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WEIGHT LOSS

**Written by Dr Perry
Barnes**

*How to suddenly become
strong, healthy and find
yourself really attractive*

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Barnes Weight Loss™

Hmmmm. The question??? How to lose weight... There are so many books, CDs and various other money making schemes telling you how to lose just enough weight, so that you can gain it in time for next year's book. How convenient (add appropriate voice). Well anyway I was (once upon a time) 13 stone/82kgs and I reduced my weight in a month to 11 stone/70kgs. That's 2 stone folks (28 pounds). I did this by researching various guides from books, newspapers, TV programmes and from speaking to people (yes, I do this as well... *talented*). There are some fairly basic rules to it that once explained make it an enjoyable process to do.

Had you ever instantly know that you'd be totally fascinated by something you were reading. I'm saying, maybe as you continued to read it, and notice the form of the letters, the shadow of the ink, and the white of the page, it permitted you to GO INSIDE, and remember a time when learning was easier and more fun.

Which people is this book for?

This book is for people who want to create a positive, healthy relationship with their body, & increase their levels of fitness & wellbeing. No matter what your weight situation, whether you're a bit unfit or an athlete already, I personally guarantee you'll learn new ways of thinking from this book which will improve your fitness situation and, more importantly, improve how you feel about this. Only read this book if you want to transform your relationship with yourself forever!

Contents

- [Fun thing 1: Reduce calorie intake](#)
- [Fun thing 2: Increase Strength](#)
- [Fun thing 3: Appetite Suppressors and Energy Types](#)
- [Fun thing 4: Drink Water, Consume Protein](#)
- [Fun Thing 5: I am Beautiful](#)
- [Fun Thing 6: Put these cards in your pocket](#)
- [Fun thing 7: Eat 3 times a day and snack](#)
- [Fun thing 8: Plan for Success](#)
- [Fun thing 9: Affirmations](#)
- [Fun thing 10: I Believe in you](#)
- [Fun thing 11: Case Study: My Story](#)
- [Extra Fun thing: Body Building and Fitness](#)
- [Perry's Power Protein: Secret Formula Drink](#)
- [Fun thing 12: General Motors: Weight Loss Diet Program](#)
- [Fun thing 13: Motivation](#)

Fun thing 1: Reduce calorie intake

When I removed some weight I reduced my calories to 1,000 a day. I was doing a physically intense job and so I calculated that this was as low as I could go without feeling ill. The calorie intake is stated on the back of the packets of everything. So this part is easy enough to do. A golden rule is that **the human body uses 60 calories an hour doing absolutely nothing**/running essential functions. Thus if you consume less than 60 calories per hour your body will have to use up your excess energy. By the way, I will not be using the word fat in this book as it was associated with previous thinking. Terms such as excess energy and stored energy will be used instead as they are more accurate.

Extra energy is an essential part of the body's energy consumption process. Therefore, if you reduce your calories the body will rely more on your extra energy and burn it up. It is recommended that whilst using this technology you remove as much stored energy from your food as possible. It is essential to the body's energy and so its removal from the food you eat ensures rapid burning of stored supplies. The amount of stored is listed on the back of each packet in comparison to 100g e.g. 3.2g per 100g. I recommend that you look at the 100g as 100% and also 3.2%. I find that this sits better in my mind so test it and find out for yourself. A strong recommendation is that you should eat food with less than 10% stored energy. I found doing this a challenge, as I combined it with eating as varied amount of food as possible (with this self imposed limitation of zero fat). You may find yourself digesting food that is a new addition to your palette. This is great. Any excuse for new things and change that's what I say. My advice is to enjoy challenges, you will learn something.

Weight training/body building involves the kind of self discipline seen here (just ask my shoulders). Therefore, if you have done anything like this then I suggest you transfer your mind set to this programme as a method of getting what you want. Of course, various types of training could be incorporated into this programme...

Fun thing 2: Increase Strength

Now, once you have calories under control and stored intake almost eliminated you can proceed with the acceleration section. This is where the use of physical activities (keep those thoughts to yourself) are utilised to quicken the stored energy removal process. For this I would recommend what is called aerobic exercise as opposed to anaerobic exercise. I'm sure someone can tell you a complicated version of what these things mean but I will keep it relatively simple. Aerobic is longer periods of exercise that involve the respiratory (breathing) system, where as an anaerobic activity is short and strenuous; thus straining the muscles more. Examples of aerobic activities include distance running, swimming and walking. Examples of anaerobic exercise include weight training and 100m sprinting. Some activities are a mixture of both types. I would say that most styles of fighting are both e.g. boxing and judo.

It should be noted that muscle weighs more than fat and body builders for example are happy when they gain weight as it signifies muscle growth. For example when I was lifting weights I would check my weight for 2 successive days and find I had gained 7 pounds while I slept. The compliments and jealousy helped me realise my appearance had improved. For example my waistline got bigger but my stomach was still flat. Things like this help you notice your improvements and gaining weight is sometimes a good thing.



Now, for this programme aerobic exercise is the best due to several factors. It encourages the growth/creation of effective muscles and it also works in another way. If you lose weight with minimal muscle gain then there is skin left over that used to cover what you had. If you follow this type of excess energy loss then you can (at a later date) proceed to build muscle, as to fill the gap left between the muscle and skin. Weight loss is generally an appearance thing and so if you are losing weight because of this then I recommend you follow this approach. If for example you were doing anaerobic muscle work as to lose weight, you could stretch the skin before the energy has a chance to be used up. Thus, when you did lose the excess you would have extra sagging skin that may have stretch marks. Therefore; you will look better but not as good as you could have.

I personally have pushed right past all this and stretched/increased my skin far beyond its original capacity but I am a man (hard to believe, I know) and my muscle growth went fairly insane. For women this is not going to happen (which is good) and so your skin should be somewhere in your plan. Lose weight in the most appropriate way for you.

Fun thing 3: Appetite Suppressors and Energy Types

There are of course (although many people do not consider this) many ways to suppress your appetite. This basically comes down to drugs. Oh no not the evil drugs. People smoking weed are funding George Bush's psychotic reign of global terrorism. You will have to excuse me as I am a freelance translator for the 6 o'clock news and get carried away sometimes. Anyway; drugs could include alcohol, caffeine, nicotine, morphine, endorphins and serotonin. I do not recommend all of these especially for this type of use. The most widely used drug for this purpose is nicotine in the form of cigarettes.

Apart from the health risks associated with cigarettes, there is the price and the government is threatening smokers on a secondly basis. Do you get the feeling that everyone is going to keep smoking. Protein is a fantastic appetite suppresser as it can be the reason you feel hungry in the first place. Drink a pint of milk from the bottle to see my point. Test these things for yourself and realise that I listened to my body to find many of these things out.

CAFFEINE AS A SUPPRESSOR. I have found that the best suppressor (bang) is caffeine, for a number of reasons (what are they you big tease?). Caffeine is a stimulant as opposed to alcohol. Caffeine is not as bad for your health as cigarettes (also a stimulant); in fact it's quite good in some ways. Being a stimulant, caffeine will speed up your brain activity making it good for things such as writing books (more caffeine now please) and other mind based activities. Like other stimulants it can convince you that you have more energy available than you do. How could this be useful I hear ye ask. Well, if you are cutting out some food/s a stimulant can help you. Some people eat when they are not hungry for something to do. So number 1 find something to do and number 2 activate your brain thus making your task more focusable. Bear in mind that some people are religious for something to do although I am sure you can find something more rebellious than that. Caffeine also speeds up your metabolism which is great.

Alcohol is the worst of the drugs I mentioned and that is in any form. Straight off the bat (cricket) I will say that once a week is the most you should drink if in the process of removing weight but really you should follow this at all times. Boo, hiss and heckle I hear ye protest. I protest that you should think of the all round benefits of drinking once a week or maybe even less. The first problem I/you have with alcohol is that a pint of anything (for example) contains around 200 calories. Now, if you remember that you should be aiming for about 1,000 a day then five pints has got you there without even considering food. Then consider how hungry you feel after a night out.

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Hmmmm let's get some chips and a kebab. At 500 calories a pop you have then definitely gained excess energy and that's not including the rest of the day.

There are other problems with alcohol which I will proceed to load upon you. Alcohol slows down your metabolism as opposed to caffeine for example which speeds it up. So a practical example of this would be that you are better off eating a bar of chocolate (caffeine) than drinking a pint of beer (alcohol). I bet no one has said that to you before. Alcohol is a poison by the way and its poisonous effect is to depress the muscles thus making movement more difficult.

I have trouble walking next door if I've had too many and I'm sure you have had similar experiences. The point is, how can you hope to burn off those calories if you're sitting around relaxing. Of course there are clubs that you can use to dance the calories away but this isn't always the case. The final thing about alcohol is that its calories come from sugar which is a simple carbohydrate. Thus I will now explain the different types of energy.

Energy Types/ Types of Sugar	Simple Carbohydrates	Complex Carbohydrates	Fats	Protein
Function	Immediate energy that enters straight into the blood stream	Difficult to break down energy that is released over a period of time	Storage energy that is stored again then saved until additional energy is needed plus emergency usage	Used to build muscle tissue and various other things in the body
Examples	Fruit, Coke, Beer, Lucozade, Sweets.	Bread, Pasta, Rice, Cereals.	Chips, Meat, Milk, Chocolate.	Milk, Eggs, Meat, Soya

Hopefully this table makes it fairly easy for you to keep track. In practise however the applications of this are varied and require you to take a look at the way your life runs. The thing with simple carbohydrates (sugar) is that they give you a quick burst of energy but then much of the not used energy is converted to storage. Now, with the alcohol situation you can see how this is bad. The phrase "beer belly" probably makes more sense also. Simple carbohydrates are useful but especially in drinks like lucozade if you taking part in a strenuous activity. If you are not exercising you might as well be eating a big bag of sweets in front of the TV.

The best type of energy to consume from the table is complex carbohydrates, as they release over a period of time and so are unlikely to be stored. The body functions best with this type and so I recommend it for all seasons. This type properly fills you up and so it also prevents you eating as often and feeling hungry.

Fats are by definition stored energy which explains why most non-animal products do not contain it. Stored energy used to be difficult to shift (not any more). Stored energy will make you function slower in all departments as that is its nature. It will ensure your mind performs slower irrelevant of how much caffeine you consume.

Protein is essential to your body at all times of your life. One reason that many people eat too much is that they do not have enough protein in their food. The body then forces your appetite as to hopefully consume more protein. People failed to listen to their bodies. If you need protein you should realise and don't rely on me for the answer. A person may need protein and then eat a whole pack of biscuits. They still feel hungry and then proceed to eat more. Wrong!

Fun thing 4: Drink Water, Consume Protein

People also do this kind of thing with water. The body needs water and a person drinks a diuretic and wonders why they felt ill. Hmm let's see!?! A diuretic replaces water with itself. So a dehydrated person grabs a cold beer or Coke and becomes more dehydrated. Thus they drink more? I don't know anybody I haven't seen do this. The world is a very intelligent place (discuss).



The point of all this is take the signals your body gives you. If you have a headache you are probably dehydrated, so drink water (especially in summer). If you have a cold then my diagnosis was wrong (simple). If you broke your leg last week then consume so much protein that it comes out of your ears. I was almost killed a few years ago and the blood loss was just mad. I knew that protein was needed to create new blood/heal and so I consumed roughly ten times the recommended daily amount of protein for 2 days. I felt great and the nurse was amazed how quickly I had healed. No dumb ass doctor told me to do this and so use some initiative. Your body works on basic principles that can be applied to everything e.g. protein creates. Number of uses on a postcard to the usual address.

If you can look at food the way I do then you do not need me to keep giving you advice. So find yourself doing it.

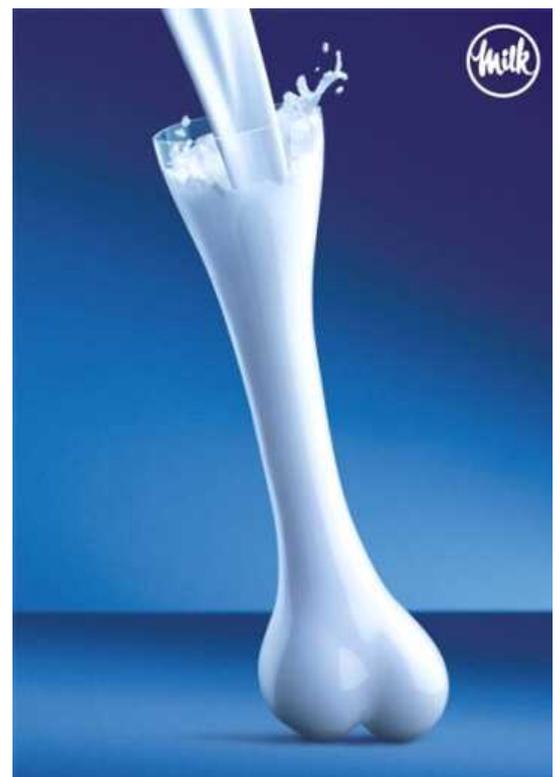
There is a nice story about Spike Milligan being unhappy once and his 5 year young daughter brought him a glass of water because its all I could think of.

I always give a person water when they looked unhappy and they brighten up immediately.

Fun Thing 5: I am Beautiful

Good suggestions. The title of this book goes against this section but new developments will be added when useful. Up to date psychology states that language is more powerful than people give it credit. & what was once called "positive thinking" almost always helps. Religion gets away with using this stuff for the force of evil all the time but we are going to use it for the good side.

The common phrase of "lose weight" has bad connotations connected to it. Firstly you are saying what you don't want as opposed to what you do want. It will be far more useful/accurate to say "I want to be slim, toned and healthy". Secondly saying you want to Lose something doesn't make much sense to your mind. As with most things in life if you lose them then you want to find them again. Interestingly, many people lose weight (so to speak) and then gain it again. You are not allowed to do this though. It's against the law. However, if you like breaking rules then break the rule that says you have to be the same as the many people. Got ya both ways.



Look in the mirror and say
I Love You
Repeat until it's fact

It also helps to see a picture of how you want to look. This will help give you an idea of what to do. Also imagine all of the compliments people are going to give you on your new stance and how good that will make you feel. Repeating this stuff to yourself before bed is cool.

Some good suggestions include: I am gaining strength, I am becoming more attractive/beautiful, I will look younger,

Fun Thing 6: Put these cards in your pocket

The next page is full of cards for you to keep with you, so you can remember the principles during the day. Print the paper and put in your pocket or make them into solid cards

Enjoy that you have been successful in creating a result called excess fat and now you are going to create a new result called being healthy. You are going to create this result by creating new actions. Imitate someone who already has the result called being healthy. Discover specifically what the person does in their mind and with their actions to always stay healthy. Create the physical actions they do and you are going to get the same results.

Personal one to one dieting coaching is available for £10 an hour by booking one of our coaches on: 07963960499 or problemsolver@techie.com

You use 60 calories an hour sitting down

So take in less than 60 and
You will definitely look better
A yoghurt is 60 calories
A piece of fruit is 60 calories
Water is 0 calories
Coffee with no sugar is 0 calories

Drink Water

Often
People felt the need to eat because
They need water
Drink water with meals
Before sleep
and after a lot of caffeine
Caffeine is good and dehydrates
Rehydrate with water

Become addicted to Health

When you exercise often
You want to maintain your health
Become aware of how foods and liquids
Affect you
The natural happy drugs from exercise
Can make you feel really good
Find your own health

Walk

If it's a 30 minute walk to work
Walk
It saves you money
You can get transport back
Spare time
Walk through and around the park
Breathe in and out
Walk around the shops
Read all the books or look at the shoes

Reward Yourself

After your 30 minute walk
Have a tea or coffee
Play your favourite music
Watch your favourite programme
When you notice how much better you look
Reward Yourself

Complex Carbohydrates

Energy which is used over a period of time
So its almost never converted into fat
Sugar is easily converted into fat
Complex Carbohydrates you will eat in
Bread, Pasta, Rice, Pastry, Corn/Popcorn
Spaghetti, Beans, Potatoes, Wheat

Have more Protein

Growth and Repair in your body is
Because of protein
You used to eat more than enough
Because your body is searching for protein
Drink 500ml of Milk
And you will understand
Milk and Eggs are the best sources
Meat and Cheese contained a lot of fat

Energy Types

Sugar: used within 45 minutes
Complex Carbohydrates: used gradually over 2
to 3 hours
Fat: Stored Energy used when necessary
Protein: can be converted into sugar if
necessary and primarily used for muscle
growth

1,000 calories a day

Whilst dieting less than or about
1,000 calories a day
Allows the fat to be removed
Suddenly
To discover calories look on the back
Of your products
These calories should consist of
Protein and Complex Carbohydrates

Imagine Looking Better

Give yourself more motivation
Imagine how you want to look
Your mind can find it easier if you do
Hear the compliments everyone gives you
What would it feel like if you were
your perfect shape

Fun thing 7: Eat 3 times a day and snack

Breakfast, Lunch and Dinner.

Eating breakfast is useful because of a certain factor. If you don't eat for a while the body conserves/saves the next time you do it. It saves the energy in the form of fat. So if there is an emergency (Tesco is shut) you can use your stored energy. Having food at regular times tells your body everything is ok, food is available, Tesco is open. Thus, eating breakfast helps you stay healthy. Also consider you have not eaten for 8 hours (sleep) and eating at this time is probably a good idea. Breakfast cereal is about 200 to 300 calories in a big bowl and is very low fat whilst being high in good stuff (technical term). This energy will be used before lunchtime and thus the midday stuff has plenty of time to be consumed.

A trick you may find yourself doing is to load your home with low calorie food. Then if you felt like eating a lot (which happens sometimes) you can eat a lot of the low calorie stuff. Because it's the only stuff in your house you are including a back up plan. I had some things like rice cakes, ryvitas and crackers for this. One day I eat 10 because I wanted to which was only 150 calories. If I had ate that much chocolate it would have been 1,000 calories.

Before you sleep I suggest you drink something without caffeine e.g. water, fruit juice etc. If you used to eat before sleep then stop it. Water or something similar will suppress your appetite before sleep and keep you hydrated. Caffeine leaves the system after about 4 hours and water helps it go. Personally I like soya protein before sleep because it slows my heart rate, relaxing me. Less caffeine, no food and water will make you sleep easier and longer thus giving you more energy. The more sleep the more energy you have and the less you eat.

If you used to eat before sleep the energy was probably changed into fat because your body had no opportunity to use it. During the day there is many opportunities for the energy to be used. So eat when you are about to walk somewhere for example. For instance if you are on the bus then it's a good time to eat because when you get off and walk wherever you are going you will use the energy. Times when you are not moving much e.g. in front of the computer are good times to use appetite suppressors (caffeine and water).

Fun thing 8: Plan for Success

I think when I decided to take away some weight it is because I'm doing some muscle building. Up until that point the muscle growth wasn't noticeable. Techniques for toning (women) and increasing muscle (men) include press ups, sit ups, dumbbells and barbells. What's good about these techniques is they require minimal space and do not involve heavy breathing. I had done running at school and some after but it was uneasy. When I started lifting weights I found my way of exercising.

After lifting weights for 3 different muscle groups I often receive a large dose of endorphins and serotonin and feel amazing. These happy inducers make me feel like I can run a marathon and do everything I want. Its an amazing feeling much better than alcohol, caffeine or any other substance available. I recommend you pick up some weights just for this feeling.

Because of this feeling I continue exercising where as in the past I hadn't. A useful plan I did learn from this experience is:

Train 3 days in the 7 with a gap between each thus leaving 2 days for rest and recovery.

So exercise Monday, Wednesday and Friday. Relax on Saturday and Sunday.

You can do any exercise you want on these days. Sit ups and press ups are simple and require no additional equipment. Sit ups are good not for flattening your stomach. When there is extra muscle in your stomach it holds your stomach in and reduce the appearance of stored energy.

Set yourself a specific target such as I will remove 2 stone, drop a dress size, get compliments about my achievement, become 8 stone, be able to run 2 miles, remove 2 pounds a week (I use this one). Lose weight was too general. Maybe choose a day each 7 days to weigh yourself if you choose to remove 2 pounds a week. If weighing scales made you felt bad in the past then don't use them. I want you to, feel good during this process and if it makes your feel good, keep doing it.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Sit ups (make stomach appear flat and reduce space for food)</p> <p>Press ups (increase shoulder and chest muscle mainly. Also some muscle toning in stomach and lower back)</p> <p>Walk (most relaxing method. Put your headphones on or make new friends on your journey)</p> <p>Have some protein (Milk, Eggs, Soya) today to help muscle growth and suppress appetite</p>	<p>Rest</p>	<p>Sit ups (make stomach appear flat and reduce space for food)</p> <p>Press ups (increase shoulder and chest muscle mainly. Also some muscle toning in stomach and lower back)</p> <p>Walk (most relaxing method. Put your headphones on or make new friends on your journey)</p> <p>Have some protein (Milk, Eggs, Soya) today to help muscle growth and suppress appetite</p>	<p>Rest</p>	<p>Sit ups (make stomach appear flat and reduce space for food)</p> <p>Press ups (increase shoulder and chest muscle mainly. Also some muscle toning in stomach and lower back)</p> <p>Walk (most relaxing method. Put your headphones on or make new friends on your journey)</p> <p>Have some protein (Milk, Eggs, Soya) today to help muscle growth and suppress appetite</p>	<p>Relax</p>	<p>Relax</p>

Choose your exercises from the ones suggested. Do one of the exercises and when you feel inspired do more.

Put this plan on your wall or the back of your door or maybe on the fridge =)

Fun thing 9: Affirmations

Affirmations are sentences and phrases you repeat to yourself to make you believe good things. For example “I am a genius” repeated to yourself all day everyday may cause you to believe it. People give themselves affirmations already but this is taking control of the process to help you get what you want. Affirmations for your use can include:

I am thin
I am becoming Stronger
I am good looking
I am greatly loved
I now weigh X lbs/stone/kg
I am insert ideal weight
Other women are always jealous of me (women)
I am irresistibly attractive
All my problems have been solved
I can lose weight easily
I can gain strength easily
I am beautiful
Every women wants me (men)

These ones are stronger and I credit Dr. Laura De Giorgio of www.deeprancenow.com for these:

Every day in every way I am becoming stronger and stronger
Every day in every way I am becoming more and more healthy
I am becoming slimmer ... slimmer ... slimmer ... slimmer ... slimmer
I am slim ... slim ... slim ... slim ... slim
I am healthy ... healthy ... healthy ... healthy ... healthy

Repeat these to yourself regularly when you want motivation and as personal mantras. You might as well say good things to yourself. I personally use different affirmations for different purposes and they are an excellent method of feeling good for no reason.

You can make your own affirmations and if you do, remember to state them in the positive.
Instead of I am Not weak
Say “I am becoming stronger!”

A new version of these recently created by Noah St John is Affirmations

The difference with these is you ask:
Why am I so thin
Why am I so strong
Why does everyone find me so attractive
Why am I insert ideal weight
Why do I lose weight so easily
Why am I so beautiful

Say them to yourself and notice what happens.
Probably your mind finds reasons why your statement is true.
In fact the reasons it finds will tell you how to get what you want.
Why am I so strong? Because I go for a walk everyday
e.g your mind knows what to do and it requires the right questions.
Have fun.

Fun thing 10: I Believe in you

It may be possible that you had a belief which stopped you from losing weight or gaining strength. To help you believe in your target thus making it easier to achieve you can fill in this belief form. Write the thing which “is important and desirable” e.g. weight loss, a healthy weight, a more attractive body, bigger muscles, a toned body, having more energy, being fitter. Then fill in the other sections as in the example below:

Being more beautiful is important and desirable because I want to feel more attractive to other people. Being more beautiful is important and desirable therefore I will exercise and eat appropriate foods on a daily basis.

Being more beautiful is important and desirable whenever I want more affection from people I like.

Being more beautiful is important and desirable so that I can enjoy myself and be more attractive with my first impressions.

Being more beautiful is important and desirable *although I have other important things which also have to be done for me to be fully happy.

Being more beautiful is important and desirable in the same way that I improve myself to get more of what I want and need.

Read all the statements together afterwards starting with “I” except although. Although should be read as the start of that sentence e.g. I can enjoy myself and be more attractive with my first impressions although I have other important things which also have to be done for me to be fully happy. I improve myself to get more of what I want and need.

After you read your statements I invite you to notice what has changed and the things which have strengthened.

_____ is important and desirable

because I

therefore I

whenever I

so that I

*although I

if I

in the same way that I

Fun thing 11: Case Study: My Story

I wanted to make my arms bigger. Why. To be one of the best. My school had people trying to start fights continuously. I can't remember a month going by without an old student creating trouble. I had to defend myself. I was very successful at defending myself but that was about it. I never really stopped the people permanently as I was medium strength at school. I didn't win arm wrestles and all my friends could push me about physically if they wanted to. So I was motivated to make myself stronger.

I also wanted to be more attractive and so these twin motivations kept me going. At the age of 16 I finally gathered enough motivation and information which led me to the best weight loss I have ever achieved. 2 years earlier I had pushed my exercise up to a high level with a bad dieting plan because I knew little about food and maybe I comfort ate a bit. So I liked exercising and I didn't like giving up my favourite foods. I decided to be a vegetarian when I was 11 after reading about chickens being in battery cages. Mmmmm chickens as batteries. Do I have to recharge them?

I'm not a vegetarian anymore as you could probably guess. There are some valid arguments to vegetarianism. I believe its important as part of evolution. If we are at a stage in history where people have the opportunity to consider cruelty to animals instead of just calling it food; I think this shows we are indeed a great species heading in the right direction. I like to get the most from everything and getting milk and eggs from animals and keeping them alive seems sensible to me. Milk and eggs have the best protein of any meat which you can find in a nutrition book if you want to look for it. And any belief that restricts your choice or freedom is stupid in my opinion so eat meat if you want. I do.

Wow, non-simple beliefs, aren't they? So I was working in a Greengrocers (selling fruit and vegetables) 7 days, 8 hours a day. The job involved plenty of heavy lifting as we re-stocked potatoes and stuff. I reduced my calories to 1,000 a day around this time and it consisted of:

bowl of cereal 200-300 calories for breakfast
yoghurt 60-100 calories for lunchtime (I felt hungry about this time)
beans and cheese on crackers 200-300 calories for dinner

I was very serious about removing the stored energy this time. I had the knowledge and techniques and so much determination. After my dinner I would pick up some of the exercise equipment I bought from the catalogues for expanding my chest (scissor grips) and push my chest until my face went red my stomach felt pulled and I became aware I was making a big difference to my body. I had ankle weights from my previous strength gaining when I was 14 and I would run up and down the stairs 10 times which is good. Ankle weights which are probably still available from Argos or Index (catalogue shops) weight 1.1kg each and you wrap them around your ankles (surprise surprise). If you wear them all day or as my friend Robert did wear them when riding your bike for 1 hour you can create some serious tiredness which makes the muscles rebuild stronger.

I had wrist grips which are nice for building your forearms and usable when watching TV or typing. Now I think that dumbbells are a lot better and can be used for many more exercises and the weight can be changed to help you progress. Equipment for single specific exercises is good if you don't want to research body building and fitness training. And it was very efficient in my best weight loss time.

I stacked my cupboards with Rice cakes and Ryvitas which are about 10-15 calories each and so if I felt hungry I would eat 5 of them filling my stomach with complex carbohydrates then maybe drink some water. And the hunger passes. I think I drunk coffee during this time also because I had learned from somewhere its appetite suppressing properties. After less calories than anyone should eat and 10 times as much exercise I was effing tired at the end of the day. So I sleep really well which helps me keep my energy high. A big part of my diet this time is removing fat from my diet completely. I think the little bit of cheese I had was the only thing with any fat in it (35%).

A person can realise that without fat in the diet you will burn up all your fat supplies. Because your body used fat everyday it is a part of how you give yourself energy. I sing how wonderful complex carbohydrates are and fat is still something your body needs. So remove fat from your diet and your body has to use the stored supplies. AWESOME!!! You could only do this part of the dieting and you would still remove some stored energy.

So after about 1-2 months I removed 2 stone (28lbs) and it was quite fast as one of my aunts who I think is an idiot started warning me about anorexia (disease where people get really thin). I realised I couldn't lose any more weight because I stayed the same weight for 2-3 weeks. I research everything and many sources to find patterns in the information. At school in the subject History I learned to never trust a source or at least question it. Some information is better than others. I know exactly what I'm doing and my totally retarded aunt thought she was expert because she was 105 years old. You know, I don't think I'm that smart, I do think there is a lot of stupid people in the world.

Some other simple people from a youth club I went to suggested I looked unhealthy. Check this, I was 11 stone after I lost some weight I was doing body building stuff so I looked quite toned. I had friends who were 8 stone. Seriously a man who is 8 stone. The average girl weighs 8 stone minimum. There was a guy at our school who weighed about 7 stone I think. He would buy pizza and eat one slice saying he was full up (lol).

Extra Fun thing: Body Building and Fitness

Then I continued the 2nd real task of building my muscle. I chose PE (physical education) as a subject when I was 14 and I excel in this area. I was in the top section of the class for my theory although my group consisted of people who played every sport well in their sleep. I learned things about set training and aerobic vs anaerobic exercise. I added each piece of useful knowledge to what I already knew.

In my work my friends did fitness stuff as well so we traded stories, information and theories. Steve did press-ups a lot and had the best body in our workforce. Jay had a fitness instructor girlfriend and explained the techniques he used and a funny story. He did weights when he was young and got so Pumped up that he squeezed his hand through a pint glass. The glass went into his skin and he was bleeding. His mum on the other hand "stop being such a baby" "it doesn't hurt that much". I don't know why mums are sadistic in this way and it seemed to be a common theme among them.

Another friend's dad was very well built and when his son got competitive with me he shared some secrets with him. He didn't share them with me (thus competition) but a quick journey to the internet gave me the answers. I think he was doing Wrist Curls. He came to my house 1 day with ripples in his forearm thus giving him the best forearms of any of us. For me, these wrist curls gave me a line in my forearm which is impressive and gave me the best punch I have. 3 kids tried to start a fight with me at college and I laughed at them which resulted in him trying to hit me with a bottle. I hit the guy with a normal punch and he went backwards across the road tripping over his feet. I couldn't believe how far he went. Being the cowards they were they went to get friends and a weapon. I walked off slowly. A strategy for anyone faced with idiots like this. Appear as calm as possible. If I had run away then they would have run after me and probably looked for me afterwards. Instead of this I turned around and

one of them jumped behind a tree and I continued walking. A friend told me twice they had seen them. The 1st time they had a black eye and claimed they had been hit by a car (kind of true). The 2nd time was a year later and they were saying how hard I am (hard = tough: its like strong and able to take some damage: mentally and physically strong). Its strange but sometimes people like that give you compliments after you have dealt with them. I wonder how this fits into evolution. Half way through my 1st year in college I realised my efforts were still not showing. This is when I started working on my shoulders and chest. I did press ups, Diamond press ups and worked the shoulders individually using dumbbells (clever bells). Diamond press ups were a nice discovery and suggest you google them. They work the thumb side forearm muscles and the center chest muscles better than anything else. In fact I could do 50 which isn't that much compared to regular press-ups. They apply more weight to the muscles though and so its more effective exercise. If you are a man reading this then work on your shoulders because this is the thing women unconsciously love. I saw a programme where they interviewed children for what they find attractive in men and women. Even though they weren't attracted to adults they still had ideas in their mind of what they like. All the little girls asked for tall men with big/wide shoulders.

This has been verified through many experiences and can be by you. Never trust what women say on a surface level. Their actions are usually what gives you answers. If you ask a Brazilian directly if she likes blue eyes she'll make up some lie because she's protecting herself. It is widely known and accepted knowledge that they love blue eyes because of their actions and rarely honest comments. So basically Don't check this shoulders knowledge with a girl. Look at every girl in her 20's dating a guy with big shoulders. The visuals are honest.

For the women reading diamond press ups can lift up your chest/breasts thus making a bra less necessary. Could it be useful to have natural lifted breasts? The rumour of the golden six pack appeared to me around this time. For years I heard that girls love a six pack (a stomach with 4-6 sections which is flat and hard). So I began with sit ups and there was a sit up bench in my house which made sit ups twice as hard to do (twice as hard = twice as much muscle gain). I did these until I built up to 800 regular sit ups and 400 bench sit ups. Dude! I sweat a lot. I was covered in sweat. I drunk 2 pints of water while doing it. So did I get my legendary six pack? Kind of. My stomach looked better and the muscle held it flat. I had bragging rights (the right to brag) because I could be hit/punched in the stomach and felt it for 2 seconds and then I was alright. I let people at college hit me in the stomach if I could hit them after in their stomachs. I learned something from this. Pain is created mainly for vital organs. The stomach/abdomen muscles are not as important as the inner intestine, kidneys and bowels. So I had a signal that my stomach had been hit and then the signal disappeared leaving me feeling invincible which was funny seeing the person who hit me; specifically their reaction. I still have this strength a bit although I no longer do any sit ups.

After my shoulders and chest being added I got so many compliments and girls lusting for me. At 1st I was surprised at the reaction and I enjoy this reward for my work immensely. 2 girls from school saw me 1 night and didn't recognise me. They were feeling my arms and made me sit opposite them on the bus "so we can look at you". Wow, I am treated like a 10/10 man. Various compliments for the 1st year I remembered because they weren't there before. I hope you get as many compliments and looks of lust as I do as this will show you how successful you are. Remember you will also meet jealous people men and women who's comments you didn't get before either. This will show you the bad comments are fake and consider who is saying them also. My history teacher from school told me my new size was quite intimidating and that's when I realised why men had been acting so strange to me.

After this I got involved in various fitness things. It was never enough. I was addicted to finding something new to push myself to the limit. Hmmm. I wonder about people running marathons, I used to want to do the marathon. I'm not sure I would now. I don't have to prove myself anymore. I feel like a degree may be a result of similar thinking. Maybe the journey takes us to where we are now and who says now is perfect. Allow yourself to feel perfect... How does it feel?

I did some boxing training for 6 months and wow could I defend myself after that. My training involved 300 hits to each punch bag with and without gloves (1,200 total). Without gloves my hands/knuckles became more malleable (bendy) and thus impossible to break. I think I heard something like bones become a rubber like substance if they are damaged enough. Thus absorbing or bouncing away damage. An excellent feature of human evolution I think. The last fight I had was Protecting my mum from an idiot which I did very efficiently. The next day my wrist was broken because my hand didn't take any damage. In fact I think it vibrated onto my wrist. A message from this may be that early damage to a person creates resistance and an invincible adult; just a thought; keep it in mind; for a may days.

I have done running/jogging at various times. Usually because of my neighbour who was a master of every sport and still wanted to go jogging (medium pace running for fitness). We ran many miles around where we lived and my favourite ones were when he was joining the army. He had to run 1 and a half miles in 11 and a half minutes. So his dad used his car to measure the distance and we started running. I did it and tried to beat his sprint at the end. He put years more into his achievement so I'm happy with my comparison. If you are going to do running then set yourself a target like we did or do it 3 times in 7 days as with the training plan earlier in the book. If you do 3 times in 7 days or set yourself a target push it 10% more than is possible for you to do. This is what makes the muscles grow or your breathing system become more efficient.

I found with all my systems that if I did more than I could then the muscles would grow. According to aerobic or anaerobic training philosophy 3 times in 7 days with rest time is the way to do it. So many times I have grown muscle after one day of over exertion. Its like an emergency procedure your body has. To help this procedure. Whenever your muscles feel tired or damaged then drink a pint of milk (500ml) before sleep. The next day you will feel like you rested the day before. Because the body repairs itself when you sleep so give it protein to help it repair. Milk is the most efficient protein and is cheap too.

Perry's Power Protein: Secret Formula Drink

I used to hear the term bulking up and weight gain which I think are bullshit. I never noticed any phenomena of eating to gain weight. Why would I have wanted to gain weight. I do notice that my weight increases when I gain strength. I would do my 3rd exercise time in 7 days, take my protein and wake up the next day with an extra 5-7 pounds of weight. The next time I lift some weights I could do 3 more repetitions (lift it 3 more times in an exact way) with the muscles which had increased in strength. 3 really is the magic number for lifting weights. I wonder if this phenomena continues into things like running, can you run an extra 3 minutes when your strength increases. Remember that repetitions increase in 3's. If everytime your strength increases you can do 5 more repetitions or 10 more then good for you.

After discovering the properties of a many foods and liquids I read an article in a magazine of how to make a healthy fruit drink. I think bananas were the inspiration for that recipe. I realise that after an hour of training a lot of protein is useful so I decided to make a protein drink. The ingredients varied slightly and here it is:

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Substance	Quantity	Properties
Milk (or milkshake for flavour)	1 pint (500ml)	18 grams of animal protein
Eggs	3-4 add more if you want	8 grams of protein per egg
Soya Protein	25 grams of powder soya	25 grams of plant protein which lowers cholesterol and lowers blood pressure (makes you relax)
For Flavour > pick and choose which ones you want from here		
Sugar	As much as you want	Tastes good
Sweeteners	As many as you want	Tastes good
Peanut Butter	1-2 spoons	25% plant protein for extra protein
Marmite	As much as you want	B vitamins
Banana	1-3	Potassium which makes you relax and tastes good
Yoghurt	1-2	Probiotics which are good for stomach > some milk protein

I also found in the shop Holland and Barrett some Mega Vitamin tablets which were just about possible to swallow and contained 5x the daily amount of every vitamin and mineral. These are optional although you could take a couple of regular multi vitamin tablets with your power drink.

I recommend you use a blender to mix this drink.

PS: this drink makes you, feel high. Its brilliant. This is my reward for exercise. And mixing the high of muscle training with this drink feels even more incredible.

If you really want to build a lot of muscle e.g. some men might like this. I found an article explaining the big bang theory of body building. The idea is to overload yourself with protein. Take 100-200 grams of protein a day and your body will start to use it. It will find ways to use it and if you have not fully grown for what ever reason you will because protein is what makes everything grow. When I did this I grew an extra foot (12 inches) in height and my friend at college who was competing with me through his own protein intake grew about this much also. I recommend the big bang theory to anyone with bone trouble, arthritis or anyone who would like to be taller. Take the protein drink everyday for 14 days if you are serious about growing.

One of the things which you are going to love about this protein drink is soya protein lowers cholesterol whilst eggs and milk raise it a little bit. So you get the superior milk and egg protein with the bad thing fixed by the soya.

Amino acids are what makes up protein and simply there are 2 types. The eight essential amino acids which come from animals and the non essential amino acids which come from plants. I mentioned me being a vegetarian earlier an this is useful info if you still are. Its almost impossible to get all the protein the body needs from fruits, vegetables and other non-animal stuff. So I personally recommend you have milk or eggs despite your beliefs. Of course its possible for people to survive without the 8 essential amino acids because they do. So do whatever floats your boat (whatever you like).

This drink contains both types of amino acids and so is superior to those containing only one type.

Fun thing 12: General Motors: Weight Loss Diet Program

There is a simple diet which employees of General Motors Inc are recommended to use and you can use it too. You can create a diet to fit in with your lifestyle. This is an example of a tested dieting plan which gets results. The weight loss of this diet is written to be 10-17 lbs making it the most efficient diet for weight loss. Remember your regular diet after this should contain complex carbohydrates and protein. This diet would be useless for muscle growth but is perfect for quick structured weight loss.

General rules > do Not drink any alcohol > drink 10 glasses of water each day or 5 pints (500ml)

Day 1: You can eat all types of fruits except bananas. Bananas are good for regular eating but not for this diet. If you eat lots of melons especially watermelons you will lose more weight.

Day 2: You can eat all kinds of vegetables. A big baked potato in the morning is recommended. Eat as much vegetables as you want.

Day 3: Eat fruits and vegetables today. Not bananas or potatoes.

Day 4: Banana and milk day today. Up to 8 bananas and 2 pints (2 x 500ml) of milk. One bowl of soup is ok also.

Day 5: Beef and tomatoes. Butcher beef 2 portions or 2 hamburgers (McDonalds maybe) and 6 tomatoes. Drink an extra 4 glasses of water (2 pints).

Day 6: Unlimited Beef and Vegetables. Eat until you feel full.

Day 7: Eat brown rice and vegetables. Drink fruit juice.

Soups can be eaten at various times during this diet if you want something extra. Any type is good. Tea and coffee are ok also.

NOTES:

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Fun thing 13: Motivation

Print this and read it when you want to Become motivated. You can put it somewhere you will see it everyday e.g. the back of your bedroom door or the fridge.

Each of us has the ability to lose weight and each of us can gain strength. I sometimes ask myself “If great athletes use this stuff, why don’t we use it here?” I have noticed people who use the techniques and methods in this book get what they want. After you begin to use these skills, you will notice how much healthier you feel. It is energising to see results so quickly from your initial actions.

What you can learn is taking control of your life is easier than you thought. It is FANTASTIC to see the new you. Once you have created the body you deserve you can only improve it. Another thing you are going to love about your new self is the extra energy you suddenly have. Do you know anyone who will be even fitter than you in the future?

I don’t know if anything else can make as dramatic changes as this programme to your health. Again and again I have seen people become happier and healthier because of their committed actions. We can repeatedly improve our fitness by learning new methods and continuing to use things which still work. Its not just about feeling really good and becoming healthier and looking amazing and getting what you want and feeling good for the rest of your life. When you begin to use my material, you will start to get superior results.

It would be quite a transformation if you got results tomorrow. Imagine that. Are you aware of how quickly you have been learning the information to transform your life? Don’t you think your abilities are amazing? If you had known this information earlier, you could have achieved even better results. If you should happen to not realise how fit you are going to be then imagine your ideal body, right now.

When you begin to use the methods in this book then you will become even fitter. How does knowing we create our own strength and health through our daily actions make you feel that you are more in control of your life? Are you not creating your own level of fitness through the foods you eat and the exercise you do? Who cares what we did in the past. We can Now become stronger, happier and more in control of ourselves through the application of information. I wonder if you are not already more confident than most of your inevitable success?

Jerry Smart became fitter through reading the early version of this book. The female editor is also proud of her new appearance. My student with the red bicycle only rides to make himself feel good. When you arrive at the conclusion that you can be more successful than these people then I will be happy with this book.

Our coaches will be available to meet you in person to discuss any queries you have and to produce individual personal action plans. All of Dr Barnes’ ideas and techniques are fully guaranteed. If you do not get 100% success our coaches will ensure that your plan is updated to give you the success you deserve. Our coaches also have many psychological and communicative techniques at their disposal that cannot be faithfully reproduced in a book. Thus, meetings with our coaches can be arranged by email problemsolver@techie.com or by phone 07963960499.

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