

DAY 15

Hi Healthpointe Winners!

I never thought I would look forward to a protein day, but the first time I did Healthpointe I was excited by the extra weight loss associated with it. Why is this so?

When we limit our carbohydrate intake and we are already in a ketotic state our body kicks into a bit more fat burning. Unfortunately if you don't snack regularly on protein throughout these days your body muscle stores can be depleted as well. So snack regularly!! One of the most successful ladies we have had through the program, with great long term results, set an alarm to go off every hour to remind her to have a ¼ of a protein bar. She lost no muscle mass at all and left 12kgs of fat behind never to be found again!!

What is the point to learn? Eating regularly is key to maintaining your metabolism and feeding your body. Protein ingested is dealt with by your body within 2 hours of eating. This means that if you have only eaten 1 or 2 times a day before Healthpointe your body is now adjusting and eventually losing its ability to lay down muscle tissue. Muscle weighs more than fat by volume so you can actually be shrinking in size and only decreasing in weight slightly or not at all. What is the point? Check your measurements that you recorded yesterday and compare them to the start day. Healthpointe success stories always change shape and get a more shapely physique. Don't know about you, but I didn't want to become a smaller "fat" me, I wanted to gain back a manly physique and Healthpointe facilitates this.

So snack regularly and keep up the exercise.

Tomorrow we will start a discussion about weight loss slowing down or stopping and what to do.

Jamie