

4 Non-Scale Signs of Progress

1. See results by taking a trip to your very own closet. Take out a pair of pants that fit snugly before you began your new, healthy habits. Are you able to ease into them, when before you had to sit (or lie) down and yank them up your legs? This is a sure sign of progress toward a leaner you! What about an old shirt? Is it now a little loose around your waist or arms or chest? Also look for improved muscle definition when you check out your body in the mirror. There are many everyday indicators that you are getting leaner and even firming up your body, from how your clothes fit to sitting more comfortably in a booth or small chair.

2. Aside from weight, use other numerical signs of progress. When you first start your program, [take measurements](#) of your waist, arms, neck and hips. Even if you are not losing pounds, you very well may be losing inches all over your body as your figure slims down and you achieve BODY CONTOUR! Are love handles or muffin tops shrinking? Measuring your body is more reliable than the scale alone. Other important numerical indicators include a reduction of blood pressure or cholesterol, heart rate, and body fat percentage and your BMI!

3. Monitor how eating a healthy diet and nutrient rich foods creates a sense of health and well-being. Are you finding you feel less bloated during the plan? Do foods actually taste more flavorful as if you are tasting the actual food and not everything that is piled on it? Are you finding that you feel differently about food portions and food choices in a positive way? These are also healthy and positive signs of progress.

4. Lastly, be conscious of how you feel emotionally. You've been working hard to reach your goals. Hopefully, the hard work will come with a boost in self-esteem, confidence, and happiness. Are you beginning to feel more comfortable getting dressed each day? Are you feeling just a little bit proud of your recent accomplishments? Is the mirror no longer the enemy? Work to build a positive outlook to stay motivated. Focus on what you can do and not on what you can't.

Just because the scale has stopped moving doesn't mean that you've hit a plateau in reaching your goals. Don't give up out of frustration—all healthy behaviors are well worth the effort. Whether it's better sleep at night or more energy throughout the day, start listening to the signs your body gives you that all of your hard work is paying off!

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Plateaus or Sluggish Stalls

1) The best way to overcome sluggish loss, stalls and plateaus: The Simeon's Apple Day Strategy

In his original research, Pounds and Inches, Dr. Simeon recommended an apple day on the very first day that you find yourself on a plateau. An apple day has two components: 1) eat nothing but six apples all day long; 2) drink as little water as possible. His explanation involves getting sludgy food moving again. It is a challenge to make sense out of this explanation in a physiological way, so just rest assured that it almost always works.

BestChoiceChanges Advance Max Plan recommends a Modified Steak Day:

Because it may be difficult to go all day without eating, BestChoiceChanges has found success with a protocol combining Dr. Simeon's Apple Day and Steak Day. Eat only apples the first half of the day. This could be 3-4 apples. Then for dinner have a steak only. You should find you will lose 2-2.5 lbs. to get you back to your set weight. You can combine this will use of **COLON MAX** at bedtime. See below:

This method removes excess fluids in a hurry, so it is common for weight to drop two pounds from one day to the next. After that, your normal progress should be restored.

2) Increase Bowel Movements

Constipation and infrequent bowel movements are the main problem leading to a weight loss plateau. This makes impeccable sense. **You must move your bowels at least once per day during the protocol, and two or three times per day would be better as this is how your digestive system is designed for an optimal metabolic rate.**

Taking in more water is generally the easiest and most effective way to increase bowel movements. However, if this does not work as fast as you want, simply adding soluble fiber to a glass of water will accelerate the process.

BestChoiceChanges recommends the natural, predictable supplement **COLON MAX**. It is available for purchase through BestChoiceChanges.

3) Adhere More Closely to the Original Diet Protocol

Making variations of the protocol beyond the recommended program or adding lean ground beef or steak too often, or taking too many liberties with seasoning blends, and mixing vegetables or fruits not on the plan can be culprits. The original protocol is very specific and addresses American Beef as tending to hold more fat. So eliminate ground beef for a few days and switch to using only lean organic beef. Be a good student of your body and track your foods on your tracking tool. You will identify which foods in

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combination work best for you. We are all different. Also, make sure that your carbohydrate source (e.g., Melba toast) is just the right amount. You can even reduce this amount if need be or eliminate it if you are experiencing a stall.

4) Vary Your Food Sources within the Same Day

If you are in the habit of eating chicken breast at every meal, or otherwise the same kind of protein source, then substitute a different source for one of your meals. In other words, don't use the same kind of meat twice in the same day. This also goes for eating the same type of fruit or the same type of vegetable. Change them up and see how this can move you off of your plateau. Challenge your body and metabolism and don't let it get to comfortable.

5) Eat Enough!

If you think that eating less and less will be helpful, what you will find is that a too-low caloric intake will slow down your metabolism. You must eat the minimum daily amount of 500-750 calories to keep your metabolic rate just right for burning the abnormal fat from your body. When this rate goes too low, you will hit a plateau and stop losing weight. So eat enough according to your well designed plan, menu and protocol.

6) Here are my thoughts on plateaus:

- Fluctuations are common to the point of being normal in a weight loss program. Stay on the program, and the weight loss will kick back in to gear.
- If you are constipated, you will be retaining additional weight and fluid – making it appear like you are on a plateau. Take an over-the-counter laxative or ask your regular doctor. People with impaired kidney function need to be cautious with the choice of laxative. We recommend **COLON MAX**.
- Women who are having monthly cycles will frequently retain fluid for 2 days premenstrual and during menses. After the menses, this goes back to normal. Keep in mind that even with a hysterectomy, if the ovaries (even one of them) were preserved, you will still produce monthly hormonal cycles (until menopause) and will retain fluid, even if you do not have a menses.
- Men and women with a starting BMI over 30 are prone to retain fluid in their extremities, simply due to their body weight. Always weigh in the morning after your bowel movement and when fluid retention is less. Try to weigh the same time daily and with nothing on. Record this weight. Sometimes fluid retention can be an indication of sensitivity to certain foods. Be a Good Student of your Body!