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Presents

The Negative Calorie Food List Report

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Disclaimer

This ebook provides *general* weight loss information and advice only. None of this information or advice should be used as a *substitute* for professional medical advice. For the sake of your health, please seek the advice of a doctor before beginning any form of weight loss program, or making any significant dietary or lifestyle changes. We specifically advise minors, pregnant women, or anyone with any type of health condition or allergy, to seek professional medical advice prior to commencing any form of weight loss diet or program.

NEGATIVE CALORIE FOODS

(Catabolic Foods)



Fruits

apples	Damson plum	mangoes	pomegranates
apricots	grapefruit	muskmelons	prunes
blackberries	grapes	nectarines	quince
blueberries	honeydew	oranges	raspberries
cantaloupe	huckleberries	papaya	strawberries
cherries	kumquats	pears	tangerines
cranberries	lemons	peaches (fresh	watermelon
currants	limes	or canned)	
	loganberries	pineapple	

Protein

buffalo fish	trout	lobster	shrimps
clams	flounder	mussels	abalone
cod	frogs legs	oysters	tuna
crabs & crayfish		sea bass	

Vegetables

artichokes	celery	kale	radishes
asparagus	chicory	kohlrabi	red cabbage
(raw, boiled)	chives	leeks	rhubarb
dandelion	chervil	lettuce	rutabagas
greens	Chinese	mushrooms	salsify
beet greens	cabbage	mustard greens	sauerkraut
beets	corn	okra	scallions
broccoli	cucumbers	onions	sorrel
Brussels	dill pickles	parsley leaves	spinach
sprouts	eggplant	parsnips	squash
cabbage	endive	peas	turnips
carrots	garlic	peppers	tomato
cauliflower	green beans	pickles	watercress
celeriac		pumpkin	

Catabolic foods best eaten raw

apples, apricots, carrots, chives, cucumbers, dandelion greens, endive, pears, peppers, red berries, green cabbage, white grapes, pineapple, leeks, plums, celery, lettuce, prunes, cabbage, melons, radishes, cherries, onions, sauerkraut, parsley, tomatoes, citrus fruits, peaches, watercress

Catabolic foods best eaten cooked

asparagus, chard, chicory, beans (string or wax), chervil, parsnips, beet greens, kale, oyster, pumpkin, broccoli, collards, rhubarb, red cabbage, eggplant, sorrel, cauliflower, kohlrabi, celeriac, mushrooms, salsify, spinach, squash, turnips

Make Your Fat Disappear By Eating More Fruits and Vegetables

The following information seems to support the idea that eating a lot of raw food and drinking fresh juices will help you lose weight.

- It has been stated in farmers' magazines, that if you want your hogs to fatten up quickly, you feed them cooked potatoes, not raw; that if you want your cattle to gain weight, you feed them cooked grain, not raw.
- Animals given raw, enzyme rich foods never gain weight regardless of calorie intake. Given cooked, enzyme poor food, they fatten up.
- Dr. Levin of Omaha, Nebraska, examined 3,000 primitive Eskimos during 3 trips to the Arctic and found only one overweight person. These Eskimos ate large amounts of fat in the form of raw blubber (and other fats) and they ate raw meat.
- Another interesting fact is that you just don't see fat animals in the wild.

Fruits and vegetables promote weight loss because they ...

- are very low in fat
- are low in calories
- are high in fiber, vitamins and minerals.
- eliminate wastes quickly and help reduce cravings for sweets
- keep your energy levels steady so you don't become too hungry or too tired
- boost your metabolic rate

- burn calories more effectively
- carry off excess body acids
- are rich in vitamins, minerals and enzymes that satisfy the body's nutrient requirements with less food.

Some foods like, broccoli, asparagus, celery, and strawberries, may even contain [negative calories](#) -- foods that burn more calories processing them than the actual calorie content of the food itself. A 5-calorie piece of celery may take 100 calories to digest resulting in a net loss of 95 calories from your body fat. The more you eat from the negative calorie food list, the more you may lose!

If you find it difficult to include a variety of fruits and vegetables into your family's diet, you can substitute some servings with fresh fruit juices, thick and frothy fruit smoothies, fresh vegetable juices, and gazpacho. Juicing allows you to eat more of the vegetables than you would normally otherwise.

Freshly made juices are a tremendous source of bio-available vitamins and minerals which are the partners of enzymes and co-enzymes. Vitamins activate enzymes and without vitamins, enzymes could not carry out their work, and we could not live. Enzymes act as catalysts in hundreds of thousands of chemical reactions that take place throughout your body, and are essential for digesting, absorbing and converting food into body tissue. Enzymes produce energy at the cellular level and are critical for most of the metabolic activities taking place in your body every second of every day.

Another benefit of drinking fresh juices and smoothies is that your body can absorb MORE of the vitamins and minerals than if you were to eat the fruits and vegetables whole! Many of the nutrients are TRAPPED in the fiber and by blending fruits and vegetables, you break down the fiber and release the vital nutrients.

Example:

When you eat a raw carrot, you are only able to assimilate a small percentage of the available beta carotene. When a carrot is juiced, removing the fiber, a LARGE percentage of the beta carotene can be assimilated by your body.

And unlike other types of foods (such as those high in fat that many of us eat too much of), plain fruits and vegetables are items we don't need to restrict. So take advantage of the known and yet-to-be-discovered health and weight loss benefits of fruits and vegetables by eating and drinking a wide variety (5 to 9 servings) each day.



Our Versions of the Hollywood Diet

The Hollywood Miracle Diet is based on the time-tested and popular European method of periodic cleansing of the body. All you do is drink the juice for 2 days and you can lose up to 10 lbs.



Our recipes contain a healthy balance of vitamins, minerals, enzymes, protein, micronutrients, fiber, and essential fatty acids. They also contain a wide range of valuable phytonutrients.

Weight loss Tip:

Drink 3 cups of green tea each day. Don't brew the tea longer than 3 minutes. Don't drink green tea if you are drinking Miracle Juice #3 as it already contains green tea.

Note:

The diet can be repeated every 2 weeks or so. As always, check with your doctor for his or her advice.

Miracle Juice No. 1

1/4 cup plain yogurt (preferably with live yogurt bacteria)
(fruit yogurt can be used, but it may make the juice too sweet)

1/4 cup fresh raw apple cider or apple juice

1/4 cup freshly squeezed orange juice

1/2 banana, frozen in chunks

1/2 T. raw wheat germ

2 heaping T. soy protein powder

1 T. skim milk powder

2 fresh ripe apricots, skin and peel removed, sliced
(substitute with 1/3 cup canned apricots or frozen
apricots if fresh is not available.)

1 tsp. flax oil, wheat germ oil or olive oil

2 tsp. pineapple juice concentrate (optional)

Process in a blender until smooth.

Recipe yields 1 serving. Drink every 2 - 3 hours.

Miracle Juice No. 2

1 cup low-fat fortified vanilla soy milk (Eden is a good brand)
1/4 cup orange juice
1/4 cup cranberry juice
1/4 cup plain yogurt (preferably with active dairy bacteria)
1/2 banana, fresh or frozen in chunks
1/2 T. raw wheat germ
1 tsp. flax oil, wheat germ oil or olive oil

Process in a blender until smooth.
Serve over ice. Recipe yields 1 serving. Drink every 2 - 3 hours.

Note:
Don't drink green tea if you are using this recipe exclusively as it already contains green tea.

Miracle Juice No. 3

One cup Papaya Juice
(available in health food stores or by processing
papayas through a juice machine)

1/2 banana, fresh or frozen in chunks

1/4 cup green tea, strongly brewed

2 heaping T. soy protein powder

1/4 cup blueberries, fresh or frozen

1/4 cup carrot juice

1/4 cup apricot juice

1/4 cup plain yogurt (preferably with live yogurt bacteria)



Process in a blender until smooth.
Recipe yields 1 serving. Drink every 2 - 3 hours.

THE TRADITIONAL GRAPEFRUIT DIET



THE 12 DAY DIET

BREAKFAST:

1/2 grapefruit OR 4 oz. of 100% (no sugar added)
grapefruit juice
2 eggs and 2 slices of bacon
2 glasses of water
1 cup coffee, or tea, if desired

LUNCH:

1/2 grapefruit OR 4 oz. of 100% (no sugar added)
grapefruit juice
large salad, any dressing
meat, fish or fowl, any style except breaded
2 glasses of water

DINNER:

1/2 grapefruit OR 4 oz. of 100% (no sugar added)
grapefruit juice,
meat, fish or fowl, any style except breaded
1 cup any vegetable that is not starchy
add 2 tsp. butter and any seasonings)

small salad, any dressing (optional)
2 glasses of water

SNACKS:

water only

BEDTIME SNACK:

8 oz. glass of skim milk or tomato juice

FOODS ALLOWED:

You can eat bean sprouts, cabbage, tomato, cauliflower, broccoli, celery, mushrooms, scallions, bell pepper, radish, kale, brussel sprouts, turnip greens, turnips, dandelion greens, cucumber, spinach, green beans, eggplant, crookneck squash, zucchini, okra, lettuce, jicama, spaghetti squash, mayonnaise, reg. dressings for salad low in carbs (no "mayonnaise-type" salad dressings), mustard greens, beef, pork, ribs (no sauce with sugar), chicken, turkey, fish, tuna, liver, organ meats, chops, roasts, scallops, shrimp, lobster, sausage low in carbs, crab (no artificial seafood).

FOODS NOT ALLOWED:

Do not eat the following while on the 2-week diet: most dairy, avocado, sweet pickles, desserts, breads, potato chips, potatoes, carrots, dried beans, peas, pretzels, beets, onion, cereal, corn, starchy vegetables, pasta, corn chips, jelly or jam, nuts, diet or regular sodas, fruit, low-fat/fat free or diet dressings.

Do not eat anything that isn't on the list.

INSTRUCTIONS:

1. At any meal you may eat all you want until you are full and satisfied (except the grapefruit). You must eat the minimum listed at each meal, but don't OVEREAT. Stop when you are full.
2. Don't eat between meals; if you get the combination of foods suggested you should not get hungry. If you find yourself getting too hungry, eat more at your meals.
3. Don't eliminate anything from the diet; don't skip the bacon at breakfast or omit salads. It is believed by some that it is the combination of foods that burn fat.
4. The diet mainly eliminates sugars and starches.
5. If you desire, you may double helpings of meat, salad or vegetables at meals to eliminate hunger between meals.
6. Drink your water between meals and make sure that you drink a minimum of eight (8 oz.) glasses of water, plus one 8 oz. glass for each 30 lbs. you are overweight.

****IMPORTANT****

Don't stay on the diet for more than 12 days. With your doctor's consent, you can do the diet 12 days on and 12 days off until you've lost the desired weight. During the 12 days off, maintain a healthy eating lifestyle.

NUTRITIONAL CONTENT OF GRAPEFRUIT

Grapefruit, raw, pink and red				
Nutrient	Units	Value per 100 grams of edible portion	Sample Count	Std. Error
Proximates				
Water	g	91.38	22	0.059
Energy	kcal	30	0	
Energy	kj	126	0	
Protein	g	0.55	16	0.011
Total lipid (fat)	g	0.10	0	
Carbohydrate, by difference	g	7.68	0	
Ash	g	0.29	16	0.005
Minerals				
Calcium, Ca	mg	11	22	0.437
Iron, Fe	mg	0.12	3	0.009
Magnesium, Mg	mg	8	38	0.575
Phosphorus, P	mg	9	16	0.725
Potassium, K	mg	129	30	3.909
Sodium, Na	mg	0	17	0.049
Zinc, Zn	mg	0.07	0	
Copper, Cu	mg	0.044	16	0.003
Manganese, Mn	mg	0.010	16	0.001
Vitamins				
Vitamin C, total ascorbic acid	mg	38.1	22	1.084
Thiamin	mg	0.034	22	0.001
Riboflavin	mg	0.020	0	
Niacin	mg	0.191	22	0.008
Pantothenic acid	mg	0.283	0	
Vitamin B-6	mg	0.042	14	0.004
Folate, total	mcg	12	22	0.780
Folic acid	mcg	0	0	
Folate, food	mcg	12	22	0.780
Folate, DFE	mcg_DFE	12	0	
Vitamin B-12	mcg	0.00	0	

Vitamin A, IU	IU	259	0	
Vitamin A, RE	mcg_RE	26	0	
Lipids				
Fatty acids, total saturated	g	0.014	0	
16:0	g	0.012	0	
18:0	g	0.001	0	
Fatty acids, total monounsaturated	g	0.013	0	
16:1 undifferentiated	g	0.001	0	
18:1 undifferentiated	g	0.012	0	
Fatty acids, total polyunsaturated	g	0.024	0	
18:2 undifferentiated	g	0.019	0	
18:3 undifferentiated	g	0.005	0	
Cholesterol	mg	0	0	
Amino acids				
Tryptophan	g	0.002	0	
Lysine	g	0.014	0	
Methionine	g	0.002	0	

USDA Nutrient Database for Standard Reference, Release 14 (July 2001)

THE TRADITIONAL CABBAGE SOUP DIET



There are testimonials online from people who have tried the Cabbage Soup Diet and had weight loss results nothing short of extraordinary. There are also claims that you can lose from 10 – 15 lbs. in 7 days. Since this is not a very nutritionally sound plan and certainly not one to live on, it should only be done for 7 days.

The Diet is based on a fat-burning soup and unique combinations of food. If the diet is correctly followed it should cleanse your system of impurities and give you a sense of well-being with weight loss.

The diet is thought to have originated at any number of hospitals to help those patients who need to lose weight before a major operation but no medical facilities have claimed it as their own.

Cabbage Soup Recipe

The cabbage soup can be eaten at any time you feel hungry during the day, and you can eat as much as you wish as often as you like!

6 large green onions
2 green peppers
1 or 2 cans of tomatoes (diced or whole)
5 Carrots
1 bunch celery
1 small cabbage
3 medium zucchini (optional)
1 package Lipton Onion Soup mix
Season to taste with pepper, parsley, garlic and onion powder

You will need a large pot. Cut the vegetables in small to medium pieces and cover with water. Boil fast for 10 minutes, then cut to simmer and continue cooking until all vegetables are tender. You can freeze this soup.

Tip: Add enough water to keep the sodium level low. High sodium levels will retain water in the body.

Cabbage Soup Diet

Day One:

Fruit:

Eat all of the fruit you want (except bananas). Eat only the cabbage soup and the fruit for the first day.

For drinks - unsweetened teas, cranberry juice and water.

Day Two:

Vegetables:

Eat until you are stuffed with all fresh, raw or cooked vegetables of your choice including leafy green vegetables and stay away from dry beans, peas and corn. Eat all the vegetables you want along with your soup. At dinner, reward yourself with a big baked potato with butter. Do not eat fruit today.

Day Three:

Mix Days One and Two:

Eat all the soup, fruits and vegetables you want except potatoes.

Day Four:

Bananas and Skim Milk:

Eat as many as eight bananas and drink as many glasses of skim milk as you would like on this day, along with your soup. This day is supposed to lessen your desire for sweets.

Day Five:

Beef and Tomatoes:

Ten to twenty ounces of beef and up to six fresh tomatoes. Drink at least 6 to 8 glasses of water this day to wash the uric acid from your body. Eat your soup at least once this day. You may eat broiled or baked chicken instead of beef (but no skin-on chicken). If you prefer, you can substitute broiled fish for the beef on one of the beef days (but not both).

Day Six:

Beef and Vegetables.

Eat to your heart's content of beef and vegetables this day. You can even have 2 or 3 steaks if you like, with leafy green vegetables. No potatoes. Eat your soup at least once.

Day Seven:

Brown rice, unsweetened fruit juices and vegetables:

You can STUFF yourself. Be sure to eat your soup at least once this day.

Cheating tip: The rice is extremely bland. We recommend cooking the rice in a little chicken broth and topping with a small amount of low-salt soy dressing.

DIET TIPS:

→ Be prepared to spend more time in the bathroom – there are frequent bowel movements.

- Red cabbage not only adds flavor to the soup, but it gives the soup a rich Burgundy color.
- The soup can be blended for a creamy delicious consistency.
- Remember: This is a short-term solution for quick weight loss, and you should continue a healthy eating lifestyle after the diet to maintain health and weight loss.
- EAT! If you don't eat enough, you will get weak. Prepare properly for the diet and make sure that you have a variety of fruits and vegetables on hand. You can make the soup ahead of time and freeze it. Eat the soup whenever you get hunger.
- You can fill a thermos with the soup to take to work.
- **Cheating tip:** Add a couple tablespoons of whole-grain croutons to the soup for texture and flavor.
- **Cheating tip:** Stir 1 tablespoon of low-fat sour cream into a heated bowl of soup for added flavor.
- **Cheating tip:** Add 2 tsp. shredded low-fat mozzarella cheese to a heated bowl of soup for added texture and flavor.

WRAP YOURSELF SLIM AT HOME!

Body Wraps Exposed eBook!

FAQ ABOUT 'WRAP YOURSELF SLIM' BODY WRAPS
By Danielle Simms

What is a Body Wrap?

A body wrap is an all-natural alternative to plastic surgery. It slenderizes and contours your body shape in only an hour. The body wrap produces therapeutic and cosmetic benefits by cleansing the body of toxins and reducing inches.

Does a body wrap have therapeutic properties?

Yes, the body wrap is very popular with massage therapists and salon technicians for that very reason. You can use the body wrap to relieve yourself from pain due to injury and illness. a body wrap can also improve your overall health by DETOXIFYING the body.

Can I do the wrap myself, or do I need help?

These body wraps are so easy to do that you do NOT need any help from others.

Do I need some sort of special equipment?

The body wraps in "Wrap Yourself Slim: Body Wraps Exposed" are designed to be performed in the privacy of your own home. You do not need any special equipment. The items you need to perform one of my wraps are wrap cloths, the ingredients, and items that are found in every household, such as stainless steel pot, mixing bowl, spoon, etc...

I've tried a wrap before with no results. Will your formulas work for me?

My wrapping formulas are different from any of the other body wraps that are currently on the market and do not contain a whole lot of filler ingredients. Only the beneficial ingredients are required, which means a formula may contain only 3 to 4 ingredients. You will be amazed at the results that you will receive from these body wraps even if you have tried numerous other wraps with little or no results.

The formulas will work as long as there is adequate absorption and circulation from the skin. I provide a program in my book that will help you increase your skin's ability to absorb and increase circulation. Your skin will be "fit" enough to absorb the formula. The techniques and information will also help with cellulite, water retention, blemishes, skin tone, and more...

Why do your formulas work?

My body wrap formulas release fat out of the body's cells into the lymphatic system. The fat is then carried out of the body naturally through normal elimination. The fat is PERMANENTLY eliminated!

Is a body wrap a compression or sauna-like water loss treatment?

No, inch loss is not due to temporary compression or water loss. The special formula detaches fat lipids from the cell walls for natural elimination through the lymphatic system, thereby producing PERMANENT fat loss.

How long does it take to get a wrap?

It takes approximately 1-1/2 hours your first body wrap. You will be in your wrap for only 60 minutes, but additional time is needed for measuring, wrapping and unwrapping.

Will these body wraps help everyone?

Anyone who wants to tone, tighten and improve the look and texture of their skin, including people with loose skin from weight loss or pregnancy. Also those who experience joint pain and inflammation will benefit from the therapeutic effects of a body wrap. Everyone who wants to look and feel younger fast!

What do I wear while I am wrapped?

You can wrap in the nude, or, women can be wrapped in a bra and panties or a bikini, and men can be wrapped in underwear or swim trunks.

What does "total inch loss" mean?

Before wrapping, measurements are taken of various parts of the body (calves, hips, waist, midriff, abdomen, arms, etc.) and recorded on the chart included with my book. After the wrap, re-measure, and the your starting and ending measurements are subtracted to determine "total inch loss."

Will the wrap help me to lose weight as well as inches?

A body wrap was designed to take off inches and detoxify the body. It is natural to experience a weight loss when you experience a fat loss.

How many wraps will I need?

That depends on the results you want to achieve, the amount of loose skin you have, and your commitment to following the tips in my bonus report. To maximize your results, I recommend that you get wrapped once a week for 6 weeks. For maintenance and to continue detoxification, I recommend that you wrap once a month.

What about pre-existing medical conditions?

Common sense says that, if you have medical problems, you should always obtain your doctor's permission before you try anything new or different. A body wrap is no exception.

What will a body wrap do for my skin?

Your skin will be conditioned and appear smoother and tighter after wrapping. If you have recently lost weight and need to tighten your skin and body, the body wrap is a quick and easy way to do this.

What will a body wrap do for cellulite?

One of the first things you will notice is a visible improvement in the cellulite dimples and ripples within the first few wraps. Results can usually be seen from the very first wrap, but individual results vary from individual to individual.

What about problem areas such as thighs, stomach, etc...?

If you have problems in only a few areas you can wrap the problem spots to make them slimmer and to shrink fat and lose inches. It is recommended that your first wrap is a full body wrap.

How much weight will I lose?

A body wrap was designed to take off inches rather than pounds. However if you use the techniques in the bonus report you could lose weight!

Danielle Sims is the author of "Wrap Yourself Slim: Body Wraps Exposed"

Click on this link to read about her program:

<http://www.wrapyourselfslim.com/?hop=lager.wrapslim>
