AYURVEDIC WEIGHT BALANCING

Lose weight effortlessly with my 4 Step Ayurvedic Weight Balancing System.

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Medical Disclaimer

All material provided from LifeSpa for weight loss is provided for informational or educational purposes only. Schedule a private consult with Dr. John Douillard, DC or with a physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition. The instructions and advice presented are in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would any detox, weight loss or weight maintenance program. Your physician should be aware of all medical conditions that you may have as well as the medications and supplements you are taking. Those of you who are on diuretics or diabetes medication or have liver or gallbladder disease should proceed only under a doctor’s supervision. As with any plan, the weight loss phases of this nutritional plan should not be used by patients on dialysis or by pregnant or nursing women.
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Introduction

Does your weight feel out of control? Are you overwhelmed by all the competing weight loss promises, supplements and programs that marketers bombard you with?

Have you struggled for years with:

- Yo yo dieting?
- Fad diets, such as the blood type, The Zone, Atkins, or a Raw Food Diet?
- Losing weight only to gain it back?
- Emotional eating?
- Unstoppable cravings?
- Fatigue?
- Insomnia?

Have you tried too many austere diets that require:

- Counting calories?
- Measuring your food?
- Saying ‘no’ to almost everything on the menu or the grocery store shelves?
- Studying nutrition and memorizing ‘points’?

For over 20 years I have helped my patients lose weight naturally and effortlessly with my 4 Step Ayurvedic Weight Balancing System.

Why My Plan Works:

- It’s easy!
- You don’t need to carry a Smartphone app or book with you to calculate how many carbs, points or calories you are consuming each minute, nor do you need to stress out about your food choices.
- Willpower and discipline quickly turn into healthy cravings as your blood sugar levels stabilize and fat metabolism increases.
- You will quickly start to experience more energy, lighter moods and deeper sleep – which is very motivating!
- Within a week or two you will notice that following these 4 steps is easy and joyful.
How to Follow My 4 Step Ayurvedic Weight Balancing System:

1. Make the commitment to follow this plan for 2 months. Mark your calendar!
2. Complete the Natural Weight Balancing Initial Evaluation form.
3. Follow the 4 Step Ayurvedic Weight Balancing System, which is also outlined on the Overview Tip Sheet. Move on to the next step only when the previous step is easy and effortless for you.
4. Each week, complete a Progress Report.
5. Do 10 minutes of yoga every day.
6. Enjoy some kind of fun exercise 3-7 days per week. My 12 Minute Workout, which I have included in this eBook for you, is proven to help you burn more fat cells, quiet your mind, relax your nerves, balance your blood sugar levels so you have less cravings, boost your energy, enhance your sex drive, create healthier skin, increase your body’s ability to detox naturally every day, and improve your endurance and performance.
7. When you have reached your goal weight, complete the Final Evaluation.
8. Celebrate your success!

Tips for Success:

- Enlist a friend or family member to join you. Cheer each other on and check in regularly.
- Print out the Overview Tip Sheet and post it on your fridge or near your desk at work.
- Mark your calendar each week to complete the Progress Report.
- Follow the Top 10 Weight Balancing Tips.
- Just go for it! You have nothing to lose - except some old fat cells!

Share Your Victory With Us!

We believe in you, and know that you will have a wonderful success story to share with us. We can’t wait to hear from you!

You can motivate others with your success by dropping us a line on my Facebook page. Share your commitment to start and to let us know how it goes for you!

http://www.facebook.com/pages/Dr.Douillard

If you want your data to be added to our preliminary study, send us copies of your Initial Evaluation, Progress Reports and Final Evaluation once you are done. We will keep your data anonymous.
Natural Weight Balancing: *Initial Evaluation*

Name: __________________________________________________ Date: _______________

My Goal Weight: __________________________________________________________________

**Day 1 Report**

Instructions: Please rate your current experience of the following. If a situation does not apply to you, please leave it blank.

I experience anxiety: (1-10, 1 = Minimal, 10 = Severe): _____________

I experience cravings: (1-10, 1 = Minimal, 10 = Severe): _____________

I experience fatigue: (1-10, 1 = Minimal, 10 = Severe): _____________

I have difficulty sleeping: (1-10, 1 = Minimal, 10 = Severe): _____________

I experience depression: (1-10, 1 = Minimal, 10 = Severe): _____________

I experience weight gain: (1-10, 1 = Minimal, 10 = Severe): _____________

I generally feel unhealthy: (1-10, 1 = Minimal, 10 = Severe): _____________

I feel tired & exhausted after work: (1-10, 1 = Minimal, 10 = Severe): _____________

Please circle the most appropriate number

I exercise:                  0 1 2 3  4 5 6 7 days/week

My exercise duration is:  10  20 30 40 50 60+   min. /session

**Current Weight and Measurements**

Current weight: __________________________________________________________________

Measurements: Waist ________________  Hip ________________  Chest ________________
Overview Tip Sheet

4 Step Ayurvedic Weight Balancing System

(It really is this easy!)

Yoga Every Morning
Do 10 minutes of yoga. See the Sun Salutations, included in this eBook, or follow the yoga routine included on my Ayurveda for Weight Loss DVD by Gaiam.

Exercise 3-7 Days per Week
Follow my 12 Minute Workout, outlined in Be Fit in 12 Minutes a Day, included in this eBook.

Step 1: Eat 3 good, healthy and relaxed meals each day - with no snacks.
- Start with 4 meals a day if you need to, but work down to 3.
- NOTE: If you have trouble eating 3 or 4 meals a day due to unstable blood sugar or cravings, please read about LifeSpa’s Sugar Destroyer herbal formula at http://store.lifespa.com/sugar_destroyer.html.
- Graduate to Step 2 only when Step 1 is effortless.

Step 2: Make supper smaller - such as a soup or salad.
- Graduate to Step 3 only when Step 2 is effortless.

Step 3: Make supper earlier. Eat before 6pm.
- Graduate to Step 4 only when Step 3 is effortless.

Step 4: Skip supper 3-7 nights per week.
- Drink copious amounts of warm water between meals.
- Enjoy one cup of herbal tea with raw honey before bed, if needed.
- Continue Step 4 for 4-8 more weeks.

Maintenance
- Once you have reached your ideal weight, you can maintain your weight effortlessly by eating 3 meals a day without snacking (Step 1).
- Once in a while, you can enjoy a big dinner. Just eat a light lunch and enjoy yourself. It is what you do every day that will make the difference.
The 4 Step Ayurvedic Weight Balancing System

Our media is incorrectly telling us that eating many small meals a day is a better way to stabilize mood and lose weight. If you are hypoglycemic and have unstable blood sugar, this only temporarily covers up symptoms. Eating six meals a day can never provide permanent blood sugar stability, because the body will become dependent on being fed every 2-3 hours. If a meal is missed, the blood sugar may crash again.

If we want the body to burn fat, we must give it a reason. Why would the body burn its stored fat reserves if it is getting fed every 2-3 hours? When we eat this frequently, the body burns what it has just been fed and has no motivation to burn stored fat.

When you eat breakfast, and then nothing until lunch, and then nothing until supper, and then nothing until breakfast again, you provide a natural fast in between meals that will encourage fat metabolism. If you have a snack, even a healthy snack like a carrot, in between breakfast and lunch you will burn the carrot, but not any stored fat. If you have nothing between breakfast and lunch, your body will be forced to burn stored fat in order to get you through to lunch without a blood sugar crash. In the old days, folks had supper at 5 or 6pm and then ate nothing until breakfast, around 7am. It was common to go 13 hours without food and then break that fast (and thus reset fat metabolism) every day with "break-fast." This tradition has been in place for thousands of years around the world, until now – when we are the heaviest we have ever been.

