

How to lose weight effortlessly and keep it off forever

For your convenience, we have provided you with an adaptation of the content from Chapter 8 of the book [Natural Cures "They" Don't Want You to Know About](#).

I want to give you the simple steps that will allow you to lose weight faster and easier than ever before, and keep it off once and for all. Space does not permit me to go into the “whys” regarding each step. I can assure you that following these steps will absolutely work. I have struggled with my weight my entire life. I was a fat kid. I tried every diet, every weight loss pill, and even hired a personal trainer, exercising as much as five hours a day. Whatever I lost, I put back on. When I was losing weight I was hungry, tired, and grumpy. I never understood what the problem was; not until I went overseas did I find the answer. While living abroad I ate everything I wanted yet began to lose weight without even trying. This led me to the discovery of the reasons why Americans are so overweight, and an easy workable solution. Doing these steps will turn your body into a fat-burning furnace and bring your weight to its natural state. These steps also have tremendous health benefits as well.



I have divided the steps into several sections:

1. Diet & Supplements
2. Cleansing for Weight loss
3. Wellness and Exercise
4. Things to Avoid

How To Lose Weight: Diets & Supplements

Drink a glass of water immediately upon rising

Ideally, the water should be distilled. Absolutely no tap water. This starts the body's metabolism and cleansing.

Eat a big breakfast

It is interesting to note that 80 percent of the people who are overweight eat a small breakfast or none at all. Eighty percent of thin people eat a large breakfast. Your breakfast should consist of as much as you want of the following items. Everything listed should be organic. Apples, pears, berries, kiwis, pineapples, grapefruit, plums, peaches, prunes, figs, rye bread, raw butter (raw means not pasteurized and not homogenized), raw milk, plain yogurt (this means no sugar or fruit), wild smoked salmon, beef in any form as long as it's organic, chicken in any form as long as it's organic, lamb in any form as long as it's organic, tuna, sardines, eggs, tomatoes, peppers, salsa, celery, carrots, any vegetable, potatoes in limited amounts, coffee in limited amounts made with pure water not tap water with raw milk or cream and raw evaporated sugar cane juice or honey as a sweetener, real tea (not tea in tea bags).



Drink 8 glasses of water each day

People think drinking water will make them gain weight and be bloated. The exact opposite is true. If you are overweight you need to flush the toxins from your fat cells. Water is absolutely needed for you to lose weight.

_ Eat organic grapefruits all day

Remember the grapefruit diet? Well, it appears that there actually is an enzyme in grapefruits that burns fat. Eating grapefruits all day, as many and as often as you desire, will speed the fat burning process.

_ Take digestive enzymes

If you are overweight there is an excellent chance your body is not producing enough digestive enzymes, causing you to gain weight, feel bloated, have gas, indigestion, and constipation. Go to your health food store and inquire. Try several kinds to see which one works best for you.

_ Eat organic apples all day

The old saying is true – an apple a day keeps the doctor away. Apples are loaded with fiber and nutrients; they normalize your blood sugar and decrease your appetite. You should eat at least one apple every day. The more the better.

_ Eat only organic meat, poultry & fish

One of the reasons you are overweight is because of the growth hormone put in meat and poultry. If you want to lose weight, eat as much meat and poultry as you like as long as it is organic, grass fed, ideally kosher, and most importantly, has not been given growth hormone. The fish you eat should not be farm raised.

_ Eat a huge salad at lunch & dinner

I don't care if your lunch is a cheeseburger, French fries, and a pint of ice cream, add to it a big, huge salad and eat that first. You'll be amazed that you lose weight. The salad can contain anything you like as long as it is only vegetables and they are organic. The salad dressing should be organic olive oil and freshly squeezed lemon juice, or organic vinegar. If you really want to speed the weight loss process use organic apple cider vinegar. Add some organic sea salt, fresh ground pepper, or some garlic for taste.

_ Add hot peppers

Anything spicy or hot will increase your metabolism and make you burn fat quicker. Imagine for breakfast having some scrambled eggs, some lamb chops, and some rye toast with organic butter. Smother the eggs with some organic hot salsa and you will simply lose weight faster.

