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LIA Lifestyle Instruction Aid

wl17. Weight Loss Formula the OptimalHealthSecrets.Com way **Page 7 of 7**

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$$\left(\frac{\text{CalorieIN}}{\text{CaloriesOUT}}\right) \times \left(\frac{\text{TypeXFood}}{\text{TypeYFood}}\right) \times (\text{GeneticFactor}) \times (\text{AnatomyFactor}) \times (\text{PsychologicalFactor})$$

If you want to be thin, then think thin, eat thin, and do thin.
If you can't do thin then do somethin.
Do thin things that thank your body.

To sum it all up now, what do we say about weight loss? The first three items in the list below are by far, the most important items that you should consider.

- Stop eating PRD-Poison-Foods (PRD = Pain Relief Diet)
Learn what the PRD-Poison Foods are.
- Reduce the total Calories and study the literature on the CALORIE REDUCED DIETS.
(When you sit down to eat, either at home or in a restaurant, take an extra plate and scoop one third of the meal onto that plate, cover it with plastic wrap and put it in the fridge.)
- Exercise every day (It does not matter how much. You will increase it with time.)
- Increase the proportion of protein in your low Calorie meals to 30 to 35%.
- Eat a variety of vegetables and fruit.
- Take a multi vitamin & mineral supplement and an extra calcium supplement and vitamin D supplement to prevent osteoporosis on the diet.
- Consume extra fibre (Psyllium Seed Husks are a good source) (One tablespoon twice a day.)
- Drink extra water, 10 glasses a day
- Learn new coping skills to deal with the loss of your friendly, but dangerous foods

The Pain Relief Diet Soliloquy

To eat or not to eat, that is the question.
Whether tis nobler in the mind to suffer the
slings and arrows of outrageous foods
or to take arms against a sea of troubled
nutrients and by opposing, end them.

Aye, there's the rub, for in that end what
suffering may come, boggles the mind.
Are we to deny ourselves true pleasures that
industry has programmed us to or indulge and
suffer the pangs of despised pain?

To end it, or not to end it? For in that end
a death doth come and the thousand natural
shocks that flesh is heir to,
slip away into an oblivious sea of nature's
gene pool calling. The pervasive fog of
plugged up plumbing burns away and a
beckoning back to a time immemorial whispers
a lullaby of sweet content.

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