

INCLUDE THESE TO LOOSE WEIGHT:

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BLACK CUMIN SEEDS (1/4 TEASPOON A DAY)

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VINEGAR 2 TSP WITH EACH MEAL

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REGULAR CUMIN (1/2 TEASPOON WITH LUNCH AND DINNER)

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GARLIC (1/4 TEASPOON A DAY)

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GINGER (1/4 TO 1 AND 1/2 TEASPOON A DAY)

6

CAYENNE PEPPER (HALF TEASPOON A DAY)

7

1 CUP OF PRELOADING MEAL (100 CALORIE OF FOOD PRIOR TO MEAL)

8

2 CUPS OF WATER BEFORE EACH MEAL

Sources:

Resources Michael Gregor M.D. co-founder of nutrition facts.org

Walter Willet M.D. Harvard Medical School

Neal Bernard M.D. President of the Physicians Committee for Responsible Medicine

VARIOUS STUDIES SHOWING THE BENEFITS

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PLANT FOODS UNLIMITED QUANTITIES OF FOOD (FRUIT VEGETABLES BEANS WHOLE GRAINS) 17 POUNDS LOST IN 21 DAYS; CALORIE CONSUMPTION WENT DOWN BY 40% ATE MORE POUNDS OF FOOD BUT FOOD DENSITY WAS LOWER SO CALORIES LOWER. THEY ATE OVER 4 POUNDS OF LOW-CALORIE DENSITY FOODS. WHOLE PLANT-BASED FOODS.

PENN STATE SHOWED THAT EATING A SALAD, FRUIT (TOTAL OF 100 CALORIES), OR VEGETABLE SOUP BEFORE DINNER; DECREASES THE NUMBER OF CALORIES CONSUMED AT DINNER BY 200 CALORIES OR MORE.

DRINKING 2 CUPS OF WATER BEFORE A MEAL MAKES SUBJECTS EAT ABOUT 100 CALORIES LESS OR 22% LESS AT A MEAL. IN FACT THE STUDY SHOWED MEN WHO DRANK 2 CUPS OF WATER BEFORE EACH MEAL LOST WEIGHT 44% FASTER.

PATIENTS ADDING 2 TABLESPOONS OF APPLE CIDER VINEGAR AND LEMON JUICE TO DAILY FOODS (OR 2 TEASPOONS OF APPLE CIDER VINEGAR TO EACH MEAL) ; LOST 10% TOTAL BODY FAT IN 3 MONTHS.

PATIENTS WHO ADDED HALF TEASPOON OF GARLIC A DAY SAW DECREASE IN WAIST LINE AND WEIGHT IN 6 WEEKS. ANOTHER STUDY SHOWED ¼ TEASPOON OF GARLIC A DAY LOST 6 POUNDS OF BODY FAT IN 15 WEEKS.

BLACK CUMIN ¼ TEASPOON A DAY HELPS WITH WEIGHT LOSS.

REGULAR CUMIN IS AN APPETITE SUPPRESSANT-1/2 TEASPOON TAKEN WITH LUNCH AND DINNER OVER 3 MONTHS SUBJECTS LOST 4 POUNDS AND ONE INCH OFF THEIR WAIST.

2.56MG OF CAYENNE PEPPER PER MEAL CAN HELP FAT BURNING AND COUNTERACT METABOLIC SLOWING SEEN WITH WEIGHT LOSS.

¼ TEASPOON OF GINGER A DAY SHOWS WEIGHT LOSS.

EATING HALF A CUP OF SPINACH (RAW OR COOKED) A DAY SHOWED ACCELERATED WEIGHT LOSS.

WOMEN GIVEN SPINACH SUPPRESSED APPETITE, LESS URGE FOR SWEETS AND CHOCOLATE FOR 4 HOURS.

EATING FOODS RICH IN FIBER SERVED AS AN APPETITE SUPPRESSANT AND INCREASED THE RATE OF BURNING FAT/BOOSTING THE METABOLISM. FIBER HAD TO BE IN FOOD SUPPLEMENTS LIKE METAMUCIL OR OTHER FIBER SUPPLEMENTS DID NOT HAVE THE SAME BENEFIT.

SHOWED TEACHING/COUNSELING PATIENTS ON PLANT BASED FOOD WEIGHT LOST 19 POUNDS IN 3 MONTHS; CONTINUED WEIGHT LOSS WITH A TOTAL OF 27 POUNDS IN 6 MONTHS AND IN ONE YEAR - KEPT OFF THE 27 POUNDS OF WEIGHT LOSS. WEIGHT LOSS WAS ATTRIBUTED TO WHOLE FOOD PLANT BASED DIETS HAD LOW CALORIE DENSITY AND PATIENTS ATE 50% LESS CALORIES.

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