Eating 5-6 Meals a Day is Just Not Sustainable

In the name of trying to stabilize blood sugar levels, we have actually made the problem worse. After a few decades of eating six meals a day, our blood sugar levels have become more unstable. Yes, at first people feel better, but shortly thereafter the blood sugar issues become worse. Now folks are starving after 2-3 hours without food. If we needed food every 2-3 hours to survive, humans would simply be extinct.

Losing Weight CANNOT Be a Struggle

The more you strain and starve yourself, the more the body perceives the weight balancing program as a fat storing emergency. To get the body to burn fat naturally, you have to convince the body that the war is over. We do that by encouraging the body to burn fat naturally and effortlessly.
Eat Seasonal Whole Foods

I recommend following a whole foods seasonal diet. On my website I offer complimentary copies of my Seasonal Grocery Lists (http://lifespa.com/welcome/new-to-eating-healthy-with-ayurveda/).

Print out the current grocery list and circle the foods you like for each season. During this season eat as much of these foods as you like. Think in terms of what foods you can eat lots of, and don’t think of any food as a bad food. There is not a “do not eat” list - just a list of foods that are better to eat in any given season.

Think how in nature, when cherries are in season, the birds eat nothing but cherries for 3-4 weeks. If it is in season and you like it, give yourself permission to eat as much as you like of it.

This eBook focuses more on when and how to eat, rather than what to eat. On your own you will quickly notice that you need to eat whole foods, rather than processed foods, to make it to the next meal without craving a snack. If you are new to whole foods, and would like to learn more about what to eat, please read my book The 3-Season Diet.

How to Follow Steps 1-4 Each Day

This 4 Step Ayurvedic Weight Balancing System is designed to teach your body to utilize fat as energy and cut our unnatural cravings for sugar. In the beginning it may be difficult to make this transition.

Take as long as you need with each step, before moving on to the next one. There is no rush.

As your body becomes more stable with this program, you will gracefully be able to move from Step 1 to Step 2, then to Step 3, and then to Step 4. While significant weight loss will happen in Step 4, you can expect to see some weight loss during all of the steps.

If lunch is big and there is no hunger in the evening, move to Step 4. If evening hunger persists, stick with Step 2 or 3.

Soon it will become easy to do Steps 2-4 for weeks at a time and metabolize stored fat.

For Best Results Eat Less Dairy and Wheat

Do your best to significantly reduce the amount of wheat (gluten) and dairy you eat during this plan. These foods are harder to digest, which can slow down weight loss if your digestion is weak. If you suspect that you have poor digestion, schedule a consult with me so we can customize your program.
For more info on gluten and dairy, please check out these articles: www.lifespa.com/gluten and www.lifespa.com/dairy.

Step 1
Eat 3 good, healthy and relaxed meals each day - with no snacks.
Start with 4 meals a day if you need to, but work down to 3.
Progress to Step 2 only when this step is effortless.

If you are used to snacking or eating 5-6 small meals each day, this first step may be a little more difficult. Please stick with it. In a week or two, you will notice that you feel more calm and energized with fewer cravings. Once you master this step, the following steps will be easy.

**Breakfast**
Eat a relaxing breakfast that is substantial enough to carry you through to lunch without needing any snacks or caffeine. You will soon notice that you need to eat whole foods to avoid snacking later. If you normally just grab a latte, a bagel or a breakfast bar while on the run, you will probably crash before lunch. Breakfast has to be large enough to get you to lunch without hunger pangs. Exercise before breakfast will help sustain energy through the morning.

**Lunch**
Make it the largest meal of the day. For example: rice, chicken, vegetables, salad, soup, dessert and herb tea. It should be a complete, large and satisfying meal. Eat enough at lunch to get you through to dinner without needing an afternoon snack, such as a chocolate bar, cheese and crackers, or another cup of caffeine.

During this meal you must relax and not watch TV, read emails or texts, work, drive your car or talk on the phone. For the body to digest a large meal and provide energy, you must relax during the meal and take 5-10 minutes of rest after the meal before going back into your day. If you tend to work while you eat your lunch, start taking 15-20 minutes away from your workspace to enjoy your meal. Your productivity and efficiency will increase, and you will actually get more done in the afternoon (without snacking!).

**Dinner**
Eat enough at dinner to comfortably get you through to breakfast the next morning, without needing a bedtime snack or waking up hungry in the middle of the night. Like lunch, make it a relaxing meal without any distractions.

Step 2
Make supper smaller - such as a soup or salad.
Progress to Step 3 only when this step is effortless.

Congratulations on making it to Step 2! Now that you can comfortably eat 3 meals a day without snacking, this next step will be easy.
**Eat a Light Supper**
During Step 2, you will gradually work on eating a smaller supper, such as only a seasonal soup or salad. Think of supper as ‘supplemental,’ rather than as a main meal. If you find that you need more food one evening, go ahead and eat what you need to feel comfortably satisfied. The next day eat a larger lunch, which will help ensure that you can eat a lighter supper that evening.

If you’re unable to do Step 2 comfortably, meaning you can’t survive with the soup/salad routine, you may have a blood sugar imbalance, in which case I recommend that you read *How to Eat 3 Meals a Day Without Snacking* (included in this eBook) and schedule a phone consultation with me to tailor your program.

**Step 3**
Make supper earlier. Eat before 6 PM.  
*Progress to Step 4 only when this step is effortless.*

Now that you can easily eat a light supper, our next goal is to eat earlier in the evening.

**The kitchen closes at 6pm!**
It is extremely important that those light suppers not be consumed after 6pm, as the body is moving to a different period of activity, namely rest.

By completing your last meal of the day before 6pm, you are truly fasting for 13 hours (until around 7am the following morning). You then break that 13 hour fast with break-fast. During that 13 hour fast, *by definition*, you will be burning fat and balancing your blood sugar, moods and energy.

You can help control the late night cravings with a large glass of water and even shift that bedtime a little earlier if you can.

**Step 4**
Skip supper 3-7 nights per week.  
Drink copious amounts of warm water between meals.  
Enjoy one cup of herbal tea with raw honey before bed, if needed.  
*Continue Step 4 for 4-8 more weeks.*

Continue eating the same breakfast and lunch as you did while following Step 1.

**Skip supper 3-7 nights per week.**
To re-educate the body to burn fat as energy rather than craving sugar and breads, this is the most important time of the day and it must be effortless. If you strain to not eat then the body’s emergency response will trigger cravings for more sugar (emergency fuel) and store the very fat
we are trying to burn. If you have committed to Step 4, but are too hungry one evening to skip dinner, try drinking some herbal tea with a little raw honey. If you are still hungry go ahead and eat a light supper. It’s okay to jog back and forth between the steps until you can easily stick with Step 4 at least 3-7 nights per week.

Stay hydrated.
Probably the most common cause of weight gain, digestive problems, lymph congestion and poor detoxification function is dehydration. When young and healthy, the body is up to 80% water. As we age and degenerate, we can get as low as 50% water. Hydration is crucial for maintaining optimal health. Once dehydration sets in, it is difficult to rehydrate without special care.

I have had great success combining these two hydration therapies:

“Hot Sips”: Sip plain hot water (boiled) in between meals.
Boil the water you want to drink for the day for 10 minutes. You can carry a thermos with you to make it easy.

This is an ancient Ayurvedic method for flushing the lymphatic system, softening hardened tissues, and dilating, cleansing and then hydrating deep tissues. It also heals and repairs the digestive system and flushes the GALT (lymph on the outside of the intestinal wall).

