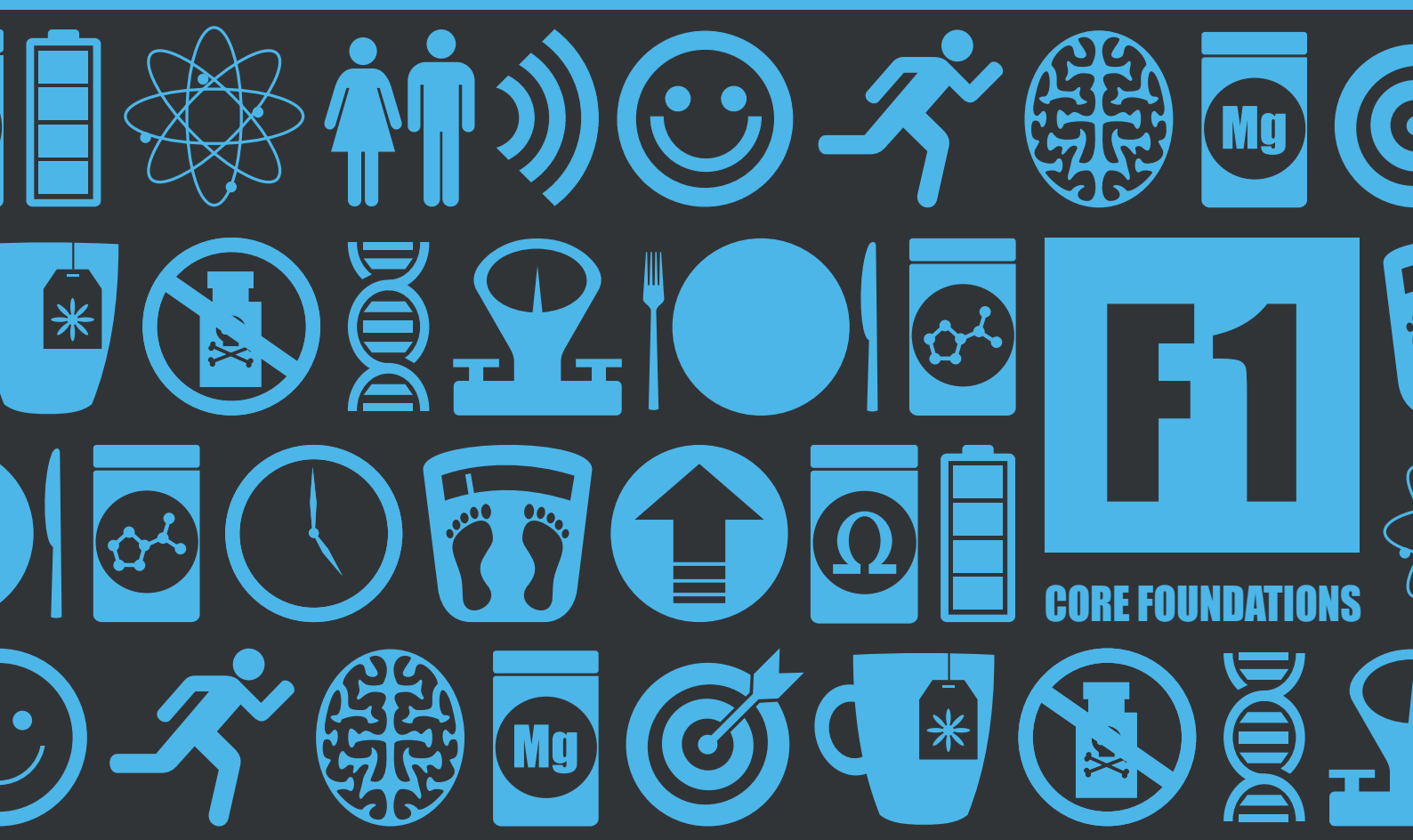


THE  
**FATLOSS  
SYSTEM**



**WELCOME**

**& congratulations you  
are taking the first  
step to enjoying  
optimal health &  
working towards the  
body you have always  
desired**

**This first stage will be the core of your training program and be one of the most important phases of your fat loss journey**

**If you follow the program correctly from the start you will enjoy continued fat loss right through to your goal**

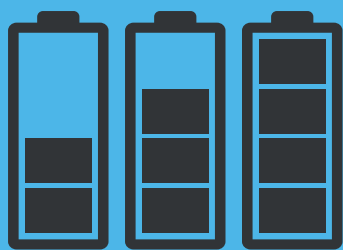
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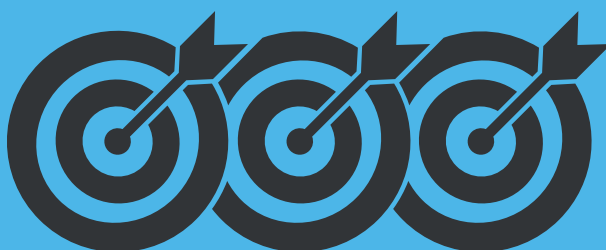
# FOLLOW THESE STEPS & YOU WILL ENJOY THE BENEFITS OF ...

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**INCREASED ENERGY**



**CONSISTENT FAT LOSS**



**INCREASE IN LEAN  
MUSCLE MASS**



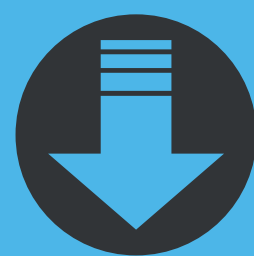
**EXTREME BODY FAT LOSS  
IN ALL THE RIGHT AREAS**



**DETOXIFICATION**



**HORMONAL  
BALANCING**



**DECREASE IN  
STRESS LEVELS**

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I would like to begin by saying that your fat loss journey is not going to necessarily be an easy one. But you have made the best possible start by reading the **SALUS FATLOSS SYSTEM**.

All I ask at this point from you is you have the desire to succeed, the rest, the knowledge or the 'know how' I will empower you with. By following this plan you are guaranteed to fast track past all of the common pit falls and smash through those fat-loss myths, that cause many people to fail.

Remember, the **SALUS FATLOSS SYSTEM** is designed to be combined with a physical training program, it is not a low calorie diet. The beauty of this system is that your calorie deficiency will come from exercise, allowing you to save valuable muscle mass and keep your metabolism firing.

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# WHAT WORKS FOR YOU?

Now before I go further into the specifics of the nutrition plan it is very important for you to realise that fat loss is so much down to what works best for you. In this system you have my guidelines and these have worked for many of my clients. I explain when I think you should be having certain foods etc, but if you find it doesn't work for you, you need to be able to make fine adjustments. Too many people get hung up on such fine details that they over complicate the process.



*"LISTEN TO YOUR BODY AND LEARN FROM IT"*

The **SALUS FATLOSS SYSTEM** works in 4 stages...



These levels are in place so we can take a stop check and reassess progress at any time. Fat loss isn't about following the same programme day in day out, you have to assess and tweak where necessary as you go along

*"THIS DOESN'T MEAN CHANGING THE WHOLE SYSTEM, IT S IMPLY MEANS YOU MAY HAVE TO CHANGE QUANTITIES OR RATIOS OF CERTAIN FOODS AT CERTAIN TIMES"*

The intensity and volume of your training will build up over time, fat loss is a gradual process , so after the first 14 days you should expect to lose 1-2lbs every 1-2 weeks. For males, I would expect loss of 1% of body fat per week and females, 0.7%. Any more weight loss than that and you will be burning vital muscle mass. Losing muscle mass leaves you without a toned and shaped physique, and also lowers your metabolic rate. If you also lose overall weight too fast, this is a very good sign that you are losing muscle mass.

The first part of the system is so important to the overall success of your fat loss goal. It's just like building a house - you need to lay the foundations down first before you start to build the rest of the house. The key here is to prime your body for the journey ahead, be it fat loss or muscle gain. This will happen a lot faster if you are insulin sensitive and have successfully completed fat loss foundations level one.

**F1**

**CORE FOUNDATIONS**

This is the start, where you follow my strict 14-day fat loss plan. The goal here is to try and make you as insulin sensitive as possible and to also teach your body to use fat as the primary fuel source. If you follow the guidelines you will lose a considerable amount of body fat and water in this phase and if done correctly will really set the stage for a successful body transformation. The first 14 days are intense and the reason it's so structured is to really show you what can be achieved in a very short space of time. This is extremely motivating and will help you move into F2 and beyond.

By this stage you should have successfully lost some body fat, you will notice and see that you are less bloated and will feel a lot better in yourself (this is from the rich omega 3 foods and removal of many of the foods you are intolerant to). You should have started to adapt to your new eating programme and find preparing food part of your daily routine. Now fixing a habit firmly in place takes 21 days (3 weeks), so you may have to just give it one more week until it feels like normal. At the start of F2 I ask you to have a cheat meal (more on this later). This serves to give you a brief break and allow you to focus ready for the next push.

# F2

*At this stage you will also be getting used to your training programme*

**FATLOSS ADAPTION**

# F3

The intensity and volume of your training will step up a notch again here so it's very important for you to keep the fuel levels up. If you're still losing body fat successfully, I may ask you to add back into your diet certain foods like sweet potato and brown rice. This won't be in excess portions; like I said above, it is a case of timing it right. You will find a chart later in the programme that will explain all of this. If you're training for improved sports performance, this is also the time at which the reintroduction of carbohydrates becomes very important. Low carb eating for certain sports is not advisable but for fat loss, it has its place.

