

# RAPID WEIGHT LOSS BY THE NUMBERS™

How I Lost 28 Pounds  
and 3 Pants Sizes in  
Only 3 Weeks

Includes 6  
Free Bonuses!

• Resource CD Containing  
5 Other Health Ebooks!



By Chris Gibson



Published by Universal Marketing Media, Inc

# **Rapid Weight Loss By The Numbers<sup>TM</sup>**

## ***How I Lost 28 Pounds and Three Pants Sizes in Only Three Weeks!***

By Chris Gibson

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# **Dedication**

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This book is dedicated to weight-challenged individuals from all around the globe. Most of all it's dedicated to you, my reader - the happy and healthy customer of tomorrow. It is also dedicated to my mother and loving family.

# Acknowledgments

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Thanks to our many clients for the contributions they have made to this work. Without their feedback and faith, I wouldn't have been challenged to dig so deeply, to search harder, and to look beyond the readily available answers for a true lifelong solution.

To the entire staff of Universal Marketing Media, Inc., I say a hearty, "Thank you." You are a unique group of caring and competent people. Thanks for being whom and what you are. Without you guys, I could of never have completed this project.

Additionally, I wish to acknowledge the countless individuals, organizations, and companies who so generously gave of their time and ideas. ***Weight Loss By The Numbers*** not only grew from my own experiences, but also from many others. Sincerest thanks to everyone!

## About The Author

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Over the years, Chris Gibson has been able to write several books on alternative healthcare. When Chris first began his career as an author, his first book was about a completely different subject, advertising. However, the huge success of the advertising book led him to take advantage of the opportunity to share his knowledge of effective "all-natural, drugless therapies."



During his late twenties and his early forties, Chris fought valiantly against his weight problem like most people do. He tried to keep the excess weight at bay by trying fad diets, exercise gadgets bought from T.V., supplements, fat burners, and high-intensity workouts. These popular methods of weight loss didn't work for Chris on a long-term basis, and also do not work for a large portion of the population.

After much research and fruitless attempts, Chris was finally able to implement a complete lifestyle program that allowed him to lose 28 pounds and three pants sizes in only three weeks. The wonderful part of the program has been that after four years, he has been able to keep the weight off permanently. The program described in Chris' book is a long-term approach (permanent lifestyle change) that produces fast results in as little as three weeks.

You will be truly amazed by the results you will see just as thousands of his customers, including celebrities and dignitaries, have. Chris lives on his ranch near Pittsburgh, Pennsylvania, where he spends his non-writing time in his organic gardens, traveling, and training his two Labrador Retrievers, Tiki and Max.

## Other Titles Published by Universal Marketing Media, Inc.

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***How I Permanently and Safely Cured My Athlete's Foot and Jock Itch in Under 7 Days*** by Scott Young. In the face of embarrassment and discomfort from his athlete's foot and jock itch, the author was able to confront them against all odds. Scott was able to develop an all-natural, unbelievably fast and permanent method for curing these extremely painful conditions. By following his proven method for dealing with these conditions, you will be able to eradicate them permanently. Click on the link below to read more about this book and to get your copy today!

<http://www.cureyourathletesfoot.com>

Anyone who has ever been awakened by his or her partner while sleeping or woke up in the morning feeling like they did not get a good nights rest understands snoring is a serious problem. Although there are literally hundreds of different snoring aids, devices and pills available on the market, thousands of people still suffer from snoring each year. Juan Walker was also one of these people until he decided to try a different approach. In the book, ***“How I Naturally Cured My Snoring Condition for Life,”*** Juan shows you how he easily stopped snoring permanently and how you can do the same. Get your own copy today by clicking on the link below.

<http://www.stopyoursnoringnow.com>

With over 5 hip surgeries, numerous complications and the early onset of osteoarthritis, Nancy MacGranahan knows what the pain of arthritis is all about. In her book, **“Arthritis Free For Life,”** Nancy shares her story of how she ended the pain in 1 month naturally and provides you with the fountain of relief that even has some doctors in the medical profession completely amazed. This does not involve a change in diet, exercise routines or impossible regimens to follow. This method has worked for the thousands of clients who have read Nancy’s book and it will work for you too. Click on the link below to read more about this book.

<http://www.arthritisfreeforlife.com>

**Cold Sore Freedom In 3 Days™: How I Permanently and Safely Cured My Cold Sores for Life.** Anyone who has suffered with cold sores knows how embarrassing and frustrating, let alone painful, they can be. The author, Grace Melgarejo, knows your pain because she dealt with cold sores for over 12 years. In her book, she shares her painful story and shows you how you can easily cure your cold sores or herpes simplex I virus in only three days, by using an all-natural method. This method has worked for the thousands of clients who have read Grace’s book, and it will work for you, too! Get your own copy today by clicking on the link below.

<http://www.coldsorefreedomin3days.com>

**Acne Free in 3 Days™: How I Cured My Acne Condition in 3 Days** by Chris Gibson. This best seller on natural acne cures is popular worldwide and has helped thousands end their struggle with acne once and for all. In this book, Chris Gibson shows you how he cured his acne in three days. You can do the same, without expensive prescriptions or over-the-counter products. Get your own copy and enjoy clearer skin in a matter of days! Click on the link below to read more about this book.

<http://www.acnefreein3days.com>

***How I Banished My Bad Breath and Gum Disease For Life.*** If you are one of the millions of people who struggle with mouth, gum or breath problems, then this is the book for you. The methods outlined in this book do what sprays, mints and mouth washes cannot do. Included is a widely available but little known cure for even the most pervasive oral health issues. The methods will help you to banish your bad breath and gum disease permanently. The results are scientifically proven, easy and pleasant to attain and 100% effective. Click on the link below to read more about this book and to get your own copy today!

<http://www.banishbadbreath.com>

***No More Moles, Warts, or Skin Tags™: How I Safely Removed Moles, Warts, and Skin Tags for Life.*** Best selling holistic author, Chris Gibson, shows you how to remove your moles, warts and skin tags painlessly and easily, with a proven, all-natural method in as little as three days. This method does not require the use of expensive surgeries or useless over-the-counter products. With an almost 100% rate of success, you, too, can be mole, wart and skin tag free for life. Click below to read more about this book and to get your own copy today!

<http://www.molewartremoval.com>

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<http://www.asthmafreeforlife.com>

***The Beginner's Guide to Unlocking the Guitar*** by guitar professional Jared Crebs. Until now, there has only been one way to learn how to play the guitar - by suffering through the traditional methods. However, for most people, those traditional methods have pushed them away from their dream of playing the guitar. This all stops today! By following the eight simple steps in this course, you will learn how to unlock the guitar in one fun weekend! The course includes the new and revolutionary Muscle Memory Techniques™, countless "Press & Listen" sound files (no downloading required), easy-to-understand chord charts, over 150 quality pictures, and step-by-step instructions anyone can follow! Click below to read more about this book and to get your own copy today!

<http://www.unlocktheguitar.com>

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# Introduction

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Dear Friend,

I know this statement may be a little difficult for you to believe right now, but “You CAN change your body!” I don’t care who you are, how much you weigh, or even how long you have struggled.

I want YOU to live... Period. And, being overweight is going to contribute if not stop you from living. I am not just talking living well here, I mean living period.

This is that important. You know it or you would not have taken the time to purchase this book today. There are aspects of your life that will be so vastly different when you are at your healthy weight that you cannot even see them now.

YOU think you might not recognize yourself in the mirror but I am here to tell you that you won’t recognize your outlook, your energy, your emotional self, or your life. It will be different. Now, I know you have tried before.

You who have tried and tried, you who have sweated it out and denied yourself all kinds of food, suffered the humiliation and the struggle, can change your body. No P.S. No asterisk. No fine print.

I lost 28 pounds in a little less than 3 weeks and I have kept it off long enough for the weight loss to be considered –

even by my doctor – permanent. I didn't use pills or harsh workouts.

It wasn't magic or a major lifestyle change - that is a fact. I have helped many, many people do the same. I first started by helping my friends and family that had weight loss issues. Then by spreading the word, I have been fortunate enough to have helped thousands of other individuals from all around the world.

That is the driving force behind this book. It is what works for the common person. I tried to keep this short while giving you what you need to know without reiterating what you might already know.

Please read the entire book before proceeding to the ***Weight Loss By The Numbers Plan***. You are going to find that the problem with losing weight has not been all about you. If your overweight and need a solution – *short of the scary option of stomach stapling* – you have found it!

You know when it comes to losing weight and keeping it off, I am always reminded of a line in the song by Charlie Pride called "Heartaches by the Number."

The line goes like this..."He's got heartaches by the number.... troubles by the score." And that is exactly how managing my weight over the years always felt for me.

When you think about all the diets you try, all those calories you've had to count, all the points you have tried NOT to go over, fat grams you've had to keep up with, and the pounds that go up and down (mostly up for the majority of us). The hours, days, and months of trying to get your weight under control...it truly is all about numbers isn't it?

Just step on those scales – there they are again, those darn numbers! When I was a teenager I was thin as a rail. It did not matter what or how much I ate, my metabolism took care of it.

I NEVER gave a single thought to my weight and even attempted to gain weight, so I would not be so skinny – pretty important to a teenage guy! There my mother was every day – “Eat, eat, you’re too thin!”

As I moved into my 20’s, I worked out, led a very active lifestyle, and it resulted in me having excellent health. I had the time and energy to do it consistently, and for all intensive purposes, I was in great shape.

Then in my 30’s my career took off and I spent more and more time traveling, and of course sitting and eating. Whether it was client dinners, parties, junk food in airports, and alternating stops at McDonald’s, Burger King, and Wendy’s, things began to change quickly.

My metabolism was slowing down as my diet of fast food and sedentary lifestyle was speeding up! I denied it but my butt was getting ever wider and my blood pressure higher.

At 34, my blood pressure was 154 over 90 (normal for a 34 year old is 115 over 70)...and I ended up getting a kidney stone at 35. My body was going the WRONG way!

Even though I didn’t know it at first, I had joined the losing battle that so many of us do. A hodge-podge of diets and “lifestyle changes” were the order of the day.

Unfortunately, my weight kept going up and down, up and down. As I moved closer to the age of 40, my weight kept

going higher and higher with each year that passed by!

Finally, at 38 I was 185 pounds – 35 pounds overweight for my height and build.

Nothing worked well for me and absolutely nothing was working long term. My weight went from looking like the up and down chart of the stocks on Wall Street to a staircase winding ever upward.

I tried ephedrine or “ephedra – ma-hung” (yes I know, I know) I tried all the supplements with their “clinically proven results” and even Herbalife. I could go on and on but most of you reading this know exactly what I am talking about.

What I am going to share with you today is different. I have read and tried just about everything from the Atkins’ diet, Susan Powter’s “Stop the Insanity,” what Oprah had tried (and there isn’t much she hasn’t tried), and even lived in the “ZONE” for a while.

I studied all these diet gurus, lived all their diets, and then it dawned on me one day that while most of this had worked to a small degree or another...it never did long-term. And, since I did not consider it a success, something was definitely missing!

When I figured out what it was that I was missing, I took the fat off and have kept it off. I did it the way most of us who ever do finally succeed *ever* will.

Let me say here that I now weigh a healthy 150 pounds, and look like I am about 28. My health is GREAT; Blood pressure routinely comes in at 115 over 70.

During my last physical exam my doctor asked me how the heck I do it. How do I do it you ask me? Well I am going to show you. This is my physical exam report from my doctor.

