

# 12-Day SUPER SLIM-DOWN and Nutritional Guide

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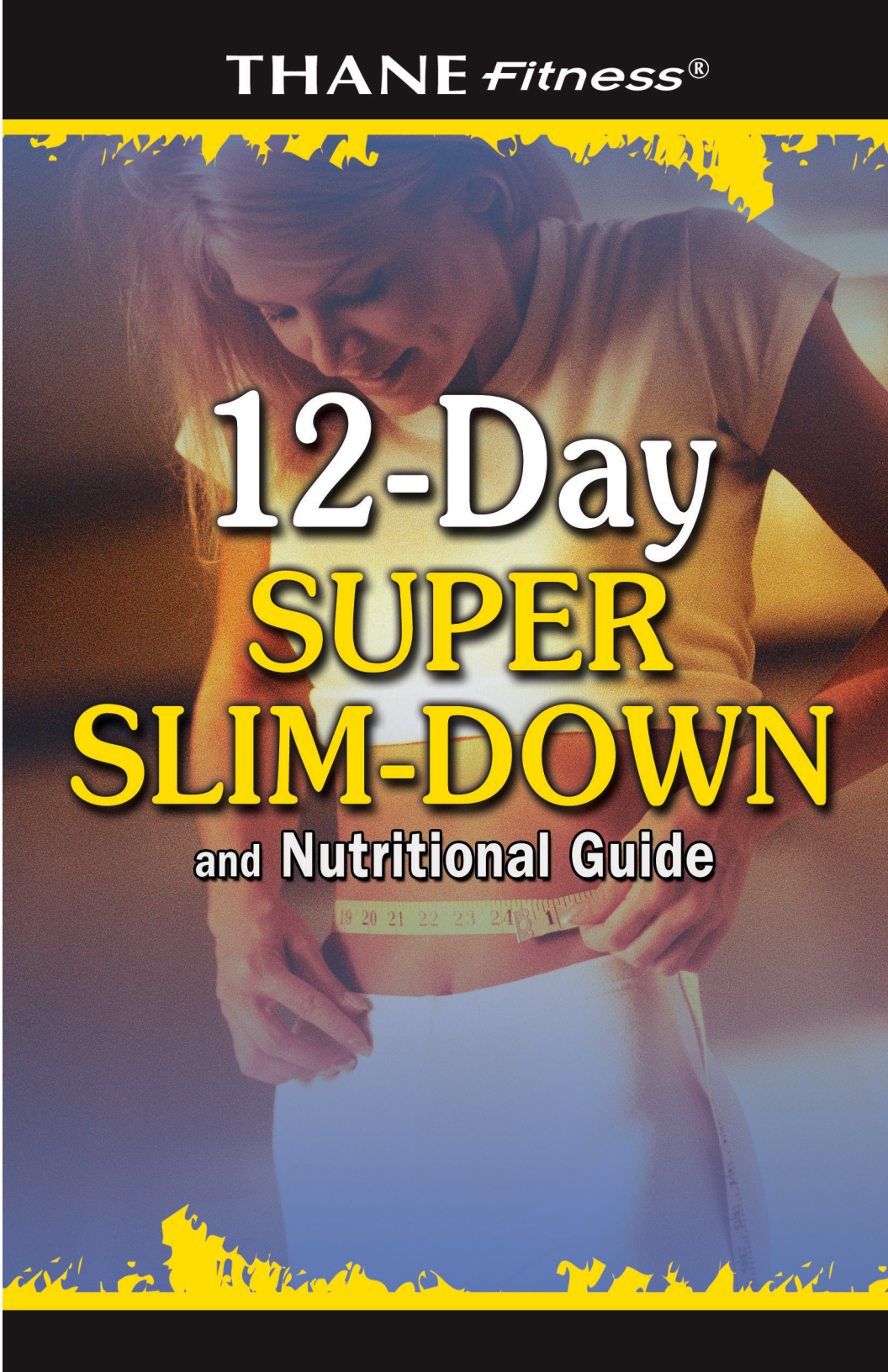
**THANE *Fitness***<sup>®</sup>

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A woman with long blonde hair is shown from the waist up, wearing a light-colored t-shirt. She is smiling and looking down at a white tape measure she is holding around her waist. The background is a soft, out-of-focus indoor setting. The text is overlaid on the image, with '12-Day' in white and 'SUPER SLIM-DOWN' in large yellow letters. Below that, 'and Nutritional Guide' is in white.

