

# Weight Loss, Don't Sweat It!



**master your weight**

It is important that we talk about body fat loss as this is a health goal of many people. This section explains a few tweaks that can be done for **a period of time** to accelerate your fat loss and can then be changed back to maintain your goal body fat range.

- Focus on eating protein and fats first. This will help to drastically reduce insulin production and sensitivity (which is responsible for fat storage) and will maximize hormone and thyroid activity that will lead to faster reduction of body fat.
- Eliminate all added sugars and white carbohydrates. This includes all flour-based and grain-based foods including breads, pastas, potatoes, rice, crackers and chips. Cauliflower is not something that you need to avoid, even though it is white. Eliminate Gluten.
- Reduce dairy in your daily diet. This will include yogurt, milk and cheese. The primary goal is to avoid the lactose (natural milk sugar).
- Use simple flavorings like Redmond Real Salt, vinegars and raw oils. Do not use regular salad dressings as they will normally have added sugars.
- Eliminate fruit from your daily diet. Fruit is unnecessary to achieve maximum health while losing body fat. We are not saying that eating fruit makes you fat. Eliminating fruit during this period of time will

accelerate your rate of fat loss. You can always return to your fruit consumption when you are done with your body fat loss time frame.

- For carbohydrates, focus on legumes (beans) and non-starchy vegetables. These need to be organic if possible, especially if they are canned. If they are canned, make sure to drain the canning liquid and rinse the beans/lentils before eating. Here is a short list:

- |                       |                                  |
|-----------------------|----------------------------------|
| • Green Beans         | • Peppers                        |
| • Peas                | • Broccoli                       |
| • Tomatoes            | • Cauliflower                    |
| • Garlic              | • Cabbage and Sauerkraut         |
| • Brussels Sprouts    | • Beans (all kinds and colors)   |
| • Lettuce (all kinds) | • Lentils (all kinds and colors) |
| • Onions              |                                  |
| • Sprouts             |                                  |
| • Zucchini            |                                  |
| • Avocado             |                                  |

- You must eat breakfast. This is important for an active metabolism and will contribute to a greater calorie burn throughout the day if done consistently.

- If you are becoming hungry and end up over-eating at your main meals, try eating every four hours. This will help to keep you full and will be delivering significant amounts of nutrients to your body. This will also help to stimulate metabolism and keep you in a consistent “fat reduction” mode. Just remember that when eating more frequently, your meals will be smaller.
- Eat slowly and eat until you are satisfied. Slow down and put your fork/spoon down to chew your food and blunt your insulin reaction to your meal. The faster you eat, the more insulin response you will get to your meal, even if it follows the special guidelines in this section.



After you have achieved the weight loss desired, then you can switch to a maintenance plan. Use the guidelines outlined in the Step 1 booklets in the free information kit. Many people like to establish a routine where they have a set meal plan throughout the week and designate one day per week as a “cheat” day, where you can eat a few things that you normally wouldn’t as a special treat.

After you have established your maintenance routine, should you begin to loose weight, simply go back to following the principles in this guide to get back down to where you want to be. Then re-evaluate your maintenance plan to and make adjustments so that you will be able to maintain your weight without having to revert back to the weight loss plan. Adjustments would be modifying your maintenance plan to be somewhere between where it is and the weight loss plan outlined here.

Over time you will zero in on your perfect plan and it will be completely customized to your preferences. It’s that simple, now you know how to master your weight!

"Scientific studies continue to show that following the Healthy for Life nutritional principles will help reduce cardiovascular risk." - **David Sim, M.D., Cardiologist**

"Thank you so much for providing me with the help I need to get my life and health back on track. Your products have made all the difference." - **JoAnn**

"Healthy for Life helped me lose weight and have more energy. I've also been able to get off cholesterol medication!" - **Delroy**

"I have so much more energy and feel better after one month on the Healthy for Life program." - **Jackie**

"In the first 30 days I lost 11 pounds and the arthritis in my fingers has disappeared. I feel I am getting younger by the day. My skin and nails have improved already. My appetite has finally come under control!" - **Judith**