

Women AND Men!

# WEIGHT LOSS

MADE

*Incredibly Easy!*



\*\*\*\* **PLUS** \*\*\*\*

**Free Abdominal Sculpting Course!**

By Daniel C. Przyojski

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WEIGHT LOSS

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This book has been written for the body you see in the mirror every morning – the body with the soft, flabby skin around the middle. It's a fact that those ugly layers of fat add YEARS to your looks, and subtract precious time from your life. It could be that you added this fat from poor eating habits established early in your childhood, or a widening midsection that you might have noticed only a short time ago. Either way, nothing looks worse on a person than a “gut” – it'll turn a beautiful man or woman OFF! When you get rid of that roll of fat, not only will you LOOK better, you'll FEEL better. Your clothes won't be stretching to hide that expanding fat like an over-stuffed plastic bag – instead, they'll conform to your new, muscular-looking “V-SHAPE”!

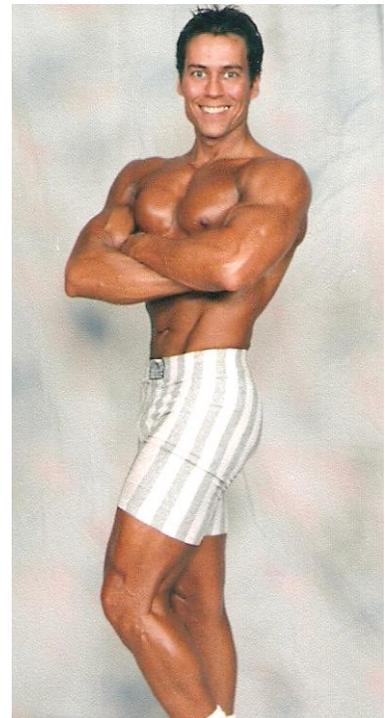
For POWER HEALTH, A POWERFUL, TRIM ABDOMEN IS A MUST! Don't neglect it – it's the cornerstone of physical health and fitness. Your personal success may depend on your athletic or appealing appearance. People with excess fat on their bodies give the impression of being lazy and sluggish while a man or woman with a trim, muscular waist radiates energy – a person who looks like someone special – a person with vim, vigor and Sex Appeal!

It takes only a few minutes a day to follow the advice given in this course. This book is one of the most complete books on Waist-and Weight-Loss – a must for everyone interested in muscular appearance and physical health. Anyone who wants to trim down fast – by losing excess fat off the WAIST, HIPS, BUTTOCKS, LEGS and anywhere else you have added unnecessary fat – should follow the advice in this book. You'll never be fat and out of shape again!

Daniel C. Przyojski

*Daniel C. Przyojski*

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Abdominal Exercises Are Performed By  
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## **HERE'S YOUR COMPLETE WAIST TRAINING PROGRAM**

### **REMEMBER THESE POINTS...**

**UTMOST IMPORTANCE – WATCH YOUR DIET!** You can do all the exercises in the world, but if you don't watch your diet, you'll lose little fat off your waist. Watching your diet is the BIG SECRET!!! It gives you almost instant results (week to week results that you can actually see and prove by your scales and measuring tape). You must eat plenty of salads, fruits, vegetables, lean meats, and whole grain products. Most important – stay away from junk foods (pop, beer, white bread, pastry, potatoes and rice). Study the rest of this book for diets that really work.

**YOU MUST STICK WITH YOUR TRAINING!** You'll find plenty of exercises for the waist. These exercises WILL WORK – if YOU DO! If you're on a regular training routine, do these waist exercises after you complete your regular routine.

**VARIETY! PICK 5 EXERCISES – DO THEM 5 TIMES A WEEK!** Pick any 5 exercises – do as many repetitions as you can. Simply take the first exercise, repeat as often as you are able (unless otherwise stated in the instructions). Rest a couple of minutes (until you get your breath back) and then go on to the next exercise...always doing as many repetitions as you can! Repeat this process until you have completed all 5 exercises. For variety, change exercises anytime you want – workout to workout, or week to week. Pick your favorites and then watch that fat melt away!

**YOUR ENTIRE BODY WILL FIRM & TONE UP!** The great thing about abdominal training (exercises for the waist and dieting), is that your entire body will lose its fat – forcing muscularity all over your body! As your waist trims down, the excess fat on your buttocks, hips, thighs, or other flabby areas of your body will disappear! It's a scientific fact that you cannot lose fat from just one area of the body – it has to come off equally throughout the entire body! Result: A FIT & MUSCULAR BODY!!!

**CAUTION:** During your first week of exercise, break in very easy (don't force the repetitions). There might be a little soreness, but it'll disappear in a week or so.

**SUPPLEMENT DIET.** At the end of the book I have a SPECIAL Supplement Diet. It's for the person with minimal time to prepare food. It is intended for use of 1 to 3 weeks for rapid fat weight loss WITHOUT losing precious muscle which is needed to burn calories and stay strong.

**IMPORTANT: Before starting any exercise program or special diets, consult a physician.** Explain to him what you want to do, and go ahead **only with his approval!**

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# Straight Leg Sit-ups

“BENEFITS UPPER MIDDLE WAIST”

With knees straight and arms and hands in front, do as many sit-ups as possible in a smooth and controlled fashion. Do not “jerk” your body up or down. Work the abs!



# Bent Leg Raise

“BENEFITS LOWER ABDOMINAL AREA”

As you lay flat on the floor with knees bent and hands underneath and slightly to the sides of the buttocks, raise both feet off the floor until your feet are perpendicular to the floor. Lower and repeat as many times as you are able to. Use a controlled and smooth motion!



# LEGS ELEVATED ABDOMINAL SQUEEZE

“BENEFITS ENTIRE ABDOMINAL AREA”

Lay on the floor with arms crossed over chest and feet and lower legs resting on a chair. Curl your head down with your chin on your chest, keeping your shoulders rounded as you curl up as high as possible without having the lower back leave the floor and return to floor. Repeat as many times as possible. Great abdominal exercise!



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# TWISTING SIT-UP

“BENEFITS UPPER MIDDLE AND INTERCOSTAL ABDOMINAL AREA”

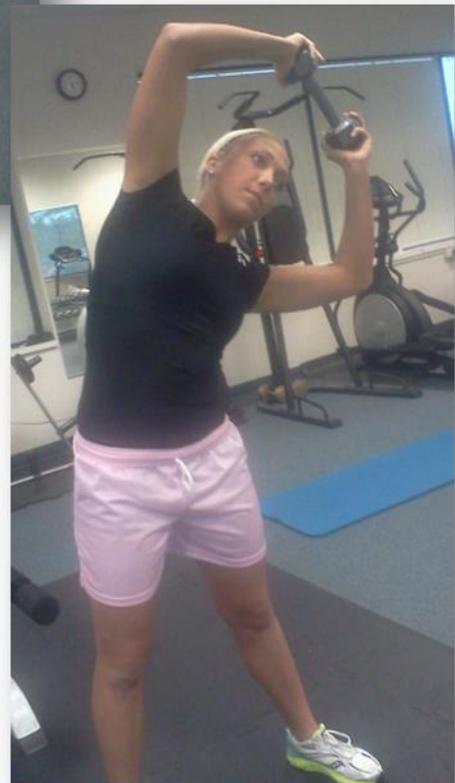
Lay flat on the floor with arms resting on thighs. Rise up from a laying position and “reach” your hand out as far as you can past the opposite thigh. Lie back, and then repeat with alternate hand. Remember to raise up as high as possible without having the lower back leave the floor. Repeat as many times as possible. Great side toning exercise!



# SIDE BENDS WITH DUMBBELL

“BENEFITS SIDES OF WAIST AND ABDOMINAL AREA”

In a standing position raise a “five pound” dumbbell above the head with elbow’s slightly bent. Bend as far as possible from side to side without moving the hips or thighs. Repeat 12-20 times. Remember to move only the upper torso. Great side toning exercise that works!



# TWISTING SIT-UP #2

“BENEFITS UPPER MIDDLE AND INTERCOSTAL ABDOMINAL AREA”

Lay flat on the floor with hands resting on the side of the head. Rise up from a laying position and “reach” your elbow out to the opposite knee or thigh. Lie back, and then repeat with alternate elbow. Remember to rise up as high as possible without having the lower back leave the floor. Repeat as many times as possible. Another great side toning exercise!



