

**Dr. Del's**  
**RAPID**  
**FATLOSS**  
***Jumpstart Guide***

***A Complete 10-Day Program  
for Kick-Starting Your Body's  
Fat-Burning System***

**Del Millers, Ph.D.**

Author of:

- ▶ *Dr. Del's Rapid Fatloss Manual*
- ▶ *Dr. Del's Rapid Fatloss Meal Plan*
- ▶ *Dr. Del's Rapid Fatloss Cookbook*
- ▶ *Dr. Del's Rapid Fatloss Detox-Cleanse Program*
- ▶ *Simply DELicious: 10-Minute Meals Cookbook*
  - ▶ *Del's 10-Minute Workout*
  - ▶ *Dancing with God*

***Dr. Del's Rapid Fatloss Manual***  
***Del Millers, Ph.D.***

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**Dr. Del's Personal Mission Statement:**  
*To Inspire, Support and Encourage  
Personal Growth & Transformation  
through Health Conscious Living.*

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## A Note From Dr. Del

Everybody wants to be lean, but most people don't understand what it takes to get the results they're looking for. Losing weight and getting lean are two different things. For one thing, most people who lose weight end up being "fatter" than when they were heavier.

How is this possible?

Well, most people starve themselves and do a lot of cardio to lose weight. While this short-term strategy can help, it also leads to a loss of lean muscle tissue. Thus, over time, you might be thinner, but a higher percentage of your body weight is now fat mass. There is another way.



Over the past twenty years, I have worked with many clients. I have also facilitated many seminars and workshops across the United States, Europe and Australia. The message that I've always shared with my clients and seminar participants is that nutrition is the key to living a fit and healthy lifestyle.

If you want to build a lean sexy body, you have to develop a lean sexy lifestyle. Why waste your time with fad diets that will only get you temporary results? Instead, you should pursue the life changing habits that will lead to lasting body transformation.

What exactly do I mean by transformation?

Well, change is temporary. However, if you were to make one small change every week for one year, this would lead to transformation.

Transformation is the result of developing simple disciplines and maintaining them over time. This is life changing; there is no going back. Once the mind expands and your eyes open, there is no going back.

Simply put, if you were to develop a new healthy habit each week for fifty-two weeks, at the end of the year you would become a totally different person. This is transformation.

That's why I like to share with people that you can never transform your body without transforming your life. It's too big a job. Transformation requires that you reorganize your life around your values and goals. Therefore, living a fit and healthy lifestyle has to become one of your top three values.

Your values are the things that are most important to you in this life—health, fitness, family, abundance, etc. Values are like a compass, they help to guide you and provide clarity and focus in your daily actions.



## The Purpose Of This E-Book

The purpose of this e-book is to share with you the process I've been using with others and myself to create total body transformation. *Dr. Del's Rapid Fatloss Jumpstart Guide* will introduce you to my three-phase fitness and nutrition system.

The complete program is outlined in four separate volumes: *Dr. Del's Rapid Fatloss Manual*, *Dr. Del's Rapid Fatloss Meal Plan*, *Dr. Del's Rapid Fatloss Detox-Cleanse Program*, and *Dr. Del's Rapid Fatloss Cookbook*.

My approach is based on science and experience. I will introduce you to the latest fat loss research and explain the relevance to your fitness program and meal plan.

*Dr. Del's Rapid Fatloss Jumpstart Guide* contains a complete 10-day fitness and nutrition program. This simple program will show you how to change both your fitness regime and your meal plan regularly for best fat loss results.

Follow my plan and in just 10-days you will get results; I guarantee it. I've been helping people transform their bodies for a very long time, so I know what it takes. I also have very extensive knowledge of the body and how to change it.

As usual, if you don't follow the program as outlined, then you have no right to expect results.

This is important because most people that I've worked with in the past who have not been successful never really followed the program we outlined and agreed upon. They choose the bits and pieces that they liked, usually the ones that fit conveniently into their own plan.

But if your plan was so good, why do you need me? If your plan worked, wouldn't you have achieved your goal by now?

My greatest hope is that by the time you finish with this e-book, if you don't already, you will come to realize that being lean is not just about your body, it's about your life.

Simply put, you can change your body easily, if you're willing to do what it takes and I will show you what it takes. However, to make it last, you have to

transform your life. And I know that sounds like a big job but it really isn't. Small changes over time create a transformation.

Just one small change each week can help you to transform your body and your life in just a year.

And once you get there, you will never ever have to worry about losing weight again. For starters, you will have changed your vocabulary from "weight loss" to "fat loss," "getting leaner," and "body transformation."

By the way, it doesn't matter if you're trying to lose ten pounds or one hundred pounds. Your focus should always be on manageable bite size goals—ten pounds at a time. Lose the first ten and then the next...you get the idea. For one thing, it's a lot easier to wrap your head around losing ten pounds than it is to focus on losing one hundred.

My intention with this e-book is to share with you everything I know about achieving fat loss, so that you may successfully change, transform or otherwise affect your life in whatever way is for your highest good.

Of course, this is just an introduction. The complete program, including all the research I have conducted on the subject is outlined in four separate volumes: *Dr. Del's Rapid Fatloss Manual*, *Dr. Del's Rapid Fatloss Meal Plan*, *Dr. Del's Rapid Fatloss Detox-Cleanse Program*, and *Dr. Del's Rapid Fatloss Cookbook*.



## Can You Really Lose 10 Pounds In 10 Days?

Yes you can. But the bigger question is, should you? Because you can doesn't mean that you should. Most of my serious clients drop ten pounds over a two to three week period. This is a better scenario. The slower your weight loss the greater your probability of maintaining it.

Now, let's take a look at what you're losing when you lose weight. Well, three things really. You lose water, fat and muscle tissue.

Let's start with muscle tissue. If you lose weight too quickly, as you do with a starvation diet, you will end up losing a lot of muscle tissue. By starvation I mean if you're eating fewer than 1200 calories a day. If you do, your body is starving to death so of course you will lose weight because you are in essence dying a slow, hungry death.

And since you're not eating enough calories, your body will cannibalize itself in order to stay alive. Yes, folks, your body will eat it's own muscle tissue, which is protein and water, in order to have enough energy to keep your vital organs functioning.

Yea, you're dying but at least you'll look skinny in your coffin.

In addition, people who tend to starve themselves to lose weight usually don't exercise because they don't have enough energy to do anything. So your body is eating it's own muscle tissue and what little you have left will disappear (atrophied) from lack of stimulation. If you don't use it, you will lose it. And believe me, you can lose a lot of muscle tissue in two weeks.

Don't be discouraged; before I show you the right way to minimize this kind of damage, I'm just trying to show you what you're doing to yourself when you follow these air-brain starvation diets.

So you've lost five pounds in your first week by barely eating anything and you're pretty stoked—not to mention, very hungry and irritable.

Congratulations, you've just slowed down your metabolism, which will make it twice as hard to lose weight the next time around.

## What Exactly Is Metabolism?

Yes, I know you've heard the term and have even used it quite a bit. However, most people really have no idea what it is. In simple terms, metabolism is the process by which the body derives energy from the foods we eat in order to sustain itself and provide energy (fuel) to your cells, tissues and organs.

Or if you're starving yourself, then the body will metabolize (break down) stored carbohydrates from your muscles or liver, protein (amino acids) from your muscle tissue, and lastly it will very reluctantly metabolize fat.

Your metabolic rate is how many calories your body actually burns to fuel your cells, perform vital functions, like keeping your heart beating, and provide fuel for your working muscles so that you can move and exercise.

