



Then for a period of time I was experimenting and didn't lose weight. After that

I took another step and cleaned up to a new level eating more healthy foods and less bad foods. I dropped another ten pounds. I recently moved to the beach and with exercise and even a cleaner diet of mostly raw foods I have dropped another 10 pounds.

That progression took four or five years although I could have completed it much quicker. I wanted a diet I liked and would sustain. I grew into eating healthier, eating less and eating fewer fat producing foods.

What I have learned in looking at all the diets, listening to all the testimonies, and reflecting on my own process is that people start in different modes.

You can't take a person living on cheeseburgers and chocolate cake and put them on my diet plan. They would freak and then binge. More likely they would last a few days and start looking for a new diet.

The right diet, I believe, is the one that takes you from where you are to the next better level. A change in eating pattern should take a while and last a life time. There is no way I would ever go back. My tastes are not even what they were when I was a meat eating dessert snapping bigger boy.

I think the First Step is eliminating the most harmful foods and substituting new foods. Even breaking the addictive habits of ice cream every night after dinner is a start. As you will learn, the body becomes addicted to the foods that we are used to.

The Second Step is to start building a diet on healthier foods and eliminating bad desserts and snacks. For instance, soda has to go.

The Third Step for the grand prize is to get into mostly raw foods. The mostly raw food diet has the benefit of trimming and keeping the body lean. The leaner the diet the more energy the body creates if the food combinations are right.. Since I am a writer, I need a lot of mental energy to be productive.

The cleaner the diet, the more effective in building the immune system and preventing disease from taking hold. It is counter to the normal American diet, which attracts obesity, sickness and disease by creating fat and inflammation. I have not had a cold or any sickness in 5 years and because I was previously healthy, I have not been to a doctor for sickness in 10 years.

My life insurance exam a few years ago showed I was great in every category. The benefit of the right diet is that you do not really need to exercise to lose weight. I think exercise is important because it supports brain function and it does contribute to weight management, and it is important to reach optimum health.

I am now at 188 pounds down from 220 pounds and aiming again for my high school weight of 175 pounds. I will continue to exercise within my limits so that I don't over train, which I am prone to do, and continue to lean out my diet. I see it as a two year goal.

There are a few things I recommend to get started and I offer them for Free. Each of the steps depends on the mode you are in now.

As_a teenager and until I was 25 I could eat anything I wanted and my metabolism took care of the calories. When I was in the track club I ate a lot but tried to eat what my body needed.

After I stopped running in the track club I went back to the great American diet. I noticed at 35 my metabolism slowed tremendously and more exercise could not take off the extra pounds

My philosophy of eat what I wanted because I could exercise it off started to fail.

There are three steps that I recommend if you want to change your weight for life.

First Step

First, realize that the commitment has to be changing your weight for life. I do not endorse 30 day diets or pills, or lose weight fast schemes because you can't maintain the gains.

There has to be a mental and visceral commitment that you are willing to change for life. This is not always easy because a lot of people think that when they lose the ten pounds they can go back to eating the way they ate before.

Thirdly, you have to start thinking about the foods you need to eliminate from your diet. This is more difficult than adding the right foods and is the biggest challenge. Even when you eat right, you want to dip back into a couple of your favorite oldies but goodies.

Where you have to wind up is with foods that do not contain sugar, flour, nor processed, and not fried. I hate to tell you but this means no pasta, no bread, no soda, no restaurant Mexican food, and no processed food out of boxes or cans.

Now there are healthy versions of all of these, but they are not what you find at most restaurants or even in the typical markets. I don't have a Whole Foods near me so I have to either drop foods with those ingredients or order items online.

Now I would not expect you to drop all the foods with these ingredients right away and maybe not for the first year if you currently have the typical American diet of eating what you want and pretending to watch the calories.

One benefit of the end game is that eating right has nothing to do with calories, because if you haven't figured it out yet, healthy foods don't have many calories.

As long as your weight reduction program includes counting calories you are not on the best track. Raw foods for the most part have very few calories. One advantage is you, therefore, can eat a lot of them which is bulk roughage.

The way to stop your addictions to certain foods is to start finding substitutes. We often think we are not addicted to foods but we usually are addicted to several foods. For example how often do you drop in to a store for a favorite candy bar?

How often do you drink a soda with certain foods? How often do you have to have a certain dessert? Or like me, I needed dessert after every dinner. How often do you get a hankering for certain foods like a hamburger or pizza?

As soon as you desire something fattening that you always eat, find something different; anything different. Once you break the addictions, the next time you can start moving to foods that are less harmful. As you keep changing the substitutes you will not even need that original food or even think about it.

When I moved to the beach I ate great but discovered a Dairy Queen within walking distance I could reach after dinner. I broke this addiction with half a snickers bar. Then I found some nutritious and healthy goji and cacao squares. Now I might even have a granola bar.

Start adding more salads, lean meats, fruit, vegetables, nuts, and grains. These are the basics of your new life. The more of your diet you can build around these products the closer you are to lean and mean.

When I do eat meat, I eat it first and then have a salad afterwards. That way, I find I can eat less not thinking it is the last chance I have to fill up. I can then eat as much salad as I want and the hunger for meat is gone.

One of the online retailers that has great healthy snacks and addiction breakers is NutsOnLine.com. They specialize in healthy foods and snacks and powders and seeds. I use maca root powder and chia seeds for smoothies.

I get attracted to foods from high in the mountains of Peru that were eaten by warriors before they went into battle. Hey, it's a jungle out there.