Why Boil?: When you boil water, you boil off the dissolved mineral solids in the water, making it much easier to absorb into the cell. Our cells have aquaporins, which are pores that function to absorb only H₂O. Distilling or boiling water is the best way to get pure water and nothing else. Boiling also makes the molecules very active, which is why hot water cleanses things better than cold water. The hot water also creates vasodilation where the pores and tissues open and thus stimulates better circulation and hydration. The lymph system is rejuvenated by this heating and stimulating effect as well.

Sound Impossible?: Commit to sipping hot water for just one day. But do it well. If you crave more hot water at the end of the day, it’s a clear sign that you are dehydrated. Knowing this, you will likely be more motivated to do it for a full two weeks.

“Daily Ounces”: In addition, drink \( \frac{1}{2} \) your healthiest body weight in ounces per day.
For example, if you weigh 120 pounds, drink 60 ounces per day. If you weigh 160 pounds, but your healthiest body weight is 120 pounds, drink 60 ounces per day.

This is in addition to sipping plain hot water every 10-15 minutes.

Maintenance
Congratulations! You reached your goal weight!
Once you have reached your ideal weight, follow Step 1 as part of your lifestyle. This will help you keep your weight off while continuing to improve your energy levels, cravings, sleep, and immune system. Once in a while, you can enjoy a big dinner, just eat a light lunch and enjoy yourself. You don’t have to be austere.
How to Eat 3 Meals a Day without Snacking

If you find it difficult to eat 3 meals a day without snacking due to blood sugar levels, please read this section.

In the past ten years, we have been told that eating many small meals throughout the day is better than three. Let me explain why this advice is flawed. When you eat 6 meals a day, the body takes all of its energy from each meal with no need to draw energy from our reserves, which is our fat. Why would the body burn fat when it is fed every 2-3 hours with a snack – even if it’s a healthy snack?

If you want to burn fat – and you do, because burning fat does way more than just make you lose weight, including moving those stubborn fat soluble toxins – you have to give the body a reason to burn the fat. If you eat breakfast and nothing else until lunch, you will burn fat in between those meals. If, however, you have a carrot as a snack in between those meals, you will burn the carrot. It is not bad, you just didn’t burn any fat that day.

Why You Want to Become a Fantastic Fat Burner

- It helps you naturally maintain a healthy weight.
- It is a calm fuel – when it burns you feel relaxed.
- It is the non-emergency, stress-reducing fuel that tells your body the war is over.
- It neutralizes disease-producing acids that are created from excess stress.
- It detoxifies damaging fat soluble chemicals that can store for 20+ years in fat cells.
- It detoxifies fat soluble molecules of emotion that lock us into repetitive patterns of emotional behavior that cause stress and disease.
- It stimulates lymphatic drainage.

How to Transition to 3 Meals a Day

- If you are used to grazing or eating more than 3 meals a day, start with eating 4 meals and work towards 3 meals a day.
- Make each meal count by stopping to relax and enjoy each meal.
- Eat enough at breakfast to carry you through to lunch.
- Eat a big, warm, satisfying lunch between 10am – 2pm.
  - Eat enough at lunch to carry you through to supper.
- Eat an early and light supper. Eat enough at supper to carry you through the night until breakfast. Think of supper as “supplemental.”
Sometimes, we are not really aware of how we self-medicate throughout the day until we challenge the blood sugar to go without those sweets and snacks. Breaking these patterns is a necessary task during the 4 Step Ayurvedic Weight Balancing System.

**Herbal Support**

If you are having extreme difficulty with this and you are not able to stop grazing and find it impossible to go without your snack or sweet of choice, LifeSpa’s herbal formula, Sugar Destroyer, can help you make this transition more gracefully. These herbs have been studied to reset the islet cells of the pancreas to produce insulin and stabilize blood sugar. This is sometimes necessary to help the body balance the blood sugar and make way for an effective cleanse.

- Take 2 capsules of Sugar Destroyer before meals, 3 times per day, for the first week.
- After that, take 1 capsule before meals, 3 times per day.

**Enjoy a Relaxed Meal to Balance Blood Sugar**

During the 4 Step Ayurvedic Weight Balancing System it can be a little tricky to know how much to eat at each meal because the foods we are eating are more austere than usual. It is common to eat too much in the beginning until you get the flow of eating less.

“If you eat standing up, death looks over your shoulder.”

~ Old Vedic Saying

One of the most important components of digestion is how we eat. Make the extra effort to sit down, relax and enjoy each meal. Refrain from reading, talking on the phone, checking your email or watching TV. Though it may feel strange at first, your food will begin to taste better, you will eat less and feel calmer.

_Q: My normal schedule is that I eat breakfast (around 8am), lunch (around noon), then workout after work before going home and eating dinner around 7-8pm. I will need a snack to get me through my workout. Would you recommend a snack? I've made my lunches bigger but I don't like to feel overly full through the afternoon._

_A: Yes, the big lunches will help, as will more water in the afternoon. Most workouts don't require a snack unless it is very long. If the digestive fire is optimal, a bigger lunch will last you through the workout with more energy. Remember, as your blood sugar balances and you become an even better fat burner, your need for a snack will slowly disappear._

>>> Learn more by checking out this article and video:

- _Dangers of Frequent Eating at http://lifespa.com/dangers-of-frequent-eating/._
Be Fit in 12 Minutes a Day

For maximum results, do this workout 3-7 days per week during the 4 Step Ayurvedic Weight Balancing System

I am often asked, “What is the best exercise?”, “Why don't I lose weight when I exercise?, and “Whenever I start an new exercise program, I get injured – how can I avoid this?”

During appropriate exercise, fat replaces sugar as your main fuel supply and you naturally lose weight, detoxify, boost energy, stabilize mood and - oh yes - get really fit!

New research shows how this can be done in as little as 12 minutes a day! 1,2,4 This is a simple and doable amount of exercise during the 4 Step Ayurvedic Weight Balancing System.

How I Became a Better Athlete

In 1981, I went to hear my first lecture on Ayurveda, India's 5000 year old natural system of medicine. At the time, I was training for an Ironman Triathlon. I was exhausted, getting dizzy in classes and beginning to wonder if I was doing too much. So I asked this Ayurvedic doctor, “I am training for a triathlon where you swim 2.4 miles, bike 112 miles and run 26 miles. Do you think this is healthy according to your system?”

He responded, “Why are you doing it?”

Wimpishly, after an awkward moment of realizing I had no idea why I was doing it, I responded: “Because I think I can do it.”

He asked, “Do you meditate?” (Suggesting that if I meditated I wouldn't attempt such a foolish thing.)

I proudly responded, “Yes, I do meditate.”

He said, “Do you sleep when you meditate?”

I said proudly. “Absolutely, I fall into the deepest sleep imaginable - every time!”

He responded, “Sleep and meditation are different. When you meditate you should not sleep. Sleeping during meditation means you are exhausted and probably exercising too much.”

So I suggested, “If I can meditate without falling asleep, then the amount of exercise I am doing is OK, correct?”

He said, “Correct.”
I Had My Marching Orders

I started exercising less and meditating more with hopes of not falling asleep. To my surprise, this was really hard. I realized I was quite exhausted, because I slept every time I tried to meditate. Runs were shortened from hours to 15 minutes, where I would sprint most of the way with periods of recovery. Bike rides were shortened to 15-20 minute sprints and recoveries from Redondo to Manhattan Beach, where I would commute a couple of times a day.

At that time I was competing in a couple of triathlons a month, but was never able to compete on the elite level I knew I was capable of. Training harder or longer wasn't working. I reached a point where I just wasn't improving.

