

**FATLOSS FACTOR**

**7**

**HABITS**

*of Highly Effective  
Weight Loss*



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## Introduction

These seven habits are called “habits” for a reason. This is because the true power happens in the consistency, or the habits that you form. It takes more than 300 repetitions to create a habit. It takes more than 3000 repetitions to break one!

We have destroyed our metabolism and our bodies with yo-yo dieting. When you go on and off of diets your metabolism slows to a screeching halt because of the loss of muscle mass that occurs each time. ( Muscle mass is lost when you lose weight. If you go off of your diet, your weight goes back up. BUT, it is now fat that is regained instead of muscle. Remember: muscle= higher metabolism=weight loss

Here’s how the seven habits program works. Every week, add a habit. I know what you are thinking... I will just add them all at the same time...BAD idea. This will only lead to frustration and burnout. If you want to accelerate your fat loss, add two a week.

I can’t emphasize enough the power of CONSISTENCY. In everything that you do, not only on this program, but in life, be sure to be consistent and follow through with what you set out for. All successful people have this in common. A quick side note: Remember that nature abhors a vacuum, so if you are trying to break a bad habit, you need to replace it with a good one. For example, if you are trying to quit smoking, replace it with gum chewing. If you replace your bad habit, you will miss it much less than if you try to quit cold turkey.





## Habit #1: Eat Something Raw At Every Meal

This is also known as the addition rule. When eating, add a raw fruit or (preferably a vegetable) to every single meal.

This has four specific benefits:

- Raw fruits and vegetables have digestive enzymes to help you break down the rest of the food you are eating.
- The fiber in the fruit or vegetables expands in your stomach and fills you up so you don't eat as much.
- The fiber in the fruit or vegetable helps to push food, waste and toxins through your digestive tract.
- It provides the body with much needed vitamins and minerals

The second part of the rule is to "eat my fiber first."

This will clear a path and prepare your digestive tract for the rest of your meal.

Raw fruits and vegetables are full of fiber and when eaten with other carbs, they create a path for the rest of the food and cleanse your colon.

For example, if you are eating pizza, add a salad and eat it first. If you are eating ice cream, add an apple and eat it first. This will fill your belly so that you won't be able to eat as much.

**Fiber is a very important part of your diet. I recommend at least 40 grams per day. Studies have been done showing people who changed nothing in their diet except add more fiber lost weight! REMEMBER: Fiber 40 for Life!**





## Habit #2: The Pyramid Principle

Have you ever heard the phrase: "you are what you eat?" Well, that is only part of the story. You are WHEN you eat also! In other words, if your meal strategy is upside down, so will your figure be. I bet you are slightly confused right now...

Let me explain: What is food? It is energy for the body.

If food = energy, when do we need the most energy... before we go to bed or when we get up to start the day? Of course, when we get up! When should we eat our biggest meal based on energy requirements? Breakfast, lunch, then dinner. That's right. We are completely upside down! What is the typical American diet?

How about a Pop-tart for breakfast, burger and fries for lunch, spaghetti and meatballs with sauce, garlic bread, milk and dessert for dinner.

You ideally want your daily meal plan to be an upside down triangle, filtering the least amount of calories to the end of the day, and giving the body the most at the beginning of the day so that it has all day to burn them off.

For Example:

Have oatmeal, eggs and some fresh fruit for breakfast

A chicken ceasar wrap for lunch with a side of raw carrots and hummus

Kabobs for dinner with a tossed salad.

Notice how the calorie count got smaller with each meal? You always want to eat the least amount of calories before you go to sleep. Since you are not expending energy moving around, your body will take the food and store it in your fat cells for a rainy day. Your body is much more forgiving in the mornings and lunchtime. IF you want to have bad unhealthy foods or consume large amounts of calories, DO IT THEN! You will have more time to burn it off.





If you do splurge, make sure to take a half hour walk afterwards, especially in the evenings to help to process the food.

## **WARNING:**

If you don't follow this rule, your body shape will look like a triangle... with a huge bottom half! When this rule becomes a habit, your body will take the shape of an upside down triangle... or an hour glass : )

Another way to think about this is:

Breakfast like a KING  
Lunch like a QUEEN  
Dinner like a PAUPER

The second part of this rule is to make sure that you give yourself two hours after your last meal before you go to bed. In most cases that means don't eat past 7pm.

Your body is starting to wind down into the rest and repair mode, and you are more likely to store your food as fat.





## Habit #3: The Grazer Principle

The Grazer Principle is a rule that is common place to all successful diet plans. This means we should be eating smaller portions 5-6 times a day. This includes meals and snacks. There are three reasons why eating 5-6 times a day is so important:

1. We are being congruent with our genetics. Our ancestors did not eat 3 square meals. They were eating all the time because they were hunter/gatherers and ate what they found, when they found it. There were no refrigerators to keep things from spoiling.

