

# LOSE THE FAT & FLAB OF MENOPAUSE

PERIMENOPAUSE



The Feminine Figure You Dream Of Having

Feminine Body Design by [DrFitnessUSA.com](http://DrFitnessUSA.com)

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# Foreword

The fastest way to lose weight is adopting and living by healthy principles, once and for all. If you understand why and how it works, it will become easy. This is the way of the wise that will provide you with lasting, sustainable results and the vibrant health, unshakable self confidence and the body you were meant to have as your birthright.

They say it 80% nutrition and 20% exercise. If this were true and so simple, then why are we still facing such a staggering obesity problem? There are too many socio-psychological factors that determine the human behavior to predict any types of outcomes, but one thing is for sure, when you are stronger physically and emotionally, you naturally feel better and are more inclined to adopt and sustain healthier behavior long term.

This is the way of Dr. Fitness USA. While we understand that nutrition and adopting healthy daily habits is of vital importance, we first strive to ground the body into physical strength and empowerment, and strengthen the nervous system with our Feminine Body Design strength training system. This principal of training quiets the mind, reduces stress, when you feel better and start looking better, you will want to adopt healthier eating patterns and your daily choices will improve.

Many people in their younger years take health for granted, baby boomers now must make conscious efforts to stay healthy, which means acquiring the proper education and knowing facts about exercise, making healthy dietary choices and generally keeping stress levels as low as possible. There is point when you know you won't live forever, and now you must ask yourself:" How do I want to live the last couple of decades of my life? Do I wish to be ill, in pain, overweight, and suffering life threatening illnesses or do I wish to be strong and enjoy vibrant health and a pain free life?" Many people also realized that If they knew they would live that long, they would have taken better care of themselves.

The choice is yours and the sooner you embark on the journey and educate yourself, the sooner you will begin to reap the benefits. For some, it is too late, they've waited too long, they didn't make it, they are gone. For many of us baby boomers, we already suffered many losses of loved ones and have witnessed friends passing, sometimes of a terrible illness. Don't let that be your case.

We will all go eventually, but we have a choice and a responsibility to take necessary actions to improve the quality of what is remaining of our life.

Get the info you need here and get fit to live well and achieve the body you desire and deserve.

Note: References and useful links are found at the end

***LOSE THE FAT & FLAB OF MENOPAUSE***

Regain years of your life

Increase your strength

**Recapture the Feminine Figure You Dream Of Having**

Batista Gremaud

# Chapter 1

## *Health After Forty*

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### Synopsis

Staying healthy is a very good position to be in, as the opposite of that would be tracking in and out of hospitals with one medical condition or another. This cannot only be depressing but can also severely dent the wallet, as medical bills can be rather expensive to handle. Being able to enjoy life without the burden of popping pills and visiting doctors every so often is definitely a better option to live by. As we advance in age, the body changes; we need to adjust our exercises and nutrition to accommodate those changes and remain healthy. The needs of a twenty years old are different that those of a forty or fifty years old. Knowing the facts will help in making good choices that will reap positive long-term results.



## **The Basics**

Extensive research has shown that many medical conditions are the result of poor eating habits coupled with the lack of consistent exercise and a stress-filled life. Therefore taking the time to seriously address these issues before they turn into problems is one way of keeping healthy.

It would certainly be lighter on the wallet, when the individual is not bogged down with medical bills and the trauma of having to face a terminal condition. Poor dietary plans usually cause less than optimum body conditions, where the clogging, damaging and over working of internal body systems can then contribute to poor health conditions.

Therefore instead of having to deal with the probability of managing poor health, the better option would be to start on a healthy diet plan, a regular exercise regiment and a stress free mindset. Having some knowledge and education on the benefits of healthy living style, will not benefit the individual, if information learnt is not put into practice. As the human body naturally deteriorates as it ages all steps should be taken to ensure the process is not helped along by poor health. Furthermore, studies show that women who have been exercising for a long period of time are more likely to experience an easy menopause.

## **Perimenopause**

Perimenopause, also known as menopausal transition, is the period of a woman's life when the ovaries begin to produce less estrogen and occurs before menopause. It can start as early as 30 years old, but more frequently around 40. Some of the symptoms of perimenopause include

- Irregular menstrual cycle
- Weight gain
- Fatigue
- Hot flashes
- Night sweats
- Mood swings / depression
- Vaginal dryness
- Painful sexual intercourse

## **Menopause**

Menopause refers to the time at which a woman stops having menstrual periods for 12 consecutive months. The average age of menopause is 51 years, although this can vary widely. Every woman will experience menopause differently and its duration also fluctuates. Along with the symptoms mentioned above, menopausal symptoms also can include

- Urinary incontinence
- Bone loss (osteoporosis)
- Heart disease (increased risk)
- Thinning of the skin

- Brain fog
- Memory loss

Not all women will experience the same degree of discomfort during menopause and perimenopause. Every body agrees on the fact that regular exercise; healthy life habits such as diet, sleep, drinking water and stress management can drastically reduce the painful symptoms of menopause. Good health and illnesses both happen from cumulative behaviors. In other words **the sooner you start adopting a healthy lifestyle, the easier you will transition into senior stages**, likewise, consistently engaging in unhealthy behaviors will result in aging prematurely and getting ill, including more pronounced and difficult menopause.

### **Weight loss after 40**

When you are younger, you can usually lose weight by adopting a lower calorie diet, however as you age, this alone will not work. While there is no mystery that producing a caloric deficit is necessary to lose weight, after 40 there are other circumstances to keep in consideration. After 40, estrogen production level decreases as well as levels of lean muscle mass, which makes it harder to burn fat and lower metabolic rate. Also, when you have more estrogen your body is able to metabolize carbs better, but you are also more capable of handling cortisol (stress hormone). Decrease of estrogen makes you more sensitive to stress, insulin and carbs, which creates belly fat. This is why during

perimenopause and menopause, you need to lower foods that pikes insulin such as simple carbs and find any which way you can to manage stress.

Dieting, skipping meals, lack of sleep, stress and inflammation also makes you leptin resistant. Leptin is a protein produced by fatty tissue, its role is to regulate the energy balance of the body, the amount of calories we eat and expend and how much fat we store on our bodies. When you are leptin resistant, you want to eat more because your brain thinks it needs to eat more not to starve to death, by the same token, your body will store fat as a self-preservation mechanism. When you eat the right foods that don't spike your insulin, your blood sugar remains low, this allows your body to burn fat for fuel and doing so keeps you from feeling tired, hungry and craving foods every few hours.

Following the guidelines in the book will stabilize your body's natural functions and enable you to lose weight permanently, achieve optimum health and recapture the feminine figure you dream of having.

**I recommend that you read this book throughout carefully.** It is full a gems. Some things you of course already know but may have forgotten or are not paying attention to them, some things, you may think you know but you are way off.

This has been my personal experience in my own journey. As a professional dancer, I was always interested in keeping in shape, and I knew a lot on the subject. Sometimes the more we think we know, the less we are open to learning and this keeps us stuck in our own self-limiting belief system. So I invite you to stay open-minded and recommend you **take notes** and **make a commitment** to yourself.