_ Use organic apple cider

This has some magical property which helps eliminate fat cells from the body. Take a couple of teaspoons before each meal and you will be amazed at how your clothes will become bigger in no time.

_ Fast

This should be number one, but for most people this is the hardest. Going on a proper juice fast for 21 days will completely detoxify your body, flush fat cells, and reset your body's weight set point. It is one of the fastest ways to lose weight, and one of the most effective ways to change the body's set point so that you will not gain the weight back. This should be done under supervision depending upon your medical condition. The best book I know is *The Miracle of Juice Fasting*.

_ Cheat whenever you want

You want ice cream, cookies, cakes, chocolate, French fries, pizza, potato chips? Don't deprive yourself. It's better to eat something without guilt than not eat something and feel bad about it. From best to worst it looks like this: You are offered a piece of chocolate cake; you look at it and decide that you're full and wouldn't really enjoy it so it does not look that appealing to you. You politely say no thanks and feel great about your choice. You feel no deprivation. This is ideal. Next would be: You are offered the chocolate cake and you decide that you want it even though you are trying to lose weight your desire for

the cake is very high. You say yes and eat the cake with happiness and glee. You enjoy and savor every bite. You're amazed at how wonderful it tastes. You are happy that you are experiencing these incredible, pleasurable sensations of this delicious cake. This is not ideal, but it is second best. Next would be: You are offered the chocolate cake and you struggle with the decision. You know you are on a diet, but you can't help but imagine how wonderful this cake would taste. Inside the voice says nothing tastes as good as being thin feels. You struggle some more, you really want the cake, but you also want to stick to your diet. You decide to be strong and even though would love to be eating that cake you say no. this is bad. It is better to eat the cake, enjoy it that not eat the cake and be stressed out over it. The interesting statistics prove that eating food without guilt keeps you thin. Not eating food and being stressed about it can make you fat. Eating food and feeling guilty and bad about it makes you obese. Lastly: You are offered the chocolate cake, and you really want it. But you know you're on a diet and you struggle with the decision whether to indulge or be strong. You feel weak and become upset with yourself because the desire for the cake becomes overwhelming. You breakdown and eat the cake knowing full well that you shouldn't. You feel guilty and bad about yourself. This is the absolute worst. Remember, if you choose to absolutely enjoy it and be happy. Do not feel guilty or bad about it.

Ideally, if you are going to cheat and want to eat cookies, cakes, ice cream, potato chips, etc., do not buy these products from the supermarket. Go to a health food store and buy the natural organic counter-part. Example: If you like ice cream, you can find all-natural organic ice cream in the health food store. If you want chocolate chip cookies you can find them in the health food store. The advantage is if you read the ingredient list and choose wisely, you can enjoy these delicious treats without all the processing and chemicals that make you fat.

Hunza Diet Bread

Hunza Diet Bread is a delicious, dense, chewy bread that's very nutritious and is almost impervious to spoilage. The following recipe makes a huge batch of approximately 60 (sixty) x 2 inch squares, high in protein, vitamins and minerals.

Keeps weeks at room temperature, even longer in the fridge and indefinitely in the freezer. The recipe for this wonderful bread is as follows:

Recipe One

- _ 4 cups of water
- _ 3.5 (three & one half) to 4 pounds of natural buckwheat or millet flour
- _ 1.5 (one & one half) cups of canola oil
- _ 1.5 (one & one half) cups of natural unrefined sugar
- _ 16 ounces of honey
- _ 16 ounces of molasses
- _ 4 ounces of powdered soya milk (half cup)
- _ 1 teaspoon sea salt
- _ 1 teaspoon cinnamon
- _ 1 teaspoon ground nutmeg
- _ 2 teaspoons baking powder (non aluminum)

Hunza Diet Bread has a taste that is very satisfying and chewy all on its own, but you may also add if required, apricots, raisins, chopped walnuts, almonds, sliced dates to the above ingredients. Mix ingredients. Grease and lightly flour cooking pan(s). Ideally use baking trays with about 1 inch high sides. Pour batter in pan(s) half an inch thick over the base. Bake at about 300 degrees fahrenheit (150 C.) for 1 hour. After cooking, dry the bread in the oven for two (2) hours at a very low heat - 90 degrees fahrenheit (50 C). After it is cooled tip out and cut into approx 2 inch x 2 inch squares. Store it wrapped in cloth in a container.

