

# Belly Fat Cure University Part II

**Video Transcript of the 4 Part Belly Fat Cure University Series**

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So let's dive into this hidden sugar thing. Because, really, this is the first point I want to share with you. What if everything we've been told by conventional wisdom and doctors for the last 60 years has been wrong? Because right now we're more overweight than ever before, as you know, and what would it be, what if that were true that everything we knew was wrong? Because this is what they've been telling us for 60 years, since the 1920s that you eat too much and you don't exercise enough. How many women have heard this from some other man or from someone that has been trying to get you healthy? Hands in the air; don't be shy. C'mon ladies; be honest. Time to be honest. What woman has not heard this ever? I want to see who this woman is. Oh, one lady – all right – one lady. Well, you've been thin your whole life, all right. One lady. But this is what we hear: that calories is what, everyone? Ladies? That calories

are everything. That you must count calories or points. You must eat smaller portions, and you must start going to the gym. Right, ladies? That's what we've been told. You agree, right? Yes, that's what we've been told for 60 years! We've never been more overweight. We have never been more overweight. And more of us know how to eat less and exercise more. We really do.

There is a book that you should all check out. It's by a man that has written for the New York Times for years; he's a scientist. He's not a doctor; his name is Gary Taubes and it's called Good Calories, Bad Calories, and it's this idea that all calories are not the same. That 100 calories of this and 100 calories of that are processed by your body and your hormones completely differently...that calories aren't calories. A very important book, this was on Larry King. This guy was on the New York Times as well, and it's the controversy of this science that's been now revealed in the last couple of years. This is the cover of TIME magazine – “The Myth About Exercise.” This is the idea that the more you exercise, the more weight you will gain. Now, that sounds counterintuitive, but how many women, at times, have exercised and seen nothing change on the scale? Right? A lot of you, a lot of hands. Well, back in the 1950s, doctors used to prescribe to women, especially if they were underweight, that they would go out and exercise to build up a healthy what? A healthy appetite, and it does actually cause us to eat more at times.

So, there's controversy even about exercise. So this idea – what we see in the world today – if you go to the grocery store, how many people have seen these 100 calorie snack packs?

Ladies, be honest. They're rampant; they're everywhere...100 calorie Coca-Cola cans. They're the little tiny ones. Have you ever seen the baby Coca-Cola can? They're shrinking the cans of Coke because that will make us healthy. What else are they doing? Our dogs...now how many people have dogs? Right? I have a dog. A 50 calorie snack pack for the dogs! It's crazy. we are all shrinking our food away, right? And then if you go to a gym, they have these new devices you can wear on your bodies – these BodyBugs – that track how many calories you burn a day. It says right here “want to know how many calories you've burned?” it's all about calories – how many you've burned and how many you've eaten. Obviously, you have to burn more and eat less. That's what we continuously are told time and time and time again, and it is not working. At least for the majority of people, I would say for 63 percent of Americans, it doesn't work.

So, the solution is...let's see if we can get this. Do we know does this work, ladies? What's the answer – yes or no? right, it does not work. I would agree with you. So, the true



cause. What is the cause of the belly fat? I've already mentioned it – hidden sugar. And hidden sugar is sugar that is not necessarily the little packets of sugar. There is hidden sugar everywhere. I have a few little things to show you, but I think this might awaken us, because the goal here – before I show you these examples though – is to know that sugar causes one hormone, the most important hormone in men and women, to be elevated. And when you have high insulin levels, you lock in belly fat, you keep the belly fat you have, and you never get rid of belly fat. High insulin, ladies, is the true culprit of our weight gain epidemic in this country and the world. because never, in the history of the world, have we ever consumed so much hidden sugar. And it stimulates insulin. And if you're high in insulin, and even if you're just eating 800 calories, but it's from something like a SlimFast or a Jamba Juice that's full of sugar, you won't lose the weight. And it's shocking.

And insulin – this is from a very famous Nobel prize winner – fantastic work, a woman that wrote this. It says “and insulin is the primary regulator of fat tissue.” So if you can keep insulin levels – which way, ladies? – high or low? What's the answer? Low. You will lose belly fat without starvation. The belly fat disappears. You will transform your health, your hormones, you will prevent heart disease, heart attacks. I was just two weeks ago in New York at this gorgeous cathedral – it's one of the largest cathedrals in North America with President Clinton and Secretary of State Hillary Clinton – and he's a big advocate of this kind of work. Because, as you all know, President Clinton had four – he had quadruple bypass. He's been very active in removing sugar out of high schools and junior highs, which is a lot of work, because that's some of the

non-hidden forms of sugar, when you pick up a Coca-Cola can and it says it has 29 or some of the cans have more, 39 grams of sugar. And so, this kind of work and its connection to fat in the sense of our body, is being recognized everywhere.

But here is the average of what we consume. The average American consumes 47 teaspoons of sugar every single day. Now, does that mean there's 47 packets? That's insane. No, it's hidden sugar. It's sugar you don't know. And it really isn't our fault, because when I meet with women, especially when I counsel or work with women privately – I've worked with celebrities from Angelina Jolie to Katie Couric to Al Roker – they really sit down and then they come to me just frustrated. They think it's their fault. And I always tell my clients – since it's hidden, you don't know about this, it's not your fault.

So we have to be a little easy on ourselves and not be someone who really yells at people but I hate the show *The Biggest Loser*. I mean, I love Jillian Michaels and all that, but how many people have seen that show on NBC, *The Biggest Loser*? Right? I don't like that show, because I think that style of talking down to people and making them feel like they have no self control and that they're stupid and ignorant, and they have no self-esteem or self control, it doesn't work. Because if we knew better, we would do better. And what we do, and what I see throughout the country is these snack packs. Every woman I meet with, she's eating a Yoplait yogurt and a 100 calorie snack pack, and she has a salad for lunch, and she skips breakfast, and she'll eat this tiny little dinner. And yet, she's overweight. And she's trying her best. She's not eating Snickers bars and having Coca-Colas. I mean, how many

people know that that's not good? Most people know that. They're struggling, but it's all hidden sugar consumption.

Let me give you an example – 25 grams of sugar, both of them. Raisins, which are healthy of course, because these are made from God and nature, and they're full of wonderful vitamins and nutrients. But these raisins, this little box of raisins, has as much sugar as gummy bears, 25 grams of sugar. And as a father, you know, a lot of times we want to give our kids something healthy; we wonder why the epidemic of obesity is growing in children, and we're not giving our kids gummy bears. We're giving them raisins, but it has hidden sugar. This is another great example – trail mix. We think that this trail mix bar is much better than a honey bun. Well, it's the same amount of sugar, 13 grams of sugar. You know, one may have less calories, but again, it doesn't matter.

We think giving our child a glass of orange juice is a wonderful thing because we'd never give them two Dunkin Donuts, would we? But it has the exact same amount of sugar, 20 grams of sugar in one glass of orange juice. It's concentrated sugar, hidden sugar. You look at a classic cranberry juice – Ocean Spray. When I go to the schools, sometimes I see this, but it has as much sugar as a mini Mountain Dew. You know? 30 grams of sugar. 30 grams of sugar!

You look at a Yoplait yogurt – 99 percent fat free – has almost no fat, right? Because we think fat makes us fat. It's not true; we'll talk about that. But it has as much sugar as a handful of jelly beans – 28 grams of sugar – the Yoplait yogurt. Milk, cow's milk, dairy's milk, which was designed originally for



baby cows to grow very big, has 12 grams of sugar, the equivalent of three candies or four candies, I'm sorry, four Peppermint Patties, or these little sweet candies that you see at restaurants.

You're like, "Jorge, what does that mean? I can't drink milk? I can't eat fruit? So what am I supposed to be eating? Are you Atkins?" well, we'll talk about that because I'm not. But there is a way to have that. But this is my favorite of all. A Jamba Juice is probably the worst thing you could ever drink. That has 93 grams of sugar; you might as well have had three Hershey's bars. Yeah. It's a little shocking, because how many of you have been to Jamba Juice? Right? You would have to have a much smaller portion.

So, what about artificial sweeteners? Because Atkins used to have all sorts of bars and shakes, and there's a lot of companies out there that have sugar free products. And you think, "well, thank god for Diet Coke," which is that whole Coca-Cola diet industry, the diet soda industry is a \$19 billion industry. It's massive in this country. So what about these

artificial sweeteners now we don't have sugar? Well, this one called sucralose or Splenda is made from chlorine and it destroys gut flora in your digestive system. And I have clients and family and friends that bake with this yellow packet material which you can get at the big chain stores and everywhere. And it has no sugar, but it destroys your gut bacteria, your healthy probiotic. And then you won't have peristalsis and then you get false belly fat, which is when you have all this waste trapped in your stomach. So sucralose should be avoided at all costs because it's an excitotoxin.

These are very popular as well – aspartame and saccharin. They're all excitotoxins as well, which have been shown to cause neurological damage to the brain and premature aging in the brain. It's not ideal. You'll be skinny, but you won't remember anything! And I don't recommend that. You know? They are dangerous; they are very dangerous, ladies. And I hate to say it – how many of you have used these? 'Cuz I sure used to, right? It happens; we think it's better than not eating sugar.

And then, this is what the science, this is at the University of Texas: “41 percent increase in the risk of being overweight by every can of diet soda you consume each day.” So you actually end up eating more sugar because you have this false sense of sugar, and so you think you can have more, and you actually consume more. So, it does more harm than good, and it causes nothing in the weight loss world to really happen.