

FAST, FRESH & GREEN

YOUR JUICE & SALAD WEIGHT LOSS
PROGRAM



JUICE & SALAD WEIGHT LOSS PROGRAM

You Are What You Drink Welcome!

Many people think if it's liquid, it isn't nearly as important as the food they eat. This is far from true. You'll learn in this program which beverages are fattening and cause you to gain weight and which ones help you in your journey.

You'll also learn about water and why you may not be hungry, just thirsty. Water and fresh juice (or green smoothies if you don't have a juicer) are the biggest allies in your fitness plan.

**Start right now...today...drink to
your health!**



CHERIE CALBOM

The Juice Lady

Water Helps Your Body Burn Fat



Without adequate water, your body will not function properly. You can go much longer without food than you can without water. The body needs plenty of pure water in order to continue its daily functions efficiently. When it comes to weight loss, water plays a major role.

Adequate amounts of water increase the rate at which your liver burns fat. It also reduces water retention. Your body will actually retain water when you are not consuming enough of it. Fresh juice has an abundance of water and is one of the most desirable beverages for health and weight loss. However, it is food and as such does not take the place of water. So in addition to your fresh juice, you also need to drink an adequate amount of water.

Did you know that oftentimes when you feel the urge to eat, it is actually a signal from your brain that your body needs water? According to Brigham and Women's Hospital, we often eat food when we should be drinking water. Rather than eating a snack, the next time you think you're hungry, drink a glass of water. At least drink the water first. Then wait 15 minutes. Chances are your hunger will disappear. Dr. B, as I like to call him, (Dr. F. Batmanghelidj, MD), author of *Your Body's Many Cries for Water*, says that overweight people often "don't know when they are thirsty. And they don't know the difference between fluids and water." In his book, he lists a number of people who lost between 30 to 45 pounds just by switching to water as their preferred beverage. One person he worked with lost 58 pounds in a year simply by choosing water as her beverage of choice.

Students who drank more water had a lower risk of being overweight



When you drink a glass of water 20-30 minutes before a meal, chances are you'll eat less. This is supported by research. An abstract by Dr. Brenda Davy, associate professor of human nutrition, foods, and exercise at Virginia Tech, showed that people who drank two glasses of water 20 to 30 minutes before every meal lost weight more quickly initially and lost significantly more weight long term than those who didn't.

Another study by Dr. Davy and her group, published in the Journal of the American Dietetic Association, found that people who drank water before meals ate an average of 75 fewer calories at that meal. This may seem rather insignificant, but consider this: If you ate 75 fewer calories at lunch and dinner for the next year, you could lose about 14.5 pounds. In addition, being even one percent dehydrated can cause a significant drop in metabolism, which will interfere with your weight loss.¹

One study involving German children with schools that had educational and environmental interventions to increase water intake found that the students that drank more water had a lower risk of being overweight compared to schools that did not institute this intervention. Overall, the students at the schools with the intervention drank 1.1 more glasses of water per day than other school children.²

It's very important to drink plenty of pure water when you're on a weight loss program (and also when you're not). Water carries waste products, sloughed-off fat cells, and toxins out of your body. It's also vital for the liver, which metabolizes fat. This is very significant when you are trying to lose weight because if your liver doesn't get enough water, it will simply store the fat.

Water and Your Metabolism

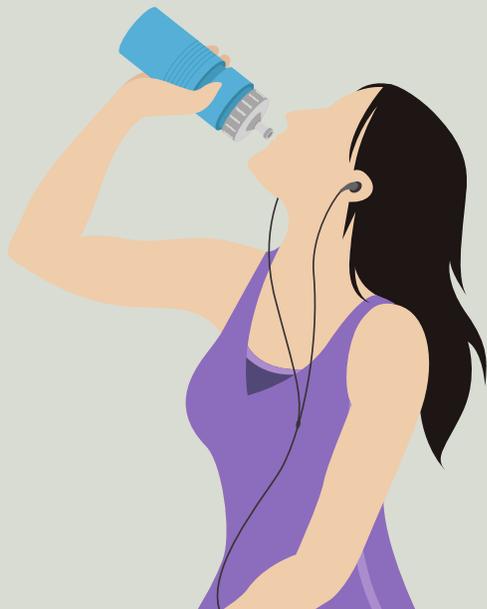


Water plays a very important role in your body's metabolism. Metabolism is the process by which your body uses food and water for energy to sustain your life. Increasing the body's metabolism can prevent fat formation, and it can also help you lose weight.

Are you wondering how this works? The liver carries out many functions including fat metabolism. When the kidneys are overworked, such as not having enough water to do their work, the liver will do some of the work for them. When this happens, liver productivity is diminished, which decreases fat metabolism. This means your weight loss progress is greatly diminished.