When we talk about metabolism we're really talking about metabolic rate. And several things affect metabolic rate. First, your body composition affects your metabolic rate. The more muscle you have on your body the more energy has to be supplied to those muscles. Therefore, muscle is metabolically active—it affects metabolism. So you can see, if you lose a lot of muscle tissue, you will automatically slow down your body's metabolic rate.

Second, metabolic rate is affected by activity. The more active you are, the more your muscles are working. This means that your body has to supply more energy to your working muscles. Not only that, your body is also using up a lot of calories to do other things such as digestion, absorption, elimination and assimilation.

I guess the easiest way to look at this is that it takes more manpower to build a castle than it does to build a hut. The more active you are the better chances you have of building your body into a castle. The metabolic rate of a castle is going to be infinitely greater than the metabolic rate of a hut—so to speak.

Where would you rather live, in a castle or in a hut?

And finally, your metabolic rate is affected by the quality of the foods you eat. Processed foods and simple carbohydrates require very little energy to be broken down because they are already simple sugars.

However, your body can burn up to ten percent of the calories in proteins, complex carbohydrates and fats just to break them down into a form that is useable (amino acids, glucose and fatty acids). That means for every 100 calories of these foods you eat, up to 10 calories are automatically burned just to break them down. Talk about instant weight loss!

Not only that, but when you eat foods that are high in fiber, the insoluble fiber is excreted, so those calories don't count. Are you getting the picture of how you can eat more while increasing your metabolism and losing weight at the same time?

### What about metabolism booster supplements?

In two words, forget about it! Ok, that's three words. The best way to boost your metabolism is to eat natural foods, do regular weight training and some high intensity cardiovascular activity, and drink lots of water. I'll discuss this in more detail below.



## How To Turn On Your Body's Fat Burning Furnace

Let me make this abundantly clear for you. Your primary objective in trying to change your body should be to turn on your body's fat burning furnace. You do this primarily by working to elevate your metabolic rate instead of suppressing it with these crazy starvation diets. Here's how:

### ▼ Build Muscle

Remember, muscle tissue is metabolically active. This means that the more muscle tissue you have on your body the more calories you will burn just laying on your couch watching TV. Therefore, the first thing you want to do when trying to lose weight or get lean is lift weights!

Over the past 20 years that I've been working in a gym, do you know how many women I've spoken with who naively say to me that they don't want to build any muscle? They just want to lose weight and tone up.

Don't make the same mistake or you will sabotage your best efforts. Besides, now you know that building muscle is one of the best ways of increasing your metabolism, thereby, adding fuel to your body's fat burning furnace.

### ▼ Eat Only Natural Whole Foods

The other way of turning on your fat burning furnace is to stay away from all processed foods. That is, anything that comes from a factory or bakery. The problem with processed foods is that most of the nutrients have been processed out. And secondly, they've been simplified. Most of the complex chemical bonds that hold the molecules of those foods together have already been broken. Therefore your body doesn't have to do very much work to process these kinds of foods. That's a big mistake.

You want your body to have to work very hard to extract the usable nutrients it needs from what you eat and then eliminate the rest. When it has to break down the complex chemical bonds found in natural unprocessed foods like complex carbohydrates, proteins and plant sources of fat, this too will elevate your metabolism, thereby, adding fuel to your fat burning furnace. There is a list of the best sources of these foods in the meal plan section.

## ▼ Drink More Water

Your body is mostly water. Therefore, in order for it to process what you eat efficiently and deliver those nutrients to your cells you need to drink at least 10-16 glasses of water per day. Don't make excuses. If you want to lose weight and change your body, you must get in the habit of drinking up to a gallon of water per day. I know that sounds like a lot, but if you add an extra glass everyday you'll get there in no time at all.

The bottom line is that over time you will end up increasing your fat burning and losing more weight. This is also the only way to make your results last. You can't just beat up on your body and starve it; you have to change your internal physiology. I will show you how.



## You've Got To Challenge Your Body To Change It

There are a lot of myths about "fat burning zone" out there; forget about it all. I've visited quite a few discussion sites online just to see what people are saying about how to change your body. You wouldn't believe the number of people with completely false information who are ready to shoot others in defense of their false beliefs. Like I said, forget about everything you think you know about how to lose weight and change your body.

If you have to think about it too much chances are you're on the **WRONG** track. Let your intuition guide you and use a little common sense. Here's a little assignment for you. Who are the fittest, leanest people you can think of? Well, sprinters, endurance athletes and fitness competitors come to mind.

Now ask yourself, how do these people train? Well, sprinters do very high intensity, short duration activity. Endurance athletes do mostly low intensity high duration activity.

Now fitness competitors and bodybuilders all do extremely high intensity workouts.

So here's the point I'm trying to make in a round about way, if you want to change your body, you have to challenge your body with high intensity workouts. That doesn't mean going out and running as fast as you can after being inactive for years. You start slowly and work your way up, increasing your intensity levels weekly. And before you know it, you'll be kicking ass.

The take away from this segment is that you need to be doing high intensity interval training. This means if you're doing 30 minutes of cardio on the treadmill, you need to be increasing your speed or incline every few minutes to a point where you can't work any harder and you can only maintain your current level for one or two minutes. That's the kind of work you have to do to change your body.

In *Dr. Del's Rapid Fatloss Manual* I write extensively about some of the latest research that validates this way of training for maximum fat loss.

## The Physiology Of Fat Burning

First of all, this is a very complicated topic and most people who talk about it don't really have a clue about what they're saying. There are a lot of myths out there about how and when the body burns fat. The real truth is that there are elements of truth in all the myths, so all the people who think that they're right are partially right. But again who cares.

If you need a PhD to figure out what to do with your own body you're on the **WRONG** path. If you want to be lean, workout as if you were, eat as if you were, find a lean person whose lifestyle you admire and whom you respect as a person and model him/her. It's really that simple.

Nevertheless, you should be aware that the body does operate according to scientific principles. As such, there are some basic conditions that help to create a more ideal fat-burning environment. These include proper regulation of the hormone insulin, frequency of meals and workout intensity. I have written about these in great detail in *Dr. Del's Rapid Fatloss Manual*, therefore, I will not discuss them here. However, the 10-day program in this e-book is based on research I wrote about in *Dr. Del's Rapid Fatloss Manual*.



**"You gotta cut back on the pic-a-nic baskets."**

## Calories From Fat Vs. Calories From Carbohydrates

Again, I say unto thee, who gives a crap? Forget about it! Spend your time DOING something instead of THINKING about how to do it and you WILL lose weight and get lean. Does it really matter if you're burning more calories from fat or carbs?

Do you think an elite athlete is fit and lean because he/she spends time worrying whether or not his/her body is in the fat-burning zone? No, they don't. They train 4-6 hours a day, which means they burn a boatload of calories. That's the primary reason why they look so lean.

If you spent 4-6 hours a day working out or doing sports, I don't think weight loss would ever again be an issue for you. So don't get caught up in how the body does what it does because it really doesn't matter for what you're trying to do. What matters is that you get off your butt and get moving. And yes, intensity does matter. Research shows that high intensity workouts are better for fat burning.

So if you can jog instead of walk, jog. If you can sprint instead of jog, sprint. *But the best thing to do is to walk, jog and sprint.* We call that high intensity interval training. You can do this outside, on the treadmill, Stairmaster/climber, or bike—whatever you chose to do is fine, and it really doesn't matter. What matters is that you get active. The more active you are, the leaner you will be in the long run.



