THE NEGATIVE CALORIE DIET

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Introduction

Negative Calories. What are they? Negative Calorie foods have what we will refer to as a *"negative calorie effect."* To give you an idea of what that means, we'll go through the process. You eat an apple. The apple you consume has 80 calories however, your body's chemical processing, digestion and breakdown of that apple causes you to burn off 100 calories thus, your negative calorie effect is –20 calories. Can you see the implications of a diet based on this premise?

Let's talk about the word *diet*. What images do you conjure up when you see or hear that word? I think of starving. I think of not ever getting full when I sit down to a meal. I think of all the foods that I like. I think of all the foods that I'm missing. What do you think?

We're going to change all that. The first step is to redefine the word diet. In reality, we don't have to change the real definition, just the definition we've all been programmed to believe in. Go ahead; look up the word diet in a dictionary. Let's do it together. Diet: 1. The usual food and drink of a person or animal. The other definitions are similar but none of the definitions define the word diet as a way to lose weight. Diet does not mean weight loss! Diet is simply the usual food and drink you consume.

So now that we know what diet means, we'll have to make up a list of our **new** usual food and drink. More on that later. In this book, I want you to start understanding, knowing, and feeling that diet is not a bad word. Just as a doctor would have a patient change their diet for some particular reason, we too will change our diet to produce the desired changes in not only our weight, but also our storage of body fat.

As I'm sure you already know, most people that go on diets are not successful in their quest. This usually breaks down to one simple human behavior. DISCIPLINE. That's right, most of us do not have the kind of discipline it takes to succeed. We could talk all day about

discipline, couldn't we? From the moment you start reading this book, I want you to start talking to your inner being about your discipline. For some of you, it'll be a short discussion. For the rest of us, it'll be an ongoing argument! Today is the day to start building your discipline. How good is your word? Do you make good on your promises? Well, now's the time to give your word to **yourself**. Make good on your new promise to yourself to have the discipline it takes to succeed.

The Workbook section will help and guide you to keeping your word to yourself. Start slow. Think about it for a few days. Visualize what sacrifices you're about to make for the next week or two. Tell yourself that it isn't for the rest of your life. Explain to yourself why you want to succeed this time. Explain to yourself why it's important. Come on, we all know how to persuade someone when we really want to, don't we? When it's really important, right? Now it's time to use that particular skill on **you**.

I want you to approach this new diet differently than you have in the past. Don't moan and groan. Smile. It's easy. Just look in the mirror and do it! Cool, huh? No, this time you need to ease into the idea of losing weight. DO NOT read this guide today and start today. Do not read this guide today and start tomorrow. Read it through at least a couple of times. Go over the information that means the most to you even more. Talk to yourself. Go to the store and LOOK at the food you're going to start eating. Pick it up. Touch it. Smell it. Think about it. Learn about it. Most important of all, relax!

I've found that for myself, it's very helpful to write down your desired results in the form of a goal. That's right, write it down. Give yourself three months to achieve it. Don't make an impossible goal, but make it a challenging one. Now don't get me wrong. You're going to be losing a lot of weight in the next week or two. We'll get more into that later as well.

What's really nice about this diet are the **results**! Yes, I said results! As you progress and achieve results, sticking to the diet is even more easy, and your self-discipline soars! Funny how that works, isn't it? But isn't really human nature? We need proof before

we commit! Well, proof is right around the corner! But for now, I want you to relax, sit back and enjoy. When you come across some information here that feels really important to you, please pause for a moment and contemplate those thoughts.

In the back of the Workbook are some pages for you to write down your notes as you go along, so have a pen handy. Start with the time and date. Then put down what you're thinking on paper. Ask yourself questions and answer them. Write them down too. The more you discuss your new endeavor with yourself, the more chance you have at success. Who's your best friend? It better be you! You NEED you!

The Negative Calorie Diet is **not** intended as a replacement for long-term eating habits. The Negative Calorie Diet is **not** appropriate for children or teenagers. The Negative Calorie Diet is not intended to be a replacement for medical advice. If you are on medication, have a medical condition, or pregnant, PLEASE consult your doctor BEFORE going on this or any weight-loss program. Should you decide that you want to increase your physical activity, again please consult your doctor. This is for **your safety!**

Digestion Process

I know we don't think too much about what happens to all the food we eat, but we really need to start doing just that. As soon as you stick food into your mouth, the digestion process starts.

Digestion is simply the series of physical and chemical changes that the food and drink we consume go through so that they may absorbed into our body.

Starting at our mouth, we take food into it. I know you know this already, but stick with me. As soon as we stuff the food into our mouth, we start the chewing process. What does this accomplish? The chewing process breaks large pieces of food down into much smaller and manageable pieces of food in preparation for the rest of the digestive journey.

Our saliva actually moistens the food as we chew it thus, making it easier to chew and eventually swallow. A fairly slow and wavelike motion begins after we swallow. This is known as peristalsis. Peristalsis pushes the food-mass through the esophagus down to the stomach.

The chemical part of the digestion process starts in the center portion of the stomach. This is where all that food we swallowed is mixed with water, hydrochloric acid, and enzymes. These are the gastric juices you've probably heard so much about.

Now, after one to four hours (depending on the combinations of food), peristalsis once again moves the broken down food (which is now in liquid form) out of the stomach and down to the small intestine. The broken down food arrives at the small intestine in the following order: 1) carbohydrates; 2) protein; and 3) fat.

The absorption part of the digestion process is where the nutrients taken from the food we've eaten are absorbed by the intestine and passed on into our bloodstream. Most of this process takes place in the small intestine. Remember the carbohydrates, protein, and fat that lines up here? From the carbohydrates, we absorb glucose. From the protein we absorb amino acids. From the

fat we absorb fatty acids and glycerol. All these nutrients are sucked up by the intestines and passed on into the bloodstream. Once inside the bloodstream, this process aids our body in cell metabolism.

Fats and fat-soluble vitamins go right to our body cells. The other nutrients make their way to our liver. Think of your liver as a receiving and shipping station. The liver receives nutrients other than fats and fat-soluable vitamins and turns them into completely different nutrients and ships or releases them into specific body cells for specific purposes.

The digestion process is the most important part of the Negative Calorie Diet. Don't disrupt it! It literally takes hours and hours for proper digestion to take place. Let it progress freely and in its own time.

Some things that can disrupt your digestion are 1) anxiety, 2) fatigue, 3) stress, 4) worry, 5) gulping down your meals, 6) exercise and 7) weather. I realize we don't live in a perfect world. Sometimes we can't help having the things mentioned above in our lives. Stress is always going to be there and I haven't figured out how to change the weather yet. Be aware of these problems and that they exist. Try to plan ahead when you know one is waiting for you – lurking in the shadows.

Metabolism

To explain the Negative Calorie diet even more, we need to talk about metabolism. Metabolism converts digested nutrients into the life-sustaining material your body needs to survive.

There are two phases of metabolism. The first phase is called **Anabolism**. The second phase is called **Catabolism**. The first phase builds up; the second phase breaks down. Anabolism builds up the chemicals and tissues in your body. What are your body's chemicals and tissues? Blood, enzymes, hormones, glycogen, etc.

Various elements of these tissues are broken down to supply energy to your body. This is known as Catabolism. No, I'm not trying to teach you a college class on the subject, but **knowledge is power**! Believe it or not, a little bit of knowledge on this subject will go a long way towards losing weight and ultimately your success.

When our body metabolizes glucose (simple sugars), this catapults energy to our body cells. The energy we manufacture combines with oxygen and more chemical reactions then unfold. Carbon dioxide and water emerge from the chemical reactions and actually become waste products.

It's the rate of which these thousands of chemical reactions take place that is our metabolism. Metabolism or **metabolic rate** as some experts call it, is the speed at which your body burns off calories.

That brings us back to carbohydrates, protein, and fat. I know you've heard the word calorie before, right? Well, these are where our calories come from. The food and drink we take in contain carbohydrates, protein, and fat. These are our primary sources of energy. Once broken down through the digestive system and absorbed into the body, carbohydrates, protein, and fat supply our body with fuel or as some people call it, energy. Energy for body heat and work.

Back to calories. When our body metabolizes carbohydrates, protein, and fat, chemical energy is released as heat. The amount of chemical energy released as heat is what we refer to as calories.

I know this is pretty dry material for some if not most of you, but we're almost at the critical junction. Now, foods that contain a lot of energy have a lot of calories. By the same token, foods that are low in energy are low in calories.

As we all know, people are different and so is their metabolism. Some people have a very fast metabolism. My brother-in-law is one of these people. This guy eats and eats and eats! He never watches his meals for fat or calorie amounts. In fact, he fries a lot of his food. He eats fast food like it's going out of style, yet he is slim and trim! I'll bet you know someone like this, right? Many of us were like this when we were teenagers, remember?

Some people have very slow metabolism like me! People like these have a harder time shedding excess weight. For our purposes, let's just forget about those lucky skinny people with fast metabolism. Good for them. What about us? Can we change or speed up our metabolism? You betcha! Again, The Negative Calorie Diet accomplishes this.

We already know that exercise will naturally speed up our metabolism, right? So does The Negative Calorie Diet! How? By telling our body that we are full and satisfied. That's why starvation diets don't work. By starvation diet, I mean a diet where you either eat a very limited number of calories per day (much less than you're used to) or none at all. More specifically, very small portions of food with very few calories. What happens? You do not become full! Your body senses the starvation! When it senses that you are in fact starving it, your metabolism slows down and your body starts storing fat thus, no weight loss.

By changing the nutritional composition of what we eat through The Negative Calorie Diet, our body won't sense starvation at all. Our body will sense that it is getting enough food. Food from the Negative Calorie foods list. Very large in portion and size, but foods

that are very low in calories, nutritional, and producing a negative calorie effect.

This process actually speeds up our metabolism, allowing our body to burn off its excess stored fat. What's that mean? We lose weight! Ah, the critical junction! We must speed up our metabolism! The Negative Calorie Diet kick starts our metabolism and gets it speeding. Then we provide one extra element to this process. Oxygen! That's right. Air. Sound corny? Read on.

We pretty much process three things through our bodies. Food, liquid, and oxygen. Remember all the chemical reactions we discussed? Oxygen is the main source of these chemical reactions. It's called oxidation. Without oxygen, there would be no chemical reactions to supply fuel to our body.

So what. We already breathe, right? There aren't any calories in air. So what. That's exactly it! If there aren't any calories in the air we breathe, then why not breathe in as much as we can? It doesn't cost anything. It's not hard to do. There's no special equipment to buy. But we're not, are we? We take breathing for granted. We don't even think about it. We just do it.

Most of us are very shallow breathers. Our lungs can hold just about two gallons of air. Do you think you breathe in that much air every time you inhale? Not on your life! Try this experiment. Get a giant balloon and hold it up to your mouth. You really need a big one. Now don't force a lot of air into it. Just breathe in through your nose normally. When you exhale, breathe out through your mouth and into the balloon. Again, breathe normally. Once you've exhaled all the air (don't force more than normal), hold the stem of the balloon together with your thumb and forefinger. That's how much air you breathe in and out all day long. If you fill up the balloon and pop it, congratulations! But if you're like most of us, you have no where near two gallons worth.

If you're overweight, or want to shed a few pounds (which is why I assume you purchased this book) you're simply not getting enough oxygen into your lungs to increase the rate in which all the chemical reactions in your body take place. Or, in other words, to increase

your metabolism. Remember, to effectively lose weight, you must increase your metabolism!

To summarize, The Negative Calorie Diet speeds up metabolism because our body senses that it is being fed properly. The Negative Calorie foods we eat produce a negative calorie effect, remember? When there's no more calories to burn off from the Negative Calorie foods we've eaten, our body turns to burning its excess stored fat for the energy it needs to get through the day. To maintain this fat-burning process and make it even more efficient, we need to get more oxygen in our lungs. Burning off our excess stored fat causes us to lose weight. Got the picture? Great.

Let's talk a little more about our Negative Calorie or fat-dissolving foods. First of all, they are very high in water content. In addition, their nutritional value is outstanding to say the least. Very high in vitamins and minerals.