**12-Day**  
**SUPER**  
**SLIM-DOWN**  
and **Nutritional Guide**



# 12-Day Super Slim-Down and Nutritional Guide

- Upon rising in the morning drink 16 oz. of water with squeezed lemon.
- 2 hours after breakfast and lunch drink 24 oz. of water.
- 2 hours after dinner drink 8 oz. of water or herbal tea.

**(Limit fluids to 6-8 oz. with meals)**

**DAY 1**

(1650 calories / 45 gr. fat)

**BREAKFAST**

- ✓ ½ cup calcium-fortified orange juice
- ✓ 2 slices whole-wheat toast or 1 bagel with 2 tbs. jam

**SNACK**

- ✓ 2 apples

**LUNCH**

- ✓ Tuna Sandwich:
  - 2 slices 7-grain bread with
  - ½ cup water-packed tuna (rinsed well)
  - 1 tbs. reduced-calorie mayonnaise and chopped celery, lettuce and tomato slices
- ✓ ½ red pepper cut in strips

**SNACK**

- ✓ 1 orange and ¾ cup pineapple chunks

**DINNER**

- ✓ 4 oz. skinless chicken breast, grilled
- ✓ 1 small baked potato with 1 tbs. butter
- ✓ ½ cup carrots, steamed
- ✓ ½ cup green beans or broccoli, steamed
- ✓ 1 cup green salad with 1 tomato
- ✓ 2 tbs. dressing
- ✓ add shredded red cabbage, carrots, and chopped cucumber

**DAY 2**

(1600 calories / 38 gr. fat)

**BREAKFAST**

- ✓ 1 whole banana
- ✓ 1 cup oatmeal with 1 tbs. honey

**SNACK**

- ✓ 1 cup nonfat yogurt

**LUNCH**

- ✓ 1 cup vegetable soup
- ✓ 1 whole-wheat bagel with 2 oz. cheese
- ✓ 1 raw carrot, cut into sticks
- ✓ ¼ red pepper cut into strips
- ✓ 1 cup nonfat yogurt

**SNACK**

- ✓ 1 apple
- ✓ 1 pear

**DINNER**

- ✓ 4 oz. broiled fish with lemon
- ✓ ¾ cup broccoli or Brussels sprouts, steamed
- ✓ 2 cups Romaine salad with 1 tomato, sliced, 2 tbs. dressing

**DAY 3**

(1650 calories / 50.3 gr. fat)

**BREAKFAST**

- ✓ ½ banana
- ✓ 1 cup bran flakes
- ✓ 1 cup low fat milk or milk alternative

**SNACK**

- ✓ 1 apple
- ✓ 1 pear

**LUNCH**

- ✓ Sandwich:
  - 2 slices 7-grain bread
  - 3 oz. turkey or chicken breast
  - 2 tbs. mayonnaise
  - lettuce, tomato slices
- ✓ 1 med. cucumber sliced
- ✓ 1 carrot cut into strips

**SNACK**

- ✓ 1 cup nonfat yogurt

**DINNER**

- ✓ 4 oz. lean beef tenderloin
- ✓ ½ cup brown basmati rice, cooked in water or broth
- ✓ ¾ cup zucchini, steamed
- ✓ ¾ cup yellow squash, steamed
- ✓ 1 spinach salad with
  - 1 small tomato
  - 2 tbs. dressing

**DAY 4**

(1650 calories / 46 gr. fat)

**BREAKFAST**

- ✓ ½ grapefruit
- ✓ 1 cup low fat cottage cheese

**SNACK**

- ✓ 1 handful almonds

**LUNCH**

- ✓ 1 grilled chicken breast
- ✓ ½ cup brown basmati rice
- ✓ 1 large romaine salad with shredded red cabbage, carrots, and tomatoes
  - 2 tbs. low fat dressing
- ✓ ½ cup steamed veggies, your choice

