

# ALPINE WEIGHT LOSS SECRETS

The natural way to look  
and feel 5,10, or even  
20 years younger



by **Stefan Aschan**  
Europe's Premier Youngevity Coach





# **Alpine Weight Loss Secrets**

by Stefan Aschan

# PRAISE FOR THE *ALPINE WEIGHT LOSS SECRETS* TO LOOK YOUNGER NATURALLY

"I can assure you as a physician that following *The Alpine Weight Loss Secrets* will change your vitality and physique in multiple ways. Stefan Aschan, one of New York City's most respected personal trainers, has a creative, astute and highly entertaining approach to diet and exercise. Follow his advice carefully and the results will be wunderbar."

**Stuart Fischer,  
MD, author of the *Park Avenue Diet***

"This is a terrific book, loaded with practical, proven methods to lose weight, feel great and enjoy unlimited energy."

**Brian Tracey,  
Author of the *Goals and No Excuses!: The Power of Self-Discipline***

"Several years ago, Stefan Aschan was transplanted from an Alpine village to metropolitan New York. Once he recovered from culture shock, he noticed the plethora of obese people in the big city. As a result, he wrote *Alpine Weight Loss Secrets* in an attempt to coach his new countrymen and countrywomen to adopt sensible eating habits, substituting "empty calories" for "quality calories". The result is a collection of practical suggestions for weight loss that makes sense, that guarantees delightful reading, and may save the life of some readers along the way."

**Stanley Krippner,  
Ph.D. Professor of Psychology, Saybrook University**

"Thank you for changing my life. Post-menopausal, at 51, I thought all I had to look forward to was a downhill slump of more sagging and drooping. In less than two months your exercises and nutritional recipes have helped me to lose the fat, restore tone and muscle to my body, and have given me more energy than I have had in 20 years. I went from 145 lbs to 125 lbs. My friends tell me I look 35, and I have the energy I had at 20. And my sexual appetite has been rekindled! You are a miracle worker."

**Susan Hudson, 51,  
Former CEO**

"When I initiated Stefan's program, I was concerned that it would have a temporary benefit. This was my experience with all previous "diet" programs I had tried in the past, including the popular reduced carbohydrate methods. What I soon realized was that the nutrition program was not a "diet" at all, but rather functioned as a training program for healthy cooking and eating, one of the core ingredients to healthy living. Through the program I was convincingly familiarized with the benefits of natural foods and principles of nutrition that I would never have explored or learned on my own. The benefits have remained simply because I feel better when I eat this way. This experience has been unlike any other "diet" program I had tried in the past, which ultimately failed because they were based on applying restrictions to what I really wanted to do which was to enjoy eating! I went from 30% to 22% body fat, lost 20 lbs as I went from 214 lbs to 194 lbs, and changed my hip measurements from 40.5 inches to 35.5 inches and my waist measurement from 40 inches to 36 inches. And this is really just the beginning. Through my experience with his program, I do not feel restricted but rather feel that I have been opened up to a whole new world of food and gained a tremendous knowledge, which will stay with me for the rest of my life. And even better, I enjoy eating!"

**Andrew J. Fishman, 42,  
MD, New York University School of Medicine**

**For more praise visit  
[www.AlpineWeightLossSecrets.com](http://www.AlpineWeightLossSecrets.com)**

# COMMON WEIGHT LOSS AND YOUNGevity PROBLEMS

Everybody is different. Not just their external body, but also the internal body at the cellular level. Whatever your body type, body concerns, or obstacles to implementation, there is help. Here's what Stefan recommends for these common problems:

## **Problem 1 – Bulging belly**

**Solution:** Analyze if there might be more than just fat pushing your belly out. And discover how you can flatten your belly with food and one simple activation.

## **Problem 2 – Hunched-over posture**

**Solution:** Balance your muscular system. Learn the secret concept that few back doctors know.

## **Problem 3 – A jiggly stomach**

**Solution:** Follow the the Mountain Program to burn not just epidermal body fat but inner organ fat, too.

## **Problem 4 – A saggy, baggy, wrinkling body**

**Solution:** Use the primal movement patterns that work your body in 3-dimensional ways. They can strengthen, tone, and lift your arms and butt too.

## **Problem 5 – Lack of energy**

**Solution:** Eat as close as possible to the earth. Discover the foods that are most beneficial for your metabolic function in categories 1 and 2, and damaging for you in category 3.

## **Problem 6 – Feeling burned out and bored**

**Solution:** Redirect your focus with 7 key questions—they can be your lifesaver.

## **Problem 7 – Lack of strength and endurance**

**Solution:** The 3R2S system. Discover how it works and how to implement it.

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Stefan is offering an incredible opportunity for you to experience first-hand why he is known as Europe's Premier Youngevity Coach.

**Since he understands that support is a critical component to success, Stefan will give you on-line support solutions valued at \$70, for FREE.**

You'll receive the **Longevity Strength Program** workouts to follow at home, outside, or anywhere you like, his Back to Balance Flexibility Program, and access to instructional videos which supplement the program.

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**and access your free gift.**

A handwritten signature in black ink. The signature is cursive and appears to read 'Stefan'. It is written in a fluid, connected style.





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**The natural way to look and feel  
5, 10, or even 20 years younger**



**By Stefan Aschan**  
Europe's Premier Youngevity Coach

## Alpine Weight Loss Secrets

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To all my colleagues who provided education that was applied and used to transform my clients into young, energy abundant, and pain-free individuals.

And to all my clients who have helped to form the information in one way or the other. Without you the program would not be in its current form.

This book was an expedition—or rather, a trip to the Alps. There are many ways to reach the peak of a mountain, but stick-to-it-ness is the secret to your success. I believe that you will progress within the first week of this program. But your real peaks will be climbed and reached long after these words have been read.



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# Alpine Weight Loss Secrets

## Introduction

Maybe you don't like what you are seeing and feeling these days. Sagging facial, arm, stomach, and leg muscles; low energy; large belly; hunched-over posture; lost body tone; cellulite; the inability to move; the inability to stay active and independent; and unhappiness over lost youth and opportunities earlier in life are NOT the result of getting older. It is an ugly, slowly growing tumor that spreads and inhibits your capabilities, but you can fight it. You can look and feel your best, enjoy energy, enjoy an attractive, toned body, get back a youthful attitude about life, experience new joy in your daily life, enjoy active sex, provided you start now.

This book incorporates my knowledge of century-old strategies from the Alpine environment where I grew up, scientific research, and more that 17 years of working as a nutrition and exercise coach. The information is presented in an easy-to-follow and comprehensive program that you can implement as a lifestyle that can and will prevent and reverse the signs of aging, old thinking, an unsexy posture, and the attitude that ages you. We will be looking at weight loss from an Alpine perspective and share strategies that have been naturally followed in a country that was referred to as the "Alpine Power House." A place where you see the 90-year-olds moving, acting, and living like they're 30-somethings. Hip replacements? Knee replacements? Unheard of. There they live happy and contented lives without the aches, pains, diseases, and body shapes that plague so many of us living in large city environments.

After more than 17 years working with individuals to help them lose pounds, shrink inches and body fat, change body appearance and attitude, eliminate aches and pains, teach skills to improve their bodies' capabilities, I finally fine-tuned my approach into a successful program that can and has been implemented with at 99.9% success rate. Individuals from all walks of life have profited from this program, including the mother of three whose children moved out, the

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retired CEO from a Fortune 500 company, the recently divorced secretary trying to find herself again, and models getting ready for photo shoots. The program has also helped young women who were sick and tired of gimmicks and fad diets. I am proud to say that they consistently have left my sessions with great results after implementing my personalized strategies and advice.

By following my program, thinking approach, and strategies, you can achieve and maintain a pain-free body that is agile, toned, and in shape; capable of maintaining balance and staying flexible; and has abundant energy. Your reclaimed health will be reflected in your glowing skin (glowing like the moon in a mountain lake), flat stomach, elastic skin, and muscles like a 25-year-old. Even better, your attitude will improve to the point that you will go out and try one thing that scares you each month—like changing your relationship, finding a new adventure, trying a new cognitive strategy to feel happy and energized again, or starting to date and have sex again after a breakup.

Wait, did I mention that weight will be lost? It will, and you better believe it. You don't have to go under the knife, go for Botox, or resort to liposuction. Even if you do, you still need to stay active to stay independent and strong for the years to come. The information shared in this book is a basic and familiar anthropological truth for how to look and feel younger naturally with Alpine Weight Loss Secrets.