With the Negative Calorie diet, you will consume approximately 2.5 to 3 pounds of Negative Calorie foods per day. These are very low fat, negative effect calories you will consume. Don't get too calorie conscious here – we're not counting! Now, the diet itself.

The Negative Calorie Food List

If you're like me, you probably want to get right to it. Okay, here it is… all the Negative Calorie foods you'll be using in your diet. I give you this list now so that you can start seeing what foods you are hoping will be on it. Here's the list.

Vegetables

Artichokes
Asparagus
Green beans
String beans
Beets
Beet greens
Broccoli
Brussels sprouts
Cabbage
Chinese cabbage
Carrots
Cauliflower
Celeriac
Celery
Chervil
Chicory
Chives
Squash
Tomato
(fresh/canned)
Corn (cob/canned)
Cucumbers
Dandelion greens
Dill pickles
Eggplant
Endive
Garlic
Kale
Kohlrabi
Leeks
Lettuce
Mushrooms
Mustard greens
Okra
Onions
Parsley leaves
Turnips
Watercress
Parsnips (raw/boiled)
Peas
Peppers (green/red)
Pickles (sour/sweet)
Pumpkin
Radishes
Rappini
Red cabbage
Rhubarb
Rutabagas
Sauerkraut
Salsify
Scallions
Shallots
Sorrel
Spinach

Not a bad list so far, eh? No, this isn't all of it. But look the vegetable list over. Look for foods that you are already eating and breathe a sigh of relief. I mean, if you already like something in particular, isn't that half the battle? One of your chores after reading will be to find every one of these vegetables at your supermarket.

Don't despair. What you don't find at one grocery store, you may find at another. Don't discount health food stores either. The prices may be slightly higher, but you're probably getting a better quality product, not to mention the fact that the produce at a health food store was more than likely grown without chemicals.

I'm very lucky. I live in a very agricultural part of the country where fruit and vegetable stands are all over the place. We've got farmer's markets as well. So open up to the fact that you may have to shop around.

Fruits

Apples
Apricots
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Currants
Damson plum
Figs
Fruit salad (fresh/canned)
Grapefruit
Grapes
Honeydew melon
Huckleberries
Kiwi
Kumquats
Lemons
Limes
Loganberries
Mangoes
Muskmelons
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Pomegranates
Prunes
Quince
Raspberries
Strawberries
Tangerines
Watermelon

Feeling a little better now? Yes, your sweet tooth will make it through this diet. Take a really good look at this list. You're remembering what each fruit tastes like aren't you? My experience has shown me that most people stick with just a few of their favorite fruit. I'm asking you to break that habit. Live a little! Broaden your horizon! Would you believe that I was 39 years old before I ever tried a Kiwi? That's what I'm talking about. Try everything at least once! You may just find a new friend. It's very good practice to try different things anyway. Get out of the rut! You'll like yourself more!

No, I'm not going to turn you into a rabbit. There's still more to the list. I'm warning you though; it's a short one.

Meat

Abalone
Bass (fresh water/sea)
Buffalo fish
Catfish
Clams (cooked)
Cod Steaks
Crab
Crayfish
Flounder
Frog legs
Mussels
Oysters (half shell)
Shrimp
Terrapin
Trout
Tuna

That's the list! Really spend some time with it. Read each food item and visualize it. That's right. See each item in your mind's eye. Imagine the taste, the smell. Why do this? Self-Programming. You don't want this to be just another diet failure do you?

More about programming later. We still need to "tweak" this list a little. We've got all these great foods now – so how do we eat them?

Do we cook them? Do we eat them raw? Both! That's what's so great about this diet. For instance, I would much rather eat cauliflower raw than cooked. What about you? Use your own good judgement.

One suggestion about eating these foods cooked or raw. If there's a particular food or group of foods on the list that you don't really like raw, try cooking it and vice versa. Sometimes cooking will make a food more palatable.

Now you know what the foods are. How do they work? First, the foods on the list are obviously low in calories, right? Here's how they work. Take an apple for instance. The average apple contains anywhere from 70 to 80 calories. Needless to say, thinking about an apple won't burn off any calories, but getting up and out of your chair, walking to your kitchen, finding the apple, picking it up and eating it burns off calories. Not lots mind you, but a few. Probably right around 5. Cool, your 80-calorie apple is now down to 75 calories and you haven't even put it in your mouth!

Now you've got to eat your apple. Let's say it takes you 10 minutes to finish. That's another 10 calories burned off! You're smokin'! You've broken that 80-calorie apple down to 65 calories! The rest of the process is easy. You take care of that, internally.

The actual digestive process your body will go through to take care of that apple requires energy from your body to make it happen. You've got to chew it. Digestive muscles and organs utilize heat and energy to get the job done. The energy your body uses for this process burns off even more calories. For the apple, another 75 calories to digest it, bringing the calories for that apple down to an astonishing –10! A negative calorie effect, yet you've satisfied your hunger!

That, in essence, is the magic of the Negative Calorie food. Will every food produce a total negative calorie effect? No, but that's okay, while consuming very few calories.

The Negative Calorie Diet

This is a pretty simple diet to follow. Stick to it and you'll average about a pound per day (usually more) weight loss. Don't cheat! Cheating is the largest reason for failure. You've got to get into the right frame of mind. Take it a meal at a time.

The first thing you'll need to do to get started is to pick up some Negative Calorie foods. Get yourself a piece of paper – better yet, take the workbook to the store with you. While you're shopping, please take the time to **get involved** with your purchase. Try to at least look at every food in the list. Fruit, vegetables, meats. Try to find the stuff you've never heard of before.

Once you find your picks for the week, pick them up. Hold them. Feel their weight. Smell it. Really smell it. This is your week. You're in charge. I mean it. You need to be the one to buy your food for the week. Don't have someone else do the dirtywork for you. You need to get involved. Why? If you approach this half-baked, not focused, you're not going to make it.

Part of the plan working, is to get involved. As you shop for yourself, you'll be programming yourself for success. It works! By the way, don't combine shopping for your Negative Calorie foods with other shopping. This is a **mission**. Go out on your own and make this happen. You'll feel better at the end for doing it.

During the week that you're on this diet, you'll be eating the ultimate negative calorie, fat-burning, metabolism increasing soup ever devised.

You will not eat this soup all by itself. That wouldn't be healthy but you will eat some every day. Don't worry, it tastes great. If you like vegetable soup, you'll like this. I'm going to give you the directions on how to make it. Do not stray from the directions! Do not "implement" your own variations. Do you really truly want to burn your fat off? Stick to the directions!

Ingredients:

6 large green onions
1 cup fresh green beans
2 cups fresh spinach
5 medium carrots
1 large can of cooked or stewed tomatoes
1 medium head of cabbage
1/2 bunch of celery
1 clove of garlic (you decide)
1 green or red bell pepper (red gives it more color)
1 stalk of broccoli
1 cup of brown rice (uncooked)
1 package of onion soup mix
FREE: your choice of salt, pepper, herbs, spices for taste

At first glance, some of you will look at the above list and think of the old cabbage soup diet. This is **not** that soup. The old cabbage soup diet did in fact help people lose weight, but there was a trade off in nutrition. The old cabbage soup diet was lacking in some areas such as protein, calcium, and grain. The Negative Calorie Diet makes up for these areas.

What does it taste like? If you like stew, you'll like The Negative Calorie Soup. It's not as boring as the old cabbage soup diet. Now you can add salt, pepper, herbs and spices to suit your particular taste. For instance, I like to make The Negative Calorie Soup with curry, salt, and pepper. After a two or three days, if I'm a little bored with it (it happens) I like to toss in some chopped or dried cilantro for a more tangy, Mexican flavor. I also love the broth that comes from the soup. I actually love to ladle some into a cup at night before I go to bed. Be creative with your spices. One last word here. When we say herbs and spices, we mean just that. Fresh or dried herbs and spices that contain little or no calories.

A word of warning. You're going to need a **large** stew pot, so have that ready and standing by. Depending on your pick of the above ingredients, you'll be making roughly one and a half to two gallons of this soup.

Clean all ingredients. Don't peel your carrots. Simply rub the outside of them with your hands thoroughly under water until the dirt is gone. Cut all vegetables into small and medium pieces. Run the clove of garlic through a garlic press or chop it very very fine. Throw everything into the pot except the brown rice and fill with clean (preferably filtered) water. Fill it up to about two inches below the top. If the pot isn't already on the stovetop, get it on there now. Turn the heat all the way up. Once the pot is boiling, throw in the brown rice. Now boil all the ingredients very fast for 5 minutes. Turn the heat down to a simmer and continue cooking until the vegetables are tender. This usually takes 4 to 6 hours.

One tip, don't add salt, pepper, herbs and spices without tasting as you add them! Too much will ruin the batch. Then you have to start all over again! This soup will be your **main dish** for lunch and dinner.

I usually like to start The Negative Calorie Diet on Mondays. It just makes sense to me. Starting at the beginning of the week makes you more aware of your progress. Just like going to work and working till the weekend. You sense the end coming and look beyond it.

The only problem is the weekend. No reward! Just two more days of being on the diet. So if you prefer rewarding yourself on a weekend, simply start the diet on a Saturday. This way, when the next Saturday arrives, you're ready for your reward! But don't go out and **undo** everything you just spent a week accomplishing.

I've talked to literally hundreds of people who have used The Negative Calorie Diet and a popular method of starting the diet seems to be on a weekend (Saturday) when you have a lot of chores scheduled to be done at home. You know, painting, mowing the yard, working on the car, crafts, etc. Maybe you want to just stay home and read a good book. The majority of the success stories I've been told about seem to hold true to this fact. Control your environment. It's only a week. If you go out with friends or on a date, the temptation of eating something else may be too high. Only you know for sure, so think and plan ahead. This soup is very

important. I cannot stress this enough. You really need to plan this out. Since it takes 4 to 6 hours to prepare, it's important that you make a large amount to start you off. I usually have to make it twice during the week. Plan ahead! Don't come home from work after 6:00 p.m. with no soup to eat. Plan ahead! If you run out during the week (I know I do), try to cook early in the evening so that it will be ready by the next morning.

If you're like me and you have to eat lunch while you're away from home during the day, be sure to have a large container to take your soup with you. If you have access to a stove or microwave, a plastic container with an airtight lid will do. No stove or microwave? Invest in a large thermos or a couple of small ones.

The point is that you maintain a large enough supply of the soup to get through the entire week. No excuses! This is your week. Don't forget your soup and head out to the nearest fast food palace. Start figuring out **now** when you'll have the time to make your second and maybe even third batch.

Beverages. What do you get to drink during the week? Water. What else? Water with a lemon wedge squeezed into it. No juices. No diet drinks. No coffee. No tea. No alcohol! Just water. Water with lemon. Oh, did I mention milk? No milk! Are we clear? Crystal, right? Again, you need to plan ahead. Make sure you have access to enough water to get you through the week.

It's preferable to drink your water before and after your meals – not during. Notice I said preferable. If you're the type of person that can eat without having something to drink, great! But if you're like me, you'll have to have your water sitting right there with you during your meal. Water consumed before and after your meals will aid in the digestive process. Water consumed during meals slows down your digestion. If you must drink during your meal, try to keep it to half a glass.

I know you've heard this before, but I'm going to tell it to you again. You need to drink a gallon of water a day! That's right, a whole gallon. For myself, I find it's best to have a container that's 32

ounces. In fact, I use one of those 32-ounce travel mugs. They keep my water pretty cool throughout the day. I know when I've finished the first one; it's one down, three to go, and so on…

I'm able to drink a gallon while I'm at work. Any extra water I drink is icing on the cake! Oops. Sorry about that. One more tip before we get into the actual day to day eating. Yes, we're still talking about water. Water can really take the hunger pangs away. When you feel like having a snack during the day, go ahead and have the snack (an apple or celery), but really try to drink a glass of water before. It really works!

When cooking your chicken or fish, you need to bake or broil. No frying! Be sure to take the skin off your chicken! Do not consume any alcohol while you're on the diet. No carbonated beverages, including diet sodas. Just water. Lots of it! I just had to say that again!

