

DAY 27

Hi All,

Well today is the second last day of weight loss and if you are feeling anything like I was at this stage in my first cycle I was pumped!! I was losing weight and I was burning fat, infact my fat percentage meant I was actually gaining muscle. Yippee!

So why stop losing weight? Why not just keep going? Because your body is a survival machine that does not know there is an abundance of food at every petrol station! It wants to preserve the status quo which is back at where you started almost 4 weeks ago. Strategically adding more food at this point(in 2 days time) is the most important part of the program! It allows our body to understand that this lower level of fat stored for hard times is OK. It is a time when we are going to purposefully add more carbohydrates and stop losing weight and take our body out of a ketotic state. The goal is to maintain our body weight within 0.5kgs for the next 2 weeks.

Most people go on a diet and then celebrate, with their goal met, and then end up back at where they started or worse off. It is not good enough simply to lose weight we must retrain our body to be happy that it can survive at its new weight with less stored for bad times. Our basic hunter gatherer genetics developed over thousands of years needs to store for survival so let's understand this and use it for our long term goals.

All this talk simply to get you to understand how important, CRITICAL even, the next phase is to our Healthpointe success!! Tomorrow I will go through the detail.

Some other things to do now and doodle in your Healthpointe Journals.

What is the most important thing I have learnt about my eating, exercise and mental journey over the past 4 weeks. Go on do it now! Write those 3 things down and then write down how you are going to continue to apply those points for the rest of your Healthy Life. Healthpointe is a lifestyle. It is a way of eating and understanding that you will develop for yourself and allow you to become the healthiest you that you want. Now is the time to get excited about the future!

After the add more food days, the next 2 weeks, you will have a decision to make. Do I want to lose more? Yes. Then repeat the 6 week cycle of 4 weeks weight loss and 2 weeks add more food. No. Then go onto the lifetime maintenance part of the program. But more about that over the next 2 weeks.

Speak tomorrow,

Jamie