

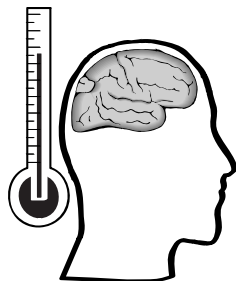
The You Forever Slim Diet

There's something wrong with most diets. They can help you lose a lot of weight in a short time. But they fail miserably at keeping you slim.

A typical scenario is that you follow a certain diet for a few months and reach some desired weight. You look great and feel good. But it doesn't last. Within a year or two you're back to what you weighed in the beginning. Or you end up weighing even more than when you started. This yo-yo dieting is unhealthy and depressing.

The Forever Slim diet takes a totally different approach to weight-loss. It is unlike any other diet. The goal of the Forever Slim diet is to help you lose weight and keep it off, forever!

The Forever Slim diet is designed to help you make small easy changes in your lifestyle and practice them over time. The results are a new way of living that will bring you health, vitality and renewed energy.



The human brain controls many functions in the body. One of these functions is to maintain an internal stability known as homeostasis. Homeostasis keeps your body temperature constant at approximately 98 degrees. It keeps your resting heart rate steady. And it tries to keep your body fat and body weight constant.

Your body is like the heating or air conditioning system in your home. And your body weight is like the air temperature in your house. You control the air temperature by setting a thermostat. Similarly, your brain regulates your weight with what might be called a *homeostat*. It was programmed by your genes. Your *homeostat* was set to prevent excess fat from accumulating around your abdomen, your hips, your arms and your face.

If you are overweight, it's because your lifestyle adjusted your *homeostat* to set your body weight higher. So, to permanently lose weight, you have to lower the setting on your body's *homeostat*.

If it's too warm in your house, you turn down the thermostat. In a few minutes the air temperature is more comfortable. Unfortunately, your *homeostat* is more complicated than your home's thermostat.

Your brain resists rapid changes in your *homeostat*. If you lose weight too quickly, permanent changes don't occur in your *homeostat*. So it directs your body to return to your heavier weight. This is why most diets ultimately fail and you gain back the weight you've lost.

However, if you make small changes in your lifestyle and practice them over time, you can slowly adjust your *homeostat* to its normal level – a level that will keep body fat from accumulating in your abdomen, arms, hips and face. The Forever Slim diet will help you lose weight and keep it off for the rest of your life.

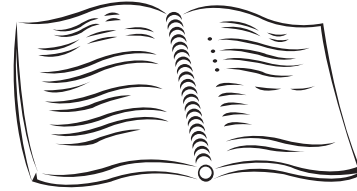
The Forever Slim diet is designed to slowly adjust your *homeostat* so you can lose weight permanently. It is an exciting experience that will change your life forever.

The You Forever Slim Workbook

This workbook is a guide to help you lose weight and stay slim for the rest of your life. You'll be given suggestions for small and easy changes to your lifestyle that will make you permanently thinner. You'll be given instructions on how to practice these changes so you can achieve this goal.

In order to permanently lose weight, you need to practice these changes over time. To accomplish this, you'll be given a new suggestion every week for the next year. Each week, you'll focus and work on this new suggestion.

To succeed on the Forever Slim diet, it is important that you focus on each week's instructions. **Therefore, you should never read ahead in the workbook.** In fact, the only willpower you need on the diet is to stay concentrated on one week at a time and never read ahead. Let each week be a new and exciting surprise for you.



Every night before you go to bed, you'll answer simple yes or no questions on the worksheet for that week's lifestyle change. This will keep you focused on each week's effort and focused on succeeding at the Forever Slim diet.

Trust

The Forever Slim diet is all about trust. Success requires that you trust the program; the program is based on trust that you will commit yourself to it.

Trust from You

In order to succeed, you need to put your faith and trust in the Forever Slim diet. If you will do this, your life will change forever. You will no longer have excess fat around your waist, on your hips and on your face. And you will be healthier and thinner for the rest of your life.

Trust from the Forever Slim diet

The program trusts that you will make a serious commitment, that you will try the simple suggestions given to you each week and that you will answer the workbook questions every night before you go to bed. The Forever Slim diet was designed to help you make small, easy changes in your lifestyle that you can live with. The diet trusts that you will try these suggestions.

Before starting on the Forever Slim diet, read the commitment on the next page and then sign and date it. Don't start on the diet until you've made this commitment.

But don't be afraid of the commitment. The changes you'll try are simple and easy to follow. You'll learn how to eat, how to think and what to eat. You won't have to purchase any special or name-brand foods. The foods recommended are readily available at your local grocery. If you don't want to make a given suggestion part of your life, then don't. But at least give it a try. The more you follow the suggestions, the more successful you'll be at losing weight and keeping it off for the rest of your life.

Commitment

I hereby commit myself to trying the suggestions given to me in this workbook. I will not read ahead in the workbook. I will let each week's new suggestion be an exciting surprise in my life. Each night before I go to bed, I will answer the questions in the workbook for that week's suggestion. I will not give up and I will continue to try the diet's recommendations.

If I have diabetes, heart disease, cancer or any other illness, I will consult with my doctor before going on the Forever Slim diet. If I am pregnant, I will wait to start the Forever Slim diet until after my baby is born and I have stopped breastfeeding. If I have allergies or sensitivities to any of the foods recommended in the Forever Slim diet, I will not eat them. If I am anorexic or bulimic, I will not go on the diet. I am responsible for my own lifestyle and for my own actions.

Signature

Date

**Congratulations! You have made a commitment
that will change your life forever.**

In order to permanently lose weight, you need to lose weight mentally first and then you can lose weight physically. Accordingly, the first 12 weeks of the Forever Slim diet are designed to program your mind to mentally prepare you to permanently lose weight. The suggestions for the first 12 weeks are simple and easy. They will train you how to think and how to eat.

You may now proceed to Week One – “The Weigh-in.”

WEEK

1

The Weigh-In

This first week, you'll be asked to try a very small change in your lifestyle that will have a dramatic affect on your ability to lose weight and keep it off.

Almost all dieters are constantly weighing themselves. Many weigh themselves daily. Some weigh in weekly. And extremists weigh themselves more than once a day.

Frequently weighing yourself is not a good way to slowly adjust your body's *homeostat* to get you to a permanently lower weight. Your focus on the Forever Slim diet is to change your lifestyle so that your weight will naturally go down. Weighing yourself frequently is not an accurate measure of how well you are doing at becoming permanently thinner.

Your body weight fluctuates throughout the day and also from day to day. Your body weight at any given moment is not always a function of what and how much you've eaten. It can be affected by your bowel habits, how active you've been, the time of the month for women or even how much sleep you got the night before.

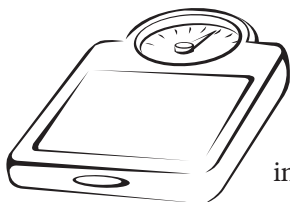
Weighing yourself too often has detrimental psychological effects. If you gain a pound or two on a given day, you're likely to think your diet isn't working. Or if you've starved yourself all day and find you didn't lose weight, you might decide to give up.

Today is like a "second" birthday for you. It's the start of a new life that will make you healthier and thinner. Each week for the next 52 weeks you should try a new small change in your lifestyle. These changes are simple and easy to make. And if you follow the suggestions, you will lose weight and keep it off for the rest of your life.

For This Week . . .

Your simple assignment this first week of the Forever Slim diet is to weigh in, put your scale in the closet and then not weigh yourself for another four weeks. Instead of focusing on your weight, focus on your lifestyle in a way that will cause you to lose weight naturally.

You should start the diet on a Wednesday. For most people, Wednesday is a "hump" day. The worst part of the week is behind them and the best is yet to come.



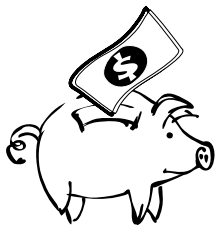
Wednesday is a good day to make new changes in your life. So the first Wednesday after you've read this, take off your shoes and step on your scale. On page 10, write down the date you weighed in, the time, your weight and what you were wearing. Then take your scale and put it away in a closet where you won't be tempted to sneak a weigh-in.

It's About Lifestyle Change

The first lifestyle change to make on the Forever Slim diet is to not focus on your weight. Your focus should be on *how you live your life*. If you follow the simple small lifestyle changes of the Forever Slim diet and practice them throughout the year, you will lose weight and get down to your natural weight free of excess fat on your body. You will look good, you will feel good and you will stay slim.

After you weigh in, all you have to do for the rest of this week is to not weigh yourself. The only willpower you need is to leave your scale in the closet, not weigh yourself and not read ahead in this workbook. By doing this, you are laying the groundwork for becoming permanently thinner.

Every day this week, the workbook will ask if you weighed yourself. On Wednesday, answer YES. For the rest of the week, every night before you go to bed, you should be able to answer NO to that question.



After seven days of not weighing yourself, put a one dollar bill in a safe hiding place like a cookie jar. This will be your Forever Slim piggy bank. Saving the dollar bill is a psychological reward to yourself for having tried this change in your life for a whole week.

Every week after you've tried a new suggestion for changing your life, you'll put a one dollar bill in your piggy bank as your reward. To celebrate your new birthday a year from now, you will have \$52 to spend. The workbook will offer suggestions on how to spend that money in a way that will strengthen your resolve to stay naturally thin for the rest of your life.

Week By Week

Next Wednesday, a week from now, you'll be given another new idea for changing your life. It will be another small easy change. **Do not read ahead in the workbook!** Do not proceed to Week Two until you have tried this week's suggestion of going the whole week without weighing yourself. Just relax and every night before you go to bed this week, fill in the worksheet question on page 10 about weighing yourself.

If you were on a conventional diet right now, you'd be counting calories and severely restricting what you eat. You would lose weight quickly, but your weight loss would probably be temporary.

If you want to lose weight and keep it off, you have to do something different. You have to make small changes in how you eat, how you think and what you eat. If you do this, your body and your brain can slowly adapt and the weight you lose will be permanent.

Be patient. Stick with it. Each week make a small simple change in your life. You will be rewarded for your patience.

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WEEK ONE – The Weigh-In

What was the date you weighed in? _____*

**This is your new “birthday” – the day you started the Forever Slim diet—a day you should celebrate every year for the rest of your life.*

- What were you wearing when you weighed in? _____
- What was your weight? _____
- What time was it when you weighed yourself? _____

Every night before you go to bed this week, answer this question:



- Did you weigh yourself today? (Correct answer for Wednesday – YES)
(Correct answer for rest of week – NO)

Mark your answers on the chart below

Weigh yourself?

Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	

**Answering this simple question every night
may seem trivial. But it’s training your mind
to focus on how you think.**



Tuesday night after you’ve finished this worksheet, place a one dollar bill in your new piggy bank. This is a reward to yourself for trying this week’s suggestion.

On Wednesday morning, proceed to Week Two of the Forever Slim diet.

WEEK

4

Savor the Flavor

The French are famously slim people. Many believe that's because they practice the principle: *Savourer la saveur* (savor the flavor). Notice that the French words for savor and flavor are almost identical. The French typically eat slowly. They experience the flavor, the smell and the texture of their food. Eating is pleasurable for them. Because they eat slowly and enjoy their food, they do not overeat. Hence they stay slim.

For This Week . . .

Week Four of the Forever Slim diet honors the French for their lifestyle. This week the small change you should make in your life is to savor the flavor. Whenever you eat this week, make a conscious effort to smell and taste your food and feel its texture. The best way to accomplish this is to eat slowly. Not only will eating become more pleasurable, eating slowly will naturally cause you to eat less. It will help turn down your *homeostat* to get you to a permanently lower weight.

If you find it hard to slow down your eating, here are some tricks that can help:

- (1) Take a bite of food from your spoon, fork or sandwich. Then put the spoon, fork or sandwich down on your plate. Don't take another bite until you have completely chewed the food in your mouth. Keep repeating this for the whole meal.
- (2) If you're right-handed, try eating left-handed. If you're left-handed, try eating right-handed.
- (3) Eat with chopsticks.
- (4) Set a watch next to your plate. Try to time your eating so it takes you 20 minutes.
- (5) When you eat with others, try to be the last one to finish. Remember – if you finish before everyone else, you're likely to eat more food.

