

TOP 5 TOOLS TO LOSE & KEEP OFF STUBBORN WEIGHT



B.I.R.T.H

A SoPrecious FERTILITY PROGRAM

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INTRODUCTION

A healthy body can't be overweight.

A healthy body can't stay sick.

Maintaining a balanced healthy body not just about knocking off calories.

I must warn you- I am about to *shake the table* of some things you thought you knew, but one thing I promise you is that every teaching in this book is backed up by sound unequally meta-analysis research and we have presented many testimonies in our fertility and wellness programs including my own life to prove the realities of what I teach in this book.

All I care about is to help people get well, attain ideal weight, live good quality of life and live as long and strong as they can.

Let me list below some of the strategies you may have tried and what this book is **not** about.

- Trying to lose weight by willpower or discipline.
- Trying to lose weight by Calorie counting or calorie restriction
- Use of undiagnosed & unsafe slimming herbs/ supplements
- Yield to life-threatening body shaming and intestinal slimming surgery.
- Food deprivation/ autophagy without optimal bio-individual nutrition
- Over exercising/ body crushing
- Cheat meals/ unhealthy meals daily yet expecting weight loss results

The funny thing is that you say you don't eat much- yet, Fat will not let you be. its as though you sniff food aroma and the pounds pack on. People want to lose weight for several reasons but here are the best reasons I found and that inspires me to *want to stay slim and lose weight longterm*:

- Getting healthier not just losing weight
- Increasing energy to spend on the people and things important to you
- Moving around pain free
- Loving the new you
- Being around longer and stronger for kids and grandkids if Jesus tarries

We all know someone who eat a lot (like they passed their stomach to china) and they don't gain weight yet we know some like us who only sniff off a piece of pie and the weight scale reading climbs! The thing is, the stronger your metabolism- the more you can eat- another thing is that some people are carb sensitive and pack on weight only because their body is unable to utilize glucose- not just because *there is fat in their genes*.

Two ways popular to hit caloric deficit that news headlines tell us:

1. *Eat less* : My question is " how little can we eat?" because *little/much* is relative.
2. *Move more*: my question is "how much more exercise could you maintain?"

The truth is that Weight symptoms (aka Weight from hell or Stubborn weight) that are actual *dis-ease* of the body. Cloudy thinking, blotchy skin, loss of energy, slower memory, water retention, bloating, inflammation, low libido, less stamina – are some baggage that comes with stubborn weight.

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If you feel Bloating when you eat certain veggies, the thing is that most are Prebiotics means it Feeds the yeast or bacteria *already there in your gut* - more bacteria, or more candida overgrowth. What we need to do is run an *organic food test*(we offer free lab referrals) and heal the gut so you can enjoy those foods again.

Please listen up- low energy, low mood & weight gain are not normal and are sure not part of aging process- in case you were told its "old peoples sickness"- no such thing exists.

The thing is that people are often not ready to *dig deep* and look at root causes or underlying factors for weight gain and this is the gap that i, through Naturopathic and functional medicine, present-

- **Popular Top layer** solutions of weight loss - eating less and moving more
- Soprecious **Root cause/ Peel layers** solutions for weight loss – Replenish deficiencies and rid toxicities

When people say "But my doctor never told me this/taught me otherwise", I reply "Maybe he/she didn't know better, or someone may have been misinformed or are not yet aware that there are other different forms of medicine outside of pharmacology"

What I found is that Sometimes people are not yet ready to learn something new, especially if it goes against the way they were indoctrinated from childhood. It's scary and takes a very strong person to accept "what is." What I recommend is - Be open-minded. Commit to the tools we share and practice them then share the "before and after" photos at info@soprecious.ng or @sopreciouslifestyle

If you are planning to still have kids and are overweight- Listen up! Did you know sound recent research shows excessive weight not only negatively impacts egg development and quality, fertilization, embryo development and implantation--with poor reproductive outcomes for natural conception attempts but it also decreases the odds via assisted methods as well including ovulation induction, IVF/ICSI and egg donor cycles?

Excess weight disrupts hormone levels resulting in ovulation problems and conception difficulties. This is especially true for women with excess weight and diagnosed with Polycystic ovarian syndrome (PCOS). Excess weight has also been found to increase the risk of miscarriage, gestational diabetes, and stillbirth.