How long do you stay on the diet? Try it for 7 days at a time. You really need the 7 days to get the entire effect. Once the 7 days are over, stay off for at least a week before getting back on it. It could very well be that changing your eating habits after the diet is all you'll need.

If you need to take off a lot of weight, this diet will do the trick. If that's the case, you really need to think long-term. I don't care what kind of diet program you use; it's never advisable to lose large amounts of weight in a very short amount of time.

If you are looking to cut more than 10 pounds off your current weight, it's preferable and more importantly, **safer** to spread the loss over a few weeks or even months. This is where goals come in. I know you want to do this quick. Everyone does. But we want you around for a long time, so take it slow.

With The Negative Calorie Diet, 3 to 5 pounds a week is very attainable. If you need to lose a lot of weight, make this your target loss per week. In other words, stay on the diet for a week. Now for the next week, go off the diet, **but eat sensibly!** Keep at least 60 to

70% of your food intake Negative Calorie foods. Then get back on. This way you won't be depriving yourself of some of your favorite dishes while you're losing weight.

I also suggest you get a calendar and **mark** your days of dieting off as you move along. Draw a big red square around the last day! On the day after the last day, write down what your reward will be. Put it right in the middle of that square! Your favorite food? Your favorite restaurant? Go to a movie? You decide.

Okay, we're ready to map out the week. Here goes.

Breakfast

Don't skimp on your breakfast! This really is the most important meal of the day. The Negative Calorie Diet is no different. Start every morning off with a healthy meal of fruit. Eat till you're full. I said **only** till you're full. Do not gorge yourself. Eat **only** these particular fruits:

Cantaloupe
Grapefruit
Honeydew Melon
Orange
Papaya
Pineapple
Strawberries
Watermelon

Pretty simple, eh? Do not mix any of these. Stick with one per morning meal. These fruits will aid in the digestion of the meals you eat later in the day.

Snacks

Another small list. Apples or Celery. If you get hungry before lunch, gulp down an apple or some celery. Drink a glass of water **before** each snack. Same with a snack before dinner. A glass of water, then an apple or celery. If, after having consumed a glass of water, you don't feel hungry, forget the snack! Don't eat anything else. Got it? Good!

Don't eat anything else during this 7 days you're on the diet. If you do, **you've failed**.

Day 1

Breakfast: Pick one of the fruits previously mentioned. Eat until full. Full **does not mean stuffed!** Eat slow and deliberate. Taste the fruit. Chew it slowly and enjoy it. Take your time.

Snack: If you don't need a snack, **skip** this section. If you do, **drink a full glass of water first!** If you still need a snack, have an apple or some celery. Eat until satisfied. Notice I **did not say full**. Satisfied is different than full. Satisfied is just to get you through to the next meal of the day. Full is different.

Lunch: Eat a least one bowl of the soup. If you can eat more, go for it! Then pick any of the vegetables you want from the list. Eat until full. Do not gorge yourself! Getting full does not mean pig out. Should you decide that a salad would be nice, **no dressing**. If you need to put something on your salad, use only **apple cider vinegar**. Do not use regular distilled vinegar. Do not use apple cider *flavored* vinegar. Read the label. **Apple cider vinegar only** for topping a salad.

Snack: Same as above.

Dinner: Eat at least one bowl of soup. If you can eat more, go ahead. Eat as many vegetables as you want from the list (raw). Eat one piece or serving of fruit from the list. No chicken or fish today.

That's it for today. Now was that so bad? Only six more days to go. Don't even step on that bathroom scale in the morning! In fact, get that scale out of the house until the eighth day. The first 2 to 3 days can fool the scale. You're burning up that fat. You feel a little different today. Different than usual anyway. You can't quite put your finger on it though. That's the fat melting. Try not to get on the scale until the eighth day. The day **after** the diet. That's your reward!

Day 2

Breakfast: Pick one of the fruits previously mentioned. Eat until full. Full **does not mean stuffed!** Eat slow and deliberate. Taste the fruit. Chew it slowly and enjoy it. Take your time.

You might feel like stuffing yourself this morning. Feeling a little empty, right? **Don't do it!** Relax. Have a big glass of water and lemon after breakfast this morning. In fact, have two!

Snack: Water, apple, celery. Remember? If you don't need the snack, drink the water anyway.

Lunch: A bowl of soup again. At least one. More if you can handle it. Eat the soup until full. After the soup, have a peach. That's it.

Snack: Water, celery, apple. Fooled ya huh? Do the water even if you don't do the snack. Water's good for you. Why? Because I said so!

Dinner: Ah, more soup. MMMMMMMM good! At least a bowl. Two would be better. As many vegetables from the list you can eat **except peas and corn**. You can even have a baked potato tonight! **No salt, no butter, no margarine, no sour cream.** I know it sounds weird, but try mixing some warm water with some plain yellow mustard (about a teaspoon) into your potato. Add some pepper and Italian seasoning. It's not too bad. Sorry, no chicken or fish.

You should feel really full tonight. Almost stuffed. You still feel different though. Maybe a little warm. That's the fat melting away. Remember, **NO SCALE!** It shouldn't even be in the house! Have a glass of water before you go to bed. Of course you've already had your gallon of water today right?

Day 3

Breakfast: Pick one of the fruits previously mentioned. Try a different one today. Eat until full. Full **does not mean stuffed!** Eat slow and deliberate. Taste the fruit. Chew it slowly and enjoy it. Take your time.

Snack: You know the routine. An apple a day… or is it a celery stick? All together now, what comes before the snack? It's wet. It's clear. It's good for you.

Lunch: A bowl of soup. I realize by now, that the soup may be getting a little old. Not age-wise, mind you. Just that you may be getting a little tired of it. Just remember, the fat is burning up. Don't stop now. After you've eaten all the soup you can handle (at least one bowl), you can have any fruit or vegetables you want from the list. Mix 'em, match 'em, whatever. Eat as much as you want! Be sure to have a glass of water about a half-hour after lunch though.

Snack: I'm thinkin' that you might not need a snack yet. But if you do, drink another glass of water first. Cool, clear, water. Good stuff! Celery or apple if you need it.

Dinner: Do lunch over again! Get stuffed. Only fruits and vegetables from the list. You did have your soup first, right? That's great. Remember, at least one bowl of soup or more. Try to have a glass of water a half-hour before and after dinner. By the way, how large is your soup bowl? Don't be using small bowls. At least medium size bowls of soup. Large if you can handle it.

Yeah, it's the end of the third day. How ya feelin'? I know. Your body is changing. You can actually feel the fat burning today. Maybe a little light headed? It's working! Your metabolism isn't walking anymore – it's jogging! Think ahead. See yourself on the beach wearing those clothes you've been neglecting. Another glass of water before bed, okay?

Day 4

Breakfast: Pick one of the fruits previously mentioned. Eat until full. Full **does not mean stuffed!** Eat slow and deliberate. Taste the fruit. Chew it slowly and enjoy it. Take your time. Hope you're not getting tired of reading this because you have to read it 3 more times! You really need to drink a lot of water today, so have a glass before and after breakfast.

Snack: Water again. You need to wash out the uric acids in your body. Have an apple. Better yet, have some celery. Then have some more water! By the way, did I mention that snacks are optional? Water isn't though – have some more!

Lunch: This is getting pretty easy by now, eh? Yup, get out that bowl, heat up that soup, and go for it! Have another bowl – on me! Today you can even have a couple of bananas. One with lunch, one with dinner. Only one with lunch! Did I mention water again? No? Okay, have a couple glasses of water.

Snack: After lunch today only celery. No apples. Oh, and water. Lots of it! All you can drink. More, more, more!

Dinner: Soup. As much as you can stand. You're on the downside now. You need a big finish. Eat until you are satisfied. Have any of the veggies from the list on the side. For dessert, have any of the fruit from the list. After dessert, a big glass of water. After the big glass of water, another big glass of water.

Pants feeling a little loose today? Go ahead, try on some of those old clothes that don't fit. You need a boost. You can see and feel the results. Don't quit. Go out for a long walk today. Slow and easy. Look around you. Notice everything. When you get home, have another glass of water.

Day 5

Breakfast: Pick one of the fruits previously mentioned. Eat until full. Full **does not mean stuffed!** Eat slow and deliberate. Taste the fruit. Chew it slowly and enjoy it. Take your time. Feeling a little light headed this morning? Have a big glass of water after eating.

Snack: More water. Try to stick with celery today. Celery, water. Got that?

Lunch: Soup. At least a bowl. Two or more if you're still hungry. Pick any of the leafy vegetables from the list. Throw in 2 tomatoes. Slice them up and add some apple cider vinegar for flavor if you need it. You guessed it, have some more water.

Snack: Water. An apple is okay now. Celery is too. Water's better!

Dinner: Watch out! Tonight, **after** you have at least one bowl of soup, you can have chicken or fish! No more than 10 ounces though. You need the protein. *Note: For vegetarians or those of you who do not eat any kind of meat, substitute beans for the chicken or fish. Black beans and pinto beans are very high in protein, so they are preferable. Simply heat up a can or cook some raw. Season with salt, pepper, herbs and spices to suit your taste. Throw in a leafy vegetable and tomato salad. As much as you can handle. Apple cider vinegar for flavoring if you need it. And after dinner? You guessed it again! A big, cool, clear, refreshing glass of water. You know you can add lemon to that water, right? Go ahead, add some lemon.

Don't worry about the chicken or fish. You'll burn that off in no time! If you were feeling a little weak, you should start to perk up a bit now. You can tell you're burning the fat now can't you? It's been a long 5 days. Only 2 left. You can do it! Tonight, look in the mirror. See the change taking place. Awesome!

Day 6

Breakfast: Pick one of the fruits previously mentioned. Eat until full. Full **does not mean stuffed!** Eat slow and deliberate. Taste the fruit. Chew it slowly and enjoy it. Take your time.

Snack: You know the drill. Water first. If you need a snack, have an apple or some celery. After your snack, have some more water. Don't worry, it's good for you.

Lunch: Have at least one bowl of soup. Great! Now you can have any fruits and vegetables from the list. As much as you want. After lunch is over, drink some more water.

Snack: Didn't you just have some water? I thought so. Have some more. After your refreshing cool glass of water, have some celery. If you're still a little hungry, have an apple. But if you have that apple, you have to drink some more water. You know what? Drink the water anyway.

Dinner: Tonight is fish night! Any kind you want… as long as it's on the list! But before you eat your fish, have at least one bowl of soup. After the bowl of soup. Try having another bowl. Then the fish.
*Note: For vegetarians or those of you who do not eat any kind of meat, substitute beans for the chicken or fish. Black beans and pinto beans are very high in protein, so they are preferable. Simply heat up a can or cook some raw. Season with salt, pepper, herbs and spices to suit your taste. You can throw in any vegetables from the list that you want.

That's right, only one more day left. You're starting to get used to this now. Admit it. You're feeling kind of healthy, right? By now, you are a **Mean, Lean, Fat-Burning Machine!** I hope you haven't cheated yourself and weighed in on the scale. Don't do that till day after tomorrow. I mean it!

Day 7

Breakfast: Pick one of the fruits previously mentioned. Eat until full. Full **does not mean stuffed!** Eat slow and deliberate. Taste the fruit. Chew it slowly and enjoy it. Take your time. Have plenty of water with you today.

Snack: Same old thing. Water first. Think about the snack. Do you really need it? If you do, have some celery first. More water after that. If the pang is still there, eat an apple. It's okay. But only one.

Lunch: A bowl of the soup. Any fruits and vegetables from the list. Eat until full. Don't stuff. Drink some more water after lunch.

Snack: Here we go again. This is the last time. Have as much water as you can stand **before** hitting that snack. After the water, you pick. Apple or celery. Pretty neat huh? Try to have some more water after your snack.

Dinner: Soup. Your last bowl or two. Yeah, have two. Create a nice salad with any of the vegetables from the list. Apple cider vinegar for dressing. Tonight you can add salt, pepper, herbs and spices to your salad. That doesn't mean bacon bits, croutons, or sunflower seeds. For dessert, have any combination of fruits from the list. Eat until you're full.

