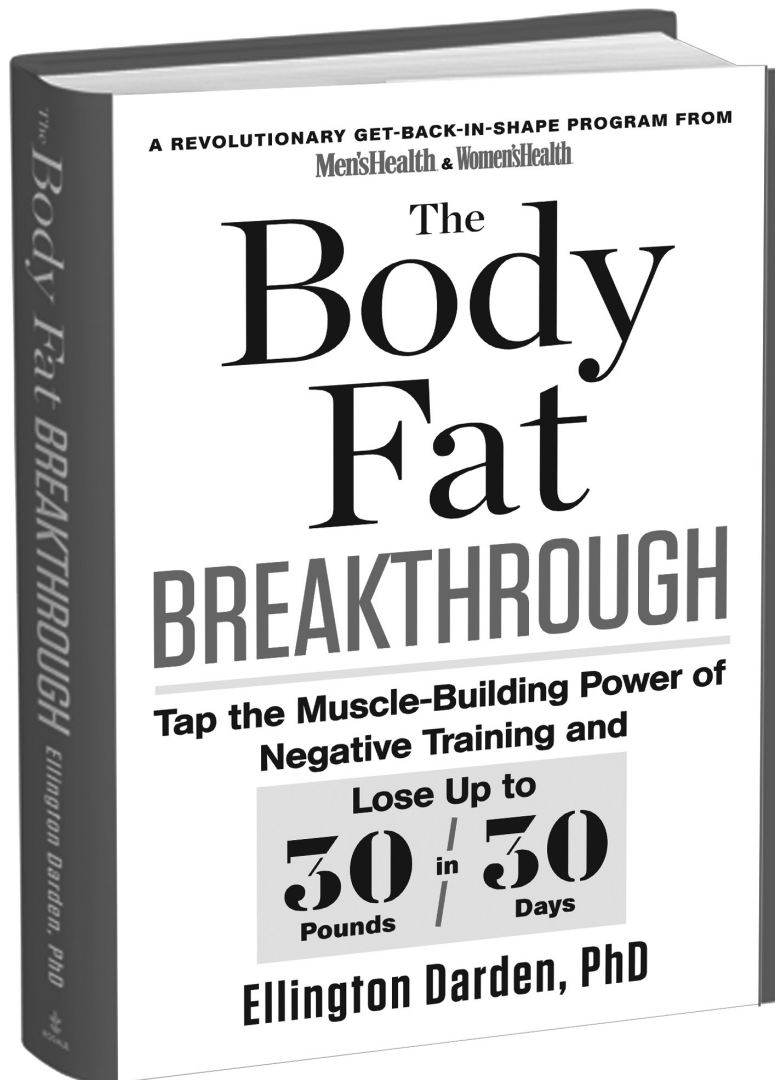
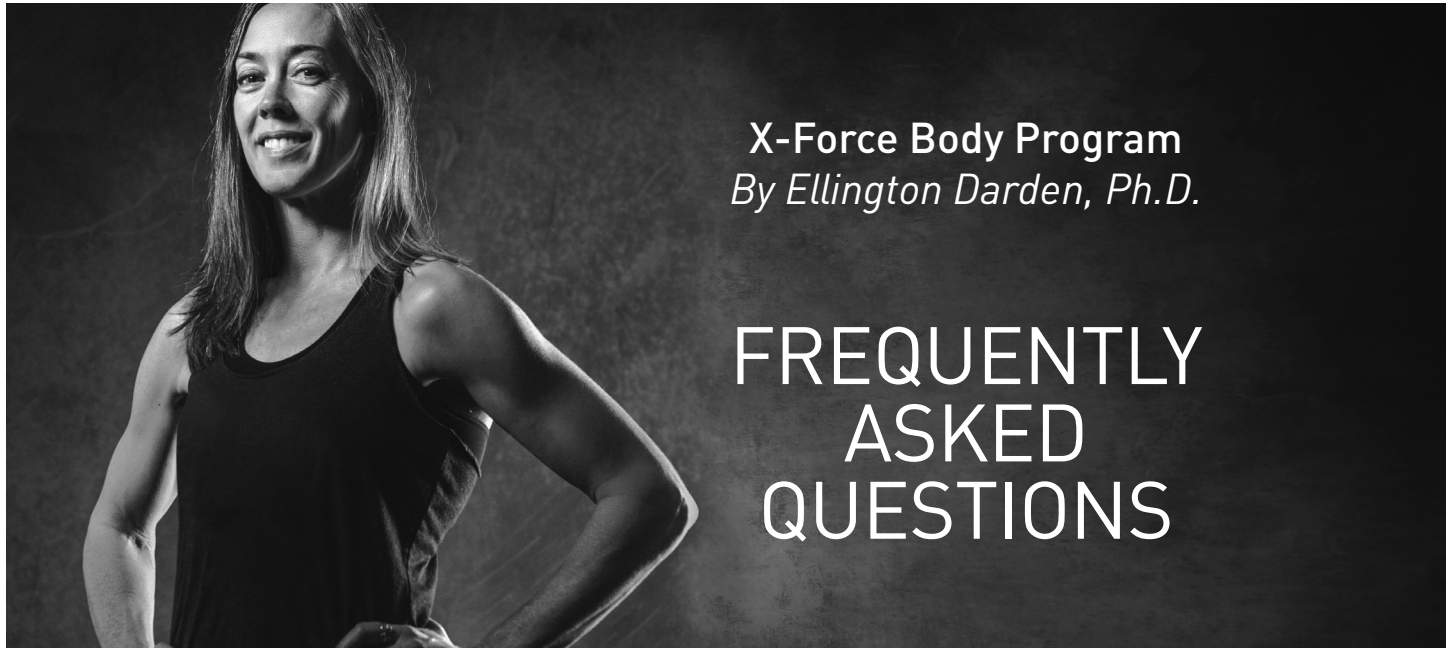




