

Breathe to Lose Weight

Breathe to lose weight!? Are you serious?

YES!

The functioning of the human body is based on energy. When energy flows through the human body unimpeded, balance and health occur. An unhealthy system is an unbalanced system. The source of an unbalanced system can be traced back to energy being blocked or restricted.

Transforming your relationship to energy requires *planting lasting seeds of change* within your mind and body. We begin with tilling the soil of your mind. This means we must deepen your understanding of how YOU function.

We are a combination of mental, physical and emotional elements that function together to create the experience of life.

The body and mind is a **highly adaptive learning machine** that gets better at whatever it continuously is exposed to. Negative thinking gets more negative just as good posture becomes better posture.

How we get energy

Food = energy. Calories come from food. Therefore, calories = energy.

Energy is what keeps your body functioning. The majority of our energy primarily comes from fats and carbohydrates. When eaten, food is broken down by our digestive tract into basic units.

What we do with energy

The amount of energy your body uses to keep running, that is, digesting food, breathing in and out, sending blood to the body, returning blood back to the heart, etc... = **your metabolism**.

Exercise increases how much energy your body uses and if you continue to do it over time (remember the body learns) your body will ***increase its metabolism-burning-capacity!***

When your body's metabolism runs faster, it burns more energy throughout the day. So, while you're sitting, reading, writing, thinking and driving, your body is actively churning and burning your energy stores.

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Metabolism is going on all the time. Metabolism represents the idle speed of your body's engine. The higher this speed the more energy you need and the more energy you burn.

Fats are a rich source of energy!

In comparison to carbohydrates, the breakdown of fat releases larger amounts of energy. In other words, fat generates a lot more energy per gram than carbohydrates do.

But let's say that you have a slow metabolism and therefore not much work for all the energy you eat. There's too much energy and not enough work. Eventually the body will need to put it someplace else. So, it will store it.

Excess energy will first be stored in the liver and the muscles of the body; however, the amount of energy that can be stored in these areas quickly fills up. So, the body looks to store the rest of the energy elsewhere. Can you guess where it ends up? That's right, as fat on your body.

Right now look at the fat on your body.
Your fat is stored energy waiting to be used!!!

What are we trying to do?

The goal is to increase the amount of work your body does while you are sitting, sleeping, standing and resting. The more work it does the more energy it burns.

Therefore, we want to improve the efficiency at which your body uses energy.

To do this we need to increase the amount of oxygen in the body.

Why is oxygen important?

Adenosine-tri-phosphate (ATP) is the molecule that sustains all activity in the body. The phosphate atoms are attached to the Adenosine through a chemical bond. Energy is released when this bond is broken. The body uses this energy as it's being released.

The amount of ATP which fat generates is very high. To make ATP from fat the body uses a chemical process called **Oxidative Phosphorylation**.

It is called this because in order to complete this process the presence of **oxygen** is required. Without the presence of oxygen this process cannot occur.

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What this means is:

Unless your body is receiving adequate amounts of OXYGEN fat burning will not occur!

The reason why exercise is the preferred method of decreasing body fat is, not only does it increase the amount of oxygen in the body but it also increases the amount of energy the body uses to fuel activities such as walking, running, etc...

Over time, as the body is being continually asked to perform at higher energy levels, it adapts by becoming increasingly more efficient at utilizing energy.

But what if you don't want to exercise?

What if you don't like to exercise?

What if you don't have time to exercise?

To learn more visit www.thefitpath.net and purchase *Breathe to Lose Weight* and discover how a structured breathing program along with conscious intent will re-program how your body utilizes energy. Not only does this program work on addressing stored fat but it also addresses stress, stress management, accumulations of muscle tension and clearing the mind.

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