Do Less, Accomplish More

Within a couple months of following my new training regime of working out less and meditating more – basically getting more rest and exercising more efficiently - I started placing in the top ten in some of my races. Many of my friends thought I was doing steroids, which I wasn't. It was clear this was really working, to the point where I was able to compete in a couple of pro races and do quite well.

This experience of doing less and accomplishing more was so incredible to me that I passionately wanted to know more about Ayurveda. I went to India where I did years of study and wrote my first book, *Body, Mind and Sport*, which reported on our research of what were then unorthodox training techniques. (*The above story is taken from the last chapter in Body, Mind and Sport called “Jet Fuel” where I discussed in more detail my personal success with these techniques*).

Fast Forward Thirty Years

This summer, I competed in my first triathlon in 26 years! The best part is that I did it with my 20, 18 and 14 year old kids!!! It was a dream come true. With six kids and a busy life, my old training techniques - shorter and more efficient workouts combining cycles of sprints and rest - paid great dividends, placing me first in my age group.

After years of being bombarded with training theories that include 45 minutes on the treadmill or an hour at the gym, the majority of folks are still not exercising regularly. Recently, the understanding of how to get the most out of your exercise has dramatically shifted. Interestingly, these new studies closely resemble what I stumbled upon almost 30 years ago.

Chasing the Rabbit

Historically, we would exercise as a way of survival. Hunting a rabbit wouldn't require 45 minutes in your heart rate training zone three times a week – it would require multiple sprints
that would last about a minute, followed by periods of rest while you wait for the rabbit to show again. A natural fitness level was achieved after a handful of attempts sprinting after the rabbit, followed by subsequent periods of rest and recovery.

These discussions of shorter workouts with sprints seem to be the topic of many magazine articles today. Twenty five years ago, Dr. Irv Dardik introduced a theory called “heart rate variability training” which I love. Heart rate variability means training your heart rate to be able to go really high in a sprint and then at rest to keep the heart rate really low. Much like what the rabbit hunter experienced.

Stay with me here:

We are told our maximum heart rate is 220 minus your age. So if you are 20 years old the fastest your heart should beat is 200. I am 54 so my maximum is $220 - 53 = 167$ beats per minute. In August when I turn 55 it will be 165 beats per minute. Do you get the picture? Every year our hearts are slowing down, which basically means we don't handle stress as well as we did when we were younger.

As we age the heart just cannot beat as fast as it used to. At the same time, the resting heart rate starts creeping up, bringing these two numbers closer together. One of the classic ways of measuring youth, overall health and cardiovascular status is to have a low resting heart rate and a high maximum heart rate.

This is called your “heart rate variability”. When you are fit, your heart has the variability to go very high, recover and then beat very low when at rest.

When we were hunting rabbits, we would sprint and get the heart rate up, then rest and be perfectly still while waiting for it to come out of its hole. Once the rabbit was out, the chase was on again and the heart rate goes up, followed by waiting and resting where the heart rate goes very low. This is called Heart Rate Variability Training.

To stay vibrant and healthy, we want to develop the ability for our heart rate to go up (and catch the rabbit) and then to function at rest with the incredible efficiency of a low resting heart rate. Let’s train for exactly that. New research says this can be done in as little as twelve minutes a day! Here’s how.
12 Minute Workout
Sprint Recovery Training

This twelve minute routine can be performed daily, or a minimum of three times per week for cardiovascular improvements, or every day during the 4 Step Ayurvedic Weight Balancing System. This can be your entire workout or a cardiovascular warm-up before yoga, a bike ride or hiking.

Step One: Warm up
Go for a walk, jog, bike ride or use a cardio machine like an elliptical trainer. Exercise slowly for 2 minutes while maximally breathing in and out through your nose. (In my book Body, Mind and Sport, I introduced research on why nasal breathing is important.) Nasal breathing is a skill that may take some time to master. Don’t worry if you have to mouth breath. Do the best you can and – in time – the nasal breathing will get easier.

Step Two: Sprint
Start exercising faster, like a mini sprint for 1 minute. Use the nasal breath during the sprint if you can, as it will slow you down and not let you do too much. Don't push it here. Start slow and build yourself up to a faster sprint over time. Try to do a sprint pace that you can maintain for one minute. In a couple of weeks you will be sprinting like a pro.

Step 3: Recovery
Slow the exercise down to the warm-up pace for one minute and maintain the nasal breathing if you can. Nasal Breathing during the recovery will force air into the lower lobes of the lungs allowing for more efficient release of CO₂, and activation of the calming parasympathetic nervous system that predominates in the lower lobes of the lungs. This will help you release toxins and stress.

Step 4: Second Sprint
Start another sprint for one minute. Make this a little faster if you can. Continue nasal breathing if possible. Sprints can be running up and down stairs, jumping jacks, jumping on and off a curb for one minute – just get the exertion level up.

Step 5: Second Recovery
Recover from the sprint with one minute of deep nasal breathing at the warm up pace. If you cannot maintain nasal breathing during the recovery, the sprint was too hard. It will get easier.

Step 6: Continue Sprints and Recoveries
Continue sprints and recoveries for a total of 4 sprints and 4 recoveries. Follow the nasal breathing if you can.

Step 7: Cool Down
Repeat Step 1. Exercise slowing with deep nasal breathing for 2 minutes.
Note: In the beginning, you may need a 90 second recovery period after each sprint instead of just one minute. If this is the case, then just do a 2 minute warm up, then three 1 minute sprints with three 90 second recoveries and a 2 minute cool down, for a total of 12 minutes.

Avoid the Dangers of Over Exercising

There is an increasing amount of research indicating the damage of long slow steady training on the heart. In one study, 80 marathon runners were tested for the kind of heart damaging chemicals seen after a heart attack. Prior to the marathon, the runners were free of these chemicals. Right after the marathon and three days later, all of the runners showed the kind of early stage cardiac damage seen after a heart attack.4

It is clear that long, slow-duration workouts in your heart rate training zone are not necessary and in some cases can be damaging to your heart. In 12 minutes, you can get your cardiovascular base and be free to enjoy a fun bike ride, hike or some yoga. Less has been proven to be more!

Be Calm and Lose Weight

The benefits of this kind of exercise are compelling. Maintaining nasal breathing during this workout naturally creates a safe governor for monitoring how much exercise is good and how much more can be potentially harmful, as indicated above.

The sprint/recovery training offers many health benefits (without the wear and tear of a long, slow duration workout), such as: 1,2,4

- Increasing fat metabolism
- Calming the nervous system and mind
- Stabilizing glucose and insulin levels
- Increasing calorie burning
- Boosting energy
- Creating a sleeker, stronger, and more toned physique
- Enhancing sex drive
- Improved lymphatic drainage leading to healthier skin and detoxification
- Amplifying exercise endurance and performance
- Raising Human Growth Hormone (HGH) – which may be responsible for all the above.
- Heart Rate Variability Training (or Sprint Recovery Training) offers all the benefits of the more strenuous exercise that we have been told to do over the years - but in just 12 minutes!

The Fountain of Youth

When you sprint, fast twitch muscle fibers are activated, which significantly increases muscle circulation and stimulates the production of Human Growth Hormone (HGH). This hormone
decreases after 30 years of age and is the “fountain of youth” if there ever was one. Exercise-induced HGH activation helps restore the youthfulness and elasticity we had in our twenties and alone offers all the benefits of regular exercise.

Take this opportunity to get fit, happy and healthy!

## Avoid Injury During Exercise

Too many of my patients tell me that they cannot exercise because they start hurting too bad when they do. They become damned if they exercise, and damned if they don't.

