

The 5 Finger Diet and Anti-Aging Lifestyle is a simple guide to a practical and holistic approach to weight control and anti-aging. Following the 5 Finger Diet can help you lose weight, get in great shape and maintain it for the rest of your life. It may also help you avoid many of the chronic diseases commonly associated with weight gain and aging. The information on this page is revolutionary in its approach and methods, but sound and balanced in its nutrition and exercise. The 5 Finger Diet is not a short-term “fad diet,” but a long-term lifestyle improvement founded on the latest medical research and developed through my experience as a Board-Certified Family Physician.

The 5 Finger Diet is not intended for the diagnosis, treatment or cure of any particular disease. It is a healthy lifestyle, and a useful adjunct to licensed, qualified medical or psychological care. For any persistent pain or symptom, even a seemingly minor one, the reader is strongly encouraged to consult a medical doctor. When used in conjunction with standard medical treatment, the 5 Finger Diet can help you lose weight and lead a healthier life through eating natural, whole foods, drinking plenty of regular clean water, performing daily deep breathing exercises and leading an active, fun, recreational lifestyle. The FDA has not approved these statements.

I'm giving away this awesome Anti-Aging program absolutely free just because I know it really works and I want you to get in better shape and live a long and healthy life full of active fun long into the future.

I am positive that I have discovered the secret to simple and rapid weight loss and anti-aging and I want you to join me. Creating the 5 Finger Diet is my way of putting all the valuable information I have on weight loss and anti-aging into one place so that you and your family can easily put it into action

You see... The weight you lose each day is lost in only five simple ways! You can **ONLY** ever lose weight through:

Defecation, Perspiration, Respiration, Urination and Recreation!

Using the methods in this program will help you to learn how to dispatch the most amount of weight through each of the separate 5 fingers of weight loss. By reading the info on this page you should learn how to....

1. Increase Defecation by eating a high fiber diet
2. Increase Perspiration by sweating out pounds of unwanted toxins

3. Increase Respiration by breathing better and blowing off steam
  
4. Increase Urination by drinking enough regular water and reducing salt
  
5. Increase Recreation by doing more vigorous activities

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### 1. Drop it off

The first step to dropping weight is to prepare your body for its new lifestyle. We are going to do this by increasing the amount of fiber in your diet. There, see how simple the first step is!

Increasing the amount of fiber in your diet and, therefore, increase the total bulk of your stool will allow you to eat more food without ever gaining an ounce or even feeling hungry. Fiber is indigestible and it fills you up so you will feel full longer. The good news is that whatever percentage of your meal was fiber will never enter into your bloodstream and therefore will never be processed into fat or used up as energy. It will simply be flushed down the drain in a day or two, but not before it improves your health in a number of critical ways.

As you slowly start to increase the fiber in your diet, you will also need to drink plenty of water. Fiber cannot move in your intestine without adequate hydration.

Adding more fiber to your diet is the best thing you can do for your health, bar none. Doing so will allow you to eat more without gaining weight. It's true! You don't have to starve. You will, however, need to become aware of your eating habits and make the changes necessary to incorporate this very important first step. You will need to change the way you shop for and order food, but it is as easy as turning a package around and reading the fiber content on the label or asking the waiter to substitute vegetables and whole grains for white bread, white rice or french fries. Once you make the effort to choose high fiber foods you will be well on your way to becoming healthier in countless ways, but best of all, it will help you lose weight!

Among its countless health benefits, a high fiber diet has been shown to reduce the incidence of colon and other forms of cancer, delay or even reverse the progression of diabetes, coronary artery disease, multiple digestive disorders, constipation and even, of course, obesity.

Inert and indigestible, fiber slows down the digestion of carbohydrates (sugar and starch) and releases glucose more slowly into the bloodstream. This will prevent insulin surges by the pancreas in response to the glucose. Insulin causes your body to convert glucose into fat and store the fat for later use. The problem is, most of us never get around to using those fat stores and we just keep adding to that so-called "spare tire." Insulin surges, caused by rapid digestion of sugar and starches empty the blood stream of all glucose and make you feel sleepy, hungry and "hypoglycemic" quickly after you have just finished eating. This produces cravings for sweets and leads to overindulging in sugary deserts, perpetuating the cycle. Consuming a high fiber diet can end this cycle, leaving you satisfied longer and able to resist repeat visits to the pantry. A high fiber diet can also prevent or in some cases even reverse type-2 diabetes by providing the pancreas with the care and respect it needs to keep you healthy, energetic and thin.

TIP: Remember to drink plenty of water with your fiber.

A grown man should drink about 120 ounces or 15 cups or 1 gallon of water daily.

A grown women should drink about 100 ounces or 12 cups or 3/4 of a gallon daily.

While fiber will stimulate your intestine to function, fiber is not a "laxative" although it is often prescribed as one. Taken correctly, fiber will not cause the adverse effects caused by abusing "laxatives", such as nutritional deficiencies, chronic diarrhea and the need for increasing doses due to decreasing effectiveness. Avoid laxatives except for occasional use for stubborn constipation and only use as directed. Laxatives will not help you to lose weight and can be dangerous if they are abused.

With a high fiber diet you should have regular, larger sized bowel movements. This is normal and actually very healthy for you. A healthy bowel movement once or twice a day means you are getting enough fiber. In fact, this is a great way to evaluate your progress. If you notice your stools are small, hard or infrequent, you are probably not getting enough fiber or drinking enough water.

That said, you would not be able to process your fiber easily if you are not fully hydrated. Drink 8 to 10 glasses of pure, clean water daily (depending on your ideal body weight) to keep the machinery working and prevent complications.

TIP: Go for a brisk walk 10 to 15 minutes after a meal, to aid in digesting your food and help avoid bloating or intestinal blockage.

If you have been eating a very low fiber diet, you will want to slowly increase your fiber intake to avoid over-stimulating your intestine. I recommend you start by adding two to three servings of fiber to your diet weekly until you reach eight to nine servings of fiber daily. As you increase the fiber in your diet, try adding fruits and vegetables, whole grains, nuts and legumes.

Our high fiber diet consists of 30 to 40 grams of fiber each day. Foods generally considered high in fiber contain a minimum of 3-4 grams of fiber per serving. This can be obtained in any of four simple ways:

1. Eat seven to nine servings of fruits and vegetables daily. Don't be afraid to fill up on fruit. Yes, they are full of sugar, but this is the right way to eat sugar (with the fiber attached). Enjoy fruits and vegetables as often as you like. Do not take the skins off because that is where most of the fiber and other healthy nutrients are. Vegetables can be enjoyed in a variety of ways too. You don't have to eat the same old thing all the time. Try new varieties and add plenty of seasonings (hold the salt). Cruciferous vegetables such as arugula, broccoli, cauliflower, cabbage, collared greens and kale are not only high in fiber; they contain many beneficial vitamins and minerals and nutrients that have been proven to reduce the risks of developing many types of cancers and heart disease.

