



Foods are just like people – a mixture of good and bad qualities.

But some foods land pretty low down on the “bad” scale. They can wreak havoc on your metabolism and cause whole body inflammation and swelling...contribute to problems in digestion and vitamin/mineral absorption, slow down fat burning and disrupt hormones.

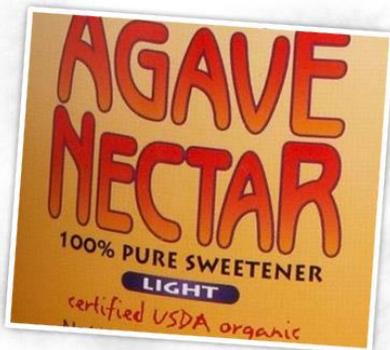
Even though it may not be possible to avoid every one of these foods 100% of the time, you should seriously consider dialing them down in your diet.

Your waistline will thank you!

The 5 WORST Metabolism-Killing Foods on the Planet...

#1 Agave Nectar Syrup

4. Touted as a miracle health food, agave nectar / syrup is basically high-fructose corn syrup masquerading as nutrition-packed health food, and that makes it an absolute metabolism-killing disaster you should avoid at ALL costs. Agave is, for all intents and purposes, highly concentrated sugar. Sugar and sweeteners wreak havoc on your health and are highly addictive.



Agave is mostly fructose, **which is the most metabolically damaging kind of sugar on the planet.** With the exception of pure fructose, agave has the highest fructose content of ANY sweetener. (High fructose corn syrup is about 55% fructose; Agave syrup is between 55-92% fructose.)

Agave creates insulin resistance. Meaning, **it makes you fat!**

It also raises your triglycerides and increases ugly belly fat (muffin tops and beer bellies ring a bell?). That puts you at greater risk for diabetes, heart disease and metabolic syndrome.

“When you consume fructose,” says Professor Robert Lustig, MD, professor of pediatrics at University of California San Francisco, and author of *Fat Chance*, “you are essentially consuming fat.”

#2 Canola Oil

Sounds healthy, doesn't it?



Canola oil is a triumph of marketing over facts. It's actually rapeseed oil (from the rapeseed plant), but was renamed for obvious reasons. Rapeseed oil is pretty disgusting stuff. In its natural state, it's an ugly greenish color. It also has a high concentration of erucic acid, **which may cause heart damage.**

To turn it into something marketable, manufacturers remove the erucic acid. Bleach it. Deodorize it. And de-gum the oil with various chemicals, including hexane, a chemical solvent.

"The canola oil found on supermarket shelves has been refined, heated, and damaged beyond repair", writes Fred Pescatore, MD, former medical director of the Atkins Center.

The processing and refining of canola oil leads to the creation of extremely unhealthy trans-fats. Trans-fats can be metabolically damaging in multiple ways.

Trans-fats increase the risk for heart disease, depression and other mental disorders, weight gain and embarrassing belly fat as well as lower DHA levels in the brain.

Dump this oil, and do it fast! Otherwise, you may accidentally trigger your body's "obesity response" in which layer upon layer of stubborn fat marble on all over your body.

Instead, focus on eating delicious whole foods that can trigger your "lean body" response, which puts your body in a natural fat burning state constantly.

#3 Whole Grains



If you haven't heard this before, this may shock you but let me just put it bluntly. First of all, "Whole Grains" are definitely better than processed grains BUT the question is "how much better?" And the answer is... **not much.**

What's more, they also cause you to pack on the pounds.

Grains – unlike fruits and vegetables and most nuts – can NEVER be eaten without some kind of processing.

You just can't pluck a stalk of wheat and start chowing down. Instead, grains must be ground into flour. And processing is the metabolic

devil that causes whole grains to make you fat. Did you know just 2 slices of whole grain bread can increase your blood sugar as much as 2 Tablespoons of pure sugar?

Once whole grains have been processed down into flour, your digestive enzymes go to town. They convert that starch directly into pure sugar. This spikes your insulin and tells your body to start packing on the fat.

So don't fall for the "whole grains" are good for you trap. Because they simply just aren't.

What about fiber? Did you know 1 avocado or 1 cup of berries has more fiber than 4 pieces of wheat bread? (Avocado 10 to 14 vs. 100% whole grain bread 2 grams). Eat whole foods – you don't need grains for anything. They are slowly making you sick and fat. Read Mark Sisson's (Huffington Post) article on ["Why Grains are Unhealthy."](#)

By the time you eat them in that bran muffin, whole wheat toast or whole wheat pasta, they've been processed into metabolism-killing oblivion. You might as well just gulp down a few tablespoons full of pure sugar!

#4 Corn



Corn and corn products are everywhere, in everything – a cheap filler and profit maker just like soy. Up to 85% of US corn is genetically engineered (GMO). Think it doesn't matter?

Here's what the Center for Food Safety has to say:

"A number of studies over the past decade have revealed that genetically engineered foods can pose serious risks to humans, domesticated animals, wildlife and the environment. Human health effects can

include higher risks of toxicity, allergenicity, antibiotic resistance, immune-suppression and cancer."

Yikes!

And while real, authentic organic corn does have small (very small) amounts of vitamins and minerals, most of the corn we consume has been processed. That means it says good bye to nutrition. Oh, and don't forget – it's a grain (the sugar devil lurks again).

Corn is very high glycemic, which means an unwanted spike in blood sugar and insulin which can lead to metabolic disaster. It's also one of the top food allergens. Food allergens make you bloated, retain water, and bring your metabolism down to the dirt.

Except for a very occasional piece of home-cooked organic corn on the cob, this "grain" would be a good food to stay away from.

#5 Foods High in Xenoestrogens



Xenoestrogens are compounds that basically act like estrogen in the human body. Unfortunately, our food supply is filled with them – not a good thing.

Too much estrogen in your body leads to a condition known as estrogen dominance. Again NOT A GOOD THING.

Experts such as John Lee, MD believe that estrogen dominance is the “common denominator for a lot of female troubles.” According to Ronald Hoffman, MD, estrogen dominance can affect weight gain, fibrocystic breast disease, PMS, migraines, menstrual disturbances, endometriosis, fibroids, ovarian cysts and breast cancer.

“Estrogen is produced not only internally but also produced in reaction to chemicals and other substances in our food. When it is not broken down adequately, higher levels of estrogen build up,” he says.

Nicholas Kristof, who has written extensively about xenoestrogens for the NY Times, tells of frogs with female organs, male fish which produce eggs, and male alligators with abnormally tiny sexual parts. “Endocrine disrupters are everywhere,” he writes.

You can reduce your exposure to harmful xenoestrogens by consuming organic food, especially when it comes to crops that are heavily sprayed.

It's also especially important to consume only organic meat, eggs and dairy since growth hormones fed to cattle and other livestock are a huge source of these dangerous chemicals.

The worst part about having estrogen dominance is that it quite literally forces fat onto your hips and belly – NOT the places any of us need any extra padding!



The good news is that there ARE plenty of delicious, mouth-watering foods that are easy to make, don't cost you an arm and a leg and will help you trim off that extra blubber that's piled up over the years on your belly, hips, waist, butt and thighs.

These are foods that you can hunt, pluck, fish and gather.

By eating the RIGHT foods, and avoiding the WRONG foods, you can unleash the power of your body's primary fat burning hormone.

JOIN OUR SATURDAY EASTER WORKOUT TOMORROW!

***PICK UP A COPY OF 5 PAINLESS PALEO BREAKFASTS FOR BUSY WOMEN**