

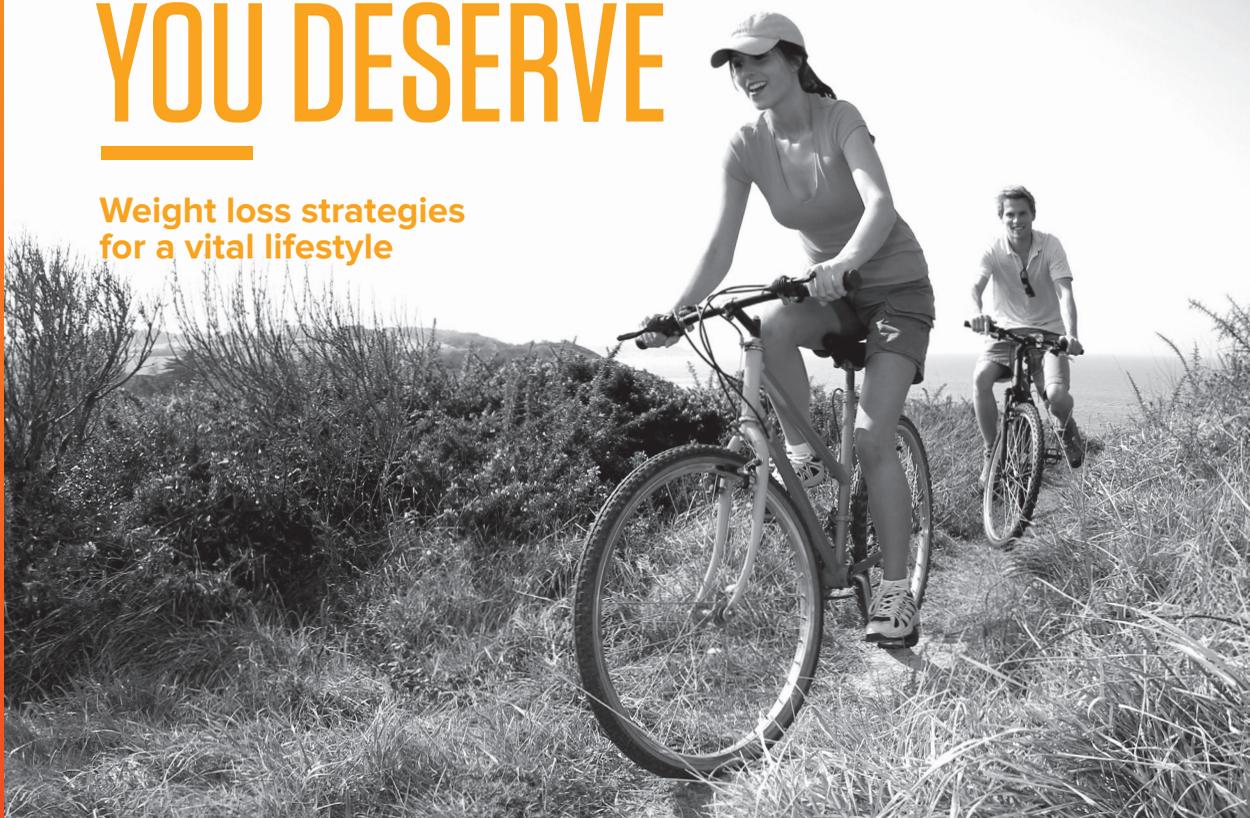


HEALTH &
VITALITY

TONY ROBBINS

THE BODY YOU DESERVE

Weight loss strategies
for a vital lifestyle



WORKBOOK

*“Willpower by itself is not enough.
If we want to achieve lasting change,
we must have an effective strategy.”*

— Tony Robbins

The Body You Deserve®

A Step-by-Step Program for Achieving Your Ideal Weight
and Maintaining it for the Rest of Your Life!

with
Tony Robbins and
Dr. Nate Booth

The Body You Deserve[®]

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Special thanks and acknowledgement to Dr. Nate Booth, colleague and friend who helped create and produce the original *The Body You Deserve*[®] program.

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Caution

PARTICIPANT WORKBOOK

**AN IMPORTANT
HEALTH MESSAGE**

The *Body You Deserve* program is designed to be used by healthy adults, 18 years of age or older, to lose weight and/or control weight.

If you have special needs, or are younger than 18, consult your healthcare provider for assistance and advice before beginning this program. Special needs include, but are not limited to: pregnant or lactating women, anyone with a chronic disease or anyone who has any medical condition requiring professional attention.

Even if you are a healthy adult, it is recommended that you consult with your healthcare provider before beginning any weight control or exercise program.

If you notice the development of any health problems once you have started a program, consult your healthcare provider immediately.

Introduction

PARTICIPANT WORKBOOK

LET'S GET STARTED!

Welcome to *The Body You Deserve* program and congratulations for stepping up to the starting line! That's the first and most important step of any journey. Many people have given up and are sitting in the grandstand watching—probably eating a hot dog to boot!

You won't be on your journey alone. We'll be with you every step of the way as your coaches and friends!

This program is the result of all that Tony Robbins has learned in over more than 30 years of helping people turn their resolutions to be trim into realities. *The Body You Deserve* program works, however, when you faithfully do your part. Concentrate your power for the next twelve days by listening to your CDs, watching your DVD, and reading and completing the exercises in this workbook. Follow Emerson's advice, "**Do** the thing and you will have the power!"

The Body You Deserve program consists of ten CDs, a DVD, a workbook, Inspirational Message Cards with Empowering Questions and Beliefs, and weekly eating and exercise logs. Your program has four parts.

INTRODUCTION: The first part is the **Program Introduction**—Days 1, 2 and 3.

PHASE ONE: Next comes **Phase One: What to Do!** On Day 4, you will learn a way of eating that is healthful, satisfying and slimming—an eating plan that you can easily follow for the rest of your life! On Day 5, you will learn a way of moving that will be enjoyable and efficiently burn fat off your body, even while you're sleeping.

Introduction

PARTICIPANT WORKBOOK

PHASE TWO: In **Phase Two: How to Do It**, you'll learn how to shift your identity from that of an overfat person, to that of a light and healthy person. You will naturally make the choices that will create the body you deserve now! **Phase Two** includes Day 6 through Day 11.

PHASE THREE: **Phase Three: How to Do It for a Lifetime** begins on Day 12. You'll learn the skills necessary to maintain your success throughout your lifetime.

It's best to use this program every day for the first twelve days. Treat yourself to a block of uninterrupted time to listen to your CDs, use your workbook and view your DVD.

Some of the days' CDs and workbook exercises take longer than others. In each day's checklist, we will give you an idea of how much time you should set aside to complete the next day's program. If you do not have time available that day to finish everything, it is OK to take another day. Take the extra time only when absolutely necessary. It is most essential that you complete all of the assignments and listen to the entire CD (and watch the DVD when applicable) for each day before you continue on to the next day's program. Most importantly, enjoy the process!

So let's get started! If you haven't already, listen to CD 1. Then please complete the Day 1 section of this workbook. Today is your first step from the starting line. We hope you're excited, because it's going to be a remarkable and rewarding journey to the body you not only desire but truly deserve!

Day 1:

CD 1: TAKE CHARGE OF
YOUR MIND, BODY & EMOTIONS

REVIEW

Welcome to the first day of *The Body You Deserve* program. If you have not already, listen to all of CD 1. Please do so before you read any further.

3 STEPS TO LASTING CHANGE Today you learned the three steps that are absolutely vital to create lasting change in your life:

- **Step One:** Raise Your Standards
*Achieving a quality lifestyle with vitality and energy is not just a desire ... It's a **MUST!***
- **Step Two:** Change Your Limiting Beliefs
The only enemy you have in creating change is doubt. Create a sense of certainty!
- **Step Three:** Change Your Strategy
Create a step-by-step procedure to help you once and for all gain the body you deserve for life.

THE 6 STEPS OF N.A.C. You learned the six fundamental steps of change, the principles of Neuro-Associative Conditioning:

- **Step One:** Decide What You Really Want!
Define a compelling future, because whatever you focus on, you move towards.
- **Step Two:** Get Leverage! Make the Change a Must!
The ultimate leverage in human beings to create change always comes down to our ability to change what we link pain to and what we link pleasure to.
- **Step Three:** Interrupt the Limiting Pattern!
You can't put something new in when there is already something in the slot.

Day 1:

CD 1: TAKE CHARGE OF
YOUR MIND, BODY & EMOTIONS

THE 6 STEPS OF N.A.C.

- **Step Four:** Create a New, Empowering Alternative Pattern!
Find something that gives you what you originally wanted from the food.
- **Step Five:** Condition the New Pattern Until It's Consistent!
Any behavior that is consistently reinforced will eventually become a conditioned pattern or habit. This will ensure that your new choices become your lifestyle.
- **Step Six:** Test It!
The ultimate test is living your daily life. Know that the changes you have made work.

UPDATE: *There is now a seventh step to N.A.C. The Seventh Power—creating an environment (peer group) that consistently reinforces the new standard.*



You discovered these Golden Nuggets:

- *Lots of people know what to do. The true successes in life **do** what they know!*
- ***Repetition*** is the mother of skill.
- ***Focus*** on what you desire!
- ***Consistency*** produces lasting results!
- ***Nothing tastes as good as thin feels!***
- *If you keep doing what you've always done, you'll keep getting what you've always gotten!*
- *If you sow consistently, you will reap consistently!*
- *If you have enough **why** in your life, you will figure out **how** to get what you want!*

Day 1:

CD 1: TAKE CHARGE OF
YOUR MIND, BODY & EMOTIONS

EXERCISES FOR
PRACTICAL APPLICATION



Answer the following question: **“What do I really want?”**
As you write this, get excited and be specific!

Why am I absolutely committed to creating a light and healthy body in the weeks ahead?

Write your reactions to Day 1 of this program, what you have learned so far about creating the body you deserve and what you’re **absolutely committed** to doing in the next 24 hours to make the body you deserve a physical reality!

Day 1:

CD 1: TAKE CHARGE OF
YOUR MIND, BODY & EMOTIONS

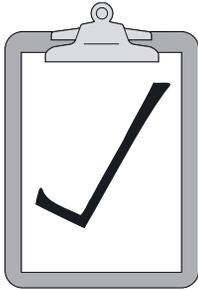
In the diary below, write in detail **everything** you eat and drink each day for the first five days of this program.

	BREAKFAST	LUNCH	DINNER	SNACKS
1 <i>Day One</i>				
2 <i>Day Two</i>				
3 <i>Day Three</i>				
4 <i>Day Four</i>				
5 <i>Day Five</i>				

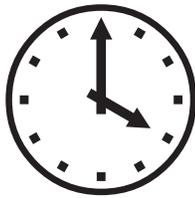
Day 1:

CD 1: TAKE CHARGE OF
YOUR MIND, BODY & EMOTIONS

CHECKLIST OF OUTCOMES FOR DAY ONE



1. Listen to CD 1.
2. Read Day 1 in this workbook and complete all the exercises in the Practical Application section.
3. Eat as you normally do and record everything you eat and drink in the Eating Diary.
4. Move 15 minutes more than you usually do.
Always consult your physician before beginning any exercise program.
5. Reserve about 90 minutes tomorrow for Day 2 of your program. First, you will listen to CD 2 and then read and do the exercises in the Day 2 section of this workbook.
6. Live the next 24 hours with passion and purpose!



Notes

Day 2:

CD 2: THE POWER OF BELIEFS

REVIEW

Welcome to Day 2 of *The Body You Deserve* program. Listen to CD 2 if you have not already done so.

BELIEFS Today you learned about the incredible power of your beliefs. The number one predictor of your success in creating the body you deserve is not your age, your sex, your IQ or your heredity. The number one predictor is your own belief that **you will succeed!**

As you proceed through this program, you will find your belief getting stronger and stronger, until your **belief** will transform into **BE**. You will **BE** a person with a light and healthy body! One day at a time, you will create and collect the references needed to support the belief that you will create the body you deserve!

TEN CHARACTERISTICS OF SUCCESS

You also learned the ten characteristics that we find over and over again in people who permanently create the light and healthy bodies they deserve:

1. I **must** do it!
"I've reached my threshold! I must lose the fat now!"
2. **I** must do it!
"I take full responsibility for creating the body I deserve!"
3. I **can** do it!
"My belief in my ability to be trim now is the number one predictor of my success!"
4. The past does not equal the future!
If you think the past does equal the future, you are in a rut ... a rut is nothing more than a coffin with the ends kicked out.
5. I'm prepared! I have an effective strategy!
Having an effective strategy like the one you will learn in this program will put you on the fast track to success.

Day 2:

CD 2: THE POWER OF BELIEFS

TEN CHARACTERISTICS OF SUCCESS

6. Becoming trim is a challenge!
When you have a challenge in your life, you look forward to overcoming it.
7. I am not my behavior!
"I'm a human being, not a human doing."
8. I concentrate my power on my challenges!
When you focus your time and effort on one outcome, you concentrate your power.
9. I have realistic goals!
"I have a realistic expectation of what I can achieve and the rate at which I can achieve it.
10. I'm going to enjoy the process!
Becoming trim is too important to be treated seriously ... have fun along the way.



You discovered these Golden Nuggets:

- *For every disciplined effort, there is a multiple reward!*
- *A belief is nothing but a feeling of certainty about what something means.*
- ***The past does not equal the future!***
- *Success leaves clues!*
- ***There is always a way*** to achieve any outcome you desire in life if you're committed!
- *Make a commitment to CANI! – Constant And Never-ending Improvement!*
- *Seeking out and learning from successful role models will provide the references to keep you on a path of CANI!*
- *A compelling vision provides the direction to design your future.*
- *Don't just go for the goal. Enjoy the process.*
- *Do the thing and you will have the power!*

Day 2:

CD 2: THE POWER OF BELIEFS



It's extremely important that you use as many references as possible to act as table legs to bolster your belief that real change is possible. In the spaces below, write as many references as possible from the following three areas:

- *Times in your life when you stayed on a reasonable eating and exercise plan for a day, a week or a month. If you can stay on a reasonable plan for a day, you have the ability to do it for the rest of your life!*

- *Other areas of your life where you have created a result that took time, effort and persistence to achieve.*

- *People that you know personally, or know of, who have lost fat and did a good job of keeping it off.*

Day 2:

CD 2: THE POWER OF BELIEFS

MODEL OTHERS FOR SUCCESS

(Note: Start this exercise today by picking the three people you wish to model. Learn as much as possible about them and add more details over the days ahead.)

It's important that you learn to model success. In addition to the strategies presented in this program, you'll want to talk to several people you know who have created light and healthy bodies. Interview them in detail to find out how they did it. List what you learn in the blanks below.

Learn the beliefs that support them and the actions they take to live a vital and healthy lifestyle.

MODEL # 1 NAME:

BELIEFS:

ACTIONS:

MODEL # 2 NAME:

BELIEFS:

ACTIONS:

MODEL # 3 NAME:

BELIEFS:

ACTIONS:

Day 2:

CD 2: THE POWER OF BELIEFS

Go back to your list of limiting beliefs on page 15. One at a time, cross out each limiting belief and create the antithesis of that belief. Add that new belief to the list of empowering beliefs on the right side of the page.

ASSESSING YOUR LEVEL OF THE TEN CHARACTERISTICS OF SUCCESS

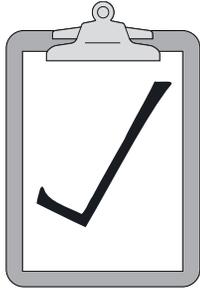
On a scale from 0 to 10—zero being “That is totally unlike me” and ten being “That is absolutely like me,”—where are you **at this time?** In the space provided, write one or two immediate changes in your beliefs or actions that will take you to the next level.

	RATING 0-10	CHANGES TO MOVE TO THE NEXT LEVEL
1. <i>I must do it!</i>	_____	_____
2. <i>I must do it!</i>	_____	_____
3. <i>I can do it!</i>	_____	_____
4. <i>The past does not equal the future!</i>	_____	_____
5. <i>I'm prepared! I have an effective strategy!</i>	_____	_____
6. <i>Becoming trim is a challenge!</i>	_____	_____
7. <i>I am not my behavior!</i>	_____	_____
8. <i>I concentrate my power on my challenges!</i>	_____	_____
9. <i>I have realistic goals!</i>	_____	_____
10. <i>I'm going to enjoy the process!</i>	_____	_____

Day 2:

CD 2: THE POWER OF BELIEFS

CHECKLIST OF OUTCOMES FOR DAY TWO



- 1. Listen to CD 2.
- 2. Read Day 2 in this workbook and complete the exercises in the Practical Application section.
- 3. Eat as you normally do and record everything you eat and drink in the Eating Diary on page 10 of this workbook.
- 4. Move 2 more minutes than yesterday, which will be 17 more than you usually do.
- 5. Reserve about an hour and 45 minutes tomorrow for Day 3 of your program. First, you will listen to CD 3. Then you will read and do the exercises in the Day 3 section of this workbook.
- 6. Live the next 24 hours with passion and purpose!

Day 3:

CD 3: MAKE CHANGE A MUST

REVIEW

Welcome to Day 3 of *The Body You Deserve* program. Listen to CD 3 now if you haven't already completed this.

GETTING LEVERAGE

Today you move on to the second step of the Neuro-Associative Conditioning process—**GET LEVERAGE! MAKE THE CHANGE A MUST!** After you've decided what you really want, you must have the leverage to get (and keep) yourself going! Desires without leverage are merely wishes and want-to's—and wanting isn't enough to propel yourself to take the consistent action that will turn your resolutions into a reality! You begin to make changes when you see change as important and urgent.

In the audio, you learned how to increase leverage by:

- *wearing an article of clothing that is one size too small*
- *writing commitment letters to three people you respect*
- *getting a buddy and losing fat together*
- *obtaining a bag of fat equal to the amount of fat you plan to lose and carrying it with you for 24 hours*

THE ULTIMATE SUCCESS FORMULA

You also learned the four elements of the Ultimate Success Formula™:

1. *Know what you really want (your outcome) and the reasons why (your purpose)!*
2. *Take massive action!*
3. *Notice what's happening as a result of your action!*
4. *Change your approach until you get results!*

Day 3:

CD 3: MAKE CHANGE A MUST

THE DICKENS PATTERN

Finally, Tony Robbins guided you through the Dickens Pattern. How do you feel now that you've vividly experienced two possible visions of your future? *The Body You Deserve* program is all about giving you more choices in your life, not fewer choices. You now have a rock-solid realization of what it's going to be like five, ten, even twenty years into your future with an overfat body and with a light and healthy body. It's your decision as to which path you want to follow. Your daily decisions are the individual footprints along that path.

In the next two days, you will learn ways of eating and moving that are the best daily decisions we've ever discovered. **Be prepared to surprise yourself with the ease at which you will MAKE THE RIGHT DECISIONS NOW to create the body you deserve!**

Day 3:

CD 3: MAKE CHANGE A MUST



You discovered these Golden Nuggets:

- ***Successful people do what the failures don't.***
- *Every action you take, you take for one of two reasons – either out of your need to avoid pain or your desire to gain pleasure!*
- *People will usually do more to avoid pain than they ever will to gain pleasure!*
- ***Saying that it is “not that bad” is how you stay where you are.***
- *You begin to create change when you see change not only as important but **urgent**.*
- *Many of us get so caught up in our habits that we lose our identity.*
- *Live CANI!—each day make a tiny new distinction.*
- *Give yourself the total joy and pleasure of every personal victory.*
- *Put yourself in a pot of boiling water ... and then jump out of it right now! Don't slow boil yourself to death!*
- *Make the body you deserve urgent and important!*
- *Every day is Christmas morning!*

Day 3:

CD 3: MAKE CHANGE A MUST

EXERCISES FOR PRACTICAL APPLICATION



List three examples where you've made a major change in your life. What kicked you over the edge? And what was the leverage that compelled you to make the change? The first two examples are times that you lost weight. The third example is any activity you did for years, you suddenly stopped doing and have **never** done again!

What was your belief?

EXAMPLE #1: *Remember a time when you lost weight:*

What were you anticipating?

WHAT WAS THE LEVERAGE?

What did you think about?

WHAT DID YOU LEARN?

What did you say to yourself or someone else?

EXAMPLE #2: *Remember another time when you lost weight:*

Did someone say something to you?

WHAT WAS THE LEVERAGE?

Who did you meet who became a model of major change?

WHAT DID YOU LEARN?

What finally pushed you over the edge?

EXAMPLE #3: *Remember a time when you stopped doing a behavior you had done for a long time, and have never done since:*

What did you believe about that behavior?

WHAT WAS THE LEVERAGE?

What broke the pattern?

WHAT DID YOU LEARN?

Day 3:

CD 3: MAKE CHANGE A MUST

THE DICKENS PATTERN In the space below, write the price you'll have to pay if you don't change now and create the vital, healthy body you deserve. Be sure to cover all the important areas of your life—physical, emotional, spiritual, relationships, business, your sense of pride and the example you set for others.

Make your descriptions vivid!

Remember, allowing yourself to feel bad deliberately for just a short period of time creates the knowledge that you will never have to feel bad again because there is nothing to feel bad about.

Move on only when you are absolutely certain that your brain says, **“I’ve had it! There is no possibility that I am ever allowing myself to be this way again!”**

Day 3:

CD 3: MAKE CHANGE A MUST

In the spaces below, write all that you will **gain**, experience, hear, see and feel in the years ahead when you do **change now**—when you are the more energized, more passionate, more vital and alive person you are committed to being.

1. What will you gain?

2. How will you look when you see yourself in the mirror? Describe your body in detail.

3. How will people positively react to the way you look?

4. What will you be saying to yourself and what will others be saying about you?

5. Who will you affect and how will that affect you?

6. What will you have accomplished at home and in your work?

7. Stand the way you would be standing if you felt passionate and alive, balanced, healthy and vital. Feel it NOW and write these feelings down.

My Commitment to You

July 3

Dear Karen,

Karen, you've been one of my best friends for years now. I trust and respect you immensely. I want you to know that I am absolutely committed to live a healthier lifestyle, to take off excess weight, to maintain a healthy diet and to develop a program of exercise that brings vitality back into my life.

I have made the decision that I must respect myself, and I have too much respect for you to ever go back to my old ways. If I do not hold up to my decision, I want you to call me on it, even in public if necessary. I want you to know that I am not going back, so you will never have to do this. This is what I stand for and this is who I am.

I have shifted the quality of my life not for just a day, not for just a week, not for just a party, but forever.

Committing to you now will help me follow through on my pledge. I'll keep you informed of my progress, and when we get together each month, you'll be able to see it.

I really appreciate your friendship and support!

Love,

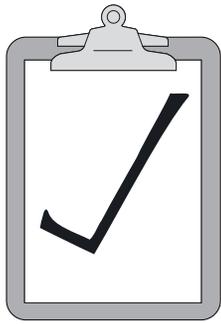
Robert

I WILL CREATE THE BODY I DESIRE AND THAT I TRULY DESERVE!

Day 3:

CD 3: MAKE CHANGE A MUST

CHECKLIST OF OUTCOMES FOR DAY THREE



IMPORTANT MESSAGE

Tomorrow you will watch your Leverage DVD.

Two of the fundamental keys to creating change are to establish enough leverage—that is, to link consequences to our current actions—and to break our own patterns. In order to do this effectively, you'll be shown a series of graphic visual representations of the consequences of eating fat, animal flesh and dairy products.

This imagery may shock you. If it does, it is a very valuable pattern interrupt that will make you think again about what it means to put these foods in your body on a consistent basis. Please be forewarned; you do not have to watch these images if you feel they will upset you too much. At the same time, watching this footage may be the exact challenge you need to interrupt your non-supportive eating patterns. We have provided them as a resource for creating change.

1. Listen to CD 3.
2. Read Day 3 in this workbook and complete the exercises in the Practical Application section.
3. Eat as you normally do and record everything you eat and drink in the Eating Diary in the Day 1 section of this workbook.
4. Move 19 more minutes than you usually do—just 2 minutes more than yesterday.
5. Buy an article of clothing that is one size too small and wear it regularly to remind yourself to make the decisions that will lead to the outcome you desire.
6. Write three letters to people you really respect. Make a commitment to them to do whatever it takes to create the body you deserve!
7. Get a buddy and lose fat together.
8. Obtain the appropriate size bag of fat and carry it around for 24 hours!
9. Reserve about 2 hours tomorrow for Day 4 of your program. First, you will listen to CD 4. Then you will view your Leverage DVD and do the exercises in the Day 4 section of this workbook.
10. Live the next 24 hours with passion and purpose!

Notes

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

REVIEW

Welcome to Day 4 of *The Body You Deserve* program. If you haven't already done so, listen to CD 4 and watch your Leverage DVD.

Today you'll learn The Ten Fundamentals of Living Health—give yourself the “Six Gifts” and eliminate the “Four Poisons”! Following these ten fundamentals is absolutely crucial for you to create the health, vitality, energy and endurance you deserve “Powerfully ingrain new habits with Pattern Interrupts.”

GIFT #1
GIVE YOURSELF THE GIFT OF
VITAL BREATHING



Deep diaphragmatic breathing will help cleanse your entire body and will fully oxygenate your cells. Three times every day take 10 power breaths. Remember to use the inhale, hold and exhale ratio of 1 to 4 to 2 for each breath. As an example, inhale for a count of 6, hold for a count of 24 and exhale for a count of 12. Do ten repetitions in the morning right when you get up, ten reps before lunch and ten reps before dinner. After you do this for a week, you'll want to do it for the rest of your life!

GIFT #2
GIVE YOURSELF THE GIFT OF
LIVING WATERS AND
LIVE FOODS



Seventy percent of our planet is covered by water. At least 80 percent of your body is water. That should tell you something about the foods you eat! Seventy percent of your diet should be made up of foods that are naturally rich in water. The water-rich foods are fresh fruits and vegetables (or their freshly squeezed juices) and sprouts. Concentrated foods are all other foods. They typically have had their water content removed either by cooking or processing.

When people live on a diet that is low in water-content foods, poor health can almost be guaranteed. Every cell in your body is bathing in a substance called lymph fluid that is almost entirely water. The waste products from your cells are excreted into the lymph fluid and carried away. If the fluid level is low or polluted, some of the waste products will be trapped in your cells and damage will occur. **The quality of your health is dependent upon the quality of the life of your cells.**

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

The quality of life of your cells is dependent upon them getting the nutrients they need and successfully excreting their waste products so they can live in a clean environment.

Right now take a look at one of your completed 24-hour Eating Diaries on page 10 of this workbook. Add the total number of concentrated foods that passed your lips during that 24-hour period. Then add the total number of water-rich foods (fruits, vegetables, juices and sprouts) that you ate. Divide the number of water-rich foods by the total number of foods. If the answer is 70 percent or higher, you're very unusual and probably extremely healthy. If you're not at 70 percent (very few people are), the following two suggestions will take you a long way toward that 70 percent figure. One, have vegetable salads with your noon and evening meals, and two, have fresh fruits and juices for breakfast and snacks.

Here is a list of the water content of some common foods to give you an idea of the wide range of water content in the foods you eat.

It's also an excellent idea to drink 8–12 glasses of distilled or spring water every day. (Rule of thumb: drink ½ your body weight in ounces daily.)

WATER CONTENT OF COMMON FOODS	
Iceberg lettuce	96%
Watermelon	94%
Broccoli	91%
Carrots	91%
Beets	91%
Oranges	88%
Apples	85%
Boiled potatoes	80%
Bananas	76%
Corn	74%
Baked fish	68%
Beef	50%
Cheese	40%
Bread	36%
Sponge cake	32%
Butter	16%
Nuts	5%
Soda crackers	4%
White sugar	trace
Oils	0%

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

GIFT #3
GIVE YOURSELF THE GIFT OF
AEROBIC POWER

We will discuss this vitally important gift in detail tomorrow.

GIFT #4
GIVE YOURSELF THE GIFT OF
MAXIMUM NOURISHMENT



The Body You Deserve program is much more than just a program that will help you lose fat from your body. It's a way of living that will give you the zest, vitality and freedom to live your life to the fullest! The fourth gift, the Gift of Maximum Nourishment, has two Master Keys that will unlock the eating roadblocks that used to stop you from creating the body you deserve.

COMBINE FOODS
EFFECTIVELY



Some authors turn food combining into a dietary Rubik's Cube. It's actually very simple. The key to it all is that all different kinds of foods require different types of digestive juices. Not all digestive juices are compatible. Starchy foods such as bread, potatoes, pasta and rice require an alkaline digestive solution. Protein foods require an acid solution for digestion.

So what happens when you eat a starchy food with a protein food? Both the alkaline and acid digestive solutions are produced at the same time. And what happens when an alkaline solution and an acid solution mix? They neutralize each other, and the digestive process is impaired or stopped. Then the undigested food sits around for a while (it's not a pretty sight!) and can lead to digestive disorders and gas. Maybe that is why ulcer-combatant drugs are some of the most popular prescription drugs.

Do you wake up tired after 7 or 8 hours of sleep at night? If you do, one big reason is that your body has been expending tons of energy working the graveyard shift trying to digest that glob of stuff sloshing around in your stomach and intestine! Improperly combined foods can take up to 14 hours or longer to digest. A 14-hour day directed at one meal creates a lack of energy because digestion takes more nerve energy than almost any activity. **Properly combined foods take an average of 3–4 hours to digest.**

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

Here is an extremely easy way to approach food combining. Eat only one condensed food at a meal. A condensed food is any food that's not a water-rich food. Your stomach isn't designed to handle more than one concentrated food at a time. If you don't want to limit your intake of condensed foods, do the next best thing. Don't eat starchy carbohydrates and protein at the same meal. Don't have the chicken and rice together. Have the rice with a big salad and some vegetables or have the chicken with the salad and vegetables. In the next few pages, you'll find a chart that will give you a more complete view of food combining.

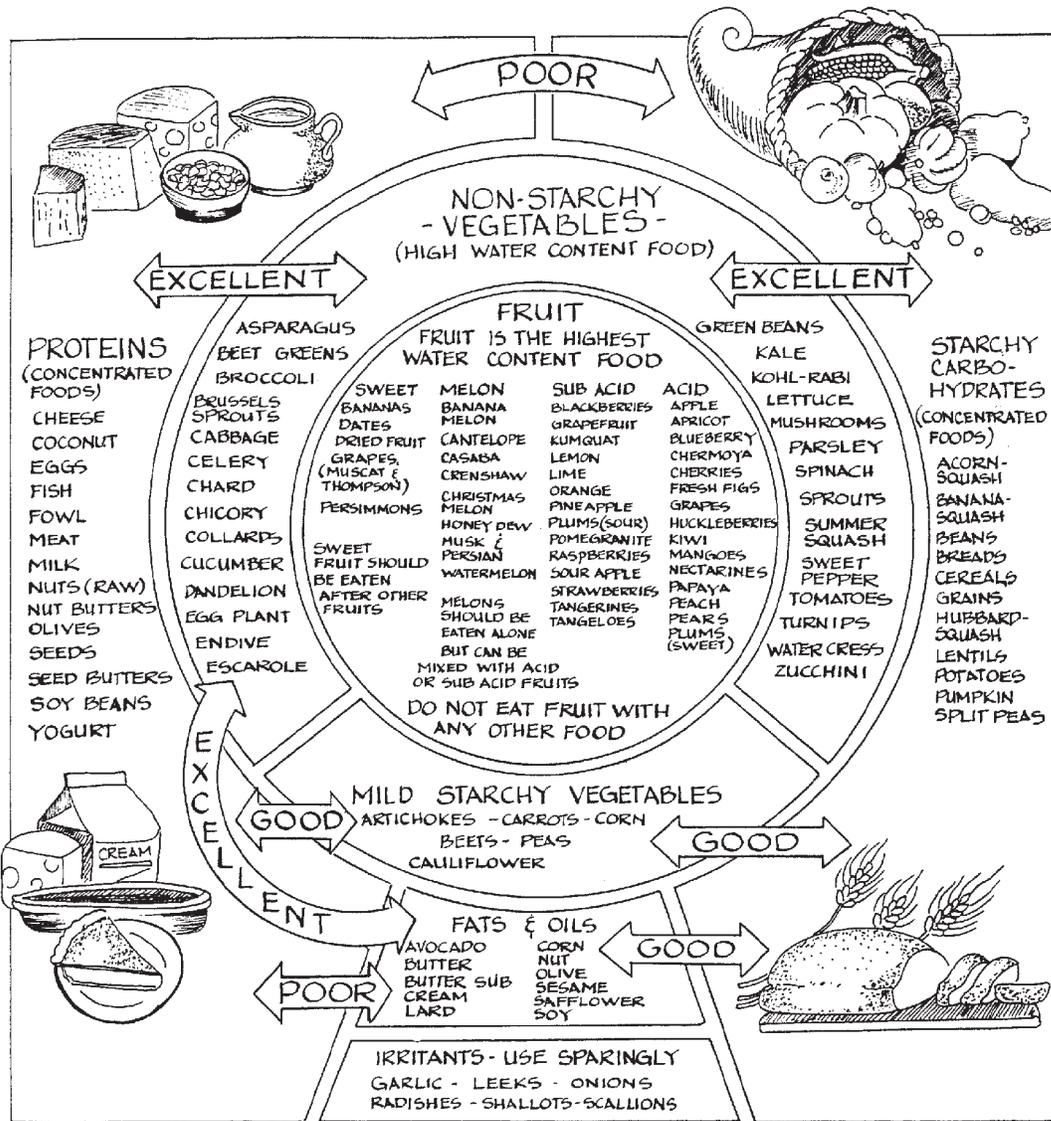
FOR MORE INFORMATION Two excellent books on the subject of food combining are *Food Combining Made Easy* by Dr. Herbert Shelton and *Fit for Life* by Harvey and Marilyn Diamond.

Day 4:

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DVD: LEVERAGE

A FOOD COMBINING CHART FOR COMPLETE & EFFICIENT DIGESTION

This "Common Sense" chart will show you how fresh vital foods properly combined will promote optimum digestion and energize and strengthen your body.



1. Protein and carbohydrate foods should never be combined.
2. A leafy green salad can be eaten with any protein, carbohydrate or fat.
3. Fats inhibit the digestion of protein. If you must have fat with a protein, eat a mixed vegetable salad. It will offset the inhibiting effect of digestion.
4. You should never drink liquids with or immediately following a meal.

Notes

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

GIFT #5
GIVE YOURSELF THE GIFT
OF A DIRECTED MIND



Your mind can be a healer or your mind can be a slayer. It all depends on how you direct it. A resourceful, positive mind-set will stimulate every cell of your body. A depressed mind-set will depress every cell of your body—including your immune system. In the days ahead, you will learn much more on how you can direct your mind to achieve the body you deserve!

GIFT #6
GIVE YOURSELF THE GIFT OF
STRUCTURAL SUPPORT



On a regular basis, ask yourself this question: “Am I supporting the structure of my body?” Use your body in ways that maintain its structural integrity. If you are constantly experiencing aches and pains, see a qualified professional who can help you. Get a massage every two or three weeks. Most of all, become conscious about giving yourself the gift of balance in your system.

An excellent resource on structural support can be found in *The Egoscue Method* by Pete Egoscue. For more information: www.egoscue.com.

POISON #1 DRASTICALLY
REDUCE YOUR INTAKE OF
EXCESS FATS AND OILS
(PROCESSED)



Fats and oils contain over twice the number of calories as carbohydrates and proteins. Fats and oils contain 9 calories per gram, where as carbohydrates and proteins contain only 4 calories per gram. In addition, a diet high in processed fats and oils can increase the triglyceride level in your blood, leading to an increased risk of high blood pressure, arthritis, diabetes, breast and colon cancer, glaucoma, arteriosclerosis and chronic fatigue.

It's best to keep the percentage of calories from processed fats and oils you eat each day to under 25 percent of your total calories. As an example, if you eat 1,600 calories on a given day, no more than 400 (25% of 1,600) should come from fats and oils.

UPDATE:

Remember essential fatty acids are required for your cells to function. Be sure, however, that you are getting enough essential fatty acids (i.e., a good quality oil such as Udo's oil with omega 3:6 as a ratio of 2:1). Other quality oils include flax seed oil, krill oil, avocado and fish oils.

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

FAT FORMULA EXAMPLES

Alta-Dena Plain Yogurt

210 calories/serving

10 g Fat x 9 = 90

90/210 calories =

43% fat!

Swanson's Chicken Pot Pie

380 calories/serving

20 g Fat x 9 = 180

180/380 calories =

47% fat!

Hidden Valley

Reduced Calorie

Original Ranch Dressing

40 calories/serving

4 g Fat x 9 = 36

36/40 calories =

90% fat!

THE **FAT** FORMULA

To estimate the percentage of fat you are consuming, multiply grams of fat by 9 (the number of fat grams in a calorie) and divide by the number of calories. You can either keep your eye on your fat intake for a day or monitor the percentage of fat in each serving. For example, if you want to figure the percent of calories of fat in Alta-Dena plain yogurt, take the number of grams of fat (10) in a serving, multiply by 9 and divide by the total number of calories (210).

Is this a healthy diet?

FOOD	CALORIES	g FAT
Quaker 100% Natural Cereal	560	24
1 cup low-fat milk (2%)	145	5
1 cup coffee, instant, regular, decaf.	2	0
1/2 cup tuna salad	174	11
2 slices whole wheat bread	136	2
10 grapes	34	0
Chicken, 1 roasted breast (no skin)	142	3
Chicken, 1 roasted thigh (no skin)	109	6
1 cup whole-kernel corn, canned, drained	139	1
1 cup mashed potatoes with butter and milk	197	9
1 chocolate-covered ice cream bar	162	11
Total	1,800	72
Percentage fat	36%	

For optimal health, daily processed fat intake should not exceed 25 percent.