2. Eat whole grain products. Whole wheat and other whole grain products use the whole grain (bran, germ and endosperm). Avoid products containing enriched flour (white flour), or wheat flour. In these products only the endosperm is used. This stuff is almost purely carbohydrate and all the good stuff has already been removed!

#### Anatomy of a Grain Kernel

To better understand the types of grains you'll want to focus on for maximum fiber benefit, here is a quick lesson on grain.

Grains are made of three basic parts, the bran, the germ and the endosperm.

The bran is an indigestible husk that protects the grain and gives it its form. Bran is the insoluble fiber in grains. The endosperm consists mostly of the carbohydrate starch and varying degrees of protein. The third and by far the most nutritious part of the grain kernel is the germ or "heart" of the grain. This is where all the vitamins, minerals and antioxidants are stored. There is also a significant amount of fiber in the germ part of the kernel. Believe it or not, the bran and germ are considered to be "useless" byproducts" by the flour industry and are disposed of to create white flour. When grains are milled together without extracting the bran and germ you get whole grain flour. When wheat is used, you get whole-wheat flour. This is how nature intended for you to eat grains: whole, with all the good stuff preserved for you to enjoy in their goodness.

With whole grain flour the bran fiber and germ slow down the absorption of starch (carbohydrates) in your intestine. This makes for a slow, even release of the glucose into your bloodstream. This slow-release process makes your pancreas happy because it can release insulin slowly to match the speed of digestion. If, for example you eat highly processed or refined grains like white flour or white rice which are mostly starch and contain no fiber at all, the following takes place in your body: The starch is rapidly digested and turned into glucose (sugar) in your liver, which then causes massive amounts of insulin to be released from your pancreas all at once. Insulin stores all the sugar as glycogen and fat right away, your blood sugar drops from the insulin surge, and you become weakened, lethargic and hungry again.

As you can see, white enriched flour contributes to weight gain, feelings of hunger and lethargy. Not to mention, rob you of all the vital nutrients that should come standard with your order. You're getting gyped!

3. Eat seeds and nuts. Although healthy and high in fiber, they are high in densely packed calories as well. Your ideal intake can be 1 to 2 ounces of unsalted nuts per day. Smart Balance™ has a good peanut butter, high in fiber and omega-3 fatty acids.

4. Take fiber supplementation. Dietary changes should be enough for most people to get the daily fiber needed to make The 5 Finger Diet work, but you can also add fiber to your diet by taking an over the counter fiber or soluble fiber supplement with meals. Soluble fiber seems to have even more beneficial effects than the insoluble variety. Both are indigestible but soluble fiber can be diluted in water while insoluble fiber cannot.

One good product on the market is Fiber Sure™. This tasteless, soluble fiber supplement can be added to most recipes without any noticeable change to the flavor. For example, add soluble fiber to sauces, dips, milk shakes, coffee, juices, scrambled eggs, stews, pastes, etc.

So, not only will fiber be “dropped off” when you are done with it, but it will also slow down the release of glucose and, therefore, of insulin into the blood stream after you eat. This will keep you feeling full, prevent rebound hypoglycemia, and prevent you from getting prematurely hungry. Eat whole grains at most meals (i.e., whole grain breads or pastas, brown rice, rolled oats or oatmeal, popcorn, sprouts or whole corn).

**CAUTION:** Increase your dietary fiber SLOWLY. Remember, your intestine is a long, continuous tube of muscle. If you have a diet deficient in fiber now, you will also have weak intestinal musculature. Your bowels may be unfit to handle a sudden increase in fiber. Just as you may feel sore after your first week at the gym, your intestines may go into spasm if they're not used to working harder than they are currently used to. You will need to condition your intestine slowly to prevent upset stomach, bloating,

nausea, flatulence or diarrhea. These are signs that you are adding too much fiber to your diet too fast. If this happens, reduce the amount of fiber by 2 to 3 servings and try again in a few days.

CAUTION: High fiber diets are not for everybody. If you have a medical condition requiring you to eat a "low residue diet" (if you have ever been diagnosed with Crohn's or ulcerative colitis, intestinal blockage or adhesions, small bowel obstruction or you have an active case of diverticulitis, are taking narcotic pain medicine regularly or have had intestinal surgery within the past month), you should speak to your qualified medical professional before trying this step of the 5 Finger Diet. If you are unable to increase your fiber try to maximize the other four methods of weight loss in this program.

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## 2. Drip it out

You probably know that as our body sweats, it is flushing out water loaded with electrolytes (salt), but did you know that when you sweat you also drip out fatty acids, fat soluble toxins, proteins and even small amounts of heavy metals stored up in fat cells under the skin? These chemicals drip out from your apocrine sweat glands when you are stressed, while your eccrine sweat glands expel mostly electrolytes (salt) and water. Together these glands keep you cool 24 hours a day, though you may not even notice you are sweating.

Working up a good sweat once a day can help you expel excess salt and various unwanted toxins. Of course you will need to drink plenty of pure, clean water to wash away these unwanted agents and force a cleansing from the inside out. Remember, the goal is to maintain the perfect level of hydration of the purest, cleanest plasma while shedding pounds of various toxic elements through the biggest organ of the body (your skin).

A grown man should drink about 120 ounces or 15 cups or 1 gallon of water daily.

A grown women should drink about 100 ounces or 12 cups or 3/4 of a gallon daily.

Fluid retention (swelling) can occur if your diet is not well balanced, and toxins can build up if you don't give them an outlet. Through sweating and adequate fluid replacement, you can avoid these unhealthy pitfalls and your metabolism will function more efficiently and reward you with more energy. Working up a good sweat with exercise will rev-up your metabolism, detoxify your fat cells and purify your plasma, all as you continue losing weight.

Also beneficial are the sauna, steam bath and hot tub for sweating (not recommended for persons with uncontrolled high blood pressure or women who are or may be pregnant). These kinds of spa

treatments are a great way to “drip it out” and a great way to relax, meditate or have fun! If you can, take a trip to the spa at least once a month. Otherwise, put on a pair of sweats or your favorite exercise clothes and do some brisk activities at home. High humidity will make you sweat even more. Keep it up for about half an hour as you rehydrate frequently with water.

Be sure to wash off in the shower soon after you’re done with your sweating activity. You don't want to keep those toxins hanging around any longer than they need to. After a good sweat and shower, drink a nice big glass of water and you will feel cleansed, refreshed and vibrant. And yes, you will have lost weight. Not just water weight, but a noxious cocktail of metabolic byproducts, fat, chemicals, toxins and salt.

CAUTION: If you feel you are becoming dehydrated (you feel weak, dizzy, overheated or disoriented), simply get to a cool dry place fast and grab a sports drink to replenish your fluid and electrolytes without delay.

Note: Professional boxers and wrestlers can sweat out 10 to 20 pounds in just two to three days prior to the weigh-in for a fight. They can also put the weight back on within a day by drinking sports drinks and eating high carb meals. This just proves how much water can move in and out of you in just a short period of time.

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### 3. Blow it off

Don't Blow Off this powerful step! It can help you get in excellent mental and physical condition in as little as 5 minutes daily. It seems unbelievable, but 70% of your body's waste is eliminated through breathing. Each and every day you breathe in and out an average of 27,000 times.

That’s amazing! Imagine all of the toxins you are expelling through your breath over and over throughout the course of a day. Those chemicals are microscopic, but 27,000 breaths worth add up. Don’t hyperventilate! I don't want you to breathe faster; I want you to breathe better. Better breathing will provide innumerable improvements to your health.

Practicing proper breathing techniques can actually cause you to burn calories more efficiently, eliminate toxic chemicals more effectively, tighten and tone your core abdominal muscles, broaden your chest and assist you in losing weight. That is truly amazing! And if that were not enough, practicing

proper breathing techniques have also been associated with achieving a greater serenity, obtaining new spiritual insight and lowering stress and anxiety levels. That is some powerful stuff!

Stress-reducing techniques like mindful breathing stabilizes cortisol levels (a hormone responsible for innumerable metabolic functions) and can reduce inflammation significantly throughout the body. Cortisol levels that are too high or too low can cause many unwanted effects such as muscle wasting, fat accumulation, stress intolerance and a variety of inflammatory reactions responsible for myriad health concerns including obesity.

I know, you've been breathing since you were a newborn and maybe you've never had a problem with it thus far. Does breathing better really make that big of a difference? Is it that important? Can it help you lose weight and get in excellent shape? The answer to all these questions is a resounding "YES!!!"

Breathing properly is extremely important to your health and can have an enormous impact on getting you in excellent shape. This automatic (autonomic) function occurs spontaneously, just like your beating heart and your constricting gut. Fortunately, it is much easier to control your lungs than your heart and gut. Lungs can be controlled through the action of the diaphragm. The diaphragm is a large dome-shaped muscle separating your chest and abdomen. Contraction of the diaphragm causes flattening of the dome, inflation of the lungs and expansion of your chest. This phenomenon normally occurs automatically, that means you don't have to think about it, but here is why sometimes you should.

What if I told you breathing better could actually alter your health and influence your metabolism? In fact, breathing is the counterbalance to your metabolism. You should not attempt to alter one without expecting changes to the other. The way you breathe strongly alters the pH balance of your blood. Alternatively, even subtle changes to your metabolism will automatically cause your breathing to change. In this way respiration and metabolism are intimately associated; they fit like Yin and Yang, (opposing and yet complementary forces) keeping you balanced, healthy and complete through homeostasis. Increasing your respiration will also increase your metabolism.

Expanding your lungs and slowing down your breathing briefly once a day can reduce the dead space within your lungs and keep them functioning well, healthy and clean. Reducing the dead space within your lungs means more of your lung tissue is working. The more lung tissue you have working, the more efficiently you can exchange various gasses with the outside world while you are breathing. Keeping clean and healthy lungs means a better acquisition of oxygen and an increased elimination of waste gasses from your bloodstream. Eliminating waste is what losing weight is all about.

Proper breathing techniques have been taught and practiced for thousands of years by alternative healthcare specialists, Yogis and Zen Buddhist monks. The monks call it "mindful breathing," which means being thoughtful about your breath and conscious about your breathing. Mindful breathing



should become an important part of your weight loss and anti-aging lifestyle. Try it each day for 10 to 15 minutes. Almost immediately, you should notice an improvement in posture and core muscle tone, as well as an increase in energy, stamina, power and endurance. You should also find with it a greater sense of inner tranquility, sustained serenity and an enveloping confidence. Believe me, it's worth more than the effort.

Mindful Breathing is easy to learn but can be difficult to perfect. Your brain is set to control breathing automatically, based on carbon dioxide and oxygen levels in the blood. This is a "reactive" mode. We want to change your breathing (periodically) to an "active" mode and that will require practice. Fortunately, you and I breathe over and over, giving us the chance to be mindful of our breathing anytime, each day of the week.

With a little practice, you can develop the very beneficial breathing technique discussed below. Eventually, even your automatic breathing will be much improved as your chest begins to expand and your abdomen tightens. Training starts with learning how to breathe better and then practicing often. Do this for a minimum of 10 minutes a day to count this important finger on your 5 Finger Diet.

#### The 5 Finger Diet Breathing Technique

Sit up straight in a chair or on the floor with your legs crossed and relax.

Take a deep breath in through your nose and hold it in briefly.

Clear your mind and exhale slowly through tightly pursed lips.

Forget about everything else except breathing.

Feel the air going in and going out with each breath.

Close your eyes and relax.

Keep a tall straight spine and your ribcage expanded throughout the entire exercise.

Fill up your lungs through your nose, hold it in briefly and then exhale slowly through tightly pursed lips.

Keep a slack jaw and provide moderate resistance to your breath with your lips.

Wait a few seconds between each inhale and each exhale.

Don't forget to keep your ribcage expanded and spine tall and straight at all times.

Exhale by tightening your abdominal muscles and pulling your bellybutton in tightly towards your spine.

Feel your gut roll in under your ribcage then tighten your lower belly and buttocks.

Inhale by letting your belly relax as you slowly push your belly and chest out completely.

Continue this as you relax and think of nothing but breathing.

If you are able to clear your mind completely like this you are meditating.

It is said that in as little as five minutes a day, breathing exercises such as this one can have a significant impact on your mental and physical health. Once you realize these benefits you may want to breathe like this for up to an hour each day. This breathing technique may be performed anywhere, anytime you are awake. Try it at home or at work or on the way in between. Whenever you think of it, you can practice this mindful breathing technique. For example, I practice mindful breathing whenever I am driving alone in my car. After the first few weeks, I did not even have to think about it; it just came naturally. Now I step into my car and automatically begin mindful breathing. Obviously, while driving you will need to keep your eyes open and concentrate on the road, but this is also a great way to reduce the stress associated with traffic. You can practice better breathing anywhere and at any time.

By permanently incorporating mindful breathing into your everyday life, you can reprogram yourself to breathe better all day long without having to think about it more than once a day. The technique I've described above can be greatly enhanced by learning to stretch while you breathe as in yoga. For this finger, a yoga session, tai-chi, exercise, meditation or prayer is encouraged while breathing.

TIP: Whenever possible avoid shallow chest slumping. This poor breathing technique keeps you in a lazy, reactive mode with a retracted chest and a protruding abdomen. As we learn to break free of this habit, we will change not only the contour of our bodies but also the contents of our minds.

