

HEALTHY HABITS

21 EVENING HABITS

that help you

**LOSE
WEIGHT**

**LIVE HEALTHY
SLEEP WELL**



LINDA WESTWOOD

#1 BEST SELLING AUTHOR

Healthy Habits
21 Evening Habits That Help You Lose Weight, Live
Healthy & Sleep Well
by Linda Westwood



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Who is this book for?

Do you feel that your nighttime binges and cravings ruin your diet?

Are you struggling to stick to healthy habits and lose weight?

Are you one of those people who *know* what to do, but struggle to *actually do* it?

Then this book is for you!

I am going to share with you some of the MOST effective evening habits that you can add into your life to lose weight, feel great and sleep well!

I have given you a simple action plan at the end of each chapter so you can implement each habit very easily!

Also, you don't have to be overweight to benefit from these habits.

Yes, they help you lose weight, but they also help you live a healthy life, as well as sleep well at night!

What will this book teach you?

This book is not like others!

It doesn't just contain generic advice that we all already know, but actual evening habits that have been identified to INCREASE weight loss, IMPROVE sleep quality, and LEAD to a more healthy life!

Some of these habits are very simple and you can begin implementing them from tonight, and some are a little more difficult, in that you will need to practice them more!

I will also share with you why each of these habits work and are so effective – along with a simple action plan to help get you started and on your way to lasting success!

Introduction

A lot of people will tell you that getting a good fresh start to the day is the most important part of leading a happy, healthy life.

But the secret to getting that fresh start is building the right habits the night before.

The evening is your time to decompress and rejuvenate yourself. It is your time to strengthen your resolve and recharge your batteries so that tomorrow morning, you actually can wake up feeling fresh and ready to take on the day.

Your evening routine can make or break your weight loss plan. Even after spending the whole day staying strong and sticking to a healthy diet, it could all be undone by your midnight snacking in front of the television when you get home at night.

Snacking—especially when you’re snacking on junk food right before you go to sleep—can pack on more calories than you even realize.

And once you fall asleep, your metabolism drops into low gear and ends up just storing most of those extra calories as fat.

So if you’ve been trying to lose weight but have found yourself stagnating and unable to burn those finicky pounds, it might be because your evening habits are holding you back (and holding the weight on).

Unfortunately, most diet plans and health advice focus on what you should be doing in the mornings and during the day. But after dinnertime, they’ve got little to no advice.

At most, they’ll simply say, “don’t snack after dinner” or “get a good night’s sleep” as if just telling yourself to do it will actually make it happen.

Almost every healthy weight loss habit is easier said than done but that doesn’t mean they are impossible. This book is here to give you real advice that you can really use.

It won’t just tell you “don’t snack after dinner”, it will give you a solid action plan for *how* to undo that nasty post-dinner snacking habit. You’ll get in depth details and step by step advice for eliminating the bad habits that are

holding you back and cultivating the good habits that will help you finally shed that extra weight once and for all.

A healthy and rejuvenating end to the day is just as important as that fresh start. Speed up your weight loss by cutting out those weight gain causing habits and replace them with effective yet simple weight loss strategies.

We won't pretend it's easy but it *is* easier than you think, especially if you know exactly what you can do to accomplish it.

There are 21 healthy evening habits in this book. Each of them will help you lose weight faster. But if you really want to increase your chances of losing weight and keeping it off, don't overwhelm yourself by deciding to start doing all 21 habits at once.

Take them a step at a time. Give each habit the time it deserves to become fully incorporated into your daily routine.

If you give each habit time, it will actually become a full habit, meaning you won't have to constantly remind yourself to do it and you won't find yourself struggling to keep up with it.

You'll actually change the way you do things and finally get rid of those unhealthy habits that have been packing on pounds faster than you can burn them off.

So read through each step, learn why it works, and then read the action plan for how to actually incorporate it into your routine. In addition to individual tips for adopting each habit, you'll get a sample calendar for a 30-day challenge in the last chapter.

This calendar will help you adopt all 21 habits in a way that will help make sure you stick with them for the long term.

Each habit from this book will help you either cut more calories or burn more calories so the more habits you pack on, the more pounds you are going to see drop off!

Read This FIRST - 100% FREE BONUS

FOR A LIMITED TIME ONLY – Get Linda’s best-selling book “*Quick & Easy Weight Loss: 97 Scientifically Proven Tips Even For Those With Busy Schedules!*” absolutely FREE!

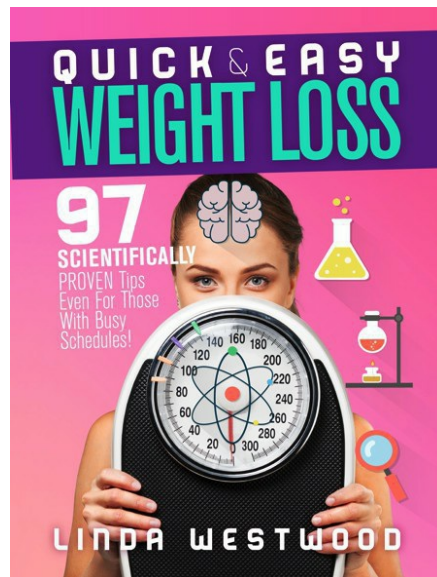
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Readers who have read this bonus book along with this book have seen the greatest changes in their weight loss both *FAST & EASILY* and have improved overall fitness levels – so it is *highly recommended* to get this bonus book.

Once again, as a big thank-you for downloading this book, I’d like to offer it to you *100% FREE for a LIMITED TIME ONLY!*



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Evening Habit #1 – Slow It Down!

One of the most important habits you can practice is eating slowly.

You need to take your time with food rather than just shoveling it down while you drive to work.

Eating slowly might not seem like it would change how many calories you eat, just how long it takes you to eat them. But it does actually help you reduce the number of calories and keep you feeling full between meals.

Multiple studies have been done which show that people who eat slowly also eat less.

In one study, the participants who ate slowly ate an average of 100 calories less than the participants who ate quickly.

In another study, participants were all given the same amount of ice cream. Some were told to eat it in 5 minutes and others were told to eat it in 30 minutes.

Those who spent 30 minutes eating the ice cream had a higher concentration of hormones in their stomach that caused them to feel fuller for longer.

This means that the physical signal (the hormones) to feel full will be stronger if you eat slowly so you feel full sooner and you keep feeling full longer.

So if you make slow eating a habit, you'll eat fewer calories in one meal and avoid adding more calories between meals.

This habit alone can dramatically reduce the total number of calories you eat in a day, which will help you lose weight much more quickly.

Fast eating not only causes you to eat more total calories, it doesn't let your body produce enough of the hormone that makes you feel full.

Without that hormone, you could eat 1,000 calories and still feel hungry enough to eat a horse because the full feeling you should have just isn't there.

On the other hand, if you eat slowly, you could eat a 300-calorie meal and be so full that you feel as if you *did* just eat a horse.

Plus, that full feeling will last for hours after you've eaten so you're less likely to want to snack between meals.

The bottom line: eating *less* food can make you feel *more* satisfied if you eat it slowly.

But there are even more benefits to eating slowly than just eating less and feeling fuller. You also get more pleasure from your food.

When you eat slowly, you are giving yourself the time to savor and enjoy every single bite. You get the full experience of the food on your plate and the full range of flavors it has to offer.

Getting more pleasure out of your meal time is more important than you might think. Our brains have evolved to seek out pleasure and avoid pain.

In the case of food, our brains are seeking out the pleasure of eating and avoiding the pain of feeling hunger. So when you don't take the time to enjoy your meal, your brain isn't getting the pleasure signal it's looking for which means it's going to keep looking for more food even though you've literally just eaten.

At the physiological level, feeling pleasure releases certain neurotransmitters and hormones in the body.

These neurotransmitters and hormones are what give you the physical sensations that come with pleasure: relaxed muscles, reduced pain, lower blood pressure, and the emotional and physical feeling of wellbeing.

This same pleasure process that is making you feel more relaxed is responsible for turning your metabolism. That means that simply taking the time to enjoy your meal can increase your metabolism.

If that's not enough to convince you, the hormones that make you feel stressed actually slow down your metabolism. So eating quickly and feeling rushed while you eat can actually slow down your metabolism.

At the physical level, stress hormones are your body's way of knowing that it needs to start planning for a worst case scenario. It slows down digestion and stores more of the calories as fat because it thinks it should prepare for a famine.

Your body can't tell the difference between stress about work and stress about not having enough food. So when you feel stressed or guilty while eating, you are causing your body to store fat.

When you feel pleasure while eating, you are telling your body that everything is fine and there is no need to store any fat for later.

So, to sum it all up, eating slowly and enjoying your meal has three powerful weight loss effects in your body:

1. Decreased total calorie intake
2. Increased production of the hormone that makes you feel full
3. Increased metabolism

So you eat less, you feel full for longer, and you burn the calories more quickly.

All of that happens just because you took your time to eat and enjoy food!

Action Plan

Now that you know why it's so important to eat slowly and enjoy your meal, it's time to learn how you can actually start doing it.

When you first start, it's going to be difficult to slow down your pace for the entire meal. You'll feel a little impatient and have a hard time resisting the impulse to just keep shoveling in bite after bite.

But you can and should do it.

Since you want to increase pleasure as well, it might not be good to time yourself for each bite. It could just end up stressing you out.

Instead, slow down by taking time to enjoy the food. Take one bite at a time. Put your fork or spoon down after you take the bite. Chew your food slowly and let it roll over your tongue.

Be aware and consciously think about the different flavors and textures that

you are experiencing.

You can make a game out of it by trying to recognize every ingredient in the dish.

Is that a hint of rosemary you taste?

Maybe there's a dash of cinnamon.

Even if you made it yourself and already know every ingredient that is in it, try to actually recognize each ingredient that you added.

Once you have swallowed the bite, take a sip of water—or wine, whatever you are drinking with your meal. Then, pick your fork back up and take the next bite. Take the time to experience and enjoy that one, too.

If you still find that you're having a hard time slowing down, there are actually apps available for your smartphone that help you eat slowly. Many of them are free so try downloading one and using it to help you get into the habit of slow eating.

You might be thinking that eating slowly and enjoying your meal sounds great in theory but you just don't have the time to do it.

If that's the case, make time.

It's time to end the “working lunches”, and wake up a little earlier to give yourself the time for a relaxing, enjoyable breakfast.

You have read all the benefits of eating slowly and eating with pleasure so you know that it's worth making room in your schedule to do it.

STOP

Just Because I Love My Readers...

Just because I love you all and am massively grateful that you are taking the time to read my book, I have added *the **MOST POPULAR** tips & strategies for weight loss, fitness improvement, and better health, from my best selling books **to the end of this book!***

They are **MUST READ** and I highly recommend you scroll through to the end of the book and read those chapters **NOW!**

Evening Habit #2 – Stop Eating After Dinner

After-dinner snacking is the mortal enemy of any diet plan. It can undo all your efforts during the day to stick to your diet. It's not just the added calories but also the way you eat them and when you are eating them.

In almost every case, snacking after dinner happens while you are sitting in front of the TV and not actually paying any attention to the food you are eating.

You have just finished reading through the first evening habit of eating slowly so you already know why it's so important to pay attention to your food while you eat it.

You end up eating way more than you should and you hardly gain a fraction of the satisfaction you should be getting from it which means that your body doesn't have a chance to make the food-pleasure connection that you need in order to put cravings to rest.

Beyond that, it's also a lot of extra calories that you are taking on even though your dinner should have provided you with enough to get you through the rest of the night.

You eat all these extra calories and then, what?

You go to sleep—an activity that requires the bare minimum of calories. So you just took in a bunch of extra calories and then went on to do a low calorie activity.

Your body has no other choice but to store those extra calories as fat.

In one study, participants were told to stop after dinner snacking for two weeks. They didn't change anything else at all about their eating habits or exercise habits.

After two weeks, they lost 1 pound (just from cutting out evening snacks). But what is even more interesting about this study is the fact that after the two weeks, they were told to spend one week going back to their old routine of nighttime snacking.

In that one week, they *gained* an average of 1.3 pounds. The only change was

the evening snacking and they gained back all the weight they lost plus a little extra.

This simple habit of cutting out after dinner snacks could cut about 250 calories from your daily total (depending on how many calories you tend to eat after dinner).

That translates to about ½ a pound per week lost, just because you said no to your usual snack.

If you combine this with first habit, you could be cutting out more than 500 calories from your daily total every single day.

Even if you make absolutely no other changes aside from these two things, that's already going to help you lose about 1 pound per week!

Action Plan

If you snack after dinner every night or almost every night, it's probably become a deeply engrained habit that will be hard to break but it's definitely worth the effort.

So what's the most simple and effective strategy for cutting out after dinner snacks?

Just stop snacking after dinner!

If you've got any willpower, just fight the urge.

But if that strategy isn't working for you, get more creative with it: put up "closed" signs on the fridge or pantry after dinner to remind you that snack foods are off limits.

It sounds silly but having a big sign on the fridge when you go to open it makes it impossible to forget that you are not supposed to be getting any snacks.

If the urge to snack is starting to feel like more than you can bear, do something else.

Go for a walk (evening habit #11) or work on a craft. The need to feed will go down if you are keeping your mind and body actively involved in

something else.

You'll learn more about this when you learn about evening habits #11 and #12.

One of the best ways to keep from snacking is to not have snacks!

Just don't buy them. Even if your kids throw a fit, they'll get over it eventually. Any food that can be eaten without any preparation (except for fruits and vegetables) should just be kept out of your kitchen. This might sound like a difficult adjustment to make but you'll learn more about later in this book. Evening habit #19 is all about snack-free shopping.

In fact, if post-meal snacks are a serious problem for you, many of the habits in this book will help you finally break the snacking routine and cut hundreds of calories from your daily total!

So keep on reading to learn more about how you can avoid snacking, cut total calories, and boost your metabolism so that you can finally lose the weight that's been burdening you!

Evening Habit #3 – If You Eat, Don't Cheat

No matter how strong your will power is, there are going to be some days when you simply can't avoid having a snack to help you make it through to the next meal.

Sometimes, you just won't have the time to cook a full, balanced, healthy meal. Life can be hectic and you can't always devote as much time to your health as you would like to.

Luckily, there are some ways around this and there are habits you can build to make sure that even when you don't have time, you can still eat healthy and make sure you don't undo all the progress you have made.

From planning your meals to snacking properly, you'll be able to keep your calorie count in a reasonable range and continue to lose weight no matter how busy you are.

The trick is to choose healthy, low calorie snacks that are satisfying to munch on without loading you up with extra calories.

Your first line of defense, however, is making sure you have well-planned meals that are high in fiber and protein so that you can be sure you feel full between meals.

In the next section of this chapter (the action plan), you'll learn how to make a meal plan for the week that will fight cravings and keep your total number of calories low enough that you can shed the extra weight.

If you still have cravings between meals even though you've planned them so well, there are some healthy snacks that you can keep in the house that won't break the calorie bank.

These are all foods that, after digestion, have a very minimal caloric impact.

Some of these foods also have metabolism-boosting and appetite-controlling effects so they can help control your cravings and increase the rate at which you burn calories.

Of course, it's better not to snack at all because then your body will focus on burning the calories already stored as fat.

But, if you absolutely have to munch on something, choose a minimal calorie food so that you aren't adding too many new calories.

Here are a few low calorie foods you can snack on:

- Carrots
- Broccoli
- Spinach
- Radishes
- Cucumbers
- Melons (cantaloupe, honeydew, etc.)
- Peaches
- Pineapple
- Strawberries
- Mangoes
- Tangerines
- Garlic
- Onion
- Cinnamon
- Flax seed
- Cayenne pepper
- Chili powder

You'll get a few other healthy snack ideas in chapter 19 when you learn about snack-free shopping.

At the end of the list, you got a few seasonings and some foods that you probably don't want to eat plain (like garlic or onion).

Combine these foods together to create tasty, low-calorie meals.

For example, slice up a mango and dust it with cayenne and chili powder.

It might sound strange but the spice of the cayenne and chili powder really complements the sweetness of the mango for an exciting flavor contrast.

Toss some spinach with flax seeds, strawberries, and tangerines for a salad that is flavorful enough to be delicious without any diet-busting salad dressing.

There are a lot of healthy options for snacking that won't add calories so there's no excuse for cheating on your diet just because your stomach is grumbling between meals.

Action Plan

As mentioned earlier, the best defense against between meal cravings is a well-designed meal plan and thorough preparation.

If your weeks tend to be really busy and you often come home feeling too tired to prepare and cook a balanced, diet-friendly meal, then you should start preparing in advance.

To do this, you'll need to make a menu for the entire week. This includes 3 meals for each day on every day of the week. Then, you'll write out your list of ingredients (including the exact amounts needed of each one) and go shopping.

Once you've got all your ingredients, you'll prepare all your meals for the week.

Then all you have to do is store them in the meal-sized portions in the freezer.

Throughout the week, you can come home, pull a meal out of the freezer and just reheat it for a completely balanced and satisfying meal without all the work.

Now, when you come home exhausted and hungry, you won't have to do any heavy cooking. You get to combine the convenience of processed, store-bought meals with the health and weight loss power of a fresh, home-cooked meal!

It's best to do this on the weekend when you have more time. On Saturday or Sunday, spend the morning and afternoon planning, shopping, and cooking.

Then, prepare to sit back and relax for the rest of the week!

As you plan your menu, make sure that you cover all your bases and come up with satisfying, healthy meals.

Here are some key things to consider as you plan:

1. The average person needs 25 to 30 grams of fiber daily. This means each meal should have about 10 grams of fiber.
1. Whole grains, beans, legumes, and oatmeal are a few good options to meet your fiber requirements.
2. The average person needs about 50 grams of protein per day. So each meal should have roughly 16 or 17 grams of protein in it.
1. Beans, legumes, egg yolks, nuts, yogurt, seeds, fish, seafood, and poultry are all healthy sources of protein that won't hurt your blood pressure or cholesterol levels (in fact, they will help lower both of these things).
3. The average person needs to eat about 30 grams of fat every day. This means about 10 grams per meal.
1. As strange as it sounds, you do also need fat in your diet if you want to burn fat. Healthy fat (unsaturated fats) help fight high cholesterol and stabilize your blood glucose levels so that you don't get between meal cravings.
2. The key is to look for *unsaturated* fat. As you increase the amount of unsaturated fat, decrease the amount of saturated fats and Trans fats. Try to cut Trans fats out completely. Keep saturated fats down to around 3 to 5 grams.
3. Nuts, seeds, oils (olive, sesame, or coconut), fish, avocados, and olives are all great sources of unsaturated fats.

Each meal should contain something from each category. Make sure there are also at least one or two servings of fruits or vegetables in each meal.

Fruits are especially good to include in your breakfast because the fructose (sugar) will provide an immediate energy boost while the protein, fiber, and fat from the rest of your breakfast will provide sustained and stable energy throughout the day.

Your lunch should also have a couple servings of fruit as well to give you a

quick boost while you wait for the protein, fiber, and fat to provide sustained energy.

Avoid fruits or other simple sugars at dinner though, because you don't want a sharp spike in your blood glucose levels keeping you awake when it's time to go to bed.

If you make sure that you have a wide variety of healthy whole foods throughout the day, you won't have to worry about counting calories or tediously tallying up all your vitamins and minerals.

The variety of different fruits, vegetables, grains, and proteins will help make sure that you are getting all the nutrients you need without packing on too many calories.

Focus on including a lot of different nutrient-dense foods and skip all the "low fat" and "diet" versions of foods.

In order to make a food low fat, manufacturers usually add a lot of extra sugar to make up for the loss in flavor. But sugar (*not* fat) is one of the leading causes of weight gain.

Diet foods often contain artificial and heavily processed ingredients (like hydrogenated fats and artificial sweeteners).

These artificial ingredients are things your body has no idea how to break down and use so, instead of digesting them, it simply stores them as fat until it can figure out what to do with them. Basically, "diet" soda and other "diet" foods are actually causing you to gain more weight.

Your best option is to stick to natural, whole foods—foods with ingredients that you can identify. If there's a long list of unpronounceable ingredients, put it back on the shelf and move on.

Once you have created your healthy menu for the week, gather all your ingredients and spend the afternoon cooking. When you cook in bulk and cook all at once, you'll spend less total time cooking than you would if you prepared each meal separately throughout the week.

Your breakfasts may be simple enough that you can just prepare them every morning instead of making them all at once and storing them. But your

lunches and dinners probably need to be prepared in advance so that you can save time during the week without sacrificing your goal of losing weight or your health.

You can make your weekly cooking day a fun family activity. Teach your children the same healthy habits that you are trying to adopt so they grow up with the right attitudes and skills toward food to live long, healthy, happy lives.

If you are liking these tips so far, *you must* check out my 97 weight loss tips that are available to you [right here!](#)

If the link is still active, get it while you can, because I will be removing it soon (I can't keep giving away AWESOME secrets like these for free *forever*).

Evening Habit #4 – Cut This Out & Lose Weight FASTER Than Before!

Of all the meals of the day, your dinner should take the longest to digest. You want foods that are slow to break down so that your stomach is too busy digesting in the evening to feel cravings.

What this means is that you want a lot of protein and fat without as many simple carbohydrates.

Of all the kinds of foods out there, carbohydrates digest the fastest. This leads to sharp spikes in your blood glucose levels followed by equally sharp drops.

This is exactly what causes cravings—especially cravings for sweets.

When your body experiences sudden and fast drops in blood glucose, it begins to panic and look for more carbohydrates to quickly restore your glucose levels.

So try to cut out carbohydrates from your dinner.

At the very least, you need to cut out simple carbohydrates.

Simple carbohydrates are sugars, refined flours, and starchy foods (potatoes, sticky rice, etc.) A good way to identify and eliminate simple carbohydrates is to remember to avoid white foods: white bread, refined white sugar, potatoes, and so on.

Of course, there are some white foods that don't fit on this list (milk, cauliflower, etc) but in general, this is how you can safely avoid simple carbohydrates.

Complex carbohydrates are the ones that take more time for your body to digest like high fiber foods and vegetables. They still digest more quickly than proteins and fats but it's slow enough (and adds enough nutrition to your diet) that you don't need to avoid them.

The reason you want to cut down the carbohydrates at dinner is because you don't need the energy boost they offer when you're just going to be relaxing and then going to bed.

Instead, you want your dinner to be a meal that digests slowly and keeps your stomach busy all night so that you are less likely to run to the kitchen for a late night snack before bed.

Action Plan

Make protein and fat the key parts of your dinner without going over your calorie budget by slightly decreasing the amount of protein and fat you eat for breakfast and lunch.

For example, to get your 50 grams of protein, eat 12 grams for breakfast, 13 grams for lunch, and 25 grams for dinner.

To get the 30 grams of fat, you can eat 5 grams at breakfast, 5 grams at lunch and 20 grams at dinner.

Between 25 grams of protein and 20 grams of fat, your dinner is going to easily keep you full through the night.

At the same time that you are increase the protein and fat, decrease the carbohydrates. You need 30 grams of fiber (which comes exclusively from complex carbohydrate foods).

To get this, eat 10 grams for breakfast, 15 grams for lunch and 5 grams at dinner.

The other benefit of making your breakfast and lunch high in complex carbohydrates while your dinner is high in protein and fat is that the carbohydrates give you a faster boost to your glucose levels (i.e. - your energy).

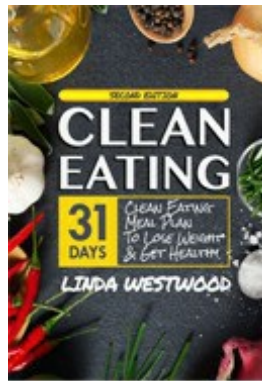
That means that during the day, when you need to have the most energy, your meals are giving you the perfect balance of fast-acting energy and stable, sustained energy.

Come dinner when it's time to relax and slow down, you'll have a slow-digesting meal that will help keep you from getting late night cravings and avoid those extra, after dinner snacks.

Avoid simple carbohydrates throughout the day, every day. The only sugar that you should be getting is the small amount that comes from fruits.

Cut out *all* foods that have added sugar. If you have a serious sweet tooth, this will be difficult at first. But trust me, after a few weeks of sticking to the no-added sugar rule, it will get easier and easier.

Soon, you'll be able to enjoy the natural sweetness of fruits and even start disliking excessively sugary foods.



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Evening Habit #5 – Make Sleep a Priority

Your first thought might be: how can sleep possibly help me lose weight?

You burn the *least* amount of calories while sleeping. Well, this chapter will explain the very important role that sleeps plays in weight loss and your overall health.

It won't take a lot of convincing to tell you that you need to get a good night's sleep every night.

You probably already know the difference between how you feel after a night of quality sleep in comparison to a night of too little sleep.

But it does more than just make you feel more alert and energized in the morning.

Here are some of the other reasons that sleep is so essential:

1. Lack of sleep causes cravings: when you wake up feeling tired and unenergetic, you usually reach for a big cup of coffee and a sugary treat to give you the boost you need.

If you had gotten a good night sleep, you would wake up feeling naturally energized and alert. Instead of desperately going for a fast sugary boost, you could prepare and eat a healthy, balanced breakfast.

2. Lack of sleep slows metabolism: just as you lack energy in the morning after a bad night of restless sleep, so does your metabolism.

Your digestive system is triggered by the same hormones that regulate your sleep cycle. The hormone that tells your brain to feel alert also tells your metabolism to rev up and start producing energy.

Without enough sleep, you don't get these wake-up hormones (because your body literally doesn't want you to wake up yet) which means your metabolism doesn't get the signal to start working.

3. Sleep helps you avoid late night snacking: the logic is simple enough. If you are asleep, you can't eat (well, unless you are a sleep-eater).

So instead of staying up until 3am surfing on the internet, get to bed early enough (at least 6 or 7 hours before you plan to wake up) to make sure that you get a full night of sleep and avoid the midnight munchies.

4. Sleep helps you burn fat: studies show that sleep helps your body burn fat. Two people who eat the exact same low calorie diet will not burn the same amount of fat if they don't get the same amount of sleep.

For example, in one study, people ate the same number of calories but one group slept 8.5 hours per night while the other group slept just 5.5 hours per night.

By the end of the study, both groups had lost an average of 6.5 pounds. But when they measured where those pounds came from, the results were surprising.

For the group that slept 5.5 hours per night, only 25% of those pounds were from fat. For the group that got a full night of sleep, however, more than 50% of the pounds lost were fat.

5. Sleep helps you eat less calories: not only does it help you stop snacking late at night but it helps you naturally lower the number of calories you eat during the day.

Many studies have been done on this subject and they have found that people who get a full night of sleep eat an average of 700 fewer calories per day than people who don't get enough sleep.

That is a truly significant amount. 700 fewer calories per day could translate to up to 2 pounds of weight loss per week!

Action Plan

Now that you know how important sleep is and how it can help you with your

weight loss and health goals, it's time to learn how you can make sure that you sleep better and get the sleep that you need.

The first step is to stop doing things that are hurting your ability to fall asleep and sleep well.

Here are some of the things that you need to stop doing:

1. **Stop looking at screens:** the backlight that comes out of your computer screen, phone screen, tablet screen, or television screen is a similar frequency as the light that comes from the sun.

Because your body is programmed to respond to sunlight as a signal that it's time to be awake and alert, looking at screens (which emit light similar to sunlight) can damage your body's natural sleep and wake cycle.

You don't have to give up technology altogether. But you do need to put it away and stop using it 4 hours before you plan to go to sleep.

2. **Stop eating before bed:** eating right before bed so that you have a bloated, full stomach will make it more difficult for you to fall asleep because your body is too busy digesting to fall into the relaxed mental state you should be in so that you can get some quality shut eye.

You don't need to go to bed hungry but avoid eating anything at least 1 hour before bed. This means avoiding late night dinners and especially late night snacks. Your body needs some time to get through the initial stages of digestion before you try to fall asleep.

3. **Stop having cold feet:** no, this doesn't mean you need to resolve any commitment issues you might have, it just means you need to put on a pair of socks.

As your body starts to relax, your circulation slows down and the first parts to suffer are your feet because they are furthest from your heart. In order for your body to get relaxed, it needs to feel warm and cozy.

So slip on a pair of socks if it's particularly cold.

4. **Stop stressing:** this one is definitely easier said than done. But it is worth making the effort. If you're worried about something that is going to happen tomorrow or in the future (or your worried about the consequences of something that did happen), try to think through and find a solution during the day.

When you are trying to fall asleep, stress and worrying are just going to keep you tossing and turning. So do your best to focus on positive thoughts before bed, knowing that if you wake up feeling refreshed and energized, you have a far better chance of finding a solution than if you are groggy and unable to be fully alert.

If all your best efforts fail and you still find yourself worrying about a problem at night, at least try to focus on thinking about possible solutions rather than just focusing on the negatives and the worst case scenario.

5. **Stop working in bed:** you need to make sure that your bed is for sleep (and maybe also for making new family members!).

Don't bring your laptop into bed to study, work, or chat with friends. Your bed is not chair or table. Your bedroom is not a living room.

You want your body to get the clear message that when you are in bed that means it is time to sleep. If you do anything else in bed, this message won't be clear.

In addition to stopping these bad bedtime habits, you should set up some healthy bedtime habits that will help you fall asleep more easily and get better quality sleep:

1. **Establish a bedtime routine:** you need to have a stable routine that you go through every night before bed. Do the same things in the same order every night. This repetition helps your body realize what's going on.

If you always brush your teeth, wash your face, and put on pajamas (in that order) before laying down in bed, your body will already know as soon as the toothbrush hits your teeth that it's time to sleep.

This will help you fall asleep more quickly when you finally lay down. Having this routine also means not doing these things any other time of day (except for brushing your teeth, please brush your teeth more than once a day!).

For example, don't wear pajamas during the daytime. You can have other comfy clothes for a day of relaxing at home but don't wear the same things you wear to bed.

2. **Keep the room cold:** studies have shown that a cold room helps you sleep better than a warm room. This doesn't mean it needs to be freezing but does need to be cooler than usual.

Your body naturally lowers its temperature while you are sleeping. When the temperature of your room is closer to the temperature that your body is trying to lower to, it will help you get to sleep faster.

Normally, it is advised to keep the thermostat somewhere between 65 and 72 degrees Fahrenheit. But some people feel more comfortable in lower temperatures (or higher temperatures).

A good rule of thumb is to lower the temperature about 5 degrees from wherever you like to set it during the day.

3. **Go to bed and wake up at the same time:** this is important for the same reasons that having a steady bedtime routine is important.

