



**The Fast and Easy Way to
Better Health Without
DRUGS or DIETS**

Blueprint: The fast and easy way to better health without drugs or diets.

This is a no frills, no filler, quick read if you're serious and willing to follow directions. I wrote this as if you're my friend. You come over to my house on a Sunday morning (not during football season) and ask, "can you sit down with me and map out a plan to be the healthiest I can be?" This is an 8 page (plus pictures) guarantee how you can be just that.

I hope at the end you'll be glad you found [The Body Blog](#) and downloaded this book. See, most websites operate just like commercial television. They sell ads to the highest

bidder. I started The Body Blog with the mission to expose people to REAL information about bettering their health and their lives without “selling out” to corporate interests for ad revenue.

I give advice on how to be healthy because when you take the steps, you naturally lose weight, don't get sick, sleep better and just feel amazing. I read, watch, listen and soak up as much information from scientists and advocates on the cutting edge of health as I can. I consider it a privilege to translate that into easily understandable blog posts and videos for the site. I'm just a regular guy who is a crazy health nut and want all my friends to experience this feeling too.

While I'd love you to visit the [World Health Club](#) and buy the discounted products there, feel free to do your own research and buy products from whomever. Any products advertised on The Body Blog or recommended in this book are brands that I have experimented with personally and use everyday. So in essence, all I do is recommend products that I know for a fact work and are worth my money. In addition, I have negotiated discounts for these products from the companies that sell them with hope that you can experience the benefits for yourself without breaking the bank.

Since I am not rich, or even well to do, I have figured out how to maximize my modest budget for the best results possible. I don't get sick, I don't get sunburned, I sleep great, have tons of energy and set my goal to live until 150 years old. I don't need a pharmaceutical pill to do this. I just need some good food! True health is better assurance than the best insurance plan can provide me. Join me, as a new friend and make some simple changes to feel the best you've ever felt.

*If you want more in depth nutrition information, check out my book, [The Winter Wellness Diet](#). In it you will find the importance of nutrients in your diet, the incredible amount of nutrients that science doesn't even understand and more. I created a diet plan that is more than just a diet, it's a health revolution. It can and will change your life to understand the information and philosophies you'll read about. Whether you want to lose weight, get healthy, live a long time or any of the above, The Winter Wellness Diet can give you the foundation to do so.

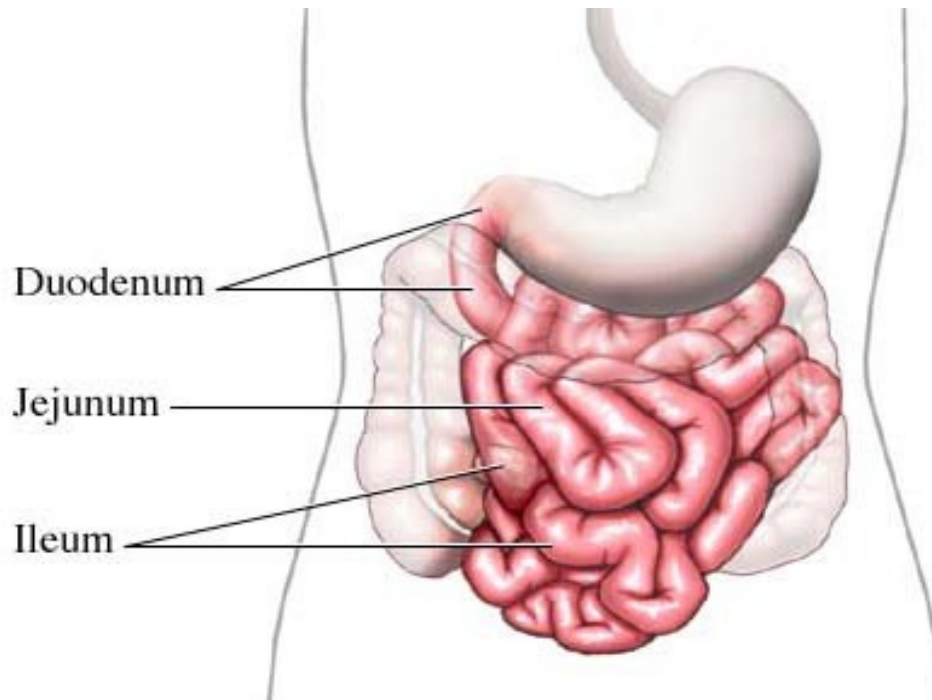
Here in The Blueprint, I just want to jump right into the how to's. If you find yourself asking, “Why? How come? or Does it really work?” then consider browsing around The Body Blog and checking out some articles. The most in-depth information all in one place can be found in The Winter Wellness Diet.

Maximizing your budget: You'll need a few basic pieces of machinery for your kitchen. A blender and juicer surely. My third necessity is a “Magic Bullet” type blender. I use an imitation one that works great. It's 2013 and there is a new one called the “NutriBullet” which is basically the “magic bullet” on steroids. The blender and bullet (imitation) run about \$20 each and the juicer is probably going to cost you between \$50-\$80. The lowest price I've found on the NutriBullet is \$100. Marshall's, Kohl's and Big Lots type

stores are constantly having great sales so you might do even better than I have in my purchases. Why are these machines essential?



*Food absorbs in your body better the more liquid it is. That's why stomach acids break down food. Nutrients are absorbed into your blood through your small intestine. It immediately follows the stomach as shown below. The more liquid it is going in, the easier for your body to work with. In addition, when you juice and blend, it cuts down mass of the food. Basically, you can drink more nutrients than you can eat.



What are you going to juice and blend? Fresh fruits and veggies along with super food supplements. I'll make a plug for organic produce but if you're on a budget and the small extra cost of getting the organic stuff is a deal breaker, don't worry about it. Organic produce however, is important for what it doesn't have. No chemical fertilizers, pesticides or GMOs (genetically modified organisms) are allowed in foods advertising the organic seal. If you can't do organic, wash your fruits and veggies VERY WELL.

The best place I have found for getting good quality organic foods at the lowest prices is at Trader Joe's. They have locations all over the country so there is likely one close to you. Whole Foods of course has a great selection, but you will inevitably pay more there.

Fresh produce, foods that are available to us everyday, are what will change your life around right now! You will feel better almost instantly, but for monumental results to start appearing on your radar, a couple weeks of committing to these basic nutrients in your diet is what it takes.

Before we get into specific foods and nutrients that can change your health, please take a moment to understand the concept. If you're overweight, unhealthy, or both, it is likely due to a deficiency of nutrients and over-abundance of calories. Simply, we're just reversing that process and you don't need a diet plan or magic caffeine pill to do that. These recommendations are basically concentrating nutrients with less calories than normal food and diet.

In other words, this "Blueprint" I am laying out for you is something that can last the rest of your life. Eat. Eat a lot. However, eat foods that are high in nutrition relative to their calories. This will inevitably lead you to better health and a more ideal weight.

Vitamins:

Vitamin C powder. I get a bulk canister at the [Vitamin Shoppe](#). It's \$20 and has the equivalent of almost 500 Emergen-C's without the sugar. Vitamin C is one of the most important vitamins that you aren't getting enough of. I've researched and I haven't found any known toxicities. To optimize your health quickly, I recommend you take between 5-10 grams of vitamin C. for a few weeks and then tone it back some. No point in spending the extra money on those expensive packets to get the same amount. Get the bulk and it comes down to 4 cents per 1000 mg. Vitamin C is a very powerful anti-inflammatory agent, great for energy and lubricating your joints. I advise you take the powder with plenty of fruits and veggies that contain vitamin C naturally. Too much vitamin C without the nutrients that normally accompany it can affect your mineral balance and we don't want that.



Oxylent Effervescent Multivitamin. It is a daily multivitamin, but so much more. Minerals don't get the same press as vitamins, but they are even more important for your health. Effervescent, it mixes in water and will absorb better than a pill that may cause stomach discomfort. A lot of vitamin pills are such low quality minerals your body doesn't even break down the pill. [Oxylent](#) has been formulated for optimum absorption with uniquely formed minerals.

More info at <http://www.worldhealthhub.com>

Since you will also get nutrients from your smoothies and shakes, I'll highlight a few of the important ones in this fizzy drink: Chromium can help to lower your blood sugar levels which helps you lose weight or just help you stay healthy, especially if you're diabetic or pre-diabetic. Elevated blood sugar can increase your risk for diabetes or just being sick in general. Coenzyme Q10 aka CoQ10 is an important (and by itself expensive) nutrient. It's critical to overall energy for the important organs like heart, liver and kidneys to muscles. Vitamin D is actually a hormone synthesized by your body when your skin is exposed to sun light. To make healthy amounts, depending on your skin color, the average person needs between 10-90 minutes per day. If you don't get that much sun OR if you live in a cold-winter climate, I can almost guarantee you aren't getting enough vitamin D. This important nutrient is fast becoming one of the most important cancer preventatives. Better get some extra just in case :)



Super Foods:

Super foods are critically important. The main reason is that you're giving your body more nutrients in less calories. The foods we buy and eat from the store have less nutrition now than they did just 50 years ago. Conventional farming and the food it brings to market is literally killing us, slowly but surely. Our bodies need nutrient-dense foods to stay healthy and happy. That's why organic foods are important and that's why eat-

ing the healthiest foods from around the world can be a huge boost to your energy and your health.

*I get all my super foods from [Navitas Naturals](#) for important reasons. They only source organic foods and buy them “fair trade” which ensures the farmers provide the highest quality product. They process them using methods to preserve their nutrients and keep the “raw” meaning the enzymes haven’t been killed. In addition, they use recyclable packaging and sell for the most reasonable prices I’ve found with organic.

Twister Powder Antioxidant Blend:



-Acai is a popular berry for good reason. It has a ton of nutrients in it, most importantly the phyto-chemicals many of which we have no idea what they do. This berry has an amazing amount of anti-oxidants which is why I don’t want to go without it. It’s a natural source of resveratrol which is a powerful anti-oxidant linked to longevity. Yep, I want to be healthy AND live a long time.

-Pomegranates have been associated with heart health for a long time. Good for reducing cholesterol and lowering blood pressure, it may also inhibit cancer cell growth and help balance hormones. With a ton of vitamins, minerals, amino acids and phyto-chemicals this fruit is high on my list.

-Goji berries are simply amazing. One of the highest energy foods on the planet, they have highly absorbable amino acids and vitamins. They also contain over 20 trace minerals and quality iron. You’ll be hard pressed to find a food with more anti-oxidants.

Twister Powder Sprouted Omega Blend:

More info at <http://www.worldhealthhub.com>



- Brown rice is an excellent source of high quality carbs and protein.
- Chia seeds are high in fiber, amino acids and beneficial Omega 3s
- Flax seeds have Omega 3s and great insoluble fiber.

Because they're sprouted these grains increase their nutrient profile and digestibility.

Camu berry. This berry has the highest concentration of vitamin C of any food in the world. I love using it in my fruit smoothie. It also contains amino acids and bio-flavonoids which are anti-inflammatory agents. If you're on a tight budget, skip this one, but if you can afford it, I highly recommend using this as your daily dose of vitamin C.

Cacao is arguably one of the top super foods in the world. It's raw chocolate. This bean has beneficial fats along with one of the best plant food sources of magnesium which is one of the most important minerals to get healthy, stay healthy and live a long time. Do I need to mention that cacao tastes amazing too?

Maca is arguably one of the top super foods in the world. Yep, I copied that from cacao because maca is too. A root vegetable from high in the Andes, this food has so much power to heal you from the inside out. Known as an adaptogen, maca can help your body to function normally despite all the external stresses that are placed on it. It's also a natural aphrodisiac. I'm not talking in a spiritual way, it helps to balance your hormones which give you a "younger" feeling of sexual vitality. I'm just saying... :)

Coconut oil is a small luxury. I love it because it provides some of the highest quality Omega 6 saturated fats in the world to my diet. When consumed in raw and healthy forms these kind of fats help to build strong cells, healthy hormones and good cholesterol. You really don't need much so a jar can last you a long time. Don't listen to those people who say coconut oil is bad. They're wrong.