You did it! You're there! Try to take another walk tonight. Your metabolism is running in high gear now! Feeling a little energetic? That's good. It's working. You are burning fat **big-time!** Tomorrow is **not** stuff yourself with fast food day. Relax. Think about what you want to eat tomorrow. Throw in some Negative Calorie foods with it. Don't mess up all your fine work. Savor your success!

Day 8

Weigh yourself **before** you eat anything! If you stuck to the program and didn't cheat, you really lost some weight! Now the hardest part… maintaining your success! So, I **really** want you to think about what you're gonna have for breakfast. Instead of hash browns, try some cantaloupe.

The trick here is to start **slowly** changing your eating habits. **Tip:** Once you're off The Negative Calorie Diet, try to maintain a daily intake of 60 to 70% Negative Calorie foods of the total amount of foods you eat.

This is where the majority of dieters fail. After they do a terrific job of sticking to a diet, they resort back to their original eating habits. If you do this, it's only a matter of time until you put the weight back on. This is the "**yo-yo**" effect you always hear so much about.

If you want to maintain your new found weight, you've got to start re-programming yourself into new, healthier eating habits. Think before you eat. If you must have a burger at the local fast food establishment, order it without mayonnaise. Use more mustard instead of mayonnaise and ketchup. Get a smaller burger and ask for extra lettuce, tomato, and onions. See how it works?

You're in charge now! Instead of that ice cold soda, have a glass of ice-tea or fruit juice. Instead of cookies and ice cream, try strawberries and bananas. Be creative! You've got more than a hundred foods to choose from.

When you dine out, try to stick more to Chinese, Japanese, and other Asian restaurants. They use a lot of Negative Calorie foods in their dishes. If you watch yourself, even Italian and Mexican food restaurants can keep you in the Negative Calorie mode.

Prepare plenty of raw vegetables from the list as snacks to keep you going. It takes a little work, but if you can keep your supply

maintained and available, you'll have a much better chance of keeping the weight off. Most people are simply not prepared. Most of us really don't mind eating healthy. It makes us feel good. We know we've done something wonderful for our body. The problem is our schedules. We make time for appointments, we make time for each other, we make time for everything. Everything but eating right that is.

Pick your day of the week to maintain your new found weight by making that day your food preparation day. Cut up your fruit and vegetables, seal them up and toss 'em into the fridge. Prepare enough for the whole week. Figure out how much you'll need for each day and get to slicing and dicing!

Use non-stick pots and pans to prepare food that you used to fry. For instance, I **love** fried potatoes as part of my breakfast routine, but one day, I tried frying my potatoes **without** any kind of oil, butter, or margarine. I cut up my potatoes, threw 'em in the frying pan, and after they were a little warm, started adding some water. For seasoning, I added Italian seasoning, garlic and onion powder. They almost came out like regular fried potatoes! In fact, I think they were better.

You're limited only by your imagination. Try frying vegetables from the list in a mixture of water and beef or chicken broth. They're great! Steaming vegetables is a great alternative to boiling and frying. Buy a wok!

Instead of salad dressing, keep using apple cider vinegar. You can also mix some nonfat yogurt with some water and apple cider vinegar and your favorite seasonings. This makes excellent vegetable dip and salad dressing.

When you bake a cake or brownies, add applesauce instead of oil. It really works! When you prepare spaghetti, forget adding hamburger, sausages, etc. Add black olives and mushrooms instead of meat. If you're like me and have to have garlic bread with your pasta, use sourdough bread instead. Mix a **very little** bit of olive oil instead of butter or margarine with a few fresh cloves of garlic and

Italian seasoning and you've got a fantastic spread for your garlic bread!

The point is to start really looking at your foods **before** you eat them. A lot of the foods we eat aren't really that fattening. It's the way we cook them! Throw your cooking oil away! Get some extra virgin olive oil and use it sparingly. Honest, you don't need much.

I really love to make my own french fries. I like to cut extra large wedges and fry 'em up. One day, I decided to take my medium size non-stick pot and throw my wedges in without oil. I turned the heat up to medium and added salt, pepper, and my favorite, Italian seasoning. No oil! In about 15 to 20 minutes, they had browned very nicely. I pulled them out. Kind of a cross between regular french fries and a baked potato. It was **great!** Try it! Be creative!

Start making the change slowly. Figure out little ways to cut the excess fat and calories out of your **eating habits**. Start by cutting everything you do in half. For instance, cut your usual fast food intake in half. If you usually have a burger twice a week, now have it only once.

If you're used to drinking two sodas a day, cut it down to one. If you eat candy, cut that in half. If you must fry some potatoes, cut your usual oil amount in half. Instead of a bowl of ice cream, half a bowl.

Oxygen – Your Old Friend

That's right, you haven't been very good to your old friend. We take our old friend for granted. We don't remember our old friend very often. Sometimes we run, do aerobics, or something similar to get back in touch with our old buddy. Then, after we're done panting and wheezing, we're back to breathing our normal amount of air. Thinking about oxygen is the furthest thing from our mind!

Did you know that oxygen burns fat? No? Well now you do. We all assume that it's the exercise alone that causes us to burn fat. What happens when we exercise? We breathe heavier and deeper. This in turn delivers more than our usual amount of oxygen throughout our body's cells. This seems to be one of the world's best kept secrets. Yet it isn't. Numerous books have been written about the benefit of deep breathing.

We're able to store food and drink, but do we store oxygen in our bodies? Nope! We must continually inhale and exhale. What happens if we stop? We die. Not a pretty picture. So why have we let this very important source of fuel get away from us?

It's very likely that our lifestyle has changed so drastically that oxygen is simply taken for granted. But just jump into a swimming pool and start swimming under water. What are you thinking about now? Even as you swim, you think about finally breaking the surface and gasping for that breath of fresh air. Am I right? Isn't it ironic that the only time we think about the air we desperately need to survive is when we're in an extreme situation where we're not getting it?

Take a look around at the majority of animals. Not the overweight couch potato pets that owners have made into carbon copies of themselves, but dogs and cats that are in good shape. Animals in the wild. One of the reasons they stay in excellent condition is because of the amount of oxygen they breathe. Have you ever seen a dog panting? Instinctively, for whatever reason, a panting dog takes in more air to regulate its body temperature. Animals are born with this instinct and most likely, so are we.

Unfortunately, because of a modern world of automobiles, airplanes, computers, etc., we unknowingly change our breathing habits. Chances are very good that if we were still in prehistoric times where we would have to hunt for food with our bare hands day in and day out, the instinct of breathing deep would be as natural as it is with the animals.

Do you know that 70% of the waste inside our bodies get eliminated through breathing? So, think about it… if you're not breathing properly, are you getting rid of all that waste? Nope. The waste that you're failing to eliminate will cause problems for your body. Headaches, slower metabolism, other aches and pains, stress, etc. Breathing properly can overcome many of these problems and more.

Shallow breathing causes your body to slow down, gain weight, and maintain its poor shape. It makes sense. The more shallow we breathe, the more waste we have in our body. The more waste in our body, the worse we feel. The more overweight we become. How does that happen? The cells in your body perform two functions. The release of energy (which is good) and the storage of fat (not so good). Of course some storage of fat is necessary for us to live. Just not excessive storage of fat.

The less oxygen you provide for your body, the more fat you'll end up storing inside of it. The more oxygen you provide, the more energy you'll release. It's the release of this energy that burns fat. Have you ever felt tired? No energy? That's because your body isn't releasing as much energy as you need.

Remember the digestion process? Shallow breathing creates slower digestion, which in turn slows down the rate of all the chemical reactions inside our body – or in other words our metabolism. Slower metabolism causes us to feel hungry or even starved more often. When our body feels starved, it stores more fat so it can live.

Have I convinced you? I hope so. The connections are there. We need more oxygen. We may need even more in the future. As

our air becomes more polluted, re-training our breathing **now** will keep us healthy later on. Okay, so now we know that we need to inject more oxygen into our systems. The question is how?

Deeper Better Breathing

In this day and age, most of us breathe air up into our chest. Look at yourself in the mirror. Your lungs hang all the way down toward the bottom of your rib cage. More than likely, you're not filling them up with the precious air they need. Most of us inflate just the upper portion.

You can test this theory by taking a very deep belly breath. The kind that causes your belly to inflate like a balloon. Remember the dead guys in the old movies? Remember seeing them breathe – watching their belly move up and down? That's what we want to accomplish.

Simply lay down totally flat on your bed, your couch, or floor. Relax for a second or two. Before taking a deep breath, remember, we want our belly to blow up like a balloon. Now breathe in deep through your nose. Push your belly up while taking the air inside. Stick your chin on your chest and watch your belly rise. When you've got as much air as you can hold, stop and hold your breath. Try holding it for ten or twenty seconds. If you're like most people, you're dying to let it out at the end of the twenty seconds. Go ahead. Pitiful isn't it?

Not only that, but did you feel your lungs stretching out? You don't feel that very often do you? It feels good and bad at the same time, right? That's because you're not used to it. Try it a couple of more times. It gets easier each time, right? That's the beauty of re-training yourself to breathe properly. It is easy! Don't you feel relaxed and refreshed at the same time? Your body is saying thank you, thank you! Just that very tiny bit of deep breathing and your body feels better. An immediate reaction.

Now think of this. That extra oxygen you gifted your body with is now moving through your bloodstream, slightly increasing your flow, and getting rid of excess waste and fat. All that in a matter of seconds! Keep lying on the floor, bed, or couch, and practice a little more. Get used to how deep breathing feels. Close your eyes and sense the rhythm of the deep breath you're taking. Memorize it.

Keep practicing for 5 more minutes. Now sit up. Again, try to accomplish the same deep breath while sitting up. Sit up straight. Start breathing in through your nose – then slowly stick your chin on top of your chest and watch your belly inflate with air. This may be a little harder because you might unconsciously revert back to shallow breathing. You'll know that this is true if your belly isn't inflating and you feel all the air in your lungs high in your chest. Don't give up. Concentrate on inflating your belly. Once filled as much as possible, hold it for twenty seconds and release through your mouth. You must practice this technique a few times to get used to it.

So by now, you should have a real sense of how to breathe deep. Now what? Take a day or two and just practice the technique. Learn how your body feels. Memorize the actual process of taking in, holding, and releasing all that extra oxygen. After a day or two of practice, you're ready for your daily workout.

What's all this have to do with The Negative Calorie Diet? Plenty! Think about it… Oxygen is fuel for your body as is food. There are no calories in oxygen. Pretty cool. You can breathe in all you want for as long as you want and still **no calories**! Not only that, but the extra oxygen you take in, will cause the chemical reactions in your body to take place much faster thus, you burn more calories than you take in. Another Negative Calorie effect! This in turn speeds up your metabolism and makes you burn more fat.

Now to the deep breathing workout…

The 5-20-10 Negative Calorie Workout

You've practiced a couple of deep breathing techniques. You know how it feels to breathe deeply. Now to put it into play. Stand up straight and tall. Place your feet apart about twelve inches. Relax. Loosen up a bit. Roll your shoulders and neck. Okay, I call this the 5-20-10 Negative Calorie Workout**.**

Ready? Breathe in deep through your nose for five seconds. In these five seconds, you want to get as much oxygen into your lungs as they can hold. This will take you four or five tries. You can use your watch, face a clock with a sweeping second hand, or count to yourself while taking in the air. Eventually you won't need a watch, clock, or count. But for now, it may help you get the feel of it.

Once you've accomplished getting as much oxygen as your lungs will hold (remember, inflate your belly) in five seconds, you hold that oxygen in place for twenty seconds. If you can't reach twenty seconds right now, don't worry, you can work up to it. If you can only hold it for ten or fifteen seconds, that's fine for now.

Once you've reached the twenty (or less if you can't reach twenty seconds) seconds, slowly exhale through your mouth for ten seconds. 5-20-10.

Your exhale is just as important as your inhale. It's your exhale that is getting rid of that 70% of waste inside your body. Most of us are just as shallow on our exhale as we are on our inhale. On the exhale, pull and press the air from your diaphragm up and out through your mouth. Shape your mouth into a small circle, approximately the size and shape of a dime. Remember, you're exhaling twice as slow as your inhale. To make sure you get as much carbon dioxide out of your body as possible, pull your stomach in as you get to the end of the exhale. This movement will help push the stale air out of your lungs.