# ABDOMINAL SQUEEZE ON BENCH

**“BENEFITS ENTIRE ABDOMINAL AREA AND NECK”**

**Lay on the bench with your fingers touching your head and your head hanging over the end of the bench. Curl your head down with your chin on your chest, keeping your shoulders rounded as you curl up as high as possible without having the lower back leave the bench and then return to the starting position. Repeat as many times as possible. Great overall abdominal and neck exercise combined in one movement!**



# DUMBBELL BENT-KNEE DEADLIFT

**“BENEFITS LOWER BACK AND POSTURE OF ABDOMINAL AREA”**

**Hold a pair of 10-to 15-pound dumbbells with an overhand grip in your hands in front of your thighs. Slowly lower the dumbbells to the floor. Keeping your chest up, your arms should be straight and your lower back slightly arched, not rounded, contract your glutes and , straightening your legs, thrusting your hips forward, and pull your torso back and up as you return to the standing position. That's one rep. Repeat 12-20 times**

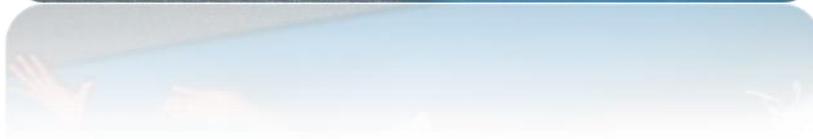
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# HIP AND THIGH TONERS

## “BENEFITS THIGHS AND HIPS”

Lay on your right side with legs and hip on the floor and elbow and hands supporting your body as pictured. In a slow and controlled motion raise your straightened left leg up as high as you can and slowly return to the starting position. That's one rep. Repeat 12-20 times. Now switch sides and do the same with the right leg. Do this exercise twice for each leg.



# MAKE THE WEIGHT COME OFF FASTER!!

If you really want to lose excess fat in a hurry you should perform cardio exercise at least 4 to 6 times a week for 20 minutes minimum. Clients of mine have lost as much as 40 pounds in 12 weeks doing these exercises, cardio work and the diets you are about to read about. It also keeps your heart and lungs in great condition. Just pick some sort of cardio work that is fun and enjoyable for YOU and go at it as often as you like!



# ***The Burn Fat - Build Muscle Workout***

**Perform some kind of cardio work 3 times a week for at least 30 minutes.**

These are all good cardio exercises.

1. Treadmill
2. Stair stepper
3. Rowing Machine
4. Elliptical Machine

**Weight Training should be two full-body workouts a week.**

1. Leg Press – 3 sets of 12-reps.
2. Bench Press – 3 sets of 12-reps
3. Shoulder Press – 3 sets of 12-reps.
4. Lat Pull Down – 3 sets of 12-reps.< U>
5. Biceps Curl – 3 sets of 12-reps.
6. Triceps Cable Push Down – 3 sets of 12-reps.
7. Standing Calf Raise – 3 sets of 12-reps.

**The middle of this book** is devoted to several types of diets – probably the best, the most-tested, and most successful diets ever designed. I have provided a selection of seven diet plans for two main reasons: (1) I can offer you a variety for every day of the week, and (2) if you find that you favor several diets over the rest, you are free to choose and be comfortable with those you have chosen!

**I must repeat this FOR YOUR BENEFIT:** check with a physician before starting any diet in order to insure success. He may feel that your weight problem could be better handled with special medical treatment.

Most people, though (however cruel this may seem) suffer only from an “over-active mouth”. It’s your willpower that will be the key to successful weight loss. We have given you the tools and the instructions on how to use them – if you sincerely WANT to use them, you will succeed!

The Low-Calorie Diet offers you a large variety of foods while you diet. The secret is the wide assortment of foods with a low-caloric value. Combined into balanced meals, you’ll take in for fewer calories than before, and quite a few less than what a person of normal weight would consume in a day –forcing your body to give up that excess fat!

With the Eat-All-You-Want Diet, you count carbohydrates instead of calories. Carbohydrates are NECESSARY for good health – that’s why no diet should be completely free of them. However, restricting the amount of carbohydrates you take in will be a great aid in weight loss!

Not only does the Nutrition Builder Plan provide you with several good diets, it also gives you some hints on how to handle your diet at a party. You’ll enjoy the party and manage your diet at the same time!

The Grapefruit Diet combines this citrus fruit with high-protein foods to assure rapid weight loss. Some authorities believe that the grapefruit acids help to “burn away” the excess fat, giving you a trim body in no time!

The importance of vegetables is explored in the Salad Supplement Diet. A person could live his whole life and die a natural death without EVER eating meat, and suffer no nutritional deficiencies – that’s how valuable vegetables are to us! We offer you several suggestions for great-tasting and appealing vegetable combinations.

I’ve even included Crash Diet suggestions in the diet plans! As you probably know, Crash Diets should not be used regularly, and only for short periods of time. It’s the way to lose a few pounds FAST! No matter how severe you cut back, remember not to eliminate meat – important PROTEIN – from this diet!

The Organic Fruit Diet explains the benefits of fruit that has not been chemically treated or packed in sugary syrup. You are given diet suggestions incorporating many fruits, and also several good and quick recipes using fruit! [www.EatToLiveDiet.Com](http://www.EatToLiveDiet.Com)

**Failing To Prepare  
Is  
Preparing To Fail!**

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## **LOW CALORIE DIET**

**A LOW CALORIE DIET OFFERS A LARGE VARIETY OF FOODS – WHILE DIETING! PROPERLY FOLLOWED, THIS DIET CAN LITERALLY FORCE YOUR BODY TO LOSE WEIGHT, QUICKLY AND EFFICIENTLY!**

Just what is a calorie? Simply, it is a unit of measurement that tells you how much energy you get from the foods you eat. Every food provides some of the energy that enables you to do the things you do every day. Of course, different foods provide different amounts.

To control your weight, you will need to control the amount of energy (number of calories) you get from food and the amount of energy you use up in exercise and normal activity.

Whether you gain weight or lose weight, or stay the same depends on how well you balance the calories furnished by the foods you eat against the calories your body uses. If your body consumes too many calories, your body quickly gains weight.

For every 3,500 extra calories you get and do not use, you gain about 1 pound of weight. This pound represents stored food energy in the form of fat.

To lose excess fat you have to somehow use up stored energy. These are the **THREE** methods you can use to lose excess fat:

1. Eat less food, (fewer calories), to force your body to draw energy from its stored fat.
2. Increase your activity to use up more energy.
3. **DO BOTH** – which is always the best – diet and exercise.

Consult the last page of your CALORIE, CARBOHYDRATE, PROTERIN GUIDE for the amount of calories you should consume. Remember, the “rule of thumb” for losing weight, is to eat 800 to 1,000 calories less than the amount needed to maintain your perfect weight! This should result in a loss of 2 pounds a week. Should you decide to lower your calories more than the 1,200 level – then you should do it under a doctor’s supervision.

For “health’s sake” you should always have food from the basic food groups each day: MILK, MEAT, VEGETABLE-FRUITS, and LENTILS GROUP. Plan your meals from these four food groups and you will be sure that your meals are nutritious!

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TIPS...

Take small servings and omit seconds. No matter how many calories there are in a serving of food, a smaller serving – or fewer servings, means fewer calories. Chew all your food slowly (good for digestion even if your weight is normal).

Substitute low-calorie foods for high-calorie ones. But you do not have to completely omit your favorite high-calorie foods...just eat them less often and have smaller servings.

Budget your calories to allow for special occasions, such as parties. Save on calories at other meals, so you can afford extra calories for these events.

Never skip meals; skipping a meal often leads to unplanned snacking, which can lead to more calories than you want – and less of some of the nutrients you need.

It's okay to change the suggested diet around, to fit your particular needs – but make sure the foods you substitute have the same number of calories. Also, make sure that the substitute is within the same food group.

Once you have reached the weight that is best for you, you will be able to eat a little more food. Continue to choose foods with an eye to calorie values, so you will not go back to the old eating habits that resulted in unwanted pounds.

Between meals (snacks), have all the beverages you care to drink: Green Tea or coffee. Use stevia for sweetening.

First thing in the morning, weigh your-self after urination and before eating and drinking. It's the most encouraging time, since you've slept off an ounce or two during the night.

Drink an 8 ounce glass of water five minutes before each meal.

Take a ½ hour walk after each meal.

Eat to live; don't live to eat!

Decide what your biggest weakness is and avoid it completely!

Put away your large dinner plates and eat off salad plates. This way, if you tend to fill your plate, it won't hurt as much!

Don't shop for food when you're hungry! Remember, dieting starts in the grocery store so don't bring those calories home in the first place!

