



# Holistic Diet Life

## *Living Your Life Well*

### Quotes, Slogans and Things to Think About

Failure is an opportunity to begin again more intelligently.

Henry Ford

I like myself.

Brian Tracy

Every day, in every way, I am getting better and better.

Emile Coue

You can't always get what you want. But if you try sometimes, you just might find, you get what you need.

The Rolling Stones

Imagine all the people, living for today.

John Lennon

Nothing tastes as good as thin feels.

Unknown

The universe is a tireless tutor, patiently repeating any lesson we have not learned fully.

Jonathan Annis

Integrity means keeping your word, and when you see that you can't, or are not going to keep your word, cleaning it up with whomever it affects, as soon as you see you are not going to keep your word.

-paraphrased from the work of Werner Erhard

You are perfect just the way you are, and change any way you want to. If you need help, ask.

Jonathan and Debra Annis

You must examine your failures before you can succeed.

Debra Annis



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### How to Shop

#### What to Have in Your House - What Not to Have in Your House

Go home. Find every food in your house that is in a box, bag, or bottle, and throw it out. That sounds harsh, and there are some exceptions to this rule which we will discuss later--but as a general rule, that's not bad.

As considerable research has shown, it doesn't matter which diet you pick for losing weight. They all work, if you work them. But, in any serious weight loss program there are foods that you just shouldn't have in your house. You can identify these foods very easily. They came in a box, bag or bottle.

One common way to talk about them is as "processed foods." If you look at the label of ingredients of almost any of these foods, you will notice one fact very quickly. You have no idea what most of the ingredients are. You really don't need to know more about it than that. In fact, as a general rule, look at the list of ingredients. Are there more than one or two ingredients? If there are--don't buy it, and don't have it in your house. For many people this could be their entire weight loss program, and it would be successful.

Next, take a look at what there is in the house to drink. There are two very simple rules regarding drinks.

One: If it is sweet, don't drink it. This obviously includes sugar substitutes, which could be another entire subject, but it's easiest to just follow this rule:

#### **NO SWEET DRINKS.**

Two: No drinks with calories in them. There are two exceptions--  
-dairy is ok.  
-fruit or vegetable juices, preferably fresh and homemade, and no more than occasionally, are all right. Many people make the mistake of doing something like only drinking orange juice or apple juice all the time. These are high calorie drinks, and are not much different from drinking sodas.

This leaves three other things to drink, in any amount. First, water. Second, coffee. Third, any kind of tea, green, herbal, black, whatever you like. All unsweetened. Dairy is fine to add, if you like.

As a recommendation, avoid all alcohol. If you are serious about your diet program, there is probably nothing more likely to make you go off your diet than some alcohol. This is not to say that alcohol, in moderation, may not be good for you. As shown in the Mediterranean, and other diets, the research seems to show that a little alcohol is healthy. But, be careful. If the beer leads to pretzels, or the wine to a second helping of pasta you may blow the whole thing right there.



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## How to Eat Out

The challenge of eating out is the biggest hurdle in dieting and lifestyle changes for many people. In our hustle-bustle, no time for anything lives, eating out is many people's biggest calorie source. Unfortunately, for most people, it is also the biggest single area of unconsciousness. While we are making unimportant decisions, like, "Do you want fries with that?", or "Would you like to supersize that for 30 cents more?" it is easy to lose sight of the fact that the entire meal we have just chosen is a disaster. What do you do?

The first and best suggestion is--don't do it. Don't eat out. Take food to work with you. Eat breakfast before you go to work. Don't take the family out for a fast food treat together. Finding ways to not eat out in the first place is your best bet.

But, if you are going to eat out, here are some helpful ideas.

If it is an option, choose Mexican or oriental. These cuisines are naturally much more healthy and low calorie--if you are careful about the rice and the tortillas and chips.

Be extra careful about the luxurious multi-course dinner. It's easy to have three days worth of calories in a lovely meal like that, whether it's in your local Olive Garden or in the fancy steak house downtown.

Think ahead of time what you are going to order. When you are finally standing at the counter of a fast food joint is the wrong time to be deciding.

Don't order soda, or any sweet drink. Drink water, tea, coffee or milk. No sweeteners.

Say "No" to dessert. You aren't really still hungry after one of these meals, it's just that a taste of sweet refreshes the mouth. Use a breath strip to refresh your mouth and save the calories.



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### **Protein Shake Formula**

**(may substitute for any meal)**

**Any blender will do fine for this shake. Put all the ingredients in the blender and put on high for a few seconds. That's all that is needed. A blender with single serving mixer/glasses is very convenient and takes some of the hassle out of preparation and clean up.**

Four to eight ounces of milk, soy milk, almond milk, hemp milk. The fat content of the milk is not important depending on what diet you are following. Suit yourself. Unsweetened – this is important.

One or two raw eggs. (if getting clean eggs, free of Salmonella is a problem, skip this ingredient). Raw eggs are always somewhat of a risk. You will have to be your own judge about safety.

Two tablespoons, or so, of psyllium. Try to find some that doesn't have any sugar or sugar substitute in it. Trader Joe's is a good source if you have one near you.

One scoop of plain, unflavored whey. Again, try to find some that doesn't have any sugar or sweetener in it. You may have to really search for this.

Any fresh fruit you have around; unsweetened, and ready to be chopped up.

Baker's chocolate, plain and unsweetened, if you want it to be chocolate flavor. This is a great, very low calorie flavor maker, and will go with almost any fruit flavor. If you prefer, the fruit flavor alone may be fine for you.



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## Exercise – Taking Care of Yourself

Fitness is an important part of health, and unlike many other diet programs you may encounter, Holistic Diet Life is not an exercise program. You probably already have a gym membership, perhaps a stack of old ones, an exercise bike, a nordic track, a set of dumb bells and a yoga pad gathering dust in your closet or being used as a clothes dryer. If these were going to make you lose weight, they would have made it happen already.

You know what the problem is! You have to actually use them to make anything happen, and that isn't so simple. Why? All the usual reasons—"it's too hard," "I have no time," "it's boring," "it's too much like work," "I'm embarrassed." People have a million reasons to not exercise.

Let's say for a minute that isn't you. Perhaps you are already exercising and perhaps you love it. Great! Keep up the good work! This next part is not for you.

What if you aren't exercising though? What does the Holistic Diet Life plan have to say to you? It's very simple. **Start walking.** Start wherever you are, with whatever degree of fitness you have. Start simple. Start slow and WALK! Add more every week.

You almost certainly already have the equipment for it, feet and shoes. Now you just need a time and a place. Before work, after work, and if nothing else fits in, during work, instead of lunch. Take a bottle of water with you and a bag of mixed nuts or some fruit. Go for a walk and call it lunch. There, you have begun your exercise program, and it didn't even cost you anything.

Make your walking an everyday thing. Don't skip a day. If all you can do to start is walk to the end of the block and back, start there. Work on going a little bit longer and a little bit farther every day until you are doing at least a half hour of walking seven days a week. Until you are doing this, don't even think about doing any other kind of exercise! Don't join a gym. Don't start an aerobics class. Don't try Zumba or Tai Bo. Why? As we have already pointed out the critical thing in a diet plan, in losing weight, is sticking to the plan. Anything but walking in the beginning is likely to get you hurt and to put your plan back on the shelf for weeks to months.

Get Moving!



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### Supplements

Holistic Diet Life does not endorse any specific supplement to help you with your diet. We advocate awareness, self-control, and support. As research has shown, any diet can work. All the supplements listed here, and many others not listed, have helped some people to reach their diet goals. As with all things, Holistic Diet Life suggests you see for yourself what works. If it helps, keep using it. If it does not help, try something else. Remember, the goal is a healthy, fit, long, and happy life.

The following short list of supplements have passed testing for efficacy. They have been shown to work, in scientific studies.

- Green tea--extract and brewed
- Fibre supplementation--psyllium is the most commonly used. Begin slowly to avoid constipation symptoms
- CLA--Conjugated Linoleic Acids
- Calcium--dairy or tablets
- Meal replacements--mostly done with protein shakes, and protein bars
- Orlistat--over the counter medication that prevents absorption of fats

This next list is more uncertain. They can all be found in a myriad of on-line sites, as well as your local health food store, with various claims about their ability to help you lose weight. However, as of yet, their worth has not been proven. They may help you, they may not.

- Resveratrol
- Creatine
- Co-Q-10
- Vitamin D3
- Zinc
- L-Glutamine
- Carnosine
- L-Carnatine
- White Kidney Beans
- DHEA
- Raspberry Ketone
- Garcinia Cambodia
- Chitosan
- Whey
- Beta Glucan
- Glucomannan
- Mango Seed Fibre
- Teas



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# The Use of Teas in Weight Loss



Of the many supplements available for dieting, tea is one that has evidence to support its effectiveness. Many studies have been conducted on the health benefits of tea. The most widely known is green tea, but there are many other types of tea as well as herbal teas.

### **Green Tea**

Green tea is slightly fermented and more processed and mature than white tea. Green tea has high amounts of antioxidants.

Green tea is further noted for its anticarcinogenic and metabolic properties. Many of these benefits are due to its high amounts of polyphenols, especially a certain polyphenol called EGCG. Because they contain potent antioxidant properties, polyphenols are thought to help the body's immune system, protecting cells against disease-causing free radicals. Thanks to this composition of chemicals, green tea has been said to protect against everything from cancer to high cholesterol to heart disease. And some even claim that EGCG may boost the metabolism, suppress appetite and even burn fat.