And men that are overweight exhibit multiple hormonal changes leading to poor sperm count, motility and morphology as well as excessive DNA fragmentation and even erectile dysfunction

The cure? Everything we share on our fertility detox, weight loss detox and coaching programs will naturally help you begin the weight loss journey towards optimizing your fertility and giving you and your partner the best possible chance of creating a healthy baby without counting calories, pills or gimmicks.

If you follow my recommendations you won't even have to think about losing weight because it will just happen naturally.

To know, that you do not know, is the best,

To think you know, when you do not, is a disease.

-Lao Tzu

EVERYONE IS TRYING TO FIT EVERYONE IN ONE DIET BOX- KETO CASE STUDY

Everyone has the "set point" healthy weight that works with their frames.

Diet Is controversial.

Believe it or not - FDA food pyramid is bought by the dairy industry and I won't recommend that, but if you remove bread and replace grains with veggies then you may be getting close to what works. All best diets differ by fist-size of any food. This is why I frown at it when people start off on a popular weight loss strategy they read online (often poorly researched and baseless health blogs)- You can't rely on the government to set your health tone.

99% of diet plans out there are based on reducing calories (*Eat less & Move more*, we are told -but we all know that this doesn't work *long-term*)

There's no one diet for every human being--its all just marketing.

Sound research proves that most popular diet plans ends up helping one third of the population i.e about 66% of the people but two thirds of the population are sadly missed/their weight *plus more* comes right back after the fad diet plan.

If you are reading this book, it means you have tried to lose weight so I'm not about to bore you with popular yoyo fad diet tools. You want results and I am hear to give you *what works!*

First, I must tell you that no matter what- you have me in your corner, I'd be here to Support to cheer you when you fall off the bandwagon & to help you Focus on when you encounter obstacles on this weight loss journey.

So lets look at A 5Ft weighing 84kg living in Nigeria and another 5ft weighing 94kg living in Alaska – both are *not same body type* neither are they living under same *weather conditions, culture, community, digestive peculiarities* - so its disappointing to see popular diets like keto recommended for both kinds of people despite the unique ways their bodies burn fat -all these *in italics* matter in weight control and I have learnt this from ayurvedic, traditional Chinese and native American medicine etc (all 7 branches of aggregative health resonates this)

For keto/'carnivore diet' / 'animal protein only' -preachers, please you can't survive *longterm* on just Animal based protein/high fat- when you say you eat like carnivore, lets have a look at chimpanzee- their teeth, genes , Lifestyle (hang in trees)- these are mainly suited for plant based(lots of fruits, easy to digest, chew more ,they eat wild uncooked raw animals)-- so are you actually eating like carnivore?

Lets see- so What's wrong with the "No carb/High plant-fat/plenty animal-protein diet"

Well, **Unlike** chimps:

- Your body doesn't produce enough lipase or bile to process the 100s of grams of MTC (medium-chain triglyceride) or fats that keto takes in- Often times, I see those on keto enroll for our wellness programs with pale hands and yellow eyes because the liver is overwhelmed with emulsifying and break down that much fat.

- humans don't eat raw meat

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- Chimps have massive claws ,carnitines and morals at back and not fangs
- Humans produce enzymes to break down starches and carbs so our body ought to have those.
- Our stomach acid PH is 1-2 and not 2-3 and you don't produce massive amount of it to break down the protein, also we produce less stomach acid as we age.
- your digestive tract is 28ft, that of a carnivore is 6ft so they can eliminate petrified protein very quickly but you cant.
- amazingly, chimps don't eat an all-meat diet so you see there's physiology to these things.

You could show me a 3 weeks *keto cancer success stories* and those are clearly because they were controlling blood sugar and creating autophagy – these are things you can do on short term that wont fly on long term. For me, I am all about sustainability- if it wont stand the test of time- you wont find me there!

One of the downside of keto on longterm is that you won't be able to take higher portions of carb in the future *should you decide to*. You can argue this if you are on keto and all I'd ask you is to please share your lab tests - let's see your cortisol levels till noon *in long term* - for the women on keto- lets see the impact on your thyroid, progesterone-estrogen ratios, I see lots of these in our fertility and wellness coaching programs, *oh it worked for about a few months and then we see the devastating health and fertility symptoms*.

