

Day 25: I'm not on a Diet, It's a Lifestyle Change

"Exercise more, eat less, count calories, avoid fat, eat whole grains, eat fruits."

"For the at least the last 30 years, we have followed exactly what the experts have told us to do and yet obesity has skyrocketed. Today however, you know the truth.

The Healthiest People in the World

Let's look at the healthiest country in the world: Japan. What do they do for diet? It's simple. They eat meats, vegetables, eggs, nuts. They avoid sugar and processed food like poison. Yes, it is true that they eat white rice, but 59% of Japanese eat four ounces or less each day. Yes, they eat fat in their meat. They do not count calories. They do not exercise that much. Why? Because they eat right. They do not measure food. They eat until they are full. They can do this because they avoid processed foods and sugar. They do not eat as much fruit as we do; they view fruit as 'nature's dessert' and eat dainty servings of it.

Is this all making sense? The healthiest country in the world simply eats natural foods. They do not pay attention to nutrition labels.

They use common sense and eat simple foods. The Japanese view eating as part of life and not some huge event or reward. While they enjoy great tasting food, they understand that taste is secondary.

Another interesting thing about the Japanese is that they really love walking. It is a national pastime. Their walking routines are not necessarily vigorous. They know that walking can help you to reduce stress, escape the noise of life, increase your energy, decrease your anxiety, and improve your immune function. Walking keeps the Japanese slim, trim and healthy.

A Humble Observation

Let's go back further in history for even more proof that eating the PTF way is healthy.

In 1939, Weston Price published a book detailing his global travels studying the diets and nutrition of various cultures, coming to the conclusion that the so-called Western diet is the cause of many diseases.

Basically, Price said this: "Countries who eat natural foods, fats, meats, vegetables and nuts are healthy while countries who eat processed food, sugar (or sugar derivatives like fructose) and most grains tend to experience obesity and health problems."

These are not 'group studies' that are comprised of small groups of people over short periods of time of 20 days or even 12 months like most of the studies the media cites today. No. These observations are based on civilizations with hundreds, even thousands of years of historical trends.

Think about this. Here is a guy in 1939 who has simply made some humble observations in his journal as he traveled as a missionary and interacted with remote civilizations. He had nothing to sell. TV was not around, so fame was not a motive. He had nothing to prove, no one to argue or

debate with. Nothing to gain. He just made some simple observations.

Price also made this striking observation: the healthiest people around the world eat animal fat. Yes. Saturated animal fat. With tons of calories. The same fat we have been jazzercising away for years.

Back to the Future...

Before 1960 and jazzercising, America was healthy with very little obesity. Processed food was rare and sugar was rarely consumed. Kids who grew up in the 60's recall eating candy maybe once a week or every two weeks. A soda pop was a weekly or monthly treat.

There were no Lean Cuisines, Special K, low-fat yogurt or trail mix. None of these 'healthy foods' were around. How did everyone stay so slim and healthy without the onslaught of expensive 'functional foods,' energy bars, diet supplements, pills and surgeries?

You already know the answer by now. America could be the healthiest country on the planet today if we all had just stuck to the foods we used to eat. We need to turn back time.

Did you know? A serving size of Coca-Cola in 1955 was 6.5 ounces? Today, one can of Coke is 12 ounces and has 40 grams of sugar in it. Half of U.S. adults drink at least one soda a day, and their average consumption is 2.6 glasses a day.

Keeping it Real

We get asked all the time why we don't recommend protein bars. Just in case you haven't made the connection: they are not real food. They are processed food. It doesn't matter how expensive, organic, low GI or high quality the protein is. Avoid them. People in 1960 didn't need them, nor do you.

I Will Walk With You

Mike tells this story about his wife when she was first trying to lose weight...

"My wife thought if she hired a trainer and went to the gym looking like Cher in her new workout outfit that she would lose the fat. That lasted for about a week or two. It gets old. It gets time-consuming. So, instead of all that noise I said this to her: "Let's just walk every day. I will walk with you."

And it worked.

(In our minds, this simple proposal is just about the most romantic and loving thing a husband can do for his wife.)

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

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