Lack of exercise or a sedentary life results in decreased oxygenation of the tissues and poor lymphatic drainage. Basically, the muscles lose blood supply and start to harden. They get stiff and rigid when there is less blood flow, because blood is the muscle’s lubricant. Without it, the muscles get stiff, strain, inflame and cause pain. When we start exercising with muscles that have lost adequate blood supply, they are more likely to strain and tear – leading to injury.

Slowly building up your sprints will help you avoid injuries. Increasing your nasal breathing endurance will also help you handle more exercise because it improves lower lung lobe efficiency. Remember, the lower lobes of the lungs are where respiratory waste removal and the calming effects of the parasympathetic nervous system occur.

>>> Learn more:


## References:

2. Sears, A. PACE: The Twelve Minute Fitness Revolution
While you are following the 4 Step Ayurvedic Weight Balancing System, do 10 minutes of Sun Salutations every morning. In addition, follow my 12 Minute Workout 3-7 days per week.

The ‘sun salute’ is a complete Ayurvedic exercise, also known as Surya Namaskara. This series of postures simultaneously integrates the whole physiology including mind, body, and breath. It strengthens and stretches all the major muscle groups, lubricates the joints, conditions the spine, and massages the internal organs. Blood flow and circulation is increased throughout the body.

It is a cycle of 12 postures performed in a fluid sequence one right after another. Each motion should be synchronized with the breath. By moving smoothly into each pose, breathing fully and easily through the nostrils, holding a pose for a minimum of 3 seconds, each cycle takes about 1 minute.

If you are new to yoga, I highly recommend taking a few classes with an experienced teacher to ensure that you have the proper alignment. If in doubt, move slowly and be gentle with yourself and your ability. You do not need to do the poses perfectly to benefit.

**How to do Sun Salutations**

1. Salutation
   *Normal, restful breathing*
2. Raised Arms
   *Inhale*
3. Hand to Foot
   *Exhale*
4. Equestrian
   *Inhale*
5. Mountain
   *Exhale*
6. Eight Limbs
   *No breathing*
7. Cobra  
   *Inhale*

8. Mountain  
   *Exhale*

9. Equestrian  
   *Inhale*

10. Hand to Foot  
    *Exhale*

11. Raised Arms  
    *Inhale*

12. Salutation  
    *Exhale*
Ayurvedic Weight Balancing: Preliminary Study

This study measured the effects of specific lifestyle changes on a variety of common complaints plaguing an average American population. These complaints included: weight gain, insomnia, anxiety, depression, fatigue, cravings, exhaustion after work and a general sense of being unhealthy.

Eighteen subjects were evaluated during the two-month study. They were initially asked to eat three meals a day in a relaxed dining fashion, without snacks during the day. As they became acclimated to three meals a day without snacking, they were asked to eat only two meals a day by omitting supper. The average days a week that the group ate nothing for dinner was only 3.5 days out of each week (with maximum benefits expected at 7 days per week).

There were no specific recommendations with regard to exercise or diet, other than the instructions regarding daily routine. The study population was comprised of 18 men and women randomly selected, some were on medication for diabetes, depression or insomnia.

Average weight lost per week during the eight-week study: 1.1 pounds per week (extrapolated to 57.2 pounds per year). Self-reported issues of insomnia, anxiety, depression, fatigue, cravings, exhaustion after work and a general sense of well-being were all significantly improved in two weeks.

Introduction

Although we in the U.S. are one of the world’s wealthiest and superficially most advanced nations, we are succumbing at epidemic rates to the debilitating effects of chronic health conditions. People search through modern medicine to little avail for solutions to not only lose weight and maintain optimal health, but to also feel a greater sense of physical, mental, emotional and spiritual well-being. But, from the perspective of Ayurveda, true healing, including healthy weight balance, can only come from complete integration of body, mind and spirit.

The lifestyle experienced by Americans around one hundred years ago shared many characteristics with traditional Ayurvedic recommendations. Lunch was the biggest meal of the day. People went to bed shortly after the sun set, and were up before it rose. Internal oleation techniques with castor and cod liver oil were commonly used, and people naturally ate foods that were in season, either because that was what was available, or because they were farmers. Herbal remedies were the medicines of choice, and families relied on kitchen remedies for most ailments. Overall, this type of routine resembles an adaptation of an Ayurvedic lifestyle to a specific culture.
With our modern lifestyle, we have rejected a good deal of the wisdom of our past; therefore we find ourselves looking to India for the answers to our healthcare concerns. What we find when we look at the Ayurvedic lifestyle is that it is not that farfetched from the lifestyle we once practiced here in America.

According to Ayurveda, dinacharya, or the practice of a balanced daily routine, is one of our most powerful medicines. One of the strengths of Ayurveda, the science of life, as a medical system, is the emphasis on lifestyle and the connection with the Self. Ayurveda recognizes that the cause of our woes is linked to our sense of separation from our true nature, or divine Self. In the sacred texts of the Vedas, this separation is known as prajnaparad, or the mistake of the intellect.

Prajnaparad occurs when the mind has made the costly mistake of seeing itself as separate from its own consciousness. The memory (smruti) of pure consciousness in every cell must be restored in order for the whole body to heal the mental, emotional and spiritual components that cause weight concerns in the first place. When addressing a complex issue such as weight, measures must be taken to evaluate and treat the entire body by treating each of the five koshas, or sheaths that make up the physical and subtle bodies. The annamaya kosha, or physical body, is addressed by the use of herbs, lifestyle and detoxification. The pranamaya kosha, or energetic body, is treated with pranayama, yoga asana, panchakarma and other more refined therapies. The manomaya kosha, or mental sheath, is treated via the senses utilizing therapies including sound, taste, touch, sight and smell along with panchakarma. The vijnanamaya kosha (sheath of higher intellectual knowledge) and the anandamaya kosha (body of ultimate bliss) are treated with, among other things, a sattvic lifestyle and dharana and dhyana (concentration and meditation).

**Classical Ayurvedic Review**

Caraka describes two types of weight gain. One is Sthaulya (Su.16.13); it is caused by the accumulation of VPK and is and is treated with either detox or panchakarma administered according to both the type and strength of the accumulated body type or dosha. The second is Atisthaulya (Su.21. 21-28), or excess weight. Caraka refers to excess weight as being one of the eight imbalances of excess, which include over-tall, over-short, over-hairy, hairless, over-black, over-fair, over-obese and over-lean. The excess weight condition has eight defects including: shortness of lifespan, hampered movement, difficulty in sexual intercourse, debility, foul smell, excessive sweating, too much hunger and excessive thirst. Excess weight can be caused by over-saturation, intake of heavy, sweet, cold and fatty foods, indulgence in sleeping during the day, lack of mental work and genetic defect.

In obesity, there is an accumulation of fat or medha dhatu, which causes obstruction and imbalance in all the seven tissue types or dhatus. The accumulation of medha also interferes with the normal movement in the body, including the movement of food and nutrition through the digestive system, which is closely connected to our digestive fire, or agni. Maintaining balance of all three doshas – vata, pitta and kapha, and their seats within the digestive system is critical for weight management.
Increased exercise, mental activity, sexual activity (although not excessive), and proper diet and routine can be employed to balance the *doshas*. While eight factors are mentioned with regards to dieting (Vi. 1.21) there are three general principles that encompass all of those mentioned in the Vedic texts. These critical principles are: how, when and what you eat. How you eat takes into consideration the place in which a person is eating, rules of eating, attitude of the person eating and the quantity of the food. The concept of what you eat also encompasses the nature of the food, its preparation, the season of harvest and season in which it is eaten, and food combinations. When you eat determines the time of day the meals are taken.

