

# Fat Loss Fast Start Program



**RealDose Nutrition™**  
The Right Ingredients at the Real Dose

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# Welcome

Welcome to the RealDose Fat Loss Fast Start Program!

Congratulations on deciding to take control of your weight now. There is no time like the present!

I am aware that you might have been frustrated in your attempts to lose weight in the past, but this time I assure you it will be different. You now have the best nutritional knowledge and science on your side.

With the plan I am going to give you combined with RealDose Weight Loss Formula No. 1, you have the tools to overcome the barriers that have been preventing you from being successful in the past.

So let's get started!



Steven Siskind, M.D.

#### Health Disclaimer

*The RealDose Fat Loss Fast Start Program is not a substitute for direct, personal, professional medical care and diagnosis. None of the information shared or recommended should be performed or otherwise used without clearance from your physician or health care provider. The information contained within is not intended to provide specific physical or mental health advice or any other advice whatsoever for any individual or company and should not be relied upon in that regard.*

# Why It's So Hard to Lose Weight

## The Science Behind “Stubborn” Hard-to-Lose Fat

If you are overweight, you are likely suffering from a chemical imbalance that is correctable! It's just a matter of understanding the science and then consistently following the appropriate steps on a long-term basis.

As you might know from watching my video presentation, some reasons why you may be overweight are:

1. Your fat burning hormone level of adiponectin is too low (so you are not burning fat for energy).
2. Your hunger hormone ghrelin is too high (so you are hungry all the time).
3. You have some degree of blood sugar imbalance making it difficult to burn fat for energy.
4. Your stress levels are causing your body to create too much cortisol, creating ugly belly fat.
5. You are consuming more calories than your body is burning.

When you get rid of the foods that aggravate these factors and add the “super foods” that help to counteract them, you will get results and feel great!

A side benefit of the Fat Loss Fast Start Program is reduced inflammation throughout your body so a lot of your aches and pains will simply go away. In fact, because reducing inflammation feels so good AND it reduces cravings for inflammatory foods, most people find it very easy to follow the program after only a couple of days.

Finally, by combining RealDose Weight Loss Formula No. 1 with this new way of eating, the exercise plan, and stress reduction techniques, you will be well on your way to a new you. Just keep in mind that nothing happens overnight regardless of what the Internet hypesters or late-night infomercials tell you.

The road back to the slim, healthy, more energetic and most attractive possible version of you is NOT out of reach or outrageously difficult, but it requires that you follow a simple blueprint – consistently – over an extended time period.

If you follow this blueprint, which is extremely simple once you begin to establish the right habits, you'll be well on your way to a whole new body and lease on life!



# Track Your Results

Study after study on weight loss demonstrates that tracking your results is essential. Studies have shown that just the “act” of consistent measurement and food tracking will help you lose fat even without a goal! Part of the reasoning is that the act of measuring/monitoring your actions and results makes you more conscious of what you do each day. And this is the first step in making any change or correction.

Ideally (now if you can't bring yourself to do this, it is ok) you need to take a picture of yourself RIGHT NOW.

Just have a friend or loved one take a picture of you from the front, back, and side.

You can do this in a bathing suit, but if that makes you nervous just make sure to wear clothes that are form-fitting to show your shape.

Tell yourself that you are going to do this TODAY, or make the decision to do it NOW. You will thank yourself later.

Especially because, as early as four weeks from now, you will be able to SEE a big difference. You could lose 12-20 pounds in this period of time!



## What 5 Pounds of Fat Looks Like

Take a second and imagine what you would look and feel like with just two of those blobs melted off.

How would you feel?

Next, it will help if you weigh yourself. Your weight can fluctuate. And unless you are a bodybuilder, the scale is still the easiest way for you to measure results. Note, you will probably be gaining some lean muscle (which weighs more than fat – it is what makes you look toned) so take this into account if the scale isn't moving as fast as you'd like, but your waist line is shrinking!

So tomorrow morning after going to the bathroom, weigh yourself and write it down. Then do this every day as a ritual. One thing to note is that your weight will fluctuate because of different levels of water retention so don't let an increase of one or two pounds scare you. Week to week you will see the downward movement you are seeking.

