

*When You Dream...*

TM

# **DREAM THIN**

**The Weightloss Repair Manual**

A romantic scene of a man and a woman embracing on a beach at night. The man is wearing a dark suit, and the woman is wearing a black dress with a floral headband. They are standing on the sand, looking at each other. In the background, a large, bright full moon hangs in a dark sky with some clouds. The ocean is visible in the distance. The overall mood is intimate and dreamlike.

**Feel Better  
Feel Younger  
Live Longer  
Live Better**



**Author:** R. Lindemann

theories being consistently spread abroad to the masses, theories which now have become socially accepted as “settled scientific fact”. His position is that when dealing with any of the sciences, accuracy is paramount to having true understanding of any topic. He states that, “People’s desire to push their own agenda, all too often overrides their accuracy and turns into a system of beliefs and denial of actual evidence, rather than accurate evaluation of the information using true science.”

He feels that true human logic is important and that it has been overridden through methods of modern indoctrination. In effort to help others navigate through the fog of misinformation and enhance their own understanding, he has gone through the process of writing many books on some of the most prominently misunderstood topics.

His current bibliography includes the books *Bending the Ruler* about astrophysics, *Dream Thin* a plain language instruction manual to understand weight loss, and his four-book *Life Corner Stone Series* which includes the books *Hot Water*, *Red Hot Marriage*, *Strong Family*, and even *Understanding Prayer* exploring the effectiveness of prayer and its effects on our bodies and whether or not prayer to a higher power is scientifically realistic. He also wrote the five-volume series called *The Science Of God* analyzing the viability of the Genesis Creation account and the Global Biblical flood. To get your own copy of these or his other books, visit [RLindemann.com](http://RLindemann.com) or search “R Lindemann” on your preferred book retailer’s website or wherever books are sold.

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## Author Bio

With over four decades in contract-engineering, this author has worked extended periods in several engineering fields, including chemical, electrical, and mechanical engineering, among others. This experience has offered him unique insight into key aspects of our physical and chemical world. Having also been heavily involved in the detailed data analysis that is required in various engineering fields, he was able define many core connections between physics, chemistry, our bodies, human behavior, and even how it all affects our beliefs and our decisions.

## Addition Bio Info

After having extensively studied the physical sciences, he began to see irrational

# *Dream Thin*

## Sample Interview Questions

*For additional discussion points, see the detailed Table Of Contents following this page.*

- 1.) Judging from your bibliography, you appear to be more of a physics guy than a weight loss guru, so what made you enter the weight loss arena?
- 2.) What specifically was it that made you want to write your book *DreamThin*?
- 3.) Why did you call your book “*Dream Thin*”?
- 4.) Can anyone lose weight?
- 5.) Can people lose fat weight fast?
- 6.) Is the “*Dream Thin*” technique safe?
- 7.) Is *Dream Thin* filled with a bunch of technical mumbo jumbo?
- 8.) Are men and women different regarding fat weight loss?
- 9.) Are indigestion and acid reflex connected to excess fat weight?
- 10.) How did we all get so much fat on us?
- 11.) How does a person know what is right for them regarding losing fat weight?
- 12.) In your book *Dream Thin*, do you discuss any warning signs people can watch for that indicate that they are slowly gaining fat weight?

**Please mention:** To get your own copy of *Dream Thin - The Weight Loss Repair Manual - Lose Weight While Sleeping* visit [RLindemann.com](http://RLindemann.com), or search “R Lindemann” on your preferred book retailer’s website or wherever books are sold.

**When searching, spell the name: “R space L-I-N-D-E-M-A-N-N”**

## Other Books by R. Lindemann

### ***Bending The Ruler***

*Time Travel,  
The Speed of Light,  
Gravity,  
and The Big Bang*

### ***The Science Of God Volume 1***

*The First Four Days*

### ***The Science Of God Volume 2***

*Day Three  
Gravity, Land, Seas,  
and  
Evolution of Plants*

### ***The Science Of God Volume 3***

*Day Five and Day Six  
The Creatures  
Revolution or Evolution*

### ***The Science Of God Volume 4***

*Day Six  
Evolution versus Man  
In Our Image*

### ***The Science Of God Volume 5***

*Boats, Floods, and Noah  
The Deluge*

### ***Understanding The Bible***

*The Bible How-To Manual  
AND  
The Things We Don't See*

### ***Hot Water***

*Your Perceived Identity  
The Life Repair Manual*

### ***Red Hot Marriage***

*Made in Heaven  
Filled with Passion and Joy  
The Marriage Manual*

### ***Strong Family***

*A Foundation of Rock  
The Family Repair Manual*

### ***Understanding Prayer***

*Why Our Prayers Don't Work  
The Prayer How-To Manual*

### ***Thank You GOD***

*Finding Gratitude in Hard Times*

### ***Understanding The Church***

*Upon This Rock  
I Will Build My Church*

### ***Dream Thin***

*The Weight Loss  
Repair Manual  
Lose Weight While Sleeping*

*When You Dream...*  
**DREAM THIN™**  
The Weightloss Repair Manual

R Lindemann

Aleph Publications  
Wisconsin, USA

Dream Thin  
The Weightloss Repair Manual - Lose Weight While Sleeping  
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## Contents

<b>Chapter 1</b>	
<b>Conceive the Right Ideas.....</b>	<b>1</b>
This Book is Only for Those Who Are Serious About Losing Weight.....	3
Terminology Basics.....	3
Basic Calories Per Gram.....	6
Key Foods Calories Per Ounce.....	7
Volume versus Weight.....	7
The Butter Factor.....	8
What Dream Thin Isn't.....	9
What Dream Thin Is.....	9
<b>Chapter 2</b>	
<b>Your Healthy Existence.....</b>	<b>11</b>
High Fats & Cholesterol.....	11
Your Physical Discomfort.....	12
Suck It In or Stretch It Out.....	13
Taking Supplements.....	16
Bone and Joint Supplements.....	17
Healthy Dead People.....	19
Self-Control is what Allows You to Succeed.....	20
<b>Chapter 3</b>	
<b>Working Towards a Higher State of Being.....</b>	<b>23</b>
Your Weight Highs and the Discouragement of the Lows.....	24
We Won't Hear the Good with the Bad.....	31
Avoiding the Wrong Action When We Feel Down.....	33
Avoiding the Wrong Action When We Feel Good.....	33
Will I Ever Feel Attractive Again?.....	34
Riding High.....	35
<b>Chapter 4</b>	
<b>The Way Things Happen.....</b>	<b>37</b>
I was Once Young and Fit.....	37
How Did I Get So Fat.....	38
Changes in Our Eating Habits over the Years.....	39
Current Habits.....	39
How Air-conditioning Made Us Fat.....	42
Changes in Food over the Years.....	44
<b>Chapter 5</b>	
<b>Breath of Silent Techniques.....</b>	<b>49</b>
I Just Want to Lose Weight.. Now!.....	49
What to Do.....	51
Clearing of the System.....	52
Doing It Right.....	54
Importance of Accuracy.....	55
How to Stay in Control.. Forever.....	56
Be Constant and Be Patient.....	57
<b>Chapter 6</b>	
<b>Adding Up the Costs.....</b>	<b>59</b>
Medical Healthcare Costs of Being Fat.....	60
Health Costs of Being Fat.....	61
Strictly Financial Aspects of Being Fat.....	63

Become Aware .....	64
Get that Control Back .....	66
Dream Dollars .....	68
Part 1–Calculating DreamThin Dollars .....	69
Part 2–Be Accurate .....	74
Part 3–Record it All .....	78
Part 4–Patience .....	80
Part 5–Relax and Enjoy Life .....	82
Why It is Worth It? .....	82
To DreamThin .....	83
<b>Chapter 7</b>	
<b>Divide and Multiply Your Biology .....</b>	<b>87</b>
Food is Not Evil, Food is a Gift ! .....	89
Fat ! Is it a Gift or is it Torture? .....	91
What and Why and How that Affects You .....	93
I Want to Gain Weight, Not Lose Weight .....	93
Our Bodies Will Seek Needed Nutrients .....	95
How Much Should I Eat? .....	95
<b>Chapter 8</b>	
<b>Things to Know About Your Body .....</b>	<b>97</b>
Health of a Nation .....	99
The Family Disease Lie .....	101
The Genetic Lie .....	101
Family Habits that Cause Our Health Problems .....	103
Dangers of Being Overweight .....	105
<b>Chapter 9</b>	
<b>Health and Mental Protections .....</b>	<b>107</b>
Keeping Healthy Kidneys .....	108
Keeping a Healthy Liver .....	109
Keeping a Healthy Pancreas .....	110
Keep that Heart Pumping .....	111
The DreamThin Approach .....	111
Ease of DreamThin .....	112
How to Use DreamThin Checkbook Journal Pages .....	112
Logging It .....	113
Your Debt and DreamThin Dollars .....	113
<b>Chapter 10</b>	
<b>Be Committed .....</b>	<b>115</b>
Movement Matters .....	116
Exercise .....	117
Exercise Is a Bonus .....	118
The Most Effective Way to Exercise .....	118
Work It Through Your Body .....	120
Different Kinds of Exercise .....	120
What is Right for You .....	121
Main Exercise Considerations .....	121
<b>Chapter 11</b>	
<b>You Receive what You Eat .....</b>	<b>123</b>
Hunger .....	123
Mining for Food .....	124
Eat Balanced Meals .....	126



Understanding What to Eat.....	127
Understanding How to Eat.....	128
Understand When to Eat.....	130
<b>Chapter 12</b>	
<b>Your Guide to Success.....</b>	<b>133</b>
Real Life is Not Soundbites from Commercials.....	134
Battle of College Obesity.....	135
Beware of Bad Information.....	136
Be Knowledgeable and Understand.....	137
The Good News.....	138
Why DreamThin Works.....	139
Food Rule of Thumb.....	142
Exercise Rule of Thumb.....	144
Handy Measure Volume Conversion.....	146
<b>Chapter 13</b>	
<b>There Are Many.....</b>	<b>149</b>
Pharma Ads.....	150
Health Insurance.....	151
Arthritis.....	153
Back Problems.....	153
Bones and Joints.....	154
Cancers.....	154
Coronary Artery Disease.....	155
Type-Two Diabetes.....	155
Gallstones.....	155
High Blood Pressure.....	156
Indigestion & Acid Reflux.....	156
Kidney Disease.....	157
Liver Disease.....	158
Pancreas Disease.....	158
Sleep Apnea.....	159
Stroke.....	159
<b>Chapter 14</b>	
<b>The Living Body Machine.....</b>	<b>161</b>
The Dashboard of Your Body.....	162
Women Are Different Than Men, Period.....	163
Heat Up During Storage or Burning.....	164
<b>Chapter 15</b>	
<b>Details Everyone Should Agree On.....</b>	<b>167</b>
Health Vs Fat Weight Loss.....	168
Fat Thin People.....	169
Your System, Less In, Less Out.....	171
Getting It to Pass Through Your System.....	172
How Long Will It Take to Lose this Fat-Weight?.....	173
Your Equilibrium.....	174
Technical Tidbit.....	174
Ask Your Doctor before Making Changes in Life Habits.....	175
Can I Really Lose Weight While I Sleep?.....	176
<b>Chapter 16</b>	
<b>Seeing Through the Lies.....</b>	<b>177</b>
A Ridiculous Notion.....	177

The Food Police .....	178
Their Agenda.....	186
Dangers of Extremism .....	187
Do Not Make Food Out to Be Evil .....	187
All Food is Good.....	187
<b>Chapter 17</b>	
<b>Sharing Your Experience.....</b>	<b>189</b>
Social Problems .....	189
Fear of Your Past .....	190
Using Your Past .....	190
Master Your Past .....	191
In a Perfect World.....	191
Be a Part of the Solution .....	192
<b>Chapter 18</b>	
<b>Our Desires.....</b>	<b>193</b>
Can Someone Be Too Thin?.....	194
People Tell You to Eat More, But... ..	195
Cut Soda and Diet Soda .....	196
Don't Use Food as a Weapon Against Yourself.....	198
Don't Use Food as a Comfort Item .....	199
Need for Fat .....	199
<b>Chapter 19</b>	
<b>It Starts in Your Head and It Stays There .....</b>	<b>201</b>
Accepting the Brutal Facts .....	201
Honesty.....	202
I Can't Do It.....	202
Don't Allow Other People to Crush Your Dreams .....	203
It is Your Life.....	204
With God as My Witness I'll Never Be Fat Again .....	205
Getting a True View of a Week's Portions .....	205
<b>Chapter 20</b>	
<b>An Example .....</b>	<b>207</b>
Hey Fatty .....	208
What's In a Mirror .....	208
What You See You Will Be.....	210
What is a Calorie.....	211
The Important Math .....	211
A Kitchen Survey.....	213
Sorting Out Too Much Information .....	213
<b>Chapter 21</b>	
<b>It's Not My Fault .....</b>	<b>215</b>
It's always someone else's fault .....	215
Us Against Them .....	216
Don't Go There.....	216
Eat It All .....	217
<b>Chapter 22</b>	
<b>Question It.....</b>	<b>219</b>
How do you ask a question? .....	219
You Must Allow Yourself to Ask.....	220
Ask Yourself How.....	220
Ask Yourself Why.....	220

**Chapter 23**  
**A Matter of Choice ..... 223**  
Surviving the Family Years .....223  
The Cost of Beauty ..... 224  
Depression ..... 225  
Female Negativity, But Men Do It Too ..... 226  
Who Are My Friends and Who Are My Enemies? ..... 227  
Accept It and Speak It ..... 228

**Chapter 24**  
**Your Promise of Success ..... 229**  
Why Lose Weight? ..... 229  
Put It All On the Table and Be Honest ..... 230  
Getting It Right ..... 231  
Making It Permanent ..... 231  
It's All About Balance ..... 232  
Your DreamThin Oath ..... 233  
Journal Pages ..... 237

## ***Introduction***

The philosophy behind DreamThin is simple, true, and very possible to achieve by anyone who seeks a better, healthier life. I suppose any weight-loss program will have several steps you must follow to achieve *the holy grail of health*—A perfect weight!

Don't think of properly done weight loss as some tedious seven-step-program. True and lasting weight loss will come only in understanding a set of very basic principles that we should all abide by every moment of every day of our lives, including during our sleep time. Weight loss doesn't start with what you choose to put in your mouth, but rather what you choose to put in your head. That is to say, what you put in your mind.

Nearly all of us have witnessed scores of people spending hundreds and even thousands of dollars on seven-step books and memberships and special foods, only to watch most of those people gain weight during nearly the entire process. Or they lost some weight only to gain even back more than they lost to begin with.

How is it possible that eating low-fat foods, drinking only water and diet drinks, and even exercising ends in someone getting bigger, rather than smaller? I feel quite confident in assuming that if this did not happen to you, then you likely know others and have observed this yourself while watching them struggle, ultimately losing their battle with fat.

Yes, it can be done, and it will be done by anyone who wants it. You don't even have to want it all that bad, because you can

easily do it when you get your thinking right. And then it miraculously occurs on its own with little or no effort by you.

There are no hard and fast rules to follow to get the weight off when living DreamThin. Just live the DreamThin Philosophy and you are likely to win your own battle against excessive fat in all of the wrong places. It really is very simple, and alas, “simple” does not extract massive amounts of money from your pockets to pad the pockets of others as we buy program after program and meal after meal only to get even fatter and fear the scale the evermore. When reading books having to do with anything health related, it is important that you read and understand the entire book and consult with your physician *before* making any changes.

This book cuts through the fog of lies and reveals the many not-so-secret “secrets” of those who seem to stay naturally fit without even trying. And you can do it too!

## Chapter 1

### **Conceive the Right Ideas**

Are you tired of exercising for a week or two only to find that you actually gained the weight that you intended to lose? Angry that the scale keeps taunting you? Are you fed up with your mirror mocking you every time you set foot in front of it? Sick of regularly upsizing your clothes? If so then you have come to the right place.

But if you're offended at the word "fat" in reference to a person being overweight, then this book is probably not for you. *Overweight* says nothing about *why* we are overweight, but "fat" on the other hand, is very specific. *Fat* is not what you are, but rather it is what you want to rid yourself of. If you get angry when someone makes a comment that you're fat, then you probably believe that **you are** fat, rather than that **you have fat** on you. And there is an important distinction between those two views.

The DreamThin Philosophy is about getting your thinking right above all else. Sure, this book will take you through some more specific details you need to know that we are often not told,

## **Chapter 2**

### ***Your Healthy Existence***

We will discuss some of the problems with health issues in a bit. For now though, I want you to realize that if you're dead, you will no longer be here. Being fat is not what kills you, it is the side effects of being fat that steal away your life and joy. There is a lot of confusion about *what is healthy* and *what is **not** healthy* and what *will* make you fat and what *won't* make you fat

#### *High Fats & Cholesterol*

It is believed that having eating habits that are high in saturated fat can cause obesity. High levels of low-density lipoprotein or "bad" cholesterol contribute, and at the same time lower levels of high-density lipoprotein or "good" cholesterol as well. Obesity is also associated with high levels of another blood-fat called triglycerides. Over time, some of these blood fats can assist the build-up of fatty deposits in your arteries throughout your body. This is called atherosclerosis, which puts you at risk of coronary artery disease and/or stroke. It is believed that consuming these saturated fats will not in itself make you fat but

### **Chapter 3**

## **Working Towards a Higher State of Being**

In the last chapter we discussed the issues of stress and self-control, however, we didn't really touch on *how* those sorts of things make us feel. The way we feel is a very big part of why we eat too much. We eat when we're sad. We eat when we're happy. We eat when we're nervous. We eat when we're frustrated. We eat when we feel ashamed. We even eat when we feel ashamed about eating. We just like to eat!

Eating isn't bad, and it never will be bad. But the **quantity** that we eat is bad when it's too much too often, and it will always be bad when it's too much too often. Maybe "bad" is the wrong word because eating is not bad and without doing it you are guaranteed death. *Proper* eating is one of the requirements of a healthy life. It's the quantity and frequency of our eating that causes our problems, and often that is dictated by our feelings.

Our feelings can cause an avalanche of eating, and that is something that we must guard ourselves against. When we overeat we typically feel worse about ourselves, causing us to over-eat even more.



## **Chapter 4**

### ***The Way Things Happen***

What happened? How did this happen to me? Look at my pictures from years gone by, I was a skinny kid until...

That's right "until". Until what? Maybe we had children or had a job in the food industry, or we liked all of the options for snacks over the years. This list can go on quite a while, and we have already discussed some of these reasons or at least aspects of them, such as feelings of lost control etc.

#### *I was Once Young and Fit*

Most of us don't realize this, but many of us will gain about fifty pounds of fat-weight by the time we are about forty years old—unless we are vigilant. And vigilance comes only with knowledge and understanding. As a child, up until about the age of about twenty years old, we are generally pretty active. We're busy playing and running around, maybe as a young child at play or as an older child on sports at school. We didn't have time to be

## **Chapter 5**

### ***Breath of Silent Techniques***

The functions of our amazing body-machines seem to have no end. There are many very small functions that serve great purpose that most of us will never know or even care about, but these bodily functions dictate what our bodies will do with the foods we eat. When we understand some of these basic functions, then it makes ridding ourselves of that annoying excess fat far easier and far faster than trying to do so without that knowledge. Yet, there are many people who already have that knowledge and still can't lose the fat-weight they want to lose. What's the problem then? It is our lack of wisdom—especially our cumulative societal wisdom.

#### *I Just Want to Lose Weight... Now!*

Many of us... No most, if not all, of us just want to lose weight **now!** But we really don't want to lose weight. What we really want is to lose our excess fat. This might surprise many people, but if you think of it like this it will clear things up a bit; I am willing to bet that if your body looked like you imagine it to look,

## ***Chapter 6***

### ***Adding Up the Costs***

It's surprising how many of us never add up the costs of life. Many of us experience a point in life where we struggle financially and we eventually come to the realization that when things were financially good, we nicked-and-dimed our wallets and spent a great deal of cash on meaningless items and convenience. Those little things add up!

If you choose to visit the local coffee-house drive-thru, you probably spend a few bucks for a simple drink. If you do that every day during the work week for a year, you have wasted roughly eight hundred dollars and have probably gained some weight from it because it was likely not just a simple coffee, but rather some sugar-laden latte. The same is true if you have a daily soda on the way to work every day. Stop in at a gas station and pay a few bucks for a drink, plus tax, and now you spent about five hundred dollars in a year and probably gained a couple of pounds along with it.

Our habits are costly and must be tamed if we want a long healthy life. There is no need for anyone to join the irritating

## **Chapter 7**

### ***Divide and Multiply Your Biology***

Our bodies are incredible machines, and the cells within them are even more incredible. Consider the embryo of a baby: When conception occurs as the single sperm cell penetrates the single egg cell, the most amazing thing begins to occur at the conception moment as a type of spark flashes as discussed in *The Science Of God Volume 4 - Day Six - Evolution versus Man - In Our Image*. Then the cell quickly replicates itself by splitting off and then each cell does the same again and again. This continues all throughout our lives, our cells must divide to multiply and that is how we grow and heal. Without this incredible function we would all cease to be.

What is even more amazing is that once these cells are all in place and continue to multiply, they find a rate of replication that suits us as humans and we then stay roughly the same size and form with the exception of our muscle and fat mass—both of which we can control. Then as we eat our foods, these very same cells take the cells and nutrients from the foods we eat and they

## ***Chapter 8***

### ***Things to Know About Your Body***

The way we think about our bodies is often affected by our personal beliefs. Some of these beliefs are nothing more than inaccurate perceptions about the way we view ourselves in the mirror. We inaccurately judge ourselves by the way we look. It is true that when we are over fat-weight that there typically are underlying personal issues that we are failing to deal with. But we unfairly allow public perceptions and our own view of our own weight to be our index of our worth as a human being.

Lying to ourselves by saying that “big is beautiful” in order to attempt to boost our personal self-worth is a foolish lie to self, and it only serves to slowly undermine our feelings of worth. Our self-worth should never be tied to our weight, but it is for almost every one of us. When we are over fat-weight we know that we are letting ourselves down, we feel our own self-worth and self-esteem being lowered more and more with every extra bite we take. Big is not beautiful, it is generally unhealthy and no amount of boisterous demanding otherwise on social media is going to change this basic truth, but the person inside of that big body

## **Chapter 9**

### ***Health and Mental Protections***

We risk a great deal with our minor eating sins. Most of us are *not* constantly stuffing our faces and we have gained very little each year, but it has added up. In fact, most of us have been trying to reduce our body fat for many years, if not for several decades, but we fail because we don't understand or even know many of the basics explained in this book.

Most of us gain only a few to several grams per day and can barely notice it until our clothes get snug, and then we up-size our clothing one size after a few years to avoid the truth. But, as we all know, clothes sizes are not particularly consistent, so we blame it on clothing fit. Our fat gain puts our health at risk and we need to protect ourselves, so we end up fooling ourselves by getting great health and life insurance policies, imagining that somehow this will keep us healthy and alive. But nothing could be further from the truth. It's not wrong to have these insurances, but when we pretend as if they help us with our health, we are sorely mistaken.

## **Chapter 10**

### **Be Committed**

When we make a DreamThin Oath to ourselves we must be committed to that Oath. When we fail in that commitment, we sabotage ourselves. Our commitment to our Oath keeps us focused allowing us to progress to our proper healthy fat-weight loss goal. When our progress is visible, it reinforces our resolve to stay committed to our own personal DreamThin Oath.

The best part is that once we understand some basic information about our bodies and the foods that we eat, then it's easier to lose fat-weight. And when that fat-weight loss truly begins, it gives us incentive to speed things up by adding a little more activity to our day. Every minute of exercise is roughly a nickel of payment to Fat & Co. A nickel doesn't sound like much, but a ten- to twenty-minute walk is worth around a fifty-cent reduction of your Fat & Co. balance that you owe. Do this a couple of times per day and at the end of the year you paid off an extra three-hundred-fifty dollars. These things do add up and they offer other health benefits as well!

## ***Chapter 11***

### ***You Receive what You Eat***

Eating is one of the few pleasures that we all can enjoy, but we all enjoy it a little too much. Our culturally-increasing waistlines have been blamed on our culturally-increasingly sedentary desk jobs. But at the same time that our computers entered the scene, so did an onslaught of convenience food that all of us are all too happy to have in the office or at our desks. And especially if we have desk jobs, our access to high-calorie foods and meals has been increased so much that it is almost impossible to not cross paths with these foods many times throughout the day.

If we consume more calories than we need for the body's activity level, then we will receive what we eat in the form of added fat.

#### *Hunger*

“Hunger” is mostly in the head. If you really want to lose your fat weight then you must learn to deal with the sensation of “hunger pains”. In truth, there are very few people in the



## **Chapter 12**

### **Your Guide to Success**

We often seek out multi-step programs, telling us to do this, and then that, with each step having a specific instruction. But if we want to attack this fat-weight problem and properly deal with it, then our best guide to success is going to be knowledge, and more importantly *understanding* of that knowledge. Just because we can recite chapter and verse of a medical journal does not mean that we *understand* it.

The world is full of good books and weight loss programs with steps to do this and steps to do that, but there are really only two steps. First you must understand and second you must implement that understanding. If you don't cut your calories, or in some other way cause a calorie deficit, it is impossible to lose the fat. Exercise isn't exactly cutting calories, but it does accomplish the same thing; exercise causes the body to be short of calories needed, causing a calorie deficit, thus allowing your body to begin to use the energy stored as fat that hangs around the waistline and other parts of the body.

Female (5 feet 4 inches) Eating Exercise Cost in Hours:Mins						
Snack	Desc	Calories	Fat Co	Walk	Run	SitUps
01 M&M (Plain)	1 Piece	4.3	\$0.04	:02	:01	:03
02 Tootsie Pop	1 Lollypop	60	\$0.60	:33	:12	:40
03 Doritos	1 Chip	14	\$0.14	:08	:03	:09
04 Lay's (Original)	1 Chip	7.5	\$0.08	:04	:02	:05
05 Oreo (Double)	1 Cookie	70	\$0.70	:39	:15	:47
06 Cheetos (Puffs)	1 Cheeto	5.5	\$0.06	:03	:01	:04
07 Hershey's Kiss	1 Kiss	25.5	\$0.26	:14	:05	:17
08 Candy Corn	1 Piece	6.4	\$0.06	:04	:01	:04
09 Candy Hearts	1 Piece	3.9	\$0.04	:02	:01	:03
10 Wrigley's Gum	1 Stick	10	\$0.10	:06	:02	:07
11 Pretzels	1 Pretzel	12.2	\$0.12	:07	:03	:08

Male (5 feet 10 inches) Eating Exercise Cost in Hours:Mins						
Snack	Desc	Calories	Fat Co	Walk	Run	SitUps
01 M&M (Plain)	1 Piece	4.3	\$0.04	:02	:01	:02
02 Tootsie Pop	1 Lollypop	60	\$0.60	:21	:08	:21
03 Doritos	1 Chip	14	\$0.14	:05	:02	:05
04 Lay's (Original)	1 Chip	7.5	\$0.08	:03	:01	:03
05 Oreo (Double)	1 Cookie	70	\$0.70	:25	:09	:25
06 Cheetos (Puffs)	1 Cheeto	5.5	\$0.06	:02	:01	:02
07 Hershey's Kiss	1 Kiss	25.5	\$0.26	:09	:03	:09
08 Candy Corn	1 Piece	6.4	\$0.06	:02	:01	:02
09 Candy Hearts	1 Piece	3.9	\$0.04	:01	:01	:01
10 Wrigley's Gum	1 Stick	10	\$0.10	:04	:01	:04
11 Pretzels	1 Pretzel	12.2	\$0.12	:04	:02	:04

### *Exercise Rule of Thumb*

Since every person is built differently and has differing movement habits, a generalized chart can only roughly estimate how many calories a body might burn when doing certain activities. And because it is different for each person, it would fill several books to do a comprehensive listing. So what we have done here is to offer some basic median values for female and

## **Chapter 24**

### ***Your Promise of Success***

After we accept and speak the truths to ourselves and truly convince ourselves that we **can** accomplish our personal perfect weight, then we must make a solemn promise to ourselves that we will stand by these truths and carry them out to fully accomplish our healthy goals.

#### *Why Lose Weight?*

It is best if we lose weight for ourselves, rather than to please others. It certainly doesn't hurt to have others in mind, but that dependency is typically not a good idea if it is the only reason we lose the weight.

When we put our weight on their shoulders, then they control it and if we at some point are frustrated with them, it can have profound effects on our state of mind and on our fat-weight. But when we lose fat-weight to please ourselves and for our own health, then only we can affect our weight.