## The Truth About How Your Body Burns Fat

So since I like to educate, here's the truth about how your body burns fat. It's always burning fat. Obviously, however, if you're resting it's not burning very much of anything. As you start to move, you will burn some fat and some blood glucose (carbs). When your blood glucose runs out, your body will turn to your stored glucose (glycogen) in your muscles and liver. The more intense you workout, the more glycogen and fat your body will burn for energy.

### ▼ Fat Burning Enzymes

Here's the important thing about fat burning that no one talks about. By pushing yourself to do high intensity workouts, your body is forced to produce more fat burning enzymes. That's the key right there because when this happens you will automatically burn more fat during future high intensity workouts.

If you never push your body to do high intensity cardiovascular work, it will have no reason to increase the number of fat burning enzymes. This is because the body can easily maintain a good balance between how many calories from glycogen or fat it uses during low intensity workouts.

Ultimately, all you really need to remember is that the harder you train, the more calories you will burn. And if you're trying to lose weight, you need to *burn baby burn!*

### ► PLEASE pay attention to this most of all ◀

I see too many people in the gym who are trying to lose weight and all they ever seem to do is walk on the treadmill, or do the same boring cardio everyday! **THAT'S NOT GOING TO GET IT DONE!**

If I had just 30 minutes for a workout, cardio would not be my first choice because it is not the most effective fat burning workout. Circuit training with a combination of intense weight training and high intensity cardio would definitely burn the most calories. This kind of workout also helps to build or maintain lean muscle mass, which is key to your metabolism. In the long run, you'll burn more fat and lose more weight with a challenging circuit workout than you would walking on the treadmill.

You want to maximize your efforts and the only way you can do that is to *burn baby burn!*

## ▼ Lift Weights, Lift Weights, And Lift Weights

The most important part of your workout is the weight training! Let me repeat. The most important part of your workout is the weight training!

I'm not saying that cardio and stretching aren't important, they are. But if you get in the habit of doing really high intensity weight training, yes, heavy weights, you will change your body faster.

Do you even have to ask why? I've already explained it several times—but I'm happy to do it again because it is so important. Weight training builds lean muscle mass. And why would you want lean muscle mass? Because lean muscle helps your body to become a fat burning furnace faster than anything else that you can do. Increasing your lean muscle mass will increase your metabolism. Increasing your lean muscle mass will also help you to burn more calories when you do cardio because your body has to supply energy to more lean mass.

Overall, increasing your lean muscle mass will make your body a more efficient and effective fat burning machine.

## ▼ Women And Weight Training

Ladies stop with all the nonsensical talk that you don't want to build muscle. That is so crazy. Too many of you have said this to me over the years. Lifting heavy weights is not going to make you "bulky" and man-like. Lifting heavy weights will make you strong and fit.

You become bulky when you're not doing your cardio, so you build muscle and you're not burning off the excess body fat fast enough. The other part of that equation is that you're not following the right meal plan.

Remember, if your goal is to lose weight and ultimately change the composition of your body, which will help you to keep the weight off, you must do challenging weight training.

Weight training not only helps to build muscle, it also helps to pull your skin tight so that you will look more toned as you get smaller. If you don't, your skin will be loose and saggy, especially if you lose a lot of weight. And that's not a pretty sight.

Have you seen people who lost a lot of weight and looked worse than when they were overweight? I know lots of them. Don't let this happen to you.

And ladies, please stop telling me that you will start to lift weights after you've lost weight. That's stupid! I've said it many times, lifting weights will help you to lose weight and keep it off because you're changing the composition of your body.

If you just lose weight without putting on lean muscle mass, you haven't changed the weight gaining equation, so as soon as you stop dieting and change the way you're currently eating the weight will come right back and more.

By losing weight without doing weight training, chances are you cut back on your caloric intake and also lost a lot of lean muscle mass. The effect of both of these is a slower metabolism, which makes it easier to gain the weight back once you deviate from how you're currently eating.



## Balancing The Weight Loss Equation

Body composition (fat + lean muscle mass + water) + Activity level + Caloric intake ► (dictates) Metabolism

Here's what happens when you lose weight without doing weight training:

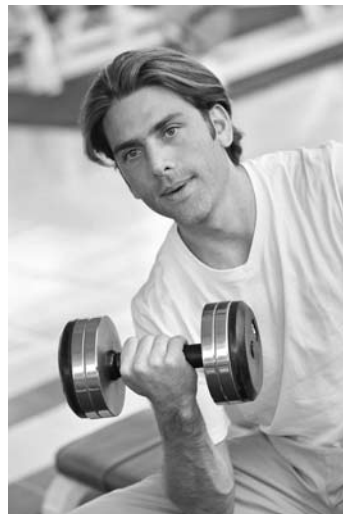
***Weight Loss Equation A: Weight Loss Without Weight Training:***

Reduced fat mass + reduce lean muscle mass + low caloric intake ► Slower metabolism ► Easily regain weight

***Weight Loss Equation B: Losing Weight While Weight Training:***

Reduced fat mass + Increased lean Muscle mass + Increased Fat burning nutrition ► Higher metabolism ► Long term weight loss + Leaner physique

Which would you rather have?



## You Need Smart Supplementation

I'm not a big believer in taking a lot of supplements. Having said that, it is almost impossible to build a great looking body without smart supplementation. When you're trying to change your body, your primary objective is to give it everything it needs so that it can do what it needs to do.

To build your leanest body ever, you will need to feed your body quite a lot of high quality nutrients. You also want to make sure that your body is getting a lot of active enzymes in order to properly metabolize the foods you eat. This can be a problem for a lot of people; especially those with very poor eating habits.

If you're overweight, chances are you haven't exactly been walking the straight and narrow when it comes to making all the right food choices. And the fact that your body is holding on to excess weight should tell you that the body's various systems are not functioning at optimum capacity. By systems I mean digestion, elimination, assimilation, absorption and most importantly, your hormonal system.

The best way to put your body back on track is with a program of whole foods, which is all you will be eating on my meal plan. However, it is not possible to eat all the various varieties of whole foods that you really need to get all the necessary antioxidants, phyto-chemicals (plant chemicals), active enzymes and all the thousands of other great things God gave us in natural foods.

Also keep in mind that the more active you are (and you will be on my program), the more nutrients your body will require to produce fuel for your working muscles, repair damaged muscles and to help you recover fast so that you can continue doing what needs to be done.

Having said all that, here are a few recommendations of things I use with my clients—those who are serious about getting results. I should mention that the clients I work with who are serious about getting results are the ones who follow my recommendations. And incidentally, they get the best results. The others, who like to pay for professional advice then turn around and do their own thing, are the ones who are continually struggling to lose the same 10 pounds; go figure.

**Note:** You should notice that I'm not in the business of telling you what NOT to do. My primary objective is to share with you what I have found to be effective in creating better health, weight loss and body transformation. If I don't mention something here, it's because I don't think it's all that important for what you're trying to do. I approach everything from a "less is more" perspective. Therefore, you really don't need to take half dozen different supplements because they're not going to help you.

Here's what I think maybe helpful:

### ▼ A Fruit And Vegetable Capsule

A fruit and vegetable juice powder in capsule or chewable form is a great way to flood your body with all those important phyto-chemicals, anti-oxidants and active enzymes that your body so desperately needs to keep all the above mentioned systems functioning optimally.

A recent study published in *Medicine & Science in Sports & Exercise* journal reported that subjects using a fruit and vegetable capsule daily had a significant reduction in the breakdown of protein due to the stress caused by exercise. This is very significant because as I mentioned above when you're trying to lose weight you want to minimize the loss of lean muscle tissue.

