

THE COMFORT ZONE

6 WEEK EATING PLAN

In praise of the eating plan:

Jacques du Plessis (16) lost 5,5 kg in 4 weeks. Cell no: 082 463 7403

Erika du Plessis (46) lost 11 kg in 10 weeks. Cell no: 083 514 7317

“9 of us have been following the 6 week eating plan together as a group. Between us we lost 110 kg !”

Marietha Pietersen,

Krugersdorp

“My mother in-law has lost 30 kg with the eating plan and HerbaLean.”

Stephanie Vorster, Witbank

“I have lost 8 kg and feel like a million dollars.”

Frieda Brits, Klerksdorp

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Ursula's 6 Week Eating Plan

INTRODUCTION:

This is an eating plan, not a diet, to help you regain healthy eating habits, over a period of six weeks. Try and follow the recommendations to the letter. You will not be disappointed! Six weeks may seem like a long time, but try to stick to the recommendations JUST FOR TODAY, every day !

But let's start at the very beginning: Do you truly need to lose weight? Does your scale, clothes, mirror or loved one say so? Whom do you believe?

The most scientific way to determine whether you are overweight is by means of the Body Mass Index:

Calculate yours as follows or use the handy nomogram overleaf:

$$\frac{\text{Weight in kg}}{\text{Length in m} \times \text{Length in m}} \text{ e.g. } \frac{60 \text{ kg}}{1.78 \text{ m} \times 1.78 \text{ m}} = \frac{60}{3.17} = 19$$

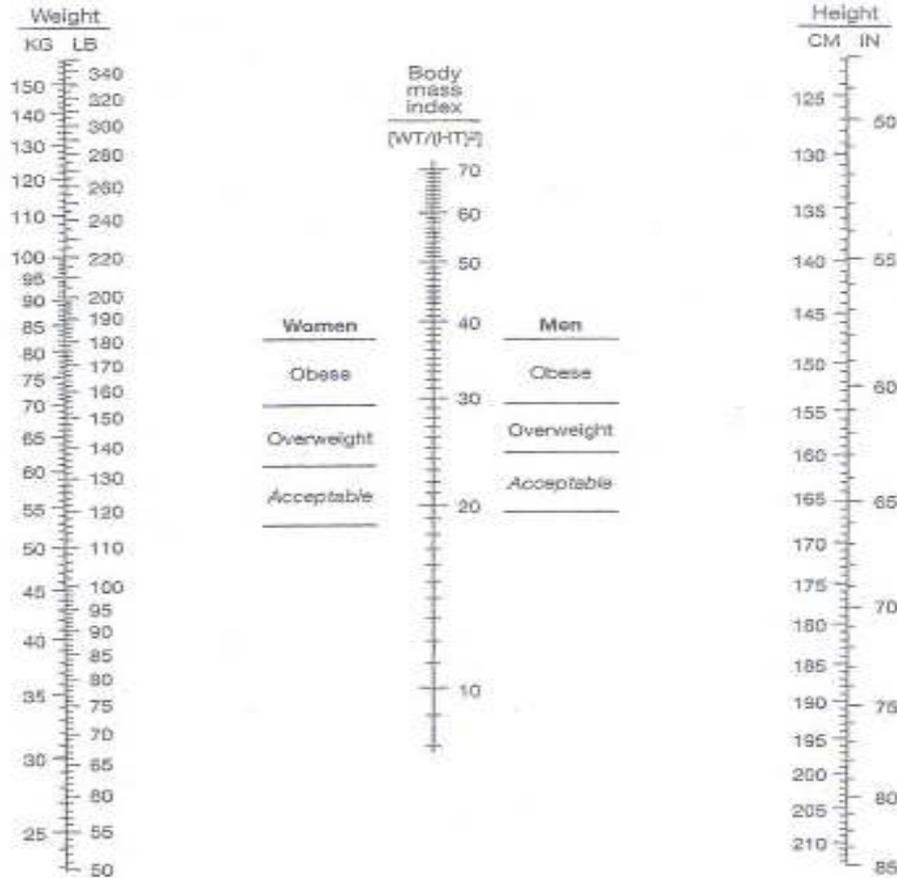
If your BMI is –

- Less than 18.5 you are underweight
- Between 18.5 and 24.9 your weight is normal /healthy – Congratulations!
- Between 25 and 30 you are overweight
- More than 30: Very overweight (Obese)
- More than 40: Dangerously obese

Body Mass Index Chart:

NOMOGRAM

Place a ruler or other straight edge between your body weight in kilograms or pounds on the left and your height in centimeters or in inches on the right.



Obesity is a worldwide epidemic:

- 57% of South African women are overweight
- Teenagers in the USA buy dresses two sizes bigger than their mothers did, at the same age.
- There's a request for bigger towels, airplane seats and even for bigger coffins.
- In the United Kingdom, 1000 people are turning obese on a daily basis.
- In the period 1986-2000: The percentage of obese woman has increased from 18% to 22% and for men from 13% to 22%!

Remember:

- True weight loss takes time. You gained the weight over years, expect to lose it at the same rate. Crash weight loss is dangerous and does the body more harm than good. When calories are suddenly severely restricted, the metabolism slows down to a snail's pace and the scale's needle will not budge an inch, even though you eat less!
- Do not be discouraged if you haven't lost any weight in the first week. Every week new steps are introduced, which may just be the ones that kick – start your weight loss process.
- This eating plan is cumulative. So whatever you did in Week 1 continues in Week 2, while additional steps are introduced each week up to Week 6. In this way, you are gradually changing unhealthy eating habits. Do not be tempted to introduce more than one week's recommendations or to work ahead. This reduces your chances of success. After 6 weeks, you are guaranteed to have lost weight and centimeters, while feeling energized with a new lease on life.
- We all 'cheat' from time to time. That's no reason to think you are a failure and abandon the program completely. Get back to following the recommendations as soon as possible. Every day is a new start. In fact every minute is a new start!
- Do not weigh yourself more than once a week. Do this upon waking up, after you have emptied your bladder. Invest in a reliable scale and weigh yourself only on the same scale, every week. **IF YOU ARE ENROLLED WITH COMFORT ZONE, DO NOT WEIGH YOURSELF – WAIT FOR THE WEEKLY PERSONAL CONSULTATION WITH YOUR SPONSOR.**

Answer the following question truthfully:

Are you unhappy because you are overweight, or are you overweight because you are unhappy? You may be eating to compensate for other reasons: Loneliness, Frustration, Anxiety, Depression, Emotional Abuse.... If food has become an emotional crutch or a consolation, you need to address the real reasons behind your weight gain. Talking to a friend, professional counseling or a support group can assist you greatly with deep rooted issues or dealing with baggage from your past. But remember, losing weight alone will not make you happy!

