

The Simple, Safe, and Scientific Way to Lose Body Fat.

All six of the following rules are required, not optional. Make a pledge to someone you trust to pay that person \$100 per day for every day on which you break one of the rules.

The daily caloric allotment stated is for men or women over the age of 45 years. The allotment may need further adjustment for age and/or size. An adjustment upwards may be indicated if headaches are encountered. An adjustment downward may be indicated if progress is not seen after two weeks of steady control at the original allotment.

Rules:

1. Never go over 1,500 Calories if you are a man or 1,300 if you are a woman.
2. Ingest a minimum of 1,450 Calories if you are a man and 1,250 if you are a woman.
3. Always report your caloric consumption, by email, to your trusted friend, by noon of each successive day. Itemize the report, especially dinner, as much as possible.
4. Never skip meals or wait more than 4 hours between snacks or meals (except while sleeping).
5. Never ingest any food that you do not know the caloric value and quantity.
6. Do not increase your general activity with the idea that this qualifies you to eat more calories.

Additionally: Strength train at least once per week to prevent muscle wasting, (indiscriminate weight loss).

Comments:

This technique never fails to work. It does not require any kind of creative diet. It is common to see marked improvement in subjects who originally claimed to, "...have tried everything," but then later admitted that they had never merely counted and recorded calories.

Subjects following this caloric-based plan are almost always successful in the reduction of body fat. And conversely, other approaches demonstrate a high rate of failure.

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