You may need to repeat the baking depending on the size of your baking pan, and oven, until all the mixture has been used. Hunza Diet Bread is made from natural buckwheat or millet flour. It is rich in phosphorous, potassium, iron, calcium, manganese and other minerals, as nothing has been destroyed in the preparation from the wheat. Thus it contains the essential nourishment of the grain. This is why you must ONLY use natural buckwheat or millet flour to make your own Hunza Diet Bread..... Good luck and good health .. *bon appetite!*

Suggestions to lose weight with HUNZA DIET BREAD

There are many ways to do it. This is another benefit. It's flexible. Here are some typical plans. Each piece of bread is thinly spread with butter for a total of approximately 100 calories.

Plan A: Eat 1 piece every 5 hours of the 16 hours you're awake. That's 3 pieces which total 300 calories. This is the fastest way to lose weight I know of. It works faster than any high protein diet. Why? You have more energy and burn more calories. Second, the high fiber bread keeps your digestive system regular. Third, your body stays healthy. A healthy body means a properly functioning metabolic system.

Plan B: Really gorge yourself with the bread. Two pieces every four hours for a total of 8 pieces but only 800 calories. You'll feel full all day. In fact, I doubt many people could eat this much of the bread.

Plan C: Eat a piece in the morning for breakfast and a piece 3 hours before your dinner and you will eat a great deal less.

Plan D: Eat a piece of HUNZA DIET BREAD, 10 minutes before you eat your regular meal. When we do this we eat only a fraction, such as 1/4 of what we would normally eat. If we wait longer than 10 minutes we don't want to eat at all.

Plan E: Eat the bread at the end of meals that don't fill you up enough, such as low calorie meals. This is a perfect way to use the bread. You eat a low calorie meal, enjoy it, then eat a piece or two of bread to fill you up. Perfect! No suffering and no urge to snack.

Plan F: Alternate Plan A, B, C, D. We recommend an alternation of the plans, but some people who just want to get the weight off as soon as possible will use Plan A exclusively.

Recipe Two

- _ 1 (.25 ounce) package active dry yeast
- _ 2 cups bread flour
- _ 1 cup whole wheat flour
- _ 1/4 cup wheat germ
- _ 1/4 cup packed brown sugar
- _ 1 teaspoon salt
- _ 2 tablespoons butter
- _ 3/4 cup golden raisins
- _ 1/4 teaspoon ground ginger
- _ 1/2 teaspoon ground cinnamon
- _ 1 1/2 cups warm water (110 degrees F/45 degrees C)

Directions

1. Place ingredients in the pan of the bread machine in the order suggested by the manufacturer. Select the Dough/Manual setting and Start.
2. After the first rise, remove the bread from the bread machine. Shape into two loaves, and place into lightly greased 7x3 inch loaf pans. Allow the dough to rise until doubled in volume, but not more than an inch above the top of the pan.
3. Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

How To Lose Weight: Cleansing & Detoxification

Candida Cleanse

If you are overweight, you positively, absolutely have a Candida yeast overgrowth, probably throughout your entire body. Losing weight will be hard and slow and keeping it off nearly impossible as long as this condition exists. If you wipe out the excess Candida losing weight will be easier and effortless, and keeping it off will be a breeze. You must get the book *Lifeforce*, which explains the Candida cleansing process.

Colon Cleanse

If you are overweight I guarantee you that your digestive system is slow and sluggish. Unless you are having two to three bowel movements per day, you are in fact constipated. Cleansing the colon will dramatically increase your metabolism, and you can lose up to ten pounds by simply getting rid of the embedded toxins in your colon. There are many colon cleansing programs available. Inquire at your local health food store for recommendations.



Liver Cleanse

If you are overweight your liver is most definitely clogged. Get the book *The Liver Cleansing Diet*.

15 Colonics in 30 Days

This process will clean your colon making it easier for your body to assimilate nutrients. This reduces hunger and increases metabolism. Colonics also allow your body to digest food faster so that it will not turn to fat.