WEEK 1:

Your starting weight: _____ kg

In week 1, we will mainly focus on your fluid/liquid intake. A common misconception is that fluids (drinks) are not considered to contribute to weight. WRONG! Drinks like carbonated cold drinks (COKE), fruit juices (HIGH IN SUGAR), alcoholic beverages, Cappuccino's, Irish Coffee's, Café Latte's, Don Pedro and Fruit Ciders are a main contributor of calories, which many people disregard. I have been in the company of many friends struggling with their weight who order a Don Pedro or Irish Coffee after a meal because they are on 'diet', instead of a dessert. These drinks are just as fattening as any other dessert on the menu!

Is it really so difficult to order a cup of decaffeinated coffee instead of a Cappuccino when next you meet someone for coffee? If you know the difference in calories, you may wish to reconsider!

By becoming aware of the hidden calories in your liquid intake, you will start the journey to permanent weight loss.

Apart from focusing on liquids, we are also taking the first step in getting off the sugar roller coaster by introducing FRUIT and ARTIFICIAL SWEETENERS. In week 2, I will explain more.

Shopping List:

- *Oats based Muesli (Woolworths Slimmer's Choice Muesli: 300 Cal / 100 g; Fineform Muesli; Kellogs Hi Fibre Bran, Whole-wheat Pro Nutro, Nature's Source Apple and Cinnamon Muesli.)*
- *Fat Free or Skim Milk (0% Fat) (Long life Cartons – so you always have fat free at hand),*
- **Zero Calorie drinks:** *i.e. Sparkling Water, Tab, Skim Milk, Herbal Tea etc.*
- *Lots of fresh fruit of your choice or unsweetened dried fruit. Choose from the following list: Apricots, Cherries, Grapefruit, Peaches, dried Apricots, Pears, Apples, Plums, Oranges, Grapes (one portion equals one handful), Kiwi fruit, Mangoes, Guavas, Plums, Nectarines, and Strawberries. (Only green fruits in your GI guide)*
- *Artificial Sweetener: Two packs, one for your bag and one for your home.*
- *Decaffeinated coffee.*
- **Supplements:** *HerbaLean (HerbaZone), Fat Burner.*

During week 1, you eat as you normally do, but introduce the following additional steps:

1) **EAT BREAKFAST EVERY DAY:**

As early as possible in the morning, eat one cup Oats based Fat free Muesli with *Fat Free Milk* (Not 2% !) and top with fat free, unflavored natural yoghurt. You may sprinkle one teaspoonful of IQ Boost granules over the yoghurt to improve the taste. You may wish to add some fresh fruit (From your 5-6 serving allowance per day). Choose from the cereals in the shopping list.

2) REPLACE ALL FLUIDS WITH ZERO CALORIE DRINKS:

Limit your drinks to: Caffeine-free Coffee/Tea with **fat free milk and artificial sweetener***, 0 Calorie juices (Diet Coke, Sprite Zero, Tab etc), sparkling/still or soda water.

When you purchase drinks to stock your fridge, **check the calorie content on the label:** Only ZERO will do, do not assume a drink is 'low cal' because it says unsweetened, natural or 100% pure!

Eliminate completely: **Flavored** sparkling water (unless the calorie count is 0), Fruit Juices (including Liquifruit), Alcoholic drinks**, Energy drinks (Energade, Powerade, Red Bull even with/after exercise etc.), Carbonated drinks especially original **COKE** ! Coke contains heaps of sugar (8 teaspoons per can) and caffeine (46 mg per can) and plays havoc with your blood sugar. It's better having none of these drinks in your kitchen or fridge, lest you be tempted!

3) EAT FRUIT:

Fruit is high in fibre, rich in nutrients and low in calories. High fibre foods take the edge off appetite, and since the fibre is not absorbed or digested, it fills the intestine, thus contributing to a sense of satiety. The calorie per volume ration of fruit is so advantageous that you can eat 6 bowls of raspberries and whipped cream for the same calorie content of 1 fruit tart! {Just to illustrate the point – don't eat cream while on diet!}

Eat at least three fruits a day, preferably in the latter half of the day. *Do not substitute fruit with fruit juice, which contains lots of hidden sugar.* Dried fruit is another option – unsweetened apricots, peaches and pears have the same amount of calories when they are dried than when they are fresh. It is a good choice to eat fruit when you experience hunger pangs during the first week or so of your diet, or alternatively, drink a serving of HerbaLean to reduce hunger pangs. If you are very hungry during your first week, increase your fruit intake to 5 – 6 fruits per day.

4) SUPPLEMENTS:

HerbaLean: This is a **mealtime replacement**, but in the first week or two, I advise people to take a serving in between meals at 10:30 and again at 16:00, primarily to stave off hunger and stabilize blood sugar. Later, once you have started eating less and are losing weight, you may wish to replace breakfast or lunch, for even speedier weight loss.

Fat Burner: Take two capsules every morning. These capsules boost your metabolic rate, especially if your metabolism is sluggish.

If you battle to curb your appetite, introduce HerbaZone Apple Cider Vinegar Liquid with Centella: Two tablespoons three times a day 15 minutes before meals: This can be mixed with any calorie free liquid of your choice, usually warm water with a touch of liquid sweetener. (John Robbie, ex-Springbok rugby player and Radio 702 talk show host lost 8 kg, just with Apple Cider Vinegar!) *I know it tastes awful, but how badly do you want to lose weight?*

Tip: For those of you who really cannot stomach **Apple Cider Vinegar** liquid, take **HerbaZone's Apple Cider Vinegar Capsules** instead. (2 Capsules equal 1 Tablespoon liquid).

***Artificial Sweeteners:** There is a great variety of artificial sweeteners on the market. I prefer Canderel (Aspartame – no bitter aftertaste) sachet straws. 1

sachet is equivalent to 2 teaspoons of sugar. *Invest in three packs or share one pack between your home, office and your handbag.* Because artificial sweeteners are so intensely sweet, we use micrograms to sweeten our food, so that they don't have any adverse effect on our health, nor do they cause tooth decay.

****Alcohol:** If you find it difficult to eliminate alcohol completely, switch to low fat alcohol i.e. light wine and light beer. Drink spirits with **Soda Water** or **Zero Calorie Diet Coke (or mixers)** if this is your drink of choice. *Alcohol is extremely high in calories*, and to make matters worse, alcohol is not used for energy like normal carbohydrates – it is immediately converted to fat. In addition, alcohol influences your resolve to stick to the eating plan.

Be especially careful of **Smart Drinks** (Kiwi Coolers, Hooch etc.) – These are extraordinarily high in calories but taste like cold drink!