2. Your body turns into a fat burning machine because your metabolism is constantly running to break down food. (This raises your metabolism - a higher metabolism means more fat loss!) Think of your metabolism as a fire inside your body. When the fire is burning, calories are being used up. When the fire goes out, calories are stored. Make sense so far? Think of food as wood for your fire. Is it better to constantly be putting wood on the fire or every once in awhile put a log on? You guessed it! It's much better to put wood on the fire consistently. This will give you a bigger, faster burning fire i.e. this will give you a faster more fat burning metabolism!

On a side note, your digestive system cannot handle large amounts of food and causes loss of energy and fat storage. Plus, it messes up your hormones!

3. Grazing suppresses your appetite. This helps you to avoid the intense hunger signals from being on a "diet". The second part of this rule is to always stay full. If your hunger signals reach a high enough level, it will be impossible to make wise food choices. The most satisfying and often most available are those heavily refined, fast or fried foods full of bad fats and lots of carbs. You crave these refined foods because we live a high stress life in today's society. When your body is in high stress, it means that your sympathetic nervous system aka "fight or flight" system is constantly keeping you in a heightened state. Well, you need certain foods with lots of fat and sugar to fuel this process to produce adrenaline and other hormones that are required to keep you there. The down side is that if your body is left in a constant state of





chronic stress, it leads to burnout, disease, rapid aging and...WEIGHT GAIN! When you are eating, you should never eat till you are full. If you reach the point of fullness, might as well just take that food and sit on it. That's where its going anyway. Eat to be comfortable. Never ever stuff yourself! Believe it or not, there will be more food!





## Habit #4: The Holiday Principle

Everyone loves a holiday. Everyone needs a holiday. I'm not just talking about Christmas and Easter, either. I'm talking about being on a strict diet. There is nothing worse than depriving yourself of things that you love.

It really affects your psyche (emotions) and is one of the best ways to sabotage your weight loss. I say this because when you crave something bad enough, it actually raises your stress levels, which raises your cortisol levels. Cortisol is responsible for weight gain. Notice all the new, hot supplements on the market which try to block this from happening. What a joke! Skipping out entirely on Cherry Garcia flavored Ben and Jerry's ice cream will have a detrimental effect on your weight loss plan. Now hold on, I'm not giving you permission to scarf down the whole thousand calorie tub of Ben and Jerry's. What I am saying is that you don't have to deprive yourself of it if you follow the habits properly.

Part two of this habit states that the best holidays are planned. You know when you are taking them. For example, If you like ice cream, make Wednesday and Sunday your ice cream days. The other alternative is to have 3 meals a week that you can use on any day.

REMINDER: I am not giving you permission to gorge yourself with every possible dessert and fried food that you can think of. Holidays are there to keep your emotional connections to food at rest so that your body will work **for** you and not **against** you.

What you will also notice when taking a holiday meal is how disgusting you feel after eating gobs of fat and refined carbohydrates. You will feel sleepy an hour after your meal, and won't have nearly the energy you had while eating healthy.

The second part of this rule is to make sure that you eat something raw before you have your ice cream and to not eat it after 7pm.





## Habit #5: Move It To Lose It

That's right. I'm talking about the big E word... Exercise! Remember that motion is life, and life is about motion. We are creatures designed to move. Moving stimulates weight loss by increasing your metabolism ten fold. Muscle is the most metabolically active tissue in your body. Increasing the number of active muscle cells improves your ability to burn up that unwanted fat. We are not designed to just sit around being couch potatoes. REMEMBER: If you don't use it, you lose it.

If you don't use your muscle, you lose your muscle! Your body is VERY efficient in the fact that whatever it doesn't need, it gets rid of.

On average, our ancestors walked 9 miles a day. Their physical fitness was the equivalent to today's Olympic athletes. They had no choice. It was be fit or die!

We have a different choice now: Be fit or be fat, and die a painful slow death filled with disease. One out of two people have heart attacks. Are you the "lucky" one or the "unlucky" one?

When exercising, there should be a variety of activities that you do. Some aerobic, some muscle building, some for fun. They have done studies about the heart and exercise and found that the heart needs to be worked at a variety of intervals. Not just long distance running, not just sprinting, but a combination. Here are simple strategies to use exercise while working to enhance your metabolism:

- Walk as much as you can wherever you go. For example, park your car in the parking spaces far away from the store or your office.
- Take the stairs instead of the elevator.
- Push mow your yard.
- Do a variety of activities that will touch all aspects of fitness, such as cardio,





weight lifting, walking, swimming, biking, canoeing, circuit training, etc. The more variety, the better!