Protein:

A good source of protein is essential to getting healthy and staying healthy. You won't get the highest quality, most absorbable, health promoting protein from anything other than plants. If you're craving a little more detail about why I feel so strongly about that, check out this book report on ["The China Study."](#)

There are a lot of good plant proteins out there from companies like Growing Naturals, Vibrant Health, Boku, Vega and The Ultimate Meal. My favorite happens to be [Growing Naturals](#) because they source organic, Non-GMO rice and pea for what I feel is the best-tasting protein available anywhere.

With a high quality, sprouted protein supplement you get superior absorption from plants containing the essential amino acids. Your body can feel the difference and will thank you for feeding it plant protein instead of milk, whey or (dear God) beef protein. Remember, this is a book recommending health “promoting” foods and supplements, not how to get ripped in the gym with unhealthy supplements.

Just do a google search of vegan body builders to see that you don’t need dairy-based supplements to get ripped. FYI, humans aren’t meant to be 300 lbs of pure muscle. If the body builder at your local gym looks too big to be natural, chances are he’s using something...

Honestly, you can put on just as much muscle using plant proteins as you can with whey. All proteins are just amino acids bonded together. Repairing muscles and building proteins, your body uses the amino acids in the same way. The only difference is that science has observed that animal based proteins age our body quicker and have unhealthy side effects over time.

I’m not here to convince you that cutting out all meat is the right thing for you to do. However, cutting down your meat intake can have a positive impact on your daily energy. Spend some time thinking about how you get your meat and try to make it as healthy as possible. Limit red meat and pork. Check out the [National Resources Defense Council](#) website to see which are the safer fish to eat.

You’ll probably save money too. Cut your dairy and meat consumption in 1/2 and replace with fruits and veggies. You’ll sleep better, feel lighter, improve your skin health and have less joint pain.

Don’t fry your meat. Yea, it’s a popular cooking method, BUT getting oil that hot creates trans fats which you have probably heard are very bad for your health. Baking, steaming, and grilling (without burning) meat are healthier options than pan-frying or deep-frying. Trans fats literally rip apart your cells, opening the door for sickness and disease to take hold while your immune system is compromised trying to repair this senseless damage.

Greens:

[Super Greens](#) are essential in my book, not optional. World renowned nutritionists advise we eat a minimum of 20 different foods each day for nutrient diversity and optimal health. Super greens are the easiest way to accomplish that in one serving. There are

high quality formulas out there from Vibrant Health, pHresh Greens, Amazing Grass, Greens+ and Navitas Naturals even has a nice concentrated wheatgrass powder.

If you're truly looking to be healthy or lose weight, super greens give you minerals, vitamins, amino acids, chlorophyll and much much more. You know deep down inside that green foods are the way to go. With super greens you can add them to a smoothie or shake without feeling like it's a chore to consume them.

Fruit tends to cover up that "greens taste" very well. Frozen fruit, water and greens in the blender and you're good to go. Add some of that healthy protein we talked about for a healthy boost that will keep you full longer.

Spinach is amazing. Everything you want and nothing you don't. It has more nutrients than most other salad greens.

Kale rivals spinach and beats it in many comparison tests, BUT I am not a huge fan of the taste. Blending it into smoothies helps or soaking it in citrus juice overnight in the fridge. Different strokes for different folks, so try it yourself before you form an opinion. My tastes don't have to be yours.

Cabbage, either red or green is a VERY good food. I have been watching videos lately about cruciferous vegetables and their benefits for longevity. They contain nutrients that help us methylate effectively. Google search that if you want, but it's just an important process that our body goes through and the more effectively we do it, the healthier we are and longer we live. Chop cabbage up and add it to salads, or juice it and live forever. Just kidding, but seriously it's good for you.

Stimulants:

Yerba Mate is an optional element to a health plan, BUT it's highly beneficial. If you're a coffee or energy drink consumer then you need to consider this "super food of teas" as a substitute. I get it from [Guayaki](#) because they are one of the best companies I've ever had the privilege to know. They have created an economy in the Brazilian rain forest, encouraging farmers to grow organic mate, pay fair trade wages for it, put profits back into restoring damaged rainforest from clear-cut farming and using recyclable and bio-degradable packaging.

