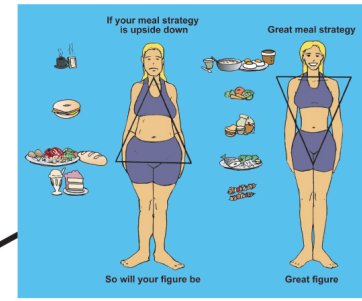
NEVER CUT CALORIES!

No need to count calories

- 100% Calories
  - 5-15% calories for digestion & elimination
  - 50-70% calories to stay alive
  - 10-25% calories for daily activities
  - Remainder = X-factor

You are when you eat



- Eat...
  - Correct proportions for your metabolic type
  - Breakfast
  - Snacks
  - Regularly

Why calorie-restriction diets don't work

- Disrupts enzyme activity
  - ↑ Lipogenic-(fat storing) enzymes
    - Bigger/fuller fat cells
  - ↓ Lypolytic-(fat burning) enzymes
- Disrupts hormones
  - ↑ Insulin
    - Syndrome X
  - ↑ Stress hormones
    - Over-activation of SNS
      - Adrenal exhaustion
- Decrease muscle mass
  - ↓ metabolic rate

Hungry?

- Drink water
  - Re-hydrates body
  - Needed for energy production
  - Avoid
    - Sodas
    - Pick-me-up foods

How to lose weight

- Eat right for your metabolic type
- Never diet
- Eat regularly
  - snacks
  - smaller meals
- Drink water
- Move your body
- Eat high-quality foods
- Sleep by 10:30pm

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