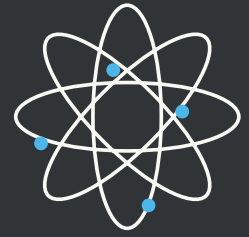
**FATLOSS PERFORMANCE**

Now in some cases specific individualisation is necessary or simply desired for more effective fat loss – if you're really struggling to lose body fat, I may need to analyse your current food diary and design an exclusive plan for you. If you feel you have not made progress, there are many factors to consider, and I can go into further detail on this. I may look into areas such as detoxification issues, menstrual irregularities and get you to take part in a food tolerance test and begin to teach you how to optimize your hormones.

# F4

**EXTRAS**

# THE SCIENCE



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## THE THREE STEPS TO BURNING FAT

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1

### MOBILISATION

When glycogen levels are low the hormone glucagon is released, this in turn will start the process of gluconeogenesis (the breaking down of an alternative energy source like fat) HSL-hormone sensitive lipase is also raised to stimulate lipolysis, the release of fat from the cells (adipocytes)

### TRANSPORTATION

The amino acid acetyl L Carnitine transports free fatty acids to the muscle cells. Acetyl L Carnitine stimulation is increased through high intensity training and the release of Adrenalin

2

3

### OXIDISATION

Fatty acids are converted to ATP within the muscle via the Mitochondria to be used as energy.

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# GOAL SETTING

Goal setting is one topic that I ensure is covered right from the start. What is the point of starting a journey if you don't know where you're headed and have no motivation for it?

If you're going to succeed all of the way towards that body of your dreams, you need to set yourself ...

**SHORT**

**MEDIUM**

**LONG - TERM**

# GOALS

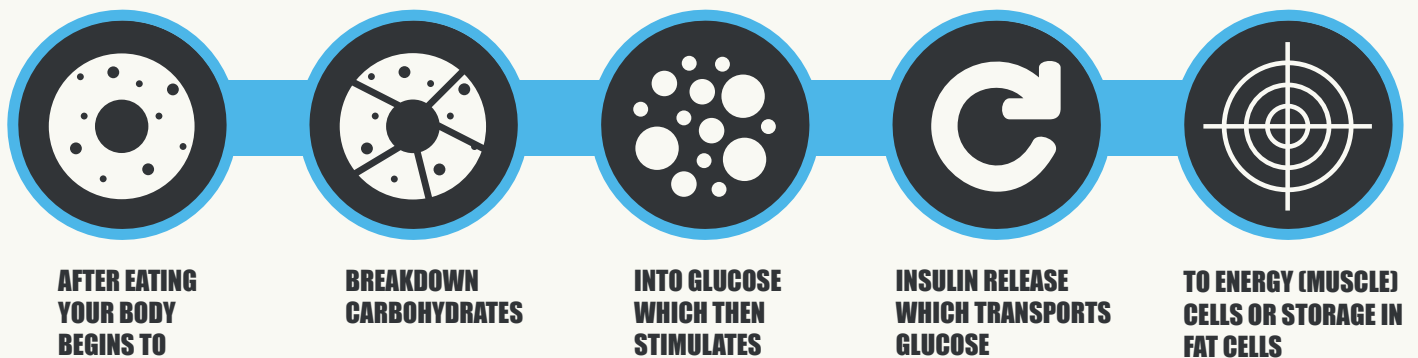
*'AFTER ALL, HOW ELSE ARE GOING TO MEASURE YOUR PROGRESS ALONG THE WAY?'*

By setting and assessing your goals regularly, you'll be able to acknowledge where you're at through the entire journey. If you've been losing body fat and have also lost too much weight, you'll be able to see where you need to adjust your diet to prevent that in the weeks to follow. On the other hand, if your fat loss has stalled you can re-adjust your exercise and nutrition before continuing.

And it goes without saying that achieving each goal you've set for yourself is a very strong motivational tool. These goals will be included in your new client assessment form.

# INSULIN SENSITIVE

Insulin sensitivity is one of the key ingredients to achieving a perfect body composition. It's a proven fact that if you are insulin sensitive, as opposed to insulin resistant, you will develop more lean muscle tissue and drop more body fat a lot faster. Without making this process too complicated, here is some information to help you understand why it's important to get yourself insulin sensitive first...



Getting blood sugar into our cells is important but it can also cause problems. If your cells are resistant, it will take a lot more insulin to get the glucose into the cells. If a cell has a high degree of insulin sensitivity, it will respond easily to insulin so that only a small amount is needed to do the job. And if one cell is more sensitive to insulin than another, it will respond better. Remember this very important point; if you've got a lot of body fat to lose, you have a life time of insulin damage that you have caused to your body. I was not surprised to find out that at least 70% of the UK population was almost pre-diabetic from constant carbohydrate intake year after year, yet they don't even realise it!

*"WORKING TO MAKE YOURSELF INSULIN SENSITIVE TAKES TIME SO YOU HAVE TO BE PATIENT"*

When a person eats too many carbohydrates constantly, insulin levels remain very high; one of the consequences of this is unwanted fat gain. The timing of your carbohydrate intake is a delicate process; if you do well I'll teach you how to do this later on.



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## INSULIN SENSITIVE



LESS INSULIN  
IS REQUIRED



GLUCOSE IS TARGETED  
AT MUSCLE CELLS



WHICH LEADS TO  
WEIGHT LOSS

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Smart nutrition, exercise and resistance training all help to make your cells more sensitive to the effects of insulin. If your muscles are more insulin sensitive than your fat cells, the nutrients you eat will get sent directly to your muscles and not to the fat cells. A bonus of this happening is that your muscles will develop and you will drop body fat a lot quicker.

There are quite a few supplements and herbs that I recommend to help speed up the process of becoming insulin sensitive. These are fish oils, cinnamon, CLA, magnesium, alpha lipoic acid, chromium and fenugreek. Including the supplements I recommend in the first 14 days greatly improves your chances of losing large amounts of body fat.

*"BEARING IN MIND ALL OF THE ABOVE, ISN'T IT EASIER TO UNDERSTAND WHY LEANER & MORE MUSCULAR INDIVIDUALS HANDLE INSULIN BETTER & HAVE LESS BODY FAT?"*

If you are training with me, your body fat readings will be taken on your assessment day. One of the main sites I measure is your sub scapular (shoulder blade) site; this gives me a very good indicator whether you are insulin sensitive or insulin resistant. The lower the reading, the more insulin sensitive you will be, the higher the reading, the harder your body will find managing carbohydrate rich foods. I normally use 10 - 13mm as my insulin sensitive marker.

*"WORKING TO MAKE YOURSELF INSULIN SENSITIVE TAKES TIME SO YOU HAVE TO BE PATIENT"*

70%

*I WAS NOT SUPRISED TO LEARN THAT THIS PERCENTAGE OF THE UK POPULATION ARE CONSIDERED TO BE NEAR PRE-DIABETIC, DUE TO CONSTANT OVER CONSUMPTION OF CARBOHYDRATES - WITH A LARGE NUMBER UNAWARE OF THEIR CONDITION*

Now that you have a better understanding of insulin and how it can promote fat storage, I'm going to take you through the first phase of the **SALUS FATLOSS SYSTEM** - 14 day Fat Loss. →

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# F1

# 14 DAY FATLOSS

*"THE GOAL OF F1 IS TO COACH YOUR BODY INTO USING FAT AS THE PREDOMINANT ENERGY SOURCE, NOT FROM THE FLOW OF POOR QUALITY CARBOHYDRATES IT'S BEEN USED TO"*

In the first 7 days of the **SALUS FATLOSS SYSTEM**, I regularly see my clients losing between 3 and 3.5. During this initial stage your weight loss will be made up of water, toxins and body fat. For every 1 gram of the carbohydrate you have stored, you store 3 grams of water. So if you take away carbohydrates, you're going to lose a lot of fluid from your cells right away.

You're going to limit the amount of omega 6 in your diet; this will have been coming from all the starchy carbs (bread, rice, pasta etc.) in your diet. You're really going to ramp up the amount of healthy omega 3 fats that come from fish and fish oil capsules. Once the first 14 days are over, we start introducing more foods like nuts and seeds, to add variety to your diet and to also balance back your omega 6 to 3 ratio of essential fats.

3:1

YOU NEED TO BE GETTING BETWEEN A 3:1 & 1:1 RATIO OF OMEGA 6 TO OMEGA 3 FATS IN YOUR DIET

1:1

THIS MAY NOT APPEAR DIFFICULT TO ACHIEVE, HOWEVER YOU SHOULD CONSIDER THAT THE AVERAGE RATIO IN A WESTERN SOCIETY DIET IS

20:1

## SO HOW DO YOU COACH YOUR BODY TO START EATING INTO ITS FAT STORES & NOT RELY ON CARBS THROUGHOUT THE DAY?

You're going to simply remove starchy carbohydrates from your diet!! It's very important that you don't eat any carbohydrates at all (not even a square of chocolate!). FOODS ON THE FORBIDDEN CARBOHYDRATE LIST ARE .....



ROOT VEGETABLES



BREAD



CRISPS



SAUCES & DRESSINGS



PASTA



FRUIT & FRUIT JUICES



SWEETS



RICE



CHOCOLATE



CAKE

Now in many fat loss programmes, they advise you to drop your starchy carbs but leave it at that. With this programme, I make sure that you are still supplied with plenty of energy to live, train and retain vital muscle mass. Many people just drop the foods that they think have been making them fat and end up on a low calorie diet. This is not what you want for effective fat loss. So to be successful in F1...