Frequently Asked Questions



Based off the proven eating habits found in *The Body Fat Breakthrough*



X-Force Body Program
By Ellington Darden, Ph.D.

FREQUENTLY ASKED QUESTIONS

Progressing through the **X-Force Body** program always creates questions among the participants involved in the week-by-week course. The questions below are among the most frequently asked and my answers are based on more than 50 years of related experience.

X-Force and Muscular Growth

Q: What is it about the X-Force negative-accentuated exercises that causes so much muscular growth stimulation?

A: Inroad is the depletion of momentary strength from a repetition, or a complete set, of an exercise. With the X-Force Body repetition style you are making 40 to 50% greater inroad into your starting level of strength. This is due to a much greater emphasis being put on the negative portion of the movement, compared to the normal style of training.

I believe this deeper inroad stimulates five key hormones — mechano growth factor (MGF), interleukin 6 (IL-6), insulin-like growth factor (IGF-1), and growth hormone (GH) — to start pulsating into the blood stream. Over the next 72 to 120 hours, with the right conditions, muscular growth occurs.

Q: Why does X-Force Body exercise make me so tired?

A: I think your tired condition results from the combination of deeper inroad, hormonal stimulations, and your body telling you that it must get more rest, recovery, and sleep — sleep that's deeper than normal. Speaking of deeper sleep, have you ever noticed how children — especially when they are in growth spurts — tend to sleep deeper and longer? Sometimes it seems as though a loud freight train running by their bed couldn't wake them up. I believe IGF-1 and GH are contributing factors in both cases.

X-Force and Fat Loss

Q: How does the X-Force Body exercise contribute to fat loss?

A: Muscular growth, especially if the person is adhering to a reduced-calorie eating plan, pulls calories from fat cells. IL-15 and GH, once they circulate, oxidize fat cell content at a faster-than-normal rate.

Q: Why does X-Force Body exercise make me so hungry?

A: Spiking your appetite is one your body's first responses to trying to build muscle. Your body would rather get its muscle-building calories from food, as opposed to pulling it from the fat-storage cells. The X-Force Body program tends to do both effectively.

X-Force Body and Recovery

Q: What can I do to recover faster from X-Force Body exercise?

A: Your negative-accentuated recovery ability improves if you consume a carbohydrate-rich diet. That's one reason my X-Force Body fat loss eating plan is composed of 50% carbohydrates.

It may be that X-Force Body's deeper inroad, combined with just the right amount of carbohydrates, decreases insulin responsiveness in fat cells causing them to shrink. Apparently, as insulin sensitivity in muscles increase, nutrients are guided into muscle cells and they expand.

Remember: Building muscle to lose fat. That's a big part of the success of the Breakthrough program.