When you drink the right amount of water every day, the kidneys can do their job, which allows the liver to focus on its primary functions. Studies have shown that drinking at least 8 glasses of water every day can help increase metabolism by as much as 30 percent! That's a big boost when it comes to losing weight.

So, raise your water glass...throughout the day...to your slim, fit, vibrantly healthy body!



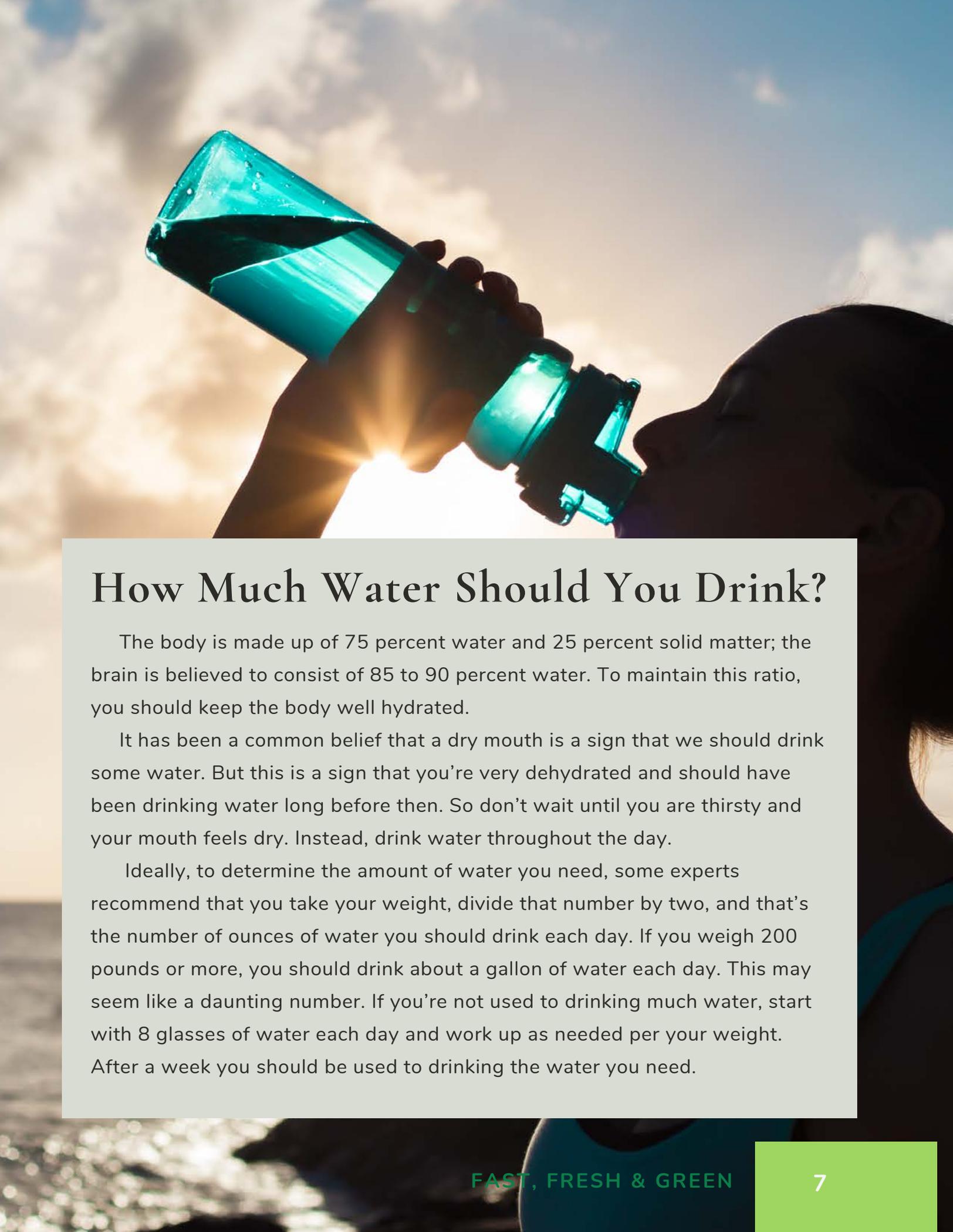
Flavor Your Water



You may not like the taste of plain water; some people will not drink water because they don't like it. Rather than not drink water at all, let's get creative. Flavor your water. Try lemon water, lemon-ginger water, cucumber water, mint water, or cranberry water (flavored with a splash of pure unsweetened cranberry juice). You'll get an added bonus. Lemon, cranberry, and cucumber are all-natural diuretics. They help to flush undesirable waste and toxins out of the body and help to eliminate water weight. It is helpful to drink several glasses of lemon, cranberry, or cucumber water when beginning a weight loss program because the body will always eliminate water before body fat. This will help you feel very encouraged about the progress you're making.

Keep in mind that flavored water loses some of the cleansing purposes that are absolutely key for weight loss. Water is an information carrier, and as soon as there is something in the water it has another information, the information of being "food." So even if you really don't like plain water, give it your best to include several glasses of pure water each day.

You can also start your day with a cup of hot water and lemon with a pinch of cayenne pepper. This helps get your liver get moving in the morning, which is very important for fat metabolism.



How Much Water Should You Drink?

The body is made up of 75 percent water and 25 percent solid matter; the brain is believed to consist of 85 to 90 percent water. To maintain this ratio, you should keep the body well hydrated.

It has been a common belief that a dry mouth is a sign that we should drink some water. But this is a sign that you're very dehydrated and should have been drinking water long before then. So don't wait until you are thirsty and your mouth feels dry. Instead, drink water throughout the day.

Ideally, to determine the amount of water you need, some experts recommend that you take your weight, divide that number by two, and that's the number of ounces of water you should drink each day. If you weigh 200 pounds or more, you should drink about a gallon of water each day. This may seem like a daunting number. If you're not used to drinking much water, start with 8 glasses of water each day and work up as needed per your weight. After a week you should be used to drinking the water you need.

SUMMARY: How Water Helps You Lose Weight

- Suppresses the appetite
- Improves digestion
- Energizes the body
- Helps prevent water retention and bloating
- Reduces cholesterol (rather than cholesterol-lowering drugs; start drinking more water)
- Helps you tone up your muscles
- Flushes toxins from the body
- Helps stop the hunger-for-thirst confusion





“

*Eat well,
Live better!*

MENU PLAN

Cherie Calbom

Breakfast

Juice or smoothie

Mid-morning

Juice or herbal tea

Lunch

Main Course Salad

Dinner

Main Course Salad

Love,

Cherie



Fresh Vegetable Juice

Vegetable juices provide concentrated sources of very absorbable nutrients. They're low in fat and calories, so replacing higher-calorie foods with fresh juice is a shoo-in for weight loss success. But the benefits of juicing don't stop there. Vegetable juices help curb cravings because they satisfy your body's nutrient needs. They're alkaline, which is very helpful to balance out a system that's probably too acidic. They're also high in antioxidants that are anti-aging and immune-enhancing—that means you'll start looking and feeling younger. And your taste buds will be happy—the juices taste great! But clearly, the most important aspect is that juicing helps you improve your health. And since you get one precious body for a lifetime, that's far more important than just getting skinny.

A couple of studies showed that drinking one to two glasses of vegetable juice per day increased weight loss four times over the non-juice drinkers on the same diet. If you don't have a juicer, get low-sodium V-8 juice. If you do have a juicer, make your own fresh juice each day, which is the best.

Other Beverages You May Drink



Green Tea

Green tea is especially helpful for weight loss. It's rich in antioxidants and the phytonutrient catechins and other polyphenols that protect you against inflammation, cancer, and other ailments. However, the best news is that it's thermogenic. Thermogenesis means the production of heat, which means it revs up your metabolism. Most of the thermogenic action in green tea is due to epigallocatechin gallate (EGCG) – a potent polyphenol. EGCG also appears to increase the effectiveness of weight-loss supplements such as 5HTP and tyrosine.

For these reasons, it's a great idea to make green tea part of your daily meal plan. Strive for at least one cup of organic green tea per day made with purified water. It has about one-third of the caffeine found in a cup of coffee. You may need to avoid green tea if you're caffeine-sensitive or have a low adrenal function. White tea has less caffeine and may be better tolerated.

When choosing green, white, and herbal teas, look for organically grown. Also, unbleached tea bags are better choices over-bleached.

Other Beverages You May Drink



Herbal Tea

Slimming herbal teas have been used by the Chinese and Japanese for centuries. These preparations are derived from time-tested recipes that have been passed down through the generations. Look for slimming herbal teas at your local health food store. You may also enjoy hibiscus herbal iced tea. It's one of my favorites. (I like Traditional Medicinals organic Hibiscus, which also has blackberry leaf and lemongrass leaf.)

Coconut Water

An excellent option when you've been sweating profusely or working out is pure coconut water. It's one of the highest sources of electrolytes known to man. Some remote areas of the world even use coconut juice intravenously, short-term, to help hydrate critically ill patients and in emergency situations. Be aware though that it does contain carbs so limit to no more than 1 serving a day.

What to Juice & Eat?

Start with the basics...

DIY means “Do it Yourself”. Just like with our salads, this can be an inspiring way to shake up your juice routine and use up the precious produce you have on hand! Use either the Basic Juice recipe or the DIY Happy Green Juice recipe alone or with additional veggies and greens! Have fun!!!