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# **1,000 CALORIE DIET**

## **SUGGESTED MEAL PLANS**

### **Menu One**

#### **BREAKFAST**

½ grapefruit  
1 egg, boiled or poached  
1 thin slice bread  
Beverage

#### **LUNCH**

1 cup low-fat cottage cheese  
Lettuce, tomato, celery (any amount)  
Watercress  
1 cup skim milk

#### **DINNER**

½ cup tomato juice  
6 oz roast beef  
½ cup beets  
½ cup coleslaw  
1 pear  
Beverage

#### **BEDTIME**

1 cup skim milk

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## **Menu Two**

### **BREAKFAST**

½ cup orange juice  
1 cup cottage cheese  
2 pieces Melba toast  
Beverage

### **LUNCH**

1 hard-cooked egg, sliced, with celery,  
tomato and lettuce  
1 cup skim milk

### **DINNER**

6 oz hamburger, broiled  
½ cup beans  
½ cup brussels sprout  
Grated carrot salad  
1 orange  
Beverage

### **BEDTIME**

1 cup skim milk

## **Menu Three**

### **BREAKFAST**

1 orange  
2/3 cup oatmeal  
1 cup skim milk  
1 egg, boiled or poached  
Beverage

### **LUNCH**

Diced celery  
8 oz chicken  
1 cup peas  
6 asparagus tips  
Beverage

### **DINNER**

6 oz broiled perch  
Salad-escarole, endive, celery, green  
pepper  
1 cup strawberries  
Beverage

### **BEDTIME**

1 cup skim milk

**\*\*\*SUGGESTED BEVERAGES – COFFEE, GREEN TEA, WATER WITH LEMON\*\*\***

**\*\*\*USE STEVIA FOR SWEETENING\*\*\***

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# **SLENDER-U-FAST**

## **Body Fat Cleansing Diet**

**6 To 15 Pounds**  
**Rapid Weight Loss Of Intestinal Waste**



**BEFORE**



**AFTER**

**Pam Followed This**

**12-WEEK DIET AND EXERCISE PROGRAM**

**40 Pounds and 40 Inches GONE!!!!**



**FOLLOW PROGRAM FOR 7 DAYS START OVER ON THE 8th DAY  
ALWAYS CONSULT A DOCTOR BEFORE STARTING THIS OR ANY  
WEIGHT LOSS DIET OR EXERCISE PROGRAM.**

**DAY ONE** - DRINK UP TO ONE GALLON OF WATER AND EAT AS MANY FRUIT AND VEGETABLES AS POSSIBLE. **TAKE ONE SLENDER-U-FAST TABLET IN THE MORNING, ONE IN THE AFTERNOON, AND ONE IN THE EVENING WITH 8 OUNCES OF WATER.** APPLES, ORANGES, BANANAS, PEARS, WHITE AND DARK GRAPES, KIWI, AND PINEAPPLE ARE GOOD FRUIT CHOICES. FRESH OR FRESH FROZEN GREEN BEANS, CARROTS, SPINACH, CORN, MIXED VEGETABLES AND SALADS WITH A VARIETY OF FRESH GREENS SHOULD BE YOUR VEGETABLE MEALS.

**DAY TWO** - SAME AS DAY ONE BUT ADD 1/2 CUP OATMEAL WITH 1/4 CUP RAISINS OR 1/2 CUP BLUEBERRIES FOR FLAVOR.

**DAY THREE** - FOLLOW THE SAME AS DAY ONE AND TWO BUT ADD A BAKED POTATO IN THE AFTERNOON. ADD LOW TO NO SODIUM VEGETABLE SOUPS.

**DAY FOUR** - EAT THE SAME AS MENTIONED ABOVE AND ADD ONE BOILED OR BROILED OR BAKED BONELESS, SKINLESS CHICKEN BREASTS TO YOUR LUNCH OR SUPPER..

**DAYS FIVE** - EAT ALL THE FOODS MENTIONED ABOVE PLUS ONE PIECE OF STONE GROUND WHOLE WHEAT BREAD. WITH LUNCH OR AS A SNACK BETWEEN MEALS.

**DAYS SIX, AND SEVEN** - EAT ALL THE FOODS MENTIONED ABOVE PLUS OATMEAL, OR CREAM OF WHEAT. YOU CAN ALSO HAVE BROILED FISH AND VERY LEAN CUTS OF MEAT SUCH AS FLANK STEAK FOR LUNCH OR SUPPER

IF FOLLOWED CORRECTLY, THE **7-DAY BODY-FAT CLEANSING DIET** WILL SAFELY HELP YOU TO LOSE UNWANTED WEIGHT FAST! YOU WILL HAVE MORE ENERGY, FEEL STRONGER, AND LOSE THE CRAVINGS FOR SUGAR AND PROCESSED FOODS.

# You Do Not Need The SLENDER-U-FAST Tablets For This Diet

## But If You Choose To Use Them They Are 100% Natural No Caffeine / No Stimulants

Slender-U-Fast Tablets are a new product which, when taken as directed, helps the body to excrete instead of absorb fat. When taken while on the diet it is much easier to rid the body of unwanted toxins and waste products that may cause intestinal build-up.

**Suggested use:** Take 1 to 2 tablets three times a day as a dietary supplement. For optimum results take with a full glass of water one half hour before each meal. This bottle has 90 tablets and is a one month supply.

**Caution:** Before considering any weight control program, it is advisable to consult with a physician. Do not exceed recommended usage. This product should not be used when diarrhea or abdominal pain exist.

**SLENDER-U-FAST**  
**BODY FAT CLEANSING DIET**  
**ALL NATURAL**  
**NO STIMULANTS / NO CAFFEINE**

**POWER HEALTH  
PRODUCTS**

Slender - U - Fast is a new product which, when taken as directed, helps the body to excrete instead of absorb fat.

**Each Tablet Contains:** Sodium Choleate 10 mg., natural fiber from Barley, Rice, Pectin, Carrot, Acerola and Cellulose.

Distributed by:

Power Health Products  
1223 Borg Ave.  
Temperance, Mi 48182  
(419) 262-9473

[www.powerhealthproducts.com](http://www.powerhealthproducts.com)



[Purchase At  
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# ***The Simple Training Program Pam Followed***

**Perform some kind of cardio work 3 times a week for at least 30 minutes.**

**These are all good cardio exercises.**

- 1. Treadmill**
- 2. Stair stepper**
- 3. Rowing Machine**
- 4. Elliptical Machine**

**Weight Training should be two full-body workouts a week.**

- 1. Leg Press – 3 sets of 12-reps.**
- 2. Bench Press – 3 sets of 12-reps**
- 3. Shoulder Press – 3 sets of 12-reps.**
- 4. Lat Pull Down – 3 sets of 12-reps.< U>**
- 5. Biceps Curl – 3 sets of 12-reps.**
- 6. Triceps Cable Push Down – 3 sets of 12-reps.**
- 7. Standing Calf Raise – 3 sets of 12-reps.**

**EAT ALL YOU WANT DIET**  
**(low-carbohydrate)**

Reducers are advised not to consume very much salt...if any!

Studies show that common table salt can cause the body to retain water in the tissues – up to 70%!

If you don't have fattening foods in the house – you can't eat them!

The temptation is simply too great, and before you know it, on your mind...moments later you're off that diet. If the food isn't available to you, the temptation isn't there; instead, your appetite will be satisfied with protein foods (meats, fish, cheese).

Here's a great drink for between meals (high in protein – low in calories)...Pour 1 package of Knox Gelatin in one cup of hot water, mix in a bouillon cube. An excellent energy drink!

Exercising will help reach those fatty deposits that are slow to dissolve while dieting...dieters who have never exercised are amazed when they begin a program of diet and exercise. Results are amazing!! Remember that deep breathing (created by exercising) is one of Nature's best fat-trimming devices.

Try this favorite snack: Go to a health store and buy some sunflower seeds. You'll find that takes quite a while to crack the seeds open, so you're getting your snack – keeping your fingers busy – while not eating too much! They are good for you – give it a try!!

Here it is...THE EAT ALL YOU WANT DIET (low carbohydrate diet):

With this diet you can stuff yourself (with the right foods, of course; no limit) and you will still lose weight. Millions have done it and so can you! Without a doubt, it is a fast and effective way to trim down!

There are several theories as to why the low-carbohydrate diet works: (1) Carbohydrates enter your bloodstream quickly and are often stored as fat. (2) Most of the carbohydrates you may now be eating are from “junk” foods, many of which may be refined sugar products. These are the foods which most often cause fat to accumulate. (3) Some experts seem to think that all carbohydrates are more dangerous than fats or proteins when it comes to weight gains. Meat (which contains no carbohydrates) usually travels slowly through the digestive system and has a greater chance of being used for energy, rather than fat storage. (4) Low carbohydrate foods tend to satisfy your hunger pains better than high carbohydrate foods. [www.EatToLiveDiet.Com](http://www.EatToLiveDiet.Com)

Eat all the low-carbohydrate foods you want – just keep the carbohydrates down to 60 grams a day! You'll lose weight – and fast! Check your Calorie, Carbohydrate, Protein Guide!

Eat plenty of meat, fish, cheese, poultry and eggs! Stay away from grain products, cereals, potatoes, rice, beer, liqueurs, and wines and stick with foods high in protein! Take a look at the suggested foods in our diet menu; you'll quickly get an idea of what you can consume.

