

Beach Body Guide

Be beach body ready all year round

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Step 1. Knowing what is right for you to eat

When it comes to losing weight, the very 1st step is learning what specific foods are best for you to eat so that you can naturally lose the most amount of weight in as little time as possible. With the many various (and often differing) opinions from each and every diet and/or nutrition specialist out there, figuring out what it is exactly that you should eat to lose weight can be rather difficult. To save you the trial, error and heartache, you can focus specifically on your body and your eating preferences while utilizing some basic biological and nutritional facts about your human body.

What do you like to eat?

Start with your taste preferences to determine what you like to eat. Think about each meal, what foods are you eating? Are there foods that you find yourself eating pretty much every day? If so, what foods are they? Are there set foods that you typically eat on certain days of the week? If so, what are they? What about each meal, do you tend to eat only certain foods by meal (i.e. breakfast, lunch, dinner, snacks, et al)? List out your foods as detailed as possible to gain a true understanding for your taste preferences.

When do you like to eat?

Again, being as detailed as possible, think about a typical day for you and when you usually eat throughout the day. Using the foods that you listed out and considered above, note them now with the meals and times of day that you would normally eat them. Knowing when you normally eat and what you normally eat at those set times will provide more insights in to how your day is structured around the foods that you are eating (while shedding some light on some potential yet still simple modifications that can be made to help you to lose weight while also boosting your energy levels and productivity throughout each day).

How often do you like to eat?

Similar to when you like to eat, how many times in a given day do you typically eat? How many meals do you usually eat each day? Do you eat snacks between meals and, if so, how many times do you eat snacks between meals? These answers should align with the foods you listed above as well as the eating times while providing a little more insight in to your daily eating patterns. Please be as detailed and as truthful as possible as this will help you to learn more about your eating preferences while simultaneously becoming more conscious of your eating habits (and helping you to lose more weight, more quickly).

Figure out the best foods for you to eat so that you can lose weight while still enjoying your diet

[Contact me now →](#)

Step 2. Knowing what fitness is right for you

If there's one thing harder than sticking to any set fitness program, it's learning what you should actually do to get the most results in as little time as possible. With so many new (and even ancient) fitness routines out there these days, determining what you should do personally can be quite the daunting task and, then comes building up the motivation and will power to start and stay committed.

No pain, no hassle necessary

Contrary to what your so-called fitness instructors and even certified personal trainers may have led you to believe, fitness does not (and is not meant) to be difficult for you. Fitness should conveniently align with your body, your current state of health and your own individual lifestyle. Learn about your body and what you can do to keep fit with personal training and support that's meant specifically for you and your fitness goals. Getting started is as simple as keeping going when you have insights into your body and how it works.

Get started with a fitness plan that is a fit for you

Get a custom tailored fitness plan for you that matches your body and your lifestyle. [Contact now to get your personal fitness plan →](#)

