

Save Your Life & Live



With Dr. Ross's 12 *Stress Breakthroughs* in

Weight Loss and Miracle Healing Course ©

10 Breakthrough Nutrition Principles for Success!

1. Water is the most important component of your nutrition program. Your water intake is $\frac{2}{3}$ of an ounce per pound of body weight. Take your body weight times two and divide that by 3: this equals the ounces of water per day.
2. Do not try to eat less to lose weight. Eat plenty of the right kind of foods, including proteins, fruits and vegetables to nourish your body. Eating low glycemic carbohydrates will never make you gain weight.
3. Eat more vegetables than fruit. Vegetables are builders and vegetables are cleansers. Fruits work good for your sweet tooth. They do not raise insulin very quickly and satisfy you without causing weight gain.
4. The best fuel for the body is a combination of protein, carbohydrates, and good fats each meal. Proteins build muscle, carbohydrates keep your mind alert and fats give you energy and build hormones.
5. The protein **portion** is approximately the size of your clenched fist. Eating more will put stress on your system. Eating less will put you into protein malnutrition.
6. The carbohydrate **portion** for high (50% & above) glycemic index carbohydrates is the same as protein, the size of a clenched fist.
7. The carbohydrate **portion** for low (50% & below) glycemic index carbohydrates is **unlimited**. You will not be able to eat enough low glycemic index foods to cause your insulin to go up enough to cause fat gain.
8. One teaspoon of unsaturated oil each meal. Oil can be used to cook with and used in salad dressings. Also these good fats are found in Avocados, Olives, Olive oil, nuts and nut butters, etc. Fat slows the absorption of carbohydrates, turns off your sensation of hunger and builds hormones.
9. Plan your meals ahead. Make sure you always have easy prepared proteins available, like cottage cheese, string cheese, tuna, etc.
10. Eat what ever you want on your FREE day.

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