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                                UPMC Northwest
                                Wed Mar 09, 2005 03:34 am
                                Outpatient Summary Report

Pat Name:      GIBSON, CHRISTOPHER G                Page: 1
Unit #/Acct #: 0000238913/A0506600564
Loc:           FMG 03/07/05
Phys-Service:  MCCANDLESS, DAVID P - OUT-PATIENT

*****
In:  03/07/05 1530                               Spec: LPE
Out: 03/08/05 1405   | LIPOPROTEIN PROFILE |       Techs: V4981 T4944,4572
Coll Time: 03/07/05 1015   |-----|
Order Phys: MCCANDLESS, DAVID P                 [A0506600564/4384816]

Result Name      Result      Normal Range
Chol (mg/dl):    154          <200 Desirable
Trig (mg/dl):    81           <150 Normal
HDL (mg/dl):     49           40-60
LDL Cholesterol (mg/dl): 89          <130
Turbidity:       Clear
Chylomicrons:   Absent
Phenotype:      Normal pattern
Smoker?:        No
Diabetes?:      No
Chol med?:      No
B/F?:          128/79
Risk:           The 10 yr risk of CHD from the Framingham
                Heart Study using the above clinical
                information is-
Absolute Risk(%): 1.90
Ideal Risk(%):   2.77
Relative risk:   0.59
Non-HDL Cholesterol (mg/dl): 105          <130

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                                End of Report - 03/09/05 03:34A

J.W. Shonnard MD, B.K. Davis MD, J.H. Suk MD
Outpatient Summary Report

                                GIBSON, CHRISTOPHER G
                                0000238913/A0506600564
                                FMG 03/07/05
                                (M-03/26/64)
                                Dr. MCCANDLESS, DAVID P

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Let's take a look at what this report says about my health. Remember, I am a 41 year old white male.

There are 3 columns to look at here. The first is RESULT NAME which is the category I was tested in. The second column is RESULT which is what my count or result of that item was. The third column is "Normal Range," which lists the normal or desirable count for that item.

Looking at my test we see that my total cholesterol was 154. Less than 200 (<200) is desirable.

My Triglycerides were 81. 150 or less is normal or desirable.

My HDL or "Good" cholesterol was 49. Desirable is above 40 with a max of 50. I received a 49 which is considered optimal for good health.

My LDL or "Bad" artery clogging cholesterol was at 89 – much less than the 130 allowed.

My blood sugar was excellent and my blood pressure good as well.

Now let's look at my risk factors. I came out with a .69 (less than 1%) chance that I will have a heart attack in the next 10 years! As far as my doctor is concerned, this is unheard of for a male over 40 years old in this day and age.

In short, while anything can happen to a person at anytime, my lifestyle habits have placed me at the lowest controllable risk factor for heart and blood sugar problems. My plan works folks – its right there in the RESULTS.

This is why this book is DIFFERENT. I am a real person who has won the battle over my weight problem. I am not going to waste your time reiterating all the different diets you can do.

Though I will offer you some review of the results and negatives to your health if you follow some of them. You can buy and read about any number of them, I reference here so you can learn from them, if that is what you want to do.

I am not going to tell you that you have to do harsh things – so don't be amazed – harsh things won't work and you will not do them. Not for long anyway.

What I am going to do is tell you what does work from experience, others and mine. Then I am going to share my secrets with you – and you will have the answers you have been searching for.

In fact you are going to learn a whole new way of looking at weight loss. You're going to shift focus from losing weight to gaining health, vitality, and confidence.

I am going to help you with some things you may or may not know, and I am going to help you do what I do that actually works. It is not hard to do; you just need to understand the “why it works” and why you have not been able to accomplish what you want with your weight loss – the “why not” of it all. Hence, ***Weight Loss By The Numbers.***

I call this the internal diet or Psychology of Weight Loss. I include the PLAN to follow for losing the weight. You may

have had diets before. What you have not had before is a PLAN to help you with YOU.

A PLAN to help getting past the cravings, past the binges, and past the bad choices (and overindulgence in the good ones) that you deal with day to day. We have to get you past you! So let's "dig in" so to speak and get started!

To your Health and Well-being,

Chris Gibson

# The Truth About Weight Loss

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You already know there is a whole lot of information out there right now that is down right confusing. There are all kinds of diet plans and diet plan companies, some that have been around for over 30 years.

There are prescription drugs and over the counter products that “catch the fat,” “burn the fat,” and help the fat just “melt away.” Yet, the percentage of overweight folks just keeps on skyrocketing!

In the early 1990’s, a study revealed that when comparing the baby boom generation (those in the 55 – 64 age range) to their counterparts, there were 28% more overweight folks in the current generation than the previous one! Gee, I wonder why?

Just take a good look around you when you’re out and about sometime. We have surpassed being a fast food society. There are a multitude of burger and fries places, pizza places, Italian to go, Starbucks with its 500 calorie coffees and those 24-hour Krispy Kremes!

There is something to eat on every corner when it used to be the joke that it was a bank or gas station. While the government continues to make changes to the food pyramid and food companies rush to stock grocery stores with low-carbohydrate and low-calorie foods, these places continue to proliferate our great nation.

Who are we really kidding? What is really happening here?

I mean WHO IS EATING ALL THAT STUFF?

It's not just the baby boomers struggling with their weight however. If you find yourself losing the battle, frustrated and confused...YOU ARE NOT ALONE!

On a recent trip to Ireland visiting a few of my famous friends, I made a shocking discovery while cruising the streets of Dublin. Europe was now becoming the next fast food haven. It was crazy!

Just 10 years ago in London, one would be hard pressed to find even the McDonald's. Here it was 2004 and I found myself telling Dubliners as we entered one well-known packed fast food place, "That stuff will kill you!" My famous friends not wanting to be embarrassed whisked me away.

I still noticed that as a whole, Europeans were in really good shape. I was hard pressed to find any grossly overweight person let alone someone at the obese level. Everyone looked good.

Maybe they had a better handle on their eating habits than we did. It was while rubbing my sore feet after an extensive day of touring that I realized why. They walked. They walked everywhere!

That's not to say folks didn't use cars or take the subways, they did. However, as on the whole they walked. In fact, since I was on vacation I had made a decision not to disallow myself any food I wanted.

Though I kept the portions reasonable, I ate bread, fresh

Irish butter, dessert, and wine with dinner. I expected to gain about 5 pounds while on that trip.

I didn't have the time to do my regular light workouts so I really believed I would pay for my overindulgence. However, due to my discipline, I knew I would shed any weight gain quickly as soon as I got back.

When I got home and unpacked the first thing I did was hop on the scales to check the damage. I was totally shocked! I had actually LOST 9 pounds!

Now, clearly, I am not going to pretend to say that I never touch fast food. As much as I am admonishing it's strangle hold on our society, I believe it has its place. Just not as a staple of how we nourish ourselves.

I have learned that by making good choices about what foods and snacks to stock our homes with, we can significantly impact not just our weight but our overall health. I have also learned that these changes are easy and less expensive to make than eating junk food and hitting the drive-through everyday.

In this book, I am going to share with you how to do this for yourself and make a huge difference in your life. And, only YOU can decide how much of a difference you will make.

It all begins with why you are making a change. For most people, the reason to lose weight is to improve how they look. However, there are a lot of other reasons to lose the extra weight. For instance, if you are overweight you are:

- 15% more likely to develop osteoarthritis

- 72% more likely to have/develop hypertension (high blood pressure)
- 50% more likely to develop/have erectile dysfunction (men)
- 49% more likely to have high cholesterol counts
- 20% more likely to die of a first heart attack
- 65% on average more likely to develop certain kinds of cancer such as throat, stomach, colon, and of the kidneys.
- 85% more likely to get gall and kidney stones
- 350% more likely to get diabetes
- 20% more likely to have asthma and breathing difficulties
- 20% more likely to have ovarian and cervix problems

If that were not enough, sports medical science has also shown overweight people are five times more likely to have bodily injuries from day to day activities and develop lower pain thresholds than their normal weight counterparts.

As you can see, gaining optimal health and normal weight is worth a lot more than just your looks. It will help to keep you from having many different illnesses, and even help you overcome many of the medical problems described above.

So what is your ultimate goal with my book? SUCCESS!

Yes, I want you to be successful this time. You have to want it too! Over the years, I have learned that to be successful at anything you must begin with the truth. Look at the facts. Begin at the bottom line.

I believe most folks struggle and ultimately fail at getting to their ideal weight because they don't understand how they gain the weight, what makes weight loss really happen, and are so full of misinformation, both consciously and subconsciously, that they seem to set themselves up for disappointment.

So I am going to share with you what are in my opinion the "truths" about weight loss. This way you can end some of the craziness that steals your focus and motivation.

First let's look at how many calories you really need per day to maintain a certain weight as an average with a minimum activity level. We will use the New England Medical Journal for our source.

### **Women**

100 pounds	1200 calories/day
110 pounds	1200 calories/day
120 pounds	1200 calories/day
130 pounds	1300 calories/day
140 pounds	1400 calories/day
150 pounds	1500 calories/day
160 pounds	1600 calories/day
170 pounds	1700 calories/day
180 pounds	1800 calories/day
190 pounds	1900 calories/day
200 pounds	1900 calories/day
200 pounds +	2000 calories/day

## **Men**

120 pounds	1500 calories/day
130 pounds	1500 calories/day
140 pounds	1600 calories/day
150 pounds	1700 calories/day
160 pounds	1800 calories/day
170 pounds	1900 calories/day
180 pounds	1900 calories/day
190 pounds	2000 calories/day
200 pounds	2000 calories/day
200 pounds +	2100 calories/day

Do you know how many calories you consume each day?

### **Truth Number 1: *ALL DIETS do not work for ALL PEOPLE.***

In fact, it is my belief that diets do not work period. A diet is something you start and finish which is why the people on them lose and regain their extra weight. Think about it, how could any ONE diet work for everyone?

It is impossible because every individual is different. People gain weight for different reasons and different components play a part in the weight loss process. For some it is a metabolic enhancement that is necessary, and for others simply cutting calories helps.

Some have radical surgery to lose weight. If you want permanent weight reduction you have to have a plan to follow. A plan to keep you going forward for life. A plan that is right for you!

**Truth Number 2: You must create a caloric energy deficit to lose weight.**

It doesn't matter which diet you're on whether it's low carb, no carb, or sugar free. It doesn't matter how many points you're counting, what zone, or beach you are dieting in. It doesn't matter one bit.

To lose weight you must have a caloric deficit. There are a number of ways to effect this "deficit" that you are all familiar with.

- A. You can eat fewer calories on an ongoing and consistent basis. The keyword here is consistent.
- B. You can exercise and burn off extra caloric energy to create the deficit.
- C. You can enhance the creation of the caloric deficit by augmenting your diet with certain supplements and compounds.
- D. You can "retrain" your metabolism to create the deficit for you.
- E. **You can add lean muscle to help you burn off fat when you are even just sleeping!**

Remember our chart of calories above? By adding light physical activity to the weekly routine the average person can now consume the following amount of calories per day and stay the same weight!

<u>Women</u>	<u>No Activity</u>	<u>Light Activity</u>
100 pounds	1200	1600
110 pounds	1200	1600
120 pounds	1200	1700
130 pounds	1300	1700

140 pounds	1400	1800
150 pounds	1500	1800
160 pounds	1600	1900
170 pounds	1700	1900
180 pounds	1800	1900
190 pounds	1900	2000
200 pounds	1900	2100
200 pounds +	2000	2200

<u>Men</u>	<u>No Activity</u>	<u>Light Activity</u>
120 pounds	1500	2100
130 pounds	1500	2100
140 pounds	1600	2100
150 pounds	1700	2200
160 pounds	1800	2200
170 pounds	1900	2300
180 pounds	1900	2400
190 pounds	2000	2500
200 pounds	2000	2500
200 pounds +	2100	2600

You will notice that on average, as a person becomes leaner with just a light amount of activity, they can consume more calories without adding weight. Later in the book, I will detail what you can do to achieve this effect.

I ask that now you take a moment and think about what you consumed yesterday. Write it down. Then go and look at the labels of each food, assign the calories to your list, and add it up. Where does what you eat fall? Is there a clear connection for you in the amount of food you are eating and your weight?

**Truth Number 3: *Only consistent change over time will create and maintain results.***

Once you understand why you have gained the weight and what will be necessary to take it off and keep it off, you must turn to building consistency in your actions. This book is going to help you do just that.

We are going to peer into every corner that contributes to your weight gain. We are going to remove the pillars of habit that hold that weight in place.

We are going to create a new floor. As with all construction we must first look at the foundation. The foundation to weight gain and loss is FOOD.

More than just food, however, it is necessary to look at and understand the components of the food you eat that is contributing to your weight gain. The first component we will look at is in many foods and is the root of a lot of your troubles. It is SUGAR.

Now some sugars are certainly necessary to life. They give energy to move, think, and live. However, not all sugars are the same.

Not all bodies handle sugars the same either, one of the reasons why the diabetic problems are on the rise among the very young and the elderly. In the next section, I will try to give you an understanding of sugar and its functions, both positive and negative.

# Life is Sweet - Sugar is NOT!

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**Weight Loss FACTOID** – “All foods in proportion are NOT created equally!”

**Example:** If you trade two pats of butter at 70 calories for an Orange at 90 calories – YOU STILL GAIN WEIGHT!

You will have two main enemies when trying to lose weight. One is you and the choices you make daily (you know that one all too well). The other is too much glucose or sugar.

Yep, good old sugar, in it's various forms. This includes the *starchy* food that the body converts to sugar. What? Not FAT? What about FAT?

Do not be shocked – FAT is not your enemy and you need it to live! I am not going to tell you to never eat sugar again so don't worry. Now let me explain why.

As you have heard, here in the good old USA many of us are getting fat, especially our children. This is not hype, and not my opinion. 67% of us are overweight to the degree it effects our health. The healthcare field has sounded the alarm.

Even though Martha Stewart and a host of TV Chef's have done a great job teaching us all how to cook gourmet food for less than a dime – it isn't their fault either. Martha herself has even commented that “Gaining just 5 pounds can ruin ones looks!”

What is at fault is all the misinformation and out right lies being told everyday on Radio, T.V., and other mass audience mediums. I still cannot fathom why the FDA and the FCC, who are supposed to be watching what we are given and what we are told, can allow such a mishmash of double speak and overstated claims.

I understand to a certain degree they can't be everywhere and they have other battles to fight, however, the lies continue to be told from vinegar pills to fat catchers and burners. What the heck is a fat catcher anyway? And what else in the body is it catching?

The first thing you need to understand is how the body processes alcohol, sugar, and fat. As hard as it is to comprehend there was a time when humanity did not have Twinkies, ho-ho's, apple pies, margarine with hydrogenated oil, strawberry preserves, pancakes, breakfast cereal, or canned green beans that the large companies insist on putting sugar in.

Doubt me on the green beans? Just go into your kitchen and check out your labels and see how many items have sugar. By the way, it goes by many names – dextrose, sucrose, corn syrup, and glucose. All of this is SUGAR.

What our ancestors did have was meat, fat, grasses, leaves, some fruits that were dried, more meat, and more fat. There weren't any obese or fat people – heavy folks can't run and in the Stone Age, you had to run – trust me. (In some of our cities these days the need to run can occur as much as in the past, now that I think about it.)

There just were not any fat folks back then. It was a really rare to see someone that could be labeled as obese. With

our diets today, is it any wonder that we can work ourselves into a dither on the treadmill and we still see no results?

Is it any wonder we can't lose weight and that diabetes is on an epidemic rise even in our children? You need to understand that your body burns its fuel in a certain order by what is available.

This is the body fuel burning formula: **Alcohol – Sugar – Fat.**

This is why the famous Atkins diet works so well for some – they count carbohydrates – particularly those from sugar and NOT calories.

They keep their “Carbs” under 90 grams per day. Then, they build up to a tolerance from there. As they increase their intake of carbs, whenever they find a level where they begin to put weight back on, they stop. Once they find their level of happiness, they can from there maintain their weight.

The balance of hormones and the level of stress in your life guide you through the doors or right into the walls, when you are trying to lose weight. You need to understand and own that your diet choices are the map's they use to determine where you will land on the scale.

Ever hear of the sugar high? Sure you have. We all have that wonderful rush when we consume sugar and then we have the crash afterward. Then what do we do? Reach for more.

So, your body is processing the sugar and STORING the fat.

If you drink alcohol it will process that alcohol first, then the sugar, then fat.

That is why alcohol gives folks hangovers when they over indulge. The body has BURNT all the blood sugar in the brain and dehydrated the body in the process, but didn't do one thing to the fat.

This slows down the metabolization of the fat. Hence, the famous "beer- belly." This has been clinically proven by the way. So, guess what happens next?

You crave MORE sugar! Have a hangover and want to ease it? Drink a regular coke and watch how fast you feel better. So you think, "Ok, I will just cut out some sugar and I will lose weight, right?" NOPE – wrong!

From all the years of having a high sugar and starch diet, your body is NOW trained to look for the sugar. When you cut out the sugar, it spends days looking for it. This is the real reason why fasting doesn't allow you to lose weight quickly.

While your body is searching for more sugar, your metabolism is on hold. Dr Atkins says you must give it a new fuel (low carbohydrates) and more protein, fats, vegetables. He is right!

However, the Atkins diet can be hard for a lot of us to stay on permanently. It creates a side effect condition known as acidosis with its own problem, which I will cover later. However, cutting the sugar and changing your fuel is a PART of the puzzle.

Then you have your stress hormones. Heard of them?

They are part of the enemy that is you.

Recently, the scientific community has announced that the hormones secreted under stress lead to the storage of fat around the midsection of the body. I will take that one step further again based on experience and results.

The hormones interact and direct the glucose in your body to be used for energy and/or stored as fat. When you secrete adrenaline (your flight or fight stress hormone), your body begins to use Glucose (Sugar) for quick energy. In the Stone Age you had to RUN remember. Then, you crave more sugar.

The sugar gives you the “high” or quick energy to get the job done. Meanwhile, your body is storing the fat for the next “attack” (Stone Age reaction) or project you need to get done (today’s world).

Your body begins to store more protein and fat needed to heal wounds it thinks you may acquire. Again, our ancestry kicks in – your body doesn’t know that your boss is only after your head figuratively, or that your being overdrawn at the bank does not mean you need to run for your life.

Your body now turns to survival mode! When this happens everyday guess what you’re doing? Yes – your body is storing fat and protein from what you eat and continues to search for quick energy via sugar.

This is why so many dieters “fall off” the wagon so easily. Your body has it rules. You need to change them!

Sugar is everywhere. It can be found in places you would

never guess to look. I am going give you a list of foods with hidden sugar value (Glycemic Index) in the “Tables” chapter.

As I said earlier, I have no intention of telling you that you have to completely cut out sugar to lose weight. You do NOT. What you have to understand though is that all carbohydrates are not created equal.

Science is just now beginning to realize this. Every type of carbohydrate is different and is metabolized differently by the body. We now have a very useful tool at our disposal for managing blood sugar increases that lead to the body creating and storing excess fats called the Glycemic Index (GI) for foods.

The glycemic index is a projection of the elevated blood sugar of commonly used foods. This chart tells us the amount of influence these foods have in creating fat.

Planning your meals on foods that have an index of 20 or less will help you hit 125 GI or less per day. The higher the GI of any food the more likely it is to be high in carbohydrates and calories, thus contributing to overall weight.

What you need to know about the GI is that the spike that occurs when you consume high GI foods (like a white baked potato or rice) is not going to last very long – only two hours or so. Then, your blood sugar will drop dramatically signaling the brain that you are hungry and need to eat.

This is one of the biggest secrets I use to handle my hunger pangs, which of course drove my snacking and fast food habit. Now, I reach for a handful of cashews, sugar free

pudding, or even a yogurt smoothie and BAM – I am no longer hungry!

The slower breakdown of complex carbohydrates and proteins keep me feeling satisfied and even aid in burning more calories from the digestion process. In other words, I get to snack and win!

Note how high the GI is for starches such as rice, pastas, and potatoes! I will repeat the chart in the table section at the end of the book for your convenience.

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Glycemic Index – PER SERVING – not sugar free

**\*How to use this chart: Pick any combination of foods to create 3 – 5 meals equaling a total of 125 or less GI points per day.**

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Apple	GI of 6
Apple Juice	GI of 12
Almonds	GI of 0
American cheese	GI of 0
Angel Food cake	GI of 20
Baked Beans	GI of 7
Bagel	GI of 25
Beets	GI of 5
Brown Rice	GI of 18
Bran Cereal	GI of 10
Bran Muffin	GI of 14
Banana	GI of 12
Black Beans	GI of 7
Blueberry Muffin	GI of 15
Carrots	GI of 5
Corn Chips	GI of 20
Corn Bread	GI of 18

Corn	GI of 11
Cream Corn	GI of 17
Cream Cheese	GI of 2
Cornflakes Cereals	GI of 20
Cheerios Cereal	GI of 15
Cream Potatoes	GI of 19
Cream Soups	GI of 15
Cheese Pizza	GI of 15
Cheese Ravioli	GI of 21
Chex Cereals	GI of 12
1 Doughnut	GI of 20
French Bread (1 slice)	GI of 15
French Fries	GI of 25
Fettuccine	GI of 18
Frozen Pancakes/waffles	GI of 10
Grapefruit Juice	GI of 9
Grape Juice	GI of 5
Grape Nuts Cereals	GI of 16
Graham Crakers	GI of 15
Green Peas	GI of 3
Green Beans	GI of 5
Grapes	GI of 6
1 Grapefruit	GI of 3
Honey	GI of 10
Hamburger Bun avg.	GI of 9
Hot Dog Bun	GI of 9
Jellies (Table spoon)	GI of 22
Jelly Beans Candy	GI of 22
Kaiser Roll	GI of 12
Kidney Beans	GI of 9
Long Grain Rice	GI of 23
Lima Beans	GI of 9
Low Fat Yogurt w/sugar	GI of 10
Low Fat Yogurt w.o./sugar	GI of 1
Lentils	GI of 6

Linguine	GI of 25
Macaroni and Cheese	GI of 32
Macaroni	GI of 25
Mashed Potatoes	GI of 15
Mango	GI of 5
Milk – whole	GI of 7
Oatmeal	GI of 13
Oatmeal – instant	GI of 17
Oatmeal Cookie	GI of 9
Orange	GI of 5
Orange Juice Sweetened	GI of 18
Orange Juice Fresh/Unsweet.	GI of 11
Potato – red	GI of 8
Potato –Sweet	GI of 17
Potato Baked	GI of 25
Potato Chips	GI of 15
Pineapple	GI of 7
Pear	GI of 4
Peach	GI of 5
Plum	GI of 5
Popcorn	GI of 8
Pinto Beans	GI of 10
Pizza w/meat	GI of 15
Rice Krispies Cereal	GI of 22
Rice – white	GI of 23
Rice – Instant	GI of 36
Rice Cake	GI of 17
Rye Bread	GI of 10
Spaghetti	GI of 27
Soy Milk	GI of 8
Saltines	GI of 12
Tortellini	GI of 21
Taco Shells	GI of 10
Tortilla – flour	GI of 17

Tortilla – Corn	GI of 10
White Bread	GI of 10
Wheat Bread	GI of 9
Wheat Thins	GI of 12

Next, you have to deal with STARCHES. Starches are vegetables and grains that the body converts into sugar. Anyone who has or knows anyone with diabetes already knows what I am talking about.