## **A Lifestyle for Centuries**

In the little Alpine village where I grew up and other villages I visited, we ate with gusto—no diets for us. But unlike most people, individuals in Alpine environments tend to eat foods that are close to the earth. “Going to the gym” is not a phrase that is commonly used. Instead, people say, “Let’s go for a walk, a hike, a run, or a bike ride.” People enjoy each other’s company while staying active. The result is a complete package of health, longevity, and youngevity; clear-headedness; and strong, lean, energized bodies. In my Alpine village, people in their 70s look and act 20 or 30 years younger because they are fit, nourished, and active. And, oh boy, can they run after you when you have done something wrong (something I experienced more than once as a teenager!)

This lifestyle approach is instilled in us as very young children. In Alpine environments, activities are an integral part of a daily schedule. It might be just walking to the next village or to the store to buy some food. Why take the car for such a short errand? It is an activity that we enjoy doing because we have been taught to enjoy the journey. My father used to send me to the farm next door (4 miles away) to buy eggs, bread, and beer on the weekends. We would bike to the next village to visit our friends, despite the steep hills between us. Breathing the late summer air, smelling the freshly cut fields, and feeling the warm pockets of wind as you went from one valley to the next were all part of the journey. The experience refreshed the mind. Snowstorm? No problem—the drifts made the journey more interesting. We had fun and did not think it was special then. It was



a way of living that was normal to us. Being in the moment made us clearheaded when we arrived at our destination.

We achieved this by living with the environment rather than in the environment. Many times we would ask ourselves, “What can I do next? What else can I explore right now? How does this taste? Do I want to do this?”

As I recount my own stories from growing up and combine them with scientific research and years of experience changing my clients’ bodies, health, and lives, I lay out a path for you to follow. I take readers through a full program that does not go by day or by phase, but by strategy. We are living in a very busy environment. Sometimes our priorities can change from one day to the next. Would it be best to implement the program from chapter 1 to chapter 11? Yes, but you also can turn to any chapter and start implementing the strategies. You can start with chapter 10 and move to chapter 2. The results will be the same. But for the best results, I provide you with a cohesive approach, organized in the progression in which the book is written.

### **Here is what you will learn:**

**Change your mind, change your body:** Changing your body starts with your mental muscle. Learn how to flex your mental muscle by following my simple worksheet.

**Lighten your metabolism:** A calorie is not just a calorie. Chocolate and carrots are not the same. Both affect your system. What is the difference? Might light have an impact? Learn why the glycemic index is misguided, and what you need to watch out for while you implement the forward-thinking research from Germany and Japan that you won’t hear about in the States.

**Alpine eating – choose tomatoes not potatoes:** There are always better decisions you can make when it comes to one food over another. Which is the better choice and what Alpine foods can be eaten to change and maintain a youthful body even in your 90s? All right here.

**Improve your fat-titude:** Trim the fat in your life. This refers to excessive intake and also things that just slow you down. Learn what kind of fat is good and why. Get educated and learn about fats that burn fat and foods that make you fat.

**Instant anti-ager – your posture:** Faulty posture does not look good on a teenager and definitely not on an adult of any age in revealing clothes. There are three simple tricks that you can do to improve your posture; these are the basic foundation of any scientific exercise program.

**The joy of movement:** Too many times have I heard someone say “I hate to exercise.” What a shame. Don’t blame yourself. One of the first strategies to

staying active is to find the activity that you love. And not hate. And this might mean not going to the gym. Discover the other options you have and the strategies that my fellow Alpine villagers have been using to discover joy and form a supportive community.

**Train yourself “Jung” (young).** Stop sitting around. The more you sit, the weaker you become. In my village, simple everyday strategies are used to stay agile and young. Ditch your old habits with fun, easy-to-remember moves that have been used for centuries in Alpine communities. Of course, I will give you the latest research to back up this approach.

**A flat belly – “Schnell” (fast) :** Occasional overeating can happen—at big festivals, family gatherings, and the like. But have you over-eaten your entire life? Turn this around fast: *The 2-day Alpine Cleansing Cure* will help give you a flat belly schnell [fast].

**The joy of living:** Life doesn’t end when you are 40, 50, or 60. It begins. Ask yourself these 7 questions that will help you change yourself and provide direction for what you want to be doing next.

**Eat yourself thin:** Cook and eat. That’s my philosophy. But not just any food and not just any cooking technique. Cook the Hudry Wunsch way to save time and money. Breakfast, lunch, and dinner prepared according to this new cooking method will leave you satisfied and nourished. You will never return to your old way of cooking.

**Stay young for a lifetime:** These three ladies, Margarita, Vikki, and Casey have done it. How? Read about their challenges, obstacles, and the approach that worked for them. Pick up one or two things that will work for you.

Now I have a few stories to tell, a lot of strategies to share, and a lot of knowledge to pass on. And I will make you laugh at the same time. I will be driving home basic philosophies and concepts of Alpine living. If you have been looking for a diet book, this is not the right book. If you are looking to lose weight fast and gain it back, this book isn’t for you. But if you are looking for change in your thinking and cognitive process of making decisions; strategies that are easy to implement; and for a fun read that provides education and insight about a successful weight loss program that was influenced by strategies learned in my Alpine upbringing, this book is for you. Learning and changing to be a different person and improve your appearance is like preparing for an exciting journey—it’s a step-by-step process.

**Let’s go and let the Alpine advantage begin.**

## Chapter 1

# CHANGE YOUR MIND, CHANGE YOUR BODY

## The Choice Is Yours

I love being an adopted European. The opportunities and possibilities that the United States has to offer are endless. Coming from another country can make you feel like an outsider at times, and yet it is up to you to make the change and see situations in various lights. For example, my tendency is always to look at the bright side, and to me, the glass is always half full—not half empty. How we perceive half a glass of water is totally up to us.

Every perception you have is somewhat influenced by the way you were brought up—by mother, father, education, belief system, country, and culture. All these factors have consciously or subconsciously conditioned how your brain is wired.

Look briefly into your decision-making skills when it comes to food choice. Parents can do more damage than good when it comes to this skill. Were you rewarded with food like sweets (perhaps other foods) when you were a child? Years later, long an adult, you may find yourself digging into dessert to reward yourself for getting through a bad day or to celebrate success. Patterns that are set in childhood can influence you today and determine your success in many areas and in any weight loss program.

And how does education fit in? Research has shown that those with higher educational levels make better nutritional choices.

Could religion influence you as well? Yes, just think about kosher food. Kosher is ranked above organic food for its purity, although organic has wider nutritional benefits. The solution? Perhaps kosher organic food?

Growing up in a European country, we are taught the ways of our

country's traditions and eating culture. I was raised in an Alpine environment. This conditioned my overall physiology, psychology, palate, and outlook. The desire to be as close to nature as possible is ingrained in us. Not just in terms of activities but also in terms of foods. Today when I see the food choices people make in restaurants, the supermarket, or other venues, I can only shake my head in disbelief. You also might have seen someone choose Diet Coke for breakfast! This may be the norm for some, but the first time I saw this, it turned my stomach. What can I say? We Alpine folks enjoy sitting for a little while in the morning, enjoying our tea, perhaps a little dark bread with homemade jam, muesli, or a soft-boiled egg.

Does that mean you are out of luck if your background gave you habits that are not the best to support a youthful lifestyle? Not at all. But understanding your underlying belief system can help you understand why you make the same choices over and over again. Why, for example, you eat sweets after a workout.

Your mental attitude also has a huge impact. How many times have you said, "I can't"? Yet when you wanted to achieve a goal, you did it. To change your attitude from I can't to I can, your motivation can come from an unexpected place. It can even arise from a disturbing realization.

That is exactly what happened to my client Cathy. She is in her 40s and signed up for checkup and a revamp of her program. After her measurements were taken, we found that at 5 feet 4 inches and 141 pounds, her percentage of body fat was 36%, which placed her in the obese category. She was shocked. Her last checkup with her doctor revealed that she had good cholesterol, and her cardiovascular system and her digestion were healthy. Yet to truly be healthy, her body fat percentage should have been between 31% and 21%, and her weight between 130 pounds and 114 pounds.

Tears rolled down her cheeks as she repeatedly asked, "How did I let it get this way?" She was at rock bottom but also clearly saw the path that had led her to this point.

"Are you ready to make a decision that will change your body, your attitude, and your life?" I asked her after comforting her. She nodded. "Can you see yourself thinner, younger, happier, and more energetic?" I continued, "Have you made the decision that you do not want to be here, in this place of unhappiness and body despair?" She nodded. "If you ever think you cannot do anything or you are too tired or do not have time, think about today's conversation. Use your clear vision of what you want to become and stay motivated. Maintain this state of focus and be conscious of your actions and where you will end up by following them." She started right then and there. Six months later she had lost 24 pounds and her percentage of body fat dropped to 21.3%. She went from 141 pounds to 114 pounds. But most important, she went from I can't to I can.

