



***Dr Saunders'***

# **3 Rules** ***for Permanent*** ***Weight Loss***



[www.fatlossremedy.com](http://www.fatlossremedy.com)



# “ I Hardly Eat Anything, And I’m STILL Gaining Weight ”

**A**ngela a 24-year-old overweight woman is in tears.

**“I’ve tried EVERYTHING!”**

She has been on diet pills, and all sorts of diets. With all that she’s had some success at times, but Angela gains it all back soon after losing it. She exercises regularly and tries to eat good food, but continues to gain weight.



**Her experience is not unusual - it’s very discouraging for her and many others in her position.**

Considering that the history of mankind has been fraught with periodic famine, it’s no wonder that our bodies are made to be so efficient with energy - mostly too efficient for successful weight control.

Because we absorb the foods we eat, converted them to energy - mechanical, heat, electrical, and chemical but here’s the problem - **we store anything that isn’t used immediately**. Today we’ll focus on that storage of energy in the body, specifically fat.

The body is built to handle both feast and famine. During times of plenty, the body uses the energy it needs and stores the rest for when the bounty is scarce. Because we have a continual feast, with no famine, we store more than we use – it’s that simple. This is why there is a weight-control problem in the first place. Most of my patients have never gone a single day without eating. Every study with animals including monkeys, cats, rats, spiders, worms and even yeast, live longer and better when given fewer calories. Maintaining a healthy body requires limiting calories for less active lifestyles. Every external method for losing weight, including bariatric surgery (stomach-stapling, Lap-band), medications, diets and so forth, work only because fewer calories are consumed. surgery (stomach-stapling, Lap-band), medications, diet and so forth, work only because fewer calories are consumed.

One huge misconception is that you could lose weight through more exercise. If this worked, Sumo wrestlers would be thin and fit. On the other hand, exercise has many other benefits and should be continued throughout your life. For example, it’s the best way to stay out of the nursing home. Exercise won’t make you thin - only eating fewer calories does. The amount of fat stored in our bodies has everything to do with what, when, and how much we eat.

# WHAT TO EAT

**H**ere's some "food for thought"... you won't find young children with "insulin resistance" or type-2 diabetes. Only when simple sugars without fiber get introduced to their diet do insulin levels increase. Insulin signals abide to store fat, which prevents the use of fat for energy. This is why people become "hypoglycemic," they need to eat constantly to keep their blood sugar up, and thus, become insulin resistant. The cycle continues and intensifies as people get older and fatter.

**Here are five simple tips to keeping low insulin levels:**

**1. Increase your fiber intake by eating blood sugar friendly foods** - The more fiber, the lower the insulin. Don't fall into the trap of using fiber bars or supplements; just eat non-grain foods that contain fiber: vegetables, legumes, nuts, seeds and fruits. Limit your intake of whole grains and avoid enriched, processed wheat products.

**2. Cut out the simple sugars and starches - and pass on all processed foods** - Cold cereals should be avoided even if they say "whole grain." If you're very sensitive to sugar you need to even limit fruit to 1 or 2 servings per day.

**3. Don't use artificial sweeteners** - Talk about a misconception! Artificial sweeteners – in addition to being just plain bad for your system – actually cause you to eat more because they trick your body into thinking it didn't get enough calories from the food containing the sweetener. So although that sugar substitute doesn't add calories, it has a dastardly habit of hiding the calories you actually do take in. Thus, you feel unsatisfied and eat more.

**4. Don't drink with your meal** - You'll tend to eat 30% more if you have any beverage with a meal.

Avoid all flavored drinks at mealtime including juices and drink only water between and after meals – it aids digestion and helps hydrate your systems. And NO ice! As ice cools your water it also cools and lowers the temperature in your stomach. Digestion is less efficient at any temperature lower than 98.6.

**5. Fast one day per month.** Eat a regular dinner the night before you fast, then drink only water the next day. The following morning, start anew and resume healthy eating practices.

# WHEN TO EAT

**M**ost often, I find that my obese patients skip breakfast thinking it will help them lose weight. This is a very common problem for anyone wanting to lose weight. Understand this simple concept: the energy you get from breakfast will be used during the day. Energy consumed in the evening is stored as fat. Period.

