



Continue Doing these

Daily Do's:

Drink Water: the rule of thumb is to drink half as many ounces of water as you weigh DAILY!

Example: for 150 lbs drink 75 ounces; 200 lbs drink 100 oz.

34 oz = 1 Liter so the average man needs **AT LEAST 2** each day.

Make Nutrition a Priority daily (eat greens, beans, mushrooms, onions, berries & seeds) Broccoli slaw, baby greens, riced/mashed cauliflower, asparagus, brussels Garbanzo=Humus (good veggie dip!), black beans, pinto, navy, etc. Thumbnail amount of any variety of COOKED mushroom (quercetins) Deep colored berries, frozen is fine: blueberries, blackberry, etc.

Raw almonds soaked in water for 3 hrs, sunflower, chia, flax, tree nuts, peanuts, *Walnuts* increase blood capacity to hold MORE OXYGEN, can help with fatigue and muscle pain.

SWITCH from white starches to brown, *eat these LAST*

Deep Breathing Exercises to increase aerobic respiration and lung capacity; also calms body Move daily: If you're not exercising then take a 20-minute BRISK walk.

Limited Fasting: Do not eat for a minimum of 12 hours daily (nothing from 10 pm to 10 am); to boost metabolism, occasionally increase duration of fast to 18 or 24 hours (a few times per month).

Daily Don't's

ELIMINATE: HFCS High Fructose Corn Syrup; it's poison. Everything that contains this should be considered poisonous.

ELIMINATE TRANS fats; these are artificial and remain solid at room temperature; these raise cholesterol and ARE NOT easily metabolized by the body (our enzymes work on cis-fats). Choose food that say NO trans fats!

ELIMINATE GMO products; most of these have been modified to allow toxic chemicals to be sprayed upon them without harming them. These chemicals DO HARM US! Choose "Non-GMO" when possible. Consider eliminating all processed and most prepared foods; if these contain ingredients which cannot be eaten alone (think chemical names: benzoates, polysorbates, sugar alcohols) then they should only be eaten in an emergency. Any ingredients made in a lab are generally NOT easily digested by the body and do not have strong nutrient value. Choose foods as close to how God made them as possible!

Consider Switching Dairy Milk to Almond or Coconut Milk

Weight Reduction Behavior Strategies

Weight reduction is a combination of two major components: what you take into your body and what you put out of your body. When you address these daily, keeping them in BALANCE, you can expect to achieve the ideal weight for your body type and frame. This report deals with thinking and behavior strategies to be used daily to structure a lifestyle which will keep you healthy in all aspects, not just your weight.

First: visualize yourself as strong and well as you have ever been, regardless of age. This is the version of yourself you are creating for your brain to hold onto. Your brain controls every other part of the body, consciously and subconsciously. In moments of emotional weakness, this first step can make you SO STRONG if you've got your head on "right". My best advice: pray to the Lord that He will create a vision of you which suits Him to accomplish His will through you. Ask Him to make it so strong in your spirit-man that your physical-man will easily comply with achieving this. Then, when He gives you an idea of what you can become- BELIEVE IT (don't push the possibility away, even subconsciously).

Second: Adjust your thinking about the food and beverages you ingest. Just like everything in your spiritual walk, embrace the concept that every morsel of food can accomplish God's will when you choose what is best. The devil has sold us lies that many things are "safe/good" for eating that are filled with poisons and contaminants. We can accomplish His will for how our bodies are created to operate by choosing foods that closely resemble the way He made them as possible. The best rule of thumb you must follow is this: read the ingredients. If the ingredients contain words that you do not recognize as being able to put a spoon (or fingertip) in to taste, then do not eat this. Avoid chemicals and contaminants (metal preservatives and complex

chemical modifications of ingredients). Taking things into the body which are against God's design for us to eat causes death quicker. Fat around the midsection in both men and women is an indicator that your body has been doing the right thing by insulating all your organs from the toxic debris coming out of your gut. As you lose weight, these toxins will slowly release from the body, therefore I do not recommend RAPID weight loss as too many toxins can pour out making you feel sick. If you have been drinking enough water, this can be avoided. As a biologist, I am alarmed at the crap the FDA says is safe. The lies the media wants you to believe if your overweight is that it's all your fault. If you knew what I knew, you would realize that the fault lies mostly with greed. Eat only things closely resembling the way God made them. In addition, make choices specifically for the purpose to what this food will accomplish in your body. **Proteins** build structure and provide essential parts for your metabolism; **Plants:** fruits, vegetables, beans, nuts, and seeds, provide the major and minor nutrients of vitamins and minerals to the body for all processes; **Fats** provide for major protection and communication (hormones, brain is like soft butter) to happen all over the body; and **Starches** (sugars, potatoes, bread, pasta, rice, corn, all grains) provide the starting fuel for metabolism and release sugar to feed the brain. Large amounts of dietary starch burn off first, inhibiting efficient metabolism for weight loss by preventing the stored fat in the body from getting started to burn off.

For weight loss, the ideal balance will be achieved by a diet consisting of healthy amounts of protein with mostly high-fiber, low-sugar plant foods being the bulk of what is eaten. Healthy fat options are important for good health, do not avoid fats. Choose small amounts of starch, early in the day to get your metabolism going (think avocado toast or healthy muesli type oatmeal with your eggs in the morning. Avoid white starches altogether except for potatoes. avoid eating starchy foods after 6 pm. More about specific food choices to come. Learn the medicinal/nutritive aspects of foods and eat them purposefully to accomplish God's will in your body.

Try to develop a routine for eating that is similar every day. The way the machinery burns most efficiently in the body is to run regularly. Therefore, do not starve yourself out during weight loss because this makes it harder!

Third: build more activity into your routine every place you can find it. If you can join a gym and go workout a few times a week, great. If not, then exercise for free wherever you are at least 3 days per week. Build up in your stamina until you are doing something ACTIVE for thirty minutes daily, every day by routine (When you have that half hour to kill on a road break, take a brisk walk around the lot-find a buddy to walk and talk with and soon you will be sharing what the Lord is doing for you with others). Find exercises that work which you can do throughout your day to maintain core strength and energy. Standing up from sitting without pushing on anything, stretching and isometric exercises around the house can be done upon rising and before going to bed. Spending 5-10 minutes per day doing a simple routine of these can enhance strength over time and reduce fatigue. Breathing exercises can make a big difference here to increase oxygen in your body, this boosts metabolism giving your cells more energy for their work.