


WEIGHT LOSS - SUMMARY

- ◆ Only 2 foods needed: **SUPERFOOD and your own favourite food.**
- ◆ **SUPERFOOD** is Low calorie and High in Nutrients.
- ◆ **Small Portions** of food is desirable to achieve maximum Daily Weight Loss.
- ◆ Wearing a **Pyramid Pendant** is essential to help Rejuvenate Liver Hormones to break down Fat and Toxins, instead of getting stored in Fat cells , and gaining more Weight. (see Brain scans).
- ◆ To **STAY at a NORMAL WEIGHT** - follow same procedure, but adjusting food input.

Daily Weight Loss can be effectively achieved by following these steps:

1. Eat less calories than your body needs for energy that day.
2. This requires using Portion Control, and eating a little less, so smaller size bowls and plates helps.
3. When your body has used up all your calories, and needs more energy, it will not wait for you to go to the supermarket to get more food. It will convert body Fat into Ketones and burn that for its energy needs - and you lose weight.
4. Including a **LOW CALORIE SUPERFOOD** in daily meals is an essential part to achieving Weight Loss daily. It is **3 very high nutrient fresh green vegetables** - chopped cabbage and baby spinach and grated celery. 
5. It doesn't really matter what favourite food you want to eat - there is no special diet - because all food contains synthetic chemicals, which may not get broken down by Liver Hormones, and end up getting stored in normal fat tissue - and gain more weight.
6. This is why wearing a **Pyramid Pendant** can **PREVENT** this happening. It rejuvenates the Hypothalamus Master Gland, so that it can initiate the production of any needed Hormones, especially the Liver Hormones that break down Fat and synthetic chemicals.
7. Add **SUPERFOOD** to breakfast e.g. 1 toast and 1 fried egg and a little bacon.
8. For lunch, at home or to take to work - cheese slices and **SUPERFOOD**.
9. For evening meal, add **SUPERFOOD** to spaghetti bolognaise.
10. **SUPERFOOD** guarantees you are getting **REAL NUTRIENTS** - having potatoes and carrots just doesn't cut it. Being very **Low in calories** also helps with portion control. One tablespoon of SUPERFOOD is probably more nutrients than in everything else you might eat in one day.
11. If you are having cravings for larger portions or more food - just pretend, or **VISUALISE**, in detail - that you ARE eating more food - and you will be amazed that in a couple of minutes - you won't feel hungry. This is a special strategy used by elite weight loss clinics.
12. You have tricked your brain into thinking that you have actually eaten. e.g. if you suck on a piece of lemon, the body sends Enzymes into your saliva to start the digestive process. This is why you should eat your food slowly, not bolt it down.
13. If you **VISUALISE** that you are sucking on a piece of lemon - the body will also send enzymes into your mouth.
14. If you have cravings for carbs or sweet food such as muffins, just add a tablespoon of **REAL SUGAR** to a cup of tea or coffee. Our body needs **REAL SUGAR** for energy, but most food contains artificial sweeteners, which the body regards as **Toxins**.
15. If you are already at a **Normal weight**, and want to **PREVENT WEIGHT GAIN** - wear a **Pyramid Pendant** to help maintain Liver Hormones in breaking down fat and toxins - and **include SUPERFOOD daily**.
16. There is no such thing as an effective weight loss diet - because they all have ingredients that contain **synthetic chemicals** - that end up getting stored in Fat cells.
17. You will gradually get a better idea of what food to choose, that your body feels is healthy - and have less desire to overeat.
18. **VISUALISE** - at the beginning of each day - what you are going to eat for that day, and your desired weight outcome. This will be programmed into your deep memory, as instructions for your brain to follow. It is a very powerful and effective strategy that weight loss psychologists use.