

Team FIF Fat Into The Fire Newsletter

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Your source for information and inspiration



Bring out the Olympic Spirit within You

By David P. Morrow

We have all got it...that internal burning flame within.

A burning desire for success as we go about our daily routine...are you just 'sparking' little flickers, or is your flame burning on high?

The Olympics are once again upon us. This is a great time to sit back in awe of some of the most spectacular athletes in the world.

Many of the sporting events we rarely see, and may not know much about.

But there is one common universal theme to all sporting events, and all athletes.

There is a burning flame within; the desire to perform at an absolute personal best.

For the Gold Medalist winners, that best performance is the best in the world.

Here is the great news. As we all sit back and marvel as these super athletes perform, there is something important to reflect upon.

We all have these same 'Olympic' capabilities within us. We all have that burning flame within us.

Sure, we are not Olympic athletes physically. But we can think like one. We can tap into our flame.

Determination. Discipline. Drive. Ambition. Motivation. Dedication.

A sense of wanting to achieve.

A goal that must be reached.

Tap into the Olympic Spirit that is within you.

Set some new goals.

Refresh your motivation for workouts and your healthy lifestyle.

Go for your own personal 'Olympic Gold'!

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Upcoming Events

- ◆ August begins the Susan G. Komen for the Cure 3 day walking event nationwide. Visit: www.The3Day.org
- ◆ 08-08-08 The Olympics begin! What a great way to get inspired!
- ◆ Many outdoor festivals worldwide beginning in August. Check your local listings. Get outside and have some fun!
- ◆ Email us your event at: Editor@TeamFIF.com

Unleash Your Potential - Change Your Focus

We've all heard it before, the inspiring Olympic stories. Thousands of examples of athletes who unleashed their potential to train and win.

How did they do it?

When superior athletes get to a similar physical level, how do they get the Gold? They not only trained their bodies, but they trained their brain.

Bruce Jenner explains that his greatest asset was not his physical ability, but his mental ability.

Mary Lou Retton visualized performing routines in competition.

Story after story we learn about athletes training their mind. Training their mind to win.

Take advantage of the power of your mind.

Yes, it takes practice. No, it doesn't take much time.

What are you filling your mind with? What are you thinking about? Are you thinking about your goal? Your plan? Have you visualized your win?

Practice the Fat Into The Fire Missing Links and achieve your personal Gold Medal! Change your mind and change your life!

High Fives! Congratulations! You did it!

High five to you! You laid out a goal and started it. You laid out a plan and are getting there. You set a goal and told yourself you would do it this time. You told yourself you were in training. You achieved your goal. You did it!

Just like these individuals whom we want to congratulate, you can also set a goal and work towards achieving it. Just like these achievers, you can make it happen. It starts with a goal. It starts with the mind. Use the Fat Into The Fire plan and watch it unwind.

Congratulations to the following Fat Into The Fire Achievers!



Email us your achievements and pics to:

Editor@TeamFIF.com



David and Brad

Congratulations to Brad! Brad got the book and journal only 6 months ago and has reached his goal of losing 40 pounds. He has not only sent the fat into the fire, but has also toned up, increased his strength and energy. David met up with Brad a few weeks ago at a running and walking road race to learn more about his victories. We are putting together a short video about Brad's story and will post it to the blog. Brad is now moving on to new goals of running in charitable road races and biking. He's enjoying the great outdoors and enjoying life more. **You can do it too!**

Congratulations to Duane! Duane has lost weight (40 lbs.), lost fat, and gained muscle. Even better, he has increased his overall health. His blood pressure went down to normal and he is no longer in need of medication to control it. That's fantastic:

"I recently went to the Doctor during a check up and told him I have not been taking my medicine for over 20 days. He took my blood pressure and told me that he sees no reason why I have to take my blood pressure medication because my blood pressure is now normal. Thanks David!" You can get healthier too!



Duane

Congratulations to Denise! In spite of bad knees, Denise was able to work around her long time injury with the Fat Into The Fire program. She's lost lots of weight and is still going for more! She's been able to bring those toned muscles back with the Fat Into The Fire Workout I on DVD and with the Fat Into The Fire diet.

"I've tried a lot of diets in the past, trying to lose those pregnancy pounds and nothing worked for me. The Fat Into The Fire program is the only one that has helped me and motivated me."

Keep it going, Denise!!

Congratulations to Ron! Ron made a decision to get the ball rolling and keep it rolling. He's lost major poundage, 50 pounds! He's using his mind and body to stick with it! He's gotten himself healthier and more energized for himself and his family.

"Great book that I would recommend to anyone that wants to improve their health, both in body and mind."

"I not only put the fat into the fire, I've been keeping the fat in the freezer!"

Additional high fives to: Dennis, Dawn, Janet, Sherri, Stephanie, L.K., Anne, B.R, Barbara, Joey, John, Cynthia, Julia, Josh, Donna, Tricia, Kim, Bonnie, Amy, and all Team FIF members who have taken that first step.

*"Inch by inch it's a cinch."
It's your turn to take that first step. Small steps lead to big results.*

An inspirational story of an Olympian

Louise Ritter started practicing the high jump when she was young. She continued practicing and competing in College. A graduate of Texas Woman's University, she became a national collegiate champion. In 1977, she won the AIAW championship.

Impressive -yes. But, could she compete successfully in the Olympics? Could she beat the world record holders and the intense competition? She dreamed of being a part of the U.S. Olympic team for the 1980 Olympics in Moscow.

After much training and preparation, the boycotted game was a huge let down.

Would she give up? Would you give up?

She kept at it. She continued practicing. The 1984 Olympics in Los Angeles were coming. Confident from her hard work, 26 year old Louise had a good chance at a medal.