Smoothies are a great way to create new eating patterns. I often make a smoothie or two during the day and start with one and may have one for lunch. My smoothies have two or three glasses each and so I might be able to skip lunch if I have two. I will drink a glass an hour. I load it with good natural ingredients, not ice cream or sugared yogurt.

Second Step

If you have started to control your addictions and gotten a craving for healthy foods you may be ready to step into a plan that allows you to eat plenty, not count calories, start increasing your trim process, and create more energy.

Isabel de los Rios is a nutritionist and thoroughly understands what I would call step two. She introduces fat burning foods into every meal which can include cooked chicken and beef.

She furthers the process of eliminating bad foods and introduces a number of foods you think are bad but are not like eggs and butter.

She also adds the woman's touch of creating delicious balanced meals that don't require a lot of preparation time. She has tons of recipes that anyone would like. I suggest you listen to her free 10 minute video to see if this is for you.

There is a little investment here, but eating a healthy diet that you can enjoy and stick to saves a lot of money. My budget is much less than it used to be because produce is much less expensive than food in boxes, cans, and packages.

[Isabel de los Rios](#) has a free ten minute video available that gives you free information on a diet that eliminates the harmful foods and adds the fat burning foods. The link is also included at the end of this document.

Third Step

Now you are ready to make the major plunge into health. I make it sound like danger but it is nirvana. Can you move to a raw diet? I am almost there and I doubt I could have done it in one step.

I still make vegetable omelets in olive oil, have half a tuna melt for lunch on some days and cook oat meal frequently and maybe once every two months cook spaghetti. My diet is smoothies, salads, eggs, and tuna. It is not very exciting. Tom has much more variety and lots of recipes. I have purchased his program and I am expanding my menu.

Between eliminating some of the bad products pointed out by Isabel de los Rios and adding more fat burning components to my meals as she suggested and creating more raw food items I am getting close to an ideal diet.

You have to have a strong incentive to get raw. You don't have to be there 100% of the time. When I visit friends or go to a restaurant, I don't impose my diet on people.

In my step one and step two days, I felt my adherence to the diet plan should be loyal about 85% of the time. I feel now in the third stage it can be a higher percentage of the time.

If you need a night off to work your way into the program, I say do it as long as you don't gain five pounds on these ventures.

A more remarkable level of health, immunity, and energy await. You have to be able to combine the right foods to be sure you don't ignore elements your body requires..

You have to be able to get the necessary protein to maintain energy, muscle building, brain support, and vitality. There are a lot of foods that can fulfill these requirements and you should know what they are when you embark on this adventure.

I am using this raw food commitment to move from my current 188 pounds to my goal of 175 pounds. I might not make it all the way, but I think I can be assured that I will be healthier, have more energy, feel better, proud that in my small way I am adding to sustainability of the planet, and enjoy what ever additional leanness I can attain.

In that I am an aerobic exerciser, runners know that the more body weight the greater the oxygen uptake required and the less weight, the longer you can run. Most world class marathoners weigh about 135 pounds. Neither of those are my goal but the principal is there.

[Yuri Elkaim](#) has a free video that will discuss raw food diets. Link also at the end.

See [Isabel de los Rios](#) free ten minute video. She gives a great run down on the good, bad, and ugly when it comes to the foods you can and should not eat.

[Yuri Elkaim for Raw Food Diets](#) has a very long video to get to his points but the value is there in the end. He really knows what he is talking about and the small investment is worth it considering what is at stake.

As a professional soccer player and now personal coach, he understands the demands of the body and the need for energy. He stresses the raw food diet and the best ingredients to make you trim and to give you great energy.

After all, raw food is about getting the healthiest nutrients from the best foods that disappear when we cook them. We expect to lose weight and increase our energy if we do it right. For one, we pick up the energy our body normally needs for digestion. It has been suggested that 65% of our energy is used to digest the food we eat.

Can you imagine what happens to your mental power when your body is freed from this daily burden? I have found that I never think about going to sleep after a meal or am burdened as the enervating ingredients of normal diets starts churning through our system.

Busy or Incapacitated People

If you wanted to order healthy meals prepared, [Diet to Go](#) is the best I have found. They deliver local or mail 21 meal plans of 1200 and 1600 hundred calories. You would think you are on board a holiday cruise by the combinations of foods they offer.

Their meals look like what you would order on a ship cruise except these are extremely healthy and provide great balance for energy and weight control..

They ask some questions about your current situation and your goals. They assess your weight by standards of where it should be and make recommendations.

Fitness

Even though I have found that exercise does not reduce weight unless it is an amount that is a high multiple of what you are currently doing, it still is important for increasing your metabolism and making you feel great.

What do I mean by multiples of your current level? When I was running I ran 5 miles a day at a seven minute a mile pace five days a week. When I started running with a track club and increased it to forty miles a week, I still wasn't losing weight off an already fit body. When I raised it then to sixty miles a week, the weight started to fall off.

The point is, that a person over weight and not in great condition could never rely on exercise to reduce fat. For this person, diet is the immediate answer.

Nonetheless, I would recommend building an exercise regime for burning calories, brain support, self esteem, and arriving at your full potential. In the long run, exercise is as important a routine in total self development as diet or spiritual development.

One of the better sites you might explore is [Sports Work Out.com](http://SportsWorkOut.com). This is the most extensive exercise equipment site I have ever seen. They supply athletic training equipment to coaches, teams and individuals globally at reasonable prices. When you look at their pages of equipment, you will know what I mean.

They also have the supplements you might find at any body building outlet. Their books and DVDs could also give you a boost for personal training.

You might want to order the book I ordered titled "Pure Physique". You can buy it on their site or on Amazon.com for about \$4 for a used book.