## YOU'LL NEED TO FOLLOW THESE 5 STEPS

You are going to eat 5 times a day and you need to make sure each meal is fully balanced. By balanced I mean each meal must contain a healthy and lean protein source, vegetables or salad and healthy omega 3 rich fats

**1**

**2**

Each meal must contain meat or fish, vegetables and a small amount of healthy fats. In the 14-day phase, your fat sources are limited to olive oil and extra virgin coconut oil for cooking, fish oil supplements and ground flaxseeds

You must eat every 2.5 to 3.5 hours

**3**

**4**

You must drink at least 3 litres of water per day. Dehydration can slow down your fat loss by making the liver sluggish. If the kidneys are holding onto the minimal fluid in your body, toxins are dumped on the liver, which makes it hard for it to do its job. It's the liver that metabolises that fat so let's help it out!

Take time to chew your food properly. If you don't, the digestion of your food will be affected. You're likely to suffer from constipation and nutrients in the food you eat will be ineffectively delivered around the body hindering fat loss. If your digestive system is functioning poorly, your fat loss can stall as a result. If you have any digestive issues, you need to assess these at the beginning of the programme

**5**

# PORTION SIZES

Whilst portion size is a very important subject, I don't want you getting all tied up with weighing food and counting calories. This does have a place in fat loss but it really counts when you're trying to get very lean or on the opposite end of the spectrum, when you're trying to pack on large amounts of muscle mass. What I prefer to do is set out some guidelines according to your body shape, as I said earlier you will start to notice how your body is responding and you can make appropriate tweaks as you go along. So much of fat loss is watching and learning how your body responds to certain foods. (Now remember, at each meal you must eat all of these three food groups: lean protein source, vegetables and essential fat. (I'm just going to stop you for a brief second here to remind you of a very important point that I made above, it's one of the biggest mistakes people make.

***"IF I ASK YOU TO EAT 5 TIMES A DAY - I MEAN 5 TIMES A DAY, THIS DOES NOT MEAN 3 MAIN MEALS & 2 SNACKS - IT MEANS 5 FULL MEALS"***

If you drop the amount of meals you have on this programme, you will effectively be following a low calorie diet and this is not my objective. Low calorie plans not only see you losing a lot of muscle mass (I can assure you, you won't lose body fat if you're losing muscle mass) you will actually find you store more body fat. Sex drive will decrease, you could experience depression, insomnia and lowered thyroid function.

## BODY FRAME SIZING

Now I've cleared that up, the first thing I need you to do is to determine your body shape; this will put you in one of the three categories listed below...



If you have a small/medium frame (this would be for most females following this program), you will need to eat one palm-sized portion of protein. You can have as many vegetables as you can fit on to your plate and you'll need a thumb-sized portion of essential fat. (One palm is a medium sized chicken breast and a thumb-sized portion of fat would be a drizzle of olive oil over your meal or cooking with a teaspoon of coconut oil)



People with a medium/large frame will need to eat one and a half palms of protein, you can have as many vegetables as you can fit on to your plate and you need a little bit more fat so add one and a half thumbs of essential fat to your meal. So, your protein portion would be one and a half chicken breasts, two fish fillets etc. Your fat portion would be a level tablespoon of coconut oil to cook or half an avocado twice a day



Larger framed people (I base a larger framed person on the amount of muscle mass they have, so this category would apply to only certain people (always men with large muscle mass)) need more protein to minimise muscle loss and maximise fat loss; this is why there's a high protein requirement here. So, this body shape needs to eat two palms of protein, you can have as many vegetables as you can fit on to your plate and you need to add two thumbs of essential fat to each meal. So, you would have 2 chicken breasts, 2 salmon fillets or a 250 gram steak. For fat you will have a whole avocado with one meal and a tablespoon of coconut oil when you pan fry food. You can add 10 grams of oil to a salad

**NOTE** :Oily fish contains healthy fats so if you're having a heavy fish meal you only need to add a small amount of olive oil to your salad as a dressing. If you're having white meat, then make sure you always add some healthy fat like olive oil dressing, avocado, some ground nuts or maybe sprinkle some ground flaxseeds over your salad

# SO WHY IS PROTEIN SO IMPORTANT?

*"WITHOUT A DIET RICH IN ESSENTIAL AMINO ACIDS WE WOULD CEASE TO FUNCTION"*

Your body needs proteins and amino acids to produce important molecules in your body like enzymes, hormones, neurotransmitters, and antibodies. If you do not have adequate protein intake, your body cannot function properly. Protein helps replace worn out cells, transports various substances throughout the body, and aids in growth and repair. You need adequate muscle to be strong and help develop muscle mass to lose body fat. Low protein diets only cause muscle mass to drop and negatively affect your body composition. The body has the ability to make 12 amino acids called non-essential amino acids but 8 amino acids can only be supplied by the diet, and these are called essential amino acids. As some of these amino acids are lost every day, they must be replaced, and this is done by making sure you consume protein at regular intervals throughout the day. Consuming protein also increases levels of the hormone glucagon, and glucagon can help to control body fat. Glucagon is released when blood sugar levels decrease (fourteen day fat loss). This causes the liver to break down stored glycogen into glucose for the body to use.

## HAIR & FINGERNAILS

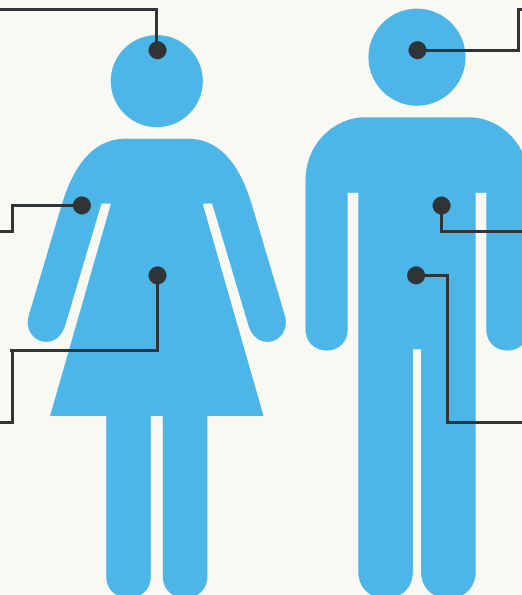
A protein called 'Keratin' forms your hair and fingernails and also is the major component of feathers, wool, claws scales, horns and hooves

## MUSCLE

Muscle proteins called 'Actin' and 'Myosin' enable all muscular movement - from blinking to breathing to cycling

## ANTIBODIES

Antibodies are proteins that help defend your body against foreign invaders, such as bacteria and viruses



## BRAIN & NERVES

Ion channel proteins control brain signaling by allowing small molecules into and out of nerve cells

## BLOOD

The hemoglobin protein carries oxygen in your blood to every part of your body

## ENZYMES

Enzymes in your saliva, stomach and small intestine are proteins that help you digest food

## WHAT IS PROTEIN?



Protein is a 'Macronutrient' a string of 'Amino' acids. In fact, protein is one of the three main macronutrients, along with carbohydrates and fat. Also, its more plentiful in your body than any material besides water

## COMPLETE AND INCOMPLETE PROTEIN AND SOURCES



"Complete" proteins provide all of our amino acid requirements, these include foods such as fish, meat, poultry, dairy, eggs



"Incomplete" proteins provide some but not all of our amino acid requirements, these includes food such as grains, legumes, nuts and seeds

## NOTE

Avoid protein sources that do more harm than good, like those high in saturated fats eg: fried meats and processed meats

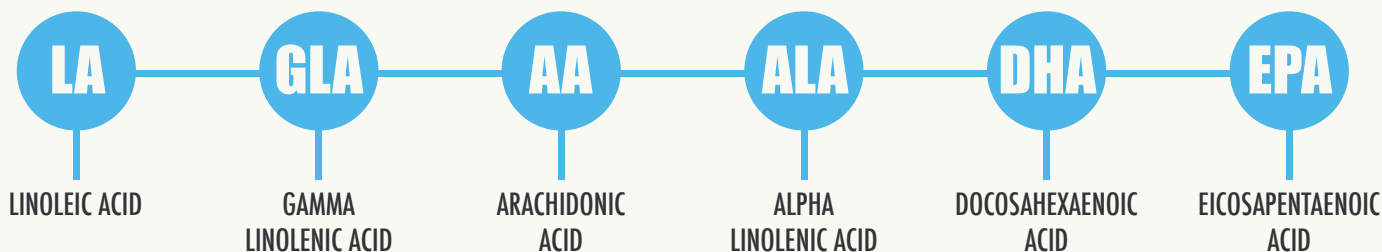
# AMINO ACIDS ARE THE BUILDING BLOCKS OF YOUR BODY

# SO WHY ARE FATS SO IMPORTANT?

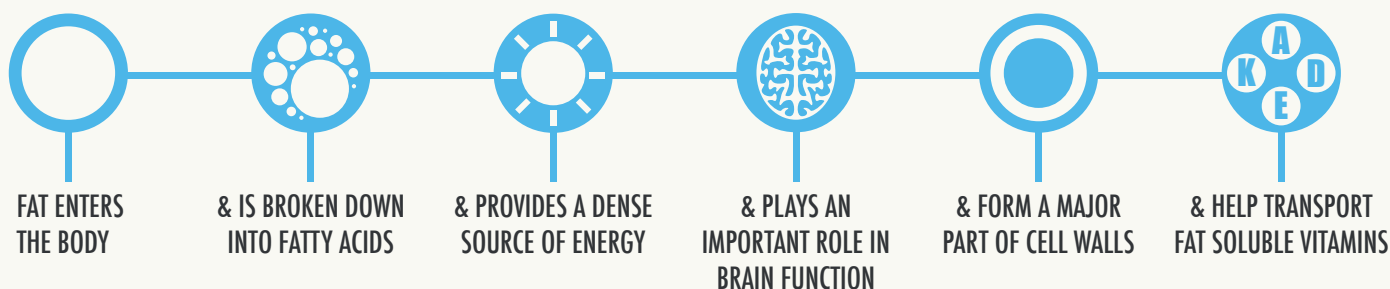
*"THERE ARE SOME ESSENTIAL FATTY ACIDS THAT ARE NECESSARY FOR YOUR SURVIVAL"*

Essential fatty acids are, as they sound, fats that are necessary within the human body. Though you've probably often heard the word "fats" and associated it with bad health, there are some essential fatty acids that are necessary for your survival. Without them, you could cause serious damage to different systems within the body. However, essential fatty acids are also not usually produced naturally within the body. This means that you have to obtain essential fatty acids by adding them to your diet.