Please guys, keto is not a human-based diet- All the cancer, heart disease prevention diets are mainly fruit and vegetables. Are you dieting to live or to die *biko?* Keto is a carnivore-based diet. The reason It works for some people is that they have some SIBO (Small intestinal bacterial overgrowth), candida/bacterial overgrowth- something that feeds on certain carbs so when they eat carbs(legumes, grains or some nuts/seeds) they have inflammation or autoimmune issues or bloating, gas, but the problem is not the carbs they ate- its because there's a dysfunction microbiota in their gut -- there's a research behind keto and it's kind, the problem I have with it is that it excludes alignment with other sound research like anti-cancer research etc.

Science of most long lived people- what most longevity diet have in common is that 10-35% of their diet come from healthy fats- far max is 35% not about 75% as provided by my dear keto-people.

World cancer research fund and american institute of research reveal that most foods of plant origin specifically broccoli, garlic, berries are highly recommended for longevity and wellness.

You can argue it all by yourself but the way to keep your body strong and healthy is by predominantly fruit and vegetables (notice there is no **s** in my word *fruit*)

70% chance with cancer lies in your power to change your diet – of course there are some factors beyond nutrition eg exposure levels to heavy metals, toxicities, emfs, pesticides etc however optimal nutrition gives an edge to how well the liver and other organs protects us against these exposures and surely weight loss.

What we do differently on our weight loss plans is to strategically use short term protocols like atkins or keto *as the peculiarities of the patient requires*(and yes Keto should be short-term) with the mind-set to transition into long term healthy eating within 6-12 weeks eg when I have vegan-based clients I don't use the meat, vegetables and eggs in their diet plan instead I use the integrative health practitioner food list which we share to our clients in our practice and how they can get them from their local market. We play with the proteins as it suits your body type and other factors that are bio-individual.

Eg in short term, we take you through the SoPrecious detox protocol, or using our healing elimination diet for weight loss- we remove some healthy foods for most people because at the beginning we need to level up Glycemic and blood sugar manage insulin spike response but not for more than 4-5 weeks because it could yield short term results but detrimental long term issues.

I am unbiased about the way people should eat because all i want is for you to live and enjoy life as long as you want to- with a blast & be pain-free as they age.

I am tired of seeing young women looking like their husband's mum and young people in their fifties bending over in pains with stiff joints, can't do any form of exercises with the body broken.

I believe in older medicine (ayurvedic, traditional Chinese, Hawaii medicine etc)—which proves that we should recover quickly, age gracefully and pass on in your sleep at ripe age- not struggling to keep the body strong.

So you see, We can't all fit in one diet box, for example, I love good food (everyone that knows me know that), I don't like body-crushing excessive exercise (*I kant komman kii myself*), I love to sleep and have weekly cheat meals with friends and I want to age gracefully without pain so curiosity drove me to find ways to help people like me.

So what we offer in my health practice is *Bio-individual* Fertility, Wellness and Weight loss diet plans by *functional medicine*.

FUNCTIONAL: works with real individual in real world (real world applicable)

BIO-INDIVIDUAL: works with the individual's biochemistry

What I found is that everyone eats so everyone thinks they are an expert of what they should put in their mouth but nothing could be farther from the truth eg years ago, I had a client who was a fad diet expert and in her workshops she taught that her clients go completely meat-free because she felt better when she stayed off meat-she was trying for a child and a friend referred her to join our fertility balance plan. When we ran her tests, her tests revealed that the bloating and fluidly feeling she got after eating meat was as a result of lack of stomach acid, that was coming from H-pylori (some sort of bacteria symbiosis, proton pump inhibitors (PPI) and her stress levels needed support plus there was lack of mineral salts—, you see, heavy proteins are the hardest things to break down- so before then she removed meat & felt better and asked everyone to do same. So when we helped her digestive system, it is now able to handle some good protein.

When I hear *success stories with diets like keto* - my question often is

“how sustainable is it going to be to eliminate all animal-based protein- *longterm*”


“will you feel better 2-4years from now?” Sure you may, if you are an endomorphic or *kapha* body type(these do better on low carb) but it wont be sustainable for a ectomorph flatter body type(higher carb).

What we have found on our weight loss programs is that Metabolisms and appetites adjust to new energy intakes, physical activity becomes a natural part of the day instead of a chore, and someone who was predominately ectomorphic or endomorphic eventually see themselves displaying far more mesomorphic traits over time.

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When you eat based on your body type- its is very difficult to keep on extra weight.