By reducing the breakdown of protein you are in essence minimizing the breakdown of lean tissue, which is made up of protein. As a result, not only will you perform better, but you'll also build a better body, faster.

Incidentally, the brand of fruit and vegetable capsule used in the above study is the same one I recommend to my clients. I only recommend what has been scientifically proven to be effective. You can find more information at my site, <http://www.fruitandvegetablecapsule.com>

### ▼ Glutamine

Glutamine is another worthwhile supplement that also helps to minimize muscle catabolism (breakdown). Glutamine is an amino acid that the body can produce itself from another amino acid, glutamic acid. It is also found in protein-rich foods such as beans, red meat and fish.

The body uses this amino acid to control blood sugar, maintain lean muscle mass, improve mental functions and a host of other things. Your body uses quite a bit of

glutamine everyday. Glutamine is sometimes added to other supplements such as protein powder, so you may not need to take extra supplementation.

## ▼ Essential Fatty Acids (EFA's): You've Got To Eat Fat To Lose Fat

One of the most important things you can do to lose fat is to start eating more good fats like olive oil, flax seed oil, primrose oil, avocado and peanut butter. The problem with restricting the good fats is that they also contain Essential Fatty Acids (EFA) that is necessary for thousands of biological functions throughout the body. Since the body cannot manufacture them, they must be provided by your diet.

EFA's not only help to increase testosterone production, they also aid in the prevention of muscle breakdown, help to increase your HDL level (good cholesterol) and assist in hormone production. For this reason, I recommend using an essential fatty acid supplement daily. I would recommend using fish oil daily, either the oil or capsules. Flax seeds are also a good source of omega-3 fats, though not as good as fish oil.

### Fish Oil Vs. Flax Seed Oil

Fish oil is better for a number of reasons. First, fish oil contains two types of omega-3 fats that are especially important: EPA and DHA. Your body uses EPA to create a host of hormone-like substances that helps to reduce inflammation and other conditions such as raised blood pressure. Besides, 8% of your brain is composed of EPA and DHA. And did I mention that our bodies cannot produce these important fats on it's own?

Flax seed oil contains an omega-3 called alpha-linolenic acid (ALA), which is one of two fatty acids that the body needs and cannot make for itself. These fats are super important because they help to ensure that the body's cell membranes stay flexible so that your cells can easily absorb nutrients.

While the body can use ALA to make all the other omega-3 fatty acids that it needs, including both EPA and DHA, this is a very inefficient process (rate of conversion is only 5% to 25%, and decreases as you get older).

In *Dr. Del's Rapid Fatloss Manual*, I have included a complete scientific review of over a dozen popular "fat-burning" and "muscle building" supplements. I explain what ingredients are in them, what the marketers say they do, present the latest research on each (if there is any), review the safety issues, and finally, I tell you whether I think they're worth your money.

## Your Workout Plan

For best results, you obviously want to burn as many calories as possible with your workouts. Obviously, if you're just starting out you want to start at a relatively low to moderate intensity for your first three days then gradually increase the intensity of your workouts everyday.

Remember, the objective is to burn calories; therefore, the harder you train the better results you will get in the end. You should be doing some form of cardio EVERYDAY, and weight training every other day.

### ▼ Get A Free Fitness Analysis

To get started you can log on to my website at <http://www.personalfitness.com> for a free fitness analysis. Just input your data and the computer will generate a report based on the information that you inputted. The more detailed you are the more accurate the report will be.

### ▼ When To Do Cardio For Best Results

For best results, it isn't enough just to do the cardio; you must do it on an empty stomach—first thing in the morning is ideal, after your nighttime fast. If there is sugar in your blood, your body will use that blood glucose for energy INSTEAD of releasing fatty acids from your body-fat stores.

Again, the objective is to burn excess fat. And your body does this primarily during aerobic type activities when there is no sugar present in your blood. This is not the case for the very fit. Trained athletes can burn equal amounts of fat during weight training and cardio. Also, eating before or during intense training does not negatively affect fat burning in well-trained athletes.

All the research supporting the above statements is discussed in *Dr. Del's Rapid Fatloss Manual*.

Another great time to do cardio is AFTER an intense weight-training workout lasting at least forty-five minutes. After such a workout, your muscle glycogen (stored sugar) is significantly used up, therefore your body is forced to use your fat stores for energy.

The next best time to do cardio is 2-3 hours after your last meal. And of course, if none of the above is convenient for you, *the next best time is whenever you can get it done—just do it!*

### ▼ Your Cardio Workout:

Again, exercise can be a very dangerous activity if you're not ready for it, so please consult your doctor before starting any exercise program.

The program I've outlined below is a short-term program that I've used with only serious clients who need to get fast results. This cardio workout is meant to challenge you in order to change your fitness level—this will in turn elevate your metabolism and help you to burn more fat, lose more weight and keep it off over the long run.



## Week-One Cardio

- ▶ Do one-hour of cardio first thing in the morning on an empty stomach. Do not do more than thirty minutes on any one piece of equipment. You can also break this up into two 30-minute workouts, one in the morning and the other before dinner at least two hours after your mid-afternoon meal.
- ▶ Do something different everyday for at least three days. For example, on day one you might do the treadmill and the bike for 30-minutes each. On day two, try the treadmill and elliptical cross trainer. On day three try a brisk walk/jog or a spinning class. The idea is to constantly change up what you do to keep it fresh.
- ▶ Start at a low to moderate intensity for your first three days--no more than 75% of your workout capacity.
- ▶ After day three, get moving; it's about intensity, intensity, intensity. You want to do High Intensity Interval Training. This means you should warm up for five minutes then keep increasing the speed and/or incline of the treadmill every one to two minutes until you get to a point where you can no longer maintain your current level of intensity for longer than one minute. After that last minute, bring your intensity level back down to your starting point and start over again. If you're on the bike, Stairmaster or elliptical, increase the resistance level. Challenge yourself!
- ▶ Drink at least 16-32 oz. of water in small regular sips during your one hour of cardio workout.
- ▶ Stretch for at least 5-10 minutes after your cardio workouts. You can visit my website at <http://www.personalfitness.com> to learn different stretches.



## Week-Two Cardio Workout:

### ► Increase the intensity of your cardio workout

Do 30-minutes in the morning and 30-minutes in the evening. By now you should be more use to working out at a challenging level, so go ahead, kick it up a notch on a daily basis. Remember, the more calories you burn the more weight you will lose. And when you lose weight by doing challenging exercise the weight will stay off longer because you've changed your body's composition (fat-muscle ratio) and its physiology (how well your digestion-elimination-absorption-assimilation-hormonal systems are working).

I recommend breaking up your workouts so that you can push yourself to the brink of exhaustion. This is important for maximum results. If time is an issue, go ahead and do what you must, just train hard.

**NOTE:** If your goal is fat loss rather than weight loss, you only need to do 20-30 minutes of intense cardio daily. Let me clarify this, we're all interested in fat loss. However, if you're already at a comfortable ideal weight for you, then you don't need to do as much cardio.



## ▼ Your Weight Training Workouts

Remember that the primary reason why you do weight training is to build muscle, period. And ladies, you're not going to accomplish this by lifting five-pound weights, you're just wasting your time. Gentlemen, you're also wasting your time if you keep lifting those little girlie weights. Challenge yourself EVERY TIME you train!

Yes, I know the misconceptions you all have about weight training; you don't want to build big bulky muscles. Well, first of all, weight training alone can never build big muscles. Second, to build big muscles you have to train extremely hard. Third, to build big muscles you would have to be eating every two hours. I don't think most of you do any of these things, therefore, I seriously don't think that building big muscles is what you should be afraid of.

