



RAPID WEIGHT LOSS HANDBOOK

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INTRODUCTION

This book is based on extensive research into various diets, and retains my heartfelt recommendation that you restrict your eating to “fresh whole foods, mostly plants, and not too much” (thank you Michael Pollan). Within the words “fresh whole foods, mostly plants, and not too much” you can extract several rules:

1. No processed foods. If it comes in a box, it’s off the list. Adios fast food.
2. No sodas or sugary drinks of any kind, including sweetened iced tea.

This diet plan is based on several key ideas, all based on eating to achieve optimal health, a healthy weight and a long, healthy life. It also assumes the audience is primarily over 45 years old, although the advice is prudent for any age. The ideas include:

1. Any diet plan I can conscientiously recommend has to be based on proven trends – so, for example, I can't recommend the ketogenic diet, since there are no known populations of long lived people that have maintained a ketogenic diet. No proof, no recommendation.
2. The diet plan here is based on scientific studies that include research into the longest lived peoples in the world, those who live in the “blue zones.”
3. There is no one best diet – we are all the products of our ancestry
4. The best diet is the one you'll be able to stick with.
5. It's easier to stick to a diet if you have one cheat day per week (thank you Tim Ferris).
6. The diet should be focused on longevity.
7. This is not low-carb, it's “slow carb,” and allows only complex carbohydrates from fresh, whole foods.
8. This diet plan encourages stable blood sugar levels. Research just published in September 2019 from the West China Hospital at Sichuan University in Chengdu, China shows that people who have more swings in their blood sugar levels are more than twice as likely to die early, compared to people with more stable blood sugar management.

The bottom line is that my hope for you is that you live a long and healthy life. I want you to meet your grand kids and great grand kids. I want to be healthy throughout all your days. I hope that you want that for yourself.



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RAPID WEIGHT LOSS HANDBOOK

It's said "variety is the spice of life," and this is true as it relates to food. To take in all the required nutrients, you need to eat a wide variety of foods, and it's best to choose from foods that were common on your parents', grandparents', and great grand parents' table.

Why is that?

The bottom line is that differences in our genetics, lifestyle, and gut bacteria cause people to respond differently to food. This explains why some diets work for some people but not for others. Each person's nutrition needs to be personally tailored to his or her unique make-up. The reason is that our bodies have evolved in different regions around the world and our gut bacteria and ability to digest foods is based on the region we come from. For example, people from northern European countries commonly drank milk, and so lactose intolerance is rare for those people. On the other hand, lactose intolerance is very common in southern European and Asian countries, where milk was not historically part of the traditional diet of adults.

This doesn't mean you should avoid foods that aren't from your ancestry, but it does point to the basic fact that there is no one perfect diet.



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FAT LOSS BASICS

When it comes to fat loss there's no doubt that your diet is the most important factor that you have to get right. Even if your exercise routine is on point and consistent, you're simply not going to see the results you want without a proper nutrition strategy. Nutritionists and weight loss experts agree: about 80% of weight loss is related to what you eat, because, for most people, you simply can't out exercise a bad diet.

The problem is that this is where most people fail. One reason for that failure is that there are so many existing and new diets that are

supposedly the new best way to lose fat. The truth is, every single diet or dieting method out there works exactly the same way: they all achieve fat loss by establishing a caloric deficit, meaning that you're eating fewer calories and you're burning every day.

Research consistently proves that diets work when they succeed in making it easier for you to eat fewer calories. That means that the best diet for fat loss is really the one that you personally enjoy and will be most consistent with.

That being said, regardless of what approach you choose there are a few factors that you need to get right in order to optimize your diet for fat loss. These are mainly how many total calories, protein, carbs, and fats are consuming on a daily basis. To maximize fat loss while loss of lean muscle mass, you have to pay close attention to how many calories you're taking in. Research indicates that this is best done with a moderate caloric deficit that enables you to lose around 0.7 percent of your body weight per week, which is around 1 pound of weight loss per week for most people.

To calculate your approximate caloric requirements, multiply your body weight by 13.

How Macronutrients Influence Fat Loss

Nutritionists describe the food you eat by breaking it down into 2 broad categories: macronutrients and micronutrients. Macronutrients (commonly called “macros”) are the foods required in large amounts in your diet, and



are subdivided into 3 categories: protein, carbohydrate and fat. Micronutrients are the foods required in trace amounts, and are broken into 4 groups: water-soluble vitamins, fat-soluble vitamins, macrominerals and trace minerals. Macronutrients are what give you energy in the form of calories and support different functions in your body. Protein and carbohydrate provide 4 calories per gram and fat provides 9 calories per gram.