Every diet is good but not effective when it's not qualified for the individual.

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EATING FOR YOUR BODY TYPE

KAPHA/ENDOMORPH BODY TYPE	VATA/ECTOMORPH BODY TYPE
<ul style="list-style-type: none">*Low Carb/Starch.*Moderate-High Protein*Moderate Healthy Fat.*Slow Metabolism (anabolic)*Can thrive on Keto/Vegan diet*Can fast longer*Packs on weight easily*Burns Carbs effectively*Needs more veggies	<ul style="list-style-type: none">*High Carb/Starch to curb Cortisol*Moderate- High Protein to keep satiety*Moderate Healthy Fat.*High Metabolism (Catabolic)*Should NOT be on Keto/Vegan diet*Can fast longer*Hard weight gainer*Burns Carbs preffrentially*Runs more on "Fight-Flight" based response hence less Hard workout

WEIGHT LOSS DIET PLAN


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25% PROTEIN



75% VEGETABLES



2 TBS GOOD FAT



- *Half -1c. Berries
- *1 Tsp Good Fat(B)
- *1-2 Tsp Good Fat(L)
- *1-2 Tsp Good Fat(D)
- *2c Veg(L) (Raw/Cooked)
- *2c Veg(D) (Raw/Cooked)
- *0-1c RootVeg(L)
- *No RootVeg(D)
- *****
- *Half -1c Protein (L)
- *Lemon & Spices@L&D

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CHAPTER 1

WEIGHT LOSS TOOL #1- EAT TO BURN STORED FAT

In SoPrecious wellness programs we help you *rid toxicities and replenish deficiencies* like vitamin and mineral deficiencies eg do you know that something as seemingly as Lower Vit D won't allow you to burn body fat?

Ideal Glucometer report for optimal health- before meal (75-95) in europe?-its 4.2-5.2 ml/liters

On our weight loss programs , we want to be sure that *before you eat* -- your blood sugar is lowered and that 1-3 hours postprandial (after meal) , blood sugar should be back to homeostasis (equilibrium)

The less food you eat at various times of the day-the less digestion frequency. I found that most urban adults eat at least 5 times daily (snacks and treats include)- When you come on our weight loss programs, we seek to reduce this to three bulk meal windows. it's like asking your digestive system to get 'turned on' three times instead of five times—When you eat too frequently , the implication is that you are alerting your immune system to use more metabolic energy that would have been channeled to detox/digestion. If struggling with digestive issues- this energy causes more bloating/gas also reduces frequency of food sensitivity issues.

The gist is -Do not make food your whole life. 30% of all energy of the day goes for digestion. When you give your body a food-break, you give it Free radical cleanup. Do you know that the more food you eat- the more oxidative damage. Ayurvedic medicine teaches that each time you eat, body builds *ama* (toxins) from environment, hormonal production eg estradione, cortisone- These creates free radicals which creates oxidative damage then inflammation(weight gain) & then hastened aging (aging from inside out).

What i seek to do in my health practice is to balance the body on a foundational level. We want you to get older chronologically and not biologically.

Integrative health practice is the future of medicine. True health is vitality, pain free—not absence of disease. Don't wait to become another statistic- take control of your own body. Wake up to Room temperature water- at wake, you have gone 10-12 hours without water.

Fluid brekkie before lunch-go 4 hours without eating after breakfast. Aim for 12-2pm lunch (12-2pm is the strongest Ayurvedic time of digestion) . Stop eating 6-8pm (12-14 fasting hour overnight)

Use the soprecious meal replacement plant protein supplied at the ([SOPRECIOUS 12 WEEKS WEIGHT LOSS NUTRITIONAL PLAN](#)), it's got all the multivitamins, minerals, electrolytes and nutrients you need eg sulphonophane to deal with daily detox. Many can't lose weight because they don't have enough micro nutrients, it's not always the carbs(macros),- the micros (vitamin, minerals and essential fatty acids) help to stay balanced. No snacking in-between meals. Don't eat food before exercise.

Still hungry? Eat more vegetables not fruit smoothies/snacks- Vegetables are low calorie, nutrient-dense /phytonutrients. Plan meals before next day. Below is how I prepare vegetables salad for the week with hand of my little bubba grabbing his own salad bowl. *if you don't plan to eat healthy- You never will.*



CHAPTER 2

WEIGHT LOSS TOOL #2- TAKE SUFFICIENT CLEAN FILTERED WATER & EAT GOOD FATS

Most people are 2-5kg heavier- these are often excessive water retention/ inflammation.

Water makes up more than two-thirds of the weight of the human body, Plasma is 90 percent water and makes up more than half of total blood volume, the tissues are 72% water. When your body holds on more inflammation – it is holding onto more water than it should. An average person can hold 3-5% extra water and these could pop more at wake because your body was doing hours of detoxification while you were asleep. This is why you may weigh few Kgs/pounds more at wake.

Unfiltered water is a HUGE source of hazardous and unwanted chemicals in your environment.

What most homes that drink from tap do is to boil, note that Boiling your water will kill most (not all) harmful microorganisms but the risky part is that it will also concentrate the chemicals it contains.

Someone once asked "what about our forefathers that used to drink from rivers and taps" i answered , "our forefathers lived in an 'un-urbanized environment where pollution was not a wreck as it is now with industrialization and huge environmental pollution"

These chemicals in your tap water (and hence bottled or sachet water) have been proven by sound research to be the reason behind recurrent miscarriages, hormonal imbalances causing hard to loose weight and unexplainable Infertility.

So if you are still drinking from your tap or borehole- you are on your own o!!

Bottled water is just clean water with loads of plastic recycling chemicals moreso with loads of bottled water out there-- you can be sure that their filtration rates are not up to the standards we recommend for Optimal Fertility and wellness.

It's capital intensive but plan and get a once-in-a-lifetime One-off vital investment--Invest in a good-quality water filter that attaches to your kitchen sink pipes or water spout with at most one micron filtration thickness (it can be placed either underneath or on top of the bench).

Jug filters are inadequate as they typically don't provide the fine filtration ideal to protect you and are made from plastic (which is full of potent endocrine disruptors).

Ceramic filters also aren't ideal because they're likely to develop internal mould, which is toxic and difficult to identify.

Write up or direct message (info@soprecious.ng) to get link to get our range of preferred water filters that your local plumber can easily install and its movable when moving houses.

At wake, your body has gone 10-12 hours without water. Jilt coffee – you are not tired, you are simply dehydrated! Coffee gives this Diuretic base effect (The diuretic effect is the increase in urination which can lead to loss of sodium and potassium) & dehydrates. Body is in its most dehydrated state in the morning-- 20 ounces of Water is what is recommended for wellness, some of it may come from 4-8 ounces unsweetened nut milk or shakes (xanthum gum free ,carrageenan free). I am ok if your store-bought nut milk has Guar gum because they are natural Prebiotics. I recommend you get you nut milk- homemade.

16 oz spring water (or filtered water) plus the 6 oz of nut milk (total fluid - 0.5 liters)

Prime Factors responsible for cravings

1. Anxiety – calorie and weight consciousness.
2. Not enough water (For weight loss, a full glass is recommended to be taken half hour before meal *not with meal*-as that weakens digestion and doesn't allow absorption of all the nutrients in the food). A lot of water across the day is recommended for weight loss (not same for the one that needs to gain weight)

How much water should I take?

For weight loss, you should take half your body weight in ounces of water per day eg if you weigh 200pounds then drink 100ounces of water (12 glasses per day includes the herbal teas and smoothies)

All fats were not born equal- Healthy fats are good for you. You wont go wrong by sticking to high anti-oxidant based fats. Get your good fats from plants (not vegetable oils)- go for **extra-virgin, cold pressed in dark glass bottle**, those vegetable oils you use to cook in plastics are causing rapid evil in your body- watch our videos on youtube on dangers of stored foods in plastics & mono-saturated oils. Best levels of Omega 3 are gotten from wild caught(Not frozen) mercury-free fishes – seek to eat these fishes at least 4times/week.

1-3 tsp of healthy fat (olive oil or smashed avocado) for recommended for weight loss.

There is need to have a good omega 6: omega 3 ratio. The easiest way to get in this is via wild fishes.

