

MODULE 4 – ADDITIONAL HANDOUT

Mid-Life Weight Gain: How To Reverse And Then Stop It
Once And For All!

THE HIGH-PROTEIN LOW-CARBOHYDRATE DIET KICK-OFF OR WAY FOR YOU TO LOSE IT ALL IF THIS WORKS BEST!

What is this?

This is simply a method of using your Anti-aging-Anti-inflammatory diet and making it “ketogenic”, which means that you will “burn fat.”

This is pretty much like a HEALTHY way to do the Atkins diet. And you just alternate “ketogenic” with non-ketogenic on the schedule listed below.

Why do it this way?

If you kick off your weight loss program doing it this way, you will lose weight more quickly and that is always motivating, right?

In addition, this is useful for those with “cravings”, to help get a quicker cravings-control program in place with our Solutions.

METHOD: Cycles of 2-3 days

1. **KETOGENIC diet phase (of your Anti-Aging Anti-Inflammatory diet):**

- **EAT as much protein-rich food as you like during 2 to 3 days** (meat, fish, poultry, eggs, etc.)
- **However, Big NO-NO's:** no fruit, no veggies, no sprouted cereals, no milk products, alcohol, caffeinated beverages... basically NO CARBS.

2. **ANTI-AGING-ANTI-INFLAMMATORY diet phase:**

- **Add vegetables and low-sugar-containing fruits for the next 2 to 3 days** to the protein-rich diet described above, and during these days you can add the no-no's in moderation....

3. **SWITCHING phase:**

- **THEN, back again on the "KETOGENIC" phase** of your Anti-Aging-Anti-Inflammatory diet **for 2 - 3 days (only protein-rich foods** (as described in number 1 above), and then back to the Anti-Aging-Anti-Inflammatory diet phase for 2 - 3 days (as described in number 2 above), and so on....get it?
- You can keep alternating between these phases as long as you wish, until you have reached your weight goal.