The Convenient Myth: You hate the taste of zero calorie drinks and anyway, artificial sweeteners, cause degenerative diseases.

The Brutal Truth: If you want to lose weight badly enough, you will find a zero calorie drink you like. There is a wide variety of different zero calorie drinks on the market. In the minute quantities we use artificial sweeteners, there are no side effects and it is a fallacy that it causes Alzheimer's disease. The cell phone next to your ear is more harmful than the micrograms of artificial sweetener you ingest. Are you sure you are not making excuses?

Summary:

- Eliminate all calorie-rich liquids. It is estimated that up to 60% of our calorie intake comes from liquids!
- Eat fresh fruit – up to 6 servings per day.
- Eat breakfast.

EXERCISE

A better word for exercise is physical activity! Many people have such an aversion to exercise, that they don't even consider normal physical activity as exercise. Any activity is better than nothing: For example, taking the stairs instead of the elevator / lift, parking in the furthest bay at the Mall, instead of on the kerb next to the mall entrance! Shopping can burn calories and in America, mall power-walking is quite common! The real value of exercise is that it helps to stabilize blood sugar, reduce the appetite and accelerate the metabolism 10-fold – and you don't have to do much to achieve this result – just 15 minutes a day, or 35 minutes three times a week. Experiment until you find the exercise you enjoy most. It took me 40 years to discover the value of a treadmill in my own home – I have finally found the exercise I am able to stick to. Yoga, riding a bicycle with the kids and walking are other exercises I thoroughly enjoy. I vow that I will never take out a gym membership in my life again! It's just not ME!

WEEK 2:

YOUR WEIGHT: _____ kg

“STOP! I want to get off the sugar roller coaster!”

Shopping list:

- Anything your heart desires on the Diabetics shelf in the supermarket or pharmacy.
- Anything “Green” in your G.I. Guide*
- Herbazing capsules. (Take two in the morning to get rid of excess water retained in the body, detox effect.)

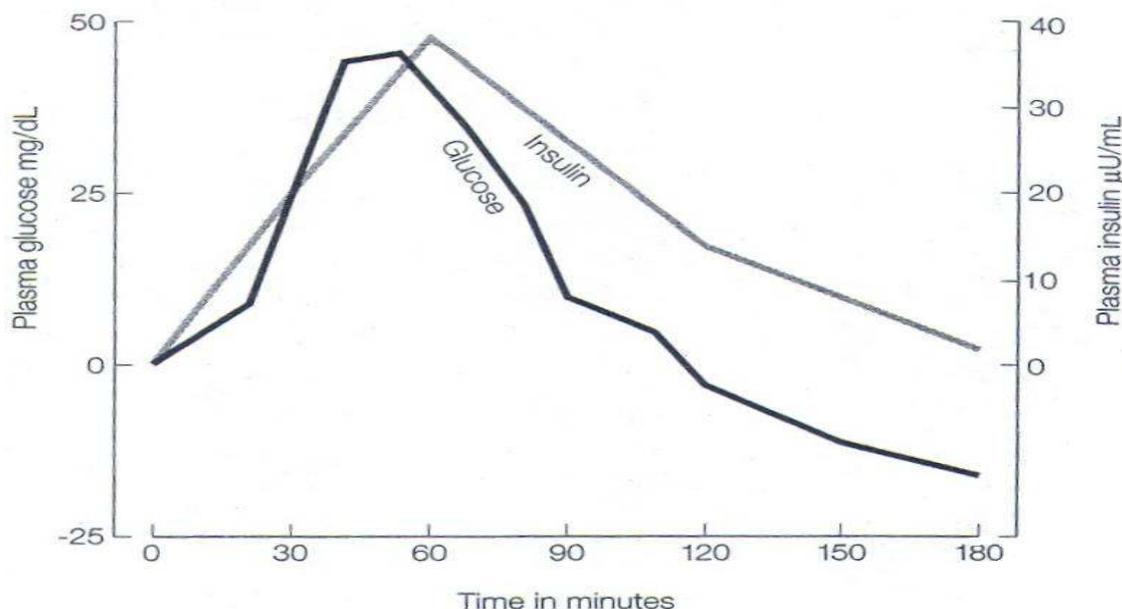
* See the condensed list at the end of Week 6.

This is a simple but crucial step in your weight loss process, underpinned by the following fact:

The more simple sugars you eat, the more you will crave.

When blood sugar enters the blood stream after eating a sugary snack, insulin is released. The insulin gets to work immediately and shunts all the sugar from the blood into the liver and muscle cells, until they are saturated with sugar. Excess sugar is directed to the ‘fat factory’ where it is converted into fat and stored for use during a famine. (Fortunately we live in such affluent times and countries, that the likelihood of a famine is very remote and the fat stores just keep stretching and filling up and never get cleared out or used up during periods of food shortage.)

Because all the blood sugar is cleared from the bloodstream by the release of large amounts of insulin, in response to the sugary snack you consumed, your blood sugar level suddenly drops to an alarming low over a period of 2 to 3 hours. (See graph below)



Glycemic response: bread. Within 40 minutes of a person's eating bread blood sugar levels are almost double those seen with spaghetti. The body produces more than three times as much insulin to bring blood glucose levels under control. The body overreacts and blood glucose goes to low, leading to strong cravings for something sweet or a stimulant such as caffeine peaking three hours later.

The body interprets this drop in blood sugar as a state of emergency, which you experience by feeling any (or all) of the following symptoms: **weakness, extreme fatigue, drowsiness, getting the shakes, mild nausea** and craving something sweet right NOW! Even with the strongest willpower and self-discipline, you simply cannot resist eating a sweet snack, and you succumb – eating half a dozen biscuits at one sitting (– or whatever is at hand, provided it is sweet or made of flour), which again results in the release of insulin as explained above.

The cycle thus repeats itself over and over and is called “the sugar/insulin roller coaster” by scientists. Long-term, this leads to the pancreas defaulting and producing a poor quality and quantity insulin, with an ultimate complete cessation of insulin production. This situation is called Adult- Onset Type 2 Diabetes.

Note: Stimulants like coffee, cola drinks, cigarettes, drugs, pseudo-ephedrine products (e.g. Appetite quenchers like THINZ) stress etc. stimulate the release of adrenaline which repeats the vicious cycle.

Are you on the sugar roller coaster?

- Crave something sweet often throughout the day?
- Experience energy slumps throughout the day which are alleviated by something sweet or coffee?
- Need to end a meal with something sweet?
- Too tired to exercise?
- Rely on a strong cup of coffee or two to get you going in the morning?
- You know your excess weight is as a result of eating too much sweets, chocolates, biscuits and white flour products, but you cannot help yourself?
- Your weight is primarily situated around your waist?

