



WEIGHING LESS



BASIC WEIGHT LOSS eGUIDE

Wendy Myers

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Cover design + layout by Janean Lesyk

Wendy Myers
1239 N. Commonwealth Ave., Los Angeles, CA 90029
www.Liveto110.com



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INTRODUCTION

Hi, I'm Wendy Myers, CHHC, a certified holistic health and nutrition coach in Los Angeles, California, specializing in weight loss.

I wake up every day excited to learn and write about nutrition, share it with my readers through Liveto110.com, and teach my clients how to live a healthy and disease-free life. Nothing makes me happier than to have a client walk through the door exhausted, overweight, depressed and sick, and give them the knowledge to transform themselves into a renewed, healthy person. I am truly blessed to have found my calling. I love what I do.

Have you tried everything and feel you need one-on-one help and motivation to reach your weight loss goals? I would be happy to help you get results. Contact Me for personal weight loss coaching.

Congratulations on deciding to take control of your weight and your life. There is no time like the present!

Like most people, you likely have been frustrated in your attempts to lose weight in the past. You have now found a solution based on the best nutritional knowledge and science I have learned over the last ten years.

With my plan, you will have the tools to overcome the obstacles that are preventing you from successfully losing weight. The path to your slender, healthy, energetic self is not impossible or outrageously difficult, but it requires that you consistently follow a simple plan for a period of time.

Does your weight feel out of control? Are you overwhelmed by all the competing weight loss programs you see?

There are lots of ways to lose weight, but I've found that diets and fasts don't work in the long-term because fasting and low calorie (nutrient deficient) diets cause your metabolism to slow and regain your lost weight plus more when you're done with the diet.

You must adopt lifelong healthy eating habits if you want to be slim and healthy. First, you must start with the basics. The Live to 110 by Weighing Less eGuide will give you great basic tips on how track your results. I give you some Quick Start rules, tips on how to have effective eating habits, how to conquer cravings, the best diet to lose weight, fitness, and stress reduction techniques. These tips are all vital to lose weight and keep it off!

If you try all of the tips in the Live to 110 by Weighing Less eGuide and you still are having trouble losing weight, you need to take the next step and get my book (available soon) *When Diet and Exercise are Not Working: A Step-by-step Plan to Eliminate Your Roadblocks to Weight Loss*. This book will address health issues, toxins that make you fat and other roadblocks that could be the cause of your inability to lose weight. It's not all about calories – not by a longshot. It will also reveal a recently discovered secret about how to increase your metabolism permanently. The book is filled with the absolute latest research and techniques to lose weight. Since you are now subscribed to the Live to 110 Newsletter, I will let you know as soon as the book is available.

Let's start with the basics. The Live to 110 by Weighing Less eGuide is a mini-tool kit that contains the diet, the tools – the basic foundation – you need to lose that stubborn weight. Let's get started! §

THIS PROGRAM IS FOR YOU, IF YOU HAVE...

STRUGGLED WITH:

- Yo-yo dieting
- Fad diets (like soup diets or raw food)
- Losing weight only to gain it back
- Emotional eating
- Unstoppable cravings
- Fatigue
- Insomnia

TRIED THESE RIGID DIETS:

- Counting calories
- Counting carbs
- Fasting
- Measuring your food
- Eating frozen or pre-packaged plans
- Memorizing + counting points



TRACK YOUR RESULTS

Studies on weight loss demonstrate that tracking your results increases weight loss. Studies have shown that just the act of consistent measurement and food tracking increases your likelihood of losing weight!

The act of measuring your actions makes you more conscious of what you do each day. This is the first step in making changes in your life. Time to buy a weight loss and food journal!

Four Steps to Track Your Results

Step 1: Take a picture of yourself RIGHT NOW. Take a picture of you from the front, back, and side.

Step 2: The scale is the easiest way for you to measure results. You must get a scale and weigh yourself regularly to keep tabs on weight gain or loss. Tomorrow morning weigh yourself and write it down. Then do this once a week and record your weight. Note that your weight will fluctuate due to water retention from hormone levels or salt and carb intake. Don't let an increase of one or two pounds discourage you. Week to week you will see the downward movement you are seeking. If you strength train, you will probably gain muscle (which weighs more than fat) so take this into account if the scale isn't moving as fast as you'd like. That muscle burns fat!

Step 3: Take your arm, waist, hip, and thigh measurements. If the scale isn't moving, your body measurements will keep you motivated. Take the measurements once a month and record them in your weight loss journal.

Step 4: Keep a food journal. There are many great online trackers you can use and even easier apps for your mobile phone. Studies show that people trying to lose weight who keep track of what they eat are more successful than those who don't. It's easy to eat too much or eat the wrong things too many days in a row if you aren't keeping track.

Start TODAY. Make the decision to do it NOW.

As early as four weeks from now, you will be able to SEE a big difference.

You could lose 5-20 pounds in this period of time. The first month usually sees huge results, though the following months will see a more realistic weight loss of 5-10 pounds per month.

Below is what five pounds of fat looks like! Imagine what it would feel like to have two of these fat blobs trimmed off your waist.
How would that feel? §





QUICK START RULES

The 15 Habits of Highly Effective Eaters and Modern Paleo Diet in the next sections are amazingly effective because they help reverse the hormonal imbalances that cause you to be hungry and powerfully reduce cravings.

Some people are unable to adopt all 15 rules or the Modern Paleo Diet right away. This is perfectly okay! Evolution takes time! Start with these 6 less restrictive Quick Start Rules. They allow you to take things at your own speed and graduate to the next steps at your own pace. Even if you only follow the Quick Start Rules you will lose weight!

Quick Start Rule 1: Stay away from Empty Carbohydrates

This is the most important rule! Avoid white carbohydrates (flour, pasta), sodas, fruit juices – basically any fruit, vegetable or grain no longer in its whole food form. This means no sugar. No white flour – whole grain only.

Quick Start Rule 2: Limit Grains to One Serving a Day

This means one bowl of whole grain cereal or oatmeal, whole wheat bread, whole wheat flour tortilla or whole grain pasta. The eventual goal is to eliminate grains altogether except for white rice. White rice is actually better for you than brown rice! The germ of the rice and grains contain toxins that are not good for us. White rice provides a clean starch for body and brain fuel. So do potatoes.

Try to replace grains with vegetables and potatoes whenever possible. I usually recommend 1lb (.45 kg) each of vegetables and potatoes (sweet potatoes, potatoes and tubers) per day. Ideally, I'd like you to avoid all grains, except white rice, according to my Modern Paleo diet, but we have to start with small changes and work from there.

Quick Start Rule 3: Eliminate Trans Fats

Eliminating trans fats goes a long way to eliminating processed foods and fast foods – which contain flour, sugar, and MSG – all contributors to weight gain. Look for these ingredients on the label: partially hydrogenated oil, hydrogenated oil, and interesterified fats.

Quick Start Rule 4: Eat Lean Protein at Every Meal

Make sure to include an animal protein source for your first meal of the day. This kicks your body into fat burning mode. I tend to avoid protein powders. Nothing can rival the nutrition found in whole foods.

Quick Start Rule 5: Eat 5 Servings of Vegetables a Day. Limit Fruit

Make this convenient by having veggies around the house and for snacks you take to work. Try not to eat more than one serving of fruit a day, as fruit contains a lot of sugar. Eat low sugar fruits like berries, green apples and green tipped bananas.

Quick Start Rule 6: Don't Eat Anything at Least 3 Hours Before You Go to Sleep

Anything you eat before bedtime increases your insulin levels (the hormone that instructs your body to store fat). No matter what you eat, it will be stored as fat.

Easy! These 6 Quick Start Rules alone will help reverse most of the hormonal imbalances causing you to only burn your food for energy and get your body into fat burning mode. Time to flip the fat switch and burn that fat! §





15 HABITS OF HIGHLY EFFECTIVE EATERS

Trim and fit people are successful not because of good luck or family heritage (for the most part) but because they have adopted effective eating habits. They do things differently than the rest. To be a Highly Effective Eater, you must adopt the habits of success.

Stephen Covey's theories on learning from the habits of successful people in his book, *The Seven Habits of Highly Effective People*, suggest that by emulating the habits of successful people, anyone can enjoy the life he or she desires. Learn these 15 habits, adopt the habits, practice the habits, and enjoy the success.

Habit 1: Drink Water

Hunger is often confused with dehydration. Next time you feel like a snack, have a glass of water. Even mild dehydration can alter our body's metabolism, so aim to drink 3 liters/quarts a day and limit soda, caffeine and alcohol. It is also agreed that drinking water before meals can help promote weight loss.

One study found that participants who drank 2 glasses of water before each meal felt fuller and ate less. You must drink spring water, preferably in glass bottles. Filtered water is second best – depending on the filtration method, many toxins may not be filtered from the water. Reverse osmosis water is effectively filtered but doesn't hydrate as well as spring water. Carbon filtration is good for hydration, but doesn't filter hardly any toxins. Tap water is contaminated by 500 chemicals, including medications, parasites, industrial chemicals, heavy metals, pesticides, etc. It's nasty stuff. Remember that all bottled sodas, teas, and beer are made with this toxic tap water.