Drink plenty of liquids on this diet! Have six or more glasses of water daily. Have plenty of coffee, tea and low-cal pop (all you want). Be sure you take saccharin for sweetening! When you want something sweet, have low-cal pop!

Try to balance your meal – have a serving of fruit and vegetables (don't eat as much as you usually do) daily – for those important vitamins and minerals.

Take as multiple-vitamin every day! This is your assurance you get all the vitamins your body needs.

Don't count calories on this diet. Calories simply don't matter when you're on this diet. Count the carbohydrates and keep them under 60 grams, daily.

Start off on a protein-rich breakfast. This will help you off to a good start! This will keep your energy up all day – you'll find yourself not wanting to snack.

Study your Calorie, Carbohydrate, Protein Guide....it won't take long before you understand what foods you can eat --- a low-carbohydrate diet is very easy to follow – much easier than a low-calorie diet, since it's easy to count carbohydrates, whereas calories require much research into your Guide Book! Most meats do not contain carbohydrates – so there is no counting there – same goes for fish.



**Sample low-carbohydrate menu:**

**TOTAL 60 GRAMS OF CARBOHYDRATES**

**Breakfast:**

Omelet, 3 eggs with cheese (3 grams)  
Beef patty (0 grams)  
¼ Cantaloupe (4 grams)  
5 oz. tomato juice (5 grams)  
Coffee

**Lunch:**

Chicken breast (all you want) (1 gram)  
asparagus – 4 spears (2 grams)  
Salad – lettuce (4 grams)  
1 beverage (0 grams)

**Dinner:**

Large salad (7 grams)  
Large steak (all you want) (0 grams)  
1/3 cup broccoli (2 grams)  
Slice of wheat bread, butter (7 grams)  
1 tangerine (10 grams)

**Snack:**

All you can eat of any kind of meat, fish,  
or eggs. Liquids – coffee, green tea –  
all you can drink!

**Make up your own diets!** The above diet is just a suggestion. It'll give you a good idea on the type of foods you can eat. Keep your carbohydrates below 60 grams!

**Weight losses usually follow a pattern!** At first you may lose weight quickly for a couple of weeks – then nothing happens – for a week or two, but this is a period of metabolic readjustment. Once you begin to lose weight again, it may be slow but you will be losing more fat than just a water loss. Too many people have spent years accumulating fat and want it to disappear overnight. Patience over all wins out.

**Every time you start a new diet – consult with your physician!** He's the expert when it comes to your body! He'll quickly tell you if a diet is safe for you!

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## **NUTRITION BUILDER DIET**

If your job requires to visit and socialize, or if you are just a party-goer by nature, your dieting habits are going to be put to the test quite often. It's hard to refuse drinks and snacks, but we have some "party-aids" that we think will help you out!

You probably won't even have to let anyone know you're dieting unless they become really insistent. If you are accustomed to cocktails or beer, you need not cut yourself off completely, but at the most, limit your alcoholic consumption to not more than one drink a day, party or not. A drink a day, if you need to be a drinker, might even lift your spirit somewhat.

If possible, stick to low-cal, non-alcoholic drinks, if any are offered. Otherwise, steer clear of sweet liqueurs such as Crème de Menthe, Burgundy, Sauterne and similar white table wines are okay but avoid the sweet wines such as Sherry, Port and Tokay. One shot of the following are allowed: Bourbon, Scotch, Rye, Gin or Vodka. ONE shot! And, if possible, ignore the club soda and quinine water. Nurse those drinks – make 'em last!

Try to resist the urge to nibble during a drink, especially pretzels – they're an absolute NO! Hor d'oeuvres? Concentrate on the fish. How about cheese without the crackers? Those tiny meatballs, fish-balls and cocktail hotdogs on toothpicks are alright, and a few nuts (dry-roasted with no salt) won't hurt ---remember--- they're protein. Avoid the fancy canapés that are mostly bread and dips that you'll need potato chips or crackers to scoop up. But, don't eat everything! Keep a small cache of Hor d'oeuvres beside you, and no one will force refills on you.

Here are a couple brief ideas for low calorie drinks that are simple to make:

- 1) Pour just 2 oz. of dry vermouth (about 50 calories) over plenty of ice. Add a twist of lemon, or for added variety, combine 4 oz. of tomato juice (235 calories) with this drink.
- 2) How about 1 oz. of brandy over lots of ice with a little soda?
- 3) Make a Scotch, Bourbon, Vodka or Gin drink with ½ oz. of spirits, soda and ice. Keep in mind that 100 proof alcohol has 100 calories per ounce, 86 proof spirits, 86 calories, and so on.

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Throwing your own Bash? Your dieting friends will love you for these:

### **CHEDDAR SPREAD**

Cube 8 oz of sharp Cheddar cheese at room temperature and add ½ cup skim milk and 1 tsp. prepared mustard. Beat with electric mixer until almost smooth and serve with unpared apple wedges on diet wafers.

### **COCKTAIL WEINERS-LO-CAL**

1 lb. frankfurters	1 tbs. vinegar
1-12oz. bottle extra hot catsup	1 clove garlic, halved
2 tsp. celery seed	

Diagonally slice each frank into 6 pieces; combine remaining ingredients with the franks, cover and refrigerate 4 hours; to serve, remove garlic, heat sauce and franks and serve with cocktail picks.

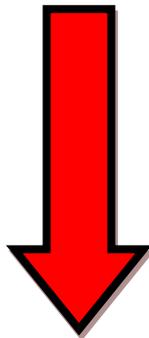
### **SEAFOOD COCKTAIL SAUCE**

¾ cup chili sauce	2 tsp. Worcestershire sauce
2-4 tbs. lemon juice	½ tsp. grated onion
1 tbs. prepared horseradish	few drops bottled hot pepper sauce

Combine all ingredients and salt to taste. Chill and serve as a sauce for clams, shrimp or oysters. Makes 1 ½ cups.

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### **NUTRITION-BUILDER DIET SUGGESTED DIET PLANS**



**NUTRITION-BUILDER DIET**

## **SUGGESTED DIET PLANS**

### **Menu One**

#### **BREAKFAST**

1 medium orange  
1 slice light rye toast with 1 tsp cream  
cheese  
Beverage

#### **SNACK**

½ cup tomato juice  
1 deviled egg

#### **LUNCH**

1 cup bouillon on-the-rocks  
1 large frankfurter (all beef)  
1 cup sauerkraut  
Beverage

#### **SNACK**

½ cup diced cantaloupe  
2 sugar wafer cookies

#### **DINNER**

5 oz. bass, baked  
½ cup cooked fresh peas  
1 cup diced celery braised in ½ cup  
tomato juice  
½ cup yogurt and ½ cup raspberries  
with honey  
Beverage

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## **Menu Two**

### **BREAKFAST**

½ cup grapefruit sections  
½ Whole Wheat English muffin, toasted with 1 tsp  
strawberry jam  
Beverage

### **SNACK**

2 medium plums, fresh

### **LUNCH**

3 oz. ground round steak, broiled with 6  
large mushrooms  
1 cup cooked wax beans  
Beverage

### **SNACK**

½ cup carrot juice  
3 rye thins

### **DINNER**

2 lean loin lamb chops, broiled  
½ cup cooked egg noodles  
1 green pepper, sliced  
1 slice fried eggplant ½” thick  
Beverage

## **Menu Three**

### **BREAKFAST**

3 tbs. corned beef hash, topped with 1  
medium egg, poached  
½ Ry-Krisp  
Beverage

### **SNACK**

½ cup strawberries with 2 tbs. skim milk  
and stevia sweetener

### **LUNCH**

1 cup diced fresh pineapple on 5 tbs. creamed  
cottage cheese  
4 Ritz crackers with 2 tsp guava butter  
Beverage

### **SNACK**

½ cup unsweetened applesauce  
2 slices Zwieback toast

### **DINNER**

1 medium deviled crab  
½ cup cooked brown rice  
½ cup coleslaw  
1 cup cooked spinach  
½ cup fresh blueberries  
Beverage

**\*\*\*REMEMBER, BEVERAGES INCLUDE BLACK COFFEE AND TEA, SKIM MILK  
AND WATER WITH LEMON JUICE\*\*\***

## GRAPEFRUIT DIET

You would never have to diet, if you could stay away from these foods: Bread, potatoes, rice and whole milk. These are the big enemies of people who have a tendency to gain weight. The following foods are naturally in the same bad category: crackers, candy, cookies, most cereal, gravy, jam, sugar, macaroni, noodles, pizza, pastry, potato chips, soft drinks, alcohol...and so forth!

“Foodless” food is a good name for bread! Almost all bread has little nutritional value, yet it has plenty of calories. It certainly is not the fault of the wheat it is made of, but it’s because of the way the wheat is processed, which renders it inedible. If you should ever eat bread – make sure it is “whole wheat” – it’s the only bread that still has some nutrition left in it!

