



**You can lose up to 12 lbs without dieting and extreme workout!**

**Easy program to follow even if you are working full time!**

**Get in shape; restore your health in just 6 weeks!**

**Lower your Blood Pressure and Cholesterol**

### **Weight Control**

The key to long-term successful weight loss is making a healthy lifestyle change. Many other weight loss programs only want to sell you cases of (preserved) pre-fabricated foods, frozen dinners or meal-replacement products. The problem with these programs is that you learn nothing about the foods your body needs and nothing about how to make a healthy lifestyle change.

Our Program is based on a healthy diet of regular foods that you can buy in a grocery store. You don't have to count the calories; just follow our easy guide to making your simple meals.

Our program stands on three strong facts:

- **How to Eat**
- **What to Eat**
- **How to Exercise**

### **HOW TO EAT**

1. Take your time eating your food. Eat at least 20 - 30 min. Being in a hurry with your food makes you fat! The "full" signal is delayed. Eating too fast makes you eat more than your body wants, which makes you crave more next time.
2. Take smaller bites, cut up your food, including fruits and vegetables, into smallest pieces possible, and eat only one piece at a time.
3. Finish what you have in your mouth before you put something else in there. Put your fork down between bites.
4. Eat smaller portion sizes by eating on smaller plates (8" dia). Put less food on your plate with the intention of going back for seconds.
5. After you've eaten have a piece of rich dark chocolate (not milk chocolate) or piece of creamiest cheese you can find. This will keep you satisfied until the next meal.
6. Eat only at mealtimes. No snacks! If you follow the above mentioned rules you will not be hungry between meals. Even USDA agrees: "It is the total calories consumed rather than how much fat, carbohydrate, and protein we are eating; this is the major determinant of weight loss."
7. Eating less food makes you lose weight.-as you eat less food the size of your stomach shrinks. You eventually become full with less food.
8. If you are still hungry between meals, wait one or two minutes, take a glass of water and the hunger will pass. Practice your body and mind.

## WHAT TO EAT

1. If it's natural, it's okay. If it's processed, don't eat it.
2. Best foods: anything without a label and anything that comes from nature.
3. Food to avoid: Sound like that they came out of the Chemistry lab: food with Aspartame, Nitrite and Nitrate, Saccharin, Food dyes, Natural flavor, MSG, High-fructose corn syrup, Low and No fat food, Diet soda'
4. We are to eat a "balanced diet". Therefore avoiding all carbohydrates and good fat is a bad idea. There are good carbohydrates and bad carbohydrates, good fats and bad fats:
  - *Good carbohydrates: Whole wheat bread, whole wheat pasta, brown rice, potato,*
  - *Bad carbohydrates: White flour, white sugar, white rice, white flour pasta, cookies.*
  - *Good fats: Walnuts, olives, avocados, peanut butter, almonds, fish, whole milk, cheese, butter.*
  - *Bad fats: Margarine, fat from red meat, hydrogenated oils, trans fats of hydrogenated oils are found in processed food products, including low-fat product. They are put in product to extend shelf life.*
5. Adopt God's bible-based diet for maximum health (vegetables, fruits, grains and nuts).
6. If possible buy fresh food on Market place and Organic food as much as you can.

## EXERCISE

1. Do some activity that is great fun, It doesn't have to be painful or sweaty to benefit you.
2. Walk, ride a bike, use stairs instead of elevator, play your favorite sport, do gardening, clean the house, dance while you talking on the phone, watch less TV.

## MAKE YOUR MEAL:

<p><b><u>Breakfast:</u></b> Choose 2 foods from the list:</p> <ul style="list-style-type: none"><li>• yogurt, 1/2 CUP</li><li>• nut milk or whole milk, 1 CUP</li><li>• oatmeal or cereal, 1/2 CUP</li><li>• 2 eggs,</li><li>• tofu or cottage cheese, 1/3 CUP</li><li>• whole wheat bread, 1 SLICE</li><li>• 1 whole wheat waffle</li><li>• fruit smoothie, 1.5 CUP</li><li>• butter, 1 TEA SPOON</li><li>• sour cream, 1 TABLE SPOON</li></ul> <p>And add fruit (one medium peace or ¾ cup sliced fruit)</p>	<p><b><u>Lunch (all has to fit in 8" plate):</u></b> Fill your ½ PLATE with mixed salad and choose 2 foods from the list:</p> <ul style="list-style-type: none"><li>• beans or peas</li><li>• lentils</li><li>• tofu</li><li>• potato</li><li>• sweet potato</li><li>• brown rice</li><li>• whole wheat bread</li><li>• eggs</li><li>• fish</li><li>• whole wheat pasta</li></ul> <p><i>(Finish the meal with some decadent cheeses or a square of dark chocolate)</i></p>
<p><b><u>Dinner (all has to fit in 8" plate):</u></b> Fill your ½ PLATE with mixed veggies (raw or cooked) and choose 2 foods from the list:</p> <ul style="list-style-type: none"><li>• veggie burger, fish (or meat)</li><li>• brown rice, whole wheat pasta</li></ul> <p><i>(Finish the meal with some decadent cheeses or a square of dark chocolate)</i></p>	<p>Your long-term goal is to reduce to zero the amount of snack foods you eat. You have "arrived" when you only eat real food, only at mealtimes. And remember: <b><u>Eat slowly and no snacks! YOU CAN DO IT!</u></b></p> <p>To learn more about Natural Health and how to improve your wellbeing go to: <a href="http://www.3a-wellness.com">http://www.3a-wellness.com</a></p>