Finally, keep a journal of your meals. There are many great online trackers you can use and even easier apps for your mobile phones. Get one and use it. A great trick is to take a picture with your smart phone of everything you eat (before you eat it). This is actually pretty fun and automatically gives you a visual “log” of all your meals and overall eating habits so there's no tricking yourself into thinking you're eating great if you're actually not. Again, it's fun and costs nothing. Highly recommended!

# The 12 Fat Burning Food Rules

Here are 12 rules you can use now that will ensure you will become a fat burning machine. The more you follow, the faster you will lose weight. At the end of this section, I will provide a less restrictive plan that will still get you results. But it is important you read the 12 rules below so you understand what you could do in a perfect world.

## Rule #1: Eat the Right Fats.

Healthy fats are essential if you are going to lose weight and balance your hormones. They also play a big role in your brain health and the quality of your mood, and we all know that mood plays a big role in our eating decisions! So don't be afraid of fat, just be sure to make healthy choices as we discuss in this section.



If you follow the rules below, you will be eating between 25% - 30% of your calories from fat – which is the ideal.

1. **Eat as many sources of Omega 3 fats as you can.** The higher your ratio of Omega 3's to the rest of your fat intake, the faster you will lose weight.
  - Get at least 2.4 grams per day of Omega 3's from a high quality fish oil. Make sure the fish oil is in Triglyceride (TG) form – if it doesn't say it on the bottle it is most likely in a less absorbable form.
  - Add flax seed and/or chia seeds to your meals.
  - Eat fish at least three times a week.
2. **Add the other healthy fats.**
  - Either grill with or add to salads a total of 3 tablespoons a day of Olive Oil, Sesame Oil, or Walnut Oil.
  - Eat raw (unsalted) nuts sparingly. They are good for you, but the calories can add up fast. Eat no more than a total of 20 nuts a day of walnut halves, almonds, pistachios and cashews. (Just mix and match.) Nuts also contain many amino acids that aid in hormone production, another reason to make them a consistent part of your diet.
  - Consume one tablespoon of coconut oil a day (best to save this for cooking).
  - Add some sliced avocados to your meals.
3. **Limit saturated fats.**
  - Read labels and stay away from processed foods high in saturated fats.

- Avoid butter, cream, margarine and shortening.
- Choose nonfat or very low fat sources of yogurts, cheeses, and meats.
- If or when you eat beef, choose only grass-fed beef. Grain-fed beef has more saturated fat than grass-fed beef, and the fat profile of grass-fed beef is surprisingly healthy.
- Do not eat more than two eggs with yolks a day. And make sure your eggs are organic. When preparing, make sure the yolks are UNBROKEN. If the yolk is broken and then fried or scrambled, the cholesterol in the yolk becomes inflammatory. So if you do eat the yolk, poach it or hard boil it.

#### 4. **Stay away from Trans fats.** Just don't do it!

These are wasted calories and will wreak havoc on your hormonal pathways. They are now on every food label, just stay away from them. Do not eat fast food meats; they are full of trans fats. Other common culprits are pretty much any fried food (french fries, doughnuts, chips and so on) as they use low-quality oils cooked at extremely high temperatures that denature the oil and turn it into a trans fat.

The great thing about the Fat Loss Fast Start Program is that if you don't already, you'll soon develop an affinity for quality oils and fats and crave them as a regular part of your diet. And overcooked or processed trans fat foods will no longer appeal to you like they once did.

## Rule #2: Eat the Right Carbohydrates.

Forget “low glycemic”, “high glycemic”, and “simple versus complex”. Focus on fiber and nutritional content. You need to eat at least 35 grams of fiber a day.

### Carb Rules:

1. The best source of quality carbohydrates that give you energy, WITHOUT negative effects or weight gain, is vegetables. **So eat at least 6 servings of vegetables per day...** (for raw vegetables each serving is about a cup and for cooked vegetables about ½ cup.) You don't have to use a measuring cup in this case. A great visual is to fill over half the plate of each meal you are eating with vegetables.