OVERALL HEALTH IS DETERMINED BY THE BALANCE OF FATTY ACIDS CONSUMED IN THE DIET, THESE ARE...



HOW FATS ENTER THE BODY AND HOW DO WE BENEFIT?



FAT TYPES AND THEIR SOURCES

**TRANS**

Chemically modified to increase shelf life  
 Added to many packaged foods  
 Raises 'bad' (LDL) cholesterol & lowers 'good' (HDL) cholesterol  
 Trans fats are more harmful than natural, 'Saturated fats'

**SATURATED**

Soild at room temperature  
 Increase levels of 'bad' cholesterol (LDL)  
 Saturated fats are less harmful than 'Trans fats'

**UNSATURATED**

Mono and Polyunsaturated fats are beneficial to our health  
 Unsaturated fats improve cholesterol & contribute to brain health  
 Polyunsaturated fats, commonly found in plants, provide essential Omega-3 & Omega-6 fatty acids

Foods rich in Omega fatty acids are .....



FISH



OLIVE



GRAPESEED & FLAXSEED



AVOCADO

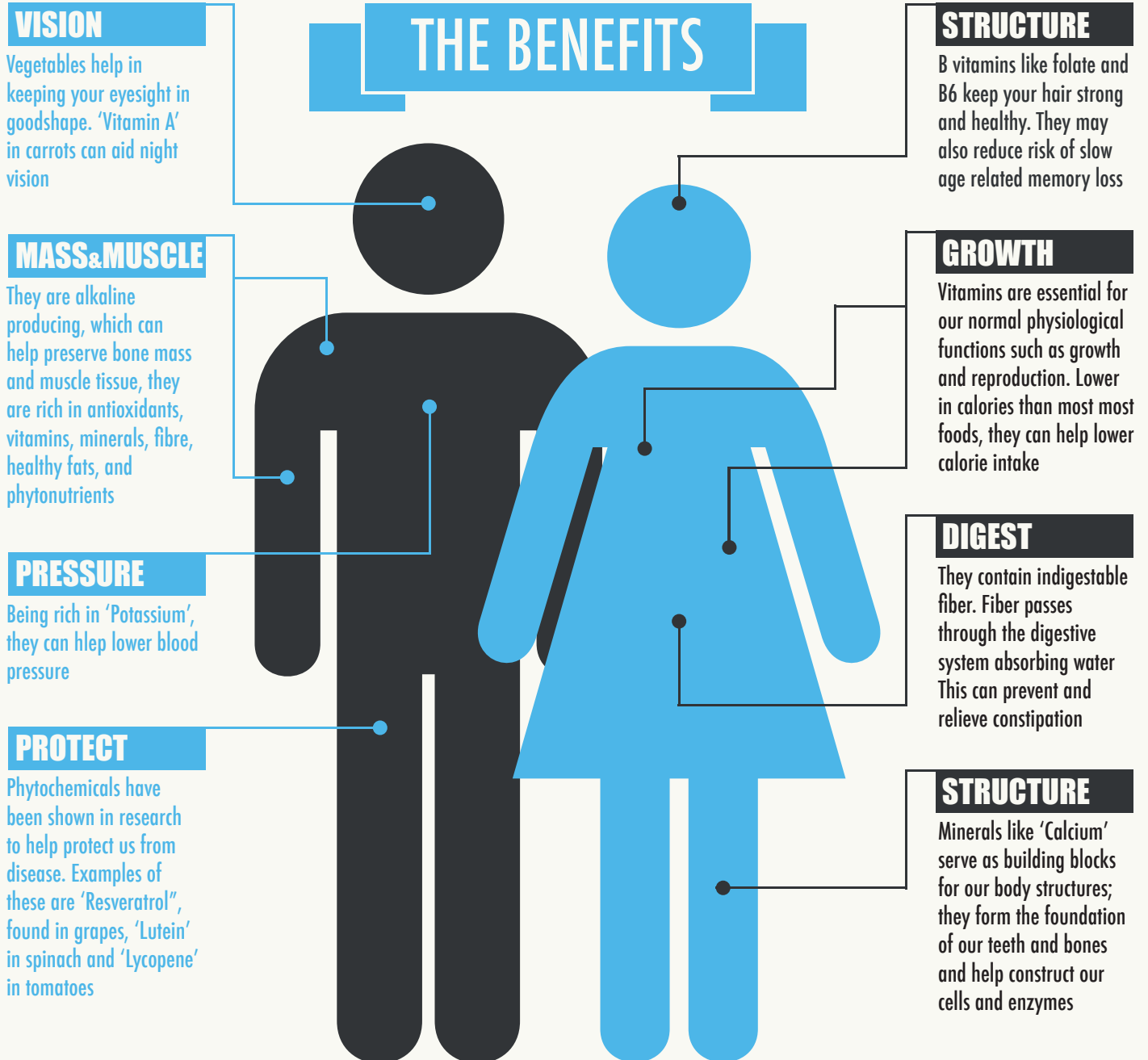
One of the reasons that omega 3 fats (ALA, DHA, EPA) are so important is that they help keep our cells more fluid. If the cell membranes are more fluid, it increases insulin sensitivity and fat loss.



# SO WHY ARE VEG SO IMPORTANT?

*"YOU WILL FIND IT VERY HARD TO FIND A REASON TO NOT EAT PLENTY OF VEGETABLES"*

You need to eat vegetables everyday because you simply cannot find another food group that is as perfectly matched to our everyday human needs as vegetables! Vegetables fit us like a glove. From so many different perspectives, the nature of vegetables and the nature of human health are matched up in a way that simply cannot be duplicated by other food groups, including fruits, legumes, nuts and seeds, grains, seafoods, or poultry and meats.



**CONSUMPTION OF HIGH LEVELS OF VEGETABLES IS ASSOCIATED WITH A LOWER INCIDENCE OF DISEASES SUCH AS: CARDIOVASCULAR DISEASE - CULAR DISEASE - COLON CANCER - HIGH BLOOD CHOLESTEROL - HIGH BLOOD PRESSURE - PROSTATE CANCER - TYPE 2 DIABETES - OBESITY - STROKE - EYE DISEASE - ASTHMA - BREAST CANCER - LUNG CANCER - LYMPHOMA - OSTEOPOROSIS - OVARIAN CANCER - PANCREATIC CANCER - THYROID CANCER**

# SO WHY IS WATER SO IMPORTANT?

*"IT'S NO MAGIC BULLET, BUT THE BENEFITS OF WATER ARE MANY"*

The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at the right pace. As a result, it metabolizes less fat, therefore, fat remains stored in the body and for most people weight loss comes to a halt. Drinking enough water is also the best treatment for fluid retention. When the body gets less water, it sees it as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands.

## THE BENEFITS

### REGULATES

Helps to regulate the body temperature

### MOISTENS

Keeps body tissues such as those in the mouth, eyes and nose moist

### PROTECTS

Acts as impact absorber and protects body organs and tissues

### DISSOLVES

Helps to dissolve minerals and other nutrients to make them accessible to the body

### CLEANSSES

Lessens the burden on kidney's and liver by flushing out waste

### PREVENTS

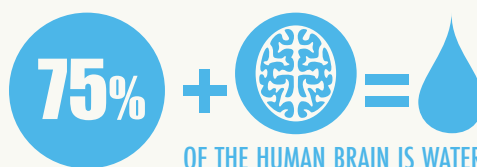
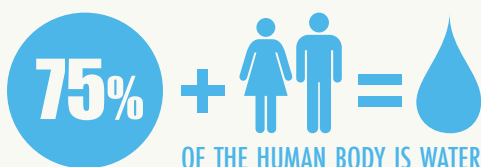
Can prevent and relieve constipation and aid digestion

### TRANSPORTS

Helps to carry nutrients and oxygen to body cells

### LUBRICATES

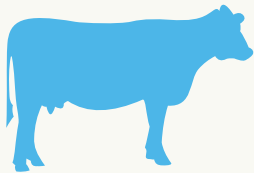
Acts as oil to help maintain supple and free moving joints



DRINKING COLD WATER CAN SPEED THE METABOLISM AND BURN CALORIES & WHEN YOU FEEL THIRSTY YOUR BODY IS ALREADY SUFFERING FROM DEHYDRATION

# SO WHAT CAN YOU EAT?

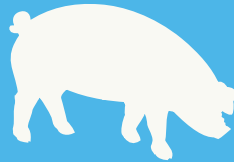
*"TO ILLUSTRATE JUST HOW WIDE THE RANGE OF FOODS AVAILABLE TO YOU IS, HERE IS A FULL LIST FOR YOU TO CHOOSE FROM"*



