

MY POT BELLY



1. It IS Easy to remove excess Weight Daily - without taking months or years - which is Stressful.
2. First time I tried the DAILY WEIGHT LOSS REGIME, I had no idea how much I could lose or how long it would take. I lost 18 kg / 40 / lb in 3 weeks.
3. This Regime would also be suitable for special occasions such as engagements or any function where a quick trim up is desired.
4. The 2nd Stress avoidance benefit is being able to include your own favourite food.
5. Including some SUPERFOOD daily is vital.
6. Wearing a Pyramid Pendant will help PREVENT weight gain during Regime.

- * **STEP 1** I looked in my diary, from only a couple of years ago. I had made a comment that I would continue with this weight Loss Regime, until I had completely got rid of my pot belly. Yes Regime, there was no special diet - but **SUPERFOOD** was an essential part of my daily meals. To make it, I chopped up half a cabbage and 4 tablespoons of baby spinach and grated half a bunch of celery. I put this into a bowl to keep in the fridge. I couldn't use any ready made dressing, because they are all high in calories - so best one was sea salt, which has trace minerals, pepper and vinegar which is only about 3 calories. Wow - delicious to eat on its own.
- * **STEP 2** What food do I eat? I followed what I had planned for the day - one fried egg, one piece of toast and a small piece of bacon - and 2 tablespoons of the delicious **SUPERFOOD** - for breakfast. The rationale was that ALL food we buy contains Synthetic Chemicals - so what is the point of any particular diet - and so far there was no stress, because I was eating my favourite food. The **SUPERFOOD** was very low calorie and guaranteed I was getting **REAL NUTRIENTS**.
- * **STEP 3** Now came the **stress** part - I was determined to stick to the Regime, because I really didn't want to be lugging around this watermelon anymore, buying larger size clothes and looking like other pot bellied men my age - I wanted to look trim, taut and terrific. I was also motivated by a book I had just read by Deepak Chopra about geriatrics in a few chapters. He took on a bunch of men in their 70's and worked with them daily for 3 months. He included weight loss, nutritious food and doing what men in their 30's would do - to take their mind off old age. The key factor was **discipline**, sticking to their goal and not giving up. Keeping this in mind, the **STRESS** part was **I still felt hungry**, because I would normally eat 3 times this amount for breakfast. OMG! and this was just my first meal - how I was I going to cope? Luckily I had recently watched an episode of The Biggest Loser, and one of the men had exercised like crazy all week, and at the weigh in - hadn't lost any weight. Turned out he didn't follow the rules about portion control, and ate too much each meal. Dr Swan explained to the whole group what to do if still feeling hungry. He told them to **VISUALISE** or pretend, that he had just given them all a Pizza to eat. They had to use all their senses, what the Pizza looked like, the smell, the taste, and even how they ate it and enjoyed it. This was just after a meal. Amazingly no one felt the slightest bit hungry, as some did just a few minutes before.
- This was the strategy I had to follow each meal - keep portion size small, and it helps to use smaller size bowls and plates. Then just **VISUALISE** that I had eaten more of the same meal - it worked - **I never felt hungry**.
- * **STEP 4** As I was eating my meals during weight loss - I was weighing myself every morning - and always had less weight than the day before - BUT I was probably still not having all the **Synthetic Chemicals** in the food I was eating, being broken down by my Liver Hormones - which would then automatically get sent to my Fat cells, and I would gain more weight. To **PREVENT** this happening - wearing a **Pyramid Pendant** helps **Rejuvenate Hormones** - as seen on Brain scans while wearing a Pendant.
- * After 3 weeks I was wearing size 32 Jeans and had 10 pairs of size 36 left over.