Step 3. Being more mindful when you eat

How To Eat

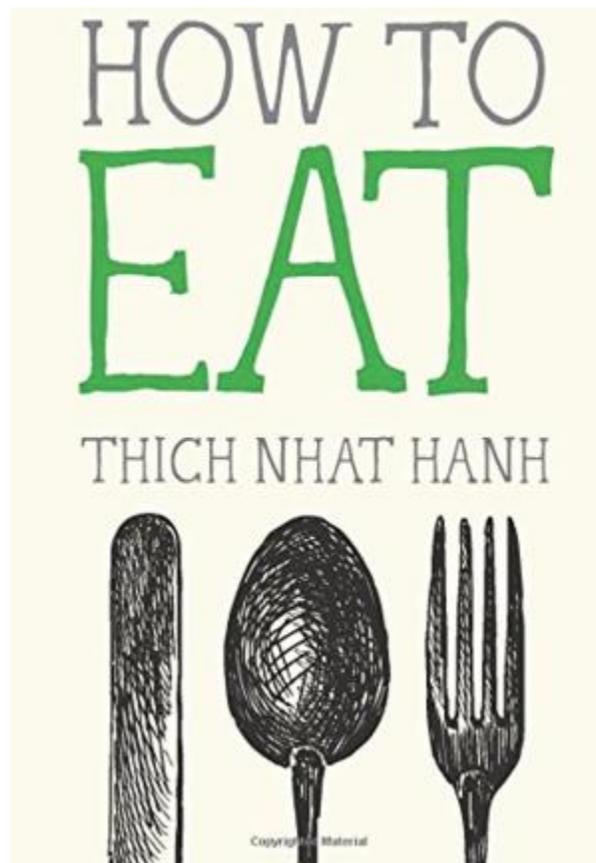
Through his [Mindfulness Essentials Series](#) collection of literal How To guides for modern day thinking, Thich Nhat Hanh shares some insights (and perhaps light) into eating and, **How To Eat**. This book covers the basics of mindfulness and how we can practice mindfulness at the kitchen table, truly considering (and appreciating) our foods for their actual worth and/or value to us as human beings so that we can better enjoy our meals while also reaping the (healing and nurturing) benefits that each food specifically provides for us. From the origin of the food, to how it got to the grocery for us to buy and then how the food was prepared prior to eating, *How To Eat* spells out the instructions about eating in a more mindful manner. Super easy and insightful read, perfect for anyone looking to eat (and digest) properly.

How To Eat, The Art of Mindfulness and Eating Mindfully by Zen Master Thich Nhat Hanh

Book description

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even cleaning up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global.

With sumi ink drawings by Jason DeAntonis.



[Buy How To Eat On Amazon →](#)

ABOUT THE AUTHOR, ZEN MASTER THICH NHAT HANH

Thich Nhat Hanh is one of the most revered Zen teachers in the world today. His best-selling books include *Be Free Where You Are* and *Peace of Mind*. He lives in Plum Village in southwest France. Nhat Hanh has been teaching the art of mindful living for more than 70 years.

Jason DeAntonis is an award-winning Bay Area artist, known for his sumi ink illustrations, and his fine carpentry and custom furniture. He has also worked in sculpture, costume design, glass blowing, painting, printmaking, and book illustration. His work has appeared in *Mindfulness in the Garden*, *How to Sit*, *How to Eat*, *How to Walk*, *How to Love*, and *How to Relax*. He lives in Berkeley, California. [See more →](#)

Step 4. Schedule a call

I am here to help support you with your health and weight loss goals. As a former victim of the Standard American Diet (SAD), I used to live from meal-to-meal, overweight, unhealthy and suffering from chronic heartburn and indigestion (and the laundry list of other common health ailments that are associated with poor diet and digestion). Fortunately, I discovered some natural health resources that helped me to learn about my (human) body and how our digestive systems work in terms of basic biology and nutrition. As of May 2017, I have officially lost over 100lbs in excess weight; my clothes are now 3X smaller in size; and I have completely eliminated all symptoms of heartburn and indigestion altogether ([see my story here](#)).

I know what works for our bodies and I would love to help you to achieve similar health and weight loss goals so that you can live your life at your optimal weight and in the best possible health condition that you can be in. Let me know when you're ready to talk, I am at your service and available to help you personally. [Schedule a call now →](#)

Continued education

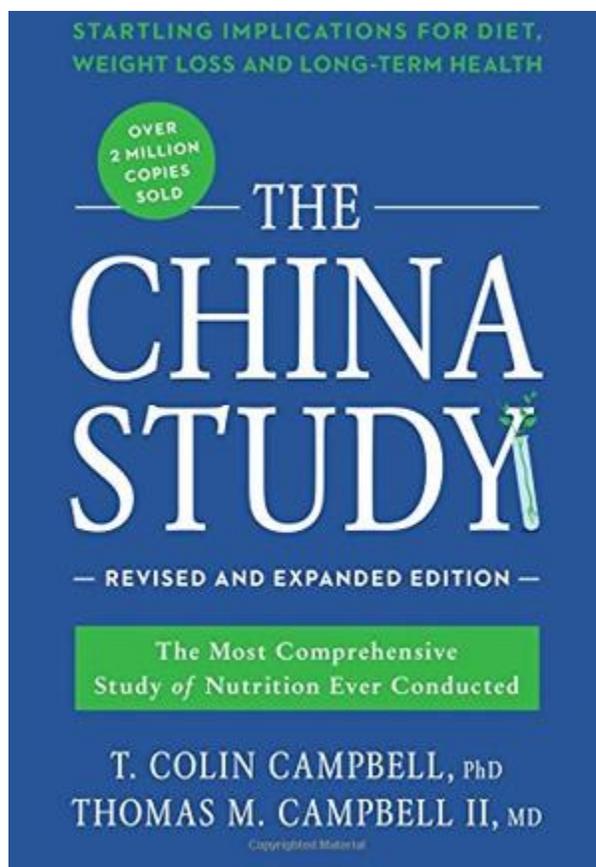
1. The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health