- To REALLY speed up your metabolism, do full body exercises, such as squats, lunges, or overhead squats.
- Learn to breathe properly when exercising
- Keep great posture
- Do Yoga, Tai Chi, Pilates

An exercise routine is a must in the high stress world that we live in. Because the majority of us now work at desks, our muscles are degenerating at a rapid rate. Did you ever notice how most people slouch all the time? It's because they have weak posture muscles! Their muscles actually shrank up and disappeared! Less muscle=easy weight gain! We will go into a lot more detail in the exercise portion of the book.





## Habit # 6: Calories Do Count...

Calories do count... to an extent. It's not low fat vs. low carb. It's about nutrient density vs caloric density. Honestly, the more calories something has, the less nutritious it will be for you. Foods like vegetables have far less calories and 10x more nutritional value than processed foods.

You can eat fewer calories by eating less food. And you can lose weight on any diet that restricts entire categories of foods or limits portion sizes... BUT as soon as you veer off of that diet plan, you WILL gain it back. Statistics show that 90% of people who go on diets gain it back in 5 yrs. 70% of those gain back more weight! Why do you think that is? Remember what we talked about above? THEY LOST MUSCLE MASS! Calorie restriction diets cause you to lose muscle!!

Muscle is VERY calorie expensive! They use a lot. Take away calories and your body will get rid of calorie expensive tissue! This slows down your metabolism so that long term it makes it harder to lose more weight.

It is true that Fat has more calories than carbs. BUT, we have an over abundance of carbs in our diet. MORE than fat! Your body can only store a small amount of carbs. How much? A small meal worth. Where do the rest of the carbs go? THEY ARE CONVERTED AND STORED AS FAT!

Remember:

Eat fewer "bad carbs," like sugar and white flour. They are low in fiber, so you get a lot of calories that don't fill you up. Carbs are absorbed quickly causing you to get a blood-sugar spike and an insulin surge. This leads to fat being added to your hips, thighs and butt.

Eat more "good carbs" like fruits, vegetables, legumes and unrefined grains such as whole grain bread and brown rice. They are rich in fiber, which slows absorption and fills you up before you take in too many calories.





Avoid Trans-Fatty acids and Partly Hydrogenated fats. These are designed to increase shelf life of food products and to add an extra shelf to your gut. Add good fat every day such as Omega 3 fatty acids. You must supplement with a good fish oil.





## Habit #7: Plan Your Work Then Work Your Plan

Every person who has been successful at losing weight has had a plan and stuck to it. That's why most diet plans work. Good or bad when people follow them they lose weight. Unfortunately, most diet plans are bad and teaching people how to lose the weight the wrong way.

This does not mean that they followed the straight and narrow every single step of the way. You have to remember that nobody is perfect. But, they did have a secret and their secret was... **CONSISTENCY**.

Day after day, week after week, year after year, workout after workout, meal after meal, positive thought after positive thought etc. is the key to weight loss. Get the point? Good. Each one builds upon the next. When you wake up in the morning, start saying out loud, Every day, in every way, I'm getting thinner and thinner! Say this like a hundred times a day, every day, and it will seep into your subconscious and become reality.

Unfortunately, our society is so fast paced, that there is no time for planning. Most people fly by the seat of their pants because they think that they are too busy. OR they are just too lazy to plan out a strategy and not disciplined enough to stick to it.

I personally think that saying that you are too busy is a cop out. (sorry to be harsh)

I know how I am when I make this same excuse in life. The truth is: life is about choices and if you want something bad enough you will always find a way to achieve it. **BUT it takes PLANNING!**





Every Sunday, you need to do 5 things:

- Write out your meal plan for the week
- Write up your workout plan for the week
- Pre cook and freeze your foods
- Do your measurements
- Visualize your future body and what you are doing with it

This is really hard to do for the average person who doesn't have time to research what is healthy and not healthy. A good diet plan will help because it will eliminate some of the steps above saving you precious time.

For my patients, I go a step farther and not only give them a plan and do their measurements, I also make them do a food diary every day. My form is quick, easy and takes minimal time. It really helps them to see what they are eating, when they are eating, the nutritious foods, the not so nutritious foods, how much fiber, how much exercise, how much sleep, etc. It takes them less than 5 minutes a day.

I give this form away as a bonus with my book, Fat Loss Factor Methodology. ( [www.fatlossfactor.com](http://www.fatlossfactor.com) )

It is a great teaching tool so that they learn to make the right food choices and eat at the right times. The patients who do a food diary will get better results than the patients who don't. I see it time and time again. They are planning for success.