### **You are allowed to eat as much of these vegetables as you want:**

*Arugula, Asparagus, Bean sprouts, Bok choy (Chinese cabbage), Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celery, Chives, Eggplant, Endive, Garlic, Kale, Leeks, Lettuce (romaine and red leaf), Mushrooms, Mustard greens, Turnip greens, Collard greens, Okra, Onions, Parsley, Peas, Peppers (red, yellow, or green), Purslane, Radicchio, Radishes, Scallions, Sea vegetables (including seaweed), Soybeans/edamame (sprouted or green), Spinach, Squash (summer – zucchini & yellow; winter – acorn & butternut), Hubbard string beans, Swiss chard, Tomatoes, Watercress.*

**Liberally use onions and garlic every day to season your food.** These foods are highly anti-inflammatory and will help to increase adiponectin levels.

2. Eat at least one serving of crucifers: *Broccoli, Cauliflower, Cabbage, Kale, or Brussels sprouts (Kale is becoming increasingly popular as a “salad” vegetable and is one of the richest in nutrients and minerals. Just be sure to use olive oil and lemon juice to help tenderize it a bit, if eaten raw, so that it’s more palatable and easily digested.)*

You can increase the amounts of these as much as you would like. This of course counts as one of your daily vegetables.

3. **Eat 2-3 small servings a day of these fruits only:** Cherries, Blueberries, Grapefruit, Strawberries, and Pomegranates. A serving of fruit is no bigger than a tennis ball – do not overdo it. And when adding pomegranate or cherry concentrate to your yogurt or smoothie, each tablespoon counts as a serving. Lemons and limes don’t count as fruit, use them fresh as much as you like.

**It is very important at the “lose weight fast” stage to eat at least two servings of these fruits each day, BUT NO MORE THAN THREE!**



Be cautious with fruits that are deceptively high in simple sugars such as bananas, pineapple, certain melons, mangos and dried fruits. These will often create “spikes” in your blood sugar levels that are detrimental to your weight loss efforts.

4. **Eat at least 2-3 servings of beans a day** (a serving is a half cup): These include Navy beans, Black beans, Pinto beans, Kidney beans, etc. Make sure they are un-sweetened and NOT refried. You can eat up to 6 servings a day if you need more energy.
5. **Avoid empty sweeteners:** no honey, table sugar, high fructose corn syrup or agave. You will be using pomegranate, cherry, and blueberry concentrates which taste great. They also help activate your fat burning hormones.
6. **Do NOT eat white carbohydrates: This rule alone will help you lose weight!** These include pasta, all bread (including multigrain), rice (including brown), cereal, potatoes, tortillas, and fried foods with breading, which will eliminate empty calories.



Remember, on your cheat meal (which we’ll discuss later) you still get to have your pasta and bread!

## Rule #3: Eat Enough Protein to Maintain Lean Muscle Mass.

1. **Get your protein from healthy sources:** low fat dairy cheese, nonfat unsweetened Greek yogurt, fish, lean meats (a portion of lean meat is the size and thickness of the palm of your hand), and vegetables... yes, vegetables contain protein! It is also helpful to keep around unsweetened pure whey protein to add to shakes for a quick protein boost.
2. Make sure to include protein in your first meal of the day – it will accelerate your metabolism throughout the day. If you are in a hurry, use unsweetened all-natural whey protein and flavor with cherry, blueberry or pomegranate concentrate. You can also add ground flax seed or chia seeds to create a delicious and perfect breakfast.
3. **Include a source of protein in every meal.** Protein slows down the digestion of sugars and burns calories during digestion. It also keeps you satisfied much longer, leading to less hunger and cravings later on when others in the office are reaching for sweets or coffee as a “pick me up.” You want at least 20 grams of quality protein with every meal.

## Rule #4: Eat These Super Spices.

I encourage you to use spices of all kinds, but use these “super spices” every day if you can: Basil, Cardamom, Cayenne, Cilantro, Cinnamon, Ginger, Parsley, and Turmeric. (Curry can be a great source of several of these spices, so feel free to add it to your vegetable soups or meat dishes for added health and weight loss benefits!)

These spices are very important as they will help increase adiponectin and help balance blood sugar.

## Rule #5: Avoid All Artificial Sweeteners.

The research is becoming clear: artificial sweeteners like aspartame (NutraSweet) and Splenda mimic the same insulin response as natural sugars, not to mention other side-effects and potential harm to your brain. Use pomegranate or cherry concentrate instead. You can use xylitol and stevia in moderation, but try to limit adding these to more than one meal a day.

## Rule #6: Drink More Tea Than Coffee.

You can have one cup of coffee a day – too much caffeine can affect your hormones. After your one cup, drink decaffeinated green or black tea. These are “friendly” both for your hormones and blood sugar.