THE CHINA STUDY: FEEDBACK & REVIEW

One of my all time favorite books to date, full of factual information (that's actually backed by non-biased, scientific research) about dietary nutrition, self-health practices and human biology and anatomy. The China Study is one of the first books ever to be published that reveals the truths about what we should be eating as human beings in order to live our lives as healthy as humanly possible. This book truly served as a huge eye-opener for me, uncovering a lot of the (hidden) facts about nutrition and human health in general, helping me to **lose more weight** while also living my life in a more conscious way. From the first few sentences of the first introduction chapter, I was fully engaged and had to read on to discover more of.. *the real truth* about dietary nutrition. This book may literally save your life.

Book Description

*The revised and expanded edition of the bestseller that changed millions of lives
The science is clear. The results are unmistakable. You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet. More than 30 years ago, nutrition researcher T. Colin Campbell and his team at Cornell, in partnership with teams in China and England, embarked upon the China Study, the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease. What they found when combined with findings in Colin's laboratory, opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods, plant-based diet. In 2005, Colin and his son Tom, now a physician, shared those findings with the world in The China Study, hailed as one of the most important books about diet and health ever written. Featuring brand new content, this heavily expanded edition of Colin and Tom's groundbreaking book includes the latest undeniable evidence of the power of a plant-based diet, plus updated information about the changing medical system and how patients stand to benefit from a surging interest in plant-based nutrition. The China Study—Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies in three things: breakfast, lunch, and dinner.*



[Buy The China Study on Amazon →](#)

ABOUT THE AUTHOR, T. COLIN CAMPBELL, PHD

For more than 40 years, T. Colin Campbell, PhD, has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has received more than 70 grant years of peer-reviewed research funding and authored more than 300 research papers. The China Study was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine. **[See more →](#)**

2. Forks Over Knives: The Plant-Based Way to Health is a quick, easy and insightful read about the healing power of a whole food, plant based lifestyle

FORKS OVER KNIVES: BOOK REVIEW

With approximately 60 pages of factual information about human diet, nutrition, and health; real-life, heart warming examples of patients reversing their chronic illnesses using plant-based foods (and *no pharmaceutical drugs or surgeries*); and 125 healthy recipes to get you started, **Forks Over Knives: The Plant-Based Way to Health** is a must read for anyone looking to take their health into their own hands and truly live the lives of their dreams with an all natural, plant-based lifestyle. It is such a short and easy to comprehend read, too, with mentions of the research conducted (and written book), The China Study, which you can read for more detail after getting your palate wet with Forks Over Knives.