As soon as you've reached the end of your exhale, your immediate reaction will be to inhale more oxygen. This is good.

Don't stop. Don't rest. Go head and inhale again. This is your second rep of 5-20-10.

At the beginning of the 5-20-10 Negative Calorie Workout, we want to get in fifteen reps. That's fifteen times doing the 5-20-10. We also want to perform these fifteen reps four times a day. Balance them throughout your day. Perform one workout right after you get up in the morning as well as one workout right before you go to sleep. You can perform this workout in bed if you like. The other two workouts should be performed right before eating lunch and dinner.

This workout accomplishes a few things. First of all, you'll kick your metabolism up into high gear first thing in the morning. This will help burn fat throughout the day. Again before eating lunch and you'll gain new energy for the rest of the day as well as burning fat. Another workout before dinner and you won't feel as hungry. You'll feel satisfied a little sooner. The last workout before bed relaxes you for your well deserved sleep and burns fat throughout the night.

Pretty easy. Now combine the 5-20-10 Negative Calorie Workout with The Negative Calorie Diet for the seven days and you'll turn your body into a fat-burning machine! Yes, the diet works great on it's own, but when combined with the 5-20-10 Negative Calorie Workout , your fat will be screaming to get out of your body!

That's really all there is to it. When the seven days are over, and you're finished with the diet, you do not stop the 5-20-10 Negative Calorie Workout . This workout is yours. You keep it. This is a life-changing habit you need to acquire. The workout will help you maintain your perfect weight once you're off The Negative Calorie Diet. It will keep your metabolism going and going and going.

I cannot emphasize enough, the importance of the 5-20-10 Negative Calorie Workout . It will keep you healthy. It will keep you lean. It'll clean out your inside in a way that you've never felt before. It really works.

Staying Motivated

Be in control. Eat slowly. Cut your food into small pieces. Don't jam your mouth full of food. Take small bites instead of large ones. Chew your food, don't inhale it.

Try to make all your meals special! Don't just throw some food on a paper plate or small dish and start eating. Set your table. Have a pitcher of water or iced-tea ready and waiting. Use a nice set of dishes. Put it all on top of a nice table cloth and place mat. Don't mix television or reading the newspaper with your meals. It's time to eat. Eat with family members if they're available. Talk about everyone's day while you're eating. If you're alone, put on some nice relaxing music while you eat.

Chew your food slowly and deliberately. Put your knife, fork and spoon down while you chew. Relax at the table. Sit up while you chew. I know for myself, this has always been my biggest problem. I'm retired from the Navy after twenty years. The rule of thumb was always "eat it and beat it!" It's a very hard habit to break so don't try to break it in one day.

Don't worry about cleaning your plate. In fact, try to leave just a little food on your plate when you're finished. Try not filling up your plate to begin with. Who says you have to pile all that food on? Forget about it.

Keep thinking about the weight and the fat you're losing. Look in the mirror. Take a **before** picture of yourself and check it often. Especially right before a meal. Re-program yourself. Be your own best friend.

Don't stay up late anymore. Try to go to bed early to avoid those after dinner late-night snacks. Get up earlier and start your day off with a good Negative Calorie breakfast and workout!

Keep a large supply of water at your side all the time. Every time you feel hungry, drink some water. Cut down on the red meat in your

diet. When purchasing steaks at the grocery store, try buying smaller or thinner cuts of meat.

Try to always include fruit and vegetables with every meal. Make yourself some Negative Calorie drinks. Cut up your Negative Calorie fruits and throw ‘em in a blender and see what they taste like.

If you’ve got to eat some fattening foods, like ice cream, throw some chopped strawberries in it. Lighten it up with your Negative Calorie fruit. Instead of ice cream, try non-fat yogurt and blend it with your favorite Negative Calorie fruit.

Add rice to your daily meals. Especially brown rice. Mix in your favorite Negative Calorie vegetables with it. Cut out mayonnaise from your diet. Mayonnaise can double or triple your fat intake in a single meal. Try using ketchup and mustard instead. More mustard.

Foods That Speed Up Metabolism

In addition to your list of Negative Calorie foods, start adding this other list of foods that speed up your metabolism. Eat these when you're not on the diet.

Bread: Stick to high fiber types of bread i.e., whole grain, mixed grain, wheat, etc.

Potatoes: Keep the skin on. When eating baked potatoes, try finely chopped onion and garlic instead of sourcream or butter. Cut your potatoes into long wedges and add your favorite seasonings while cooking on medium heat in a non-stick pot. Brown all sides. Delicious!

Soup: Not just our Negative Calorie soup, but other kinds as well. Try including them into your daily meals. Have a bowl before each main dish. You'll eat less. Add chicken, turkey, or different kinds of fish or seafood – you'll be amazed!

Rice: Brown is better, but white is okay. Add vegetables or eat alone. Add lean beef, chicken, or fish. Try to include into your daily meals.

Beans: Black beans, pinto, kidney, red, etc. Mix, or eat separately. Try using different varieties of beans with the majority of your meals. Use in burritos with rice. Very high in protein, low in calories.

Buckwheat: Mix it with your rice, pancakes, cereal, etc.

Chicken: Just be sure to remove the skin before eating.

Turkey: Same as with Chicken.

Fish: Not just Negative Calorie fish, but others as well. Add these to your daily meals when you're not on the diet.

Cottage cheese: Dip your vegetables in it or eat it plain.

Pasta: High in carbohydrates. Rich in starch.

Yogurt: Protein and calcium rich. Great for snacks when you're not on the diet.

Bananas: Have a banana split! Mix them with strawberries.

Peppers: Hot peppers, chili peppers, try them all! They're hot, they're spicy, and they speed up your metabolism!

Get In Shape!

Now that your metabolism is speeding up from The Negative Calorie Diet and the 5-20-10 Negative Calorie Workout , we need to increase that speed for even better results. Don't freak out on me now! Exercise. I know, I know. When are you supposed to exercise with your hectic schedule? Hey, something's better than nothing. One tip: whatever type of exercise you decide to do for the day, try to keep the pace up to at least 30 minutes. If you keep your exercise workout to at least 30 minutes, 50% of your fuel will come from burning pure fat!

The overall length of your workout really is the key here. The longer your workout lasts, the more of that ugly stored up fat you burn as fuel. Keep your intensity moderate. This will enable you to extend the length of your workout.

The longer your workout is, the more fat you'll burn even after your workout. That's right, you'll burn fat after your workout. As compared to your 30 minute workout which is good, you won't burn as much fat after the workout as you would with a 60 minute workout. Think about it. An extra half-hour and you're burning fat even after you've stopped working out.

So remember, harder, heavier, and faster aren't necessarily better. Longer is better. The longer you walk the better. The longer you ride your bike the better. The longer you weight train the better. Sometimes you can actually feel the fat-burning cycle "kick in." That's right, you can feel it. For most people this takes place at the 35 to 45 minute mark. It's kind of like the "runner's high" you may have heard about.

You can use this fat-burning cycle as an appetite suppressant. Research has shown that an exercise workout that lasts 30 minutes or less tends to make you hungry after your workout. Your body burning all those calories you've consumed so far during the day causes this. On the other hand, a workout taken beyond the average 35 to 45 minutes causes your body to start burning fat. So I say again, longer is better.

Working out doesn't have to be boring, difficult, or stressful. Turn some of your favorite activities into a workout. For instance, look at how many calories per hour your favorite activities burn off:

Walking	250
Handball	600
Horseback riding	450
Bowling	250
Tennis	400
Jogging	500
Golfing	250
Swimming	500
Bicycling	400
Skiing	500
Football	450
Running	900
Gardening	300
Standing, talking to your neighbor	125
Sitting, reading a book	100
Dancing	300

Even the activities you **don't like** burn off calories. Try these activities for an hour:

Scrubbing floors	250
Preparing dinner	180
House cleaning	180
Washing windows	350
Mowing lawn	400
Painting	250
Sweeping	100
Desk work	100
Carpentry	400
Farm work	400
Driving	150
Ironing	250

So think positive even when you're doing your chores! If you can average a calorie burn of at least 500 a day, you'll lose a whole pound by the end of the week without watching what you eat!

Losing fat is great. But what about the shape you're in? Tone up your body! Again, if your schedule doesn't permit long workouts, something is better than nothing. In fact, 3 basic exercises will work out your largest muscle groups. They are:

Bench Presses
Squats
Pull-downs

Add some ab exercises, and you'll not only keep your metabolism in high gear, but tone up and shape up as well. The bottom line on exercise is of course, **weight-training**.

This is your **best** overall fat burning exercise. Why? Because of the fat that burns **after** your workout. That's right, with weight-training, your fat keeps on burning.

Building muscle mass increases metabolism. An hour of weight-training will keep your metabolic rate soaring for up to a full 24 hours **after** your workout. 30 minutes is good. 60 minutes is great! In the beginning of your workout, your fuel source are the carbohydrates in your body. As you stretch your workout past the 30 minute mark and up to the 60 minute mark, your body turns to fat as its fuel source.

Taking your weight-training workout to an hour in length will cause your body to keep using your fat as a fuel source for a full 24 hours after your workout. Since muscle tissue is very active even when you're not working out, your metabolism stays in high gear. Imagine that, two for the price of one! Again, longer is better!

No diet program in and of itself is the answer to weightloss and fitness. Dieting (reducing caloric intake) without exercise is a sure way to slow your metabolism way, way down. Dieting without exercise causes you to actually lose muscle, so you've got to do something about that.

While you're on The Negative Calorie Diet, try to get some form of exercise. If you already exercise, so much the better. What exercise is best? There's enough information on this subject to fill thousands of books. The answer? It's up to you! If I tell you that weight training is the best exercise to perform while dieting, but you don't like to lift weights, what do you do? Not exercise? Of course not.

No, you really don't have to exercise when you start The Negative Calorie Diet the first time. You're only on the diet for a week. So losing large percentages of muscle mass isn't going to happen in a week. But should you go on The Negative Calorie Diet every time you need to lower your weight, say ten times a year, that now becomes ten weeks of dieting and you could in fact lose large percentages of muscle mass.

The trick is to do what you can do. Do the type of exercise that motivates you. Some people simply like to walk. This is a great exercise. Some of us want more speed, so we run or get on a bicycle. Some of us like equipment so we get a gym membership or purchase one of a variety of home fitness gyms. Some of us have jobs that require so much manual labor that it's like getting a workout every day. Just remember, something is better than nothing. At the very least, go for a walk. It's free, it forces you to breathe deeper than normal, and it's great exercise.

Sports are another way of killing two birds with one stone. Many sports can give you a pretty decent workout, and if you enjoy your particular sport, then more power to you! You're way ahead of the game.

So remember, dieting alone will cause you to lose weight. It's a proven fact. No arguments here. But what kind of weight do you want to lose? I'm hoping that none of you reading this wants to actually lose muscle mass. We want to lose fat, right? Without some form of consistent exercise in your life, this will be nearly impossible.

You don't have to become a body builder, just get some exercise!

Day 9, 10, 11 And So On...

Visualization! Daydream about the new you! See yourself with your new weight loss. Close your eyes and see yourself in your new clothes. Visualization is very effective right before you go to sleep at night. While you're laying there, nodding off a little, see the new you. In fact, start visualizing the new leaner, meaner you right after the 5-20-10 Negative Calorie Workout .

Relax! We don't relax enough in today's world. It really is true, you need to stop and smell the roses... Take a look at the clouds. Absorb a beautiful sunset. Go to the beach and smell the ocean. Life is going on all around you.

Reduce stress! Make a "**things to do**" list every day. Write down all the things you need to accomplish for that day. Remember, priorities change! What's at the top of your list in the morning, could be at the bottom of your list by the end of the day. Don't worry. That's how life is. Cross off each task as you complete it. At the end of the day, carry over the items you did not finish to the next day's list. Try to get at least 3 things accomplished every day. It works!

Learn! Take an exercise class. A cooking class. A health class. Learn more about the proper way to eat and stay in shape. Become an expert. The more you learn, the more you program yourself to become that way.

Get involved in your fat-burning mission. Don't just "follow the diet." Think about every step. Write down your thoughts. Write down your weight-loss goal. Sign it as if it was a contract. Keep it with you all the time. Review it frequently. As your goals change, keep changing them on paper. Get committed! Remember, you are your own best friend!

The Workbook

This is the part of the book designed to keep you on track. To make you think. To make you succeed. As you read on, you may find some of this information a little corny. It might be. But it works. As you use the workbook, make notes on areas you can improve upon. You know yourself best. If you don't think you do, **you're wrong**!

Positive Affirmations

How many positive things do you have going on in your life? Your first reaction may be an overwhelming **NOTHING**. But is that really true? Really think about it for a minute. I can think of one for you right now... you're alive! Being alive is great! If you're reading this right now, I've even got another one… you know how to read! Get the picture? You've got to start thinking about the positives in your life.

A good way to get started is to compare what you have to the homeless people that we all know are out there. Yes it's terrible. But aren't you glad you're not one of them? Do they have a job? Do they have money in their pockets? Do they have a warm home to relax in every day? A car to drive? A bed to sleep in?

Don't take these things for granted. You've worked hard for them. You've earned them. Start congratulating yourself on the fine job you've done so far.

Look for the positive in the everyday things. Try to learn a lesson when something goes wrong. That's positive. What I'm getting at here is that there are enough negatives all around us without us turning potential positives into them.

We've got to start re-programming ourselves. One way is to find the positives in life and be grateful for them. Think about the positives in your life every day. Next, we've got to start telling ourselves that we will succeed. You've got enough people telling you "you can't." Now it's time to start telling yourself "you can."

The idea of using positive affirmations is that if you tell yourself "I AM" or "I WILL" enough times, your subconscious will actually start believing you. Take the following positive affirmations and read them over every day you're on The Negative Calorie Diet. This will give you something to do besides eat.

I will list them here for you, but to really imprint these into your conscious and subconscious, you really should get yourself some 3 x 5 cards and write each affirmation down in your own handwriting. If you write them down, this will begin the positive affirmation process. You will have to go through the processes of first reading them, then copying them down on your cards.

After you have them all copied over, you need to come up with one of your own to add to the total each day. So at the end of your week, you'll have seven more positive affirmations added to your collection.

Pull these out at least three times a day. Get a rubberband and keep them all together. Carry them with you throughout the day. Pull them out when you're eating lunch, standing in line, shopping, etc. But at a minimum, you need to pull them out at least three times a day. Preferably in the morning, middle of the day, and right before you go to sleep. When you pull them out, read them for at least five minutes. The exercise goes real fast. Just look at the first card and read it to yourself or out loud. Then go on to the next one. Then the next. Keep doing this for five minutes at a time.

Use your favorite pen, pencil, marker, whatever. This will make the imprint even more sustaining.

Here they are:

1. I AM A BEAUTIFUL PERSON!
2. I LOVE LIFE!
3. I WILL LOSE WEIGHT!
4. I WILL STICK TO THE DIET!
5. I WILL DO MY BREATHING WORKOUT 3 TIMES A DAY!
6. I WILL START GETTING SOME REGULAR EXERCISE!
7. I AM A SUCCESSFUL PERSON!

8. I AM AN INTELLIGENT PERSON!
9. I AM BURNING FAT!
10. I CAN DO ANYTHING!

Get the idea? These are ten positive affirmations I'm giving you. While they relate to The Negative Calorie Diet, they can be used forever. They never go out of date. Remember, read them three times a day for five minutes. Now make some of your own!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

This can be kind of hard. Stick with positive affirmations that have to do with your diet. Remember to start them off with "I AM," or "I WILL."

Once you're off the diet, these are just as important as your breathing workout. Keep doing them! Don't stop. Add more and more positive affirmations to your ongoing life. When you want to accomplish something that's really important to you, create some positive affirmations that will help you get the job done. One last tip, at the bottom of each positive affirmation on your 3 x 5 card, sign your full name. Not just your first name, middle initial, and last name. Your full complete name, first, middle and last. This makes each positive affirmation more like a contract with you. If you sign each one with the intention of not only reading them several times a day, but accomplishing them and being that way as well, you're less apt to let yourself down.

Date:

Eat in front of a mirror. Do you like what you see?

CHECKLIST:

Daily Breathing Workouts
Before breakfast
Before lunch
Before dinner
Before bed

Explain your mood today:

Positive Affirmations

Morning

Mid day

Bedtime

How does your body feel today?

What is your weight loss goal?

List the reasons you want to lose weight, no matter how stupid they seem:

Give yourself a NON-EATING reward today… what was it?

Notes:

Date:

Believe in yourself… If you don't, nobody else will either.

CHECKLIST:

Daily Breathing Workouts
Before breakfast
Before lunch
Before dinner
Before bed

Explain your mood today:

Positive Affirmations

Morning

Mid day

Bedtime

How does your body feel today?

What is your weight loss goal?

List the reasons you want to lose weight, no matter how stupid they seem:

Give yourself a NON-EATING reward today… what was it?

Notes:

Date:

Relax! Turn on some music or read a book. Relax!

CHECKLIST:

Daily Breathing Workouts
Before breakfast
Before lunch
Before dinner
Before bed

Explain your mood today:

Positive Affirmations

Morning

Mid day

Bedtime

How does your body feel today?

What is your weight loss goal?

List the reasons you want to lose weight, no matter how stupid they seem:

Give yourself a NON-EATING reward today… what was it?

Notes:

Date:

Find a new hobby! It'll keep you busy and take your mind off eating!

CHECKLIST:

Daily Breathing Workouts

Before breakfast

Before lunch

Before dinner

Before bed

Explain your mood today:

Positive Affirmations

Morning

Mid day

Bedtime

How does your body feel today?

What is your weight loss goal?

List the reasons you want to lose weight, no matter how stupid they seem:

Give yourself a NON-EATING reward today… what was it?

Notes:

Date:

Force yourself to try a piece of fruit you've never had before.

CHECKLIST:

Daily Breathing Workouts
Before breakfast
Before lunch
Before dinner
Before bed

Explain your mood today:

Positive Affirmations

Morning

Mid day

Bedtime

How does your body feel today?

What is your weight loss goal?

List the reasons you want to lose weight, no matter how stupid they seem:

Give yourself a NON-EATING reward today… what was it?

Notes:

Date:

For one day a week, become a total vegetarian.

CHECKLIST:

Daily Breathing Workouts
Before breakfast
Before lunch
Before dinner
Before bed

Explain your mood today:

Positive Affirmations

Morning

Mid day

Bedtime

How does your body feel today?

What is your weight loss goal?

List the reasons you want to lose weight, no matter how stupid they seem:

Give yourself a NON-EATING reward today… what was it?

Notes:

Date:

Take a walk at lunch time. It'll refresh you for the rest of the day.

CHECKLIST:

Daily Breathing Workouts
Before breakfast
Before lunch
Before dinner
Before bed

Explain your mood today:

Positive Affirmations

Morning

Mid day

Bedtime

How does your body feel today?

What is your weight loss goal?

List the reasons you want to lose weight, no matter how stupid they seem:

Give yourself a NON-EATING reward today… what was it?

Notes:

Take a look at the preceding 7 pages. These pages were designed to get you to take a look at what you're doing every day that you're on the diet. Feel free to copy these pages for your own personal use when you feel the need to start the diet over.

They start off by telling you what day you're on. To the right of that is a kind of "tip of the day" for you to think about. Then comes the checklist for both your breathing workout and your positive affirmations.

The other sections will take a little more thinking on your part. Explaining your mood today. Are you motivated? Are you looking at this week as a chore? Are you in a good mood or bad? Are you oblivious? Write it down. Use adjectives to describe your mood. This will come in handy when you come back in a couple of months and review what you've written. This will help you learn more about yourself.

Next you'll be describing how your body feels today. Weak? Strong? What is your energy level? Are you hungry? Again, write it down. Think about every notation. This will reveal so much to you about yourself. This forces you to confront your inner being about your attitude towards your weight. Something you've probably never done before.

Your weight loss goal. Is it to look better? To feel better? To move around more? Do you want to reach a certain weight or body fat level? Only you really know. Write it down.

Listing the reasons you want to lose weight. During the seven days, try to explore the reasons you want to lose the weight. Don't worry about how corny they might be. If you want to get into a pair of pants that haven't fit you in five years, so be it. Write it down. Free association. Don't spend a lot of time on it – write down what pops into your head first. If it's the same thing every day, no problem. This simply emphasizes to you the "why?"

Reward. It doesn't have to be anything spectacular. Buy yourself a book or magazine. Maybe a new video. Take a walk somewhere you've never been. A non-eating reward. Be creative.

The final section is for your notes for that particular day. These can be anything that pops into your head. Anything? Did you get a compliment today? Write it down. Did someone cut you off in traffic today? Did it make you mad? Write it down. Did you get a lot of work accomplished today? Again, you want to free associate. Whatever pops into your head.

You've got to "flick" on the switch in your mind and body that wants you to lose weight. Explore that thought for a moment. Do you really want to lose weight? If the answer is yes, then you're halfway home. Some people think they want to lose weight; they even say they want to lose weight. But the proof is in the pudding. Actions speak louder than words when it comes to weight loss.

Remember, the usual mindset of "dieting" burns the light out right after you switch it on. Why, because we associate dieting with deprivation. "I'm not gonna be able to eat this," and "I'm not gonna be able to eat that." With The Negative Calorie Diet, some of this is true, I grant you. But it's a week! How many times have you blinked and a week went by? This is why it's so important to make this a mission. Go to the grocery store or the farmer's markets. Find fruits and vegetables that you never tried before and size them up. They're usually inexpensive. You never know – you may just find a new favorite or two.

That is a big problem today. We have all the choices in the world, yet we seem to stick to a precious few staple items. Hamburgers, pizza, sandwiches, bacon and eggs, cereal. Over and over again we eat the same things. Does this describe your eating habits? If so, maybe you're due for a change.

Another problem is that we focus too much on weight. What about health? Do you think eating the above foods every day is the way to eat healthy? If you take on this mission simply for the sake of losing weight, the potential for failure is higher than that of doing it for your health. Doing it for your health is a long-term plan that will be easier to stick to.

Tips And Tricks

Here are some tips and tricks to help you re-program yourself. After the diet, start implementing as many of these tips and tricks as you can. Make them every day parts of your life.

1. Drink more water. Your body is 75% water. What does that tell you? Why force your body to find the water in the foods you eat when all you have to do is drink more of it every day. This is as old as the hills and twice as dusty – but it's true, 8 glasses a day. Make it a gallon. If you're exercising a few times a week, you'll need even more. Water supplies even more oxygen to your body. It speeds up your metabolism, and is a natural hunger suppressant.

2. Make breakfast your largest meal of the day instead of dinner. This gives your body all day to burn off those calories.

3. Eat more oatmeal. Rich in fiber, your body will draw energy from eating oatmeal more evenly and slower throughout the day. You'll feel satisfied longer. Eaten an hour to an hour and a half before an exercise workout will keep your body's blood sugar level consistent hence, you'll feel less weak and hungry after your workout.

4. Become a vegetarian one day a week. With all the choices we have these days, this is an easy task. Make it the same day every week and start looking forward to it and plan for it as well.

5. As you consume all the "garbage" food in your pantry and refrigerator, replace them with healthy alternatives. When the cookies are gone, buy some fruit. Instead of ice cream, try non-fat yogurt. You get the idea.

6. Go for a walk at least 3 days a week. Try to run errands by foot instead of using the car. Try to work the walk up to at least 45 minutes at a time. Don't know where to walk? Who cares? Get out and see your world with a new perspective. Walking will do this for you. Walk for 22.5 minutes, then turn around and head

back to where you started. Keep it simple. Add to your time as you increase your endurance.

7. Ride a bike. You'd be surprised how easy it is to still ride a bicycle. Again, try to run your errands on your bike. Try a mountain bike. You can ride these in parks and trails as well as on the street.

8. Take the stairs. So it'll take you a couple of extra minutes to take the stairs instead of the elevator. But check it out, you're getting to where you want to go and getting some exercise as well.