The dietary principles used as the basis for this study are outlined in detail in my book, *The 3-Season Diet*. The focus of the study was to obtain information on the effectiveness of a weight loss regime based on these Ayurvedic principles. The study measured the benefits of modifying how, when and what you eat. (The study instructions gave the least amount of emphasis on “what” to eat as this is the primary emphasis of most modern American fad diets; an emphasis that has repeatedly proved to be ineffective).

**Methods**

The study was advertised as a weight loss lifestyle study and anyone who was interested in following through with the eight-week program was accepted. There was no screening process eliminating people with medical issues other than the need to lose weight. Many in the group were on medications for serious conditions such as diabetes, depression, high blood pressure, asthma, hormone replacement therapy and more.

A total of 5 men and 13 women who ranged in age from 21-65 completed the eight-week study. Participants received no financial compensation for completing the study. They participated in a written questionnaire and interview at the beginning and end of the study. They were given a set of instructions to follow with recommendations for daily routine.

Participants were asked to eat a healthy breakfast, lunch and supper, with supper preferably finished by 6pm. Lunch was asked to be the largest meal of the day, with breakfast and supper large enough to make it to lunch or bed, respectively, without hunger pangs. The goal was to be able to skip supper all together and be able to eat two meals a day without experiencing hunger or food cravings. If cravings arose, or if they felt uncomfortable, they were given instructions to eat a light supper such as a soup or salad.

Nasal-breathing exercise and seasonal eating was suggested in the study, but not emphasized.

**Results**

Most of the study participants were between 10-30 pounds overweight. The 18 people in the study lost a collective total of 143 pounds. Some participants were enrolled after the study had already begun. The average weight lost per week during the eight-week study was 1.1 pounds.
per week. This is extrapolated to 57.2 pounds per year. This weight loss was broken down in the following manner:

**Therapeutic Results:**

The following results were based on a subjective questionnaire given at the beginning and end of the eight-week study. The group was asked to rate the severity of their ailment on a scale from 1-10 with 1 – 3 indicating a mild or no complaint, 4 - 7 indicating a moderate complaint and 7 - 10 indicating a severe complaint. The results were deemed significant for only those who recorded a moderate to severe level of complaint on the questionnaire.

- 11 out of 12 subjects with anxiety noticed significant decrease in anxiety in 19 days.
- 16 out of 17 subjects with cravings noticed significant decrease in cravings in 15 days.
- 16 out of 17 subjects with fatigue noticed significant decrease in fatigue in 14 days.
- 12 out of 13 subjects with insomnia noticed significant decrease in insomnia in 15 days.
- 9 out of 10 subjects with depression noticed significant decrease in depression in 16 days.
- 11 out of 14 subjects who were overweight noticed significant weight loss in 15 days.
- 17 out of 18 subjects who felt generally unhealthy felt healthier in 15 days.
- 13 out of 14 subjects who came home from work tired and exhausted, came home less tired and exhausted in 12 days.

*Please note that these results were with no changes or additions to medical or herbal supplements. The results were based solely on a simple and sustainable lifestyle change.*

**Discussion**

If the population were screened for healthy, non-medicated individuals, it is reasonable to presume the results would surely have been more dramatic. This study did however reflect accurate and predictable results with the average overweight population who unfortunately suffer from a host of obesity-related conditions requiring medications. Many of these drugs have side effects that include weight gain.

It is therefore reasonable to assume that the results with the general population would be much better, particularly when they reached the ability to comfortably sustain the goal of just two good meals per day.

It should also be noted that many in the group who complained of severe blood sugar handling disorders could barely eat only three meals a day without severe cravings or side effects at the start of the study. Many were conditioned to eat every two hours and changing this pattern represented a dramatic behavioral shift. As the weeks went by, everyone in the group noticed their improved ability to eat a smaller dinner. By the end of the study, almost all of the participants were able to eat nothing for dinner 2-3 days a week. This is a powerful indication that by adhering to a simple, step-by-step lifestyle change, the group was able to stabilize blood
sugar levels and begin to enjoy a newfound stable source of energy for longer periods of time. As energy and blood sugar levels naturally became more stable, anxiety, depression, fatigue, cravings and the quality of sleep also dramatically improved according to the study.

The goal of the study was to show that there is a healthy alternative to the ineffective American way of life. The average American is overweight with many complaining of fatigue, cravings, and mood issues. America is the fattest country in the world with the highest percentage of persistent health conditions.

This study set out to prove that with a simple and sustainable change in lifestyle the cause of the above conditions could be eradicated without the use of drugs, medicine, surgery or a rigid starvation diet.

References:

Top 10 Weight Balancing Tips

In addition to following my 4 Step Ayurvedic Weight Balancing System, you can add these top 10 tips to boost your weight loss, digestion and metabolism.

TIP 1: GRAPEFRUIT

Grapefruit is one of nature's fat metabolizers. Remember the old grapefruit diets, where you ate nothing but grapefruits? That diet had merit, but it was too extreme. I suggest eating just 1 or 2 a day. They are great for breakfast as a "fast-breaking" food. Grapefruits support the momentum of burning fat that is established by having an early supper and no snacks through the night. This effect will continue through the morning, as the grapefruit forces a metabolism that burns fat, stabilizes energy and balances blood sugar. Add raw honey for maximum weight loss (see why below).

TIP 2: RAW HONEY

Honey is another natural fat metabolizer and according to Ayurveda, honey stabilizes blood sugar. Unlike most sweets that create highs and lows in blood sugar, honey boosts energy and reduces cravings by forcing fat metabolism and detox. This effect is due to the fact that honey is predominantly fructose and burns slower than glucose. It should be taken only in small quantities, and only by those with very stable and healthy blood sugar levels. For this to work however, the honey must be RAW, which means not cooked, not pasteurized and not heated. Raw honey also scrubs toxins (ama) off the intestinal wall and fat cells.

If honey is heated for any length of time or cooked (such as in muffins, bread or desserts) it will not burn fat or detoxify toxic fat cells. The cooked honey becomes a toxic hardened material called "ama," which is undigested food in Ayurvedic terms.

In my book The 3-Season Diet, I tell the story about bee keepers that sprayed diluted honey on the hives to calm the bees before managing their hives. According to this report, when the bee keepers used cooked honey all the bees where dead within 20 minutes. If raw honey was used the bees were fine and docile.
TIP 3: WATER

Water is a critical tool for encouraging better fat metabolism. A study from the *Journal of Clinical Endocrinology and Metabolism* showed that drinking 500ml increased thermogenesis (heat production) by 24 percent. This increase of metabolic activity before a meal will support more efficient digestion and fat metabolism. In Ayurveda, it is recommended to drink 1-2 glasses of water 15-20 minutes before each meal. The water allows the stomach to be hydrated so it is more willing to robustly produce the hydrochloric acid (HCL) needed to digest a big meal. HCL ensures that what enters the stomach is properly broken down and absorbed in the small intestine.

If the stomach is dry or dehydrated, it won't produce enough HCL for optimal digestion because that much-needed acid would end up burning the stomach lining.

Squeeze a little fresh lemon juice in your water before a meal for an extra weight loss boost (see why below).


TIP 4: TREAT GLUTEN INTOLERANCE – RATHER THAN AVOID GLUTEN

High insulin levels caused by poor diet and eating habits tell the body to store fat. Low insulin levels are one of the major factors associated with weight loss. Breads are usually public enemies for losing weight because of the hard-to-digest gluten content and their impact on insulin levels. Many get results by avoiding breads and gluten altogether to lose weight. This strategy treats the symptoms of gluten intolerance, but it is essential to find out why the gluten is not digested in the first place.