Wild salmon, sardines, trout (these 3 are highest in omega 3) There is also Herring (aka *Shawa*)), Mackerel (aka *titus*) , horse mackerel (aka *Kote*), Alaska pollock(*okporoko* stockfish), Blue whiting (Panla/Hake)



CHAPTER 3

WEIGHT TOOLS #3: LOW G.I ANTIOXIDANT FRUITS & VEGETABLES (+JUICES & SMOOTHIES RECIPES)



SOPRECIOUS HEALTHY MEAL LIST

Eat those in bracket sparingly as cheat meals if looking to lose weight

PROTEIN	FAT	GF STARCHES
<p>Full healthy meal list & meal planner is provided on the 12 weeks weight loss detox program</p>		
FISH (wild, low mercury) <ul style="list-style-type: none">• Salmon• Trout• Sea bass	<p>and cold pressed to ensure it is top quality without additives.</p> VEGETABLES	Gluten-Free Grains <ul style="list-style-type: none">• Oats• Rice• Quinoa• Amaranth• Millet
<p>Full healthy meal list & meal planner is provided on the 12 weeks weight loss detox program</p>		
<ul style="list-style-type: none">• Quinoa• Non-GMO organic sprouted tofu (1-2x a week if non estrogen)	<ul style="list-style-type: none">• Bamboo shoots• Endive• Brussels sprouts• Turnips	MODERATE GLYCEMIC <ul style="list-style-type: none">• Apples
<p>Full healthy meal list & meal planner is provided on the 12 weeks weight loss detox program</p>		

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v1



DIRTY DOZEN + CLEAN FIFTEEN

DIRTY DOZEN

1. Strawberries
2. Spinach
3. Kale, collard & mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell & Hot peppers
11. Celery
12. Tomatoes

CLEAN FIFTEEN

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onion
5. Papaya
6. Sweet Peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupe

SOPRECIOUS GIVEAWAY:

I have found that getting safe organic foods can be very tasking especially if you live in high-end urban city and do not have local farmers around, so what i have done is create this very important list of critical foods to choose from. Those foods should either be consumed "farm-fresh/ organic or forget it".

**Also, Eating organic food reduces pesticide exposure and is linked to a variety of health benefits. In four separate clinical trials, people who switched from conventionally grown to organic foods saw a rapid and dramatic reduction in their urinary pesticide concentrations, a marker of pesticide exposure. Additional studies have linked higher consumption of organic foods to lower urinary pesticide levels, improved fertility and birth outcomes, reduced incidence of non-Hodgkin's lymphoma, lower BMI and reduced risk of Type 2 diabetes.*

The Harvard researchers found that people who ate greater quantities of crops high in pesticides had lower fertility & Alternatively, people who ate a pro-fertility diet, which included the low pesticide crops, among other foods and nutrients, like whole grains and folic acid, were more likely to have a successful pregnancy.

Resources from:

<https://www.ewg.org/foodnews/dirty-dozen.php>

<https://ehp.niehs.nih.gov/doi/full/10.1289/EHP5324>

Gaskins A.J., et al. Dietary patterns and outcomes of assisted reproduction. American Journal of Obstetrics and Gynecology, 2019; 220:567.e1-18. Doi: 10.1016/j.ajog.2019.02.004

Cleaning Fruits and Vegetables of Pesticides



***Fill sink with Clean Water, add Vinegar
(3 parts water, 1 part vinegar) and stir.
Add fruit & vegetables and SOAK for 10 minutes.
Water will be dirty, and fruit and vegetables will
be removed of wax, pesticides and other chemicals.***

WEIGHT LOSS FRUIT #1: Blueberries & (Most fruits with berries" ending)

Blueberries are a good source of colon-cleansing pectin, Vitamin C, K, manganese, and potassium. Plus, blueberries are a fantastic source of antioxidants and anti-inflammatory. They are low G.I, High antioxidant and High fiber in skin. Where most fruits have between three and have different kinds of anthocyanin pigments, blueberries have been found to contain as many as twenty-five or thirty. Blueberries is one of the best foods for protecting our brains as we age, which also means that blueberries may protect from the onset of Alzheimer's disease.



WEIGHT-LOSS FRUIT #2: Strawberries

Strawberries are very high in Vitamin C; just one cup contains 149 percent of our daily recommended dose. Strawberries are also a good source of folate, manganese, potassium, sodium, and iron. Plus one-and-a-half cups of strawberries contain 3,500 ORAC units, or Oxygen Radical Absorbance Capacity units. ORACs protect us against oxidative stress. Strawberries also protect against the damage caused by free radicals and contain phenolic acids that may prevent esophageal and colon tumors and encourage cell death in cancer cells.

Juicing strawberries is easy. Just rinse them off and juice them, stems and all.