Things like white potatoes, sweet potatoes, corn, wheat, and the “meals” made from them to make breads, pastas, and such, are all no no’s! The body uses these the very same way it does sugar.

This is where a huge misconception in weight loss exists. People cut out the candy bars, cakes, and cookies for low fat potatoes, corn, and pasta - and don’t lose a pound.

Sugar and starch that is converted to sugar act similarly. For instance, the process used by your body to convert carbohydrates to sugar uses some energy in and of itself.

You burn a little fuel to make a little fuel. For those of you who just have a really hard time resisting sugar cravings you will find that eating artichokes or artichoke hearts will suspend those cravings.

Best of all, artichokes are low in carbohydrates and very tasty. Instead of cookies, keep some marinated artichokes in the refrigerator. You will be amazed at how well they work to curb cravings.

Your body also burns fat for fuel. But it is easier to burn the sugar.

Change the fuel available and you change what you weigh and how you look.

You are going to learn what you can eat (and it is a lot), things like butter, cheese, meats, and sausages. You're NOT going to be hungry at all!

If you will recall to earlier in the book, when I mentioned that some sugar is necessary to life and energy. That is true even with the points I have made above.

However, refined sugar was never a part of the plan. Whole grains and rice's provide a good amount of sugar in the digestive process. An occasional treat like ice cream in a regular serving is not going to cause problems.

Ongoing influx of sugar into your blood stream on the other hand can cause a host of problems we have already covered. Lowering your sugar intake will allow you to immediately drop some pounds.

This is your first simple step. When I cover in detail the PLAN I continue to use to this day, I will help you easily manage this. It will be a snap.

# Why Dairy Farmers are NEVER Fat!

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I grew up around farms when I was a kid in Texas. A lot of my extended family was in the dairy business. I loved going to visit them during summer holidays because my cousins and I would cook up the most outlandish schemes and games while we were together. I loved the food even more.

I was a city kid, so the fresh butter and home made ice cream was always a treat. We got fresh milk, butter, cottage cheese, yogurts, and that dreamy ice cream through out those hot Texas days.

Yet to my recollection, no one was fat or obese. In fact, we looked like a bunch of scrawny kids as I look at some old photos today. I realize we were young and had very high metabolisms, but my grand parents, aunts, and uncles were all normal size hardworking people.

I did not realize it then, but there was a magical secret to their diets that would help me lose and keep the weight off for good later. Yes folks, dairy products help you take off the fat!

Research has shown that consuming ½ a cup of 2% cottage cheese as a late night snack actually helps you lose weight while preserving the precious fat burning lean muscle mass in your body. The enzymes and nutrients in the cottage cheese make the body work at digestion and burns fat.

The cottage cheese causes no rise in the body's glycemic index (blood sugar) and preserves muscle repair and building. The body does most of its repair in the sleep state so this is an excellent food for the late night snacker – like me!

University studies on dairy products also show that people who added three servings of yogurt per day lost an average of 61% more body fat and kept it off than those who did not. Additionally, studies have also shown that the increase in calcium intake for eating dairy products helps you to burn fat, and actually inhibits the body from creating fat in the first place!

*One of the great secrets to weight loss is burning fat without losing muscle.*

The simple scientific fact behind this principle is the more muscle you have, the more fat your body will burn off on its own. The problem with most diets like the Atkins is that as you starve your body of carbohydrates it eats its own muscle as well.

When you are done losing your excess weight, which means lost fat and muscle, you have less lean mass left than when you started. This allows your body to put the weight back on twice as fast as before.

Everyone who's yo-yoed on diets KNOWS this nasty phenomenon as rapid weight gain. This causes so much grief and frustration that many just give up and go right on gaining.

NO one told them that losing all that "weight" by starvation

meant losing one of their best friends for keeping their weight within a normal range and maintaining their health. In fact, muscle speeds up the fat burning process much better than most carb cutting diets can.

Every pound of muscle you add will make your body burn about 45 extra calories a day to maintain it. So, if we work to turn some of your fat into more muscle, you can burn a tremendous amount more of fat without lifting a finger.

Just trading in fat for as few as 5 pounds of muscle will help you burn about 1 pound of fat every week. Now that's what I call the ultimate weight loss weapon!

“GEEEEZE Chris, that sounds like its going to be a lot of sweat and hard work!” I can hear the old resistance wheels in your heads turning as you read this. Well let me tell you that you are WRONG!

I'm not talking about joining a gym and killing yourself with weights. I'm not talking about ridiculous aerobic goals either. The **Weight Loss By The Numbers Plan** combines what you need to do in your dietary intake, along with very attainable exercise goals and the psychology of how and why you will lose the weight.

You will be provided with the opportunity to turn fat into muscle and regain your health along with a normal weight. All you will have to do is follow the plan to attain your goals!

# Weight Loss Psychobabble

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**Weight Loss FACTIOD** - *“The FAD weight loss industry consisting of gadgets, creams, belts, and supplements is a 20 Billion Dollar industry.”* Why are we as a society still not thin?

It is everywhere you go. “Try this, do that, switch to this, lose 40 pounds on the Hollywood 48-hour miracle diet.”

The things that make us overweight are also everywhere. Fast food on every corner, serving sizes that have over the last 10 years moved up in range from Large on up to Biggie size, and eventually came the Mamma of them all - the SUPER size!

Restaurants are not any better – especially in America. Huge serving sizes along with more than one offer from our server to have dessert and other goodies have really cost us as a whole. It is any wonder it is so easy to gain the weight?

After the tremendous portions of food arrived and we all got overweight, then came how to get rid of the weight and fat. First, we were told to only cut calories. They explained how it would work and why we would lose weight. Overall, it did not work!

Then, we were told to cut out fat and were given products like low fat cheese, bread, sour cream, and even low fat WOW Doritos and Lay’s potato chips.

That was 7 years ago and we got even fatter! Something is wrong!

Then, the fat burners, weight reducers, cellulite creams, and vinegar pills arrived on the market, along with the scams that promoted them. We had numerous celebrities talk about how they lost the weight and kept it off, and we followed their advice, bought their books, exercise gadgets, and listened intently to them on the talk shows.

Funny though, somehow six months to a year later, there they were – FAT AGAIN! We had books from the medical community and a host of weight loss plans.

We have Scarsdale, 48-hour Miracle Diets, Tahitan Noni Juice, Herbalife, Atkins, the Zone...and we wonder why all these contradictions make us feel like we are living in the Twilight Zone – or at least we know they are!

Weight loss centers began popping up all over the place leaving the old stand by Weight Watchers in the dust. Many had their own food you could purchase – and the food was not inexpensive.

Then of course, you had the Slim Fast crowd. Slim Fast is an interesting case - you know - “A Shake for Breakfast, one for Lunch and a balanced Dinner?” I did that and gained 7 pounds.

My friends and family all tried that way of doing this and we all had two things in common. We were always hungry and we ALL gained weight.

Two liquid shakes are just not going to satisfy your body, nor the YOU that needs to get under control.

IF you feel deprived you are *not* going to win the battle of the bulge.

There has also been a lot of “press” lately about a little hormone that is getting a lot of blame in the overweight challenges of Americans. It is call Cortisol, maybe you have heard of it?

The hormone **Cortisol** is secreted by the adrenal glands in response to any kind of physical or psychological stress. Experts have likened it to an auto response of the body to stress.

Again, back in the days when we ran to stay alive and ate to run...there were periods of good eating and long periods without food. The body, under stress would release this hormone that would direct the body to store fat – especially in the abdominal area.

In modern times, with the combination of high fat foods, high levels of stress, and the sheer speed at which we live, your body tends to work against you by slapping on a layer of fat RIGHT WHERE YOU DO NOT WANT IT!

Further, if you are stressing out about getting fat you are actually making yourself more susceptible to gaining weight! Right away the pill makers popped up all over T.V. and Radio touting supplements to reduce, block, absorb, and flat out stop Cortisol from doing its dirty work.

You have to understand the scientific jury is still out on this and so I do not recommend jumping on this expensive band wagon. I have yet to meet ONE person who lost weight on a long-term basis from simply taking a pill, without making any dietary or physical activity changes.

Furthermore, history tells us that these fad approaches end up causing more harm to people than any good. I have personally (as I always do) investigated these products and right away have found a very misleading campaign of how these work.

Keep in mind this information is not generally revealed until you have opened the packaging and read the fine print. The main basis for these products is that they will “Help you to reduce stress thereby reducing Cortisol production and the belly fat it causes your body to store.”

That’s right folks, they reduce your stress. Now, if that was all it took to lose significant weight and build a healthy lifestyle, then we would have all been able to sleep off our weight issues.

It is my belief that good nutrition and a basic understanding of how the food you eat works is going to help you reach the health goals you desire. Unfortunately, Cortisol is not the only misleading supplement based approach out there....there are more...many, many more!

So, who do you believe then? This was my MAIN problem. I was not losing weight doing any of this stuff, nor had I ever met anyone who had lost and significantly kept it off any length of time past about 3 months. I am glad I was able to discover the truth when I did.

# Supplemental Insanity

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**Weight Loss FACTOID** – *“The Scales you weigh yourself on can lie and deceive you. You can lose inches without losing any pounds. Many people, who exercise whether to stay fit or lose weight, don’t realize this and can get easily discouraged. A pound of muscle is denser than a pound of fat taking up 22% less space. As you replace your fat with muscle – you lose inches! Since muscle weighs more than fat, you may still weigh the same, but you will definitely fit in your clothing a lot better!”*

The world of supplements to help you lose weight is a literal minefield of overstated claims and notorious infomercials laden with computer generated overlays.

Those models depicted walking down a beach (blonde, tan, beautiful, and **lean**) as grossly overweight individuals before they tried the supplement and lost “40 pounds” is to me the biggest health scam to hit the American public, since the Cure ALL Tonic waters of the 1800’s.

In short, a bogus marketing ploy that generates (steals) billions of dollars a year from honest people just looking for help. Unfortunately, like most people, I have also tried many of them.

Since the ingredients in them are mostly the same due to the FDA not taking enough responsibility in paring down what can be consumed, I am not going to go through them all. I will tell you that we have had many cases where folks we have been able to help had taken Hydroxycut, Stackers

1 and 2, and Xenadrine EFX without much success.

I have tried those and several others, but as I said the ingredients are mostly the same except for their “signature” ingredients such as Hydroxy-tea in the aforementioned Hydroxycut and Thermodyne Complex in Xenadrine EFX. These are touted as proprietary fat burners and metabolism enhancers.

The primary ingredient responsible for the **energy** you get is caffeine. Yes – that’s right plain old caffeine! The other hodge-podge of herbs and ingredients are supposedly combined for a “synergistic” fat burning process in your body.

So, tell me what’s worth to you to get the little pep you need, that extra energy? A \$40.00 bottle of pills or a 10-cent cup of coffee? Even the popular Green Tea that is now being used by all sorts of people is simply just caffeine.

