

## **Teleseminar Notes**

### **Fit and Trim For Life**

**July 24<sup>th</sup>, 2008**

**“You can never be too rich or too thin.”**

In this Teleseminar, you will learn a series of proven, practical methods and strategies to lose weight, get fit, increase your energy, sleep better, feel great about yourself, and be more attracted to others in your personal and business life.

The best news today is that your health and longevity is largely under your control. You can live longer and live better in the 21<sup>st</sup> century than at any other time in history.

Your goal should be to live a long, healthy life, to dance at your grandchildren's wedding, and to die peacefully in your sleep at the age of 95.

The average lifespan in 1900 was 48 years. The average lifespan in 1935 was 62 years. Today, the average lifespan is about 76 years for men and 80 years for women, and it is increasing every year.

When you reach the age of 65, you will be in your prime, at your peak of mental fitness, nowhere near retiring. Most people today will work to age 75 and beyond, because they want to work, and they enjoy being busy.

There are three keys to becoming and remaining fit and trim for life:

1. Accept 100% responsibility for yourself and your health habits; repeat continually, “If it's to be, it's up to me!”

Stop making excuses for health habits that are not helping you, and start making progress.

2. Set clear, written, measurable goals for each part of your health and physical life.

Decide how long you are going to live, and how you are going to get there. Decide exactly how much you are going to weigh, and by what time period. Determine how much you are going to exercise each week, and make a plan for each day. Determine how much you will sleep each night, how many days you will take off each week, and how many weeks of vacation you will take each year.

Set goals in each area, make written plans, and then discipline yourself to follow your plan.

3. Feed your mind with positive mental nutrition. Read, study, learn and apply good ideas and methods for healthy living. Take the time to become very well informed about your health, and all the things that you can do to make it better.

**There are seven keys to becoming fit and thin for life:**

1. Proper diet – eat the right foods!

Foods are like chemicals or drugs. They have positive or negative effects on your body. Choose what you put into your body with care.

If you were fabulously successful and had purchased a million-dollar racehorse, how would you feed it? Would you feed your expensive racehorse soft drinks, donuts, candy, chips and fast food? Of course not!

How much more valuable are you? If you just feed yourself the way you would feed an expensive racehorse that you had purchased, you will be fit and thin for life.

Foods either give you energy or tire you out, depending upon what you eat, and how you combine those foods.

In the 1984 Olympics, the diets of athletes from more than 100 countries were studied. They all consisted of three elements. First, they ate a wide variety of fruits and vegetables. Second, they ate lean source protein of all kinds, including fish, chicken, beef and soy products. Third, they drank lots of water.

Here is the good news. You cannot gain weight on a high quality diet. If you only eat large amounts of fruits and vegetables, plus lean source protein and lots of water, you will lose weight and feel terrific.

Food combining theory says that you should never mix proteins and carbohydrates such as bread, rice, pasta and other wheat based products. When you eat proteins by themselves, your stomach secretes acid to break them down. When you eat carbohydrates by themselves, your body secretes alkalines to break them down. But when you eat proteins and carbohydrates together, your body secretes both acids and alkalines, which neutralize each other and stop the digestive process. This is why you feel drowsy after a big meal. All the blood from your brain is being rushed to your digestive system to break down a largely indigestible mass.

From now on, eat fruits before each meal and then eat either proteins and vegetables such as a fish or chicken salad, or carbohydrates and vegetables such as pasta and salad. But don't mix up proteins and carbohydrates together.

When you combine your foods properly, as described above, you will be fully nourished and have high levels of energy for several hours after each meal. In addition, you will lose weight steadily.

Eliminate the three white poisons:

- 1) White salt – you receive ample salt in many of the foods you eat. You require no additional salt. Nonetheless, the

average American consumes 20 pounds of additional salt each year. Salt is the major ingredient in most fast foods, soups, chips, pizza and others.

When you consume too much salt, your body demands water, by making you extremely thirsty. This water is then combined with the sodium chloride molecule (salt), causing you to retain water and leading to bloating and overweight.

- 2) White sugar – anything ending in “ose,” (glucose, sucrose, dextrose, etc.)

You require no additional sugar in your diet. Nonetheless, the average American consumes 120-200 pounds of extra sugar each year in the worst possible form – soft drinks, candy, cakes, and sweet things of all kinds.