By going to bed at the same time every single night, you are allowing your body to establish a stable biorhythm. It can regulate your hormone cycles so that you get a surge of the hormones that help you wake up in the morning and a surge of the hormones that help you sleep when you are trying to go to sleep.

When you go to bed and wake up at the same time every day, your

body learns when to release which hormones. So avoid pulling any all-nighters and try to wake up at the same time each morning (even if it's a weekend and you could sleep in).

You can't "make up" for lost sleep on the weekends, anyway. That's not how your body works. So it's more important to keep a stable sleep schedule than to keep changing your bedtime and your wake up time.

4. **Read a book:** Make sure it's made of paper or it's on an eReader that uses the ink technology to look like real paper instead of having backlight coming out of the screen.

As mentioned above, you want to avoid screens before bed. If you have trouble keeping your racing thoughts at bay, a book can help distract your mind and make you feel relaxed.

Get a small book light that you can attach to the book so you can turn off all the other lights and keep the room dark. The darkness will help your body get sleepy and the act of reading will help relax your mind and get it ready for sleep.

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Evening Habit #6 – Cut the Caffeine

A cup of coffee in the morning is a great way to jumpstart your day. The caffeine wakes you up and speeds up your metabolism.

If you drink it without milk or sugar, it is also the ideal zero calorie treat. But beyond 1 or 2 cups in the morning, you should be careful about how much caffeine you consume in a day.

Too much caffeine raises blood pressure, increases anxiety, and can keep you awake at night when you are trying to go to sleep.

Coffee isn't the only source of caffeine. It is also found in soda, tea, chocolate, and even certain pain medications (because it also helps relieve headaches).

So watch what you eat and drink throughout the day and try to avoid consuming any kind of caffeine at least 4 hours before you plan to go to sleep at night.

Caffeine is a stimulant, which means it keeps your brain awake and alert even when your body is exhausted and ready to call it a day.

Because you need a good, full night of rest every night in order to promote health and weight loss, consuming caffeine too close to your bedtime is going to cause you to gain weight.

In addition to the negative effects of drinking more than 1 or 2 cups of coffee per day, there are a host of other negative health effects to drinking other caffeinated beverages.

The biggest offender is, by far, soda. Regular soda is bad and diet soda is even worse.

Often, soda is loaded with corn syrup or, in the case of diet soda, artificial sweeteners like aspartame.

Your body cannot recognize either of these ingredients and doesn't know how to break them down. So, for lack of any other option, it just stores them as fat.

If you drink soda or consume a lot of foods and beverages that have either corn syrup or an artificial sweetener, this is, undoubtedly, a major factor in any excess weight you have gained.

As soon as you cut these out of your diet, you will notice significant weight loss.

Sodas (whether diet or not) are also very high in sodium. Diets which are high in sodium cause high blood pressure, dehydration, and weight gain.

If you consume too much sodium, your body will start to retain a lot of water which means you'll bloat up with a lot of water weight.

Excess sodium, especially when you are already not drinking enough water every day, also leads to dehydration. Dehydration causes weight gain, slowed metabolism, as well as many other serious health problems.

So next time you are feeling thirsty, soda is the absolute last thing you should drink. Rather than quenching your thirst, soda is actually making you *thirstier*.

Too much caffeine can also lead to dehydration because, in addition to being a stimulant, caffeine is also a diuretic.

Diuretics are things that cause you to get rid of more fluid than they add. In the simplest terms, they make you urinate a lot.

You end up expelling more fluids from urination than you took in from drinking the caffeinated beverage. If you don't drink enough water to replace those lost fluids, you will become dehydrated which is extremely unhealthy and also causes weight gain.

So cut your total caffeine intake to about 200 milligrams per day (or 2 coffee mugs worth of coffee). Cut soda out of your diet entirely.

Action Plan

If you drink coffee in the morning, start decreasing the amount of milk or sugar that you add—if you add any.

Drinking black coffee will give you a stronger effect from the beginning and help you drink less in total. You simply cannot chug a whole cup of hot black

coffee.

Without milk to cool it down and sugar to dampen the flavor, you'll be forced to sip slowly and enjoy it at a relaxed pace.

Start cutting out any other caffeine you normally drink after your morning coffee and completely cut out caffeinated beverages 4 hours before you plan to go to sleep.

In the evenings, drink herbal teas that are naturally caffeine free to replace your normal coffee, soda, or black tea. Mint tea is an especially good option because it is naturally caffeine free and the mint will even help you fight cravings.

Remember to drink more water throughout the day as well in order to make sure you are fully hydrated. If you make an effort to stay hydrated throughout the day, you will reduce feelings of fatigue and maintain full alertness.

This means you won't feel the need to get those regular doses of caffeine to keep you going through the day. You need at least 2 liters of water every day.

You can start your day off better by drinking a glass of water with your coffee in the morning. Water in the morning will help wake up your metabolism.

Since coffee is already a metabolism booster, drinking a glass of water with your coffee will act as a double strength boost so you can be sure there is nothing sluggish about your metabolism even if you might still be feeling a little tired in the morning.

As for soda, you should cut this out entirely. If you are a regular soda drinking, this will be more challenging. Soda can be a genuine addiction but it is absolutely worth the struggle.

Even after 1 week of being soda free, you will already notice amazing changes. You'll lose weight, you'll feel more clear-headed and focused, you'll feel more energetic throughout the day rather than experiencing those peaks and crashes of energy that normally come with soda. The list of benefits you'll get from not drinking soda could fill up a book of their own.

If your soda habit is really serious and you actually experience withdrawal-

like symptoms, here are a few tips to help you kick the habit:

- **Drink a soda substitute:** buy plain carbonated water and mix it with juice (no sugar added). Alternatively, you can mix it with fresh fruits.

Berries are an especially delicious option. It won't be a perfect imitation of soda because it is caffeine free, sodium free, and without any added sugar.

However, it has that carbonated feel that you look for in a can of soda and it will have some sweetness from the juice or fruit that you add.

So it allows you to sort of go through the motions of drinking soda and get the experience without getting the added weight and other health problems.

- **Go cold turkey:** with some things, you can cut them out gradually. Soda is not one of those things. It is better to go cold turkey.

This might sound painful at first but it will make the process of breaking the habits go much more quickly. So decide today to stop drinking soda and give it up entirely. Don't make excuses.

- **Throw out all the soda in your house:** if there is soda in your house, you are going to drink it. That's all there is to it.

It's like a smoker who keeps a pack of cigarettes in her purse and says, "I'm not going to smoke them. I'm just hanging on to them."

If your children or partner also drink soda, tell them they are quitting the habit too. It is better for their health. Plus, making sure that nobody else has soda in the house will help you stay away from the stuff yourself. Your kids might get mad at you but let them get mad.

They will thank you later when they grow up without diabetes,

obesity, or any other health problem that soda causes.

- **Take it one day at a time:** don't try to focus on how hard it is going to be to never drink soda again.

First of all, it is not going to be that hard. After the first 30 days, you'll already find it easier to go without it.

Give it another 30 days after that and you'll already find yourself going a whole week without ever even thinking about it.

Secondly, worrying about the road ahead will only make it more difficult to navigate the road right in front of you. Track your progress and take pride in every single day that you go without soda. Just focus on getting through the next 24 hours. When you've gotten through that, focus on getting through the next 24 hours.

- **Don't beat yourself up:** when you first try to kick the soda habit, you are going to slip up. You're going to have cravings you simply cannot resist.

Fight these cravings with everything you've got. But when you cave in and have a soda, don't feel like it was all a waste of your effort. And don't feel like you are too weak to get through this.

You have still come a long way and you are still further than you were when you started. Most importantly, you can still get right back up and keep going.

Think of it this way: if you normally drink about 2 sodas every day and after doing a 30 day soda free challenge, you slipped up 5 times, that would still be 50 sodas that you *didn't* drink!

That is fantastic progress. The next 30 days will be that much easier because of that accomplishment. Change is not a switch that you flip.

It is a journey that you have to take. If you feel weak now,

remember that nobody is strong enough to make it to the end right when they start.

You gather the strength along the way, with each step that you take, each mistake that you make, and each obstacle that you overcome.

So kick your soda habit, keep your coffee for the morning, and replace evening caffeine with herbal teas or carbonated water with fruits. This sounds like a lot for one habit but the results are well worth the effort.

If you are liking these tips so far, *you must* check out my 97 weight loss tips that are available to you [right here!](#)

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Evening Habit #7 – Avoid Alcohol & Tobacco

Alcohol and tobacco should be kept to a minimum no matter whom you are or what you are trying to accomplish.

In excess, these two can cause extremely serious health problems from liver failure to lung cancer.

So try to save them for special occasions only and even then, only in moderation.

Beyond the many health problems that are associated with alcohol and tobacco (you probably have already heard and read plenty about each of them), they can also contribute to weight gain.

Let's start with tobacco. The nicotine in tobacco acts as a stimulant. That is, it keeps you awake and alert.

In excess, this can cause heightened anxiety and stress (which smokers usually try to fight by smoking more, resulting in even worse anxiety and stress).

If you smoke within 1 to 2 hours of going to bed, you will have a more difficult time falling asleep because your brain is still simulated and alert from the nicotine.

As you already know by now, a lack of quality sleep can have serious consequences on your health and your weight. So if you are a smoker and don't have any intention of quitting, you should, at the very least, avoid smoking 1 hour before you plan to go to sleep.

You should actually also consider quitting entirely but that is a topic for another book. Try to cut your overall total down to 10 cigarettes per day in order to minimize the anxiety and stress that smoking causes.

Now let's take a look at the weight gain effects of alcohol.

First of all, alcoholic drinks are deceptively high in calories, especially if you are partial to those fancy, sugary cocktails. If you've ever heard someone mentioning "beer bellies", you should know that they are a very real thing.

To give you an idea: one margarita has 153 calories, 12 ounces of beer averages about 150 to 200 calories, and a single shot of tequila will pack 96 calories. That means a night of drinking could end up adding more calories than you ate the entire day!

Opting for the low calorie or light options isn't going to help you much, either.

Like caffeine, alcohol is also a diuretic, causing you to expel more water than you take in from drinking it. It is a more powerful diuretic than caffeine, too.

This is one of the main reasons you get a hangover after a night of drinking. An 8 oz alcoholic beverage will cause you to expel about 33 oz of water!

So if you aren't drinking water by the gallon as you drink alcohol, you are on the road to severe dehydration.

As you already know, chronic dehydration is one of the factors that contribute to weight gain.

One night of drinking can set you back pretty far. So far, alcohol packs on a ridiculous amount of calories and causes severe dehydration.

But alcohol leads to weight gain in another, less well known way as well. When you consume alcohol, your body switches gears. It is not possible for your body to store any excess alcohol as fat so it has to burn up all the calories as they come in.

This means that the fat burning process that your body typically goes through during the entire day comes to a complete stop.

It even stops metabolizing the other things in your stomach because it is entirely focused on dealing with the alcohol.

So alcohol is a fat building offender on 3 fronts: it adds calories, it dehydrates you, and it completely stops your body from burning fat.

Action Plan

If you are planning to go out drinking, drink a tall glass of water between each alcoholic beverage you have.

This will not only help replace some of the lost water but will also slow down your drinking and help you drink less.

When you get home, chug a liter of water before bed. You can also try to get a jump-start by drinking more than your usual 2 liters during the day.

Try to drink double the amount of water before you start, continue to drink water as you drink alcohol, and end the night with a lot of water.

This will help prevent dehydration but it won't get rid of the calories. For those, you'll have to get in some serious dancing during the night!

If you aren't going out to drink but you would like to have some wine or beer at home, drink it with dinner and keep it down to 1 or 2 glasses.

Your body needs 1 hour to fully metabolize 1 portion of alcohol. For reference, 1 portion is equal to a 5 oz glass of wine, a 12 oz bottle of beer, or a 1.5 oz shot of hard liquor.

This means you shouldn't drink too close to bed time because you want to give your body the full amount of time it needs to metabolize the alcohol before you go to sleep.

While you may think that alcohol helps you sleep, this is only partially true. It does help you fall asleep more quickly but it prevents your body from going to REM sleep (the most restful kind of sleep). So your overall quality of sleep is poorer if you have alcohol in your system.

With that in mind, it is okay to have that glass or two of wine with your dinner but make sure you have dinner early enough that you have enough hours left before bed to fully metabolize the alcohol.

During those hours that you are metabolizing, drink enough water to replace the total amount of fluid lost from alcohol. For every ounce of alcohol you drank, you need to drink 4 ounces of water.

As for smoking: don't have a cigarette within one hour before you plan to go to bed and try to keep your daily total down to 10 cigarettes.

This will help reduce the impact smoking has on your sleep quality and lower your overall stress levels throughout the day.

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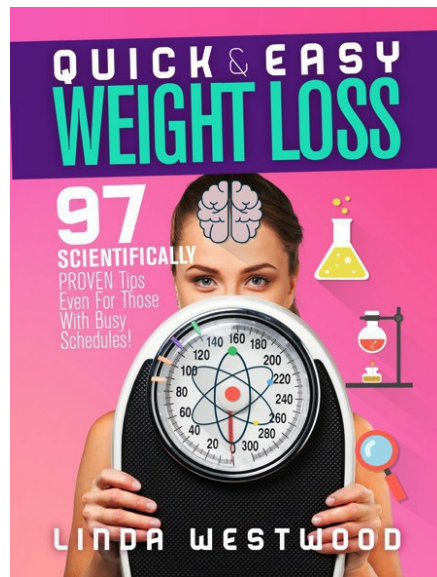
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Evening Habit #8 – This Will STOP Evening Food Cravings

If you've already eaten dinner and you still have the urge to munch on something, it is mostly likely because your dinner wasn't satisfying enough.

Later on in this book, you'll learn more about how to make a satisfying dinner that will help stop cravings before they even start.

But, if a satisfying, balanced dinner still can't kill the cravings, try brushing your teeth.

This probably sounds a little odd. But it actually works.

After brushing your teeth, you won't want to eat anything because the minty flavor won't mix well with food.

Toothpaste and barbecue flavored chips?

No, thank you.

Plus, who wants to ruin freshly cleaned teeth with junk food?

You actually need to wait 30 minutes after brushing your teeth to eat anyway because you need to give the enamel coating on your teeth time to harden again.

Brushing your teeth is also effective because the mint in the toothpaste acts as a craving-fighter. Mint is often used to help stave off strong cravings and control appetite.

Action Plan

Try brushing your teeth right after dinner so that you will be less likely to snack throughout the night.

Alternatively, you can wait about an hour after dinner or whenever the cravings really start to kick in.

To be most effective, you should do it before the cravings truly start. Try to estimate about how long after dinner you get the urge to start snacking and brush your teeth about 5 to 10 minutes before that time.

Evening Habit #9 – Don't Confuse Thirst for Hunger

Recent studies show that as much as 75% of Americans may be suffering from chronic dehydration. That figure is staggering. That means that 3 out of every 4 people in the United States are chronically dehydrated!

Now, your first thought might be, “okay, that is definitely shocking but what exactly does that have to do with losing weight?”

The answer is: everything.

Chronic dehydration causes our bodies to lose the ability to recognize when we are thirsty (which leads to further dehydration). In fact, our thirst receptors are so low that we often confuse thirst for hunger.

For example, if you've ever started to feel a little weak or gotten a headache and thought, “oh, I should probably eat something”, you are probably wrong.

Most of the time, these symptoms are signs that your body needs water—no, not soda, not sugary juice, not coffee. It needs water.

Without water, your body simply cannot function. Your body is 60% water. You need it to lubricate your brain, your muscles, your digestive system, and literally everything else.

If you are not drinking at least 2 liters of water per day, you are not drinking enough water.

Chronic dehydration can actually lead to weight gain in addition to a dizzying list of other problems. It leads to digestive disorders, bladder problems, kidney problems, constipation, fatigue and a lot of other health issues that end up causing you to store more fat in the body instead of efficiently burning it off as energy.

Being dehydrated can also lead to irresistible cravings for sugary foods. This is because dehydration means your body doesn't have the water it needs to release glycogen, which is needed to stabilize the glucose levels in your blood.

Blood glucose is what your body uses as energy. When your glucose levels are low, you start craving sweets because sugar can be turned into glucose quickly. If you're dehydrated, you don't actually need to rely on sugar, you just need to drink water so that you can use the energy stores you already have in you.

Water has so many amazing benefits for weight loss, health, and appearance that it's amazing we aren't all guzzling it down on a regular basis.

Here are a few of the benefits of staying thoroughly hydrated:

- **Decrease calories:** water is a zero calorie method to fighting cravings. As mentioned earlier, most people confuse the signs of dehydration with the signs of hunger and end up eating when a glass of water would actually be more satisfying for your body.
- **Boost metabolism:** water in your body is like oil in your car's engine. It keeps things running smoothly and that includes your digestive system. Your stomach is able to breakdown nutrients more easily and your body can transport those nutrients to the rest of your body more quickly.
- **Clears skin:** drinking enough water helps prevent your pores from getting clogged and reduces the appearance of wrinkles by increasing skin elasticity. This means you'll have smoother, less pimply skin without having to follow some elaborate skin care routine.
- **Improve focus and alertness:** dehydration slows the brain down along with the rest of the body. Some studies have shown that a glass of water could actually be more effective than a cup of coffee when it comes to making you feel more alert, awake, and ready to concentrate on the task at hand.
- **Prevents constipation:** as mentioned earlier, staying hydrated helps to keep things running smoothly. In fact, one of the leading causes of constipation is dehydration. So to avoid getting backed up, make sure

you are drinking enough water every day.

Action Plan

The best way to make sure you are hydrated is pretty simple: drink water.

And when I say drink water, I really mean water, not juice or coffee and *especially* not soda.

Cut down on the amount of beverages you buy so that when you are at home, your only real option for drinking is water.

You might think water is plain and boring but it is a completely nonnegotiable necessity. You need to drink 2 liters of water every single day.

Get a water bottle (preferably metal or glass) and figure out how many times you need to refill to make your 2-liter requirement.

For example, if you've got a 1-liter bottle, you'll only need to drink 2 full bottles. Keep this water bottle with you and drink regularly throughout the day.

When you are feeling a little sleepy, drink water. When you are starting to feel a craving for snacks come on, drink water.

In addition to drinking water all throughout the day, you should drink water with every meal. Don't eat without having some water to wash it down.

You can even use water to help slow your pace which, as you have already learned, is another healthy weight loss habit you should practice. Take a sip of water after swallowing each bite to help you eat fewer total calories and help your digestive system break down the food more easily.

Evening Habit #10 – The CURE To Night Binges Fits In Your Pocket!

One of the reasons we enjoy snacking at night so much is because it keeps our body busy while we are watching TV. Even if you aren't actually hungry, you just enjoy chewing while you watch your favorite show.

To get the satisfaction of chewing and help fight cravings, you can try chewing sugarless mint gum.

The mint (as you learned earlier in this book) will help fight your cravings while the act of chewing will keep you busy as you watch TV or surf the internet.

Action Plan

When you get the urge to snack after dinner, try chewing a piece of sugarless mint gum instead.

Buy a bulk package of it and keep it at home so that you'll always have gum as an option to avoid snacking.

It's a good way to trick yourself and avoid packing on calories.

Evening Habit #11 – Take an After Dinner Walk

As you'll learn in the next chapter, watching TV is a major contributor to weight gain. Countless studies have been done on the links between TV and obesity and what they have found is surprising (you'll get the specific numbers in the next chapter).

Not only is it a sedentary activity that doesn't help you burn off calories, it is a major trigger for snacking. If you have trouble avoiding those snacks after dinner, try going for a walk.

Walks burn calories, reduce cravings, decrease stress, and get you out of the house so you don't spend as much time sitting around.

It can also boost your metabolism in a few different ways. For one, exercise triggers your metabolism and revs it up into a higher gear. But walking also decreases stress.

You might remember from the first chapter (about eating slowly and enjoying your food) about how stress causes your metabolism to slow down. It redirects the calories to be stored as fat.

So a nice walk after dinner can really get your metabolism going to help you burn off extra calories. A brisk 30-minute walk will burn around 150 calories.

At the same time, you'll be out of the house and away from the temptation to start munching. So add the calories you burned to the number of calories you *didn't* eat and you'll really start to see some change.

There are also a lot of other benefits to walking that go beyond weight loss:

- **Heart health:** daily walks can reduce your bad cholesterol and increase your good cholesterol. It also helps keep blood pressure under control. That same brisk 30-minute walk that's burning 150 calories for you will also reduce your risk for heart disease and stroke by 27%!
- **Prevent disease:** walking can also decrease your risk for type 2 diabetes, certain cancers, and even asthma attacks. In fact, one study showed that people who made a daily habit of walking had a 20% lower

risk of getting breast cancer, colon cancer, and cancer of the uterus. So every woman should make a point to walk at least 30 minutes per day.

- **Increase muscle mass:** walking is a form of exercise so it helps you build muscle. You won't become an international bodybuilding champion but you'll see some welcome muscle tone in your legs and stomach. Plus, the more muscle you have, the more calories you burn (because muscles need more calories to operate than fat). So this is yet another weight loss benefit you can get from taking an after dinner walk.
- **Avoid dementia:** as you age, there are a whole range of new diseases you'll have to start worrying about. About 1 in every 14 people over the age of 65 already has dementia. That jumps to 1 in every 6 people for people over 80. However, walking keeps your brain healthy and strong. Long term studies have shown that people who take walks every day were 40% less likely to show signs of dementia when they got older. This is because walking prevents brain shrinkage which tends to happen as you age.
- **Maintain strong bones:** in addition to dementia, you'll also have to start thinking about osteoporosis when you hit your golden years. As you age, your bone density begins to decrease. This is especially the case if you snack on a lot of calcium-poor junk food and don't get any exercise. So in addition to getting more calcium in your diet, you should start walking daily to keep your bones strong and prevent osteoporosis in old age.
- **Boost your energy:** if you're feeling lazy or lack motivation, then forcing yourself to go for a walk can give you that surge of energy you need to power through a late night project or even just feel better in general. It improves your circulation, increases your oxygen supply and keeps you feeling alert. It'll help stretch out stiff joints and reduce muscle pain. So if you've been sitting all day, a walk is the perfect thing to get rid of that aching, sluggish feeling you get from sitting around for too long.

- **Improve your mood:** moderate exercise of all kinds (and this includes walking) releases neurotransmitters in your brain that allow you to feel pleasure. This can decrease depression, anxiety, and stress. As you already learned, stress slows the metabolism down and pleasure speeds it up. So not only will you feel better, you'll be helping your metabolism out as well! Who knew just being happy could help you lose weight?

After reading about all these benefits, you're probably ready to start making walking part of your evening routine.

Here are a few tips to help you stick with it.

Action Plan

Don't accept excuses.

As soon as you clear the table after dinner, put on your walking shoes and get outside. You might be feeling lazy while you're inside the house but as soon as you get out of the front door and you take your first breath of cool, evening air, you'll be ready to go.

So just skip all the excuses and put on those shoes already!

If you've got a family, have them join you. An evening walk is a great family activity no matter what age your kids are. Even if you've got an infant, pushing the stroller will just lead to more calories burned!

Plus, if your little one has a tough time falling asleep, a ride in the stroller will usually help them pass right out. You'll be helping yourself lose weight and instilling the right habits in your children for when they get older.

If you've got a pet, going for a walk will be even more fun (assuming your pet is not a goldfish, that is). Your dog's motivation and excitement about going for a walk will help you get motivated yourself.

After a few days of nightly walks, your dog will push you to stick with the habit even on the evenings when you're having doubts. And how can you say no to that adorable puppy face?

If you don't have pet, consider getting one! Not only will they get you up and walking, they decrease stress, which, as you know, is a great boost to your

weight loss efforts.

Whether you are walking alone or walking with family, the trick is to just do it. Don't do any other activity after dinner before you have taken your walk. It should just become an automatic part of dinner time. You haven't finished until you've gotten back from your walk.

As soon as you turn on the TV or start surfing the internet, it's going to be a lot harder to motivate yourself to get out the door. So walk first, be lazy later.

The bottom line is you just need to start walking!

30 minutes after dinner of walking is all it takes to get the full range of benefits that walking has to offer.

That's 30 minutes of getting exercise, boosting your metabolism, decreasing stress, decreasing disease, burning calories, and countless other things. No TV show, no matter how good, can offer you those kinds of benefits!

Evening Habit #12 – Turn off the T.V.

If you have ever in your life eaten food purely out of boredom, then you already know the dangers of letting your mind or body get bored.

While the television might seem like a cure for boredom, it's more of a distraction from the bored feeling. It doesn't stimulate your mind or get your body moving. It just flashes some nice colors and sounds at you so you don't have to think about boredom.

To kill boredom, you need activities that actually require some thinking or physical action—or both!

One of the reasons snacking goes so well with watching TV is that your body is just desperate for something to do instead of just sitting there.

You need to add more stimulating activities to your evening schedule to keep your mind off that package of string cheese in the fridge that's calling your name.

The average American watches 5 hours of television every day. This fact alone is enough to decide that you should cut down on the amount of television.

You could use that time to do so many other enjoyable things. But if you combine that with the fact the average person also eats between 100 and 300 calories during 1 hour of watching television, the numbers become even more shocking.

Think of how much weight you could lose just by cutting out one hour of TV per day?

That would be 7 hours less per week, which could work out to as much as 2,100 fewer calories per week depending on how much you snack while in front of the TV.

If you cut TV out entirely, and replace it with something healthy, such as walking, you could flip your calories in/out balance for the entire week by up to 5,000 calories!

The numbers are staggering. So it's worth dropping your television time and

finding a better way to relax when you get home from work in the evening.

Action Plan

Try reading a book. It's got characters, plots, and drama just like your TV shows but it requires more brain activity because you have to actively read the words on the page and then interpret the meaning of the words and the sentence as a whole.

Of course, you don't consciously think about interpreting the meaning but your brain is doing it.

The reason it doesn't do the same thing when you've got the TV on is because the images on the screen already do half the work for you.

You don't have to imagine what the characters look like, how they said something, what their voice might look like, or even what the background setting looks like when it's all already there on the screen.

When your brain is busy using imagination, it's going to spend less time imagining the snacks in your kitchen.

If you're not a huge fan of reading (with the exception of this book, at least), my first suggestion is to give it another chance. There are so many books out there that you are bound to find something that sparks your interest.

And in this age of eBooks, you have easy access to millions of books.

But if you are still reluctant to choose a book over the TV, try other activities.

Get crafty by making your own jewelry, soaps, clothes, or literally anything else. Learn a new language or practice a new skill. Have a game night with the family or take up gardening. Start painting or drawing.

In fact, here are dozens of things that you can do instead of snacking to take your mind off the munchies:

- Light some scented candles and take a long, hot bath
- Invite your partner into the tub with you!
- Organize your home office or your closet
- Try knitting or crocheting

- Treat yourself to a spa evening: facials, manicures, the whole nine yards
- Put on your favorite music and dance
- Have an impromptu dance party with the whole family!
- Invite your friends while you're at it!
- Start keeping a journal and write in it
- Go through old pictures and reminisce
- Annoy your pets
- Water your plants (alternatively: buy some plants. Then water them)
- Get rid of clothes you don't want
- Go shopping to replace the clothes you got rid of
- Learn to play an instrument
- Call a friend or relative to chat
- Play solitaire (like, with actual cards)
- Build a house out of cards (then knock it over when you get frustrated with them)
- Plan a weekend trip for the family (or a weekend getaway with your friends)
- Find creative new uses for things in your house
- Make sock monkeys with the kids
- Actually try one of those cool ideas you saw on the internet
- Do something that you have been procrastinating on for too long

There are hundreds of things you can do instead of watch TV. This doesn't mean you have to throw out your television. Just only watch it when you have a specific show you enjoy watching.

Then, turn it off when it's over and do something else. If you ever catch yourself flipping through the channels to see what's on, that's the sign it's time to turn it off and do something else.

Once you get into the habit of doing other things aside from watching TV, not only will you keep yourself distracted from snacking, you'll also free up a lot of time to do activities that are way more rewarding.

You're going to wonder why you ever wasted so much time flipping through channels to look for something that was at least moderately entertaining.

There's a whole wide world out there (or even a whole wide house out there) that's waiting for you to explore its opportunities. You'll be able to have

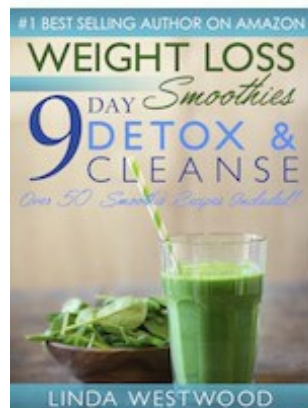
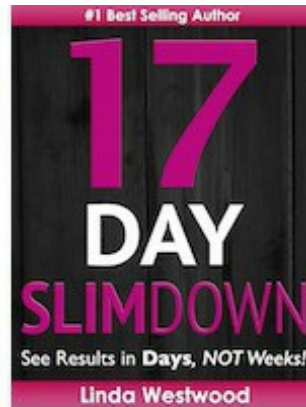
more quality time with your loved ones and build lasting memories.

When you do decide to turn on the TV, do something else instead of snacking.

For example, watching TV can be the perfect time to power through some crunches or if your living room is big enough, put a treadmill in there and go for a run while watching your favorite show.

If you are liking these tips so far, *you must* check out my 97 weight loss tips that are available to you [right here](#)!

If the link is still active, get it while you can, because I will be removing it soon (I can't keep giving away AWESOME secrets like these for free *forever*).



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Evening Habit #13 – Curb Cravings with Nutrition (Part I)

The battle against between meal cravings begins with nutrition. If you get all the nutrients you need from your 3 main meals of the day, your body simply won't have any need to crave snacks in between.

Your cravings are not some mysterious part of your subconscious mind; it's a simple matter of your body feeling like it doesn't have enough.

Of course, there is some psychology to it. Some people practice “emotional eating.” That is, they eat in order to avoid dealing with negative emotions. This is where the cliché of eating a big tub of ice cream after a breakup comes from.

But the primary factor in cravings is poor nutrition so if you eat a healthy diet, you won't have as many between meal cravings and the cravings you do have will start to be for healthier foods rather than junk and sweets.

So in part I, we are going to focus on fiber.

Fiber is a powerful tool against weight loss. It helps you feel fuller and it is a huge boost to your metabolism. In fact, if you ate absolutely no fiber, you wouldn't be able to digest food.