Day 4:

SPECIAL INFORMATION

Percentage of Calories as Fat

FAT CONTENT OF COMMON FOODS

MEAT

Sirloin steak, hip bone, lean with fat	83%
Bacon, lean	82%
Bologna	81%
Hot dog	80%
Chicken, dark meat with skin, roasted	56%
Turkey, dark meat with skin	47%

FISH

Tuna chunk, oil-packed	63%
Bass, black sea	53%
Caviar, sturgeon	52%
Salmon, sockeye (red)	49%

DAIRY PRODUCTS

Butter	100%
Cream cheese	90%
Blue cheese	73%
Cheddar cheese	71%
Swiss cheese	66%
Eggs, whole	65%
Cow's milk	49%
Ice cream, regular	48%
Cottage cheese	35%
Low-fat milk (2%)	31%

VEGETABLES

Lettuce	12%
Mushroom	8%
Cabbage	7%
Cauliflower	7%
Asparagus	6%

continued next page

Day 4:

SPECIAL INFORMATION

PERCENTAGES OF CALORIES AS FAT

Green bean.....	6%
Artichoke.....	3%
Potato.....	1%

FRUITS

Olive.....	91%
Avocado.....	82%
Grape.....	11%
Apple.....	8%
Pear.....	5%
Orange.....	4%
Banana.....	4%
Grapefruit.....	2%
Peach.....	2%
Prune.....	1%

GRAINS, NUTS AND SEEDS

Coconut.....	85%
Walnut.....	79%
Almond.....	76%
Cashew.....	70%
Peanut.....	69%
Oatmeal.....	16%
Rye, dark.....	7%
Whole wheat.....	5%
Bulgur.....	4%
Wild rice.....	2%

LEGUMES

Tofu.....	49%
Garbanzo bean.....	11%
Lentil.....	3%

(Source: "Nutritive Value of American Foods in Common Units," U.S.D.A. Handbook No. 456.)

Day 4:

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OF LIVING HEALTH
DVD: LEVERAGE

**POISON #2 DRASTICALLY
REDUCE OR ELIMINATE YOUR
INGESTION OF ANIMAL FLESH**



THE MYTHS OF PROTEIN

One of the biggest myths around is that you need a lot of protein to be healthy. Nothing could be further from the truth. In a person's lifetime, when do you think would be the one time that the person needs the highest percentage of protein? Most people would agree it's during infancy because of the rapid growth rate. Mother's milk is almost universally agreed upon as the food of choice during this time. Mother's milk is about 2.4 percent protein at birth, and it reduces to 1.2–1.6 percent within six months. As an adult, you don't need that much protein. Your body only loses a little each day—about 0.8 ounce. This is about a pound and a half a month!

There are many myths associated with protein. Here are a few. "Protein gives you energy." Protein is the last thing your body uses for energy, so throw the energy and protein myth out the door. "Protein gives you endurance." Forget it. It lowers your endurance. Marathon runners don't load up with protein before a race. They know that carbohydrates work the best. How about protein giving you strong bones? No way. Too much protein has continually been linked to osteoporosis (softening of the bones). The strongest bones on the planet belong to vegetarians.

We could use the next 80 pages citing you reasons why eating meat is one of the worst eating choices you could make. Here are just a few of the reasons.

First of all, you don't need the protein. The amount of protein that you get in the average vegetarian diet is enough. (5-6% of your body weight is a good rule of thumb for recommended protein.) Second, meat contains high levels of uric acid. Uric acid is a waste product of animal cells. When you eat a lot of meat, the uric acid can build up in your body because the average piece of meat contains 14 grains of uric acid. Your body can eliminate only about 8 grains of uric acid a day. This excess uric acid can create gout or bladder stones.

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

Uric acid in the blood of the animal is what gives meat its taste. Kosher meat has the blood drained out after the animal is killed. It has no flavor unless it's spiced. The next time you dig into a steak, remember it's the blood and uric acid of the animal you're tasting.

Animal meat is also loaded with putrefactive bacteria—better known as colon germs. The colon germs are what tenderized the meat in the aging process. This process could be more accurately described as controlled rotting. Is this the kind of food you want in your body?

If you think you have to eat meat, follow these two guidelines. One, drastically cut your intake. Only one small serving per day, maximum. Two, eat flesh that has been pastured or grazed with no growth hormones.

**POISON #3 DRASTICALLY
REDUCE OR ELIMINATE
YOUR INGESTION OF
DAIRY PRODUCTS**



Diary industry advertising is living proof that if you say anything loud enough and long enough, people begin to believe it. Milk and all dairy products are some of the worst foods you can eat. Here are a few reasons why. First, the powerful growth hormones in milk are designed to help a calf grow from 90 pounds at birth to 1,000 pounds two years later. At that speed, a typical 8-pound human baby would weigh about 89 pounds at two years. That growth hormone is certainly not needed in humans.

Second, dairy products cause numerous allergies. Stop drinking milk and eating dairy products for two weeks and see what happens to any allergies you may have. Third, dairy products can clog your entire system. The main protein in cow's milk is casein. Undigested and partially digested casein creates problems in the bloodstream and in your excretory system, especially the liver. Fourth, excess calcium can help form kidney stones.

Your body actually rejects about 80 percent of the calcium you eat in an effort to keep your blood concentrations low. If you're worried about calcium intake, eat a diet that contains green vegetables, raw nuts and raw sesame seeds.

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

Cheese is worse. It's concentrated milk. Ice cream is no better. If you want that cool, creamy taste, put frozen bananas through your juicer. What about cottage cheese? Sorry. In addition to all the harmful things listed above, many manufacturers use calcium sulfate (better known as plaster of Paris) to get it to thicken and stick together. Plaster of Paris belongs in statues, not in your light and healthy body. However, some butter can be used because butter is pure fat and is neutral after digestion. Eat butter only with carbohydrates as it retards the digestion of proteins.

Your best choice is to eliminate all dairy products from your diet. If you don't do that, eliminate milk and limit your intake of other dairy products. Try either way for 10-30 days and judge for yourself. You'll never go back.

Cows don't drink cow's milk, so why should you? Isn't it time that you were weaned like all other mammals on earth?

POISON #4 DRASTICALLY
REDUCE OR ELIMINATE
ACID ADDICTIONS FROM
YOUR DIET



To attain optimal health, the following substances must be drastically reduced or eliminated from your diet:

1. **Sugar**
2. **Vinegar**
3. **Salt**
4. **Tobacco**
5. **Alcohol**
6. **Caffeine**
7. **Drugs**

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE



You discovered these Golden Nuggets:

- *Diets don't work!*
- *Anything you do to injure a cell will cause disease in your system!*
- *Oxygen is the most important element that you can have to be vitally alive!*
- *The greatest sign of life is movement!*
- *Is this food going to clog me or is this food going to cleanse me?*
- *If you don't use it, you lose it!*
- *Most people dig their graves with their teeth!*
- *Your thoughts have a physical impact on your body!*
- *If you become emotionally depressed, your immune system becomes depressed along with it!*
- *Cows don't drink cow's milk, so why should you?*

The Body You Deserve®

SPECIAL INFORMATION
MENU PLANNING GUIDE

Shelley Martin is a chef and food consultant in New York City. We asked her to contribute the following material because of her years of experience creating menu plans for families working at achieving new levels of health and vitality.

You will find that her comments reinforce many of the things you have already learned. You will find the menu plan and recipes informative and invaluable in replacing your old habits with tasty, healthy alternatives.

The American diet we all grew up with is loaded with fat. Peanut butter and jelly sandwiches, bacon and eggs, bread and butter, salads loaded with oil and mayonnaise and greasy snacks such as potato chips, ice cream and cake take their toll on us. We were programmed as children to enjoy these foods, and we have become hooked on the fat.

We all need some fat to utilize the fat-soluble nutrients that we get from foods. We do, however, have to limit the amount of fat we consume. In the following pages, you will learn how to make superior choices that will support a healthier lifestyle and enable you to become slim and fit. Instead of a one- or two-week diet, you are receiving a blueprint that will change the way you eat for life.

Your first step is to replace the high-fat foods with low-fat or fat-free choices. Once you start, it becomes so simple that it will be second nature. You will find that you crave the flavor of fresh tasty vegetables instead of greasy foods. Added benefits will be lower cholesterol, higher energy and an increased sense of well-being.

The building blocks on the following pages are based on vegetarian food choices. We have included an “if you must” page for those of you who prefer to ease gradually into the program. Quick and optimum results will be the reward for conscientiously following the program.

Our intentions are for you to take responsibility for your diet and to eat what you want with a healthy twist. Have fun and remember ... you are what you eat.

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SPECIAL INFORMATION
MENU PLANNING GUIDE

Choosing Your Foods

WATER-RICH FOODS

Since water makes up approximately 80 percent of your body, the largest part of your diet should consist of water-rich foods.

The varieties of water-rich foods below contain a minimum of 75 percent water to a maximum of 95 percent. The exciting news is that there are only trace amounts of fat (less than 1 gram), so you can eat as much as you like.

EXAMPLES OF WATER-RICH FOODS

FOOD SELECTION	% OF WATER
Cucumber	95%
Lettuce	95%
Tomato	94%
Watermelon	93%
Mung bean sprouts (1 cup)	92%
Broccoli	91%
Peach	89%
Carrots	88%
Tangerine	87%
Apple	84%
Banana	76%
Potato	75%

If your 24-hour Eating Diary showed less than 70 percent water-rich foods, you need to work on changing this immediately.

By maintaining a diet high in water-rich foods, you'll experience increased vitality, since you will not waste energy in the process of digestion.

Go Green! Here are some foods that are life-giving:

Broccoli, celery, cucumber, lemons, limes, cauliflower, brussel sprouts, asparagus, green beans, red/green bell peppers, onions, garlic, radishes, green leafy vegetables, wheat grass, cabbage, walnuts, soy beans, tofu, lima beans, spinach, beets, melons, mangos, papaya, figs, cantaloupe, watermelon, parsley, alfalfa sprouts, navy beans, almonds, etc.

The Body You Deserve®SPECIAL INFORMATION
MENU PLANNING GUIDE**CARBOHYDRATES**

Carbohydrates are one of the main components of food. Sugars, starches and cellulose are common carbohydrates. These foods are alkaline in nature and are partially digested by ptyalin, an alkaline digestive enzyme found in the mouth. Since the digestive process begins before we swallow these foods, less energy is required to digest carbohydrates than proteins. Since they are all plant foods, they contain very little fat. It's the things we add to them that turns them into fattening nightmares. Carbohydrates are a source of energy that fuels your muscles and brain, serving as an important energy source during exercise. This is why we often see the "carbo-loading regimen" with endurance athletes.

There are many varieties of carbohydrates. Your diet should include **complex carbohydrates** and **starchy vegetables**. Starchy vegetables, such as potatoes and winter squash, are actually a crossover between water-rich foods and carbohydrates. They also contain high amounts of roughage.

Besides Western cultures, there are less-affluent cultures that enjoy the advantages of a diet high in complex carbohydrates. The result is a near absence of appendicitis, colon cancer and diverticulitis.

Some familiar carbohydrate foods include:

Starchy vegetables: *potatoes, hard squashes*

Legumes: *peas, beans*

Grains: *rice, oats, wheat, barley, bulgur*

Pasta and bread are perhaps the most widely enjoyed carbohydrates. Incidentally, it's not just the pasta or bread that is fattening, it's the sauces and spreads.

CARBOHYDRATE FOOD VALUES

CARBOHYDRATE	FAT GM	CALORIES	% FAT CALORIES
Baked potato	0	220	0
Brown rice (1 cup)	1	200	5%
Spaghetti (1 cup)	7	192	3%
Popcorn (4 cups)	1	75	12%
Oatmeal (10 oz.)	2	100	18%
Lentils (1/2 cup)	0	115	0

The Body You Deserve[®]

SPECIAL INFORMATION
MENU PLANNING GUIDE

Carbohydrates should make up approximately 20 percent of your daily intake. Keep to a menu of unrefined (whole grain) products such as whole wheat, brown rice, oats, etc. If you haven't ventured into a quality health food store, find a good one and go check it out. You will find grains such as quinoa, kamut and amaranth, as well as a variety of starchy vegetables: hubbard and kuri squash, taro and freshwater chestnuts. Many of the grocery stores are realizing the importance of these products and have begun to add special sections to their produce, grain, wheat and flour departments. Be adventurous and remember, it's what you add that makes these foods fattening.

PROTEINS

Perhaps the biggest dietary myth is the notion that you need to eat lots of protein to be healthy. Quite the opposite is true. You need some protein in your diet. However, you're able to get all you need from vegetable sources, rather than dairy or meat. Human mother's milk is 2.4 percent protein. Who needs more protein than a growing infant? Consider elephants and cows. Other than drinking mother's milk at birth, they develop very well on vegetarian fare. Women in Third-World countries experience far less osteoporosis than women in countries that consume a high protein diet rich in calcium. Beans, legumes and other grains contain sufficient protein for the average diet.

Seafood can also be a great choice for protein, essential fatty acids, and nutrition as long as you get a natural, clean source (i.e. wild Alaskan Salmon, etc.)

Eating less animal flesh can reduce the cholesterol levels and heart problems that plague high-protein eaters. There are many meat substitutes made from wheat gluten (the protein part of the wheat) or soybeans. Almost all foods, including some fruit, contain protein. As long as you are eating healthy amounts of a variety of foods, especially dark green vegetables, you can be assured of getting enough protein.

FATS AND OILS

Processed fats make you fat. This is because a copious amount of calories is packed into a small quantity of food. Your program focuses on severely reducing, if not eliminating, the amount of fat you consume. You need essential fatty acids to build cell membranes, aid in the production of hormones, raise metabolism and create energy, protect the body from acids and provide lubrication to the body. Processed fats, however, provide little to no value.

The Body You Deserve®SPECIAL INFORMATION
MENU PLANNING GUIDE*Helpful tips and
substitutions!***CUTTING THE FAT**

Most of the foods we eat are naturally low in fat. It's the cooking process and what we add to food that builds those fat grams. Here are some tips that will help you become a fat-buster in your own kitchen:

- Think **less is better**. If a favorite recipe calls for a tablespoon of oil, try using a teaspoon instead or drizzle a high-quality oil such as Udo's oil on after the food has been cooked. Remember, you want to be sure to get enough essential fatty acids, but cooking these high-quality oils will cause them to break down. So put them on at room temperature after you've cooked/heated your food. It will taste just as good.
- Instead of using oil to sauté, use water or a fat-free broth.
- Sauté your vegetables in a wok. You will use a fraction of the oil.
- Get small spray bottles and fill them with your favorite cooking oils. To roast and brown your foods, simply give your oven-bound fare a spray. A miniscule amount of the processed fat is used. This technique works great for garlic bread and is fabulous for salad dressings.
- Use pastry brushes to spread oil on your food.
- The flavors in fresh vegetables will better enhance your foods. Instead of adding oil to tomato sauce, add fresh broccoli or sun-dried tomatoes.
- Bake or roast your vegetables. It's a nice change.
- If a recipe calls for an egg, substitute 2 tablespoons of liquid per egg.
- Salad dressings ... **Ech!!!!** ... Most are filled with fat and chemicals. Use lemon juice with a pinch of salt or make your own fat-free dressings. Most importantly, if you are using store-bought dressings, check the contents for the percentage of fat calories.
- Skip butter on bread. Margarine is worse than butter. Use marinara sauce or whip up some steamed veggies and seasonings in a food processor for a spread.
- Switch to sourdough bread, or better yet sprouted grain breads containing little or no fat.
- For a non-stick cooking surface, spray your pans with oil.
- Read those labels. Make sure you are buying pasta without oil. Most egg noodles have an eggless counterpart. Buy them.
- If you are preparing veggie burgers or other prepared food, bake instead of fry.

*How many creative ways can you cut the fat in your kitchen?
Make a list and use it!*

The Body You Deserve[®]SPECIAL INFORMATION
MENU PLANNING GUIDE***The “If You Must” List***

If you prefer to give up dairy and animal products gradually, here are some tips to help you make the transition.

INSTEAD OF	USE
Whole milk cheese	Lite or nonfat cheese (or rice or soy cheese)
Whole eggs	Egg whites
Milk	Skim milk (or rice, almond, or soy milk)
Ice cream	Nonfat frozen yogurt (or rice or soy yogurt)
Beef or pork	Chicken or turkey* (white meat or soy-based meat alternatives)
Luncheon meats	Sliced fresh chicken or turkey* (soy-based meat alternatives)
Mayonnaise in salads	Dijon mustard
Regular yogurt	Nonfat yogurt (or soy yogurt)
Sour cream	Nonfat yogurt (or soy yogurt)
Creamy salad dressings	Light dressings
Tuna (oil packed)	Dolphin-safe tuna (water packed)

* Ideally free range

Eating Leaner

Here are some ways to gradually lower the amount of fat in your diet.

Does skim milk turn you off? Buy one quart of skim milk and one quart of whole milk and mix the two. Gradually increase the ratio of skim to whole. Soon you will be drinking skim milk.

Are you eating too much mayonnaise? Gradually decrease the mayo and add Dijon. By using the same process you used with milk, the mayo soon will be gone.

The Body You Deserve®

SPECIAL INFORMATION
MENU PLANNING GUIDE

IF YOU MUST EAT MEAT:

Reduce the number of times per week you serve red meats. Find enjoyable alternatives, such as fish, lower-fat meats and grains. How surprised you'll be when you find your family enjoying the new alternatives!

- Trim as much fat off your meat as possible before you cook it. This will prevent fat from soaking in.
- To reduce the fat, do not add bread crumbs to meatloaf or meatballs. They act like a sponge that holds the fat in the food.
- If you must broil, do so on a rack and discard the fat.
- Have a small portion of meat at only one meal a day.
- Eat low-fat meats such as skinless turkey, chicken and fish.
- Avoid well-marbled cuts of meat. Choose leaner cuts.
- Avoid meats with a high fat content such as bacon, hot dogs, cold cuts, sausage, regular hamburger and spareribs.
- Choose meats that are free range, kosher, antibiotic free and/or organic.
- Try some soy-based meat alternatives now available at most health food stores and grocery stores. You may not even notice a difference!

Creating Your Daily Program

Ready? Let's get started. With the preceding pages as your building blocks, we're going to group these foods into delicious and satisfying meals using the principles of proper food combining.

As mentioned earlier, food combining is simply eating like food groups together so they digest quickly and easily. For example, fruit is eaten alone since it is digested in the intestines. Eating fruit with other types of foods slows down the digestive process. Likewise, carbohydrates and proteins should not be eaten together since one requires an alkaline digestive medium and the other demands an acid digestive medium. Mix these two together and guess what? Nothing happens! These foods will just hang around in the stomach, slowly fermenting while digestive combat is taking place.

Fruit requires the least time to digest. So you can eat a meal containing carbohydrates or proteins after half an hour. Carbohydrates and proteins are condensed foods. Therefore, you must let 3-4 hours pass before you eat again. You can snack on water-rich vegetables as in-between-meal munchies without throwing off the process.

The Body You Deserve[®]

SPECIAL INFORMATION MENU PLANNING GUIDE

We are going to give you some examples (a sample 3-day plan) to use as a guide.

Your **morning meal** can actually be the **all-morning meal**. The word “breakfast” means to break the fast. What a treat it is for the body to energize with something light, rather than digestively plowing through a heavy morning meal. You need no longer wonder why you’re tired after a hearty breakfast.

Your **midday meal** should be the heaviest meal you consume. You have the rest of the day to be active. Therefore, midday is an optimum time to enjoy some of the heavier foods. Have some brown rice with Chinese vegetables, or a bowl of chili with corn bread and a salad.

It is best if your **evening meal** is light and eaten before 7:00 P.M. Your body should concentrate on rejuvenating and resting while it sleeps, instead of on digestion. This meal might contain steamed vegetables, a salad and a baked potato with a vegetable Dijon sauce. Because this meal is light, you will find yourself awaking with bundles of energy, prepared for the new day. Of course, feel free to munch on sprouts or vegetables during the day.

The Body You Deserve®SPECIAL INFORMATION
MENU PLANNING GUIDE*Sample Daily Menus***Day 1****MORNING MEAL**Steamed Broccoli
with Olive Oil & Lemon**MIDDAY MEAL**Carrot Juice
Tossed Salad
(Nonfat Dressing)
Vegetable Chili
Corn Tortillas
Brocamole Dip**EVENING MEAL**Oriental Green Salad
(Carrot Ginger Dressing)
Oven-baked Spring Rolls
Vegetable Teriyaki
Brown Rice**SNACKS**Popcorn
Cucumbers
Apples
Iced Herbal Tea Pops
Fat-free Cookies**Day 2****MORNING MEAL**Open-Faced Avocado
Sandwich
(Avocado, Tomato and
Seasoning on Toasted,
Sprouted Bread)**MIDDAY MEAL**Mixed Vegetable Juice
Sprout Salad
(Carrot Ginger Dressing)
Baked Potato
(Chopped Steamed Veggies
with Dijon Mustard)**EVENING MEAL**Green Salad
Pasta Primavera
Garlic Bread**SNACKS**Baked Tortilla Chips
Salsa
Carrot Sticks
Tangerines
Fresh Fruit Sorbet**Day 3****MORNING MEAL**Stir-Fried Vegetables
Hash Browns with
Green Peppers and Onions**MIDDAY MEAL**Carrot Beet Juice
Roasted Vegetables
on Whole-Grain Baguette
Grated Salad**EVENING MEAL**Fresh Garden Salad
(Honey Mustard Dressing)
Ratatouille
Sourdough Rye**SNACKS**Sourdough Pretzels
Bagel (Whole Grain)
Grapes
Raisins
Fat-free Crackers

The Body You Deserve[®]

SPECIAL INFORMATION
MENU PLANNING GUIDE

Eating Out and Brown-Bagging It

Brown-bagging it and restaurant dining need not distract you from your daily meal plans. Although the majority of restaurant foods are high in fat, you will always be able to get a delicious and satisfying meal. You may have to say good-bye permanently to a few restaurants, but for the most part, you should have great success.

First of all, steer clear of the diet specials. These meals are usually extremely poor food combinations, dreadfully high in fat and laden with cholesterol. Make sure that you ask for bread without butter. You might even want to order your meal after you eat a little bread or salad, so you won't make selections based on a famished frenzy.

When you order, request your meal dry, with the sauces and dressings on the side. This way you can use as little as you like. Pass on the extra greasy salads such as potato salad or coleslaw. Substitute mustard or catsup for the mayonnaise. Order a baked potato without the usual butter and sour cream. Use lemon juice, Dijon mustard, salsa or marinara sauce instead.

There are always fat-free or low-fat choices in any ethnic restaurant. Chinese restaurants have steamed or stir-fried vegetables and rice. Italian bistros have tasty marinara dishes and luscious breads. Mexican restaurants have bean burritos (no lard, cheese or, alas, guacamole with sour cream please!). The choices are endless. Are you frequenting a grill? Order grilled veggies. Have the waiter ask the chef to come up with intriguing alternatives. If you must eat at a fast-food restaurant, order a salad or baked potato.

The trusty brown bag can be a knockout with wonderfully low-fat and fat-free alternatives. Pita bread is a friend to any lunchbox. Stuff a pita with a large salad. Add a low- or nonfat dressing and enjoy lunch. Pack a thermos with hot or cold soup and enjoy it with some sourdough rolls. Leftover pasta makes a great salad, as do leftover casseroles and stews. There are some impressive cold cuts in the health food stores. They make wonderful, easily made sandwiches anyone would savor!

Remember to pack some munchy treats. Fat-free tortilla chips or sourdough pretzels make excellent snacks. A bag of crudité (cut vegetables) is a good snack to munch on. If you are eating a low-fat diet, you will be able to snack liberally.

The Body You Deserve®SPECIAL INFORMATION
MENU PLANNING GUIDE***Let's Go Shopping!***

Now it's time to make some changes in your kitchen. Look through your kitchen cabinets and refrigerator. Read the labels. Check out those salad dressing labels. Do you put milk on your cereal? "Lite" soymilk or Rice Dream (rice beverage) are great alternatives. Fat-free treats are also available. Below is a list of superior choices. Although you will find low-fat and fat-free items in a commercial supermarket, you might be happier with the choices and quality of products in the natural food markets. If you are new to this arena, venture in and don't be afraid to ask for help. The staff in these stores are usually very knowledgeable and able to point you in the right direction.

OLD CHOICE	NEW CHOICE
Milk	Lite soy milk or Rice Dream Lite or almond milk
Salad dressings	New nonfat or low-fat (watch for chemicals) balsamic vinegar or lemon juice (frozen)
Cookies	Fat-free cookies (e.g., Health Valley, Auburn Farms or Nature's Warehouse)
Hamburgers	Veggie burgers (available prepared or as mixes). There are many brands available. Read the label for fat content and don't fry!
Luncheon meats	Heart and Soul makes a line of fake cold cuts. Lite Life does "Fakin' Bacon." Boca is another great resources for meat substitution.
Pancake or muffin mixes	Yes, you can eat pancakes, waffles or muffins. Just use a whole-grain mix without additives. Try buckwheat or wild rice mixes available at health food stores. Replace the eggs with egg whites.
Sugar	Use whole and natural sweeteners such as maple syrup, honey, barley malt or rice syrup.
White rice and other boring grains	Try brown rice. Lundberg Farms packages gourmet mixes of wild and whole rice: try their Country Wild Blend or Jubilee. Instead of rice, try millet, couscous, barley or bulgur. These all make wonderful cold salads as well.
Egg noodles	Buy the same shape noodle without eggs. Also try some alternative grain pastas (buckwheat, soba, quinoa and rice pastas).
Chips/Snack foods	Handful of raw almonds or walnuts. Almond butter is delicious on celery or cucumber.

The Body You Deserve[®]SPECIAL INFORMATION
MENU PLANNING GUIDE

OLD CHOICE	NEW CHOICE
Cereal	You can still eat cereal – just not in the morning. What a great lunch! Nature’s Path, Health Valley and Arrowhead Mills offer a wide choice of cereals. Use Rice Dream instead of milk.
Breads	Try whole and sprouted grain breads. Read the ingredients on packages of commercially baked bread. Sourdough, rye breads, Chapatis and tortillas are good bread choices. Try a wrap! Alvarado Street makes great bread.
Prepared quick meals	No time to cook? Try Health Valley Fat-Free Fast Meals, or Amy’s. Also look for Fantastic Foods instant mixes. Check out the freezer section. There are many small local manufacturers of prepared meals featured in your health food store.
Grains	You can buy bean flakes as well as grain flakes. Taste Adventures makes a line of instant beans as well as a line of soups.
Juices	Steer clear of canned and bottled juice aisles. These juices are cooked; therefore nutrients are severely diminished. Buy fresh fruits and vegetables and juice them yourself. If you don’t have a juicer, buy juices in the refrigerated section in plastic bottles. If they have a long shelflife, they are pasteurized or canned. You can also buy fresh frozen juices.
Coffee and tea	These both contain caffeine and are not good choices. Decaffeinated is actually no better for you as the process of decaffeination uses toxic chemicals! If you must, try one of the many grain beverages instead of coffee. Dacopa, Yannoh or Postum are good choices. Or just switch to herbal teas. They are delicious and healthy!
Frozen treats	Fresh fruit sorbet. Cascadian Farms produces three naturally sweetened organic flavors. Make your own ice pops or frozen fruit treats. <i>This list can go on indefinitely.</i> Be adventurous, read labels and ask questions. Get yourself in that low-fat mode. A good question to ask yourself is, “How can I eat this with less fat?” You now have enough information to intelligently answer the question! Arm yourself with that fat-free attitude and enjoy your shopping!

Recipes

“SHELLEY’S FAVORITES”

SMOOTHIES

(Basic recipe)

10 oz. Apple juice or orange juice

1 banana (best if frozen)

1 cup frozen berries

Blend until smooth and enjoy. Use different fruits such as mangoes, pineapples, papayas, peaches and nectarines. Freezing the fruit makes the smoothie frothier. If you use the fruit cold, it will be creamier. Adding ice cubes turns it into a slush.

FRUIT SALADS

Cantaloupe Boat

Cut in half and ball one small to medium cantaloupe. Also ball watermelon, honeydew and Persian melon. Fill up the cantaloupe shells. Garnish with fresh mint leaves.

FROZEN DELIGHTS

Frozen Fruit Treats

Wash fruit and clean it up (remove tops from strawberries and stems off the grapes; peel and slice oranges, bananas and mangoes). Layout in a single layer on a cookie sheet. Leave in freezer until frozen and then put in container. Simply pop in your mouth like bonbons.

Fruit Ice Cream

Ideally, you need a Champion Juicer (or equivalent) to make it without any effort. You can also use a food processor or blender.

With a Champion Juicer (or equivalent):

Use the blank that comes with the juicer rather than the screen. Feed frozen bananas and other fruit through the juicer and it will come out like custard. You can freeze smoothies in an ice cube tray and put them through the machine. For a more ice cream-like product, freeze a container of Rice Dream Lite in an ice cube tray. Then push that through the juicer ... yum!

Without a juicer:

Make a smoothie and begin to freeze in a container. When it begins to freeze, blend in the blender or food processor. Pour back into the container and refreeze. When almost frozen, blend again and pour into individual cups.

Be creative! How about a carrot slush for an afternoon treat? Freeze fresh fruit juices, herbal teas and vegetable juices in popsicle molds available in your local health store.

PROTEIN SHAKE (or Date Shake)

Almond, rice or soy milk

Protein Powder (whey Protein)

Flax seed oil

Ice

(add Dates if desired)

Recipes

"SHELLEY'S FAVORITES"

SALADS

When you think of eating a salad, what do you think of? I hope you're not limited to a mental picture of iceberg or romaine lettuce decorated by a couple slices of pink tomatoes. If you are, shake that notion out of your head and prepare to open up a cornucopia of produce.

Lettuce: Boston (sweet), bibb, leaf (red or green), oak leaf, romaine (red or green), chicory (bitter), friséé, arugula, dandelions and watercress. All are best young. You can also buy baby lettuce mixes called Mesclun or Field Mix. These come pre-washed and are so easy to use!

Roots: Carrots and beets make a super addition to a salad. Grate or dice.

Sprouts: We're all familiar with alfalfa, broccoli and mung sprouts. Seek out the more exotic sunflower, buckwheat, radish, onion, lentil or pea sprouts. They really give your salad a zip.

Before you take a bit of salad, dip your fork into the dressing instead of pouring dressing all over the salad. You'll enjoy it and ensure less of the fattening dressing. You know the rest ... cucumbers, onions, etc. Use your imagination!

Carrot Ginger Dressing

1 medium carrot, steamed
 1/4 cup carrot juice (opt)
 1-2 tsp. *fresh* ginger, grated
 1/4 cup lemon juice
 dash of toasted sesame oil
 water or vegetable broth to thin
 (if necessary)

Combine ingredients and blend in blender or processor.

Italian Dressing

1 cup balsamic vinegar
 1-2 cloves garlic, minced
 1/2 tsp. oregano
 1 tsp. basil
 1 tsp. parsley
 1 shallot, chopped (fine)

Let chill and store in refrigerator.

Honey Mustard Dressing

1/2 cup Dijon mustard
 1/4 cup honey (or less)
 1/4 cup water

Put in a jar and shake vigorously. You can add fresh herbs to this for variety.

For a change, use a cooked grain such as brown rice. Add chopped vegetables and dress with your favorite low- or nonfat dressing. A good trick is to take a little of the salad, add some vegetable juice, mustard, lemon juice and/or vinegar blend and dress your dish.

Recipes

“SHELLEY’S FAVORITES”

To make a “cream of” soup, simmer 2-3 cups of the desired vegetable (e.g., broccoli) in 6 cups stock or water with desired spices. If the vegetable is a watery type (zucchini) versus pulpy or starchy (potato or acorn squash), add 2 Tbsp. of rolled oats to the pot. When vegetables are soft, blend.

SOUP’S ON

Soup is an excellent entrée. There is nothing as filling and as comforting as a bowl of hearty soup.

Split Pea Soup

1 tsp. canola oil
 1 onion, chopped
 2 cloves garlic, minced
 2-3 carrots, chopped
 1 potato, chopped
 2 stalks celery, chopped
 2-3 cups split peas (the more the thicker)
 6 cups water or fat-free vegetable stock
 2 bay leaves
 salt and pepper to taste (optional)

Heat 1 tsp. of oil in a saucepan. Add garlic and onion. Sauté off the heat. Add carrots, potato and celery and sauté on the stove for another 2 minutes. Add split peas (stir around quickly). Add stock and/or water and bay leaves. Bring to a boil, cover and simmer approximately 1 hour or until the peas break down. (serves 6)

Vegetable Soup

1 onion, chopped
 2 carrots, chopped
 2 celery stalks, chopped
 1 medium potato, cubed small
 1 medium sweet potato, cubed small
 1-2 zucchinis, chopped
 1 cup cauliflower, chopped
 1 cup escarole, chopped
 6 cups water or fat-free vegetable stock
 fresh basil, dill, parsley (fresh mint optional)
 2 cloves garlic, chopped

Combine everything in a stock pot. Bring to a boil and simmer until vegetables are tender. For a tomato-based soup, replace two cups of stock with tomato puree. (serves 6)

Recipes

“SHELLEY’S FAVORITES”

BROCAMOLE

(A guacamole alternative)
2 cups broccoli stems, peeled and chopped
1 cup tomatoes, chopped
1/2 cup onion, chopped
1/2 cup peppers, chopped
1 Tbsp. fresh cilantro, chopped
1/4 cup of lemon juice (or to taste)
jalapeños (optional)

Steam broccoli stems until soft and blend in food processor. Add tomatoes and blend a few seconds. Put in a bowl and add the remaining ingredients. Serve as a dip or use in burritos.

Nacho idea ... Instant black beans, Brocamole and salsa served over baked tortilla chips.

SPRING ROLLS

1 tsp. canola oil
1-2 cloves garlic
1 tsp. fresh ginger (grated)
1/2 cup mung sprouts
1 bunch scallions, chopped
2 carrots cut in long slivers
Chinese cabbage
1 tsp. soy sauce
1 package or 12 egg roll wrappers (preferably without eggs)
Canola spray oil

Use a wok if you own one (or a sauté pan) and heat the oil. Quickly add garlic and ginger and whisk around. Add other vegetables and soy sauce and stir-fry over high heat. Remove from heat. Lay out a wrapper and place 1 tsp. of filling on it.

Fold 2 opposite ends over the filling and roll it up. Place on a baking sheet and spray with canola oil. Bake 15 minutes at 350. Turn over and spray again.

CROUTONS

5 slices bread, cubed
paprika

Toast cubes on cookie sheet in oven. Move them around while toasting. If you want to season them, spray with a little canola or olive oil. Sprinkle seasonings on before you toast. Great on soups or salads.

Recipes

“SHELLEY’S FAVORITES”

THE MAIN COURSE

Vegetable Chili

1 tsp. oil
 2 cloves garlic, chopped
 2 onions (large), chopped
 1 carrot, chopped
 1 tsp. ground cumin
 1 tsp. oregano
 1 medium green pepper
 2 cups tomatoes (fresh or drained canned), chopped
 4 cups mixed cook beans (pinto, kidney, black or navy – any combination or one kind)
 2 Tbsp. chili powder (optional)
 Cilantro, chopped (optional)

Heat oil and sauté garlic for a minute. Add onion and cook another 2 minutes.

Add seasonings and green pepper and cook 1 minute more. Add remaining ingredients, bring to a boil and simmer for 20 minutes. Season with red chili pepper (optional) and garnish with chopped cilantro. (serves 6)

Ratatouille

1 tsp. olive oil
 2 onions, sliced
 3 cloves garlic, chopped
 2 sweet green or red peppers
 1 lb. eggplant, diced
 1 lb. zucchini, diced
 1 lb. tomatoes, peeled and sliced
 1 tsp. thyme (fresh)
 2 bay leaves
 1 Tbsp. fresh basil, chopped
 garlic salt and pepper to taste
 water

In a large saucepan, sauté onions and garlic in 1 tsp. oil. Add peppers and sauté for another 2 minutes. Rinse eggplant and pat dry. Add eggplant and zucchini to pot and stir in. Add a little water and cook covered about 1/2 hour over low heat, stirring occasionally. Add tomatoes, thyme, bay leaves, basil salt and pepper and cook another 15-20 minutes. Serve over rice. (serves 4)

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

**EXERCISES FOR
PRACTICAL APPLICATION**



In the spaces below, write what actions you're **absolutely committed** to take to make improvements in each area over the next 24 hours!



Gift #1: Vital breathing



Gift #2: Living waters and live foods



Gift #3: Aerobic power

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

In the spaces below, write what actions you're **absolutely committed** to take to make improvements in each area over the next 24 hours!



Gift #4: Maximum nourishment
Food combining



Gift #5: A directed mind



Gift #6: Structural support

Day 4:

CD 4 : THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD : LEVERAGE

What actions are you **absolutely committed** to take to drastically reduce or eliminate the Four Poisons?



Poison #1: Processed fats and oils



Poison #2: Animal flesh



Poison #3: Dairy products



Poison #4: Acid addictions

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

What did you learn and what changes are you going to make now as a result of watching the DVD today?

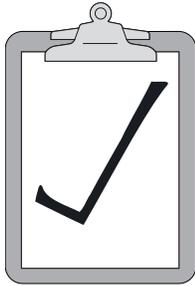


In the space below, write your reactions to Day 4 of this program and summarize what you've learned so far about creating the body you deserve!

Day 4:

CD 4: THE 6 GIFTS & 4 POISONS
OF LIVING HEALTH
DVD: LEVERAGE

CHECKLIST OF OUTCOMES FOR DAY FOUR



- 1. Listen to CD 4.
- 2. View your Leverage DVD.
- 3. Read Day 4 in this workbook and complete the exercises in the Practical Application section.
- 4. Eat according to the principles described in this section. Write down everything you eat and drink in the Eating Diary in Day 1.
- 5. Reserve about 90 minutes tomorrow for Day 5 of your program. First, you will listen to CD 5, and then you will read and do the exercises in the Day 5 section of this workbook.
- 6. Live the next 24 hours with passion and purpose!

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

REVIEW

Welcome to Day 5 of *The Body You Deserve* program. If you haven't already, listen to CD 5.

Today you learned the difference between fitness and health. Fitness is the physical ability to perform an athletic activity. Health is the state where all the systems of your body are working together in an optimal way. It is possible to be fit and **not** healthy. The exercise program you learned today will make you fit **and** healthy.

There are two basic ways you can add movement to your day:

- *with small bits of exercise as part of your daily routine*
- *with a regular aerobic exercise program*

Aerobic means “with oxygen.” When you exercise aerobically, you use the larger muscles of your body in a repeating fashion. This creates a demand for oxygen and an energy source. This energy source will be fat when you exercise aerobically for at least 20 minutes at your optimal training heart rate after warming up.

There are four components of any aerobic exercise program:

THE FOUR COMPONENTS OF AN AEROBIC EXERCISE PROGRAM

1. Type of Exercise—What kind of exercise are you doing?

Some great types of aerobic exercises are walking, jogging, running, indoor or outdoor cycling, dancing, rowing (outdoors or on a machine), cross-country skiing (outdoors or on a machine), swimming or water exercises, exercising on a mini trampoline, roller or ice skating and an exercise routine (there are many excellent DVDs available).

