

Forum: [Hack Forums](#)

Thread: [Weight loss e-Book \[Free\]](#)

Vassilios - August 9, 2016, 3:58 am

It seems nobody was interested in my e-Book so I just decided to share it here for free. Hope somebody find this useful.

<https://mega.nz/#!XpBz0bBa!sskU7gWoLswbrbKQwmZfP3Z9wPtDA27qms2dJW2cPt8>

EDIT: Forgot to mention that if you have any questions or need help hmu either here or if I am offline on my e-mail UprisingHF@protonmail.com

Grimzyy - August 9, 2016, 7:31 am

Good to see people putting important information for free for those who need it

Vassilios - August 12, 2016, 8:53 am

Bumping for anyone in need of this!

Description - August 12, 2016, 8:59 am

Downloading now.

Will update when i get around to it.

~ Left HF For Good ~ - August 12, 2016, 1:30 pm

Thank you, ?Uprising.

I personally am tired of being a fat, lazy 16 year old.

I am tired of being single because of my weight.

I am tired of having no friends because of depression, because of my weight.

I AM TIRED OF BEING A FAT ASS!

I am going to take a look at your E-book, and heh maybe it will help me loose weight...

Vassilios - August 13, 2016, 1:37 am

(Aug 12, 2016 01:30 PM)ChilledWhiteHat Wrote: [\[CITE\]](#) Thank you, ?Uprising.

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difference in my body and I hope people at school notice it too. :) Good luck with your diet and if you need help PM me!

~ **Left HF For Good** ~ - August 13, 2016, 1:41 pm

(Aug 13, 2016 01:37 AM)?Uprising Wrote: [\[CITE\]](#) After school ended for summer I was 182 pounds, I followed the diet for a while and now I am 160. Huge difference in my body and I hope people at school notice it too. :) Good luck with your diet and if you need help PM me!
I sure will, and wow dude congrats!

d4rkj4y - August 13, 2016, 8:44 pm

Alot of the advice here is telling you to "Cut out fats" .
No doubt OP you have good intentions.

However it's not that simple.
In order to address the weight problem you need to think outside of the box and look at it holistically. Our brains are made of fat.

Try to fix ROOT problems/deficiencies.

The main thing you need to address with fat is to fix your Omega-6 ratio to your (most likely) depleted omega-3 content.
The western diet causes 10:1 ratio.

Eat fish low on the food chain (low mercury, fish like sardines), take a krill oil supplement (EPA and DHA that hasn't oxidised), virgin coconut butter.

Also you state that "Eat every 2-4 hours".
In order to regulate hormone insulin (which is KEY to controlling weight/muscle mass) it is often recommended to FAST (lookup intermittent fasting).
Your rejection of olive oil, I want to know why? The only reason why I would think of olive oil being avoided is because the oxygen in the bottle would oxidize the oil (rancid). Other than that olive oil is great!

Also a major reason people are fat is due to the amount of bread/sandwiches they consume. White bread AND brown bread has a higher Glycemic Index than pure table sugar/sucrose.
I've found people may need to cut out all gluten and dairy from their diets for 6 weeks to see if they have a chronic intolerance that is causing system wide degeneration.

For anyone interested, check out;

<https://www.amazon.com/Grain-Brain-Surprising-Sugar-Your-Killers/dp/031623480X>
<https://www.amazon.com/Man-2-0-Engineering-Alpha-Muscle/dp/B00BW94BYE>
<https://www.amazon.com/Brain-Maker-Power-Microbes-Protect/dp/0316380105>
<https://www.amazon.com/UltraMind-Solution-Broken-Brain-Healing/dp/0743570480>

I'll make a post on this, because it's a real good topic!

Vassilios - August 13, 2016, 11:10 pm

(Aug 13, 2016 08:44 PM)d4rkJ4y Wrote: [\[CITE\]](#) Alot of the advice here is telling you to "Cut out fats" .
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d4rkj4y - August 14, 2016, 1:38 am

(Aug 13, 2016 11:10 PM)?Uprising Wrote: [\[CITE\]](#) I have put fish in the diet and also where did I reject olive oil? I support it and I have been using it.

You said with spaghetti and bolognese to not add olive oil.

"When eating rice or spaghetti don't add olive oil while cooking"

I agree to not use olive oil for high temperature cooking (as it will oxidise). A better alternative would be virgin coconut oil. I misinterpreted what you said.

Also special attention must be taken to avoid eating fish containing Mercury or other metals. This is critical. Avoid fish high on the food chain (fish that eat many other fish).

Vassilios - September 3, 2016, 11:51 am

Bumping it for anyone in need of it.

Malthemar - September 3, 2016, 11:52 am

Thank you for the share.

I'm getting a little over weight.

Vassilios - September 3, 2016, 11:56 am

(Sep 3, 2016 11:52 AM)zNNk Wrote: [CITE](#) Thank you for the share.

I'm getting a little over weight.

If you have any questions feel free to message me! ^-^

Vassilios - September 17, 2016, 8:13 am

Bumping this for anyone interested!