Habit 2: Eat Carbs - Real Carbs!

Replace refined carbohydrates like white bread, pasta, bagels, cereal and pretzels with complex carbohydrates from fruits, vegetables, white rice, potatoes, nuts, seeds and legumes. Vegetables are high in fiber, which slows digestion and promotes stable blood sugar levels. However, you can't go too crazy with fruit – limit to one serving a day as it has a lot of sugar. Stick to low sugar fruits like berries, green apples and green tipped bananas. Whole grain carbohydrates should always be chosen over refined varieties if you eat them. Grains are the least nutritious food you can eat, so work towards excluding them from the diet and try to eat veggies and potatoes instead.

Habit 3: Choose Healthy Fats

A common misconception is that fats should be reduced to lose weight. That is so 90's. In reality, it is the EXACT OPPOSITE. We could not live without fat. The body utilizes dietary fat for energy, health of hair, skin and nails, and vitamin absorption. Every cell in your body uses fat, including your brain, which is 60% fat. Good fats promote health benefits such as protection against heart disease, cancer, Alzheimer's, and depression, as well as reduced blood pressure and lower cholesterol. You must cut back on unhealthy fats to lose weight. Unhealthy fats cause inflammation that is the underlying cause of obesity and disease. These bad fats include vegetable oils (olive oil is ok), trans fats (in all fast food), partially hydrogenated oils (in most processed food), fried foods, and margarine.



**YOU'RE LIKELY
DUE FOR AN
OIL CHANGE.**

A fat oil change! Choose sources such as organic grass fed meats, tree nuts, seeds, fish, fish oil supplements, avocados, bone broths, raw full-fat dairy, raw organic grass fed butter, organic eggs, extra virgin olive oil, and coconut oil.



BEST SOURCE OF CARBS

The best source of high quality carbohydrates that give you energy, without negative side effects or weight gain, is VEGETABLES. So eat at least five servings of vegetables per day.

PROTEIN IN EVERY MEAL

Protein slows down the digestion of sugars and burns calories during digestion. It also keeps you satisfied much longer, leading to less hunger and cravings later in the day. Sugar and carb cravings are a sign that you're not getting enough protein.



Habit 4: Emphasize Lean Proteins

Our bodies require protein to continuously renew and replenish our cells, stabilize our blood sugar, and give us energy. Our bodies are literally made out of the amino acids that make up protein in our food. Many foods contain protein, but the richest sources include animal products like meat, dairy, eggs and fish. Plant sources like beans, nuts and seeds do contain proteins but we don't absorb protein from plants very well. When choosing animal protein sources, be conscious of the way the animal was raised and what it ate. Grass-fed beef and pastured chicken are healthier and more ethically sound choices than feedlot meats found in most restaurants and fast food. Aim to eat one half pound (.22 kg) to 1 pound (.45 kg) of fresh animal protein per day.

Habit 5: Eat Breakfast

Eating a healthy breakfast reduces hunger throughout the rest of the day, therefore decreasing the likelihood of overeating and making poor food choices at lunch. By eating a hearty breakfast, you'll give your metabolism a jumpstart and be in better control of your cravings. When we miss our first fuel of the day, by mid-morning we are hungry and more likely to engage in mindless nibbling, snacking, over eating and over-compensating for any calories 'saved' by skipping breakfast. Studies repeatedly show daily breakfast consumption is associated with maintaining a healthy weight. This is due to fact that overweight people tend to skip breakfast and skew their calorie consumption towards the end of the day. But if you're not ready for breakfast early in the morning, listen to your body and eat when you feel it's best for you.

Habit 6: Eat Structured Meals

It's important to balance your food intake throughout the day by eating structured meals to help maintain normal blood sugar and decrease the chances of bingeing when hunger strikes. Feeding your body on a regular basis lets it know food is available and it's okay to burn energy rather than conserve and store it as fat. This is exactly what happens when you starve yourself or skip meals. How many meals you eat a day is dependent upon your body type, diet, and activity level. For most, it is best to eat three structured, planned meals a day with no snacks. Athletes need three meals a day plus snacks in between. Experiment and do what works for you. Eating three meals a day is something you can easily do for the rest of

your life and will ensure compliance and success. Eating six meals a day (as is fashionably recommended for weight loss) may increase your metabolism, but it's not practical for most people. It should be considered a short-term eating program. Six daily meals puts a lot of stress on your digestive system, which needs rest like all the body's systems. Do what works for the long-term. More importantly, listen to your body and don't eat if you're not hungry. Eat just enough food to get you to the next meal.

Habit 7: Exercise

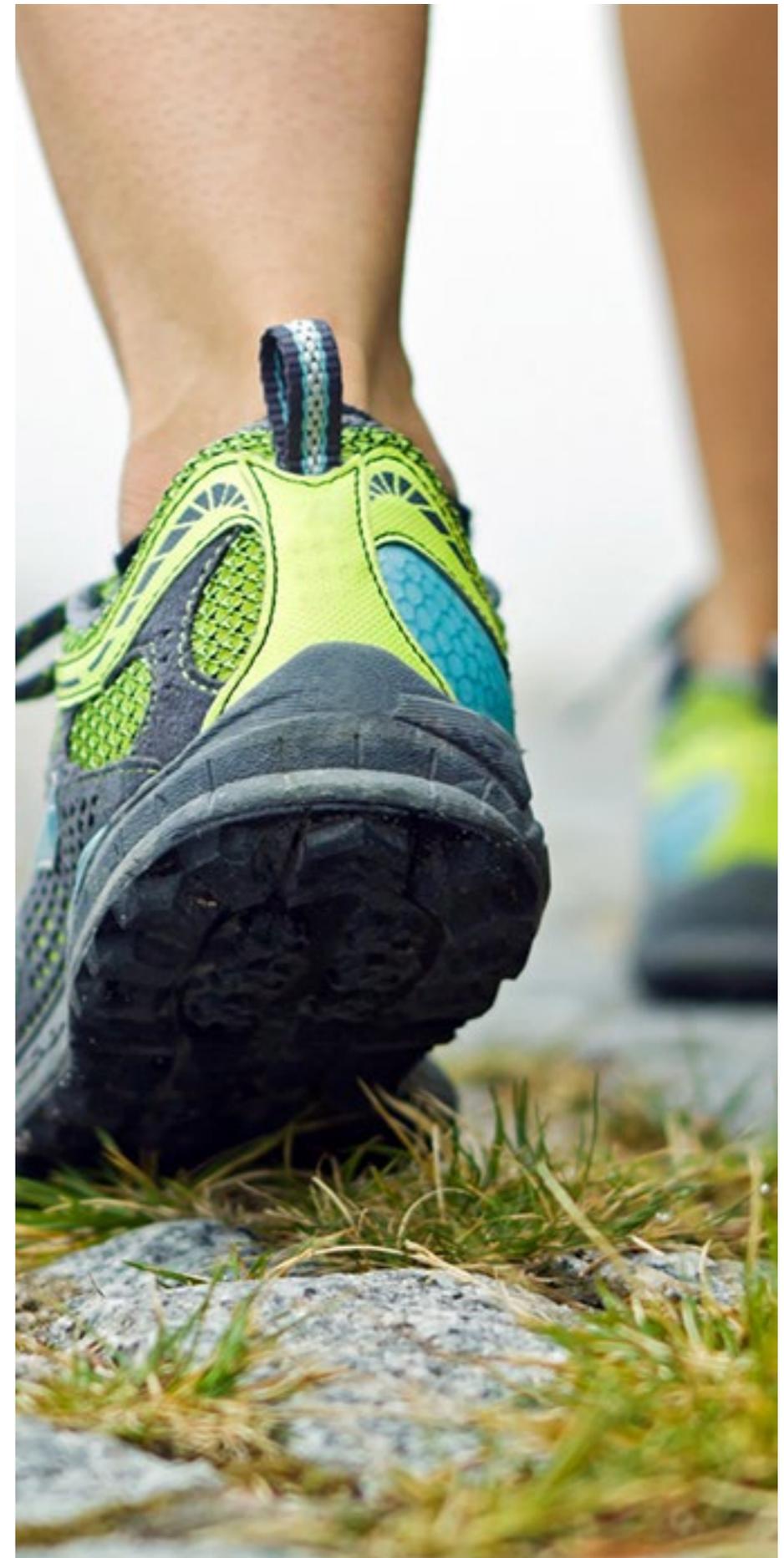
Exercise metabolizes stress hormones (less cortisol = less insulin = fewer fat deposits) and keeps blood sugar even, resulting in fewer binges or snacking. Exercise should be used in moderation, with time for rest in between strenuous workout days. It's nearly impossible to burn off a high calorie diet with exercise. Believe me, I've tried it! It takes a lot of time and puts too much strain on the body. The secret to a healthy weight is 60-70% diet. But you still have to workout to maintain your weight loss and be healthy! Experts agree that you should ideally work out no more than four days a week for an hour each day.