**This old German proverb best describes when to eat:**

“Eat breakfast like a king,  
Lunch like a prince,  
And dinner like a pauper.”

Now - am I saying to stuff yourself with Eggs Benedict, pastries, and Mayo? Absolutely not! Just make your healthy breakfast the largest meal of the day and scale down from there.

If you aren't hungry in the morning have lunch but skip dinner. The next morning you'll most likely be hungry. If that doesn't work, fast the rest of the day – you'll welcome a healthy, kingly breakfast the next morning!

And I know you're going to hate this, but it's best to avoid habitual snacking between meals. Drink water instead – it's important for your good digestion to go into your next meal with a completely empty stomach.

# HOW MUCH TO EAT

**S**ince the body is extremely efficient, very few calories are needed to maintain health and energy. Our moms may have told us it was noble to belong to “The Clean Plate Club”, but this may lead to forming the eating-when-we-aren’t-hungry habit. It’s important to listen carefully to your body and stop as soon as it tells you. Just stop. Leave the rest. It doesn’t take much to sustain a person - let alone gluttony. So less is certainly more. Animal studies indicate eating about half the calories you would normally consume is a good place to start.

**Here’s How You Judge:**  
*If you have too much fat on your body, you are eating too much. Period.*

And actually, fasting is very good for your body. In fact, our best research indicates there isn’t one single thing more healthy than fasting. It’s better than all the vitamins, energy drink, longevity potions, diets, age-defying creams, and weight loss products on the market! Plus, it’s FREE! Most of my patients choose to fast one day per month. But, some have chosen a weekly fast, and other, more hard-core folks do three days in a row every month. Find your fasting niche and do it regularly for optimal body performance and good looks!

## KEEP A HEALTHY BODY - PERMANENTLY!

**I**n a restaurant one evening, I noticed a shapely woman approach a table near us. After greetings, they invited her to sit and eat with them, but the woman said, “No, thank you. I don’t eat after 6:00.”

Everyone who maintains a healthy body has rules. Using the principles outlined here you can now begin to make your own rules for permanent weight loss and healthy eating.

**Let me make a couple of things clear before you start...**

So you enjoy maximum benefit with minimum effort, please make certain these simple yet powerful strategies for permanent weight loss...

**1. Always fit your lifestyle.**

*2. Are comfortable enough so you can continue practicing them for life.*

**3. Remain as easy as possible - don’t take liberties that could make them complicated and cumbersome.**

*4. Integrate with your daily routine.*

These are the very same secrets I’ve built into my own holistic weight loss program – that’s the system my patients gladly pay thousands of dollars a year for. And where these secret strategies are a great way to get you up and running toward a slimmer you, they’re also part of a much bigger, more comprehensive picture that’s drawn out for you in the **Fat Loss Remedy Solution**. I’ll get to the details on how to grab your copy of that report in just a moment.

For now, just dig into the following weight loss tips from the **Fat Loss Remedy Solution** users. They’re designed to bring your goals into focus and get you thinner faster. Notice that some rules are about what to eat, others are about when to eat, and still others guide you on how much to eat...all part of the 3 rules for permanent weight loss. Then, when you’re ready for the ultimate physical transformation just go to the website linked at the end of this report to find out how to grab your copy of the **Fat Loss Remedy Solution**.

1. Martin is in his thirties and has been gradually gaining weight. He's very active physically, both in his job and sports, but he was drinking almost 100 ounces of soda every day. He decided his rule would be to drink nothing but water. **With this one, simple rule** Martin was easily able to reach his ideal waist size within three months.

2. Carol has been overweight all her life. She tried all kinds of diets, but was never able to stay with them. Her rule was to eat a salad before each meal then serve her meal on the 6-inch salad plate and have NO between-meal snacks. **For the first time in her life Carol was able to lose sixty pounds** and best of all – she was able to keep it off.

3. Kirsten wasn't overweight, but she always had to work hard to maintain her figure. Her rule was a vegan diet. **Her chronic arthritis went away**, and only returns when she breaks her rule.