Answering YES to one or more of the above indicates a strong likelihood that you are riding on the sugar roller coaster!

How do you get off the sugar roller coaster?

It **IS** easier said than done, but certainly *not impossible*: Eliminate all sweets, chocolates, cookies, sugary chewing gum, nougat, energy drinks, coke, ice cream, after dinner peppermints, white bread – anything with glucose (also called sucrose). Remove the temptation from your bottom drawer in your office, your chest of drawers next to your bed, your kitchen cupboards, your car’s cubbyhole, your fridge etc. Treat sugary snacks like a recovering alcoholic would treat alcohol - wash it down the drain. Banish it from your environment, prevent easy accessibility. If it’s there and accessible, its makes it all the more difficult to resist!

Of course you can drive to the nearest quick shop and replenish your stash, but it is quite an effort once you have already changed into your pajamas and snuggled up in bed or in front of the TV. (Do you also find bed time a particularly tempting snack time? It helps to brush your teeth immediately after dinner: If you’re like me, you will be too lazy to brush your teeth again, so won’t spoil your fresh mouth with a chocolate!)

NOW: Are there any healthy snacks we can substitute sugar/floury snacks with instead? Pretend you have just been diagnosed as a diabetic (which will happen if you don’t stop snacking sweets!). This means no Sucrose or Glucose in your diet.

Discover a new world at the Diabetes Counter in the chemist, home industry and supermarket:

What a vast selection of yummy stuff! Sugar free biscuits, dried fruits and.....artificially sweetened (Canderel) Chocolate*, which truly tastes just like Belgian chocolate. What a find! **If you really have to and cannot go cold turkey immediately**, rather snack on these than on conventional high sugar snacks.

*High in fat, but we take care of this later!

An even better option is to substitute a sugary snack with a serving of HerbaZone's **HerbaLean**:

This delicious, nutritious milkshake will satisfy your hunger (which is actually a sugar craving) without elevating your blood sugar! One serving contains only 80 Calories (less than an apple), and can be used as an in-between snack or to substitute a meal (for dramatic weight loss – See Turbo Boost). Keep a container handy at your work and home; liquidize fresh fruit with a serving of HerbaLean, for a low calorie, delicious smoothie – (great for kids!) – Which will keep you satisfied and full from meal to meal, so that the temptation to snack will be diminished.

To help stabilize your blood sugar levels, the mineral *chromium* should be taken daily as a supplement. HerbaZone's **Fat Burner** capsules contain 15 micrograms per capsule. By taking two capsules in the morning your Chromium deficiency will slowly be reversed, which will assist in stabilizing blood sugar levels and prevent sugar cravings. In addition, Fat Burner contains a natural appetite suppressant (Garcinia Cambogia), which will help a great deal in resisting sugary snacks, especially in the beginning. Norwegian Sea Weed, Celery Seed, Fennel Seed and l-Carnitine (an amino acid which promotes fat burning) assist in accelerating the metabolic rate. Remember, the faster your metabolic rate, the more calories you burn.

REMEMBER: Continue with the steps you introduced in WEEK 1 and add the steps of WEEK 2. This is a cumulative eating plan up to Week 6, which teaches you new ways of eating to lose weight and improve your health and energy levels. By the end of Week 6, the novel steps will have become a HABIT for permanent weight control.

Summary:

- Eliminate snacking on sweet sugary or white flour products. (Oprah's mantra: Lose the white stuff!)
- Substitute sweet/floury snacks with healthy alternatives from the diabetics shelf or eat 'green' fruits, dried fruits.
- Eliminate caffeine in coffee, tea and cola drinks.

A one-day once-a-week fast

Taking 'time out' from food once a week is highly beneficial. To make it part of your regular lifestyle, it is best to fast on the same day each week, perhaps Monday as a recovery period after any excesses over the weekend. While fasting, it is critical not to limit the intake of fluids. Drink plenty of water and herbal teas – Peppermint Tea for energy, Chamomile Tea for relaxation, Fennel and Aniseed Tea for digestion, You may eat green GI fruit or make up a vegetable broth with all sorts of vegetables except potatoes.

WEEK 3

Your weight: _____ kg

This week we are introducing the concept of the Glycemic Index of carbohydrates (sugars), and require you to substitute all foods with a high Glycemic Index (i.e. white bread – RED and ‘ORANGE’ FOODS in your GI guide), with foods with a low Glycemic Index (i.e. Rye Bread – ‘GREEN’ FOODS in your GI guide).

Shopping list:

- The South African Glycemic Index Guide (Comfort Zone or order via www.gifoundation.com).
- Low G.I. Food substitutes i.e. brown rice (Old Millstream) instead of white rice, Rye/Seed Loaf Bread instead of White Bread, Dhurum Wheat Spaghetti instead of ordinary pasta, Provita instead of Snack bread -
Consult your GI list/book
- Bokomo Oats tins of beans, pulses, lentils.
- HerbaZone’s **Omega 3 & 6**

GLYCEMIC INDEX

The Glycemic index is an indication of how fast sugar gets absorbed into the bloodstream. Glucose is the sugar which is absorbed instantly, and therefore it has a Glycemic Index of 100. All other sugars are measured against glucose. The only sugar with a Low Glycemic Index (<55) is fructose (only when in fruit), and is much healthier, while stabilizing the blood sugar for hours to prevent a person from landing on the insulin roller coaster and gain weight. Examples of Low Glycemic Index Carbohydrates are Fructose (Sugar in Fruit), Oatmeal, Apples, Pears, Rye Bread, Durhum Wheat Spaghetti, Brown Rice, Sweet potatoes, Carrots, Apple Juice, Bokomo Oats, Beans, Lentils, etc.

Carbohydrates with a High Glycemic Index (>55) should be avoided and include all simple sugars, for instance Bananas, Raisins, White Bread, White Pasta, Baked Potatoes, Chocolates, Cola drinks, etc. The Glycemic Index of food is not obvious or common sense and it takes time and effort to get to know the various foods’ Glycemic Index value.

[Invest in a booklet with the GI tables of South African brand foods available from Comfort Zone or via the internet: www.gifoundation.com]

HerbaLean has a Glycemic Index lower than 50. By replacing a meal with HerbaLean, you lower your daily calorie-intake **and the blood sugar is stabilized for hours**, which helps to get off the insulin roller coaster. A good habit is to drink a glass of **HerbaLean** instead of eating a sugary snack when you get a craving for something sweet or experience a hunger pang.

