



# How Not to Diet

## The Groundbreaking Science of Healthy, Permanent Weight Loss

Today 71% of American Adults are overweight and 40% of men and women appear to have so much body fat that they can be classified as obese, and there's no end in sight.

The food industry exploits our innate biological vulnerabilities by stripping down crops into almost pure calories—straight sugar, oil (pure fat), and white flour (mostly refined starch). Obesity is defined as a body mass index (BMI) of 30 or more, while being overweight means you have a BMI of 25 to 29.9. A BMI between 18.5 and 24.9 is considered "ideal weight." BMI Calculator: [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

The following are 21 tweaks (strategies) that are broadly applicable, relatively safe and evidence based. Download and use the free App to help you reach and maintain a healthy weight for you —

### Dr. Greger's Daily Dozen and 21 Tweaks.

#### At Each Meal:

Preload with water (A few cups before each meal)

Preload with "negative calorie" foods (Veggies,

Incorporate Vinegar (2 tsp with each meal)

Enjoy undistracted meals (be mindful when

Follow the twenty-minute rule (try to eat slow )

#### Every Night:

Fast after 7:00 p.m. (Try not to eat after dinner)

Get Sufficient Sleep (7-9 hours nightly)

Experiment with Mild Trendelenburg

#### Every Day:

Black cumin "Nigella sativa" (¼ tsp)

Garlic Powder (1/4 tsp)

Ground Ginger (1 tsp) or Cayenne Pepper (1/2 tsp)

Nutritional Yeast (2 tsp)

Cumin (1/2 tsp with lunch and dinner)

Green Tea (3 cups)

Stay Hydrated (Drink plenty of water)

De-flour your Diet (Remove all processed flours)

Front-Load Your Calories (Eat more early and less later)

Time-Restrict Your Eating (Eat 12 hours a day)

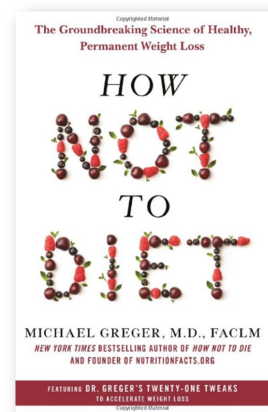
Optimize Exercise Timing (Aim for 90 minutes of physical activity)

Weigh Yourself Twice a Day (Morning and Night)

Aim to consume a mostly or all whole-food, plant-based diet; that consists of fruits, vegetables, whole grains, legumes (beans, peas, lentils), nuts, seeds, herbs, spices and water. This is the same diet that has been proven to prevent, treat, and reverse some of our leading killer diseases just so happens to be the one with the greatest potential for permanent weight loss.

What will you do to 'Go and Diet no more?'

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.