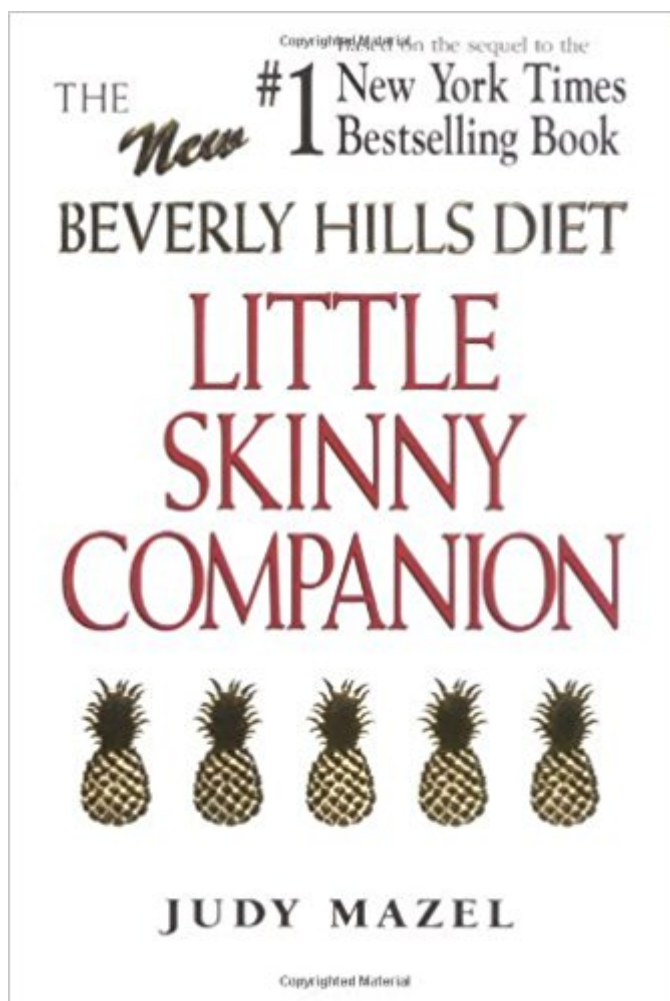




The book was found

The New Beverly Hills Diet Little Skinny Companion



Synopsis

Essential information in this pocket guide includes: the Golden Rules of the program; the 35-day diet list; corrective counterparts to remedy miscombined meals; food group classifications; and a mini Born-Again Skinny Daily Diary for charting weight loss progress.

Book Information

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Customer Reviews

This little book fits in a pocket or purse for inspiration and information while you follow the New Beverly Hills Diet. To help you stick to the 35-day weight-loss diet, author Judy Mazel offers tips, affirmations, and even songs for each of those 35 days. (Sing this one to the tune of "Love Is a Many Splendored Thing": "Thin is a many splendored thing! When your hipbones show, your cheeks will glow, and your heart will sing!") There are tidbits of information about meditation, yoga, fruit selection, and digestion. "Reading a Restaurant Menu Through the Eyes of a Born-Again Skinny" is a quick reference list of menu items for figuring out how to order a protein or carbohydrate meal in a restaurant without mixing the two. Mazel also includes pointers on sticking to your diet while attending a party, and interactive pages for you to list daily weight, favorite foods, your "proud sheet," what you hate about being fat, and "what's so great about being thin."

The Little Skinny Companion The Fat I Soon Won't Be! What I Hate About Being Fat 1.

2. 3.

4. 5.

_____ Æ 6. _____ Æ 7.
 _____ Æ 8. _____ Æ 9.
 _____ 10. _____ The New Skinny

Me! Start this list and the list on the following page today. In fact, since there's no time like the present, fire away. What's So Great About Being Thin? Æ 1.

