

Burger v Wine

WHO WILL WIN OUR HEALTH CHALLENGE...?



From the desk of Pippa Hill, The Weight-Loss Guru!



BURGER AND CHIPS VERSUS A BOTTLE OF WINE!

Which one will win our health challenge?

You might well think it would be the bottle of wine but reducing your alcoholic intake in the weight-loss journey is incredibly important because 80% of the body you live in, is created through what you eat and drink, and only a mere 15% through the exercise you do... and an absolutely meagre 5% through your genetics, ie: your height!



Of the 80% of your eating and drinking, a whopping 60% of the weight you have, is caused by your alcohol intake and only 20% by the food. Proteins and carbs are four calories a gram, fats are nine calories a gram, alcohol is seven calories a gram!

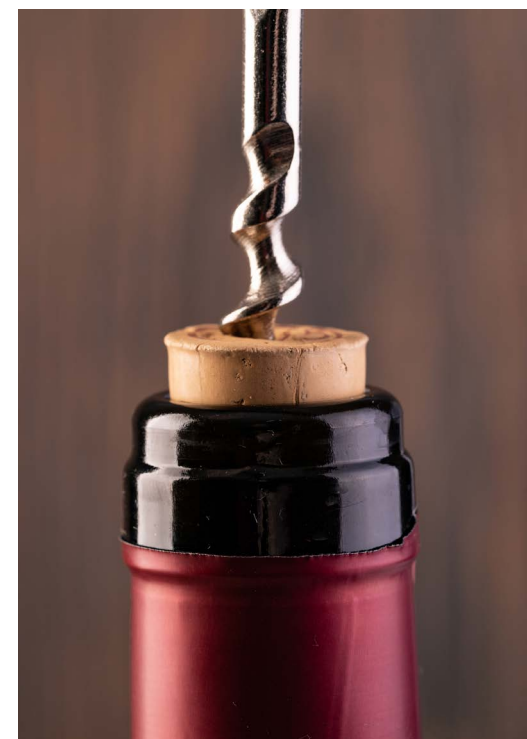
So when you're drinking alcohol, it's almost like pouring raw liquid cheese down your throat. And if each glass is 100 calories, a bottle of wine, (six glasses) is equivalent to six chocolate bars, which is the same as a Big-Mac and fries (other burger brands are also available)

One of my clients lost 39 kg, just for reducing her alcohol intake from five nights a week, to two. So if we can reduce our alcohol intake to just two nights a week during our weight-loss journey, one unit per night, then obviously, we're going to massively increase our chance of losing weight. And if a bottle of wine is six chocolate bars or a Big-Mac and fries, and if you have just one per week, that's approximately 31,000 calories a year!

Now the additional derogatory fact about alcohol is that it gives you leaky gut syndrome. Alcohol is not a carb, a fat or protein. It's effectively negative, and it's a toxin.

So when it goes into your gut, it doesn't actually stay there because your gut doesn't really recognise what it is. It's not a micro or a macro and it's not a fat or protein, or a carb. So it simply leaks out of your gut.

In America, where they did the research on this, 100% of the people that drank beer had leaky gut syndrome. 100%! So that wine or that



beer leaks out of your gut and goes into your kidney or in your liver. Why would you do that to yourself? It actually goes in there and it sits there for a whole two days.

It's simply not the same as food or drink, alcohol is completely different. It's a hell of a lot more calories which you actually have to physically work off. Now you could go to the gym and work off 200 calories from two glasses of wine, but if you had three glasses of wine a night, and then you go and drink more the next night, you'll never physically work it out of your system. It's physically impossible. It sits on your liver for two days and alcohol is an acid. So it literally sits on your liver for two days. And your liver is your fat burner!

Then you think of all the calories in beer, because of the malt and hops. And when it goes into your body, it actually turns into a fungus and you actually start getting mould. In the blood of people who drink a lot of beer, you can actually see little parasites in their blood.



Wine and beer are so full of calories, and once beer, crisps, chocolate, pasta gets beyond your neck, they're all the same thing to your body. Too much energy in your blood sugar releases insulin and takes the sugar out of your blood and stores it in your belly as angry belly fat cells, which ultimately makes you hungry again.

OK, so who is the winner, Pippa?

Enough already I hear you cry... please give me some good news! Well, here it is: Gin is 100% fermented and 100% distilled. So if you're going to have any alcohol, gin or tequila, or even rum are the best. And the worst are wine, beer or vodka, which is actually made from wheat or potatoes. So stick with gin, tequila or rum. And ultimately, yes, you guessed it... the burger wins this race!

But as ever, there is more to it than meets the eye and taking the myth out of dieting and food and drink facts is what it's all about.

I hope this guide is useful because I cut through all the fake news, myths and commercial food producers hype to explain to you the real truth behind the simplest and healthiest ways to eat for your body type.

If you want to go further and understand what TRULY works, then watch my video or click on the link at the end of this guide for my **introductory video training series** on the truth behind: proteins, fats, carbohydrates, vegetables, fruit, snacks, timings of eating, portion sizes, social eating, the science behind weight loss, alcohol, trendy milks, hormones, water, Glyceamic Index... and much more.

[Get my 20 video training bundle for just £27 here](#)

ABOUT PIPPA HILL:

Pippa Hill is an internationally renowned weight loss expert, combining 11 years of experience in nutrition, eating psychology and exercise to create her unique and highly successful programme that has helped over 3000 clients take control and deal with their food issues, and to change their lives for the better – permanently.

Pippa's **Reclaim Your Life & Metabolic Age Reversal Programmes** and **The Truth Behind Weight Loss** video series have achieved outstanding client results. With 57,000 hours of client experience, Pippa also has vast evidence based knowledge on the simplest, swiftest and most sustainable lifestyle that can lead anyone to their ideal weight.

Pippa lost her father through suicide brought on by manic depression and then her mother to cancer, so she learnt early on the value of health and happiness. That is why Pippa has dedicated her life to helping as many people as possible find a long-term healthy lifestyle.

As the former publisher of some of the highest selling glossy health, fitness and fashion magazines, for the last 11 years Pippa has been a top level Nutritionist, Eating Psychology Coach and Exercise For Weight Loss Expert.

www.pippahill.com

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