Habit 8: Sleep 7-9 Hours

Research shows that those who sleep 5 hours or less weigh 5 pounds more on average than those getting at least 7 hours of shut eye per night. Over time, weight increases more rapidly in those who get 5 hours of sleep when compared to those getting 7 hours. Lack of sleep disrupts circadian rhythms and can lead to inefficient body regulation of energy balance, metabolism and appetite. Abnormal leptin and ghrelin levels – hormones that tell your body “I'm full, stop eating” – can go awry with too little sleep. Lack of sleep signals a stressor to the body that raises your cortisol levels. Cortisol is another hormone that will put on the pounds. Said simply – sleep more, eat and weigh less! Strive for 7-9 hours of sleep each night.

Habit 9: Learn to Cook

Cooking meals at home allows you to control portion sizes, the quality of ingredients, and cuts your intake of sodium, bad fat and calories. Try to reduce frying foods by learning to roast or bake, and eat more raw foods to boost flavor and cut calories. Use herbs and spices to reduce salt intake. Use colored (unbleached) sea salt as it is more compatible with your body and provides vital minerals.





STAY AWAY FROM TRANS FATS

These will wreak havoc on your hormonal pathways, shutting down your fat burning metabolism, and preventing you from losing weight. Don't eat fast food meals or fried foods (french fries, doughnuts, chips) as they use low quality oils cooked at extremely high temperatures that turn it into trans fat. Trans fats are clearly labeled on all food packages. Even if a product says no trans fats, this is no guarantee; you must check the food label. Look for the words partially hydrogenated oil, hydrogenated oil, and interesterified fats. If the food contains these ingredients, it contains trans fats.

Habit 10: Investigate What You Eat

Be a food detective and investigate what you choose to put into your body. Check labels and avoid ingredients such as sugar, artificial flavoring or coloring, trans fats (partially hydrogenated oils), MSG, high-fructose corn syrup or long chemical names that are hard to pronounce. You should only eat foods with five or fewer ingredients on the label. The healthiest foods are those found just as nature intended – whole and unprocessed. Don't eat anything your great-grandmother would not recognize as food.

Habit 11: Do the 90/10 Diet

This means eating 90% of what you should be eating and 10% of what you should NOT be eating, i.e. sweets, sodas, grains. It's impossible, except for the most disciplined to eat perfectly all the time. Invariably, you will find yourself in a pinch and make poor eating choices. You can have one cheat meal a week or one or two small desserts a week and still lose weight. I tend to eat well all week and reserve my cheat day for Sunday. Do what works for you.

Effective eaters rarely report eliminating foods. If it's something they crave, they enjoy a little taste. They know that simply eliminating foods they absolutely love will only set them up to fail when the temptation is too great. Instead, effective eaters know that it's okay to indulge every once in a while. They savor those moments instead of sucking down the food as if they're afraid it's the only time they'll ever see it again.

Habit 12: Eat the Right Kind of Calories

Even if you eat 2000 calories or less a day you can still gain weight if the calories are foods that negatively impact your hormones. These include sugar and grains like pasta, bread, or too much fruit. You can also gain weight if your diet is too heavy in complex carbohydrates like whole grains. Don't think you can go crazy with these 'healthy' carbs either.

All these foods cause your blood sugar to spike, which results in insulin secretion. Insulin is the hormone that signals your body to store fat. The more carbohydrates you eat, the more insulin you secrete, the more fat you store. Some people are particularly sensitive to carbohydrates and have to cut them out completely to lose weight.

Habit 13: Listen to Your Body

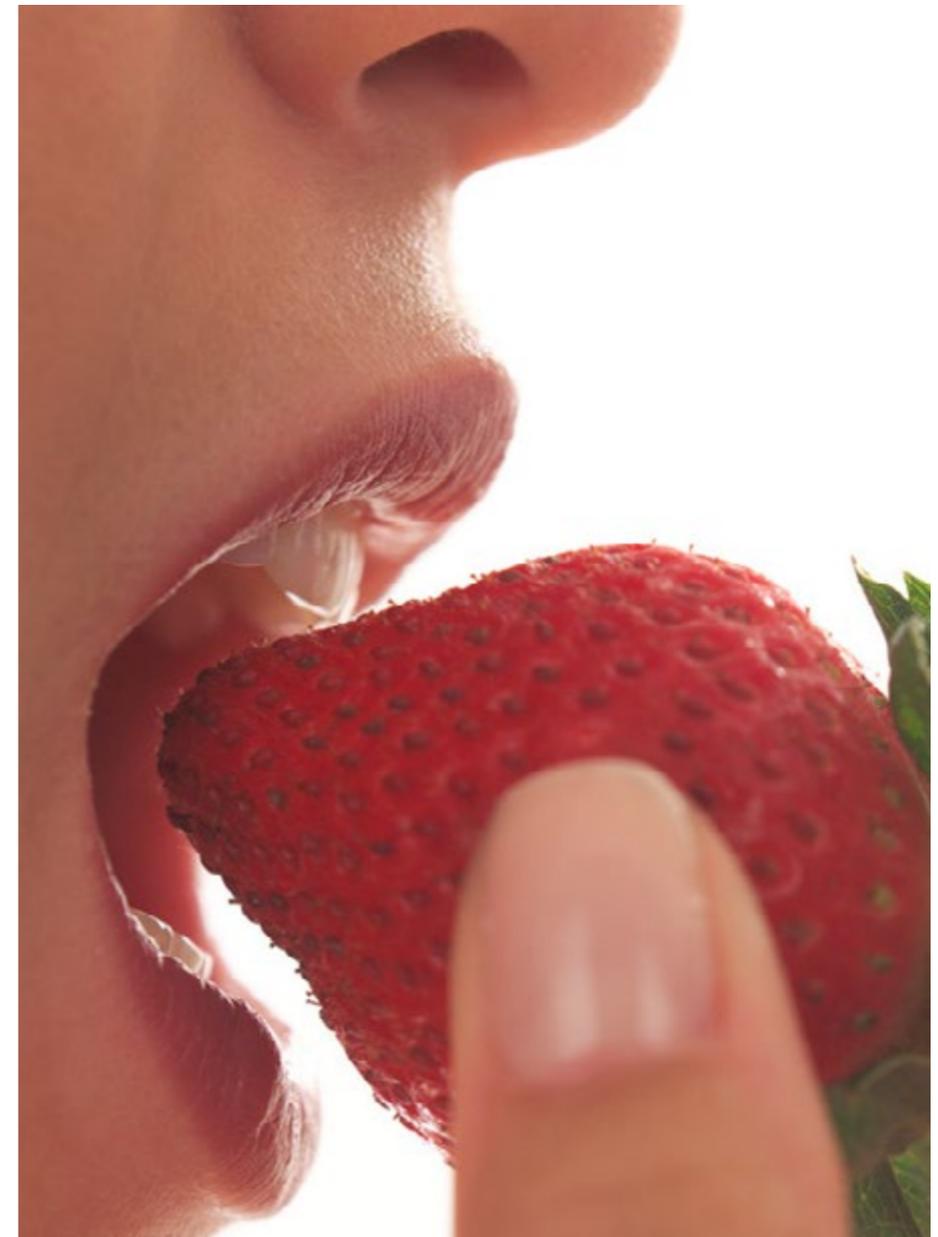
People that are a healthy weight learn to listen to their body and give it what it needs. Only your body knows what it needs at every moment. What should drive your food choices are your senses of smell, taste, desire for a particular food and a sense of satisfaction after eating it. So, when your body needs a particular mix of nutrients, it will give you a desire for a particular food, which contains just that right mix; this particular food will smell divine to you and taste wonderful, and you will feel satisfied after eating it. But in an hour or two the needs of your body will change, and that particular food will not be appealing anymore for you; instead you will have a desire for another food, which nutritionally will serve you correctly for that particular moment of your life. Eat the foods your body is craving, apart from unhealthy foods. Unhealthy cravings (for sweets, carbs, etc.) are driven by factors that are not nutritional in nature. Listening takes practice.

Habit 14: Eat Every 4-5 Hours

Eating every 4-5 hours keeps blood sugar even. When we go longer than 4 hours without eating, our levels of the stress hormone cortisol rise. And high cortisol levels signal the body to store fat in the abdominal region. People who skip meals have the highest cortisol levels of all! If your blood sugar drops too much because you wait too long to eat you're more likely to binge. If you eat too much, your blood sugar will spike, then quickly drop too low, causing you to think you're hungry and want to eat again too soon. This is the vicious cycle most people experience. Cravings for sweet foods and carbohydrates are common amongst people with unstable blood sugar levels who eat a lot of processed foods and 'white foods' (sugar, white flour pasta, white potatoes, white bread, too much white rice). As long as you eat these foods you will be trapped in blood sugar spikes and dips cycles, causing you to want to eat before mealtime. It takes time to normalize blood sugar. The most effective way to deal with it is to increase your fat consumption, particularly animal fats.