_____ Æ 2. _____ Æ 3.
 _____ Æ 4. _____ Æ 5.
 _____ Æ 6. _____ Æ 7.
 _____ Æ 8. _____ Æ 9.
 _____ 10. _____ Mind-over-Matter

Rules1. -Think about food when it doesn't count, so you don't have to think about it when it does.2. -Make every bite count Æ for every bite that goes into your mouth, something else can't.3. -What you choose to eat determines what you have to eat.4. -It is not how much you can eat in how short a time, but how long you can make the pleasure last.5. -If you don't have it now, you can have it later. If you don't have it later, you can have it tomorrow. Nothing is leaving the planet. Golden Rules1. Weigh yourself every day, no matter what. 2. Fruit. Start almost every day of your life with fruit. Once you have eaten something other than fruit in the course of the day, never, never ever go back to eating fruit. Fruit digests almost instantly. Before you can even finish eating a pineapple, its nutrients are being absorbed by your body. If it is inhibited in its digestion, if it is eaten after anything else, it gets trapped in your stomach by other foods. Its explosive enzyme action will be offset by bloating and gas. Your savior will be transformed into your tormentor. 3. The waiting time. When you go from one fruit to another fruit, wait one hour. When you go from one food group to another food group, wait two hours minimum (three would be better). These are the minimum waiting times Æ the shortest periods of time you can get away with without running the risk of fat. Remember, you gain weight because food is not efficiently digested. In simpler terms, if food doesn't leave your stomach when it should, if it becomes trapped or held up by other antagonistic foods, the nutrients it should generate will not be properly processed by your body and you'll gain weight. 4. Protein. Once you've eaten protein, even one little bite, at least 80 percent of what you eat for the remainder of the day should be protein. Modifying the Plan Critical to achieving maximum weight loss is following the program exactly. You can expect a 10- to 15-pound weight loss in 35 days. Unlike a typical 'diet,' on this program you lose weight not by starving your body, but by feeding it. Food and eating are what will get you thin, and keep you thin. Eating the specific foods in the order listed is also vital, so please do not deviate. There are some allowable substitutions (see

'Substitute Food List') just in case you're allergic to a specific food or there's something on the diet you really, really hate. However, because each food has a definite purpose, substitute only if you must. . . . Unless, of course, you want to modify. No problem, particularly if you have just a few pounds to lose or are simply trying to maintain your weight. It's permitted, it's acceptable and it's easy. Simply begin your day with the scheduled fruit, eat enough of it so that you are really full, wait two hours, and then eat whatever you would normally eat. That doesn't mean 'pig out' or go crazy; likewise, it doesn't mean to starve yourself either. If you want to do two-thirds of the day my way and then do your own thing, that's also fine. Even throwing in an occasional whole day my way is also great. Just follow the program in the right daily order, being sure to read each daily chapter. Even if you are modifying the plan, it is still important to weigh yourself every day and, I repeat, to read your daily chapter, as it will further reinforce my technique and its unconscious adaptation to your lifestyle and your favorite foods. If you follow these instructions, you'll see, it won't be long before doing things my way will become your way as well. Even if you have a lot of weight to lose, you can still follow the modified plan, but I don't really recommend it. These initial 35 days will be the best thing that ever happened to you. You may think you can't do it, but, trust me, I think you can. But then again, you know you better than I do. So if you feel you must modify, then modify. It's better than not doing at all. P.S.~ ~ If you haven't already read The New Beverly Hills Diet or listened to the audiocassettes, I strongly suggest you do in order to fully understand the technical aspects of Conscious Combining. Now give me your hand, you little Skinny, and I'll lead you out of the Valley of the Shadow of Fat, and together we'll revel in the land of hipbones.