**SNACK**

- ✓ 1 ½ cup strawberries

**DINNER**

- ✓ 1 ½ cups spaghetti or other pasta:
  - 3 oz. 90% lean ground beef, cooked and drained
  - ½ cup spaghetti sauce
- ✓ 2 tbs. parmesan cheese
- ✓ sautéed mushrooms, onions, and ¾ cup zucchini
- ✓ ½ cup spinach, steamed or 1 small Caesar salad

**DAY 5**

(1525 calories / 35 gr. fat)

**BREAKFAST**

- ✓ 1 apple
- ✓ 1 cup oatmeal with 1 tbs. honey

**SNACK**

- ✓ 1 peach
- ✓ ½ cup blueberries

**LUNCH**

- ✓ Pita Sandwich:
  - 1 pita pocket
  - 3 oz. turkey
  - lettuce, tomato slices
  - 1 tbs. mayonnaise
- ✓ ¾ cup raw cauliflower
- ✓ ½ cup V-8 or tomato juice

**SNACK**

- ✓ 1 cup low fat yogurt

**DINNER**

- ✓ 6 oz. baked seafood
- ✓ 2 cups broccoli, carrots, or other veggies
  - Stir-fried with 1 tbs. olive oil until just tender
- ✓ Mixed green salad with
  - 1 tbs. Italian dressing

**DAY 6**

(1350 calories / 37 gr. fat)

**BREAKFAST**

- ✓ 1 cup low fat cottage cheese mixed with ½ banana and ½ cup blueberries

**SNACK**

- ✓ 1 handful of almonds

**LUNCH**

- ✓ Turkey Salad:
  - 4 oz. deli turkey cut into strips
  - 2 cups mixed green salad with
  - ¾ cup raw broccoli and cauliflower
  - 1 tomato, sliced
  - ¼ cup chopped onion
  - 2-3 tbs. low fat dressing

**SNACK**

- ✓ 2 cups watermelon

**DINNER**

- ✓ 2 slices of a medium cheese pizza
- ✓ 1 ½ cups cucumber, onion and tomato slices with
  - 1 tbs. Italian dressing
- ✓ ½ cup V-8 or tomato juice

**DAY 7**

(1480 calories / 44 gr. fat)

**BREAKFAST**

- ✓ ½ cup V-8 or tomato juice
- ✓ 1 or 2 scrambled eggs
- ✓ 1 slice toasted 7-grain bread

**SNACK**

- ✓ 1 cup fresh strawberries
- ✓ 1 peach

**LUNCH**

- ✓ 4 oz. roasted, skinless chicken breast
- ✓ ¾ cup coleslaw
  - combine shredded carrot, ½ cup red cabbage,
  - ½ cup green cabbage, 1 tbs. mayonnaise,
  - 1 tbs. plain yogurt, ¼ tbs. dill, and ½ tbs. salt

**SNACK**

- ✓ 1 cup yogurt
- ✓ ¾ cup fresh pineapple chunks

**DINNER**

- ✓ Taco Salad:
  - 3 oz. ground turkey breast or ground beef, cooked
  - ¼ cup pinto or kidney beans
  - 1 oz. grated cheese, 3 tbs. picante sauce
  - 1 tomato, sliced, 1 cup lettuce
  - 1 cup raw (or quickly steamed) veggies (green pepper, carrots, red onions, mushrooms)

**DAY 8**

(1525 calories / 40 gr. fat)

**BREAKFAST**

- ✓ ½ cup calcium-fortified orange juice
- ✓ 2 slices 7-grain bread toasted with 1 tbs. butter each

**SNACK**

- ✓ 1 apple
- ✓ ½ cup low fat cottage cheese

**LUNCH**

- ✓ Sandwich:
  - 2 slices 7-grain bread
  - 2 oz. turkey or chicken breast
  - 1 tbs. mayonnaise
  - lettuce, tomato slices
- ✓ ¾ cup coleslaw

