

Index of Gains

The calories are the measure that affects to the energy intake for his consumption. A portion of 500, 1000 etc calories represent the amount of one energy that a person adds to his metabolism to be “played-out” and consumed; but stored.

But, the calories ingested are not consumed of identical way for all organisms. The same one amount of energy is not turned and expended in an identical way according to the origin of this calorie and according to the person that ingests them.

Individually every person has his own index of gains weight and although they you can mark different groups of people with index similar, the possession to a certain group is key for a healthy and happy allowance.

Reason, why you can not eat everything that a person wants? Because does not consume her. Thus of single. It involves that that doing more exercise would be able to a person lose more weight? If and not. The exercise assistance more to a not weight gain but not to reduce it in generic terms. How many people doesn't do exercise; an actual exercise and they do not have a high weight eating visibly more calories than another person than eats a similar amounts. Unavoidable, any person that an exercise significant amount does increases in a proportional way the food consumption.

where it is the secret?

In the balance. If it indexes the of gains weight of a person he allows eating significant amounts of meat, reason why does not have to eat it? Reason why to a person can gain weight him more 400 calories of meat that 400 calories from another meat? Reason why taking in 600 meat sandwich grams, you can gain weight 1100 grams in the scales.

Reason why a person can lose more weight a day that eats more; than a day than has happened hunger?

For his index of gains weight individuals.

And that is Index of gains weight?

The relationship between calories and weight for every individual according to food groups. It points out us in which becomes the ingested energy, in his consumption or in weight. This table is the one key for to allow a balance between a healthy and complete diet and a simple weight control.

To elaborate the own and personal table it is necessary to pass several phases in a methodic way honest and nothing onetrack. Every person has to decide to carry out this control, or not. But if it does, doing in a steady way; then otherwise is not deceived to the scales, to the dietitian or to the practitioner.

Is deceived to if same.

It has be methodic because his actual value end will depend on the good thing elaborated that have done our analysis. Honest because if us deceive it do to ourselves. And topcoat nothing onetrack because we are seeking the flexibility, achieving a balance of food, energy ingested, energy consumed and weight control. If we predominate one of the four elements stayed completely lame. The food balance we have giving a healthy diet , varied and nothing boring. The energy ingested if he is excessive or make a mistake, or worse insufficient us disables completely the balance. If we burn too energy our organism suffers and if we burn too little gain weight. And finally the weight has be the suitable one nor with excesses nor of course owing to lack of weight.

Earlier Phase

Assuming that time need and balance. When we assume it will be able to start.

It is that conscious being according to which are going to enter a phase in which if we work good, will achieve in a simple way a balance, without big renunciations.

In this phase it is necessary to achieve to know following components:

. knowing really which normal physical exertion daily newspaper do, because we are NOT GOING TO compel us to vary it. If it vary in an important way:

. we will tire us and we will bore of doing exercise and we will return to our routine, which will alter the results of our work

, knowing really which eat usually. It does not be need of changing. In this phase need to know which eat:

. how much times eat everyday

. which types and amount of foodstuff ingest, in which order and very important

Which foodstuff are very important for us: out of necessity, anxiety, whim or even greed.

All these details is that sign up in a simple way, for ourselves. Once this is elaborated can pass to the second phase. The duration of this earlier phase is uncertain, although he is not possible that is lower than a week, then we have be methodic every day in with which do, which eat.

SECOND Phase

All phases are important, but this is crucial, because really will mark all the next thing. In this phase, are not going to have such as an objective to lose weight, but having more information. We have be honest and methodic then otherwise us deceives.

In the earlier phase has not been used, but in this phase leaves to introduce the scales; but not such as a control but such as an information. And we will use her so many times every day that will not give him importance but as when we watch a clock: to have the information.

Every hipbone and at least during a week will carry out the following very detailed analysis.