## LEAN BEEF

**AFTER F1 UNLESS GRASS FED**

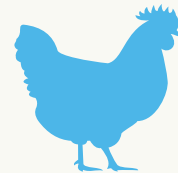
FLANK STEAK . TOP SIRLOIN  
FILLET STEAK . EXTRA LEAN MINCE  
ANY OTHER LEAN CUTS



## LEAN PORK

**TRIM VISIBLE FAT**

PORK LOIN  
PORK CHOP  
ANY OTHER LEAN CUTS



## LEAN POULTRY

**LEAN CUTS/BOTH F1 & F2**

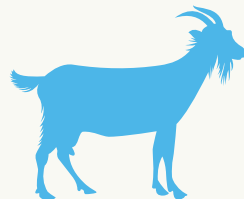
CHICKEN BREAST  
TURKEY BREAST  
WILD FOWL BREAST



## EGGS

**BOTH F1 & F2**

CHICKEN (OMEGA 3 ENRICHED)  
DUCK . GOOSE



## OTHER MEAT

**DURING F2**

RABBIT (ANY CUT)  
GOAT (ANY CUT)



## ORGAN MEAT

**LEAN CUTS/BOTH F1 & F2**

BEEF/LAMB/PORK & CHICKEN  
LIVER . BEEF/LAMB & PORK  
SWEETBREADS



## GAME MEAT

**NOT LEAD SHOT**

BUFFALO (F1) . GOOSE  
KANGAROO . OSTRICH (F1)  
PHEASANT . VENISON .  
WILD TURKEY



## FRUIT

**ONLY AFTER F1**

BLUEBERRIES . RASPBERRIES  
APPLES . BLACKBERRYS  
STRAWBERRYS



## SHELLFISH

**EAT DURING F1**

ABALONE . CLAMS  
CRAB . CRAYFISH  
LOBSTER . MUSSELS



## VEGETABLES

### ORGANIC WHERE POSSIBLE

ASPARAGUS . AVOCADO  
BROCCOLI . BRUSSELS SPROUTS  
GREEN ONIONS . CURLY KALE  
LETTUCE . MUSHROOMS  
MUSTARD GREENS . PAK CHOI  
PEPPERS . ROCKET . SEAWEED  
SPINACH . AVOCADO . ONIONS  
WATERCRESS . LEAFY GREENS  
CABBAGE . CAULIFLOWER  
CELERY . CUCUMBER . EGGPLANT



## FISH

### F1/RAISE OMEGA 3 RATIO

BASS . BLUEFISH . COD . EEL  
FLATFISH . GROUPIER . HADDOCK  
HALIBUT . HERRING . MACKEREL  
MONKFISH . MULLET . NORTHERN  
PIKE . PERCH . RED SNAPPER  
SALMON . SHARK . SEA BASS  
TILAPIA TROUT . SARDINES . TUNA



## OILS

### DURING F1

OLIVE . AVOCADO . FLAXSEED  
EXTRA VIRGIN COCONUT  
(THIS IS BEST FOR COOKING)



## NUTS&SEEDS

### ONLY AFTER F1

ALMOND . BRAZILS . CASHEWS  
CHESTNUTS . PISTACHIOS  
PUMPKIN SEEDS . SESAME SEEDS  
SUNFLOWER SEEDS  
HAZLENUTS . MACADAMIA  
PINE NUTS . WALNUTS



### PLEASE NOTE:

Walnuts have the most favourable Omega 6 to 3 Ratio (5:1 in favour of Omega 3). Nuts do have the potential to slow down weight loss as they are such concentrated sources of fat and calories.

# PLAY AROUND WITH HERBS

*" HERBS CAN TAKE A DISH FROM GOOD TO GREAT"*

One of the questions I get asked all the time is "How can I cook food to make it taste good?" (When people start the **SALUS FATLOSS SYSTEM**, they often make the big mistake of seeing it immediately as a plain, limiting diet rather than what it really is - a diet of endless choice.

Here are some suggestions you might like to try...

# BEEF



THYME



GARLIC



CARAWAY



CUMIN



FENUGREEK



SAGE



BASIL



PARSLEY



ROSEMARY



BAY LEAF



PEPPERMINT



OREGANO

# PORK



GARLIC



SAFFRON



ANISE



GINGER



CARAWAY



LOVAGE



CARDAMOM



MARJORAM



FENNEL



TARRAGON



OREGANO



THYME



SAGE



CHERVIL



DILL



SAVORY

# VEAL



THYME



CHERVIL



BASIL



PEPPERMINT



GINGER



SAVOY



CHIVES



SAGE



MARJORAM



ROSEMARY



PARSLEY



BAY LEAF

# VENISON



LOVAGE



BAY LEAF



ROSEMARY



SAGE



MARJORAM



SAVOY

# TURKEY



GARLIC



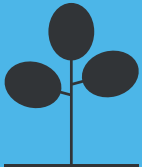
SAFFRON



ROSEMARY



OREGANO



BASIL



PARSLEY



THYME



SAVORY



TARRAGON



MARJORAM

# CHICKEN



SAFFRON



FENUGREEK



CINNAMON



BORAGE



CHIVES



CUMIN



LOVAGE



GINGER



OREGANO



BASIL



BAY LEAF



BALM



PEPPERMINT



SAVOY



DILL



ROSEMARY



SAGE



FENNEL



CHERVIL

# FISH



ANISE



BORAGE



GARLIC



SAFFRON



CARAWAY



GINGER



CHIVES



BASIL



DILL



ROSEMARY



OREGANO



FENNEL



PARSLEY



SAGE



CHERVIL



MARJORAM



SAVOY



THYME



TARRAGON

# BAKED OR GRILLED FISH



CARAWAY



LOVAGE



CHIVES



SAFFRON



BASIL



FENNEL



CHERVIL



TARRAGON



SAVORY



MARJORAM



BAY LEAF



BALM



PARSLEY



THYME



PEPPERMINT



DILL

# SALMON



DILL



ROSEMARY

OILY

# FISH



DILL



FENNEL

# SEAFOOD



CHIVES



BAY LEAF



CHERVIL



FENNEL



MARJORAM



DILL



TARRAGON



ROSEMARY



BASIL



THYME

Experimenting with herbs makes a bland piece of meat or fish taste fantastic. Remember to use them sparingly though, especially when you're cooking fish - you want to enhance, not overpower the delicate flavour of your main ingredients. And, for maximum flavour, add or refresh herbs near the end of roasting.

# SO WHAT CAN YOU DRINK?

Be sure to  
drink plenty  
throughout  
the day



## WATER

Water makes up about two-thirds of the weight of a healthy body. Most of the chemical reactions that happen in our cells need water in order to take place. We also need water so that our blood can carry nutrients around the body and get rid of waste

## GREEN TEA & ROOBIOS TEA

Both Green and Robios teas have excellent antioxidant properties and support fat loss. Green tea has been shown to be a thermogenic, which means fat burning properties all in one tea bag! Aim to drink 4 cups a day.



## PEPPERMINT TEA

Peppermint is considered a stomach healer that can assist with irritable bowel syndrome, nausea, stomach aches, diarrhea or constipation. Peppermint acts as a cooling carminative that helps to relieve pain in the digestive tract by helping gas to move through your stomach and intestines after you have eaten. Peppermint is full of calcium, vitamin B and potassium that can give the immune system a boost.

## CAMOMILE TEA

Prized for its special flavanoids, chrysin, chamomile offers numerous health-boosting benefits. Camomile can help treat wounds and cuts, this is because Matricaria chamomilla has anti-inflammatory, antimicrobial and antioxidant effects. The antibacterial effects of drinking camomile tea can help to prevent and treat colds while protecting against bacterial-related illness and infection.



## ECHINACHEA TEA

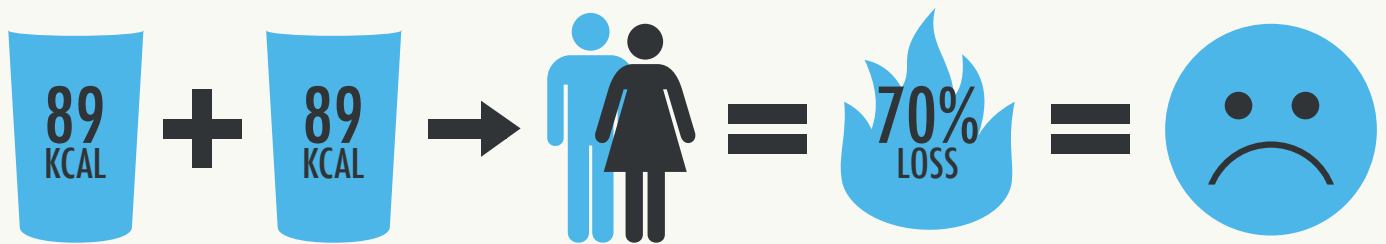
As well as colds, echinacea tea has been reported to help enhance immunity against coughs and flus as well as other upper respiratory ailments. It stimulates your immune system. The herb can be used to lower swollen or enlarged glands and help soothe a sore throat when ingested. Drinking echinacea has also been shown to help assist in healing of joint disorders as well as muscle problems.