How To Lose Weight: Wellness & Exercise

_ Walk at least an hour, non-stop, per day

The body is designed to walk. Research shows that slow, rhythmic movement exercise, such as walking, resets your body's weight set point and creates a thin, lean body. A one hour walk everyday will change your body dramatically in as little as one month.

_ Rebound

A rebounder, or mini trampoline, allows you to stimulate and strengthen every cell in the body simultaneously. Gently jumping up and down on a rebounder for just ten minutes a day stimulates the lymphatic system and increases your metabolism. It is very effective for health and weight loss.



_ Breathe

Oxygen burns fat. Most people do not breathe enough to stimulate their metabolism and fat burning capabilities. There are several great videos which teach breathing techniques that are simple and quick to do that can help you lose weight faster.

_ Wear magnetic finger rings

Special magnet rings worn on the little finger of each hand while you sleep can have amazing results.

_ Add Muscle

Muscle burns fat. When you add muscle through exercise you are increasing your body's metabolism. The best way to do this is yoga, Pilates, Chinese Kung Fu, or old fashion basic exercises.

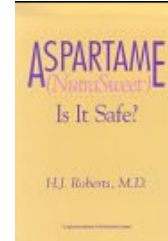
How To Lose Weight: Things to Avoid

_ Do not eat after 6 p.m.

Do the best you can on this, however, the good news is you can virtually eat like a pig all day long, and if you stop eating after six you will still lose weight!

_ Absolutely NO aspartame or any artificial sweeteners

Aspartame, which goes by the name NutraSweet, will make you fat. All other artificial sweeteners including saccharin, Splenda, or anything else, should be avoided. If you want the full story read two books, *Aspartame: Is it Safe?* And *Excitotoxins: The Taste that Kills*.



_ Absolutely NO Monosodium Glutamate (MSG)

MSG is an excitotoxin. It makes you fat, causes all kinds of medical problems, and can affect your mood making you depressed. It also can be physically addicting, like Aspartame, and actually make you hungrier. It is an excitotoxin. Read the labels of the food you eat. Unfortunately, the food industry has lobbied Congress to pass laws allowing monosodium glutamate to be put in the food and not be listed on the label. There are dozens of words that can be on the label such as spices, artificial flavoring, hydrolyzed vegetable protein, etc. that are in fact MSG in disguise. This is why buying organic food where everything listed in the ingredient list is something you recognize and can pronounce. Also, MSG is in virtually all fast food, including things you would never imagine such as pizza. This is why people in foreign countries eat all kinds of food and never get fat. It's not so much the food, but the ingredients used in American food processing.

_ Absolutely NO diet sodas or diet food

Diet sodas have been called the "new crack" because they appear to be so physically addicting. They actually make you fat. The reason they are promoted so heavily is because people become physically addicted to them and they are cheaper to make than regular sodas. I did an interesting experiment with people who drank diet sodas on a regular basis. For two weeks they replaced their diet soda with regular high-calorie sugar sweetened soda. Amazingly, no one gained any weight. Even more shocking was 80 percent of the people actually lost weight. One person lost seven pounds! This was stunning to me. Diet foods fall into the same category. Do not eat anything that is being presented as a diet food. They are loaded with ingredients that will actually make you fatter, and make you physically addicted.

_ NO fast food or chain restaurants

Any restaurant that is a chain, a franchise that sells fast food, produces their food in such a way that it will absolutely make you fat. You can actually eat French fries and cheeseburgers and lose weight! - provided that the ingredients that you use are all organic and contain no chemical additives. It is virtually impossible to eat food in a chain or franchise restaurant where the food has not been processed to last for years without spoiling. The food has to be produced as cheaply as possible for the companies to make money. They must add chemicals to make the food taste great and get you physically addicted. This food also has been produced to increase your appetite and make you fatter. Remember, these are businesses whose only objective is to make a profit. If the food tastes amazing, becomes physically addicting, increases your appetite, and makes you fat, the restaurant is assured of success. They are like drug dealers getting their customers hooked on their product. The customer can't get enough and becomes so addicted that they keep coming back for more. This is the sad truth of what is happening in our food industry today.