Yerba Mate tea contains 24 vitamins and minerals, 15 amino acids and a plethora of other anti-oxidants. The natural caffeine will give you a sustained boost and avoid that energy drink/coffee crash. Energy that is healthy for you, encourages weight loss and focus throughout the day can save you money over coffee and energy shots. It's a win/win. Help yourself be healthier AND the planet be healthier at the same time.

Guayaki also makes a coffee substitute called Java Mate that is a pleasant alternative to the unhealthy coffee. With a similar texture and roasted ramon nut flavors, you may actually enjoy the taste more and feel good about the fact it's much healthier for you.

Omega 3 fatty acids:

You can search [The Body Blog](#) and find out the differences between flax oil, hemp oil, krill oil and fish oil. Scientific opinion is that hands down, fish oil is the best source of DHA and EPA essential fatty acids. You'll get the ALA fatty acids (that are in the flax and hemp) from your super foods and regular diet. The krill oil has its own limitations when it comes to being eco-friendly and cost-effective. Generally krill oil is much lower in the DHA and EPA than fish oil, just read the label to see I'm right.

Fish oil is the best way, BUT it needs to be a good fish oil. If you buy an un-purified fish oil or one that's been processed improperly then you end up with a mostly ineffective product or something that's hard on your body. The last thing you want is to buy a fish oil, hoping for great results and end up burping up rancid fish oil for hours after.

Health professionals advise a dose of 500mg of EPA and DHA each day. However, the level of vitamin C they advise is only enough to prevent scurvy. Health officials recommendations aren't always for optimal health, just avoiding deficiency disease. I personally think the minimum is 500mg of DHA each day for a better chance of avoiding those mental disorders as you age.

Through my research and having access to independent studies and the latest research, I recommend between 2-4 grams of fish oil each day for optimal healing and health. I wish I had more space in this book to tell you about fish oil. As I mentioned, I'm a vegan, so I consume a new high-omega 3 vegetarian oil in my smoothies at home called [NutraVege](#). When I travel, I take fish oil with me because it's the only thing in capsules at the moment.

[Ascenta](#) wins worldwide supplement awards for manufacturing, purity and product formulation each year for a reason. There are 2 or 3 other companies out there with good quality fish oils as well. I can say with confidence that Ascenta puts more into charitable programs and [going green](#) than most others though.

Whether you buy liquid or capsules the only difference is the price. Liquid can be a little cheaper if you're fine with swallowing oil. There are concentrated fish oils as well (the DHA and EPA are concentrated) which comparatively may give you more bang for your buck.



The important thing are getting the Omega 3 DHA and EPA fatty acids and in high concentrations (over 500mg per serving). After that, spend money on the different formulations in accordance with your budget if you feel like it.

Fiber:

Fiber, in addition to keeping you regular, has some important functions. Avoiding an energy crash, it helps to stabilize the rate that sugars are absorbed into your blood. In addition it scrubs out your intestines where toxins can get stuck and leech into your system over time.

Most of our diets are fiber deficient because we tend to eat more meat, higher fat foods and processed foods that are low in fiber. Therefore supplementing is an important first step to rebalancing our digestive systems.

I don't have any specific fibers that I confidently recommend over others. I personally have used Yerba Prima products over the years for fibers and cleanses. I constantly browse around my local Vitamin Shoppe and it seems like there are many good fibers out there.

Fiber is inexpensive. Plan around \$10-\$15 a month if you want to supplement with it. I generally advise people to supplement with a fiber for the first month they are eating healthier and then see after that how they feel and if they feel the need to continue it. A healthy fiber alternative are [Chia Seeds](#). They provide a ton of fiber, but also include vitamins, minerals, protein, and omega 3s.



Water:

I don't recommend drinking bottled water for a couple reasons: The trash. 80% of water bottles don't get recycled. Also, the plastic leeches chemicals into the water inside. Try watching a documentary about bottled water and then see how you feel. I recommend the movie "[Tapped](#)" or "[The Story of Bottled Water](#)" on [storyofstuff.org](#). If you know of any other good ones, write in and let me know. I do recommend this:

[KDM type filter for your shower](#). It filters out almost all the chlorine, algae, particles and other contaminants. After 2 showers I literally felt the difference with softer skin, softer hair and a better feeling of "ahhh" refresh after I get out of the shower. Since I committed to buying this filter, I can't believe it took me so long to get it! For as serious as I am about my health, this shower filter is worth its weight in gold.