# SO WHY SAY NO TO ALCOHOL?

*"WHETHER OR NOT ALCOHOL IS FATTENING, IS VERY CONTROVERSIAL SUBJECT"*

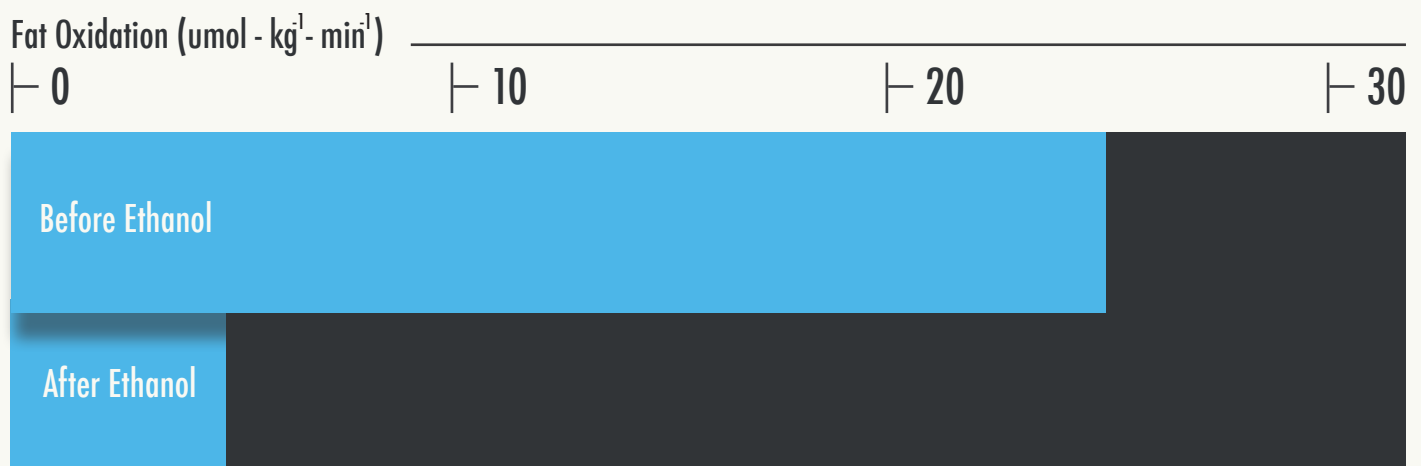
Alcohol is labeled as containing 7.1 calories per gram. But the real value is slightly lower. That's because alcohol elicits a thermogenic response, which means it raises your metabolic rate for some time after you drink it. Once this rise in metabolism is taken into account, which is larger than the rise seen with carbohydrate or fat, the "true" number of calories in a gram of alcohol is somewhere between 5.7 and 6 calories. Whether or not alcohol is "fattening" is a very controversial subject, mainly because the main fate of alcohol is NOT to be stored as fat. In fact, less than 5% of the alcohol you drink is turned into fat. Rather, the main effect of alcohol is to reduce the amount of fat your body burns for energy.



Just two drinks of vodka and sugar-free lemonade, with each drink containing just 89 calories, has been shown to cut whole body lipid oxidation (a measure of how much fat your body is burning) by more than 70%

Rather than getting stored as fat, the main fate of alcohol is conversion into a substance called acetate. In fact, blood levels of acetate after drinking the vodka were 2.5 times higher than normal. And it's this sharp rise in acetate that puts the brakes on fat loss.

You can see this for yourself in the figure below, which shows fat burning before (on the left) and after (on the right) alcohol consumption...



# SUPPLEMENTS

*"TO GIVE YOU THE WINNING EDGE"*

There are many fantastic supplements on the market that really help you along your way to getting a leaner physique. What you will find below is a list of my essentials to get you started...

## OMEGA 3

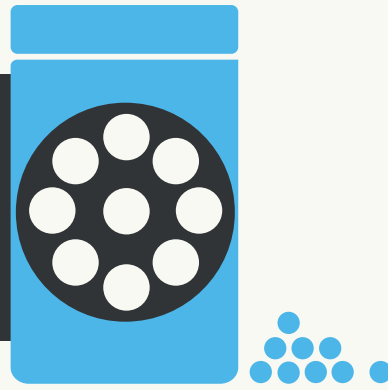


Fish oils are so important that health experts claim they are a miracle supplement. Who would have thought fish oils would be a fat burner? They are – and not only do they help turn on the fat burning lipolytic genes; they help turn off the fat storage lipogenic genes too. They also diminish C-reactive proteins, a newly identified risk factor associated with various inflammatory diseases, including atherosclerosis, angina, coronary heart disease, heart attack, stroke, congestive heart failure and diabetes.

**A 2007 study published in The American Journal of Clinical Nutrition found that fish oil, when combined with exercise, helped people lose three times more fat than if the participants didn't take fish oil!**

For fat loss, you should be taking 1 gram of fish oil per percentage of your body fat per day. If you do well with your fat loss, this amount will drop significantly. By the end of 3 months, you should be down to 6 grams a day.

# MULTI-VITAMINS



In this intense phase it's likely that you may not be getting enough nutrients. I recommend that everyone take a multi-vitamin. Your liver will be subjected to a lot of toxins being released from the fat cells and the multi-vitamin will support the phases of liver detoxification. Take 2 capsules, 3 times a day until further notice.



# BCAA



Think of this supplement as your muscle mass saviour. Branched chain amino acids will help mitigate muscle and strength loss and will help keep your aerobic and anaerobic systems running closer to optimal.

Doing this diet without BCAAs is very difficult, especially if you are strength training regularly (as you should be). In my experience, the difference is like night versus day.

# HCL - DIGESTIVE AID



Hydrochloric acid serves many functions. These are a couple of the most important ones...

**1**

It is the primary digestive juice responsible for breaking down proteins, preparing them for assimilation. You're not what you eat, you are what you can breakdown!

**2**

It acts as a protective barrier, killing many potentially harmful micro-organisms in our food

As you will be upping your protein intake from your normal amount, you will need some support in breaking it down. The level of HCL in the digestive system of most people nowadays is very low due to excess poor quality food, alcohol and stress.

# FIBRE



When you first start the diet, you will need a fibre supplement. One of the reasons for this is that your bowels must re-adjust to the new style of eating. The fats can act as a stool softener and you may experience some diarrhoea. You will need to firm them up with some

fibre. This radical change in your diet can also cause a level of constipation if you leave your fibre levels unchecked.

**Fibre has multiple effects on both the body and the GI tract, and is thought to be useful in the management and prevention of high cholesterol and triglycerides, prostate problems and diabetes.**

Most of the problems I've seen with people starting this diet stem from the fact that they fail to take the fibre necessary to harden stools or push processed food through the digestive tract. You may be able to get away with just eating bran or ground flaxseeds but there is a good chance you will need a supplement, such as Primal Fibre, to get through this period.

It becomes even more important as you drop your calories since it decreases hunger and keeps the bowels in synch, as well as providing some antioxidant effects from the digestion of the soluble fibres by gut bacteria, all of which become more important as you reduce calories and the amount of food you eat. To avoid intolerances to fibre, rotate many sources such as Chia seed, flaxseeds and psyllium husks.

## **B VITAMINS**



Support detoxification and fat burning by ensuring you have adequate B vitamins. Although there are a bunch of fat-burning nutrients I could recommend for the last tip—carnitine, taurine, alpha lipoic acid, green tea, coffee, fenugreek—none of those will be as beneficial if you don't get enough B vitamins.

B vitamins are necessary to detoxify environmental toxins and excess hormones such as estrogen. People who eat a high protein-diet or take extra BCAAs increase their demand for B vitamins, which takes away from the pool needed for detox and may inhibit weight loss.

Vitamin B6 is necessary for proper protein metabolism, the use of muscle glycogen for energy (critical for athletes), and the detoxification of hormones such as cortisol. Additionally, a majority of the population is genetically predisposed to be unable to process folic acid or B9 effectively. If you have this genetic variation, you will need a methylated form of folic acid that can bypass the problem. Low B9 can lead to poor detoxification and high levels of homocysteine, which put you at risk for cardiovascular disease. B6, B12, and B9 also promote the removal of estrogen down a pathway that is less likely to cause cancer. Effective removal of estrogen will help with fat loss because higher estrogen levels correlate with higher body fat. Plus, the enzyme aromatase, which turns testosterone to estrogen in the body, is higher if you have more body fat.

**Once you have the B vitamins covered, research shows that other nutrients such as green tea, magnesium, and alpha lipoic acid are that much more effective for fat loss because the building blocks for detox are in place. Start with a B complex that includes a methylated B9 for best results**

## MAGNESIUM



Magnesium makes the cell receptors more sensitive to insulin, and this mineral has been shown to be inversely linked to body fat—higher magnesium means you'll be leaner. But the real benefit of raising your magnesium levels is on physical performance, sleep, and cardiovascular health. Magnesium calms the nervous system and helps regulate heart function, which is why raising magnesium will help you sleep better. Research shows that raising daily magnesium intake to 500 mg can lead to less anxiety in subjects who suffer from insomnia, thereby allowing them to sleep better. An added benefit of less anxiety and better rest is less of the stress hormone cortisol, which hinders fat loss when elevated.

## ZINC



Zinc also plays a primary role in insulin health by improving the production of enzymes that protect the cells, and it helps detoxify inflammatory biomarkers that get in the way of metabolic function. Low zinc can cause numerous other health problems including poor brain function, cancer, and heart disease.

## VITAMIN D



Adequate vitamin D in the body will increase fat burning directly, but it also suppresses the production of enzymes that cause the body to store fat. There's evidence that higher vitamin D suppresses hunger and increases insulin sensitivity, leading people to eat less.

## WHEY PROTEIN

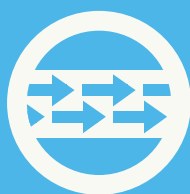


Regardless of your individual goals, it's always important to get enough protein in your diet. Protein can help you manage your weight and body composition as well as enhance muscle growth, immune function and recovery from exercise.