_ NO high fructose corn syrup

This sweetener makes you fat and is physically addictive. Just stop buying food at the supermarket, go to a health food store instead. Do not buy food that is manufactured by large publicly traded companies. Do not buy brand name food. The profit motive is so high you can be assured that it is not good for you. The sweeteners that are used in food

produced in a natural way include organic honey, organic molasses, organic fruit juice, organic dates, the herb stevia, evaporated sugar cane juice. Simply read the labels and if you can't pronounce it, don't buy it.

_ NO white sugar or white flour

White sugar is in fact physically addicting and makes you fat. However, it is still better than any artificial, man-made sweetener. If you want to sweeten something use the recommendations I listed above. Sugar would be your last option. Artificial sweeteners should not be an option at all. White flour, as I have mentioned previously, when mixed with water, makes paste. Eating white flour makes you fat; it can also be addicting, and clogs up your digestive system, slowing down your metabolism. Use organic whole-grain flours that have not been processed or stripped of the fiber.

_ Limit dairy products

If you are going to consume milk, cheese, butter, or any dairy products, eat only organic products that have not been pasteurized or homogenized. The dairy products should be labeled "organic and raw." It may be hard to find raw dairy products in some parts of the country. The next best option is organic, not homogenized, but that has been pasteurized. Your last option is organic that has been both pasteurized and homogenized. Ideally, if you want to lose weight, reduce dairy regardless of what you are getting. Definitely, absolutely, do not consume any dairy products that are not organic because they will have growth hormone in them and slow your weight loss.

_ Reduce or eliminate the "uncontrollable" urge to eat when you are not hungry

Remember, censorship is alive and well in America. The Federal Trade commission has forbidden me from saying my opinions on how a person can eliminate addictions and uncontrollable urges to eat. And you thought there was free speech in America. If the First Amendment were true, I would be able to state my opinions and conclusions. I cannot. However, if you are an emotional eater and have uncontrollable urges and compulsions to eat when you are not hungry, get the book *Tapping The Healer Within: How to Instantly Conquer Fears, Anxieties, and Emotional Distress*.

How To Lose Weight: A Few Closing Thoughts

It's amazing that little things can make a difference. When looking at this list a good way to attack it is pick one thing on the list and do that for just one day. Then, look for another thing on the list and while still doing the first thing, add the second thing. Do that until you feel comfortable adding something else. Keep in mind that the items at the top of the list are the most powerful and will create the fastest results. These techniques absolutely work.

It is interesting that people in America don't realize just how fat they are. I was investigating this phenomenon when people were asked to describe their physical build. The options were slender, average, athletic and toned, a few extra pounds, fat, or obese. Amazingly enough, over 50 percent of the people who picked slender were actually overweight. Ninety percent of the people who picked average were overweight. Ninety-five percent of the people who picked athletic and toned were overweight. What this means is a person may think he has an average build when, in fact, he could be 30 pounds overweight. I had a friend from Australia who was fat. Everyone knew he was fat. He knew he was fat. He said he was fat. Whenever we went out in Australia he was always the fattest person in the room. However, when he traveled to visit Las Vegas a startling observation was made. We were standing in line at a buffet. He looked at all the people in the line, then looked at himself and said, surprisingly, "Hey, all these people are fatter than me."

Americans are fat and getting fatter. Take charge and do what needs to be done. You'll look better, you'll feel better, and you will be healthier. There has been so much positive feedback on these techniques that a book will be coming out shortly to make the implementation of them effortless and painless.

BONUS: Quick and Easy Cleanse

Do this quick and easy cleanse for a quick boost. If you feel under the weather, overloaded from overindulging, or are considering the *Natural Cures* Colon Cleanse, this will give you fast relief and a great introduction to cleansing. The plan is simple: **Eat only fruits and vegetables for dinner the first night, all meals the next day, and breakfast the following morning.** Avoid alcohol, fats and oils, dairy products, wheat, gluten and flour products, starchy vegetables such as potatoes and peas, and animal and soy protein. *Eat as much fresh, preferably organic produce as you like.*

_ **Dinner:** Eat a large green salad and generous portion of steamed vegetables, nothing more. Use only fresh lemon juice, apple cider vinegar, sea salt and herbs as dressing for your veggies and salad.

