The Dirobi Un-Diet Guidelines
For Rapid Weight Loss

1. **Do not drink calories.**

2. **Eat ALL food slowly and mindfully.** Even “cheat” foods.

3. **Smart fasting.** Try to eat all food within an 8 hour window (men) 10 hours (women). Try to not eat anything after 7 PM.

4. **Eat according to the “hand rules” for every meal.** Protein the size of your palm, carbs the size of your closed fist, fat the size of your thumb, and an open handful of veggies.

5. **Observe a simple supplement Strategy.** Take Pounds and Inches Drops twice a day for weight loss, a good quality multi vitamin, trace minerals, and other supplements depending on your age, gender, and activity level.

6. **Move your body every day.** Continue doing whatever exercise you already do, but make sure even your rest days involve light activity.

7. **Sleep.** Get 7–9 hours of sleep every night.

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”

~B.K.S. Lyengar

“Those who think they have no time for exercise will sooner or later have to find time for illness.”

~Edward Stanley

“I made a commitment to completely cut out drinking and anything that might hamper me from getting my mind and body together. And the floodgates of goodness have opened upon me – spiritually and financially.”

~Denzel Washington

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”

~William Londen