Protein breaks down into amino acids, the building blocks of your body. Protein intake helps your body retain lean mass while you're dieting, so you should consume between 0.8-1 gram of protein per pound of body weight when you're dieting. If your protein consumption is too low, you risk losing a disproportionate amount of muscle as you lose weight. Better safe than sorry – eat more protein!

Carbohydrates are your body's primary source of energy. Your brain uses a lot of carbs, and your muscles store several hundred grams of

carbs as glycogen. Muscle glycogen is immediately available during exercise so keeping your stores full is important to maintain strength, speed, and overall performance.



Fat is necessary to build cell walls, produce hormones, and transport

fat-soluble vitamins. Your body usually has enough fat to support your body's needs, but it is important to consume fat as a way to round out your daily energy intake, especially on days when you're not exercising (more on what I mean by that later). Keep in mind that your brain is nearly 60 percent fat (get the pun?), so maintaining intake of healthy fats is important. Healthy fats are an essential part of the diet and the general rule of thumb is that they should comprise about 30 percent of your daily calories.



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LOW GLYCEMIC DIETS

The glycemic index is a measurement that reports how quickly the body breakdowns carbohydrates and converts them into glucose. The glucose is absorbed in the blood stream causing your blood sugar levels to rise. This rising blood sugar triggers your body to release insulin so that the sugar can be used to generate energy for your body. High GI foods are typically foods high in carbohydrates such as white bread,

pasta, rice, sugar, candy, and juice. The problem with a high GI meal is that they convert units of sugar very quickly and dramatically spike blood sugar levels. This may result in a sudden burst of energy but it will not last long. The “sugar high” rapidly disperses and the body crashes into a state of fatigue where the body is tricked into thinking it is starving. The long terms effects of these vicious energy bursts and crashes can be detrimental to your health. A low glycemic diet seeks to avoid this.

One reason the low glycemic diet has become popular is because it cuts down the amount of carbohydrates and increases the amount of healthy foods in your diet. You may notice that foods labeled “low GI” are popping up everywhere.



Refined carbohydrates spike insulin levels. Insulin, as Dr. David Ludwig, director of the New Balance Foundation Obesity Prevention Center at Boston Children’s Hospital describes, is the granddaddy of anabolic hormones. Basically, when you eat a lot of refined carbs, like say, a 100-calorie pack of Oreos, it causes a surge of insulin that will trigger your fat cells to soak up calories—but there are not enough calories and nutrients to provide the energy that our bodies need. The brain recognizes this discrepancy and triggers a hunger response that also slows our metabolism. We are then going to want to eat more.

Another reason to adopt a low glycemic diet is that consuming high glucose foods can result in severe weight gain. Carbohydrates convert into fat cells in the body if they are not used for energy. It's good for everyone to avoid excess carbohydrates when possible, and a low

glycemic diet helps make that possible. Eating a low glycemic diet will help you maintain a healthy weight, control your cholesterol and blood pressure, and sustain energy throughout the day.