Good news! Some grains do have surprising benefits when it comes to weight loss. Sourdough and rye bread have been reported to balance insulin levels according to the September 2009 issue of *The Nutrition Journal* and the June 2008 issue of *Acta Diabetologica*.

TIP: Toasting breads helps lower the impact of gluten on the digestive villi because it makes it easier to digest.
TIP 5: SALAD DRESSING 
IMPROVES DIGESTION AND LOWERS INSULIN

Eating vinegar before each meal helps to balance blood sugar and lower insulin levels, which typically spike after a high starch meal according to the September 2005 issue of the *European Journal of Clinical Nutrition*. The vinegar is a weak acetic acid that fires up the digestive acids needed to break down a heavy starchy meal. The Italians often start each meal with balsamic vinegar. If you're not a balsamic vinegar fan, just add more vinegar to your salad.

If vinegar isn't your thing, Ayurveda suggests a few simple recipes to increase HCL production in the stomach:

- Lemon juice does basically the same thing as vinegar and makes a perfect salad dressing with raw honey.
- Lemon juice can be used alone, on food, or in some warm water sipped with the meal.
- To really boost digestive strength slice ginger root into dime size slices. Sprinkle the slices with natural salt (Himalayan, Redmond or Celtic salt) and fresh lemon juice. Eat two before each meal.


TIP 6: GREEN TEA

Drinking green tea with meals, as the Japanese and Chinese do, helps decrease the absorption of excess fat according to the March 2007 issue of the *Journal of Nutritional Biochemistry*. White, green and black tea regulate the enzyme lipase, which breaks down fat. These teas have been shown to stimulate fat burning genes and aid in weight loss according to the *Annals of Nutrition and Metabolism* in 2009. Antioxidants in white, green and black tea also neutralize the toxic chemistry of stress. When caffeine is taken with a meal, such as green tea, the caffeine acts as a
digestive stimulant and is beneficial for the efficiency of digestion. The same caffeine on an empty stomach can be depleting to the adrenals and digestion.

TIP 7: SPICES

A little spice with each meal can slow the absorption of white sugar and increase the amount of calories burned during each meal according to the July 2006 issue of the American Journal of Clinical Digestion. Peppers, ginger, Turmeric, cayenne and digestive herbs like Trikatu help stimulate HCL production.

TIP 8: SIP HOT WATER

Sipping hot water every 10-15 minutes all day for two weeks acts as a digestive cleanse and a lymphatic flush. This is one of the best techniques to treat dehydration, which is a major factor in weight gain. Dehydration triggers a survival response in the body that chemically tells the body to store fat. Proper hydration supports the bicarbonate level just inside the stomach lining that protects it from being burned by digestive acids. If the body is dehydrated, this water-based bicarbonate layer will dry out and the tummy will ache. If it isn't treated soon, the stomach will soon be told to make less digestive hydrochloric acid (HCL), which means that food is no longer being properly digested. Add a squeeze of lemon to spike the hot water every once in a while. The lemon acts like soap to scrub the tissue and the hot water becomes the cleansing rinse.

TIP 9: IMPROVE ELIMINATION

One of the most common reasons for weight gain is sluggish elimination. I had a patient who took 2 Triphala capsules after each meal for 2 years and lost 50 pounds. Triphala is an intestinal cleanser and toner that flushed toxins and excess mucus off the wall of the gut. This helps assimilate nutrients properly.

I also recommend that you increase fiber in your diet by eating more vegetables, fruits and whole grains. You can add 1 tbsp of ground flax or chia seeds to each meal as a great way to fiber up. These seeds are also loaded with good omega-3 fatty acids, which are needed to support weight loss and a stable nervous system.
TIP 10: BEETS

Try to eat one fresh beet a day for the next 3 months to help thin the bile and flush the liver and gallbladder. Beets are best grated raw with lemon juice, but also have benefits when eaten cooked. When the bile flows the digestive system can break down fat and neutralize digestive acids and the liver can remove toxic fat soluble chemicals. Optimal bile flow may be the most important piece of the digestive puzzle when it comes to weight loss - so eat your beets!

>>>Read this article on foods that help heal your liver and gallbladder. It includes a short quiz to evaluate the health of your liver and gallbladder: http://lifespa.com/gallbladder-health-food-and-recipes/
Natural Weight Balancing: Progress Reports

Name: _________________________________________ Date: ________________________

My Goal Weight: ______________________________________________________________

7 Day Progress Report (1 week):

Current Weight: ______ Weight Lost This Week: ______ Weight Lost Since Day 1: ______
Measurements: Waist ________________ Hip ________________ Chest _________________
Overall Program Compliance: 1-10, (1=Minimal, 10=Perfect): ___________________________
Exercise Compliance: 1-10: ____________ Seasonal Eating Compliance: 1-10: ____________
Big Lunch and Light Dinner Compliance: 1-10: _______________________________________
I am currently in (please circle one):  Step 1     Step 2     Step 3     Step 4

14 Day Progress Report (2 weeks):

Current Weight: ______ Weight Lost This Week: ______ Weight Lost Since Day 1: ______
Measurements: Waist ________________ Hip ________________ Chest _________________
Overall Program Compliance: 1-10, (1=Minimal, 10=Perfect): ___________________________
Exercise Compliance: 1-10: ____________ Seasonal Eating Compliance: 1-10: ____________
Big Lunch and Light Dinner Compliance: 1-10: _______________________________________
21 Day Progress Report (3 weeks):

Current Weight: ______  Weight Lost This Week: ______  Weight Lost Since Day 1: ______
Measurements: Waist ________________  Hip ________________  Chest ________________
Overall Program Compliance: 1-10, (1=Minimal, 10=Perfect): ___________________________
Exercise Compliance: 1-10: ____________  Seasonal Eating Compliance: 1-10: ____________
Big Lunch and Light Dinner Compliance: 1-10: _____________________________________

28 Day Progress Report (4 weeks)

Current Weight: ______  Weight Lost This Week: ______  Weight Lost Since Day 1: ______
Measurements: Waist ________________  Hip ________________  Chest ________________
Overall Program Compliance: 1-10, (1=Minimal, 10=Perfect): ___________________________
Exercise Compliance: 1-10: ____________  Seasonal Eating Compliance: 1-10: ____________
Big Lunch and Light Dinner Compliance: 1-10: _____________________________________

35 Day Progress Report (5 weeks):

Current Weight: ______  Weight Lost This Week: ______  Weight Lost Since Day 1: ______
Measurements: Waist ________________  Hip ________________  Chest ________________
Overall Program Compliance: 1-10, (1=Minimal, 10=Perfect): ___________________________
Exercise Compliance: 1-10: ____________  Seasonal Eating Compliance: 1-10: ____________
Big Lunch and Light Dinner Compliance: 1-10: _____________________________________
42 Day Progress Report (6 weeks):

Current Weight: ______  Weight Lost This Week: ______  Weight Lost Since Day 1: ______
Measurements: Waist ______________ Hip ______________ Chest ______________
Overall Program Compliance: 1-10, (1=Minimal, 10=Perfect): ___________________________
Exercise Compliance: 1-10: ____________  Seasonal Eating Compliance: 1-10: ____________
Big Lunch and Light Dinner Compliance: 1-10: _______________________________________

49 Day Progress Report (7 weeks):

Current Weight: ______  Weight Lost This Week: ______  Weight Lost Since Day 1: ______
Measurements: Waist ______________ Hip ______________ Chest ______________
Overall Program Compliance: 1-10, (1=Minimal, 10=Perfect): ___________________________
Exercise Compliance: 1-10: ____________  Seasonal Eating Compliance: 1-10: ____________
Big Lunch and Light Dinner Compliance: 1-10: _______________________________________

56 Day Progress Report (8 weeks):

Current Weight: ______  Weight Lost This Week: ______  Weight Lost Since Day 1: ______
Measurements: Waist ______________ Hip ______________ Chest ______________
Overall Program Compliance: 1-10, (1=Minimal, 10=Perfect): ___________________________
Exercise Compliance: 1-10: ____________  Seasonal Eating Compliance: 1-10: ____________
Big Lunch and Light Dinner Compliance: 1-10: _______________________________________

Congratulations!