Here is a way to have all the sandwiches you want – yet you’ll cut your calories drastically! As you know, bread is really fattening, and if you can cut the bread from your diet, you will eliminate many calories. Instead of using bread for sandwiches, use lettuce. Naturally, the lettuce will have to be real crisp, but it can be done! Between the lettuce leaves put all the meat, tomatoes, or tuna you want. You’ll have a sandwich that is filling, but LOW, LOW in calories. Give it a try! You’ll like it!

Eat foods that are high in nutritional value and as close to their natural state as possible! Eat plenty of the following: Lean meats, poultry, fish, seafood, eggs, milk, cheese, vegetables, fruits, whole grain cereals (very few are any good; read the side of the box for the nutritional value) and juices.

Don’t fall for those expensive “pills & powders” that are supposed to make you lose weight! The “gimmick” with most pills and powders is that you’re supposed to follow a low-calorie diet if they are to be effective (so while you are spending all your money on pills, the diet alone would make you lose weight). Should any pills be taken, they should be taken only with medical supervision!

The majority of people refuse to believe the hard but simple truth: Overweight comes from eating more food than the body requires in the terms of energy spent! As you grow older - you need less calories, as much as 21% less from the age of 25 to 65. As you become less active, you need fewer calories.

Here’s the NEW method that burns the fat off...

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Try the new sensational “Grapefruit Diet” and watch that fat melt off! Many have been astonished by the quick weight losses made possible by the grapefruit diet – as many as 10 pounds in 10 days!

There has been much controversy concerning how the diet works. Some authorities cannot see how the grapefruit can cause weight loss while others claim the magic combination of the grapefruit acids and high protein foods result in the fat burning off – at a lightning fast speed.

This diet consists of heart meals – no starvation! The diet begins working within 24 hours (actually while you are sleeping) and the results are fast. Without question, the Grapefruit Diet has spread across the land with almost everyone being pleased with the results.

Remember, weight losses always differ with each person. Many report that within the second day the scale reports a weight loss, while others report that nothing happens within the first 7 or 10 days – then, suddenly, a BIG weight loss within the next couple of days. Each person’s body reacts differently to diets.

Don’t forget to do your abdominal exercises while following this unique diet...you’ll get better results!

You can drink all the liquids you want (to your heart’s content): 1 cal-pop, coffee or tea...use no cream or sugar, but you can use saccharin for sweetening. Drink plenty of water daily.

You may eliminate the snacks from your suggested diet plans – if you wish to! Either way, you’ll lose weight – fast! The snacks are all high in protein and low in carbohydrates (if any), which creates a fast weight loss.

It’s always a good idea to take a multiple-vitamin, daily! It’s your assurance your body is getting all the vital vitamins it needs.

Before starting any diet and exercise program –n consult your physician. Tell him of the exercises and diet you want to go on and if he thinks you’re physically fit, he’ll give you his okay!

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# **GRAPEFRUIT DIET**

## **SUGGESTED MENU PLANS**

### **Menu One**

#### **BREAKFAST**

½ cup grapefruit  
5 oz orange juice  
1 poached egg  
1 slice whole wheat toast  
1 pat butter

#### **SNACK**

1 cal pop (or tea or coffee)  
1 chicken breast

#### **LUNCH**

½ cup grapefruit  
Broiled hamburger patty  
Tossed salad  
Skim milk

#### **SNACK**

1 cal pop (or tea or coffee)  
Couple slices of quality luncheon meat

#### **DINNER**

½ cup grapefruit  
Broiled sirloin steak  
Fresh mushrooms, broiled  
½ cup green peas  
Coffee or tea

#### **SNACK**

1 cal pop (or tea or coffee)  
½ cup grapefruit

## **Menu Two**

### **BREAKFAST**

½ cup grapefruit  
Broiled bacon  
1 egg fried, in non-stick pan  
1 slice whole wheat toast  
1 pat butter  
Skim milk (or tea or coffee)

### **SNACK**

Lemon Water (or tea or coffee)  
Cottage cheese

### **LUNCH**

½ cup grapefruit  
2 sliced hard-cooked eggs  
Tossed salad  
Tea

### **SNACK**

**Lemon Water (or tea or coffee)**  
**1 cube of cheese, 1 inch**

### **DINNER**

½ cup grapefruit  
Lean meat – any kind  
Broccoli, 3 spears  
Mixed vegetable salad  
Coffee

### **SNACK**

Tea  
2 slices turkey

**Menu Three**

**BREAKFAST**

½ cup grapefruit  
½ cup cottage cheese  
Broiled or heated ham  
1/2 cup Orange juice

**SNACK**

Lemon & honey water (or tea or coffee)  
2 slices of cheese (or sliced meat)

**LUNCH**

½ cup grapefruit  
1 egg, hard cooked  
½ cup chopped celery  
2 slices of tomato  
½ cup lettuce  
1 cup skim milk

**SNACK**

1 broiled hamburger patty  
Lemon & honey water (or tea or coffee)

**DINNER**

½ cup grapefruit  
Lobster (or any fish)  
Tossed salad  
1 slice whole wheat breast  
Tea

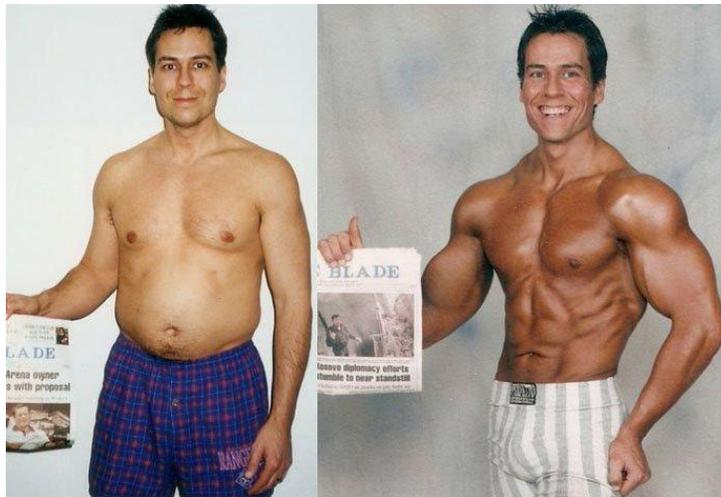
**SNACK**

Lemon & honey water (or green tea or coffee)  
Hard-boiled egg

**\*\*\*REMEMBER, BEVERAGES INCLUDE BLACK COFFEE AND TEA, SKIM MILK  
AND WATER WITH LEMON JUICE\*\*\***

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# SUCCESS



**It's not what a person can do but what a person WILL do!**

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## SALAD SUPPLEMENT DIET

Salads are a good idea for everyone! And it's about time someone said something good about those valuable vegetables. Greens have really got it – everything, that is, for good health. They're loaded with vitamins, minerals, and proteins – yes, PROTEINS, too! After all, protein-rich milk and beef used to be grass!

Green vegetables give us almost everything we need to build strong nerves, healthy tissues and a clean bloodstream. And the greener the vegetable, the more nourishing it is! Your folks knew what they were talking about when they encouraged you to eat your spinach!

If you're not a vegetable lover, you should get acquainted and find out that this relationship is one of the most important in your lifetime concerning good health! Raw vegetables contain the enzymes necessary for good digestion and assimilation, and although more people now are using raw vegetables in salads than before, many still don't realize just how important they are to our well-being. But you can bet those folks are none the worse off for their preference!

Here are a few tips concerning the preparation of salads:

- 1) Always wash vegetables carefully, and for those really leafy varieties—soak them a few minutes in salt water to draw out any little insects that might be hiding in the leaves and buds, and then rinse them a second time to remove the salt.
- 2) Salads can be served with the vegetables; chopped, cut, cubed, shredded, grated—any way you prefer. Keep your vegetables cool and whole almost right up until you plan to convert them into a salad. In other words—make that salad as close to mealtime as time allows, then cover the salad and store in your refrigerator. There's no sense in letting dinner wither! Both flavor and nourishment drain from vegetables that are cut up and left too long in the refrigerator.
- 3) Like variety? Add raisins or nuts (raw and unsalted) to your salad. Dry raisins can be softened up by steaming over boiling water for a few minutes.

If you're willing to try a little change of menu, why not eat a salad for your main course at, say, lunchtime! Remember: You won't have to worry about deficiencies; the valuable elements contained in vegetables make sure we are well-nourished.