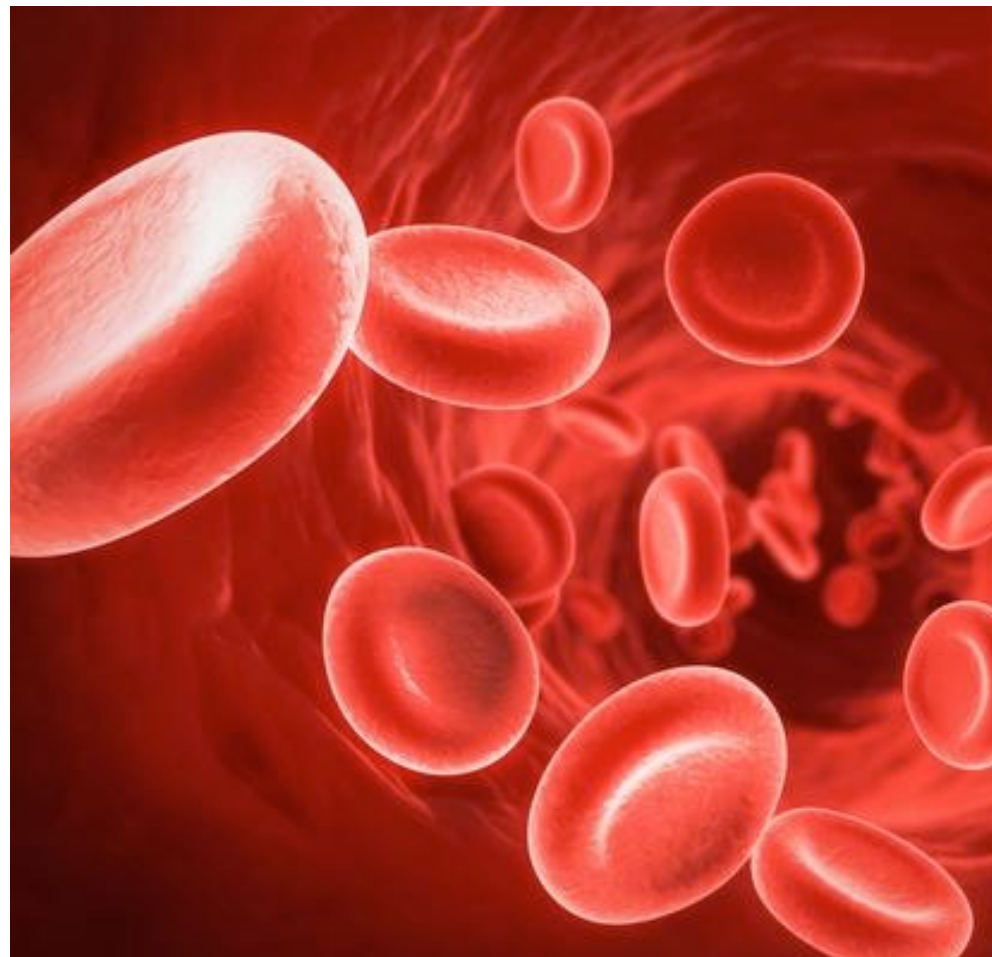
Foods with a low glycemic index have a low glycemic index number, which indicates how much that food raises the blood glucose level compared to pure glucose, which has the highest number of 100. Visit www.glycemicindex.com to see a complete list of foods and their glycemic index values. This will help you get an understanding of how much sugar and carbohydrates are in foods you eat.

Remember, the higher the number, the more sugar is created once the food is broken down in your body. If unused as energy, that sugar is stored as fat. According to the University of Sydney, Australia, a glycemic index value of 70 or higher is considered high, 56-69 is medium, and 55 or lower is considered low. Knowing which foods have a high GI and a low GI will be highly empowering to your long term health as you continue to evaluate food labels and make nutritious decisions.

Keeping your carbohydrate intake low will result in less sugar being produced in your body as carbohydrates convert into sugar. Eating foods that are part of the low glycemic diet will help you achieve this goal.

Importance of Controlling Blood Sugar

Carbohydrate foods are the body's main energy source. When they are digested, they break down to form glucose in the bloodstream. If you make sure you eat regular meals,



spread evenly throughout the day, you will help maintain your energy levels without causing large rises in your blood sugar levels. It is also important to maintain a stable and balanced blood sugar level, as there is a limited range of blood sugar levels in which the brain can function normally. Regular testing of your blood sugar levels allows you to monitor your level of control and assists you in altering your diabetes management strategy if your levels aren't within the expected/recommended range.

Who is Blood Sugar Control Important For?

Good blood sugar control is important for most people, but it gets even more important as we age. According to a 2008 study at the Columbia University Medical Center, maintaining blood sugar levels may be an important strategy for preserving cognitive health. "This is news even for people without diabetes, since blood glucose levels tend to rise as we grow older. Whether through physical exercise, diet or drugs, our research suggests that improving glucose metabolism could help some of us avert the cognitive slide that occurs in many of us as we age," reported lead investigator Scott A. Small, M.D.



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INTRO TO RAPID WEIGHT LOSS

If you want to lose weight rapidly, then you need to follow an effective plan, and the plan described here is proven to work. This is not a long-term fix, but instead is meant to kick-start your weight loss journey and motivate you for more sustainable long-term changes. You also have to know up front that this plan does enable rapid weight loss, but it won't be pure body fat. Due to the calorie deficit needed to burn each pound

of fat, it's simply not possible to safely burn 10 pounds of pure body fat in just one week.