**SNACK**

- ✓ 1 ½ cups grapes

**DINNER**

- ✓ 6 oz. baked seafood
- ✓ 2 cups broccoli, carrots, or other veggies
  - Stir-fried with 1 tbs. olive oil
- ✓ Mixed green salad with 1 tbs. Italian dressing



**DAY 9**

(1750 calories / 42 gr. fat)

**BREAKFAST**

- ✓ 1 banana
- ✓ 1 cup oatmeal with 1 tbs. honey
- ✓ ½ cup low fat milk or milk alternative

**SNACK**

- ✓ 1 ½ cups fresh strawberries

**LUNCH**

- ✓ Tuna Sandwich:
  - 2 slices 7-grain bread with
  - ½ cup water-packed tuna
  - 1 tbs. reduced-calorie mayonnaise and chopped celery, onion, lettuce and tomato slices
- ✓ ¾ cup broccoli
- ✓ 1 carrot cut into strips

**SNACK**

- ✓ 1 cup low fat yogurt

**DINNER**

- ✓ 1 ½ cups spaghetti or other pasta:
  - 3 oz. 90% lean ground beef, cooked and drained
  - ½ cup spaghetti sauce
  - 2 tbs. Parmesan cheese
  - sautéed mushrooms, onion, and ¾ cup zucchini
- ✓ ½ cup spinach, steamed
- ✓ 1 small green salad

**DAY 10**

(1650 calories / 48 gr. fat)

**BREAKFAST**

- ✓ 1 apple, sliced
- ✓ 1 whole-wheat English muffin with 2 tbs. honey

**SNACK**

- ✓ 1 handful almonds

**LUNCH**

- ✓ 1 cup vegetable soup
- ✓ 1 whole-wheat bagel with 2 oz. cheese
- ✓ 1 raw carrot cut into sticks

**SNACK**

- ✓ 2 cups melon of choice

**DINNER**

- ✓ 4 oz. lean beef tenderloin
- ✓ ¾ cup zucchini, steamed
- ✓ ¾ cup yellow squash, steamed
- ✓ 1 lg. spinach salad with
  - 1 small tomato, shredded cabbage, carrots, beets, and cucumber and 2 tbs. Dressing

**DAY 11**

(1590 calories / 48 gr. fat)

**BREAKFAST**

- ✓ ½ grapefruit
- ✓ 1 whole-wheat bagel

**SNACK**

- ✓ 1 apple
- ✓ 2 oz. almonds

**LUNCH**

- ✓ 1 small baked potato topped with
  - ½ cup low-fat cottage cheese
- ✓ 1 large romaine salad with
  - 1 tomato, sliced
  - 2 tbs. dressing
- ✓ 1 cup steamed veggies, your choice

**SNACK**

- ✓ 1 apple
- ✓ 1 pear

**DINNER**

- ✓ 4 oz. broiled fish with lemon
- ✓ ¾ cup broccoli or brussel sprouts, steamed
- ✓ 1 ½ cups green salad with shredded red cabbage, carrots, cucumber, 1 small sliced tomato
- ✓ 2 tbs. dressing

**DAY 12**

(1490 calories / 45 gr. fat)

**BREAKFAST**

- ✓ ½ cup calcium fortified orange juice
- ✓ 1 or 2 scrambled eggs
- ✓ 1 slice 7-grain bread toast

**SNACK**

- ✓ 1 fresh peach
- ✓ 1 pear

**LUNCH**

- ✓ Turkey Salad:
  - 2 cups mixed green salad with
  - ¾ cup raw broccoli and cauliflower
  - 1 tomato, sliced
  - 4 oz. turkey, sliced, 2 oz. ham, sliced
  - ¼ cup onion, chopped
  - 2-3 tbs. low fat dressing

**SNACK**

- ✓ 1 cup low fat yogurt

**DINNER**

- ✓ 4 oz. skinless chicken breast, grilled
- ✓ ½ cup carrots, steamed
- ✓ ½ cup green beans or broccoli, steamed
- ✓ 1 small baked sweet potato
- ✓ 1 sliced tomato, 1 tbs. dressing

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# Nutritional Guide

Any medical or health-related information contained in this book is not intended as a substitute for consulting your physician. Any attempt to diagnose or treat any illness or medical condition should come under the supervision of a qualified physician familiar with your personal medical history.