## The Secret 8<sup>th</sup> Habit: Consistent Supplementation Of Whole Food Products That Target Your “Hang Up” Areas

I’m not just talking about your basic multivitamin. When you shotgun your body with lots of vitamins and minerals your desired effects will take longer because it is not targeting specific areas. You are just taking the vitamins for your overall health. This is not a bad thing IF it is a quality supplement. Unfortunately most store bought supplements are complete garbage. They are synthetically made derivatives of a natural vitamin that can accumulate in your body and become toxic instead of helpful. So please be very careful in selecting a good vitamin for you.

Don’t just buy the cheapest. Always remember that when it comes to products, you get what you pay for. On the other hand, if you target specific tissues and organs with whole food supplements it will yield faster, more predictable results. The fact is that you are providing the exact nutrient building blocks for the tissue or organ causing the “hang up” in your body.

The key to losing weight and keeping it off is to identify specific factors called “hang ups” in your body. Everyone has different “hang ups” depending on your own specific needs.

When consistently supplementing your diet with whole foods and whole food products your body starts to return to a state of homeostasis (balance) restoring its power to heal. As a result, the body starts to shed weight because it is releasing accumulated toxic waste from your cells (fat cells especially)

Study after study has been done showing that fat cells are storehouses for toxins. One study showed that over 100 different toxins including pesticides, were found in each fat cell. This is a great reason to eat organic fruits and vegetables. Your body stores toxins in fat as a result of your detox organs working inefficiently due to toxic overload.





Most whole food products are made from organic fruits and vegetables. Is this starting to make sense now? There are a lot of great ones on the market. I'd recommend going to trader joes or whole foods or a natural nutrition store.

Try to shy away from the over commercialized stores. (You know which ones I mean) Whole food products provide the building blocks that your cells use to create healthier, stronger tissues and organs.

*Side Note: Whole foods are foods like raw vegetables, fruits, lean organic meats, nuts and seeds. Whole food products are nutritional supplements made from any of the above mentioned whole foods that are dehydrated and packed into a tablet or a powder.*

*The benefit of whole food supplements is that it is actual food that you are putting into your body. Separate vitamins like vitamin C or vitamin A are synthetic vitamins that your body has a hard time using.*

*Vitamins such as these are created in a lab and taken from their cofactors that help the body to absorb them. It is only a fraction of the equation and your body will eventually build up a toxicity to these if too much is ingested over time. Your body doesn't deal with synthetic, processed or manmade foods. That is a very big reason why there are so many diseases such as cancer, heart disease, diabetes, etc.*

Why aren't eating just your fruits and vegetables enough? We have totally destroyed our soils and depleted them of the necessary nutrients that the plants need to absorb. The end result is fruits and vegetables with a lot less nutrition.

On top of that, fruits and vegetables are picked before they are ripe and sprayed so that they can be shipped. This means that half of the nutrients do not go into the fruit or vegetable.

The reason why diets work for one person and not the other is because factors such as emotional stress, heavy metal toxicity, chemical toxicity, immune challenges and scarring can completely make your body malfunction. This will not only stop your weight loss dead in its tracks, but your overall health and ability to age gracefully as well.





The good news is that there are tests available to find out if you are suffering from these types of problems.

I use Electro-dermal screening and Nutritional Response Testing with my patients to help them to balance their body and lose weight.

I start by getting baseline measurements of my patient using Bio Electric Impedance. This gives me their body fat percent, metabolic rate, cellular health, etc. I then do body measurements. Next I perform a heart and nervous system stress test utilizing a heart rate variability machine (HRV). This gives me an overall assessment of how healthy they are on the inside as well as on the outside. I then get more specific and perform an in-depth scan of every single organ and gland in their body to find the cause of their problem.

A designed clinical nutrition and weight loss program is put together for their specific problems. Now that my patients bodies start to heal, guess what? Fat starts to melt away! I am a firm believer in fixing the inside so that we can fix the outside. Health starts from the inside out. Plus, it makes weight loss a whole lot easier and it actually stays off! Make sense?

Yours In Healthy Weight Loss  
<http://www.fatlossfactor.com>

p.s.

If you are looking for a good organic whole food multivitamin/mineral supplement, here is my recommendation:

Intramax by drucker labs <http://www.druckerlabs.com> go to the website, click on patients, click register and type in this HCP code: liv6077 then the rest of your info. You may also call 1-888-881-2344 and give them my name and HCP code.

Now, they only sell to healthcare professionals, but I gave you my code above so that you can buy the product. Now, I will tell you upfront that I do get a small kickback if you buy this.

I'm not promoting it because I can make money off of you. It really isn't that





much anyway because it costs a lot to make such a high quality supplement. I promote it because I strongly believe that it is one of the best supplements on the market today.