When you are in your twenty's or thirty's, you may have the luxury to go for the kill, the boot camp, the get the body of my dreams in 90 days. However in fitness, just as in business or in anything you want to succeed in, you must look at the long term goal. Where do you want to be when you reach fifty, sixty, seventy, eighty? The actions you take now will determine the state of your health for the years to come. It's your choice and your responsibility.



# Chapter 2:

## *Know Your Why*

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### Synopsis

There are many distractions in life, pulling at us from every angle. And sometimes the ones that scream at us the loudest win, often not to our benefit. As a woman entrepreneur, I witness daily fellow workingwomen in search of financial independence, lose sight of their body. Establishing what is important to you and why it is important at a chore level will bring greater meaning to your quest towards greater health.



## **Know Your Why**

Usually when anyone thinks of losing weight or get healthy, they contemplate all the hardships they will have to go through, such as being on a treadmill for hours or having to go on diets, avoiding all the delicious foods they like. These are myths that keep people sick and out shape. In reality, with just a little bit of education, one can enjoy vibrant health and a fit and health body, and it doesn't have to be hard.

Losing weight is a journey that entails understanding the simple principles outlined in this booklet. Education will guarantee long-term success and abolish the yoyo syndrome of losing and gaining weight you've been on your whole life and going in and out of shape or even worst, getting injured on some insanity routine or get the body of your dreams in 90 days boot camp you might be tempted to attend.

The first thing to do though is introspecting and understanding the reasons why you desperately want to lose weight and achieve vibrant health. Imagine what your life would be like if you were fit and healthy. Think of all the things you could take delight in, such as having freedom of movement to spend quality time with your kids or grand kids, or being pain free enjoying certain hobbies like gardening or traveling, igniting the spark back in your relationship for example, or even finding your soul mate!

## **WRITE DOWN YOUR WHY**

Health:

Family:

Professional:

Financial

Leisure:

Other:

Similarly, envision the consequences of not taking action now, what would happen? Consistently being more overweight, having to purchase larger wardrobe each year because your clothes never fit properly, feeling sluggish and lacking vitality, being more out of breath, suffering from arthritis, back pain, shoulder pain, diseases setting in.

Diseases associated with being overweight include:

- Heart disease and stroke
- High blood pressure
- Diabetes
- Some cancers
- Gallbladder disease and gallstones
- Fibromyalgia
- Chronic fatigue
- Osteoarthritis
- Gout
- Pulmonary
- Breathing problems, such as sleep apnea (when a person stops breathing for short episodes during sleep) and asthma

These are just a few examples, there are many other conditions, including psychological problems such as depression, anxiety, feeling ashamed, guilty, lacking self-confidence. The truth is, when you are overweight, it is harder to accomplish daily tasks and life is harder.

**WRITE DOWN YOUR PAIN POINTS AND WHAT YOU WANT TO AVOID OR ELIMINATE**

Health:

Family:

Professional:

Financial

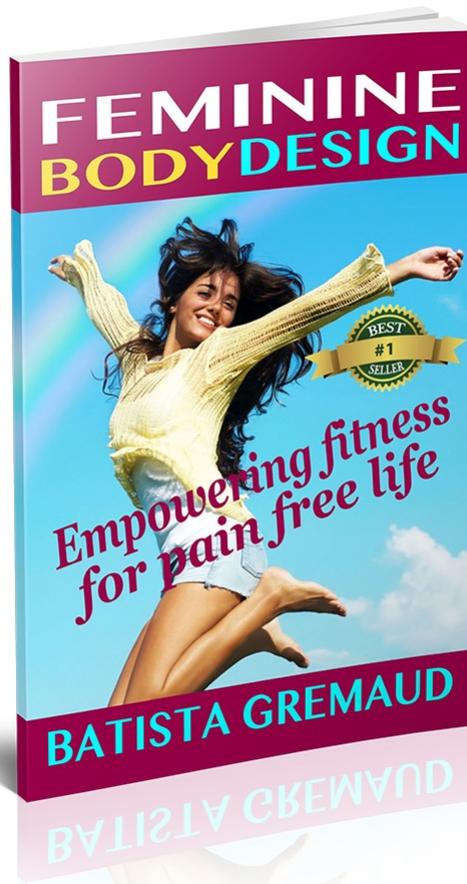
Leisure:

Other:



With this in mind and our proven system, you can be certain that losing weight fast is an action you can actually achieve successfully and effortlessly. It is important though to set clear expectations. There might be times when you will fall back into old habits, but that is never a reason to give up your newfound healthy way of life. In fact you will become more sensitive and more aware of the negative effects of what used to be common behavior. It is said that **it takes 21 days to break or make a habit**. Make a commitment to yourself to follow the guidelines outlined here for 21 days and you will see your life transform. You will then be on your way to achieve the body you desire and deserve and enjoy renewed health and self-confidence.

Having the proper education about nutrition and exercise is key. For information about exercise for weight loss and optimum health, read our latest No1 Best Seller, **Feminine Body Design, empowering fitness for pain free life.** This alone will set you up for a cutting-edge understanding of why long hours on a treadmill, or suffering through yoga classes attempting to twist yourself like a pretzel has failed you in getting you the slim, toned and powerful body you envision.



While there is something true about the fact that it is more challenging to stay thin as we age, and that injuries do take longer to heal, unless you are suffering from a medical condition, there is no miracle in losing weight fast and staying fit is a matter of lifestyle choices that require following certain simple principles. Those principles are common knowledge in the world of fitness and bodybuilding competition, but for the most part remain unknown to most people who are still under the assumption that fasting, avoiding eating late at night, cutting out carbs or fats are the right things to do to lose weight and be healthy. We will address those basic nutritional principles here. This will make all the difference for you and once and for all eliminate the obsession of pursuing fad diets that only ruin your metabolism and make you gain more weight than you lost in the first place, long term.



### **So say good-bye to**

- Endless hours on a treadmill
- Counting calories
- Dieting and wasting your money on tasteless diet foods
- Relying on will power and starving yourself
- Avoiding social events and parties by fear of falling off the wagon

### **Say hello to**

- Vibrant health
- Unshakable self-confidence
- The sculpted body you'll fall in love with



# Chapter 3:

## *Chose Your Food Wisely*

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### Synopsis

People often avoid healthy food choices mainly because of the perception that these foods are normally very bland tasting and rather boring. However with some careful thought and efforts such perceptions can be changed for the better.



## **Nutrition is important**

Nutrition is the key factor to a healthy body system, which is able to function at its optimum capabilities and also help to maintain an ideal positive overall health condition. One way of ensuring the right nutrition intake is practiced, that the measured amount considered being enough for the individual is to ensure the diet plan includes elements such as carbohydrates, fats, fibers, minerals, proteins, vitamins and water. Good nutrition intake is even more beneficial to specific parts of the body and not just the overall body system.

The following are just some ways of how specific the benefits can be: The heart of course is the essential core of the entire body system; therefore being of such importance, special attention is needed so that it functions at its optimum, thus the need for good nutritional support and adequate exercise.