The information contained in this book, and the Weight Loss System described herein, are intended for use by normally healthy individuals as part of a general program of improvement of body appearance.

**CHECK WITH YOUR PHYSICIAN BEFORE STARTING ON THIS OR ANY PROGRAM OF PHYSICAL CHANGE.**

**FOOD and HOW TO CONTROL IT****DOs**

1) **ALWAYS BALANCE WHAT YOU EAT** -- so that your intake of complex carbohydrates approximately matches your intake of protein. You may do this by simply estimating the quantity of the foods you are eating. Example: if you have a dish full of pasta in front of you (high carbs) then you need to balance it with what you approximate to be an equal amount (by volume or better, by weight) of high protein food.

**COMPLEX CARBOHYDRATES:**

- Brown rice
- Yams
- Grits
- White potatoes
- Sweet potatoes
- Oatmeal
- Oat bran
- Corn
- Whole grain breads
- Whole grain pastas
- Shredded wheat
- Cream of rice cereal
- Black-eyed peas
- Lima beans
- Black beans
- White beans
- Pinto beans

**PROTEIN:**

- Boneless skinless turkey breast
- White meat chicken
- Egg whites
- Pork tenderloin
- Canned tuna packed in water
- Nonfat dairy products
- Shrimp
- Eye of round steak
- Cod
- Flounder
- Haddock
- Scrod
- Halibut
- Sirloin
- Canned white meat chicken in water
- Fat free turkey or chicken breast deli slices

2) **DRINK PLENTY OF WATER!** Try to drink eight 8-ounce glasses of water or more each day. It is usually best to use bottled spring or distilled water, since the water in most areas today is heavily treated with chlorine and other unhealthy chemicals.

3) Eat plenty of fibrous vegetables and leafy greens, they are the BEST possible foods to eat! And remember not to ruin things for yourself by adding oily salad dressings, mayonnaise, or sour cream!

4) Make a conscious effort to cut down on portion sizes. It's amazing how, when your plate is heaping with food, from edge-to-edge, you will probably eat until there is not a speck left. Instead, only put half as much food on your plate as you normally would. Take your time eating so that you are not the first one finished. If everyone is

still eating, the temptation to go back for seconds is too great even if you are satisfied. Now, if you find that you are still truly hungry, by all means go back for seconds but ask yourself if you're still hungry or if you are getting seconds out of habit.

5) Avoid snacking unless it is a planned snack to count toward your servings.

## **DON'TS**

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1) Don't go on repeated diets, each of which usually sets you up to regain everything you lose, and then some, just as soon as you "go off" your diet. Instead, follow the simple guidelines below.

2) Reduce the fats and oils you eat. This is by far the most important rule to remember, and it cannot be overemphasized. The words "added fats and oils" have a very specific and special meaning here, referring to all those unnatural fats and oils that humans manufacture, process, and add to the food they eat.

It is very important to reduce ALL added fats and oils, not just because they'll make you fat, but because they'll also make you sick, linked as they are to such disorders as breast and colon cancers, heart disease, and other serious illnesses.

### **Cutting back on added fats and oils means reducing:**

- Margarine,
- Mayonnaise,
- Olive oil,
- Butter,
- Oily salad dressings,
- Chips of all kinds (unless they're baked),
- Fried foods,
- French fries,
- Cream cheese,
- Ice cream,
- Lard,
- and any other manufactured fat or oil.

If you don't like salads without dressing — try lemon juice and a little olive oil. It's delicious! Or... try any of the oil-free salad dressings now widely available.

All the above-listed items are horrible for you. But the hydrogenated products such as margarine, mayonnaise, and all heated fats and oils are the worst, as they are high in trans fats, substances that form when fat or oil is heated or heavily processed. Trans fats are directly implicated in the onset and/or exacerbation of obesity, cardiovascular disease and cancer. Avoid these "foods" at all costs.

