



YOUR KINDLE NOTES FOR:

Men's Health Killing Fat: Use the Science of Thermodynamics to Blast Belly Bloat, Destroy Flab, and Stoke Your Metabolism

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7 Highlight(s) | 0 Note(s)

Yellow highlight | Location: 2,779

After reviewing the scientific literature on positive and negative exercise, I've concluded that negative training: Involves a heavier-than-normal overload—which means more force output and more muscle fibers recruited. Recruits more fast-twitch muscle fibers—which contribute predominantly to muscular size. Ensures a higher level of stress per motor unit—which supplies greater stimulation of the involved muscle fibers. Requires greater neural adaptation—which reinforces cross-education of strength gains from one limb or side to the other. Causes more microscopic muscle fiber tears—which ignite the muscle-building process. Works the entire joint structure—which results in more strength, stability, range of motion, and healing properties. Applies well to postsurgical therapy—which is advantageous in rehabilitation. Maintains strength gains longer—which counter the detraining process. Transfers strength gains to positive work—which is valuable in lifting performance. Allows for greater work in less time—which means more efficient training sessions and faster results. One

Note:

Yellow highlight | Location: 2,793

Negative training makes a deeper muscular inroad, repetition by repetition, throughout the entire set—which stimulates the production of growth hormone (GH), insulin-like growth factor 1 (IGF-1), mechano growth factor (MGF), interleukin-6 (IL-6), and interleukin-15 (IL-15). GH, IGF-1, MGF, IL-6, and IL-15 pulsating into

the bloodstream not only lead to muscle hypertrophy, but also oxidize fat cell content at a faster-than-normal rate.

Note:

Yellow highlight | Location: 2,798

Releasing fat rapidly is probably assisted by a related hormone's anabolic influence on both muscle and fat. That hormone is insulin. Apparently, intense negative-accentuated training decreases the effect of insulin on fat and increases the effect of insulin on muscle. In other words, with negative-accentuated training, the deeper muscular inroad diminishes fat cells' insulin sensitivity, and those cells begin to shrink. As insulin sensitivity in the muscle elevates, glucose and nutrients are directed preferentially into muscle cells, which expand.

Note:

Yellow highlight | Location: 2,803

Expanded muscle cells and shrunken fat cells equal more muscle and less fat. More muscle and less fat equal a stronger, leaner, better-shaped body. Negative-accentuated training, by stimulating and directing the body's natural hormones, provides the best possible way to build muscle and lose fat quickly. Before I get into the three phases of the Killing Fat negative-training routines, let's review the points you'll be practicing. Appropriate

Note:

Yellow highlight | Location: 3,206

In one study, Swedish researchers scanned five subjects after they'd spent two hours at temperatures ranging between 63°F and 66°F. During the scan itself, the subjects cooled their body temperatures even further by repeatedly placing one foot in ice water for 5 minutes at a time, followed by 5 minutes out of the water, then doing the same with the other foot. The scientists reported that not only did all the subjects have detectable brown fat deposits, but that the added foot exposure to the ice water boosted their brown fat activity fifteenfold.

Note:

Yellow highlight | Location: 3,219

Experts say that rather than taking a melatonin supplement, it's best

to stimulate your body's natural production of melatonin by avoiding nighttime exposure to light from computers and other screens, getting 20 minutes of sunlight exposure most days, and loading up on melatonin-rich foods such as almonds, peanuts, tomatoes, and broccoli.

Note:

Yellow highlight | Location: 3,242

New research shows that ursolic acid—a substance that occurs in high concentrations in apple skins—increases brown fat and muscle mass, while at the same time reducing fat and improving glucose tolerance. If you don't like apples, other foods that contain ursolic acid include cranberries, blueberries, plums, and prunes.

Note:
