

the dirobi[®] Un-Diet

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 spirt. 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