The bones are basically the elements that keep everything together. Here too there is a need for good nutritional support, as without optimum bone density and quality the body will experience a lot of connective problems. Statistics show that 1 of 3 women will experience osteoporotic fracture after the age of 50. **Bone loss is reversible**, contrary to popular beliefs. The No1 scientifically exercise to increase bone mass density is strength training, thus the importance of resistance training for women over 40.



Energy for the body is derived from the daily food intake, and there is a need to ensure this food is nutritionally based so that the relevant minerals and vitamins can be dispersed within the system to churn out the necessary energy source for the body's energy needs.

With good nutrition the human body can function at its optimum and basically be able to “last” and with stand any adverse effects the surroundings may throw at it. Often people disregard the importance

of good nutrition and this is especially prevalent among the youngsters who seem to think their health is infallible.

Here are key elements for losing weight after forty

### **Eating balanced meals each time**

**You must include carbs, healthy fats and protein at each meal.** Meals that include carbs alone trigger your insulin levels to shoot up and then crash down. This can make you feel tired, hungry, and weak. It also forces your body to store fat. However, when you include a protein and unsaturated fat with your carbs, you'll feel full longer and this will allow your body to metabolize nutrients more efficiently, which will facilitate weight loss. Eat regularly, do not skip meals, contrary to popular belief, do not avoid night snacks and while fasting may have some spiritual benefits, it also slows down your metabolism, which ultimately makes you gain weight.



## Carbohydrates

There are three types of carbs to choose from: starchy carbs (legumes and grains), simple carbs (fruits), and fibrous carbs (vegetables). Selecting natural carbs over processed ones will facilitate weight loss. Processed carbs are man-made, such as sugars, candies, cookies, chips; Natural carbs come from the ground such as fruits, vegetables, grains, rice etc...

**Here is a list of various types of carbohydrates to choose from:**

Favor (but not limit) simple and starchy carbs earlier in the day.

<b>Simple Carbs (fruits)</b>	<b>Starchy Carbs</b>	<b>Fibrous Carbs (Vegetables)</b>
Apple	Brown rice	Artichokes
Apricot	Beans	Asparagus
Banana	Black-eyed peas	Beets
Berries	Beans	Bell peppers (green, red or yellow)
Cherries	Barley	Broccoli
Dates	Buckwheat	Brussels sprouts
Cranberries	Couscous	Cabbage
Figs	Edamame	Carrots
Grapes	Lentils	Cauliflower
Honeydew	Legumes	Celery
Kiwi	Millet	Collard greens
Lemon	Pumpkin	Cucumber
Lychee	Rolled or Steel cut	Eggplant
Mangos	oatmeal	Fennel
Orange	Quinoa	Green Beans
Papaya	Spelt	

Peaches	Potatoes	Mushrooms
Pears	Porridge	Kale
Pineapple	Yams	Onion
Plums	100% whole grains	Peas
Prunes	products	Spinach
Raisin		Swiss chard
Strawberries		Tomatoes
Watermelon		Zucchini

Protein: Ideal proteins are low in fat and complete from animal source such as meat, poultry, fish and eggs. There may be some health benefits in favoring kosher meats, read here why. Incomplete proteins are plant based and must be combined in order to become complete and supply you with appropriate nutritional value.

### **Complete Protein Sources**



## Here is a list of healthy protein

Complete (animal based)	Incomplete (plant based)
Beef	Beans
Buffalo	Black-eyed peas
Chicken	Lentils
Turkey	Nuts butter
Eggs	Quinoa
Fish	Seeds
Herring	Soy beans
Low fat cheese	Soy milk
Low fat cottage cheese	Tempeh
Low fat Greek yogurt	Tofu
Low fat milk	
Protein powder	
Shellfish	
Venison	

### Incomplete Protein Sources

Vegans may want to pay closer attention to the types of protein sources they consume because most plant-based foods are incomplete proteins. It's not that plant-based foods are low in protein -- you can get plenty of protein from plants. But almost every plant-based food is low in one or more essential amino acids that your body needs to thrive. **Combine at least 2 types of incomplete protein in order to make a full protein,** and eat a wide variety of vegan proteins throughout the day to insure appropriate consumption of essential amino acids.

**Here is a list of healthy fat to choose from**

<b>Healthy fats</b>	<b>Unhealthy fats</b>
Almond	Candy
Avocado	Cake
Butter (grass fed)	Deep fried food
Cashews	Doughnuts
Chia seeds	Bacon
Coconut mild and oil	Breaded, fried food
Egg yolk	Chicken nuggets
Flaxseed	Hot dog
Hazelnuts	Sausage
Herring	Ice Cream
Mackerel	Lard
Olive and olive oil	Margarine
Peanut butter	
Pecans	
Pistachios	
Pumpkin seeds	
Salmon	
Sardines	
Sesame seeds	
Walnuts	

Healthy fat

Choose healthy unsaturated fat such as nuts, olives, avocados, sardines etc.... over unhealthy saturated fats like deep-fried foods. If you chose low fat yogurts and cheese for example you will be able to add a source of healthy fat from the list above.



Making conscious decision to reach for healthier options when the opportunity presents itself is a discipline that should be advocated as much as possible. For example consuming brown rice and whole-grain products instead of white products is an option to look into when making food choices. Having a couple of days dedicated to no meat consumption a week is another good start to make. However on those days you must make sure to complement your diet with a wide variety of incomplete protein in each meal or snack. Adding more grains and nuts to the diet plan is also another healthy choice to make.

**Flavor your food with natural seasonings** such as fresh herbs, mustard, capers, pickled foods, lemon, lemon zest, fresh ginger, Braggs, paprika, hot sauce...This will make your food interesting and flavorful without adding unnecessary calories. Be creative and have fun. Download easy to make recipes [here](#).

**Based on the above guidelines and food recommendations, plan a few days sample meals**

Example meal planning: Portion according to the fist / palm / thumb rule

<b><u>Breakfast</u></b>	<b><u>Snack</u></b>	<b><u>Lunch</u></b>	<b><u>Snack</u></b>	<b><u>Dinner</u></b>
<u>Simple</u> / <u>Starchy</u> <u>carb:</u> <i>Whole wheat toast</i>	<u>Simple</u> / <u>Starchy</u> <u>carb:</u> <i>Bowl of seasonal fruit of your choice</i>	<u>Simple</u> / <u>Starchy</u> <u>carb:</u> <u>Salad:</u> <i>lettuce, tomatoes / veggies of choice / Quinoa</i>	<u>Fibrous</u> <u>carb:</u> <u>Sandwich</u> <i>Whole wheat toast - lettuce - red bell pepper</i>	<u>Fibrous</u> <u>carb:</u> <i>Yam / Steamed vegetable</i>
<u>Protein</u> <i>Eggs</i>	<u>Protein</u> Low fat Greek yogurt	<u>Protein</u> <i>Grilled chicken breast</i>	<u>Protein</u> <i>grilled steak</i>	<u>Protein</u> <i>Grilled salmon</i>
<u>Fat</u> <i>Butter</i>	<u>Fat</u> <i>Nuts</i>	<u>Fat:</u> <i>Salad dressing / olive oil / olives</i>	<u>Fat</u> Avocado	<u>Fat</u> <i>Sprinkle some coconut oil on yam</i>