. when getting up

We will weigh us and we will point out the weight, code P1

We Will have breakfast normal pointing out which have taken and how much amount (it will weigh). The ideal thing will be to have breakfast between the 700h and the 0800h

We will weigh us again and we will point out the weight, code P2

We Will see that logically is a weight gain between P1 and P2

We will not take anything solid until the noon, in which will eat between the 1200 and 1300 hours, in function of the time for breakfast. We if have had breakfast after of the 900h in the morning, the food time will be at 1400h.

. before eating the noon us will weigh. Code P3

We Will eat usually

We will weigh us again pointing out the code P4

All measures will be without clothes or exactly with the same clothes.

The changes strong do not have us to worry, just are information. We are not doing allowance.

Of foodstuff will discount the lettuce, the tomato and the water.

We have to do the same physical exertion normal that do always.

. between the 1800h and the 1900h will have dinner. We will take the weight before having dinner, code P5.

After dinner, will turn around to regret and we will write down the code P6

We have to try to eat what we eat usually. This annotation will last until we achieve to consider the most important common elements of our diet.

If a day do an extraordinary exercise or on the contrary, is a day that not us raincheck for the study. But what he does not be that never do is to compensate it eating great or smaller amount of foodstuff-energy.

Once have our table you can calculate indexes the of gains weight own.

The code difference P6 to P1 does not have value just are a reference.

It indexes the P1 to P2, will be analyzed later just as the relationship of the P3 to the P4 and

of the P5 to the P6.

The one which really interests us is the relationship between P3 and P5.

We suppose that P3 before eating, gives a total of 86 Kg and P5 before having dinner gives 86,3 Kg. We want to see what we have eaten and later on spent or not in energy to the noon has been a vegetable dish with tomato and pepper, a meat piece with potatoes, an apple and two tangerines. We have increased at the time the weight, and we have gone later on spending energy until has arrived the dinnertime. And earlier we weigh to know which have lost. The weight of the ingested thing is 900 grams (without telling lettuce, tomato and water). The relationship between the weight variation and the ingested thing is $1300/900 = 1,440$. To the strong difference always see him addition 1000 gr. All value higher than 1 us points out weight gain, although it can give cases in which the own metabolism indexes another value. That it will discover every person when doing his own information compilation. Once knows indexes the suitable, has to seek to be under the above-mentioned indexes changing amounts or the ingredients; that does not want to say to reduce the intake.

To the day next if we eat the same thing but we substitute the meat piece for a piece of the same weight of for example hake, the variation would be able to be: 86 Kg in P3 and 86 Kg in P5.

In this case the serious relationship $1000/900 = 1,11$. In this case eating the same one amount of food the weight gain is practically 0.

Supposing that the same one is taken amount of food, except substitute 300 grams of meat for 100 stock exchange French fry grams. The P3 is 86 Kg and the p5 is 86,6 Kg. In this case the relationship would be $1600/700$, that is an indexes of 2,28.

Besides can surprise us that take highly caloric foods (in an exceptional way) and it grants us an indexes low. This just will be given exceptionally, when we take it in an exceptional way, not usual; and also in the later phases.

For the same foodstuff, every person has his own index, but it does not import. We do not have to compare index of different people. We what we have to find is our own one indexes that us will take until our balance.

If we take an ice cream of 500 grams and for my the index is 1,4 and for another person is 1,9; his effect in my is not so high. He does not want to say that can take ice cream every day, but that if the tome thing; the effect in my will be lower than that one of another person. But the index also evolves. If a person takeover 500gr of ice cream every day, in the third one day the index for example can go up from 1,4 to 1,9. Which wants to say this? That excesses go degrading our index; which consequently our balance goes worsening in a progressive way. If tome a meat sandwich and that day indexes the me gives 1, can give me an indexes of 2 if I repeat to the day next; because for that matter my metabolism does not tolerate correctly the bread; except for such as an exception. The to keep a routine us will help to know our weak points. If tome a fried egg occasionally can not to affect me; but if the tome thing every day, in my case worsen with every takeover.

If a fried egg has for my an index of 2, I do not have to stop to eat eggs, but I have to do it fewer; since I can reduce the egg consumption in order to take for example more squids that in my case me give an indexes ideal of 1, and taking more amount in weight that an egg; which is why also as more.