BASIC JUICE RECIPE

5 CARROTS

1/2 APPLE

1-INCH CHUNK GINGER

JUICE IT UP AND ENJOY!

THIS MAKES A DELICIOUS BASIC JUICE. TO THIS RECIPE, YOU CAN ADD OTHER VEGGIES AND GREENS.



More Basic Juice Recipes

Make sure you drink at least 8 glasses of water a day. You may also have more than 2 glasses of juice. Make sure it's mostly veggie juice.

DIY HAPPY GREEN JUICE

1 GREEN APPLE
1 CUCUMBER
1/2 FENNEL
1/2 LIME
1-INCH CHUNK GINGER ROOT

JUICE ALL INGREDIENTS AND
ENJOY!!
YOU CAN ADD OTHER VEGGIES
AND GREENS.

DYI Salad Recipes

This is where the magic of salad happens: improvising in your kitchen with the produce you have, to make an on-the-fly fresh salad as a stand-alone meal. Think outside of the lettuce box – chop up anything colorful and fresh for your salad, and experiment with fresh herbs to really brighten and flavor things up. Chop vegetables in bite-size pieces, especially if they are sturdy vegetables like beets or carrots. Anchor your salad with avocado and beans to make it a meal in one. You may also add some clean animal protein (meaning free-range, wild-caught, or grass-fed).



DIY SALAD WITH AVOCADO & CHICKPEAS

A STARTER LIST OF
INGREDIENTS FOR SALAD
MAKING IS ON THE NEXT PAGE
I ENCOURAGE YOU TO FIND
EVEN MORE INGREDIENTS TO
MAKE YOUR SALADS
DELICIOUS.

DIY Salad with Avocado & Chick Peas

Here is a starter list of ingredients for salad making. I encourage you to find even more ingredients to make your salads delicious.

- Apples (green is lower in sugar)
- Arugula
- Asparagus
- Avocado
- Beets- chopped or grated
- Blueberries
- Bok Choy
- Carrots
- Celery
- Cooked Beans such as kidney, black beans, or chickpeas
- Daikon radish
- Dandelion Greens
- Fava Beans
- Fresh Herbs (basil, mint, cilantro, rosemary)
- Ginger
- Garlic
- Jicama
- Kale
- Nuts/Seeds
- Pears
- Radish
- Radicchio
- Scallions
- Strawberries
- Swiss Chard
- Turnip
- Mustard Greens
- Watercress