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#### 4. Pour it out

Just as in the Drip It Out method, the "Pour It Out" method is not about dehydrating, it is about rehydrating. By drinking enough pure, clean water each day, you can keep your body functioning optimally, like a finely-tuned machine. The body needs lots of fresh, clean water to continually flush out the environmental toxins and metabolic byproducts building up inside you every minute of every day. By drinking an adequate amount of water and reducing your sodium intake, you will force the toxins to pour out of you with your urine, leaving behind pure, clean plasma ready to circulate your system. Dehydration or too much sodium and not enough potassium can slow down this process, causing you to bloat and hold on to filthy waters rife with toxins and impurities.

A grown man should drink about 120 ounces or 15 cups or 1 gallon of water daily.

A grown women should drink about 100 ounces or 12 cups or 3/4 of a gallon daily.

Drinking a tall glass of water should be one of the first things you do each morning. This will help flush away the waste built up while you were sleeping. Caffeinated beverages and alcohol are not a substitute for water and should be kept down to 0 to 2 servings daily. Catching a cold? Every mother knows you

need to drink plenty of liquid to get you better quickly. What's the best kind of liquid to drink? You guessed it, water! The truth is, you are living in a perpetual battle with bacteria, fungus and viruses. Water is the antidote. It flushes out these microscopic predators, giving you the power to defend against them.

If you ever crave salt, it is probably because what you really need is more water. Your body uses salt to hold on to water in times of drought. Normally, in the United States, clean water is fully accessible, but if you are not hitting the water fountain often enough your body will tell you to eat more salt because it thinks you're living in a drought. Salt will help you hold on to your water longer, but you don't want to hold on to water. Water retention causes bloating, hypertension, congestive heart failure, unnecessary weight gain and other unwanted effects.

Aside from all of that, that water is filthy. You wouldn't keep your old bath water around day after day, would you? The water inside you needs to flush away down the drain, taking with it all kinds of toxins and byproducts your body has no use for. Holding on to this dirty water is unhealthy and, in fact, adds to your body weight and keeps you in a contaminated state.

If you live in a chronic state of borderline dehydration and filthy water stagnation, you will probably crave salt often enough to create a habit, or should I say, an addiction to salt. You will grab the saltshaker before tasting your food. Your friends and family may notice your addiction to salt, but as with other addictions, the warnings go unheeded and kicking the habit seems to become an impossible feat. Only when high blood pressure, congestive heart failure or kidney disease strikes, will you hear it from your doctor. Even then, many primary care physicians are more likely to start you on various blood pressure medications including diuretics, rather than offer you the simple advice to "lay off the salt and drink more regular water." It's not entirely their fault either. When doctors do recommend a low salt diet to their patients, many people tend to ignore this advice, opting for an anything goes, all-you-can-eat lifestyle and the problem snowballs out of control from there.

The key point to remember here is that lack of water in your diet causes cravings for salt. Once the cause is removed (by drinking more water regularly) the craving can be silenced. Then it is only the habit of eating excess salt that you need to contend with. Consider this, the American Medical Association (AMA) estimates that 400 people a day die in the United States solely due to the unwanted effects of consuming excess sodium. That's almost 150,000 people dying annually as a direct result of eating too much salt!

So how do you kick the salt habit? First of all, get enough water. The next most important thing you can do is avoid processed food and fast food restaurants entirely. The grand majority (75%) of salt in the American diet comes from mostly from two major offenders. Pre-packaged processed foods and unhealthy restaurant meals use salt as a preservative. Processed food and unhealthy restaurant

companies want their products to last as long as possible without decay. Loaded with salt as a preservative, even bacteria and fungus refuse to indulge.

Try introducing new flavors to your meals by adding plenty of herbs and spices, instead of regular table salt. Keep regular table salt off the table and remember to use only sparingly when you do. When you go out to eat, ask the waiter to have the chef "hold the salt". You pay good money for fine chefs to create delicious meals seasoned just right for optimal flavor. You can always add the salt after the food comes out if it's needed.

Remember to check the sodium content on labels of all packaged food you consume. Try to keep your sodium consumption down to 1500mg (1.5grams) a day. According to the Institute of Medicine, greater than 95% of men and 75% of women regularly consume toxic levels of sodium at 5.8grams or more every day. It's no wonder so many of us are suffering from hypertension and obesity.

When you feel you just have to have salt, natural, unrefined sea salt is a much better alternative to regular table salt, due to its varied minerals and trace element assortment. Naturally blended unrefined sea salts have more of what your body needs for many of its basic bodily functions. Regular table salt is highly refined to greater than 99% sodium and chloride so the other valuable natural minerals that have been extracted can be sold to you separately for a higher price at the pharmacy.

We are used to seeing white crystalline salt. I'll admit it is very pretty, but absolutely unhealthy. Refined table salt is bleached and stabilized with dextrose (a sugar) and aluminum silicate to keep it looking the way it does. Potassium iodide is added to prevent hypothyroidism, but just like all other highly processed foods, it just isn't natural. It is a highly refined and concentrated dose of what you crave, handily packaged to look pretty and neat. Eating it will kill the craving, but you remain deficient of other important minerals you need. In nature, those minerals are all blended, but the sodium is the only one recognized by your tongue.

Salt is necessary for life, but, as always, the natural form is a much healthier alternative to the adulterated, highly-refined commercial form of the product. Avoiding table salt completely may lead to an iodine deficiency if your diet is deficient, but this can be avoided by eating natural forms of iodine found in many foods. Iodine can be found in fish, shellfish and seaweed, as well as in milk, all dairy products and eggs.

For the "Pour it Out" aspect of the 5 Finger Diet to work there are three important components to practice: In addition to adequate rehydration, and eliminating the table salt habit, and you must also keep your potassium levels up.

Potassium works together with sodium to keep your muscles and nerves functioning properly. Too much or too little potassium can cause your heart, intestines and other organs to malfunction. Of course, the best way to maintain the right amount of potassium at all times is to eat a healthy diet. A diet rich in potassium can be obtained by simply (you guessed it) eating plenty of fruits, vegetables and nuts. Legumes (beans) are also high in potassium, as are all types of meat, poultry and fish. Now you see how these things are all tied together. One compensates for another, but your whole system can be optimized through reverting back to nature and making natural, whole food choices.

Keeping your sodium low and your potassium high will help prevent water retention and bloating with excess pounds of stagnant "water weight." A low sodium diet has been proven to help prevent and treat hypertension and thereby help prevent hardening of the arteries, which leads to heart attacks, strokes, kidney failure and more. Simply reducing your salt consumption can help you look and feel vibrant and young. Not to mention keep you off expensive, side-effect-causing blood pressure medications and diuretics. Now add the benefits of drinking plenty of water, and you have the recipe for renewed energy and vitality!