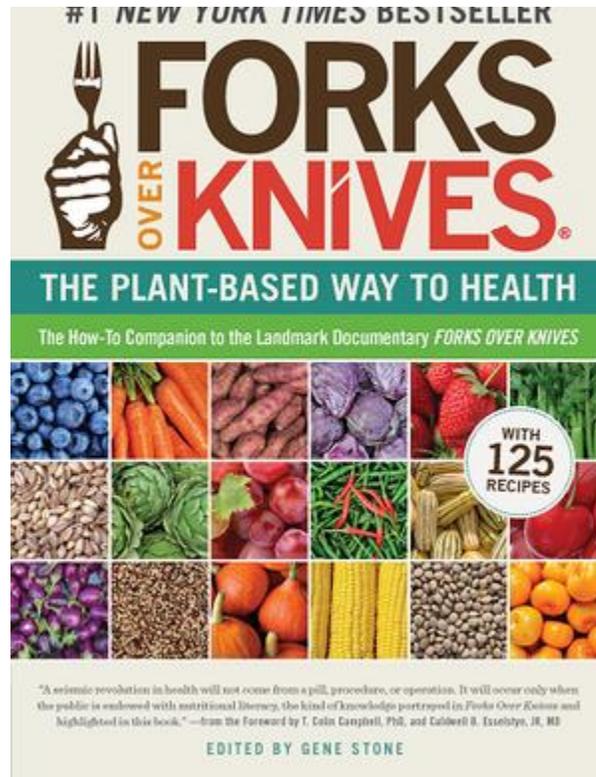
Book Description

The #1 New York Times bestseller answers: What if one simple change could save you from heart disease, diabetes, and cancer?

*For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary Forks Over Knives. Their answer? Eat a whole-foods, plant-based diet—it could save your life. It may overturn most of the diet advice you’ve heard—but the experts behind Forks Over Knives aren’t afraid to make waves. In his book *Prevent and Reverse Heart Disease*, Dr. Caldwell Esselstyn explained that eating meat, dairy, and oils injures the lining of our blood vessels, causing heart disease, heart attack, or stroke. In The China Study, Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm—and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet. Now, as Forks Over Knives is introducing more people than ever before to the plant-based way to health, this accessible guide provides the information you need to adopt and maintain a plant-based diet. Features include:*

- Insights from the luminaries behind the film—Dr. Neal Barnard, Dr. John McDougall, The Engine 2 Diet author Rip Esselstyn, and many others
- Success stories from converts to plant-based eating—like San’Dera Prude, who no longer needs to medicate her diabetes, has lost weight, and feels great!
- The many benefits of a whole-foods, plant-based diet—for you, for animals and the environment, and for our future

- A helpful primer on crafting a healthy diet rich in unprocessed fruits, vegetables, legumes, and whole grains, including tips on transitioning and essential kitchen tools
- 125 recipes from 25 champions of plant-based dining—from Blueberry Oat Breakfast Muffins and Sunny Orange Yam Bisque to Garlic Rosemary Polenta and Raspberry-Pear Crisp—delicious, healthy, and for every meal, every day.



[Buy Forks Over Knives on Amazon →](#)

ABOUT THE AUTHOR, GENE STONE

Gene Stone is a writer, journalist, and former Peace Corps volunteer. He is the co-author, most recently, of The New York Times bestseller, The Engine 2 Diet, and his articles and columns have appeared in New York, Esquire, Vogue, Elle, GQ, and The Huffington Post. He lives in New York City and is a vegan (secret #17). His website is www.secretsofpeople.com **[See more →](#)**