The truth is when I first tried the supplements they contained ephedra and folks – it worked. I lost weight. I used the Stacker brand.

Again same basic ingredients and I lost about 3 pounds a week. Ephedra is a very strong stimulant and blood thinner.

Like the amphetamine weight loss supplements of the 1970’s it speeds up your metabolism and eases hunger pangs. As ephedra became more popular there were increasing reports of strokes and heart failure incidents.

I never had a problem with it and I expect all the fuss about

it is that some people (as usual) abused it and that is the main reason for all the controversy. In any case – it is out of the mix of ingredients in these supplements now.

With the main ingredient that was effective now absent, they are just not as effective. Save your money – opt for the Coffee!

### **Supplements that Do Work**

Vitamins. You have had at your disposal all along some things that will help to aid you weight loss. If you are not on supplemental vitamins you need to start now.

One of the positives to come out of the Atkins Diet study gives results for folks who took 1000+ daily doses of vitamin C as compared to those on his diet that did not take the vitamin C. Those who did lost significantly more weight. Upwards of 10 additional pounds!

Here is a rundown of the main vitamins and what a deficiency does to the body. Many actually *contribute* to obesity. This is a short list.

**Vitamin A** – found in fruits such as Apricots, vegetables like Broccoli, and almost ALL red vegetables and fruits. Highest concentrations can be found in Tomatoes and Sweet Potatoes.

Deficiency can lead to gum disease, gastro intestinal issues, and skin problems.

**Vitamin B6** – found in leafy greens like lettuce (except iceberg), poultry, sweet potatoes, figs, and red meats. Deficiency can lead to depression that can contribute to

overeating and obesity, migraines, and negative effects of stress.

**Vitamin B12** – found in red meat, poultry, seafood, and sea plants such as kelp and sea weed. Studies have indicated a common deficiency of this energy in overweight people.

Deficiency has been linked to mental illness and depression as well as Alzheimer's. Poor memory is also an indication of a deficiency in this important vitamin.

**Vitamin C** – one of the main antioxidants, this invaluable vitamin is found in Strawberries (has the highest concentration), most other fruits, and citrus. I recommend for you to use Vitamin C supplementation while on the ***Weight Loss By The Numbers Plan***. Remember, we are trying to reduce sugar for a while.

Your immune system cannot function without it and it is integral in the nervous systems ability to communicate messages since you have to have it to build and repair connective tissues. In other words, without sugar you couldn't even bat an eyelash! The Vitamin C will continue to provide the body with the necessary sugar it needs.

Deficiency – let's put it this way – heart disease, diabetes, cancer, and fatigue. Many different infections also occur, including herpes and yeast. An interesting correlation for vitamin C deficiency and obesity is that most men and women in this category fight yeast infections in one for or another.

**Vitamin D** – found in milk (fortified) sunlight, some shellfish, and supplements.

Deficiency – rickets, seasonal (winter) depression, skin and liver problems.

**Vitamin E** – Another main antioxidant, found in asparagus, nuts, cherries, and wheat.

Deficiency – Smokers and overweight people are almost always deficient in vitamin E. Asthma, cancer, heart disease, cataracts, muscle soreness, yeast infections (again). Stress appears to quickly deplete the body's vitamin E.

Now you know vitamins, especially vitamin C will accelerate your weight loss. I am going to recommend a good supplemental vitamin. This is a huge key to permanent weight loss and good health.

They don't have to cost a fortune. MegaWomens and MegaMens available at GNC stores and online are the best for effectiveness, dosage, and price.

**Calcium** – Most people already understand the role that calcium plays in strong bones and good overall health. You have to have it. Recent studies have also shown that calcium helps you to lose weight, particularly in the abdominal region.

I have to admit that I had already figured this out on my own when going through my personal trial and error with weight loss. Science is now backing it up. Adding calcium rich foods to your diet will help you stay healthy and lose the belly fat.

Here is the best part; almost all calcium rich foods are low in carbohydrates! This makes the dairy isle very attractive

to those of us on the ***Weight Loss By The Numbers Plan.***

I know what you are probably thinking. You have heard that sour cream, butter, cream cheese, and even milk are very fattening. While on the plan, you will further understand why eating these foods will help you lose weight.

You will also understand why including them in your diet versus high sugar producing food will make a faster difference in how you look and feel.

## Exercise Can't Go At It Alone

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***Weight Loss FACTOID*** – “A limited carbohydrate diet consisting of high quality protein and small portions of fruits and vegetables is healthy in every way, shape, and form, and will burn off all excess body fat tissue while creating more lean muscle mass in a very short time period.”

I think it is important for me to spend some time talking about exercise. Believe it or not, there is a lot of misinformation out there on this. I am not a proponent of harsh routines and crazy workout schedules.

The key here again is to gain some lean muscle mass while stripping away excess fat. Not to become a body builder.

For one, the people I know who do this flat out wear their bodies out and injure themselves or worse. Additionally, when you're overweight you CANNOT and should not do more than 20 minutes twice a day of some type of cardio driven exercise such as walking, jogging, or dancing.

We want to train the metabolism to work *for* us and increase that lean muscle mass over the course of the plan.

This key principle, which I call the “Reasonable Rule,” is a big reason people succeed following the PLAN. Like the old fable of the “The Tortoise and the Hare,” the more than reasonable components of the plan almost guarantees success for anyone.

To recap, no Charles Atlas workouts involved! WE achieve

results by being reasonable about the physical activity we perform. Every movement you make is some form of “exercise.”

It does not have to be running the mile in 5 minutes or 3 hours a day on the free weights. Please understand light exercise is an integral part of any type of weight loss.

It is a cumulative process: ***do a little and in a short time period, you will feel like doing more. Then, you will find in time that you will want to do some more. And, over a long period of time, you will be able to do A LOT more!***

Exercise is necessary – period. In the exercise portion of the “Tables” section, I give you the exercises I recommend to enhance the speed of your weight loss.

I am going to ask that for the 3-week duration of the plan that you NOT use your scales to check your progress. You can check your weight the last day of the 3<sup>rd</sup> week.

The reason is the PLAN will be working but you may not see a dramatic weight drop in pounds the first week and this is where most folks give up psychologically. You can look a lot thinner and not see it in the numbers on your scales, **REMEMBER – we are also converting some of the fat into muscle... trading the weight rather than losing it.**

Scales are very deceptive in the beginning. You’ll know its working because your clothes will be fitting very differently. It is important to give yourself and the plan time to work.

We do not get overweight in 3 weeks but this will take it off in a reasonable and healthy amount of time. Success is

possible because of how I set the requirements. You will be using the “Reasonable Rule” you set for yourself. It works 100% of the time!

You’re in control and I am giving you back the power over you! The power is in you, not a supplement, not a diet, and not an exercise routine. This is all part of the psychology of successful weight loss.

Here is how it works:

You will see from the chart in the “Tables” section that only 15 minutes twice a day, three times a week will net most people a 3-5 pound weight loss per week following the plan. When you increase your time to 25 minutes twice a day, three times a week, you would increase that to 7–10 pounds per week.

Either way you lose weight – and more importantly inches! You WIN either way. I am telling you – by using the Reasonable Rule of activity in the exercise part of the PLAN you will win.

I have laid out a chart for you to use in the Tables section. You now have the right kind and amount of exercise to easily accomplish what I have. So here are the kinds of physical activity I recommend.

**Disclaimer:** Exercising can cause serious injury if proper form is done incorrectly. Even if proper form is used along with proper warm-up and cool down phases, injury can still occur. ***Please take the time to consult a physician or personal trainer.*** They will provide the necessary training needed for you to perform each of the activities below. You agree that Chris Gibson and Universal Marketing Media,

Inc. are not responsible for any injuries that may occur to you.

**ACTIVITY 1: Warm-Up/Stretching.** This will always be the most important aspect of your workout. Without it, you can cause yourself serious injury. Therefore, this will always be your first activity.

If you will be walking, jogging, or running, then leg stretches are recommended. Here is a website that has a quick 5-10 minute warm-up/stretching routine for walking, jogging, and running.

<http://walking.about.com/cs/stretching/a/howstretch.htm>

If you are about to workout using weights, then the following minimum stretches are recommended. Your physician or personal trainer can also provide you with other stretching exercises you can perform. You will do 2 sets of 10 repetitions of the following:

**Deep knee bends.** (Squats) Standing completely straight with your feet about body width apart, bend your knees and slowly lower the buttocks toward the floor to back of the knee level. Do not touch your buttocks on the floor. Rise back up.

**Sit ups** – lying flat on the floor, slowly lift the upper torso forward and try to touch your toes. Don't push, just go until you have resistance and lie back down. You will gain the flexibility to touch your toes with time.

**Arm stretches** – in the sitting position, stretch both arms completely out in front of you and slowly lift them over your head keeping them at a straight angle. Lower them back

down. Next, do the same but lift them up on each side rather than straight in front.

**ACTIVITY 2:** Light walking, 30 – 50 minutes three times a week is optimal....use the CHART for weight loss targets. When it comes to walking, I really recommend doing it twice a day.

Once in the morning and once in the evening will suffice. This will jump start your metabolism a lot faster than once a day. You can split up the time above to correspond with the two workouts. If you can fit more days into your schedule, it will not hurt.

**ACTIVITY 3:** Brisk Walking. It is just what it sounds like – walking briskly, 25-40 minutes three times a week is optimal. Once you are comfortable doing activity number one, then you would start doing this activity.

Same as before, doing it twice a day, once in the morning and once in the evening is best. Make sure to split up the time frame.

**ACTIVITY 4:** Jogging/Running. Once you feel comfortable walking briskly, then it is time to start jogging. 15-30 minutes three times a week is optimal.

Keep in mind when jogging that you can jog for a 2-3 minutes and then briskly walk for a minute. You can cycle through this same activity until the time has expired. You do not have to jog the entire period of time.

The same would apply to running. Once you feel comfortable jogging, then you would begin running. Running would simply mean jogging at a faster pace.

The same cycling can be used, running for 2-3 minutes and then walking/jogging for one minute. You would not have to run for the entire period of time.

**ACTIVITY 5:** Play a Sport. Spend a minimum of 25-30 minutes playing your favorite sport. You can play basketball, tennis, golf, football, volleyball, soccer, swimming, racquetball, or any other sport you enjoy. The whole point is to play a sport you can enjoy, so that it does not even seem like you are exercising!

**ACTIVITY 6:** Weight Lifting. Time to build up that lean muscle I have been raving about. I recommend that you purchase a 5 pound dumbbell weight set (if you have never used weights) or a 10 pound (if you have or feel comfortable lifting that much weight).

They can be purchased from a discount department store such as Wal-Mart or K-Mart. They usually cost around \$15.00-\$25.00. If you live in another country, then you will have to visit corresponding stores to find these types of weight sets.

I really believe in the power of incorporating a light weight routine to sculpt the body and to gain the benefit of building more lean muscle. If you can even start with two sets per exercise, it makes a huge difference.

Performing a light weight routine can:

1. Enhance your workouts by allowing you add muscle at your own pace.
2. Increase your strength and agility providing balance and stamina.

3. Enhance the fat burning levels of your workouts.
4. Reshape areas of your body you are not happy with – stripping fat from some areas and building sleek muscle others.
5. Reduce blood pressure and indirectly improve circulation and heart.
6. Give your workouts a point of focus and timing.
7. Allow you to stretch calling in to play more muscle fiber than aerobic workouts alone.