Your body needs fiber in order to push the food through your whole system and finally expel it.

Because fiber takes more time to break down than sugars and other junk foods, it keeps you feeling full and satisfied for a lot longer and adds a lot less calories.

It also stabilizes your glucose levels because it acts as a shield that slows your body's absorption of glucose. So it stabilizes the rate at which your body gets the energy from your food instead of just sending it all as one big burst at the beginning.

This means you avoid the peak and crash cycle that comes with a high sugar diet.

Fiber also helps control your appetite because, although it is low in calories, it is a really bulky form of nutrition.

It takes up a lot of space in the stomach and moves slowly throughout your digestive system so you end up feeling full after eating less.

Fiber is what gives vegetables their crispy texture and whole grain breads their full bodied flavor. Fiber is why a spoonful of peanut butter feels a lot more satisfying and filling than a spoonful of jelly.

It is also what helps you digest and use the other nutrients in your food.

Studies have shown that fiber improves your body's ability to absorb minerals like calcium, zinc, and magnesium. So if you take a daily supplement, make sure you eat a high fiber meal with it so you can make sure your body absorbs as much as possible.

Action Plan

Include more fiber in your diet throughout the day but also at dinnertime.

At dinner, you want to try and get your fiber from low carbohydrate foods. As you read earlier in this book, cutting down on carbohydrates at dinnertime is a great strategy for losing weight.

If you're coming up short on answers for foods that are high in fiber but also low in carbohydrates, here are some ideas for you:

- **Avocado:** an avocado is a nutrition goldmine. It's full of vitamins and minerals your body needs and it also happens to be delicious. Plus, it's got healthy, unsaturated fat which you want to add in your dinner. Plus, one avocado has just 3 grams of carbohydrates but offers 12 grams of fiber. So it is a great option for a low carbohydrate dinner.
- **Broccoli:** this is another great low carbohydrate option for dinner. One cup of chopped, cooked broccoli yields 16 grams of fiber with only 6 grams of carbohydrates. So load up on broccoli for a nutritious, filling, low carbohydrate meal.

- **Cauliflower:** broccoli's tasty cousin is also a great low carbohydrate dinner option. One cup of these provides 4 grams of fiber with just 2 grams of carbohydrates. So combine it with broccoli for a colorful, low carbohydrate plate.
- **Collard greens:** in one cup of cooked, chopped collard greens, you'll get 5 grams of fiber but only 4 grams of carbohydrates. You can stir these up into almost anything to add some nice texture and flavor to any meal.

In general, when you are looking for a low carbohydrate, high fiber food, you want to look for vegetables that aren't too starchy.

Potatoes and corn are good examples of extremely starchy foods that you'll want to try and keep off your dinner plate. Although, you can welcome them onto your lunch plate!

Aside from the low carbohydrate options above, beans, legumes, and whole grains are fantastic sources of fiber that also boast a high amount of protein as well.

So you can kill two birds with one nutritious stone if you add these to your meal.

Actually, since they are also loaded with other vitamins and minerals, it's more like killing dozens of birds with one stone.

Evening Habit #14 – Curb Cravings with Nutrition (Part II)

In part II of our quest to fight cravings with nutrition, we will look at protein.

Protein is a more complex nutrient than you might think. That's because it's not just one nutrient (like fiber or calcium). It's actually 9 separate amino acids that all work together.

The reason you need to know that protein is built up of 9 essential amino acids is because not all protein sources contain the same amino acids.

For example, if you tried to live entirely on beans as your protein source, you would become deficient in 2 of the essential amino acids that you need because beans don't provide you with all nine.

Fish, beef, chicken, and all other animal sources of protein do provide a complete spectrum of all 9 essential amino acids but if you ate exclusively beef as your source of protein, you'd get the high blood pressure and high cholesterol that come with it. So it is important to eat a range of protein sources.

For most plant sources of protein, you'll need to combine different sources to get all 9 essential amino acids.

For example, if you eat beans, combine it with rice or corn. Rice and corn each have a higher amount of the 2 amino acids that beans are lacking while beans have a high supply of the amino acids that both rice and corn are lacking.

You can also combine nuts and seeds with quinoa to create another delicious (and complete) protein.

Now, let's talk about how protein helps you lose weight. Usually when we think about fat burning diets, meat, beans, and nuts don't usually come to mind.

These are rich, flavorful foods and diets usually demand that we get rid of flavor and suffer through our days surviving on plain lettuce.

Eating only lettuce will make you lose weight but there's no reason to suffer when you can lose just as much weight while eating a delicious and healthy diet.

Protein is essential to that healthy, weight loss diet. This is because protein takes a long time for your body to break down and absorb.

The longer it takes food to move through your digestive system, the longer you will feel full.

Protein is, by far, the most difficult thing for your system to process so it spends the longest amount of time in your stomach. This will keep you feeling completely full all the way to your next meal.

Because it also absorbs into your system more slowly, your blood glucose levels are stabilized so you don't experience a sudden crash.

Sudden drops in the amount of glucose in your blood are a major cause of cravings. By avoiding the crash, you avoid the cravings that come with it.

Action Plan

You want to eat a lot of protein at dinner. By a lot, we are talking about 25 grams. This is the number one way to stave off late night cravings.

Protein combined with low carbohydrate sources of fiber and unsaturated fats will keep your blood glucose levels as stabilized as possible while also keeping you feeling full.

This means that your dinner will attack the two main causes of after dinner snacking.

Good sources of protein include fish, poultry, chicken, beans, legumes, nuts, and seeds. Remember to combine your plant sources so that you get the full range of protein.

At dinner, your protein source (or sources if you're combining) should be the largest portion on your plate. The second largest should be your unsaturated fats. The smallest portion should be your fiber rich carbohydrates.

If you're eating fish, you don't need to add any other fatty foods because fish are naturally rich in unsaturated fats.

If you're eating beans or legumes, you don't need to add any other fiber sources because these are already high enough in fiber.

As you plan your meals for the week, make sure your dinner is the most protein rich meal of your day. Do this by eating a little less protein during breakfast and lunch so that you don't go overboard.

Remember, you need 50 grams of protein, 30 grams of fiber, and 20 grams of unsaturated fats.

This is, of course, assuming you have no major health conditions that give you special dietary requirements.

By making sure that you choose a variety of foods for each of these three things, you can make sure that you are also getting a good amount of the vitamins and minerals that you need.

In a single day, you should have at least 3 different sources of protein, 3 different sources of fiber, and 3 different sources of fat.

Throughout the week, try to have 5 different sources of each one that you cycle through over the course of your week. This kind of variety not only helps you cover all your vitamins and minerals, it also keeps your diet from getting dull and boring.

Variety is the spice of life, after all.

Evening Habit #15 – Establish Food-Free Zones

One good way to restrict when you eat is to restrict *where* you eat.

When you eat in the living room or bedroom, it makes it easy to just grab a snack and mindlessly munch even when you're not hungry.

We all do it and it seems like a harmless activity but it does actually cause some problems because you aren't paying attention to the signals your body is telling you. The more you ignore those "I've had enough" signals from your stomach, the more your body will start to ignore them, too.

This makes it harder and harder to avoid overeating.

By restricting the places in your house where food is allowed, you can make sure that you are always consciously deciding when you eat and how much you eat.

You will become more aware of when you start to feel full and should stop. You'll also be able to actually enjoy the flavors more and avoid letting a whole bar of chocolate disappear without you even realizing you ate it all. Plus, it will mean no more crumbs on the bed or sofa!

Part of the logic behind this habit is that you have fewer opportunities to be distracted while eating. When you eat in the living room, it's usually because you are watching TV or surfing the Internet.

On the other hand, if you had to get up from the couch and go to the kitchen every time you wanted to eat a handful of popcorn, you will be much less likely to snack.

So choosing one or two places in the house where food is allowed will make sure that you snack less and that you can make smarter choices about what you eat.

You'll be paying more attention to the food and more attention to what your body is telling you, which will also help you recognize when you are full and avoid overeating.

With that in mind, not just snacks but all your meals during the day should be eaten in the same place. Adopting this habit will reprogram your brain and

body to know when it's time to eat. Once it becomes a habit, you will retrain your subconscious to associate that one place with eating. This will help regulate and moderate your appetite so that you only start to feel hungry when it's actually time to eat. You'll have fewer between meal cravings.

This is the same logic behind evening habit #5 (make sleep a priority). Part of preparing for sleep is not doing other activities in the bed (like eating, watching TV, or working).

This helps your subconscious realize that when it is in bed, it is time to go to sleep. The same thing is happening when you associate eating with only certain areas in the house.

Action Plan

The most logical place to eat is the kitchen or dining room. Your food-free zones should be absolutely everywhere else in the house.

Don't bring food in the living room, bedroom, bathroom, laundry room, garage, or anywhere else. Prepare your meals in the kitchen and eat them sitting down at the table.

While you are eating, don't watch TV or use the computer. Pay attention to your food. Eat slowly and savor the flavors. Make sure that you are sitting down while you eat.

When you stand and eat, your body is in a constant state of feeling like it should be on the go.

This makes it more difficult to eat slowly and focus only on eating. So sit down, take your time, and let meal time be a relaxing activity. Don't let it be a rushed or stressful part of your day.

When you're done, clear the dishes and continue with your night.

Doing anything else while you eat will lower your ability to recognize when you feel full.

This means you'll have a tendency to overeat because you're just shoveling in food without giving your body the time it needs to send the signal to your brain that it's full.

The second part of this habit is not using the kitchen or dining room for any other activity. If you have limited space in your home and you can't avoid using the dining table for other purposes as well, that's okay.

Just make sure you don't do those other activities at the same time you are eating. If you can avoid it, though, it's best to make your kitchen and dining room "food-only" zones while the rest of your house becomes a "food-free" zone.

At work, avoid eating at your desk if you can. Use the break room or eat your lunch outside.

Don't snack while you work. If you need to eat a snack, leave your desk to do it. Just like at home, your workspace should be a food-free zone.

If your schedule allows for it, make sure you eat your meals in these places at the same time each day or at least within 30 minutes to an hour of a set time.

The more structured your eating habits become, the less likely you will be to have sporadic cravings. Your stomach (well, technically, your subconscious) will learn that if it's not 7pm and you're not in the dining room, then it's not time to be hungry.

This might be tough if you have kids who are used to snacking in front of the TV but remain firm. If you do, not only can you help yourself break this bad habit, you'll be helping your kids to build up these good, healthy habits now while they are still young.

You'll thank yourself next time you're doing the dishes and you don't have to run all around the house looking for stray cups and plates.

Not to mention you'll no longer have to deal with all the spills and stains on carpets, tables, and floors!

Well, except in the kitchen or dining room, that is.

Evening Habit #16 – Know What Your Body Is Actually Telling You

The bad news is a craving for gummy bears doesn't mean your body is dangerously low on Vitamin Gummy.

The good news is you can kill that gummy bear craving by eating a healthy alternative.

You don't have to suffer through sweet tooth withdrawals if you know what your cravings actually mean. Eating a nutritious snack that provides the nutrients your body actually needs will get rid of that unhealthy craving and leave you feeling even more satisfied (and a whole lot less guilty!).

Cravings are not just random impulses to eat a certain food. They are actually signals your body is sending you to let you know what nutrients it's running low on at the moment.

Unfortunately, the signal gets lost in translation very easily especially if you are used to a diet high in junk food. Your body can't tell you exactly what food it needs; all it can do is make you crave a certain range of flavors.

That means it is up to you to decode the message and figure out what your cravings really mean.

Each craving you have is a sign that you are low on a specific nutrient (or set of nutrients).

By snacking on foods that contain those nutrients, you can get rid of the unhealthy craving that is making you suffer, give your body what it really needs, and keep your calories down in a healthy range all at the same time.

Action Plan

Put this knowledge to use by figuring out exactly which healthy foods will help fight which cravings and buying those healthy alternatives at the store instead of buying the unhealthy snacks you usually get.

To help you correctly translate your cravings and find the healthy snack alternatives that will help you get rid of them, here is a quick chart that you

can keep for easy reference:

What Your Craving:	What You Actually Need:	What You Should Eat:
Sugary Foods and Sweets	+ Chromium + Phosphorus + Tryptophan + Glucose (i.e.- you may have low blood sugar)	Nuts, seeds, beans, legumes, fresh fruit, eggs, dairy (High protein or natural sugars to stabilize glucose levels and restore nutrients)
Bready or Starchy Foods	+ Nitrogen	Nuts, beans, legumes, oatmeal, quinoa (High protein foods and high fiber foods)
Fatty Foods	+ Healthy, unsaturated fats + Calcium	Fish, nuts, seeds, legumes, beans, yogurt, avocado, broccoli, olive oil (Foods high in unsaturated fats or calcium)
Coffee or Caffeine	+ Phosphorus + Iron + Water (i.e.- you may be dehydrated*)	Nuts, legumes, eggs, poultry, beef, water (Drink water and eat high protein foods since they are also often high in phosphorus and iron)
Alcohol	+ Protein + Calcium + Potassium	Meat, nuts, seeds, legumes, beans, dark leafy greens, bananas, yogurt, squash, oatmeal (High protein foods and high mineral foods)
Carbonated	+ Calcium	Yogurt, legumes, broccoli, spinach, dark

Drinks		leafy greens, canned salmon (with bones), molasses (High calcium foods and also drink water)
Salty Foods	+ B vitamins + Vitamin C + Potassium + Decrease Stress**	Bananas, dark leafy greens, fish, liver, poultry, tomatoes, kiwis (Foods high in B vitamins, Vitamin C, or potassium)
Cigarettes	+ Silicon + Tyrosine	Nuts, seeds, legumes (Mineral rich, hearty foods. Also avoid refined flour, sugar, and starches)
Chocolate	+Magnesium +Glucose (low blood sugar again)	Dark chocolate (70% cocoa), fish, spinach, other dark leafy greens (Foods with high magnesium content)

*If you are craving a cup of coffee because you feel tired or groggy, you may actually be dehydrated. Studies show that drinking a glass or two of water when you hit that mid-afternoon lull could perk you up even more than a cup of coffee. Of course, if you're long time coffee drinker, you are probably also addicted to the caffeine but you should try to have a tall glass of water with your coffee.

**Salty food cravings are almost always a sign of excess stress hormones in the body, so you can also try stress reducing techniques like deep breathing, meditation, or calm walks in the park to reduce this craving.

In addition to cravings, there are a few other symptoms of nutrition deficiency that your body is using to try and tell you to get more of a certain vitamin or mineral.

Here are three of the most common ones:

**Symptom: What You
Actually**

What You Should Eat:

Need:

PMS	+ Zinc + Iron + Folate	Red meats (especially liver and other organ meats), seafood, dark leafy greens, carrots, turnips (High protein foods, especially meat and high fiber foods, especially root vegetables)
Loss of Appetite	+ B Vitamins + Manganese + Chloride	Red meat, nuts, seeds, beans, legumes, fish, blueberries, pineapple (High protein or mineral rich foods. If you also have nausea, try beef broths or fresh pineapple juice mixed with sparkling water)
Overeating, Binge Eating	+ Silicon + Tryptophan + Tyrosine	Nuts, seeds, liver, lamb, spinach, orange/green/red fruits and vegetables (High protein and mineral rich foods, high vitamin C. Also avoid refined flour, sugar, and starches)

The alternative snack options in this chart may not sound like they could possibly satisfy your cravings. I mean, who wants to eat fish when they're really craving donuts?

But this chart is based on the science behind those cravings, not the flavors themselves.

If you want donuts and you opt for a healthy sweet option like dried apricots, you're going to be disappointed. Not only are the apricots not as sugary and fluffy as a donut, they don't have the specific nutrient your body is actually craving.

So, while these foods might sound like they're in a whole different ballpark from your craving, eating them will actually stop the craving and make you feel more satisfied afterward.

It will take some time to adapt to this healthy snacking habit, especially if you have formed an emotional or psychological dependency on the foods your craving.

But if you stick with it and fight your cravings with healthy food, you will eventually reprogram your brain and correct the signal so that when your body is low on a certain nutrient, it can tell you to crave the right foods.

Just watch, in a few weeks, you're going to find yourself actually craving broccoli!

Evening Habit #17 – Make After-Dinner Snacking Hard Work

When you feel like having a snack in the evening, it's very rarely because you are actually hungry. Most of that craving is just a simple habit.

You are used to snacking so you keep snacking. This is especially the case when you are watching TV or doing some other activity while you eat.

It can be comforting or relaxing to just go through the motions of snacking.

You might open a bag of cookies as you turn on the TV and before the first commercial break, it's empty and you hardly even remember eating that many cookies.

It can be difficult to fight the urge to munch while you're watching your favorite show. This is one of the reasons that evening habit #12 is so important (watching less TV).

Cutting down on the amount of TV you watch will help cut down on the amount of TV time snacking you do.

Of course, we all have our shows and no matter how much we want to lose weight, it's not worth giving up our favorite show!

So if you must find out what happens to your favorite characters and you can't resist the urge to snack while you watch, then pick snacks that are hard work.

Slowing down the time between bites gives your body time to react and feel full (as you read in the first chapter). It also lets you indulge in the act of snacking without consuming as many calories since you're not shoveling in bite after bite.

Instead, you're eating at a slow, even pace with plenty of breaks in between.

Action Plan

Instead of cookies, go for pistachios in the shell. The time it takes you to break the shell open will help slow down your eating and cut down on the total amount of calories you consume while watching TV.

Some other good hard-work snacking options include oranges, pomegranates, cherries with the pit in, sunflower seeds in the shell, oranges with the peel on.

You can also get a nutcracker and go for walnuts, pecans, and other shelled nuts. Bringing tools into your snack time will take it to a whole new level!

Another way to make snacking hard work is to take a food that is simple to eat and make it more difficult.

Instead of biting into a whole apple, take a knife with you and cut slices out one at a time. Keep a glass of water with you and take a drink from it between every bite.

Whichever method you choose, make sure your snacks are still healthy.

Eating cookies slowly might mean fewer cookies, but they're still cookies. Try to choose hard-work snacks that are healthy and nutritious like the ones already mentioned above.

Evening Habit #18 – “Serving Size” Is Not Just a Suggestion

This habit sounds simple but it can actually be pretty challenging.

You know that serving size mentioned on the package of your favorite snack?

For a box of cookies, the serving size is probably something like 1 or 2 cookies. Well, when you want to eat a sugary, junky snack, eat only a single serving.

Don't take the whole box of cookies with you, just pull out a single serving.

This will help you cut down on junk food and sweets (and slowly start eliminating them or only eating them on special occasions) without having to totally give it all up at once.

Action Plan

If you have had a craving for chips that's lasted hours and you just don't have the willpower to fight it anymore, go ahead and have some chips.

But first check the packaging to see how many chips are in a single serving.

Remove that amount of chips from the bag and put the rest of the bag away.

Eat your chips slowly, savor them.

Last Chance to Get YOUR Bonus!

FOR A LIMITED TIME ONLY – Get Linda’s best-selling book “*Quick & Easy Weight Loss: 97 Scientifically Proven Tips Even For Those With Busy Schedules!*” absolutely FREE!

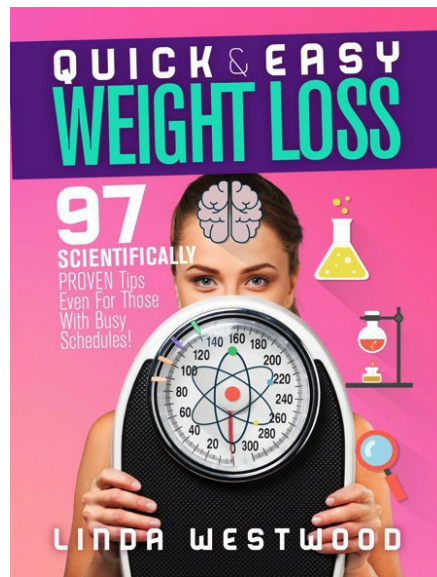
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Readers who have read this bonus book along with this book have seen the greatest changes in their weight loss both *FAST & EASILY* and have improved overall fitness levels – so it is *highly recommended* to get this bonus book.

Once again, as a big thank-you for downloading this book, I’d like to offer it to you *100% FREE for a LIMITED TIME ONLY!*



[CLICK HERE to download YOUR free copy!](http://www.topfitnessadvice.com/bonus)

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Evening Habit #19 – Start Snack-Free Shopping

The grocery store is where your battle to cut calories begins. Studies have proven that people are more likely to have cravings for foods that are close to them and readily available.

If you know you've got a secret stash of cookies hiding in the kitchen, it's going to take all of your mental energy to resist devouring them.

But if there aren't any cookies to eat, you'll be less likely to have cravings for them.

Of course, you will start to miss them but the craving won't be as strong as if they were in your house, whispering your name, beckoning you to come enjoy just one little bite.

Ban snacks (especially junk food) from your grocery cart and avoid having to face your greatest temptations every night when you get home.

The food that you have in your house should only be ingredients for meals. If it's ready to eat, don't buy it. The exception to that rule is, of course, fruits and vegetables that you can eat raw.

Don't buy chips, cookies, soda, crackers, candy, granola bars, or anything like that. You should even avoid the "healthy" snacks because the goal here is to break your snacking habit.

There are some foods that are ready to eat and totally snack-worthy that you might consider if you've got a serious habit and don't feel like you're ready to give up snacking all at once.

Here is a quick list of foods that burn more calories than they actually contain (because chewing and digesting use up more calories than the amount in the food):

1. **Celery:** if you skip the peanut butter and eat them plain, celery is 75% water and 25% water. Because of this, 1 large stalk (about 12 inches long) contains just 10 calories.

You'll burn that just from chewing. Even more calories will be burned

as you digest it.

Plus, the high amount of fiber will help you digest and help you feel fuller. It's also full of vitamins. So you can snack totally guilt free.

2. **Grapefruit:** these vitamin-rich gems contain 51 calories, which may sound like you can't burn it all from eating, but grapefruit actually boosts your metabolism!

Plus, you have to peel it, pull it apart, chew it, and digest it so all the calories burned does add up. The high fiber content will also leave you feeling satisfied while you boost your immune system and lower your cholesterol!

3. **Watermelon:** this fruit is delicious so it probably won't take much convincing to get you to add it to your cart. But you'll be pleased to learn that because watermelon is (not surprisingly) mostly water, it contains very few calories.

It's also got (more surprisingly) protein. Between the protein and fiber, you'll be able to feel full without adding any calories since digestion burns more than the amount watermelon has to start with.

4. **Broth:** vegetable broth, beef broth, any kind of broth will give you that nice warm, savory flavor you look for in a hearty meal without all the calories that usually come with it.

So if you must snack after dinner and it must be something substantial, opt for a bowl of warm broth instead.

The warmth will be soothing, the flavor will satisfy your tongue, and you'll even get some nutrition from it as well!

5. **Apples:** biting, chewing, and digesting an apple all require more calories than you'll actually find in the apple itself.

They're a sweet, high fiber treat that will fill you up without fattening you up.

Plus, one study showed that eating apples daily could reduce your risk by as much as 17%! It turns out an apple a day really does keep the doctor away.

6. **Chili Peppers:** while you probably don't feel like munching down on a chili pepper by itself, slicing them up and adding them to another snack (or to your main meals) is a great way to boost your metabolism.

Capsaicin (the compound in peppers that gives them their kick) is scientifically proven to increase metabolism and help you burn more calories.

Slice them up and mix them into a bowl of vegetables or fruits (sugar and spice are made for each other!). Make a spicy salsa and dollop it on some lettuce for a low calorie, metabolism boosting treat!

7. **Tomatoes:** these are a delicious low calorie option that packs a lot of flavor and a lot of vitamins. Plus, it's the perfect base to that salsa you're going to make!

Action Plan

Make a shopping list before you go to the store. The list should be snack-free, of course!

The best way to make a shopping list is to first plan out all of your meals for the week (or the month, depending on how often you go to the store).

Figure out exactly what ingredients you need and how much of each ingredient you need. Then, when you get to the store, buy only those ingredients and only enough for your meals.

You can actually save a lot of money this way and not just from cutting out snacks. If you plan meals that share ingredients, you can buy some things in bulk and save money.

Plan nutritious meals that are high in fiber and protein so that they keep you feeling full and satisfied even between meals. Don't stress too much about the calorie counts on your main meals.

The most important thing is the nutrition value. If you're getting enough nutrition from your main meals, you'll be less likely to snack in between.

So don't buy low-fat or low-calorie versions of your ingredients. Moderate amounts of unsaturated fats are an important part of a balanced diet and can also help you feel more satisfied after your meal.

Since you'll be cutting out between meal snacks, you can afford to add a few extra calories to your main meals in the name of satisfaction, nutrition and flavor!

To sum it all up, this should be your new grocery shopping routine:

1. Plan all of your meals for the week (breakfast, lunch, and dinner).
1. Make sure they are high fiber, high protein meals made from unprocessed foods
2. Write out a list of all the ingredients
 1. Include the exact amount of each ingredient that you need to make all of your meals
3. Go to the store and buy exactly what is on your list.
 1. No extras and no splurges. Walk right past that snack isle and don't look back!

If you are still not confident that a nutritious meal is enough to get you through the day without snacking, buy some of the options suggested above so that you can snack without adding calories.

Evening Habit #20 – Track Your Progress and Stay Motivated

Tracking your progress is more about making sure you stay on course and don't lose sight of your goals but this is an important part of losing weight.

If you don't keep track of how well you've been doing, you'll be less likely to stick with your weight loss habits in the long run.

Keeping track can also help make sure you don't forget anything. When you are juggling a lot of new habits at once (even if you are doing it one step at a time), it can be difficult to remember all the new things you are doing.

Get a notebook or keep a file on your computer for keeping a daily record of your progress.

You can look through it at the end of each week to see how well you've done, figure out where you might need to make some improvements, and just generally take pride in the fact that you are committing to making this change in your life.

This can be a major source of motivation because in the daily struggle of trying to adopt healthier habits, every little setback might feel like an insurmountable obstacle.

But when you take the time to look back and see that you have actually managed to do surprisingly well (even with a few slip ups here and there), you'll have the encouragement you need to keep going for the next week.

As the weeks add up and you see that you've got over a month of progress recorded, you'll be able to see how far you have actually come.

Habits that seemed completely impossible to keep up with at the beginning could become some of your favorite routines.

Journaling throughout this experience of making healthy changes to your lifestyle is also a great activity to do in the evening.

Not only is it a stimulating activity that will keep you distracted from snacking, it's also a great way to stay motivated even at night (which is when

our energy and willpower are usually at their lowest).

Action Plan

Your progress journal can include whatever information you feel is the most important to keep track of but here are some ideas of the sort of things you could include:

- Number of calories you've eaten
- Number of calories burned
- Number of calories you *haven't* eaten
- Amount of weight lost (do this weekly rather than daily)
- Amount of money spent on food
- Amount of money *saved* on food
- Brief descriptions of your mood, energy levels, changes in your physical or emotional wellbeing, or just how you are feeling about the challenge you have chosen to take on

Create a journal entry template with space for each of the things you want to include and fill it out every evening. You can do it as soon as you get home from your post-meal evening walk!

At the end of every week, as you record your new weight, take some time to look back through the records for each day.

You can do a weekly tally of how many calories you didn't eat and write down a few notes about what your goals are for the week ahead.

Create a template for reflecting so that you can make a conscious effort to thoroughly reflect on your progress each week.

Include questions like these:

1. What was my biggest accomplishment last week?
2. What was my greatest challenge last week?
3. Did I meet all of my goals for the week?
4. What do I want to accomplish next week?
5. What might be my greatest challenges next week?
6. What are some strategies I can use to overcome those challenges?

A thorough system for keeping track of your progress will help you stay on track and be a constant source of motivation.

The achievements you have made might not be easy to notice as they happen gradually from day to day but when you have them written down on paper, you will be surprised how far you have come in such a short amount of time.

Evening Habit #21 – Take the 30 Day Weight Loss Challenge

This last habit is not so much a daily habit as a way for you to adopt the other 20 habits you have read about in this book.

By slowly adding in these healthy habits, you can help make sure that you don't lose focus or motivation. Some of these are big changes and when you combine them all, that's a dramatic change to your current lifestyle.

If you attempted to do it all at once, you'd find it impossible to juggle them all and lose hope pretty quickly.

You can create your own 30-day challenge that works better for you but the plan suggested here is an effective way to help you adopt each habit and make sure that it sticks.

Tweak the plan as needed to suit your own situation but don't overburden yourself. Also don't make it too easy on yourself. This is going to be a challenge no matter how you tackle it. So find a good, steady pace that works for you.

This 30-day weight loss challenge is not meant to help you lose all the weight in 30 days and then go back to your old lifestyle.

These are habits you should keep for a lifetime so that the weight comes off and stays off for good. If you stick to it, you will notice dramatic results after your first 30 days. You are going to lose a lot of water weight and burn a high amount of fat.

As you start to get muscle, the weight will begin to drop more slowly. This is not because your fat is deciding to stick around but because muscle just weighs more than fat.

Even if your scale begins to slow down, your waistline is going to continue to shrink.

So as you are tracking your progress, remember to measure your waist as well as recording your weight so you can keep a more accurate measure of your progress.

Day Habit #1
1

Day Habit #1
2

Day Habit #1
3

Day Habit #1 Habit #2
4

Day Habit #1 Habit #2
5

Day Habit #1 Habit #2
6

Day Habit #1 Habit #2 Habit #3
7

Day Habit #1 Habit #2 Habit #3
8

Day Habit #1 Habit #2 Habit #3
9

Day Habit #1 Habit #2 Habit #3 Habit #4
10

Day Habit #1 Habit #2 Habit #3 Habit #4
11

Day Habit #1 Habit #2 Habit #3 Habit #4
12

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5
13

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5
14

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5
15

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6
16

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6
17

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6
18

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7
19

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7
20

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7
21

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
22 #8

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
23 #8

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
24 #8

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
25 #8 Habit #9

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
26 #8 Habit #9

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
27 #8 Habit #9

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
28 #8 Habit #9 Habit #10

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
29 #8 Habit #9 Habit #10

Day Habit #1 Habit #2 Habit #3 Habit #4 Habit #5 Habit #6 Habit #7 Habit
30 #8 Habit #9 Habit #10

Continue adding one habit every fourth day for the next 30 days as well and you will have all 20 healthy evening habits established.

By the third month, they will become so engrained that you will hardly have to think about doing them.

They will just come naturally and be part of your new lifestyle that will help you lose weight and be healthier overall.