3. **How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease**

HOW NOT TO DIE: DETAIL & REVIEW

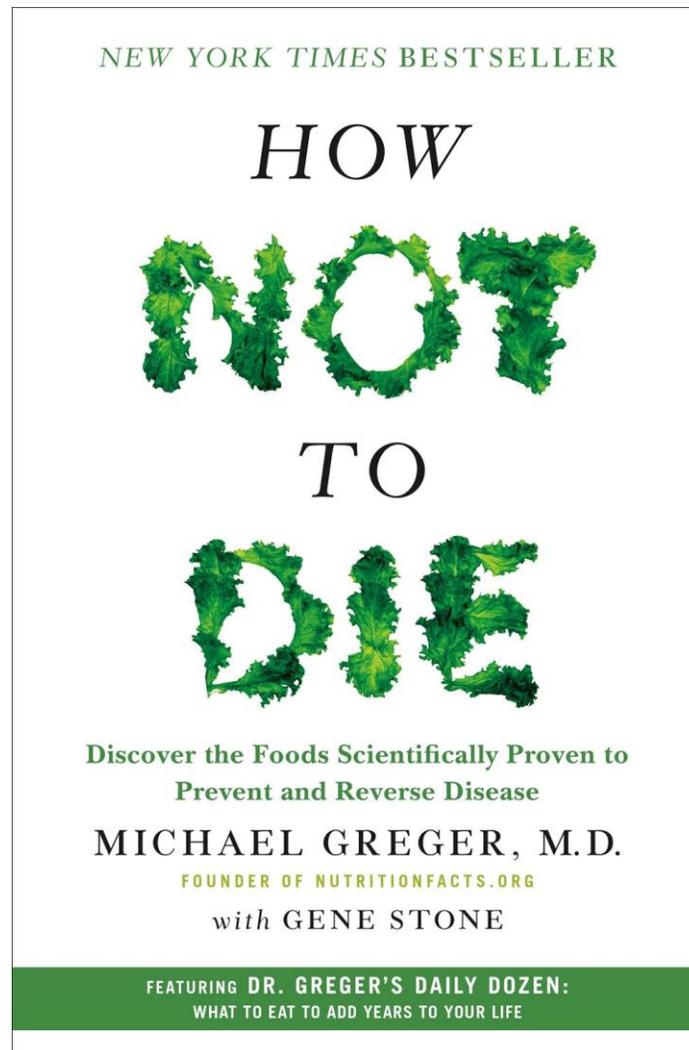
How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease is one of my recent (self) health and wellness book favorites! With Dr. Greger, M.D. safely guiding you past some of the leading causes of death in America, those who take heed can steer clear of heart disease, cancers, diabetes, high blood pressure, Parkinson's and many more deadly tolls that have been taking lives annually. How Not To Die is literally a must read for anyone looking to stay alive and well for as long as humanly possible. Avoid illness and disease and save money on medical bills with the help of Dr. Greger's book, **How Not To Die**, full of research and nutritional facts designed to show you the way to the good (i.e. *healthy*) life. Similar to [The China Study](#), this

Book Description

From the physician behind the wildly popular website NutritionFacts.org, How Not to Die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death.

The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In How Not to Die, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes

Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day.Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.



[Buy How Not To Die On Amazon →](#)

ABOUT THE AUTHOR, MICHAEL GREGER, M.D.

Michael Greger, MD, is a physician, author, and internationally recognized speaker on nutrition, food safety and public health issues. He runs the popular website NutritionFacts.org, a nonprofit, science-based public service providing free daily videos and articles on the latest in nutrition research. Dr. Greger also proudly serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States. **[See more →](#)**

Some delicious foods to lose weight with

The ABC's for losing weight

Making weight loss simple and convenient (and delicious)

Whether you're trying to lose weight for summer; get fit to look as best as you can in your bride's dress (and even groom's suit) for the upcoming wedding; or you just want to enhance your overall health by shedding some excess weight from your body, you can lose weight naturally by including some essential foods like *apples, bananas and cherries* in your diet. And, you won't have to break your bank or look too hard as apples, bananas and cherries are rather inexpensive to buy and all three fruits can usually be found year round at your nearby grocery store, local farmer's market stands or street-side fruit vendors.

Losing Weight with the help of Apples, Bananas and Cherries

APPLES

As mentioned in a previous weight loss article about juicy red delicious apples, An apple a day keeps the (bariatrics) doctor away, apples contain some anti-obesity phytochemicals (anthocyanins and malvidin, a anthocyanidin) as well as a polysaccharide (pectin) that provides a soluble fiber to keep your digestion strong and steady while also collecting and flushing toxins from your colon like mold, yeast, viruses and even bacterial colonies such as *E. coli* and *C. difficile*. As you shop for apples to lose weight with, buy the apples that are more red-skinned as they are known to have more of the weight loss and/or anti-obesity phytochemical plant pigments.

BANANAS

Chock-full of fiber, pulp and water with some (antioxidant and vitamin filled) fruit sugar along with notable minerals like potassium, boron, copper, selenium, molybdenum and manganese, **bananas** are a true powerhouse fast food that offer a wide array of health benefits for us as humans. With regards to weight loss (and even weight gain), bananas help us to keep our hunger cravings satisfied with their phytochemical makeup while they support and safeguard our digestive system. In terms of dietary nutrition and our ability to absorb the fruit's nutrients, bananas are best to be eaten when they are ripe, exhibiting a yellow color (and some brown spots) all throughout.