Habit 15: Don't Eat 3-4 Hours Before Bedtime

Anything you eat, even healthy food, a few hours before bedtime causes a surge in insulin and causes you to gain weight. Not eating after dinner induces a fast that switches your body into fat burning mode. If you eat after dinner, your body will burn that food for energy and never kick into fat-burning mode. Fasting after dinner is vital for your health as well as your waistline because the energy you spend digesting is energy taken away from detox and repair. Ideally, try to get your entire food intake within an 8 hour period during the day. The rest of the time you'll be burning FAT. §



EAT SLOWLY

Eating too quickly can cause your blood sugar to spike and result in you eating increased portion sizes since your brain hasn't had time to register that you're full. Two strategies that work include chewing each bite at least 15 times AND dividing your plate into 3 sections and then wait one minute after eating each section.



THE MODERN PALEO DIET

Do you eat healthy? Be ready and willing to reevaluate your eating habits. A lot of clients that come in to my practice think they eat healthy.

According to a survey of 11,000 people conducted by Thomson Medstat, 75% of obese people believe they eat a healthy diet. Upon further analysis, their diet is invariably filled with high glycemic foods, unhealthy fats, sugars, low protein, and constant snacking. In other words, the perfect recipe for obesity.

Have you ever wondered why two-thirds of people are overweight and that 50 percent of people in the US get cancer? Their diet is one of the main reasons. Most are eating a diet far out of line with what are bodies are genetically and evolutionarily designed to process. Our bodies cannot handle many modern dietary staples like grains very well, if at all.

The Modern Paleo Diet

Evaluate if you are eating healthy by comparing your diet to my Modern Paleo Diet. Here's the diet in a nutshell:

- Eat 10-30% animal protein
- Eat 70-80% plant foods [1 lb (.45 kg) veggies, 1 lb (.45 kg) potatoes per day]
- No grains except white rice
- Limit or eliminate fruit
- Eat only raw full fat dairy, but eliminate if you are sensitive to dairy
- Eat healthy fats
- Drink only water, coconut water, veggie juice, tea, or fermented drinks like Kombucha. One cup of coffee a day is okay. Drink 3 liters/quarts of water per day.

- No trans fats
- No fried foods
- No sugar
- No artificial sweeteners (except Stevia, Lakanto, Xylitol)
- No MSG
- No gluten (No wheat, barley, rye, oats)
- No soy
- No processed foods
- No fast food

What is Paleo?

The Paleo diet tries to emulate eating like a caveman – the diet our bodies are evolutionarily designed to eat. This kind of diet is also referred to as Primal and Ancestral. There is a mountain of evidence supporting this diet. We know what these hunter-gatherers ate. When you eat the diet we have evolved to eat over the last 2.6 million years, your health and energy will soar. And your weight will normalize to the level it was meant to be.

Paleo is short for Paleolithic. The Paleolithic era is the time period from about 2.6 million years ago to the beginning of the agricultural revolution, about 10,000 years ago, when we began cultivating grain and domesticating animals and milking them. Evidence shows that health deteriorated substantially and disease ran rampant with the introduction of grains into the diet. We even lost an average of 5 inches of height due to malnutrition!

Loren Cordain was one of first proponents of the Paleo diet. He wrote the first book on Paleo, aptly named The Paleo Diet. He theorized that the diet the caveman were eating held a clue to what our bodies were evolutionarily designed to eat and that this could hold promise in resolving the world's health and obesity crises. Since The Paleo Diet's publication in 2001, there has been a lot of research and improvement upon the Paleo diet that make it much healthier and less restrictive.

There are now more than 12,000 websites dedicated to Paleo. This popularity lies in the fact that so many people are having profound turn arounds in their health and weight after adopting this diet. While my health wasn't poor, it dramatically improved upon adopting the



IN THE WORDS OF LOREN CORDAIN

“The Paleo Diet is the unique diet to which our species is genetically adapted. This program of eating was not designed by diet doctors, faddists, or nutritionists, but rather by Mother Nature’s wisdom acting through evolution and natural selection. The Paleo Diet is based upon extensive scientific research examining the types and quantities of foods our hunter-gatherer ancestors ate.”



Paleo diet after a two year stint as a vegetarian and vegan – which caused me health problems due to inherit nutritional deficiencies in these diets. Based on my results, I couldn't help but share this valuable information with you.

The Diet

The basic premise of the Paleo diet is simple: Eat whole foods. Avoid processed foods. This is one of the many aspects that make the diet so popular. Its message is simple.

There are many misconceptions about the Paleo diet. It's mainly comprised of vegetables. It can be a high animal protein diet, but you must experiment and find for yourself the amount of animal protein you require. Everyone is different and has differing needs based upon their age, health status and other factors.

In a nutshell, the Paleo diet consists of grass fed or free range beef, pork, lamb, poultry, game meat, fish, seafood, fresh fruits, vegetables, seeds, nuts, and healthful oils (olive, coconut, avocado, macadamia, walnut and flaxseed). These foods are high in the beneficial nutrients required for health, including soluble fiber, antioxidant vitamins, phytochemicals, omega-3 and monounsaturated fats, and low-glycemic carbohydrates.

I revamped the original Paleo diet stipulated by Loren Cordain in light of new research on the diet of ancient man. Thus, the Modern Paleo Diet was born. Recent studies show that ancient man ate a lot of his diet in the form of potatoes and tubers. We also have another problem. Ancient man ate fruit, but it does not even closely resemble the high sugar fruits we eat today. For this reason, I recommend you eat only low sugar fruits like berries, green apples and green tipped bananas. Additionally, even though ancient man did not eat dairy, about 50% of the population have adapted to this food. You simply need to find out if dairy work for you. These are the main differences in the Modern Paleo Diet vs. the traditional Paleo diet above.

Grains, legumes, vegetable oils, refined sugars and processed foods were not part of our ancestral diet. Most of these foods are low in nutrients and contain toxins that can contribute to malnutrition and disease. They are proven to be positively correlated to disease, inflammation and obesity.

Muscle meats are the most nutritious food (after organ meats) based upon our biological needs, according to Mat LaLonde's Kraken Index of Nutrients that rates the nutrient density of food. Dr. LaLonde, a Harvard researcher, ranked foods according to essential nutrients that we must eat from the diet because the body cannot make them on its own. This makes much more sense than the random assignments of nutrient values in other nutrient indexes. Food Indexes logically should be based on the nutrients that are essential for our health.

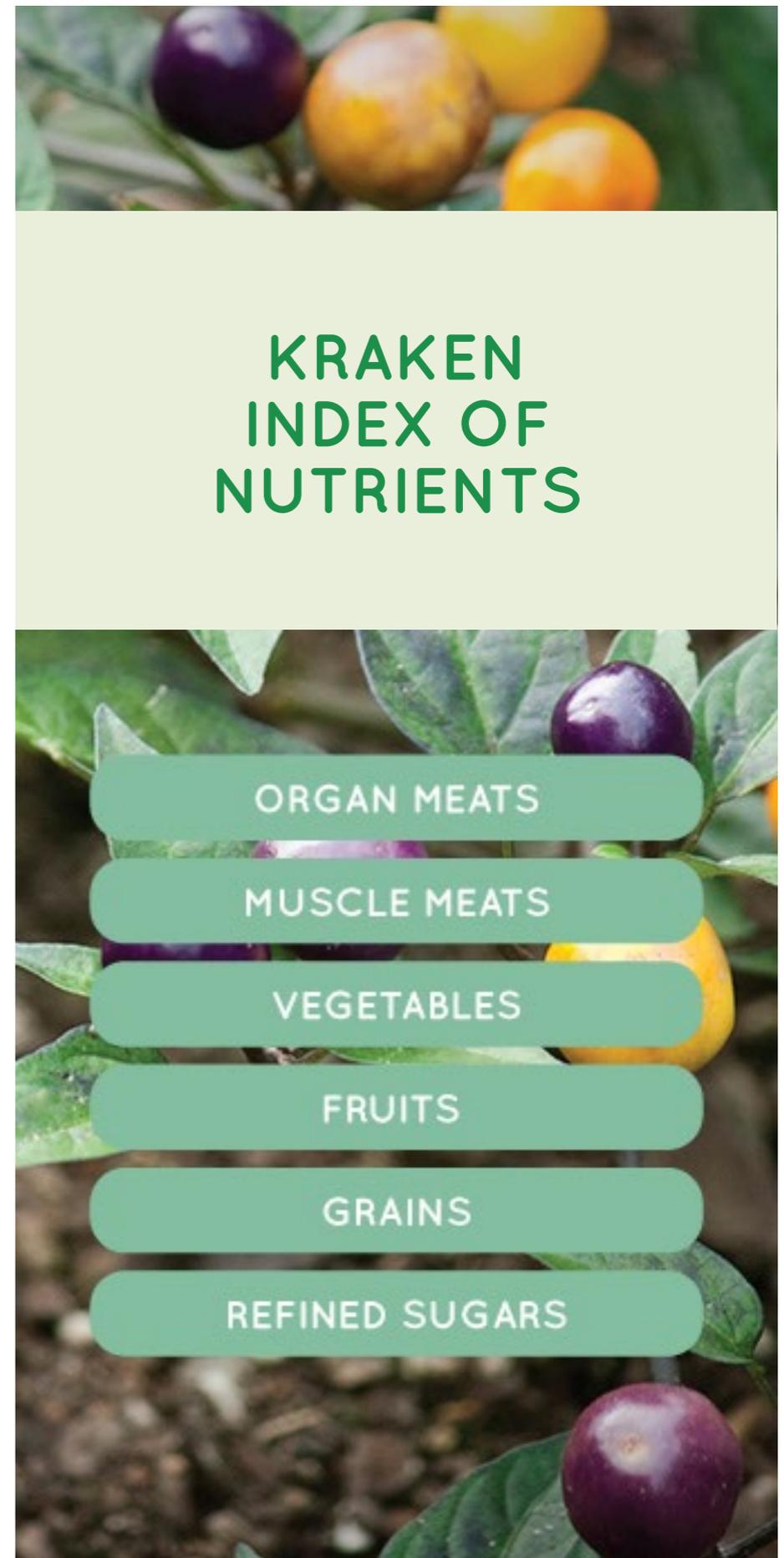
Vegetables come in after muscle meat. Surprising, huh? This is why the Paleo diet confers such amazing health benefits. Please keep in mind that the graphic below represents food groups as a whole. Some veggies (like kale) rate as high as muscle meats. To the right is a break down of the most nutritious foods to the least nutritious according to the Kraken Index of Nutrients.