She flexed her mental muscle, and she was in charge. She made the decisions that were right for her, starting with that first decision to change.

## Flexing Your Mental Muscle

My program will help you to analyze and change your current decision-making process so you make better, clearheaded, more informed choices. This plan will help you rewire your brain with new and better connections. We are not just talking about your decisions about food or how you execute movements. This program will show you how to reprogram how you think about food and activity. **Focus your mind, flex your mental muscle, and the rest will follow.**

**How do you flex your mental muscle?** It is different for everyone, but one way that many of my clients find helpful is to hit the “pause” button. Think of your life as a series of choices or decisions. At any time—in the next moment, the next hour, the next week—you could choose to stop, to slow down, and to be still for a few seconds. Pausing creates a momentary contrast between your usual response and the choice to make a change. It is the difference between your default mode of distraction and being truly present and conscious of your choices. Just stop, breathe deeply, and choose new. You can use this technique when facing any choice—from whether to eat a piece of candy to whether to explore changing jobs.

**The Key Is Finding an Easy Entry Point.** Have you ever told yourself that if you would just get back on your daily workout schedule or start a healthy eating plan, the rest of your life would fall back in place? This is true. But that is way too hard. Fixing any one of those problems is just too big. So go for something easier; instead of a whole exercise regimen, do modified push-ups or an abdominal activation morning, noon, and night. You can do it on the floor—any floor—and it takes just 30 seconds. The act of doing one single activity (versus starting a whole new workout) is easy to do. It restarts the momentum of your self-discipline after just a few days.

**Warning: You Need to Give up Perfectionism in Order to Get Anywhere.** If you are aiming for perfection, you are never going to get yourself to do what you need to do. No one is perfect, and if you tell yourself you need to be perfect, then everything is too hard to start. Remember that the point is not to create additional pressure but to create pleasure. This is the pleasure of accomplishing a goal and sticking to a decision.

**Flexing Your Mental Muscle Is All About Believing in Yourself.** Take, for example, the person who stops going to group classes for a month. If you think of yourself as someone who enjoys exercising with a group, you are more likely to start going again than if you think of yourself as someone who only works out alone. And this is true in a more broad sense: if you think of yourself as someone with a lot of self-discipline then when you are not exhibiting self-discipline, you expect to start using it again, and you do. Self-discipline is like a muscle, so you need to work it regularly to strengthen it, and part of practicing it is telling yourself that you are a person who has self-control over your own choices.

## MENTAL MUSCLE 101

*Flexing Your Mental Muscle Involves Small Things Paving the Way for Very Big Things.*

*Choosing to take control of how you eat, what you eat, and why you work out puts you in the driver's seat. My advice is to start small because self-discipline snowballs; if you can work hard to have self-discipline in one small area, you create self-discipline almost effortlessly in other areas.*

*Debbie, one of my first clients, found great success using this approach to bring focus back to her diet. After consulting her food log, we discovered that she used high-calorie foods like mac and cheese at lunch as a reward for accomplishing her morning tasks. This made her tired and mentally sluggish all afternoon. The fix involved suggesting that she should eat warm, broth-based soups as a first course for lunch, and then decide what to eat. The warm soup comforted her and made her feel full so she was less inclined to indulge in the high-calorie entrees. Within a week, she noticed how much more energy she had in the afternoons and she stopped skipping her workout sessions. The simple change at lunchtime gave her the momentum to focus on two other areas that needed improvement: her work and her workout program.*

Throughout this book you will encounter worksheets on flexing your mental muscle. Work with me. We are on a journey together, and I am thrilled to help you reach your goal of finding a different lifestyle. Keep a pen handy and fill out the worksheets as you read this book.

## Worksheet 1

If you want to improve yourself you need to raise your current standards. In the lines below, fill in your current standard—use your health, weight, or activity level. Then raise your standard. Write what you will accomplish.

**Current standard for maintaining health:**

.....  
.....

**New standard for maintaining health:**

.....  
.....

**Current standard for maintaining weight:**

.....  
.....

**New standard for maintaining weight:**

.....  
.....

**Current standard for maintaining activity:**

.....  
.....

**New standard for maintaining activity:**

.....  
.....

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### Worksheet 3

Your simple entry point! Use common sense. What can you do right now to get started and stick with it for 7 days? Vowing to drink more water? Halve the usual number of soft drinks you currently drink? Not skipping scheduled workouts for a week? Packing a lunch from home? Proving to yourself that you can decide to change and stay with that change is how you start flexing your mental muscle right now. Start your success and record your personal entry point right here.

**My personal starting point:**

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These lists will guide you through the program. Keep them at hand. Tape them on your fridge or put them in your Blackberry or cell phone to remind yourself of what you have decided. You can accomplish big results with small steps.



## Get It Done! 6 Ways to Flex Your Mental Muscle Today

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- ❶ **Pinpoint your feelings.** There are many emotions that you have to deal with, but the number differs by gender. It has been said that men describe about 8 emotions, but women, about 32. You have to acknowledge and recognize your feelings to work with them. Start a journal with emotional categories such as fear, rejection, worry, helplessness, frustration, depression, boredom, anger, anxiety, etc. Identify the emotions that start a chain of destructive behavior in you. Note when they strike (when you are tired, hungry, or stressed) so you can learn your patterns.
- ❷ **Control your emotions.** As soon as you know why you feel a particular emotion in a given situation, you can start to control the emotion. You can do this in 3 seconds. Ask yourself: Is it really as bad as I think it is? Think: Am I hoping for better results so I do not have to feel that emotion? Try thinking about a goal that you hope to accomplish. Now think about the same goal and expect it to happen. Don't you feel a difference in the way it empowers you? Expect that you will do well. Raise your bar and perform accordingly. And remember, to hope is not the approach to use to get something done. Expect it to happen.
- ❸ **Know your stumbling blocks.** Know upfront the obstacles that keep you falling off the goal-accomplishment wagon. If you know them ahead of time, you can work to avoid them.
- ❹ **Start acting.** This does not have to be physical. It can be a notion that this is going to bring you closer to why you want to accomplish your goal.
- ❺ **Give yourself the right to change.** Yes, making the commitment to exercise consistently and go to the farmer's market instead of the corner store takes time. But you are not being selfish; you are investing in yourself. You have the right to look good, have energy, and feel good about yourself.
- ❻ **Stop the blame game and get out of your own way.** You have every right to accomplish your goals. If you're honest, you'll realize that most of the time you are the one who is holding yourself back. Yes, I have heard about your family emergencies, your professional pressure, or the stresses of your life. Yet when is your time for you? When is your time to relax or your time to work out? Analyze how much time you carve out for yourself to work on your goals.

You can have many goals, such as financial independence, changing your body's appearance and health, spending more time with friends or family, becoming more effective with daily tasks... the list goes on. Yet your success starts with your first step. What is your first step—for you—going to be today?

**Start flexing your mental muscle TODAY.**

## Chapter 2

# “LIGHTEN” YOUR METABOLISM

Growing up in an Alpine environment shaped how I eat. Fresh vegetables, fruit, and herbs came from our back garden or from the neighboring farmer’s fields. As kids, we were delighted to discover an edible green growing on the side of a dirt road or field. In our tiny village of 20 houses and 3 farms, such food information was shared. If a neighbor thought one of us Aschans was looking too pale, which was attributed to iron deficiency, you can be sure that somehow nettles and dandelions found their way into our house and into our salads. Whether you liked it or not, there was never an argument about eating it. There was no choice. As children, we followed the trustworthy advice of the healthy, slim, and wise elders. (But do you really think we did it without kicking and screaming? Of course not.)

Fast forward 27 years, when I found myself in the United States, where this local, fresh-from-the-fields information and basic green knowledge was replaced with generalized (and often erroneous) information from television, newspapers, and the Internet. The exciting discovery was not that the chives were sprouting in the nearby woods but that a celebrity somewhere on the planet had lost weight with some new faddish plan.

We tend to swallow this information without considering our specific individual needs or how it suits our living environment or life cycle. We cannot trust our instincts anymore as we are so far removed from the earth. Global food shipping means we do not eat according to the season; we can defy the rhythms of day and night thanks to electricity and distractions such as TV and the Internet. Our clearheadedness has been anesthetized. Supermarket specials to buy 2 and get 1 free determine our nutritional intake, and weekend marathons of TV specials dictate our activity levels.

I know because this happened to me, but I did not know it at the time. Changes in food and culture from one continent and environment (Austrian,

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Alpine) to another (New York City, urban) affected me within weeks. Upon arriving in New York City, I found success, thanks to my teaching style, at the same gyms where Arnold Schwarzenegger used to train. Pretty soon everyone taking my classes started calling me “Little Arnold.” My classes were packed and more private clients signed up to work with my fitness program. No one had ever seen anybody train clients the way we did back home, so people kept coming up to me during sessions to ask for my card. My business was on a roll.

But also something was definitely wrong. It did not happen overnight. A new-to-me tiredness set in. Of course, there was a lot of wear and tear on my body from teaching many hours a week, but I had been this intensely physical my entire life. Sleeping even more hours than I was used to did not leave me refreshed. Then a European friend, who had had similar problems when she moved to the States, asked me a simple question: “What are you eating?”

During my first months in New York, I ate like an American; I ate whatever was served and finished everything on my plate. Like a native, I grabbed food from a corner deli because it was quick, efficient, and inexpensive. Eating processed food loaded with sugars, fats, preservatives, and food coloring was taking a toll on me, and my body paid the price. My body was not suffering from a lack of food—my body was suffering from lack of nutrition. That was the last time I ate like an American, believe me!

If you have been eating mostly processed foods, fried foods, or low quality produce, your body may be suffering from their damaging effects, including weight gain, digestive issues like bloating, looking older than you really are, and other serious health problems. You can change all that and supercharge your metabolism by changing the quality of the food you eat.

Hubert, 39 years old, one of my clients, experiences similar body fat and weight issues when he travels between Europe (Germany and Austria) and the United States (New York). Whenever I see him in New York after a business trip abroad, I always take measurements. That is when he confesses to his indulgence in good food and going out in Europe. Yet, surprisingly, his body fat measurements, over and over again, reveal a lower percentage of body fat when returning from a stay in Europe versus staying for weeks in the United States. This is why I began questioning the quality of the European food system and comparing it to the American food system. I also looked at typical weight loss/maintenance supported by each system.

## **Your Metabolism, Only Better!**

People often think that the metabolism is simply how we burn off food, but it is actually the sum of all the chemical processes, both good and bad, that occur at the cellular level. For optimal energy, health, and youngevity, all those functions and systems need to be working efficiently and in unison. That is when you lose weight, burn off the excess organ fat, and rejuvenate your skin. You

also reduce your risk of cancer, cardiovascular disease, high blood pressure, high cholesterol, diabetes, osteoarthritis, rheumatoid arthritis, and inflammation, as well as a myriad other health concerns.

Most popular diet books and even many scientific studies that compare high-carbohydrate or low-fat or high-protein eating plans usually come down to watching your calorie intake. But no one seems to be making what is the most critical distinction—the difference between quality foods such as fresh, organic, and processed foods (produce, meat, and poultry) that have been produced without pesticides, herbicides, antibiotics, and other chemicals. It is not surprising that people who lose lots of weight often regain it (and more) pretty quickly. They have not learned to nourish and satisfy their bodies.

## Alpine Secret: Eat Quality Calories

Not all calories are alike. And a quality calorie is more than just a calorie. A fresh, organic apple and a candy bar may both have 90 calories, but there is a world of difference in how those calories interact with your body. That organic apple is packed with nutrients, enzymes, vitamins, and trace minerals (among other things) that fuel your metabolic functions and give you energy. Quality calories stimulate your taste buds so that your stomach registers a sense of fullness and satisfaction. You can actually eat more of these quality calories because the body is utilizing the nutrition very efficiently.

The calories from that candy bar slow down your metabolism, weaken your immune system, and contribute to toxicity buildup. They also take nutrients out of your body rather than putting them in. Such empty calories age your body because they tax your digestive, immune, cardiovascular, and other systems. Those calories make you feel bloated and lethargic. If you eat poorly, you do not have energy, and when you start a weight loss and exercise program, energy is what you need. When you are constantly looking for more food to boost your energy levels, you keep eating. It is why you are still hungry even an hour after a big meal. Many people tell me, “I eat very little, but I still gain weight.” If this is the case you need to look at the quality of your calories and make adjustments.

Since quality calorie foods do not have labels proclaiming them as such (at least not yet!), here is how to find them:

## Eat More Sunshine

Quality calories are ones found in live food. Foods from Alpine fields or meat that was grass fed on Alpine meadows are not the same as frozen foods or meat from agricultural farms. Make the distinction between live and dead food. You are a living organism and the same should be true of the food you eat. Why

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eat something that has no vital energy? Recognize that when manufacturers process, package, and strip food of nutrients in an effort to extend shelf life, they are often turning live food into empty calories and dead food. That is really bad news for your metabolism. Do you think there is anything that is naturally nutritious in white bread, canned vegetables, or that fried chicken? I did not think so.

One important way to gauge the vitality of food is the light it emits. For nearly 40 years, Fritz-Albert Popp, a renowned German biophysicist, has been investigating the role light plays in living organisms, especially the human body. We all know that plants are nourished from sunlight. Photosynthesis in plants converts the electromagnetic energy of sunlight into nourishment in the form of biological energy. Photons, the basic unit of light, transfer their energy to seal oxygen and water molecules into glucose, which becomes a food source. Animals and humans, who live directly or indirectly from plants, break open glucose bonds, converting the constituents into carbon dioxide and water, the raw materials for plants to make more food. But that is not all.

What is left is the light energy. Until Popp began his research, it was not completely understood how our bodies use that light. He discovered that this dynamic web of light, which is constantly released and absorbed by our DNA, is the principle regulating mechanism for all life processes. Digest that for a moment: Light is the principle regulating mechanism for all life processes. Popp called these emissions biophotons, which are essentially electromagnetic waves stored in cells' DNA. Biophotons also serve as an organism's main communications network, chemically connecting its cells, tissues, and organs.

A few years ago, Popp, who is highly regarded throughout much of Europe and Russia, was asked to assess the difference between organic food and typical supermarket fare. Using specially constructed equipment to photograph and measure the light emissions, he found that conventional produce, frozen vegetables, eggs, and chicken had very faint emissions, which meant they had little light storage capacity. Preservatives, additives, radiation, long-term storage, pasteurization, canning, freezing, and drying can kill nutrients and the light storage in food.

On the other hand, Popp found that local organic foods had the same type of coherent and consistent light he found in healthy cells. His conclusion: when you eat a local, organic tomato, you absorb and distribute its life-giving light and reinforce your body's highly calibrated regulatory and communication systems, generating renewal at a cellular level.



## Eat Your Enzymes

Energy is obviously necessary to the existence of each living cell, but enzymes are important too. Enzymes are proteins that act as catalysts in making all metabolic functions possible. If the right enzymes are not present, those chemical reactions become disorganized and uncontrolled. So enzyme deficiency can have a devastating effect on your body.

Our cells take energy from three main macronutrients—carbohydrates, protein, and fats. Oxygen reacts with those components in chemical reactions inside the cells, breaking these macronutrients into the micro-nutrients (amino acids, glucose, and fatty acids), releasing energy called adenosine triphosphate or ATP, the universal energy currency for your metabolism. The amount of energy released through oxidation (or, this reaction with oxygen) is measured in calories.

Without constantly renewing the supply of nutrients through your diet, your cells cannot function properly. There are digestive, metabolic, and food enzymes, and when your body does not get enough live enzymes from your food, your pancreas, stomach, and small intestine must work that much harder to produce more digestive enzymes to metabolize what you eat. That is very taxing! The less you make your body work, the better.

Live enzymes are derived from foods consumed in their natural, uncooked state. When food is cooked to 118° F, most live enzymes are destroyed. So are many of the vitamins. For example, various estimates are that 50% of B vitamins, 97% of folic acid, and up to 80% of vitamin C are lost through cooking. It is the same for processed foods that have been heated to extend their shelf life. So most of us are getting between 15% to 50% of the nutritive value and 0% of the live enzymes from the food we eat every day.

Of course, nobody wants to (or should) eat raw meat or fish (sushi notwithstanding), so you need to get most of these nutrients from eating fresh fruits and raw vegetables. Another source of live enzymes is yogurt and some cheeses such as farmer's cheese, kefir, or quark (a thick, spreadable cheese that is very common in Europe and is similar to cottage cheese. You can buy it at many farmers markets). Some spreadable cheeses also contain live enzymes; read the ingredients and look for the friendly bacteria.

