

Losing Weight and Gaining Health

REALLY FAST

Understand that the real issue is not losing weight, but gaining control. You may be able to push through a simply list of do's and don'ts but it rarely lasts. Weight loss has become a major concern for so many today. The LAW Diet (Longevity and Wellness Diet) that we presented is based on research that has proven to regain and maintain optimal health and is proven over centuries of time in the lives of the centenarians (those who live to 100 and beyond) who live it. Many of the younger generation in these communities have not adopted the patterns and habits of the elders and have gained unhealthy weight. Many too in our society likewise carry unhealthy weight. While following the LAW diet is very effective in losing weight and regaining your health, there are a few additional keys that will jumpstart your new and healthy lifestyle. Many of these recommendations are from Richard Eyre's book *The Half-Diet Diet*.

17 Principles of the Half-Diet Diet

1. Natural foods, in all their variety, are good for the body.
2. Appetite, while it can direct us to the food our body needs, doesn't know when to quit.
3. We normally eat about twice as much as we need.
4. By eating half of that—half as much as usual (and holding the line and doing it consistently)—we will gradually gravitate toward food that is twice as good (because our bodies, denied quantity, will demand quality.)
5. By eating half as fast we can enjoy food twice as much.
6. The more sensual attention we pay to eating, the more pleasurable it becomes.
7. Disciplining both the amount we eat and the pace at which we eat further enhances the pleasure.
8. Our bodies need more water as much as they need less food.
9. A stomach that is full of water will ask for and be satisfied with less food.
10. Allowing the whole digestive system shut down and rest periodically (through fasting) can cleanse and rejuvenate and re-calibrate capacity.
11. Mental and spiritual awareness are heightened and sharpened by fasting.
12. Disciplining the “output” of exercise is as important as regulating the “input” of eating.
13. With some effort and attention, everyone can find a form of physical exercise he or she loves.
14. Exercise, because of the endorphins it produces, can become a positive physical addiction.
15. Giving away the half we do not eat increases our motivation even as it feeds our brothers and pleases our Father.
16. Poetry or other artistic outlets enhance awareness; slow us down, orient us to quality, and increase our discipline.
17. The horse and bridle metaphor can help us understand, visualize and implement the diet.

7 Practices of the Diet

1. Eat half of your normal three meals a day and one or two half-snacks. Nothing else.
2. Eat slowly. Sip, savor, and smell, so the half takes as long as the whole used to.
3. Drink a tall glass of water before each half meal or half snack.
4. Fast for twenty-four hours once a month.
5. Exercise aerobically (find a form you love) for at least 20 minutes every day and participate in an actual sport at least five times each fortnight.
6. Give the equivalent of the half you don't eat to those in need.
7. Write one or more poems per week. (Write something in your awareness every day.)

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5 Bad Habits that are making you fat

1. ***Chronic dehydration.*** We don't drink enough. Or we drink the wrong things. Sodas and diet drinks don't rehydrate us. Most of us drink less than half of the 8 glasses of water necessary to keep us hydrated. Doctors tell us that most Americans are in some stage of chronic dehydration which undermines the health of our organs, from our skin to our digestive tract.
2. ***Fast Eating.*** It's not just fast food that gets us, its fast eating. The faster we shovel food in, the less-well we digest it, and the more we eat. Our bites are too big and too rapid. We tend to gulp, gallop and gorge instead of smelling, sipping, and savoring our food.
3. ***Endless Snacking.*** The problem is that there is always food around us. In the cupboard, on the counter, in the fridge, in the gas station convenience store, in the fast food places we pass, in vending machines. It's usually high in salt and sugar, low in nutrients. We see it, we eat it.
4. ***Huge Portions.*** We live in the land of super-sizing. Our drinks are too big, our entrées are too big, our plates are too big, our portions are just too big.
5. ***Too Much Sitting.*** 85% of Americans have jobs that are accomplished while sitting, and then we sit in our car or on a train as we commute back and forth, and then we sit on the couch and watch TV, and then we sit at our computers and do social email or answer emails. Sit, sit, sit—not exactly what our bodies were designed to do or what they are improved by doing.

5 Good Habits to break the bad ones

1. ***The Water Habit:*** Drink a tall glass of water immediately before each of your three daily meals. Besides hydrating you, this fills your stomach and reduces your appetite.
2. ***The Slow Habit:*** Set your fork or spoon down on the table after each bite. This slows down your eating and causes you to enjoy a meal more while actually consuming less.
3. ***The Half Habit:*** Prepare or order whatever meal you want, but only eat half of it. If you are eating out, share your meal with your spouse or friend or take half of it home. If you are eating at home, eat exactly half of your normal portions.
4. ***The Snack Habit:*** Only snack on fruit or vegetables. Except for your three meals, do not eat anything unless it is a fruit or vegetable.
5. ***The Move Habit:*** Devote 20 minutes a day to some kind of aerobic exercise that doubles your normal heart rate. It can be something as simple as a brisk walk or a treadmill or a stationary bike, but do it every day.

Additional Richard Eyre discusses in his books: [The Half Diet Diet](#) and [Dr. Bridell's Logical and Rational & Poetic and Beautiful & Completely Guaranteed Eat-Half Diet for All your appetites.](#) Seriously that's the title of this second book. Each of these books also goes into the mental and spiritual aspects of losing weight and resetting your body to a higher level of health. Check them out.

I have discovered personally that as I eat slowly – taking smaller bites, setting my fork down between bites and chewing and tasting my food more, I am eating less and leaving the table satisfied. Again, eat whole natural food in the manner described herein and you will lose weight without feeling like you are starving yourself. That is my experience and many others.

Dr Kyle Christensen May 2020