While a lot of the weight loss will certainly come from body fat, you will also drop pounds by losing excess water weight. This is partly because this plan lowers your insulin levels and makes your body get rid of stored carbs, which bind water. Reduced insulin levels will also make your kidneys shed out excess sodium, causing your body to release any retained water.

Although your body can only store about 300–500 grams of carbs in a form known as glycogen, stored glycogen holds around three times that weight in water. Along with reduced body fat and water weight, you may also lose some weight due to less intestinal waste and undigested food and fiber in the digestive system.

Following are the 9 essential steps that result in rapid weight loss.



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1. LESS CARBS, MORE PROTEIN

You can lose several pounds by following a low-carb diet for just a few days. Lots of research shows a low-carb diet is a very effective way to lose weight and improve health. A short-term decrease in carb intake can also reduce water weight and bloating. This is why people who go low-carb often see a difference on the scale as early as the next morning after starting the diet.

Additionally, making sure you eat plenty of protein can help reduce your appetite even further while boosting your metabolism. Focus on low-carb vegetables, while also increasing your intake of eggs, lean meats and fish.

Reducing your carb intake can lead to a significant amount of weight loss, from both body fat and excess water weight. Eating more protein also helps.



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2. FRESH FOOD, MOSTLY PLANTS

Eating a simple diet based on fresh whole foods is essential for losing weight. As we get older, our bodies burn fewer calories, so eating nutrient dense foods is critical. These foods tend to be very filling, and make it easier to eat fewer calories without getting hungry.

During the week, you should make sure to eat mostly whole, single-ingredient foods. Eating mostly lean proteins and low-carb veggies can

be incredibly satisfying even if you're not getting that many calories. Also remember that you can consume all spices and salsa, so you can make delicious food that's nutrient dense and low calorie.

In order to achieve rapid weight loss, then you should try to eat only whole foods during this week. Base most of your diet on lean protein, ideally mostly fish, and low-carb veggies.



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3. REDUCE CALORIE INTAKE

Reducing your calorie intake is the most important factor when it comes to weight loss. If you aren't eating fewer calories than you expend, then you will not lose fat. That said, if you reduce your calorie intake and don't take into account and act on the information in numbers 1 & 2 above, you may lose weight, but not as quickly as if you

do act on steps 1 & 2. You'll also miss out on the health and longevity benefits.

Here are a few simple tips to reduce calorie intake:

- Count calories: Weigh and log the foods you eat. Use a calorie counting tool to keep track of the amount of calories and nutrients you are taking in.
- Eat only at meals: Reduce all snacks and don't eat anything after dinner.
- Cut your condiments: Eliminate calorie-dense condiments and sauces.
- Fill up on veggies: Fill your plate with vegetables and limit starchy carbs and added fats for the week.
- Choose lean proteins: Choose lower-fat proteins, such as chicken and fish.
- Don't drink your calories: Instead, opt for water, zero-calorie drinks, tea or coffee. Protein shakes are fine if you count them as a meal.

Reducing your calorie intake is a vital factor for weight loss. You may need to do this aggressively in order to lose so much weight in just one week.



4. DON'T DRINK ALCOHOL

There are several reasons why drinking alcohol during a rapid weight loss program is bad which go beyond the obvious calories in alcohol. The real problem is that your body can't store alcohol or turn alcohol calories into fat. Essentially, if your body's busy processing cocktails, it doesn't burn fat. Alcohol impairs the working of glucagon – the hormone that works to naturally elevate blood glucose levels and to

break down body fat (i.e. weight loss). The body registers alcohol as a poison; and so the liver prioritizes getting rid of the substance before doing the many other jobs that it has to do. This means that maintaining blood glucose levels, by accessing glucose or breaking down body fat, becomes less of a priority.

It's all due to the enzyme *Aldh1a1*, which is responsible for converting alcohol to fat around the middle. The effects of this enzyme are suppressed hormone estrogen, which is present in both men and women. The enzyme causes visceral fat to build up around your internal organs. For women, after middle age, as the menopause approaches, estrogen levels fall and so alcohol starts to pile on weight around the waist.

It's the reason why men get beer bellies at any age, because their estrogen levels are much lower.

Additionally, alcohol causes blood glucose levels to fall, causing you to get hungry. This is why some alcoholic drinks are called an aperitif: they stimulate your appetite before a meal. Drink less, and you'll probably eat less too.