I know what you're thinking. The Paleo Diet is a very short list of food! You will be surprised at how many foods you can eat and how much you'll enjoy this diet once you begin to experience the results. Your energy will soar, health conditions will begin resolving and you'll lose weight. I began sleeping better, rashes went away, I became more mentally stable, I lost weight, cravings have vanished (uh, for the most part) and my adrenals and thyroid are healing. You will become addicted to the Paleo diet because of how it makes you feel and the results you will see in your health when you eat a nutritionally complete diet.

Modern Paleo Diet Modifications

Humans would not have survived if we did not adapt to eating new foods in our environment. Many can tolerate relatively new foods like dairy and grains like rice. These foods only showed up with the domestication of animals and agriculture about 10,000 years ago. Some people are perfectly healthy eating these foods, but many are not. For instance, it is estimated that only fifty percent of the population can tolerate dairy.

Many can tolerate grains like rice. However, most cannot tolerate gluten (a protein in wheat, oats, rye, and barley) – even people that are not considered gluten sensitive or present with symptoms of intolerance. Most can tolerate grains in small quantities – not as staple in the diet. Rice can be a healthy food, but not as part of every meal. If you do include these relatively new foods into your Paleo menu, they should be kept to a minimum.





The basic Paleo diet is merely a guideline that you have to adjust for your personal preferences and tolerances. This is why I propose The Modern Paleo Diet – the Paleo diet adjusted for our modern diet. Scientific evidence shows that some tolerate relatively new foods just fine and they need not be excluded from the diet.

Weston A. Price

One should not think of following the Paleo diet to the letter, but instead follow The Modern Paleo Diet, which includes healthy foods from traditional people – foods on the Weston A. Price diet. Weston A. Price was a dentist who studied the health and diets of traditional and tribal people. He documented the nutritious foods traditional people ate that conferred nearly disease-free health and healthy weight. These foods have high nutritional value and should not be overlooked simply because they're not Paleo. They include raw dairy and butter, fermented grains, fermented vegetables and some potatoes and tubers, i.e. sweet potatoes.

Paleo is not a one-size-fits-all approach. You need to think in terms of using the Paleo diet as a base upon which to build. Everyone is different and has to adjust the diet to meet his or her personal budget, needs and preferences.

Don't panic if you can't afford grass fed or organic meats. You'd be surprised how cheaply you can get grass fed meats if you buy in bulk from an online retailer like US Wellness Meats. The idea is to aim for eating grass fed, as it confers greater health benefits, but don't sweat it if you're not able to eat grass fed all the time. It's okay if you cheat occasionally. It's almost impossible to eat perfectly Paleo in our processed, fast food environment. It's about balance. Try to think in terms of eating the core Modern Paleo diet 90 percent of the time.

People believe eating whole foods is limiting, but it isn't. It may take time to adjust, explore new foods, and incorporate these foods into your diet. For some, it's simply a matter of nixing foods that aren't healthy. It's very important to understand the basic principles behind this ancestral, whole food way of eating. The Modern Paleo Diet is the main component of your plan to lose weight. §





CONQUER CRAVINGS

Many people view cravings as weakness, but they are actually important messages meant to assist you in maintaining balance.

When you experience a craving, deconstruct it. Ask yourself, what does my body want and why? You need to look at the foods, deficits and behaviors in your life that are the underlying causes of your cravings.

Food cravings are a natural part of our relationship with food and can occur during emotional disturbances, hormonal imbalances, nutrient deficient diets or restrictive diets. Many people seek solace in high fat and high sugar foods during times of high stress, depression, loneliness and anxiety. You've probably noticed that you feel your strongest food cravings at specific times of the day – or month. What triggers these overpowering desires for certain foods and what can we do to keep the cravings in check?

Causes of Cravings

Lack of primary food. Being dissatisfied with a relationship or having an inappropriate exercise routine (too much, too little or the wrong type), being bored, stressed, uninspired by a job, or lacking a spiritual practice may all cause emotional eating. Eating can be used as a substitute for entertainment or to fill the void of insufficient primary food.

Primary foods like our relationship, job, spiritual practice, hobbies, etcetera feed us in ways food cannot. Developing these areas of your life will naturally prevent you from turning to food for fulfillment.

Lack of nutrients. If the body has inadequate nutrients, it will produce cravings in an effort to receive the needed nutrients. For example, inadequate mineral levels produce salt cravings, and overall inadequate nutrition produces cravings for non-nutritional forms of energy, like sugar and caffeine. Cravings for chocolate can be a magnesium deficiency. If you eat a lot of processed foods with little or no nutrient value, you can feel hungry even if you're still full from your last meal. Eating a healthy diet and taking multivitamins can reduce cravings.

Water. It is very common to mistake hunger for thirst. Dehydration can manifest as a mild hunger, so the first thing to do when you get a craving is drink a full glass of water. After fifteen minutes, decide if you're still hungry. Always carry a water bottle with you.

Drop in blood sugar. Cravings commonly occur later in the day (from about 3-6 p.m.), when our blood glucose drops, making us sluggish and in need of a lift. All it takes now is a fast-food billboard on your way home or a whiff of baking cookies to potentially bring on a major craving! I'm not a big fan of eating snacks, however, to prop up blood sugar. Healthy food needs to be eaten at every meal to avoid becoming hungry between meals. We are the only country in the world that advocates three meals and two snacks! Snacking tends to lead to overconsumption of calories. But by all means, have a healthy snack if you are starving.

Being stressed out, upset or bored. Bad moods often give rise to cravings. We imagine that if we eat a cookie or a chocolate bar, we'll feel better – and often we do. That's because carbohydrates like sweet or starchy foods increase serotonin, which in turn can improve mood.

Hormonal changes. When women experience menstruation, pregnancy or menopause, fluctuating testosterone and estrogen levels may cause unique cravings. For women, food cravings are particularly bad in the days preceding the menstrual cycle. We may overeat carbs trying to raise serotonin levels to counter the bad moods and mild depression related to PMS. Similarly, hormonal changes during pregnancy can have an impact on taste and smell – and lead to bizarre cravings. Menopausal women frequently crave carbohydrate foods as the body attempts to put on fat to increase estrogen levels. Fat is an active tissue that produces estrogen.

Seasonal changes. Often the body craves foods that balance the elements of the season. In the spring, people crave detoxifying foods like leafy greens or citrus foods. In the summer,



AVOID ALL ARTIFICIAL SWEETNERS

The research is clear. Artificial sweeteners like aspartame (NutraSweet) and Splenda mimic the same insulin response as natural sugars. As soon as any sweet taste hits your tongue, your body releases insulin (the hormone that instructs your body to store fat) to prepare for the sugar rush. It doesn't know the sweet substance has no calories. Artificial sweeteners also have hundreds of documented side effects and are neurotoxins, meaning they kill brain cells. You can use xylitol or stevia in moderation, but try to limit adding these to more than one item a day.



people crave cooling foods like fruit, raw foods and ice cream, and in the fall people crave grounding foods like squash, root vegetables, onions and nuts. During winter, many crave hot and heat-producing foods like meat, oil and fat. Cravings can also be associated with the holidays, for foods like turkey, eggnog or sweets. People who suffer from Seasonal Affective Disorder (aka SAD, which is depression related to diminished sunlight-exposure) may crave carb-rich foods to help themselves feel better.