Be sure to select the type of aerobic exercise **you** enjoy doing the most. It's great if you can do something else while you're exercising aerobically—watch the news or a favorite

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

THE FOUR COMPONENTS OF AN AEROBIC EXERCISE PROGRAM (CONTINUED)

TV program, watch an educational DVD, talk with a friend, listen to music, study that foreign language you've been wanting to learn or read the newspaper or a magazine.

If you buy a piece of exercise equipment, be sure to buy an excellent quality machine. It's a great idea to try out several pieces of equipment before you buy.

2. Frequency of Exercise—How often do you exercise?

Four to six times a week is best. How many times you exercise aerobically per week depends on several factors:

- **Your present physical condition**—*The better physical condition you're in, the more times per week you can exercise.*
- **The type of exercise done**—*The more joint-pounding exercises should be done fewer times per week, unless you're in very good condition with sufficient joint and muscle strength.*
- **How you are feeling**—*If you're more than a little stiff and sore from a particular exercise, take one or more days off from that exercise. When in doubt concerning the frequency of exercise, play it safe at first and keep the frequency to four days per week. Then gradually increase the frequency.*

3. Intensity of Exercise—How vigorously are you exercising?

It's vital that you have at least a 12-minute warm-up period where you gradually increase your heart rate (pulse) from your resting heart rate to your training heart rate. Here's the best way to do a complete warm-up. First, warm up your body by doing any activity at a pace well below your optimal training heart rate (such as a slow jog if you plan to run, or easy rowing if you plan to use a rowing machine) for no more than 5 minutes. Do the warm-up stretching exercises on the pages

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

that follow. (It is important to warm your body up before you stretch to prevent injury and improve your flexibility.) Now it's time to gradually bring your pulse rate up to your optimal training heart rate.

After the warm-up period, exercise for at least 20 minutes at your optimal training heart rate. This is most easily calculated by subtracting your age from the number 180. This number is 70 percent of your maximum capacity. (You'll calculate your optimal training heart rate in the Practical Application section.) Then have at least a 12-minute warm-down period where you gradually lower your heart rate and do some more stretching.



The best way to monitor your heart rate is with an electric heart rate monitor. These can be found at a local fitness store. You can also take your pulse manually. Do this while you are exercising, if possible, or stop exercising, take your pulse for 10 seconds and multiply that number by 6 to get your pulse rate in beats per minute.

A less precise way to measure intensity is to monitor your breathing. During the warm-up period, your breathing rate and depth should be gradually increasing. During the 20- to 40-minute main exercise period, your breathing should be heavy, and you **should** be able to talk aloud without straining. In other words, you shouldn't be "way out of breath."

If you aren't able to exercise at an intensity close to your optimal training heart rate at first, that's OK. Exercise at a heart rate that's comfortable for you and gradually increase your intensity. The farther you are from your optimal training heart rate, the longer the duration of your training phase should be.

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

4. Duration of Exercise – How long are you exercising?

As you can see from the above description, an aerobic exercise workout has three phases. They are listed below, along with the recommended duration for each phase:

- | | |
|--|---|
| PHASE I: WARM-UP | 1) A warm-up period of at least 12 minutes – this includes a few light, easy stretches and moving at a slower speed to gradually elevate your heart rate to your optimal training heart rate. |
| PHASE II: PEAK WORKOUT TRAINING | 2) 20-40 minutes of training at your optimal training heart rate. |
| PHASE III: WARM-DOWN | 3) A warm-down period of at least 12 minutes – this includes moving at gradually slower speeds to reduce your heart rate and stretching all major muscle groups. |

The following workout guide and stretching exercises are reprinted in part from Home Gym Fitness, *Rowing Machine Workouts* by Dr. Charles E. Kuntzelman.

Make sure you warm up your body with increased activity for 4 minutes. This will heat up your muscles so that you will be able to stretch properly. Then do the following seven stretches for about 4 minutes as the second part of the warm-up to your exercise routine. As you hold the stretch position, visualize that the muscles being stretched are relaxing. When they seem to be looser, stretch further until you feel the tug. Hold that position for 10 seconds and then release the stretch. Over the weeks, gradually increase your hold time to 30 seconds.

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

Warm-up Stretches



BICEPS AND PECTORAL STRETCH

Stretches the muscles on the front of your upper arm and the chest.

1. Stand beside a wall. Place the arm closest to the wall against the wall surface.
2. Slowly turn away from the wall, keeping the arm straight.
3. Hold.
4. Repeat with the other arm.

KNEELING SHOULDER STRETCH

Stretches the deltoids.

1. Kneel on the floor, sit back on your heels and lock your knees as you reach forward with your hands.
2. Keep your seat down and continue to focus on your knees.
3. Once you have reached as far as possible, press down against the floor with your hands.
4. You will feel your shoulders stretch. Hold and repeat.



REACH FOR THE SKY

Stretches the upper back and shoulders.

1. Kneel with the hands clasped behind the back and your seat resting on your heels.
2. Place your forehead on the ground at the knees.
3. Raise your hands above your back and head as high as possible.
4. Hold and repeat.



CROSS-LEG HAMSTRING STRETCH

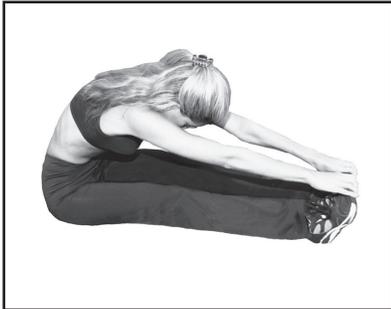
Stretches the hamstring muscles.

1. Sit on the floor with one leg over the top of the straight leg. (This helps stabilize the leg and prevent you from bending during the stretch).
2. Place both hands on the straight leg and, bending slowly from the waist, walk your fingers down the leg as far as possible.
3. Hold.
4. Repeat with the other leg.

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

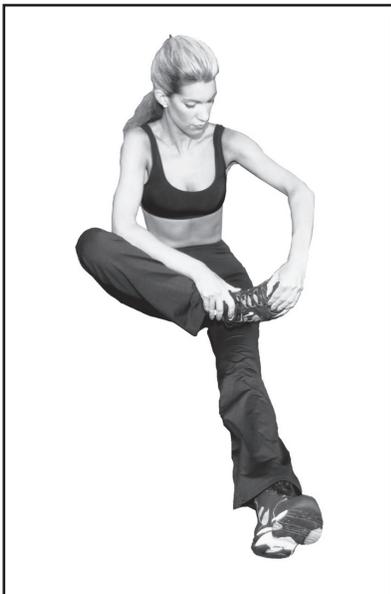
Warm-up Stretches (continued)



SITTING STRETCH

Beneficial to the muscles of the lower back and those behind the thighs (hamstrings).

1. Sit on the floor with your legs extended.
2. Bend slowly at the waist and bring your head as close to the knees as possible. Keep your legs extended and your head down.
3. Try to touch your toes and hold. This stretch should be done slowly.
4. Repeat.



SITTING ANKLE ROTATION

Stretches the muscles of the ankles.

1. Sit on the floor, raise one foot and support it with one hand at the calf and the other hand at the foot.
2. Slowly rotate your ankle clockwise.
3. Rotate the ankle counterclockwise through a complete range of motion.
4. Repeat several times in each direction with each foot.

QUADRICEPS STRETCH

Stretches the quadriceps muscles.

1. Lie on left side, legs extended head resting in palm of left hand.
2. Bend your right leg so your foot comes toward your buttocks. Grasp your instep with your right hand and tug.
3. Stretch and hold.
4. Return and repeat on the other side.



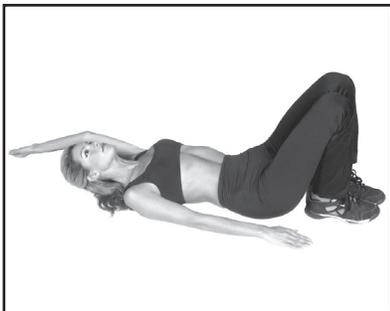
Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

Warm-down Stretches

After your peak workout training phase, it's time to cool down. The cooldown (or warm-down phase, as we call it) is as follows. Spend 5 minutes after your peak workout continuing the same activity at a reduced rate (for example, reduce speed if biking or running; decrease resistance if rowing or stair stepping). Allow your body to recover. Stopping suddenly may cause some lightheadedness, so reduce your workout by one half to three quarters. For example, if you had been rowing at 20 strokes per minute, you should slow down to 10-12 per minute.

After 5 minutes at this reduced pace, do the following stretches. With all of these stretches, follow the same guidelines as set forth for the warm-up stretches. That is, stretch to the point where you feel a tug. Visualize the muscles relaxing. Then stretch to the point of a second tug and hold. Do a minimum of five and a maximum of ten of these stretches. (If you prefer, the warm-up stretches may also be used.)



ALTERNATE REACH

Stretches the upper back and the shoulders.

1. Lie on your back and bend your knees with feet on the floor. Place one arm above your head with your palm facing up while the other arm is by your side, palm facing down.
2. Reach in opposite directions with your arms, keeping both hands flat on the ground. Hold the stretch.
3. Change arm positions.
4. Repeat.

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

Warm-down Stretches *(continued)*



DOUBLE SPIRAL

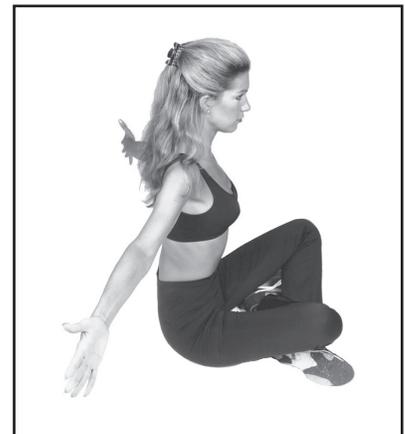
The first part of this stretch benefits the muscles of your chest (pectorals), while the second part benefits your upper back.

1. Stand with your hands behind your head, fingers interlocked.
2. Draw your elbows back as far as possible and hold.
3. Draw the elbows forward and try to touch them together. Hold and repeat.

PECTORAL STRETCH

Stretches the chest muscles.

1. Sit with your legs crossed. Place your arms out to the sides at shoulder level with the palms facing forward.
2. Press your arms back as far as possible, keeping the arms straight. Your arms should stay as high as possible; work toward keeping them parallel to the floor throughout.
3. Hold.
4. Repeat.



BALL

Stretches the muscles of the lower and middle back.

1. Sit on the floor. Bend your knees and tuck them in toward your chest as close as possible.
2. Place your head close to the knees and grasp the knees with your arms.
3. Roll onto your back and keep your body in a tight ball while slowly rolling back and forth. This exercise should be done slowly.

Day 5:

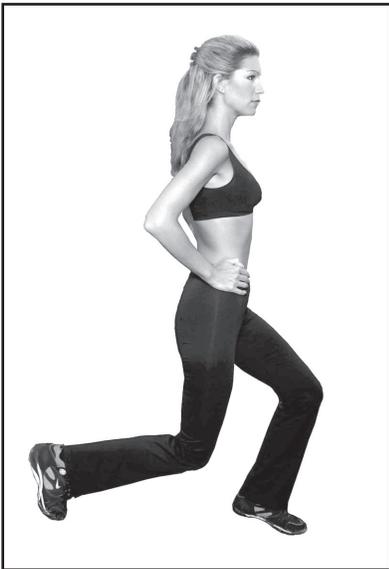
CD 5: THE POWER OF
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Warm-down Stretches *(continued)*



LATERAL LOW-BACK STRETCH

1. Sit on the floor with your legs folded and your hands on their respective knees.
2. Remove one hand from the knee and place the forearm on the floor beside the knee as you bend from the waist toward the forearm.
3. Keep your feet firmly on the floor and bend from the waist.
4. Stretch, hold and repeat on the other side.

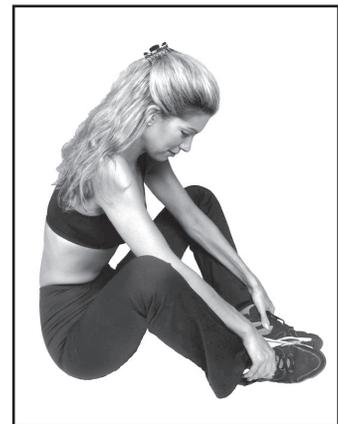


CALF STRETCH AND ACHILLES STRETCH

1. Stand with your right leg forward and your left leg back.
2. Keep your left leg straight and bend the right knee. Keep both feet pointed straight ahead.
3. Lean forward and slowly raise the left heel as you bend the right knee. Hold.
4. Repeat with the other leg.

SITTING GROIN STRETCH

1. Sit on the floor and place your heels together. Grasp your ankles and pull the feet in toward your groin.
2. Push the knees toward the floor using your elbows.
3. Hold.
4. Straighten legs and repeat.



Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

Warm-down Stretches *(continued)*



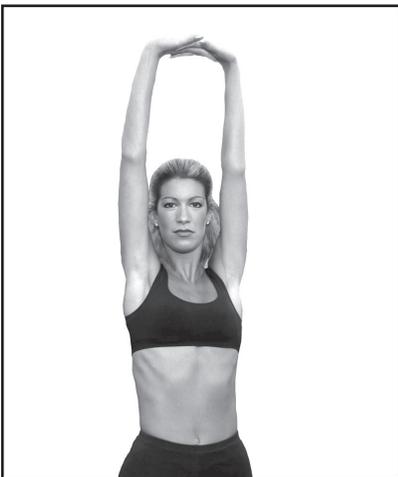
SHOULDER STRETCH

1. Hold on to a ledge or bar that is about shoulder height with your hands shoulder width apart.
2. Relax, keeping your arms straight and your chest moving downward. Your feet should remain directly under your hips.
3. Keep your knees slightly bent.
4. Hold.

ELBOW GRAB

Stretches the triceps.

1. With arms overhead, hold the elbow of one arm with the hand of the other arm.
2. Gently pull the elbow behind your head.
3. Hold.
4. Repeat on the other arm.



STANDING REACH FOR THE SKY

1. Stand and interlace your fingers above your head.
2. With your palms facing upward, push your arms slightly up and back.
3. Hold, but do not hold your breath.
4. Return to the starting position.

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE



Warm-down Stretches (continued)

LOOK AWAY

1. Sit on the floor with your right leg straight. Bend your left leg, cross your left foot over the right leg and place it on the outside of your upper right thigh, just above the knee.
2. Twist your upper torso toward the left and use your right elbow to push against the left knee.
3. With your left hand resting behind you, slowly turn your head to look over your left shoulder and, at the same time, rotate your upper body toward your left hand and arm.
4. Hold and repeat on the other side.

LYING STRETCH

1. Lie flat on your back. Straighten your arms and legs.
2. Point your fingers and toes as you stretch as far as you can either way.
3. Stretch and hold.
4. Relax.



Take It Slow

Don't make the mistake of slighting the warm-up and warm-down phases. Gradually working your way into and out of each exercise session will help prevent injuries and complaints that could discourage you from continuing with your exercise program.

As a precautionary measure, always listen to your body when exercising.

The table on the next page summarizes some of the chief causes of, and suggested treatments for, complaints you may experience. Note that a majority of complaints are caused by exercising too vigorously. Remember, your goal is improved health, vitality, well-being and fitness. Doing too much too soon will only undermine your efforts. So as you train, carefully follow the guidelines in this section.

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

The Warning Signs of Overtraining Plus Cause and Recommended Action

COMPLAINT	CAUSE	RECOMMENDED ACTION
“My heart feels funny.” (This may be a hollow feeling, a fluttering, a sudden racing or a slowing of the heart rate.)	Your exercise is too vigorous.	<i>Slow down intensity and see your doctor.</i>
“I have a sharp pain or pressure in my chest.”	Your exercise is too vigorous.	<i>Slow down intensity of exercise and see your doctor.</i>
“I’m dizzy or lightheaded,” “My head feels funny,” “I break out into a cold sweat” or “I almost fainted.”	Your exercise is too vigorous. Not enough blood is getting to your brain.	<i>Slow down intensity of exercise and see your doctor.</i>
“My heart seems to be beating too fast 5-10 minutes after exercising” or “I seem breathless 5-10 minutes after exercising.”	Your exercise is too vigorous.	<i>Work at a lower level of training heart range. In some instances, you may need to work below the recommended fat-burning range. If this doesn’t correct the problem, see your doctor.</i>
“I feel like vomiting” or “I vomit right after exercising.”	Your exercise is too vigorous or you need a better warm-down.	<i>Work at a lower level of training heart range. Take longer for a warm-down.</i>
“I’m tired for at least a day after exercising” or “I’m tired most of the time.”	Your exercise is too vigorous.	<i>Work at a lower level of training heart range. Work to a higher level more gradually or you may need more sleep/rest.</i>
“I can’t sleep at night after exercise.”	Your exercise is too vigorous or done too late in the evening.	<i>Exercise at least 2-3 hours before retiring or at a lower level of your training heart rate.</i>
“Even though I’m exercising, my nerves seem shot,” “I’m jittery” or “I’m hyper all the time.”	Too much exercising or too much competition.	<i>Lay off the competition (e.g., working against the clock), cut back on your intensity and/or switch to another activity for a short time.</i>
“I’ve lost my zing,” or “I’m no longer interestd in my favorite activity.”	Too much exercising or too much competition.	<i>Lay off the competition (e.g., working against the clock), cut back on your intensity and/or switch to another activity for a short time.</i>
“During the first few minutes of exercising, I can’t get my breath.”	Improper warm-up.	<i>Spend more time on your warm-up, at least 10 minutes, until you get to your training heart rate range.</i>

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

CONSULT YOUR HEALTHCARE PROVIDER BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM. AFTER BEGINNING YOUR PROGRAM, SEE YOUR HEALTHCARE PROVIDER IMMEDIATELY IF YOU EXPERIENCE ANY SIGN THAT CONCERNS YOU.

If you want more information and assistance with your exercise program, visit a local university, YMCA or YWCA, community recreation center or a quality health club.

Here are some basic rules to keep in mind when starting an aerobic exercise program:

- *If you're in very poor shape, celebrate! You'll have to do less aerobic exercise to get your heart rate into the training heart rate zone!*
- *If you've been very sedentary, start at a low intensity and frequency. A one- or two-mile walk four times a week is a fine place to start.*
- *Increase your frequency, intensity and duration of exercise slowly. Take your time. It may have taken you years to get out of shape, and it's going to take you longer than six weeks to get completely back into shape. You will, however, notice some positive changes in the first few days.*
- *Listen to your body. It will tell you when you're on the right track. When you exercise correctly, you will feel better, have more energy, probably eat less and naturally make the eating choices that support a healthy body.*
- *Be a kid! Have fun while you exercise! Jump in every puddle you see!*
- *Make a regular aerobic exercise program a MUST in your weekly schedule!*
- *When you exercise on a regular basis for six months, you will naturally want to exercise for the rest of your life!*

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

EXERCISES FOR
PRACTICAL APPLICATION



How are you going to build in small bits of exercise as part of your daily routine?

What **type(s)** of aerobic exercise are you going to make a regular part of your life?

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AEROBIC EXERCISE

In the spaces below, write **how often** you're going to do each of the above types of exercises. Develop a weekly plan. As an example, "On Mondays, Wednesdays and Fridays I'm going to ride my exercise bike while watching the 10:00 P.M. news. On Tuesdays and Thursdays I'm going for a super-brisk walk with Fred at 7:00 P.M. On Saturday, I'm going out dancing with Fred. On Sunday, I'm going to the park with the family and play like a kid!"