5. LIFT WEIGHTS AND DO HIIT

Everyone knows that getting regular exercise is good for you. The World Health Organization (WHO), National Institute of Health (NIH) the Center for Disease Control (CDC) and the American Heart Association (AHA) all recommend people get a minimum of 150 minutes of exercise per week. That's only 30 minutes, 5 days per week, or approximately 2%

of the hours you're awake per week. In my opinion, that's not nearly enough – I recommend at least one hour of exercise every day.

While weight loss is primarily dependent on managing what you eat, exercise is one of the best ways to burn fat and improve your appearance. Resistance training, such as weight lifting, helps by adding muscle mass and strength. Muscles burn calories even while you're not working out. Full-body resistance training workouts are also a great method to lower your body's carb stores and water weight, which can lead to a sharp decline in weight. Lifting weights can also protect your metabolism and hormone levels, which often decline during dieting.

High-intensity interval training (HIIT) is another very effective training method. Research published in the British Journal of Sports Medicine presented a meta-analysis of 36 earlier studies. The research focused on studies that compared moderate steady state cardio, like brisk walking, with HIIT training, and found that while all the participants lost weight, those doing HIIT saw a 28.5% greater weight loss.



Research suggests that 5–10 minutes of HIIT can lead to similar or greater benefits for health and weight loss as five times that amount of regular exercise. Like weight lifting, it can quickly reduce muscle carb stores and also boost other important aspects of weight loss, such as your metabolism and fat-burning hormones.

You can perform HIIT three to four times a week after a workout or as part of your normal training regimen. It is very important to work up to doing this with 100% effort or intensity. While there are a number of different approaches to HIIT, for people 50 and over I recommend the Sprint 8 program, which involves a 3 minute warm-up, followed by 30 seconds of all out effort (the high intensity part), then 30 seconds of active recovery (the interval), repeated 8 times, then followed by 2.5 minutes of cool down. Here’s what it looks like:

Description	Seconds	Reps	Total
Warm-up	90	1	90
Sprints	30	8	240
Active Recovery	90	8	720
Cool down	150	1	150
Total Seconds			1200
Total Minutes			20

The reason I recommend Sprint 8 over other HIIT protocols is that after 50, most people take longer to recover from the sprint.

What’s more, a remarkable 2018 JAMA Network Open study found that not exercising increases your risk of premature death more than cardiovascular disease, diabetes and even smoking. The latest research also reveals that regular exercise can actually make your cells biologically younger. Get that: regular exercise literally reverses cellular aging.



Researchers at Brigham Young University looked at DNA samples of nearly 6,000 adults. They measured the lengths of study participants’

telomeres, the molecular caps at the end of chromosomes that tend to get shorter with age, and found that people with higher activity levels had longer telomeres than those who were sedentary. In fact, the exercisers had a “biological age” that was about nine years younger.

Another recent study found that men and women in their 70s who exercise regularly have the heart, lung and muscle fitness of healthy people 30 years younger. “We were shocked,” says Scott Trappe, the director of the Human Performance Laboratory at Ball State University and author of that study. “We assume that as you get older, you become frail and weak. But just looking at the muscle of older exercisers compared to younger ones, we couldn’t tell who was young and who was old.”



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6. ADOPT AN ACTIVE LIFESTYLE

If your goal is rapid weight loss, it only makes sense to increase your daily activity. In fact, how active you are throughout the day when you aren't exercising also plays a very important role in weight loss and obesity. For example, the difference between a desk job and a manual job can account for up to 1,000 calories per day. This is the same as 90 to 120 minutes of high-intensity exercise.

Simple lifestyle changes such as walking or biking to work, taking the stairs, going for a walk at lunch, standing more, cleaning the house or gardening can help you burn a lot of calories.

The point is, when you're working on losing weight quickly, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a calorie deficit that results in weight loss.



7. INTERMITTENT FASTING

Intermittent fasting is a diet plan where you fast for a set period of time during the day. This is usually between 16-20 consecutive hours. You eat during the other 4-8 hours of the day. While fasting you can eat and drink low calorie or calorie-free foods like coffee, tea, water, and vegetables. The more time you spend fasting every day, the better your results. You can do these fasts as often as you like.

Getting Started With Intermittent Fasting

Following this diet plan is super simple. All you have to do is choose a period of time during the day that you will fast. This should be between 16-20 hours. I've found that starting after dinner works well for me, so I fast 8 o'clock at night to 2 the following afternoon. I'll then have lunch at 2, a handful of nuts a few hours later, and dinner, which I make sure to be done with before 8. This is easy, as it's a good idea to stop eating 3-4 hours before going to bed, then you sleep for 8 hours, so you're only actually feeling hungry for a few hours in the morning.

If you adopt this schedule, you can increase the amount of time you spend fasting by adding 30 minutes to each fast until you get to where you are fasting for 20 hours at a time. You also don't have to fast every day, so you can fast like this 3 days per week.

Tips To Make Intermittent Fasting Easier

1. During your fast you'll want to drink plenty of water.

Squeeze a little lemon or lime juice into your water to help get rid of any cravings you experience. You can also drink coffee, tea, or other calorie free beverages. After a few weeks you will find that intermittent fasting keeps you from craving sugar entirely.

2. Drink coffee or tea in the morning and early afternoon.

The caffeine in coffee or tea can make intermittent fasting easier, as caffeine curbs your appetite.

3. Eat your meals normally

The first meal after your fast should be the amount of food you typically eat.

4. Focus on fresh, whole foods, mostly plants

Focus your food intake on lean protein, carbohydrates from vegetables, fruit, and sweet potatoes, and healthy fats from foods like almonds, avocados, fish, and olive oil.

How Intermittent Fasting Helps With Weight Loss

Intermittent Fasting helps with weight loss by forcing your body to use stored fat for energy. Burning calories this way promotes the release of the key fat burning hormones in your body, human growth hormone (HGH) and insulin. Human growth hormone plays a key role in turning on your bodies fat burning furnace so it gets the calories you need to work and play from stored body fat. Studies show that fasting can increase your body's production of growth hormone by 1,300% in women and 2,000% in men!

The influence intermittent fasting has on insulin is just as impressive and possibly more important. Keeping your insulin levels low and steady is key to losing excess fat and keeping it off. Clinical studies show that intermittent fasting helps balance your insulin levels. This will help your body stay in a calorie and fat burning state. You'll also find that it gives you more energy throughout the day.

Another great weight loss benefit of intermittent fasting is that hunger pangs and cravings that may normally plague you throughout the day will be reduced, if not altogether eliminated. This is probably due to its ability to balance your insulin and blood sugar levels and, in turn help correct other hormonal imbalances.



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8. REDUCE WATER RETENTION

Water retention is very common and rarely a cause for concern, but it can feel uncomfortable and cause unwanted bloating or puffiness in the body. As such, reducing water weight is an easy way to lose weight quickly.

Water Weight Facts:

- Water normally makes up 50 to 60 percent of an adult's total body weight. Any extra water being held in the body is referred to as "water weight."
- When water builds up in the body, it can cause bloating and puffiness, especially in the abdomen, legs, and arms.
- Water levels can make a person's weight fluctuate by as much as 2 to 4 pounds in a single day.
- Severe water retention can be a symptom of heart or kidney disease. More often, it is temporary and goes away on its own or with some simple lifestyle changes.

Causes of Water Retention:

- Food choices. High sodium and high carb diets can lead to water retention. Potassium and magnesium deficiencies can also cause extra water weight.
- Menstrual cycle. In women, natural hormone variations can cause increases in water retention in the week before menstruation. Cravings for salty foods and carbohydrates can also lead to further water retention at this time.
- Physical inactivity. Sitting or standing for a long time can stop fluids from circulating around the body properly. This causes water to build up around the body tissue, leading to swelling in the extremities.
- Heart or kidney disease. These can disrupt the normal flow of blood around the body. This disruption can cause a buildup of fluids, resulting in swelling and extra water weight.

- Medications. Water retention is a side effect of many medications. These include anti-inflammatories and some oral contraceptives. A person should consult their doctor if any medication causes worrying side effects.

Ways to Lose Water Weight

There are several ways you can lose water weight quickly and naturally. The most effective techniques include:

1. Reduce sodium (salt) intake

An easy first step to lose water weight is to replace sodium-rich foods with low-sodium equivalents. What makes this work is that salt can cause immediate water retention because your body needs to keep its sodium-to-water ratio balanced to function properly, so you retain water when you eat too much.

The latest Dietary Guidelines for Americans recommend no more than 2,300 milligrams (mg) of sodium per day, but it's common for American's to eat more than that, since the Standard American Diet (SAD) includes lots of processed foods like cheese, cold meats, bread, frozen meals, soup mixes, and snacks.