TIP: Drink most of your water early in the day to avoid frequent trips to the bathroom at night. Two glasses of water should be taken with each meal during the day, especially with breakfast.

CAUTION: People with pre-existing kidney disease should avoid overloading on salt, water, potassium or proteins. Consult your doctor before trying this part of the diet if you have chronic kidney disease, renal failure or are on dialysis.

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## 5. Burn it up

By now you have seen four of the five ways weight loss can be maximized each and every day on the 5 Finger Diet. You've learned how to lose more weight through Defecation, Perspiration, Respiration and Urination. By eating a high-fiber diet, sweating out the toxins, breathing better, and drinking enough water you are well on your way to a bright and healthy future. Consider those like the four fingers of your hand. In addition to these four fingers, it should be obvious that exercise needs to be the opposing and all-important thumb. Increased activity is an integral part of your weight loss and anti-aging lifestyle.

The more you "burn it up," the more you can eat without gaining weight. The good news is, you don't need to put on a sweat suit and a drive to the gym to have exercise in your life! Simply go ahead, stretch your tendons and joints, touch your toes and reach for the sky right in your own home. Warm up those

muscles! Twist, flex, jump and get started on a daily workout routine suitable to your body's current conditioning. If you are not used to exercise, talk to your health care professional before starting this or any exercise program.

Don't worry about finding the time. Time is all around you and you can always find ways to be more active. With a little practice, you can learn how to burn it up every minute of the day. That's right! Here I will teach you how to burn up calories even as you are resting. Remember, this is not a pass or fail program. Every day you have a brand new opportunity to burn off the food you ate just yesterday. It's as simple as that. This natural way of life can quickly become a healthy addiction. One that will actually help you feel better about yourself as you become a healthier person and a positive role model for your family and friends who need help.

Structured workouts, even a couple days a week, are better than no workouts at all. However, if you are sedentary most of the time, an overly ambitious workout on the weekend can lead to serious, painful injuries and permanently damaged tendons, ligaments and joints. For best results, try to spend 15 to 45 minutes a day, five to six days a week doing aerobics and/or anaerobic exercise. **START SLOWLY** by warming up with stretches and light activity. To prevent injuries, always stretch and warm up muscles before you break a sweat. Breathe deeply and feel your muscles grow as you burn it up day after day getting lean, powerful and sexy as you go.

The 5 Finger Diet Exercise Guide:

1. Perform aerobic/cardio type workout with interval training for 30 to 45 minutes a day two to three days a week (see interval training below).
2. Perform moderate anaerobic/strength training exercise, 15 to 30 minutes a day three to four days a week (See below).
3. Take a couple days off each week to rest and let your body recover.

You've probably already guessed that exercise could actually cover three of the five fingers of this lifestyle program. Proper exercise should include deeper breathing and increased sweating. That is how some people you know can eat almost anything they want and never seem to gain any weight. Most

often it's because they exercise! The 5 Finger Diet exercise plan can get you started or take you to the next level with increased fitness, endurance, stamina and strength. Exercise will help you drip it out, blow it off and burn it up. Now add a healthy amount of water, reduce sodium and consume a high fiber, high protein, organically grown diet (as discussed in our Five Finger Nutritional Guide) and you'll be the one everyone's talking about. You'll be the one losing weight, feeling great and looking even better.

By continuously introducing your body to new and unpracticed exercises and exercise routines, you can promote the greatest amount of muscle growth while burning up calories like crazy. A varied exercise program will prevent the dreaded plateau effect experienced by most people who get used to performing a particular exercise routine. Allowing each muscle to heal and fully recover between sessions lets you benefit the most from each and every workout. Working out the same muscles over and over prior to full recovery keeps your muscles small, but particularly efficient at performing the specific exercise in question. Once your muscles adapt to an exercise routine it takes less energy to recover from your workout. That is NOT what you want. You want different groups of muscles to develop and go through growth spurts in different parts of your body. That is where the real calorie burning effect takes place, during those growth spurts. Be adventurous and try new types of workouts, just remember to be careful as you start up and make sure you perform each workout correctly.

Recovery is the sweet spot when it comes to burning it up. After a new workout routine you are likely to be sore and your muscles will be burning. That's good! That is how you know the exercise is working. The heat you feel is from calories being burned up even as you're resting. This is not to be confused with joint pain or tendonitis, in which case the effected joint should be rested and iced down for a week or two. Any time you engage in a particularly strenuous workout, take full advantage of that workout by giving yourself plenty of time to heal completely. Move on to other muscle groups and work your way around until your entire body has become conditioned. Then start over, always keeping your muscles in a workout-rest-recovery cycle. This will help you get the most out of your workout.

When is the best time to work out?

Some research has shown that the best time to work out is between 3:00 PM and 9:00 PM, with peak hormone and endurance levels at around 6:00 PM on average. Based on that information, working out before dinner may be the next step to optimize your body's response to the workout. Other literature would recommend first thing in the morning as the best time to exercise in order to get your metabolism running and give your energy a boost. Some people say, "A little light exercise helps me wind down before bedtime." I say, anytime of the day you can schedule a regular workout that would be easiest to comply with, is the best one for you. If you are a "morning person" and are able to warm up and get motivated early in the day, then just before breakfast is the time for you. Everyone is different, so find your best time of day and stick to it on a regular basis.

If you need to save time, the best time of day to workout is just before your daily shower. Make a rule to always exercise (even briefly) before your shower. This is a daily reminder to do your workout and it can help cut down on time spent primping in the bathroom. A 15 to 45 minute workout and a 15 minute shower can get you right on schedule without wasting any more time than you need to.

TIP: Regularity of your workout is more important than trying to adhere to a particular time of day and failing to do so.

### Target Heart Rate

Always start any workout with at least five minutes of stretching, and warm-up the specific muscle groups you plan to work out. To safely and effectively maximize the benefit of your work out, first you'll need to determine your Maximum Heart Rate (MHR) and then figure out your Target Heart Rate (THR). Your MHR is based on your age, current level of fitness and overall fitness goals. To find your approximate Maximum Heart Rate (MHR), just subtract your age from 220. That number should never be exceeded by your heart rate. Going beyond your Maximum Heart Rate puts too much strain on your heart and could cause you to pass out or even worse. Sticking to your Target Heart Rate can keep your workout safe and effective with much less chance of harm.

The Target Heart Rate (THR) for beginners doing any type of exercise should be somewhere between 50% and 70% of your Maximum Heart Rate (MHR). For advanced levels of exercise (after at least six months of regular training) you can raise your heart rate up past 70% to 85% of your MHR. Limit your THR to 85% and under at all times for safety.

Tip: Think of your heart rate like the tachometer of your car. Pushing your heart beat past its safe limits would be like revving your car's engine well into the red zone and beyond.

To find your heart rate, or pulse, you can use any number of electronic heart rate monitors available at most pharmacies and fitness stores everywhere. Most of the newer treadmills, elliptical machines and stationary bicycles have a built in heart rate monitor to make this easy for you. It usually looks like a pair of stainless steel handgrips. Just hold on for a minute and your heart rate should appear on the monitor. In a pinch, you can always just feel for your pulse the old fashioned way. Just place your middle and ring fingers on the soft spot of your other wrist close to the base of the thumb. Now press down gently to feel for your pulse. Count for ten seconds and multiply by six or count for six seconds and multiply by ten. That number is your actual heart rate.



Check your pulse often and stick to your Target Heart Rate (THR) whenever exercising. If you exceed your desired THR, just slow down or decrease your workout intensity and catch your breath. Keep yourself going, but at a cool down rate until your heart rate and breathing slow down to a more comfortable level.

CAUTION: This method for heart rate safety is different if you take medication classified as a beta-blocker like metoprolol (lopressor), atenolol or labetalol. These medications are used to treat high blood pressure and various heart rate and nervous system problems. They are also recommended to almost all people who have ever had a heart attack in the past. They prevent your heart from speeding up. If you are taking this type of medication, your Maximum Heart Rate should be much lower. About 20 to 60 beats above your resting heart rate should be your maximum. Your Target Heart Rate should be even lower. For more detailed instructions on working out to your THR consult your physician, licensed physical trainer or go to [www.heartratesafe.com](http://www.heartratesafe.com).

## Core Strengthening

Strengthening the body's "core" is vital to the success of the 5 Finger Diet workout. Strengthening your core means developing the muscles of your abdomen, chest, back, buns and thighs. These big muscles burn lots more calories than the smaller ones do. Strengthening these muscles is essential to good health and should be of paramount importance to everyone no matter what your fitness goals are. Following this guide will help you safely and easily achieve this. Whether you perform aerobic/cardio or anaerobic/strength training exercise, strengthening your core will give you energy, make you feel better and help you lose inches from around your waist. On the following pages I will briefly define the various types of workouts important to losing weight on the 5 Finger Diet and provide you with the information you need to make the most out of each

Tip: To make the workout easier and more fun, you can watch a motivating movie or television show (like sports), or listen to inspirational music.

## Getting Started:

Building a new you starts with a strong healthy core. You don't need fancy fitness equipment or an expensive gym membership to start reaping the rewards of increased activity. Start slow and pace yourself as you get stronger and stronger. For best results, avoid injuring yourself by straining too much within the first few weeks. Always give yourself adequate time to improve. Remember, it took quite a bit

of time to get you out of shape. Give yourself at least six months to get back into shape and don't try to rush it. Your new healthy vibrancy will last a lifetime with just a bit of regularly scheduled maintenance. The best way to get started on an exercise program is by increasing your walking. Start by walking on a flat surface at a comfortable rate for 30 minutes a day and slowly increase the intensity of your workout. Work your way up to hills and steps; the goal is to workout harder not longer.

#### Abdominals:

After stretching and walking, a great way to start any workout is by doing 3 to 5 sets of leg lifts and just as many tummy crunches. This will warm you up for any other exercise you had planned for the day. It will also keep you from forgetting to strengthen your belly. Abdominal muscles are "fast twitch" muscles and therefore respond to a slow, intense workout with fewer repetitions. This kind of muscle takes at least 48-72 hours to recover. Therefore, tummy toning should be done every other day at the earliest, and no sooner than every third day for beginners.

Before you get started on an abdominal workout, here's some important information you'll need to know about your abdominal muscles. There are four major muscle groups of the anterior abdomen. They are: The rectus abdominus, obliques, serratus and intercostals. Each of these four can be targeted one day at a time to get the benefit of full muscle recovery between each session.

Basic abdominal crunch: Lie down flat on the floor and place your hands behind your head and above your ears. Do not interlace your fingers. Without swinging your arms or pulling up your head, take a deep breath in and blow out slowly as you lift your head and shoulders a few inches from the ground. Slowly continue, each time focusing on slowing down your breath and keeping the abdominals stretching and contracting fully with each crunch.

If you are a beginner, start with 10 crunches a day and work your way up to 25 or 50. Split then up into sets of ten or fifteen slow, focused crunches. Doing more than 50 crunches a day will not be of any significant benefit, but adding leg-lifts and obliques exercises will help quite a bit.

Alternatively: While on the floor, scoot your bottom up to the base of a chair and rest your calves and heels on the seat as you raise your head and shoulders up. Be sure to place your hands behind your head and above your ears, without interlacing your fingers.

Now try 10 crunches and 10 leg lifts. Rest for a couple of minutes and repeat. Go ahead, do 10 and 10 right now. Do it again two or three days from now. That's how you get started. Your workout should be enjoyable, not painful. In a couple of weeks, try doing 20 and 20 and make each one of them count.

Tip: If it's too uncomfortable for you to lie on the floor, you can do most of these abdominal exercises in your bed, on the couch or leaning back in a chair. All effort counts towards Burning It Up.

The 5 Finger Diet Wall-Crawl: Or as my wife, Annie likes to call it, "The baby crying to be picked up technique." This is my favorite abdominal exercise of all. It's fun, easy and gentle on the spine.

While lying flat on the floor, your bed or leaning back in a chair, lift your arms and legs up and down like you are crawling. Try it for 60 seconds or until your arms and legs get tired, rest for a minute and do it again and again. You can do it whenever you are watching TV. In as little as five minutes you can get a terrific workout. You can do the Wall-Crawl in bed each day before you get up. Do it in the office before lunch. Do it in a park or in your own living room. For an added benefit, strap on 2 to 5 pound ankle weights and hold 5 to 10 pound dumbbells in your hands and keep your head elevated. The point is, you can do this beneficial exercise anywhere at any time and you will really feel the difference.

#### Aerobics/Cardio:

Aerobic exercise is the kind that gets your blood pumping and speeds up your breathing for a sustained period of time. It is a general term applied to any activity that fulfills these requirements. This type of training will get you in shape by strengthening your core, burning calories and increasing your metabolism. Aerobic exercise can be achieved by walking at a brisk pace, running, cycling, dancing, swimming, or exercising in a variety of ways.

Perform aerobic exercises at a moderate level of exertion with brief intervals of increased effort for a total of 30 to 60 minutes a day, two to three days a week. Beginners should try to maintain a Target Heart Rate (THR) of about 50% to 70%. Only after establishing a regular exercise routine for a minimum of six months, should you attempt to increase your THR to the 71% to 85% range. Never raise your THR above 85% of your Maximum Heart Rate (MHR).