9. Hide the scale. Nothing is more mentally painful than getting on the scale and seeing the same weight as the day before. You may have even gained a pound or two. Weigh yourself once a week at the most. If you can go longer, great!

10. Learn more about health, fitness, and nutrition. Read articles while standing in line at the supermarket. Check your newspaper. Watch television programs. The more you learn, the harder it will be for you to stick to your bad habits.

11. When eating pizza, soak up the grease with a napkin or paper towel. It'll taste the same, but you'll be consuming less fat. Between 4 or 5 grams per slice!

12. Cut out the mayonnaise. This is a major contributor to fat intake. Substitute with mustard. You'll get used to it.

13. If you must eat fast food hamburgers, ask for extra lettuce, pickles, tomatoes, and onions. Try eating 2 small regular hamburgers instead of a double sized burger. Often you'll be eating less calories and fat, but be just as satisfied.

14. Try using non-fat yogurt instead of mayonnaise for your salad dressing mixes. The taste is almost the same and if you add some of your own favorite herbs and spices, you'll hardly taste the difference at all.

15. Use good quality non-stick pots and pans. They require much less oil if any at all, and turn old greasy cooking into healthy cooking!

16. Try frying with small quantities of beef and chicken broth instead of oil. Use a low to medium heat for cooking. Experiment. Every little bit helps. Add up each gram of fat you'll save by not adding oil every time you cook, and you will literally cut out thousands of grams of fat out of your body per year!

17. Make sandwiches without meat. That's right. Pile on the mustard, cucumbers, lettuce, tomatoes, bean and alfalfa sprouts. Use only whole grain, unbleached flour breads. After a few sandwiches, you'll forget about the meat.

18. Have soup as an appetizer before dinner. Hot soup is a great appetite suppressant. It fills you up thus, increasing your metabolism.

19. Start adding beans to your meals. Dried beans such as kidney, pinto, and black beans add lots of protein to your diet. Like oatmeal, your body draws energy slowly from the consumption of beans. They fill you up fast as well. They keep you from getting hungry for longer periods of time.

20. Prepare your snacks ahead of time. Have them ready when you need them. Not only will this save you money, but it'll keep you from hitting the fast food as well. Try snacking on carrots, celery, pretzels, air-popped popcorn with onion or garlic powder, whole-grain crackers and wafers, apples, oranges, peaches, grapes, etc. Purchase them ahead of time so they're there when you need them. Research shows that the majority of people who snack, actually consume up to a 1000 more calories a day than they think they do.

21. Read the labels. With all the information manufacturers provide us these days on the labels of the their products, you'd think everyone would be reading them… not true. Read the label. Compare one brand to another. You'd be surprised at how they

can differ. You really don't compromise taste as much as you'd think either.

22. Keep a food log. Keeping a log primes your self-discipline for success. When you've seen what you've eaten already that day, your discipline will steer you toward a healthier, less caloric choice. In your log, should be the date, food, calories, grams of fat, and time of day eaten. Then total the calories and grams of fat at the end of the day. Seeing what you've done for the day, will help you make better choices tomorrow.

23. Use apple cider vinegar instead of distilled vinegar. It increases metabolism, suppresses your appetite, and provides potassium.

24. Use olive oil for cooking instead of other oils. It's better for your heart, cholesterol, and arteries. For garlic bread, try olive oil and freshly pressed garlic on sourdough bread instead of butter or margarine on french bread.

25. Go easy on yourself! If you make a mistake here and there, don't worry about it. Life goes on! It's not the end of the world. Learn a lesson from each mistake!

There they are. Tried and true. Implement as many of these tips and tricks into your daily life as you can, and watch how your body changes.

With each change, comes even more motivation, more commitment, more promise. Try to add at least one of these tips and tricks to your lifestyle each week. Take it slow. Don't try to change everything in one day, one week, or one month. Trying to do that is just like begging for failure.

Visualize yourself implementing these tips and tricks. See yourself investigating healthier ways of life. Visualize yourself walking, running, hiking, and bicycling. See yourself re-vitalized. This is another form of positive affirmation. Another way to de-program yourself of your bad habits and re-program yourself into picking up some great ones!

Recipes

Pickles in a day

Ingredients

2	quarts	water
1	cup	apple cider vinegar
½	cup	sugar
¼	cup	sea Salt
7		medium sized cucumbers
7		garlic cloves
		dill, fresh or dried

Bring first 4 ingredients to rapid boil and cool completely. Cut cucumbers to desired size and pack into jars. Liquid should be enough to fill 4 Mason type jars. Add 2 cloves garlic (per jar), dill to taste. Pour liquid cooled into jars. Refrigerate 24 hours. Keep refrigerated at all times.

Beef Stew

Ingredients

2	pounds	lean stew meat
1	teaspoon	basil
1	teaspoon	sea salt
¼	teaspoon	garlic pepper
¼	teaspoon	garlic powder
1	beef	bouillon cube
1	large	can of cooked tomatoes
1	cup	hot water
¼	cup	red wine
4	ounces	canned mushrooms
6	small	onions, chopped
5	medium	carrots, sliced
1	cup	peas
3	cups	cooked brown rice

Combine first 6 ingredients and coat meat. Brown in 2 tablespoons olive oil. Combine next 5 ingredients and pour over meat. Add canned mushrooms. Simmer for 3 hours. At the beginning of the third hour, add onions, carrots and peas. Serve over the brown rice.

Brown Rice Burritos

Ingredients

3	cups	cooked brown rice
½	cup	chopped onion
1	cup	tomato sauce
1	teaspoon	chili powder
¾	teaspoon	sea salt
½	teaspoon	garlic powder

Cook the brown rice as per directions on package, but add 1 tablespoon of dried cilantro with 2 tablespoons of taco seasoning in with the water that you bring to a boil. Once the rice is cooked, combine rice with remaining ingredients in a skillet. Cover and simmer for 10 minutes. Makes enough for 8 burritos or 10 taco shells. For added texture and flavor, add 1 can refried beans with green chilies, 3 tablespoons of chopped onion, 10 ounces of grated low-fat sharp Cheddar cheese, 1 cup chopped lettuce, 1 cup chopped tomatoes, 1 package of large flour tortillas. Heat each tortilla on top of stove or in microwave. Spread 2-3 tablespoons refried beans down center of each tortilla. Top with 1/2 teaspoon chopped onion (adjust to suit your taste). Top with 2-3 tablespoons of brown rice mixture, 3-4 tablespoons shredded Cheddar cheese. Fold over each side of tortilla and secure with toothpicks. Cover with taco sauce, if desired, and more Cheddar cheese.

May be prepared in a casserole dish with desired number of burritos, and baked at 350 degrees for 20-30 minutes. Or may be microwaved individually until cheese melts, 1 minute on high, uncovered.

Serve with chopped lettuce, tomatoes, sliced black olives, fresh cilantro, and taco sauce to taste. Serves 4.

Basil Asparagus

Ingredients

1	pound	fresh asparagus
1	tablespoon	chicken broth
4	medium	green onions, sliced very thin
1	tablespoon	basil
1	tablespoon	dill, fresh or dried
3 to 5	pinches	sea salt to taste

Steam the pound of fresh asparagus until tender yet crisp. This usually takes 5 to 7 minutes depending on temperature. Drain and transfer to serving dish. In a frying pan, saut' the green onions for 2 minutes in the chicken broth. Add the basil, dill, and sea salt during this process. Keep mixture moist by adding small amounts of water. Cook this mixture for 2 minutes until liquid thickens and reduces. Pour over asparagus and serve hot or cold. Serves 4.

Italian Zucchini

Ingredients

2	teaspoons	olive oil
1	cup	green onions, finely chopped
1	cup	bell pepper, red and yellow
2	cloves	garlic, finely chopped
2½	cups	zucchini, sliced, peeled
1	pound	tomatoes, chopped
¼	cup	spaghetti sauce
¼	teaspoon	coriander, ground
½	teaspoon	cumin, ground
½	teaspoon	chili powder
½	teaspoon	garlic pepper

sea salt to taste

In a frying pan, add the 2 teaspoons of olive oil, and saut' the green onions, peppers, and garlic for 8 to 10 minutes. Add the zucchini, tomatoes, and spaghetti sauce. Add the rest of the spices to the zucchini, taking care to spread evenly. Stir and mix spices into the mixture. When totally mixed, cover frying pan and cook on medium-low heat for 4 to 6 minutes, or until the zucchini is tender yet crisp. Serves 4.

Stuffed Bell Peppers

Ingredients

1	pound	chicken, skinless, boneless, chopped into small bite sized squares
1	medium	onion, purple, finely diced
1	cup	rice, brown, cooked
12	ounces	spaghetti sauce (no meat)
¼	teaspoon	garlic pepper
6	medium	bell peppers, green
		vegetable cooking spray

In a nonstick frying pan, spray the vegetable cooking spray. Heat frying pan and add the chicken and onions. Turn heat to medium and cook chicken thoroughly, stirring mixture often. Once chicken is cooked, add the cooked brown rice, 4 ounces (only) of the spaghetti sauce, and garlic pepper. In the meantime, prepare the bell peppers by slicing off the tops and removing the seeds inside. Preheat oven to 350 degrees. Spoon the chicken and rice mixture into each of the 6 bell peppers and place in a baking dish. Evenly pour in the rest of the spaghetti sauce over the 6 bell peppers. Place in oven and bake at 350 degrees for approximately 35 to 40 minutes. Serves 6.

Potato Salad

Ingredients

6	cups	cooked/boiled Potatoes, chopped into bite size squares
1	medium	purple onion, grated
¼	cup	dill pickle, deli-style, chopped
¼	cup	non-fat mayonnaise
¼	cup	plain non-fat yogurt
1 ½	teaspoons	prepared mustard
½	teaspoon	sea salt
¼	teaspoon	garlic pepper

Clean potatoes thoroughly. With skin intact, chop into bit size squares. Add to pot of water and bring to boil for 5 minutes. Lower heat to medium, and cover. Cook until potatoes are soft, but not mushy and falling apart. When potatoes are finished cooking, drain water well. Transfer potatoes to a large mixing bowl and refrigerate for 30 minutes. Pull bowl out of refrigerator and combine the rest of the ingredients. Mix thoroughly. Cover and place back in refrigerator until cold. Serves 6.

Quick Spaghetti

Ingredients

8	ounces	spaghetti
¼	cup	red wine
1	medium	purple Onion, chopped
3	cloves	garlic, pressed/crushed
1	cup	mushrooms, sliced thin
1	large	can crushed tomatoes
1	tablespoon	italian seasoning
½	teaspoon	basil
¼	teaspoon	garlic pepper
1	2 ¼ ounce	can of sliced olives

Cook the spaghetti as per directions on package. While spaghetti cooks, add the red wine in a pot and turn heat up to medium. Once heated, add garlic, onions, olives, and mushrooms. Cook for

approximately 4 to 6 minutes on medium heat. Add the rest of the ingredients, cover and simmer for 15 to 20 minutes. Ladle sauce on top of each plate of spaghetti. Serves 6 to 8.

Roasted Vegetables

Ingredients

1	bulb	garlic
1	medium	bell pepper, green
1	medium	bell pepper, red
1	medium	bell pepper, yellow
1	large	onion, purple, sliced
3	tablespoons	olive oil
1	teaspoon	italian seasoning
½	teaspoon	garlic pepper
1	medium	tomato, red
1	tablespoon	lemon juice
2	tablespoons	cilantro, fresh, chopped

Slice all the bell peppers into strips ½ inch wide and 3 inches long. Slice the onion into ¼ inch thick slices. Chop the tomato into fairly large bite size cubes. Preheat oven to 350 degrees. Separate and peel the bulb of garlic into all its individual cloves. Slice each clove into fairly thin slices. Distribute the garlic slices into a medium sized baking pan. Stir in the bell pepper slices, onion slices, olive oil, italian seasoning, and garlic pepper. Mix thoroughly. Place baking pan in oven and bake at 400 degrees for 15 minutes. Stir every 5 minutes. Finally, stir in the tomato cubes and finish roasting for another 15 minutes, again stirring every 5 minutes. Take out of oven, stir in the lemon juice and sprinkle the chopped cilantro evenly on top. Serves 4.

