

## The Ketosis Diet

In short the fastest way to lose fat is to lower your carbohydrate level to approximately 20 – 30 grams intake per day, eat at least half your body weight in grams of protein, and if possible reduce your calories down to a comfortable minimum level (shoot for about 1200 per day). Avoid the 10 bad foods and take Vitamin and Mineral Supplements

You must become a label reader! Take special notice on all food labels for, Serving Size, Calories, Total Carbohydrates, and Protein count.

You may supplement your Protein requirements with powdered Isolate Protein as well as with fish, beef, chicken, cheese, and eggs. Avoid fruit juices, unless you blend your fruit in a juicer or you may eat the whole fruit instead.

Drink at least a half-gallon (64oz) a day of fresh water from a clear plastic container. Coffee and tea are also acceptable. Avoid powdered creamers (half and half better, black the best) and keep your salad dressing minimal!

I would suggest considering a liver detox as well to clean and condition your intestines and organs prior to starting but it is not absolutely necessary.

Don't weigh yourself everyday once a week is better.

Some additional supplements such as Vitamin B-12 (ASAP) and selenium will assist in supporting your thyroid and will help speed up the process.

Exercise a little each day.

Sugar is the enemy!

There is no magic bullet for good health but if you take supplements, and follow these simple Diet and exercise guidelines in 30 to 60 days you will feel and look amazingly better.

I have a passion to help others achieve their health goals and I will assist you through my videos and this website.

I am living proof this works.

I provide some videos on Diet and Exercise on my Facebook page under the Videos Tab. Be sure and watch all the videos in numbered sequence first to last.

[www.facebook.com/theunderwearguy](http://www.facebook.com/theunderwearguy).

Come back to my website often and follow the arrows to the end. It will change your life!