Conclusion

You have now read through all 21 healthy evening habits that can help you stick to a healthy diet and lose weight faster.

The final habit (doing the 30 day challenge) will help you stay on track and stay motivated to adopt the other 20 habits.

Remember to take it a step at a time and track your progress.

Achieving goals is just as much about appreciating how far you've come as it is about focusing on how far you have left to go.

It is also important to be prepared to make mistakes. The biggest and most worthwhile changes you make in your life don't come easily and they don't happen all at once.

If you could perfectly adopt a new, healthy habit without making a single mistake or slip up, which would mean it was already a habit of yours to begin with.

So be prepared for slip ups and don't let them bring you down and stop your progress. There will be days where it feels frustrating and difficult. You will want to give up.

But these are exactly the days that will make you stronger. For each tough day you push through and each slip you get back up from, you will be that much stronger and that much closer to achieving your weight loss goals.

The stronger you get, the easier it will be to get through the next tough day.

Your mistakes are not a sign of weakness. They are a sign that you are challenging yourself to do better. It's like exercise. If you've really pushed yourself during a workout, you're going to have sore muscles because the exercise has actually torn them.

It's the process of repairing those tears that makes you grow stronger.

So remember: it's the process of making mistakes and pushing past them that will give you the strength and will power you need to achieve your goals.

Start practicing your new, healthy evening habits today and take pride in each

step you take along the way!

Final Words

I would like to thank you for downloading my book and I hope I have been able to help you and educate you about something new.

If you have enjoyed this book and would like to share your positive thoughts, could you please take 30 seconds of your time to go back and give me a review on my Amazon book page!

I greatly appreciate seeing these reviews because it helps me share my hard work!

Again, thank you and I wish you all the best with your weight loss journey!

Sneak Peek

13 Morning Habits to Lose Weight



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<http://www.topfitnessadvice.com/go/books>

Who is this book for?

Have you tried to lose weight before but failed?

Are you struggling to stick to healthy habits?

Are you one of those people who *know* what to do, but struggle to *actually do* it?

Then this book is for you!

I am going to share with you some of the MOST effective morning habits that you can add into your life to lose weight, feel great and be energized throughout your entire day!

I have given you a simple action plan at the end of each chapter so you can implement each habit very easily!

Also, you don't have to be overweight to benefit from these habits.

Yes, they help you lose weight, but they also help you live a healthy life, as well as feel recharged and energized ALL DAY LONG!

What will this book teach you?

This book is not like others!

It doesn't just contain generic advice that we all already know, but actual morning habits that have been identified to INCREASE weight loss, IMPROVE energy levels, and LEAD to a more healthy life!

Some of these habits are very simple and you can begin implementing them from tomorrow morning, and some are a little more difficult, in that you will need to practice them more!

I will also share with you why each of these habits work and are so effective – along with a simple action plan to help get you started and on your way to lasting success!

Introduction

Want to lose weight and feel great?

Then this is the book for you.

If you are anything like me, you have tried just about every diet on the planet and have lost and regained weight several times over.

It's a vicious cycle – you diet and lose the fat, only to find that it arrives back with MORE when the diet is over!

Diets don't work!

They create an unnatural feeling of deprivation and the body starts to rebel quite fast.

I, for example, am not a choc-a-holic – I enjoy chocolates, but don't eat too many of them... until I go on a diet.

Once I start a diet my body starts demanding chocolates, and all the other stuff I shouldn't be eating.

Many people find that the same type of thing happens to them. Dieting is clearly not the answer. If dieting did work, there would only be one diet plan out there and no one would be overweight or obese.

This book is different – it is not a diet book.

In this book I give you 13 little habits that you can add into your lifestyle so that you naturally and painlessly lose weight and keep it off.

Thirteen may seem like a lot but here's the rub – you will adopt each one individually, at your own pace. In fact, I insist that you do not rush it – this process should take no less than two weeks at the very least.

I know that you are motivated to get started on everything now, but this program works because it is done step-by-step. Introducing each habit individually allows your body to cope more readily with the changes. Try to do them all at once and you will probably give up.

Each habit will, by itself, help you to lose weight. As you build more habits

in, each habit builds on the last and you will see even more progress.

Some habits will be easier to adopt than others but, at the end of the day, it is worthwhile to adopt all of them.

Eventually, when you have adopted all the habits, you will be living at the next level – you'll be healthier and more energetic in ways that you have never been before.

Read the book slowly, I have written out an action plan for each habit to make it easy for you.

No more excuses – let's dive right in!

Morning Habit #1 – The MOST Common Habit Of Healthy People

The most common habit of healthy people is that they wake up early every morning.

Your body will thank you for it – our bodies were designed to sleep when it is nighttime and to be awake during the day when the sun is up. Getting up earlier, around the time the sun rises, is more in sync with our natural circadian rhythms.

You will find that you settle into this sleep cycle a lot easier as time goes by, resulting in the right amounts of rest each night.

The Leptin and Ghrelin Issue

Remember the last time you got to bed too late and woke up feeling less than refreshed.

Perhaps it was last night?

How hungry did you feel?

How easy was it to make healthy eating choices or did you just want to eat everything in sight?

Better sleep leaves you more able to deal with the stresses of the day. By not getting enough sleep, you are putting stress on your body and more cortisol is produced.

More cortisol means two of the hormones that help regulate appetite – Leptin and Ghrelin – begin to function ineffectively.

Not only are you more vulnerable to poor eating choices because you are tired, but your brain is not getting the right hunger messages from the hormones that it should.

Your brain is demanding energy and wants high calorie foods to satisfy it. Ghrelin is suppressed so the brain is not sent the message that you have eaten enough.

When you get enough sleep, your brain does not have this need for instant

energy since your cortisol levels are a lot more stable. You will therefore find it a lot easier to follow a healthier eating plan and make good choices.

Even your metabolic rate benefits – those who get enough sleep have a much stronger metabolism.

According to [this article](#) in Women's Health magazine, studies have proven conclusively that being exposed to morning light by waking up earlier is linked to a decreased chance of being overweight.

Try it yourself – go to bed tonight with your curtains open and let the sun wake you in the morning.

I'm a Night Owl

This may seem a little tough at first, especially for the night owls, but it won't take long before you get used to it.

It was even hard for me at first!

But what you do need to realize is that you are doing this so that you can live life to the fullest.

I figured that it came down to a simple choice – either I was happy being overweight and could carry on hitting the snooze button or I was willing to feel miserable for a few days so that I could feel great for the rest of my life.

Basically you need to figure out whether or not the payoff for staying up late and waking up late is really worth not giving this its best chance.

ACTION PLAN

1. This is best started immediately. If you have a big day coming up or are worried about being tired, schedule it to start over a weekend instead.
2. Decide on what time is early in your part of the world and count back 8 hours from there. This is your new target bedtime.
3. About an hour before bedtime, you want to switch off your laptop, TV

and cell phone. If possible, dim the lights in the house. (If you don't have a dimmer, wear a pair of sunglasses – yes, seriously!) Artificial light is very stimulating to the brain and interferes with your body's production of melatonin – the hormone that makes you sleepy.

4. Do something relaxing leading up to bedtime like reading a book – just not a best seller.
5. Go to bed when you are feeling sleepy – if you do not fall asleep within about 15 minutes either get up and start reading again (don't forget the sunglasses) or, if you are able to, just relax in bed. It is important not to get caught up in how much sleep you are getting.
6. Set the alarm early and disable the snooze button.
7. When the alarm goes off, jump out of bed, open your curtains and bask in the sunlight. If possible, go outside for five minutes as well.

Morning Habit #2 – The Morning Drink That Will Change Your Life

The next one is super easy.

Drink warm lemon water first thing in the morning – use water that is tepid, not boiling, and use fresh lemons.

The Benefits:

- **Smoother Digestion**

Because of its chemical make-up, it stimulates the liver into producing bile – the acid that we need for digestion. This benefits the digestive tract even further by helping to get rid of internal toxins. Contrary to popular belief, lemon is not acidic in the digestive tract and can help treat heartburn, bloating and belching. For those with dread diseases, lemon water can help to gently get their bowel movements back on track.

- **Detoxifier/Diuretic**

Part of the reason that it is a valuable detoxifier is that it is a diuretic – you may urinate more allowing your body to get rid of toxins faster. This also benefits your urinary tract. It doesn't stop there – it also helps to detoxify the liver.

- **Weight Loss**

The pectin in lemons is a fiber and this is great for killing hunger pangs. Those who eat a diet that is richer in fiber, and thus richer in alkaline, actually find it easier to lose weight.

- **Boost Your Immune System**

The high Vitamin C content makes them valuable in treating and preventing colds and flu. The high potassium content helps with the brain and nerves and also with regulating blood pressure. The Vitamin C also has anti-inflammatory effects. Overall, they are great weapons in the fight against disease.

- **Alkaline Properties**

As mentioned before, lemon juice becomes alkaline in the blood stream. Drink it often and the blood's pH becomes less acidic. This, in turn, helps to protect you against diseases, as they require an acidic pH to thrive. If you have gout, lemon juice can help neutralize it.

- **Glowing Skin**

The nutritional content of the juice helps to nourish the skin and also helps to fight off free radicals. It could also help fight the bacteria that cause acne. With less toxins circulating in your system, you can expect clearer skin as well.

- It is a well-known fact that the citrus oils in aromatherapy are stimulating. Whilst the smell of the juice in the water is not as intense, it can still give you a bit of a mood-enhancing boost.
- The juice also helps to kill off the bacteria in the mouth that cause problems. That said, the acidity in the lemon can affect the tooth enamel so you should rinse out your mouth after drinking it and wait a while before brushing your teeth.
- The water helps to up your hydration levels thereby increasing your energy levels. It is a great way to brush the cobwebs of sleep from your brain.

This is such an easy fix that it is amazing that it does actually work. Grow your own lemon tree if you can – that way you have fresh fruit on demand all

the time.

ACTION PLAN

1. You will need half a fresh lemon a day, so unless you have a lemon tree in your garden, get a few. (No more than 4 – they are better fresh).
2. As soon as you have said hello to the sun, pour yourself a glass of tepid water – not too hot or too cold, just right!
3. Cut your lemon in half and reserve one half for tomorrow. Squeeze as much juice as you can manage from the other one.
4. Bottoms up! I find that downing it is best. I have a sweet tooth so I didn't enjoy it at first – you quickly get used to it. Now I can feel the difference if I skip my lemon water.

Did You Enjoy 13 Morning Habits?

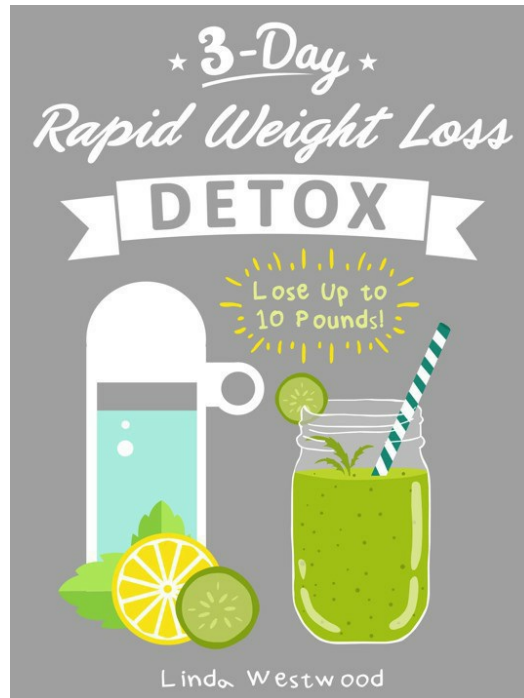
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Sneak Peek

3 Day Rapid Weight Loss Detox



[Click **HERE** to **BUY NOW** on Amazon!](http://www.topfitnessadvice.com/go/books)
<http://www.topfitnessadvice.com/go/books>

Who is this book for?

Do you need a *strong* kick-start with your weight loss?

Do you need to lost weight *FAST*?

Do you have an event coming up that you need to *shed pounds fast* for?

If you answered “Yes” to any of those questions – **this book is for you!**

I am going to share with you the most effective way to rapidly lose weight and detox your mind and body in just 3 days!

I have put it all together in this awesome Weekend Weight Loss plan!

The best part about is that you are going to see amazing results and this will *TRANSFORM YOUR BODY (inside and outside) IN JUST 3 DAYS!*

You can be a complete beginner or someone who works out regularly, it doesn't matter!

If this sounds like it could help you, then keep reading...

What will this book teach you?

Inside, I will teach you one of the best ways to quickly lose weight, especially targeted to cleansing your body with a 3-day detox!

You will feel the healthiest you have ever felt – have the most energy you have ever had – and the fat will be melting *constantly!*

How?

Because you're going to be consuming the right things to cleanse your body in a short period of time.

In this book, I give you the plan right in front of you that will change your life – all you have to do is follow it!

One of the most important things for you to realize when reading this book is that this weight loss plan *really does work!*

However...

For you to achieve *real success*, you HAVE to apply this to your life.

This is where most people fail – they read through the entire book but do nothing.

You MUST try your best to apply as you read through the book!

Introduction

Are you struggling to lose weight?

You are not alone. 30 percent of the world's population is overweight or obese.

Why does it matter?

What makes millions of people endeavor to lose weight each year?

Frankly, health. Obesity can lead to high blood pressure, diabetes, osteoarthritis, heart disease and coronary artery disease, fatty liver, sleep apnea, and certain kinds of cancer.

Many people who begin a weight loss regimen do not continue because even when they eat a healthy diet and exercise they cannot seem to lose weight.

However, if you are losing the battle of the bulge, the problem might not be your diet. It might be within your body itself.

Slow Metabolism

Metabolism refers to the efficiency with which your body burns calories for energy. The “speed” of your metabolism, whether it is fast or slow, coincides with the ease of losing weight.

Many factors can have an effect of the speed of your metabolism. Your fitness level and your body composition, that is the ratio of muscle to fat, will affect it. If you carry more muscle, you burn calories more quickly.

Your age has tremendous influence on your metabolism. When you are young, you have a speedy metabolism that burns off calories very quickly.

Do you look back longingly at your teenage years when you could eat anything and not gain weight?

You were able to eat like that because your metabolism was lightning fast. But, as you age your metabolism slows down.

Even in your 20s your metabolism can stay pretty fast and keep you slim. But

after you turn 30 your metabolism slows down a lot and that can lead to weight gain.

Your metabolism will continue to slow down as you age. So, unless you find a solution that works for you, it will just get more and more difficult to lose weight.

It is, however, possible to speed it back up, and your detox is a good precursor to the healthy lifestyle that will do just that.

Body Pollution

Another factor that can make it hard to lose weight is years of body pollution.

All that fast food, refined sugar, and extra calories can take a huge toll on your body. Your liver, which is what processes wastes in the body, may not continue functioning effectively because it's been working overtime.

When you eat an unhealthy diet, fail to exercise and do not take care of yourself for years at a time, your body suffers. The effects of all those harmful years can make your body sluggish and polluted, which can make it tough to lose weight.

Detox and Weight Loss

If you want to kick start weight loss or cleanse your body so that it functions as effectively as possible, a detox is the way to go.

Detox is short for detoxification, and it is the process by which we remove toxins from our systems. Participating in a detox can be less than pleasant, but it will rejuvenate your body, clean out the pollution and toxins, and make it easier for you to lose weight.

Additionally, a liquid diet is effective for weight loss.

While the 3-day detox diet is designed only for use over a short time period, similar diets are used to lose tremendous amounts of weight, with a doctor's supervision.

There are many other weight loss programs that suggest two shakes a day and a "sensible" dinner. So it should come as no surprise that the 3-day detox diet, being completely liquid, can perform amazingly to assist you in losing

up to 10 pounds in one short weekend.

Chapter One: Why It Works

What happens to cars that never have an oil change?

The build up of sludge will destroy the motor. The same thing happens in your body when you do not take care of yourself.

If you stopped showering tomorrow what would happen to your skin?

Dirt would build up. Pollutants from the environment would build up. Your skin would look terrible, with probable breakouts, even rashes.

Your skin would also *feel* terrible. It would be itchy. Bacteria and toxins would build up and might cause sores and infections. So to prevent that you shower and wash with soap frequently.

Detox does the same thing for your internal systems that showering does for your skin. Over the years, all those pollutants and bacteria and other toxic chemicals in your body build up. They slow down your body's waste disposal system and make it difficult for your body to function.

You may gain weight, or have a harder time losing weight. Additionally, you may frequently feel exhausted, or lethargic. It may seem as if you are moving in a fog all the time. If your liver isn't filtering toxins out of your body the way it should you might find yourself getting sick more often.

An Internal Cleansing

When you go on a detox, you are giving your body a break from the daily barrage of fat, sugar, and other unhealthy pollutants to which you subject it. At the same time that you are giving your body a rest from breaking down and processing unhealthy foods, you are feeding it with healthy foods, such as fruits, vegetables and nuts.

Those healthy foods, when combined as the 3-day detox diet explains, will flush the toxins and bacteria out of your organs, your bloodstream, and everywhere else in your body. This will get your circulation and waste disposal systems working at full capacity again.

Once your body is running on all cylinders again it will be able to break down fat for energy and you will start to lose weight. It will also get rid of all

the excess waste and nasty debris in your body that could be keeping you from losing weight and feeling your best.

Think of your body as being a living machine. All machines need maintenance. You don't expect your car to run forever with no maintenance, so why do you expect it of yourself?

If you want your body to be a fat burning machine, sometimes you need to give it a little tune up so that it will work the way it is supposed to work. A detox is exactly the kind of maintenance that your body needs to begin metabolizing food more efficiently.

There are several additional benefits to your 3-day detox.

The 3-day detox diet may bolster your immune system. Once your waste disposal system is cleaned out, your focus on vitamin rich super foods should serve to supercharge your immune system.

The detox will improve the appearance and clarity of your skin. The epidermis, or skin, is the body's largest organ. Of course, the removal of toxins will reflect in your skin. Although you may experience patchy, itchy skin, or even an increase in breakouts at the beginning of the program, by the end of it you should see beautiful results.

The 3-day detox can help you regain your focus of mind. Some followers of the program say that detoxing cleared up fuzzy thinking and got their bodies and minds in balance.

Detoxing can give you healthier hair. Many people have said that removing the toxins from their bodies allowed their hair to grow faster and become healthier.

The 3-day detox can have anti-aging benefits. The build up of toxins is one of the major causes of the effects we think of as aging. The process of clearing out impurities tackles free radicals that cause us to look and feel older.

As you can see, the 3-day detox can deliver much more in addition to weight loss!

Chapter Two: Prepare Before The Weekend

The best way to do a 3-day detox is to pick a weekend that you can focus on yourself. You should plan on staying home for most of that weekend.

If you are doing the detox to lose weight before going to a wedding, a banquet, or another special occasion, it is a smart idea to do the detox a week in advance of the event. That will give you time to recover and look great at the event. Don't worry; you won't gain back the weight in a week.

Why Do It On A Weekend?

Doing the 3-day detox on a weekend is highly recommended. You probably should not attempt to drag yourself to work when you don't feel or look your best.

A detox is great for your body once it is done. However, you might feel cranky or even more sluggish and tired while you are actually engaged in the detox. This reaction is due to your body working overtime getting rid of so many toxins and other unhealthy pollutants from your system.

So plan on taking a 3-day weekend to do the detox. You deserve it!

Make it at a spa weekend for yourself. Get some movies that you have been wanting to watch, load up on books and magazines, and plan on staying in your pajamas and pampering yourself all weekend.

By the time the detox is done you will be rested, and you will feel great. You will also be up to ten pounds lighter and your skin will be glowing. You will look fabulous for that special event.

Shop In Advance

Once you have picked a weekend to focus on your 3-day detox, you should take the time to create a shopping list. You will want to get all the items that you will need to do the detox in advance.

Going to the store during the detox will just tempt you to buy and eat a bunch of unhealthy food, and you will likely not feel up to it. One of the most important elements of any healthy lifestyle change is planning ahead. Another is avoiding temptation!

So it is smarter to buy everything you are going to need ahead of time. That way you have no reason to go to the store and no excuse to go off of the detox diet. Making a complete shopping list ahead of time will also ensure that you have everything you need to do the detox.

Your health and the success of the 3-day detox depends upon following the plan, and you can only do that if you have all the ingredients.

Ordering Supplies

Shopping in advance will also make it easier to find the items that you need to do the detox properly. Of course, you will have no trouble finding things like fruit and vegetables at the grocery store.

However, you might have a hard time finding the supplements that you need, some of the additional ingredients for the detox drinks, and the essential oils that you need for a detox bath. Thinking and planning ahead ensures that you will know if you can buy what you need or if you'll have to order it.

If you discover that you live in an area where items like those listed above can be difficult to procure, you will probably have to order some of them online.

Start researching the best shopping sites for those items as soon as you pick the weekend that you want to do the detox. Order immediately, so that they will arrive in time. Another benefit to this approach is that if you decide to do the detox again for another event you will already have those items on hand.

Buy Organic and Local

When you buy the fruits and vegetables that you will be eating on the detox make a special effort to buy organic or local vegetables and fruit.

You are doing this detox to make your body healthy, so do not start out by eating unhealthy GMO fruit and vegetables which may introduce more pollutants and toxins into your system.

Remember that you are what you eat. If you want to be healthy, you must eat healthy food. Treating yourself and spending a little bit of extra money for organic or local produce is worth it for this purpose.

Once your body has detoxed you should use the lessons you will learn and make an effort to eat higher quality foods. You know you should stay away from processed food, refined sugar, and high fructose corn syrup and the 3-day detox will get you started down that healthy path.

Organic food, especially locally grown organic food, is richer in nutrients than conventionally grown food. Organic food is not exposed to chemical pesticides and fertilizers, and so will not reintroduce the toxins you are trying to flush out with the 3-day detox.

Local foods in particular retain more vitamins and minerals simply because they fresher.

Where to Shop for Local and Organic Foods

If you have a local natural foods store or food co-op you should be able to find plenty of organic choices of fruit and vegetables there.

You may be able to find the supplements and other supplies that you need there as well. Many natural food stores and co-ops carry spices, supplements, teas, and even the essential oils that you will need for your relaxing detox baths.

Some communities have a program called Community Supported Agriculture, or farm sharing. If you belong to a farm share, you pay for a crate of locally grown organic vegetables and fruit and you pay the farmer directly.

Some require an up front payment for a season, but some you can join anytime. You might want to check out local farms to see if they have the fruits and vegetables that you need and if they have a farm-sharing program.

If not, you can find local farmer's markets online and see what fruits and vegetables you can find there. It's best to look at the organic section even here, because some farmers include store bought produce to sell more variety.

If you cannot find any organic or local vegetables and fruits you can still do the detox, but using organic vegetables and fruits is the best choice.

Vitamins and Supplements

While you are on the detox, you will be drinking every meal and you will not eat any solid food. To insure that you get your required nutrition, you need to take a very high quality multivitamin supplement for the duration of the detox.

Many of the nutrients that your body requires to function will be coming from the multivitamin during the detox.

That is because the detox is going to be working on flushing all the nasty stuff out of your body. Taking a multivitamin will be giving your body the vitamins and minerals it needs to keep functioning while the detox gives your organs and cells a good flushing.

You Need a Multivitamin

As any nutritionist will tell you, you should really be taking a high quality multivitamin supplement each day anyway. A good multivitamin can help your body stay healthy. It also will help you maintain a healthy weight.

Your body knows what it needs and it serves these needs with cravings. If you are getting the nutrition you need, you will find it easier to stick to any eating plan you have.

Even if you eat a very healthy diet there are going to be times when you don't get enough of certain vitamins and minerals. Some minerals can't be gotten from commonly available foods and have to be taken in supplement form. Some vitamins and minerals are there in the foods that you eat, but not in the sufficient quantities to help you stay healthy.

So investing in a high quality multivitamin is going to benefit you even after you are done with the detox, as you begin a healthier lifestyle. Don't stop taking it just because the detox is over.

How to Choose a High Quality Multivitamin

Have you ever looked at the vitamin aisle at the local pharmacy or grocery store? There are hundreds of choices when it comes to multivitamins!

More so, if you go to a health food store or a specialty supplement store, there are even more choices. It can be extremely challenging to try to choose a good quality vitamin when there are so many on the market. According to

their labels, every single one is the best! It can seem nearly impossible to choose.

However, there is one fool proof way to be sure that the vitamins you are buying is good quality. According to nutrition experts, if you want to buy a high quality vitamin it does not matter which one you buy as long as the vitamins come from food.

Synthetic Vitamins vs. Food Based Vitamins

Wait a minute, all vitamins do not come directly from food?

That sounds crazy, doesn't it?

It seems counterintuitive, but it can be true. In order to make vitamins cheaper to produce some companies use synthetic vitamins that are created in a lab.

Other vitamin companies break down actual food and extract the vitamins from it. Vitamins from food ingredients have the highest quality nutrition to help you stay healthy. That is the kind you want to buy.

Why Synthetic Vitamins Are Bad For Your Body

The human body is a complex organism. When the body breaks down food in order to get the vitamins and minerals out, it does not isolate each individual vitamin.

It uses those vitamins in pairs or groups to make it easier for different parts of the body to use those vitamins.

Vitamin C Isn't Just Vitamin C

As an example, take a look at Vitamin C. You need Vitamin C to stay healthy. It boosts the immune system. It keeps your cells healthy. It has been linked to cancer and stroke prevention, and even eye health.

Some food scientists say that Vitamin C can even help you live longer. Perhaps most important during your 3-day detox, Vitamin C helps your body absorb and process all of the other vitamins and minerals in your detox drinks

The base of Vitamin C is Ascorbic Acid, but the Vitamin C that is in food is a lot more than just Ascorbic Acid. Research shows that Vitamin C should be

considered a complex of C vitamins, in a similar way to the Vitamin B Complex that is available. It also has trace amounts of other vitamins and minerals, called phytonutrients, that all work together with Vitamin C to make your body stronger.

Vitamin C that comes from food will be more complex, and have those tiny quantities of other vitamins and minerals that you need, but synthetic vitamins will have only Ascorbic Acid.

Ascorbic acid alone does not have nearly the benefits for your body provided by a natural form of Vitamin C.

Synthetic Vitamins Are a Waste in More Ways Than One

Synthetic vitamin and mineral supplements are created in the lab, but even scientists claim that they are “essentially” the same as those from food.

However, they are not identical chemically, and hence the body may not even recognize them as nutrients. Some of these manufactured supplements may even be seen as *toxins by the body*.

Science is only now beginning to understand phytonutrients and how they contribute to our health.

How can science possibly duplicate something it does not even understand?

Additionally, since synthetic vitamins do not have those paired up vitamins and minerals, the body does not know how to process them effectively.

Most of the time the body will not even process synthetic vitamins and they just end up getting washed out of the body with other wastes. Taking synthetic vitamins is a lot like flushing money down the drain.

Pick a Plant Based Multivitamin

When you are detoxing your body will need the best supplemental vitamins and minerals you can give it. So in order to give your body the support that it needs while you are on the 3-day detox look for a supplement that uses vitamins and minerals from food.

To find out if a vitamin is food based or synthetic check the back of the label carefully. Vitamins that are plant based will usually have a long list of

vitamins that are in the multivitamin.

The label usually will say that the vitamins come from food.

If the label doesn't say where the vitamins come from a surefire way to tell is to look at the listing for Vitamin C. If the label says Vitamin C, then the supplement is plant based. If it is labeled Ascorbic Acid then you can be pretty confident that the vitamin is synthetic.

Organic Vitamins

If you are buying your supplements at a local natural foods store, you might wonder if a higher priced organic vitamin is worth the extra cost. Some foods are really not worth paying more for an organic label, but vitamins are worth paying more for.

The organic label on a multivitamin means that the ingredients in the supplement come from organic food, which is extremely beneficial to your health. A "raw" food label is a plus. Organic and raw foods have the highest levels of vitamins and minerals.

So if buying an organic vitamin is an option, you should spend more to get an organic or raw food multivitamin. Take this 3-day detox as an opportunity to not only lose weight but also start taking better care of your body.

Taking care of your body starts with investing in better quality food and supplements. When the detox is done, you will feel rejuvenated. Eating high quality organic food and taking a high quality multivitamin will keep you feeling great after the detox is over, and it will help you maintain your weight loss.

The next thing that you will need to make your 3-day detox a success is a good probiotic.

What Is a Probiotic?

Probiotics are certain forms of bacteria that are essential to your health. We think of bacteria as harmful, but some we actually need for our systems to work properly.

The term "probiotics" was coined to differentiate between the two. If you

don't have enough probiotics in your body, or if the harmful bacteria are out of balance with the helpful bacteria, you can develop a lot of uncomfortable and unhealthy conditions.

Probiotics work with your body to keep it functioning the way it should.

Why You Need a Probiotic

Did you know that your body has both good bacteria and bad bacteria?

Good bacteria keep your body balanced and help your body prevent illnesses. Good bacteria prevent things like diarrhea, gas, bloating, infection, and many other illnesses and conditions. Bad bacteria can also cause skin problems like eczema and rashes.

You always have good bacteria and bad bacteria in your gut. But when the balance of those bacteria is out of whack it can cause some pretty serious problems.

This is another area science is only beginning to understand. Lots of things can cause an imbalance of bacteria in your body like:

- Getting sick
- Eating an unhealthy diet
- Taking certain medicines like antibiotics
- Eating too much sugar
- Stress

Taking a probiotic will introduce good and helpful bacteria back into your body. Those bacteria can restore the balance that you need to have in your gut in order to be healthy.

When you are doing the 3-day detox taking a probiotic will help get rid of the

overabundance of negative bacteria and waste products that you are going to be flushing out of your body.

You can get some probiotic benefits from eating yogurt, because yogurt contains a very powerful and helpful probiotic agent. But, since you will not be eating any solid food on the 3-day detox you will need a probiotic supplement to bring your body into balance.

How to Choose a Probiotic

Choosing a probiotic supplement can be even more confusing than choosing a multivitamin.

In order to find a high quality probiotic you might need to go to a health food store or even order one on-line. A multitude of factors affect your choice of a quality supplement.

Live and Active Cultures

Have you ever noticed on a yogurt label the phrase “live and active cultures”?

That means that the bacteria in the yogurt are the kind that is good for you. The key thing you need to look for when choosing a probiotic is that the probiotic contains live and active cultures.

Probiotics are regulated as food, so there is no guarantee of quality. You must carefully read the labels to avoid buying a probiotic supplement that will not provide the healthy bacteria you need.