I stopped being able to afford the Brita (type) filters awhile ago. If you can afford them, great, but to be honest they don't take much out of the water for the cost. Here is my low cost solution...

I now take a water pitcher into my shower and just fill it up for my drinking water. So if you're on a budget like me, try it that way. If you can afford this shower filter (\$30) then I highly advise you change the water you drink. After all, we are over 70% water. Your health is dramatically impacted by the water you build your body with.

Use my experience to save money: I recently purchased this amazing filter for my shower. I got the whole package, the filter, the shower head and the copper ring ("supposedly" to neutralize the fluoride) for the low, low price of \$99 including shipping. Upon receiving it and checking who made it, I did an internet search for the manufacturer and found a different site selling the same filter for \$42 plus shipping!

So what I decided to do was buy a truckload of them and sell them for less! Check out [The World Health Club](#) store for this fantastic shower filter. FYI I bought so many I got a huge discount so that I can sell it for under \$30!



Do you see? The things that will make the most dramatic impact on your health, your weight and your life are what you put **inside** your body! Working out, doing yoga and acupuncture are all great, but what goes in your mouth consistently has the most dramatic effect on your overall health. Generally speaking, our health is the result of about 75% what goes into our body, and 25% what we do with our body like exercise and yoga, etc.

So now that you've gotten a lot of good tips, WHAT TO DO?

I mix my Oxylent with an extra tsp Vitamin C in the morning with 2 glasses of (filtered) water. I also like to take a tsp of vitamin C in water before I go to bed. 1 tsp is equal to 4000 mg of vitamin C.

For a super fruit smoothie (serves one):

- 1 banana
 - 1 kiwi
 - 1 cup frozen berries (mix and match if you feel like it)
(optional to add or substitute a pear or tangerines with the kiwi)
 - 1 heaping tablespoon of Twister Anti-oxidant powder
 - 1 heaping tablespoon of Twister Sprouted Omega powder
 - 1 serving super greens (optional to add them here or with the shake)
- 8 oz warm water (so the frozen berries don't make it like sorbet)

1 tsp coconut oil (optional)
1 tsp of camu powder (optional)
1 tbsp of fiber (optional)

For a super shake (serves one):

8-12 oz almond, soy or rice milk
1 serving protein
1 heaping tablespoon of maca
2 heaping tablespoons of cacao
(optional to add the greens here or with the fruit smoothie)

*take fish oil with super shake for maximum effectiveness

Chocolate Peanut Butter Shake (you'll swear it's not healthy!)

8 oz coconut water
4 oz almond milk
1/2 cup ice
1 banana
1 tbsp cacao
1 tbsp maca
2 tbsp peanut butter
1/2 serving chocolate rice protein
1/2 serving vanilla pea protein

For juicing, seriously, juice anything and everything. The more you juice the more benefits you get! Be your own personal chef and experiment with different juice combinations.

My favorite is salad juice:

8 carrots
4 stalks celery
1 large tomato or a handful of cherry tomatoes
1 grapefruit (tip: peel but leave the white pith skin on for anti-cancer compounds)

Put the juice in a blender with spinach or kale and enjoy.

Yerba Mate is brewed kind of like coffee. You'll need a filter a french press, or a bombilla (special filter straw). Try and avoid the water boiling if you can. Apparently that damages the leaves but if you wet them with cool water first, you're good. I'll add stevia sometimes but I like it straight up or I'll make it into iced tea and carry it with me throughout the day. I also try and drink a cup or two before I go to the gym. Saves money on energy drinks, plus is a much healthier boost.

More info at <http://www.worldhealthhub.com>

Oatmeal is an awesome breakfast and I will make a bowl, add dried berries, 1 tsp of coconut oil and some palm sugar for a great, fiber rich, long-lasting start to my day.