Stir Fried Beef

Ingredients

1 ½	teaspoons	olive oil
6	ounces	top round steak, lean, boneless cut into strips 1 inch long and ¼ inch wide
1	medium	onion, purple, chopped
1	medium	bell pepper, sliced
¼	pound	mushrooms, sliced thin
¼	teaspoon	garlic pepper
1	tablespoon	teriyaki sauce
1	tablespoon	soy sauce
		vegetable cooking spray

Spray a wok or frying pan (preferably non-stick) with vegetable cooking spray. Turn up the heat to medium. Add in the olive oil. Let heat for ½ a minute, then add the beef. Stir-fry for 1 to 2 minutes or until beef is fully browned and no redness showing. Move beef to a warm serving dish. Back to the wok or frying pan. Stir in the onion, bell pepper, and stir-fry them for about a minute. Mix in the mushrooms and garlic pepper and stir-fry until mushrooms are golden brown. Now turn up the heat to medium-high. Stir in the teriyaki sauce and soy sauce. At this point, add ¼ cup of hot water. Bring mixture to a boil. Let boil for a minute, uncovered while gently stirring. Now cover and simmer for 4 or 5 minutes until the vegetables are tender yet crisp. Uncover, return beef to the pan and cook another minute. Serve with white rice or alone. Serves 2.

Quick and Hearty Vegetable Soup

Ingredients

1	tablespoon	olive oil
4	small	onions, white, cooking
2	tablespoons	unbleached flour
2 ½	cups	chicken broth
2	medium	carrots, sliced
¼	teaspoon	garlic pepper
½	cup	broccoli tops
½	cup	mushrooms, sliced

1	small	yellow squash, sliced
½	cup	yogurt, plain, non-fat
½	teaspoon	lemon juice
1	teaspoon	italian seasoning

Add onions and olive oil to a mid size saucepan. Cook for 10 minutes, turning to cook evenly and browned on all sides. Set the cooked onions on a paper towel and let drain. Turn heat up to medium. Add the flour to the saucepan and stir in the chicken broth. Keep stirring mixture until it thickens – usually 3 to 4 minutes. Place the cooked onions back into the saucepan along with the carrots, garlic pepper, and lemon juice. Bring mixture to a boil and continue boiling for a minute. Lower heat to a very gentle boil and add the squash, mushrooms and broccoli. Mix thoroughly, cover, and continue cooking for another 5 minutes. Finally, set the heat to low and fold in the yogurt for 2 minutes, not letting the mixture come to a boil. Remove from heat. Serves 4.

Salad Dressing

Ingredients

½	cup	apple cider vinegar
1	clove	garlic, pressed
¼	cup	water
¼	cup	canned chicken broth
1	teaspoon	garlic pepper
¼	teaspoon	sea salt
1	teaspoon	italian seasoning

In a large enough jar, add all ingredients, place lid on top and tighten. Shake vigorously for 1 minute. Let stand 1 minute. Shake vigorously again for 1 minute. Keep refrigerated and shake vigorously for 1 minute before each use. Can also be made into a dip by adding plain non-fat yogurt. Just add until desired thickness. Great for snacking on raw vegetables.

Southwestern Chicken

Ingredients

4	halves	chicken breasts, boneless, skinless
4	cloves	garlic, chopped
¼	teaspoon	sea salt
¼	teaspoon	garlic pepper
2	small	onions, purple, sliced
3	large	apples, granny smith, cut into wedges
5	cups	salad mix

Prepare this 8 to 12 hours before cooking. Combine the chicken halves, garlic, salt, and garlic pepper. Mix thoroughly. Cover and refrigerate. Use the salad dressing recipe mentioned prior to this recipe, and make the dressing. The next day, grill the chicken halves along with the onions. Spread salad mix onto 4 plates. Top with grilled chicken and onions. Border with apple wedges. Shake salad dressing vigorously for 1 minute and spoon over chicken, onions, apple wedges, and salad mix. Serves 4.

Fruit Salad

Ingredients

3	cups	strawberries, fresh, cut in halves
3	cups	fruit, assorted, in season: orange slices kiwi slices, bananas, apple wedges, blueberries, red and green grapes
½	tablespoon	honey

Blend and puree 1 cup of strawberries. Assemble the other 5 cups of assorted fruit (strawberries included) on 6 small plates covered with romaine lettuce. Top with the blended strawberries. Serves 6.

Italian Chicken

Ingredients

		Salad dressing from above recipe
4	breasts	chicken, boneless, skinless

Marinate chicken breasts in salad dressing for 4 hours. Place in 350 degree oven. Bake for 35 to 40 minutes. Serves 4 to 6.

Pasta Salad

Ingredients

1	bag	Mixed pasta
3	small	bell peppers, green, red, and yellow
1	medium	purple onion
1	2 ½ ounce	can of sliced black olives
5		roma tomatoes
1	jar	marinated artichokes with juice
		salad dressing from recipe in this book

Cook, drain, and rinse the bag of mixed pasta. Mix all ingredients. Chill at least 6 hours, stirring occasionally. Optional ingredients: celery, chick peas, tuna, chicken, ham, etc. Serves 4 to 6.

These recipes should get you started. There are some excellent recipe books in the bookstores and even on the Internet. By all means, find some healthy recipes that will make your weight loss mission tasty. Experiment. Be bold, be brave. Try things you've never tried before. Get out of the rut of eating the same things all time.

There are plenty of excellent recipes on the Internet. In fact, the next section is full of great recipe links. I've done most of the work for you. Just type the URL into your web browser and live it up!

Links On The Internet

Recipe links:

http://www.mymenus.com/index.html
http://www.bc.sympatico.ca/Contents/Health/HEALTHYWAY/hrecipes.html
http://www.4kosher.com/
http://recipes.wenzel.net/
http://www.culinarycafe.com/
http://food.epicurious.com/
http://factoryfarming.nettinker.com/ivu/recipes/
http://caloriecontrol.org/recipes.html
http://www.gluten-free.com/recipes.html
http://www.womensedge.com/cooking/recipes/
http://www.healthyfoundations.com/Veggie_Info.html
http://www.fatfree.com/
http://www.cyber-kitchen.com/
http://www.lightliving.com/
http://www.chileaddict.com/

Links on nutrition:

http://www.thenutritionreporter.com/
http://204.101.252.95/
http://www.healthfax.org.au/advice.htm
http://www.unclebens.com/us/health/
http://www.coolwhip.com/html/nutrition/nutrition_index.html
http://www.keynutrients.com/
http://www.mfy.com/rec14.html
http://www.cheshires.com/
http://navigator.tufts.edu/
http://lifematters.com/

Food links:

http://www.hmsa.org/5aday/veggies/index.html
http://slimmingpartner.com/vegetabl.htm
http://www.vegetarianlife.com/
http://www.ffvib.co.uk/
http://www.leafy-greens.org/default.htm
http://www.happyhealthyandwealthy.com/
http://www.ababeefalo.org/
http://www.beef.org/

Fitness links:

http://www.blonz.com/blonz/
http://www.cybur-hinsdale.com/h_fitness.htm
http://www2.webpoint.com/azfamily_fitness/fundhome.htm
http://www.healthfitnessnetwork.com/
http://www.healthscout.com/cgi-bin/WebObjects/af/hsaf.woa?ap=1
http://www.fitnesslink.com/
http://www.budo-fitness.com/
http://www.body-mind-spirit.com/
http://www.sealfitness.com/
http://www.firstfitness.com/

Links about body fat:

http://www.stevenscreek.com/goodies/pi.shtml
http://www.bodytrends.com/fatscal.htm
http://www.healthchecksystems.com/bodyfat.htm
http://www.wellnessnet.com/excess.htm
http://www.skiplacour.com/building.htm
http://www.bigsport.com/nutrition/fat_measure.html
http://www.crossville-chronicle.com/fat.htm
http://www.covenanthealth.com/features/mkane/bodyfat.html

Body fat calculator links:

http://vitamax.net/bodyfat.htm (free download)
http://top.monad.net/~vsi/java/bf_calc/bf_calc.html
http://top.monad.net/~vsi/java/bf_calc/femalebf.html
http://top.monad.net/~vsi/java/mbf/mbf_calc.html
http://top.monad.net/~vsi/java/mbf/malebf.html

Exercise:

http://www.medhelp.org/general/EXER-CHK.HTM (read this before you exercise)
http://www.fitness.org/safety.html
http://www.betterhealth.com/HK/SubjectMain/0,1344,167,00.html
http://www.health-net.com/fitness.htm
http://homearts.com/rb/health/11tricf1.htm
http://dpalm2.med.uth.tmc.edu/ptnt/00000384.htm
http://www.herald-mail.com/news/1997/05/05/lifestyle/may5_gardening.html
http://www.oxycise.com/freerpt.htm (free report)
http://www.oxycise.com/oxygen.htm
http://www.goodhealth.com/gh_mag/febmar96/exercise.html

http://www.uiuc.edu/departments/mckinley/health-info/fitness/exercise/exercise.html
http://syborg.ucolick.org/~de/humour/exercise.html (humor)
http://k2.kirtland.cc.mi.us/~balbachl/exprog.htm
http://k2.kirtland.cc.mi.us/~balbachl/aeroprin.htm
http://www.computerfit.com/ch2part2.html
http://bold.coba.unr.edu/jenscott/Fitness.html
http://exercise.miningco.com/blcentral.htm
http://zenist.hypermart.net/
http://exercise.miningco.com/mpchat.htm (exercise chat room)

Walking:

http://members.aol.com/PowerWalkr/
http://www.womensedge.com/walking/qa/
http://www.racewalk.com/Ndefault.htm
http://www.thriveonline.com/shape/walk/walkmain.html
http://www.ahschc.org/walk3.htm
http://www.azdry.com/1516.htm

Jogging:

http://www.thriveonline.com/shape/experts/karen/karen.03-03-98.html
http://www.gbs.org/archive/mail/lists/etal/1996/August/msg00206.html
http://www.navy.mil/navresfor/navsurf/n7/gmt07.htm
http://www.mit.edu/people/liz/jog.html
http://www.neosoft.com/~usafit/
http://stuwww.kub.nl/student/ichthus/tfd/jogging.html

Running:

http://www.rrca.org/
http://www.runnersworld.com/
http://running.tqn.com/mpboards.htm
http://www.quebec.demon.co.uk/running/index.html
http://www.coolrunning.com/ar/forum/index.html
http://www.kicksports.com/good/justdeal.shtml
http://www.flash.net/~pmarg/running.htm

Equipment:

http://www.flexogym.com/
http://www.bodytrends.com/llngym.htm

http://www.soloflex.com/
http://www.bowflex.com/
http://www.nautilusonline.com/
http://www.fitathome.com/howtobuy.htm (how to buy)
http://www.weightdirectory.com/equipmen.htm
http://detnews.com/menu/stories/31142.htm
http://www.womensedge.com/weight/buzz/tools/
http://activeliving.ca/cflri/LT/97LT/LT97_02.html

General information:

http://www.fitpregnancy.com/
http://primehealth-fitness.com/fitnessonline/
http://primehealth-fitness.com/
http://www.bmi.net/mike/health.htm
http://www.axess.com/users/lewis/links/index.htm
http://members.tripod.com/~marciadietrich/bbuild.htm
http://www.true-health.com/fitness.htm
http://www.insidefitness.com/indexc.html
http://www.fitathome.com/newsletter/bodyfat.htm
http://www.drmuscle.com/

While not the most popular links on the Internet, there's hard core information here to get you started without having to go out spend hundreds of dollars on magazine subscriptions and books. Except for the exercise equipment, I've tried to keep the commercial pages down as much as possible. If I've helped to motivate your curiosity by researching these links and giving them to you, then I've accomplished my goal.

I am in no way affiliated with any of the fitness or equipment products contained in the links. There are lots more pieces of equipment out there that do excellent jobs of getting you in shape. These are the ones that I'm very familiar with and I personally know that work and work very well. The prices are extreme both ways. I didn't include links to free weights only because there are too many places to purchase them and generally speaking, they are all very similar in design. I've heard much more praise for solid metal plate weights versus plastic weights that are filled with sand or sand-like substance. Enjoy!

Notes

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