For every meal or snack this week, sit at a table and eat from a plate or bowl and be sure to SAVOR THE FLAVOR. At the end of each day, answer the simple questions on the next page.

Give it a try. If you're able to make savoring the flavor a part of your life, it will help you lose weight and keep it off.

Remember . . .

It takes your brain about a month to accept a new habit. So if you will eat slowly and savor the flavor of all food you eat in the next month, this habit will become automatic and you will be further on your way to becoming forever slim.



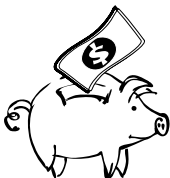
WEEK FOUR – Savor the Flavor

Every night before you go to bed this week, answer the following questions:



- Did you eat slowly and make a conscious effort today every time you ate to smell and taste your food and feel its texture?
- Did you sit down at a table for every meal or snack today?
- Did you eat from a plate or bowl for every meal or snack today?
- Did you weigh yourself today? (Correct answer – NO. You will weigh-in at the start of Week Five.)

	Savor the Flavor?	Sit at Table?	Use plate/bowl?	Weigh?
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				



Tuesday night after you've finished this worksheet, place another dollar bill in your piggy bank. Remember, this is a reward to yourself for trying this week's suggestion.

On Wednesday morning, proceed to Week Five of the Forever Slim diet.

DO NOT READ AHEAD IN THE WORKBOOK.

Go on to Week Five only after you've completed this week's worksheet.

WEEK

14

Crazy Carbs

There are so many fad diets around. Most are successful in the short run. But they fail in the long run. There are low-fat diets, high-protein diets, low-carb diets and even high-carb diets. The proponents of these diets have it all wrong.

Your body needs a balance of carbohydrates, fat and protein. You might be able to quickly lose weight by greatly reducing the fat or the carbs you eat, because you are restricting calories. But it won't last. You can't live the rest of your life on a restricted diet. You have to adopt a lifestyle of eating right that provides the balance of carbohydrates, fat and protein your body needs.

Carbohydrates offer an immediate supply of energy for your body by providing fuel to your muscles and organs. There are two types of carbohydrates in food – simple and complex. Simple carbohydrates are easily digested by the body. They are found in fruit, milk, honey, refined grains and sugar. Complex carbohydrates are found in most plant-based foods like vegetables, brown rice, beans, legumes, oatmeal and whole grains.

Complex carbohydrates typically contain more fiber, take longer to digest and help to make you feel full longer. This makes you eat less and ultimately lose weight. Most of your carbohydrates should be the complex kind. However, fruit and dairy products are still very important to include in your diet – they offer many nutrients that contribute to your health.

Try to eat vegetables, whole-grain cereals, whole-grain breads, whole-grain pasta, brown rice and beans that provide the complex carbohydrates that will make you forever slim.

For This Week . . .

Your assignment this week is to make a conscious effort to include lots of complex carbohydrates in your diet and limit the simple carbs from sugar and refined grains. Give it a try. By eating more complex carbohydrates, you will take a big step toward becoming permanently thinner.

And again this week, try to continue following the other previous suggestions of the Forever Slim diet. Every night, answer the questions on the next page.



When purchasing cereals, breads, pasta or flour, look on the label for “100% whole wheat” or “100% whole grain” or at least make sure that the first ingredient in the product is a whole grain. Don’t be fooled by labels that say “multi-grain” or “contains whole wheat.”



WEEK 14 – Crazy Carbs

Every night before you go to bed this week, answer the following questions:



- Did you eat any vegetables or whole grain foods today that contain complex carbohydrates?
- Today, did you continue to practice the previous suggestions?

	Complex Carbs?	Practice?
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Monday		
Tuesday		



Tuesday night after you’ve finished this worksheet, place another dollar bill in your piggy bank. Remember, this is a reward to yourself for trying this week’s suggestion.

On Wednesday morning, proceed to Week 15 of the Forever Slim diet.

DO NOT READ AHEAD IN THE WORKBOOK.
Go on to Week 15 only after you’ve completed this week’s worksheet.