Here are recipes for three salads you may want to try:

- 1) Set out one small head of fresh green lettuce, four ripe tomatoes, one green pepper, one large onion, one medium cucumber, one cup of fresh spinach, and a few sprigs of fresh watercress or parsley. Cut the lettuce into quarters. Cut up the rest of the ingredients and mix. Serve on beet leaves with a sprig of watercress or parsley. You can season this with fresh lime or lemon juice or your favorite dressing (making sure it's lo-cal, of course). Makes four servings.
- 2) Shred one small green cabbage and two cups worth of carrots. Dice one green pepper and one cucumber. Prepare a dressing of one cup of equal portions of lemon juice, oil and honey, and pour it over the salad. Cover the salad and place it in the refrigerator for one hour before serving so as to let it marinate. Serves two.
- 3) Here's one with a little variety you're sure to enjoy: Four carrots, four sweet apples, two stalks celery, one cup of seedless raisins, and a half cup of chopped or grated nuts. Shred the carrots and apples. Cut or dice the celery fine, then add the raisins and mix. Sprinkle the chopped or grated nuts on top and serve on lettuce leaves. Serves four.

If you'd like to dress up a side dish of lettuce, try one of these low-cal but tasty dressings:

- 1) ¾ cup tomato juice, 1 or 2 tbsp. soy oil, juice of 1/3 lemon, half clove of garlic or a little grated onion. Shake well before using.
- 2) Soy oil and lemon juice, well blended, or whipped with a fork.

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**What The Mind Can Conceive  
And Believe It Can Achieve!**

**SALAD SUPPLEMENT DIET  
SUGGESTED MENU PLANS**

**Menu One**

**BREAKFAST**

½ cup diced cantaloupe  
1 medium egg, poached on 1 slice whole wheat toast

**SNACK**

1 cup bouillon, hot or on-the-rocks  
2 wheat thins

**LUNCH**

½ hard-cooked egg  
3 rye thins  
Salad #1

**SNACK**

½ cup fresh sliced peaches  
2 wheat thins

**DINNER**

1 medium lean veal chop, braised  
½ cup stewed tomatoes  
½ cup medium potato, baked, topped with  
2 tsp sour cream and 1 tsp chopped chives  
8 small lettuce leaves with oregano and 1 tsp  
Vinegar  
2/3 cup fresh blackberries

## **Menu Two**

### **BREAKFAST**

½ small grapefruit  
1 medium bran or corn muffin with 1 tsp  
butter

### **SNACK**

½ cup tomato juice  
10 tiny cheese tidbit crackers

### **LUNCH**

4 Wheat Ritz crackers  
Salad #2

### **SNACK**

½ cup onion soup  
2 stalks celery

### **DINNER**

5 oz. lean pot roast  
2 halves medium tomato, broiled with 2 tsp  
Grated Parmesan cheese  
½ cup cooked spinach with garlic salt and  
Lemon wedge  
1 medium cucumber, sliced with 2 tsp lo-cal  
French dressing  
1 medium fresh peach

## **Menu Three**

### **BREAKFAST**

½ cup orange juice  
2/3 cup bran flakes with 1 tsp sugar and ½ cup  
Skim milk

### **SNACK**

Coffee or green tea or water  
½ peach

### **LUNCH**

½ average chicken breast  
Salad #3

### **SNACK**

½ medium cucumber, sliced  
2 slices turkey

### **DINNER**

½ cup noodle soup  
1 green pepper, baked, stuffed with 4 oz  
Ground round  
½ cup cooked beets  
½ cup skim milk

**\*\*\*REMEMBER TO SWEETEN WITH STEVIA IF DRINKING TEA OR  
COFFEE\*\*\***

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## CRASH DIETS

Before beginning a crash diet, be on the safe side! This is going to be a drastic change from the normal routine, and unless you're in good health, it could be harmful! Pay a visit to your doctor to get his O.K. Ask him to recommend a multi-vitamin tablet to supplement your meals. Crash diets are not very nutritious because they call for dramatic cut-downs on your usual intake whether that intake is pure junk or pure nutrition!

If you get your doctor's O.K., and decide that this diet is the one for you, don't stay on it any longer than 10n days. The food suggestions we've provided for you won't leave you feeling hungry, but are intended to keep you going on the barest essentials for as long as your diet lasts. You can lose up to 10 pounds! And who knows – maybe the loss of a few extra pounds will encourage you to watch your weight more carefully than before. Just think how great your body will look!

You might find crash – dieting harder than you thought at first. You've been used to consuming hearty meals that left you feeling full and satisfied. Well, there are all types of useful tricks you can try to curb your appetite. The first and probably most helpful is drinking a lot. No—not the hard stuff. We mean water—gallons of it. Often, an eight ounce glass of water before any meal, whether you're dieting or not, will leave you feeling much less hungry. Although water contains the fewest calories, skim milk and low-cal pop work just as well in curtailing your hunger pangs. And low-cal pop will serve to satisfy your sweet tooth at the same time.

The crash-diet plan offers five or six snacks in a day rather than anything resembling a meal. And if those five or six snacks are high calorie foods, you may as well not try to diet at all. The best thing to do is substitute low calorie foods for all your former favorites!

You'll be eating a lot of salads in the next week, so learn to enjoy lettuce without dressing! If you have to dribble something on it, combine some mustard and lemon juice. You can and should eat lots of seeds—sesame and sunflower, for example. You can really spruce up a small salad with a sprinkling of these!

Many crash diets don't list any meat at all. Well, they should! Meat contains useful protein. When eating meat, it's best to stick to the high protein fish and lean meat. Meat, fish, cheese, and yogurt speed up your chemical body processes and help burn off fat while giving you nutrition and energy. The high energy level will help to limit your craving for sweets too!

At the bottom of this page you'll find a long list of snacks. Eating one snack suggestion every 3 ½ to 4 hours is one method of crash dieting. If you find you must have one snack more per day

to prevent you from totally destroying the refrigerator, go ahead, but be extra careful and make sure that all of your snacks are on the skimpy side.

Finally, you'll find some unusual diet combinations. Nobody likes "blah" food. Try some of these and watch those pounds and bulges disappear.

What about those extra hours between "meals"? Take up a hobby, quick!

### **BEVERAGES:**

Black coffee or green tea (plain or spiced) without cream and sweetened with a stevia.

Water with a squeeze of lemon and one Tbs. of honey

Skim milk

### **SNACK IDEAS:**

½ inch slice cheese and two diet crackers

½ cup flavored diet gelatin

3 small sticks of raw carrots, celery

½ cup cottage cheese with

    one slice tomato, or

    Half peach (fresh), or

    Small amount of crushed pineapple, or

    Any seasoning or herbs

one cup hot bouillon, any flavor

two diet cookies

one slice whole wheat toast, lightly spread with margarine and any whole citrus fruit (only ½ grapefruit, however)

small slice cantaloupe or honeydew melon

one cup apple, orange, grapefruit, or carrot juice

one whole fruit (avoid grapes, bananas) (make sure you're eating fresh fruit or water-packed fruit with no additives)

one egg, fixed any way you wish – but without butter or fat!

one cup yogurt, plain or mixed with a small amount of fresh berries or sliced fruit; sweeten with honey

fresh fruit salad – no dressing – small

fresh green vegetable salad – no dressing – small

2 hard boiled eggs

1 deviled egg (2 halves); yolk mixed with low-cal mayonnaise, mustard and spices

Several pieces boiled shrimp with low-cal shrimp sauce

One piece steamed fish with lemon

3 ounces lean meat (any kind except pork) [www.EatToLiveDiet.Com](http://www.EatToLiveDiet.Com)

## **CRASH – DIET IDEAS**

### **DELICIOUS FRUIT AND VEGETABLE DIET**

#### **BREAKFAST**

½ Grapefruit sprinkled with powdered sugar substitute and cinnamon, or

½ cup cottage cheese with pineapple bits or ½ peach cubed (fresh fruits!)

#### **LUNCH**

5 sticks cold asparagus with 1 tbs. lo-cal mayonnaise (seasoned, if you prefer), or

1 cup cooked green beans, spinach or beets, or

Single serving of chilled melon balls (7-10), (honeydew or cantaloupe) topped with drained pineapple bits

#### **DINNER**

3 ounces grilled hamburger with ½ cup cooked spinach, or

Grilled mushrooms and lettuce wedge with vinegar and oil; one slice tomato, or

1 broiled breast of chicken and a salad of sliced pears and apples in a small wedge of cantaloupe or honey dew melon

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## **EXTRA-SPECIAL EGG DIET**

### **BREAKFAST**

Citrus drink with

1 egg scrambled with cream cheese (seasoned) (use no fat), or

1 fried egg (use no fat) atop small minute steak

### **LUNCH**

Small salad of sliced egg (one), lettuce, tomato and radishes, or

1 egg and cheese omelet, or

Chopped egg salad with mustard and lo-cal mayonnaise, seasoning atop lettuce, or

1 egg omelet with mushrooms

### **DINNER**

Small steak broiled with mushrooms and one hard-boiled egg, or

1 grilled lamb chop with 1 deviled egg (when mixing yolk, use lo-cal mayonnaise, mustard and your choice of seasoning); ½ cup unsweetened applesauce

## **“HIGH-IN-PROTEIN” FISH DIET**

### **BREAKFAST**

Clamato Juice

### **LUNCH**

Small salad of chopped salmon or water-packed tuna with diced celery and onions, green beans and green pepper on lettuce – 1 tbs. lo-cal mayonnaise, or

### **DINNER**

Smoked salmon with wedge of Brie Chablis, Mosels or Rhine Wine, or

3 clams on the half shell with small lettuce salad (vinegar and oil) and 4 ounces of wine as mentioned above, or

Broiled fresh fish (seasoned) with lemon slices on a bed of spinach

**\*\*\*BEVERAGES INCLUDE BLACK COFFEE OR TEA WITH SUGAR  
SUBSTITUTE STEVIA, SKIM MILK OR WATER WITH LEMON  
JUICE\*\*\***

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## ORGANIC FRUIT DIET

Now we're going to deal solely with one of the more pleasant parts of any diet: fruits. Many researchers have found that the most good can be reaped out of organically-grown fruit. This is because one of the benefits of fruit is a cleansing action which rids the body of toxic wastes. And chemical insecticides have been proven to leave harmful toxins in the body.