Eating out and snacking:

Everything I have described so far involves doing it yourself, Everything is simple, but not always easy to implement if you “never have time.” 40+ hour work weeks lead to snacking and eating out. So maybe just do it a bit more informed with the following tips:

Meat takes awhile to cook properly, so if you’re getting a “quick” meal that includes meat, chances are it has been deep fried and is full of trans fats. There are some healthier places to get a quick sit down lunch or dinner. Always ask how the food is prepared. If it says “flash fried, quick fried, or lightly fried” those are all code words for deep fried.

Souplantation or Sweet Tomatoes (same company) is a great restaurant where you can get tons of vegetables and they even have protein choices that you can add on for a small charge like grilled chicken and tofu. To do it as healthy as possible navigate your way around the buffet without dairy foods. So go with an oil and vinegar dressing or one of the seasonal dressings that don’t have milk. Choose one of the vegetable soups that aren’t cream based. Have one of the tasty muffins for dessert instead of the ice cream.

Chipotle is a “healthier” option if you choose wisely. Try a veggie bowl with extra veggies. The bowls give you the same filling, minus the calorie-loaded tortilla. Tortillas are made with refined flour and fat so the healthiest option is to go without them. If you must have meat, go with the chicken. Avoid the cheese and sour cream though to keep it as healthy as possible. Salsa isn’t unhealthy so put as much of that on as you want.

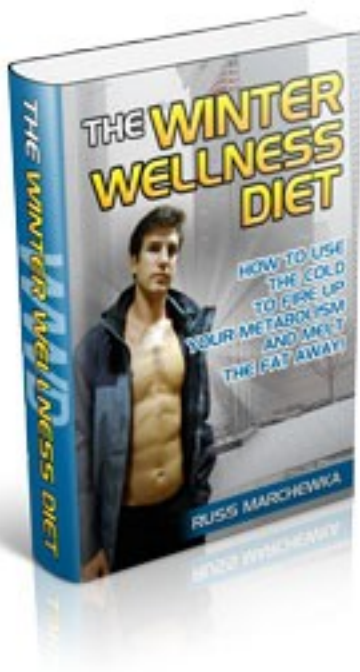
Snacks during the day don’t have to be the traditional unhealthy food. Navitas Naturals makes these really cool snacks with some of the healthiest foods in the world. The cacao goji berry [Power Snacks](#) are my personal favorite. Also, Larabars are delicious, healthy snacks made only of fruit and nuts. There are many amazing flavors that make snacking an enjoyable experience without the guilt.

While writing this book, I’ve literally gone through every recommendation I make. I drank my Oxylent, juiced, had a smoothie, brewed some mate before the gym, made a super shake and took my fish oil after and took a shower! It really doesn’t take much time or effort to include these foods in your daily routine.

This is the shameless plug for the [World Health Club](#). It’s an eco-friendly store that sells many of the products discussed in this book. I wrote this book long before I had the idea for the store. However, as an advocate for consuming these foods and supplements I also know that it can be a stress on one’s budget. The World Health Club is the best place on the internet to get the best products for the lowest prices. I put together an annual [Membership Program](#) to knock down the price even more.

I guarantee that if you incorporate these ideas into your daily habits that you will feel healthier, have more energy, sleep better and lose weight. I would love to hear from you personally, or feel free to share your story with the rest of The Body Blog community. Thanks for reading and I hope to hear from you soon.

OK, so for this book to be available as a free e-book download away from my website, I had to make it a little longer. SO, what follows is a (relevant) and eye opening section from [“The Winter Wellness Diet: How to use the cold to fire up your metabolism and melt the fat away!”](#) The premise of the book is that with the right knowledge of how your body works, you can use the climate (hot or cold) to naturally ignite your body’s metabolism in order to burn fat and get healthier. It’s actually not a diet, it’s a lifestyle that incorporates being healthier by eating the right foods, not by eating expensive, “special” store-bought snacks and microwave meals.



What are the first 3 letters of diet? D-I-E! Yep, because generally when people go on diets, the structure of it all is too much to handle for any significant amount of time. Hence, you’d rather die than stay on the diet any longer. It would be naive to think that some people don’t succeed with dieting to lose weight or get healthy, but generally those people are ones who change their lives during the dieting period. No diet will ever work if you go back to eating, exercising and living life the exact same as you did before you started torturing yourself.

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