These are all called “simple sugars.” A simple sugar only requires one molecule of water in combination to go straight into the bloodstream. When you eat a sugar-based product, you get an immediate sugar spike. This triggers the body into producing insulin to remove the excess sugar from your system. Two hours after you have a sugar spike, the insulin will over react and remove too much sugar from your system, causing you to have a sugar depression. You will then reach for another Coke or candy bar in order to get your sugar level up again, thereby putting yourself on a sugar/no-sugar roller coaster.

The very act of eliminating all sugar-rich products from your life will cause you to sleep better, have more energy, and lose weight immediately.

- 3) White flour – includes breads, pasta, rolls, bagels, muffins and even rice and potatoes are all loaded with starches that cause you to put on weight and feel sluggish.

Any product made with white flour, or almost any flour, is essentially *dead*. It is an inert food. It has been milled, bleached and baked so severely that it contains no nutrients at all. It is a pure junk food.

One of my students, from Florida, told me that by eliminating salt, sugar and flour, he was able to drop 22 pounds in 90 days, and never gain them back again. You can do the same.

The timing of your eating is important. As Adelle Davis said, “You should eat breakfast like a king, lunch like a prince and dinner like a pauper.”

You need about 2000 calories per day for healthy living. If you consume 80% of those calories in breakfast and lunch, before 2:00 pm in the afternoon, you will stabilize and lose weight. If you consume 80% of your calories after 2:00 pm, in the form of a large, late dinner, you will gain weight.

One of the most important breakthroughs in Harvard University is called “Under-eating Without Undernourishment.” This requires that you eat less food, but eat food that is higher in quality. Use a smaller plate rather than a larger plate. Stop eating when you are no longer hungry. Remember, you don’t have to clean your plate anymore.

To develop a new positive habit pattern of dieting, here are the keys to new habit development:

- a) Select one eating habit you want to develop or change at a time;

- b) Start immediately rather than waiting for an opportune time;
- c) Never allow exceptions until the habit is locked in;
- d) Tell others about your new health habit; this will motivate you to stay on track;
- e) Persist for at least 21 days, without exception, until the habit is automatic and easy;
- f) Repeat to yourself the magic words, "Just for today." Resolve to practice your new health habit "just for today." You can do almost anything if it is only for one day at a time;
- g) Be easy on yourself. It takes a long time to develop new habits. If you slip, as you will from time to time, just get back into the habit until it becomes automatic and easy.

2. Proper weight – your goal should be to achieve a weight that is slightly under your ideal weight, based on the height and weight charts.

The key to being fit and trim for life is five words: "Eat less and exercise more."

When you practice under-eating without undernourishment, you will have all the energy you need. Eat less food, but higher quality food. Eat more lean source proteins, fruits, vegetables and lots of water.

To achieve your proper weight, weigh yourself today so you know exactly where you are starting from. Then determine your ideal weight, your goal for sometime in the future. Determine the exact date that you will reach your goal of the perfect weight for you. Finally, make a list of all the sacrifices and changes you are going to make to achieve and maintain your ideal weight.

The lemonade cleansing diet – a fast, effective, safe way to clean out your system and lose one pound a day. This diet can often start you onto a pattern of healthy living.

Select a day that you will begin this seven-day cleansing diet. First thing in the morning of the first day, mix one level tablespoon of sea salt in one quart of warm water. Drink the entire quart of water. In one hour, this salt water will clean out your entire system from one end to the other.

Instead of food, drink lemonade for the next seven days, as much as you want. The recipe for this lemonade is two tablespoons of fresh squeezed lemon juice combined with two tablespoons of pure maple syrup and one quarter teaspoon of cayenne per 10 ounce glass of water. Each time you feel hungry, you can kill your appetite with this lemonade mix.

You can drink as many glasses of this lemonade as you like. It contains all the vitamins and minerals that you require for your seven-day cleansing diet. The first day, you will drink 7-8 glasses. On the second day, you will drink 6-7 glasses. On the third day, you will drink 5-6 glasses. By the seventh day, you will be drinking three glasses per day and feeling excellent.

Each evening, about two hours before bedtime, drink two cups of laxative tea. You can get various forms of laxative tea from any health food store.

On this diet, you will lose 3-5 pounds the first day, and at least one pound every day thereafter.

After seven days, begin a normal diet with soup and steamed vegetables, in small quantities for the first day.

From then on, cut your food consumption in half, to less than 2000 calories per day.

Turn off your “appestat.” You have a signal in your brain that tells you if you are hungry. It takes 20-minutes after you begin eating for this appestat to turn off, like a thermostat in your home. As soon as your appetite stops, you should stop eating.