Most people don't realize that the wrong foods also leave toxins in the system, and these aren't easy to throw off. Overweight people who cut down on all their food, but yet make no effort to eat more of the nourishing types of foods will often display this toxic waste material in the form of swelling – a distended abdomen, swollen feet and puffy eyelids – all of which can show up in skinny people too, just because they happen to eat the wrong foods.

When trying to lose weight, simply cutting down won't help! Many people feel that the less food they take in, overall, the less they will eventually weigh. This will work if the food that is eaten is good and nourishing, because it will be converted almost entirely into energy.

Fresh fruit has many secrets! As we already know, it painlessly and deliciously removes waste accumulations. Whole, or in liquefied form, fruit helps improve the circulation of the blood and lymph in the blood vessels. Fruits are rich in vitamins and minerals, which form fat-fighting enzymes. The following is a list of common, if not popular, fruits which supply these enzymes: apples, apricots, blackberries, blueberries, cantaloupe, coconuts, crabapples, cranberries, currants, figs, grapefruit, honeydew melon, lemons, limes, mangoes, nectarines, peaches, pears, pineapple, damson plums, raspberries, strawberries, oranges and tangerines.

Oranges, grapefruit, strawberries and cantaloupe are especially rich in ascorbic acid, containing vitamin C, which can't be stored in the body and thus must be supplied daily. Ascorbic acid prevents scurvy and is presently the topic of a debate about being a preventative or possibly a cure for the common cold. Much ascorbic acid is lost from fruit when it is cooked. The commercial canning or concentrating of fruit juice also results in a loss of ascorbic acid, but most or all of it is replaced before offering the product to the consumer.

Plums are also a prime source of vitamin C and hesperidins, silicon and sulfur. All of the berries are rich in iron and calcium. Coconuts contain minerals that ease stomach and liver ailments. Fig seeds work on the intestines to help elimination. Pineapples are a wonderful digestive aid; the bromelin in pineapples acts upon the pancreas, a most important organ of digestion. Apples are extremely rich in potassium, a mineral that neutralizes the harmful effects of mouth toxins and waste substances that hide in the nooks and crevices of the teeth and gums and which cause tooth decay.

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It is also important to note here that frozen fruits have the same caloric content as fresh fruit, provided, of course, that they have not been artificially sweetened or packed in a syrup.

Following are several simple recipes which have been incorporated into the “Organic Fruit Diet”. Try some of these tasty suggestions, and happy dieting!

### MOLDED APPLE CIDER SALAD

2 tbs. lemon juice                      1 ½ cups hot cider  
2 tbs. water                              ½ cup red apples  
1 tbs. unflavored gelatin              (diced, not peeled)  
3 tbs. No-cal cherry syrup            ½ cup celery, diced  
lettuce

Combine lemon juice, water and soften gelatin in this. Add sweetener and softened gelatin to cider and stir until dissolved. Chill in refrigerator until begins to thicken. Add diced apples and celery. And pour into one cup molds. Chill thoroughly and serve on lettuce.

### BAKED APPLE

10 Rome apples  
8 oz. black cherry diet soda  
Cinnamon  
½ cup buttermilk

Core apples and peel a small crown of skin off the top. Sprinkle with cinnamon. Turn apples upside down and pour soda into deep fry pan. Cover pan and cook on top of stove until done. Top with ½ cup buttermilk, combined with artificial sweetener and juice from pan.  
Serves 10

### INSTANT APPLESAUCE

1 pound apples  
½ cup black cherry diet soda  
Pinch of cinnamon

Wash and slice apples and put through blender with cherry soda and cinnamon. Presto!

# **ORGANIC FRUIT DIET**

## **SUGGESTED MEAL PLANS**

### **Menu One**

#### **BREAKFAST**

½ cup cantaloupe  
1 medium egg, soft cooked  
2 wheat thins  
Beverage

#### **SNACK**

1 cup hot or iced tea, flavored with juice of ½  
Tangerine and stevia sweetener

#### **LUNCH**

3 roasted chicken wings  
Molded Apple Cider Salad  
Beverage

#### **SNACK**

½ cup strawberries with 2 tbs. skim milk  
stevia sweetener

#### **DINNER**

2 slices baked ham  
¾ cup cooked beets  
½ cup creamed potatoes  
Baked apple  
Beverage

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## **Menu Two**

### **BREAKFAST**

½ medium orange  
¾ cup puffed wheat (unsweetened) with 1/3 cup  
Skim milk and Stevia sweetener

### **SNACK**

½ cup raspberries and yogurt, mixed and  
Sweetened with honey

### **LUNCH**

1 medium egg, poached and 1 slice bacon atop  
1 slice toast  
Fruit salad  
Beverage

### **SNACK**

1 cup hot apple juice with 1 tsp lemon juice,  
1 clove and sprinkle with cinnamon

### **DINNER**

½ cup chicken rice soup  
2 lean loin lamb chops, broiled  
Small salad with lo-cal dressing  
Instant applesauce  
Beverage

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## **Menu Three**

### **BREAKFAST**

½ cup fresh grapefruit sections  
1 slice whole wheat toast with 4 tsp creamed  
cottage cheese  
Beverage

### **SNACK**

Mix ½ cup each of orange juice and  
carbonated water with 2 leaves, finely  
chopped mint

### **LUNCH**

2 slices turkey (white meat)  
½ cup baked winter squash  
Beverage

### **SNACK**

½ cup fresh or unsweetened sliced peaches  
with 2 tbs. skim milk, with stevia  
sweetener

### **DINNER**

2 egg omelet (plain or with chives), cooked  
in ½ tbs. butter  
2 slices bacon  
½ medium tomato, sliced  
Beverage

**\*\*\*USE STEVIA FOR SWEETENING\*\*\***

**\*\*\*BEVERAGES INCLUDE BLACK COFFEE, GREEN TEA OR WATER WITH  
LEMON JUICE\*\*\***

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## **SUPPLEMENT DIET**

This diet is for the person with minimal time to prepare food. It is intended for use of 1 to 3 weeks for rapid fat weight loss WITHOUT losing precious muscle which is needed to burn calories and stay strong. Here it is!

<b>Breakfast</b>	One (1) scoop Vanilla or Chocolate P.H.P. Whey Protein in 4 ounces of skim milk and 4 ounces of water.  Multi Vitamin & Mineral Tablet / 2 Desiccated Liver Tablets
<b>Snack</b>	1 Banana - 2 Desiccated Liver Tablet
<b>Lunch</b>	One (1) scoop Vanilla or Chocolate P.H.P. Whey Protein in 4 ounces of skim milk and 4 ounces of water or in 8 ounces of water and NO milk.  1 Piece Stone Ground Whole Wheat Bread.
<b>Snack</b>	1 Orange - 1 Apple - 2 Desiccated Liver Tablets
<b>Dinner</b>	4 to 6 ounces of lean meat (turkey, fish, beef) Large Salad (you can put the meat in the salad if you want) 1 small baked potato or yam.
<b>Snack</b>	1 cup cottage cheese with 2 tablespoons sunflower seeds <b>or</b> One (1) scoop Vanilla or Chocolate P.H.P. Whey Protein in 4 ounces of skim milk and 4 ounces of water <b>or</b> two hard-boiled eggs and 5 wheat thins. 2 Desiccated Liver Tablets
<b>Beverages to drink</b>	Water / 16 ounces Water With Lemon Juice and 1 Tablespoon Honey / Green Tea / Water with a sprinkle of Stevia and Raw Apple Cider Vinegar / Coffee
<b>Safe Snacks</b>	Air Popped Popcorn, not the microwave junk! / Hard-boiled egg / No-fat Cottage Cheese / Rice Cakes

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# Why Should I Use Desiccated Liver Tablets?

Desiccated liver is extracted from the liver of beef cattle. It is rich in B vitamins and is a natural source of iron and folic acid.

What does it do and what scientific studies give evidence to support this?

Desiccated liver helps to support a healthy red blood cell count and stimulate appetite. Anabolic steroids also stimulate appetite and support a healthy red blood cell count.

Desiccated liver is a natural source of iron. Supplementing with too much synthetic iron can result in an iron overdose. Overdosing with synthetic iron can result in death. With natural sources of iron, overdose is almost never likely to occur, even in individuals who consume large quantities of red meat.

The Iron and B vitamins in desiccated liver tablets contribute to bone health, muscle building and immune functioning.

Who needs it and what are some symptoms of deficiency?

Everyone can benefit from supplementing with desiccated liver tablets. Populations that may benefit most from the supplementation of desiccated liver include: Bodybuilders, people on a diet and athletes and individuals deficient in folic acid.

People on a diet, bodybuilders and athletes may benefit from supplementing with desiccated liver due to its ability to stimulate appetite, support blood health and contribute to the edition of lean body mass to one's frame. In the 1960s and '70s bodybuilders like Arnold, Lou Ferrigno and Tom Platz would supplement with liver tablets to maximize muscle gains.

How much should be taken? Are there any side effects?

Although there are no known side effects from supplementing with desiccated liver tablets, it is recommended that label directions be followed at all times. Individuals with iron related disorders should consult with a physician prior to the supplementation of desiccated liver.

Don't take if you:

Are pregnant, think you may be pregnant or plan pregnancy in the near future.

Consult your doctor if you:

Take any medicinal drugs or herbs including aspirin, laxatives, cold and cough remedies, antacids, vitamins, minerals, amino acids, supplements, other prescription or non-prescription drugs.

Pregnancy:

Problems in pregnant women taking small or usual amounts have not been proved. But the chance of problems does exist. Don't use unless prescribed by your doctor.

Breast-feeding:

Problems in breast-fed infants of lactating mothers taking small or usual amounts have not been proved. But the chance of problems does exist. Don't use unless prescribed by your doctor.

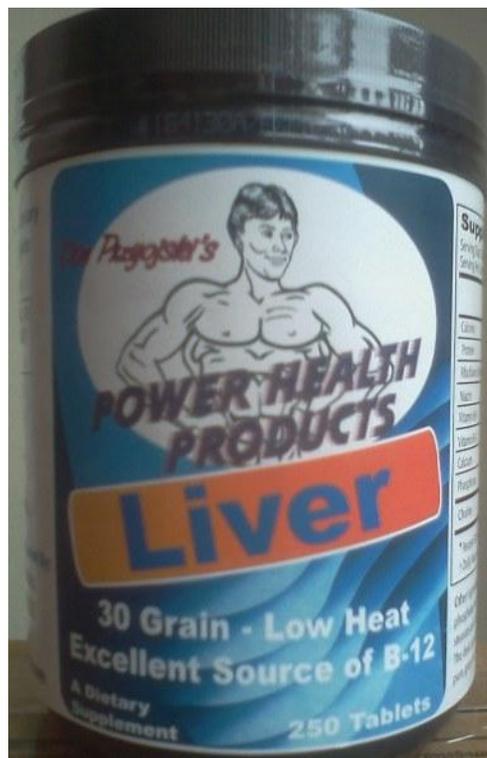
Infants and children:

Treating infants and children under 2 with any supplement is hazardous.

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By using this book, you will have at your fingertips the information necessary to aid you in attaining and retaining a trim, fat-free body!

You will find that this book has many purposes: Regardless whether you want to go on a low-carbohydrate diet, low calories diet or simply for comparing foods for their nutritive value. Decide what diet you want to go on and you will find that this guide is absolutely indispensable.

The CARBOHYDRATE DIET has been extremely effective for many people. Rather than counting calories, carbohydrates are counted. You can eat all the food you want, as long as you don't go over 60 grams of carbohydrates a day.

You can have plenty of meat, both fatty and lean, but you must stay away from foods that are made from grain, flour, potatoes and root vegetables, such as carrots and beets. You can drink to your heart's content: One-cal pop, black coffee (sweetened with saccharine) and tea. Also, drink plenty of water daily!

The CALORIE DIET has been a favorite with many people because of the variety of foods the diet has to offer. All you have to do is count the calories you consume – being careful not to go over the amount of calories you have allotted for yourself.

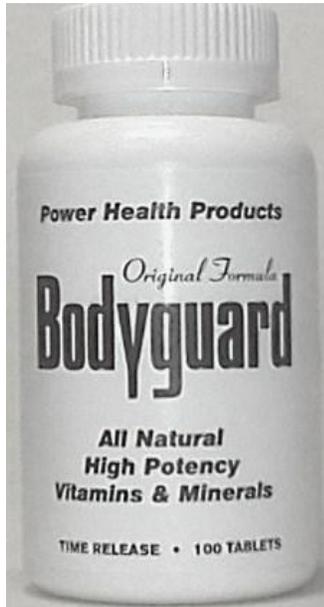
TIPS: When you're on a diet, always take a daily, multiple-vitamin. This is your assurance that you're getting the vitamins your body requires. Also, drink plenty of water...8 or more glasses daily. This will help your body eliminate body waste, plus keep your stomach full (you'll eat less).

VERY IMPORTANT: Before starting any diet and exercise program, always consult with your physician. Have a very thorough check-up, then, with your doctor's approval and advice, start your diet. Should any physical problem still arise, consult him immediately!

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# Bodyguard - Order Today!

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Order our special 100 day supply (100 Tablets) Bodyguard . The **SAFE** and all **NATURAL** Vitamins & Minerals supplement you should use with Diet! **Bodyguard does NOT contain artificial vitamins or any caffeine or stimulants!!**

Each Tablet Contains		RDA
Vitamin A ( Fish Liver Oil )	10,000 IU	200%
Vitamin D ( Fish Liver Oil )	400 IU	200%
Vitamin B-1 ( Thiamine HCl )	50 mg	3333%
Vitamin B-6 ( Pyridoxine HCl )	50 mg	2500%
Vitamin B-12 ( Cobalamin )	50 mcg	884%
Vitamin B-2 ( Riboflavin )	50 mg	2941%
Niacinamide	50 mg	250%
Paba ( Para AminoBenzoic Acid )	50 mg	
Pantothenic Acid	50 mg	500%
Choline ( Bitartrate )	25 mg	
Inositol	25 mg	
Folic Acid	400 mcg	100%
Biotin	25 mcg	
Methionine	10 mg	
Vitamin C ( with Rose Hips )	60 mg	100%
Vitamin E ( d-alpha tocopheryl )	30 IU	100%
Iodine ( from kelp )	150 mcg	100%
Citrus Bioflavonoid Complex	10 mg	
Acerola	10 mg	
Betaine ( HCl from Wheat )	10 mg	
Beta Carotene ( from Carrots )	10,000 IU	
Liver ( Desiccated )	10 mg	
Safflower Oil	10 mg	
Octocosenal	10 mcg	
Bee Pollen	10 mg	
Propolis	5 mg	
Wheat Germ Oil	10 mg	
RNA / DNA	10 mg	
Lecithin	10 mg	
High Amino Acid Concentrate	40 mg	
Chlorophyllins	10 mcg	
Calcium ( from D-Cal Phos )	30 mg	
Iron ( Chelate )	18 mg	
Magnesium ( Natural Oxide )	20 mg	
Manganese ( Chelate )	5 mg	
Zinc ( Chelate )	15 mg	
Potassium ( Chelate )	10 mg	
Selenium	5 mcg	
Copper ( Chelate )	2 mg	
Chromium ( Chelate )	5 mcg	
Phosphorus ( Di-Cal Phos )	20 mg	
Cruciferous Greens	45 mg	
Sodium Caseinate	60 mg	

#### Supplies the Amino Acids:

Arginine, Aspartic Acid, Alanine, Cystine, Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Ornithine, Phenylalanine, Proline, Serine, Threonine, Tyrosine, Tryptophan and Valine in all natural base of Alfalfa, Parsley, Golden Seal Root, Buckthorn Root, Rosemary, Watercress, Mandrake Root, Spinach, Lovage, Kelp, Kale, Ginseng and Rhubarb Root

**RDA is the Recommended Daily Allowance** for adults and children over 4 years of age. Store in a cool dry place out of children's reach. PLEASE NOTE - Since this is an all natural product, there may be a color and / or size variance between different batches.

**Directions:** One tablet daily as a dietary supplement. Tablets are coated with vegetable protein and are made to allow for the slow release of the active ingredients.

Contains no sugar, starch, salt, wheat, corn or soy derivatives and no artificial flavors, colors or preservatives.

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