Comfort foods. We often crave foods with associations to happy times we've had in the past. If summer signals ice cream on the beach with the family, we may find ourselves craving this favorite when the weather gets warm. Eating sweet treats like a cookie unconsciously brings back the simpler days of our childhood. Grabbing a sugary treat is a common stress response for many adults. It's a behavior we have practiced since we were children.

Patterned habits. Doing a certain activity may trigger a craving (watching a movie may trigger a craving for popcorn) or it may be an absence of a particular activity that triggers the craving – those who stop smoking tend to crave foods as they need to do something with their hands and mouth. Often, we crave foods that we have recently eaten. Many eating habits are cued by time and by our surroundings. After dinner, you want dessert, and then later, a snack. The next day the same thing happens again...and the next day. Eventually, you start to plan for a binge.

Time of day. Many food cravings are on a 24-hour cycle, hitting at the same time of day. Evening is the most frequent binge time while some people are tempted for a mid-morning or late afternoon snack. Willpower plays almost no role in breaking these cravings - eating on time (three scheduled meals) and biology play a larger role. People who maintain a healthy weight tend to space their meals out fairly evenly throughout the day, but overweight people often skew meals and snacks toward nighttime.

Certain illnesses. Diabetes or other blood sugar disorders can also lead to food cravings due to an imbalance in blood sugar levels. Adrenal fatigue (extremely common) or thyroid issues will trigger cravings for sugary foods to give you energy.

Yeast. Many people have systemic yeast infections due to their consumption of sugar, flour,

and grains (which turn into sugar in your body). When the yeast are hungry, they send out a chemical signal crying out to be fed. This results in the infected person craving sugar or grain products. After a few months of eliminating sugar and grains to starve the yeast and supplementing with probiotics and enzymes that digest yeast, the infection can be controlled.

Text box: Conquer Yeast

Eliminate sugar and grains. Take probiotics every day, eat probiotic-rich fermented vegetables, and drink fermented beverages full of probiotics like coconut water kefir and kombucha. Kombucha is full of *S. boulardii*, a yeast that devours other yeasts like candida.

Yin / Yang Imbalance. Certain foods have more yin qualities (expansive) while other foods have more yang qualities (contractive). Eating foods that are either extremely yin or extremely yang cause cravings to maintain balance. For example, eating a diet too rich in sugar (yin/expansive) may cause a craving for meat (yang/contractive). Conversely, eating too much meat can cause a craving for sugar. Eating too many raw foods (yin) may cause cravings for extremely cooked or dehydrated foods or vice versa.

How to Fight Cravings

Eliminate or reduce sugar. Not only do we get addicted to the neurotransmitters released by the consumption of sugar, which is a reaction very similar to the “high” of a drug addict, consuming sugar also causes our blood sugar levels to rise quickly and then plummet back down just as fast, resulting in a craving for more sugar. Eating fresh fruits is a better way to give in to your sweet tooth, getting the sugars your body craves while also absorbing an array of phytochemicals, vitamins, and minerals.

Exercise. Exercise releases ‘feel good’ hormones such as serotonin, endorphins, dopamine and adrenaline, all of which improve mood and regulate emotions positively. Exercise also metabolizes stress hormones and keeps your blood sugar even. But exercise is not just a way to burn calories. People who exercise regularly are less likely to get food cravings. Exercise is like a giant reset button on your body. It blocks appetite swings and it resets your mood and your rest cycle so you can sleep properly – all which strengthen against cravings.



CONQUER YEAST

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TAKE NAPS!

Many people mistakenly believe that naps interfere with nighttime sleep. Just the opposite is true. People who nap during the day are less wired at bedtime and have an easier time sleeping.



Sleep. The amount of sleep you get at night has a lot to do with your cravings. Health experts say that when you get too little sleep, your metabolism slows down to save energy. That slow-down triggers the release of the hormone cortisol, which in turn increases your appetite and food cravings. To prevent cravings, make sure to get between seven and ten hours of sleep each night. Develop good sleep habits. Go to bed at the same time every night, preferably before 11 (when your body starts detoxing) and get up at the same time every day. If you're not sleeping well, be aware that the half-life of caffeine is about six hours, which means that if you have a cup of coffee at 3pm, half its caffeine is still in your bloodstream at 9pm. A quarter is still circulating at 3am.

Eat a balanced diet. The more balanced your diet is, the fewer cravings you will have. When we eat meals that are lacking in one kind of food, we are more likely to crave it later. Eat protein and vegetables with starches and a little fat at every meal. Protein and fat take longer to digest than carbs do, so including them, along with more fiber, means that you'll feel satisfied longer. When our meals are monotonous – the same day after day – we're practically guaranteed powerful cravings.

Break your schedule. You need a new pattern, not just with food, but also with time. If you stay on the same schedule, your internal clock will wake up cravings, right on schedule. It does not matter how firm your resolve is at other times of day. You have to break out of your time of vulnerability.

Distraction yourself. Distraction will help you through your cravings. You need to engage your mind with something else. Turning to other goal-directed activities – ones you care about, feel motivated to pursue, and are able to concentrate on – can occupy enough mental space to prevent craving-induced thoughts from lingering.

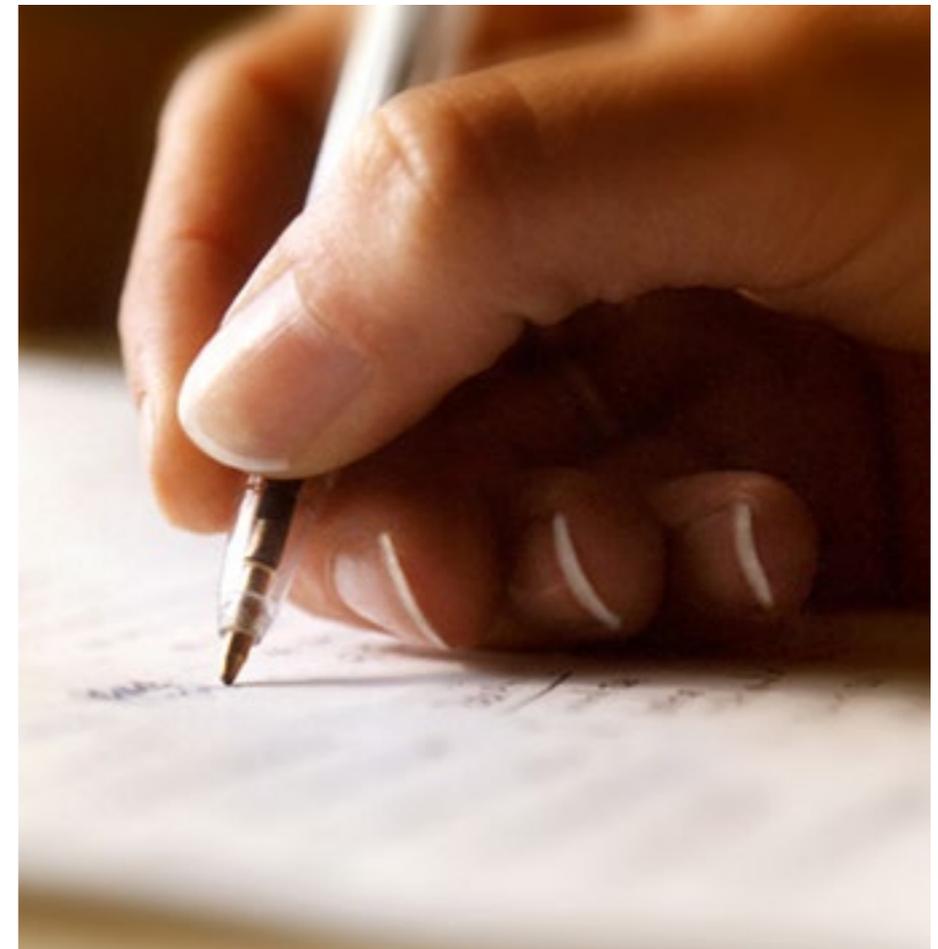
If you feel a craving coming on or can anticipate one, change your environment or situation for at least an hour. Go for a walk, go see a movie, go to the gym, read a book, get on the phone. Do anything to get out of your usual habit that may trigger cravings – like sitting in front of the TV after dinner. You only have to break your usual patterns for a few weeks to establish new patterns. Try it for three weeks!

Address your stress. If your food cravings hit when you're anxious or stressed, seek consolation in other ways. What is it that you really need? A yoga class, some quiet time, a walk, or a massage may do the job. Exercise metabolizes stress hormones.

Abstain from alcohol. Alcohol dissolves willpower. If you can't abstain, try to reduce it. Drink no more than two glasses of red wine per day. Beer or other types of alcohol are estrogenic, leading to excessive estrogen production, which will stall your weight loss efforts. Alcohol can also interfere with sleep, affecting cravings. A few hours after having a glass of spirits, alcohol converts to aldehydes. Where alcohol has a calming effect, aldehydes are stimulants, accentuating anxieties and interfering with sleep. Additionally, alcohols are concentrated sugar, something you want to limit when trying to lose weight and curb cravings.

