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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Meal Timing**

**By Dr. Robert Osgoodby**

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I am excited writing this month's newsletter! The information covered in our February issue will show you how you can burn up to three times as much fat, every exercise session, without the use of drugs, steroids, or stimulants. This is a "trick of the trade" of the body building industry that helped me lose 65 lbs. in 84 days, and place as a top finalist in a worldwide body transformation contest.

**WARNING!!** If you are Hypoglycemic, Diabetic, or have serious health problems, do not incorporate this into your workout program. Always seek the advice of a Medical Doctor before starting any diet or exercise program.

Now that our disclaimer is etched in cyber stone, let's get started.

Meal timing is extremely important for rapid weight loss. Depending upon your height/weight body ratio, (will get into this in more detail in future issues) you should be eating between three to five small meals a day, spread 3 to 4 hours apart. This fuels the fire, and keeps your metabolism high. If you have a normal sleep schedule, (ex. 11:00PM – 6:00AM) you want your last meal to be no later than 7:00PM. When you wake up at 6:00AM, it has been 11 hours since your last meal, and you have an empty stomach with a minimal carbohydrate reserve.

If at all possible, exercise before you eat your first meal. If you eat before exercising, your body will burn off your carb reserve first, before attacking the fat pad. You can actually

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burn up to three times as much fat per session by exercising on an empty stomach. We realize everyone does not have a normal sleep schedule, or the ability to exercise first thing in the morning. Adjust this principle to your individual schedule. If you can not exercise until 7:00PM, eat lunch no later than 2:00PM, do your exercise, and eat dinner after you finish.

If you suffer with Hypoglycemia, Diabetes, or any other health condition that affects your blood sugar, do not incorporate this into your program. Exercise lowers your blood sugar level. If you have been diagnosed with any of these health problems, make sure you eat before exercising and keep a piece of fruit with

you in case of an emergency.

If you start to become dizzy, feel faint, nauseous, or weak during exercise – immediately STOP. If you feel like you are going to faint, sit down and place your head between your knees. Eating a piece of fruit will usually help alleviate these symptoms.

Bob practices what he preaches. Stop by his web site at <http://www.adv-marketing.com> to see his before and after pictures. To subscribe to his monthly Newsletter, simply send a blank E-mail to: [bestbody-subscribe@topica.com](mailto:bestbody-subscribe@topica.com)

## **10 Surefire Ways To Survive Eating Out**

**By Dr Jeff Banas**

I personally lost 60 pounds in 2003. Here are some tactics I used to lose the weight

- 1) Steamed instead of fried
- 2) Brown rice instead of white rice
- 3) Wheat bread instead of white bread
- 4) Sauce and dressing on the side. Dip your fork into the sauce first then into the food.
- 5) At dinner exchange the potato or other carbohydrates with extra veggies
- 6) No oil
- 7) Do not feel like you need to eat the entire meal. Plan on bringing a doggie bag home.

## Meal Timing

8) Drink two glasses of what before your meal and another 2–3 during your meal

9) No soda

10) Hold the mayo and cheese

Dr. Jeffrey Banas is a Chiropractic Sports Physician, practicing in Mesa; AZ. Dr. Banas personally lost 60 pounds in 2003 and now uses his experience to help others struggling with their weight problems. Dr. Banas can be reached at his office at 480–633–6837, or by visiting his web site at

10 Surefire Ways To Survive Eating Out

Romantic Meals On A Budget

How Appetizing is Your Feedback?

How nutritionally deficient are you?

Eight Reasons Why Menu Planning Is A Terrible Idea

470 Crock Pot Recipes

The Power Of Laughter

101 tips to stay fit and live longer.

Complete Library Of Cooking

Yard Sale Secrets Revealed



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