There are so many great benefits to lifting weight that I could go on and on. However, by now I know you understand what I am trying to say here. Exercising is VERY important.

It is one of the key components to keeping the weight off by gaining some lean muscle. You are going to achieve some of this through the light cardio exercise (walking, jogging, running) listed above.

However, to really get the benefit of this type of strategy you should consider taking your physical activity up a notch. It will help you lose the fat faster and by adding the muscle you will have a 24 hour 7 day a week friend burning off excess fat for you.

More than well worth the little bit of effort I am going to outline here. If you follow this weight lifting routine, it will accelerate your weight loss. The best part about this program is you can do it right at home.

**Week 1:** You will perform this entire workout routine three times a week – every other day (example: Monday, Wednesday, and Friday). It should not take you longer than 25-30 minutes to complete.

**Chest - Push-ups:** 2 sets of 10-15 repetitions

Exercise Instructions: Place hands on floor, wider than shoulders. On knees (modified version) or toes (normal version), slowly bend arms and lower body until elbows are at 90 degree angles. Straighten arms and push up without locking elbows. Keep abs tight throughout the movement- don't sag in the middle!

Directions: For individuals who are unable to perform a push-up on your toes, you will be using the modified version on your knees. You will start out doing only 10 repetitions per set. Make sure to rest 30 seconds to 1 minute in between each set. Once you feel comfortable doing 2 sets of 15 repetitions with no problems, you will add on another set.

Here is a link for pictures of this exercise being performed.

[http://totalfitness.hypermart.net/art\\_pics/pushup.jpg](http://totalfitness.hypermart.net/art_pics/pushup.jpg)

**Shoulders - Dumbbell Arm Extensions:** 2 sets of 10-15 repetitions

Exercise Instructions: Front Raise - holding the weights in each hand with the arm straight down at the side - lift both arms straight out in front of you until even with your shoulders. Slowly lower them back down. Don't lift past the shoulder!

Lateral Raise - Leading with the elbows and keeping arms slightly bent, do the same except now lift both arms straight out to the sides like an airplane. Again lift until even with your shoulders then lower them back down. Don't lift past the shoulder!

Directions: There are two separate exercises for the shoulders. The first is Front Raise and the second is Lateral Raise. You will start out doing only 10 repetitions per set for each exercise. Make sure to rest 30 seconds to 1 minute in between each set.

Once you feel comfortable doing 2 sets of 15 repetitions with no problems, you will add on another set.

Here is a link for pictures of this exercise being performed.

[www.eradain.com/apoplexy/images/shoulders/latraise.jpg](http://www.eradain.com/apoplexy/images/shoulders/latraise.jpg)

**Biceps - Dumbbell Curls:** 2 sets of 8-12 repetitions

Exercise Instructions: With elbows to the sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position and repeat with opposite arm. Continue to alternate between sides.

Directions: You will start out doing only 8 repetitions per set. Make sure to rest 30 seconds to 1 minute in between each set. Once you feel comfortable doing 2 sets of 12 repetitions with no problems, you will add on another set.

Here are two links for pictures of this exercise being performed.

1. [www.womenfitness.net/wfimgank3/bicep1.jpg](http://www.womenfitness.net/wfimgank3/bicep1.jpg)
2. [www.womenfitness.net/wfimgank3/bicep2.jpg](http://www.womenfitness.net/wfimgank3/bicep2.jpg)

**Triceps - Dumbbell Extensions:** 2 sets of 10-15 repetitions

Exercise Instructions: Sit on chair, ball or bench (or stand) and hold a dumbbell with both hands, elbows bent to no lower than 90 degrees, weight directly behind your head and elbows close to ears. Without moving the elbows, straighten arms straight up over head, squeezing the triceps. Control the weight and keep your abs tight to support your back.

Directions: You will start out doing only 10 repetitions per set. Make sure to rest 30 seconds to 1 minute in between each set. Once you feel comfortable doing 2 sets of 15 repetitions with no problems, you will add on another set.

Here are two links for pictures of this exercise being performed.

1. <http://exercise.about.com/library/graphics/tricepkick1.jpg>
2. <http://exercise.about.com/library/graphics/tricepkick2.jpg>

**Quadriceps - Dumbbell Squats:** 2 sets of 8-12 repetitions

Exercise Instructions: Grab a weight in each hand, standing straight and with your feet apart even with your shoulders. Slowly squat down about half way to the floor or until you feel resistance and stop. Slowly rise back to the standing position.

Directions: You will start out doing only 8 repetitions per set. Make sure to rest 30 seconds to 1 minute in between each set. Once you feel comfortable doing 2 sets of 12 repetitions with no problems, you will add on another set.

Here are two links for pictures of this exercise being performed.

1. [www.dolfzine.com/JulyRosemaryOne.jpg](http://www.dolfzine.com/JulyRosemaryOne.jpg)
2. [www.dolfzine.com/JulyRosemarytwo.jpg](http://www.dolfzine.com/JulyRosemarytwo.jpg)

**Hamstrings - Dumbbell Lunges:** 2 sets of 8-12 repetitions

Exercise Instructions: Holding light or no weights, take a giant step forward with right leg and lower into lunge position, keeping abs in, knee behind toe, and knees at 90 degree angles. Push through the front heel to raise back up and repeat all reps on right leg then switch to the left leg.

Directions: You will start out doing only 8 repetitions per set. Make sure to rest 30 seconds to 1 minute in between each set. Once you feel comfortable doing 2 sets of 12 repetitions with no problems, you will add on another set.

Here are two links for pictures of this exercise being performed.

1. [www.dumbbell-exercise.com/pics/dumbbell-lunges1.jpg](http://www.dumbbell-exercise.com/pics/dumbbell-lunges1.jpg)
2. [www.dumbbell-exercise.com/pics/dumbbell-lunges2.jpg](http://www.dumbbell-exercise.com/pics/dumbbell-lunges2.jpg)

**Calves - Dumbbell Calf Raises:** 2 sets of 10-15 repetitions

Exercise Instructions: Stand with dumbbells and arms straight down and at your side. If possible, place the balls of your feet on a 1 to 2 inch platform to increase the range of motion of muscles being worked. If on a platform, start with your heels on the ground and lift up your body to the point where you are standing on your toes. Briefly hold the contraction and gently lower heel to the starting position.

Directions: You will start out doing only 10 repetitions per set. Make sure to rest 30 seconds to 1 minute in between each set. Once you feel comfortable doing 2 sets of 15 repetitions with no problems, you will add on another set.

Here are two links for pictures of this exercise being performed.

1. [www.esnes.net/data/img/raises-1.JPG](http://www.esnes.net/data/img/raises-1.JPG)
2. [www.esnes.net/data/img/raises-2.JPG](http://www.esnes.net/data/img/raises-2.JPG)

**Abdominals - Crunches:** 2-3 sets of 15-25 repetitions

Exercise Instructions: Lay flat on the floor or a bench. Bend your legs and raise your knees so your legs are perpendicular to the floor. With your hands placed in front of your chin or behind your head, exhale and curl your upper body towards your knees contracting your abs. Hold the contraction for a second then slowly lower your upper body back to its original position.

Keep lower back pressed to the floor, hands gently cradling head. Don't strain the neck. Flatten abs at top of movement by exhaling and contracting the muscles--imagine creating a canoe-shape between your hips and ribs. Don't use momentum--go slowly and take your time.

Directions: You will start out doing only 15 repetitions per set. Make sure to rest 30 seconds to 1 minute in between each set. Once you feel comfortable doing 2 sets of 25 repetitions with no problems, you will add on another set.

Here are two links for pictures of this exercise being performed.

1. [www.ast-ss.com/training/abs/crunches\\_bottom.jpg](http://www.ast-ss.com/training/abs/crunches_bottom.jpg)
2. [www.ast-ss.com/training/abs/crunches\\_top.jpg](http://www.ast-ss.com/training/abs/crunches_top.jpg)

**Week 2** - Repeat above exercise routine three times this week – every other day (example: Monday, Wednesday, and Friday). The focus should be to try and increase your repetitions closer to the maximum amount recommended.

**Week 3** - Repeat above exercise routine three times this week – every other day (example: Monday, Wednesday, and Friday). The focus should be to try and increase your sets to three for each exercise and repetitions to the maximum amount recommended. You should also try to increase your weight by five to ten additional pounds per exercise.

**Week 4 and beyond**: Continue with the exercise routine. The goal for the next month is to try to add another day into your week. From now on you will exercise four times a week instead of three. This will help with maximum fat burning, overall strengthening, and toning.

At this point it will be up to you how many sets, repetitions, and how much weight for you to use. You will have to make the call depending on how strong you feel.

Please keep in mind you can mix and match any of these activities. Let's say you want to incorporate walking with weight training, and you have 45 minutes as your time target.

You would then walk for 15 minutes in the morning or afternoon, and then do the exercise routine in the book for 30 minutes. The choice is up to you and your schedule. I would recommend at least doing two of the activities together. Some type of cardio activity, (walking, jogging, running, or playing a sport) and the weight lifting activity.

# I Won the Battle – Then Stopped the War

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**Weight Loss FACTOID** – “How can it be that if practically every diet and exercise program works, only 1% of dieters achieve their weight loss goals? Obviously because dieters begin a new diet and exercise program with the greatest of intentions but soon realize that to lose weight actually takes effort. Even though people may be desperate to attain weight loss via diet and exercise, they do not want to attain weight loss as bad as they want to eat the foods that they love, which made them fat in the first place.”

You want to get to the plan right! Well, first I need to share with you what I did to accomplish this. You need to see (read in this case) it in action.

I was tired of the battle. I really was beginning to think there was nothing I could do unless I stopped eating. Somehow I had a feeling that might not work either!

I decided I needed to look at each thing I did and see what was effective – even if it was only a little. Maybe there was a common thread or something I was missing.

Well, there was. In looking at the components of the things that worked, I began to see clearly that there were several approaches that worked to a degree and that no one had addressed what was really in the way – ME!

I would start a plan and not stick to it because I never felt

like I saw results – real results. I could lose a few pounds but my waist size wouldn't change.

Some plans were just too hard on me. I had a problem denying myself something I really wanted. Every time I tried, I would invariably become de-motivated within a few weeks.

I was turning into a Yo-Yo dieter!

In my research, I found the information about vitamin C and how it was so helpful to your body in losing weight. I added it to what I was doing and it worked.

Then, I discovered the biggest secret of all. I mentioned earlier the Noni Juice and even the all juice 48-Hour Miracle Diet. In the 1940's there was a secret to weight loss that only few in certain circles knew about.

Especially, a man named Cayce who recommended all natural remedies that worked uncannily well. Even today, there is a research center dedicated to his "readings" on people's health.

He recommended Welch's Grape Juice in small amounts because apparently there are components in it that will allow the body to process out fat stores quicker.

I added his recommendation to the PLAN as well. It also accelerated the weight loss. I was completely shocked, to say the least!

Through trial and error and much reading and research I found what works. I did not find it all at once – but in pieces. Like a puzzle the components fit together and

it really works!

I have shown you that cutting out sugar and eliminating and reducing the foods with hidden sugar will let you lose weight. I have shared how minimal exercise and using the “Reasonable Rule” will help you psychologically be motivated to exercise and follow the plan.

I have shared with you about the Vitamin C and all the benefits you can receive from using it as a supplement. You have already received information about other vitamins that can assist in the process of losing weight.

