**The Dirobi Un-Diet Guidelines For Rapid Weight Loss**

1. **Do not drink calories.**

2. **Time Restricted Feeding.** Eat within a six to twelve hour window.

3. **Eat ALL food very slowly, and mindfully.** Even "cheat" foods.

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

6. **Observe a simple supplement strategy.** Take Pounds and Inches Drops as directed. Also recommended: a good quality multi vitamin, trace minerals, and Omega 3 fish oil supplement.

7. **Cheat strategically, and rarely.** Limit treats to just once per week during rapid weight loss phase.

“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