The probiotic supplement is required to give information on what it contains right on the label. Probiotics are made up of healthy bacteria, which are living organisms.

So, the bacteria need to be alive when you take them in order for them to do any good.

Viable Through the End of Shelf Life

A high quality probiotic will also say on the label that the bacteria are “Viable through the end of shelf life.”

If the label doesn't say that it means that the bacteria aren't guaranteed to be

alive when you take them.

Avoid any probiotic that says, “Viable at the time of manufacture” on the label. That means that the company only guarantees that the bacteria were alive when the supplement left the factory.

More Tips for Choosing a Probiotic

If you are still having trouble finding a good probiotic, you can use these tips to find one that will get your body back in balance and make the 3-day detox even more effective:

- Look for one with at least 20 different strains of bacteria. The more strains of bacteria the better.
- Look for one with one encapsulated pills, or other delayed rupture technology. That will keep the bacteria alive until you take it, and protect it from your stomach acids so that it arrives intact to your intestines.
- Check out the storage requirements. Some probiotic supplements need to be refrigerated but others merely require a cool dark place. Any probiotic supplement should be kept away from heat moisture.
- CFUs, or colony forming organisms, are the measure of how many good bacteria are included in your supplement, and you should be looking for 5 billion or above.
- Look for certification by a third party. Probiotics are not regulated as medicines, but as food, so choose a brand certified for quality by an independent organization.

Omega 3 Fatty Acids

The last supplement that you need to do the 3-day detox is an Omega 3 supplement. You are probably already familiar with Omega 3 fatty acids and

the benefits they have for the body.

There are three main types of Omega 3 fatty acids. These are EPA, which helps with inflammation, DHA, which is essential for your brain's healthy functioning, and ALA, which your body can convert to either of the others.

Usually Omega 3 fatty acids are found in fish and fish oil, but they are also found in nuts and flax seeds. Omega 3 supplements are usually concentrated fish oil that is put into capsules.

Some people worry that these supplements can have an odiferous, fishy smell, but that usually only happens if they are low quality or old. Regardless, they have a number of healthy benefits for the body.

Lowering Triglycerides

Triglycerides are a type of unhealthy fat. When you consume excess calories, your body first converts them into triglycerides. When you have high triglyceride levels you are at an elevated risk of having a heart attack.

Taking an Omega 3 supplement can lower the triglycerides in your blood and lower your risk of heart attack.

Other Benefits of Omega 3 Fatty Acids

In addition to lowering your risk of a deadly heart attack Omega 3 fatty acids also:

- Lower your risk of developing dementia
- Help your memory
- Protect brain function and eyesight
- Promote healthy skin and nails

Omega 3 Fatty Acids and the 3-day Detox

Taking an Omega 3 fatty acid supplement during the 3-day detox will keep your brain functioning the way it should. Usually carbs and protein keep you alert, focused, and functioning.

Since you are going to be flushing out your body with a completely liquid diet for 3-days these fish oil supplements will make sure that you are alert and focused instead of fatigued and sleepy.

Detox Baths

Another element of the 3-day detox program is to take a detoxifying bath each day. The detox bath is an important part of the program and you shouldn't skip it. In order to prepare the detox bath you will need Epsom salts and Lavender essential oil.

What Epsom Salts Do

Most of the bath bombs and bath salts that are sold use Epsom salts as a base. Epsom salts are gentle on the skin but are great for detoxifying the skin.

Epsom salts gently exfoliate the skin and improve circulation. They pull all the toxins from the skin and body. Additionally, Epsom salts relieve bodily aches and pains, and this will be comforting to your body as it goes through the detox.

You may find that you like the relaxing detox bath and want to make it a regular part of your relaxation practice. Epsom salts are inexpensive and you can find them at any pharmacy.

You can mix them with different flowers, herbs, or oils to make your bath aromatic as well as therapeutic.

Lavender Essential Oil

For this bath to be effective you need to use a Lavender essential oil that is 100% essential oil and not fragrance oil. Essential oils are extracted from the leaves and flowers of plants. They have many benefits.

Aromatherapy uses pure essential oils to help people relax and to treat medical conditions. Lavender essential oil is one of the gentlest essential oils. It is even used on babies to help them sleep and relax.

Lavender smells wonderful.

Adding Lavender essential oil to your bath will help you relax, improve your quality of sleep, and heal your skin. Lavender oil is often used to treat skin conditions like dry skin, eczema, rashes, burns, and acne.

Adding this essential oil to your bath water will make your skin soft and beautiful after the Epsom salts have pulled all the gross pollutants, dead skin and other harmful elements out of your body.

Substitutions

If you don't like the scent of Lavender essential oil you can use another gentle essential oil. Tea Tree essential oil is a great choice, as it has many of the same positive benefits of Lavender.

Just make sure that whatever oil you use is a pure essential oil and not a fragrance oil. Fragrance oils are synthetic and made to be used in perfumes and soaps. They have no healing benefits.

Some detox baths include apple cider vinegar, sea salt, baking soda, or ginger. You may decide you would like to try including these. They cause you to sweat, which aids the Epsom salts in drawing toxins out of your body.

The 3-day Detox Shopping List

Remember to get organic fruits and vegetables whenever possible for the best nutrition. You may get more of each item if you want, in case you need it, but the amount given is the minimum suggested amount to buy.

The list might look overwhelming. However, you will be given a choice of several drinks for each meal.

The following list is composed as if you were going to make all of them. Of course, in 3 days, you will only sample a few. So, here is where planning ahead comes in very handy.

Look ahead to Chapter 4, and see which drinks sound best to you. It will be a snap to stick to your liquid diet if you enjoy the drinks!

After picking out your tasty liquid meals, narrow the master list to a shopping list for those detox drinks you decided on. Once you have refined your list,

stick to it.

You will thereby have an easier time sticking to your plan of completing the 3 day detox. Make sure that you also have a blender or juicer at home to make the drinks you will be drinking in place of actual meals.

Shopping List:

- 5 cups raspberries
- 6 cups blueberries
- 4 cups strawberries
- 3 cups cranberries
- 1 cup green grapes
- 5 mangos
- 3 pineapples
- 6 apples, 4 green, 2 red
- 8 bananas
- 4 pears
- 1 cup pitted cherries
- 2 oranges

- 10 lemons
- 10 limes
- 6 dates
- 10 cups of kale
- 5 cups romaine lettuce
- 2 cups red leafed lettuce
- 1 bunch broccoli
- 3 avocados
- 5 cucumbers
- 5 cup of spinach
- 18 stalks of celery
- 3 large tomatoes
- 2 red bell peppers
- 1 bundle of watercress
- 1 bundle cilantro

- 1 large root jicama
- 4 cloves of garlic
- 5 carrots
- 1 pint local honey, any variety
- 1 pint unsweetened cranberry juice
- 1 pint unsweetened pineapple juice
- 1 pint unsweetened lemon juice
- 2 liters of coconut water
- 3 cartons of almond milk
- 2 ounces (50 grams) of matcha green tea
- Cayenne pepper
- Ground flax seeds
- Whole flax seeds
- 1 fingers Turmeric
- Cinnamon

- Nutmeg
- Almond butter
- Coconut oil
- Green Tea
- Stevia natural sweetener
- 1 large ginger root
- Mint leaves

Bath ingredients:

- 2.5 cups of Epsom salts per bath
- Lavender essential oil (or your chosen substitute)+

How to Get Through the 3-day Detox

Even though you will feel rejuvenated after you are done with the detox and you will have lost a large amount of weight, it can be difficult to get through.

It is no fun not to eat for 3-days and only drink health drinks. You can expect to feel tired, cranky, and a little sick at times.

This is because the drinks and baths will be bringing all the toxins and sludge in your body to the surface and then flushing it away.

So it is totally normal to not feel at your best while you are going through the detox. That is why it is nearly essential to lay low for the 3-days of the plan. Of course, if you are normally an active person that much down time combined with not feeling well can be hard to take.

Instead of seeing the 3-day detox as something that you have to survive, though, you should look at it as a chance to have a mini-vacation to renew your spirit as well as your body.

Here are some fun ways make the weekend more restful, more interesting, and more rejuvenating:

- Turn your home into a home spa. Make homemade facemasks and other spa treatments to make you feel and look better.
- Pay a stylist to come to your house and give you a mani/pedi.
- Have an old fashioned sleepover with your best friend.
- Call friends on the phone instead of spending time chatting on Facebook.
- Skype with a faraway friend or family member.
- Read books you read as a child and remember how great it was to be a kid.
- Watch an entire season of your favorite show. Or, spend an entire day watching chick flicks.
- Work on crafts that you don't have time to do normally.
- Do some DIY home improvement projects
- Learn to meditate.
- Catch up on sleep

Tips To Help You Prepare for the Detox

Shopping in advance is a good way to prepare for completing the 3-day detox program.

But if you have never done the detox before there are some other ways that you can prepare too. Using these tips will make the entire 3-days run a lot more smoothly:

- Get a high quality blender. You are going to need it to blend all the drinks properly. You can buy a small blender very cheaply. A manual juicer, which is very inexpensive, might help with the citrus if you choose drinks containing it.
- Chop the kale. You already know that all the kale will be going into drinks, since there is no solid food eaten on this detox. If you don't chop the kale up into very fine pieces it can clump up in the drinks. Clumped kale is not appetizing at all. Chop all the kale into tiny pieces so that it will break up better in the blender when you are mixing the drinks.
- Drink your detox drinks at the same time each day. Your body's food schedule is going to be way off because of the detox. You may be starving long before you should have another drink, or you may not be hungry at all. Pick times that will be your mealtimes during the detox and stick to those times.
- Leave plenty of time to mix up the drinks. A few recipes call for frozen fruit. Freeze your fresh fruits for the best quality. The drinks contain a lot of ingredients that need to be washed, cut, and prepared. The citrus should be juiced, which is easy with a hand juicer. The liquids need to be measured. All of those steps take time. So start making the drinks about an hour before you want to drink them. If you finish preparation early you can put them in the refrigerator so that they are nice and cold.

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Chapter Three: Starting the Detox

Now you are ready to start the detox and start losing weight. Each day of the detox will be the same, so you don't have to worry about trying to keep track of any complicated eating plans.

This will start you on the road to healthy eating habits that will continue after the detox is over.

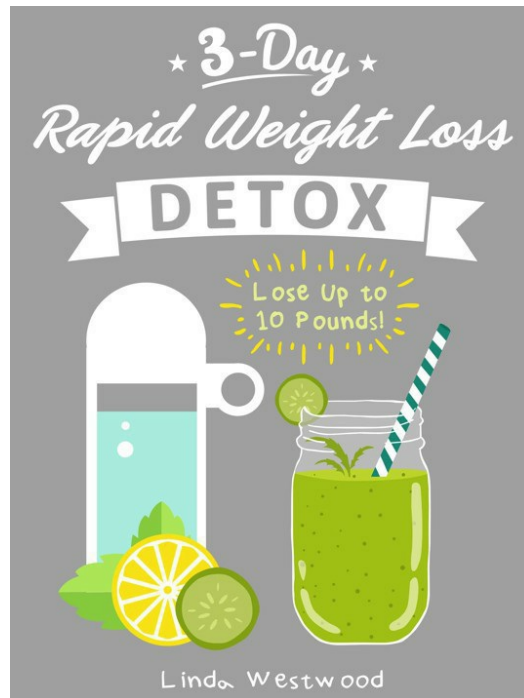
You will drink the same drinks each day of the weekend, so you can make up batches of one drink at a time and store the extra in the refrigerator.

This may help if you want to make preparing the drinks easier. Just don't store them for more than 3-days. If you have any leftover, throw it out when the detox is over.

Did You Enjoy 3 Day Rapid Weight Loss Detox?

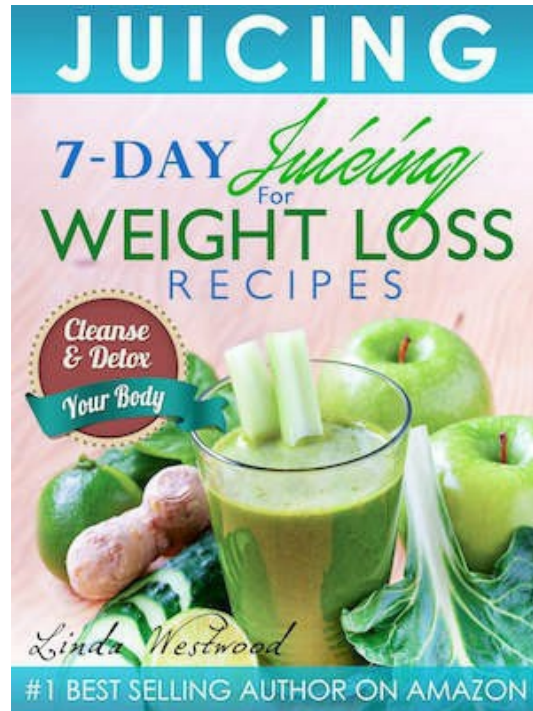
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Who is this book for?

Are you feeling tired and unhealthy lately?

Do you need to give your weight loss a *good* kick-start?

Do you ever wish you could just melt your belly fat *without even trying*?

Then this book is for you!

I am going to share with you one of the MOST effective juice fasts to completely cleanse your body from the inside out!

I have put it all together a full 7-day Weight Loss Juice plan, along with all the recipes that you need to lose up to 14 pounds in just 7 days!

The best part about this is that you don't even have to do any exercise!

You can be a complete beginner or someone who works out regularly, it doesn't matter!

If this sounds like it could help you, then keep reading...

What will this book teach you?

Inside, I will teach you this 7-day Weight Loss Juice plan that will not only boost your weight loss, but also clear both your mind and body!

You will feel the healthiest you have ever felt – have the most energy you have ever had – and the fat will be melting *effortlessly!*

How?

Because you're going to consume a very healthy juice plan that specifically plans out when your body needs certain nutrients – and then gives them to you in those juice recipes.

In this book, I give you the plan right in front of you that will change your life – all you have to do is follow it!

One of the most important things for you to realize when reading this book is that this juice fast *really does work!*

However...

For you to achieve *real success*, you HAVE to apply them to your life.

This is where most people fail – they read through the entire book but do nothing.

You MUST try your best to apply as you read through the book!

Chapter 1: What Is The 7-Day Weight Loss Juice?

Welcome to an exciting new chapter, both in this book and in your life.

The 7-Day Weight Loss Juice is an easy-to-follow, super-healthy, enjoyable and effective way to lose weight in just one week.

It will give you a huge boost of vitamins and other nutrients; all while the pounds rapidly drop off, leaving you in superb shape.

The 7-Day Weight Loss Juice is not a fad, or a ‘miracle’ cure. It is a scientifically sound, nutritionally beneficial, practical and fast acting way to shed unwanted weight at the same time as turbo-charging your health.

So what’s the secret?

What is Juicing?

Juicing is a term that is becoming increasingly popular – and with good reason.

Quite simply, it means extracting the juice from ordinary fruits and vegetables and drinking it, with outstanding health and weight-loss benefits.

At its heart, juicing is a simple, highly effective way of extracting the most goodness from nature’s best foods. Essentially, you are gaining the intensely nutritive and delicious essences of fruits or vegetables, without chewing and crunching your way through the pounds and pounds of foods you would need to eat to gain the same benefits.

Easy on the digestion and excellent for rapid absorption, fresh juices are a totally natural gift to those who want to stay slim and healthy.

Don’t mistake real fresh juice for the high-sugar stuff you get in cartons, let alone the ‘juice drinks’ with added sugar and heaven knows what else.

Real juice is made straight from the natural ingredients and is best drunk as soon as possible – no artificial additives, no sitting on supermarket shelves for weeks. Real juice is not a miracle cure but it is a wonder-food, one with infinite variations. Plus, when you learn about its amazing nutritional and weight loss potential of the best juices, then you will never look back.

Why is Juicing Good for Us?

Many people have never tried real juice. As you will discover, the fact that we don't make the most of the abundant fruit and vegetables on this planet is a large part of the reason that, according to the World Health Organization, as of 2008, 35% of adults aged 20 and over were overweight, and 11% were obese.

The bad news is that the problem is getting worse... but the really great news is that the solution is all around us.

It is hanging from every fruit tree, growing on bushes and springing up from the soil. It does not require exceptionally expensive equipment or specialized techniques. It just needs a desire to lose weight and a willingness to embrace the juicing lifestyle for just 7 days!

A real juice can be seen as an intense, delicious, flavoursome burst of nutrients, straight from the fruit or vegetables, in liquid form.

But what do they contain?

Well, it is no secret that fruit juices contain far more natural sugar than vegetable juices. While some natural sugar is fine, in order to promote weight loss it is best to keep proportions to 80% vegetable juice, 20% fruit juice.

Isn't Too Much Juice Unhealthy?

There is a misleading modern rumor in some circles that juicing is unhealthy and can even cause you to put on weight. Some even assert that it will lead to diabetes!

So, first of all, let's get a few things straight.

It is certainly true that the average fruit juice causes a rapid rise in blood sugar. This is not the same as when you take a large bite of chocolate, for example, due to the type of naturally occurring sugar in the fruit.

A healthy person would not be adversely affected as they can easily digest and absorb the fruit sugar. This means that the average healthy person will not get diabetes from drinking fruit juice.

Nor will you gain weight – obesity and diabetes are caused by unhealthy diets which mean your body cannot function as efficiently as it should; this simply does not apply to fresh juices.

However, some people suffer from certain conditions, which means it is inadvisable for them to drink fruit juices.

If you are even borderline diabetic, or suffering from candidiasis, or are prone to suffer from thrush, you should refrain from consuming fruit juices.

If you suspect that you may have a yeast infection in the digestive tract, or a low blood sugar level (hypoglycemia), or if you tend to put on weight very easily you need to get professional advice.

If in doubt, please do consult your doctor before embarking on the 7-Day Weight Loss Juice fast.

It should be stated at this point that some people have used low-calorie fasts to actually reverse their diabetes, but this should not be attempted without medical advice.

People who need to watch their sugar intake may still be able to juice, but should just stick to the vegetable juices.

Vegetable juicing, when done correctly, however, would not necessarily pose a medical problem in these cases.

There are so many green juice blends that you can try in the 7-Day Weight Loss Juice, all of them are bursting with nutrients and all of them taste delicious.

Plus green juices have many proven health benefits. You may have been told many times as a child to ‘eat your greens’ – this is just a palatable way of drinking them and getting an intense hit of their natural goodness.

Fresh green juices such as the ones described in this book may go a long way to improve your blood and health condition.

Read on to learn more about some of the major nutrients contained in a dazzling array of fruit and vegetables.

Which Fruits and Vegetables are Best?

Whatever the juice, provided it comes from fresh, natural produce, it is likely to be bursting with vitamins.

Here are some of the essential nutrients found in fruits and vegetables and their richest natural sources:

Vitamin A

Essential for cell reproduction, stimulating immunity and hormone formation. Supports vision, promotes bone growth, aids tooth development and supports healthy skin, hair, and mucous membranes.

Fruits: Grapefruit, Guava, Mango, Melon, Papaya, Passion fruit, Tomatoes, Watermelon.

Vegetables: Bok Choy, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Chinese Broccoli and Cabbage, Kale, Leeks, Peas, Pumpkin, Spinach, Squash, Sweet Potato, Swiss Chard.

Vitamin B1/Thiamine

Important for energy production and essential for a healthy heart, muscles, and nervous system.

Vegetables: Asparagus, Brussels Sprouts, Butternut Squash, Green Beans, Lima Beans, Okra, Parsnips, Peas, Potatoes, Spirulina, Sweetcorn, Sweet Potato.

Fruits: Avocado, Breadfruit, Custard Apple, Dates, Grapes, Grapefruit, Guava, Loganberries, Mango, Orange, Pineapple, Pomegranate, and Watermelon.

Vitamin B2/ Riboflavin

Promotes growth, reproduction and red blood cell production, as well as the efficient processing of carbohydrates.

Vegetables: Artichoke, Asparagus, Bok Choy, Brussels Sprouts, Chinese Broccoli, Green Beans, Lima Beans, Mushrooms, Peas, Pumpkin, Spirulina, Squash, Sweet Potato, Swiss Chard.

Fruits: Avocado, Banana, Custard Apple, Dates, Grapes, Lychee, Mango,

Mulberries, Passion Fruit, Pomegranate, Prickly Pear.

Vitamin B3/Niacin

Powerfully aids the functioning of the digestive system, skin, and nerves, plus it helps convert food to energy.

Vegetables: Artichoke, Butternut Squash, Mushrooms, Okra, Parsnip, Peas, Potatoes, Pumpkin, Spirulina, Spaghetti Squash, Sweetcorn, Sweet Potato, Winter Squash.

Fruits: Avocado, Breadfruit, Custard Apple, Dates, Guava, Loganberries, Lychee, Mango, Nectarine, Passion Fruit, Peach.

Vitamin B5/Pantothenic Acid

Pantothenic acid is vital, helping us metabolise food, form hormones and bolster our good cholesterol.

Vegetables: Broccoli, Brussels Sprouts, Butternut Squash, Green Beans, Mushrooms, Okra, Parsnip, Potatoes, Pumpkin, Spirulina, Spaghetti Squash, Squash, Sweetcorn, Sweet Potato.

Fruits: Avocado, Blackcurrants, Breadfruit, Custard Apple, Dates, Gooseberries, Grapefruit, Guava, Pomegranate, Raspberries, Star fruit, Watermelon.

Vitamin B6/Pyridoxine

B6 assists with the creation of antibodies in the immune system. It maintains nerve function, protein action and helps form red blood cells.

Vegetables: Bok Choy, Broccoli, Brussels Sprouts, Butternut Squash, Celeriac, Green Beans, Green Pepper, Kale, Lima Beans, Okra, Peas, Potatoes, Spirulina, Spaghetti Squash, Squash, Sweetcorn, Sweet Potato, Taro root.

Fruits: Avocado, Banana, Breadfruit, Custard Apple, Dates, Gooseberries, Grapes, Guava, Lychee, Mango, Passion Fruit, Pineapple, Pomegranate, Watermelon.

Vitamin B9/Folate

Folate occurs naturally in fresh foods (folic acid is synthetic and found in supplements). Folate is used to produce red blood cells, create DNA and support the nervous system.

It is essential for embryonic development, so it is especially important for pregnant women.

Vegetables: Artichoke, Asparagus, Beetroot, Bok Choy, Broccoli, Brussels Sprouts, Chinese Broccoli and Cabbage, Green Beans, Lima Beans, Okra, Parsnip, Peas, Potatoes, Spinach, Spirulina, Squash.

Fruits: Avocado, Blackberries, Breadfruit, Custard Apple, Dates, Guava, Loganberries, Lychee, Mango, Orange, Papaya, Passion fruit, Pineapple, Pomegranate, Raspberries, Strawberries.

Vitamin C

Vitamin C is an enormously important vitamin. It is an antioxidant, protecting cells against free radicals, which may contribute to cardiovascular disease and cancer. Vitamin C also has antiviral properties.

Vegetables: Bok Choy, Broccoli, Brussels Sprouts, Butternut Squash, Green Pepper, Kale, Swiss Chard.

Fruits: Blackcurrants, Breadfruit, Grapefruit, Guava, Kiwi, Lychee, Mango, Mulberries, Orange, Papaya, Passion fruit, Pineapple, Strawberries.

Vitamin D

Vitamin D is primarily obtained when the body manufactures it after being exposed to sunshine. It promotes absorption of calcium and magnesium, which are essential for healthy teeth and bones.

Vegetables: Mushrooms.

Vitamin E

Vitamin E is another antioxidant, protecting the body from oxidative damage. It helps form red blood cells and maximizes the benefits of vitamin K. It can also help heal minor wounds.

Vegetables: Butternut Squash, Parsnip, Potatoes, Pumpkin, Spirulina, Swiss

chard, Taro.

Fruits: Avocado, Blackberries, Blackcurrants, Blueberries, Breadfruit, Cranberries, Guava, Kiwi, Loganberries, Mango, Mulberries, Nectarine, Papaya, Peach, Pomegranate, Raspberries.

Vitamin K

Vitamin K is vital to blood clotting, regulating blood calcium levels and maintaining bone health.

Vegetables: Alfalfa (sprouted), Artichoke, Asparagus, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chinese Broccoli, Cucumber, Kale, Leeks, Okra, Peas, Spinach, Spirulina, Squash, Swiss Chard.

Fruits: Avocado, Blackberries, Blueberries, Cranberries, Grapes, Kiwi, Loganberries, Mango, Mulberries, Pear, Plum, Pomegranate, Raspberries, and Tomatoes.

So there you have it – everyday, delicious fruits and vegetables containing an Aladdin’s cave of vital nutrients. But we already knew that deep down.

What juicing does is help deliver these nutrients freshly, in substantial quantities and in easily digestible form. High doses of nutrients, relative low amounts of calories, especially in the vegetable juices which naturally contain less sugar.

But why not just eat fruit and veg, you may ask?

Why bother to juice everything in the first place?

The truth is simple, as it so often is.

Can you imagine trying to munch through six large kale leaves, two carrots, an apple, a handful of spirulina, a whole cucumber and half a lime – just for breakfast?

You would have a huge hit of vitamins, but it would take ages, you would also probably get indigestion... and feel pretty sick too.

Juicing the ingredients by putting them into a juicing machine ensures that

you benefit from all of the nutrients, with none of the downsides.

But what about all that fiber – isn't that really good for you?

Yes!

But when you juice fruit and vegetable – *a lot of fiber is still there!*

Just to be clear, there are two types of fiber in fruit and vegetables – soluble and insoluble fiber:

Soluble Fiber

Soluble fiber is absorbent, much like a sponge. It enhances good bacterial growth, supports digestive health, regulates blood sugar control, lowers blood cholesterol and goes a long way towards giving you that full feeling.

Happily, juices – especially those with passion fruit, avocado, onions, apples and strawberries, amongst others - contain plenty of soluble fiber.

Insoluble Fiber

Insoluble fiber brushes the intestine, speeds up the digestion of food, adds bulk to the stool and keeps you 'regular'. Some of this is removed in juicing although it is still present in smaller amounts.

Also, some people choose to add a little pulp to their juice to bulk it up with natural fiber, others prefer just the purest liquid to ensure the best absorption of nutrients - the choice is yours!

7 Days to a Super New You

So, why does this juicing diet last 7 days?

There is no real mystery to this – we have simply discovered that this is the optimum time to fully reboot your system and let those incredible nutrients take effect.

It is long enough to let the vitamins flood through you and have a significant impact, to rid yourself of toxins and refresh your whole being from the inside out. At the same time, 7 days is a short enough time period to be sustainable, practical and enjoyable while being highly effective.

In just 7 days you can lose up to 14lbs, improve the condition of your skin, your digestion, your immunity and turbo-charge your fitness potential.

At the most serious level, it will lower your risk of having a heart attack or stroke. It is a relatively short period of time, but one which can transform your health and leave you glowing with vitality.

Read on and discover how juicing can reap health benefits that you may have thought were beyond you... No such thing, thanks to the incredible liquid power of super-fresh fruit and vegetables.

Chapter 2: Why Juice To Lose Weight?

So here's the question – what can juicing *really* do for you? Can it really help you to lose weight?

The short answer is absolutely yes!

When you take the right approach to juicing, the weight really can melt away, for quick and lasting results. If you are new to juicing you may not realize the full, outstanding potential of a true juice diet.

But first things first – how exactly does the juice work such wonders for weight loss?

Why Juicing Leads to Weight Loss

There are a number of reasons why juicing leads to fantastic weight loss. Here are the main weight-busting benefits of this juicing diet:

- Freshly juiced vegetables yield high quantities of nutrients for remarkably few calories. Fruits are also packed with nutrients, although they contain natural sugar so their juice should be drunk in moderation. With an 80/20 veg to fruit juice balance, the calorie total remains low (although you never have to count) and you will have the optimum results for effective weight loss.
- Juicing super-charges your system with the nutrients outlined in Chapter 1. Within days you will find that your system is functioning better than ever and, crucially, your metabolism will be firing on all cylinders, which promotes faster weight loss.
- Freshly squeezed juice is largely made up of water, which is great news, since so are we! The human body is comprised of around 60% water. It is therefore extremely important for good health to remain properly hydrated. Our digestive system and metabolism is fuelled by water, so a liquid diet can really fast-track weight loss.

- Living on juice for 7 days means you are eliminating other dietary baddies that may be causing you to hold extra weight. Out goes any excess starch, sugar, alcohol and fat, in comes deliciously fresh nutrients, water and fiber. Your body will thank you for it by rapidly dropping the pounds.
- Another important point to consider is that 7 days of juicing is simple to do and easy to stick to. With a good juicer and readily accessible vegetables and fruit to pummel into power juice, you can have a relaxing and enjoyable week. Far easier than cooking up complicated and expensive recipes every day, so there's nothing to prevent total success...
- ... which means that when it comes to fast, safe, effective weight loss, juicing is good news all round!

Total Detox Through Juicing

The good news only gets better. Not only does juicing help you lose weight in a very healthy but fast way, it also helps you rid your body of nasty toxins, cleaning your system from the inside out.

The truly great thing about vegetables and fruits is that they are bursting with all kind of goodies that we often overlook in our regular diet.

Detoxing is not just about feeling better from all the things you are not eating and drinking, i.e. caffeine, alcohol, additives and so on, although this is obviously important.

It is also very much about the things you are putting into your body that work brilliantly to cleanse your system.

Here are just a few of the many natural ingredients that detox your system fabulously:

- Lemon juice is well-known as a detoxifying juice, one which gets your metabolism going, so a splash of this is always a good thing - it can also add 'zing' to some of the green juices.

- Strong colors bode well in fruit and veg, especially dark green in vegetables. Kale is full of powerful phytochemicals, while the chlorophyll in spinach is a first-class blood cleanser.
- Spirulina is a type of micro-algae and it is an ultra-healing detoxifying agent, so look out for recipes with a touch of this natural beauty.
- The natural superfood chlorella has detox properties, which help to eliminate mercury and other toxins.
- Beetroot is naturally full of antioxidants, plus nitrates, which allow more oxygen to flow in your blood and can improve performance in exercise.
- Ginger is packed with helpful compounds and has anti-inflammatory and antioxidant properties.
- Pomegranate is a very powerful antioxidant, even more so than green tea.
- Cucumber is superbly alkaline and soothing, so drink as much as you please to give you insides a treat.

