

## Personal Progress Chart

	Date	Weight	Bust/ Chest	Upper Bust/ Chest	Bicep	Waist	Tummy (women)	Upper Hips (women)	Upper Thigh	Lower Thigh	Calf	+ ' / - ' Inches	Notes/Comments/ Questions
Day 1													
Day 3													
Day 7													
Week 2													
Week 3													
Week 4													
Week 5													
Week 6													
Week 7													
Week 8													
Week 9													
Week 10													
Week 11													
Week 12													

### TIPS ON HOW TO MEASURE:

1. Bust/ Chest: fullest part
2. Upper Bust/ Chest: under armpits
3. Bicep: thickest part
4. Waist: under last rib
5. Tummy 1"-2": under belly button

### NOTE:

1. Measure undressed and in front of mirror to be sure measurements are accurate.
2. Measure yourself; do not let someone else measure you.
3. Be sure tape measure is leveled across your back when measuring your bust/ chest.
4. Weigh and measure once a week on the same scale and day (preferably in the morning).

# WHAT SYMPTOMS TO EXPECT WHEN YOU IMPROVE YOUR DIET

**By Dr. Stanley Bass, N.D., D.C., Ph.C., Ph.D., D.O., D.Sc., D.D.**

If I were asked which is the area of greatest misunderstanding and confusion in the field of nutrition, I would definitely be forced to reply, it is the failure to properly understand and interpret the symptoms and changes, which follow the beginning of a better program.

A better nutritional program is introduction of foods of higher quality in place of lower quality ones. The quality of a nutritional program is also improved by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc. Remarkable things begin to happen to the body as well as the mind. When the quality of the food coming into the body is of higher quality than the tissues, which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior, which it uses to make the new and healthier tissues.

What are the symptoms or signs when you first begin to omit the lower grade foods instead introduce superior foods? When the use of a toxin is suddenly stopped, headaches are common and a letdown

occurs. This is due to the discard by the body of toxins which are transported by the bloodstream during its many bodily rounds.

Before noxious agents reach their final destinations, these irritants register in our consciousness as pain – headaches. Usually within three days, the symptoms vanish and we feel stronger due to the recuperation that follows.

As one continues on the improved diet and gradually raises the quality, interesting symptoms begin to appear. The body begins a process called “retracing.” The cellular intelligence has a chance to get rid of old garbage and build a beautiful new house. The accent is on elimination and the body begins to move garbage deposited in the tissues. People may experience skin rashes or eruptions due to elimination of poisons and harmful drugs through the skin.

If they go to a doctor not schooled in nutrition, he might diagnose it as an allergy and suggest the diet be discontinued. They do not understand that the body is “retracing.” The

skin is becoming more alive and active. The toxins being discarded are saving you from much more serious diseases which will result if you keep them in your body too much longer.

Possibility: hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degeneration, or even cancer. Be happy that you are “paying your bills” now in an easy payment plan. With some: colds or even fever may occur. This is nature’s way of housecleaning.

Understand that those actions are constructive, even though unpleasant at the moment. Do not try to stop these symptoms by the use of certain drugs. These symptoms are a part of the curing process. These are not deficiency conditions or allergic reactions.

Symptoms then may include: headaches in the beginning, occasional diarrhea, tiredness, nervousness, irritability, negativity, etc.

Bear with it, it is well worth it!

## **WATER: 8 GLASSES A DAY KEEPS THE FAT AWAY**

Water is probably the single, most important catalyst in losing weight and keeping it off. Water, one of the things we take most for granted, plays a very important role in suppressing the appetite naturally and metabolizing stored fat.

Studies show that a decrease in water intake causes fat deposits to increase, whereas an increase in water intake can actually reduce fat deposits. The kidneys do not function properly without enough water. When this occurs, some of their load is passed on to the liver. The liver works to metabolize stored fat into usable energy for the body. If the liver has to aid the kidneys, it cannot function efficiently. Consequently, the liver metabolizes less fat, thus, fat remains stored in the body and weight loss ceases.

Many people whose bodies retain water drink less water, hoping to eliminate the problem. The body sees these actions as a threat to its survival so it attempts to hold on to every drop. Water is then stored in spaces outside the body's cells. This causes swollen feet, hands, and legs. Diuretics offer only temporary relief. The best way to overcome excess water retention is to give the body what it needs – plenty of water. Only then can stored water be released.

Overweight people need more water than thin people. Larger people have a large metabolic load. Water also helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It helps prevent sagging skin that usually follows weight loss. Shrinking cells are plumped up by water. The complexion then appears clear, healthy, and resilient.

Water also flushes waste from the body and helps to eliminate constipation.

Water not only accomplishes all of the things listed above, it also works with the fiber to create a satisfied feeling and help subdue hunger pains. At least 6-8 eight ounce glasses of water per day are recommended.