

# “Top 6 Ways To Lose Weight!”

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## 1. Eat Five or Six Small Meals.

Despite compelling information arguing to the contrary, many people still consume most of their food in two or three large meals every day, often going for hours at a time eating nothing in between. Sure, you can lose weight and fat on a reduced-calorie trio of meals, but you can't train your body to burn fat efficiently, which is key to *maintaining* weight loss. A nutritious meal or snack every three hours or so provides a number of metabolism-enhancing benefits, stabilizes your blood-sugar levels, ensures adequate nutrients are constantly on hand, and helps control hunger-induced cravings for sweets and fats. It also leads to more effective glycogen storage in the liver and muscle tissues; thus, your body won't cannibalize muscle as an energy source during training.

## 2. Drink the Right Amount Of Water

Did you know that being dehydrated makes you fatter? Why? Muscle Glycogen (*stored sugar energy created from ingested carbohydrates*) is stored along with water. For every gram of Glycogen in the muscle there should be three of water. Dehydration forces Glucose to remain in the bloodstream instead of muscle until it reaches the liver for overflow storage. When the liver is full, the Glycogen (sugar) has no place to go but your FAT cells. Not good!! So how much should you drink?

**(.66 x your bodyweight in pounds = # ounces per day)**

## 3. Never Skip Breakfast

I guarantee if you skip breakfast you will NEVER get a lean, toned sexy physique! Let me repeat, NEVER! Why? Just like Mom used to say, breakfast is the most important meal of the day. Gotta love Mom! Breakfast sets the tone for your metabolic rate the entire day. Skipping this meal sets your metabolism low and Insulin will spike with the first large meal you ingest. Then get ready for the sugar high crash and burn feeling. I recommend eating only protein and fat for breakfast with minimal carbs, just a small serving of low glycemic fruit like an apple. Eliminate all cereals, breads, and grains

## 4. Cheat On Your Diet

Once in a while you should let loose and give yourself a break from the rigors of dieting and scale watching. In fact, it's helpful in losing weight. That's because continual dieting eventually leads to roadblocks where the body responds by slowing its metabolic rate. Strict dieting also takes its toll on you mentally, and can leave you feeling deprived. That's a bad combination! Taking in a couple of high calorie meals once every 7-10 days not only provides a mental break from dieting, but helps you side-step roadblocks by preventing the body from entering a starvation state where the metabolic rate slows.

## 5. Do Smart Cardio

What happens to someone who performs 1-2 hours of cardio a day? (We know you're out there!) They send their body into a tailspin, a state where the "starvation hormones" secreted by the body skyrocket (it's your body's survival mechanism, a response to too much exercise!)

causing fat cells to try to hoard their energy! Moderate cardio is the way to go. Four to five 20-30 minutes sessions per week is all that it takes. Any more than that, and you run the risk of losing precious muscle tissue, which negatively affects your metabolic rate and your ability to burn fat. Make sure you always do cardio after weight training to burn more body fat.

## 6. Start Weight Training

Some people avoid weight training because they don't want to bulk up. However, strength training is a critical element to maintain a healthy weight and strengthen your body. The average person who strength trains two to three times a week for eight weeks gains 2.75 pounds of lean weight...and loses 10.5 pounds of fat. Muscle is a metabolically active tissue that requires calories for support. Meaning, the more muscle you have the more body fat you burn at rest. *Always do cardio work AFTER weights, NEVER before!* Why? You burn about 300% more body fat.

### BONUS TIPS:

**COCONUT OIL** Start with one tablespoon per day and work up to three tablespoons per day. Coconut oil raises your metabolism, which helps detoxify your body. It stabilizes the blood sugar levels which decreases physical cravings. It also protects the heart cells from damage. Next to mother's milk, it is nature's highest source of medium chain fatty acids (MTC's), which raise the body's metabolism, leading to weight loss. It has fatty acids such as lauric acid and monoglycerides. When lauric acid is consumed in the body, it enhances the immune system to help the body fight infections, bad bacteria and underlying yeast invasions. Lauric acid is known to be anti-viral, anti-fungal and anti-bacterial.

### LIVER DETOX: **Liver Detoxification Drink**

- ✓ Drink this Detoxification Mixture three times per day for one week only.
- ✓ (Should be done every 90-days for one week).

**Cranberry Drink:** Three times per day 8oz. First thing in the morning, before lunch, before dinner. You might have to get some of these at the health store. Wait 15-minutes before eating after drinking.

### Ingredients:

- ☐ Spring water (8oz),
- ☐ unsweetened cranberry juice (2oz or 1/4 of a glass),
- ☐ Lemon juice (1tsp),
- ☐ Apple cider vinegar (1/2 to 1 tsp) adjust amount to your taste,

☑ Apple juice (only if drink is unpalatable-max 1/4 cup.)