What you should be afraid of is wasting your time doing something and getting no results. The reason why you want to do challenging weight training, as I've said before, is to challenge your muscles to recruit new muscle fibers. If you're lifting the same weights all the time, your muscles don't have to do this. And if your muscles are not recruiting new muscle fibers then you're not maximizing the amount of calories you can be burning everyday. Thus, limiting your own fat loss and weight loss results.

Here's the process in a nutshell:

- ▶ Challenging weight training leads to your body recruiting new muscle fibers.
- ▶ New muscle fibers equates to your body burning more calories daily to feed your new muscles.
- ▶ More muscles equates to a faster metabolism and more fat loss.
- ▶ A faster metabolism leads to faster weight loss and a greater probability of keeping the weight off.
- ▶ More muscle and less fat on your body means you're looking leaner.
- ▶ Bottom line, you LOOK GOOD NAKED! What could be better?

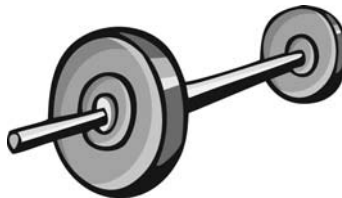
If you want to look lean, challenge yourself in everything you do at the gym. Train hard or go home.

## Week-One Weight Training Workout

- ▶ Do a full-body conditioning circuit workout focusing on hitting the large muscles of the chest, shoulders, back, arms, abs and legs. A circuit means, pick three or four exercises and do them back-to-back without stopping. Then do one minute of cardio (jogging in place, rope jumping or any cardio machine). When you're done with that, pick four more exercises and repeat the process. You can do 2-3 sets depending on how much time you have.
- ▶ Focus on combination exercises such as a burpee with a pushup, upright row then overhead press, or sumo-squats with overhead press (you'll get more done in a shorter period of time). If all of this is a mystery to you, I've got pictures and video demo of hundreds of exercises that you can do at home or at the gym at my website, <http://www.personalfitness.com>
- ▶ Drink at least 16 oz of water during your weight-training workout.
- ▶ Always do weight training before you do cardio if you're doing both at the same time. Doing so will deplete your muscle glycogen stores which will force your body to burn more fat.
- ▶ Don't eat for at least one hour before you train. Eating too close will affect how hard you can train.

## Week-Two Weight Training Workout

- ▶ Increase the weights you're lifting—go heavier.
- ▶ Change up what you're doing—do some new exercises.



## Sample Workouts from PersonalFitness.com

Below are a couple sample workouts from my website, <http://www.personalfitness.com> where you will find hundreds of pre-designed workouts from beginner to advanced. You can either modify the workouts yourself or I can do a personalized workout and nutrition plan for you. You can choose a workout to do at home with very little equipment or choose a workout to do at the gym.

If you're not familiar with any of the exercises you can just click on any of them to see a live picture/video demonstration.



## Fat Loss Circuit—Home Workout

<b>Exercise:</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Dumbbell Dead Lift (Circuit)	3	20	0
Ball Dumbbell Chest Press (Circuit)	3	20	0
Ball Dumbbell Squats (Circuit)	3	20	0
Dumbbell Pullover (Circuit)	3	20	0
Dumbbell Lunge (Circuit)	3	20	0
Ball Push Ups (Circuit)	3	20	0
Ball Dumbbell Lat Row (Circuit)	3	20	0
Seated Arnold Press - Dumbbell (Circuit)	3	20	

- ▶ Perform three full circuits of eight larger muscle group exercises with NO rest period between each of the eight exercises.
- ▶ Do one-minute of jumping, rope jumping or aerobics between circuits.
- ▶ Keep moving quickly through each exercise and right on to the next.
- ▶ You will be working Lower Body then Upper Body and alternating back and forth.
- ▶ Make sure you use enough weight to make the last 2-3 reps challenging to complete the exercise movement. If you reach your final rep and you could do 3 or more reps, increase the weight to make it more challenging and to engage your muscles for better muscle development.
- ▶ Allow at least 4 seconds to complete each exercise movement
- ▶ Form should be slow and steady not using any other body weight to complete exercise movement
- ▶ Breath out on the push or pull (Contraction) movement. Breath in on the movement back to the exercise starting position

## Total Body Ball/Dumbbell Circuit

<b>Exercise:</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Ball Dumbbell Squats (Circuit)	3	12	0
Ball Lunge (Circuit)	3	12	0
Ball Dumbbell Chest Press (Circuit)	3	12	0
Ball Dumbbell Pullover (Circuit)	3	12	0
Ball Dumbbell Chest Flys (Circuit)	3	12	0
Ball Dumbbell Lat Row (Circuit)	3	12	0
Ball Dumbbell Overhead Press (Circuit)	3	12	0
Ball Rise and Shine Intermediate (Circuit)	3	12	0
Dumbbell Upright Row (Circuit)	3	12	0
Ball Bicycle Intermediate (Circuit)	3	12	0
Ball Crunch Advanced (Circuit)	3	12	0
Ball Crunch Obliques (Circuit)	3	12	0

- ▶ This Total Body Workout hits all major muscles groups in sequence from largest to smallest and is performed with no break between exercises.
- ▶ Complete each set and move onto the next exercise movement completing all 12 exercises before repeating the circuit for a total of 3 circuits.
- ▶ Breathing should be focused on breathing out during the hardest part of the exercise movement and breathing in as you move back to the starting position.
- ▶ Always perform your exercise with smooth and steady movement allowing at least 4 seconds to complete then entire range of motion for the specific exercise.

## H.I.I.T – High Intensity Interval Training

Elliptical Machine 30-Minutes (373 Calories)

**High Intensity Interval Training for 30 minutes with the following program:**

- ▶ Five minutes of moderate paced warm up.
- ▶ Alternating High/Moderate pace starting at the 5-minute mark.
- ▶ 60 seconds high.
- ▶ 90 seconds moderate.
- ▶ 60 seconds high.
- ▶ 90 seconds moderate.
- ▶ Repeat until you hit the 25-minute mark.
- ▶ Complete your H.I.I.T Session with 5 minutes of moderate pace until you reach the 30 minute mark.



## Your Meal Plan

### ▼ Not All Calories Are Created Equal

The formula for weight loss is really very simple—burn more calories than you take in everyday and you will lose weight. If you want to maintain such weight loss over time, however, you have to get beyond calories in versus calories out.

To be successful, you must change the physiology of the body. This means that you have to change your metabolism and your body composition. To do this requires that you start thinking about the quality of the calories you take in. You have to feed your body primary nutrition in order to change its physiology.

By primary nutrition I mean whole food nutrition. As I've mentioned before, changing the body's physiology means that you're changing how well your body's primary fat burning systems work. These include the digestive, elimination, absorption, assimilation and hormonal systems. All of these systems play a very important role in your ability to lose weight and keep it off.

You can lose weight easily by starving yourself or by just cutting back on the amount of "crap" you put into your body. However, this won't change how well, or actually, how poorly your body's systems are functioning. I said poorly because if you're carrying excess weight that's a sign that your body's various fat burning systems are not functioning optimally.

Chances are if you've been binge dieting for a while your hormonal system is probably so over worked it doesn't function at full capacity anymore. This would be a very bad thing because that would mean that your body can no longer regulate your insulin or thyroid levels very well. And both of these hormones are critical to your long-term weight loss success because they help to regulate carbohydrate and fat metabolism in the body.

The point I'm making here is that if you're just looking to lose weight fast without caring whether or not you gain it back and more, you don't need my plan. My fitness and nutrition plan is very rigorous because it is designed to get your body functioning optimally again. Therefore, not only will you lose the weight, but you will also get the added benefits of a healthier body, faster metabolism, and a leaner look. Isn't that worth the extra effort?