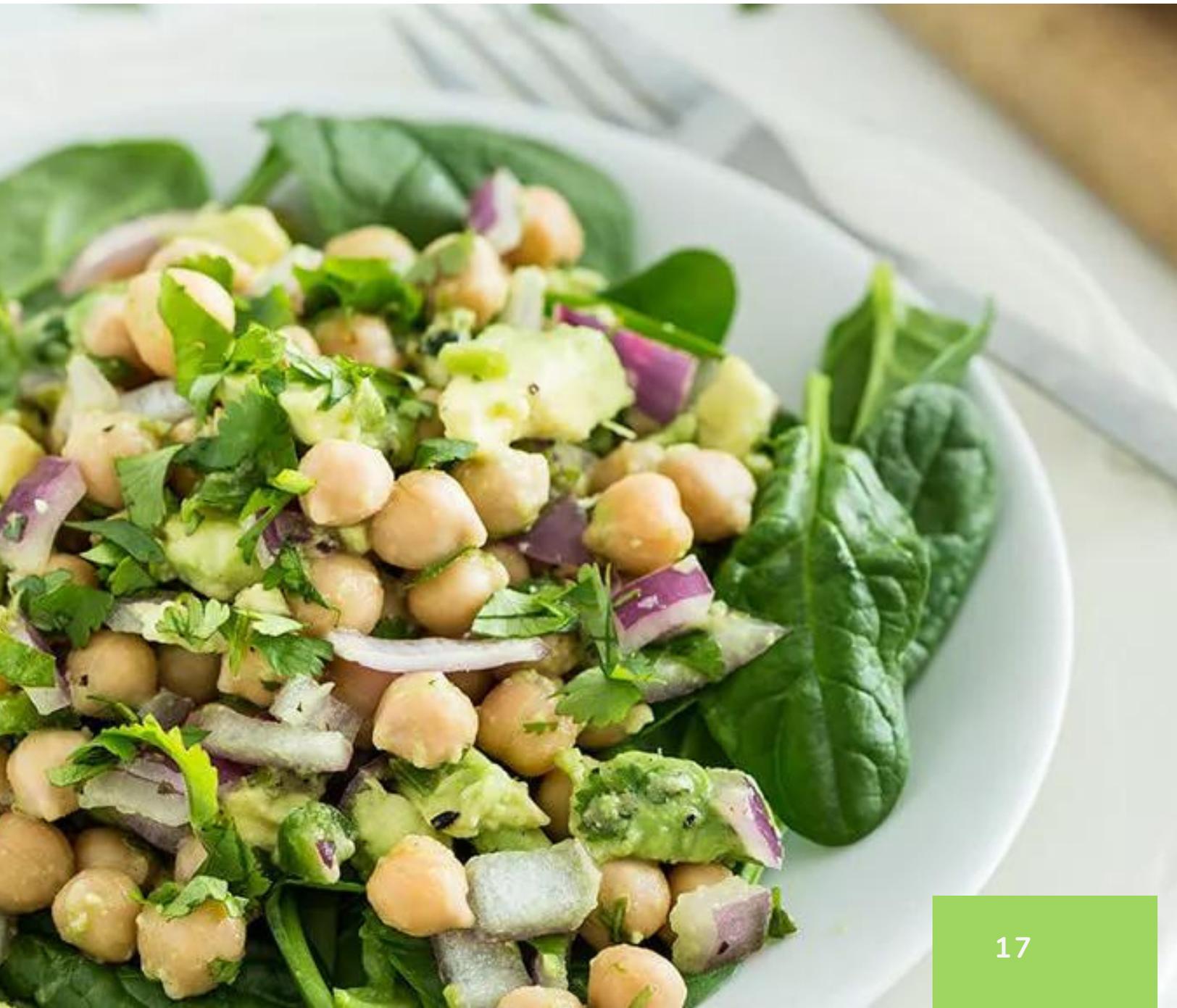


The Basic Salad Seasonings:

Sea salt or pink Himalayan salt is our preferred salt of choice. It is less processed than regular table salt, and often contains trace minerals and elements that are beneficial to overall health.

Fresh pepper is detoxifying! The outer layer of the peppercorn stimulates the breakdown of fat cells. Pepper stimulates HCL (hydrochloric acid), which helps with overall digestion.

Olive oil: find a quality extra virgin olive oil for salad dressings, different than your olive oil for cooking (though that will work too, it will just have a less sharp flavor).



More Salad Recipes

*These recipes are from my book *The Anti-Inflammation Diet*. Check it out for more great recipes.*

SIMPLE GREEN SALAD with FIG BALSAMIC DRESSING

YIELD 1 1/2 CUPS

- 1 head green leaf lettuce or 4 handfuls baby spinach
- ½ cup + 2 Tbsp. extra virgin olive oil
- ½ cup balsamic vinegar
- 4 dried figs, stems removed
- ½ tsp. sea salt

1. Blend all ingredients in a blender until smooth, about 1-2 minutes.
2. Season to taste, and serve on a salad or cooked greens.

Variations

- Add avocado or sesame seeds at the end or chopped cashews for crunch.
- Omit sea salt and add 2 tsp. umeboshi plum paste.

SHOPPING LIST

- 1 head green leaf lettuce or 4 handfuls of baby spinach
- 4 dried mission figs
- 2 cloves of garlic

CHECK THE PANTRY

- Extra virgin olive oil
- Balsamic vinegar
- Sea salt and pepper



Basic Raw Kale Salad

SERVES 4-6

1 cup snap peas* or green beans*, sliced on a bias into thirds

*Substitute 1 cup shredded carrot if you can't get peas or beans in season

- 2 cups radishes, sliced
- 1 clove garlic, minced
- 6 cups kale, chopped into bite-size pieces (2 bunches)
- 1-inch piece of ginger, minced (optional)
- 1 tsp. sea salt
- 2 Tbsp. lemon juice
- 1 Tbsp. virgin olive oil

1 Combine all ingredients in a large bowl and wash your hands. Using both hands, massage the vegetables as if you are squeezing water out of them. Work the vegetables at least 15 times.

2 Place a plate over the bowl, and something heavy on top of the plate to apply weight (a heavy can or pot of water).will work. After 10 minutes, remove the weight and using the plate to hold the vegetables in the bowl, tilt to drain the excess liquid into the sink. Work the vegetables another 15 times.

3 Repeat.. If you prefer a saltier or more pickled salad repeat the weighting and draining process 1 to 2 more times.

Enjoy many variations on the theme!

- Reduce sea salt to 1/2 teaspoon, and add 1 teaspoon umeboshi plum paste.
- Add golden raisins soaked in apple juice and pumpkin seeds for a kale “granola”!