## Rule #7: Make Your First Meal Count.

Make sure to include protein and fiber (egg whites with beans or a smoothie with flax). This is very important. Studies show that the quality of your day's first meal often influences your eating behavior throughout the day, so make sure you get started on the right foot.

## Rule #8: Do Not Eat After Dinner.

Eating less than 3-4 hours before you go to bed can affect your hormonal response. This is especially true of simple sugars, especially deserts and sweet snacks which are often the most common foods eaten after dinner. By not eating before bed, you will burn far more fat as you sleep... and sleep much deeper.

## Rule #9: Create a "Cheat Meal" Once a Week.

Psychologically, it is helpful to know that once a week you can cheat a little bit!

Whenever you have a craving for something not on the Fat Loss Fast Start Program, write it down for your cheat menu! Also, since the Program is low on sugars, cheating will actually increase your metabolism (it is complicated, but trust me that this is a good thing)!

Go nuts on this meal and include dessert. Best to make this a late lunch or early dinner as you still want to keep your breakfast healthy.

## Rule #10: Drink More Water.

Water helps keep you full. Being even slightly dehydrated can also wreck your metabolism. And drinking your water "ice cold" will help you burn more calories as it forces your body to expend energy to maintain your body heat.

Drink one 12-ounce glass of ice cold water before every meal and one 12 ounce glass of ice cold water with every meal. This adds up to at least 10 glasses of water a day.

## Rule #11: Red Wine Only.

You can drink up to 2 glasses of red wine a night, but try not to overdo this. No beer or other types of alcohol during the Program except on the day of your cheat meal. (Beer especially contains a lot of "empty carbs" and can lead to excessive estrogen production, which is the enemy of any weight loss program.)

## Rule #12: Don't Drink Your Calories.

No fruit juices, sodas, etc... This is a fast way to weight gain! Some people literally lose up to 10 pounds in the first few weeks of their new diet simply by giving up soda alone. Remember, diet sodas contain artificial sweeteners so stay away from both regular and diet!



# Applying The Rules

## 1. Eat Slowly.

- Eating too quickly can cause your blood sugar to spike and result in increased portions. Two strategies that work are to chew each bite at least 15 times AND divide your plate into 3 sections, then wait at least a minute after eating each section.

## 2. Create a Routine.

- Research has clearly demonstrated that too much variety can be the enemy of weight loss. Pick out the kinds of meals you are going to have every day and make everything convenient.
- This includes what you are going to order when you go out and what you keep in the house. Get rid of everything else.
- Go over the rules and create your meals, the choices are endless... but make some based on what you like and your ability to cook!

## 3. Prepare Your Snacks.

- Have hard boiled eggs ready to go for a quick snack.
- Keep raw nuts around, but be careful to stick to your daily allotment.
- Stay away from vending machines!
- Prepare or buy celery, sliced peppers and carrot sticks and bring them to work to satisfy the “snackies”. You can also bring along some almond butter for dipping.

## 4. Convenience is Your Friend.

- Sauté your vegetables in coconut, olive, or walnut oil. Spice to your liking with the super spices. Make enough to last days as these will go well with any meal, and you can eat unlimited amounts.
- Make soups that follow the rules, keep them around for fast meals.
- Get a good blender (Vitamix or a Blendtech) and get really good at making smoothies following the rules... the possibilities are endless.

- Grill meats in volume. Make enough to last half a week then refrigerate and re-heat. Remember to marinate in cherry juice.
- Keep nonfat yogurt and cottage cheese around at all times, and sweeten with fruit concentrate.
- Make big salads with nuts, spices, beans, vegetables, nonfat cheeses and lean meats – enough for two days at a time. Use apple cider vinegar, oil and fruit concentrates for dressing.

## 5. Restaurant Tricks.

- Ask for vegetables or beans instead of potatoes.
- Order lean meats for an entrée.
- Order berries for dessert.



# Super Food Bonus

Below is a sampling of some of the delicious “super foods” in the Fat Loss Fast Start Program that will increase your adiponectin levels, reduce ghrelin, and normalize your blood sugar... so you lose weight... fast.