**Day 1**

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<u>Simple _____ / Starchy carb:</u>	<u>Simple _____ / Starchy carb:</u>	<u>Simple _____ / Starchy carb:</u>	<u>Fibrous carb:</u>	<u>Fibrous carb:</u>
<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>
<u>Fat</u>	<u>Fat</u>	<u>Fat</u>	<u>Fat</u>	<u>Fat</u>

**Day 2**

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<u>Simple _____ / Starchy carb:</u>	<u>Simple _____ / Starchy carb:</u>	<u>Simple _____ / Starchy carb:</u>	<u>Fibrous carb:</u>	<u>Fibrous carb:</u>
<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>
<u>Fat</u>	<u>Fat</u>	<u>Fat</u>	<u>Fat</u>	<u>Fat</u>

**Day 3**

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<u>Simple _____ / Starchy carb:</u>	<u>Simple _____ / Starchy carb:</u>	<u>Simple _____ / Starchy carb:</u>	<u>Fibrous carb:</u>	<u>Fibrous carb:</u>
<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>
<u>Fat</u>	<u>Fat</u>	<u>Fat</u>	<u>Fat</u>	<u>Fat</u>

**Day 4**

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<u>Simple _____ / Starchy carb:</u>	<u>Simple _____ / Starchy carb:</u>	<u>Simple _____ / Starchy carb:</u>	<u>Fibrous carb:</u>	<u>Fibrous carb:</u>
<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>	<u>Protein</u>
<u>Fat</u>	<u>Fat</u>	<u>Fat</u>	<u>Fat</u>	<u>Fat</u>

# Chapter 4:

## *Create a Caloric Deficit*

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### Synopsis

Calories count but you don't have to count them to lose weight. Everyone has a different take on the good and bad attributes of having a diet plan low in calorie count. Keep your life simple and adhere to our guidelines. While on your weight loss quest, keep portions small. Once you have reached your goal, continue on the plan but increase size amount slightly. Keep it up for the rest of your life. Health benefits are cumulative and you will continue to feel and look better and better over the years to come.



## **Calories are energy**

Calories are not bad for the body; in fact they are a necessity as they function as the provider of the energy source for the daily body's needs. The problem lies in the actual intake of calories, where the intake is more than the usage of energy, thus contributing to a high percentage of the unused calorie being stored in the body system and this then contributes to the negative side effects, which cause weight gain. You must create a caloric deficit to lose weight. If we consume just the number of calories our body burns each day, we would probably enjoy happy and healthy lives and never gain or lose weight. If our calorie consumption is too low or too high, we will eventually experience health complications.

All foods contain calories the only difference is some of these food contain higher amounts of calories than others. The usual measurement of the calorie content would be 1 gram of calorie is broken down into these following contributing measurements – carbohydrate is 4 calories, protein is 4 calories and fat is 9 calories.

Most food product sold will carry the above breakdown for the shopper to have an idea of the calorie content of the item being bought for consumption purposes. It is a good idea to check on the ingredients and the calories content and take notes of the information divulged on the packaging. This will bring awareness to you. You will be amazed of observing what you have been eating all these years, and no wonder you gained the weight and feel like crap!

A fairly good guideline to go by would be that most green have comparably lower calories content to other foods. Often the sweetened or processed foods have very high calorie content and this is also only slightly less when it comes to the calorie content in meats. The fattier the meats the higher the calorie content therefore it would be better to opt for as much lean meat intake as possible.

To recap, in order to lose weight, you must create a caloric deficit, which means you need to eat fewer calories than you burn. Calories are simply the amount of energy the food provides your body with when consumed. While it is important to be aware of calories, it is not necessary to count them.

An easy method to figure out how much to eat is to follow these guidelines:

- Carbs: The amount equal to your fist
- Protein: The amount that would fit in the palm of the hand
- Fat: The amount equal to the size of your thumb



**Eat 3 to 5 times a day, regularly, in small quantities.** Be careful though, not to overeat when eating more often; that would be disastrous. It is better to eat small quantities more often, than skipping meals. The main thing is to listen to your body. Stop eating before you are full.

By choosing your foods appropriately and following the portion guideline, you will create a caloric deficit naturally, without having to count calories. By combining the food as mentioned, and eating regularly, you will enable your body to metabolize food efficiently and to keep on burning fat. You will have more energy, you'll never go hungry and you will lose weight fast while feeling great and accomplished. You will lose the cravings for unhealthy food naturally.

**Having said that some studies have shown that the decrease of estrogen during menopause makes it harder for the body to metabolize carbohydrates.** Taking this into consideration, lowering carb intake has shown to help women over 40 to lose weight more easily. Studies have shown that great success in following the Mediterranean diet for example. There is no set recommendation in how much carbs to eat, as everyone will react slightly differently, but keeping this in mind will assist you in making wise choices for yourself. Keep in mind that, while a glass of wine a day is often recommended for anti-inflammatory purpose, wine also contains loads of carbs, and will be therefore overloading your system not only with empty calories, but also with excessive amounts of carbs that will be very hard for your body to metabolize, thus turning into fat.



While you can lower your carb intake and play around the quantity, you must not eliminate carbs from your diet entirely. The body needs carbs, as a matter of fact, trying to lose weight by eliminating carbs, or any essential nutrients is like trying to quit drinking by opening a wine bar! Here are a few carbs that are recommended for weight loss.

Sweet potato: The king of slow carb, sweet potatoes will keep you full longer and also contain carotenoids, which controls blood sugar levels and hunger.

Blueberries: High in fiber and help preserve muscle mass

Beans: High in soluble fibers and butyrate, which encourages the body to burn fat as fuel.

Ground flaxseed: Rich in fiber, healthy fats and plant based estrogen, flaxseed helps stabilizing blood sugar. Some studies suggest that it can also helps calming the symptoms of hormone fluctuations. Sprinkle on salads or ad to smoothies.

Wheat Germ: Rich in zinc, iron, selenium, potassium, vitamin B and protein with a good amount of amino acids, arginine and glutamine, wheat germ is also high in fiber, making it a great source of slow-digesting carbohydrates.



Romaine lettuce: High in bone-building vitamin K, romaine lettuce is also good for lung health. Filling up with this leafy green can trim the overall number of calories you eat by 10%

By eating the right foods, you will be satisfied, never be hungry and lose weight faster and keep it off.

Dark chocolate chips: High in monounsaturated fat, dark chocolate has fewer calories and sugar, but more iron and fiber than chocolate milk. It will satisfy your cravings for sweet. Make sure to buy the brands that contain minimum 70% of cocoa

**THINK BEFORE PUTTING IT IN YOUR MOUTH**

**When in doubt, have a glass of water first**



# Chapter 5:

## *Prepare Ahead Of Time*

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### Synopsis

If you fail to plan, you plan to fail. Spending a couple of hours once a week shopping and preparing for the week ahead will set you up for success. You will avoid skipping meals or grabbing junk food on the go, insuring your long-term success.



## **Getting Started**

Taking small steps is often a better way to start the healthy lifestyle journey as it does entail some very significant changes. Planning your meals ahead of time is a good starting point.