And, I have just shared with you the Grape Juice secret that has been used by movie stars and those in the “know” since the late 1940’s. It works! **What is even better – YOU DON’T HAVE TO COUNT THE CALORIES OR CARBOHYDRATES OF THE GRAPE JUICE since it acts as a weight loss “agent.”**

I know because I have yet to see a person who follows this plan and NOT get results. You’re not going to lose weight on any pills. You’re not going to lose enough to be happy without some exercise.

You’re not going to win the battle by fasting yourself into oblivion. This just teaches the body to store even more fat during the times you are on your yo-yo diets. You will, however, win the battle by understanding your psychology of weight loss and being reasonable with your initial goals to build daily habits easily.

I did five things that made all the difference and really changed my life during the three weeks that allowed me to lose 28 pounds. Here is a list of exactly what I did:

1. I stopped measuring. I stopped measuring my waist, my weight on the scales (I'll explain in a minute). I stopped counting calories and fat grams. I did this the ENTIRE three week period. It was important to give myself a chance. I had to learn to trust what I was doing and I learned to trust myself. If I jumped on those scales and judged that I wasn't seeing enough of a difference, I knew that the psychology of weight loss would be at work and I would not follow through.
2. I reduced my sugar intake and lowered my carbohydrate intake using the glycemic counts chart I have provided.
3. I set goals for exercise I could live with. I did the brisk walking and the weight training.
4. I did NOT have to deny myself anything I really wanted and allowed myself two FREE MEALS every ten days of whatever I wanted to eat.
5. One shot (3 oz. glass) Grape Juice before each meal. \*An old Cayce remedy. I also took Vitamin C daily along with a multi-vitamin.

The result was that I lost the 28 pounds and it has never come back. By working with my mind, my needs, and following this plan – I got the results I wanted. You can easily do the same.

# The Weight Loss By The Numbers Plan

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## Week 1 – (Days 1 –7)

- No sugar. My Carbohydrate intake was 125 grams per day. I didn't count calories.
- 5 Meals a day (snack counts as a meal!) spaced at least 3 hours apart. Please select foods listed in the Food area of the "Tables" section. My snacks were usually sugar free pudding, yogurt, or a yogurt smoothie.
- A multivitamin supplement with calcium and an additional 2000 mgs of Vitamin C daily.
- One-half hour before each meal 3 oz (small juice glass) of Welch's Grape Juice. (Can be any type of grape juice)
- One-half hour before bed – another 3 oz Welch's Grape Juice.
- Three days of 15 minutes of aerobic exercise. (I walked briskly M-W-F)
- Three days of 30 minutes of weight training. (M-W-F)
- One "free" meal on Sunday's of whatever I wanted. (reasonable portion – but the food was whatever I desired)

Remember, NO SCALES and no waist measuring as you will lose inches before pounds!

## **Week 2 – (Days 8 – 14)**

- No Sugary foods! My carbohydrate intake was 160 grams per day. I didn't count calories.
- 5 Meals a day (snack counts as a meal!) spaced at least 3 hours apart. Please select foods listed in the Food area of the "Tables" section. Again my snacks were similar dairy products I ate during the first week, but not always. A hand full of nuts, like almonds, would kill hunger pangs if they showed up. I really felt like I was eating more than ever!
- Continue with the multivitamin supplement with calcium and an additional 2000 mgs of Vitamin C daily.
- One-half hour before each meal 3 oz (small juice glass) of Welch's Grape Juice. (Can be any type of grape juice)
- One-half hour before bed – another 3 oz Welch's Grape Juice.
- Three days of 20 minutes of aerobic exercise. (I walked briskly M-W-F)
- Three days of 30 minutes of weight training. I added more repetitions per set for every exercise. (M-W-F)

NO SCALES or Waist Measuring! I could tell by now that my clothes were pretty loose. I wanted to weigh myself really badly, but I took the scale to my Mothers, so I would not have it there to tempt me!

## **Week 3 – (Days 15 – 21)**

- No Sugary foods! My carbohydrate intake was 150 grams per day. I didn't count calories.
- 5 Meals a day (snack counts as a meal!) spaced at least 3 hours apart. Please select foods listed in the Food area of the "Tables" section. Again I handled snacks as

in the previous weeks. Rarely did I have any cravings or hunger pangs by this point.

- Continue with the multivitamin and the same amount of Vitamin C daily.
- One-half hour before each meal 3 oz (small juice glass) of Welch's Grape Juice. (Can be any type of grape juice)
- One-half hour before bed – another 3 oz Welch's Grape Juice.
- Three days of 25 minutes of aerobic exercise. (I cycled between jogging for three minutes and then briskly walking for one minute this time M-W-F) I happily did the 25 minutes! It was easy and I felt great about myself.
- I continued my workouts with the dumbbells and added a few more reps and one more set to all my exercises. My energy was definitely higher than when I had started. I wanted and looked forward to working out by this time.

On day 21, the last day, I ran – I did not walk to get to my scale. I closed my eyes and stopped dead in my tracks because I was afraid. I knew I had lost weight because my clothes were not fitting by three pants sizes.

But how much? I stepped on slowly and then I looked down. I HAD LOST 28 POUNDS IN THREE WEEKS! What is more I felt great and looked good!

The results have been similar for those I have worked with – men and women from all around the globe. Some have lost more, some a little less depending on their habits and individual metabolism. But, EVERYONE gets results they are proud of.

***NOW IT'S YOUR TURN!***

# Tables – Take your Seat

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Throughout this book I have talked about this section. I called it “Tables” for two obvious reasons. Here you will find sections on Foods with Hidden Sugar, and some foods that are ok to eat during the three weeks.

I call those “Safe Foods.” I also include a table for the Exercise “Reasonable Rule” and how much weight you can expect to lose based on averages from the amount of time you choose.

## **Some Foods with Hidden Sugar (always check the labels to be sure)**

Ketchup	Frozen Vegetables
Canned soup	Some canned vegetables
Breads	Crackers
Salsa	Salad Dressings
Pizza	Tomato Sauces
“Unsweetened” Cereals	Bacon - Cured
Ham- Cured	Marinades
Bar-B-Que Sauces	

## **Glycemic Index Chart**

Glycemic Index – PER SERVING – not sugar free **\*How to use this chart: Pick any combination of foods to create 3 – 5 meals equaling a total of 125 or less GI points per day.**

---

Apple

GI of 6

Apple Juice	GI of 12
Almonds	GI of 0
American cheese	GI of 0
Angel Food cake	GI of 20
Baked Beans	GI of 7
Bagel	GI of 25
Beets	GI of 5
Brown Rice	GI of 18
Bran Cereal	GI of 10
Bran Muffin	GI of 14
Banana	GI of 12
Black Beans	GI of 7
Blueberry Muffin	GI of 15
Carrots	GI of 5
Corn Chips	GI of 20
Corn Bread	GI of 18
Corn	GI of 11
Cream Corn	GI of 17
Cream Cheese	GI of 2
Cornflakes Cereals	GI of 20
Cheerios Cereal	GI of 15
Cream Potatoes	GI of 19
Cream Soups	GI of 15
Cheese Pizza	GI of 15
Cheese Ravioli	GI of 21
Chex Cereals	GI of 12
1 doughnut	GI of 20
French Bread (1 slice)	GI of 15
French Fries	GI of 25
Fettuccine	GI of 18
Frozen Pancakes/waffles	GI of 10
Grapefruit Juice	GI of 9
Grape Juice	GI of 5
Grape Nuts Cereals	GI of 16
Graham Crakers	GI of 15

Green Peas	GI of 3
Green Beans	GI of 5
Grapes	GI of 6
1 Grapefruit	GI of 3
Honey	GI of 10
Hamburger Bun avg.	GI of 9
Hot Dog Bun	GI of 9
Jellies (Table spoon)	GI of 22
Jelly Beans Candy	GI of 22
Kaiser Roll	GI of 12
Kidney Beans	GI of 9
Long Grain Rice	GI of 23
Lima Beans	GI of 9
Low Fat Yogurt w/sugar	GI of 10
Low Fat Yogurt w.o./sugar	GI of 1
Lentils	GI of 6
Linguine	GI of 25
Macaroni and Cheese	GI of 32
Macaroni	GI of 25
Mashed Potatoes	GI of 15
Mango	GI of 5
Milk – whole	GI of 7
Oatmeal	GI of 13
Oatmeal – instant	GI of 17
Oatmeal Cookie	GI of 9
Orange	GI of 5
Orange Juice Sweetened	GI of 18
Orange Juice Fresh/Unsweet.	GI of 11
Potato – red	GI of 8
Potato –Sweet	GI of 17
Potato Baked	GI of 25
Potato Chips	GI of 15
Pineapple	GI of 7
Pear	GI of 4
Peach	GI of 5

Plum	GI of 5
Popcorn	GI of 8
Pinto Beans	GI of 10
Pizza w/meat	GI of 15
Rice Krispies Cereal	GI of 22
Rice – white	GI of 23
Rice – Instant	GI of 36
Rice Cake	GI of 17
Rye Bread	GI of 10
Spaghetti	GI of 27
Soy Milk	GI of 8
Saltines	GI of 12
Tortellini	GI of 21
Taco Shells	GI of 10
Tortilla – flour	GI of 17
Tortilla – Corn	GI of 10
White Bread	GI of 10
Wheat Bread	GI of 9
Wheat Thins	GI of 12

**Reasonable Rule Exercise Table**

**Required**

To lose 1 pound a week	10 Minutes 3 days a week
To lose 1-2 pounds a week	15 Minutes 3 days a week
To lose 3-4 pounds a week	20 Minutes 3 days a week
To lose 5-6 pounds a week	30 Minutes 3 days a week
To lose 7-9 pounds per week per week	50 Minutes or more 3 days

Remember your “Reasonable Rule” time is to help build up your habit of exercise and reach your goals. The main goal is to actually achieve the workout time associated with the Required Schedule.

Again, I did a minimum of 45 minutes per day the first two weeks and a maximum of 55 minutes the last week.

## **Foods To Use**

Remember – eat what you want within reason. Do not deny yourself – but try to keep your carbohydrates under 150 per day or the GI under 125 – whichever is easier for you. Choosing to build your meals and snacks around these foods will help you gain the nutritional health and maximize the conversion of fat into lean muscle mass.

### **Basic Foods To Use**

**Nuts** – (such as almonds, pecans, pistachios, peanuts, cashews.) Read labels on roasted to make sure there is no sugar or dextrose.

**Cheeses** – All are fine, however, watch cheese spreads and dips! They often contain sugar and added ingredients that up the carbohydrates.

**Meats** – chicken, fish, shellfish, and pork are all fine, as is sausage.

**Dairy** – sour cream, sugar free ice cream, milk, butter (real is better than margarine), and again cheese. Sugar free yogurt without fruit is fine. Cottage cheese.

I replaced every ice cream, pudding, and dessert snack with the sugar free version and cut calories by 75%. This also meant that these items had a GI of 0 to 1. Do not overdue it with these, they are snacks!

**Fresh Vegetables** – All are good – except – BEETS and

WHITE Baking Potatoes. Corn is also high in starch use it sparingly.

Again the idea here is NOT to deny yourself anything you want – but to substitute high carbohydrate – high sugar content foods with these. Just make better choices!

I want you to learn what is in the food you eat. I want you to see the results of your work. You will get the self-esteem and energy you need to keep it off this way.

I want to give you the information and the tools but you must make the choices and decisions. This way YOU have the power – not the diet, not the food, and certainly not me.

Before we move on to the “Sample Meal Plans,” I think it is important for you to understand how food works, how it is categorized, and their serving sizes.