Karen, a 43-year-old mother of one, started my program because she had to lose the baby weight. It just was not happening, and it had been 10-plus years! She worked in the fashion industry and knew how to be beautiful on the outside. During our interview she revealed that her post-pregnancy food intake was restricted. She kept her energy level up with sugar, Diet Coke, and spinning classes here and there. She did not realize that this diet and haphazard activity schedule affected her appearance, skin tone, and energy. After I educated her about enzymes and sun foods, Karen began incorporating the recommended foods into her diet. She also made a resolution to walk outside daily, even if it was for only 15 minutes, and try to get to spin classes more regularly.





Today I live in New York City and have found my little village habits again. It took me some time, but even living in a large city, you can find solutions that will fit your lifestyle. My discovery was the farmers markets dotted around the city. I advise my clients to just go once a week to the markets. They do not have to buy anything at first; I encourage them simply to get reacquainted with seasonal foods, to be in touch with the local providers, and to see the difference between supermarket foods and green, sunlight food. Believe me, you can smell, feel, see, and taste the difference.

Leaving the city to go upstate to a little village called Cold Spring was another discovery. It is a century-old village with history and lots of dirt roads located in the forest. One summer night, my friends and I picked blackberries fresh from the bushes. Our hiking trip was shortened because of our indulgence in the fresh, ripe blackberries. Once again, I discovered dandelions and forest chives growing wild all over the place. If I did not eat them on the spot, they were part of my next meal. Really, there are many ways you can find your “Alpine village” that lightens your metabolism anywhere you go.

## **8 WAYS TO LIGHTEN YOUR YEARS**

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Implementation can be challenging; here are 8 simple ways to start. Lighten your years with more enzymes, quality calories, and foods filled with sunlight. You can do it today.

- ① **Eat fresh.** Try to eat something fresh with every meal. Back home we often start a meal with a romaine salad with herbs, tomatoes mixed with oil and vinegar, onion salad, or a shredded carrot salad with raisins, a little oil, and lemon juice.
- ② **Go for greens.** The other way to change and cleanse is with a big green salad with lots of vegetables, such as carrots, broccoli, tomatoes, and radishes, which have a lot of vitamin C (a collagen booster).
- ③ **Think before you bite.** Did the vegetable come from a can? Was it transported from thousands of miles away? Grown without pesticides? Cooked until unidentifiable? Ask yourself this question: Where did this food come from before I bought it? If you don't know, don't buy it. In a restaurant, ask the waiter or find out. Optimally, you should know where your food is coming from.
- ④ **Eat sulfur-rich foods.** Alpine folks also eat many sulfur-rich foods such as eggs, onions, and garlic. These act as amino-rich emulsifiers that help with bile production. Again, that means better digestion of fats, weight loss, and a more efficient metabolism. Raw onions in particular nourish the friendly bacteria in your stomach.

- 5 **Supercharge with sprouts.** Another readily available source of enzymes is vegetable sprouts. Consider that sprouts are all about germination and growth, so it makes sense that they are literally enzyme factories. There are so many mail order sources (just Google organic sprouts) and inexpensive, easy-to-use sprouters (a sunny counter or windowsill will do) to choose from. You can grow anything from wheatgrass to broccoli or radish sprouts and add the crunch of vital enzymes in your salads or sandwiches.
- 6 **Add herbs.** Use a few fresh sprigs of herbs such as sage or basil leaves in a dish. Or toss some cilantro or flat leaf parsley into a salad. Those that are organic and grown in your window box or garden are the best source of vital enzymes and light energy.
- 7 **Fire up the juicer.** Enjoy a glass or two of fresh carrot and celery juice with a drop of olive oil, which slows down absorption to stabilize insulin. A fresh glass of carrot and parsley juice is like drinking sunshine and pure nutrients. You will read more about the advantages of juicing in my program a little later.
- 8 **Go raw.** Instead of cooking your favorite vegetables, try them raw. You will be getting loads of light energy, enzymes, and phytochemicals in the process.

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## Chapter 3

# ALPINE EATING: CHOOSE TOMATOES NOT POTATOES

Travel is a wonderful experience and education at the same time. One of my fondest memories is driving from Vienna to Salzburg and then to Zurich. You are surrounded on all sides by the fresh-air sky and the lushness of green meadows. After a rain, the air is filled with the freshness of mountain air, grass, and flowers. The meadows are dotted with cows, sheep, and horses. But the memory you take away is the clanking of the bells from the milk cows as they walk from one new green spot to the next.

There is another reason that I bring up the cows and lushness of the environment. There are many benefits to be gained from the milk and meat of grass-fed animals. The grass in Alpine meadows contains a special ingredient that has been studied for its anti-cancer and tumor-fighting ability, as well as for its ability to reduce accumulation of abdominal fat. Conjugated linoleic acid (CLA) is the name of this wonder ingredient that helps you burn body stores of fat. An American study of 80 overweight people found that those who took CLA when they dieted and regained the weight when the diet ended put the weight on as 50% muscle and 50% fat. Those who did not take CLA regained the weight at 75% fat and 25% muscle, the usual ratio of weight gain.

According to Michael Pariza, PhD, whose team carried out the study, CLA works by reducing the body's ability to store fat while it promotes the use of stored fat for energy. CLA is a metabolic enhancer, helping convert fat to lean muscle tissue, and grass-fed animals are a key source. When cows are fed grain, a common practice in the States, even as little as two pounds a day, their production of CLA plummets. This may be one reason many Alpine people are so fit and trim even in old age. They receive plenty of CLA through the meat and milk products from Alpine meadow-fed animals.

Foods that support the digestive system also keep older people youthful.

Through the aging process our bodies produce less digestive juices to help break down the food that we eat to nourish our cells, organs, muscles, and skin. There are some specific foods that have traditionally been consumed in my little Alpine village. They are part of the reason why everyone there is so trim and fit. (The other half of the equation is how active they are from sunup to sunset.)

## 11 Alpine Metabolic Boosters

**Try these simple, healthy village youngevity metabolic boosters:**

- ❶ **Power up with peppermint tea.** This minty herb stimulates digestion and cleanses the liver, which is key for fat metabolism. As you age, your digestion is key to youth as it breaks down food into usable components that your cells can use to rejuvenate, rebuild, and maintain.
- ❷ **Soak the oats.** Muesli! European muesli is raw rolled oats that have been soaked in water, served with yogurt, nuts, lemon juice, and seasonal fruits. Oats don't have to be cooked. Oats turbo-charge your immune system, have more protein than any popular cereal, have a lowering effect on blood sugar, and are high in soluble and insoluble fiber (55% and 45%). Beta-glucan, a polysaccharide, helps lower cholesterol and significantly reduces the risk of cardiovascular disease and stroke. Instant oat packets do not count as they are highly processed and contain sugars.
- ❸ **Seek out cider.** Alpine folks use a lot of raw apple cider vinegar because it replenishes healthy bacteria in your stomach. Salad dressings are prepared with raw apple cider vinegar. And sometimes, as a refreshment and digestive aid, we enjoy a teaspoon of raw apple cider vinegar in sparkling water before a meal.
- ❹ **Love the yogurt.** Yogurt is eaten for the same reason. Go for plain and organic. Skip the ones with flavors and fruits on the bottom because they are a sugar fest you do not need. Instead, use fresh seasonal fruits and/or a dollop of raw honey to add texture and additional flavor. There is nothing better than a bowl of homemade strawberry yogurt on a Saturday afternoon!
- ❺ **Look to lemon juice.** Lemon juice, in particular, aids in digestion and fat breakdown as lemon increases hydrochloric acid production (a digestive juice) and bile production, which is a fat emulsifier. Lemon juice also helps cleanse the liver. The liver is the Grand Central Station of fat conversion. Start your day with this Alpine eye opener: drink one glass of water with the juice of one lemon.
- ❻ **Spread the Liptauer.** Spice it up. Instead of sugary snacks, we tend to go for metabolic boosters, such as the spices found in Liptauer spread (see recipe on page 175). Liptauer has cayenne pepper and

paprika, which are thermogenic or heat-generating spices. Try some on a piece of chewy rye bread. Another village formula: bread with little butter and some fresh chives, which are antibacterial and antifungal. I pick chives all the time when I am hiking and then munch away as I walk. In the spring you can find them in forests. You can often smell them when they are young and it has recently rained.

**7 Pull out the pumpkin seed oil.** It has been used for centuries in monasteries up in the Alps. Generations ago, the monks discovered the many health benefits of this oil, which is now being reevaluated in the scientific world. Studies have shown that pumpkin seed oil contains more than 60% to 90% unsaturated fatty acids and vitamins and minerals such as A, B1, B2, B6, C, D, E, and K. It has very high levels of antioxidants and polyunsaturated fats, including fatty acids such as palmitic, stearic, linoleic, and oleic acids. This oil is a liver detoxifier and skin rejuvenator and is an important contributor to health because of its B vitamin content.