It is easier than you think, while it might take you one hour to cook a full meal, with a little planning, you could be cooking a whole week's meal supply in the same amount of time. For example, bake some fish and chicken in the oven, while preparing some rice and steaming fresh potatoes on the stove. This will take you about 45 minutes and easily serve as 3 or 4 days food supply. While the food is cooking, wash and cut vegetable for your salads. Consider boiling a dozen eggs as well, and there you have.

Having food prepared ahead of time will enable you to stay on track and never be caught binging on fast unhealthy snacks just because you ran out of time and waited too long to eat. It will enable you to cut down on unhealthy processed snacks. It is just as easy to bring some healthy food to the office, or keep your snacks in a cooler box in the car, if you are on the go.

It is ok to replace some meals with a protein shake of your choice. In our recipe book here, you will find some creative ideas. We recommend the Ariix / slenderize protein as it contains all the nutritional value the body needs to function properly and equal a full meal.

## Shopping list

Based on your meal plans above, make a shopping list. This will get easier as you get the hang of it. Make sure to include items for each category, avoiding processed foods. Cutting down on unhealthy processed is sometimes difficult especially if these foods are at reach. One-way to cut down is not having such food readily available and within easy reach. The next time the grocery shopping is done make an effort not to add these items to the cart would be a good first step in the right direction.



Include items from each category in your list

### **Sample list**

Protein: fish, chicken, eggs, yogurt

Grains: Quinoa, rice, oatmeal

Legumes: Lentils, beans

Vegetable: Greens, lettuce, Swiss chard, carrots, cucumbers, tomatoes, mushrooms, red bell pepper, potatoes, yams

Nuts: Almonds, cashews

Fruits: Chose seasonal fruits, bananas, mangos, lemons, peaches, apples

Seasoning: Pepper, dried herbs of your choice, ginger, capers, pickles

Get the basics in your cabinets, and then it is just a matter of replacing the items as you run out. Be creative and willing to try new foods and new recipes.

Download our recipe booklet [here](#)

## **Healthier alternative choices**

Here are some alternatives to think about when shopping. Remember it is by making many small changes that you will create long term results. If you want to lose weight permanently, you will need to do without having to think about it. Going on a diet and going hungry is based on willpower. Hunger will always win. You must eat and eat plenty of good, healthy food. When you do, your body is satisfied and you will not crave the foods that make you fat.

Buy real fruits instead of dried fruits:

Dried fruits are sugar bombs and it is really easy to overeat. While real fruits contain a lot of water, you will get full and satisfied quicker while helping in keeping your body hydrated

Skip the morning orange juice; instead drink a cup of exotic tea:

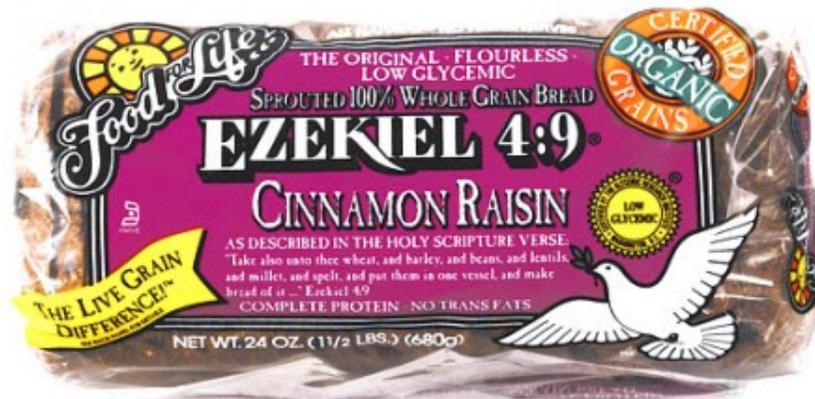
Starting your breakfast with a large glass of orange juice is like injecting pure sugar into your veins.

Use stevia instead of artificial sweetener or sugar.

Sugar is addictive and one of the first cause of obesity. Eating a small amount of artificial sweetener every day destroys friendly bacteria in the gut. Friendly bacteria controls if the food you eat turns to energy or if it get stored as fat. These bacteria are critical to your health; they affect everything from digestion to immune system, your mood, but also your weight. And when you kill them off with artificial sweeteners, you invite yeast, parasites and bugs to take their place in your intestine. This bugs hijack your metabolism causing you to crave sugary, fattening foods. In fact if you find yourself uncontrollably craving foods that make you fat, you know this is what is happening. The bad news is not only those bugs make you eat this food, but they

turn those foods into fat. This is a big deal, especially if you want a flat stomach. Thin people have friendly bacteria that enable them to digest food efficiently and maintain healthy weight. Stevia is also a great alternative for those with diabetes.

Buy Ezekiel bread instead of whole grain or wheat bread: Ezekiel bread is made from organic sprouted whole grains, such as millet, spelt and barley and from legumes such as lentils and soybeans. This bread is a complete protein. These whole grains and legumes digest slowly, promoting superior fat burning throughout the day and more energy during exercise



Buy Muesli instead of Granola:

1/2 cup of granola will give you 300 calories, oil, butter and sugar while muesli will provide the same raw ingredients without the butter, sugar and oil and reduce your calorie intake 156 calories and it will be just as delicious. A fresh bowl of oatmeal at night with a tablespoon of protein powder and a handful of almonds and frozen blueberries will also be super satisfying while promoting a good night sleep.



Make your own salad dressings:

1 tbsp. of store bought salad dressing will pile up to a 100 calories with loads of saturated fat and sugar. Instead mix some oil & vinegar, add some Dijon mustard to taste and your favorite fresh herb. You will save about 50 calories, and it will be much tastier providing you with healthy fat.

Use Soy or Almond milk instead of dairy milk.

1 cup of milk equals 148 calories vs. 1 cup of almond milk at 60 cal.



### Lose the sodas:

Too many harmful consequences to begin listing here, contains artificial flavors, chemicals, and artificial sweetener. Drink fizzy water instead, Add fresh mint, a splash of lemon or marinate any fruits or vegetable of your juice for added flavoring. Or brew an exotic tea of your choice and drink it hot or cold.

### Eat dark chocolate vs. milk chocolate.

Dark chocolate contains antioxidants. It is a much healthier alternative and will take care of your sweet tooth.

### Freeze your favorite fruit instead of ice cream.

Freeze a banana, add some protein powder, and mix in dark chocolate chip or roasted nuts



Eat popcorn instead of chips:

You'll be swapping oil and carbs for fiber

Forget Starbucks Frappuccino:

Make your own in a blender, add 1 cup of your favorite coffee, add a dash of soymilk, honey or stevia to taste, blend. Or have you tried mixing it with a tsp. of raw coconut milk, I still have to try this one, but I heard it is delicious!

Slice thin layers of Zucchini, spaghetti squash instead of spaghetti:

Simply place the squash cut-side on a foil lined baking sheet and bake it in the oven for an hour to roast. Once it cools down, with the help of a fork pull the strands away from the sides of the squash. Once you've

loosens up, you can just scoop up all the strands by pulling from under it. Drizzle with olive oil, salt and pepper.