SHOPPING LIST

- 1 cup snap peas, green beans, or 3 carrots
- 1 bunch radishes
- 1 clove garlic
- 2 large bunches of kale (green or red or lacinato)
- 1-inch ginger
- 1 lemon

CHECK THE PANTRY

- virgin olive oil
- sea salt



White Bean Salad with Radicchio and Honeyed Balsamic Dressing

This is a favorite complete meal salad. Heating the salad dressing is a great fall and winter technique to take the raw edge off of sturdy vegetables, and to slightly wilt greens without cooking.

- ½ lb. dry northern white beans, soaked overnight (or canned)
- 2 bay leaves
- 3 black peppercorns
- 2 cloves garlic, minced
- ½ yellow onion, small diced
- ¼ head fennel (fronds reserved)
- ½ head radicchio, slice thinly
- 2 cups pea shoots* *use arugula if unavailable
- 1 handful fresh basil
- a small handful of pine nuts

1. Prepare-drain and rinse soaked beans.
2. Cook beans al dente: Cover beans with fresh water, add bay leaves, peppercorns, fennel fronds (not chopped fennel). steam 5 more minutes. (or just use canned beans)
3. Simmer...Bring beans to a boil, skim off foam with a spoon. Reduce heat to low, and simmer for 30 minutes. steam 5 more minutes.
4. Dice garlic, onion, and fennel. Set aside.
5. Slice radicchio and coarsely chop pea shoots. Add to the salad bowl.
6. Chiffonade basil and make long ribbons. Steam 5 minutes.
7. Whisk the dressing and season to taste.
8. Cover and steam for 5 more minutes.
9. Carefully strain al dente cooked beans of water and remove the seasonings. Spread beans on a baking sheet to speed up cooling time (5-10 minutes).
10. Pour dressing into a wide skillet, and bring to a simmer. Covered, steam 5 more minutes.
11. Add the garlic, onion, and fennel and simmer 3-4 minutes.
12. Add some more cooled beans to radicchio and pea shoots.
13. Add dressing over top, and toss to coat, seasoning with salt and pepper to taste. Covered, steam 5 more minutes.

...and here is the Honeyed Balsamic Dressing

HONEYED BALSAMIC DRESSING

- ¼ cup balsamic vinegar
- ¼ cup virgin olive oil
- 1 tsp. dried basil
- 2 Tbsp. raw honey
- ½ tsp. sea salt

SHOPPING LIST

- 1 yellow onion
- 2 cloves garlic
- 1 head fennel
- 1 head radicchio
- 2 cups pea shoots or arugula
- ½ lb. dry northern white beans

CHECK THE PANTRY

- bay leaves
- whole black peppercorns
- sea salt
- dried basil
- raw honey
- balsamic vinegar
- virgin olive oil



Chicken Curry Salad

- 1/2 cup Veganaise or mayonnaise
- 1 tsp. fresh lemon juice
- 2 Tbsp. curry powder
- 2 cups cooked chicken, chopped
- 1/4 cup diced celery
- 1/2 cup chopped cilantro
- 1/4 cup slivered almonds
- 1 head romaine lettuce or green leaf lettuce
- 6-7 drops of Stevia

1. Blend mayonnaise, lemon juice, and curry powder and Stevia.
2. Add the remaining ingredients (except lettuce) to a medium to large salad bowl and toss with the Veganaise or mayonnaise mixture.
3. Chill at least one hour before serving.
4. Tear lettuce and toss with the chicken mixture.

SHOPPING LIST

- 1 lemon
- 2 chicken breasts (cooked)
- 1/2 bunch celery
- 1 bunch cilantro
- 1 head romaine lettuce

CHECK THE PANTRY

- Veganaise or mayonnaise
- Curry powder
- Slivered almonds
- Stevia



Salad Dressing Ideas

Most of these recipes are from our Juice & Raw Food Retreats.

Lime Wasabi Vinaigrette

The spicy green paste known as wasabi is made from the fiery root *Wasabia Japonica*. While we know it as the perfect condiment for sushi, what's not widely known is the fact that it possesses a multitude of health benefits and can help you get results from easy weight loss programs. Studies have shown that it is a natural appetite suppressant.

- 2 Tbsp. wasabi powder (prepared with 2 tbsp. warm water, resting 10 minutes before using) or buy the wasabi paste; use about 1 Tbsp. or according to taste
- ½ cup lime juice
- 1/3 cup extra virgin olive oil
- ½ tsp. sea salt
- 1 ½ " piece of ginger, peeled and chopped
- 1 Tbsp. sesame oil

Blend the vinaigrette ingredients, and set them aside in a bowl.

Balsamic Vinegar Dressing

- For the dressing put equal parts olive oil and balsamic vinegar with one teaspoon of honey, 1/2 teaspoon salt, and 1/2 shallot in the blender and mix.



and MORE Dressings!