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MONITORING YOUR HEART RATE



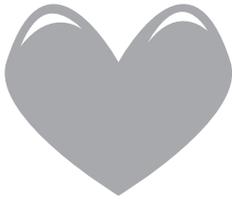
Sit down and take your pulse. The number of times your heart pumps blood each minute is your pulse rate or heart rate. To feel your pulse, turn the palm of your hand up and place two fingers of your right hand on the thumb side of your left wrist. This point is called the radial pulse.

When taking your pulse, you should feel a push or thump against your fingers. Each push is one beat of your heart. This beat is called your pulse. The number of pushes each minute is your heart or pulse rate. If you have trouble locating your radial pulse, place your first two fingers on the side of your throat just below the point of the jaw and locate the carotid artery. As you do this, press lightly. Avoid pressing too hard when checking a carotid pulse.

Day 5:

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AEROBIC EXERCISE

After locating your heartbeat, look at the sweep second hand or counter on your watch. Starting with zero, count the number of beats for a ten-second interval. Multiply that number by six. This represents your resting heart rate in beats per minute. This number will usually decrease in the weeks ahead as a result of your aerobic exercise program. This will be a sign that your cardiovascular system is becoming more efficient.



My resting heart rate is _____ beats per minute.

Now calculate your preliminary optimal training heart rate. This number will be 180 minus your age.

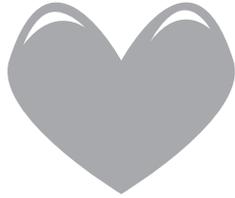
180- _____ = _____ beats per minute
(my age)

You **may** need to adjust your preliminary number if any of the following apply to you:

- *If you have had a major illness recently, you are currently leading a sedentary life or you are more than ten pounds overweight—subtract five from your number.*
- *If you are currently close to your ideal weight and are currently doing a regular exercise program—add five to your number.*

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AEROBIC EXERCISE



With the above considerations in mind, adjust your preliminary number above and write your optimal training heart rate in the blank below.

My optimal training heart rate is _____ beats per minute.

You'll want to exercise in a heart rate range that is between the above number and the above number minus ten.

My optimal training heart rate range is _____ beats per minute.

If you're taking any medication that slows your heart rate, be sure to consult your healthcare provider to discuss how to adjust your optimal training heart rate.

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

WEEKLY EATING AND EXERCISE LOG

Today you will begin completing a Weekly Eating and Exercise Log. A sample log is on the next page, and twelve logs for your use are in the workbook accompany this program.

Take a look at the sample log now. You'll notice that this log begins on Monday, July 6. On Monday of every week, you'll take your resting heart rate and measure your chest, waist, hips and thighs. Don't expect these measurements to get smaller every week. Water retention and other factors associated with eating and elimination can affect these measurements. Aerobic exercise can also lead to an increase in the amount of muscle on your body, especially if you've been sedentary. This increased muscle can lead to larger measurements in certain parts of your body at first, especially your arms and legs. This is great! The increased muscle will help you burn more calories in the long run, will make it easier to do more and more aerobic exercise and is a positive sign that you are literally resculpting your body to that light, healthy and vital body you desire.

Take a look at the columns under Eating on the left side of the page. Every day that you make progress in that area from what you are currently doing, put a check mark in the box. Commit yourself to CANI!—Constant And Never-ending Improvement!

Under the Exercise columns on the right side of the page, write the type, intensity and duration of the exercise you did that day. The duration should include your warm-up and warm-down periods. Remember that even though the aerobic exercise plan you learned today is the best way to condition your body to burn fat, write in any kind of exercise you do in the Type column.

After you thoroughly understand how to use your Weekly Eating and Exercise Log, go to the folder enclosed with this program and remove a blank log and tape it to an area that you'll see at the end of every day.

TONY ROBBINS
The Body You Deserve®

Weekly Eating and Exercise Log

Week of

July 6, 2009

EATING <i>(Check box when principle followed)</i>										Exercise		
		1. 70% Water-Rich	2. Food Combining	3. Control Consumption	4. Eat Fruits Correctly	5. Reduce or Eliminate Meat	6. Reduce or Eliminate Dairy	7. Reduce Processed Fats and Oils	8. Reduce or Eliminate Acid Additions	TYPE	INTENSITY	DURATION
MONDAY	<input checked="" type="checkbox"/>	Rowing Machine	122	12 warm-up 20 training 12 warm-down 44 Min. Total								
TUESDAY	<input checked="" type="checkbox"/>	Slow Jog	120	12 warm-up 20 training 12 warm-down 44 Min. Total								
WEDNESDAY	<input checked="" type="checkbox"/>	Rowing Machine	122	12 warm-up 20 training 12 warm-down 44 Min. Total								
THURSDAY	<input checked="" type="checkbox"/>	Slow Jog	120	12 warm-up 20 training 12 warm-down 44 Min. Total								
FRIDAY	<input checked="" type="checkbox"/>	Rowing Machine	122	12 warm-up 20 training 12 warm-down 44 Min. Total								
SATURDAY	<input checked="" type="checkbox"/>	Tennis	<i>it varied</i>	12 warm-up 36 training 12 warm-down 60 Min. Total								
SUNDAY	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Nothing	—	—	

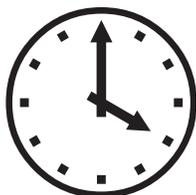
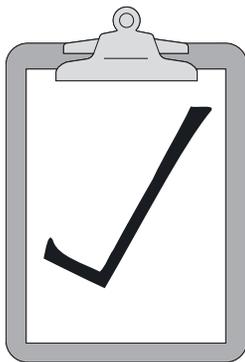
CURRENT STATISTICS	
Resting Heart Rate	76
Chest	42
Hips	41
Waist	36
Thighs	24

Day 5:

CD 5: THE POWER OF
AEROBIC EXERCISE

In the blanks below, write your reactions to Day 5 of this program, what you've learned so far about creating the body you deserve and what you're **absolutely committed** to doing in the next 24 hours to make the body you deserve a physical reality!

CHECKLIST OF OUTCOMES
FOR DAY FIVE



- 1. Listen to CD 5.
- 2. Read Day 5 in this workbook and complete the exercises in the Practical Application section.
- 3. Keep eating according to the Living Health Principles.
- 4. Begin or continue your aerobic exercise program.
- 5. Complete your Eating Diary and Weekly Eating and Exercise Log.
- 6. Reserve about 2 hours tomorrow for Day 6 of your program. First, you will listen to CD 6, and then you will read and do the exercises in the Day 6 section of this workbook.
- 7. Live the next 24 hours with passion and purpose!

Day 6:

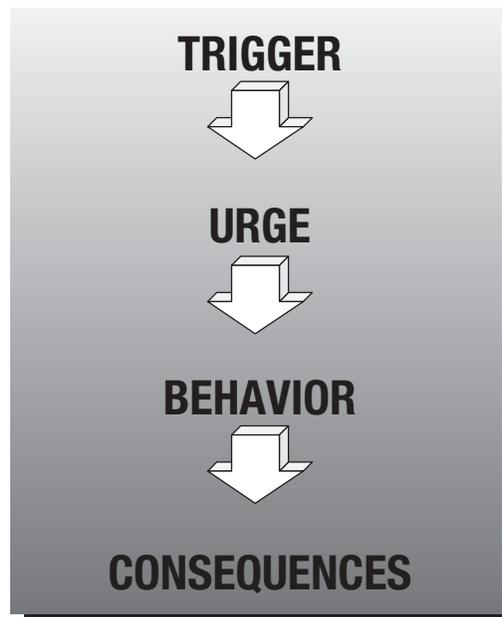
CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

REVIEW

Welcome to Day 6 of *The Body You Deserve* program. Listen to CD 6 before you start in this workbook section.

Today you learned about the Behavior Chain.

THE BEHAVIOR CHAIN



Your eating triggers are the first link in the chain. Triggers signal you to eat by automatically creating an urge to eat. The urge is the second link in the chain. Unless the urge is reduced, it will lead to the behavior of eating (the third link in the chain) if food is available. After you eat, you experience the consequences of eating. Positive consequences (a great-tasting food) will tend to cause you to repeat the behavior because your brain is always looking for ways to gain pleasure. Negative consequences (the food adding fat to your body) will tend to cause you not to repeat the behavior because your brain is always looking for ways to avoid pain.

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

THE RECENCY FACTOR

When evaluating effects or consequences, you must also consider the Recency Factor. Consequences that happen right after the behavior (a great-tasting food) have more power than delayed consequences (the food adding fat to your body).

So what happens after a behavior (such as a person eating a candy bar) where there is a recent positive consequence and a delayed negative consequence? Which consequence has the most power? You guessed it! Unless the person takes some specific action, which we'll talk about in a second, the recent positive consequence wins. The person is rewarded for eating the candy bar. He will tend to eat more of them in the future.

What would happen if a glob of fat the size of a candy bar would jut out of your stomach right after you ate the candy bar? Do you think this would affect your behavior a smidge? You bet it would!

The Recency Factor explains why it is absolutely crucial to bring the negative consequences of eating the candy bar vividly into the present with your mental focus.

HABITS

Here's what a habit really is. It's a conditioned pattern of behavior that happens repeatedly because:

1. *There are lots of triggers signaling you to do the behavior, and*
2. *There are lots of built-in positive consequences rewarding the behavior.*

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

Habits are powerful, and **habits are your best friend!** Here's why. Every time you experience a significant amount of pain or a significant amount of pleasure, your brain wants to be able to duplicate the experience of pleasure and avoid the experience of pain in the future. So it creates what we call a neuro-connection. This is literally a nerve connection in your brain. As the habit is repeated, the connection gets stronger and stronger until the nerve fibers form a trunk line. This nerve trunk line is a physical reality! You can't think or willpower your way out of something that's physical! **You must slash that trunk line and create a new trunk line that naturally and automatically leads you to where you want to go!**

This is just another way of saying that you must:

- *Interrupt your limiting pattern*
- *Create a new empowering pattern*
- *Condition the new pattern until it's consistent*

BREAK THE BEHAVIOR CHAIN AT THE TRIGGER LINK

The first place you can break your Behavior Chain is at the trigger link. Remember that triggers signal you to eat. There are three kinds of triggers:

1. **External cues**—Sights, sounds, touches, tastes and smells in your external world.
2. **Mental cues**—Sights, sounds, feelings, tastes and smells that you create in your internal world.
3. **Physical cues**—Physically being hungry.

Physical cues are real eating triggers and should usually be followed with eating a comfortable amount of healthful, life-giving foods. External cues and mental cues are triggers that aren't real. They're **counterfeit** and should be followed with any activity or thought that breaks the chain.

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

BE AWARE OF YOUR EATING PATTERNS

This is why awareness of your eating patterns is so important. The awareness will pull you out of autopilot and help you correctly identify those counterfeit eating triggers. At this moment, your Eating Diary and your Weekly Eating and Exercise Logs are your strongest awareness tools. Use them daily!

There are seven kinds of external counterfeit cues that you will want to be aware of:

1. **Location cues:** *A particular room, a certain chair.*
2. **Activity cues:** *Starting or stopping a particular activity such as playing cards.*
3. **People cues:** *Do you have any eating buddies?*
4. **Occasion cues:** *Parties, nights on the town.*
5. **Sensory cues:** *Advertisers get paid big bucks to plant sight, sound, feeling, taste and smell cues that signal you to eat.*
6. **Time cues:** *A certain time of day can signal you to eat.*
7. **Mood cues:** *Are there any cues in your environment that direct your mental focus and create a mood, such as boredom or excitement, which is a trigger for you to eat?*

The first way to break the trigger link in the chain is to avoid as many of the seven kinds of external cues as practically possible. We will show you how to do this in an exercise that follows.

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

THE GENERAL CUE MANAGEMENT SKILLS

There is a set of external cues that just about everyone has in common. That's why these eight General Cue Management Skills are so important:

1. Choose a specific place at home and at work where you will do all of your eating. At home, it's best to make your eating place a particular chair at a specific table. Eat only at this place. At work, it's best to choose any place other than your desk as the eating spot.
2. When you're eating, only eat. Make eating a pure experience. The only exception to this is talking to the people you're eating with.
3. Replace high-calorie convenience foods with low-calorie healthful foods.
4. Keep food only in the kitchen, preferably stored away in cabinets or the refrigerator.
5. Ask for food. In most cases, don't accept food from someone unless you ask for it. When you eat at restaurants, anticipate problems and ask your server not to bring you snacks, breads or other unwanted foods.
6. Occasionally leave some food on your plate. Most of us have been brainwashed since childhood to eat everything on our plates. Unbrainwash yourself by purposefully leaving a little bit on your plate at some meals.
7. When you prepare food for yourself or others, put the unused food away before you begin to eat.
8. Manage your cues at the supermarket. Use a list and only buy foods on the list. Go shopping on a comfortable stomach. Shop the perimeter of the store, avoiding the aisles with high-calorie, high-fat munchies. Shop once or twice a week only.

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

THE SCRAMBLE TECHNIQUE

The second way you can break the trigger link is with the Scramble Technique.

With the Scramble Technique, you use your mental focus to attach extremely negative associations to an unhealthy food that you crave or to a situation in which you tend to pig out. When you do this, the trigger will be rewired to the feeling of extreme disgust in your brain. It's great if these negative associations can be directly related to the situation or food. Do you remember that test tube of blood and fat and that fat-clogged artery you saw on the DVD? If you squeezed all the fat and oil out of a Big Mac and jumbo french fries, how big of a glass would it fill? Can you see those nachos covered with cowpus-like cheese going right to your already overfat hips?

The negative associations can also be things that you find especially disgusting but not directly related to the situation or food. This includes such nauseants as vomit, pus, maggots and dead cockroaches. After you do the negative Scramble on a problem food or situation, you will want to attach positive sights, sounds, feelings, smells and tastes to a healthful food or an empowering situation.

CONFRONT AND CONQUER

Confront and Conquer is the third way you can break the trigger link. With Confront and Conquer, you actually put yourself in the situation or in front of the food, look the situation or food right in the eye and conquer it. It's also helpful to tack on some of the negative associations, described above, as you do this.

Then move on to a situation to which you presently have tons of **positive** sight, sound, feeling, taste and smell associations and eat a food that will help create the body you deserve. Tony's example of this was when he confronted the fast-food restaurant situation with all that greasy food and then went to the beach to eat watermelon!

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

S-L-O-W-E-R E-A-T-I-N-G

You also learned how to s-l-o-w d-o-w-n when you eat. This is critical because when you eat quickly, you short-circuit your body's feedback mechanisms that tell you when to stop eating. One feedback mechanism is the fullness of your stomach. When you cram food in, your stomach can become overstuffed before you know what hit you! Another feedback mechanism is the rise in blood sugar after eating. This varies with each food, but it will take 20-30 minutes to begin to raise your blood sugar after you begin eating. Here are some ways to slow down:

S
L
O
W

D
O
W
N

1. *Purposefully spend 20-30 minutes eating.*
2. *Stay relaxed while you eat.*
3. *Cut your food into smaller pieces.*
4. *Stop and think about what and how much you're eating.*
5. *Chew your food slowly.*
6. *Swallow each bite before taking the next mouthful.*
7. *Put less food on your utensil.*
8. *Put your utensils and finger foods down between bites.*
9. *Have a one- or two-minute pause in the middle of your meal.*
10. *Assess your degree of fullness periodically and stop when you're comfortable.*
11. *Hold your eating utensils in the "wrong" hand.*
12. *Be the last person to finish eating.*

The bottom line is this: begin eating when you're physically hungry. Then eat slowly until you feel comfortable. If you stop when you're stuffed, you've gone way too far!

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

MEASURE YOUR BODY FAT

In addition, Tony recommends that you have your percentage of body fat measured at a university, YMCA or YWCA or a quality health club. We want you to lose fat with this program so a body fat measurement is the best way to measure your progress.



You discovered these Golden Nuggets:

- *Repetition is the mother of skill!*
- *Habits can be your best friends! Redirect the power of habits to create a light and healthy body!*
- *Awareness can break patterns by itself!*
- *You must know your pattern to master it!*
- *You're invited to eat 350 times a day! Condition yourself to enjoyably say "no!"*
- *You can't always control the outside world. You can always control your mental focus!*
- *If you don't use it, you lose it!*
- *Learn to constructively use vivid and repulsive negative associations to ruin the attractiveness of unhealthy and fattening foods.*
- *Learn to consistently use vivid and attractive positive associations to enhance the attractiveness of healthy and vital foods!*
- *You can't be put on autopilot just because somebody has a business to run!*

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

In the space below, describe three times when you have eaten inappropriately in the last six days. What were the cues that signaled the behavior? Possible cues are sight, sound, feel, taste and smell cues. Take yourself back to that situation and describe the cues you experienced. Trust your mind to give you accurate information. Your answers will clearly reveal the first link in your behavior chain.

Situation #1:

Situation #2:

Situation #3:

Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

EATING SITUATIONS

In the left column below, list your six strongest cues to eat. In the small blanks to the right, mark an “X” if you are going to:

A = *Avoid the situation at least some of the time,*

S = *Use the Scramble Technique on the situation, and/or*

C+C = *Confront and Conquer the situation.*

SITUATION	A	S	C+C
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____

FOODS

In the left column below, list the six foods you know that you must avoid eating on a regular basis to create the body you deserve. In the small blanks to the right, mark an “X” if you are going to:

A = *Avoid the situation at least some of the time,*

S = *Use the Scramble Technique on the situation, and/or*

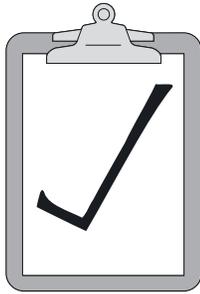
C+C = *Confront and Conquer the situation.*

FOOD	A	S	C+C
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____

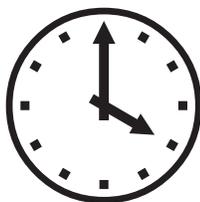
Day 6:

CD 6: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

CHECKLIST OF OUTCOMES FOR DAY SIX



1. Listen to CD 6.
2. Read Day 6 in this workbook and complete the Practical Application section.
3. Keep eating according to the Living Health Principles and exercising aerobically.
4. Use the General Cue Management Skills to your advantage.
5. Break your Behavior Chain at the trigger link by:
 - *Avoiding cues when possible*
 - *Using the Scramble Technique*
 - *Confronting and Conquering*
6. S-l-o-w d-o-w-n when you eat!
7. Have your body fat percentage measured.
8. Complete your Eating Diary and Weekly Eating and Exercise Log. You should have these taped to a place that you see at the end of every day. (There are more logs in the folder enclosed with this program.)
9. Reserve 50 minutes tomorrow for Day 7 of your program. First, you will listen to CD 7. Then, you will read and do the exercises in the Day 7 section of this workbook.
10. Live the next 24 hours with passion and purpose!



Notes

Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

REVIEW

TRANSFORMATIONAL VOCABULARY

Welcome to Day 7. We know that you've already listened to CD 7, right?

Today was the shortest CD of your program so far! Can you believe it? You learned about Transformational Vocabulary from Tony. Transformational Vocabulary is an extremely powerful tool because you can move yourself to action or inaction through your choice of words. Just as effective speakers move others to action, you can hurl yourself in the direction of a light and healthy body by avoiding the Language of Failure and by using the Language of Success.