Purchase Tofu Shirataki noodles at your local Japanese market or at your local store with the tofu products. There are many different flavors to choose from as well as sizes, like spaghetti, fettuccini or other pasta brands.



Favor goat cheese instead of milk cheese. For some of us going cheeseless is just not an option. Goat cheese contains less calories and it is easier to digest. Goat mild has less lactose and a slightly different protein structure than cow's mild. Even people who are allergic to cow's mild can usually drink goat's milk without any problems. Besides goat cheese is delicious and you can find a wide variety of it at your local Trader Joes, from hard to semi-soft or soft, which ever your heart desires, and for your information, goats are treated more humanely as goat farms are usually smaller and more ethical.



## Healthier food preparation

- Use fresh herbs as seasoning such as rosemary, ginger, nutmeg, thyme, blue grass, lemon grass, sage, lemon zest, coriander, sundried tomatoes, cloves, curry the list goes on and on. Be adventure and try new things. Remember fresh always tastes better, it also contains more nutritional value and even medicinal value as well. So this is a very important component to incorporate in your new healthy lifestyle.



- Wrap your food in Romaine lettuce instead of whole wheat wrap
- Use lots of spices. Spices are the key to living lean as they make your food tasty and interesting without adding calories. Make sure not to use sugary sauces, gravy or Ketchup
- Use slices of cucumber instead of crackers, Garnish with smoked salmon, asparagus, or fresh vegetable toppings of your choice. Season with salt and pepper, or use with a home dip of your choice.
- Almond or coconut flower instead of wheat flower. Wheat flower spikes the insulin fat storing hormone
- Use avocado instead of mayonnaise. Spread on your bread for sandwiches
- Swap mashed potatoes with mashed cauliflower: Same flavor without the carbs and the calories
- Treat yourself to a zucchini pizza



# Chapter 6:

## *Drink Water*

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### **Synopsis**

Water is more important for your body's survival than food. Each day, your body must replace 2.4 liters -- or about 2.5 quarts of water -- through ingested liquid and foods. Water is probably the single most important component of your weight loss protocol



## **Gulp it down**

If there were ever a miracle solution for weight loss, it would be water. Water is the single most important component of losing weight fast. Water makes up about 85% of your brain, 80% of your blood and 70% of your muscle. It is nearly impossible for the body to supply itself with water, but by drinking it. Water plays a vital role in nearly every bodily function, including transporting nutrients throughout the body, metabolizing food and enhancing proper digestive functions. For example, if your kidneys are water deprived, your liver will need to do the kidney's job. The liver needs water to convert stored fat into energy. If you are not drinking enough water, you are naturally setting yourself up for storing fat. Water also removes toxins from the body, and regulates the cooling system of the body. Water is essential for proper circulation in the body. The levels of oxygen in the bloodstream are greater when the body is well hydrated. The more oxygen the body has readily available the more fat it will burn for energy; without the presence of oxygen the body cannot utilize stored fat for energy efficiently. Not only will the body burn more fat when well hydrated but because there are increased oxygen levels you will also have more energy. Water also serves as a natural appetite suppressant. Often you might think that you are hungry, when in fact you are really thirsty. Drink a tall glass of water and see your hunger disappear.

In fact, if you are thirsty, you are already dehydrated. Consistent dehydration weakens the immune system, leading to disease.

Signs of dehydration include:

- Fatigue
- Confusion and inability to concentrate
- Headache
- Weakness
- Fainting
- Dark urine
- Bad breath
- Water retention, such swollen ankles or puffy eyes



Multiply your weight by 67% to figure out how much water to drink daily. For example if you weigh 130 pounds, multiple 130 by .67. You should drink 87 ounces of water, which equals approximately 10 8oz.glasses of water. Drink more water when exercising, 2 ounces of water to your daily total for every 30 minutes of physical activity or being in hot weather. Soft drinks, coffee and alcohol dehydrated your body, for every glass of alcohol or coffee; add on tall glass of water to compensate. If you are hungry, or if your mouth feels dry try drinking a glass of water.

If you don't care for the taste of water and want to make it more attractive, add a few drops of fresh lemon juice, soak slices of cucumbers or fresh mint to add some flavor. Be creative, but avoid adding sugar, honey or other sweetener to your water. Decaffeinated herbal teas are also great alternatives.

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# Chapter 7:

## *Detox Inches Off Your Waist Overnight*

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### **Synopsis**

Detox your waste away. The body naturally has its own detoxifying ways of getting rid of any negative residues left within the body system at regular intervals. However with the current lifestyles in place it is often difficult for the body to make such detox processes complete and effective. Therefore there is a need to find other outside ways and means to help the body through the detox sessions.



## **Detox**

Originally meant to eradicate the body system of alcohol and drugs there are now detox programs to actually help to recreate the optimum body conditioning for complete and better health. Such programs are fast gaining popularity and if used according to instruction the resulting conditions can be very impressive indeed.

Using certain diets, herbs and other specifically designed methods these detox programs help to remove any environmental and dietary toxins from the body system. Some of the ideas behind the use of these detox programs may include minimizing the amount of chemicals ingested which can be done with the consumption of just organic foods.



Another detox exercise would be designed around choosing foods that provide optimum vitamins, nutrient and antioxidants that the body needs to launch the detoxification exercise. There is also the detox program that contains foods such as those high in fiber and water to help draw out and eliminate toxins by increasing the frequency of bowel movements and urination.

All these efforts are needed to ensure optimum health simply because most adults live a lifestyle that is not very healthy to start with, thus the need for such invasive programs to keep the healthy balance in check.

The colon of an average adult is approximately five feet in length and 3 inches in diameter. Over time, toxins and waste build up and gets stored in your colon. **Some autopsies have shown up to 33 lbs. of toxic wastes stored in the colon**; this causes an assortment of health issues including constipation, diarrhea, irregular bowel movements, weakened immune system, and low energy.

This is why most people, who advocate the use of detox programs on a fairly regulatory schedule, attest to the overall better health conditions. These may be evident in better and clearer skin conditions, more energy, regular bowel movements, better digestion, increased levels of concentration and generally any other positive improvements felt.

A good way to start on a cleansing program would be to dedicate a few days to consume only fruits and vegetable.

Supplementing with whole food nutritional supplements will give added benefits, in detox and well being.

## **Your Detox Allies' by Asantae**



For best results

- Take one scoop of Akea 3x a day for 5 days
- Take 1oz of IS2 3x a day for 5 days
- Proceed by diminishing the dose to a maintenance level by adding only 1 scoop of Akea and 1 oz of IS2 per day.

Eat as many fruits and vegetable as you want and drink a lot of water throughout the day.

With this method, your will lose weight much faster while adding enormous health and wellness benefits to your life. And the best part is your will lose inches of your waist in toxic waste in just days. How great is that?

