

Get Set Up For Success

1 Get the Enemy Out of the House

Set your house up for success! When you have the foods you need in place and the things you don't need out of sight and the foods that are your absolute stumbling blocks removed, you will be more successful and you will end this 14 day journey victorious, feeling better, dropping weight and completely energized.

Remove:

- Chips & snacky items
- Ice creams and yogurts
- Dairy of any kind: cream, half and half, ice cream, yogurts, cheese
- Non-dairy creamers
- Anything with white or brown sugar or flour
- Popcorn
- Breads & pastas containing gluten
- Any packaged convenience food
- Juices, sodas, diet sodas
- Peanut butter
- Eggs, egg substitutes

Even healthy foods that you might overindulge in...get it out.

Remember - too much healthy food is not healthy!

Replace:

Use the Staples Shopping List to fill your kitchen with the good stuff!

#2 Weigh & Measure Weekly

What you can measure, you can improve! One of my top secrets to success is tracking and accountability. One way to help monitor your progress is through weekly monitoring of weight, measurements and body fat. I will caution you that if you are weight loss resistant it will be difficult to get these numbers to budge initially, but that is valuable information as well and will help us figure out what is holding you back from reaching your body composition goals. A healthy body should be able to burn off 1-3 pounds of fat each week while holding onto or building lean tissue. If you are following the program and this is not happening we may have to dig deeper into your weight loss resistance issues that could be making it difficult for you to lose weight.

First - take your before picture! Next record your measurements and weight (and if you can do a body fat percentage record that as well*) as your starting point. Each week, record your weight, waist and hip measurements (and body fat percentage if available). Ideally you should weigh, measure and test body fat once a week in the morning before you eat and drink.



Measuring Tips:

1. Measure your waist by placing a tape measure around your body at the level of the uppermost part of your hipbone; this is usually at the level of your bellybutton.
2. Measure your hips by placing your feet together and then measuring the widest part of your hips/buttocks.

Bioimpedance body fat readings are based on total body water so if you are dehydrated you will look lighter but higher in body fat and if you are well hydrated you will look heavier but lower in body fat. Your total body water should slowly rise over time as you are improving your health and habits. If you see a big jump one day, toss that number and retest the next day as it is most likely due to a shift in body fluids.

The scale that JJ's likes can be seen and purchased here: [Tanita Scale](#)

#3 Drink Up!



You should be drinking 8 or more glasses of pure spring water daily. This doesn't mean coffee, tea, or soda – not only do they not count, they work against your water intake as they have a mild diuretic effect and are acidic to the kidneys which can result in the loss of minerals. Be sure you are drinking water throughout the day, but limit intake during meals to a glass or less to avoid diluting stomach acid

Drink 1 glass of water 30 minutes before breakfast, lunch and dinner, 8 ounces before bed and then sip throughout the day to reach your 64 or more total ounces.

An easy way to measure your water consumption is to purchase a quality water bottle. Keep the bottle with you throughout the day to serve as a reminder to drink more. Soon, drinking 8 glasses a day will become a healthy habit, something you do every day without even thinking.

Beware! Double-check the container from which you are drinking your water. Plastic bottles contain phthalates which can leach into the water you drink and create an added toxic burden, turning your otherwise positive behavior into a negative. Our newest favorite is the stainless steel water bottle, which offers a toxic-free, environmentally friendly alternative to the ubiquitous plastic container.



Eliminate caffeine

But be sure to taper don't stop overnight! Mix your organic coffee beans half decaffeinated and half regular and then reduce the total amount you drink and then add in some green tea. Long term, 1-2 cups of organic coffee consumed early in the day can actually have some health benefits. The biggest issue with coffee is the pesticide load on the beans.

Eliminate alcohol.

If you have been using this as a way to de-stress at the end of the day or help you sleep then you will have to replace this with other strategies. Long term, one glass of red wine is actually beneficial for your health but during your 14 day cleanse you will be removing alcohol completely.

#4 Get Moving



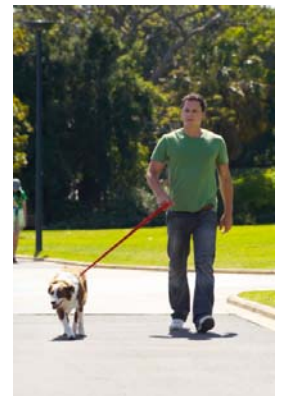
Your first assignment is simple; train yourself to move more throughout the day. This means that you need to take every opportunity get mobile. In a study comparing obese individuals to lean ones, researchers observed that lean individuals moved more all throughout the day. If they were sitting they twitched, shifted and wiggled more than their obese counterparts. So everything counts!

Hand deliver a document rather than use interoffice mail, walk to the mailbox rather than drive there, walk your dog, take the stairs, park farther away, schedule a "walking date" instead of a coffee date

A good way to ensure that you move more is to wear a pedometer because it provides immediate biofeedback as to how many steps you are actually taking. In a study* of schoolchildren who were given pedometers, they watched one hour less of television a day because they were motivated to move more and increase the step readout on the pedometer.



A pedometer is a great gadget that has the potential to motivate people to actually increase their daily activity by counting the steps you take throughout the day. This is a great simple way to reinforce your goals every day. You only have one goal to focus on with your pedometer: collecting 10K a day.



Collecting 10K a Day - How to determine your current average steps: take your total daily steps (from your Journal) for last week and add them up. Then divide that number by 7. Each week take your total steps count from the week before and add 1000 (this is about 10 minutes worth of steps, and you can easily find 10 minutes a day), then divide by 7 to see about how many more steps to get in to meet your goal. Repeat this process until you log/collect 10K a day.

*(Open-loop feedback increases physical activity of youth. Med Sci Sports Exerc. 2004 Apr;36(4):668-73 Roemmich JN, Gurgol CM, Epstein LH.)

So start recording your steps!

5 Journal!

Getting and Staying Accountable

The single biggest secret to success is accountability and that starts with your pen (or keyboard), keeping a daily journal. This is ESSENTIAL to the program. It's the first step to becoming mindful of what foods you consume and how they make you feel, energetic, sluggish, etc. Note - you must journal all days, good and bad. For the bad days, it allows you to look back and figure out what went wrong that day. More importantly, you can take steps to prevent the same thing from happening in the future. Your journal may also point out weight loss resistance issues that your Health Care Practitioner can address by making small changes or additional recommendations to the program.



How long do you have to journal? Ideally, you should journal until you reach your optimal health goals (body composition plus energy levels). Then you can set yourself free.

If you start to slip after the program, you may want start journaling again. It will bring accountability back to your daily diet and lifestyle routine.