Other ways to stabilize your blood sugar levels:

- Choose the correct food and be aware of the G.I.
- Take supplements with chromium i.e. HerbaZone **Fat Burner** Capsules.
- Combine Protein with Carbohydrates at every meal i.e. beans on toast.
- Supplement with Essential Fatty Acids (Take HerbaZone’s **Omega 3&6 capsules**).
- Do 15 minutes of exercise daily.

Fruits with a low glycemc index:

(Ranked from the lowest to the highest)

Cherries, Grapefruit, Peach, Dried Apricot, Pear, Apple, Plum, Orange, Grapes, Kiwifruit, Strawberries and Mango.

Intermediate:

Sultanas, Banana, Fresh Apricot, Paw Paw, Raisins, Dates, Rock Melon (Spanspek), Pineapple, Litchi.

High:

Watermelon

Repeat and reinforce the following steps introduced in Week 3:

- 1) AVOID and ELIMINATE from your diet all sweets, cakes, pastries, pies, pizza, chocolate, pudding for the next seven days. Within seven days, your blood sugar will have stabilized to such an extent that you will not even crave these kind of foods anymore. It takes approximately seven days, so start today and decide: “*Just for today, I will have nothing sweet – including sweet drinks like Coke*”. Make this commitment every day for seven consecutive days!! You may snack on any of the above low GI fruits to your heart’s content, or better still, drink a serving of **HerbaLean** to quell sugar cravings, which will be severe during your withdrawal phase (+/- 3 days).
- 2) AVOID and ELIMINATE all caffeine from your diet. Substitute normal coffee with decaffeinated coffee. Try Nescafe or Woolworths Decaffeinated Coffee, or Douwe Egberts Decaf, which is especially good. In Coffee Shops and Restaurants, be specific when ordering a cup of coffee and ask for ‘decaf’. Cola drinks contain a lot of caffeine - substitute Coke with Tab which is both sugar free and caffeine free. Remember, Tea also contains Caffeine, so substitute normal tea with Herbal or Rooibos Tea.

Hidden caffeine:

The following foods/drinks contain high levels of caffeine:

Coca Cola, Diet Coke, Red Bull, Hot Cocoa, Instant Coffee, Espresso, Cappuccino, Latte, Filter Coffee, Tea, Green Tea, Chocolate Cake, Bittersweet Chocolate, Bioplus, Regamkers, Lert tablets.

Warning: You may feel lethargic and tired and experience headaches during the first few days of going without sugar and caffeine. This is a positive symptom, since it is an indication that you are in the withdrawal phase and your body is detoxing. Within a week, the headaches and fatigue should be a thing of the past. Use over the counter painkillers like Disprin to relieve the withdrawal headaches.

Summary:

- **NO SWEETS or WHITE FLOUR PRODUCTS!**
- **NO CAFFEINE!**

WEEK 4: CALORIE COUNTING COUNTS!

Calories to Kilojoules: Calories x 4.186 = Kilojoules.

Kilojoules to Calories: Kilojoules ÷ 4.186 = Calories

Your weight _____kg

When you consume more calories than your body burns up for energy, excess carbohydrates, proteins and fats are converted to fat, and stored around your stomach, hips and thighs. If your fat is prone to be located around the stomach area (apple shape), it is a clear indication that you are consuming too much Carbohydrate.

The calorie content of food is an indication of how much energy it provides – or more bluntly, how fattening it is: Even though Proteins and Carbohydrates (Sugars) have the same calorie content (1g supplies 4 Calories), sugars are more fattening due to the insulin reaction explained previously. Fats have the most calories of any food type, and supply 9 Calories per gram, which is why food with a high fat content, is most fattening. 100% alcohol, supplies 7 calories per gram.

The average person with an office/ sedentary job requires 2000 calories per day. The average daily intake of calories of modern man/woman is 5000 calories per day!

Consider this: A fast food meal comprising of a hamburger, chips and milkshake provides 2500 calories! It is not nutritious enough to sustain you for the whole day, so it is typical to become hungry again 3 to 4 hours after the meal, which is further exacerbated by the craving created by a slump in blood sugar as a result of the high sugar content of the meal (Bread and Milkshake). (A dip on the insulin roller coaster).

By adding the calories consumed during breakfast, the in-between-meals snacks and dinner, it is easy to see how quickly it can add up to 5000 calories! Pastries, chocolate bars, cake, crisps (chips) and biscuits are easy to eat and extraordinarily high in calories, which is why they are the villains that are considered fattening.

By making wise choices (refer to the product labels – all Woolworths products are comprehensively labeled), you can eat a lot of food and consume very few calories:

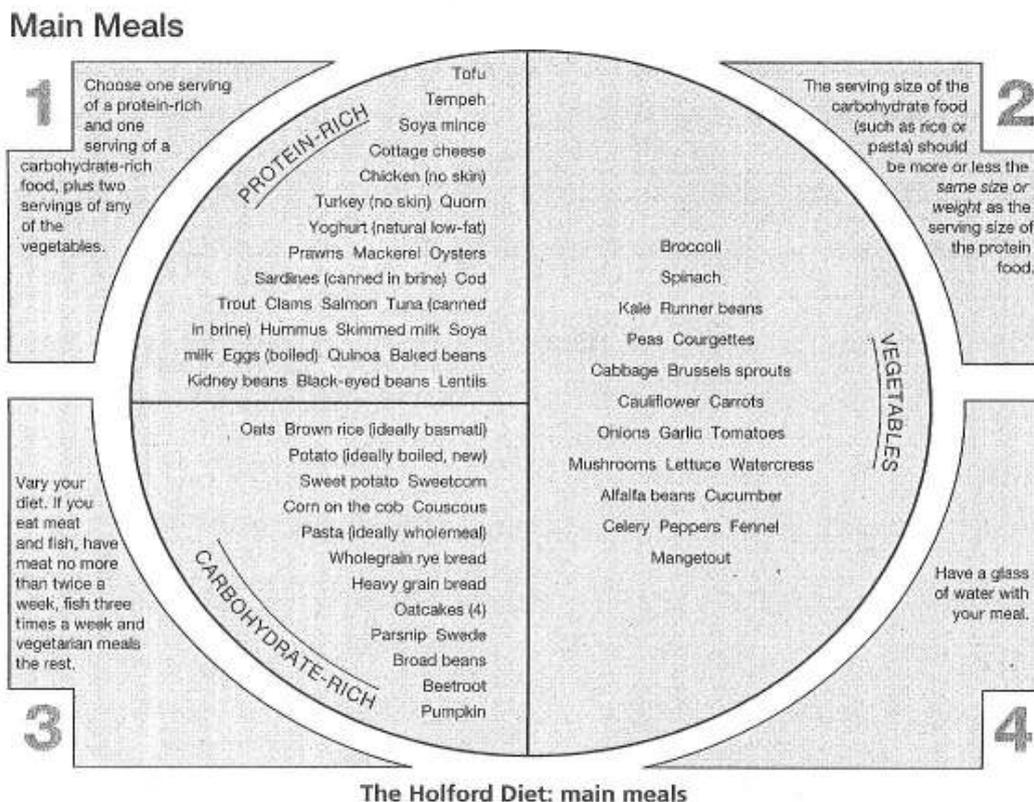
Examples:

- A can of Coke (139 Calories) vs. a can of diet Coke (2 Calories) vs. a can of sparkling water (0 Calories).
- Two teaspoons of sugar (40 Calories) vs. 1 artificial sweetener tablet (0 Calories).
- A bowl of tomato and greens salad (40 calories) vs. a bowl of potato salad (300 calories).
- 100g of fresh or tinned fruit, with a scoop of sorbet and whipped cream (150 calories) vs. two crepes with a small scoop of vanilla ice cream and syrup (450 calories).
- 200g of fish (double the size of the steak) with lemon garnish, broccoli, grilled tomatoes and herby new potatoes (350 calories) vs. fried steak (100 g – that's tiny!) with medium portion of chips (650 calories).

When you dish up at mealtime, follow this guideline:

Mentally, divide your plate into 4 quarters. At every meal, fill one quarter of the plate with protein (chicken, fish, meat, and beans), the other quarter with

starch/complex carbohydrate (bread, rice, pasta, potato, couscous) and the remaining half with vegetables/ salad.



Taken from *The Holford Diet* by Patrick Holford

From now on, your plate of food at every meal you eat should look like this!

For instance, for **breakfast** have 1 egg ($\frac{1}{4}$ protein), 1 slice of rye bread ($\frac{1}{4}$ starch/carbs) and 1 grapefruit ($\frac{1}{2}$ Veggies/Fruit). Or, have half a cup of Low Fat Muesli ($\frac{1}{4}$ carbs) with half a cup of Yoghurt/ Skim Milk ($\frac{1}{4}$ protein) and 1 cup of freshly chopped fruit ($\frac{1}{2}$ Veggies/Fruit).

For **lunch**, an example would be a small cheese and ham omelette ($\frac{1}{4}$ protein and $\frac{1}{4}$ carbs) with a large side salad ($\frac{1}{2}$ veggies). **Dinner:** $\frac{1}{4}$ plateful of meat/chicken/fish, $\frac{1}{4}$ plate rice/potatoes and half a plateful of steamed Vegetables.

Summary: GET COUNTING AND START COMBINING - BE CREATIVE!

Consult the following web address for food calorie content:

www.weightlossresources/calories/calorie_counter.co.uk

WEEK 5

Your weight _____ kg

This week we are concentrating on your daily protein intake. Proteins are essential for good health, and the human body was designed to function optimally provided it receives an adequate daily intake of protein.

Protein is food made up of amino acids. These amino acids are used to maintain and repair muscles, tendons, skin, ligaments, organs, glands, nails and hair. They also produce hormones, chemical messengers in the brain, various body fluids and enzymes. There are 21 Amino Acids, of which 9 are essential. This means that they cannot be manufactured in the body, but need to be ingested by means of the daily diet. The other 12 are non-essential, which means they can be manufactured from the other 9 essential amino acids. When even one amino acid is lacking, serious health problems will eventually occur. People who are physically active, require greater amounts of protein and amino acids (protein building blocks), than sedentary persons, in order to build and repair muscle tissue.

Proteins and Amino Acids are typically found in meat, chicken meat, fish, shellfish, dairy products, Soya products, eggs, nuts and seeds. Just like carbohydrates, 1 g of protein provides 4 calories, so that it is technically incorrect to say that sugar (carbohydrates) is more fattening than protein. Both supply equal amount of calories per gram, but carbohydrates, especially simple carbohydrates, are fattening as a result of the blood sugar/insulin roller coaster as discussed previously.

Some extreme diets like the Atkins Diet, recommend the intake of unlimited amounts of protein, and the complete elimination of carbohydrates in the diet. Long-term this approach has been proven to be ineffective and unhealthy, placing great strain on especially the kidneys. I am a firm believer in a balanced diet, with a moderate intake of complex carbohydrates, protein and good fats, since the human body requires a balanced amount of all macro-nutrients, and functions optimally under these conditions. Eliminating one of the food groups altogether, will most certainly have adverse long-term effects.

My eating plan, recommends a portion of protein with every meal. This ensures that the protein demand is met, while lowering the **total glycemic index of the meal**.

(Example: 1 slice of white bread toast with butter has a high glycemic index. The same slice of toast with butter and baked beans has a low glycemic index. Adding protein to carbohydrates (white bread) lowers the total glycemic index.)

Examples of proteins:

- Poultry (White meat only)
- Fish
- Shellfish
- Meat
- Eggs
- Nuts and seeds

Take great care to eat above proteins in their purest form. Processed proteins like ham, bacon, pepperoni, salami, hot dogs, burger patties, boerewors, sausage, fish fingers, chicken nuggets, crumbed chicken, peanut butter, prawn cocktail and meatloaf are usually cured, processed and combined with fats and sugar, so that they are actually high-fat carbohydrates in disguise!

Consult the chart below to carefully select proteins, with a low calorie count and which are low in hidden carbohydrates and fats:

<u>Protein source (per 100g)</u>	Protein	Carbohydrates	Fat	Calories
<u>Meat</u>				
Bacon (grilled)	30 g	0 g	50 g	576
Beef, fried rump	30 g	0 g	7 g	190
Beef, minced 20% fat	24 g	0 g	20 g	286
Beef, stewed with veg	13 g	5 g	12 g	184
Biltong, Beef	34 g	0 g	6 g	203
Biltong, Game	73 g	1 g	2 g	308
Chicken, boiled with skin	25 g	0 g	13 g	219
Chicken, boiled without skin	29 g	0 g	4 g	159
Chicken Pie	13 g	26 g	31 g	444
Chicken, roasted with skin	27 g	0 g	14 g	239
Chicken roasted without skin	30 g	0 g	7 g	190
Chicken, stewed with veg	11 g	6 g	5 g	118
Mutton, grilled chops with fat	28 g	0 g	12 g	355
Mutton, grilled chops, fat trimmed	28 g	0 g	12 g	222
Mutton roast - fat trimmed	29 g	0 g	7 g	183
Mutton, stewed with veg	11 g	6 g	9 g	147
Oxtail, stewed	31 g	0 g	13 g	243
Pork, spareribs	29 g	0 g	30 g	397
<u>Fish</u>				
Calamari, batter, fried	13 g	8 g	11 g	186
Haddock, smoked, boiled	23 g	0 g	1 g	101
Herring, grilled	20 g	0 g	13 g	199
Kipper, baked	26 g	0 g	11 g	205
Mackerel, Butterfish - steamed	20 g	0 g	13 g	199
Oysters, raw	8.4 g	3.4 g	2 g	66
Pilchards, canned in tom sauce	19 g	1 g	5 g	126
Prawns, fried	20 g	10 g	11 g	225
Sardines, canned	20 g	0 g	28 g	334
Smoked salmon, steamed	27 g	0 g	4 g	131
Sole, fried	16 g	9 g	13 g	216
Tuna, canned in oil, drained	29 g	0 g	22 g	197
Tuna, canned in water	28 g	0 g	1 g	127
White fish (Hake, Kingklip), fried	20 g	0 g	10 g	165
<u>Legumes</u>				
Baked Beans	5 g	10.3 g	1 g	64
Chick Peas, dried and cooked	7 g	17 g	2 g	107
Lentils, cooked	8 g	16 g	0 g	106
Peas, dried and cooked	8 g	22 g	0.3 g	118
Salad beans (Sousbone)	6 g	22 g	0.4 g	109
Soya Beans, dried and cooked	11 g	9 g	6 g	130
<u>Eggs (HIGH FAT CONTENT)</u>				
Egg, boiled	12 g	1 g	11 g	158
Egg, fried in bacon fat	12 g	1 g	16 g	195
Omelets, fried in butter	12 g	2 g	15 g	189

Poached Egg	12 g	1 g	11 g	157
Scrambled Egg, Fried in butter	10 g	3 g	14 g	177
<u>Milk</u>				
Cheddar Cheese	25 g	1 g	33 g	403
Cheese Spread	16 g	9 g	21 g	290
Cottage Cheese, fat free	15 g	4 g	0 g	85
Feta Cheese	14 g	4 g	21 g	264
Gouda Cheese	25 g	2 g	27 g	356
Milk, Full Cream	3 g	5 g	3 g	61
Milk 2%	3 g	5 g	2 g	50
Milk, Skim	3 g	5 g	0 g	35
Yoghurt, fruit, low fat , sweetened	5 g	15 g	2 g	95
Yoghurt, plain, whole milk	4 g	5 g	3 g	61
<u>Nuts (HIGH FAT CONTENT)</u>				
Macadamia Nuts	8 g	8 g	74 g	702
Peanuts, roasted, salted	27 g	10 g	50 g	580
Pumpkin Seeds	19 g	18 g	19 g	446
Sunflower Seeds	26 g	6 g	55 g	588

Protein sources with a high calorie count should be avoided or completely eliminated from the diet for successful weight loss. Try and avoid all hard cheeses and nuts (supplement with **Omega 3 & 6** capsules instead), oily fish, bacon, spareribs, mutton chops, biltong. Substitute these proteins with low calorie proteins, like cottage cheese, plain natural yoghurt, skim milk, eggs, beans and lentils, tuna, white fish, white chicken and lean meat. These are general guidelines, but use your common sense or consult the nutritional value on the food label.

Remember, follow the quarter plate rule of thumb (Week 4): Fill a quarter of your plate at every meal with protein:

Examples:

- Breakfast:** ‘Green or low GI’ Cereal (Carbs) with fruit, yoghurt and skim milk (protein).
or 2 slices of Rye Toast (Carbs), 1 poached egg (protein), fresh fruit.
- Lunch:** Fresh Green Salad (Veggies), Chunky Cottage Cheese, Salad Beans or Tuna in brine (Protein), 2 Provita’s (Carbs).
or Fresh fruit salad (Veggies) with plain, natural yoghurt (Protein).
or 2 slice of Rye Toast (Carbs) with baked beans (Protein).
- Dinner:** Quarter plate full of white chicken (Protein), quarter plate full of brown rice with lentils (Carbs and protein!), half a plate full of steamed vegetables or fresh salad.

Use your imagination – the possibilities are endless. As long as you eat a low calorie portion of protein with every meal, you not only ensure that you get all the vital essential amino acids, **but you also lower the total glycemic index of your meal!** Implement above protein guidelines in addition to the changes you made in Weeks 1 – 4 and give your weight-loss a turbo charge!!

Summary:

- Eat Protein with every meal.
- Make low-fat protein choices.

WEEK 6

Your weight _____ kg

Shopping list:

- Low fat substitutes of all regular foods and drinks i.e. Low Calorie Wine.
- Lean meat cuts without fat.
- Lean mince.
- Chicken pieces without the skin.
- Low-fat yoghurt.
- Cottage cheese.
- HerbaZone **Omega 3 & 6** Capsules.
- HerbaZone **Fat Absorber** Capsules.

If you were able to stick to Weeks 1 – 5, you should be looking and feeling a lot better and it really wasn't that difficult at all!

During the last week of the eating plan, we focus on eliminating **FAT** – the four letter word of any diet! Fat makes us fat, because gram for gram, it contains more calories than any other food type. The first couple of weeks of eliminating bad fats from your diet are the hardest, after that you will get used to foods without fats and begin to enjoy the new way of eating. You will digest food better, have no gas and the weight loss will make you feel light so that you will never want to go back to oily or fried food again.

Fat is by no means only bad, in fact the body needs certain types of fat to function optimally. Remember 70% of the brain consists of fat, and all nerves and neurons are enclosed in a blanket of fat. To make sure we ingest fat in our daily diet for the crucial functions of specific essential fatty acids, the body craves fat and tempts us to eat fatty food. In most cases however, **we eat the wrong types of fats** i.e. animal fats (meat or dairy fat) or hydrogenated fats (hard fats like margarine), which never fulfills the body's demand for fat, so that that our craving never subsides, because we never satisfy the craving with the right type of fat. The right type of fats are **ESSENTIAL FATTY ACIDS** and in particular **Omega 3 and 6** fatty acids, which are abundant in oily fish types (i.e. salmon), nuts, seeds, pulses, beans and lentils. Because these types of foods are not part of our basic daily diet, our craving/need is never met, unless we supplement **Omega 3 & 6** Fatty acids in capsule form. Once the body receives an adequate, regular daily dosage of **Omega 3 & 6** fatty acids, the craving for fatty food will gradually subside. The paradox therefore is: Supplement with **Fats to loose Fat!**

In addition to supplementing with **Omega Oils** daily, choose only the 'low fat' variety of all the regular foods you consume. For example, buy skim milk instead of full cream milk (3% fat). [2% fat milk contains only 1 % less than full cream milk – rather choose skim milk which has 0% fat]. If you drink in the region of 6 cups of coffee and tea with milk per day, it adds up to almost a cup of milk per day!