**Purchase Akea and IS2 by Asantae here**

# Chapter 8:

## *Essential Vitamins*

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### Synopsis

The following is a general breakdown of the essential vitamins that would prove to be advantages to include into the diet plan for better health:



## What's Needed

- Vitamin A – found in milk, cheese, cream, liver, kidney and certain types of fish oils. These have high content of saturated fats and cholesterol. Vegetables that are brighter and more vibrant in color contain higher levels of beta-carotene content.
- Vitamin D – found in cheese, butter, margarine, cream, fish, oysters and skin that is exposed to controlled doses of sunlight.
- Vitamin E – found in wheat germ, corn, nuts, seeds, olives, spinach, asparagus and other leafy vegetable and vegetable oils.
- Vitamin K – found in cabbage, cauliflower, spinach, soybeans and cereals. Some bacteria in the intestinal tracks also help to produce this vitamin.
- Thiamine also known as Vitamin B1 – found in fortified breads, cereals, pasta, whole grains, lean meats, fish, dried beans, peas and soybeans, dairy products, certain fruits and vegetables.
- Niacin also known as Vitamin B3 – found in dairy products, poultry, fish, lean meats, nuts, legumes and enriched breads and cereals.
- Folate – found in green, leafy vegetables and many foods which are now fortified with this.
- Vitamin B12 – found in eggs, meats, poultry, shellfish and milk or milk based products.

- Pantothenic acid and biotin – found in eggs, fish, dairy products, whole grain cereals, legumes, yeast, broccoli and other vegetables in the cabbage family, white and sweet potatoes, lean beef and other similar category foods.

While it is crucial to eat balanced meals that supply your body with all the necessary vitamins, minerals and fatty acid, it is nearly impossible to do so. Modern farming practices deplete the soil of nutrients as plants are repeatedly grown on the same land, the soil loses nutrients faster than they can be replaced. Also fruits and vegetable are usually harvested while they are not quite ripe yet, lacking vital sun exposure time; they sit on the shelves or in trucks sometimes for days, before consumption. This depletes the micronutrients count of your fruits and vegetable tremendously. Eating organic foods helps, but often it is not enough to ensure you truly have every thing you need for optimum health.

There are many vitamins companies you can chose from. When selecting your supplements there are some things to take into consideration

1. How is the supplement processed for maximum absorption
2. Are your supplements standardized providing maximum potency each time
3. Is your vitamin system well balanced to ensure proper distribution of the nutrient

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# Chapter 9:

## *Stress Makes You Fat*

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### Synopsis

Stress not only makes you fat, it kills. Stress creates high blood pressure, anxiety, heart attacks and depression. It ages you prematurely, produces cortisol, aka the stress hormone that creates inflammation and produce gain weight and belly fat.



## **Stress: The silent killer**

There are so many physical and emotional symptoms associated with stress that it has been called the silent killer. Jobs are demanding, roads are crowded, and even when we go out to have some fun, we end up waiting in line or having to deal with fast paced situation. Stressful situation produce a rush of adrenalin, which is called the fight or flight. This response is useful in dangerous or life threatening situations, but presents a real health challenge when it becomes a constant day-to-day behavior.

### **WRITE DONW YOUR STRESS INDUCING ACTIVITIES:**

Health:

Family:

Professional:

Financial:

Other:

Acquiring stress management skills is a must to enjoy vibrant health.  
Some beneficial way to reduce stress include

- Taking a walk
- Hugging a tree
- Meditation
- Taking a bath
- Exercising
- Painting
- Cooking
- Taking a singing class
- Any hobbies that you enjoy doing that takes your mind of things
- Breathing consciously
- Going to the spa
- Having a massage



## **WRITE DONW YOUR STRESS REDUCING ACTIVITIES:**

Exercise:

Leisure:

Therapy, group support

Meditation / church

Other:

## **Sleep**

Most people don't get enough sleep. Do you know that in order to achieve maximum health, you need 7 to 9 hours sleep every night?

Some of the health issues associated with sleep deprivation are cardiovascular diseases, high blood pressure, and diabetes, just to name a few.

Some statistics show that 90% of people suffering from insomnia are also affected by some other health condition.



Aside from causing depression, sleeplessness also causes memory loss, the ability to think clearly, cravings for high fat and rich in carbohydrates foods, increasing the risk for weight gain. It also ages your skin prematurely.

If this is not enough of a warning, lack of sleep also kills your sex drive. Speaking of driving, it is also a major cause for accidents on the road. Ensuring a good night sleep will increase productivity; save you time money and energy in a long run. In short, you'll improve the quality of life; you'll feel better and be happier.

Here are a few tips to improve the quality of your sleep

- Turn off the television and computer a couple hours before bedtime and allow for some quiet time.

- Avoid alcohol, caffeinated beverages and nicotine.
- Avoid heated and emotional conversations.
- Keep your sleeping area as silent as possible. If necessary use ear plugs.
- Keep your sleeping area as dark as possible. If necessary cover your eyes with a dark cloth.
- The pituitary gland is responsible for the release of adrenaline into our system; “keeping it in the dark” will help you keep calm.

Choose a comfortable mattress and pillow, not too soft, to hard.

- Take bath.
- Eat a snack. Eating before bedtime will not make you gain weight, contrary to popular beliefs, It is actually the opposite. A healthy snack at nighttime will not only help you sleep better but it will also keep your metabolism burning fat.

### **Healthy nighttime snacks**

- Greek yogurt with honey and sliced banana
- Cottage cheese
- Turkey
- Peanut butter
- Warm oatmeal
- Low-carb protein shake
- Any slow digesting carbohydrate as per suggestion in chapter 4.

## **One of my favorite night snacks**

1 small bowl of warm oatmeal,  
1 scoop of Slendize protein powder,  
Half a banana  
6 almonds  
1 small handful frozen blueberries

**7. Drink a relaxing herbal tea.** The following brands are available at your local supermarket or health food store.

- Chamomile
- Valerian
- “Sleepytime” by Celestial Seasoning Herb Teas
- “Well Rested” by Trader Joes (my favorite!)

If you are facing a stressful day tomorrow, **get your ducks in a row** so to speak, during the day, in order to free your mind from obsessing all night long.

10. Get some fresh air, breath.

**11. Exercise.** Working out late at night can potentially keep you up. However, exercise is mandatory to your overall health and will provide deeper sleep. Choose the time of day that best accommodates you.

**To reduce stress use our essential oil blend Calm by PRIIME**



**Calm:** Soothing oils of neroli and Melissa leaf meet gentle lavender, soft vanilla, and pure damask rose oil to ease frustration, restore composure, and promote tranquility.

**For a good night sleep use our essential oil blend Escape by PRIIME**



**Escape:** Fragrant lavender, soothing Roman chamomile, and precious frankincense, long prized for its healing properties, combine in this effective blend that quiets the mind and lets you rest.

**By Priime by Ariix Here**

# Chapter 10:

## *Exercise Your Way To Better Health*

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### Synopsis

Exercise has long been advocated as an ideal way to stay healthy, next only to healthy food choices made for consumption. However for one reason or another, a lot of people do not seem to consider exercising an important part of the daily lifestyle schedule. This is an even more disastrous decision, when it is accompanied by poor diet habits. About 5.3 million of the 57 million deaths worldwide in 2008 are attributed to lack of exercise creating a global pandemic.