**8 Open the sardines.** In Alpine villages, people consume local fish like trout, carp, and salmon trout. These fish are high in omega 3 and omega 6 fatty acids. There are so many benefits for women from these essential fatty acids that books have been written about them. Let's just look at a few of them: building blocks for RNA and DNA; relief from many perimenopausal symptoms; lowered risk of blood clots; relaxation of blood vessels; improved complexion; strengthening of skin, hair, and nails; weight loss, and clearing of such skin conditions as dry skin, acne, and psoriasis. The omegas combat depression and lower the risk of breast cancer. That is the short version. And because cooking fresh fish can smell up the kitchen and a whole one might be too large for one person to eat, consider sardines. Sardines in a can (the only canned food that I promote in this book) are a great snack, easy to prepare, and always available.

**9 Reach for hearty rye.** If you have ever been to Alpine villages, you know that you can find a large variety of very thick, dense breads. Opt for rye, which has more nutrients than white bread because it is made from whole grain. The fiber content in whole grain is maintained compared to its counterpart of processed flour. The sourdough version (vs. the yeast version) helps to nurture our internal digestive flora or healthy bacteria.

**10 Grate horseradish.** Puah! You will be laughing when you taste freshly grated horseradish and think about the Alpine weight loss secrets. Then you will start crying as it cleans your sinuses and nose. And later you will experience a great functioning digestion. Horseradish is a digestive stimulant, and it inhibits bacterial infection and increases circulation. This root beats even broccoli, although both belong to the cruciferous family. Research has shown that vegetables belonging to that family have tremendous health benefits and cancer-fighting

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properties, but did you know that horseradish is one of the richest sources of allyl isothiocyanate, which plays a role in prevention and suppression of tumors and tumor growth? Additionally, there is ten times the amount of glucosinolates in horseradish than in broccoli, according to Dr. Mosbah Kushad, professor at the University of Illinois. Glucosinolates increase the liver's ability to detoxify carcinogens.

**11** **Cut the kohlrabi.** What is it? That is the question you will be asked when you offer friends this tasty, crunchy, and easy-to-cut vegetable. Kohlrabi stew was one of the stews Alpine children grew up with. And what child loves vegetables? If, back then, someone would have suggested eating it raw, with a little sprinkle of sea salt, it would have been the Alpine popcorn. Kohlrabi is high in fiber, a good source of vitamin C, an excellent source of potassium, and only 36 calories per cup.

Carrots, beetroot, celery, spinach, parsley, and cucumbers are other items that are typically consumed. These you will encounter again in the chapter, *A Flat Belly – "Schnell" (fast)!* when you learn about the special benefits of those food items and how they benefit your system.

## **Fresh Air Foods That Can Lose You 30 Pounds**

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The Alpine foods listed above contribute to maintaining youthful skin, producing abundant energy, and yielding a youthful, healthy body. Introducing these foods into your current nutrition plan will be a good start. Still, how do you accomplish results that you, your colleagues, friends, family, and spouse will see and feel? That you can measure in the circumference of your belly? That you can see in less body weight? This will take a little bit more than just adding 16 foods to your eating plan. Why? Your usual diet might include sugar, caffeine, processed foods, preservatives, and additives.

How can you achieve a weight loss of 30 or more pounds? How can you fit into that dress from 20 years ago? How can you have thinner arms, thinner legs, and a thinner waist again? How can you feel your hips and your ribs again? Or perhaps see a long, slender neckline? This you can accomplish with my Alpine Eating Plan. So many individuals have used my plan to change their appearance, stop the need for their blood pressure medication, and lose the weight once and for all. You can do all this....and not count calories. My experience has shown that women know how to count calories. What they don't know is which foods are rejuvenating, not taxing, and will help them achieve a younger system on a cellular level again.

We are not starting out with counting calories. No. You need to eat. My strategy with this program is to provide you with options. You choose and pick the food items on the list that fit your palate and are easily found in your area so you can stay on the program for the next couple of days.



## How to Start the Transformation

The plan calls for eating as close to the earth as possible for the next 14 days. Think fresh, clean, and green. You will want to choose the freshest, cleanest food you can find for yourself—free of preservatives, fillers, dyes, pesticides, and other chemicals that leave your body starving for nutrients.

You need to eat foods high in chemicals from plants that protect cells from oxidative stress, which accelerates aging. These foods are high in conjugated linoleic acid that aids in weight and fat loss; they replenish energy because of their low glycemic load; and they prevent diseases that are common in industrial environments where food has been overly processed and stripped of nutritional value. These are foods filled with light and enzymes; these foods are found in the fields—not in a package or a can. They are Fresh Air Foods.

Fresh Air Foods have only touched fresh air. Specifically, food that has not been packaged, transported, and stored in plastic. I'm talking about vegetables and fruits. Grains, nuts, seeds, fish, and meats are fine in some form of container, as long as there are no additional chemicals added to prolong storage. Choosing these foods is a way of going green from the outside in. This approach not only brings you closer to the earth and natural foods, but it is also good for the planet. It is eco-friendly.

Chemical-free foods keep our drinking water cleaner; remember your body consists of about 90% water. Consuming local foods means less carbon dioxide emissions from large trucks and airplanes that transport food. Thankfully my village was "green" when I was growing up long before there was a green revolution.

## Minding Your Menus

### **Let me tell you this: It starts with you!**

If you do not control what you eat, everybody around you will control it for you—from your family, friends, and advertisers to your local supermarket and the nearby fast-food places. What you eat will either energize or deplete your metabolism.

You can make poor food choices, age badly, and destabilize your immune, cardiovascular, hormonal, and other essential systems or you can eat smarter and improve these systems. You can eat to gain weight or lose it. You can limit yourself to a narrow set of food choices or open yourself up to a much broader range of tastes, textures, and satisfying eating experiences. It is really that simple.

## How to Use the Fresh Air Food Charts

**The best:** These are the most important foods; ones that support your metabolic functions, cleansing and rejuvenation, and weight loss efforts.

**Good:** These are also important nutritional foods for you but not as important as the category above.

**Stay away from:** These are the foods you should stay away from while improving your decision-making process to achieve weight reduction and age loss. Do not eat them.

When you start with this way of eating, stick to foods from the best and good categories. Foods from the stay away list will slow down your weight loss and anti-aging progress at first. Some of them will be reintroduced when you have completed the first 14 days. Then you can indulge yourself occasionally with items from this list once you have experienced what it feels to have a functioning metabolism and a working digestive system. Stick with it.

Do not stress about all this structured eating. Think about it! If you eat 35 meals per week (5 per day 7 days a week), you can have one that is off track and you will probably be doing better than you were before you began the program. After all, 34 great meals and one not-so-great meal is a good ratio.

## Picking the Proper Foods

Focus on balancing your meals among vegetables (fibrous carbohydrates), carbohydrates (starchy carbohydrates), and protein. Use fats with every meal. Opt for Fresh Air Foods that are locally grown and/or organic. Choose meats from grass-fed animals and fish that are not farmed (wild preferred). It would be best to consume the vegetables raw, lightly steamed, or baked. Meats and fish should be grilled or roasted.

For one week focus on using the best foods. For the second week, expand to the good foods. Let's go. Read on and start implementing today. Practice flexing your mental muscle with these foods.