(1 cup of full cream milk: 150 Calories vs. 2% milk: 125 Calories vs. skim milk: 87 Calories)

Foods high in fat that should be limited or eliminated:

- Dairy products like Hard Cheeses, Butter, Cream and Milk.
- Red meat (20% fat content) and processed meat like ham and sausages.
- Duck and Goose Meat, Poultry Skin
- Foods prepared in oil or fat.
- Oily salad dressings.

If you are unsure whether a certain food type contains fat, do **the paper test**: Place a piece of the food on a clean white sheet of paper. If it leaves a fatty spot after approximately half an hour, you have your answer ! Have you ever noticed the inside of your take-away pizza carton or the Kentucky Fried Chicken Cardboard Box ? Is there any doubt that it is loaded with fat ?

By dabbing a pizza, or toasted sandwich with kitchen paper, you can remove hundreds of calories without affecting the taste. When next you deep fry potato chips, spread them on kitchen paper to absorb excess oil – another massive saving in calories which doesn't affect the taste!

Chocolate (*Theobroma cacao* = “*food of the gods*”) – sin of all sins – is so delicious because it contains 30% fat - the creamier, the higher the fat content, the more satisfying the eating experience. In addition it contains caffeine and simple sugar ! Even though I recommend Canderel chocolate in Week 3, you must remember that it still contains a high percentage of fat, albeit no sugar, and should be eaten in moderation from a calorie point of view ! Try to eliminate all chocolate even if they contain alternative sweeteners – Chocolate is addictive, contributes to blood sugar problems and hence weight gain. When you eliminate chocolate for two weeks or more, you may well find that you've lost your craving for it.

Food preparation:

The way in which food is prepared, influences the calorie content dramatically. Deep frying in oil or pan frying in oil and butter provides the highest calorie content. If you have to use oil, rather use unsaturated oil such as olive or sunflower, rather than butter or margarine. Substitute cream in cooking with low-fat cream or yoghurt.

IMPORTANT INFORMATION:

Do not make the mistake of thinking that olive/canola oils contain less calories than sunflower oil. Gram for gram they provide the same number of calories (9 calories per g of oil). It is therefore wrong to use olive oil generously while trying to slim. The only benefit olive and canola oils have over sunflower oils, is that they are less saturated and therefore less likely to clog up your arteries with elevated cholesterol. Your aim should be to use no or as little as possible oil/fat in your food preparation.

Good cooking alternatives are grilling, braaing (resist the fat on the chop), boiling or roasting. However, cutting out almost all fat and relying mostly on boiling, steaming and baking as ways of cooking, can result in a very bland and unappealing diet. Add as much herbs (fresh and dried) and spices to enliven the flavor. Avoid using mayonnaise, tomato sauce, chutney or any other sauces as condiments, they contain lots of fat.

Cheating: We all cheat from time to time, whether by default or by design. To mitigate the effects of cheating on your weight loss process, keep **Fat Absorber** capsules handy. **Fat Absorber** capsules contain Psyllium and Chitosan which are substances that absorb fat from the food in the intestine, and prevent some of the fat from being absorbed. So, make sure you take 2 **Fat Absorber** Capsules when next you succumb to a Chocolate Bar – it won't cancel the calorie content completely, but at least it won't be a train smash – just a bumper bashing !

Summary:

- Limit or eliminate fat, especially hard fats.
- Choose low-fat food equivalents.
- When you cheat, take Fat Absorber Capsules simultaneously.

Night-time munchies

If you return home late, hungry and tired, don't eat a full meal but don't go to bed hungry either. Instead, make a soothing drink such as Peppermint or Chamomile Tea, and eat one or two plain Provita biscuits. Midnight snacking or eating heavy meals late at night, is a major cause of weight gain.

ANNEXURE 1: **TURBO-BOOST**

Sometimes it may be necessary to **turbo-boost** your diet. With this I mean *really* making an effort, stepping out of the comfort zone for a day or a week, to truly shed as much as 2 kg's in one week. This can be done when you reach a plateau, in other words remain at the same weight for a week or two in a row, even though you follow the eating plan.

To achieve this, introduce the following steps:

- 1) Drink absolutely no drinks with a calorie content. This means that you must drink your coffee & tea black, and cut out all alcoholic drinks. Drink only zero calorie drinks like Tab, Zero Sprite and Water.
- 2) For breakfast, do not eat Pro Nutro (although it is allowed as per low glycemic index). Stick to one of the allowed muesli's. Do not eat a fruit with your breakfast.
- 3) Restrict your fruit intake to 3 fruits a day, instead of 5-6 per day.
- 4) Replace lunch with **HerbaLean Shake**.
- 5) Reduce the portion size of your Protein and Starch by 1/5th or 20%.
- 6) Resist second helpings.
- 7) Restrict red meat to once a day, three times a week. Eat white fish and chicken the other four times as a protein source.

- 8) Increase your exercise frequency and/or intensity. Run/Walk faster, further or more often.
- 9) Take two tablespoons of Apple Cider Vinegar (or 4 Apple Cider Vinegar capsules) before your main meal.

You will experience hunger pangs during this week. Hunger is not necessarily a negative feeling. Learn to feel and experience hunger, realize and take joy from the fact that you are losing weight and burning fat while you are feeling hungry. If you really try and sit out hunger pangs, you will find that they become less frequent and less intense, and .

CONCLUSION:

Your starting weight: _____ kg

Your final weight: _____ kg

Total weight lost: _____ kg

Congratulations! Not only have you lost weight, but you have taught yourself a whole new way of eating. To maintain your weight, be sensible and continue with what you have learned, but you may digress from the strict guidelines occasionally. The emphasis is on **occasionally and in moderation!** For continued weight loss, proceed with the program until you have reached your desired target weight.

To calculate your maximum acceptable weight (goal weight), do the following sum:

25 x (your height in m x your height in m)

Example: You are 1,70 m tall. What is your maximum goal weight ?

$$1,70 \times 1,70 = 2.89$$

$$25 \times 2.89 = 72 \text{ kg}$$

You should never weigh more than 72 kg !

Tip: It works best to weigh yourself once a week. In this way you can do something about weight gain as soon as you become aware of the gain, instead of avoiding the scale and facing a 10 kg increase shock a couple of months down the line.

Recommended reading:

1. Dr Ali's Weight Loss Plan , Dr Mosaraf Ali.
2. The Holford Diet, Patrick Holford.
3. Picture Perfect Weight Loss, Dr Howard Shapiro.
4. French Women don't get fat, Mireille Guilano.
5. Dr Joshi's Holistic Detox, Dr Nish Joshi

Recommended viewing (DVD):

Supersize Me

12 July 2011