

What is a Calorie Shifting Diet

Calorie Shifting is the procedure whereby you alter your eating habits and food combinations, forcing your metabolism to burn more of the calories you eat.

Your metabolism makes an assumption about the amount of calories you will feed it over the coming days. This is a natural biological assumption and is based on the amount of calories your body has received over the past few days, as there is no way your metabolism can predict the amount of calories it will receive next week for example.

As your metabolism is expecting to see a certain pattern of food types and amount of calories, changing this pattern and calorie intake, causes your metabolism to burn calories at higher rates, rates determined by these new patterns.

Your metabolism is basically being instructed to burn more of the calories it receives, as it's now expecting to see new nutrition patterns, which will allow it to burn these calories.

After every meal you eat, hormones are released by your brain. One hormone, the Fat Burning Hormone, controls the amount of calories used by the body and the other hormone, the Fat Storing Hormone, controls the amount of calories stored as fat in your body.

Using a Calorie Shifting diet, you induce your body to release more Fat Burning Hormones and Less Fat Storing Hormones. This effectively forces your metabolism to burn a greater percentage of calorie intakes, reducing the percentage of calorie intake stored as fat. Your body gets different types of calories every day, which forces faster fat burning to happen.

Fat tissue is produced by your body, but is actually meant to be burned away in your daily activities. If your body's Fat Burning Hormones are not released properly after every meal, then this fat tissue get stored, instead of being used.

Calorie Shifting involves rotating the food types and the frequency, to allow the release of the highest percentage of Fat Burning Hormones. By achieving this, you force your body to burn a higher percentage of the calories you eat and minimize the percentage your body stores as fat.

Calorie Shifting can cause a repeat weight loss process to happen, without any food deprivation or drastic reduction of calorie intake. The program works in cycles and weight loss occurs on a per cycle basis.

This weight loss happens due to the changing percentages at which your body produces Fat Burning and Fat Storing hormones and is a direct result of changing eating habits and patterns.

A Calorie Shifting diet allows your body to burn more of your calorie intake as energy while also using up the fat deposits already stored, converting both to fuel for your daily activities.

I believe Calorie Shifting to be most effective for individuals with a Body Mass Index of between 26 and 36. This range seems to react best to Calorie Shifting diets, although, as with every kind of weight loss program, results will vary from individual to individual. In my experience however, people in the BMI range of 26 to 36 react best to Calorie Shifting diets.

About the Author

Trying to Lose Weight? Don't forget to read Jan Margrits' knowledgeable [Weight Loss Product Reviews](#) and her detailed analysis of the [Calorie Shifting Diet](#)

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