THE LANGUAGE OF FAILURE

Here are some examples of the Language of Failure:

- *"I'm trying"*
- *"I'm starving!"*
- *"I'm famished!"*
- *"I could eat a horse!"*
- *"I gotta have something to eat!"*
- *"I'm dying for a burger!"*
- *"I'm going crazy!"*

As you can see, the Language of Failure doesn't make sense and doesn't lead to the kind of behavior you want.

THE LANGUAGE OF SUCCESS

With the Language of Success, you talk about your pride, dignity, strength, endurance, commitment and passion—and you talk with emotion!

Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

You did the Compulsion Blowout with Nate. It's designed to literally destroy your craving for any food! It's another in a series of pattern interrupts that you'll be doing in the next few days.

Here are the eight steps to a modified Compulsion Blowout. The Compulsion Blowout was developed by Richard Bandler.

The Modified Compulsion Blowout

1. Identify what food compulsion you would like to change. This is food #1. Identify a food that you enjoy but don't have a compulsion for. This is food #2.
2. Close your eyes and experience food #1. See, hear, feel, smell and taste the food. This is experience #1.
3. Close your eyes and experience food #2. See, hear, feel, smell and taste the food. This is experience #2.
4. What were the differences in sight, sound, feeling, smell and taste between experience #1 and experience #2?
5. Test each difference in experience #1 with food #2. Gradually intensify each difference and notice what it does to your compulsion to eat the food.
6. Identify the Driver Difference. That's the difference that increased your compulsion for the food the most.
7. Blow out the compulsion by rapidly intensifying the Driver Difference to its maximum.
8. Test it. Think about the food and see if the compulsion is still there.

Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

QUESTIONS ARE THE ANSWER!

Q = Questions

Questions are the most potent way you can direct your mental focus. When you ask yourself a question, your brain has no choice but to come up with an answer.

The key is asking the right questions! If you ask yourself, “Why am I so fat?” your brain will come up with a string of answers that will put you in an unresourceful state that will keep you where you are.

If you ask yourself, “How can I create the body I deserve and enjoy the process?” your brain will create a string of answers that will show you the way to a light and healthy body and put you in a great state! Ask and you truly shall receive! Become a master question-asker and begin receiving all that life has to offer!

While you are fully associated, ask yourself the Morning Questions. In your Inspirational Message Cards enclosed with this program, you will find two Questions Cards. These cards have the Morning and Evening Power Questions, as well as the Problem-Solving Questions printed on them. One card is for you to carry with you. The other one should be placed somewhere where you’ll see it on a daily basis.

Begin using the Morning and Evening Power Questions right away. We’ll discuss the Problem-Solving Questions in Day 12.

Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

MORNING POWER QUESTIONS

Your life experience is largely based on your mental focus. The best way to direct your mental focus is with questions. The following questions are designed to cause you to experience more happiness, excitement, pride, gratitude, joy, commitment and love every day of your life. Remember, quality questions create a quality life.

*Come up with two or three answers to all of these questions and feel fully associated (emotionally experience the **feeling** of your answer). If you have difficulty discovering any answer simply add the word “could.” Example: “What could I be most happy about in my life now?”*

1. What am I happy about in my life now?

What about that makes me happy? How does that make me feel?

2. What am I excited about in my life now?

What about that makes me excited? How does that make me feel?

3. What am I proud about in my life now?

What about that makes me proud? How does that make me feel?

4. What am I grateful about in my life now?

What about that makes me grateful? How does that make me feel?

5. What am I enjoying most in my life now?

What about that do I enjoy? How does that make me feel?

6. What am I committed to in my life now?

What about that makes me committed? How does that make me feel?

7. Who do I love? Who loves me?

What about that makes me loving? How does that make me feel?

EVENING POWER QUESTIONS

1. What have I given today?

In what ways have I been a giver today?

2. What did I learn today?

3. How has today added to the quality of my life or how can I use today as an investment in my future?

(Repeat the Morning Questions – optional)

Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

SWISH PATTERN

S = Swish Pattern

Today you did a **visual** swish pattern that will condition the change from your overfat body to the body you deserve!

PHYSIOLOGY

P = Physiology

Use your body in ways that create the desire to succeed!
Emotion is created by motion!



GOLDEN NUGGETS

You discovered these Golden Nuggets:

- *You move yourself to action or inaction by the words you choose to use!*
- *Toss the word “try” out of your vocabulary because it means “to expend lots of effort and get no rewards”!*
- *Inspire yourself to consistent action with the words you use and the way you say the words!*
- *Use more exclamation marks in your speech!!!*
- *Sow an act, reap a habit.
Sow a habit, reap a character.
Sow a character, reap a Destiny!*
- *If you knock long enough and loud enough at the gate, you are sure to wake somebody!*
- *The quality of my life is the quality of the questions I ask myself!*

Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

EXERCISES FOR
PRACTICAL APPLICATION



Write five words or phrases that you use when you feel like you've got to have some kind of food. How do you say them?
This is the **Language of Failure!**

1. _____
2. _____
3. _____
4. _____
5. _____

Write five words or phrases that you use or could use to inspire yourself to positive action. How do you say them?
This is the **Language of Success!**

1. _____
2. _____
3. _____
4. _____
5. _____

Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

In the space below, write the names of any foods that you still crave (even after the Scramble Technique and Confront and Conquer). These are the foods that are going to be the target of Compulsion Blowouts!

Write all the sights, sounds, feelings, smells and tastes associated with experience #1 in the Compulsion Blowout.

Write all the sights, sounds, feelings, smells and tastes associated with experience #2 in the Compulsion Blowout.

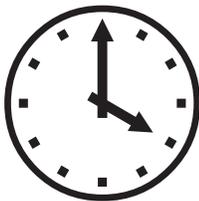
Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

Write all the sight, sound, feeling, smell and taste differences between experience #1 and experience #2 in the Compulsion Blowout.

The Driver Difference is:

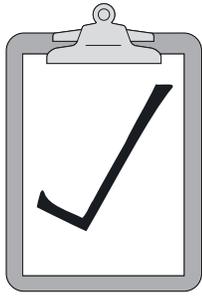
Write your reactions to Day 7 of this program, what you've learned so far about creating the body you deserve and what you're **absolutely committed** to doing in the next 24 hours to make the body you deserve a physical reality!



Day 7:

CD 7: THE LANGUAGE
OF SUCCESS

CHECKLIST OF OUTCOMES FOR DAY SEVEN



1. Listen to CD 7.
2. Read Day 7 in this workbook and complete the exercises in the Practical Application section.
3. Keep eating according to the Living Health Principles and exercising aerobically.
4. Use Transformational Vocabulary to continuously inspire yourself!
5. Use the Compulsion Blowout to destroy any food cravings you may have left.
6. Find and pull out the two sets of Morning, Evening and Problem-Solving Questions in the Inspirational Message Cards enclosed in this package. Put them in a place that will remind you to use it!
7. Complete your Eating Diary and Weekly Eating and Exercise Log. You should have these taped to a place that you see at the beginning or the end of every day.
8. Reserve about two hours tomorrow for Day 8 of your program. First, you will listen to CD 8 and then do the exercises in the Day 8 section of this workbook.
9. Live the next 24 hours with passion and purpose!

Notes

Day 8:

CD 8: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

REVIEW

Welcome to Day 8. Please listen to CD 8, if you haven't already.

Today you learned how to increase your desire for the foods that bring you health and vitality and decrease your desire for the foods that bring you excess body fat and lethargy. Everybody does this differently, **and** everyone has the power to create and take away urges in a matter of seconds.

You learned that it is critical to have a bushel basket full of nonfood goodies that you can give yourself to make you feel good any time you desire!

I CAN DO IT!

You also learned how I CAN DO IT! will help you crunch any urges you have to eat unhealthful foods or too much food.

I = *"I control the urge! I'm winning! I'm smiling!"*

C = *"Counterfeit urges don't control me!" Talk to your urges as if they were con men.*

A = *Ask yourself questions that will break the old pattern and then ask yourself questions that will create a new pattern.*

N = *NOW! Breathe and move!*

D = *Drink some water instead of eating unhealthful foods. Don't be a dog like Sparky!*

O = *"Oh, what a smell!" Link a rotten, raunchy, putrid smell to the food you think you're going to eat!*

I = *Interrupt the pattern! Do something you really enjoy! Brush your teeth! Take a shower! Go to a mirror, take off your clothes and take a close look! Then picture your image goal in your mind and decide if eating the food is worth it!*

T = *Trample the urge and Target your desire! Picture a huge red stop sign in your mind and shout as loud as you can STOP IT!!! Then target your desire by seeing, hearing and feeling your identity.*

Day 8:

CD 8: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

You also were exposed to the first seven **Fat Transplant Thoughts**. These are the thoughts that may be putting fat onto your body, just as surely as if you had the fat surgically implanted at your favorite hospital—a sort of reverse liposuction!

Fat Transplant Thoughts don't make any sense, and they amplify your counterfeit urges to eat inappropriately. They're poison thoughts that don't lead to your goals in life. If you do detect a Fat Transplant Thought popping into your mind, immediately replace it with the antidote—the appropriate Goal Directed Thought.

Here are the first seven Fat Transplant Thoughts and their antidotes:

Fat Transplant Thought #1:

“I have to have that piece of pie!”

Goal Directed Thoughts:

- “*I control my behavior to enhance my life!*”
- “*I choose what I eat, and I make good choices!*”
- “*My daily choices lead to my goals!*”

Fat Transplant Thought #2:

“This discomfort is going to last forever!”

Goal Directed Thoughts:

- “*When I'm a little hungry, I'm winning!*”
- “*I turn challenges into opportunities!*”
- “*I'm prepared to meet my challenges!*”

Fat Transplant Thought #3:

“I've failed so many times in the past.”

Goal Directed Thoughts:

- “*Today is a winning day for me!*”
- “*I'm doing it this time!*”
- “*My thoughts are positive and optimistic today!*”

Day 8:

CD 8: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

Fat Transplant Thought #4:

“There goes my program! I just blew it!”

Goal Directed Thoughts:

- *“I learn from every experience in life!”*
- *“I’m like Winston Churchill: I never, never, never quit!”*
- *“I learn my lessons in life and move on to the next challenge!”*

Fat Transplant Thought #5:

“I’m not losing fast enough!”

Goal Directed Thoughts:

- *“A pound of fat is a lot of stuff!”*
- *“I’m right on schedule!”*
- *“I’m in control and on target today!”*

Fat Transplant Thought #6:

“I just don’t have it.”

Goal Directed Thoughts:

- *“I take full responsibility for myself and my life!”*
- *“Today is full of accomplishment and progress!”*
- *“I’m in control of my thoughts and actions!”*

Fat Transplant Thought #7:

“This is horrible and terrible! I can’t stand it!”

Goal Directed Thoughts:

- *“I meet my challenges head-on!”*
- *“I enjoy facing challenges that make me a better person!”*
- *“I’m achieving important outcomes today!”*

Day 8:

CD 8: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST



Finally, you discovered these Golden Nuggets:

- *Awareness is power!*
- *Procrastinate on the things you know you should never do!*
- *Nothing tastes as good as knowing that you're the one shaping your own life!*
- *If you want to feel alive, eat live foods!*
- *The Body You Deserve Program is about changing your life—not just changing your body!*
- *The key to the universe is that you can choose!*
- *Counterfeit urges go away whether I eat or don't eat!*
- *Burn your britches behind you!*
- *Repetition is the mother of skill!*
- *Never, never, never quit!*
- *Turn challenges into opportunities!*
- *A pound of fat is a lot of stuff!*
- *Who asks a king for a penny?*

**EXERCISES FOR
PRACTICAL APPLICATION**



How do you increase your desire for food?

Day 8:

CD 8: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

How do you decrease your desire for food?

How are you going to use this knowledge to increase your desire for vital foods and decrease your desire for sludge foods?

Day 8:

CD 8: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

Write your reactions to Day 8 of this program, what you've learned so far about creating the body you deserve and what you're **absolutely committed** to doing in the next 24 hours to make the body you deserve a physical reality!

In the left column below, write which of the first seven Fat Transplant Thoughts have caused you problems in the past. Then in the right column, write your favorite Goal Directed Thought (either from the three suggested possibilities or by creating one of your own) that you're going to use to replace the Fat Transplant Thought. Be sure you use the exercise you learned on the audio to thoroughly condition the switch to the Goal Directed Thought!

Fat Transplant Thought

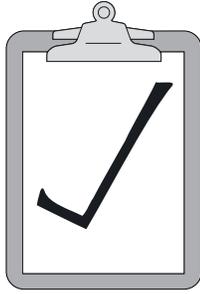
Goal Directed Thought

<hr/>	<hr/>

Day 8:

CD 8: URGE MANAGEMENT:
TOOLS TO MAKE CHANGE LAST

CHECKLIST OF OUTCOMES FOR DAY EIGHT



1. Listen to CD 8.
2. Read Day 8 in this workbook and complete the exercises in the Practical Application section.
3. Keep eating according to the Living Health Principles and exercising aerobically.
4. Do your Daily Mental Aerobics.
5. Practice increasing and decreasing your desire for foods. Then utilize this skill to propel you to your goal!
6. Regularly give yourself nonfood goodies to make yourself feel good at any time!
7. Condition your brain to transform Fat Transplant Thoughts to Goal Directed Thoughts!
8. Complete your Eating Diary and Weekly Eating and Exercise Log.
9. Reserve about two hours tomorrow for Day 9 of your program. First, you will listen to CD 9 and then do the exercises in the Day 9 section of this workbook.
10. Live the next 24 hours with passion and purpose!



Day 9:

CD 9: BECOMING A
PEAK PERFORMER

REVIEW

Welcome to Day 9 of *The Body You Deserve* program. By now, we're sure you've listened to CD 9.

Today you learned the levels of development a person goes through on the way to becoming a peak performer. This is adapted from Situational Leadership® II developed by Dr. Kenneth Blanchard, Blanchard Training and Development, Inc.

1. Enthusiastic Beginner:

"This is easy! I'm really on a roll!"

2. Disillusioned Learner:

"This is harder than I thought it was going to be!"

3. Reluctant Contributor:

"I can do it, but I'm not feeling real confident!"

4. Peak Performer:

"I'm great at this and it's so easy!"

Everybody's different. You may shoot right to stage four, or you may linger in one or more of the other stages for a while. Whatever pace you're going, that's the right pace for you. Learn the valuable lessons from each stage and keep moving!

**THE POWER OF
NEGATIVE THINKING**

You had a rather bizarre introduction to the Power of Negative Thinking. Right now, think of a limiting belief that used to hold you back. Why do you have a smile on your face now? In this resourceful state, you'll feel great about taking the actions necessary to create the body you deserve.

**THE FAT TRANSPLANT
THOUGHTS**

You learned how to transform poisonous Fat Transplant Thoughts eight through fifteen into the appropriate antidote Goal Directed Thoughts.

Day 9:

CD 9: BECOMING A
PEAK PERFORMER

Here are the remaining Fat Transplant Thoughts and their antidotes:

Fat Transplant Thought #8:

“I deserve that banana split!”

Goal Directed Thoughts:

- “*I reward myself with nonfood things!*”
- “*I enjoy rewarding myself with thoughts and images!*”
- “*I feel great moving toward my goal today!*”

Fat Transplant Thought #9

“I shouldn’t have that ice cream!”

Goal Directed Thoughts:

- “*I choose to eat and exercise appropriately!*”
- “*My choices lead to my goals in life!*”
- “*My self-talk and images turn my resolutions into realities!*”

Fat Transplant Thought #10

“If it weren’t for my _____, I could lose this fat!”

Goal Directed Thoughts:

- “*My eating and exercise decisions lead to success!*”
- “*My life is a successful series of choices!*”
- “*I take full responsibility for my success today!*”

Fat Transplant Thought #11

“I’ll get back on the plan next Monday.”

Goal Directed Thoughts:

- “*I’m in control of my behavior now!*”
- “*Now is the only time I can spend!*”
- “*I live in the present, and I live extremely well!*”

Day 9:

CD 9: BECOMING A
PEAK PERFORMER

Fat Transplant Thought #12

“The Terrible Too’s”

Goal Directed Thoughts:

- “Nothing keeps me from becoming trim!”
- “I overcome obstacles and reach my goals!”
- “My focus gets me to where I want to go!”

Fat Transplant Thought #13

“One little candy bar won’t hurt.”

Goal Directed Thoughts:

- “I’m in control of the little things in my life!”
- “My entire day is my time to succeed!”
- “I move toward my goal one small step at a time!”

Fat Transplant Thought #14

“I can’t seem ungrateful.”

Goal Directed Thoughts:

- “I say no when it benefits me!”
- “A few little no’s lead to a big Yes!”
- “I easily say no to unnecessary food!”

Fat Transplant Thought #15

“My eating cues automatically lead me to eat!”

Goal Directed Thoughts:

- “I direct my behavior to meet my goals!”
- “I use my power to improve the quality of my life!”
- “My eating choices are positive and healthful!”

Day 9:

CD 9: BECOMING A
PEAK PERFORMER

You will use the Inspirational Message Cards to inspire you to a light and healthy body. You will find them in a separate package of cards “Inspirational Message Cards.”

Finally, you discovered these Golden Nuggets:



- *A mind stretched by a new idea never goes back to its original dimensions!*
- *Use the Power of Negative Thinking!*
- *Next Monday never comes!*
- *The greatest thing in this world is not so much **where** we are, but in **what direction** we are moving!*
- *Life isn't a destination; it's a journey!*

Day 9:

CD 9: BECOMING A
PEAK PERFORMER

**“THAT LITTLE THING”
CAN ADD UP TO A LOT!**

Use the following process to calculate the number of pounds you will gain each year by eating “that little thing” food.

The name of a high-calorie food that used to be a problem for you: _____ .

The approximate number of calories that are in the portion of food: _____ calories.

The number of times you used to eat the food each week: _____ times a week.

_____ x _____ = _____ calories.

(total number of calories per week)

_____ x 52 weeks = _____ calories

(total number of calories per year)

_____ ÷ 3,500 = pounds of fat

EXAMPLE

If you eat a typical candy bar – which is about 250 calories – five times a week, your weekly calories from “that little thing” would be 1,250.

Multiplied by 52 weeks, you would ingest 65,000 calories per year! Divide by 3,500, and you’ve added over 18½ pounds of fat a year!!

The number in the box above will show you the number of pounds of fat you will add to your body each year as a result of eating “that little thing” food!

Day 9:

CD 9: BECOMING A
PEAK PERFORMER

In the left column below, write which of the Fat Transplant Thoughts eight through fifteen have caused you problems in the past. Then in the right column, write your favorite Goal Directed Thought (either from the three suggested possibilities or by creating one of your own) that you're going to use to replace the Fat Transplant Thought. Be sure you use the conditioning exercise you learned on the audio to thoroughly condition the switch to the Goal Directed Thought!

Fat Transplant Thought

Goal Directed Thought

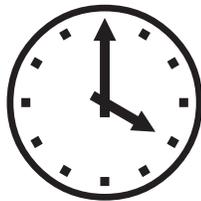
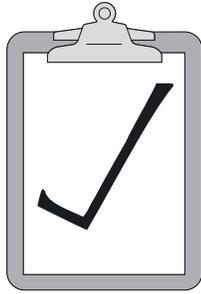
_____	_____
_____	_____
_____	_____
_____	_____

Write your reactions to Day 9 of this program, what you've learned so far about creating the body you deserve and what you're **absolutely committed** to doing in the next 24 hours to make the body you deserve a physical reality!