Protein powders can be helpful if you aren't getting enough protein from whole food or if you want the convenience and portability of a protein source that won't go off. I do not recommend more than 1 shake as a replacement during the day.

Post workout is the best time to take whey protein as your muscles are like a sponge and the easily digestible protein kick starts the recovery process. Rewrite include coconut oil and bcaa's

# THE LIVER & TOXIC OVERLOAD



IF THE DETOXIFICATION PATHWAYS BECOME OVERLOADED, THIS CAN LEAD TO



A BUILD UP OF TOXINS IN YOUR BODY, THESE TOXINS ARE FAT SOLUBLE AND STORE THEMSELVES



IN FATTY CELLS - THEY CAN BE STORED HERE FOR MANY YEARS, IF NOT A LIFETIME AND ARE COMMONLY STORED WITHIN YOUR



BRAIN AND ENDOCRINE (HORMONAL) GLANDS, THIS CAN LEAD TO BRAIN DYSFUNCTION AS WELL AS STALLING YOUR FAT LOSS

Our liver plays a major role in body composition and yet very rarely do we take steps to keep it healthy. This is just a part of how our livers effects hormonal function, health and body composition. The liver has a relationship with the hormone insulin, which is very important when it comes to your metabolism and tendency to gain weight. Insulin is made

as Syndrome X and also as the metabolic syndrome. Insulin is a fat storing hormone so that the high levels of insulin promote the storage of fat especially in the abdominal area. The high levels of insulin also send a message to the liver to store more fat, so many people with a high insulin level develop a fatty liver. A fatty liver is very sluggish and will not break down hormones efficiently and this causes further weight gain and fluid retention. The combination of fatty liver and Syndrome X often eventually leads to diabetes type 2.



# TRAINING

## THE BENEFITS

### MOOD

Stimulates chemicals like Serotonin that help you feel more relaxed

### MEMORY

Increases blood flow to the brain which allows your mind to work faster

### WEIGHT

Using up Oxygen in the body burns stored fat. This helps to maintain and control weight

### HEALTH

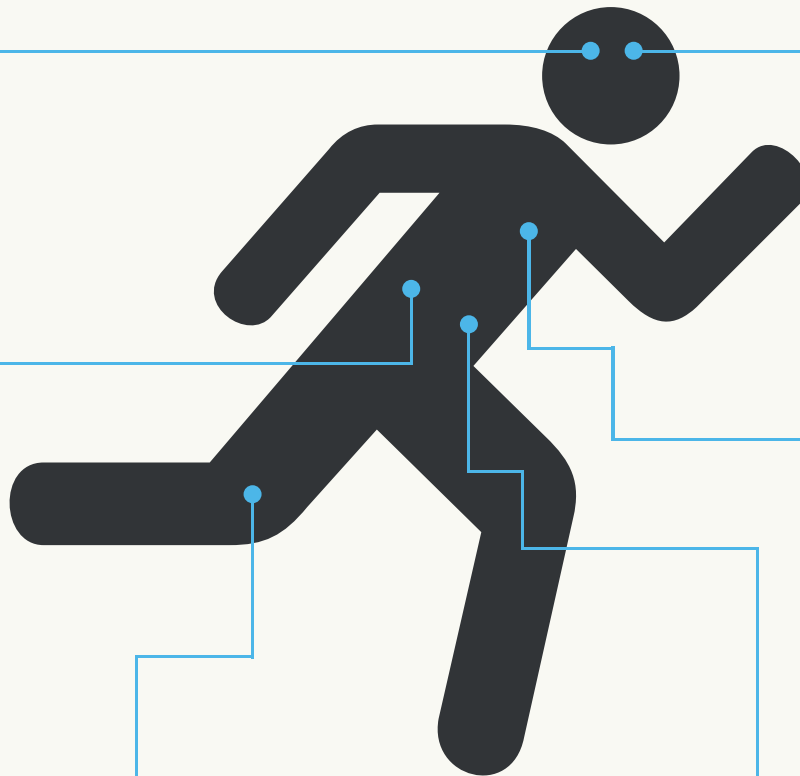
Boosts good Cholesterol and decreases Triglycerides in your body. These help to prevent life threatening conditions like Diabetes, Heart Disease, High Blood Pressure and Arthritis

### STRENGTH

When you're active, you put higher demand on your bones and muscles, which strengthens them.

### ENERGY

Regular activity improves the ability to deliver Oxygen and Nutrients throughout the body

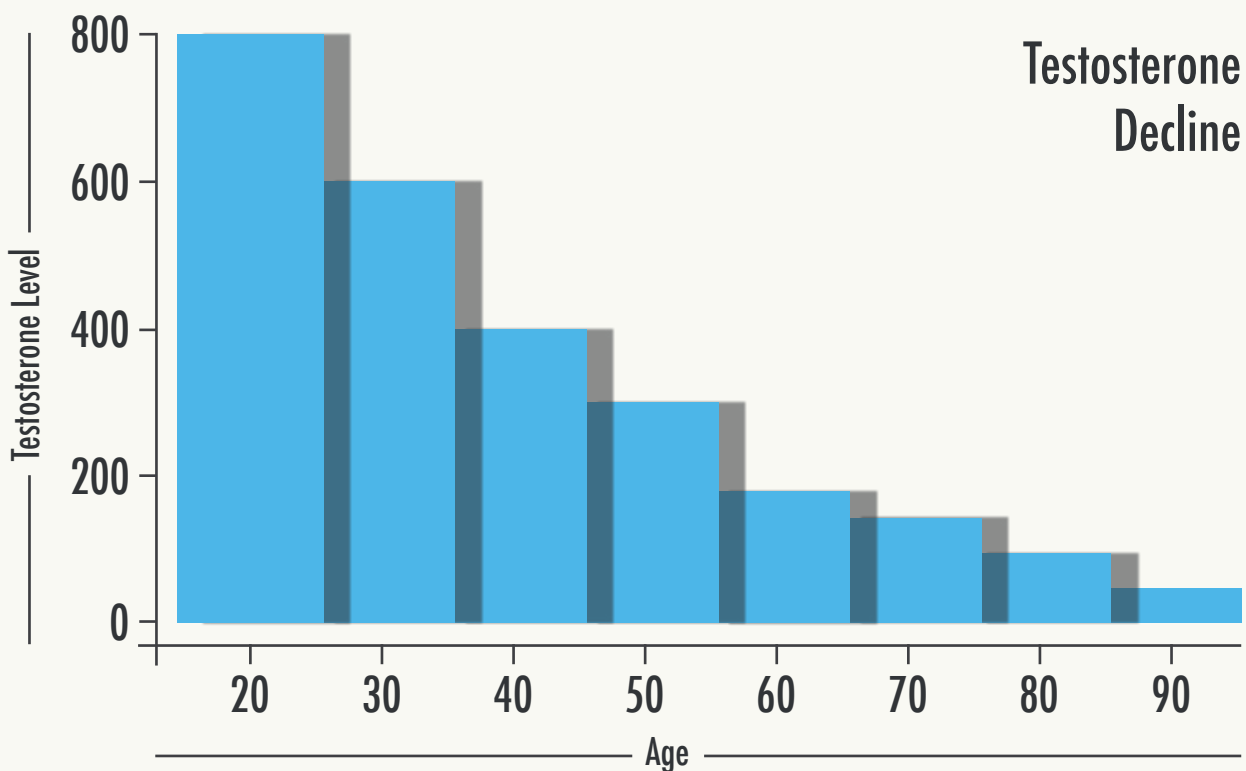


Hopefully if you are reading this you will be lucky enough to be training with me and I'll be preparing your training program. For those not training with me your training will be made up of a combination of strength training and HIIT training

# WHAT MAKES HIIT SO BENEFICIAL?

*" SUPER-EFFICIENT HIIT IS THE IDEAL WORKOUT FOR A BUSY SCHEDULE"*

Low-volume high-intensity workouts recruit fast twitch muscle fibers, increasing the production of Human Growth Hormone (HGH) naturally and normalizing insulin levels. Interval training produces healthy levels of Human Growth Hormone (HGH) which start to decline around the age of 30. One study from the Journal of Sport Sciences showed that HGH levels were up 450 percent by performing 30-second high intensity intervals. Benefits of healthy levels of HGH and regulated insulin levels include but are not limited to: decreasing body fat, improving muscle tone, slowing down the aging process, boosting energy, decreasing stress, preventing disease, improving athletic speed and performance and achieving fitness goals much faster.



