**Dr Cranton’s “Belly Off” Diet and Lifestyle Changes**

This hand out is based on 300,000 formally fat men who shed from 10-150 pounds.

These are the strategies that most effectively made the biggest difference to transform their lives from “blah” to “Bravado”! Post it on your fridge and take it shopping with you.

1. **96% cut out refined carbs and sugar**. This is the fastest way to dump extra calories and acid forming foods from your life. These include sugar, sweets, white flour, pasta, bread, buns, soft drinks (including ‘diet’), potato chips, cookies. If it’s not 100% whole or natural, dump it.
2. **93% now eat protein at every meal, healthy fats, and fiber rich produce and whole grains.** Protein satisfies hunger, builds muscle, and fills you up. Fats (oil) taste good and satisfy you for longer periods of time. Fiber slows the absorption of carbs into your bloodstream. Vegetables and fruit are low in calories, high in fiber and packed with nutrients. They are also key to alkalizing your system.
3. **75% eat breakfast every day.** Bigger, healthier breakfasts with protein showed an average loss of 40 lbs over an eight month study. Stick to the diet and the pounds will melt off. Breakfast like a King, lunch like a Prince and supper like a pauper.
4. **90% used weight training three times a week.** Pumping iron boosts your metabolism and builds muscle. It also stimulates endorphins and “feel good” brain chemicals. Many started at home in the privacy of their basements and garages. Start slow, avoid injuries and be consistant.
5. **80% do cardio workouts.** Interval training burns fat the fastest. Short bursts of intense vigorous exertion interspersed with periods of slower activity worked better than long periods of slow exercise and improved fitness faster and benefitted from the ‘afterburn’ effect whereby your body stays reved up for a long period of time after the exercise is done.
6. **100% are highly motivated.** Strong motivation is what all big losers have in common. Some put up photos of themselves where they would see them every day. Use the whip and carrot method. What would make you want to get out of bed early in the morning and work out whether someone is watching or not. Weekly weigh-ins with friends that support you is very helpful. Remember you are changing your life- not your diet.
7. **Remember to drink water, lemon and water and green tea to flush the toxins.** Speed up the detox process and alkalize yourself with green drinks, up to 1-2 liters a day. Cleanse, detoxify and nourish your body and soul. Seek help when you need it from those who know more than you.

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