Tahini Dressing

- 3/4 cup tahini (well-stirred)
- 2/3 cup water (more or less depending on how thin you want your dressing)
- 1/2 cup fresh lemon juice (may add a little more to taste)
- 3-4 garlic cloves, minced
- 1 to 1 1/2 teaspoon sea salt
- 2 teaspoons honey or coconut nectar (more or less to taste)
- Mix all ingredients in the blender. Make this dressing on the thicker side.

Ginger Lime Dressing

- 1/4 cup fresh lime juice
- 1/4 cup sesame oil
- 1/4 cup purified water
- 2 tablespoons tamari or coconut aminos
- 2 tablespoons fresh mint
- 1 tablespoon fresh cilantro
- 1 teaspoon ginger root
- 1 thin slice of red chili pepper or a dash of cayenne pepper
- 2 teaspoons raw honey or coconut nectar
- 1 teaspoon sea salt

Mix all ingredients in the blender.



Beverages to AVOID



Coffee and Black Tea.

These two American favorites are very acidic. They are also quite dehydrating (remember what I said earlier about how dehydration interferes with weight loss.) Each time you drink a cup of coffee or black tea, you need 2 to 3 glasses of water just to neutralize this acidity. This acidity will cause your body to hang onto fat and not let it go just to protect your vital organs. It will even make more fat cells, if it doesn't have enough storage cells for the acids. So if you can manage, omit coffee and black tea. If you can't do this immediately, limit to one cup per day; your body will appreciate it. Work to let it go completely. You could cut back by watering it down until you let it go. However, I highly recommend that you exchange coffee or black tea for green tea, which has one third less caffeine than coffee, and is more alkaline,



Soft drinks.

I cannot say enough about just how important it is to avoid all soda pop. If you have any form of rheumatism, arthritis, weight problems, cellulite, stiffness, or disease (or if you simply want to remain healthy) then you cannot afford to drink any soft drinks. Not only are they very acidic, they are also loaded with toxins. You really should strictly avoid them. This is even more important if you have fibromyalgia, muscles aches and pains, or any disease. Soft drinks make your body more acidic and this is exactly what you cannot afford. As long as you drink any kind of pop, it's very difficult to lose weight. In fact, you may continue to gain weight. Soft drinks are quite addictive. And, they are loaded with phosphorus, which leaches calcium from bones. You could end up with severe osteoporosis and crippled up for life.

Industry propaganda tells us to substitute diet drinks for sugary drinks. This idea is false. Diet soda has been proven to be even more fattening than regular soda. A 14-year study of 66,118 women (supported by many other previous studies) found diet drinks may be worse than sugar-sweetened drinks. The study, published in the American Journal of Clinical Nutrition, discovered some frightening facts that should make us all swear off diet drinks and products forever.

Beverages to AVOID

Soft Drinks Continued.

- Diet sodas raised the risk of diabetes more than sugar-sweetened sodas.
- Women who drank one 12-ounce diet soda had a 33 percent increased risk of Type 2 diabetes, and women who drank one 20-ounce soda had a 66 percent increased risk.
- Women who drank diet sodas drank twice as much as those who drank sugar-sweetened sodas because artificial sweeteners are more addictive and are hundreds to thousands of times sweeter than regular sugar.³



The researchers also found that artificial sweeteners increased diabetes independent of body weight!

My suggestion: replace any soft drinks with water, lemon water, or cranberry water. Your good choices here will reward you with extra money you can then invest in the right weight loss products and high quality food. At the beginning you might face some "withdrawal symptoms" when you stop drinking pop, but they are harmless and go away quite soon. This is simply because the body can become addicted to sugar. But this does not mean that your body ever needs it.



Vitamin Water – Almost As Unhealthy as Soda

One of the biggest scams soda manufacturers have come up with is vitamin water. The marketers for this so-called health drink take advantage of the public's growing interest in health and tries to make you believe it can measure up to the vitamins and minerals in food. It can't even come close. But worse, this water is one of the worst types of bottled water you can drink! Most vitamin waters contain health-harming additives such as high fructose corn syrup, which is a primary cause of obesity, metabolic syndrome, obesity, and diabetes, along with food dyes that can wreak havoc on your physical and emotional health. Skip the vitamin water and choose pure water.

Beverages to AVOID



Sports and Electrolyte Drinks

Most of these popular drinks contain brominated vegetable oil. (Remember earlier I said that bromine is a halogen that interferes with iodine absorption and wreaks havoc on the thyroid. These drinks are also very acidic. Many sports drinks contain as much as two-thirds the sugar of sodas. They also typically contain high-fructose corn syrup (HFCS)--(which scars the liver), artificial flavors, and food coloring, none of which contribute to good health. Most of them also contain high amounts of sodium (process salt). And if they say "sugar free," they contain artificial sweeteners, which are worse than HFCS.