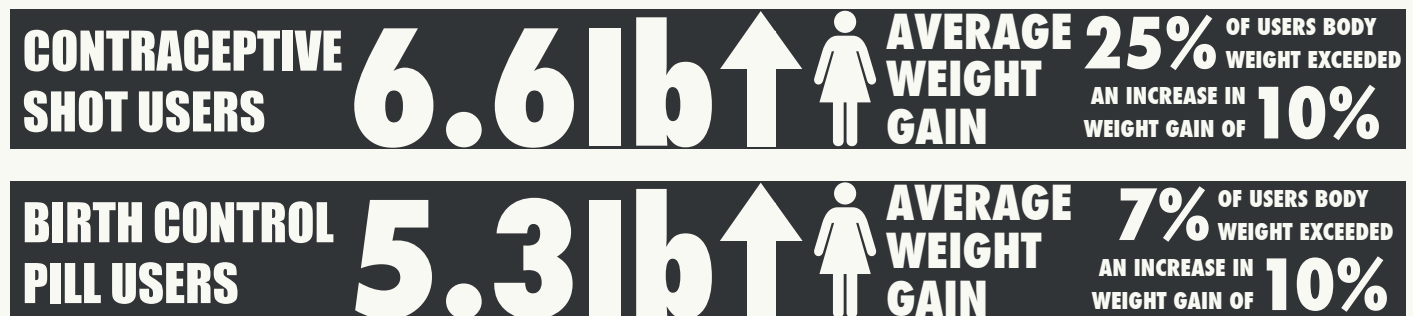
Testosterone and HGH levels sharply decline after the age of 30, as illustrated in the graph above. Both of these hormones are also boosted in response to short, intense exercise. You're really only working out intensely for four minutes. It's hard to believe if you have never done this, that you can actually get that much benefit from only four minutes of intense exercise, but that's all you need! Warm up for three minutes

Exercise as hard and fast as you can for 30 seconds. You should feel like you couldn't possibly go on another few seconds Recover at a slow to moderate pace for 90 seconds Repeat the high intensity exercise and recovery 7 more times

# JUST FOR THE GIRLS

## THE CONNECTION BETWEEN ORAL CONTRACEPTIVES AND WEIGHT GAIN

The connection between oral contraceptives and weight gain has been the subject of many studies. One of the main conclusions of these studies is that birth control pills are able to cause weight gain in more than one way. Fortunately, there are ways of minimizing this side effect. Comparison between the Effects of Various Contraceptives According to several studies, both birth control pills and contraceptive shots, such as DeproProvera, can have weight gain as a side effect. The test involved teenagers who used these contraceptive measures for one year...



Oral contraceptives and water retention birth control pills based on estrogen often lead to water retention. The amount of fluid that is retained is directly proportional with the quantity of estrogen found in the pill. The explanation is given by the fact that estrogen directly stimulates several compounds from the kidneys that lead to fluid retention. The compounds are known as renin-angiotensin. Oral contraceptives that contain around 20 mcg of estrogen are recommended for women who want to avoid fluid retention. Such a low concentration is known to be safe, according to several studies. Birth control pills as appetite stimulants, the oral contraceptives that were developed in the past affected insulin resistance, and to some extent even the newer pills are able to elevate insulin levels. When these levels rise, the energy obtained from the ingested carbohydrates is distributed mainly to fat cells. As a consequence, weight loss is prevented, even when a diet is followed. However, not all women who take birth control pills are predisposed to weight gain. This side effect of oral contraceptives is most frequently observed in women with an abnormal glucose metabolism. Insulin resistance should be analyzed if there are no other explanations for weight gain when taking birth control pills. Measures to minimize weight gain, as explained before, there is a tight connection between the estrogen concentration found in oral contraceptives and the number of extra pounds gained. Consequently, women are recommended to take birth control pills that contain as little estrogen as possible. At the moment, there are no contraceptives with less than 20 mcg of estrogen. You are highly recommended to talk to your health care provider if you gain weight while taking birth control pills with more estrogen. If the gained weight exceeds 5 percent of the body weight, this may indicate that you have either an abnormal glucose metabolism or insulin resistance. Besides changing the type of oral contraceptive that you take, you can also follow a diet that is low in carbohydrates, as these are the main cause of weight gain when you have an unusual glucose metabolism. By taking these measures, you may be able to avoid gaining extra pounds.

# PREPARATION

*" FAIL TO PREPARE - PREPARE TO FAIL "*

You have the 'Power of Knowledge' - Now it's 'Time to Prepare...



Take pictures of yourself and get your body fat measured. This isn't food preparation but nevertheless it's a very important starting point and reference point later on down the line



Buy your food in bulk, enough to last you 5 - 6 days. If you've got it in, you'll eat it. Not only is it slightly cheaper than making repeated trips to the supermarket, there's much more reason to eat the right things if you've already got them



Make sure you have read all the information contained in this document properly, familiarise yourself with the whole system and have a think which day is the going to be the most appropriate to start on. You are going to have to be strict for 14 days and you don't want to start knowing it really isn't the best time. A classic example would be going away on a 3-day work conference the day you start!



Clean all of your Vegetables before eating



Buy good food containers and a cool bag to take food with you to work daily



Prepare large mixed salads and chopped vegetables so that they are at hand to package or cook for the next day.



Take time to practice new recipes and create your own menu. This is all part of the learning process and will set you up for the healthy future ahead of you



If you go out for a meal, go on the web and look at the menu or call the restaurant ahead to see if certain food combinations are on the menu. If you ask, nearly all restaurants will prepare food as you wish



Drink at least 3 litres of water a day. Your body is 60% water and it is essential for a variety of physiological functions. Your body composition and health will suffer without it



Use herbs and spices where and whenever you can. Cinnamon is a great thermogenic (fat burner)



Drink 3 cups of organic green tea leaves a day but not after 4pm. Like many other health conscious people around the world, I am a huge fan of green tea. It has strong antioxidant properties that have been linked with improving coronary heart/artery disease and some cancers. Research has shown green tea to be thermogenic; in other words, it's a little fat burner in a cup. Do you need any more reasons not to drink it?!



Have a look at this nutrition website. It will help you to understand a little bit more about what's in the food you eat. Remember 14 day fat loss is not just about fourteen days, it's the start of a new you and a new approach to food!! <http://nutritiondata.self.com/>



Cook with extra virgin coconut oil and not olive oil (save the olive oil for salad dressings). Coconut oil is used all over the world for a variety of health purposes, including promoting weight loss and improving skin conditions. Unlike other oils, it's the cooking properties of coconut oil that make it a winner! It can be heated to very high temperatures before it's destroyed or altered



Keep a food diary week to week. You will be able to keep consistency this way



Cook food in the evening in preparation for the following day



Remember, alcohol is off limits



Get 7-8 hours of restful sleep. Sleep lowers the stress hormone cortisol which when too high can stall your weight loss. To help with sleep install a blackout blind, this blocks all natural sunlight and will ensure you get deep sleep



Don't forget about fibre! "I suggest a serving as soon as you get up and one before you go to bed"

## TREAT MEALS OR CHEAT MEALS

Now before I start this I want you to understand a very important point. You've really got to deserve your cheat meals. I might be giving you this one after only 14 days but a person with a serious amount of body fat to shift really needs to assess how they respond to high carbohydrate foods. Years of abuse to your pancreas will have left you very ineffective at managing your insulin levels. A high carb day can really put you back quite a few days. You actually spend more time recovering from the high carb meal than you do losing fat in the week. So one day of eating rubbish could take 3 days to recover from and that means that 4 days out of 7 are not in a fat state.

Now, I choose to give you your first cheat meal to give you a brief break, the added carbohydrates will also help raise your serotonin levels (the feel good hormone). For most of you, you won't have gone more than a day in your life without rich carbohydrate foods like bread and pasta.

Now as much as this sounds great fun and something to really look forward to, I also want you to listen to your body. I want you to notice when you start feeling like your getting fat, bear with me here while I explain. With some people that are very insulin resistant, the high amount of carbs in one meal can quickly get converted into fat and will dramatically affect your already insulin levels.

You can honestly feel your body laying down body fat if you really aren't handling it well. For people that are already lean, you will be able to have the meal and it will not even affect you. Use your first treat meal as a test; you'll know what to look out for and your tolerance level to these in future.

Don't worry about any excess weight you gain from this one meal, it's mainly due to water retention in the cells and your liver and muscle cells filling up with carbohydrates again, there's no need to panic - in the days ahead this will come off.

# KEY NOTE

During the first 14 days you could feel pretty flat and mentally foggy. You may suffer some very mild disorientation. You can also experience pre-flu like symptoms where you feel like "something's coming on" or you're "fighting something off". Energy can drop and you can feel frequently hungry. Don't forget you've gone many years eating carbs and now you have taken them away, your body is going to take a while before it realises that it can use body fat as a preferred energy source.

Unfortunately, many people will experience these difficulties and give up on the diet or increase their carbs too soon. They try it for a couple days, don't feel good and conclude, "it doesn't work for me." They never break through the barrier to experience the real "fat adaptation" and the increased energy and sense of wellbeing it can bring at the end. The people who fail after a few days are the people who will never get in great shape.

*"LIKE I SAID AT THE BEGINNING, THIS ISN'T GOING TO EASY BUT THOSE WHO ARE RESULTS DRIVEN WILL BE SO PLEASED WITH THE END RESULT"*

One tip I like to use with many of my clients, is to get them using a multi vitamin 4-5 days before starting the program, the added nutrients will support your liver. A reason for not feeling too well can also be your liver detoxifying very quickly. If you support it first, you may well find your 14 days a lot easier.

## SO WHERE TO NEXT?

If you've done the first 14-21 days and you're happy with your fat loss to date, it's time for F2. This is where we add some of your food groups back in and teach you how to adapt your lifestyle to fit all this in for the future. Body composition changes will continue to happen but you need new skills to make sure you stick to it

On the other hand, if you want to continue to lose more body fat and can handle the strict plan, then you can do another 14 days and follow that by another treat meal once every 14 days

As you progress, you'll discover that good health is about so much more than just being lean - it's about being healthy on the inside and having all your hormones, organs and cells working optimally. When you know exactly what's going on inside your body, you open up a whole new world of possibilities for yourself, and I highly recommend it if you really value your health and body composition. The healthier your body gets, the easier you will find being in shape for the rest of your life

Remember, you have made a commitment now to live a healthier, longer, stronger, leaner life. It is going to require discipline to live this way but the benefits you will see in all areas of your life definitely outweigh all the negatives