You can continue until you reach your desired weight goals.
Once you have reached your desired weight, you can maintain it effortlessly with Step 1.
Focus on a bigger lunch and eat enough at breakfast and dinner to avoid snacks.
Natural Weight Balancing: Final Evaluation

Name: _____________________ Date: _______________ Total Weight Lost: ____________

Instructions: Please rate your experience of the following. Leave blank if you saw no change. Circle the week or weeks that apply. If one week yielded more change than the others circle it twice.

**Experienced anxiety since plan:** (1-10, 1 = Minimal, 10 = Severe):
   I significantly noticed less anxiety after:
   1 week  2 weeks  3 weeks  4 weeks  5 weeks  6 weeks  7 weeks  8 weeks

Experienced cravings since plan: (1-10, 1 = Minimal, 10 = Severe):
   Significantly noticed less cravings after:
   1 week  2 weeks  3 weeks  4 weeks  5 weeks  6 weeks  7 weeks  8 weeks

**Experienced fatigue since plan:** (1-10, 1 = Minimal, 10 = Severe):
   I significantly noticed more energy after:
   1 week  2 weeks  3 weeks  4 weeks  5 weeks  6 weeks  7 weeks  8 weeks

**Experienced difficulty sleeping since plan:** (1-10, 1 = Minimal, 10 = Severe):
   I significantly noticed better sleep after:
   1 week  2 weeks  3 weeks  4 weeks  5 weeks  6 weeks  7 weeks  8 weeks

**Experienced depression since plan:** (1-10, 1 = Minimal, 10 = Severe):
   I significantly noticed less depression after:
   1 week  2 weeks  3 weeks  4 weeks  5 weeks  6 weeks  7 weeks  8 weeks
**Experienced weight gain since plan:** (1-10, 1 = Minimal, 10 = Severe): ___________

Significantly noticed weight loss after:

1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks 7 weeks 8 weeks

**Generally feel unhealthy since plan:** (1-10, 1 = Minimal, 10 = Severe): ___________

I felt healthier after:

1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks 7 weeks 8 weeks

**Tired & exhausted after work since plan:** (1-10, 1 = Minimal, 10 = Severe): ___________

I came home from work less tired and less stressed after:

1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks 7 weeks 8 weeks

Ate Big Lunch During Plan 0 1 2 3 4 5 6 7 days/week
Ate Light Dinner During Plan (Step 1) 0 1 2 3 4 5 6 7 days/week
Ate Liquid Dinner During Plan (Step 2) 0 1 2 3 4 5 6 7 days/week
Ate No Dinner During Plan (Step 3) 0 1 2 3 4 5 6 7 days/week
Ate Seasonally During Plan 0 1 2 3 4 5 6 7 days/week
Exercised During Plan: 0 1 2 3 4 5 6 7 days/week
Exercise Duration: 10 20 30 40 50 60 min/session
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- Best Herbs for Stress
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The Colorado Cleanse Supply Kit Has Everything You Need

Anytime of the year you can purchase the Colorado Cleanse Supply Kit, which includes all of the supplies you need for the Colorado Cleanse at a bulk discount: all herbs (Turmeric Plus, Liver Repair, Manjistha, Regenerate, Warm Digest or Cool Digest, Beet Cleanse, and Sugar Destroyer), a week’s supply of kitchari, ghee, castor oil, and lymphatic massage oil. During the Guided Colorado Cleanse each spring and fall, it is offered at a deeper discount.

Learn More
http://lifespa.com/cleansing/colorado-cleanse/
Also by John Douillard

Books
Body, Mind and Sport
*The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best*

Perfect Health for Kids
*10 Ayurvedic Health Secrets Every Parent Must Know*

The 3-Season Diet
*Eat the Way Nature Intended: Lose Weight, Beat Food Cravings, Get Fit*

The Encyclopedia of Ayurvedic Massage

The Yoga Body Diet
*Slim and Sexy in 4 Weeks Without the Stress*

DVDs
Ayurveda for Detox
Ayurveda for Stress Relief
Ayurveda for Weight Loss

Available at LifeSpa.com
Services at LifeSpa

John Douillard’s LifeSpa
6662 Gunpark Dr E, Suite 102
Boulder, CO 80301
(303) 516–4848 or (866) 227-9843
LifeSpa.com | info@lifespa.com

LifeSpa’s Mission
After studying alternative medicine for the past 30 years with leading experts from around the world, it became clear to me that, while the body is infinitely complex, the best medicine is incredibly simple.

It is my mission to help us transition from a culture of expensive and complex health care to a culture that seeks optimal health through natural mind-body medicine, leaving us more self-sufficient and equipped to make appropriate and sound health care choices that blend the best of what western medicine and alternative traditions offer. ~ John Douillard

Ayurvedic Consultations with John Douillard
http://lifespa.com/about-lifespa/clinic/ayurvedic-consultations/
John Douillard is available for private consultations in person or over the phone. Through a comprehensive exam aimed at uncovering the cause of what ails you, John Douillard diagnoses and treats the fundamental imbalance that may be responsible for all of your symptoms. Therapies may include, but are not limited to: herbs, diet, exercise, lifestyle changes, and stress prevention.

Self Help Herb Store
store.LifeSpa.com
LifeSpa offers only the highest quality herbs, nutritional supplements and products to support you on your journey towards optimal health. Our interactive website helps you understand which herbs or supplements will be best for you.

All Natural Ayurvedic Skin Care
A Revolutionary Preservative-Free and Chemical-Free Product Line
LifeSpa.com/skincare
At LifeSpa we believe that what you put on your body is as important as what you put in your body. Because Lifespa skin care products contain no preservative or chemicals, the body recognizes Lifespa products as nourishment, guaranteeing the deepest possible penetration. The Skin Care Line includes Himalayan Mist, Facial Moisturizer, Fountain of Youth Serum, Cleanser/Toner, Facial Mask and Body Butter.

What is Your Ayurvedic Body Type and Skin Type?
http://lifespa.com/health-quizzes/
Take one of our free interactive questionnaire to learn how you can stay balanced and healthy with the best foods, herbs and lifestyle practices for your body type.
Speaking Engagements with John Douillard
http://lifespa.com/events/
John Douillard is available to lead workshops, seminars, conferences and lectures.

About John Douillard

John Douillard DC has published over 500 health videos and articles that are available on his website. Receive these valuable health reports in your inbox – sign up for free! He has written six books, numerous health DVDs and CDs and has formulated his own line of organic health care products. He is the former Director of Player Development for the New Jersey Nets NBA team. He directs the LifeSpa Ayurvedic Retreat Center in Boulder, CO where he lives with his wife and six children.

LifeSpa is the premier center for natural health and Ayurveda in the United States. It was started in 1994 by Dr. John Douillard DC as a small Ayurvedic clinic and spa. Today, LifeSpa has grown to host a robust online store and educational database as well as a booming clinic and cleansing center. We are located at the base of the Rocky Mountains in sunny Boulder, CO.