

SIMPLE WEIGHT MANAGEMENT

SECTION 1 1

***Weight Loss Routine
(Short Term Only – if Required)***



...powerful habits to transform your life!

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Quick Guide

Section 11 (of 12) is entitled ~ **Weight Loss Routine (Short Term Only – If Required)**

This 11th section is kick-starter routine to help with any initial weight loss.

Although the programme is based around maintaining an optimal weight whilst staying full and feeling satisfied, we've added this to aid short term weight loss, if required. Based on similar principles to the main programme (eating plenty), it focuses on what to eat and when.

It's all about triggering the natural weight loss functions in the body!



Disclaimer

All the information and recommended action steps provided in this guide are with the sincerest intentions to genuinely help you enhance your weight management, general health, well-being and make you feel good. It is the culmination of thousands of hours of research into books, published medical studies and the study of professional expertise. Vibrant health accepts no liability for the results of any actions you take following the information contained within. We strongly advise you to do your own research prior to the taking action steps and consult a medical professional if in doubt with any aspects.

11. Weight Loss Routine (Short Term Only – If Required)

“EAT YOUR WAY TO WEIGHT LOSS... here’s a natural way (short term only) to burn more fat and increase your vitality whilst still eating plenty and feeling full”

Your Simple Weight Management educational journey so far...

- 1 – You understand there’s no quick fix and long term consistency of good habits is the key.
- 2 – **You’re mindful of the hidden dangers in the food chain and will work around them.**
- 3 – You know working with your biochemistry is the answer and you’re ditching diets forever!
- 4 – **You’re aware the real battle is between your brain chemicals and balancing them.**
- 5 – You fully understand how ‘Bad for you’ and ‘Good for you’ foods affect your body.
- 6 - **You’re aware of the dangers of emotional eating, the cause of it and the remedy.**
- 7 – You appreciate the importance of regular exercise and its multitude of benefits.
- 8 – **You marvel at the simplicity of the ‘magical waistline regulator’ and will use one.**
- 9 - You’re reprogramming your mind & body with the 11 powerful success principles.
- 10 - **You’re going to adopt a permanent new routine using the 15 core behaviours.**

Short term (only) weight loss routine

In the trials we did with just the **essential programme** (first 11 habits), every participant who was above their optimal weight (the majority), all naturally lost weight over the 6 week trial period, without any specific focus on it.

If you’re currently overweight, just adopting the majority of the **essential habits** and following the recommended **success principals** and **core behaviours** in this programme, is highly likely to help you lose any excess weight you desire, over a period of time.

The time period is effectively down to your level of commitment (which is in your hands to do it at a pace and level that is right for you – there’s no rush!), its dependent on how much excess weight you desire to shed and how vigorously you dedicate yourself to following the programme.

If you wanted a **kick start** to get there faster, this section is dedicated purely for that purpose. It is simply a short term only weight loss routine (2 – 4 weeks only).

WARNING – if you thought for a moment that this has something to do with that 4 letter word with ‘die’ in it – slap yourself on the wrist 😊

The Weight Loss Routine is called; - Intermittent Fasting-Protein Cycling (IFPC)

As the name suggests, there are 2 processes involved;

1. Protein Cycling (PC)
2. Intermittent Fasting (IF)



The beauty of this routine is that it stimulates weight loss and a rejuvenation process (think detox) at the same time. It combines how you eat (PC part) and when you eat (IF part).

Intermittent fasting (essential habit 3) is already familiar to us, so let's start with the new bit...

Protein Cycling (PC)

You already know from section 5 (*How Different Foods Affect You*) that protein is very good for your body (particularly in maintaining your cells) and very good in terms of weight management as your body has to work hard to process and metabolise it.

With protein cycling, you simply alternate your daily intake of protein between high and low amounts.

So, it works by eating a high protein amount one day and then a low protein amount the next day and keep alternating this over the duration of the cycle (2 – 4 weeks).

