

Kent Brown Fitness Newsletter

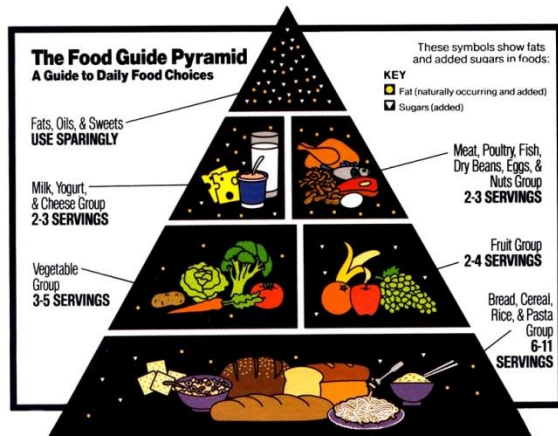
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Sugar

Currently, in America, two of three men and three of four women are either overweight or obese. Here's the reason:



The USDA food pyramid is wrong!

This diet recommends heavy carbohydrate loading. Your body converts all carbohydrates into sugar. The excess sugar is stored as body fat. The amount of sugar Americans consume is astonishing:

- Rice
- Bread
- Pasta
- Soda
- Pasteurized fruit juice
- Processed prepackaged foods
- Corn
- Potatoes
- Breaded meats
- Beans & peas

- Wheat
- Oats
- Barley
- Buckwheat
- Alcohol

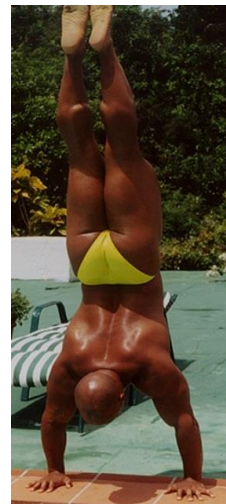
Even cigarette tobacco is sweetened with sugar!

The FDA classifies refined cane sugar as a pharmaceutical, not a food.

Add all the refined cane sugar and carbohydrates we consume and you can begin to understand why Americans are so overweight.

Outdoor Exercise

Now that summer is here, I encourage all my clients to take advantage of the great weather by allowing me to train them under the open sky.



Mr. Fitness