### **Food Group**

### **Example Serving Sizes**

#### Carbohydrates (Complex)

Starches (potatoes and rice)	1/2 cup of pasta, or noodles
Corn, Cereals, and Grains	1/3 cup of rice or flour
Breads and Gravies	1 med white or sweet potato
Carrots and Beets	1/2 cup of grains or corn

#### Proteins

Fish, Lean Beef, and Chicken	2 oz fish or 1 oz cooked beef ham (lean)
Turkey, Lamb, and Pork	2 oz of cheese, soy, tofu, shell-fish
Nuts and Legumes	1/2 cup any nuts like almonds, pecans, walnuts, mixed nuts, and peanut butter

Vegetables

Green Peppers and Cabbage	1 cup raw of any listed
Kale, Leaf Lettuce, and Squash	1 and 1/2 cup of any raw greens
Eggplant, Celery, Chives, Red Peppers, Yellow Peppers, Asparagus, Spinach, and Broccoli	1/2 cup of any cooked

Dairy

Milk, Cheese, and Yogurt	1/2 cup of any cheese, 1 cup of liquid milks
Cottage Cheese, Buttermilk Sour Cream, Cream Cheese	1 teaspoon of butter 1 tablespoon of sour cream or cream cheese

Fats

Oils, Shortening, Cooking Spray	Use sparingly to cook with, Olive oil is much better than vegetable, Peanut is good if you have no allergy to it.
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I am including some sample meal plans to help you “see” what a meal can look like and what are the good choices for snacks. You can substitute any thing you desire as long as it follows the rules of the plan.

PLEASE – do not make yourself eat things you do not like. Choose what tastes good to you and enjoy your food.

**Sample Meal Plans**

**Typical Day 1:** (less than 1200 calories for the day)

Breakfast - 1 half Grapefruit, 1/2 cup cottage cheese. 1 slice browned sausage. 1 egg scrambled. 3 oz. glass of Welch's grape juice (can be any type of grape juice) before the meal.

Snack – handful of almonds.

Lunch – Salad of mixed greens, sugar free or light dressing. 1 cup vegetable soup. 1 yogurt smoothie. 3 oz. glass of Welch's grape juice before the meal.

**Recipe Tip:** You can make your own smoothies! In your blender put 1/2 cup of your favorite berries (strawberries, blueberries etc) and 1 cup of fat free yogurt. Whip until blended. Add three ice cubes and whip again until frothy. ENJOY!

Dinner – 1 cup cooked whole wheat pasta, 1/2 cup spaghetti sauce, green salad, sugar free dressing to give taste. 2 slices of white cheese. 3 oz. glass of Welch's grape juice before the meal.

Late Night Snack – 3/4 cup cottage cheese. Add a dash of your favorite pepper blend or cracked black pepper.

## **Typical Day 2:**

Breakfast - 1 cup blueberries and raspberries mixed. 1 serving sugar free vanilla yogurt. 2 slices well done (crisp) bacon. 1 egg scrambled. 3 oz. glass of Welch's grape juice (can be any type of grape juice) before the meal.

Snack – handful of mixed nuts and 2 slices Swiss cheese. 1 Diet Coke.

Lunch – 2 oz of turkey or chicken breast in a whole grain pita with greens and sugar free dressing. 1 cup sugar free chocolate milk. 3 oz. glass of Welch’s grape juice before the meal.

**Recipe Tip:** You can make your own pies, cookies, and cakes Sugar Free! Use Splenda brand sweetener instead of sugar for same taste and not the blood sugar spike. Check out the Splenda website for recipes [www.splenda.com](http://www.splenda.com).

Dinner – 3 oz of any meat fish or poultry. 1/2 cup cooked or steamed vegetable such as broccoli covered with cheese. 3 oz. glass of Welch’s grape juice before the meal.

Late Night Snack – 2 sugar free ice cream pops. 3 are actually ok too! 😊

### **Typical Day 3:**

Breakfast – 1 cup of coffee. 1 slice whole wheat French toast with sugar free syrup. 2 servings of your favorite breakfast meat (bacon or lean ham). 3 oz. glass of Welch’s grape juice (can be any type of grape juice) before the meal.

Snack – 3 stalks of celery with peanut butter.

Lunch – Salad of mixed greens, topped with turkey, chicken, or ham. Sugar free or light dressing. Diet soda. 3 oz. glass of Welch’s grape juice before the meal.

**Recipe Tip:** Roasted red potatoes are delicious and easy to make. Simply use three medium red potatoes for each serving. You will need to quarter the potatoes and place in a large ziplock plastic bag. Cover the potatoes with 1/2 cup olive oil and sprinkle one package of dry Hidden Valley

Ranch dressing mix. Seal bag and shake to coat. Let potatoes marinate in bag three hours. Pour in baking dish and bake at 350 uncovered and stirring twice for one hour. Serve hot and enjoy without guilt. 1/2 cup serving each.

Dinner – 3oz baked chicken breast. 1 cup of peas, green beans, or asparagus. 1/2 cup roasted red potatoes. 1 whole wheat dinner roll. 3 oz. glass of Welch’s grape juice before the meal.

Late Night Snack – 3/4 cup cottage cheese with sliced peaches (not peach topping).

#### **Typical Day 4:**

Breakfast – 1 cup of coffee. 2 boiled or poached eggs. 2 servings of your favorite breakfast meat (bacon or lean ham), 1/2 grapefruit. 3 oz. glass of Welch’s grape juice (can be any type of grape juice) before the meal.

Snack – 1/2 cup sliced strawberries, 6 oz sugar free vanilla yogurt.

Lunch – Salad of mixed greens, topped with turkey, chicken, or ham. Sugar free or light dressing. Diet soda. 3 oz. glass of Welch’s grape juice before the meal.

**Recipe Tip:** Did you know you can make a deliciously satisfying sandwich spread or dip from cream cheese and deviled ham? It is very easy to do! Combine 1 block of softened (room temperature) of your favorite brand cream cheese and 1 can of deviled ham. Add 1 teaspoon of Worcestershire sauce and 1/2 cup each of finely chopped red and green bell pepper. Spread on low carb crackers or bread.

Dinner – 3-5 oz sirloin steak. 1/2 cup whole grain noodles with butter. Mixed green salad and sugar free dressing. Glass of water, milk, or diet soda. 3 oz. glass of Welch’s grape juice before the meal.

Late Night Snack – 1/2 cup favorite nuts like almonds.

**Typical Day 5:**

Breakfast – 1 whole grain bagel with 1 tablespoon of cream cheese, 1/2 cup cottage cheese with 1/2 cup of berries of your choice. 3 oz. glass of Welch’s grape juice (can be any type of grape juice) before the meal.

Snack – 6 oz sugar free yogurt of your favorite flavor.

Lunch – 2 oz hamburger patty with 1 slice of cheddar or swiss cheese on whole grain bun. Tomato, onion, and leaf lettuce allowed. Diet soda. 3 oz. glass of Welch’s grape juice before the meal.

**Recipe Tip:** You can make a delicious chicken breast dinner by melting one stick of margarine in a baking pan then dipping the chicken in the butter to coat both sides. Sprinkle with garlic powder and cracked black pepper. Cover with aluminum foil and bake at 325 degrees for 45 minutes and remove the foil for an additional 15 minutes to brown! Delicious!

Dinner – 3 oz chicken breast broiled. 1/2 cup roasted red potatoes. 1/2 cup green beans. Glass of milk or water. 3 oz. glass of Welch’s grape juice before the meal.

Late Night Snack – 2 SCOOPS OF YOUR FAVORITE FLAVOR SUGAR FREE ICE CREAM.

## **Typical Day 6:**

Breakfast - Coffee or water. 2 eggs scrambled and covered with grilled onions and 1/2 cup cheddar cheese. 2 slices of crisp bacon. 3 oz. glass of Welch's grape juice (can be any type of grape juice) before the meal.

Snack – 8 oz tomato juice or V8. Handful of almonds.

Lunch – Salad of mixed greens, topped with turkey, chicken, or ham. Sugar free or light dressing. Diet soda. 3 oz. glass of Welch's grape juice before the meal.

**Recipe Tip:** A tasty way to fix a ground beef patty for your meals is to combine 1 pound ground beef with 1/4 cup of Worcestershire sauce and 1 teaspoon garlic powder (you can also use a tablespoon of finely chopped garlic) and 1/2 tablespoon of cracked black pepper. Grill or broil to desired doneness.

Dinner – 2 cups whole grain or spinach pasta. 1/2 cup of Alfredo sauce. Glass of water or light red wine. 3 oz. glass of Welch's grape juice before the meal.

Late Night Snack – 3/4 cup cottage cheese with a dash of season salt.

## **Typical Day 7:**

Breakfast – 1 cup of coffee. 1 whole wheat pancake with sugar free syrup. 2 servings of your favorite breakfast meat (bacon or lean ham). 3 oz. glass of Welch's grape juice (can be any type of grape juice) before the meal.

Snack – 1 yogurt smoothie.

Lunch – Salad of mixed greens, 1 cup of vegetable soup. Sugar free or light dressing. Diet soda. 3 oz. glass of Welch’s grape juice before the meal.

**Recipe Tip:** This one is one of my favorites and even though it incorporates 1/2 a cup of bread crumbs, it is very nutritious and the carb count remains low.

### Spicy Meat and Cheese Meatballs

You will need 1 pound ground chuck or beef.

1/2 cup of dry bread crumbs

1/4 cup of warm water

1/4 cup shredded cheese

1/4 cup finely chopped onion

1 egg (slightly beaten)

1 tsp salt

1/4 tsp pepper

In 1 1/2 quart bowl mix all ingredients in order listed to make meatball “dough”. Add more bread crumbs if needed to make the “dough” sticky. You’ll need to get your hands dirty on this one and kneed the meaty ball mixture. Form 1/2 inch to 1 inch balls and place in greased baking dish. Place in 350 degree oven and cook 30–40 minutes turning twice, so it browns evenly. Enjoy in your favorite low carb sauce or alone. They are delicious!

Dinner – 3oz sirloin steak. 1/2 cup lima beans or lentils. 1/2 cup whole grain macaroni with cheddar cheese. Diet soda or water. 3 oz. glass of Welch’s grape juice before the meal.

Late Night Snack – 3/4 cup cottage cheese with sliced peaches (not peach topping).

# Final Thoughts

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Losing 28 pounds in 3 weeks has greatly enhanced my life. Mostly, I learned that not all problems could be solved by "consensus reality solutions."

Although harsh diets, supplements, and expensive gadgets may help you to lose some weight, most people will gain it back within 3-6 months. I personally try to maintain balance without them and by taking a more common sense approach.

My goal has been to help you learn how to take better care of yourself. Learn that you can for the most part, saving out any medical reasons, live a leaner life through making informed choices and decisions, and get to the healthy weight you desire.

I strongly believe, no, I KNOW, that when you give your body what it needs - it will heal itself and balance out the weight. Not every "body" is a runway model body. However, through proper nourishment and sculpting you can achieve the looks and health you are dreaming of, increased energy, and more importantly increased self-esteem will be yours.

You can lose the weight. You can own your choices and actions, and you can be responsible for yourself. "Response-ability" – your ability to respond to your own needs and health...after all *who else can do better to take care of you than YOU?*

This has been my personal experience about the beneficial results I attained from my quest to learn about my weight.

**Disclaimer:** “I recommend that you always check with your doctor before changing your diet or health routine. Again, I am simply sharing my personal experience.”