## BEVERAGES (UNSWEETENED)

*Blueberry juice, Cherry juice, Green tea, Pomegranate juice, Vegetable juice.*

## NUTS AND SEEDS (FRESH, UNSALTED, NOT ROASTED – A.K.A. “RAW”)

*Almonds, Flaxseeds, Sesame seeds, Walnuts, Pumpkin seeds, Sunflower seeds, Chia seeds.*

## FRUIT (FRESH)

*Blueberries, Cherries, Grapefruit, Strawberries, Pomegranates, Avocado.*

## VEGETABLES

*Arugula, Bell peppers, Broccoli, Cabbage, Carrots, Leeks, Onions, Romaine lettuce, Scallions, Shiitake mushrooms, Spinach, Tomatoes, Kale.*

## HERBS AND SPICES

*Basil, Black pepper, Cardamom, Chives, Cilantro, Cinnamon, Cloves, Garlic, Ginger, Parsley, Turmeric.*

## FISH

*Flounder, Salmon, Sole, Tilapia, Sardines.*

## OTHER

*Egg whites, Yogurt (plain, nonfat).*

# Simple Start Food Rules

The 12 food rules in the Fat Loss Fast Start Program are surprisingly easy to follow because they help reverse the hormonal imbalances that cause you to be hungry and because they reduce cravings dramatically.

However, some people are unable to take on all 12 rules at once – and this is OK! So here are 6 less restrictive Simple Start Food Rules that allow you to take things at your own speed and graduate into the Fat Loss Fast Start Program at your own pace.

Many people have amazing success with the Simple Start plan by adding the 12 Fat Burning Food Rules from the Fat Loss Fast Start Program as they see fit. Even if you only follow the Simple Start Food Rules and take RealDose Weight Loss Formula... you will definitely lose weight!

**Simple Start Rule 1: Stay Away from Empty Carbohydrates.**  
**(This is THE most important rule!!)**

Avoid White Carbohydrates, Sodas, Fruit Juices... basically any fruit, vegetable or grain stripped of its fiber and nutrient content... and of course no straight sugar. No white flour – whole grain only.

**Simple Start Rule 2: Limit Grains and Starches to One Serving a Day.**

This means one bowl of cereal, toast, brown rice, or sandwich bread a day. Make sure to follow rule number one when choosing your grains. Try to replace rice, pasta, and potatoes with vegetables or beans whenever possible (you will be surprised how easy this is to do).

**Simple Start Rule 3: Limit Your Intake of Saturated Fats and Eliminate Trans Fats.**

These fat rules are pretty easy to follow. Just don't eat a lot of fast food, fatty beef, or processed foods. Instead, try to eat fish 2-3 times a week, stick to lean meats, and take 2 grams of fish oil a day.

**Simple Start Rule 4: Eat at Least 10 Grams of Lean Protein for Every 25 Pounds of Bodyweight.**

This means if you weigh 200 pounds, you need at least 80 grams of protein per day. If you weigh 150 pounds, you need at least 60 grams, etc... And make sure to include a protein source for your first meal of the day.

**Simple Start Rule 5: Eat at Least 5 Servings of Vegetables and 2 Servings of Fruit a Day.**

Make this convenient by having fruits and vegetables around the house and in snacks you take to work. The more vegetables you eat the better, but try not to eat more than 3 servings of fruit a day.

**Simple Start Rule 6: Don't Eat Anything At Least 3 Hours Before You Go to Sleep.**

You will sleep deeper and lose more weight.

This is it! These 6 Simple Start Food Rules alone will help reverse your hormonal imbalance and get your body into fat burning mode.



# Your Fat Loss Exercise Strategy

If you want to accelerate fat loss, you simply must get moving. There are 3 things you want to include in your exercise program:

1. High Intensity Intervals: Whatever you do, you want short bursts of activity that are intense enough to make you short of breath. The research is clear that this method of exercise helps you burn off calories even after you are finished exercising.
  - If you aren't experienced with this concept, here is a great way to start. (Do this 4-5 times a week). You can do this running outside, on a treadmill, swimming, or an exercise bike.
  - Warm up for 3-4 minutes just to get warm.
  - Run, peddle, or swim as hard as you can for 45 seconds. By the end you should be completely out of breath and using your mouth to gasp for air. You might not have done this since you were a kid!
  - Rest until you COMPLETELY catch your breath. This means that you could talk to someone without them knowing you had just exercised. Be patient.
  - Repeat the 45 second interval, followed by rest for at least 4 sessions – no more than 8. You will be amazed at how effective this can be.