## **Lack of exercise kills as many people as smoking**

Physical inactivity causes 1 in 10 death worldwide according to a series of studies released in British medical journal. The results suggest that public health officials treat the situation as pandemic. Harvard researchers say lack of exercise increases deaths from coronary heart disease, type 2 diabetes, breast and colon cancers and cause more than 5.3 million deaths.

In the quest to stay healthy through regular exercise regiments, it may be prudent to take the time to understand just how an exercise regiment can contribute positively to the overall well being of an individual. The following are just some points on how exercise can contribute to a healthier lifestyle:

Regular exercise sessions can help to keep the body weight under control thus avoiding the possibility of gaining unnecessary weight and becoming overweight.

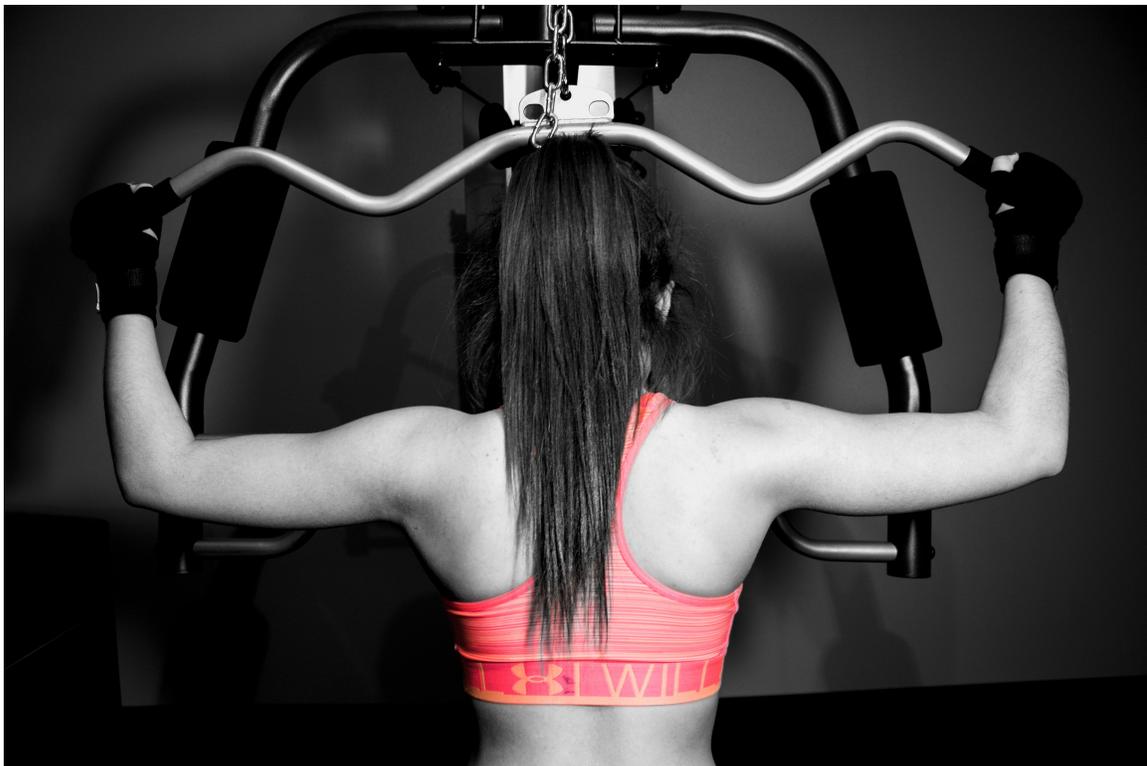
However in order for any exercise regiment to have any positive impact, it should be done with a regular schedule in place and with the accompaniment of a healthy diet choice, and only then can it help to keep the excess calories from turning into unwanted fats stored in the body.

Regular exercise also helps to keep the body systems in prime optimal working order. All the various body systems will be able to work

efficiently as there would be regular displacement of oxygen and blood flow to the various parts of the body at all times.

Mentally and physically the body will be able to function better and be more alert.

Regular exercise has also been known to help the body produce the necessary chemical make-ups that keep a good balance within the system. This essential chemical balance can contribute positively to the avoidance of negativity in the body system, without which, symptoms such as depression and mood swings are very likely to occur.



However, not every exercise modality is created equal and produces the same results.

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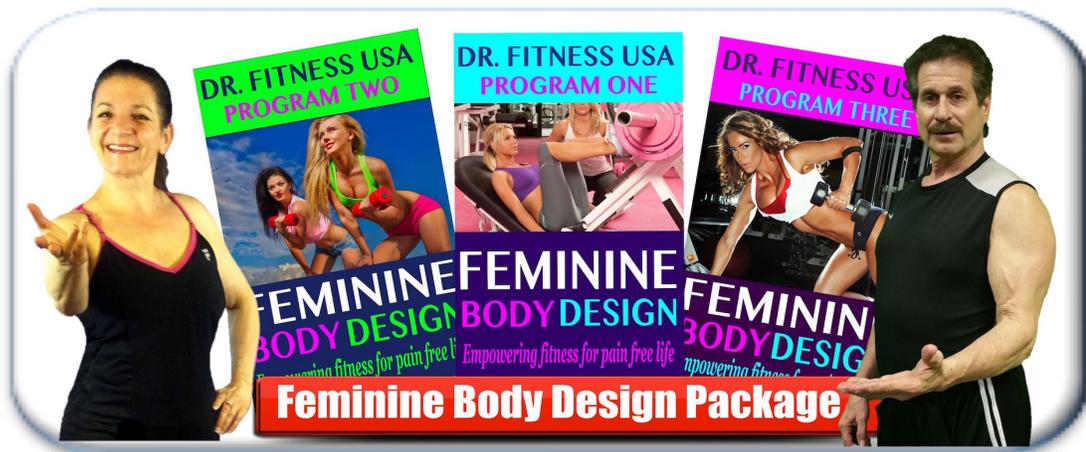
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# Wrapping Up

Optimum health today requires any added help it can get, as most people don't take the trouble to consume foods that are healthy and beneficial to them, suffer from lack the motivation or desire to exercise and prefer sedentary activities that lead to muscle atrophy. With the increase obesity epidemic social movements have emerged preaching acceptance on curvy figures, without any consideration of the health consequence this may entail. Understand that the quest to ideal weight is not about being skinny, as being underweight can be as damaging to one's health as being overweight. It is about finding balance, feeling good and being comfortable and confident within one's own body. It is about having freedom of movement, it is first and foremost about being healthy and vibrant to do the things you love to do and to be an example to future generations. Each choice you make the matter how small it is takes you one step closer to your goal or one step further. It is the small adjustments you make each day that will amount to your transformation. So choose wisely, study the material in this course and take some positive action each day.

We have extensive recourses on our website or YouTube channel, so connect with us on social media and contact us, we are excited to work with you and assist you in regaining your strength, recovering youth and recapturing the feminine figure you dream of having.

Batista Gremaud

Dr. Fitness USA

## Helpful Links

- [DrFitnessUSA.com](http://DrFitnessUSA.com)
- Feminine Body Design online strength training system
- Body Design formula strength training for men
- [YouTube.com/DrFitnessUSA](https://www.youtube.com/DrFitnessUSA)
- Shop at Aarix
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