

# Bullets Points to Live By

## Keys To Fat Loss and a Healthy Mind & Body

By Brian Copeland, RKC

### Rest and Recover

- Divide life into 4 equal parts: Work, Play, Rest, Pray (*source Dan John*)
- School and learning are work unless you love it and then it is play and partially work. Learning is not rest. Playing a video game is not rest it is play.
- Fact; people who pray live longer (*source Dr. Harold Koenig*)
- Sleep 7 – 9 hours per day; take an extra nap on the weekends
- You can't store up sleep for the week but an extra nap will do you well
- Chronic fatigue will hurt your health, take it easy and rest!
- Sleep is when your immune system recovers, your body AND mind repair themselves and psychologically you recover
- 1 – 2 hours before bed, turn all of the lights low in the house and keep things quiet; meditate, pray, read, watch comedy on TV not news or action

### Summary

- Divide life into 4 equal parts: Work, Play, Rest, Pray
- 7 – 9 hours of quality sleep per night
- Reduce stress, don't let stuff get to you
- Eat clean; veggies, fruit, nuts, meat
- Avoid processed foods especially sugary foods and grains/breads/pasta/soy
- Drink plenty of water, it cleans you out and helps you function properly
- Once or twice per week eat some naughty foods if you crave them. After all you can still enjoy life!

Finally, this isn't a comprehensive list but a good guideline. If you want to know more, ask or do the research yourself.

### Eat

- Lots of vegetables
- A little fruit, berries are great, lots of antioxidants!
- Plenty of healthy meat, hormone-free, antibiotic-free, free-range (red meat) or cage-free (fowl)
- Lots of water
- Multi-vitamin/mineral/phytonutrient. One that dissolves in a glass of water in about 30 minutes or less (do you get just enough nutrition to live?)

### Avoid

- Sugary foods
- Processed grains; bread, pasta, rice, flour, cookies, etc.
- Too much soy in your diet; it is like taking birth control pills and has way too much estrogen
- Soda, fruit juice (only drink these if you want to be fat and have diabetes!)

### Did You Know?

- Stress and lack of adequate nutrition are the top 2 causes of disease!
- Elevated levels of the hormones estrogen and cortisol cause the following:
  - The higher your levels the harder it is to lose body fat!
  - Your general mood and outlook on life will suck and you will be depressed
- Poor sleep and nutrition make estrogen and cortisol rise
- Normal levels of testosterone (yes in women also; I said "normal" not abnormally high from steroids)
  - Losing body fat will be much easier
  - Your general mood and outlook on life will be great. Life will be a series of successes and you will have a boost of confidence and happiness.
  - Your sex drive will improve and married folks will appreciate an improved sex life.
- Good sleep and nutrition supports normal testosterone levels in the body
- Testosterone is raised whenever you have a success in life, estrogen goes up whenever you have a failure that you take to personally or you let things stress you out too much

**Train Like An ATHLETE Not A Hamster!**

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