4. John had chronic constipation, which caused hemorrhoids and weight retention. He decided a good rule for him would be to eat fiber. **His high-fiber diet keeps him regular and fills him enough to maintain healthy movements keep his weight in check.**

5. Victoria has been very obese since childhood. She lives at home and isn't in control of the food that's available. She tried several different rules, but they never worked for her. Finally, she decided that there was one thing she could control. She fasted and drank only water every Monday. **Victoria's gradually started shedding unwanted body fat for the first time in her life.**

6. Rosanne consumed 85% of her calories in the evening (b-a-d BAD!). Once she made her rule never to eat after dinner, **Rosanne has finally been able to manage her weight and maintain her ideal size.**

7. After discussing Leanna's long struggle with her weight, we found the only thing that ever worked for her was the Slim-Fast plan. But Slim-Fast shakes are highly processed and have deceptively more sugar than you want for healthy weigh loss. Plus the nutrients in whole foods are far superior to what can be found in a mass-produced canned meal or even in the mix-your-own powder. Instead, Leanna now makes her own 300 calorie shakes at home with healthy whole foods for breakfast and lunch. She eats no between-meal snacks and enjoys a regular dinner with her family. **Leanna's happy, healthy, and very satisfied with her figure.**

8. Michelle has been counting calories since high school. She successfully used the Weight Watchers program in the past, but found that she easily fell into her old detrimental habits. She decided on the "rule of numbers," successfully maintaining a 1200 Calorie per day average. She was able to finally shed the pounds and best of all - **now Michelle watcher her weight...stay off!**

9. John gained weight later in life. Upon examination, he found that eating out may have been the culprit as he did it a lot – particularly at the office where "Out to Lunch" literally meant – out FOR lunch. So his rule was to eat only home-cooked food. He started bringing his lunch to work and quit going to restaurants, except for once a month for a treat. **On this program John was able to quickly lost the pounds he gained and manage his weight for good.**

10. Mark was very concerned about the unhealthy processing of bought foods - and the fat they piled into his body. Since technically ALL food is processed to some degree - it has to be handled, cooked, etc. - he made it his rule to eat only whole foods that were minimally processed. **He could eat anywhere, as long as the foods were whole and largely unprocessed.**

## CONTINUE TO LIVE YOUR RULES!

11. Suzanne read a book about pre-packaged food and it scared her out of her skin! She decided to avoid *anything* that came in a box or bag and had long list of ingredients she couldn't recognize let alone pronounce. Her rule was that she would only eat foods with ingredients she could easily identify and know what they are. **This one simple rule alone has given Suzanne the ability to easily maintain her ideal body weight and shape.**

12. Alise published a book about weight loss because it was different than any other diet book available. How? Well, she realized and wrote how *adding* foods worked better than *subtracting* them. So she denied herself (and effectively – her readers) nothing. Instead she added low-calorie, high-nutrient foods that she enjoyed and suggested her readers do the same. She first added a serving of broccoli every day, then an apple, then celery for snacks, all of which replaced her high-calorie “munchies” and **this deliciously different rule gave Alise the power to dump the superfluous weight and easily keep it off.**

13. Scott tried many different diets over the years. He was trying to keep from getting that “Older Guy-Barrel Belly” but nothing seemed to work. He decided after extensive research that natural food was the key. So he got a book on natural, whole-food fiber and now eats 35 grams of fiber per day in his meals. This gives him a substantial amount of food to enjoy, and **Scott found that he can even get high-fiber natural foods in certain restaurants...so he can still out to eat and not cheat!**

14. One day - out of the blue...Angela got the disturbing news “you have Poly-Cystic Ovary Syndrome coupled with very high insulin levels.” She was devastated but refused to lie down and take it. She vowed that she was going to make a rule to eat only raw vegetables, beans, meat, and a small amount of whole grain wheat or rice to keep her blood sugar in check. **Angela was able to reach and keep her ideal size and was surprised with the added perk of more energy.** This one simple rule will protect her from other problems down the road like diabetes, high blood pressure and infertility.

**A**fter studying the above examples, you can see how setting simple dietary rules for yourself that fit into and with your lifestyle can ACTUALLY work to help you drop that excess weight... easily, safely, and without “miracle” pills and useless fad diets (why do you think they call them fads?).

It's also helpful to have someone you care about to share in your progress - AND your failures - should you have any. Keep a daily journal, that shows your daily weight progression, food diary, and your thoughts. Use every day to “weigh in” and monitor your progress. You should lose 2-4 lbs of fat per week - and no more to stay healthy.