Natural foods, such as vegetables, nuts, and seeds, are very low in sodium. Some foods can even reduce sodium levels, including avocados, sweet potatoes and leafy vegetables.

2. Drink more water

While counterintuitive, drinking water can actually reduce water weight. Dehydration can make the body hold on to extra water to make up for lack of incoming water. Water also improves kidney function, allowing excess water and sodium to be flushed out of the system.



Adults should drink around 2 liters of water a day. Replacing sugary drinks with pure water is a great way to keep up with the body's daily water needs.

3. Reduce carbohydrate intake



Carbohydrates, or carbs, also cause the body to store extra water. Cutting down on carbs is a quick way to use up the glycogen stores, which means that the water weight will also be reduced. According to the Institute of Medicine's Food and Nutrition Board, adults need at least 130 g of carbohydrates to function each day, but the average American diet includes much more than this. Common carbs include bread, rice, and pasta. Replacing some daily sources of carbs with high-protein foods, such as lean meats, eggs, and soy products, can reduce the buildup of water weight.

4. Supplements

Vitamin B-6 and magnesium oxide can be effective natural remedies for fluid retention. These two supplements work with your kidneys to help your body expel extra water and sodium and can also reduce abdominal bloating and swelling in the legs.

It is best for someone to talk to a doctor before taking new supplements, as they can have side effects or interactions with other medications.

5. Exercise

Exercise lets the body sweat out extra water. This causes water weight to drop immediately after exercise. A workout also stimulates blood flow and improves circulation, which can reduce fluid buildup throughout the body, especially in the legs and feet. Exercise reduces water weight

even more by burning through glycogen energy stores. However, replacing lost fluids is vital after any physical activity to avoid dehydration.



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9. KEEP STRESS LOW

Stress triggers the release of hormones including adrenaline and cortisol, which initially decrease the appetite as part of the body's fight or flight response. However, constant stress causes cortisol to remain in the bloodstream for longer, which increases hunger. Cortisol signals the need to replenish the body's nutritional stores from the preferred source of fuel, which is carbohydrate. Insulin then transports the sugar

from carbohydrates from the blood to the muscles and brain. If the individual does not use this sugar in fight or flight, the body will store it as fat.

Cortisol not only promotes weight gain, but it can also affect where you put on the weight. Researchers have shown that stress and elevated cortisol tend to cause fat deposition in the abdominal area rather than in the hips. This fat deposition has been referred to as "toxic fat," since

abdominal fat deposition is strongly correlated with the development of cardiovascular disease, including heart attacks and strokes.



Experts agree that stress management is a critical part of weight-loss regimens, particularly in those who have elevated cortisol levels. Again showing the importance of exercise, studies show that exercise is the best and fastest method for

weight loss in this case, since exercise leads to the release of endorphins, which have natural stress-fighting properties and can lower cortisol levels. Activities such as yoga and meditation can also help lower your stress hormone levels. To effectively reduce elevated cortisol due to stress, lifestyle changes are essential. Studies show that implementing an 8-week stress-management intervention program can result in a significant reduction in body mass index (BMI).

In addition to possible hormonal causes, many people eat in an attempt to fulfill psychological needs when under stress, which may be another reason some people gain weight when experiencing stress.



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SUMMARY

By optimizing your diet and exercising regularly you can lose a large amount of weight rapidly. Although this won't be pure fat loss, seeing pounds drop off quickly will help motivate you stay with the diet and exercise program. You don't need to follow all of these steps, but the more you apply, the more weight you will lose.

Remember the most important thing: it's mostly about what you eat.

Keep in mind that it's common for people who go on "crash diets" to end up gaining all the weight back when they're done. As you make it through the first week of this plan, focus on identifying which of these practices you can sustainable, so that you can continue to lose weight and keep it off.

Remember, there is no one "best diet" for weight loss. The best diet for you is the one you can maintain for life and is only one piece of a healthy lifestyle.

This diet plan is not just about helping you lose weight; it's based on solid science and research into habits that successfully promote longevity. To live a long, healthy life, you should aim to eat high-quality, nutritious whole foods, mostly plants (fruits and veggies), and avoid flours, sugars, trans fats, and processed foods (anything in a box). Everyone should try to be physically active, aiming for a minimum of two and a half hours of vigorous activity per week.

For many people, a healthy lifestyle also means better stress management, and perhaps even therapy to address emotional issues that can lead to unhealthy eating patterns.

Here's to you.