On the average, while the Chicago women weighed 184 pounds, the Nigerian women only weighed 127 pounds.

Researchers expected the heavier Chicago women to be less active and the slimmer Nigerian women to be more physically active, but this did not turn out to be the case.

They were shocked to find that even when body size and other factors were taken into account, both groups burnt a similar amount of calories on a daily basis during normal physical activity (Nigerian burned 800 calories while the Chicago women 760 calories).

This in turn, allowed Loyola Nutritionist Amy Luke, PhD (Amy Luke is an associate professor in the department of preventive medicine and epidemiology at Loyola University Chicago School of Medicine and a corresponding author of the study recently published in Obesity 2008), to theorize that "Decreased physical activity may not be the primary driver of the obesity epidemic."

And according to Richard Cooper, PhD - coauthor of the study and also the chairman of the department of preventive medicine and epidemiology said that people burn more calories when they exercise, but they compensate by eating more and that physical activity alone does not have a positive effect on weight loss.

Furthermore, according to Dr. Luke - Diet is a more likely explanation

than physical activity expenditure for why Chicago women weigh more than the Nigerian women.

Dr. Luke came to this conclusion when she noted that the Nigerian diet was high in fiber and carbohydrates and low in fat and animal protein while the Chicago diet was 40% to 45% fat and very high in processed foods.

The results of this new study are very similar to study done in 2007 involving both men and women in Jamaica. Scientists from Loyola University and other centers concluded - there was no association between weight gain and calories burned during physical activity.

Dr. Luke goes on to say, "Evidence is beginning to accumulate that dietary intake may be more important than energy-expenditure level," and that "Weight loss is not likely to happen without dietary restraint."

There is other research, but none as convincing as the case study above. And the fact is, most doctors are too busy to even review some of these studies, instead they tend to be bombarded by pharmaceutical companies with literature concerning their new weight loss product or diet pill.

In the past we had been lead to believe that to lose weight we must exercise, this is simply not true. The fact is, all these researchers concluded that compared to exercise, dietary calorie reduction is the superior way to lose weight.

In fact, Scientific America, January 2004 issue 11 page 21-22 states "*The best way to avoid obesity is to limit your total calories*" not exercise or burn calories via exercise, LIMIT CALORIE INTAKE!

Off course if exercise is added, the combination will be hard to beat, but you don't need to kill yourself in the gym or at home exercising to lose weight. In any case, not everyone has the time to workout much less the money to join a gym.

From this study and other research, I noted the following:

1. The best way to avoid obesity is to limit your total calorie intake.

Chapter 1: Calorie Basics



1. Metabolism and Calories

Our body is run by an engine referred to as “our metabolism.” And energy metabolism is the process by which your body breaks down nutrients from FOOD and converts them into energy in the form of calories.

A calorie is a unit measure of how much energy we get from foods, thus, the more energy a food contains the more calories it provides. And whether we gain or lose weight comes right down to calories and our metabolism.

Basically, human metabolism works the same way, however, it is the speed at which our energy metabolism system works or the rate at which we convert those nutrients in food into energy that differs.

People with a fast metabolism burn calories more efficiently than those with a slow metabolism. Thus, the person with the slow metabolism will take longer to use the same amount energy/calories found in an apple, for example, than someone with a fast metabolism.

The reason I mentioned metabolism is because some people go around saying “I can’t lose weight because I have a very slow metabolism”. And guess what? They are absolutely correct.

Most people who attempt to lose weight usually decrease their calorie intake too low, thus triggering the survival mechanism which causes

their metabolism to slow down in order to conserve energy, and they will end up with a calorie surplus which adds even more FAT!

2. Excess Calories = Fat Weight gain

Now, while it's true that energy metabolism is important, when it comes to weight gain or weight loss it all comes down to one CORE thing, calories: total calories taken in minus total calories expended.

Basically, if you burn more calories than you consume you'll lose weight, regardless of the source. If you consume more calories than you burn you'll gain weight. In fact, eating excess calories is the fastest and easiest way to gain weight. And simply eating a few 100 calorie snacks a day can easily add up to 10-20 lbs of fat a year! In 2-3 years you could be obese.

3. Source of calories

Most foods are basically made of a combination of carbohydrates, fats and protein. While both protein and carbohydrates yield 4 calories per gram, fat yields a whopping 9 calories per gram.

So, hypothetically speaking if I ate a food that contains 1 gram of protein, 30 grams of carbohydrates and 15 grams of fat, this food will provide a total of 259 calories, as shown below.

$$\begin{array}{rcl} 1 \text{ gram of protein} & = 1 \times 4 & = 4 \text{ calories} \\ 30 \text{ grams of carbs} & = 30 \times 4 & = 120 \text{ calories} \\ 15 \text{ grams of fat} & = 15 \times 9 & = 135 \text{ calories} \\ \hline & & \text{Total} = 259 \text{ calories} \end{array}$$

3. Calorie Deficit = Weight loss

[For more Info on zero-x...](#)

Chapter 14: 20 Case Examples

Case 1

Name: Michele K.	Sex: female	Lost : 53lbs
	Before	After
	165 lbs	112 lbs
Meal 1: Breakfast - 2 egg whites, oatmeal		
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		
XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		
Notes		
I cooked everything in the morning or the day before, especially on		
Sundays which allows you time to prep foods in advance and freeze		
Them. Drank a lot of water, around 8 glasses a day.		

[Forget exercise, lose weight](#)

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