Diet List~ ~ DAY 1~ ~ ~ ~ Pineapple, corn on the cob and LTO salad with Mazel dressing~ ~ DAY 2~ ~ ~ ~ Prunes (8 oz.), strawberries, baked potato~ ~ DAY 3~ ~ ~ ~ Grapes~ ~ DAY 4~ ~ ~ ~ Apricots (8 oz.), mini Mazel salad, pasta~ ~ DAY 5~ ~ ~ ~ Pineapple, papaya, pineapple~ ~ DAY 6~ ~ ~ ~ Papaya, shrimp cocktail, steak or lamb chop~ ~ DAY 7~ ~ ~ ~ Pineapple, Mazel salad~ ~ DAY 8~ ~ ~ ~ Grapes (raisins/popcorn optional)~ ~ DAY 9~ ~ ~ ~ Prunes (8 oz.), strawberries, chicken or turkeyDAY 10~ ~ ~ ~ Papaya or mango, apricots (8 oz.), pineappleDAY 11~ ~ ~ ~ WatermelonDAY 12~ ~ ~ ~ Apricots (8 oz.), avocado sandwich, 3 vegetables of choice with riceDAY 13~ ~ ~ ~ Grapes, 2 bananasDAY 14~ ~ ~ ~ Pineapple, strawberries, open with discretionDAY 15~ ~ ~ ~ Pineapple, Mazel saladDAY 16~ ~ ~ ~ Apricots (8 oz.), papaya, pineappleDAY 17~ ~ ~ ~ WatermelonDAY 18~ ~ ~ ~ Figs, dessert of choice, meat/proteinDAY 19~ ~ ~ ~ Mango or papaya, pineapple, artichokes, asparagus and potatoes, any styleDAY 20~ ~ ~ ~ Kiwi, open with discretion, proteinDAY 21~ ~ ~ ~ Pineapple, 2 bananasDAY 22~ ~ ~ ~ Grapes or cherries (and bedtime treat)DAY 23~ ~ ~ ~ Prunes (8 oz.), sandwich of choice, fisherman's platter/proteinDAY 24~ ~ ~ ~ Pineapple,

papaya, pineappleDAY 25Ã WatermelonDAY 26Ã On your ownDAY 27Ã On your
ownDAY 28Ã Pineapple, papaya, pineappleDAY 29Ã Watermelon or grapesDAY 30Ã
-Prunes (8 oz.), vegetable sandwich, vegetable ethnic/open carbohydrateDAY 31Ã -Orange
juice, choice of honeydew, cantaloupe or 1/2 grapefruit, sandwich of choice, proteinDAY 32Ã
ProteinDAY 33Ã Pineapple, 2 bananasDAY 34Ã Pineapple, papaya, pineappleDAY 35Ã
Watermelon or grapesSubstitute Food ListFruit on ProgramÃ Ã Ã Ã Ã Ã Ã Substitute
FruitStrawberriesÃ Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Pineapple,
kiwiKiwiÃ
Ã Ã Ã Ã Mango, papaya, persimmon
Ã
Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã or apples (a last resort)Figs or
datesÃ Ã Ã Ã Ã Ã Ã Ã Ã Prunes,
raisinsPapaya*Ã
persimmonMango*Ã
persimmonPineapple*Ã
StrawberriesPrunesÃ
Ã FigsWatermelon**Ã Ã Ã Ã 8 oz. dried apricots
(morning)Ã
Ã
(midday)Ã
Ã Fresh asparagus
(evening)Grapes**Ã 8 oz. prunes
(morning)Ã
Ã Strawberries, blueberries
orÃ
Ã raisins
(midday)Ã
Ã 8 oz. raw Brazil nuts (evening)* Dried
pineapple, papaya and mango (8 oz.) without sulfur dioxide, potassium sorbate or sugar can
substitute for fresh in a tight pinch. Soak for two hours and drink the water. You can eat these same
dried fruits (not more than 3 oz.) with the fresh as well. If eaten to augment the fresh, they do not
have to be soaked. ** The substitute...

love it

This little book is so useful and I carry it around with me. Something so potent in a little package.
Thank you, Iris

This pocket sized guide is big on ideas. It furthers the ideas from the "New Beverly Hills Diet". Only get it as an addition though. On its own, it doesn't have enough information to take you through the diet. I recommend it.

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