CHERRIES

As you or may not already know, cherries are a great sleep aid (bananas are, too!!) and, they play just as great of an aid for us with our weight loss goals. Acting as both a suppressant and a stimulant to our appetite, the sweet or even tart taste of cherries can help us to keep our eating patterns and meal portions in check. Furthermore, cherries act to detoxify our bodies so well that we really only need them in small doses or else we may get an upset tummy or experience loose bowel movements so practice moderation with your cherries by popping just a few at a time (*on a side note: perhaps the mental capacity and discipline required to limit our cherry consumption also serves to build our will power and determination all the more for losing weight). When looking for cherries, the darker the cherry, the better to eat.

Now you know your ABC's so, what else can you do?

In addition to beginning to supplement some fresh apple, banana and cherry fruits in to your daily diet, you can also utilize various other natural foods to help boost your health and speed up your weight loss. Depending on your set preferences and tastes for foods in general, the options are truly yours to choose from once you know what is (and what is not) good to eat for your body. While you can just eat good foods to drive weight loss and an increase in your overall health and wellness, you can also implement a rather regular fitness routine to provide the finishing touches necessary for you to truly achieve your health goals. Learn what specific foods are best for you to eat and what sort of fitness routine you can use to naturally lose as much weight as possible for your body.

[Contact now →](#)

An apple a day keeps the (bariatrics) doctor away

Examining the anti-obesity and digestive health benefits of apples for weight loss

Whether you're familiar with the old English proverb or not, an apple a day can and does actually help to keep us out of various types of doctor's offices, perhaps most notably, the bariatrics doctor's office. Research and clinical studies show supporting evidence of apples (**red apples** specifically) as being effective in preventing, treating and reversing obesity with the help of water-soluble, vacuolar pigments known as anthocyanins (*as well as hints of another phytochemical, *malvidin*, a type of anthocyanidin). Red skinned apples have a larger amount of these odorless but yet still flavorful pigments (i.e. anthocyanins), which exhibit anti-obesity properties as well as other compounds that enhance digestive strength and in turn promote weight loss. In addition to the

phytochemicals found in apples, the pectin (a polysaccharide) contained in apples is a soluble fiber that also acts to aid in digestion while helping to cleanse and rid our colons of toxic, disease causing substances like viruses, mold, yeast and colonies of bacteria like *E. coli* and *C. difficile*. The antiproliferative powers of the pectin in apples works to naturally collect and flush harmful debris from within our colon, making us feel detoxified and lighter, both in terms of flexibility of movement and actual weight on the scale. These findings surely do shine some light on the true power of our everyday foods and, our beloved juicy red apples certainly possess powerful, healing potential for us.

Apples (and other healthy lifestyle tweaks) for weight loss

As common a food as apples may be these days, they may or not make the grocery shopping list every week but, hopefully with the help of the nutritional facts known about apples, they will begin to be supplemented in to your healthy diet and/or lifestyle. And, apples are honestly just one of many healing foods that can be used to naturally enhance your health and promote weight loss. By knowing what is *actually* healthy for our bodies in terms of nutrition and digestion, we can then conveniently supplement truly delicious foods in to our everyday life while still losing weight and feeling fully satisfied in terms of satiety, energy and overall mental and physical health. To learn more about other healing foods and ways that you can lose weight naturally, send a message to discuss the sorts of foods that you prefer to eat and what health goals you're looking to achieve.

[Contact now →](#)

Curbing your appetite (and losing weight) with cranberries

Reach in to the fridge for your cranberry stash to help you lose weight while you naturally suppress your appetite

First things first: If it ain't working, let's fix it!