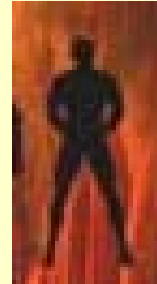
Another blow came. Louise was suffering leg injuries and didn't even qualify.

Would she give up? Would you?

Louise remembered the advice a track coach gave her, "*Throw your mind over the bar and your body will follow.*"

Louise's challenge was now mental.

In the 1988 Olympics in Korea, she threw her mind over the bar and won gold! She beat the world champion and broke an American record, jumping 6'8".



Ask David a Question

I have been asked this question many times lately - *Can cleansing and flushing products really flush away pounds? Are they safe?* After researching the pro's and con's here is the information I found:

Cleansing products and programs, often referred to as 'Detox' products, claim to function in miraculous ways to remedy many problems.

From patches that you put on your feet, to strange liquid concoctions, many emphasize a fiber supplement and laxatives.

There is *not* a lot of scientific evidence to back up many of the products and their claims. In fact, there is no evidence in professional medical literature.

While some may not be harmful, they certainly may be a waste of money and time. Just like many so-called 'fat burners'.

There are some flushing and cleansing programs that lack essential nutrients. There is one plan that puts you on a 600 calorie, carbohydrate only 'diet'. While, others lack important proteins and fatty acids. These programs and products can cause

dehydration and depletion of electrolytes. Some have a negative effect on the metabolism.

Many experts suggest these products and programs could affect your intestinal system negatively by disrupting your good bacteria.

In my opinion, here is your best defense to not get 'toxic' in the first place and to flush away fat:

Eat healthy, exercise, get plenty of sleep, and maintain your regular Doctor checkups. Read the section in my Fat Into The Fire book on fiber and how you can flush away fat naturally.

Remember, the human body is a very powerful protector of itself. It was made to excrete toxins and metabolic wastes/by-products all by itself. No extra help needed for most other than the above mentioned healthy lifestyle.

Rather than spend your money on 'Detox' or 'cleansing' products in hopes of losing weight or curing other ailments, invest in a healthy future!

Start eating healthier, get regular with your exercise...take care of yourself. No detox product or programs will do that for you.

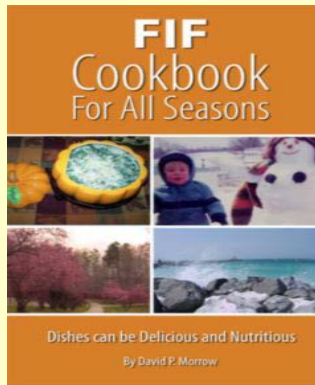
Visit the Team FIF Blog to view more articles, stories, videos, and recipes:

<http://blog.fatintothefire.com>

Other recent articles on the blog:

[Fructose sugar - the super fast fat producer...is too much Lipogenesis happening in your body?](#)

[10 Steps to Take Daily on Your Quest to Lose Weight and Burn Fat](#)



*"Feed Your Mind,
Body, and Soul!"*

Please email your recipes, inspirational stories, and accomplishments to us at:

Editor@TeamFIF.com

Ask David a question by emailing him at:

David@FatIntoTheFire.com

www.FatIntoTheFire.com

Quinoa Fire Stuffed Peppers

1 Cup Quinoa (can also use another whole grain like Barley or Bulgur)
 2 Cups Water
 4 green peppers
 1 onion, diced
 8 oz fresh mushrooms, sliced
 2 Tbsp olive oil
 28 oz Can tomatoes, coarsely diced, reserve juice
 2 Garlic cloves, crushed
 12 oz salsa (hot is best! Thermogenesis!)
 2 Tbsp dry sherry (or white wine)
 10 oz part-skim mozzarella cheese

Rinse quinoa and add to water; bring to a boil. Reduce heat. Simmer for 5 minutes. Set aside. Steam or boil green peppers until soft.

In large skillet, sauté onion and mushrooms in olive oil. Add tomatoes, garlic cloves and salsa. Cook over medium heat for 10 minutes. Add sherry or substitute. Simmer 10 more minutes. Fold in quinoa.

Put peppers in baking dish; fill with quinoa mixture. This will use about half the mixture. Mix remainder with reserved tomato juice and pour around peppers. Sprinkle cheese over peppers and your favorite fresh spices. Bake at 325 for 30 to 35 minutes.

Alternative: Add cooked, ground lean turkey, beef, or soy into quinoa mixture.

Sweet Georgia Peach Soufflé

Fancy, but easy. Impress yourself and your friends!

5 egg whites
 3 ripe peaches, peeled, pitted, chopped
 3 Tbsp honey
 1 Tbsp lemon juice
 ¼ tsp cinnamon (I like to use more!)

Place egg whites in a large bowl to come to room temperature.

Blend or process peaches until smooth.

In a saucepan, combine peaches and honey. Cook on low heat until thick, 20 minutes. Remove from heat. Add lemon juice and cinnamon.

Beat egg whites to form stiff peaks. Fold ½ of the egg whites into peach mix. Then, fold that into the egg whites. Put into a soufflé dish. Sprinkle more cinnamon on top.

Bake in oven at 350 for approximately 40 minutes.

Green and White Iced Tea on the Rocks

Make a large pitcher of tea using a combination of green and white teas.

Keep close by all summer long with ice - add lemon and/or lime juice!

Flushes out the fat and keeps you energized!

Just think of how much fat you could lose if you drank this instead of high sugar drinks all summer!

"The time is now for you to light your Olympic torch! The time is now for you to get your mind, body, and soul into training! Train for your Olympics - your life."