When you go out for dinner in the evenings, order a salad and an hors d'oeuvres. By the time you have eaten the salad, your appestat would have shut off. When you eat the hors d'oeuvre you will be fully satisfied and not require any further food. And remember, you don't have to clean your plate.

Rule: stop eating three hours before bedtime. Ideally, you should have a light dinner no later than 7-7:30 pm in the evening.

3. Proper vitamin and mineral supplements. Most foods today are over processed, grown on depleted soil, and no longer contain the vitamins and minerals that you need for healthy living.

Some people say that you can get all the vitamins and minerals you need if you eat a balanced diet. Research has shown that you have to eat fully 20 pounds of food per day of a wide variety in order to get all the nutrients you require. Take a top quality vitamin/mineral supplement, of some kind. My personal favorite is Nutralite, which I have been taking for more than 20 years.

If you do not get the vitamins and minerals that you require, your body will still be hungry, and crave more food. If you take all the vitamins and minerals you need, your appetite will diminish, you will eat less and you will lose weight.

In addition to vitamins and minerals, you should take Omega 3 fish oil tablets of some kind. I personally reduced my cholesterol level from 200 to 170 in one year by taking fish oil tablets each day.

When you are working hard, under stress, or getting less sleep than you need, you should increase your vitamin/mineral intake. Good



vitamins and minerals will increase your energy levels, improve your sleep, and make you more mentally alert.

4. Proper hydration – drink lots of water.

You need two quarts, or eight large glasses of water each day to maintain the proper water level in your body. When you drink lots of water, it washes out salts, toxins and impurities. Proper hydration aids digestion, curbs your appetite and gives you energy.

When you are dehydrated, it tires you out, weakens your ability to concentrate and makes you irritable.

There is a simple test for hydration. Your urine should be almost pure in color. The more dehydrated you are, the deeper yellow will be your urine. Keep drinking water until it is flowing through you on a regular basis.

5. Proper rest – take excellent care of your mind and body.

More than 60% of Americans today are suffering from sleep deprivation. They are over tired. They wake up in the morning thinking about when they can go back to bed.

In 1900, the average American slept nine hours and fifteen minutes per night. In 2004, the average American sleeps six and a half hours, and sometimes less. This is not enough.

Sleep deprivation sneaks up on you. When you burn the candle at both ends, you can get away with it for a day or two. But then you start to function slower and slower. You do not make the best decisions. You become irritable and impatient. You are easily distracted. You have difficulty concentrating.

You are a “Knowledge Worker.” You use your brain all day long. Your brain is like a battery that must be recharged regularly.

To fully recharge, mentally and physically, you need 8 hours of sleep, or more, each night. From now on, resolve to go to bed by 10 o'clock. Start shutting down the house at 9:00 pm. Turn off the television. Remember the old saying, "Early to bed and early to rise makes a man/woman healthy, wealthy and wise."

Almost all successful people go to bed early and arise early, refreshed and ready to perform at their best during the day.

You can increase the quality of your sleep if you eat a light dinner three or more hours before bedtime and nothing afterwards.

When you are fully rested you need less coffee to get going in the morning, you eat lighter and better foods because you are not as hungry, and you get thinner and fitter faster than you imagined. Sometimes, by going to bed really early and getting a long night's sleep, you can drop 3-5 pounds of excess water that your tired body is holding on to.

In addition to proper rest, you must take more time off. This is actually a discipline that you have to develop. In our Focal Point Advanced Coaching and Mentoring Programs, we teach people how to take 150 days off each year, and simultaneously double their income.

This number is easier to achieve than you might imagine. If you take off every weekend, two days per week, that is 104 days per year.

If you take six holidays per year, added to 104 days, which is equal to 110 days off each year.

If you then take eight weeks of vacation, (5 extra days per week), that is equal to 40 more days per year and you have your 150 days!

You should aim to take 4-6 three-day weekends with your spouse each year. Get away completely from your home and business life. This is a wonderful tonic for your relationship.

Plan your vacation times for the year in January. Book them and pay for them in advance. Buy restricted flights and pay for them as well. You will always go on a vacation if the amounts that you have paid are non-refundable.

Here is the good news: The more rested you are and the better you feel, the more productive you will be. The more rested you are, the less you will eat, and the thinner you will be. The more rested you are the more you will feel like exercising.

Regular rest, relaxation and recuperation are essential if you want to be fit and trim for life, and live well into your 90's.

6. Proper exercise – daily and weekly.

Remember the key becoming fit and trim “Eat less and exercise more.”

Regular exercise is essential for you to be fit and trim, to look and feel your best, and to live a long life.