OPTION: add fiber 2 tbsp husk, powdered fiber or psyllium seed. Mix together and store in fridge and drink cool

**After one week. Substitute this drink. Can be taken 3-5 times per week indefinitely. You will need a blender.** Ingredients:

☑ Spring water (8oz)

☑ One lemon (peeled)

☑ 2 tablespoons of coconut oil or olive oil

☑ Splenda to taste or favorite juice (1/2 cup)

Mix together and drink. An **acid pH** has considerable influence over the majority of **weight problems**. It seems that a habitually acid pH can directly cause immediate weight gain. Here's what happens when a system is too acidic. A condition known as **Insulin Sensitivity or Syndrome X** results, which forces too much insulin to be produced, and the body is flooded with insulin so that it won't waste any calories, **it diligently converts every calorie it can into fat. (We don't want that)** An **acidic pH immediately signals the powerful genetic response to an impending famine**, directly interacting with the all important and very sensitive, Insulin-Glucagon Axis. This makes the body produce more insulin than usual, and in turn, produce more fat and store it. In general, the more insulin is available to the body, the higher the probability that fat will be produced and stored, rather than used and burned as energy. Thus, an acid pH will probably alert the genetic response to famine, **directing more insulin to be produced and storing more fat than usual.**

Conversely, a healthy, slightly alkaline pH, will be more likely to yield normal fat burning metabolic activity, making no demands on the body to overly produce insulin and make fat, allowing fat-weight to be burned and naturally lost. And, with a healthy pH, there's less likely to be any yo-yo effect, or rebounding from a diet with additional weight gain. As long as *nutritional stores are maintained*, a healthy, slightly alkaline pH allows fat to burn normally for energy, rather than being hoarded under the mistaken biochemical belief of an impending famine.

**These tips alone will help you lose 15 pounds in 2 months.**

## **Favorite Snacks**

- ☒ Tomato, avocado, black pepper, basil leaves
- ☒ Cabbage (shredded), pineapple chunks, almonds, kale
- ☒ Steamed or pickled beets, cucumbers, onion (sautéed)
- ☒ Lettuce, apple, lemon juice, kidney beans
- ☒ Chickpeas, romaine lettuce, black olives
- ☒ Bok choy, asparagus, sugar snap peas, carrots, sunflower seeds
- ☒ Cabbage, celery, parsley, cashews
- ☒ Steamed spinach, peas, ginger root, lentils, lime juice
- ☒ Pinto beans, tomatoes, avocado, olives, red cabbage
- ☒ Cabbage, sautéed mushrooms, cauliflower sautéed in butter or coconut oil until slightly brown
- ☒ Cauliflower sautéed in butter or coconut oil until slightly brown, spinach, carrots, broccoli
- ☒ Cauliflower sautéed in butter or coconut oil until slightly brown, hummus
- ☒ Black-eyed peas, kidney beans, bell peppers, onions, parsley
- ☒ Red cabbage, cut pears, shredded carrots, cut apple
- ☒ Green pepper, cucumbers, carrots, kale
- ☒ Broccoli with ranch dip, artichoke hearts
- ☒ Cut apple, black olives, celery, lemon juice, mayo
- ☒ Lettuce, honeydew melon, strawberries, mint leaf
- ☒ Baby spinach, sprouts, celery, beets (raw, not canned)
- ☒ Kale, papaya, avocado, apple, black olives

**Raw Nuts and Seeds** You can eat unlimited raw nuts and seeds. Eating as many and as much between meals will prevent hunger and cravings. Cut back on servings if you become bloated.

**Raw almonds and walnuts are the best**

☞ Almonds Cashews Hazelnuts Hummus Pecans Pine nuts

☞ Pistachios Pumpkin seeds Sesame seeds Sunflower seeds

☞ Walnuts Peanut butter mixed with tahini butter (raw sesame seeds)

## **Eggs-the Almost Perfect Food**

The egg is nearly the perfect food for health and weight loss. Cholesterol levels are not increased by eating them and you can lose weight by including them in your diet. The only time I would avoid eggs is if you have sluggish or no gallbladder-then keep consumption to a minimum. Eggs have almost zero carbohydrates and have the highest rating for complete proteins (containing all the amino acids) of any food. *Omelet Ideas* Mix 2 to 3 eggs with sea salt and 2 tbsp of cream until fluffy. Melt 1/8 stick of butter in a pan over medium heat; pour eggs in pan and lightly cook for 1 minutes. Place mixture of fillings on top and flip one side of the omelet over until the omelet is slightly brown. Awesome choices for breakfast everyday of the week.

- Eggs + goat cheese
- Eggs + salsa
- Eggs + sautéed mushrooms and onions
- Eggs + ground turkey and cheese
- Eggs + red peppers and spinach
- Eggs + cut tomatoes and green peppers
- Eggs + crab and cheese
- Eggs + 3 cheeses
- Eggs + chicken chunks and cheese
- Eggs + avocado slices

- Eggs + cream cheese
- Eggs + broccoli and cheese
- Eggs + meatballs and tomato sauce
- Eggs + Canadian bacon and cheddar cheese
- Eggs + basil leaves and melted cheddar cheese
- Eggs + ham and Parmesan cheese
- Eggs + sun-dried tomatoes with onions and basil leaves
- Eggs + tomatoes, mushrooms and onions
- Eggs + zucchini and eggplant

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