## THE BEST

VEGETABLES	CARBO-HYDRATES	PROTEIN	FATS
Asparagus	Amaranth	Chicken	Pumpkin Seed Oil
Beets	Barley	Mackerel	Extra Virgin
Bok Choy	Brown Rice	Sardines	Olive Oil
Broccoli	Millet	Wild Salmon	Black Currant
Brussels Sprouts	Oats (groats,	Eggs	Seed Oil
Cabbage	whole, or scotch)		Flaxseed Oil
Carrots	Quinoa	Adzuki Beans	
Cauliflower	Rye	Black Beans	<b>NUTS / SEEDS</b>
Daikon	Teff	Garbanzo Beans	Pumpkin Seeds
Dulse	Wild Rice	Lentils	Sunflower Seeds
Garlic		Kidney Beans	Almonds
Green Beans		Pinto Beans	(raw and unsalted)
Green Onions		Red Beans	Flaxseeds
Green Peppers		Romano Beans	(ground)
Kale			
Kelp			
Leeks			
Lentils			
Mung Bean			
Sprouts			
Napa Cabbage			
Onions			
Peppers (red, yellow, orange)			
Scallions			
Seaweeds			
Squash			
Turnips			

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# GOOD

VEGETABLES	CARBO-HYDRATES	PROTEIN	FATS
Artichokes (cooked)	Arrowroot	Codfish	<b>NUTS / SEEDS</b> Hazelnuts Pecans Pine Nuts Sesame Seeds Tahini
Alfalfa Sprouts	Buckwheat (Kasha)	Haddock	
Bamboo Shoots	Bulgur Wheat (Tabouli)	Halibut	
Beet Greens	Chick-pea Flour (besan, chana, garbanzo)	Herring	
Celery	Couscous	Salmon	
Chives	Spelt Bread	Swordfish	
Collard Greens	Whole Wheat	Trout	
Cucumbers	Rolled Oats	Turkey	
Fava Beans	(Breads should not contain processed flour, sugar, or yeast. Whole grains only.)	Tuna	
Fennel		Seitan	
Kohlrabi		Tofu	
Lettuces (except Iceberg)		<b>DAIRY</b>	
Mung Beans		Butter (very small amounts)	
Mustard Greens		Butters (almond, filbert, pecan, sesame, sunflower, and pumpkin only)	
Parsley		Milks made from brown rice or other grains (watch for sugar content – not sweetened with cane sugar, molasses, or sucranate, etc.)	
Parsnips		Yogurt (plain, low-fat, or nonfat)	
Peas (green)			
Radishes			
Shallots			
Snow Peas			
Spinach			
Swiss Chard			
Tomatoes			
Turnip Greens			
Water Chestnuts			
Yams			
Zucchini			

## STAY AWAY FROM

VEGETABLES	CARBO-HYDRATES	PROTEIN	FATS
Tomato Juice (heated only)	Miller's Bran	<b>MEAT/FISH</b>	<b>DAIRY</b>
Watercress	Oat Bran	Perch	Farmer's Cheese
Artichoke Hearts (marinated)	Popcorn	Red Snapper	Feta Cheese
Canned Vegetables	Wheat Bran	Sardines (canned)	Quaark Cheese
Celeriac	Wheat Germ	Tuna (canned)	Ricotta Cheese
Eggplant	Basmati White Rice	Bacon	Tofu Cheese
Endive	Black or Red Rice	Beef	Amazake
Escarole	Bread (made with white flour)	Clams	Cheese (all cheeses)
Haricots	Cereals (refined, dry, or ground)	Crab	Cottage Cheese
Iceberg Lettuce	whole grain)	Duck	Cream
Lima Beans	Chips (of any kind)	Goose	Cream Cheese
Mushrooms (except Shitake)	Corn	Ham	Kefir
Navy Beans	Cornmeal	Hamburger	Margarine
Northern Beans	Cornstarch	Hot Dogs	Milk
Okra	Crackers	Lamb	Processed Cheeses
Pickled Vegetables	Granola	Liver	Soy
Pimentos	Macaroni	Luncheon Meats	
Potatoes	Oatmeal (instant)	Mussels	
Potatoes (yellow, sweet)	Pastas	Octopus	
Pumpkin	Rice Cakes	Organ Meats	<b>NUTS</b>
Radicchio	White Rice	Oysters	Brazil Nuts
Rhubarb	White Wheat Flour	Rabbit	Cashews
Rutabagas	White Wheat Flour	Pickled Herring	Chestnuts
Split peas	Tempeh	Pork	Coconuts & Coconut Oils
Wax Beans	Yeast	Processed Meats	Macadamias
White Beans		Sausages	Peanut Butter
		Scallops	Pistachios
		Shellfish	Walnuts
		Shrimp	
		Smoked Meats	
		Squid	
		Sushi	
		Venison	

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What to do with this list? There is help! That's why you will be provided with recipes and ideas what to do with this program the next 14 days in the *Hudry Wusch Eat Yourself Thin* chapter. Go there now or read on if you are looking for more structure.

## **Case Study: Erasing Years and Pounds** **in a Handful of Days**

Andy, a 45-year-old doctor, was disappointed by his previous efforts to lose weight. He was in good shape and worked out with a trainer regularly but had stopped seeing any significant results. When he consulted with me, he was concerned that my program would yield only the temporary results he had experienced with other programs.

His challenge was to keep an open mind and try something new. When he started with my program, he quickly realized that the program was not a diet at all but rather a training program for healthy cooking and eating. With my simple-to-follow lists, he learned the principles of weight loss nutrition that he would not have explored or learned on his own. "I do not feel restricted but rather feel that I have been opened up to a whole new world of food," he told me. Andy went from 165 pounds to 135 pounds in 13 weeks. His energy improved, and his joint pain eased.

He was one of my clients who understood the core message from this program—fresh air living. The following simple statement helped him to make the right food decisions before ordering or going shopping: Eat as close as possible to the earth. By doing this, he realized how food advertising and his family influenced his choices. He also learned the role sugar played in his life. Today he enjoys preparing his own foods, eating foods that are on the list when eating out, and the abundance of energy he has because of a healthier, younger, and stronger body. After going through the green-cleaning process from the outside to the inside and ridding himself from toxins and speeding up his digestion with Alpine foods, the compliments started. "What are you doing?" "Who is your doctor?" His skin improved from the inside out. His pains eased because of anti-inflammatory components in the Alpine foods. Overall he looked, felt, and moved like a 20-year-old.

### **Forbidden Fruit?**

You may have noticed that fruits did not appear in any of the lists above. The reason is that they are higher in sugar and staying away from them for the first two weeks of better-choice eating can help you maintain the healthy blood sugar levels important in a weight loss program. But there is more to it. Many of us have been overindulging in simple processed sugars and simple natural

## FAT LOSS: GRAINS VS. GREENS

Let us compare grains and vegetables. Despite all you read about “healthy” or “high-fiber” grains, they are not nearly as healthy or nutritionally complete as vegetables. In fact, grains are higher on the glycemic index than any common vegetable. That means they raise blood sugar levels, which should be kept steady when your goal is to lose fat, drop weight, or stay in a weight maintenance program.

Let us compare and contrast just a few grains and greens. These numbers were taken from the Glycemic Food Chart database ([www.glycemicindex.com](http://www.glycemicindex.com)).

<b>Grains:</b>	Whole-grain bread low 50	Rice, brown medium 55
	All Bran low 42	
<b>Vegetables:</b>	Asparagus low 15	Lettuce low 15
	Peppers low 15	

As you can see, even if grains fall into the low category in the glycemic index, they still have higher numbers than vegetables. But there is more to consider. Vegetables provide—without a doubt—more vitamins, minerals, enzymes, and fiber per serving than grains. More fiber helps you regulate your blood sugar levels and prevent cardiovascular disease and cancer. Enzymes maintain all of our body functions. (Note to self: Eat veggies raw whenever possible.) Their vital enzymes are deactivated in heat above 118°F. Vitamins and minerals are vital for our immune system to function efficiently. You just get more bang for the buck with vegetables. And greens are less calorie dense than grains. That means you can eat more of them to feel fuller without gaining weight. If you eat the same amount of grains, you take in more calories and gain weight. Sorry.

Historically, the natural diet of humans was food that was picked, gathered, caught, or hunted. But as civilization evolved, cultivation of crops, or agriculture, was invented. And agriculture allowed us to flourish. Without those crops, the planet would not be able to support six billion people.

**So are all grains bad?** No, but if your goal is weight loss, I recommend that you choose a carbohydrate that is fibrous (vegetables) over starchy (grains and some root vegetables). And do you want to wipe out grains off the earth? No, but it’s important to choose grains wisely in your weight loss program and be aware of how many you eat in a day.

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sugars that yeast loves to feast on. Yeast is a fungus, and an overgrowth of yeast in your system is known as candida or yeast infections. Candida and other fungi produce a large number of biologically active substances called mycotoxins. These toxins are secreted to protect may fungi against viruses, bacteria, parasites, insects, animals, and humans. In our system, these mycotoxins can get into the bloodstream and produce an array of central nervous system symptoms such as fatigue, spaciness, confusion, irritability, mental fogginess, memory loss, depression, dizziness, mood swings, headaches, nausea—many of the signs and symptoms that are similar to low blood sugar.

Evidence now exists that fungi may initiate many degenerative diseases such as cancer, heart disease, gout, arthritis, and autoimmune disease such as chronic fatigue syndrome, multiple sclerosis, lupus, and rheumatoid arthritis. Many killer diseases are intimately connected to fungal connection. Hence our job is to prevent this and cleanse our bodies of fungal infection to rid us of mycotoxins.