This is just a short sample of the many detoxifying fruits, veg and plants you will enjoy on the 7-Day plan. All of the fresh ingredients that you juice will yield a wealth of natural goodies which will support or boost detoxification.

PLUS as they have naturally high water content, you will continually be flushing your system through with water.

Doesn't Detoxing Have Side Effects?

The short answer is yes, it certainly can have side effects, but this is essentially a good thing as it means the toxins are leaving your body.

We are living with more toxins than ever before in our busy, demanding modern lives. Chemicals in and on our food, in our drink, chemicals in skin

creams, cosmetics and sprays, chemicals on our clothes... it is a veritable blizzard of toxins.

No wonder we are showing up with more allergies and intolerances – to stay healthy it is more important than ever to regularly detox.

The 7-Day Weight Loss Juice fast will do this brilliantly for you, which is why you may have the odd mild side effect.

When you begin to eat more natural foods that are superior in quality, in other words lots of fresh fruits and vegetables that are packed with nutrients, your body naturally responds to this vastly improved diet.

It sets about getting rid of all the inferior material, waste and tissues in order to make way for the new, superior materials. It then uses the new materials to create brand new, healthier tissues.

Unsurprisingly, with all this positive activity going on inside your body, you may notice changes, especially when it comes to the expulsion of toxins.

For instance, when you cease eating or drinking any stimulants, “fixes” that you may normally have every day like coffee or chocolate, you may experience headaches or migraines. This can be quite a common side effect, since it happens when your body smartly eliminates toxins like caffeine from your tissues and transports them in your bloodstream.

As these toxins travel on their way to their ultimate destination where they will be eliminated, they can cause mild pain or discomfort in the form of an aching joint, or headache and so forth.

You may experience other changes in your body during a detox of any kind. When you start taking in natural food that is of a much higher quality, it triggers the start of a regeneration process in the body.

Part of this process may incorporate a slowing of the heart rate, which you may feel translates as a form of lethargy or inertia.

If this does happen to you, do not worry and do not give up. Just remember that they are the evidence of an exciting internal regeneration process, which on average may take about 7 days up to a couple of weeks, depending on the level of toxicity in your body.

Use this time as a gift - take advantage of it as a period of rest, let your body recuperate and get ready to continue improving its own tissues. You are growing lots of new cells and literally becoming a new person!

Don't be surprised if you feel a little tired.

Just remember – it's working!

Have patience and rest assured that experiencing minor ailments is just a temporary state of affairs. Take heart by trying to embrace these inconveniences as proof that your body is changing for the better, moment by moment.

Knowledge is power and forewarned really is fore-armed – now you can relax during your detox knowing that you are not getting ill or going downhill, you are simply regenerating yourself.

In fact, with a few simple, pleasurable additions to your daily routine, you can maximize the effectiveness of your juice detox.

Max Your Juice Detox

If you are going to the effort of planning and carrying out a juice detox, you certainly want to do it as thoroughly as possible, right?

All the more reason to pick up a few more good habits, which will detox you faster and deeper, for more, lasting benefits.

Enjoy a Sauna

As you may be aware, our skin is our largest organ and responsible for the elimination of toxins to a huge extent. Most of us appreciate our skin but we should also learn to love our sweat.

Sweat, or perspiration if you prefer, is an amazing substance when you think about it – it contains scientifically measurable amounts of toxins that have been safely removed from the tissues.

It therefore absolutely makes sense to sweat more, especially when actively trying to detox!

For thousands of years there has existed a basic philosophy of striving to enhance human detoxification.

The Romans had their grand and decorous public baths, the Turkish relished their baths or hammams, the healthy Scandinavian had their saunas, and the Native American tribes had their sweat lodges.

In modern times, saunas can be found in gyms and health clubs, or even private homes.

We know that saunas are good for us because essentially and at a primal level, they *feel* good for us. We can feel the poisonous waste being drawn from our pores and the heat warming our lungs.

Nonetheless, for most people saunas are a very occasional treat. Why don't we spending more solid sweating time?

One reason may be accessibility, but also some people find the high temperatures uncomfortable. They should be aware that there are now more low temperature saunas.

A typical sauna is anywhere from 160 – 180°F. Most people cannot stay in such a small hot room for more than 15 minutes. The less common “thermal chambers” are set to around 100 – 120°F, so you can realistically stay there for much longer and sweat more.

But where you choose to go is not the point, the point is depuration. Depuration is a fancy name for washing away toxins. The term is also used by fishmongers, when oysters, clams, etc., are rinsed with running water, to swill away toxins. The water essentially carries the toxins away.

Our sweat works in the same way.

Enjoy your time when you're in a sauna! Try doing a really good workout before you get in if you want to sweat more. Alternatively, go straight from the office and relax in the heat – the important thing is just to sweat!

Saunas can play a hugely important part of any detox regime. It will only boost your progress, so you have nothing to lose. If you have the time try doing it for 30 minutes daily, as part of your 7-Day Weight Loss Juice fast.

If that is too difficult, doing it once or twice during the week will also make a difference and make you feel good.

Just remember, sweating is extremely good for you. The more you sweat, the more pollutants are drawn out of your skin.

Learn to love depuration. However, make sure you remember to shower thoroughly afterwards, before you simply reabsorb them.

Dry Body Brushing

As the body's largest organ, the skin receives a third of all the blood circulated in the body. It follows that, when the blood is carrying toxins, they will be eliminated through the skin, a major organ of waste elimination.

So, taking care of this organ makes sense if you care about your health.

The benefits of dry skin brushing include:

Increasing the circulation to the skin, which is reported to reduce the appearance of cellulite. Cellulite is not just unsightly in appearance, it is lumpy-looking toxic material which has accumulated in the body's fat cells.

While there are some creams that claim to improve the appearance of cellulite, none of these expensive unguents has been widely proclaimed to be undeniably effective.

Dry body brushing on the other hand is relatively inexpensive – you just need a brush and a little time each day. The brushing helps shed dead skin cells and actively encourage the renewal of new skin cells.

This results in new skin, which looks smoother, brighter and clearer. As an added bonus, dry skin brushing may also help rid the body of annoying ingrown hairs.

However back to the main point – detox.

Dry skin brushing helps to greatly improve vascular blood circulation and lymphatic drainage. It releases toxins and promotes the discharge of metabolic waste. This means that after some dry brushing the body can function more effectively.

The nervous system benefits too as the process of running over the skin with a dry brush stimulates nerve endings in the skin – that's the lovely tingling feeling.

As if that were not enough, the act of dry skin brushing has been found to improve muscle tone and redistribute fat deposits more evenly, getting rid of that 'bumpy' appearance.

Furthermore, dry skin clogs pores and therefore helps your skin to absorb nutrients in a far more efficient manner.

For anyone who is serious some pleasant detox assistance, simply get into a routine of dry brushing every morning before your shower or bath.

It is very easy and you don't need to sign up to some exclusive spa to enjoy this health treat. All you need to do is buy a natural bristle brush (not one made from nylon or synthetic materials).

Make sure that it has a long handle, since that way you will be able to reach all areas of the body.

Here's exactly how you do it:

Set some time aside before you plan to have a bath or shower.

Take the brush and work in gentle circular, upward motions, followed by longer, smoother strokes.

When you brush, always begin at your ankles and work in upwards movements towards the heart. There is an excellent reason for this - the lymphatic fluid flows through the body towards the heart, so it's important that you move the brush in the same direction.

The only exception to this rule applies to your back. Brush firmly from the neck down to the lower back.

After your ankles, slowly move up to your calves and knee area, thighs, stomach, back and arms. Don't brush too hard over the softer and more sensitive skin around the chest and breasts, and make sure that you never brush over inflamed or broken skin, sunburn, or skin cancer.

After you have given your body a thorough brushing make sure that you do then have a shower to wash away the dead skin cells and released toxins.

If you would like to invigorate the skin even more and further stimulate your blood circulation, then alternate the temperature of the shower, turning the

control from hot to cold as you wish.

After you have showered, do apply a lovely nourishing moisturizer. Keep it unfragranced and natural if you can (otherwise what was the point of the detox?).

Try pure cocoa butter, or coconut oil; argan oil is great for problem areas like scars or stretch marks. Then – your skincare work is done. A little friction, washing, temperature change and hydration can work absolute wonders!

Keep doing it and you could considerably lower you levels of toxicity, which is good for your health in a wide variety of ways.

But if you are going to the trouble of juicing, along with saunas and a bit of dry skin brushing, what exactly is there to gain from a juice detox plan?

The Benefits of a Good Juice Detox

There are many reasons why you will look and feel amazing after detoxing. A proper juice detoxification program is the health gift that just keeps on giving!

With this 7-Day Weight Loss Juice you will:

1. Enjoy a Great Energy Boost

The vast majority of people feel far more energetic after they have been on a really good juice cleanse diet. So many of the less healthy foods that we take in every day clog up and hamper our systems.

This is an incredibly common modern problem and stopping the flow of sugar, trans fat, saturated fat, caffeine and alcohol and instead filling up with only what our body needs and loves - including lots of that all-important water is - the best thing we can do for ourselves.

Plus it really is enjoyable to feel zestful and full of energy. Juicing lovers say that it is a wonderful feeling of the most natural, healthy, ‘high on life’ kind. No wonder more and more people are trying juicing for themselves!

2. Get Rid of Excess Waste

Detox allows the body to release excess waste, which is clearly the primary

point of detoxing.

After an effective detox, the liver will be able to work more effectively and with added vigour, as will the kidneys and colon, which means your body will be able to purge itself of harmful toxins.

It is essential to keep the toxin load in your body as low as you can if you want to remain in the best health. High levels of toxins have been associated with all kinds of digestive and other disorders, or even severe illnesses such as cancer. A great juice detox like this one will reboot your toxin-elimination system extremely well.

3. Lose Weight, Naturally

We have looked at why juicing helps with weight loss in a natural, rapid, safe and effective way. However, looking beyond your 7 days of juicing pleasure, you are likely to want to enjoy continued good health.

That is why we use the term ‘reboot’ – it can be a new start and a brilliant way to change old habits.

Make the most of your 7-Day Weight Loss Juice experience by also using all that new-found energy to move around more – walk, dance, work-out and you’ll feel fitter than ever and the weight will stay off.

4. Strengthen Your Immune System

With major organs like your liver and kidneys functioning better and with toxins being released, your body is better able to absorb critical nutrients.

One of the most important is Vitamin C, which is vital for your immunity. Also, dark green vegetables, ginger, oranges and lemons are among the natural foods which help to cleanse the lymphatic system.

Lymph is a colorless fluid, which contains the immune cells, which protect the body, so it is vital to your health that your lymphatic system functions properly.

5. See Your Skin Glow

As your body’s largest organ, your skin is extremely important – it both supports and reflects your condition of health. A vital function of the skin is

that it allows us to sweat and this is another way that we get rid of toxins.

You may wish to enjoy a sauna as part of your detoxifying regime, in order to sweat out those toxins as much as possible.

As a result of your 7-Day Weight Loss Juice, you are likely to notice your skin looking clearer, smoother and more glowing. Detoxes of this kind can also improve conditions like acne or eczema in some instances.

In fact, detoxifying may cause your skin to itch a little at first, but this will pass. The glow, however, will last for as long as you keep your fruit, veg and water intake at beneficial levels, which includes making them a key part of your daily diet after you stop juicing.

6. Change Your Dietary Ways

We all love a new start now and again. Rebooting your health with a detox can mean the start of a whole new era for the way your body looks and feels.

When you do something every day it can become somewhat automatic, even if it is harming your health and happiness. It can be incredibly hard to break those ties to sugar, alcohol, and fried foods and starch overloads.

A juice cleanse gives you permission to start afresh with your diet, in every sense. Rather than just ‘give up bad foods’, you are gaining delicious, nutritious, new habits that could easily last a lifetime. In fact you will feel so good, you will want them to!

7. Think with a Clear Mind

One of the favorite benefits reported by juicing fans is a much sharper, clearer mind.

This makes sense – think about how your mind feels after you eat a sugary piece of cake or too much pasta.

A sluggish body is never the best way to encourage lively thoughts. On the other hand, spring-cleaning your body will almost certainly encourage your mind to feel brighter too.

The removal of toxins and addition of nutrients really does boost every area of your health. Plus you should be brilliantly hydrated, which is far better for

concentration.

8. Love Your Lustrous Hair

Every cell in our body is affected by our nutrition and that includes our hair.

The strand beyond our scalp is effectively dead, as all the growth is in the follicle, so keep it thriving with a detoxing regime. Some people say that after a juice cleanse they can feel the difference in their hair as it becomes softer, shinier and it grows quicker.

Lustrous hair is a good indication of top-to-toe health.

9. Lighten Up

This does not necessarily mean your mood, although that often happens too – it refers to that lovely light feeling that you have on the 7-Day Weight Loss Juice plan.

It makes complete sense – you are ridding your body of excess waste and toxins, your good hydration may have cured any constipation, you are not stuffing your body with heavy foods AND you are losing weight.

Little wonder you feel lighter!

The trick is not to panic and misinterpret the feeling as ‘empty’ or ‘hungry’ – you will be absorbing everything your body needs to thrive and no more. Enjoy the feeling of no longer being weighed down – the sky’s the limit!

10. Look and Feel Younger

Aging is caused by various factors, including the damage done to the body by free radicals.

By boosting your intake of antioxidants, you are combatting the process that results in the visible signs of aging, such as wrinkles and coarser skin.

But the anti-aging benefits are not simply cosmetic - you can, of course, very directly affect your lifespan through your diet. We all now know that a diet, which consists of eating large quantities of fried food, is likely to result in a shortened lifespan for most people.

By the same token, a highly nutritious, low toxicity lifestyle that involves some regular physical activity is one that will not only result in you feeling your best, but also living longer.

11. Breathe Fresher

Bad breath can have several causes – but detoxing may really help.

Living without eating spicy, greasy foods, drinking alcohol or coffee (and of course not smoking) is bound to do your breath a real favor. However, there is more to it than that.

If you have bad digestion, or a sluggish colon, it may directly impact on the freshness of your breath.

Get everything moving nicely with a thorough detox and, after a possible couple of days when it may worsen due to toxins being expelled, your breath will noticeably benefit.

12. Feel a Profound Sense of Wellbeing

You should never underestimate the power of detoxing with juice. As well as the countless great things it will do for your body, it is also excellent for the mind and soul.

Many juicing fans report both greater energy and a profound sense of wellbeing, which has a positive impact on all other areas of their home, work and love lives. Feeling incredible – light, bright, hydrated, healthy, regular and perfectly nourished - can lead to great things.

In fact, it can ultimately lead to a far better life in every way... so there is no time to waste – let's get ready to juice!

Did You 7 Day Juicing Cleanse & Detox for Weight Loss?

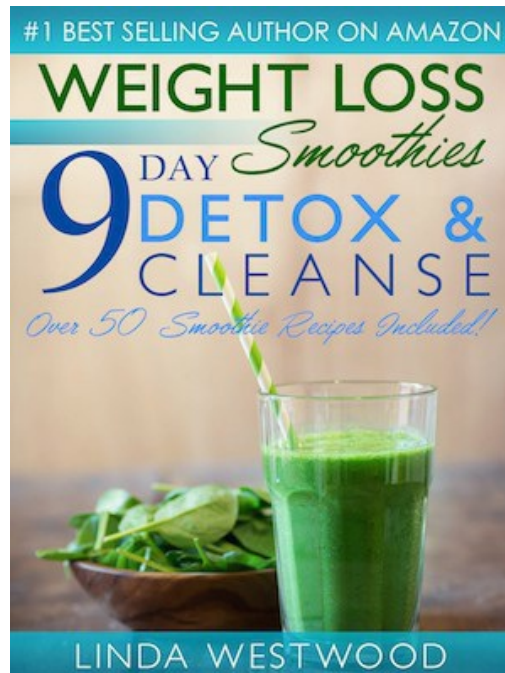
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Sneak Peek

9 Day Weight Loss Smoothies to Cleanse, Detox and Lose Weight!



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Who is this book for?

Do you need a *strong* kick-start with your weight loss?

Are you constantly feeling tired and unhealthy throughout your day?

Do you just wish that your fat would just fall off *effortlessly*?

If you answered “Yes” to any of those questions – **this book is for you!**

I am going to share with you some of the best smoothies that will change your life!

I have put it all together in this awesome 9-Day Smoothie Cleanse plan that is set up for you to lose up to 17 pounds in just 9 days!

The best part about is that you don’t even have to do any exercise!

You can be a complete beginner or someone who works out regularly, it doesn’t matter!

If this sounds like it could help you, then keep reading...

What will this book teach you?

Inside, I will teach you one of the best 9-Day Smoothie Cleanses that will not only boost your weight loss, but also clear both your mind and body!

You will feel the healthiest you have ever felt – have the most energy you have ever had – and the fat will be melting *effortlessly!*

How?

Because you're going to consume a very healthy smoothie plan that specifically plans out when your body needs certain nutrients – and then gives them to you in those smoothie recipes.

In this book, I give you the plan right in front of you that will change your life – all you have to do is follow it!

One of the most important things for you to realize when reading this book is that this smoothie cleanse *really does work!*

However...

For you to achieve *real success*, you HAVE to apply this to your life.

This is where most people fail – they read through the entire book but do nothing.

You MUST try your best to apply as you read through the book!

Chapter One: What is the 9-Day Smoothie Cleanse?

This is going to be quite unlike any fast or cleanse that you have been on before.

Conventional wisdom holds that you need to eat a lot of fruits and vegetables but says that all fats, protein and dairy need to be excluded.

Whilst this does seem to make sense, it is not actually all that accurate.

Studies have indicated that the body can benefit from short periods of intermittent fasting. Fasting for two or three days, however, does not count as a short period.

If you are lactose intolerant, then you may benefit from cutting out dairy products, but there is no scientific reason to stop eating healthy fats and proteins.

In fact, you may even be harming your health by doing so, especially if you fast for prolonged periods of time.

The 9-Day Smoothie Cleanse allows you to enjoy the best of both worlds. Your gastro-intestinal track gets a bit of a break because the food is already mashed up and your whole body benefits because of the flood of high quality nutrients you are getting.

In one way, the cleanse is the same as the more conventional fasts – junk foods, highly processed foods and refined foods are off the menu.

You are also not allowed to consume anything that has refined sugar in it and cannot have coffee or normal tea.

It's not all doom and gloom for you java junkies though – you are allowed to drink green tea and this does have some caffeine in it.

It may not give you as much caffeine as coffee but it can still give you a healthy buzz because it is loaded with antioxidants.

You are going to replace them with food that is bursting with flavor. The advantage here is that the plan is designed so that you get maximum detox benefits without needing to starve yourself or having to rely on unsatisfying vegetable broth to help you get through the day.

Protein and healthy fats are an essential part of any eating plan. If your body does not get enough protein from the food you eat, it starts to use the protein stored in your muscles.

Fat, unfortunately, has the opposite effect – if you are not getting enough, the body will minimize its usage of fat and try to store any fat that it is receiving.

From this standpoint, it is difficult to see why anyone fasts at all. It is too much of a drastic measure, especially when you can get much better results by just doing the smoothie cleanse.

The key is in using quality ingredients in your smoothie and by mixing up the recipes a bit. Even though you have to have at least one smoothie a day, it need not always be the same recipe.

The proponents of fasts make it sound as though your body is completely inefficient when it comes to getting rid of waste. The truth is somewhat different – your body is busy detoxing itself right now.

Because of our typical modern lifestyles, this process may not be as efficient as it should be – we pile toxins into our bodies all the time.

A good analogy is a tennis player playing against one of those machines that automatically lobs the ball. Initially, the player manages quite well because the balls are not lobbed as fast.

After a while though, the balls keep coming faster and faster and our tennis player is getting more and more tired. He will get to a point where he gets overwhelmed unless someone steps in to help him.

To continue this analogy, the plan acts as an assistant for the player – reducing the speed of the ball machine and also helping the player by catching balls that he missed.

This plan basically works with your body to make the detoxification process more efficient by reducing the toxic load on the body and by providing your internal organs with the support that they need to function at full speed.

It is this process that helps you to lose up to 15 pounds in 9 days.

Chapter Two: Do Smoothies Really Work?

There has been a lot of press in the last few years about the benefits of drinking your nutrients in the form of smoothies and juices.

There are those that say that juicing is lot better and that it will help you to lose weight.

There are those who say that you have to eat “real” food and cannot “drink” your meals.

Others say that smoothies are too high in calories.

The truth lies in the middle ground – with smoothies, you are drinking your food but you are still getting all the fiber that you would have in the “real” food.

Most people actually start getting the right amounts of fiber for the first time in their lives because smoothies can be loaded with healthy foods and still taste good.

Smoothies do tend to have a lot of calories in them, but this is only if you make them incorrectly.

If, on the other hand, you follow the recipes in this book and you make them with the right ingredients, you will find that they are low-calorie recipes!

Remember that your body does need lots of calories a day to sustain it – the big problem with fad diets is that they reduce the caloric intake to such an extent that your body feels as though it is starving and holds onto any calories that it can.

That is one of the reasons why you often gain weight so soon after going on one of the fad diets.

Super Smoothie to the Rescue

This is where smoothies come in.

You add a whole fruit or veggie into a smoothie – and this will maintain its already high fiber content!

The blending does break down some of the fiber content but, on the whole, you are still getting your daily dose of fiber and the impact on blood sugar levels is not nearly as great as in the case of, say, store-bought fruit juice.

You will get enough of each type of fiber – soluble and insoluble.

Soluble fiber is absorbed into the blood stream and helps to mop up excess LDL cholesterol, keeping your heart healthier. Oats are a great source of soluble fiber and that is why you will see them in some of the recipes.

Insoluble fiber is just as important – it makes you feel fuller for longer and it is essential for the health of the good bacteria in our guts; it helps the food move as it should through the digestive tract and helps you stay regular.

Vegetables and fruits contain some insoluble fiber and some soluble fiber.

Let's face it - nature wants us to eat fruit and veggies whole.

Smoothies offer a bit of a compromise – you get adequate fiber and a shot of vitamins and minerals in quantities that are closer to what nature originally intended, in a convenient liquid form.

Your average smoothie contains about the same amount of food that you should be eating in terms of a healthy, natural diet.

The high levels of nutrients in the smoothies give your body what it needs to repair itself and so you will find that cravings go away.

The fresh ingredients in the smoothies are packed with antioxidants and so will help to fight the signs of aging and inflammation.

They will also help to flush toxins out of your system.

Additionally, you won't really feel as hungry as you used to because smoothies are very filling.

You can even tailor the types of smoothies that you drink so that you get the optimal benefits for your own personal condition – do you have a lot of problems with inflammation? Make sure you add plenty of nuts and seeds.

Need to get rid of gout? Celery is great at balancing the levels of uric acid in your system.

Smoothies taste good, are easy to prepare and fit in perfectly if you need to eat on the run.

They are the perfect way to lose weight – you just need to put the right ingredients in.

Chapter Three: Starting Up

Getting Your Head Around the Concept

Being mentally prepared is the key to success.

You are going to completely upend your diet and, initially at least, this is going to mean some adjustments.

Let's face it; you are going to be in for some discomfort – no change that is worthwhile is completely painless.

That said, the discomfort is not going to be as extreme as it would be if you were fasting – you are still getting all the food groups that you need.

For those coffee junkies out there, this will be a little tough but that is why we have included green tea as well.

You can drink up to 3 cups of green tea a day and, because of the caffeine content of the tea, caffeine withdrawal will not be as pronounced.

The tea should have no milk in it and should be sweetened with stevia or a little honey.

It is because of the symptoms of detoxing that I advise starting over a weekend.

By Monday or Tuesday morning you will be feeling a whole lot better – you just need to get through the first weekend.

The Epsom salts baths will also help to soothe the aches and pains and to speed up this initial detox period so that will help as well.

Any discomfort that you undergo is going to be short-lived anyway. Keep that in mind and you'll get through it.

Smoothies are Complete Meals

We are used to looking at smoothies as a nice side beverage. Consequently, we tend to look at a plan like this one and think that we are going to starve. What must be remembered is that smoothies are real meals.

With this plan, the smoothie recipes have been carefully chosen to provide a balanced meal.

You get enough fiber to help you feel full and the nutrients provided will give a smooth supply of energy without the spikes and crashes that make you feel ravenous.

Preparation of Food

Set aside some time to look out for good, healthy fruits and vegetables.

Go to your local farmer's market nice and early in the morning to get the best selection of fruits, vegetables and herbs.

It is best to try and get locally grown, organic produce. Also look for products like raw milk, kefir, farm butter, etc.

These usually taste a lot better than the store bought varieties and are a lot less likely to be laced with chemicals and preservatives.

If there is an organic farm nearby, find out whether or not they deliver vegetable/fruit boxes – many of the organic farms offer to deliver to your home or office and they make up a box of the fruits and vegetables that were ripe and ready for harvest.

Remember that organically grown produce may not look as perfect as the stuff that you find in the stores.

The upside is that it probably hasn't been subjected to a lengthy storage process and long cold-food chain. The imperfections are a sign that the produce is natural and good for you.

Don't be afraid to try different combinations – as you will see in the recipe section, there are a lot of different options – white beans in a smoothie, for example, make it creamier.

Kefir provides a great source of protein and calcium but also provides valuable probiotics as well.

Switching up the base fruit, the other fruits and the fats used is important because it gives you access to a much wider variety of nutrients.

Prepare as Much as Possible

If the morning is a mad rush for you, you might want to consider getting up 15 minutes earlier so that you have a bit more time.

You can, however, also cut back on the time needed to make your smoothies every morning as follows:

- *Keep all the necessary ingredients together* – set aside space in the kitchen cupboard to keep all of your smoothie spices, nuts and seeds together.

You can even make little packs with the right amount of nuts, seeds and spices for one smoothie in each.

- *If you want to, you can chop up your fruit and vegetables the night before, put them in an airtight bag and freeze them.*

This saves you having to put ice in the smoothie and saves time in the morning.

- *When you have to grind seeds, like with flaxseeds, it is best to do that just before you are ready to use them.*

You can, however, measure out how much you need and get it ready in the grinder, or for those of us less technically inclined, in the mortar and pestle.

- Plan the day ahead and think about what smoothies you are going to make the night before you make them to ensure that you do have all the necessary ingredients before you start to prepare your smoothies.

What You Will Need

You need to start off with a good blender.

It doesn't have to have every bell and whistle, but get the best quality that you can afford.

Here are some things that you should consider:

- **How powerful the motor is** – You want a bit more of a powerful motor here because you will be chopping nuts and ice. Look for motors that are 500 watts and up.
- **How easy it is to wash** – Ideally, you should be able to disassemble the blade attachment and the actual jug of the blender from one another to be able to properly clean it out.

This is pretty important – if the blender is tough to clean, it could end up being more trouble than it is worth to use it.

- **The strength of the jar** – I have used blenders with plastic jars and those with glass jars. In my experience, the glass one stands up better over time.
- **How many speeds it has** – With blending, you need only three settings – Pulse, and two different blending speed buttons.

My blender has these settings – I usually only use the lowest speed. Occasionally, when a piece of fruit or vegetable is being stubborn, I use the pulse setting.

There are blenders out there that have several speed settings – this makes no difference, even my old, clapped out blender can blend a smoothie in less than a minute.

Tips for When You Are Making Your Smoothies

- Always put the fruits, veggies, nuts and fillers in first and ensure that there are no pieces bigger than a golf ball. This ensures a nice smooth result.
- Add in the liquids.

- Secure the lid and blitz for about half a minute.
- Check to see that everything got blended and make sure that there are no bits of fruit that got stuck under the blades.
- If you are adding any protein powders or spices, add them now.
- If you plan to add ice blocks, now is the time. Add them no more than two at a time, at most.

Check the manufacturer's manual ahead of time to ensure that your blender can handle ice. If you have added in frozen fruit, you can skip the ice. Consider adding frozen fruit or ice, especially when the weather is warm, it takes the smoothie up a notch if it is ice cold.

Check the consistency of the smoothie – if it is too thick, add more ice or water; if it is too thin, you can add more fruit or filler.

Chapter Four: Game Plan

How to Use this Book

The smoothie recipes in this book have been broken up into Breakfast, Lunch, Dinner and Mini-Smoothies, each with their own chapter.

Every day, replace your Breakfast, Lunch and Dinner with a smoothie from the appropriate section.

If you find that you are feeling hungry between meals, choose a mini-smoothie and have that.

In the mini-smoothie section I have also included smoothies that are good for specific health complaints like colds and flu, gout, etc.

All mini-smoothies can be converted, in need, to full smoothies – just check what you need to add in terms of the guidelines and go from there.

If you do convert it, it needs to count as a full meal.

The rules for this cleanse are simple – you must have three full smoothies a day, one of which must be a green one; you may have one mini-smoothie between meals if you are really hungry; you need to drink a minimum of 8 glasses of water and three cups of plain green tea a day (if you miss your coffee).

I recommend that you have your green smoothie for breakfast but you could switch it for lunch if you wanted to. Most of the smoothies can be switched to different times of day.

One word of caution though, be careful when it comes to switching out the evening ones – the breakfast and lunch smoothies have been designed to provide more energy than the dinner ones have.

If you decide to have a breakfast smoothie for dinner, make sure to have it at least 4-5 hours before bedtime.

Don't just dismiss a smoothie out of hand because of one ingredient – unless you have a specific allergy to it – try the smoothie first.

You'll be amazed at how different things taste when they've been whizzed

together.

Naturally, not every item in every smoothie will appeal to everyone.

If that is the case, you can do some substitutions when it comes to ingredients, based on the principles that I share with you below.

You can also feel free to add extra herbs or spices to the existing recipes if that interests you. Do not, however, add extra nuts or seeds as these are very calorie dense.

Once you start getting the hang of how to put together a smoothie, you'll have fun experimenting.

The Basics a Smoothie Should Have for Weight Loss

There are tons of recipes available but basically they all come down to a few ingredients.

Here is what every smoothie should have in it:

- The base – this is going to be something like water, milk, or non-dairy milks
- A serving of fruit for flavor
- A source of high quality protein
- Some veggies
- A source of healthy fat
- Some sort of filler – to make the smoothie more filling. Oats is an easy one to use.
- Optional extras like sweeteners, etc.

The Base

The base is what will bind the other smoothie ingredients together and what makes it more drinkable.

Some people use a base of plain water; others use milk, yoghurt or dairy alternatives.

Coconut water and milk are just some of the alternatives that you can consider.

Experiment with different bases to see which ones you enjoy best and which ones work best for you.