Say your rules aloud each morning and use them as your daily mantra - your voice can be a powerful tool in your success - thinking it is one thing, saying it makes it real.

If you find that your routine isn't working - don't get frustrated and quit! Try something different until you find the rules and routines that work for you - everyone's different. When you reach your ideal size and weight, just continue to live by your rules.

### You may even be surprised how easy it really is!



**Dr. Scott D. Saunders, M.D.** is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA.

He went to UCLA medical school and is board certified in family medicine.

## And speaking of easy...

Earlier I promised to show you how you can grab your personal copy of the **Fat Loss Remedy Solution**. I'm actually amazed at the remarkable techniques and sheer usefulness in this incredible report.

See, I'm very proud of the fact that I help my own patients overcome weight loss (some very serious) obstacles with trial and error over months or even years. The **Fat Loss Remedy Solution** by Joe Barton does an incredibly impressive job in much less time and for a fraction of the cost. Frankly I was shocked.

In the **Fat Loss Remedy Solution** Joe and his team of health researchers have really locked down the KEY components that one needs to find the correct and permanent solution for their weight loss efforts.

That's every great piece of information I give to my paying clients, that you can have whenever you need it...right at your fingertips.

And Joe's so confident (like me) that these strategies for permanent weight loss will work as easily for you as they have for hundreds of my patients; he personally guarantees your success with his 365/100 guarantee.

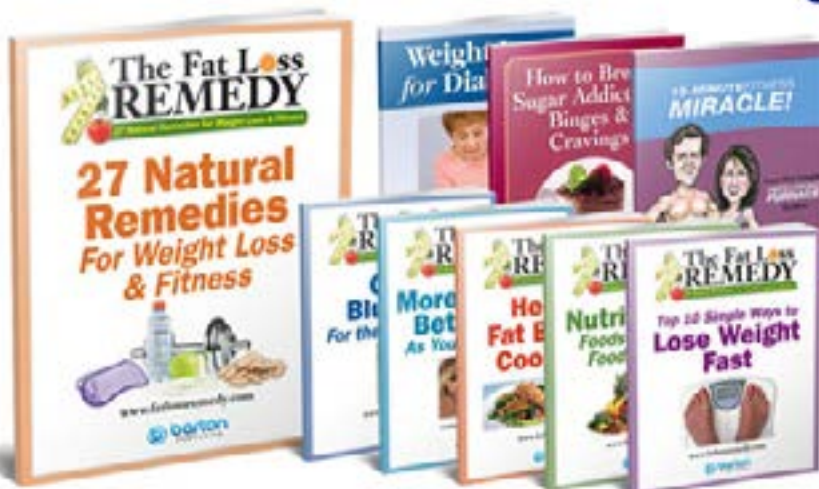
If you're unhappy with the product for any reason - or none at all - or you fail to lose any weight within a full year after you pick it up, Joe refuses to keep your money.

That's right - you have one full year to try his amazing natural fat loss system. If it's not everything I say it is - you get every penny back no questions asked.

That's why he calls it his exclusive 365/100 guaranteed - 365 days - 100% money back guarantee.



**Take a peek at how little you'll pay for this vital information**



My patients make their own diet rules that must work in every way so they continue using them for life. When they find the combination that works, they lose the weight and keep it off. If not, we change the rules.

With Joe's **Fat Loss Remedy Solution**, there's no guesswork and no life altering diet to follow. If you can't find the right permanent rule for you in the Fat Loss Remedy Solution, then losing weight is just not on your plate.

And please remember - exercise is only a small part of a successful weight loss strategy and pills or surgery are just a stupid, dangerous risk to take with your life - and results are NEVER guaranteed.

To melt away years of unwanted pounds permanently you need to get off that diet rollercoaster, stop exercising till you drop and start eating right - it's that simple. And it's already worked for hundreds of folks who were just like you.

So now's your chance, to put an end to your struggles, your failures, your doubts and get started today with the new you...armed with your own rule for permanent weight loss.

Best of all you have nothing to lose but the weight...

And if you're on the fence here...[watch this short FREE presentation for even more information!](#)

I already got my copy.

Will you help yourself today and get yours?

**[CLICK HERE TO WATCH THE FREE FAT LOSS REMEDY PRESENTATION](#)**