Start with a basic workout like a brisk daily walk or swim. Within a week or two you'll notice a difference, such as easier breathing and movement as you engage in activities. Be consistent with your exercise, even if it is brief and low-intensity. Everyone has to start somewhere. Unless you're a teenager or already in good shape, you shouldn't expect to start out with an hour of high-impact aerobics without ending up with an injury or on your way to the hospital with chest pain. It may be some time since you broke out the old leotards and legwarmers, so be sure to choose an aerobic activity that matches your current fitness level and takes into consideration any health issues you may have. Give yourself plenty of

time to get your muscles and joints back in shape before you ask too much of them. And remember, this phase of the 5 Finger Diet should incorporate all the other four phases; as you Drip It Out remember to rehydrate often.

An overly aggressive or extremely prolonged aerobic workout will burn muscle as well as fat, and we don't want that! However, if your aerobic workout is too brief (less than 20 minutes) you burn only glycogen (sugar) stored in your muscles instead of fat. Therefore, 20 minutes should be the minimum and up to 60 minutes maximum for any aerobic workout.

### Cardio Cool Down

Unless you have chest pain or dizziness, never suddenly stop any aerobic activity, but rather reduce your pace to a slower level until your heart rate recovers and you are breathing easier. Stopping aerobic exercise abruptly can cause blood to pool in your feet and ankles. This can lead to venous-stasis causing unsightly varicose veins, leg swelling, and ankle discoloration and eventually even ankle ulcers. Pumping your calf muscles, or better yet, walking as your heart slows down causes blood to flow up out of your legs and back up to your heart. This keeps your legs from swelling. If you suddenly stop moving your legs you turn off the pump, but the blood keeps on rushing down.

TIP: Elevating the limbs and applying ice are great ways to reduce unwanted swelling after a workout.

### Interval training:

Interval Training (I.T.) is the preferred method of aerobic exercise on the 5 Finger Diet. Interval Training (I.T.) is defined as repetitious periods of high-intensity aerobic exercise followed by periods of low level, cool-down rate exercise. I recommend I.T. over traditional endurance-type training, due to the good evidence that I.T. can produce similar effects in exercise performance and muscle adaptation in a fraction of the time as traditional training(1). What this means to you, is much less time spent exercising, with all the same beneficial effects on the muscles.

Interval training has also been proven to cause large amounts of fat burning due to the effects of epinephrine (2). This is possibly due to brief periods of epinephrine secretion during interval sprints. Epinephrine prevents muscle breakdown, inhibits the transport of glucose into the cell and increases the breakdown of fatty acids within the cell<sup>3</sup>. The net result of interval training is more muscle growth and increased fat reduction in much less time than conventional aerobic training.

## Anaerobic/Strength Training:

This type of exercise is also known as weight lifting. Strength training builds muscle fast, because muscle burns calories much faster than fat, especially in the period immediately after your workout. Strength training is now believed to be more important for muscle growth and fat burning than aerobic/cardio type exercise. Building muscle in response to strength training is an energy-expensive job for your body, one that requires lots of calories. It also takes a diet full of proteins and healthy amounts of complex carbohydrates, essential fatty acids, vitamins, minerals and water.

Recent research indicates that it is not enough to do only aerobic/cardio-type exercise to reach top-level fitness. You must alternate aerobic exercise with strength training to get the best results from your workout.

Beginners can start a healthy strength training routine with no exercise equipment at all. Doing 10 pushups, 10 crunches and 10 squats 3-4 days a week will be a great way to start your new strength-training program. Do all three sets of ten every other day before you take your usual shower. Don't shower on those days without doing them first. Making simple rules like this one is how new habits are formed. Once you get used to it you can expand on this brief workout.

Free weights are another excellent way of initiating a good strength-training workout. They are available in all shapes and sizes and usually quite easy to store. Pick up a pair of 5 to 10 pound free weights or water bottles and bend your arms slowly. Don't swing them, but keep them moving slowly and don't forget to keep breathing deeply. Just warming these muscles results in charging up your metabolism. Everyone can find some kind of strength training exercise to begin with. It could be even more fun with friends and family.

Try to dedicate 15 to 45 minutes, three to four days a week to your strength-training workout; 30 minutes, 4 days a week is perfect! It can be done! A training partner can help!

Tip: Strength-train while you watch sports on TV or pull out dumbbells at the office.

For conditioning and muscle definition, exercise with low amounts of weight and many repetitions. For example: lift a low amount of weight (25% of the total weight you can lift just once) 15 to 20 times and repeat for four or five sets.

For greater muscle growth in a shorter period of time, lift heavier amounts (75% of the total amount you can lift just once) five times for three to five sets.

Whichever your preferred rate of muscle growth is, alternate muscles and muscle groups frequently. Always allow at least 48 to 72 hours between working out the same set of muscles. This will give your muscles time to heal between workouts, allowing them to develop mass and definition, while burning calories in the process.

To get the most out of your workout, always emphasize the “negatives.” For example: A bicep curl should be one count up and three counts down. The down count is the “negative.” It is extremely important to keep proper form in order to isolate and nurture your muscles, and ensure you do not injure your joints.

TIP: Drink your favorite sugary beverage within an hour after your workout. This will increase the speed of muscle recovery and aid in overall muscle growth. I will not be recommending sugary beverages at any other time, so take this opportunity to enjoy the non-diet beverage of your choice. That’s right, getting sugar back into the muscle when it has depleted all its glycogen is essential to rapid recovery and a great way to reward yourself after completing a healthy workout.

#### 5 Finger Diet Circuit Trainer:

Circuit training is the best overall workout I can recommend without a doubt. It is a form of workout that blends aerobic and anaerobic exercises to cultivate your muscles while conditioning your heart. A brisk pace is maintained while alternating between a variety of strength training exercises, for an extended period of time. In this way you can make use of both aerobic and anaerobic energy burning and get the benefits of both.

On the 5 Finger Diet Circuit Trainer, different muscle groups are conditioned on multiple exercise devices, such as machines, free weights and elastic straps, plus the addition of sit-ups, jumping jacks, pushups, etc. Each exercise can last anywhere from 20 to 60 seconds as you rotate between five or more different stations. Little or no break is taken between each exercise station and the entire circuit can continue for 15 to 45 minutes. Exercise can be done individually or in sync with a group. Circuit training burns fat, increases muscle mass and conditions the heart - all while having fun with friends and family!

For circuit training to have a rapid muscle growth effect, you will need to train with heavier weights and shorter intervals of workout time. Each exercise should be done until just prior to muscle failure or fatigue. Then move to a different exercise and continue.

Plyometrics:

This is an ancient exercise technique that is catching on all over the world. Plyometrics is a type of exercise that can help athletes, dancers and other well-conditioned bodies get more explosive power out of their muscles. By using a slingshot effect, muscles can be trained to create extra power and therefore a more dynamic thrust of energy when moving.

Plyometrics teaches your muscles to respond with greater force. This is accomplished through 2 physiological processes.