The best news?

Low-fat is now being shown to be bad for you so use the full-fat versions instead.

As long as there is no added sugar in the milk you are using, it is good for you.

Almond Milk

Make Your Own Almond Milk

It is always better to make just enough to keep you going for a couple of days.

You will need:

- A blender
- Something to strain the milk with
- A container to keep the milk in – preferably airtight
- 500g almonds

- 3 cups of water for every cup of almonds used
- 5ml vanilla essence

Soak the almonds overnight in the water.

In the morning, whizz them up in the blender.

Strain out the almond meal and put to one side.

Mix in the vanilla essence and your milk is ready.

I add about a third of the almond milk back into the smoothie and keep the rest in a covered container in the refrigerator.

You will use about a cup or two of the milk per smoothie, depending on what other ingredients you are using as well and also depending on how thick you want the end result to be.

You can also use the milk as a healthy dairy alternative. Use as is or reduce the amount of water added in order to get a creamier result.

Bonus Tip: The almond milk makes a nourishing, cleansing skin mask.

Apply to skin while still damp and massage a little.

Leave on for about 10-15 minutes before rinsing off. Almond oil has long been used in cosmetics to nourish dry skin. The almond milk also exfoliates the skin, leaving it smoother and soothed.

What About Milk?

You can always, if you want to, use milk or yoghurt instead of almond milk.

The almond milk has got more nutrients and will give you more energy but it is not always a practical idea. If you are rushing, you can use normal milk or yoghurt to thicken the smoothie.

The milk, yoghurt or almond milk makes up the base and also the protein content for the smoothie. This will help to slow the absorption of glucose into the blood stream so do not skip this step.

If you are going to use milk, add in the same quantities that you would for almond milk.

If you are using yoghurt, the end result will be creamier and thicker so be sure to compensate by adding extra water.

Do use natural, unsweetened yoghurt and steer clear of any flavored yoghurt – the trick with the smoothies is to make them as healthy as possible and this means avoiding added sugar.

Another alternative is to use a milk product called Kefir.

Buy Kefir made from cow's milk NOT goat's milk.

The one from cow's milk is a lot subtler and you will not taste it in your smoothie. The goat's milk one tastes and smells awful, I don't care how good it is for you (my opinion).

If you have access to raw milk, you can use a little left over Kefir to start your own batch.

You just sterilize a jar and let it cool, add about 2 cups of milk and about ½ a cup of kefir.

Put it in a cool dark place for about three days until it resembles what you'd originally bought and then store it in the fridge. (It will stay okay for about a week or so once in the fridge).

Coconut Water or Milk?

It may sound odd to speak of adding coconut water or milk to a healthy smoothie – we have all been led to believe that coconut milk has a high fat content.

That is very true but it is also true that it is a high quality fat that our bodies can put to great use.

Coconut water has high levels of electrolytes and essential nutrients.

Coconut milk is extremely nourishing and tasty.

Make Your Own Coconut Milk

As with almond milk, make enough to last at most three days.

- 1 cup dried coconut – no sugar please
- 3 cups boiling water
- Pinch of salt
- Cheesecloth or tea towel to catch the bits
- Strainer

Place the coconut into the water and leave it to soak for at least 10-15 minutes.

Blend until as smooth as possible and then place in the tea towel/cheesecloth into the strainer over a bowl.

Let as much of the liquid drain through as possible and then squeeze out the rest.

Keep the bit left over to either add to smoothies as extra filling or use when baking.

Fruit is Served

Adding fruit into the smoothie is about more than just adding nutrients, it is also about adding flavor.

The fruit adds a touch of sweetness that makes the smoothie taste a whole lot better. (This allows you to sneak in those other veggies that you are not that keen on).

What you do want to be careful of is adding too much fruit because it has a lot of sugar in it.

You need to be careful about the G.I. of the fruit that you decide to add – you may add one serving of fruit with a high G.I. and one with a lower G.I.

Generally speaking, the sweeter the fruit, the higher the sugar content is.

You can add whatever fruit you like – it is pretty much all good for you, as long as you watch the serving size.

Try to stick to fruit that is in season – it not only tastes better but tends to be fresher and more nutritious as well.

If you are really battling to find good fresh fruit, frozen will also be okay.

Dried fruit is out completely – it has a lot of fiber but too much sugar that goes with it.

Fruit in the blender is easy – if you can eat the skin of the fruit, simply wash well, chop into quarters, remove the stone, if applicable, and throw into the blender.

You don't need to peel or core the piece of fruit.

In fact, adding in the skin is much better for you anyway. I also don't worry too much about coring the fruit or getting rid of the pips inside.

They really don't make that much of a difference anyway so you don't need to waste your time removing pips.

Do, however, remove fruit stones as these can damage your blender.

For this plan, you may add two servings of fruit at most.

Switch out the fruits that you use so that you get a variety of fruits and thus a variety of minerals.

If you want more variety, nothing is stopping you from adding 4 different half servings of fruit.

Freeze!

During summer, it is great to have a cold smoothie in the morning. Using frozen fruit can help make the smoothie taste good without you having to worry about diluting the flavor with ice.

If you are pressed for time in the morning, prepare your fruit the night before and freeze it so that it is ready the next morning.

Suitable Fruits for Smoothies

- **Berries** – fresh and frozen. It's a good idea to always have at least one tub of berries on standby in your freezer.

That way, if you are rushed in the morning or were unable to get fresh fruit, you still have options.

Berries are high in fiber and lower in natural sugars so they are a healthier option when it comes to blood sugar control. You could, for example, eat a whole tub of strawberries (no sugar added) without worrying unduly about spiking your blood sugar.

Blueberries are best in terms of anti-oxidant power so do have them at least once or twice a week if you are able to.

- **Bananas** – One of the stalwarts for a number of smoothie recipes, bananas are a great addition because of their sweet flavor and creamy texture.

They contain a lot of magnesium and can help you to sleep because of this. They also help fill you up. You should not, however, put more than one banana in because they are so full of sugar.

Bananas freeze rather well – do blend them while frozen though because they become very mushy when defrosted.

- **Pears and Apples** – Both fruits are great for making smoothies with. They add flavor, fiber and nutrients without adding too much sugar.

- **Pineapples** – Pineapples are the only dietary source of Bromelain, an enzyme that is known to aid the digestion, help alleviate inflammation and pain and assist in the treatment of arthritis and rheumatism.

If you have an upset stomach, add pineapple to your smoothie – it will help.

- **Grapefruit and Lemons** – Grapefruit and lemons are great for weight loss. Try to use a non-dairy base if using these two fruits as the juice may curdle milk or yoghurt.

Grapefruits have been proven to be an effective weight loss tool – they stimulate the fat burning mechanisms within the body.

- **Coconut** – Coconut milk can provide a very creamy flavor to the smoothies and will help you to feel fuller. Alternatively, add pieces of fresh coconut, desiccated coconut or even coconut oil.

Coconut can boost the action of the liver and so is helpful in detoxification. In addition, the fruit is very high in nutrients and fiber.

- **Pomegranates** – These are one of nature's super foods. They are rich in nutrients and have been shown to have appetite-suppressing effects.

They have also proven useful in reducing the levels of LDL cholesterol in the blood and in helping the body detoxify.

- **Mangoes** – Mangoes are great in smoothies. Do restrict your intake to one a day though as they are high in natural sugars. That said, they are very high in Vitamin C and help create a creamier, sweeter smoothie.

Smoothies are ideal for mangoes – eating the fruit as is can be very messy and can cause sores to form around the mouth. Adding them to a smoothie solves both of these problems.

- **Papayas** – Papayas also have their share of natural sugars but are not as bad as bananas and mangoes. They also stimulate the digestive enzymes and thus help the digestive tract along.

These fruits are also high in Vitamin C and taste great. Do make sure though that the papaya is properly ripe before eating it – if it is green it can cause a running stomach.

- **Passion Fruit** – The pulp inside is full of flavor and full of Vitamin C. These make great addition to both the taste and appearance of the smoothie.

If you cannot find the fresh fruit, you can, in this instance use canned, as long as there is no added sugar or preservatives.

Bonus Tip: When it comes to the peels that you cannot eat, don't just throw them out. You can make yourself a quick beauty treatment.

Wash your face and then rub the inside of the banana or papaya peel all over. Leave for a few minutes before rinsing off and you'll have given your skin a boost.

If you are liking these tips so far, *you must* check out my 97 weight loss tips that are available to you [right here!](#)

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A Source of High Quality Protein

Protein is essential in this plan – it helps you to feel fuller for longer, helps in the building of lean muscle mass and revs up the metabolism.

You should eat a serving of protein with every meal. Your base will provide some protein content, but you need more than that.

Whilst it is tempting to turn to a protein powder, this is not the best idea if you want to lose weight. Rather stick to natural sources of protein such as nuts, seeds and yoghurt.

Alternatively, you can look to adding in more nuts or seeds to increase the protein content significantly. Chia seeds, for example, have very high protein content.

Tofu also provides a nutritious alternative to more traditional protein sources, especially if you are lactose intolerant or are allergic to nuts.

Get Your 5 Veggies A Day

The biggest benefit when it comes to smoothies though is that you can throw in just about anything when it comes to vegetables.

Because the ingredients are blended up, the taste is masked. This is great for those who are not fans of vegetables.

You can choose any vegetable as long as it can be eaten raw. Choose the freshest vegetables that you can find – if possible, grow your own.

All you want to have to do by way of preparing the vegetables is to scrub them clean and add them to the smoothie. With vegetables especially, most of the fiber is in the skins so if you peel them you will be missing out.

Do try to vary the types of vegetables that you use from day to day and try to get a good mix between different types of vegetables for maximum nutritional benefit.

If you really want to, you can steam the vegetables lightly before adding them. It is really best to eat them raw though.

Sprouts

When it comes to life giving nutrients, there is little that can compare to sprouted seeds.

It is well worth considering sprouting your own seeds as an additive to your smoothies, especially when you are eating green smoothies.

Sprouting is easy – all you need to do is to soak the seeds overnight, drain the water off and place them in a glass jar.

Place a piece of muslin over the opening of the jar and leave the sprouts in a dark, cool place.

Rinse with water every morning and evening. In a few days time, they'll be ready to eat. You want to eat them when the roots and stalks are about 1cm long.

Once you have harvested them you can store them in an air-tight container in the refrigerator. Stored in this manner they have a shelf-life of about a week.

Be meticulous about rinsing the sprouts properly – if you don't, they can

attract mold and fungus.

If you detect a sour smell or there seems to be fungal growth, discard the sprouts. With practice though, that will seldom happen.

Once you really get the hang of it, you'll never be without sprouts again. To make it even easier, you can use sprouting trays in place of the bottle.

Also always be sure to buy seeds meant for sprouting. Seeds packed for planting are not suitable as they are usually chemically treated.

The Benefits of Sprouts

- Sprouts have hardly any calories and lots of fiber. They bulk out your smoothie without adding significant amounts of calories. Sprouts can be very filling foods.
- Their flavor is quite different from that of the vegetable that they will grow into – it's a lot sweeter and a bit milder.
- They are a good source of nutrients and protein.
- They are alkalizing in the body – they help to reduce high levels of acid and thus contribute to the fight against inflammation.
- Eating them on a regular basis will help maintain your proper sodium balance and so also help to control problems with blood pressure.
- Sprouts contain digestive enzymes and also help to balance the blood sugar levels within our bodies.
- They increase detoxification by significant levels.

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What Sprouts to Use

- **Alfalfa** – Alfalfa is one of the most nutritious sprouts that you can grow. It is not by accident that it is so popular as cattle fodder and green compost.

It has high protein content and is packed with vitamins and minerals. Added to your daily smoothie it will assist in detoxification, act as a tonic for the immune system and provide a seeming limitless supply of energy.

If you are only going to choose one plant to sprout, it should be alfalfa. The roots of the alfalfa plant go deep into the soil – much deeper than in other plants and this allows it access to more nutrients than most plants.

The sprouts have a slightly sweet taste.

- **Barley** – Barley is extremely nutritious. Barley water has been used for centuries to treat a variety of conditions from stomach ailments to diabetes.

Sprouts added to your smoothie will help to soothe inflammation and irritation and alkalinize the blood. Barley is also good for reducing the symptoms of hay fever.

- **Fenugreek** – Fenugreek seeds are easy to sprout and have a more peppery flavor. Added to your smoothie, Fenugreek will help to soothe digestive upsets, balance blood sugar and cholesterol levels.

It is also a great additive for detoxifying and will help to boost immunity. It has a bit of a peppery flavor.

- **Wheat grass** - is high in nutrients and a great aid in detoxification. It will help give you energy, rev up the metabolism and will provide valuable anti-oxidants.

It is particularly easy to grow at home and sprouting wheat grass is particularly rewarding. Wheat grass is sometimes sweet and sometimes a little bitter. I don't think that I would eat it on its own though.

These are very rewarding plants to sprout – they grow incredibly quickly.

- **Sunflower Seeds** – When it comes to plant proteins, sunflower greens take a lot to beat. They have the complete range of amino acids that the body requires.

They provide support to the enzymes of the body and have amazing immune-boosting effects. These might not always sprout – it depends a lot on how old the seeds are – so don't be disappointed if they don't sprout.

- **Mustard and Radish Seeds** – These sprout really easily and add a bit of a peppery flavor. Also packed with nutrients, both of these greens will help to boost the immune system and help to detoxify the system.

If you feel you have a bit of a cold coming on, mustard sprouts will clear it up in no time.

Other Vegetables to Include

When it comes to vegetables for your smoothies, the only “rule”, as such, is to use the vegetables raw. That rules out vegetables such as potatoes and squashes but not too many others.

Wherever possible, leave the peel on – that is where a lot of the nutrients and fiber are. Scrub the vegetables well in need and simply chop them up roughly for inclusion in your smoothies.

If you are unsure about what vegetables to add, stick to vegetable staples like carrots, kale, etc. until you get the hang of things.

If you grow your own vegetables, or have a source at a farmers market, you can get vegetables that haven't been topped or tailed. This is great – you can add the greens into your smoothie as well for an extra boost.

Do use vegetables that are in season and as fresh as possible.

The beauty of the green smoothie is that it includes a wide range of things – the tops of carrots and beetroots, for example, can be just as healthy as the veggies themselves.

We usually throw them out because they don't taste as great. Blended into a smoothie, we barely taste them at all.

- **Kale** – Kale is similar in nutritional content to spinach but does not have the same high level of oxalates, making it the healthier choice for green smoothies.

The problem with oxalates is that they, if taken regularly, cause kidney stones. Cooking helps to rid the spinach of some of these oxalates. For better health, raw kale is the better bet.

- **Carrots** – Carrots are a wonderful vegetable – full of fiber, sweet tasting and chock-full of anti-oxidants.

Carrots make a great addition to any smoothie. Try using baby carrots for the ultimate in flavor and remember that you can also use the carrot greens in your smoothie as well.

- **Sea Vegetables** – Adding seaweed, etc. is a great way to source nutrients that we simply do not find in land vegetables.

The sulfated polysaccharides found in sea vegetables have anti-cancer, anti-thrombotic, anti-coagulant, anti-viral and anti-inflammatory properties.

You will also find them rich in various minerals such as zinc and

copper, in quantities that are not present in land vegetables.

- **Cucumber** – Cucumber is a nice filler and has cooling properties. It does also have a range of nutrients but the skin is where the highest concentrations are.

The skin is high in silica and Vitamin E. Cucumbers will also contribute to your daily Vitamin C quota.

- **Beans, Peas and Legumes** – Raw green beans and peas are great additions to your smoothie. They provide loads of fiber and nutrients.

You can also use chick-peas, beans or lentils, as long as they have been sprouted. If you just throw in plain lentils or dried beans, your body will not be able to digest them properly and they will cause stomach upsets.

To remember what can be added into this category, it is easiest to think about how you would prepare the legumes normally – if they need to be soaked before cooking them, they need to be sprouted before you can add them to the smoothie.

- **Lettuce** – Lettuce is not known as being a powerhouse of nutrients but it can help with the detox process. Where it is truly valuable, however, is in your dinner smoothie. It can help relax you and facilitate sleep.

Hey There Herb!

To really increase the potency of your smoothies, you are going to be adding in some herbs as well. It is really better, as far as possible, to add in fresh herbs, but dry herbs will do at a push.

You will typically add in about 1/3 cup of fresh herbs or about a teaspoon of the dried herbs.

Don't ever use more than a teaspoon of the seeds at any one time and always ensure that the seeds are crushed just before adding to the smoothie.

As is the case with vegetable seeds, only use seeds that are specifically meant to be used for culinary purposes.

Seeds meant for planting are usually chemically treated and not safe for consumption.

Do remember that herbs, whilst all natural, can be quite potent. It is not advisable to add more than the quantities quoted above unless you are under the supervision of a qualified naturopath.

Herbs are really easy to grow and don't take up too much space so there really is no reason why you shouldn't at least try to grow your own.

If push comes to shove, you can grow herbs in a pot on a sunny windowsill.

Benefits of Herbs in Smoothies

Herbs have all sorts of benefits and it will really depend on the actual herb that you use. Typically, they all contain nutrients and assist in detoxification.

Herbs can be great for flavor as well.

I am going to list some of the more common herbs used in smoothies to aid weight loss but do keep in mind that this is not an exhaustive list.

Do yourself a favor and read up more on the subject – it is well worth looking into.

- **Basil** – You can use Sweet Basil if you like for a nicer flavor. If you are looking for perennial basil, Sacred Basil is a good bet. (It does grow into a fairly big bush though so be warned.)

Basil has a myriad of benefits but primary amongst these is the ability to detoxify the system. Basil has anti-bacterial properties and is an excellent anti-stress remedy.

- **Celery** – Celery is a super herb when it comes to detoxification. It has strong diuretic properties.

It helps clean infections out of the bladder and kidneys and helps to

clear out uric acid in the tissues. (This helps to relieve symptoms of gout, rheumatism, arthritis, etc.). It acts as an anti-spasmodic, lowers blood pressure and is generally a good tonic for the system.

Warning: If you are pregnant or suffer from any renal complaints, you should avoid using celery on a regular basis.

- **Cilantro** – Cilantro helps with digestion and boosts immunity. It also has a whole range of vitamins and minerals in it.
- **Cumin** – Fresh cumin leaves or flowers added to your smoothie will help with the detoxification process.

If you are finding that you are uncomfortable during this process due to flatulence, a teaspoon of crushed cumin seeds in your smoothie will provide some relief. You need to either crush or chew cumin seeds to get the full benefits.

- **Dandelion** – If you have been putting your system under a lot of pressure due to over-indulgence, dandelion is a good option. It cleanses and supports the liver.

It has diuretic properties but, unlike similar herbs, also as high levels of Potassium to replace that which is lost during the process. It also has diuretic properties.

- **Fennel** – Fennel has a licorice flavor that is quite pleasing. You can add it to both smoothies for the first three days to really jumpstart the detoxification process.

It is a great additive if you have been overdoing the food and alcohol. Do give yourself a break of at least 3 days after using for three days though.

Either use 1/3 cup of the fresh leaves and flowers or a teaspoon of crushed seeds. Be prepared, it is a strong diuretic.

- **Mint** – The primary benefit of mint is as a digestive aid. Mint will ease an upset stomach and also help you to feel more alert. It can also help in the first few days to alleviate the headaches commonly associated with detox.
- **Parsley** – Parsley's primary benefit is as a diuretic and detoxifier. It is also packed with vitamins and is useful in the treatment of gout, flatulence, feverishness and high blood pressure.
- **Stevia** – Stevia is the ideal herb for those with a sweet tooth. It is extremely sweet and can replace sugar. Depending on where the Stevia is from, a couple of leaves can replace about a cup of sugar.

It is great for weight loss as it sweetens and satisfies cravings for sugar. It has a positive impact on blood sugar levels, blood cholesterol levels and blood pressure. It also helps fight tooth decay.

It is best to add only one or two herbs to your smoothie overall or you could risk overpowering the flavor that you have created. Do experiment with different flavors – the right herb can lift the flavor beautifully.

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Fat can help you lose weight!

Contrary to what we have been taught about fat, not all fat is bad for us. Your body needs fats to survive.

The trick is to eat the right kinds of fats – fats the body can use. Nuts and seeds contain monounsaturated fats and these have been linked to increased insulin sensitivity, better health and loss of body fat.

Fats added to your smoothie will give you essential nutrients and will help

you to feel fuller. They also add a satisfying creamy texture to the smoothie and help you to feel full for longer.

Here are some fats you can add:

- **Nuts and Seeds** - We have already spoken about the benefits of almonds and some of the benefits of sunflower seeds but here we are going to look at other nuts and seeds as well.

Nuts and seeds contain these fats and are packed with nutrients – vitamins, essential minerals, fiber and protein.

The problem is that most people can't just stop at a single serving and that is when the trouble starts.

Adding nuts and seeds to your smoothie instead helps you overcome this issue, allowing you to get the benefits without overindulging. You don't need to add a lot either, about a handful is enough.

- **Coconut Oil** - The fat in coconuts has actually been proven to shift the body's fat-burning mechanisms up a notch or two.

It is for this reason that people sometimes add coconut oil to their smoothies. (If adding oil, you need only add 1 tablespoon per smoothie to derive the benefits.) It also increases the satiety rating of whatever you eat meaning you can get away with eating less.

Coconut oil is considered the healthiest of all the fats.

- **Avocados** – These are one of nature's wonder foods and everyone should be eating them. Delicious, packed with nutrients, monounsaturated fats and fiber, avocados make great additions to green smoothies.

If you are only using half, leave the stone in the other half and place in the refrigerator. The stone keeps the other half from going brown.

- **Cream and Butter** – A tablespoon or two of either cream or butter adds

a great tastes and is super healthy – especially if the animals have been grass-fed.

Nuts to Add to Smoothies

- **Walnuts** - Fight inflammation. Walnuts have more antioxidants than any other nuts and so are great at fighting of the free radicals that damages the cells in our body.

They also have the highest level of Omega-3 fatty acids and have particularly high levels of Manganese.

They reduce inflammation in the body overall and this, in turn, can help in the fight against painful conditions such as arthritis. Reduced inflammation also means a reduced chance of developing the so-called lifestyle diseases such as Heart Disease and Diabetes.

- **Almonds** – Almonds have more fiber and Vitamin E than any other nuts.

A study published in the International Journal of Obesity found that the group who included almonds in their daily diet lost more weight overall than the group who didn't.

Almonds offer powerful benefits in terms of protection against developing Diabetes. One study found that eating almonds daily decreased LDL Cholesterol levels and insulin resistance and consequently decreased the chances of disease.

Almonds may also be good for the beneficial bacteria in your body. It is best if you can soak the almonds before use – overnight is ideal, if time permits.

- **Cashews** – Cashews shine when it comes to iron and zinc content. Iron is important in the fight against anemia and zinc is essential when it comes to your body's immunity against disease.

Cashews also provide significant amounts of magnesium – an essential mineral that most of us are deficient in.

Magnesium can help protect you against dementia and Alzheimer's and is necessary for good brain health.

- **Pecans** – Pecans are also rich in antioxidants and have been shown to not only reduce the level of LDL Cholesterol but also to help prevent plaque forming in the arteries.

The high Vitamin E content could also form a protective function in the brain, reducing the chances of developing diseases such as Lou Gehrig's or slowing their progression.

- **Brazil Nuts** – When it comes to Selenium, Brazil nuts are super stars. You can get your total recommended daily allowance from just one nut.

Selenium may help to protect you against developing some types of cancer. In some studies, selenium has been shown to slow the growth of cancer cells.

That said, you should not overdo it – getting too much Selenium can prove toxic to the body. Stick to one serving of Brazil nuts every other day to be on the safe side.

- **Macadamia Nuts** – Macadamias have a bad reputation for being fattening. They do have the most calories of all nuts but they also contain the highest levels of monounsaturated fats.

These fats help to reduce LDL cholesterol levels and can help in the fight against high blood pressure. Mix into a smoothie that contains cocoa for a pretty close to perfect chocolate taste.

- **Pistachios** – Pistachios are one of the least calorie dense nut so if you are worried about the calorie content, they are ideal. Pistachios have high levels of Gamma-Tocopherol – a type of Vitamin E especially useful in fighting cancer.

They also have a lot of potassium – vital for your central nervous system and the good health of your musculature system.

The B6 helps to improve mood and boosts immunity.

- **Hazelnuts** – Hazelnuts are rich in monounsaturated fats and Vitamin E making them heart healthy and very good for the skin.

Hazelnuts can help prevent deterioration of the eyes, and the development of dementia.

Seeds to Add to Smoothies

- **Chia Seeds** – These are said to be one of the Aztecs biggest secrets. They were especially prized for providing energy, improving stamina and for their ability to make the eater feel satiated.

Soak them in water overnight before adding to your smoothie and they become more like porridge than seeds.

They are high in calcium, folate, iron, magnesium, soluble fiber and omega-3 fatty acids. They help to balance blood sugar and reduce inflammation in the body.

- **Hemp Seeds** – Hemp seeds do not have the same active ingredient found in marijuana so you cannot get high from eating them. They do, however, contain high levels of complete proteins and Omega-3 fatty acids.
- **Pumpkin Seeds** – These are rich in iron, B vitamins, magnesium, protein and zinc, as well as essential fatty acids.

Most important for the dieter, however, is the high levels of tryptophan – the amino acid that is the precursor of serotonin. This helps to reduce anxiety overall and will help you feel better able to cope.

- **Sunflower Seeds** – Ever wonder why your parrot is so chirpy?

It's because he eats plenty of sunflower seeds. Sunflower seeds are full of B vitamins, Vitamin E, protein and Omega-3's.

- **Flax Seeds** – These seeds made a name for themselves as the best plant source of omega-3 fatty acids. There is so much more to them than that though.

They also have a lot of soluble fiber – great for helping you feel full and for reducing blood cholesterol levels.

They also contain lots of lignans – a substance thought to protect against some types of cancer.

Spice it Up

Adding spices to your smoothies will not only make them taste better but will also allow you to enjoy greater health benefits as well.

Spices are added in smaller quantities – a little goes a long, long way.

You can experiment with the different spices you have at home but there are a few spices that you need to try in at least one or two of your smoothies.

Spices to Use in Your Smoothies

- **Cinnamon** - Cinnamon is a powerful antioxidant, fights inflammation and has been scientifically proven to reduce levels of triglycerides and cholesterol.

That's impressive but not as impressive as its effects in terms of the regulation of blood sugar.

Cinnamon has been proven to reduce fasting blood sugar in diabetics by anywhere from 10% to 29%. That's a lot! All you need is to add ½ teaspoon to each smoothie daily.

- **Turmeric** – Turmeric has been proven to be an effective anti-inflammatory agent throughout the body. It is used in traditional

Ayurvedic medicine to treat upset stomachs and acid reflux.

For the best effects, Turmeric should be taken with a meal that has some fat in it. (Making it perfect for your smoothies.) It is also best to take a few peppercorns at the same time to enhance the absorption of the curcumin – the active ingredient in turmeric.

In addition, curcumin is a potent anti-oxidant and can help to slow down the aging process and also protect against lifestyle diseases and age-related diseases such as Alzheimer's and Dementia.

It is also showing promise in the reversal of the damage done by heart disease and in the fight against depression. You would add 2 tablespoons of Turmeric to your smoothie.

- **Cayenne Pepper** – Cayenne Pepper is a dieter's friend – the capsaicin content helps to boost fat-burning and to curb appetite.

You need to add about ¼ teaspoon to your smoothie to benefit. Cayenne Pepper revs up the metabolism and helps to speed up the lymphatic system. Blood circulation is boosted and it helps to regulate blood pressure.

It is anti-bacterial, anti-fungal, anti-viral and anti-inflammatory. You can substitute cayenne pepper for paprika in need.

- **Ginger** – Ginger is also great at soothing digestive upsets and at promoting the detoxification process. It has strong anti-inflammatory properties and may help reduce pain in the body.
- **Nutmeg** – Nutmeg imparts a nice flavor and has excellent anti-inflammatory properties. It is also said to be a potent aphrodisiac!

Fillers

If there is enough fiber in a smoothie, it is pretty filling. Sometimes though, it is good to add a bit extra filling to help make you fuller.

Choosing a healthy filler will further improve the benefits of the smoothie as

a whole.

Here are some examples of fillers that you could add:

- **Oatmeal** – one of my favorites and I always use it raw. They help to balance high blood pressure, blood sugar levels, high cholesterol, and boost the immune system.

They are packed with Vitamin B – vital for a healthy nervous system. They thus help beat stress. ½ to 1 cup of oats per smoothie will set you up with energy for the day ahead.

- **Oat Bran** – this is the outer kernel of the oat and is packed with fiber. It has a pleasant nutty flavor and is great if you need to boost your fiber intake. About a ¼ to ½ cup per smoothie is enough.
- **Cocoa Powder** – this helps to thicken the smoothie and is a great replacement for chocolate – in a banana smoothie, it makes it taste heavenly. Usually a couple of teaspoons will suffice.
- **Peanut Butter** – This is a multi-tasker of note. It can be a fat, a protein or a filler. 2 tablespoons is the maximum to add to a smoothie and do ensure that you get the sugar-free version.
- **Yoghurt, Avocado** – These all thicken the smoothie and act as good fillers.

Optional Extras

There are some optional extras that you might want to consider when making your smoothies – these can be used to enhance the flavor of the blend or to pack in more health benefits.

As with the other items, do try and get the best quality possible. Here are some optional extras to consider:

- **Sweeteners** – I would suggest that you try your blend before adding sweeteners.

Normally the fruit will sweeten it up more than enough. If you are using almond milk with the recipe I gave, the vanilla essence helps to enhance the flavor as well. That said, some smoothies need a bit of

sweetness.

Do try to go for natural sweeteners like stevia or maybe raw honey. Raw honey is a great anti-bacterial so can be a good choice. You could also use xylitol if you have it.

Steer clear of artificial sweeteners like aspartame and never use pure granulated sugar.

- **Salt** – A lot has been said about how we take in too much salt in general.

On this plan, the opposite is more likely to be true – by eating all natural foods, you will not be getting much in the way of salt.

Consider adding a pinch of salt to at least one of your smoothies every day. If you find that you start cramping, your body is asking you for more salt so increase your intake accordingly.

You can use good old table salt or Himalayan Salt according to taste.

- **Kelp powder or Spirulina** – Seaweed has a range of nutrients but it is not necessarily something that you have access to on a daily basis.

Adding a teaspoon or two of these to your smoothies helps you to get the benefits whilst masking the taste – they do not taste that great at all.

What to Expect from a Detox and How to Deal with the Symptoms

What you need to remember is that we tend to follow unhealthy lifestyles. Sugar and caffeine are two of the most common stimulants consumed today and there is a very good reason for that – they are highly addictive. Ever noticed how difficult it is to stop at just one piece of chocolate or cake?

That's because sugar acts on the same pleasure center in the brain that drugs do. If you were to look at a picture of your brain on crack, and then a picture of your brain on sugar, it would look the same.

Caffeine is not quite as bad but is still addictive.

You are probably going to feel as though you are coming down with the flu and will find that your cravings increase initially.

The good news is that as you carry on going, you will find that the cravings also diminish and you will start to feel better and stronger.

The only way to get through though is to stick to the plan strictly.

Rest, drink enough water and do not cheat.

Here are some other common symptoms to expect:

- **Breakouts** – It has now been established that there is no link between the fat that you eat and acne. It has, however, been established that fluctuating blood sugar levels can have an impact on hormones and, consequently, on acne.

During the first few days, your blood sugar is likely to fluctuate as your body gets used to the changes being made. This can cause your skin to breakout.

This is normal and will not last long. As soon as your body adjusts, your skin will start to clear up again.

- **Flatulence and Bloating** – This is a very common symptom and is as a result of an increased fiber intake.

You can try adding peppermint or fennel seeds into your smoothies to help with this. Again, this won't last long – once your body is used to the increased fiber intake, it will settle down again.

- **Constipation and/or Diarrhea** – Whilst not particularly present, this is again a reaction to the increased fiber intake. Again, it will only last a short while so do try to ride it out.
- **Brain Fog** – You are likely to feel as though you are in a bit of a stupor. This is generally because of withdrawal from caffeine and sugar.

If this is a real problem for you, introduce a cup of green tea every morning and at lunch time – without milk or sugar.

If this goes on for longer than 3 or 4 days, you need to re-evaluate what you are eating – you may not be getting enough calories, fat or protein overall.

- **Fatigue & Low Energy – This is more a symptom of your body adjusting to the new way of doing things.**

Again, if this lasts more than 3 or 4 days, it is more likely a sign that you are not eating enough. Try to add an extra serving of protein to each meal and see if that helps.

- **Aches and Pains – You are going to be surprised to hear this but there is very rarely a physical reason for developing aches and pains.**

Chances are that they are all in your head – literally. You need to remember that your body is not keen on changing the status quo.

It is going to try all sorts of tricks to get you back to eating the way you were before. Think of these aches and pains as your body's way of throwing a temper tantrum. Again, this should only last a few days, until your body gets used to the new way of doing things.

- **Cravings That Won't Quit – Your body can be compared to a toddler – it likes a set routine and will go to great lengths to get what it wants.**

It can send out some pretty strong cravings. The trick to dealing with these is to make sure that you are getting the right amount daily in terms of calories.

You can also make adjustments to suit the palate – if your

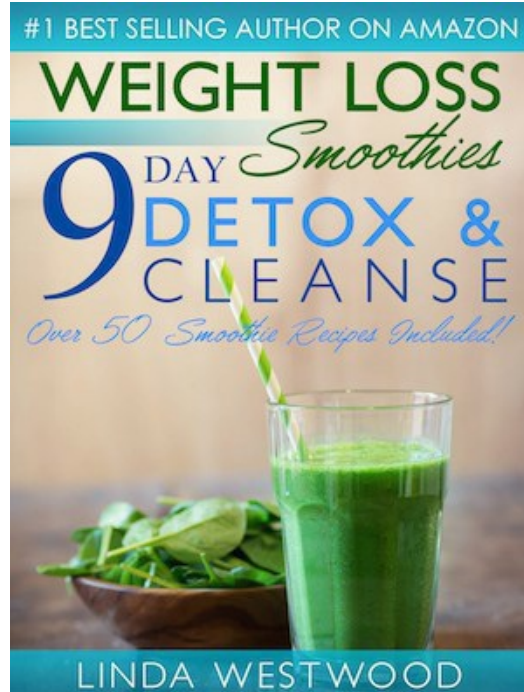
body is screaming for sugar, make sure that you have sweet fruit in your smoothie.

If it wants something salty, add a little table salt. The main thing is to ensure that you do follow the plan exactly.

Did You Enjoy The 9 Day Weight Loss Smoothies book?

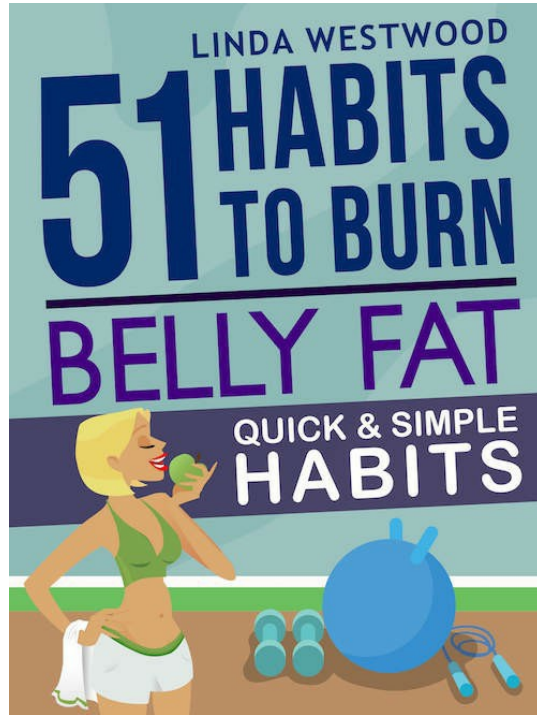
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Who is this book for?

Are you struggling to lose those last few pounds off your belly?

Are you sick and tired of endless crunches and sit-ups with NO results?

Do you ever wish you could just melt your belly fat *without even trying*?

Then this book is for you!

I am going to share with you some of the MOST effective habits that, when applied, will help YOU burn your belly fat without even trying – because they are going to be habits embedded into your life!

I have put it all together in this comprehensive book containing 51 of the most powerful habits that you can apply for maximum change in minimum time!

Since there is more to burning belly fat than exercise alone, or even diet alone, I have broken this book down into three separate sections for your benefit!

You can be a complete beginner or someone who works out regularly, it doesn't matter!

If this sounds like it could help you, then keep reading...

What will this book teach you?

Inside, I will teach you in great detail how you can start melting your belly fat without too much extra effort!

How?

Because you're going to learn which habits are the most powerful and effective at burning belly fat.

Once you learn what these are, and start applying them into your life, you will effortlessly begin seeing your belly trim up and become lean!

In this book, I give you 51 of some of the most powerful and effective belly fat burning habits that you can apply to your life.

One of the most important things for you to realize when reading this book is that the habits *really do work!*

However...

For you to achieve *real success* with these habits, you HAVE to apply them to your life *consistently*.

This is where most people fail – they try out a few habits and then just forget about them all, or even worse, read through the entire book but do nothing.

You MUST try your best to apply these habits as you read through the book!

Introduction

This book will give you the information that you need to start taking control of your health and losing belly fat right now.

If you haven't been able to lose weight before it's not because you don't have enough willpower, it's because you didn't have the right information.

How you eat, how you workout and how you live your life all impact your weight. Once you finish this book you'll know how to make better choices and live a healthier life forever.

Here's what you'll learn:

20 Eating Habits

The food that you eat is fuel for your body. These 20 healthy habits will teach you to eat food that is healthy and tastes good so that you will be able to lose fat and still not feel deprived.

Dieting doesn't help you lose weight, but changing the way that you eat and the way that you think about food will help you lose weight and keep it off forever.

20 Workout Habits

Working out doesn't have to be a chore. Changing your workout habits and finding exercises that you really enjoy will change the way that you view exercise.

Your body was made to move. Working out can be something that you enjoy when you change the way that you exercise to get the most out of your workouts.

Even if you have trouble working out at first you'll find that as you keep going it will get easier because the more you move your body the better your body will move.

11 Lifestyle Habits

Getting healthy means making some lifestyle changes. But, changing your lifestyle doesn't mean that you have to make sweeping or radical changes in

order to see positive results.

Small changes in your lifestyle and way of thinking will add up to big results. Changing your lifestyle in healthy ways will not only help you lose weight it will also help you lower your stress level, increase your overall health, and make you happier for the rest of your life.

Give these changes a chance and you will be amazed at how you can transform your body and your life.

Powerful Eating Habits

Changing your relationship with food is the best way to lose fat and stay healthy for the rest of your life.

Do you know why diets don't work?

Diets don't work because they don't change the way that you view food. In order to lose weight and keep it off you need to change your entire approach to eating instead of just restricting what you eat.

You don't need to deprive yourself of food in order to lose weight or stay at a healthy weight. You need to eat the foods that will nourish and sustain your body instead of eating food that will hurt your body.

And don't be fooled into thinking that what you're eating isn't hurting your body.

Obesity numbers are at an all-time high. Heart disease, high cholesterol and other medical issues are also reaching epidemic proportions primarily because of the food that people are eating.

High carb, high sugar, and high fat foods will destroy your body over time and make you gain weight. Your body can't process refined sugar. It doesn't break down refined sugar and use it for fuel, so that sugar is converted into fat. Natural sugars are broken down by the body and converted into fuel. So just cutting out refined sugar and eating foods that contain natural sugar, like fruit, can make a huge difference in your health and have a big impact on your weight.

What you eat is more important than how much you eat. When you are eating healthy food that provides fuel for your body you don't need to deprive yourself of food in order to lose weight.

Starving yourself won't make you lose weight. Only changing the foods that you're eating can do that.

It can be difficult to change how you eat. Most people have a long list of excuses to rationalize why they can't eat healthy.

Some of the most common excuses people give for eating a terrible diet are:

- Healthy food isn't tasty.
- I can't cook.
- I'm too busy to cook for every meal and fast food is just easier.
- I'm on a budget.
- There's no point in cooking for just 1 or 2 people.

Do any of those excuses sound familiar?

But that's all they are – excuses.

There is no reason you can't eat healthy food and change your life.

These powerful eating habits will teach you how to build a new and healthy relationship with food that won't require you to be a gourmet chef, have unlimited funds to spend on food, or never have a tasty treat.

Eating Habit #1 – Cut Down On The Carbs

One of the easiest and most effective ways to lose belly fat is to cut carbs and change the carbs that you do eat.

Modern diets use a lot of carbs as fillers. Pasta, bread, rice and other carb heavy foods are staples that people eat every meal. But those carbs are causing you to gain weight and can make it impossible to lose fat.

How Carbs Make You Fat

When you eat carbs, they are broken down by the body into glucose. When your blood has too much glucose in it, the body turns that glucose into fat and stores it for extra energy. But that fat builds up, and builds up more when you keep eating carbs and your body doesn't need the extra energy.

That's what makes you gain weight.

Pasta, bread and other foods made from refined flour are almost entirely made of starch, which is quickly converted to glucose and then is turned into fat.

Small amounts of fat are deposited into your liver for storage but the rest has nowhere to go so the body deposits it wherever there is room like your arms, your belly, your thighs and so on.

Healthy Carbs Vs. Unhealthy Carbs

Not all carbs are unhealthy.

Your body does need carbs to function effectively. Your brain also needs carbs in order to keep working. But you should be eating healthy carbs instead of unhealthy ones and eating only small amounts of them.

Healthy carbs come from natural sources like vegetables and some fruits. Fruits also contain natural sugar so they should be eaten in small amounts.

Eating healthy carbs will give you the energy that you need without causing weight gain. A combination of protein and healthy carbs will turn your body into a fat burning machine because your body will burn all that stored fat for energy.

Getting into the habit of eating healthy carbs instead of carbs from bread, rice or pasta will keep you healthy and help you lose fat.

Cutting carbs out of your diet can be tough, especially if you are on a tight budget. High carb foods are usually much cheaper than healthy fresh fruits and vegetables.

Here are some easy ways that you can start cutting carbs out of your diet without dramatically changing how you eat:

- Use lettuce instead of bread for a sandwich or burger. All you really need is a wrapper for your burger or sandwich so use lettuce instead of high carb bread.
- Eat more eggs. Eggs are a cheap source of protein that anyone can afford. Hard-boil some for quick and easy snacks.
- Swap pasta noodles for zoodles. You can make noodles from vegetables like zucchini so that you can still enjoy your favorite pasta dishes without high carb pasta.

Eating Habit #2 – Stop Drinking Soda

Soda is one of the worst things that you can put in your body. If you want to lose fat and be healthy you need to stop drinking it.

Regular soda is high in calories and has a massive amount of sugar.

Diet sodas are even worse, and studies have proven that the artificial sweeteners in diet soda can lead to weight gain. It can be hard to give up soda but you will feel better and lose weight if you stop drinking it.

Why Soda is the Worst Drink

There are lots of unhealthy drinks out there but soda is the worst because of the way that the high amounts of sugar and artificial sweeteners affect the body.

Eating or drinking a lot of sugar will wreak havoc on your body. Your body has to work even harder to break down the sugar and it will get stored in the body as fat.

The body uses insulin to break down sugar, so the more sugar you eat or drink the more insulin your body will produce. That causes too much insulin in the body. When the body has too much insulin it will make your blood sugar drop and can lead to poor concentration, fatigue, and other problems.

Diet soda is even worse. The artificial sweeteners used in diet soda have been linked to metabolic disorder and even to diabetes.

Healthy Alternatives to Soda

The best thing to drink is water. But if you just can't force yourself to drink plain water there are lots of ways that you can make water more appealing.

If you like the carbonation in sodas try drinking sparkling water.

You can add some cucumber slices or lemon juice to the sparkling water for a tasty and refreshing drink. Or you can mix a small amount of natural fruit juice with some sparkling water to create a fruit spritzer.

Herbal tea is another great alternative to soda because you can drink it hot or cold.

Most people drink soda because it's easy to find everywhere and it's usually pretty cheap.

Here are some easy ways to avoid falling into the trap of drinking soda just because it's what is available:

- Get a water bottle. Having a water bottle with you will ensure that you have a healthy drink with you no matter where you go.
- Bring a tea bag to restaurants. Most restaurants won't charge you for hot water so instead of ordering a soda, just ask for some hot water and have tea.
- Stash some water at the office and in your car. If you have water within reach you won't be tempted to get a soda from a vending machine or at the store.

Eating Habit #3 – Eat Vegetables With Every Meal

Remember when you were young and your parents told you to eat all your vegetables?

That's still good advice.

You should be eating probably double the amount of vegetables that you are eating every day. In fact, most of the carbs that you eat during the day should be coming from vegetables. You should be having at least one serving of vegetables with every meal, even breakfast.

Why Vegetables Are So Important

Vegetables contain the vitamins and minerals that your body needs to stay healthy and work efficiently.

They are low in calories and carbs and yet they are filling. Because they are low in calories you can eat a lot of them and still not gain weight.

The carbs in vegetables are easier for your body to break down and use than the carbs in things like pasta or bread. That means that your body will quickly break down the carbs in the vegetables that you eat and use those carbs for fuel instead of storing them as fat.

The vitamins and minerals in vegetables will help your body repair damaged tissue, keep muscles strong, and keep your body working the way it's supposed to. Vegetables keep your body in balance.

Try New Vegetables

One of the biggest reasons why people say they don't eat vegetables is that they find vegetables boring. But there are hundreds of vegetables that you're not eating.

Most people only try the same 9-10 vegetables they have been eating since they were children.

In order to make vegetables more appealing try some different types of vegetables.

Eating seasonally is a fabulous way to try different kinds of vegetables as

well as save money because seasonal vegetables are always cheaper than vegetables that have to be shipped in from other places.

Visit a local farmer's market and check out the many different kinds of seasonal vegetables available. You can also join a farm share program where you pay a fee and the farm delivers farm fresh seasonal vegetables to your door.

Here are a few easy ways to get more vegetables into your daily diet:

- Swap vegetables for pasta and rice with dinner.
- Eat a different kind of salad every day for lunch.
- Serve vegetables and healthy dip as an appetizer.
- Keep a container of cut up vegetables at work for a quick snack.
- Throw some spinach into your morning omelet.
- Make a vegetable soup.
-

Eating Habit #4 – Drink More Water

How much water do you drink each day?

Chances are it's not enough. Studies have shown that people underestimate how much water they should be drinking each day.

The body is 70% water and unless you are replenishing the fluids the body loses each day you won't be healthy. Drinking water also is essential if you want to lose weight.

Water and Weight Loss

Water is critically important when it comes to weight loss and fat loss.

Drinking water will help flush out all the toxins from your cells which will keep your body healthy. Drinking water will also make you feel full which will lead to eating less and eventually weight loss.

Drinking a glass of water before each meal will make you feel full faster so that you don't want to eat as much. Drinking water instead of having an afternoon snack will make you feel full without eating a high calorie snack.

Drinking water will also help your muscles stay strong, and the more muscle you have the more calories you will burn.

Water and the Brain

Drinking water is essential for healthy brain function. When you are dehydrated you will find it hard to focus and you may be sleepy.

When that happens your brain will tell your body to have a snack in order to wake up and get through the day. That's when you will reach for sugary carb-laden snacks and drinks that will give you a boost of energy. But water is the best booster in the world.

Instead of reaching for a candy bar when you're tired or can't focus on work, reach for a bottle of water instead.

Water infused with vegetables or fruit will give you a quick jump start so that you will have the energy to get through your day, go workout, and take care of all your responsibilities.

The biggest reason why people don't drink enough water is that they think it's not convenient. But it's easy to keep water with you all day, if you just get creative and invest in a few simple tools. Use these tips to drink more water every day:

- Keep a pitcher of water in the fridge so it's ice cold and ready to go all the time.
- Put some cucumber slices, lemon wedges, or berries into an infusion pitcher to make tasty flavored water.
- Buy a water bottle and carry it with you wherever you go.
- Drink a glass of water or tea before every meal.

Eating Habit #5 - Cut Down On Caffeine

One of the things causing you to have excess belly fat could be your daily caffeine consumption. High calorie coffee drinks contain a lot more calories than most people think.

A large coffee drink can have 1000 calories or more. But it's not just high calorie fancy coffee drinks that can cause belly fat.

Most people think that caffeine will help them lose weight because it is a stimulant but that's not the case. Coffee or foods that are high in caffeine can actually cause you to gain belly fat. And that belly fat can be extremely hard to get rid of because it's caused by a hormone, called Cortisol.

Cortisol and Belly Fat

Cortisol is a hormone that your body pumps out when you are under a lot of stress. Not getting enough sleep can trigger Cortisol production in the body. So can stress at work or dealing with a lot of stress at home. But caffeine also causes the body to produce Cortisol because it stimulates the brain and nervous system.

If you drink too much caffeine your body has a "fight or flight" response the same way it would if you were in a life or death situation.

The body starts pumping out adrenaline and Cortisol.

When there's too much Cortisol in your body, the body will hang onto fat and store it, usually around your belly, in case you need to burn it for energy later. But when you don't use it for energy it just stays around your midsection. And every time you have too much caffeine your belly gets bigger and bigger thanks to Cortisol.

Cutting Caffeine

That doesn't mean that you need to give up your daily morning coffee though.

Just cutting down on the amount of caffeine that you consume each day is enough to lower the Cortisol levels in your body.

If you need your morning cup of coffee have just one cup, then switch to a lower caffeine drink like decaf coffee or tea.

Don't drink caffeine after noon. Don't drink sodas either because many sodas have more caffeine than a cup of coffee. There are other ways that you can lower your Cortisol levels too, which help you lose belly fat.

These activities can help lower your Cortisol levels:

- Yoga
- Meditation
- Walking
- Gentle Exercise
- Napping

Eating Habit #6 - Snack Smart

You'd be surprised how many calories you can rack up each day snacking.

Snacking is one of the most common reasons why people gain weight, especially around the midsection.

If you work at a job where you are sitting all day and you spend a lot of the day snacking those extra calories can add up to excess belly fat in a very short amount of time.

Eating frequently throughout the day can be good for weight loss, but only if you eat the right things.

Six Small Meals a Day

One of the best ways to lose weight is to eat six small meals each day instead of three large meals.

Ideally you should eat a snack size meal every few hours. But that doesn't mean you should be popping open a bag of chips every couple hours or eating candy bars.

What you should be eating are protein heavy snacks like cheese or eggs with some vegetables and maybe some fruit.

Healthy snacking can be a major fat buster because it turns your body into fat burning machine.

Protein Power

When you eat primarily protein you will burn fat faster for several reasons.

One of those reasons is that protein rebuilds muscle, and the more muscle you have the more calories you burn. Even when you are just sitting you will burn more calories if you have more muscle.

Protein also makes you feel full so that you don't eat as much. A small protein rich snack will keep you full for hours, but a carb heavy snack will make you feel hungry again quickly and all those carbs will end up stored in your body as fat.

The secret to eating healthy protein snacks instead of carb heavy snacks is preparation. You may not be able to go cook a burger when you want a snack but you can bring a couple of hardboiled eggs with you to work, to the gym, or anywhere else you go.

Protein bars are convenient and can stay in a desk drawer or a purse indefinitely.

Here are some other easy ways to keep protein snacks handy:

- Beef jerky is pure protein and easy to store.
- Make a salad in a jar and store it in the office refrigerator for a quick and healthy snack.
- Cook some eggs, cheese and spinach in a muffin tin so that you have small snack size frittatas and keep them in the freezer. Microwave a couple for a quick protein snack.
-

Eating Habit #7 – Swap Foods

Food swaps are a great way to change the way that you eat without sacrificing the foods that you love.

If you avoid dieting because you don't want to have to deprive yourself of things you really like to eat you can use simple swaps to make those foods healthier.

When you swap out some of the worst ingredients in the dishes you love you can cut calories, carbs, and unhealthy sugar, which will help you burn that belly fat and feel better.

Why Food Swapping Works So Well

Food swaps are one of the easiest ways to change your diet because in most dishes you can't even tell that one food was swapped for another.

In some dishes the food that is swapped is even more delicious than the original ingredient in the dish. Food swaps also mean that you and your family can all eat the same dishes you already enjoy. You don't have to make two separate meals at every meal just so that you can lose weight. Everyone can eat the same dish and enjoy the same healthy food.

Food swaps make it easier to eat healthy. Your family may not even realize that some of their favorite dishes contain food swaps.

Use these easy food swaps in your favorite dishes to dial up the protein, dial down the carbs, and burn belly fat:

- Swap Greek yogurt for sour cream: Greek yogurt is low in calories and packed with healthy protein.
- Swap Zoodles for Pasta Noodles: Zoodles, or noodles made from zucchini, are very trendy right now. They're also super healthy. Zoodles are low in calories and contain natural healthy carbs instead of carbs from starchy refined flour that you will find in pasta noodles. You can cut zoodles yourself or buy an inexpensive noodle maker that will make them for you.

- Swap cheese for bread: Instead of using bread to make a deli meat sandwich, use sliced cheese. Put a little mayonnaise on a slice of cheese, layer on some deli meat and top it with a slice of cheese for a snack of pure protein that will zap belly fat and keep you full.
- Swap nuts for chips: When you just have to have to a crunchy snack, eat some healthy nuts like peanuts or cashews instead of chips. Nuts can be high in calories like chips but at least they are packed with protein instead of empty calories. Cashews are also very good for your teeth.
- Eat vegetables instead of candy: Splurge and buy a tray full of fresh cut veggies to eat with a Greek yogurt dip. You'd spend just as much on candy or ice cream and the vegetables are much healthier. Spend money on healthy foods and snacks instead of on junk food.

Eating Habit #8 - Skip Dessert

This habit can be tough, especially if you love dessert. But getting in the habit of skipping dessert can help you lose fat and maintain a healthy weight.

Dessert doesn't have to be something you eat every day. In fact, dessert is better when it's something you don't have all the time.

Desserts are often high in fat, sugar, calories and carbs so eating dessert all the time really packs on the pounds.

Often people think it's fine to treat themselves to dessert, but why treat yourself with food?

Food is fuel for your body. Look for other things to reward yourself with.

Dessert is a Once in a While Food

That doesn't mean you have to skip your favorite holiday dessert or not have birthday cake on your birthday. But it does mean that on a day-to-day basis you should just skip it.

Don't keep sweets in the house and don't prepare dessert as a part of dinner.

If you want a snack a few hours after dinner, have some vegetables with hummus or some nuts or even a piece of fruit.

The natural sugar in fruit is much easier for your body to break down than refined sugar.

You don't have to go hungry. You just have to make different food choices. Before long you won't even miss dessert.

Treats Don't Have to be Food

Instead of treating yourself to dessert every day put aside the money that you would spend on dessert and once a week buy yourself a book, or take a class, or go see a movie.

Try a yoga class or buy some hobby materials.

Stop rewarding yourself with food. You will get a lot more value out of doing

something for yourself that doesn't involve food.

Buy a new journal or a new CD. Invest in yourself by learning a new skill or having some fun that isn't associated with food. You will feel better, have more fun, and you never know what new sport or hobby you might find that you enjoy.

Start by cutting out dessert just two nights each week and slowly work up to giving up dessert altogether.

Here are some fun things you can try with the money you save on dessert:

- Buy a new bike and go on a bike ride with your kids.
- Buy a pair of cozy slippers.
- Buy a water bottle so that you will start drinking more water.
- Visit a local farmer's market and buy some fresh local produce.
- Buy some gardening books and learn to grow your own vegetables.
- Take your partner to the movies.
-

Eating Habit #9 - Cut Out Refined Sugar

Refined sugar is something that has been proven to cause belly fat. That's because refined sugar is a simple carbohydrate.

Complex carbohydrates are the carbs that give you energy. Simple carbs are just empty calories that end up as fat in the body because they have no nutritional value.

Most people don't even realize how much refined sugar they are eating every day because they don't realize that nearly every prepared food or restaurant food contains at least some refined sugar and some foods contain huge amounts of it.

Hidden in Plain Sight

If you think that just because you don't put refined sugar in your coffee or eat sugary snacks you're safe from refined sugar you're wrong.

Every day foods that you wouldn't think contain sugar actually do have sugar in them. Things like spaghetti sauce, salad dressing, canned vegetables, yogurt, crackers, breads and other foods.

Over the years food manufacturers started adding more and more sugar to their products so that people would buy them. Prepared foods like boxed mashed potatoes, stuffing and other foods also have hidden sugar in them. Most people are eating 3x the amount of sugar they should be eating daily without even realizing it.

How to Cut Your Sugar Consumption

First you need to stop drinking soda, fruit juice with added sugar, and fancy coffee drinks that are packed with sugar.

Smoothies also contain added sugar, even though they are supposed to be healthy.

The next thing you need to do is start-preparing food from scratch.

It may seem daunting but it's really not as hard as you think.

Preparing your own food from raw ingredients will ensure that you are not eating a lot of sugar that you don't want to be eating. Also start reading food labels closely to find out if they have hidden sugar.

If you aren't feeling secure enough to start cooking from scratch then look for diabetic friendly foods when you shop.

Diabetic foods will have lower sugar content and no added sugar.

Other ways you can cut your intake of refined sugar include:

- Switch to a natural sugar substitute. Use that for coffee, baking, or cereal.
- Use natural, locally grown honey as a sweetener. Honey has a wide range of health benefits.
- Drink water instead of bottled tea and soda.
- Look for dark chocolate bars, which have lower sugar content.
- Eat more fruit and naturally sweet foods.
- Make your own sauces and dips.
- Buy unsweetened plain yogurt and flavor it yourself with berries and spices.

Eating Habit #10 - Eat More Fat

That sounds crazy right?

For years people have been told that low fat diets are the only healthy diets and that eating fat makes you fat. But that's not the case.

In fact, not eating any fat just makes you hungry and it actually makes it harder for your body to burn fat. The body needs fat in order to function.

However, that doesn't mean you can go out and start eating cupcakes all day long. You need to eat healthy fats in order to lose fat.

When you eat healthy fats you will feel full longer and you won't eat as much. Your body will also function better and burn more fat for energy, which will help you lose fat.

Healthy Fat Vs. Unhealthy Fat

There really are healthy fats that you should be eating, even though that might sound too good to be true.

The fats in foods like yogurt, avocados, nuts, seeds and oils like olive oil are healthy and you should be eating more of them. About ten percent of your daily calories should come from healthy fats if you want to lose weight.

Diets like the Mediterranean diet, which are high in protein and healthy fats, are strongly recommended by doctors because they provide the protein and fat that many people are lacking in their daily diets. Even the fat in some meat like bacon can be healthy if you don't overdo it.

Low Fat Is Making You Fat

Low fat diet food is something that you should avoid.

Foods that are advertised as low fat really just use chemical sweeteners and other additives to make the food taste good while removing things like cream and butter, which are healthy fats.

Those chemical additives contribute directly to weight gain and belly fat.

It's much better to eat foods with natural fat in them than to eat supposed low

fat food if you want to burn belly fat.

So stop denying yourself healthy food that contains fat. Those foods usually contain high amounts of protein as well as healthy fat.

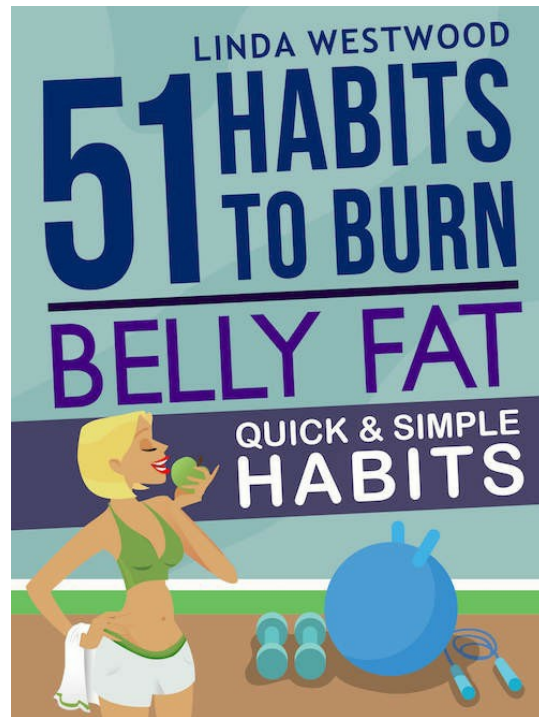
Here are some of the natural healthy fats you should be eating more of:

- Fish
- Nuts
- Olive Oil
- Butter
- Eggs
- Avocados
- Nut Butters like Peanut Butter or Almond Butter

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