3) Avoid processed foods high in sugar and white flour. Check your labels and do not eat anything that has too much of these items in the ingredient list, as they too contribute to obesity and ill health.

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## FOOD PREPARATION

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This subject could fill a book all by itself. The essential point to remember is, once again, to reduce added fats and oils! Do not fry with oil. Use non-stick pans and fry with water or non-fat chicken broth. A little experimentation and you'll see how easy this is. Also remember that any menu that contains oil, butter or margarine can easily be made as well or nearly as well without those ingredients. You must experiment to apply this concept to every one of your favorite recipes, but the reward for doing so is very high. It will mean better and better health as well as greater and greater success.

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## FOOD TIMING

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The best way to arrange your food day is to spread out your daily intake into several meals, as opposed to eating, say, one large meal per day. Studies have shown that when two comparable groups of people eat the same number of calories but on different schedules, the group that eats one large meal per day tends to gain weight and feel worse, while the group that spreads its calories out during the day tends to feel better and not gain weight.

The typical large dinner with which most people are familiar is problematic because the natural daily rhythms of the body are such that evening is when it is preparing for rest, not a large meal. More importantly, food eaten late in the day is much more likely to be converted to stored body fat. So eat a light meal for dinner — a piece of grilled chicken, brown rice, and vegetable - just watch the portion size. Remember: food eaten this late will almost certainly be converted to body fat; and body fat, once accumulated, comes off much slower, and with much greater difficulty, than it goes on - a fact with which many people are already familiar.

Always eat breakfast. A cup of cream of wheat, shredded wheat, oatmeal, or an egg white omelet is a great way to start the day. It fuels the body and mind, giving you that extra bit of energy necessary to meet today's challenges. Whatever you do don't skip this most important meal.

In addition to breakfast, lunch, and dinner be sure to eat a small snack midmorning, and another between lunch and dinner.

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## WHEN TO EAT; WHEN TO STOP

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Naturally thin people typically follow both of these two simple patterns:

- 1) Eat only when hungry; and
- 2) Stop eating when no longer hungry.

This is how primitive man ate, a good indication that it is the way nature intended. Most of us have been conditioned to eat when it's time to eat: lunchtime, dinner-time, breakfast. But the truth is that it is far more natural to eat when you're hungry.

That means truly hungry, not just craving food. As much as possible, try to follow this simple but powerful principle of eating.

The second timing principle - to stop eating when you're no longer hungry - is also very powerful, but may contradict some childhood training. Remember the saying "Eat! Children are starving somewhere..."

That may be true, but it is certainly no reason to stuff yourself. Childhood lessons are not always good ones. The most natural time to stop eating is when you're full, which is, surprisingly, not what most of us do. This principle means that you should stop even if 95% of the food is still left on your plate or if only 5% is left. It doesn't matter. The amount of food on the plate is of no importance; it is completely arbitrary and irrelevant to your body's needs. What is important is only how you feel. If you're satisfied... if the hunger is gone... STOP.

## **RESTAURANT EATING**

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This is a particularly troublesome area. Restaurants, for some unknown reason, love oil and butter. Even simple salads are drowned in truly ridiculous amounts of oil. Vegetables are cooked in butter and topped off with more butter before being brought to the table.

Food freshness is also an area of concern. Fish, poultry and meat, in descending order, are most likely to be problematic. Be careful. Ask plenty of questions, particularly about freshness. If there is any reason to believe your food is not fresh, order something else, or leave.

