

# The Five Rules

**Rule 1: NEVER EAT AFTER DINNER.**

**Rule 2: EAT 3 MEALS A DAY, and DO NOT SNACK.**

**Rule 3: DO NOT EAT LARGE MEALS.**

**Rule 4: EAT SOME PROTEIN AT BREAKFAST.**

**Rule 5: REDUCE THE AMOUNT OF CARBS EATEN.**

Richards and Richards promise that the Five Rules prevent and correct leptin, insulin, and adrenaline resistance, fatigue, and mood problems. The end result of not undertaking the rules is the inevitable failure to reach and/or maintain goal weight. Because the rules impact our brains at a core survival level, they apply to nearly everybody. Exceptions include growing youngster, elite athletes, and people with diabetes.

There is science (and good sense) behind each rule. **Rule 1: Generally, finish eating three hours before bedtime, never go to bed with a full stomach, and allow 11-12 hours between dinner and breakfast.** Surprisingly, our bodies use fat as a fuel in the hours just before we wake. About 9-12 hours after our dinner, our bodies access fat from the thighs, stomach and rear. The calories we burn during the day come directly from that day's food intake or are already in the blood. The only exception to this is during intense exercise. (After 40 minutes, aerobic exercise at a non-stressful heart rate causes fat stores to be metabolized.) If one eats before bed, the body is digesting, and leptin signals the brain that no energy is needed. The fat burning mechanism never comes into play.

Within **Rule 2, we learn that eating every 2-3 waking hours (snacking, grazing, and eating small meals) is counterproductive to having our goal weight.** This is because during the first three hours after a meal, insulin is in charge of storing the calories from the food we have eaten. Clearly, it is impossible to lose weight during this operation. That is the reason the rule directs us to eat every 5-6 hours.

Even low calorie snacks stimulate insulin release, not to mention waiting an hour after a meal to eat dessert. In this case, fat burning either ceases or never gets started in the first place.

**Some people may find it impossible to eat ever 5-6 hours and still function.** If this is you, eat four meals daily, every four hours. With regular exercise and some opportunity for fat burning to come into play, and health will improve. With time, the three meal plan can be adopted without having energy crashes between meals.

**Rules 3 says quit eating large meals.** The object of this rule is to improve metabolic efficiency by not giving the body more fuel than it can use. Over-filling the stomach is a well known stress inducer. In this context, habitual excess food at meals leads directly to leptin and insulin resistance. The amount of food eaten at a meal depends on the physical activity for that day.

One of the easiest techniques for reducing meal size is to *slow down* food intake. It takes ten minutes for the brain to realize you are full. Allow 30-45 minutes to eat. Taste the food. Chew thoroughly. If you just can't slow down your eating, take a five minute break in the middle of the meal. Stop eating before you feel full. Not only will you feel more energetic (and more satisfied) with less food, calorie intake is subtly being reduced.

**Eating a protein-based breakfast, per *Rule 4*, keeps the body in a calorie-burning mode.** It supports blood sugar levels in such a way that late afternoon energy crashes are minimized. Energy crashes are frequently the result of eating a breakfast with too many carbohydrates and very little protein. If you are leptin resistant and eat a high carb breakfast (juice, cereal, pancakes, a bagel, toast), overeating becomes the norm, particularly at night.

Interestingly, although carbohydrates and protein each supply the body with 4 calories of energy per gram, their effects on metabolism are very different.

Comparatively speaking, it is easy for the body to utilize fat (9 calories per gram) and carbohydrate. These foods increase the liver's metabolic rate by a mere four percent. On the other hand, protein is a much more complex nutrient. **A high protein meal can increase metabolism by 30 percent for as long as 12 hours, the equivalent of a 3-4 mile jog!**

Protein also helps solve fluid retention problems. Increase protein slowly and add regular exercise to bring your protein power to the max.

Lastly, ***Rule 5* instructs us to reduce the amount of carbohydrates eaten.** This means cut back *not* cut out the starchy and sugary carbohydrates. Taking the findings of the Harvard study about overweight and snacking (page 1) a step further, Americans actually eat double the amount of carbohydrates that the body is able to metabolize. This causes a big imbalance in the insulin (fat storage) – glucagon (energy mobilization) hormones.

Too many carbohydrates confuse the natural ebb and flow of leptin. For example, if too many carbs are eaten at lunch, you may find yourself ravishingly hungry at dinner. An excess of carbs keeps the body from going to its fat reserves for energy. Plus, excess carbs – even when they are fat free – are easily stored as fat.

**This does not mean no carbs.** Under the condition of insufficient carb intake, the thyroid turns off, electrolytes become deregulated, muscles dehydrate and weaken, growth hormone is not released correctly, the heart and the kidneys can become distressed, the digestive system doesn't work properly, fat is not burned efficiently, and one is left dissatisfied after eating. Carbs are essential.

**Richards and Richards recommend the "50/50 technique".** Have a palm size piece of protein and match it with about the same amount of starch. In other words, meat or a veggie protein pattie gets about the same size serving of bread, rice, potatoes, fruit or desert. Eat all the vegetable produce you wish, going easy on the peas, corn and cooked carrots. If you are going to eat dessert, skip the heavy starches in the meal (bread, rice, potato); otherwise, have only a bite of dessert.

**Last word on the last rule** is an easy way to determine if you are eating too many carbohydrates. Weigh in when you get up in the morning and then again before you go to bed. Compare. If, at night, you weigh more than two pounds over your morning weight – and you followed rules 1-4 during the day – then, you've taken in too many carbs that day.