! Since this is a more intense form of exercise, it's always best to check with your doctor before beginning such a regimen so that you can be sure it's 100% safe and right for your body.

2. Resistance Training: Lean muscle burns fat; you will want to include some exercises that build lean muscle tissue on your biggest muscles. These are the legs and back.
  - You can go to your local gym and ask them to create a 25 minute workout for you that covers the big muscles (spot training does not work and is really a waste of your time from a metabolic perspective).
3. Core Bodyweight Exercises At Home: pushups to exhaustion (knee push ups are fine), bodyweight squats to exhaustion and planks can do wonders.

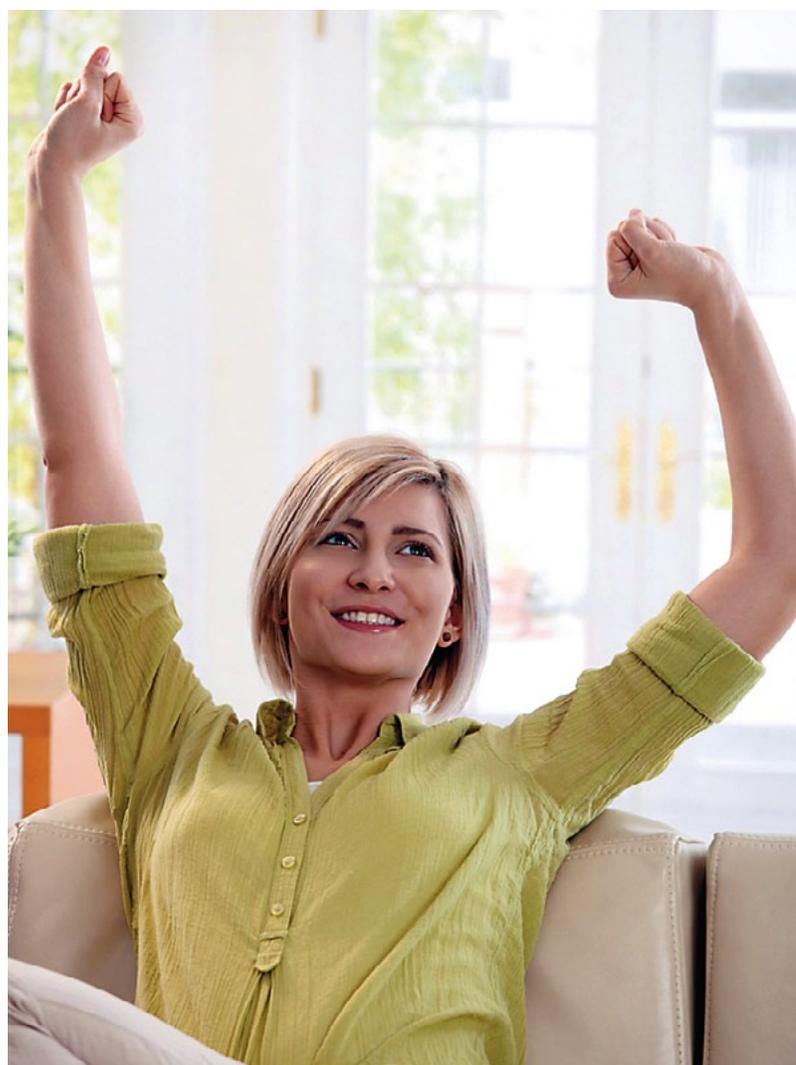
## Important Notes on Physical Activity

Long form cardio-like biking, swimming slowly, jogging, and the elliptical are great... **but they are not particularly effective for weight loss.** They burn calories but do not help you burn calories

all day long. However, you should still make sure to get in long form cardio at least a couple times a week because it makes you feel great, is good for your brain and has other important health benefits.

Although exercising does allow you to eat a little more, most people overestimate how much more they can eat. Try not to fall for this trick – exercising is not an excuse to eat whatever you want!

Try to walk almost every day. Park a little further away in the parking lot, use the stairs instead of the elevator, take more walks with your family, your pets, or just to relax alone. This adds up! A great activity is to take a nice walk after dinner; it has great metabolic benefits.