### **When ordering in a restaurant follow these simple rules:**

- Always ask how much oil or butter is in the dish(es) you wish to order.
- Insist that the dish(es) you want be made without oil, or butter or, at worst, a very small amount.
- Refuse any offer of sprinkled cheese to go over your food.
- Order salads with vinegar dressing only, or lemon wedges that you can squeeze onto the salad. If you must order dressing from the house, get one that separates, like vinaigrette, so that you can pour off the oil that floats on top, using only the tasty part below the oil. Or bring your own, healthful salad dressing.
- Never order anything that is deep fried! Remember to ask about this, because there are many more foods that are deep fried than is obvious from most menus. For example, Italian restaurants often deep fry their "eggplant parmigiana."
- Avoid creamy foods. Many dishes that are normally prepared with cream are just as tasty without it. Ask the kitchen to prepare it the way you want it.
- Order a salad first, the larger the better, and ask that it be brought out immediately. Avoid the oily/creamy dressings, and eat the salad as soon as it comes out.
- Say 'no' to the rolls and butter.

- Try to resist the temptation to order dessert. If you must do so, get one that is as close to “real recognizable food” as you can get. A cup of fruit, or a fruit tart may do. In any event, avoid the creamy cakes and pies.

- In general, do not be afraid to ask for what you want. If they say “no”, say “good-bye.” There are plenty of restaurants that will be only too happy to accommodate you, so don’t put up with anything less than what you know is right for your body.

## DEVELOP A GAME PLAN FOR BETTER HABITS

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During the next few weeks you are going to try to become aware of any bad eating habits and substitute them with good habits. Most of us are so busy or preoccupied that we aren’t even aware of the things we can easily change which will go a long way in helping us achieve long term weight loss.

**Week 1** - I will eat regularly. Most people skip meals because they think this is the way to lose weight. Actually the opposite happens. Instead of losing weight your body goes into starvation mode and hangs onto every calorie, especially the fat grams, because it doesn’t know when it will be nourished again. As a result you slow down your metabolism. Then, of course, you become so hungry the tendency is eat the first thing that is handy and to eat too much of it.

**Benefit:** By doing this you will help to speed up your metabolism, feel more energetic, and reduce your appetite.

**Week 2** - I will eat slowly and will allow at least 20 minutes for each meal or 10 minutes for snacks. Keep in mind that it takes the brain a good 20 minutes to sense that your stomach is full. That’s why you often feel very full after eating a very large meal quickly- the brain didn’t have ample time to sense that the stomach was full and you ate beyond what your body needed.

**Benefit:** You will feel more satisfied with smaller food quantities and eat less than those who eat fast.

**Week 3** - I will not allow social situations to dictate what I eat or how much I eat.

**Benefit** - By taking back control of how you react in social circumstances you will also be empowering yourself in other areas as well which will contribute to better self-esteem.

**Week 4** - Plan ahead. Try to start thinking of what you will be eating the next day or even the next week. This way you will never be taken off guard. Actually plan the next day’s meals.

**Benefit:** You are more likely to stay on your program and then turn it into a real lifestyle change. Without a true lifestyle change it is very hard to maintain this program for the rest of your life which is the real key to keeping your weight and



health where you want it.

**Week 5** - Keep problem food out of the house. The old adage - out of sight out of mind - is true. If you know you and ice cream are inseparable, simply do not have it in the house. Have other treats that are healthier instead.

**Benefit:** When you do have the occasional ice cream you will enjoy it so much more.

**Week 6** - Do not let yourself be around people who will pull you down. You need all the support you can get. Negative people or people who do not take what you are doing seriously will hamper your results. If there are people in your life who are sabotaging your efforts then you need to ask yourself if they are true friends. A true friend will be supportive and stand by your efforts to succeed.

## **CHEATING (Indulging)**

Yes, you are going to slip once in a while. It's OK as long as you don't use it as an excuse to revert to your old eating habits. Just get back on track with your next meal. Don't feel guilty, Just remind yourself how well you've been doing and give yourself a pat on the back for coming so far. Learn to reject your old, bad ways — to renew your dedication to yourself and to the new body and health you are determined to achieve.

## **HOW TO HELP PREVENT CRAVINGS**

### **BREAK THE CYCLE!**

- **Food quality:** This is the most important factor you can change in the area of negative food cycles. Avoid all junk food. Avoid all foods that trigger cravings. Avoid all added highly processed foods. Eat real, recognizable food.

- **Avoid all added fats:** Added fats and oils can (a) make you fatter faster than anything else you can do or eat, (b) increase your risk of heart disease and cancer, and (c) can cause you to crave sweets.