Whether the summer months are on the distant horizon or not, we're talking weight loss and health goals big time these days. With an estimated 1-in-3 Americans now considered medically obese, the world is clearly in need of some proper education about healthy eating habits and lifestyle practices in general. The diet pills, fad diets and bogus workout plans are evidently *still* not working (nor will they ever work as is). This is a call to consciousness, if you are tired of being overweight and are ready to make a true change in your lifestyle, you and only you can take the first step!

Next, let's talk about overeating

As Dr. Bragg mentions in The Miracle of Fasting book, our eating behaviors are out of control. From the moment we wake in the morning, we are ready for eating breakfast then snacks and more snacks prior to eating lunch then snacks and more snacks before eating dinner then snacks and yes some more snacks before making ready for sleeping. And, as soon as we wake again, it will be time for MORE EATING again. For the majority of us these days, our typical days (and corresponding bodies) are completely filled with eating and eating and more eating. It's just what we've become accustomed to and, for a lot of us, eating is one of the only ways that we know how to get together and have a good time. Unfortunately, we are overeating ourselves to sickness and ill health and, only we individually can become actually conscious of our actions and draw up the will power to make a CHANGE.

Now, back to losing weight and, the delicious taste (and healing powers) of cranberries

If you're serious about your health and want to begin to act consciously, start 1st by controlling your urges for eating. Some people call it hunger but, honestly, it's just abundance and abuse. With our typical eating habits (and body weight) as a whole, there is no way that we could actually know what hunger feels like. If you want to know hunger, look to some of the less fortunate nations around our collective world that are starving for food and, actually hungry. That's hunger, the dire need for an adequate amount of food to sustain and/or live by. We know abundance and our minds have been trained to think hunger when we're actually just looking for a quick and easy escape from reaching consciousness by stuffing our face with more food. As far as controlling your urges for hunger goes, the first step is to become CONSCIOUS. Instead of reaching for that snack after you have your (hopefully fruit plate or dairy-free fruit smoothie for) breakfast, reach to your inner self and ask if you really want, much less need a snack. The answer: NO, you don't and you'll be 100% fine just waiting for lunch time to eat.

CRANBERRIES CAN AND WILL HELP, TOO

In addition to becoming conscious, you can use some of the fruitful gifts from our beloved Mother Earth for a little extra help. Start, with **cranberries**. Include a hand or even bowl full with your breakfast -- you can toss them in to your fruit smoothie or pop them directly in to your mouth with your breakfast. Cranberries are a true super-hero fruit that have many a healing benefits for our bodies but, let's stay focused on *suppressing our appetites* for this article and perhaps we can circle back and talk more about cranberries on a future dietary nutrition discussion. Cranberries are known to be highly effective at curbing appetites (as are bananas and cherries for losing weight, too) and their taste alone generally makes us feel full and satisfied (and happy). Again, try to start your day with a fresh batch of cranberries so that you can use your foods to suppress your appetite while you keep those so-called hunger pains coming from your mind at bay. Consciously

begin to reduce the amount of food that you take in with the help of cranberries and, watch as the weight begins to drop from your body. Literally.

Any questions about the above or, weight loss in general?

I am at your service and here to help. Previously living my life at ~280lbs and now currently under 180lbs in weight, I know personally about the struggles when it comes to losing weight and I want nothing more than to help others to reach their health and weight loss goals. I used 100% natural foods and efforts to transform my body and, you can, too. [Let me know how I can help you](#) →

[See more healthy \(but still delicious\) recipe and meal ideas](#) →

Say hello to the new you!

Are you ready for a change?

If you find yourself struggling with [weight loss](#) (and energy levels, sleeping, skin issues, back pains, body aches and mood swings), you are not the only one. Nowadays, a majority of people are looking for solutions to quickly and easily lose weight but, a majority of the diet plans and fitness routines published by mainstream media sources are not effective nor are they safe for our bodies. I lived in the mainstream media diet trap for a majority of my younger years, always struggling with my weight (and my health) but have since chosen to ignore the falsities and pay my attention only to the factual truths about human nutrition and digestion. If you're ready to learn the facts about your body and how to best feed and treat it for optimal weight and overall health, join me in introducing you to the new you. [Contact now](#) →