First: by briefly stretching and then contracting a muscle you make use of more cross-bridges between myofibrils on each individual muscle fiber. When you use more of your muscle fibers you take advantage of more muscle mass to perform a particular maneuver. When you exercise that otherwise unused muscle mass you train more muscle volume in a shorter period of time. When more of your muscle is conditioned to respond to a neurological impulse, more contractile force can be generated from the muscle when called upon by the brain.

Second: is through the development of muscle memory. When you condition a muscle or group of muscles to react in a certain way, that muscle gets used to the movements and eventually you don't need to concentrate so much on correcting your form. It is the automatic pilot for your skeletal muscles. Decisions are made in the spinal cord rather than in the brain to cut down on lost time to reaction. Reflexes work using nerves and muscles in this way to constantly correct your balance and keep you from falling.

Plyometric training can help you use both of these effects together to bring an abundance of powerfully dynamic movements to your game.

**CAUTION:** Plyometrics are not for beginners. To perform plyometric exercises you should be able to perform short bouts of strenuous exercise and withstand jerky movements like jumping, bouncing and lunging.

Basic Plyometric Jump: Squat down with your feet at about shoulders width apart. Hold this position for just a moment, then spring upward forcefully and land and repeat. This basic maneuver can be modified to jump forward, backward or from side-to-side.

Practicing stretching, jumping and landing causes the muscles to become more agile and done properly, you could become lighter on your feet and more ready for action.

Bouncing on a trampoline with 2 to 10 pound weights in your hands may be quite dangerous if you fall, but if done properly this plyometric exercise could help you develop explosive power in your arms and legs as well as a strong sturdy core.

The Medicine Ball, Indian clubs and plain old sand bags have all been used in the past to strengthen or rehabilitate athletes using plyometric strength training.

The Thermic Effect of Food:

Question: Why am I talking about food in the chapter called "Burn It Up"?

Answer: Eating certain types of food can burn calories for you.

You may already know that energy is used up in all our daily activities from breathing to walking and even while we're sleeping, but did you know that more energy can be Burned Up by eating certain types of food? That's right, certain foods cause our bodies to burn calories simply by eating them. By increasing your consumption of these types of food, you can burn more calories more often by processing that food. This process is known as the "thermic effect of food". It includes all of the energy used by the physical and metabolic effects of eating.

Some foods have a higher thermic effect than others. For example, foods high in protein have the greatest thermic effect, while fats have the least. This is because eating protein causes a chain reaction to occur, first breaking down long chains of proteins with your mouth and in your stomach, then moving, absorbing and rebuilding those same proteins into different parts of your body. All that takes plenty of energy! When you exercise your muscles they need to rebuild themselves. The more muscles you build, the more energy you burn. Those muscles take more energy to maintain as well. Fats, on the



other hand, take very little energy (or calories) to process and require barely any calories at all to build or maintain.

When it comes to carbohydrates, high fiber foods will have a much greater thermic effect than simple sugars and starches. That's because indigestible fiber needs to be mashed, pushed and churned along the entire length of your intestine--about 26 feet of human plumbing before it can be laid to waste in a day or two when it's done cleaning your colon. All that time, fiber is causing your intestine to Burn Up calories. A non-fiber meal can be digested in its entirety in only a matter of minutes, making for lazy, unconditioned intestines and too few used calories. The exciting part here is that you can actually burn more calories than you have eaten when it comes to some low calorie, high fiber foods like raw celery or grapefruit.

The key to nutrition and The 5 Finger Diet is to let your meals work for you! Eating enough protein and fiber will give your intestines a good workout. Eat at least six servings of protein and up to 9 servings of fiber rich foods every day to Burn Up calories from the inside out. This alone may be all it takes to boost your total metabolism and increase your rate of energy consumption in order to lose weight. Together, the right diet and an appropriate exercise routine can be fun and easy to get used to as you optimize your 5th and final weight loss strategy on the 5 Finger Diet.

For more valuable information about nutrition go to the 5 Finger Diet Nutrition page on this website.

For more information about exercise, go to [bodybuilding.com](http://bodybuilding.com) and enter into their SuperSite for articles on Training.

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All Together Now:

Employing all five fingers of this weight loss program, you will have prepared yourself for a healthier, happier anti-aging lifestyle. You will feel energized and powerful. You will develop the ability to fight off disease and recover from injury. You may even prevent or postpone toxic inflammatory disease states such as:

Cancer,

Diabetes,

Heart disease,

Lung disease,  
Metabolic syndrome,  
Fibromyalgia,  
Degenerative joint disease,  
Osteoarthritis,  
Anxiety,  
Depression,  
and of course obesity.

Practicing the 5 Finger Diet program will encourage you to make healthy diet and lifestyle choices that will prevent toxic inflammation in your body. Uncontrolled toxic inflammation is the process by which most preventable diseases cause permanent damage to your tissues. Employing The 5 Finger Diet will reduce your inflammation down to therapeutic levels, and provide real, attainable health solutions that will give you the chance to lose weight, feel great and be better than ever.

Take this program, like the five fingers of your hand. Pull them all together to make a strong, tight fist. Now, strike back at obesity, strike back at preventable chronic disease states and strike back at premature aging and cancer. You can make the decision to change your life now, turn back the clock and live the past ten years all over again. Take these tools and put them to work building a better tomorrow for you, your family and friends.

Lose weight through:

Defecation, Perspiration, Respiration, Urination and Recreation

If you count:

1) EAT FIBER

2) SWEAT OFTEN

3) BREATHE DAILY

#### 4) DRINK WATER

#### 5) STRETCH and STRENGTHEN

On all five fingers daily, you will be losing weight and getting into better shape in no time. Soon you will become accustomed to the changes and your new anti-aging lifestyle will feel like second nature to you. After all, it is only natural. This is the all-natural way to lose weight, be fit and live a longer happier lifestyle. Give it a good six-week trial and I am sure you will be hooked for a lifetime.

Remember, only by making true and sustainable changes to your current condition will you make this or any diet work for you in the long run.

There is no use sitting there any longer. Get pumped up! Get motivated! This is your wakeup call now go ahead and get started right away.

You can do this! There is nothing left to stop you. Change the trajectory of your current health and fly strong and straight as an arrow towards the good life. Join me by counting five fingers daily and we will get there together. It's never too late. Make yourself and your loved ones proud.

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Try this poem to make it easy to remember,

EAT 30 to 40 grams of fiber a day

SWEAT out the toxins and wash them away

BREATHE from your belly and practice to a fault

DRINK plenty of water and cut out the salt

STRENGTHEN your muscles and STRETCH every day

The 5 Finger Diet will blow you away

Just lift up a hand and count. It's easy, it's fun, it's simple and It works.

TELL YOUR STORY, SEND PHOTOS OR JUST ASK DR. ALLAN ANY QUESTIONS. HE IS EAGER TO HEAR FROM YOU AT:

drah2000@hotmail.com

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