***Recent research completely shocked the fitness industry by revealing…***

**“How Cardio Could Keep You Fat, *Kill* Your Diet And Even Harm Your Body's Ability To Lose Weight…”**

***…and what you should do instead to lose weight fast***

It’s a no-brainer! I mean, if you want to lose weight and keep those fat off… ‘*work out more*.’ As a matter of fact, the more you work out, the better the result. Your fitness coach probably encourages you to do hours on the treadmill, run through repetitive stress injuries until your knees give out and even force yourself through the least mile when you really want to get off and quit.

But scientific researches and findings totally knocked this supposed weight loss “rule of thumb” suck off. And if you read this article to the very end you’d discover how you can burn fat and get healthy without hitting the gym or counting calories whatsoever.

In one of Precision Nutrition’s article, the owner – who is a guy with big biceps and 8% body fat and who also recommends lots of exercises, at least 5 hours per week – Recently, he stated in his blog that…

**“Cardio exercise doesn’t work”**

He came to this realization after his [experiment and study](https://www.precisionnutrition.com/when-exercise-doesnt-work) of 100 participants and found out that, on average, 12 weeks of hard training only resulted to one pound of fat loss.

Yet, another study suggested the same thing. This [study](http://www.nutritionandmetabolism.com/content/5/1/11), published in the Nutrition and Metabolism, demonstrated that after 10 weeks of training (3 endurance sessions and 2 strength sessions per week – the flip-flop of our study), 38 previously overweight, sedentary subjects also saw minimal changes in body composition with training.

And also, studies have shown that intense cardio exercise can cause your body to slow down its metabolism. And it can actually cause you to…

**“…lose lean muscle mass which even further reduces**

**your body's ability to burn calories and remain healthy.”**

Here’s why…

You see, when you exercise, your body produces a stress hormone called “**Cortisol**.” This is completely normal and, in fact, very important. Without cortisol, you couldn’t workout at all. It’s what drives your body to produce the power needed to exercise.

However, your cortisol hormone is meant to be produced in short spurts and not for long periods of time. But when you do hours of cardio exercises, your body produces way too much cortisol. And when your body is exposed to cortisol for longer than normal periods, it starts to produce negative effects.

Too much cortisol production can have serious health consequences and stubborn fat is just one of many negative effects it can have on your body. Some of its side effects are:

* **weight gain, especially around the abdomen/stomach** (this can happen despite not changing your diet or exercise routine)
* **a puffy, flushed face**
* mood swings and increased anxiety
* **fatigue** (including feeling “tired but wired”)
* trouble sleeping normally
* **irregular periods and fertility problems**
* high blood pressure levels (cortisol narrows the arteries while the epinephrine increases heart rate)
* **acne or other changes in the skin**
* higher rates of bone fractures and osteoporosis (cortisol can lower hormones like estrogen, which are important for bone health)
* **muscle aches and pains**
* changes in libido due to changes in estrogen or decreased testosterone
* **excessive thirst**
* increased urination
* **higher susceptibility to infections (the stress response can lower immune system functions)**

See, it’s easy to see how you can get into a vicious cycle of overwhelming your body with too much stress causing exercises. When you combine this with even a little “indulgence” in your diet like sweets and alcohol, you have a recipe for a total disaster.

**“Even though in your eyes, you’re doing all the right things by exercising and eating well, you’re completely unaware of the “real” underlying cause of your stubborn fat.”**

Another thing is that your body has an amazing capacity to adapt, which is what makes your body so resilient. BUT, if you keep demanding TOO MUCH from your body, without the necessary rest and recovery, it will start to compromise and compensate in an effort to keep functioning.

Your stubborn body fat…especially belly fat…is just one of the ways in which your body compensates when exposed to too much cardio exercises. This weight lost concept is a part of our **BodyReboot** **System** with other effective steps to completely rip unwanted fat out of your body and slim up healthily.

**If you’re doing a long cardio workout,**

**you’re only adding to the problem.**

Long cardio eats away at your lean muscle mass which is essential for increasing your metabolism to burn more calories. And it dramatically increases your appetite making you more susceptible to unnecessary snacking and overeating.

And now that you know that too long cardio can be dangerous and harmful to your body’s ability to lose fat, what should you do instead?

Great question!

Let me just toast the answer to you like it darn HOT! It’s…

**“…Detoxify”**

Look, it turns out that toxins contribute to fat storage and make it more difficult to lose those extra pounds too.

When toxins enter our bodies, they’re sent to the liver to be broken down and flushed away. But when the liver is overwhelmed and the heart and other organs are endangered, our bodies revert to a backup plan and jail the leftover toxins, locking them away inside fat cells. This lets the liver catch up and we can release the toxins slowly later to be cleaned or sent packing.

This means that as environmental and internal toxin levels climb, these overwhelm the liver more and more often. As a result, more toxins, along with more fat, must be stuffed into storage for later disposal. The number of fat cells increases to deal with the toxic load and people quickly become overweight.

But you could learn how to safely, effectively and naturally get rid of the toxins in your body that repel all your weight loss effort.

The whole truth and secret were completely exposed in the video you can quickly watch by clicking the button below…

**==>button here<==**