The amount of recommended daily protein is based on your body weight as follows;

Your Body Weight	High Daily Protein Amount (minimum)	Low Daily Protein Amount
9 Stones	57 grams	22 grams
10 Stones	63 grams	25 grams
11 Stones	69 grams	27 grams
12 Stones	76 grams	30 grams
13 Stones	82 grams	32 grams
14 Stones	88 grams	35 grams
15 Stones	95 grams	37 grams
16 Stones	101 grams	40 grams
17 Stones	107 grams	42 grams
18 Stones	114 grams	45 grams

Note: use the nearest full stone to your actual weight, e.g., if you are 10st 5lbs ~ use the 10st amounts, if you 14st 9lbs ~ use the 15st amounts.

Intermittent Fasting (IF)

You already know the benefits of intermittent fasting from **habit 3** of the essential programme.

To combine the fasting element all you are going to do it limit your eating window (time between first meal and last meal of the day) as follows;

On your **high protein days** the fasting should be a **12/12 cycle** which means a 12-hour fasting period and a 12-hour eating window (e.g., if you have your first meal at 8am, you must consume you last food of the day by 8pm).



On your **low protein days** the fasting should be a **14/10 cycle** which means a 14-hour fasting period and a 10-hour eating window. (e.g., if you have your first meal at 8am, you must consume your last food of the day by 6pm).

N.b. you can increase the fasting window to 16 hours (16/8 cycle) if you feel comfortable, once you've got used to the routine.

The benefits of IF

Fasting helps weight loss as follows;

It decreases insulin levels which improves fat-burning, as insulin is the main storage hormone for fat. So, when you eat, insulin goes up and you store fat, or as glycogen in the liver. When insulin goes down, you start to break down glycogen and burn fat. Low levels of insulin tell the body to start burning the stored fat.

Warning - when your eating windows narrow with IF, there's a tendency to eat fewer calories (as less time, busy schedule etc). So, reducing consumption (calorie restriction) during an intermittent fast can actually sabotage weight loss. This is why **it's very important to eat quality food and the usual amount, during your eating window** and not restrict calories.

The added 'vitality' bonus

Both intermittent fasting and protein cycling in their own right will help with weight loss as highlighted.

However, there is an additional benefit, the low protein days combined with intermittent fasting trigger a state in the body known as **autophagy** which is basically a cellular detox process which helps to rejuvenate the parts of your cells that keep you healthy and cleanses the cellular waste.

Your cells enter a phase where they literally digest themselves (self-eating) to rejuvenate the good part and clear-out the bad stuff (toxins). Autophagy basically cleans out the junk that saps your vitality.

IFPC summary

You get **natural weight loss** triggered by eating plenty of protein (high protein days) and intermittent fasting as they both stimulate fat burning.

And you get **natural added vitality** through the process of autophagy triggered by the reduction in nutrients (low protein days) and intermittent fasting.

You should only do this combined process for short periods (2-4 weeks at a time) to aid weight loss as you're ultimately looking to reach your optimal weight so you can then have a consistent eating routine (as per this programme) to maintain it.

You can use intermittent fasting on its own to suit you (highly recommended), please refer to habit 2 in the essential programme.



Protein foods

You'll obviously need to check labels or weigh your protein to make sure that you eat the correct amount depending on which part of the protein cycle you are in.

*N.b. this is the **only time** in the whole programme where you need to pay attention to the weight of the food. Use weighing scales or go via packaging labels as required.*

Here are list again of high quality protein foods;

Meat – Bacon, Chicken breast, Chorizo.

Fish – Tuna, Prawns, Mackerel, Sardines, Anchovies.

Cheese – Feta, Cottage Cheese, Halloumi, Parmesan.

Nuts – Almonds, Walnuts.

Legumes – Lentils, Beans.

Seeds – Quinoa, Sesame, Mixed Seeds.

Other – Eggs, Tofu, Greek Yogurt.

Planning

It's important that you take some time to plan your meals during the IFPC phase to make sure you're eating the right amount of protein each day with the right eating window.

Nothing else changes, you still follow all the principles, behaviours, essential habits and recommended actions in this programme.

It's very important, **you still eat plenty to stay satisfied** and to maximise your results. Your overall diet should have plenty of 'good for you' foods particularly from nature's table and **minimal** 'bad for you' foods.

Final words

This is a short term only process to help kick start you moving towards your optimal weight and feel rejuvenated at the same time.

Take your time and perhaps try it for a week to familiarise yourself with the routine.

The final piece of the jigsaw is next – are you ready for action?