Harvard University just completed studies on the relationship between exercise and mental acuity. They determined that regular/daily exercise increases the strength of your bones and the length of your life, reduces the incidence of Alzheimer's by fully 50%, and leads to greater mental alertness and memory.

Key: set a goal to exercise 200 minutes per week, even if that means going for a 30-minute walk every day. Make an appointment with yourself to exercise, and keep your appointment.

The best exercises for long life and mental alertness are aerobic exercises. These are exercises that get your heart rate up into the proper range, depending upon your age, and maintain that higher heart rate for 30 or more minutes.

The best aerobic exercises are vigorous walking, cycling, swimming, running and cross-country skiing.

You should fully stretch and articulate each of your joints and muscles each day. Remember, with regard to your joints and muscles, "If you don't use them, you lose them."

You could take a course in Yoga and learn how to stretch every muscle of your body in the most healthful ways.

Get a personal trainer or join a regular class, and pay for it in advance.

Regular exercise makes it easier for you to break bad eating habits. If you go for a walk rather than cracking a beer or having a drink after work, it diminishes your appetite and lowers your propensity to eat too much in the evenings.

The best time to exercise is first thing in the morning, right after you get up. In study after study, people who exercise in the morning are much more likely to maintain an exercise regimen than people who put it off until the end of the day, when they are often too tired or distracted.

People who exercise regularly tend to be smarter and more creative than those who do not. This is because regular exercise pumps highly oxygenated blood to your brain, making you more aware and alert. Regular exercise triggers the release of endorphins in your brain which gives you feelings of happiness, health and well being. These endorphins raise your self-esteem and self-confidence, and cause you to perform at your best while getting along better with others.

7. Proper attitude – a positive mental attitude is essential to a long, happy life.

The most important quality for health, happiness and long life is the quality of optimism. Optimism is learned by thinking the way

optimists think. Optimists, based on countless studies, think and talk about their goals, and how they can achieve them, most of the time.

Optimists look for the good in every situation, and they always find it. Optimists seek the valuable lesson in every setback or difficulty, rather than becoming upset or looking for whose to blame.

Optimists tend to be solution-oriented rather than problem-oriented. They are always thinking in terms of positive actions that they can take to solve their problems or improve their lives.

Optimists feed their mind with positive books, tapes, conversations and courses. These positive inputs continually stimulate them to think positively, no matter what is going on.

Fully 85% of illnesses today are psychosomatic. This is when “Psycho,” the mind, makes “Soma,” the body, sick.

A negative mental attitude triggers the “HALT” syndrome. “Hungry, Angry, Lonely or Tired.” Food becomes a source of pleasure or gratification, to compensate for negativity or unhappiness in other areas of your life.

The root of most negative emotions is *blame*. People are angry and resentful over something that someone either did or did not do to them or for them in the past. Constantly remembering and blaming other people for things that happened, which cannot be changed, is why most people are negative and unhappy in the present.

The key to eliminating negative emotions is to practice forgiveness with everyone who has ever hurt you in any way. Let it go. Rise above the past pain and focus on the future. Think about what you want, and how to get it. Remember, “When you turn toward the sunshine, the shadows fall behind you.”

The best way to become and remain an Optimist is for you to set clear written goals, make plans to accomplish them, and then work on

them every day. Get so busy working on things that are so important to you, that you don't have time to think about the things that might lead you into health habits that would interfere with your becoming fit and trim for life.

To summarize, here are the keys to being fit and trim for life: First, proper diet – eliminate the three white poisons. Eat excellent foods, and fewer of them.

Proper weight – set a goal, make a plan, and discipline yourself to work on it every day until you achieve it.

Proper vitamin and mineral supplements – select a product or variety that works for you and take them every day.

Proper hydration – drink at least two quarts of water per day, and more if you are working harder, or if it is warmer outside.

Proper rest – get at least eight hours of sleep per night, and aim to take 150 days off each year on vacation.

Proper exercise – make a plan to exercise 200 minutes per week, even if you just go for a walk around the block 30-minutes each day.

Proper attitude – resolve to become a completely positive person. Think and talk about what you want, and let the rest go.

Make a decision today to develop the new habits that will make you fit and trim for life. As you know, the road to hell is paved with good intentions. The key to success is for you to make a resolution, and then to follow through on that resolution.

To repeat what I said at the beginning, accept complete responsibility for your health, for the rest of your life. Set clear goals for every part of your physical life and write them down. Then, do something every day that moves you in the direction of becoming and remaining fit and trim for life.

Good luck!