Day 9:

CD 9: BECOMING A
PEAK PERFORMER

CHECKLIST OF OUTCOMES FOR DAY NINE



1. Listen to CD 9, Day 9 only.
2. Read Day 9 in this workbook and complete the exercises in the Practical Application section.
3. Keep eating according to the Living Health Principles and exercising aerobically.
4. Use the Power of Negative Thinking to boost you to your goal.
5. Condition your brain to transform Fat Transplant Thoughts into Goal Directed Thoughts.
6. Use your Inspirational Message Cards to remind you of the key principles of this program.
7. Complete your Eating Diary and Weekly Eating and Exercise Log.
8. Reserve about 60 minutes tomorrow for Day 10 of your program. First, you'll listen to CD 9, Day 10. Then you'll read and do the exercises in the Day 10 section of this workbook.
9. Live the next 24 hours with passion and purpose!

Day 10:

CD 9: BECOMING A
PEAK PERFORMER

REVIEW

Welcome to Day 10 of *The Body You Deserve* program. Please listen to CD 9, Day 10, before you read on.

RULES Today you learned about rules. Your rules are your belief systems about what you **should** do or **must** do in order to accomplish something. There is a huge difference between a should rule and a must rule. With a **must** rule, you always do the behavior. With a **must never** rule, you never do the behavior. With a **should** rule, you believe that you ought to do something, but you either don't do it or do it only occasionally. You don't feel good about breaking your **should** rule, but you do it just the same. With a **should never** rule, you believe that you ought not do something, but you either do it or do it occasionally. Again, you don't feel good about breaking your **should never** rule, but you keep breaking the rule and covering up the pain.

We've found that people who have light and healthy bodies throughout their lives have a few key **must** and **must never** rules that sweep them along to the bodies they desire and deserve. These **must** and **must never** rules usually fall into the following categories:

- *Rules about how they must look*
- *Rules about how they must feel*
- *Rules about how they must treat their bodies*
- *Rules about what and how much they must eat*
- *Rules about how much and when they must exercise*

People who want light and healthy bodies, but don't have them, tend to have lots of **should** and **should not** rules and very few or no **must** and **must never** rules in these areas.

Day 10:

CD 9: BECOMING A
PEAK PERFORMER

In order to create the body you deserve, you must install the appropriate must and must not rules in your mind. The Rules Realignment Exercise Tony Robbins went through will do this for you!

BINGES

Today, you learned about the Girl Scout Cookie Syndrome and how people create binges by 3D-ing themselves to death.

ANATOMY OF A BINGE



Day 10:

CD 9: BECOMING A
PEAK PERFORMER

Learn to break the cycle by not beating yourself up if you overdo it on one occasion and by rewarding yourself for doing it right.

REWARDS YOU CAN USE!

Preferred Activities

Here's a list of possible rewards you can use:

- *Buying or receiving new clothes in a smaller size*
- *Wearing favorite old clothes that you previously couldn't wear*
- *Purposefully doing things that you couldn't do as well when you were overfat*
- *Measuring your waist or other parts of your thinner body*
- *Looking at your lighter and healthier body in a mirror*
- *Reading*
- *Playing cards*
- *Being with someone you love*
- *Calling a friend*
- *Taking a hot shower or bath*
- *Going to a movie*
- *Working on a hobby*
- *Receiving money*
- *Going on a trip*
- *Receiving a bouquet of flowers*
- *Buying a gift for yourself*
- *Going to a concert or play*
- *Sunbathing*
- *Going for a walk*
- *Doing anything that you love to do*

Day 10:

CD 9: BECOMING A
PEAK PERFORMER

MORE REWARDS YOU CAN USE!

*Positive Statements
and Pleasant Images*

- *“I’m proud of what I did.”*
- *“I’m really gaining control.”*
- *“I just made it through a situation that two weeks ago would have led me to eating.”*
- *“I’m really looking better.”*
- *Imagining yourself receiving compliments on your fat loss*
- *Seeing yourself at a party looking thin in a new dress or suit*
- *Seeing yourself doing a favorite activity and not being tired*
- *Imagining yourself at a favorite vacation spot*
- *Imagining the fat coming off your body – a pound of fat contains 3,500 calories. If you burn 3,500 calories more than you consume in a week, a pound of fat will come off your body. A pound of butter also contains about 3,500 calories. A quarter-pound stick of butter contains about 875 calories. When you **don’t** eat a high-calorie food that would slow your progress to your goal, imagine how much fat will come off your body. As an example, a 300-calorie bowl of ice cream equates to one-third stick of butter. Vividly imagine one-third stick of butter coming out of your body when you **don’t** eat the ice cream. Do the same when you exercise. If you burn about 300 calories when you walk three miles, imagine one-third of a stick of butter coming off your body.*
- *Using any statement or image that makes **you** feel great!*

Some of the previous rewards are great positive consequences for small chunks of goal-directed behavior. Others are more appropriate for larger accomplishments such as following the Living Health Principles for 10 days.

Day 10:

CD 9: BECOMING A
PEAK PERFORMER



You discovered these Golden Nuggets:

- *Make health and vitality a must!*
- *Believe, do and it will come to you!*
- *I hear and I forget. I see and I remember. I do and I understand!*
- *The empires of the future are the empires of the mind!*
- *You'll see it when you believe it!*
- *Where thought goes, energy flows!*
- *Repetition is the mother of skill!*

EXERCISES FOR PRACTICAL APPLICATION

RULES REALIGNMENT



STEP 1:

Here are the five steps to the Rules Realignment Exercise that Tony gave you.

In the Current State column, vividly describe your current overfat state. Mentally, physically and emotionally describe how it looks and feels to have a body like this.

STEP 2:

In the Target State column, vividly and passionately describe your target state—what it will be like having the light and healthy body you desire. Mentally, physically and emotionally describe how it will look and feel to have a body like this! Feel it as you write!

STEP 3:

In the Current State column, write what this person must do or believe to stay in this current overfat state. Then write what this person must never do or believe to stay in this current overfat state. Feel the pain as you do this!

STEP 4:

Put yourself in a peak state now, and in that state write in the Target State column what this person must do or believe each day to be this person. Then write what this person must never do or believe each day to be this person.

STEP 5:

In your heart of hearts, decide which one is the real you – which one parallels what you really believe!

Day 10:

CD 9: BECOMING A
PEAK PERFORMER

Rules Realignment

CURRENT STATE	TARGET STATE
VIVID DESCRIPTION OF STATE	
MUST DO OR BELIEVE	
MUST NEVER DO OR BELIEVE	

Day 10:

CD 9: BECOMING A
PEAK PERFORMER

What are all the rewards you're going to give yourself for "doing it right"? List them below.

In the space below, write an agreement that you're going to make with a friend to receive a nifty reward for following your plan for a specific length of time. Two weeks or four weeks are good choices. Write exactly what you're going to do and what the reward will be!

Day 10:

CD 9: BECOMING A
PEAK PERFORMER

BIG & small IMPROVEMENTS

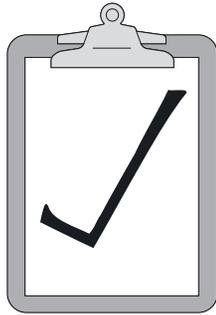
What big and small improvements have you noticed in your appearance and emotions in the last few days? List them below.

Write your reactions to Day 10 of this program, what you've learned so far about creating the body you deserve and what you're **absolutely committed** to doing in the next 24 hours to make the body you deserve a physical reality!

Day 10:

CD 9: BECOMING A
PEAK PERFORMER

CHECKLIST OF OUTCOMES FOR DAY TEN



1. Listen to CD 9, Day 10.
2. Read Day 10 in this workbook and complete the exercises in the Practical Application section.
3. Keep eating according to the Living Health Principles and exercising aerobically.
4. Do your Daily Mental Aerobics.
5. Realign your rules to make the creation of the body you deserve a must!
6. Regularly reward yourself for doing things right!
7. Complete your Eating Diary and Weekly Eating and Exercise Log.
8. Reserve about 45 minutes tomorrow for Day 11 of your program. First, you will listen to CD 10, Day 11. Then read and do the exercises in the Day 11 section of this workbook.
9. Live the next 24 hours with passion and purpose!

Notes

Day 11:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

REVIEW

You're back for Day 11 of *The Body You Deserve* program! Congratulations on your power and persistence. Please listen to CD 10, Day 11, if you haven't already.

SECONDARY GAIN

Today you learned about secondary gain. A secondary gain is a **not easily seen** benefit that a person receives for doing something. A primary gain is an **easily seen** benefit a person receives for doing something. A primary gain for eating a candy bar every day is the pleasure it brings when eaten. A possible secondary gain for eating the candy bar is that eating it keeps the person overweight. When the person is overweight, he/she doesn't have to deal with the opposite sex, to which he/she has linked pain.

THE SIX-STEP REFRAME

You did a modified Six-Step Reframe with Nate. The Six-Step Reframe was developed by two creators of Neurolinguistic Programming (NLP), Richard Bandler and John Grinder. This process will help you identify the primary and secondary gains that you might be getting from overeating and undermoving. You can then create new, more empowering ways of achieving the primary and secondary gains.

THE NEW ORLEANS FLEXIBILITY DRILL

You also did a New Orleans Flexibility Drill. Developed by Richard Bandler, this process is designed to condition your new and empowering patterns of appropriate eating and exercise.

Day 11:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

SECONDARY GAIN

Write any secondary gain that you believe you may be receiving for inappropriate eating or for being overweight. Then write the alternative ways that you can healthfully receive the same benefit (reward) without food.

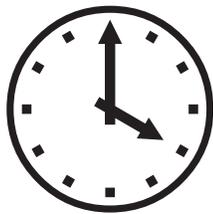
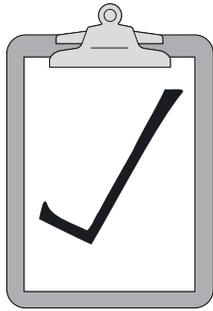
What did you learn by doing the New Orleans Flexibility Drill? How did it benefit you to go through your day in this way?

Write your reactions to Day 11 of this program, what you've learned so far about creating the body you deserve and what you're absolutely committed to doing in the next 24 hours to make the body you deserve a physical reality!

Day 11:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

CHECKLIST OF OUTCOMES FOR DAY ELEVEN



1. Listen to CD 10, Day 11.
2. Read Day 11 in this workbook and complete the exercises in the Practical Application section.
3. Keep eating according to the Living Health Principles and exercising aerobically.
4. Do your Daily Mental Aerobics.
5. Reward yourself with all the fantastic things that life has to offer instead of rewarding yourself with food.
6. Confront any secondary gains you might be receiving.
7. Complete your Eating Diary and Weekly Eating and Exercise Log.
8. Reserve about 60 minutes tomorrow for Day 12 of your program. First, you will listen to CD 10, Day 12. Then you'll read and do the exercises in the Day 12 section of this workbook.
9. Live the next 24 hours with passion and purpose!

Day 12:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

REVIEW

Welcome to Day 12 of *The Body You Deserve* program. Great job! Your persistence and passion will pay off! Please listen to CD 10, Day 12, if you haven't already.

Today you learned how to sail your boat on the sea of life in all kinds of weather so that you can overcome those challenges that you know are going to pop up!

You also learned how to shoot from the FIPP if you do occasionally mess up. FIPP is an acronym that stands for the four steps of the troubleshooting process:

F = *Forgive Yourself*

I = *Investigate the Situation*

P = *Plan for Next Time*

P = *Practice Your Plan Mentally*

A sample Troubleshooting Worksheet is on the next page. Study it now and then use the three blank Troubleshooting Worksheets in the Practical Application section to conquer any of your challenging times!

Day 12:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

Sample Troubleshooting Worksheet

STEP 1: Forgive Yourself

“I screwed up! Big deal! I’m going to FIPP it next time!”

STEP 2: Investigate the Situation

I overeat most days right when I get home from work. There is a situation cue, a time cue and a mood cue that are all signaling me to eat too much of the wrong kinds of food.

My mental focus is on **all** the things I **have** to do around the house while I’m still thinking about **all** the challenges at work. My physiology is stressed. I don’t use any of the Urge Crunchers. My Fat Transplant Thoughts are going like crazy – “I have to have some donuts!” “I deserve some donuts!” “One or two donuts won’t hurt!” “If it weren’t for all my responsibilities, I could lose this fat!” I haven’t used the Scramble Technique on the donuts or Confronted and Conquered the situation!

Day 12:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

STEP 3: Plan for Next Time

I know that this is a situation that's going to happen five days a week. I'm going to learn to handle it and enjoy the process! I can't avoid the situation so I'll focus my attention on taming the situation and project myself into the future when I have a trim body. I'm going to use three Urge Crunchers:

- 1) Remember Sparky.
- 2) Eat an apple as a low-calorie substitute.
- 3) Smile!

I'm going to replace those Fat Transplant Thoughts with the antidote thoughts! I'm going to do 20 Swish Patterns to swish the challenge out of my life! I'm going to use the Scramble Technique on those donuts and remember that gooey scene from the DVD. I'm going to Confront and Conquer the situation tomorrow and the next day!

STEP 4: Practice Your Plan Mentally

I'm going to vividly run through the plan in my mind three times right now while I'm confident and in control, standing with a powerful physiology!

Day 12:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

THE VALUE OF PROBLEMS

You learned the value of problems from one of the all-time great teachers, Dr. Norman Vincent Peale. Dr. Peale believes that your biggest gifts on earth are problems and that problems are a sign of life. Problems are nature's wake-up call. They're telling you that you need to learn a valuable lesson. Spend 5 percent of your time focusing on the problem; spend 95 percent of your time focusing on the solution; learn your lesson and keep going until you hit your next sign of life!

TRANSFORMATIONAL VOCABULARY

Use Transformational Vocabulary and begin to refer to any "problem" as a "challenge." By using a different word, you will automatically shift your focus from the "problem" to the solution.

Day 12:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE



And finally, today you discovered these Golden Nuggets:

- *Keep your boat in the water and your sails correctly set to reach your destination!*
- *When it comes to fat control, most people overestimate what they can do in a month and underestimate what they can do over a period of years!*
- *Do the right thing!*
- *Consistency is the key! Consistency creates excellence!*
- *Repetition is the mother of skill!*
- *Your biggest gifts are problems!*
- *The only people without problems are those people in cemeteries!*
- *Problems are a sign of life!*
- *Pray for quality problems and then go out and handle them!*
- *With problems, we develop spiritual muscle. By pushing against tremendous problems, we sculpt our soul!*
- *Make your focus contribution! Make your focus growth!*
- *Who we become as people is the ultimate reward!*
- *Be one of the few who do, versus the many who just talk!*

Day 12:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

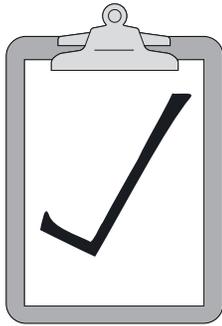
What are the big or little positive changes that you've noticed in the last few days? These improvements can be physical, mental, emotional or spiritual in nature. List them below. Focus your attention on them and watch them multiply!

How are you going to celebrate when you reach your first subgoal? Make this a big deal!

Day 12:

CD 10: MAINTAINING THE BODY
YOU DESERVE FOR LIFE

CHECKLIST OF OUTCOMES FOR DAY TWELVE



- 1. Listen to CD 10, Day 12, of your CDs.
- 2. Read Day 12 in this workbook and complete the exercises in the Practical Application section.
- 3. Keep eating according to the Living Health Principles and exercising aerobically.
- 4. Use the Troubleshooting Worksheets to FIPP your challenging situations!
- 5. Do your Daily Mental Aerobics.
- 6. Plan a big celebration when you reach your first subgoal or your final goal!
- 7. Complete your Eating Diary and your Weekly and Exercise Log.
- 8. Live your life with passion and purpose!

*The Body You Deserve®****10 Steps for Continued Success***

1. **Be a trim person!**
2. Re-listen to your CDs on a regular basis.
3. Reread parts of this workbook often.
4. View your DVD when you need some leverage.
5. Continue doing your Daily Mental Aerobics every day!
6. Continue using all your tools to create the light and healthy body you deserve!
7. Celebrate your success! Do something really special when you reach your subgoals.
8. Live your life with passion and purpose!
9. Be a contributor. Help someone else be trim!
10. Enjoyably move on to your next challenges!

It's a great idea to place a few predetermined milestones along the road to the body you deserve! This gives you a destination to achieve that's not too far down the road.

These milestones can be any achievement that's important to you! Here are a few examples: a certain dress or pants size; a particular body measurement; being able to easily do a certain activity; regularly feeling a favorite emotion; looking a certain way and receiving a sincere compliment from a loved one.



Notes

Appendix

RECOMMENDED VEGETARIAN/VEGAN COOKBOOKS

***The Complete Book of Raw Food:
Healthy, Delicious Vegetarian Cuisine Made With Living Foods***

Lori Baird, Julie Rodwell
Hatherleigh Press, 2003

Raw: The Uncook Book: New Vegetarian Food for Life

Juliano Brotman, Erika Lenkert
Harper Collins Publishing, 1999

The Juicing Bible, 2nd Edition

Pat Crocker
Firefly Books, 2008

Eating In Beauty

David Wolfe
North Atlantic Books, 2003

The Native Foods Restaurant Cookbook

Tanya Petroyna
Shambhala Publications, Inc., 2003

Fit for Life

Harvey and Marilyn Diamond
Warner Books of New York, NY

The American Vegetarian Cookbook from the Fit for Life Kitchen

Marilyn Diamond
Warner Books of New York, NY

Appendix

Colon Health and Fresh Vegetable and Fruit Juices

Norman Walker

O'Sullivan Woodside and Company of Phoenix, AZ

The Original Natural Hygiene Weight Loss Diet Book

Herbert M. Shelton, Jo Willard and Jean A. Oswald

Keats Publishing Inc. of New Caanan, CT

Vegetarian Times Cookbook

Available from Vegetarian Times Bookshelf

P.O. Box 570

Oak Park, IL 60303

Appendix

REFERENCES

Leadership and the One-Minute Manager

Dr. Kenneth Blanchard and Paul Hersey
William Morrow & Company of NJ, 1985

Fit for Life

Harvey and Marilyn Diamond
Warner Books of New York

The Egoscue Method of Health Through Motion

Pete Egoscue
Harper Collins of New York, NY, 1992

Home Gym Fitness, Rowing Machine Workouts

Dr. Charles T. Kuntzleman
Contemporary Books, Inc., of Chicago, IL

“A Diagnostic Tool with Important Implications for Treatment of Addiction: Identification Factors Underlying Relapse and Remission Time Distributions.”

Dr. Nancy Mann

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“Progression of Change Following Median Nerve Section in the Cortical Representation of the Hand in Areas 3b and 1 in Adult Owl and Squirrel Monkeys.”

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N. Philip Norman, M.D.

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Food Combining Made Easy

Dr. Herbert Shelton

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Jack W. Shields

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Chocolate to Morphine: Understanding Mind-Active Drugs

Andrew Weil, M.D., and Winifred Rosen

Houghton Mifflin Company of Boston, MA, 1983

Notes