Additionally, many foods that have been considered typically helpful have been discovered to be heavily colonized by fungi and their mycotoxins. That is why you will find corn, peanuts, cashews, and dried coconut in the Stay Away From category. Processed sugar as well as simple sugars from fruits feeds the fungi. You want to experience a clean system. You will know it when you feel a resurgence of energy and optimism. After 14 days, you can add fruit into the rotation, as listed below.

At first, eat only from the Best and Good fruit categories for 7 days. Then add category Stay Away From fruits. This strategy is important as well in the *A Flat Belly – "Schnell" (fast)!* program that you will read in chapter 8 (page 119).



## FRUITS

### The Most Beneficial

Lemons (juice)  
Limes (juice)

### Beneficial

Avocados  
(one a week)  
Cranberries  
(raw or cooked)  
White Grapefruits

### Stay Away From

Blackberries  
Blueberries  
Boysenberries  
Raspberries  
Apples  
Apricots  
Bananas  
Canned Fruits  
Cantaloupe Melons  
Cherries  
Currants  
Dates  
Dried Fruits (any kind)  
Figs  
Fruit Juice (except  
those in Category 1  
and 2)  
Grapes  
Guavas  
Kiwis  
Mangoes  
Nectarines  
Oranges & Tangerines  
Olives  
Papayas  
Peaches  
Pears  
Pineapples  
Pink or Red Grapefruits  
Plums  
Pomegranates  
Prunes & Raisins  
Watermelon

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## How to Take the Next Bite

This is an eating plan you can use for years because it will help you maintain your weight and healthy eating. Some people stay on the Fresh Air Foods weight-loss eating program for life, making minor adjustments to suit their tastes. Others opt to come back to this phase periodically, when they have put on a little weight, see dark circles under the eyes, or simply need to get refocused on their health and appearance. For best results, as mentioned, avoid fruit for 14 days. After that, add fruits gradually as a treat. For easy to prepare and delicious recipes that follow the categories, go to chapter 10, *Hudry Wunsch: Eat Yourself Thin*.

## Jump-Start Your Weight Loss

Some of us need more structure to see instant results. If you crave structure, here is a 3-day sample plan that you can easily follow. In this phase, you can eat 1,300 to 1,500 calories providing you are active 3 to 5 days a week. If you are less active, eat slightly less.

If you are in a maintenance phase, after achieving your goal or the 14 days, you can reintroduce quality red meat 2 or 3 times a month. This is especially important for women as they lose iron during their menstrual cycle.

We are individuals and each of us has a different genetic makeup and goals. After years of experience, I discovered the best ratios among carbohydrates, protein, and fat for weight loss. This ratio is a 40-40-20 ratio. The sample menus below are written with a 40-40-20-nutrition ratio. Some will do better than others with this ratio. The key is to change the ratios while tracking and measuring your success to see if they are working for you. You can change from 40-40-20 to 50-30-20, 40-30-30, or to 30-40-30. This will give you the best feedback regarding what works best for your body type.

## Sample Menus for Alpine Eating with Fresh Air Foods

### DAY ONE

#### Alpine Eye-Opener:

1 glass water with fresh lemon  
Peppermint tea

#### Breakfast

½ cup oatmeal made with brown rice milk and cinnamon  
8 oz nonf. yogurt with 1 cup blueberries  
6 almonds

#### Snack 1

8 oz nonf. yogurt

#### Lunch

Salad with:  
½ cup onions  
1 beet  
1 ½ cups cooked squash, summer  
2 cups broccoli  
4 cups lettuce  
3 sardines  
¼ cup quinoa  
2 tsp olive oil and lemon juice

#### Snack 2

2 hard-boiled eggs or egg salad

#### Dinner

20 med. spears asparagus  
4 oz organic grilled chicken with lemon  
½ avocado

### DAY TWO

#### Alpine Eye-Opener:

1 glass water with fresh lemon  
Peppermint tea

#### Breakfast

8 oz nonf. yogurt  
1 cup blueberries  
12 almonds  
1 oz flaxseed, ground

#### Snack 1

½ grapefruit

#### Lunch

Salad with:  
½ cup sprouts  
2 cups lettuce  
1 cup tomatoes  
1 cup peppers  
1 cup kale  
4 cups spinach  
¼ cup millet  
1 tsp oil and lemon juice

#### Snack 2

1 whole egg

#### Dinner

6 oz chicken breast  
1 cup kohlrabi  
½ avocado  
½ grapefruit

### DAY THREE

#### Alpine Eye-Opener:

1 glass water with fresh lemon  
Peppermint tea

#### Breakfast

½ cup oatmeal  
8 oz nonf. yogurt  
1 tsp raw almond butter  
1 oz flaxseed, ground

#### Snack 1

1 cup fresh cut kohlrabi

#### Lunch

2 cups kale  
½ cup onion  
1 cup beets  
1 cup celery  
1 large artichoke  
1 bunch spinach  
¼ cup quinoa  
1 tsp olive oil and lemon juice

#### Snack 2

Egg salad with rye bread

#### Dinner

4 oz wild salmon  
2 cup zucchini  
½ avocado

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# Worksheet 6

Still not sure? Good things take training and so does your decision-making process. Start with smaller steps. When you eat out, pick turkey burgers over beef burgers. Choose cheese from grass-fed animals over cheese from conventionally raised animals. Pick fruit sorbet over chocolate ice cream and freshly squeezed fruit juice over soda. Pick whole wheat pasta over white pasta. These changes are small but big in the overall results. Write down the foods that you eat on a regular basis that are in the Stay Away From category; next to it, write the better option that you will choose.

## Stay Away From Foods

## Your Better Option

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Get ready. It is going to be a lovely (and delicious!) ride. You will experience the positive effects of this type of eating almost immediately. Any bloating or heaviness in your stomach will disappear, so you will soon be sporting a flat belly. The dark circles under the eyes will slowly disappear. Friends, colleagues, family, and even strangers will remark on the glow of your skin. With time, your most recalcitrant fat—in your waist and in your butt—will finally start melting away. But most importantly, you will start to love yourself again when looking into your own eyes in the mirror.

## 8 Ways to Start Today

You might be saying, “Sounds good. Maybe I will try it tomorrow.” Do not put this off. Do not tell yourself some day. Some day is today. Stop, pause, and breathe. Now make the decision that you will start today. Write it in your calendar. It can be so empowering to see a string of days where you have noted “I did not eat chips” or “Had a salad today.” Here is how easy it can be to start the change happening in your life today.

- ❶ **Order tomatoes instead of potatoes.** The next time you are ordering breakfast, tell the waiter you want tomatoes instead of the fried potatoes. It is an easy move that can save you lots of calories.
- ❷ **3-day success and 1-day reward.** Move it forward with an approach to stick to the program for just 3 days. Use the fourth day to reward yourself with what you like. And then come back to it. Moving it forward this way takes off the pressure and lets you celebrate success. Gradually increase the 3 days to longer intervals or reward yourself only once on the fourth day.
- ❸ **Cooking pasta?** In the last minutes of cooking time, stir in ribbons of summer squash or zucchini with your pasta. The result: less pasta and more vegetables!
- ❹ **Explore and discover.** Just add one new food item per week. Taste something that you thought you would hate but really don’t know. Go out of your comfort zone. Try a new vegetable. Find a way that you can work with it.
- ❺ **Eat better fat.** Burn fat by eating fat. Not just any kind of fat. Brown adipose tissue burns white fat tissue. Studies have shown that by increasing intake of unsaturated fats such as olive oil, flaxseed, black currant seed oil, and pumpkin seed oil, brown tissue is stimulated and burns up to 10% more fat.
- ❻ **Go green, go grass fed.** When you eat grass-fed meat, you will be getting lots of conjugated linoleic acid, which stimulates weight loss. It has also been shown that by consuming grass-fed protein versus conventional protein, weight loss is easier to maintain. Conventionally raised livestock is fed grain, which decreases linoleic acid content by up to 80%.
- ❼ **Have butter, not margarine!** Pass up the margarine or butter-like spreads in favor of the real thing. Researchers from the University

of Wisconsin believe that we are missing a vital source of conjugated linoleic acid (a natural fat-burner and weight loss chemical) because we are told to avoid full-fat dairy products like butter and yogurt.

- ⑧ **Work with your habit.** Say you have a habit of going in the fridge to look for food. Instead of trying to stop it altogether (that is really tough), simply turn it into a good-for-you thing. Fill bottles with water and flavor them with fruits, ginger, lemon, or tea. Reach for them and drink them instead of soda. The coldness will be refreshing and stimulating, helping you to refocus on your work.