Body Fat Defined

Q: What exactly is body fat?

A: Chemically speaking, body fat is composed of 6% proteins, 79% lipids, and 15% water. Because of the high concentration of lipids, a pound of fat contains 3,500 calories, or about six times the calories as an equal amount of muscle tissue.

Seen under a microscope, fat tissue looks like a bubble bath. The globules are grouped together with stringy intercellular glue and streaked with narrow filaments of connective tissue, blood vessels, and nerves.

This network of fat cells is designed to provide a living inner tube, inflatable or deflatable as required, with minimum stress both to the skin on the outside that encloses it and to the organs on the inside that it encloses.

Types Of Body Fat

Q: Are there different types of body fat?

A: Yes, there are several ways to classify body fat. The one that makes best sense to me divides fat into three types:

- Subcutaneous fat lies in layers directly under the skin.
- Depot fat is inherited and is deposited in certain areas of the body.
- Essential fat cushions and protects the many vital organs.

Approximately 50% of fat stored on the average human body is subcutaneous, 40% is depot, and 10% is essential. Women tend to have a greater percentage of depot and essential fat than men do.

When you lose fat, this fat comes primarily from your subcutaneous and depot sites, but not from the essential areas.

How to Deal with Headaches

Note: There is no quick fix for all headaches, but these tips have proven useful in many cases.

Q: I often get headaches when I eat 1,200 calories a day. What should I do?

A: Perhaps going longer than three hours between meals or snacks causes your headaches. If so, try spacing your eating episodes closer together.

Also, some people who normally drink regular coffee with caffeine get headaches when they cut back or eliminate coffee. Two cups of coffee or tea a day with caffeine is acceptable.

Q: I got a bad headache from doing the X-Force Leg Press. How do I deal with it?

A: Instead of doing the leg press first, do it last. That should eliminate the problem for most trainees. If that doesn't work, try working your neck first on the MedX 4-Way neck machine.

Q: Sometimes I get a headache when I drink ice cold water. Can I drink the water without it being chilled?

A: Yes, but you won't get the 140-calories-per-gallon thermogenic effect from warming the ice water to core body temperature. Try a more gradual drinking (sipping with a large straw is best) of the water. You may have been consuming it too rapidly.

Bruises on Thighs

Q: I'm a 40 year-old woman who gets black and blue marks on my legs when I diet. Am I doing something wrong?

A: I don't believe you are doing anything wrong. Such black and blue marks are usually the result of increased estrogen circulating in your body, which weakens the walls of the capillaries and causes them to break under the slightest pressure. When this happens, blood escapes and a bruise occurs. Estrogen is broken down in the liver, and so is fat. When you are dieting, your liver breaks down the fat, leaving a lot more estrogen in the bloodstream.

Try supplementing your diet with 100 milligrams extra Vitamin C to toughen the walls of your capillaries and avoid bruising.

Lunch for Dinner and Substitutions

Q: May I have my dinner for lunch and my lunch for dinner?

A: Yes.

Q: For breakfast can I substitute a fresh bagel from my local deli for the recommended store-bought variety?

A: No, unless the calories are the same. Unfortunately, most deli bagels contain from 50 to 100% more calories than the allowed for 240 calories.

Vegetarian Meals

Q: What about a vegetarian doing your eating plan?

A: Several vegetarians were involved among the 145 participants in my 2012 Breakthrough group in Gainesville. Jeremy Leon, in fact, finished first in his small group of 20 subjects. He lost more than 58 pounds of fat in 18 weeks. Jeremy's favorite cookbook was *Vegetarian Cooking for Everyone* by Deborah Madison.

The vegetarians that I've worked with over the last three decades have all been knowledgeable in the food and nutrition area. Here are some ways that they adapt the basic menus:

- Sandwich and chef salad: Instead of chicken or turkey, use tofu or black beans.
- Soup: Instead of *Healthy Choice* Chicken & Dumplings, try *Healthy Choice* Garden Vegetable.
- Frozen microwave meals: The frozen meal manufacturers that I recommend have websites that list vegetarian offerings. See Michelin.com, Healthychoice.com, and Leancuisine.com.

Grams of Fat Per Day

Q: How many grams of fat should I eat each day?

A: Men involved in the program over six weeks, average 1,500 calories per day and approximately 40 grams of fat. Women average 1,300 calories and 35 grams of fat over six weeks.

