

Look and Stay Svelte with 3 Fat-Burning Veggies



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The Overlooked Factor In The Battle Against Weight Loss

An often-overlooked factor in the weight loss battle is identifying the causes of weight gain. This is like trying to haul buckets of water out of a leaky boat without plugging the hole. You take one step forward, but take two steps back. This is a major reason why millions of people lose the battle of the bulge. Changing your diet is an important first step, but think how much more successful you'll be if you were to plug the holes first, so to speak.

Using the leaky boat analogy, one significant hole that prevents you from making progress is the ingestion of compounds that perpetuate the production and storage of fat.



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Xenoestrogen and Fat Metabolism

One such compound is xenoestrogen, a chemical that mimics estrogen, and changes fat metabolism in the body. Xenoestrogens are synthetic (read: unhealthy) compounds that are considered endocrine disruptors because they disrupt the normal hormonal balance in your body, which is essential for proper health. Xenoestrogens are present in both hard and soft plastics, consumer electronics, pesticides, herbicides, cosmetics, skincare items, and industrial waste.



Estrogen is a fat-producing and fat-storing hormone, and as foreign mimicker of estrogen, xenoestrogen creates these same estrogenic effects in the body. Furthermore, hormonal balance caused by endocrine disruptors like xenoestrogen have been shown to be a cause for many women's inability to keep the weight off, even with exercise and proper diet, according to a 2011 study published in *The Journal of Clinical Endocrinology & Metabolism*.

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Since men also contain estrogen in their bodies and are equally exposed to xenoestrogen as women, they are also vulnerable to the fat-storing and hormonal-imbancing effects of this compound.

In fact, hormonal imbalance plays just as big a part in men's health as in women, not only in terms of weight loss but also in overall energy metabolism, and even reproductive function.

Since xenoestrogens are quite ubiquitous in the environment, even those with healthy lifestyles still receive some exposure to them. The best solution therefore, is to find foods that combat xenoestrogen's effects. Combine this with other foods that fight fat, and you're sure to have the recipe for weight loss success.



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3 Vegetables To Burn Belly Fats

Here are 3 vegetables to help you get started:

Kale

Among its many reasons for being considered a “superfood”, is the fact that kale belongs to a class of vegetables called cruciferous vegetables, which contain high levels of a powerful phytonutrient called indole-3-carbinol. Not only does this nutrient help combat xenoestrogen by altering estrogen metabolism, it’s also showing promise as an antioxidant to fight aging, and anti-carcinogenic to fight cancer.

If kale doesn’t float your boat, try other cruciferous vegetables such as cabbage, cauliflower, brussel sprouts, collard greens and broccoli. Adding a variety of these vegetables to common foods like salads or soups is an easy way to incorporate fight-blasting foods into your diet. Have fun with it- experiment with different spices in your cooking to find mouth-watering ways to enjoy these vegetables.



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Preparation Recommendation:

Looking for a zesty way to switch up your salad repertoire? Try an avocado kale salad. The avocado not only adds good fats to the meal, which will help keep you fuller longer, but it also adds a nice flavor and texture to compliment the kale.

Chop up the kale into small, bite-size pieces, sprinkle with olive oil, a pinch of salt, and pepper and throw in some sliced avocados. Add a tiny bit of apple cider vinegar for a nice kick.

Mushrooms

Though not technically a vegetable (or fruit, for that matter), this food is too good to not be included in this anti-fat list. Mushrooms can also help combat xenoestrogenic effects in your body through the presence of Vitamin B6, which is an important vitamin in balancing hormones naturally in the body.

In addition, mushrooms contain other B Vitamins, a powerful antioxidant called selenium, and even vitamin D, an all-too-powerful nutrient that, according to a Journal of Virology report in 2008, can decrease cancer rates by 75%, if people only received their minimum daily dose.

Mushrooms are also high in fiber, are a good source of protein, and are low in calories- perfect for someone trying to lose weight. A preliminary study by Dr. Cheskin, director of John Hopkins Weight Management Center suggests that eating low-energy density foods like mushrooms, are a great strategy for losing weight.



In this study, participants were fed dishes that contained lean ground beef in one week, and in another week they were fed those same dishes but with mushrooms replacing the lean beef. They found that the participants felt as satiated with the mushroom dishes as the beef counterparts, but they consumed an average of 420 calories less per day with the mushroom dishes.

Preparation Recommendation:

Take a hint from this study and find out the results for yourself. Take your favorite meat recipes and simply replace the meat with mushrooms. Remember, the key to keeping weight off is to make dietary changes a habit, which is more easily done if you substitute.

One popular and easy-to-prepare dish is mushroom spinach salad. Simply stir fry sliced mushrooms over Bragg's Amino Acid or sea salt, and serve with baby spinach. You can also sprinkle pecans or cranberries for more texture.



Red Pepper

Red peppers are an excellent way to add flavor and excitement to any recipe. Red peppers are rich in the compound capsaicin, which has been shown to decrease the amount of fat tissue and decrease fat levels in the blood.

Capsaicin is responsible for the burning sensation you feel when eating peppers. Capsaicin also inhibits the growth of mature fat cells, and prevents the accumulation of fats. As if that wasn't enough good news for one day, capsaicin can also help to fight cancer. Habanero peppers are reported to have the highest levels of capsaicin, followed by Thai peppers.



Preparation recommendation:

Anywhere you would think to throw in some raw or cooked vegetables- salads, sandwiches, even stews are some dishes where it's good to throw in red peppers. Put peppers in your favorite dipping sauce like soy sauce or vinegar. Don't discard the seeds- they're loaded with nutrients. Forget your hot sauce- eggs and red peppers go surprisingly well together- what a powerful way to start your morning!

Want To Know How to Lose Weight Fast?

Besides the 3 foods that I've shared with you in this newsletter, there are other foods that can burn fats and give you a flat belly. In the Acid Alkaline Balance Diet, I'm going to share with you what foods to include in your diet to shed off the excess pounds, have loads of energy and look younger and healthier!

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Warmest Regards,
Emma Deangela