_ **After 7 pm:** Do not eat after 7 pm; drink only water and herbal tea.

_ **Upon Rising:** Drink a large glass of pure water with the juice of half a lemon.

_ **Breakfast:** Eat a selection of your favorite fresh fruits such as apples, pears, melon, kiwi, grapefruit, and oranges. Avoid bananas for this one day.

_ **Mid-Morning:** Drink at least four glasses of pure water. If hungry, eat apples or have a glass of freshly made vegetable juice.

_ **Lunch:** Eat a huge green salad with your favorite toppings such as: grated carrots, red onion, tomato, cucumber and sprouts. Use only fresh lemon juice, apple cider vinegar, sea salt and herbs as your dressing.

_ **Mid-Afternoon:** Drink at least four glasses of pure water. If hungry, eat apples or have a glass of freshly made vegetable juice.

_ **Dinner:** Eat a large serving of steamed vegetables, a bowl of vegetable soup and if desired, another green salad. Again, use only fresh lemon juice, apple cider vinegar, sea salt and herbs as dressing for your veggies and salad.

_ **Evening:** If hungry, eat an apple or two.

_ **The Next Morning:** Drink a large glass of pure water with the juice of half a lemon.

_ **Breakfast:** Enjoy some fresh fruit along with a handful of raw, not roasted, almonds.

Questions and Answers:

Q: Can I stay on this food plan for more than one day?

A: Absolutely. If you made the following additions, you could stay on the 'Quick and Easy' style of eating for months. Implement a good whole food supplement program, eat small amounts (4-6 oz.) of quality protein twice a day, and add up to 2 tbsp. of health enhancing fats and oils daily. Rotate between extra virgin olive oil, high lignin flax seed oil, and virgin coconut butter/oil. Be sure to let your alternative health care practitioner know of your plans.

Q: I have been eating the 'Quick and Easy' food plan for one week and this is the best I've felt in years. However, since the 5th day my stools have been quite loose.

A: Loose stools are likely due to the quantity of fresh organic fruits and vegetables you are now eating, which serve to unplug and detoxify your intestines. Try adding some healthy fiber to your diet to act as a bulking agent. Choose one of the following from your health food store:

_ Ground flax seed powder; grind your own from golden flax seeds or purchase any brand that comes in a dark container.

_ Psyllium husk powder.

Start with 1 tsp. of fiber per day, watch how your intestines respond and increase up to 2 tbsp. per day. Mix in 8 oz. glass of pure water. Stir, drink and follow with another glass of water.

Q: I decided to stay with 'Quick and Easy' for a couple of weeks, yet after only five days my skin feels dry. What should I do?

A: Be sure you are taking your daily dose of flax, olive, or coconut oil, up to 2 tablespoons daily. Try eating a handful of soaked almonds on your salad or as a snack with a green juice. If your skin continues to feel dry, you can add another tablespoon of oil to your daily amount.

Q: I like the 'Quick and Easy' plan, and want my husband to join me. He is used to eating typically heavy foods, like steak and potatoes for dinner. How can he remain satisfied without eating "stick to your ribs" food?

A: For starters, your husband will have to decide that he wants to try eating this way. If he says he does and is willing to give it a chance, great. Encourage him by offering a 6-8 oz. organic steak to accompany his generous servings of veggies and salad. Ask him if he could live with this as a dinner selection three times a week. Proceed from there, experimenting with what will work and rotating his healthy protein by preparing a different high quality selection each night. (See the list below for ideas.)

Q: I really liked how this cleanse made me feel. It was so easy and I want to continue. How much protein do I need and what type do you suggest?

A: Glad you liked the cleanse. Our suggestions regarding protein quantities are as follows:

_ Eat approximately 4-6 oz. of quality protein twice a day.

_ Eat a diverse selection of protein: organic red meats such as lamb and bison, poultry, wild fish, whole eggs, raw or non pasteurized organic dairy products, legumes, beans, which includes tempeh and tofu, dark leafy greens, sea vegetables, plant algae, and soaked nuts and seeds. This wide range of quality organic protein provides you with an excellent nutritional base, encourages experimentation and keeps food allergies to a minimum, assuming you frequently rotate your selection.