If you're already at your ideal body weight, the same principle applies. You have to train hard to build lean muscle and burn fat.

### ▼ Primary Nutrition

Primary nutrition is whole foods. This means foods that have not been highly processed. If you can catch it by land, air or sea, dig it up out of the ground or pick it from a tree, it's primary nutrition. If it was produced in a factory or bakery it is secondary nutrition. Whole foods are things like beans, peas, fruits, vegetables, whole grains, whole wheat, fish, meats and poultry. Of course, wild or organic sources are best whenever possible.

On this meal plan you will eliminate ALL processed foods, baked goods, white flour products, caffeine, and alcohol. You will eat ONLY high fiber natural unprocessed foods, fruits and vegetables, some whole grains, fish, egg whites and tofu.

What does this mean? I'm encouraging you to get rid of bread, muffins, crackers, chips, cheese and anything that comes in a package. If it's not on my food list below, you won't eat it for the next ten days. Can you handle that? If you can, you'll be successful, and if you can't you won't.

You will use a fruit and vegetable capsule before breakfast, lunch and dinner with a glass of water, as well as an Essential Fatty Acid supplement (fish oil capsules) to give the body an abundance of raw material to neutralize and flush out built up toxins, and to get it's various systems functioning optimally.

In short, this process is critical to enabling your body to once again become the muscle building, fat burning, energy-generating machine that it was meant to be.



## ▼ Best Sources of Complex Carbohydrates

### What is a serving?

- 1/2 cup cooked oatmeal (old fashioned, steel cut, rolled oats)
- 1/2 cup cooked brown/wild rice
- 1/2 cup cooked quinoa
- 1/2 cup cooked beans, lentils
- 1/2 cup green peas
- 1 small baked potato
- 1/2 medium baked yam
- 1-cup vegetable soup (home made or store "fresh")
- 1/2-cup corn
- 1-cup chopped squash
- 1-cup plain yogurt (with live active cultures)
- 1-cup unsweetened soymilk
- 1/2-cup barley, bulgur
- 1 piece fruit (apple, orange, etc.)
- 1-cup vegetables (lightly cooked)

## ▼ Best Sources of Lean Protein:

### What is a serving?

- 4 oz fish
- 2 egg whites & 1 whole egg
- 1 can tuna (in water)
- 1 can salmon
- 4 oz tofu
- 4 oz tempeh
- 1 can sardine (water of olive oil)



▼ **Best Sources of Healthy Fats & Oils:**

**What is a serving?**

1 oz (1/4 cup) raw unsalted nuts

almonds

brazil nuts

cashew

hazel nuts

pine nuts

walnuts

pecans

macadamia

peanuts

1 tsp. natural peanut/almond butter

1 tbsp. extra virgin olive

1 tbsp. Flaxseed oil

1 tsp. Ground flaxseeds

1/4 medium avocado



▼ **Water**

10-16 glasses of water daily

▶ Always drink a glass of water prior to each meal. This helps you to feel full faster ◀



## ▼ 7-Day Sample Meal Plan

Dates	Breakfast 7:30 am	Snack 10 am	Lunch 12:30 pm	Snack 3:30 pm	Dinner 6:30 pm
<b>Mon</b>	1/2 cup oatmeal 1 protein (2 egg whites & 1 whole egg) 1/2 apple /banana 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	4oz protein 1/2 cup beans 1 cup veggies 2 Vineyard Capsules 1 Fish oil Capsule	1 piece fruit 1/4 cup mixed nuts	4 oz protein 1 cup vegetables 1/2 avocado 2 Vegetable Capsules 1 Fish oil Capsule
<b>Tue</b>	Protein smoothie: 1/4 cup oatmeal 1 cup fruit 1 tsp peanut or almond butter 1 cup soymilk (unsweetened) 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	1 cup veggie soup Tuna salad: Spinach 1/4 cup beans 2 egg whites 3-oz tuna 2 Vineyard Capsules 1 Fish oil Capsule	1 piece fruit 1/4 cup mixed nuts	4 oz protein 1 cup vegetables 1/2 avocado 2 Vegetable Capsules 1 Fish oil Capsule
<b>Wed</b>	Egg white scramble 1 egg, 2 whites 1 medium tomato 1 cup spinach 1/2 small avocado 1 fruit 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	Salad 4oz protein 1 cup baby greens 1/2 cup beans/corn 1/2 small avocado 1 tbsp oil & vinegar 2 Vineyard Capsules 1 Fish oil Capsule	1 piece fruit 1/4 cup mixed nuts	4 oz fish 1 cup veggies 2 Vegetable Capsules 1 Fish oil Capsule

Dates	Breakfast 7:30 am	Snack 10 am	Lunch 12:30 pm	Snack 3:30 pm	Dinner 6:30 pm
<b>Thurs</b>	1/2 cup oatmeal 3 hard-boiled egg whites 1 fruit 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	4 oz Fish 1/2 medium baked yam 1 cup veggies 2 Vineyard Capsules 1 Fish oil Capsule	1 piece fruit 1/4 cup mixed nuts	Omelet: 1 egg, 2 whites 1 cup veggies 2 Vegetable Capsules 1 Fish oil Capsule
<b>Fri</b>	Protein smoothie: 1/4 cup oatmeal 1 cup fruit 1 tsp peanut or almond butter 1 cup soymilk (unsweetened) 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	White bean Tofu chili Pg. 103	1 piece fruit 1/4 cup mixed nuts	4 oz fish 1 cup veggies 2 Vegetable Capsules 1 Fish oil Capsule
<b>Sat</b>	1/2 cup oatmeal 1 protein (2 egg whites & 1 whole egg) 1/2 apple/banana 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	4 oz protein 2 cup veggies 1/2 avocado 2 Vineyard Capsules 1 Fish oil Capsule	1 piece fruit 1/4 cup mixed nuts	4 oz protein 2 cup veggies 1/2 avocado 2 Vegetable Capsules 1 Fish oil Capsule
<b>Sun</b>	Egg white scramble 1 egg, 2 whites 1 medium tomato 1 cup spinach 1/2 small avocado 1/2 med. baked yam 1 fruit 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	4 oz protein 2 cup veggies 1/2 avocado 2 Vineyard Capsules 1 Fish oil Capsule	1 piece fruit 1/4 cup mixed nuts	4 oz protein 2 cup veggies 1/2 avocado 2 Vegetable Capsules 1 Fish oil Capsule

Dates	Breakfast 7:30 am	Snack 10 am	Lunch 12:30 pm	Snack 3:30 pm	Dinner 6:30 pm
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<b>Tue</b>	Egg white scramble 1 egg, 2 whites 1 medium tomato 1 cup spinach 1/2 small avocado 1/2 med. baked yam 1 fruit 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	4 oz protein 2 cup veggies 1/2 avocado 2 Vineyard Capsules 1 Fish oil Capsule	1 piece fruit 1/4 cup mixed nuts	4 oz protein 2 cup veggies 1/2 avocado 2 Vegetable Capsules 1 Fish oil Capsule
<b>Wed</b>	1/2 cup oatmeal 1 protein (2 egg whites & 1 whole egg) 1/2 apple/ banana 2 Fruit Capsules 1 Fish oil Capsule	1 piece fruit	4 oz protein 2 cup veggies 1/2 avocado 2 Vineyard Capsules 1 Fish oil Capsule	1 piece fruit 1/4 cup mixed nuts	4 oz protein 2 cup veggies 1/2 avocado 2 Vegetable Capsules 1 Fish oil Capsule

*Dr. Del's Rapid Fatloss Meal Plan* will show you how to put together a more comprehensive meal plan. It also contains several sample meal plans based on different caloric intake, so that you don't have to bother with counting calories.