Mentally rehearse. Think of your cravings as a game against a powerful opponent. You can't expect to win every encounter, but with continued practice you can win the game. Mental rehearsal improves performance. This cognitive process allows you to envision your strategies, routines, and game plans before actually executing them. Mental rehearsal helps you anticipate food cues and build the skills necessary to respond to them, preferably just before you enter a high-risk environment where you're likely to encounter cravings. Implant your intended response in your brain with "if-then" propositions ("If I encounter this situation, then I'll behave in this way"). Your aim is to focus on the task at hand and not become distracted by external or internal (emotional) stimuli. Mental rehearsal helps solidify your commitment to controlled eating by helping you focus on your intentions and maintain control over your thoughts.

Conquer conditioned responses. You will have to spend a significant amount of time fighting conditioned responses where you allow yourself to give into cravings. You'll always have to deal with the emotions that propel you toward highly palatable foods. Like a computer, the neural pathways that created the cue-urge-reward habit cycle, where you give into the craving and are then rewarded with the craved food, are not easily wiped out. If you're exposed to a food cue, develop a craving, and consistently manage not to give in, new learning begins to take hold in your brain. The food begins to lose its powerful association and new pathways form. As your responses to cravings become less automatic, the food becomes decoupled from the reward. The craving begins to ease, and in time, the cravings will subside.



START A FOOD CRAVING JOURNAL

Keep track of your cravings. List the foods you crave, the time you feel these urges, your emotional status at that time, the quantity of the food you ate to satisfy your craving, and how you feel a few hours physically and mentally after eating the craved food. The journal will help you keep track of specific craving patterns and is the start in figuring out how to deal with them.

ALTERNATE RESPONSES

Have a list of alternate responses ready, so that when strong emotions kick in and steer you toward food, you can quickly choose to do something different. Take a walk, go to the gym, do yoga, talk to a friend, immerse yourself in a book, eat a healthier snack, cook a healthy meal, do breathing exercises, meditate.



Take conscious control. Seizing conscious control is a matter of paying attention to how quickly your attention can be hijacked. It means being mindful of the stimuli (pizza or cookies) that trigger automatic eating behavior, how entertainment (crowds, music, friends) or the desire to feel better wrest away your capacity to focus on what you eat. Staying alert to emotional stressors is part of seizing conscious control, so that instead of responding habitually, you're equipped to act defensively. Some have a distorted perception that food is the only way to deal with potent emotions. Our conditioned response to stress is to eat. A useful tool to help you step back from the habit of reaching for food when you're under stress is to label the feelings you're experiencing: "I feel tired," "I feel lonely," "I feel sad." Recognizing your emotions help you look more objectively at your options for coping. Indeed, many of us do feel better after we eat foods high in sugar and fat. But the distortion in our thinking is that the new mood will last or that there is nothing else we can do to achieve the same effect.

Remove temptations. If you are exposed to craving-inducing foods all the time, it is very likely you will indulge. Whenever possible, you want to avoid being tempted. One crucial step in putting a stop to your cravings is cleaning out your kitchen of junk food. Go through your kitchen and get rid of chips, cakes, chocolates, cookies, ice cream and everything else that will seduce. If you don't take this step, it's a sign that you have not made up your mind for a change. Make a list of the foods and the situations you can't control. Knowing what generates a craving allows you to erect barriers against it.

Avoid situations that trigger a craving. Be especially alert to the power of location to induce a craving. Change the people or places in your life that tend to trigger your cravings. If you're alone, arrange to be with someone else at the time cravings would normally arrive. If binges hit you at home, be somewhere – anywhere – else. People also tend to eat more in restaurants or in a group. Avoid restaurant's where you're likely to order your favorite naughty temptation. Are you tempted by your favorite fast food joint on the drive home from work? Take a different route.

Counterconditioning. Another strategy is conditioning cravings with negative, rather than positive, associations. Counterconditioning must be done immediately and without ambivalence. Think, "That's hundreds of calories I don't want and that will stay with me." "If I eat this, I'll feel awful about myself later." The idea is to undercut the reward value of food. This is often a new idea for people struggling with compulsive behavior, who tend to act without

considering consequences. If you put these kinds of outcomes at the forefront of your thinking, you might be better able to control your behavior.

Thought stopping. Thoughts about a food have to be turned off almost immediately. The more seconds you spend thinking about what to do in the face of an urge, the greater the chance that you'll ultimately give in to it. Once you begin to debate, "Should I or shouldn't I?" you've lost the battle. Until you have gained the upper hand over trigger foods, an attempt at moderation won't work. There has to be a total reversal. The 'yes' needs to be a 'no', not 'maybe,' or 'Just one bite.' Opposites take on equal force, so you can make a categorical shift from one end point to another, but you can't stop anywhere in between.

Remember the stakes. Along with devising a plan, remind yourself of what will happen if you give into the craving. Think through your habitual response: thinking of the food, going to the fridge, eating the whole pizza or cake. Recall the inevitable chain of behaviors that lead to the first bite and then keep you going until the food is gone. Remember how you feel afterward.

Choose healthy substitutes. If your craving is so intense and you just can't control it, go ahead and pick up healthy alternatives like frozen yogurt instead of ice cream. If you can't resist potato chips, choose baked tortilla chips. Prepare a food list with healthy food substitutes you can choose to guide you in these times of intense cravings.

Enjoy the sweet satisfaction that you are not alone. Cravings are an innate human experience, and they're not limited to food. People crave knowledge, love, attention & intimacy...the list is endless. Depriving yourself completely often backfires with an insatiable and almost obsessive desire for that food. A better strategy is to indulge moderately and occasionally. And when you do, enjoy every morsel, lick your lips and smile. You deserve it. §

MAKE A DOCTOR APPOINTMENT

If you feel you cannot control your cravings no matter what you do, perhaps it's time for a medical evaluation to see if diabetes, adrenal fatigue, thyroid issues, a systemic yeast infection or other conditions could be the cause of uncontrollable cravings. Willpower cannot overcome biology.

FOOD THOUGHTS

Thoughts about a food have to be turned off almost immediately. Talking down the urge. If you can't get a craving out of your mind, you may be able to talk down the urge.

Here are some responses to food thoughts:

- Eating that food will satisfy me only temporarily.
- Eating this is going to keep me stuck in my craving-eating cycle.
- Eating this will keep me trapped. The next time I have a craving, I'm just going to want this food again.
- Eating this will make me feel bad.
- If I eat this, I'm demonstrating that I can't break free.
- I'll be happier if I don't eat this.
- I'll weigh less tomorrow if I don't eat this.
- You might also try an empowering word or phrase when you need to resist a food. Repeating to yourself, "I am in control" or "I am a healthy person who makes healthy choices" are surprisingly useful.



FITNESS

If you want to lose weight you have to work out! Exercise is about burning calories, but it's also about keeping off the weight you've lost.

Your exercise program should include: High intensity interval aerobic exercise, long form cardio and resistance training.

Exercise 1: High Intensity Interval Training (HIIT)

- Research shows that this method of exercise helps you burn off calories even after you are finished exercising. This is how cavemen 'worked out' chasing prey and is the most natural for our bodies. Do it at least times 2 times a week for 20 minutes. It doesn't have to replace your favorite exercise. Just add it to your workout routine. You will be amazed at how effective HIIT can be.
- You can do HIIT running, walking, swimming, biking, or with any aerobic activity.
- Warm up for 3-4 minutes.
- Run, peddle, or swim as hard as you can for 30 seconds.
- Rest for 90 seconds by doing your exercise at a comfortable pace.
- Repeat this cycle 8 times for a total of 20 minutes.

Exercise 2: Long Form Cardio

Long form (an hour or more) cardio like biking, swimming, jogging, walking, and the elliptical are great, but they are not particularly effective for weight loss. They burn calories but do not help you burn calories all day long. However, you should still make sure to get

in long form cardio at least a couple times a week because it makes you feel great, is good for your brain, and has other important health benefits. If you have to choose one form of cardio, choose high intensity interval training.

Exercise 3: Resistance Training

Lean muscle burns fat when you're not working out. This is why men lose weight faster than women – they have more muscles to burn calories. You must include exercises that build lean muscle tissue.

- Gym. You can go to your local gym and ask them to create a 25-minute workout.
- Pilates. Pilates works to build your large and small muscles, while giving you flexibility. It truly is a wonderful workout. You can join a Pilates reformer or Pilates mat class to reduce cost. You can even do Pilates at home by joining the website PilatesAnytime.com. They have over 1000 classes.
- Home. Do core bodyweight exercises at home where you do pushups (knee pushups are fine), squats, and planks to exhaustion. Get some workout videos!

Although exercise does allow you to eat a little more, most people overestimate how much more they can eat. Try not to fall for this trick – exercise is not an excuse to eat whatever you want!