Meal Replacement Drinks

Ensure and other meal replacement drinks are mostly sugar water. the top four ingredients are water, sugar, corn syrup, and maltodextrin (sugar) and fortified with vitamins and minerals.



Alcohol

There are many reasons to avoid wine, beer, and hard liquor, but I'll bet you haven't heard this one: Alcohol will suppress the secretion of the hormone vasopressin from the pituitary gland. Lack of vasopressin will cause general dehydration—even in your brain cells. Habitual use of alcohol (and caffeine) will produce severe dehydration and can lead to inflammation. If you do occasionally imbibe, drink two glasses of water after drinking an alcoholic beverage. Alcohol also damages the mitochondria--your energy fuel producing units.

By now, you know the importance of hydration and energy fuel. So, in your strategic weight loss program, you can't afford that wine or beer that you may have become accustomed to drinking in the evenings. Giving it up is well worth it.

Foods to AVOID

✘ Grains and Flour Products

White flour and any product that contains some of it causes acidity in our body. By avoiding it and any bakery goods containing white flour, you help your body tremendously. Although we need carbohydrates, we do not need these kind of carbs. Reduce them and replace them with fresh low sugar fruit (berries, pear, and green apples) and vegetables and vegetable juices, and you will see that you hardly have any cravings for sweets.

Also, I do not recommend any cereals at all. Actually our stomach is not even made for digesting cereals. We don't have a four-chamber stomach like cows and horses. But especially avoid all boxed cereals. They are made with a process called "extrusion" which forces a slurry through holes at high temperature creating toxic byproducts. I actually recommend that you avoid all grains. Grains turn to sugar easily and are very fattening. I don't eat them except on rare occasions. You can have quinoa (a seed), which is high in protein and low in starch.

✘ Starches

Avoid starchy vegetables, especially white potatoes. They turn to sugar quickly, spiking your blood sugar and contributing to weight gain.

✘ Salt

Avoid all table salt—the refined salt that has chemicals added so it will pour easily. Instead, choose Celtic sea salt or Himalayan salt. It doesn't pour as easily, and that is a good thing. This will give your body added minerals and help you replenish electrolytes. If you use distilled water, it is even more important to not only add a pinch of Celtic or Himalayan salt, but also to add in liquid minerals because distilling removes the minerals. It is also important to add a pinch of salt to your water once or twice a day when you increase your water intake. **Salt is actually good for your adrenal glands in small amounts. But what kind of salt you choose is equally as important.**

Weighing In

You may not like them, but it's time to get on the scale.

Write down your weight. Write your start date. Have someone take a picture of you this week. You should also take measurements--bust or chest, waist, and hips. You could check out how to calculate body fat. This is a good site for men and women <http://www.linear-software.com/online.html> it's important for accountability to track at least weight, neck, waist, hips and measure how the body fat and lean body mass change. Often people have gained weight when they lift weights, but lean body mass has gone up and body fat has gone down. So you can't only rely on the scale. You're never going to be the same. It's important to know where you started.



"Don't step on it . . . it makes you cry."

Some experts recommend that you weigh yourself only once a week. Others every day or every other day. University of Minnesota researchers monitored the scale habits of 1,800 dieting adults and found that those who weighed themselves daily lost an average of 12 pounds over 2 years; weekly scale watchers lost only 6. The once-a-day group also was less likely to regain weight loss. 4 Weight Watchers and some experts caution that scale obsession has been linked to eating disorders, and some experts argue that the distress and discouragement brought on by a daily weight check could cause people to go off their weight loss diets; however, there's been no research to prove this.

Bottom line: Find what works for you.

Exercise

Make sure you exercise a minimum of 3 times a week for 1 hour.



Pick something you like and can do easily whether it's walking, exercise equipment, or a class. Pilates is great to streamline your body.

Spiritual Help For Your Journey

Consider eating as an act of prayer.

Giving Thanks

For food in a world where many walk in hunger;
For faith in a world where many walk in fear;
For friends in a world where many walk alone;
We give you thanks, O Lord.

If you have any questions, email me at Cherie@Juiceladycherie.com

I'm with you. . . I'm here for you.

Cherie

Notes

1

[HTTP://WWW.CNN.COM/2009/HEALTH/EXPERT.Q.A/04/10/WATER.LOSING.WEIGHT.JAMPOLIS/INDEX.HTML](http://www.cnn.com/2009/HEALTH/EXPERT.Q.A/04/10/WATER.LOSING.WEIGHT.JAMPOLIS/INDEX.HTML); ACCESSED 1/18/12

2

[HTTP://WWW.HIVEHEALTHMEDIA.COM/WATER-CONSUMPTION-LOSE-WEIGHT](http://www.hivehealthmedia.com/water-consumption-lose-weight); ACCESSED 1/18/12

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