## The Final Word: Making Sacrifices

People ask me all the time how I'm able to stay in such great shape year-round. I usually answer this question with one word—sacrifice.

Look around at the people you see who look great, the vast majority will tell you that they look great only because they have chosen to give up many of the sinful pleasures they love to eat. I'm not saying that they don't indulge, but they don't do it all the time.

You can't expect to eat whatever you want whenever you want it and still lose weight or look great; it doesn't work that way. You have to be willing to make sacrifices. You're going to have to give up some of the things you love to eat for a while; it won't be forever, but it has to be for a while.

You're also going to have to become very uncomfortable for a while. If you're not working out now, get ready for the blood, sweat and tears. If you are, get ready to kick it up a notch or two, or three. If you're afraid of pain then forget about long-term weight loss; stick to the easy stuff. The easy stuff are the crazy starvation and extremely low calorie diets. They'll all get you temporary results, but you'll be worse off in the long run.

My plan is designed to change your life a little at a time. If your results are going to last then you need to change more than just your body; you need to change. You need to develop new habits and a completely new outlook and philosophy of life.

You need a big WHY. Why is weight loss important to you? What is it going to give you that you don't have now? How does it make you feel when you achieve that goal? And why is that important to you?

These are the things you need to know because these are the things you really seek. Weight loss is a consequence of a healthy lifestyle—long-term weight loss that is. Actually, I should say body transformation because weight loss is temporary; body transformation is forever because you have to transform your life in order to transform your body.

Success in all areas of life depends greatly on what we're willing to give up. Nothing in life is free; you have to be willing to work for the things that you want.

So the question that you have to ask yourself is this, what are you willing to give up in order to lose those ten pounds, and the next ten, and the next ten after that? And ultimately, what are you willing to give up to transform your body and your life.

Life is about making sacrifices and if you're not willing to do so you can't expect to get anything more than you currently have. You have to give in order to get.



## ▼ Taking It To The Next Level

You can get some result in ten days. However, if you're really serious about maintaining your weight loss, or even moving on to the next ten or more pounds, then you're going to need a completely different plan of attack.

If you really want to change your body and make it last, forget about weight loss. You need to start thinking about transformation. Body transformation requires a completely different level of commitment, desire, discipline and dedication. But God gave you the ability to finish what he started or get back what you screwed up, so why not rise to the challenge?

Here's what it's going to take to get to the next level; you need to start thinking like a sculptor. A sculptor slowly chips away the unwanted excesses of his masterpiece until he arrives at perfection.

Likewise, you too must learn how to chip away your excesses in order to arrive at your desired size, shape and look. You must become a sculptor of your own body. This means that you have to become a student of the body. How can you hope to transform a body you don't understand or know very little about?

You have to learn to get beyond the clichés, myths and misconceptions and learn the basics of your own physiology. You need to learn how food affects your body for better and for worse.

You need to get beyond this misguided notion of good and bad. There is no such thing as good foods and bad foods. There is just food. There are foods that make you healthy and foods that don't. There are foods that more easily lead to weight gain and foods that help you to get and stay lean.

Even more importantly than any particular food, however, is the process of transformation. Just as there is a process by which a caterpillar becomes a butterfly, there is a process by which you can use food and exercise as tools to sculpt away your excesses and create the body you can proudly flaunt to yourself in front of your mirror or any way you so choose.

Taking your results to the next level require that you learn this process. Once you learn this process you will no longer be afraid of food or be a slave to your cravings. You'll have the freedom to eat whatever you want and still get amazing results. This is possible because you will become a conscious eater.

A conscious eater makes choices based on a predetermined set of values, goals and intentions. I will show you how.

If you want to take your results to the next level you must also learn how food and exercise work together to create the desired result you seek. This is all a part of the transformation process.

In a nutshell, the process I've been using with my clients to create transformation is as follows:

### **3 - Phase Transformation Process**

- ▶ Phase 1 – 21-Day Detox-Cleanse
- ▶ Phase 2 – Muscle Building & Fitness
- ▶ Phase 3 – Fat Loss

In Phase One we focus on creating health from the inside out. My nutritional cleanse is designed to help unclog the body and to get the body's various systems (digestion, circulation, elimination, assimilation, hormonal) functioning optimally.

You have to get healthy if you want your results to last. You're not going to get healthy by continuing to eat crap every day. You have to feed the body what it needs to create internal balance. Internal Balance means that all your systems are doing what they were meant to do effectively and efficiently.

The focus of Phase Two is to build lean muscle mass and improve your cardiovascular fitness level. As you should know by now, more lean muscle mass will increase your metabolic rate forever. Also, the fitter you are the more efficiently your body will burn fat.

This is great because your body will naturally burn more calories everyday. Imagine if your body was able to burn an extra hundred calories everyday without you doing anything—that's an extra 700 calories per week or 2800 calories per month.

If this were to happen, it would be pretty hard for you to gain weight. Now you see why bodybuilders have to eat so much in order to gain weight; they have very high metabolism therefore they naturally burn up a lot of calories everyday.

In Phase Three you will learn how to rev up your body's fat burning furnace. Most novice exercisers make the mistake of trying to build muscle and lose fat at the same time. This is not a very effective method because muscle building and fat burning are two completely different physiological processes. It is best to focus on each separately.

Phase Three teaches you how to train and most importantly what to eat in order to maximize fat loss.

Once you've mastered the above process, you will never ever focus on weight loss again. You will become a body sculptor, with the knowledge and tools of how to change your body at will.

Therefore, if you chose to take time off from your training and meal plan, it's okay, because you will have the knowledge of how to get right back on track and you'll know how to get results.

The way I use this process with some of my clients is we focus on one or two detox-cleanse cycles per year. I then work with them to design a six to twelve week training and nutrition program, working on phase two for about four weeks then switching to phase three for two weeks.

You should continue this process of switching back and forth between Phase Two and Phase Three until you've reached your six or twelve week goal. Once you've reached your goal, reward yourself and take some time off, then set a new goal.

This entire process is outlined in *Dr. Del's Rapid Fatloss Manual*.

In *Dr. Del's Rapid Fatloss Manual*, I walk you through this entire process step by step to help you develop a customized fitness regime and meal plan. You can either choose to develop a completely new program or you can simply follow one of my pre-designed fitness programs and meal plan based on your goals.

My meal plan is outlined in great detail in *Dr. Del's Rapid Fatloss Meal Plan*. You'll also find detailed recipes for all the meals on my meal plan in *Dr. Del's Rapid Fatloss Cookbook*.

My intention for developing this series of books is to teach you everything you need to know about your body's fat burning system. And to give you all the tools necessary to manipulate this system so that you too can LOOK GOOD NAKED!

As one of my clients said to me not long ago, "I'm not exercising for my health, I'm exercising to look good." Well, I want you to look good naked, but I also want you to be healthy, fit and strong. My Rapid Fatloss series of books will help you to achieve all of the above.

Another important tool available to you is my online virtual training and nutrition-coaching site, <http://www.PersonalFitness.com> you can try it free for a month. You'll have access to my complete library of hundreds of exercises with pictures and video demonstrations.

In addition, you can utilize my very extensive database of foods to develop your own comprehensive meal plan, complete with calorie count and nutrition facts, or you can simply follow one of the many pre-designed meal plans for each of the three phases of the body transformation process.