Green tea is thought to increase the digestive process and energy. The presence of caffeine in the tea increases its weight loss effectiveness. Green tea comes from the plant ***Camellia sinensis*** and originated in China.

## White Tea

White tea has antioxidant properties also and is said to have higher levels of antioxidants. White tea is lightly oxidized. It comes from very young tea leaves picked before the buds are fully opened. The name "white tea" comes from the fine silvery-white hairs on the unopened buds of the tea plant. White tea is the least processed of the types of tea. It is not fermented at all. White tea must be handled carefully, leading to its higher price. Compounds in white tea may also stop new fat cells from forming. Brewed white tea is pale yellow.



White tea also comes from *Camellia sinensis*. White tea has slightly less caffeine than Green tea.



## Pu-erh Tea

Pu-erh is "pile fermented" tea which results in a fragrant earthy tea. The

leaves undergo microbial fermentation and oxidation after they are dried and rolled. Pu-erh is dark, or black tea.

(Ming of Vital Leaf Tea in San Francisco just explained that in China black tea is completely different from what is known as black tea in the West. In China, what in the West is called

"black tea" is called "red tea"). The most famous variety of this category of tea is Pu-erh from Yunnan Province, named after the trading post for dark tea during imperial China.

It is said to aid in the body's metabolism of fat if used at the proper time. The best time to drink the pu-erh teas is suggested to be an hour after a meal so that it can remove excess grease and aid your body in eliminating fats.

If you drink pu-erh tea one-half hour before a meal it can remove the fat from your digestive system and make you feel hungrier leading to consuming more food.

Pu-erh tea can increase the speed of digestion of your food and accelerate the movement of fat through your system. We have included pu-erh tea bags in our tea sample kit.

A good tea regimen is to drink white, green, herbal, or our Weight Loss Tea in the morning and throughout the day and drink pu-erh tea after meals.







### **Herbal Teas**

Herbal teas are used for weight loss also. Some of them claim to have detoxifying, appetite suppressant, and metabolism boosting qualities as well. They can have a laxative effect. If so, you should drink them in moderation. Herbs having laxative qualities include senna, aloe, agarwood, rhubarb root, buckthorn, and castor oil.

Our Weight Loss Tea includes a formula from Chinese Medicine. Claims made include resolution of body fat, enhancement of digestion, reduction of excess water weight, weight reduction, reduction of cholesterol. It is said that it will make women feel young

and slim and full of beauty.

### **Tea and Mindfulness**

Drinking your tea with awareness will help you curb your food cravings and make you aware of the weight loss choices you are making. Sipping a warm cup of tea can make you feel less deprived. Becoming conscious of your food, beverage, and lifestyle choices is a major part of your weight loss and lifestyle change efforts.



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



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### **Weight Loss Detox Bath Salts**

You can eliminate many of the toxins that have built up in your body by a detoxifying bath. Your skin is an organ that can absorb and expel toxins. Toxins are expelled through sweating, often in a bath. The use of Epsom salts draws the toxins from your body and can relieve stress, soothe muscles, and ease wrinkles. It can also restore magnesium and sulfate in your system.

Draw a bath and put the bath salt mixture in. Our mixture contains Epsom salts, lavender oil, and lavender buds. You can add chamomile, ginger, and other herbs also. Ginger increases the heat levels and the sweating out of toxins.

Bathe in the warm salty water for least at 15 to 30 minutes. Relax and visualize the new you.

Drink lots of water during the bath to keep yourself hydrated.

You can use a rough towel or loofah to stimulate your lymph system and exfoliate your skin after the bath, leaving you with a nice glow!



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### **Diversion Kit**

As part of our program, we ask you to look at the choices you make regarding your diet and health in order to raise your consciousness, change your habits, and help you to become accountable. These questions will help you. You can use the questions and answers to begin your journal. We advocate the use of a diet journal to track your progress and raise your awareness.

Questions:

1. Some examples of when I've gone off my diet are:
  
2. Some of my triggers for going off of my diet are:

3. Some excuses I make for not dieting are:
  
  
  
  
  
  
  
  
  
  
4. Some ways I can stop myself from going off my diet are:
  
  
  
  
  
  
  
  
  
  
5. The things I eat/drink most often when I go off my diet are:

6. Some food/drink/treat substitutions I can make are:

[This area can be the keystone of your new diet life. When you realize what your triggers are for going off of your diet, you can have healthy diet-friendly substitutions ready. For example, if you are craving ice cream, you can make a protein shake – have the ingredients ready to use. Another diversion you can use ‘on the go’ are breath strips. We like the cinnamon ones for their sweetness and strong flavor. Experiment with healthy diet diversions to keep you on your diet.]

7. Some of my excuses for not walking for exercise are:
  
  
  
  
  
  
  
  
  
  
8. Reasons I am now willing to accept support for my diet are: