
Weight Maintenance

As mentioned in the book, I don't recommend *any* specific diet, or categories of food.

Everyone is different. You must discover what works best for *you*.

Generally I let fasting take care of my weight maintenance.



The important thing is to be aware of your weight. Are you?

I am. I weigh myself every Saturday morning.

So, on a weekly basis I know if I've gained or lost weight. That understanding usually triggers the following week's fasting decisions, and my sugar intake.

Hmm ... sugar intake is my vice. I'm a sweets addict. I could eat cake till I'm full ... and then some more. I'm 100% sure that sugar management is crucial to my weight maintenance. I tried to shed some fat for months till I finally switched from donuts to raw carrots.

Then my weight dropped like a stone.

Unfortunately, abstaining from sugar long-term is beyond my abilities. The most I've been able to has been to limit my intake. And I found a 'fix' that helps limit the effects of my sugar craving, since I couldn't give it up altogether.

This method, which has helped me a lot, is quite hilarious and you may think it should only be recommended to married guys. I linked my sweets consumption to sex: if I get laid, I allow myself one sweet thing, like a piece of cake, a chocolate bar or a few cookies. Of course I haven't told my wife about this, which keeps my method so ... effective.

I eat at least 1 vegetable/ fruit a day, not only because they provide vitamins, but also because they have fewer calories than other types of foods.

If you have a problem with a certain food, finding yourself continually craving it, then use your creative mind to find a solution, like I did.

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What Works For Me:

- **I use fasting** as my primary weight-control weapon.
- **I avoid sugar when I can.**
Sweets represent my greatest challenge. My most effective 'fix' has been to match my sweet consumption with my sex-life success.
- **I eat at least one vegetable or fruit per day.**
- **I track my weight** weekly.

My Suggestions for You:

Recognise that 'one-size-fits-all' nutrition programs don't exist.

Understand that being closer to your optimal weight will give you more energy. And most things in life will be easier.

Work out a diet that works, and stick to it. Choose foods that will give you vibrant, healthy life for another ten years or more. You want to live that long, don't you?

- Use a scale to keep an eye on your weight.
- Learn about BMI.
I suggest you aim to stay in the normal-weight range

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI