



## **Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!**

Hope you had a wonderful Halloween and didn't go overboard on the candy!

No worries if you did.

Today I'll show you how eliminating just one 'food' from your diet can do wonders for your health, fitness and fat-loss efforts.

Yours For Health,

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## **Instantly Improve Your Health And Fitness By Eliminating This One Common 'Food'**

In your kitchen right now lies one 'food' that can be wreaking havoc on your waistline and health.

It's practically guaranteed you have this in your refrigerator and cupboards now as you read this.

And multiple studies have shown this one 'food' can be a cause of poor health and weight gain.

It literally is in practically everything.

What is it?

High-fructose corn syrup (HFCS for short.)

Manufacturers use HFCS in everything -- including bread, sodas, soft drinks, juices, "health" bars, candy, salad dressings, jam, ketchup -- even beer!

The reason is that's its cheaper to produce than real cane sugar. Plus it's easier to transport.

You already know sugar isn't good for you or your fat loss efforts. But HFCS takes things to a whole new level.

Mainly because its hidden in foods you think DON'T have sugar.

As you already know, eating sugary foods spikes your insulin levels. Constantly elevated insulin leads to things like obesity, heart disease and diabetes.

But the sugar in HFCS isn't the only reason you want to stay away from it.

It can directly affect your health.

For example, HFCS is bad on your liver.

In one study published in the Proceedings of the Society of Experimental Biology and Medicine, rats were given HFCS in their diets.

The result?

The rats developed livers similar to those of raging alcoholics!

In short, HFCS caused the rats to show signs of cirrhosis of the liver.

Bottom line: Whether your goal is health, fitness, a better body or all of the above, you'll want to avoid HFCS at all costs.

Here's a few starting points:

Check the label. No matter what you buy at the grocery store, make sure you check the label. If it indeed contains high-fructose corn syrup, it will be in there (probably towards the end).

Avoid "low-fat" foods. Surprisingly, most health and low-fat foods are laden with HFCS. This is because since they've removed the fat, they have to make it taste good. The answer? You guessed it. HFCS!

Drink only water. 99.99% of all soft drinks, sports drinks, juices, etc. WILL contain HFCS as the main sweetener. Not only that but these are a source of empty, useless calories that will go straight to those hard-to-lose areas. Stay on the safe side and drink good old H2O.

Eat minimally-processed foods. Chances are that if it comes in a box or bag (or some other kind of packaging designed to make the food last longer) then there's a VERY good chance there's HFCS in it. Instead, stick with foods that haven't been processed (Hint: if it'll go bad in 2 - 3 days then it's a good bet that it's minimally processed).

When it comes to losing that bulge around the middle, staying clear of high-fructose corn syrup will help tremendously.

Do it for your fitness and your health

## Quote Corner

"Processed foods not only extend the shelf life, but they extend the waistline as well."

- Karen Sessions

## Eat Yourself Thin

### Marinated Grilled Shrimp (Serves Six)

3 cloves garlic, minced  
1/3 cup olive oil  
1/4 cup tomato sauce  
2 tablespoons red wine vinegar  
2 tablespoons chopped fresh basil  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper  
2 pounds fresh shrimp, peeled and deveined  
Skewers

1. In a large bowl, stir together the garlic, olive oil, tomato sauce and red wine vinegar. Season with basil, salt and cayenne pepper. Add shrimp to the bowl and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Prep: 15 mins  
Cook: 6 mins  
Ready: 55 mins

Amount Per Serving - Calories: 273 / Total Fat:  
14.7g / Cholesterol: 230mg / Sodium: 472mg / Total  
Carbs: 2.8g / Dietary Fiber:0.2g / Protein 31g

Recipe from AllRecipes.com.