- **Avoid sugar:** Refined white sugar (table sugar) is damaging to your health in many ways, and can (a) directly cause weight gain, and (b) cause cravings for fats that will further cause weight gain.

- **Drink plenty of water:** This is an easy, healthful way to help avoid cravings. Often, a perceived craving for food, particularly fatty food, may be satisfied with a cup or two of water! Drinking plenty of water also helps to naturally control appetite through a direct effect on the stomach. Always drink pure, fresh water; avoid tap water laden with chlorine and other chemicals. Aim for at least 6-8 cups of water per day.

- **Try brushing your teeth instead of eating!** Often, a craving for a particular food, especially high-fat, high-sugar food, is caused by something no more complicated than a bad taste in the mouth.

- **Food timing:** Do not skip breakfast; this can lead to hypoglycemia and severe cravings sometime around mid-morning, which may, in turn, cause you to eat cookies or doughnuts with coffee and sugar, which in turn can set you up for a roller-coaster blood sugar ride for the rest of the day. Not a good idea.
- **Avoid eating anytime within three hours of bedtime.** Not eating near bedtime can help lower your fat levels and can change your eating patterns so that you are hungrier in the morning, leading you to indeed eat a small-to-moderate breakfast. This in turn helps control your mid-morning cravings.
- **When you need to snack between meals,** eat some fresh vegetables, or fat-free turkey deli slices, or a whole grain (not white flour) product, or some fruit.
- **Meal size:** A pattern of smaller, frequent meals throughout the day is more conducive to craving control than a pattern of starvation or mild snacking during most of the day combined with one large (often very large) daily meal. Studies have also shown that spreading food intake throughout the day helps in the weight loss effort, while concentrating calories all in one large meal sabotages it.
- **Avoid overly salted foods,** if they lead to sugar cravings or if you suffer from kidney disease or high blood pressure.
- **Eat slowly:** This will help minimize the effect of cravings, because you will find that you are satisfied sooner than you would be if you were wolfing your food down.
- **Vary your diet:** Boredom is what causes most people to abandon their weight loss efforts. Imagine if you ate nothing but carrot sticks and celery or cabbage soup for every meal. It wouldn't be too long before you'd be driving into the first McDonald's or stopping at the first bakery you saw. There are plenty of great tasting foods to give you all the variety you need for the rest of your life. Experiment with herbs and spices and different cooking methods.
- **Try the following trick:** Carry with you a small pad of paper on which to write down everything you decide to eat before you actually eat it. This will introduce an important time delay during which you are writing down what you're about to do. There is a good chance you will often find yourself changing your mind.

## **NUTRITIONAL SUPPLEMENTATION**

It is often thought that a good, balanced diet should contain all the nutrients your body needs. But in today's world, with mass food production and soil depletion, it usually doesn't. And besides, how many of us really eat a "good, balanced diet"? For these reasons, and because optimal nutrition is especially important during a period of active fat metabolism and breakdown, we recommend that a good multi-vitamin-mineral be taken regularly.

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## **GOOD JUDGMENT**

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In general, use your good judgment. Do not overdo anything. Keep all nutritional supplementation to levels consistent with what nature intended for the human body. And look at the ingredient list of any packaged item you put in your mouth. Look at the source. The maker of a food or food supplement should be a reputable company, with qualified experts doing the formulations.

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## **IF YOU ENCOUNTER PROBLEMS**

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Many people who experience this weight loss system meet with complete, ecstatic success.

If you sense that your results should be different, remember that every human on this planet is distinct from every other and you are likely to react differently from anyone else to a given external stimulus. So if by some chance your rate of fat loss seems too slow, note this important fact:

Everyone loses fat at his or her own individual pace.

Just continue following the system and working out and your goals WILL be reached. You may simply be one of the few who are “slow reactors.” It may take a bit longer, but you WILL get there!

Also, you will want to make sure you’re maximizing your success by following the ENTIRE program outlined here. This is most important for anyone whose initial results may be slower in coming than others.

**NOTES:**

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