While you can certainly get too much fat from the food you eat, you can also get too little dietary fat. A few women in our program were guilty of trying to do that. 35 to 40 grams of fat per day works well for fat loss, nutritional well-being, and meal satisfaction.

Chewing Gum

Q: Is it okay to chew gum during the Breakthrough course?

A: Yes, just make sure the gum does not contain sugar or calories. Do not, however, chew gum during your X-Force Body workout. It could disturb your focus of relaxing your face and breathing when the set gets difficult.

Warming Up

Q: What about warming up before my X-Force Body routine?

A: I do not believe that an elaborate warm-up is desirable before a negative-accentuated routine. But I don't object to a few smooth, callisthenic movements — such as arm circles, trunk twists and leg shakes — performed beforehand as a general warm-up. In the recommended X-Force Body routine, specific warming up of each body part occurs during the first 30 seconds of each exercise.

Cooling down after your workout prevents blood from pooling in your last-exercised muscles. After your final exercise, cool down by walking around the exercise area, getting a drink of water, and moving your arms in slow circles. Continue these easy movements for four or five minutes, or until your breathing rate returns to normal.

Muscle Turning to Fat

Q: I'm a 52-year-old woman. If I build too much muscle, won't it eventually turn to fat?

A: It should be clearly understood that muscle doesn't ever turn to fat. Fat and muscle cells are very different. The chemistry of each won't change from one to the other.

Running for Walking

Q: What about substituting running for the daily walk?

A: No, running is too vigorous an activity. You could also easily upset your stomach if you tried to run immediately after your evening meal. The idea is to turn up your body heat without upsetting your digestion. Walking is the best choice.

Extending the Walk

Q: Will I get better fat-loss results if I extend the daily walk past the recommended 30 minutes?

A: Thirty minutes was chosen because it does not deplete significant amounts of your recovery ability. Remember, your body must be well rested to provide all the chemicals necessary for maximum fat loss and maximum muscle gain to occur. If you're not careful, it's easy to start burning the candle on both ends on a reduced-calorie diet. Do not walk more than the recommended 30 minutes each day.

Zumba

Q: Once I get my excessive fat to my goal level, can I go back to doing my Zumba dancing?

A: Yes. But it sounds to me like you don't understand the reasons — when you include Zumba into your fat loss program — it can actually stunt the loss of fat!

Fat loss is slowed in two ways. Too much repetitive activity, such as Zumba, prevents optimum muscle building by using up your recovery ability. A well-rested recovery ability is necessary for muscle growth. Too much activity, especially if you're on a reduced-calorie diet, causes you to get the blahs and quickly lose your enthusiasm. If this happens, you're sure to break your diet.

The primary purpose of the program is to lose fat in the most effective and most efficient manner. Fat loss is prioritized and maximized by building muscle at the same time. The muscle-building process is optimized by a well-rested recovery ability, which necessitates keeping your strenuous and moderately strenuous activities to a bare minimum.

Once you get your body fat to a low level, you can add Zumba and other activities to your weekly fitness schedule — and I encourage you to do so.

Say No! Think Simple

Q: Everything about losing fat and keeping it off seems so difficult. Can you help me make it a little easier?

A: Get a copy of my book, *The Body Fat Breakthrough* ... read it and pay attention to what you've read. Every chapter in this book has been about how to simplify a complex situation.

At the end of Chapter 1, I noted that the program was not going to be easy. And then I commented that, "nothing is meaningful, if it's achieved easily."

In other words, meaningful and easy do not belong together.

If your goal is to get a leaner, stronger, and a better-shaped body, there are a number of salient steps that you must practice and eventually master. Each one of them, depending on your past experience, is relatively challenging. One helpful concept that you must apply repeatedly is the idea of saying, no, and meaning it. No gives you control.

At the end of Chapter 6, I pointed out that if you would stick with me and my program throughout this book, then I would help you make the process — not easy — but simple.

I've chosen to do some of this process with the help of 10 Fat Bombs, which illustrate what to do in a straightforward manner. Adhere to this collection of Fat Bombs with the required discipline and patience ... and you'll be rewarded, rewarded with leanness, strength, and a better-shaped body.

Get with the program. **Say No ... Think Simple.**

That's my condensed version of losing fat and keeping it off.

Ellington Darden, PhD.