Overexercising is very stressful to the body. Recent research shows that we should work out no more than four hours per week. Any more than this or exercise that is too prolonged and intense can be counterproductive to weight loss by releasing too much cortisol, a hormone that can cause you to gain weight. Remember, weight loss is not all about calories. We have to work with our body to optimize our hormones for weight loss. It's important to do the right kind and right amount of exercise. Don't sabotage your efforts by excessively working out to burn more calories. §



IS HIGH INTERSITY INTERVAL TRAINING RIGHT FOR YOU?

Since this is a more intense form of exercise, it's always best to check with your doctor before beginning so that you can be sure it's 110% safe for your health status.



REDUCE STRESS

If you want to lose weight, it is important to manage your stress levels. This one of the little known and most important aspects of losing weight. Stress, fear, anxiety, anger and negative self-talk create a stress response in the body.

As a result, you generate more cortisol and insulin, two hormones that instruct your body to store fat and stop building muscle. You literally reduce your ability to lose weight if you're stressed.

What's more incredible is that as we learn to smile more, ease into life and breathe more deeply, the body enters into a relaxed state. In this state, we create our optimal day-in, day-out calorie-burning metabolism. You can be following the best weight loss diet in the world, but if you're in stress mode, your weight loss ability is drastically reduced. Far too many people adopt stressful weight loss strategies – impossible to follow diets, intense exercise programs, tasteless food, extremely low calorie meal plans, fasting – all of which can create the kind of stress chemistry that ensures our weight will stay put or be gained back. It's time to relax into weight loss.

Sleep

The most important thing you can do to reduce stress is to get enough sleep. Your body needs 7-9 hours (even 10) a night! Studies show that people who don't get enough sleep are heavier than people who get at least 7 hours per night. When you don't sleep enough, your body thinks there is some emergency or reason you couldn't get enough sleep. You also didn't spend adequate time repairing your body and resting your brain. Subsequently, your body releases cortisol – the hormone that accumulates that belly fat. It makes sense. I've noticed that when I don't sleep enough, I feel more stressed and want to eat more the next day. It never fails!

Yoga

Yoga is ultra powerful. You stretch and breathe deeply for the whole hour. It's incredibly stress reducing. It's like a hybrid workout and meditation session. If you can do yoga at least once a week your life and waistline will improve dramatically. Choose a class that is relaxing and not too strenuous to begin. There are a ton of online classes, but I find that the energy of a class to be far more effective and pleasurable. The room is warm and you have to do the whole hour like the rest of the class! Do what works for you. Yoga has been in my weight loss arsenal for years.

Meditation

Meditation is one of the best ways to relax and vastly improves your life overall. People who meditate report far more happiness and peace of mind. This ancient practice is very simple. According to Lawrence LeShan, Ph.D., in his book *Meditating to Attain a Healthy Body Weight*, you should meditate at least five days a week, for 15 minutes at a time. Do it consistently for at least six weeks to better understand your body's connection to food and weight. According to Project Meditation, when you are in a relaxed meditative state, you increase your self-awareness, so you're less likely to give in to emotional food cravings and urges.

Music Therapy

Pick some form of music you enjoy that is instrumental with a slow tempo. Use this same piece of music every time to establish this ritual. Sit in a comfortable chair and relax. Try to pick out the notes and visualize the instrument being played. This allows you to really slow down and be in the moment – a mediation of sorts. When you start having thoughts, just allow them to float away and redirect your attention back to the music. After some practice, you will be able to be fully absorbed in your chosen piece. The effects of this practice are very similar to meditation. You may find it easier to do. After a couple of weeks you will find that simply hearing your music immediately brings you into a deep state of relaxation. §



SLEEPING WITH LIGHTS ON MAKES YOU FAT!

It is important to sleep with the lights completely out. Use a sleep mask to block out all light. Even dim light or lights outside your window can reduce your quality of sleep. Light interferes with melatonin production, which has the effect of telling your body it's time to sleep or time to wake. Lights on tell the body it's time to wake up. Sleeping with the lights on can contribute to depression as well by reducing serotonin levels. I don't know about you, but when I'm depressed I chow down. Artificial light is even considered a carcinogen by the World Health Organization!



WHEN DIET & EXERCISE ARE NOT ENOUGH

Eight-five percent of people that are overweight do not overeat! In fact, many dieters undereat and are super dedicated to every diet they try...but to no avail.

They are unaware of the underlying causes of their inability to lose weight and what caused them to gain the weight in the first place. I call these roadblocks to weight loss. And I don't understand why more people aren't talking about them.

This is why I felt compelled to write my first book, *When Diet and Exercise are Not Enough: A Step-by-step Plan to Eliminate your Roadblocks to Weight Loss*. I was inspired to write it when my diet and exercise routine were not shedding the pounds like they had in the past. You always hear, 'Eat less, exercise more,' but it reached a certain point where this mantra was not working for me. At one point, I was going to bed hungry and working out 8-10 hours a week. And I wasn't losing weight!!! What the hell was going on? Determined, I began researching to find out why.

If diet and exercise are not working for you, it can be attributed to many different reasons. Like most people, you likely have been frustrated in your attempts to lose weight. For years, I was missing key factors that can make it almost impossible for you to lose weight. It doesn't have to be so difficult! I have developed a step-by-step solution based on the latest nutritional knowledge and science.

Eating a healthy diet and exercise are merely one aspect of weight loss. Yet, this is the primary focus of most weight loss and diet programs. They are missing major pieces of the puzzle. This is the primary reason most people drop out of these programs frustrated without meeting their weight loss goals.



Of course, a major part of losing weight is about choosing the right foods and sticking to a sensible exercise routine, but it is far from that simple. The weight loss options you have tried are doomed to fail if you have not addressed the underlying biochemical reasons you are overeating or your body is resistant to weight loss.

If you're over 35, you're more likely to be experiencing these roadblocks to weight loss. Hormonal changes, nutrient deficiencies and a few decades of toxin build up begin to take their toll on the biological processes responsible for metabolism. And when your metabolism takes a nosedive, it makes it more and more difficult to lose weight and keep it off.

With my step-by-step plan you will learn the tools to overcome the roadblocks that are preventing you from successfully losing weight. The path to your slender, healthy, energetic self is not impossible, but it requires that you systematically eliminate each of the following roadblocks to your weight loss:

- Diet
- Food Sensitivities
- Adrenal Fatigue
- Estrogen Dominance
- Intestinal Infections
- Cravings
- Stress
- Thyroid Function
- Insulin Resistance
- Emotional Eating
- Exercise
- Mineral Deficiencies
- Hormonal Imbalance
- Detoxification

Most importantly, I reveal the secret to how you can increase your metabolism permanently! I began using a program to improve my overall health, but realized that it could also be a tool in losing weight because it heals your thyroid and other biological processes that correct your metabolism. Your thyroid sets your metabolism and determines whether or not you burn off the calories you eat. Don't worry, this program does not involve taking thyroid hormones. It is a program that heals your thyroid. I cannot keep my secret any longer!

This might sound really complicated, but I promise you it isn't. It's certainly easier than spending years unsuccessfully losing weight by enduring restrictive diets and punishing workouts to no avail! That sounds a lot harder to me. With this book, you will be able to easily troubleshoot the problems preventing you from dropping the pounds. Just follow my directions and you will see results.





My soon-to-be released book, *When Diet and Exercise are Not Enough: A Step-by-step Plan to Eliminate your Roadblocks to Weight Loss*, details my simple step-by-step plan, beginning with the most common roadblocks, to uncover why you have not been successful in your weight loss efforts. It's a valuable tool you need to correct biological and hormonal problems that will prevent you from losing weight no matter how hard you try. Since you were automatically subscribed to the Live to 110 Newsletter by downloading this eGuide, I will let you know as soon as my upcoming book is available.

I'm very excited to share my weight loss journey with you and reveal the tools I used to finally, and healthily, lose the weight for good. It took me years to figure out why I wasn't losing weight and what I was doing wrong. Stop the cycle of yo-yo dieting and figure out the pieces of the puzzle you're missing. You will be thrilled to learn that you can revive the metabolism of your youth, regain the body you had in high school, and enjoy optimum health while doing it!

Congratulations!

By reading Live to 110 by Weighing Less eGuide, you've completed a major first step in your weight loss journey. The fact that you've read this far shows me that you're committed and bound to succeed in achieving your weight loss goals. Remember:

Enjoy the journey. Before you meet your weight loss goals, many other benefits will begin to appear. Your digestion will improve, your energy will increase, you'll look and feel better, health conditions will begin improving, and more. Losing weight takes patience, but learn to enjoy healthy eating's pleasant side effects.

One step at a time. There's a saying, "The journey of a thousand miles begins with a single step," and this is no different. Small steps lead to big changes. If every time you feel unsure or doubtful about your progress, just keep taking one step at a time with the faith that you'll ultimately arrive where you want to be. This is not a race, so go at your own pace and trust the process.

You're not alone. I am here to support, encourage, and provide you the tools you need to help ensure your success. If you ever have any questions about The Live to 110 by Weighing Less eGuide or anything else, please email me at wendy@Liveto110.com. I especially love hearing about your success! Here's to your health and happiness! **Love, Wendy** §