My Youtube channel also contains a very extensive library of coaching videos guiding you through each step of my program, as well as my meal planning videos demonstrating how to make my easy to prepare 10-minute meals.

Visit my website, <http://www.delmillers.com> to learn more about taking your results to the next level or to download the Rapid Fatloss series of books and get started right away. When you buy my products, you'll have complete access to me as your coach.

I'll be there to inspire, support and encourage your transformation.

Peace & Blessings,

Del Millers

## Your Resources:

Below are some additional resources that help my clients get results. Check them out and see if they're right for you.

### 1. Dr. Del's Rapid Fatloss Manual

This book will teach you everything you need to know about the fat loss process. You will develop a clear understanding of how exercise and nutrition affect the fat burning process, how meal pattern and frequency affect your metabolism and fat loss, and what conditions cause your body to break down stored body fat. This manual cites over 30 gold standard clinical research studies on fat loss.

[www.erapidfatloss.com](http://www.erapidfatloss.com)

### 2. Dr. Del's Rapid Fatloss Meal Plan

Here you will find all the details of what you should be eating on both Phase Two (Muscle Building & Fitness) and Phase Three (Fat Loss) of your program. This book contains a complete 8-week meal plan with weekly menu and shopping lists.

[www.erapidfatloss.com](http://www.erapidfatloss.com)

### 3. Dr. Del's Rapid FatLoss Cookbook

In case you're wondering how to make the recipes listed on my meal plan, don't despair. My 10-minute recipe book contains over 130 easy to make recipes; everything you need for your meal plan. Download your copy today and get started on your journey to rapid fat loss. [www.erapidfatloss.com](http://www.erapidfatloss.com)

### 4. Dr. Del's Rapid Fatloss Detox-Cleanse Program

This 21-day whole food nutritional cleanse is designed to help your body's systems (digestion, circulation, elimination, assimilation, hormonal) to function optimally. Thereby, supercharging your fat-burning furnace. [www.erapidfatloss.com](http://www.erapidfatloss.com)

### 5. [www.PersonalFitness.com](http://www.PersonalFitness.com)

My website is a virtual treasure trove of everything you will need to be successful. Here, you can either design your own workout and meal plan, follow one of my

many pre-designed plans or I can also designed a customized plan just for you on a weekly basis. Your workout plan can be designed for you to train either at the gym or at home. For your convenience, all the exercises are demonstrated with pictures and/or video clips. Your meal plan will contain a complete calorie count and a detailed nutrition profile of each food item.

[www.PersonalFitness.com](http://www.PersonalFitness.com)

## **6. Fruit and Vegetable Capsule**

The Fruit and Vegetable Capsule that I use and recommend is whole food based nutrition, including juice powder concentrates from 17 different fruits, vegetables and grains. Each ingredient is specially selected to provide a broad range of nutritional benefits.

This is a simple, convenient, and inexpensive way to add more nutrition from fruits and vegetables to your diet, every day. This product is supported by clinical research conducted by researchers at leading hospitals and universities around the world and published in peer-reviewed scientific journals. It is recommended by thousands of doctors and health professionals around the world and has my highest endorsement because I use it everyday. Go to the website above and watch the video. [www.FruitandVegetableCapsule.com](http://www.FruitandVegetableCapsule.com)

## **7. Vital Choice Wild Salmon Fish Oil**

Personally, I like to use omega fats from wild fish instead of farmed raise fish. For that reason I use and recommend the Vital Choice Wild Salmon Fish Oil.

[www.drdelmillers.com/#1dr.-del-recommends](http://www.drdelmillers.com/#1dr.-del-recommends)

## **8. Juice Plus+ Complete® Meal Replacement**

This is a whole food based beverage mix that provides balanced nutrition in every scoop. Juice Plus+ Complete can be used in any number of ways: as a healthful "on-the-go" breakfast, pre-exercise energy drink, post-workout recovery drink, or a late night snack. It comes in your choice of two delicious flavors: French Vanilla and Dutch Chocolate. I recommend it because it is what I use every day and it is also the tastiest meal replacement I have used in 20 years. [www.FruitandVegetableCapsule.com](http://www.FruitandVegetableCapsule.com)

## About the Author

**Del Millers, Ph.D.**  
**Author, Speaker, Life Coach**

DEL THE AUTHOR

Books by Del Millers:

**DR. DEL'S RAPID FATLOSS MANUAL**  
A Scientific Approach to Building Your Leanest Body Ever.

**DR. DEL'S RAPID FATLOSS MEAL PLAN:**  
A Science Based Eating Strategy for Building Your Leanest Body Ever.

**DR. DEL'S RAPID FATLOSS COOKBOOK:**  
Quick & Easy "10-Minute Meals"  
for Building Your Leanest Body Ever.

**DR. DEL'S RAPID FATLOSS  
DETOX-CLEANSE PROGRAM:**  
A 21-Day Whole Food Based Plan for  
Jumpstarting Your Body's Fat-Burning System.

**SIMPLY DELICIOUS:**  
Quick & Easy 10-Minute "Fit" Recipes  
and Nutrition Guide.

**DEL'S 10-MINUTE TOTAL BODY WORKOUT:**  
When all you've got is 10 minutes to spare!

**DANCING WITH GOD:**  
How you can Make Exercise  
a Playful Adventure of Body and Soul!



## Del The Speaker

### Speaking Engagements And Seminars:

#### Speaking the Spirit of the Body's Wisdom

When Del Millers speaks, people listen. He knows an awful lot about the physical body, and he looks like it. He also knows an awful lot about the mind and emotions, and he demonstrates it. And that he has a very intimate and personal relationship with his own spiritual nature puts him in a very unique position to be able to support, motivate, and encourage people to reach new levels with their personal dreams and ambitions. As one client puts it, "I have had many personal fitness trainers and many dance and tennis teachers. Del is the first one to really help me reach my goals. He's tough and demanding and kind at the same time. He knows what he's doing; he's an expert."

Del has been extremely successful as a motivational speaker and coach because he addresses all aspects of the human being. He is intelligent, well spoken, and engaging, whether he's exploring the many aspects of health and nutrition or describing how exercise is really like dancing with God. He fascinates audiences and individuals alike because he practices what he preaches. He is a happy man with a firm grasp on his reality—and he assists others to reach the same amazing place. He is, in a word, inspiring.

Del holds a Masters Degree in Spiritual Psychology, a degree he earned by demonstrating self-mastery, and a Ph.D. in Nutritional Sciences. He is also an accomplished writer, poet, and performer as well as a master instructor of Kung Fu and Tai Chi Chuan, a Personal Fitness Coach and a sought after corporate consultant. Del is truly a pioneer, combining the fields of Fitness and Transformation.

Del Millers is a powerhouse, standing on a solid foundation of education and experience. When he speaks, people want what he's got. The good news is, he knows how to deliver.

## PRIVATE CONSULTATION

Dr. Del is available for phone or email fitness, nutrition and life coaching.

### Del's Contact Information:

For consultations or to book Del for a seminar or speaking engagement, please contact:

## DEL MILLERS

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### *To Subscribe to Dr. Del's FREE Email Newsletter:*

Send an email to [newsletter@delmillers.com](mailto:newsletter@delmillers.com)  
and write, "subscribe" on the subject line.

### Join the conversation online:



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Dr Del Millers stay connected



Dr Del Millers Channel

## DEL MILLERS INTERNATIONAL

*Inspiration, Support & Encouragement,  
For Your Personal Growth and Transformation!*  
<http://www.delmillers.com>



“Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.”

*~ Robert Frost, The Road Not Taken*