# Reduce Your Stress

If you want to lose weight fast, it is important to manage your stress levels. Stress can be a big cause of overeating AND too much stress can cause you to release too much cortisol into your bloodstream. And over time, an abundance of cortisol can cause you to pack on the fat. Even worse, the fat you pack on goes right to your belly. This looks bad and is extremely unhealthy, increasing your risk for even more serious conditions later on.

 The most important thing you can do to reduce stress and cortisol is to get enough sleep. It is essential that you get between 7-8 hours a sleep a night. Fight for your right to a good night's sleep!

Also, it is important to sleep with the lights completely out – even small lights on or visible can interfere with your melatonin production, which then has an effect on your serotonin levels, as well as other hormones.

In addition to quality sleep, there are all kinds of effective stress reducers. Yoga is ultra powerful. If you can conveniently do yoga 2-3 times a week you are making a good choice. Choose a class that is relaxing and not too strenuous. Meditation, Chi Gung, and Tai Chi are also very effective.

However, it is also important to be able to manage your stress levels daily without having to go to a class.

**Below are some methods I have found to be easy and effective.**

## MUSIC THERAPY

As we get older, we often forget to take the time to simply listen to music. Pick some form of music you enjoy that is instrumental only with a slower tempo (no heavy metal!). Use this same piece of music every time to establish this ritual. Put on some headphones and sit in a comfortable chair or couch. Set a timer for 15 minutes in case you fall asleep. Choose a comfortable volume and really listen.

Listening is really a lost art. Try to pick out the notes and visualize the instrument being played. This allows you to really slow down and be in the moment. When you start having extraneous thoughts, just allow them to float away and redirect your attention back to the music. After some practice, you will be able to be fully absorbed in your chosen piece.

The effects of this practice are very similar to meditation. You may just find it far easier to do. After a couple of weeks you will find that simply hearing this piece of music immediately brings you into a deep state of relaxation.

And thanks to iTunes and other music stores online, there's an abundance of inexpensive yet high-quality music available, including many options specifically designed to help you better relax and relieve stress. Definitely take advantage of that.

## BREATH CONTROL

Controlling the breath has been a method for stress reduction since the beginning of time. There are many different methods that are extremely beneficial. If you don't already use one, I have found the method below to be very effective:

1. Lie down on the floor, a couch or your bed. Place a hard cover book on your belly.
2. Practice breathing through your nose and make the book rise.
3. When you can do this, set a timer for 10 minutes.
4. Breathe in through your nose for a slow count of 4.
5. Hold the breath for a count of 2.
6. Release the breath through your mouth.
7. Hold your empty breath for a count of 2.
8. Repeat until the timer stops.

Try to focus only on your breath. When thoughts come, just let them float away and refocus on your breath.

If you practice this once or twice a day for a week or two, you will notice a sense of peace you might not have felt for a long time. Especially important is to slow down your exhalation to 10, 20 or even as long as 30 seconds as that will have a profound ability to help your body release tension and the accumulation of stress.

Even better, once you get this down, you can do this any time or any place while sitting or even standing up. So from now on, whenever you are feeling a little overwhelmed, simply do a minute or two of breathing, and you will finally be able to lower your cortisol levels on a moments notice.



# Congratulations!

By reading the Fat Loss Fast Start Program, you've completed a major first step in your weight loss journey. The fact you're here shows me that you're committed and bound to succeed in achieving your weight loss goals.

Two crucial things to remember:

1. Enjoy the journey. Even before your weight loss goals are fully realized, many other benefits will begin to appear. Your digestion will improve, you'll have more energy, you'll look and feel better, and more. So while you're in the process of losing weight, learn to enjoy some of these pleasant side effects.
2. One step at a time. There's a saying, "the journey of a thousand miles begins with a single step", and this is no different. If ever you feel unsure or doubtful about your progress, just keep taking one step at a time with the faith that you'll ultimately arrive where you want to be. This is not a race, so go at your own pace and trust the process.

Last but not least, remember that you're not alone. I am here to support, encourage, and provide you the tools you need to help ensure your success. If you ever have any questions about the Fat Loss Fast Start Program or anything else for that matter, please write to me at [drsteve@realdose.com](mailto:drsteve@realdose.com). I especially love hearing about your successes, no matter how small.

Here's to your health!



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