In this way can eat everything that us likes, but knowing which effect has in us can dose it.

Third Phase

Stabilizing the diet or even to improve her.

If a salad with 20 olives me gives an index 1,15, if him remove 10 olives indexes the cancellation to 1,05. But if a day not olive tome indexes the is 1. Still better, if the breast of chicken has an indexes of 0,8 for 200 grams, if tome 300 grams my index will be 1, and eating more will not lose weight, will not increase it but I will be more satisfied, and neither will gain weight.

Still better, the chocolate ice cream me produces an index 2 for 300 grams; for the same one amount of cream ice cream me produces 1,5.

In this phase it is necessary to seek the balance. We achieve to arrive an average from indexes 1, changing our allowance, eating varied.

Fourth Phase

Our body consumes energy. If we do a lot exercise and we stopped doing, the consumption se for but the body needs to follow ingesting the same one amount of energy. But does not spend her.

On the other hand, if not contribute nothing or very little energy; our body is consumed and breakdown. It needs energy to work.

Is, in a word; the balance search, to keep the consumption to be ingested stable; and if applicable favorable is to gain weight or the most usual one to lose weight.

But eye. Weight is not lost always and all days and every day. Is a trend. It It is impossible to do the same consumption every day even eating the same amount and type of food. It it is necessary to seek the balance. Not even all controls us take to a visible strong reduction, and that is not bad, what we have to achieve is a trend.

Fifth Phase

Once know which effect has the diet in us and we achieve points of indexes 1 easily; achieving also a varied diet. We learn to combine foodstuff of all type, us give whims... and always achieve an index of gains weight 1.

In this phase already can start to lose real weight. Barely without giving account, since equilibrating foodstuff and dose, will achieve to reduce the index. For example of about 1 to about 0,9. It does not be necessary reduce a lot more so that effects are surprising. But in many cases, keeping an index 1 big results will be seen.

Sixth Phase

We have achieved once the balance, and we control that lose weight in a progressive way; no more watch the scales nor the weight of the foodstuff. But not for carelessness, if not because have changed our habits and our way of feeding.

This phase arrives in case alone, in the course of time; and is not had to seek in case same.

Doing more exercise does not involve more eat

An excess does not affect necessarily to the weight, but of course not when is given usually.

It you can eat without vegetable problem, but it is necessary to avoid to take sauces. Is had to take fair fruit, especially orange and apple.

Logically the snidest weight of the day has to give in P3.

Respecting phases. Not for terms of times, if not because are assumed. If not good are carried out, need the time that is necessary; they do not serve of nothing nor they nor the following.

All phases are important and they have to respect

It there is no need to jump no weight control, as far as possible

Do Not do more exercise of the really usual; then all the positive effect is lost as soon as is stopped to do

Do Not obsess

Do Not do boring allowances, you can absolutely eat of all, but with control. And knowing that extras are that, extras.

Every day can not do an extra, if not becomes a habit.

When several whims are bought, unavoidable leave to consume. That is, if for my an extra is a fried bag of crisps; when I buy her is inevitable that will consume her. If I buy four stock exchanges, then unavoidable will consume them. Is better to buy a minimum extra, then until it does not return to do the purchase more extras will not be acquired. If fried eggs or omelettes me affect negatively; then do not have to buy a dozen, if I buy will be the minimum amount. Then thus I will avoid an overconsumption between purchase and purchase.

Do Not sting. Is very important. Basically because it prevents a reliable control of pesos. If it is temptation, drinking water, or to call on the phone, or to go out to throw away the garbage or to buy a daily news, or to take something to the car, or to stroll the doggy... all serves. But never eating nothing solid.

Do Not lose a food nor reducing in an arbitrary way, and still fewer in first phases of the plan. It alters completely values and also in the following food will be compensated unavoidable. Do Not deprive of nothing that to one likes him, provided that is taken with control.

MORE HITS AND TIPS IF I CAN TRANSLATE IT

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