WEIGHT-LOSS FRUIT #3: Green Apples

Apples are full of antioxidants, which boost your immune system and help fight a wide range of diseases. In some studies, apple juice was shown to improve brain function and decrease the risk of Alzheimer's. The phytonutrients in apples also help to regulate your blood sugar which is a key player in weight loss.

Freshly juiced (not canned/store bought)- Apple juice has anti-inflammatory and anti-viral properties and helps to detoxify the digestive track.



WEIGHT-LOSS FRUIT #4: Oranges

A single cup of orange juice has 207 percent of your daily recommended dose of Vitamin C. Oranges are also a great source of thiamin, folate, and potassium. Plus they have lots of disease fighting antioxidants that rid the body of free radicals. On top of all this, orange juice boosts your immune system, increases iron absorption, reduces inflammation, lowers hypertension, and increases good cholesterol while lowering bad cholesterol.

To juice oranges, cut the peel off with a sharp knife. Keep as much as possible of the white pith underneath the peel, as it's particularly full of nutrients.



WEIGHT-LOSS VEGETABLE #1: Celery

Celery juice is a very good source of Vitamin C, folic acid, potassium, and Vitamins B1 and B6. It also has a lot of sodium which, combined with the potassium, make for a great post workout drink. It works to replace electrolytes and offsets muscle cramps and fatigue. In addition to all this, celery juice has a good collection of phytochemicals that helps fight cancer, lower blood pressure, improve the vascular system, and decrease the suffering of migraines.

To juice, simply break off, rinse, and juice the whole stalk, leaves and all. If using a centrifugal juicer, juice the celery last because it is very stringy and can clog the side of the basket.

WEIGHT-LOSS VEGETABLE #2: Cucumbers

Cucumber juice is full of Vitamins A, C, and K, as well as phosphorus, pantothenic acid, manganese, magnesium, and potassium. Cucumbers also contain silicon, a mineral that the body uses to improve skin, nails, and hair. Silicon also helps combat insomnia and tuberculosis.

Juice the cucumber with the skin on, as many nutrients are found just under the skin. Cucumbers have a high water content hence excellent for weight loss as it produces a lot of juice.

WEIGHT-LOSS VEGETABLE/HERB #3: Ginger

Ginger is a good source of Vitamin C, copper, manganese, and potassium, but it is perhaps most well known for its effectiveness in reducing the symptoms of gastrointestinal disorders.

It is also quite popular as a remedy for motion sickness, especially for sea sickness, and, for many people, is more effective in this regard than Dramamine. Ginger also absorbs gastrointestinal toxins, hormones, and stomach acids, making it an effective treatment for the nausea and vomiting associated with pregnancy. Ginger also contains powerful antioxidants called gingerols that inhibit the formation of inflammatory compounds in the body and also have direct anti-inflammatory effects.

To juice ginger, simply wash it and put it in your juicer, skin and all. Always juice ginger first so that the other produce can capture any remaining healing volatile oils still in the machine.



WEIGHT-LOSS VEGETABLE #4: Carrots

Carrot juice causes the liver to release bile and excess accumulated cholesterol. It also has an alkalizing effect on the blood, soothing the entire nervous system and toning intestinal walls. Carrots help to prevent kidney stones by acting as a detoxifier for the liver and digestive track. Plus, despite one medium carrot having only 30 calories, it contains 330 percent of your daily requirement of Vitamin A. Carrots are also rich in organic calcium, Vitamin C, most of the B vitamins, plus iron, potassium phosphorus, and sodium. The Vitamin A in carrots also acts as an antioxidant that binds to free radicals, which are associated with cancer growth.

To juice your carrots, cut off the tops and the tips and stick them in your juicer. To lighten the flavor of carrot juice, add a half or whole lemon when juicing.

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WEIGHT-LOSS VEGETABLE #5: Broccoli

Broccoli is a fantastic vegetable that has tons of healthy vitamins and minerals. Broccoli is high in Vitamin C, Vitamin A, and also contains iron and calcium. It's also high in protein, Vitamin B1, sulfur, and potassium. Lastly, broccoli is very high in phytochemicals and antioxidants, especially sulforaphane and indoles. Both of these compounds help to cleanse the body of carcinogens and may help to fight cancer.

To juice broccoli, simply wash and cut to it into the hopper. Alternate with green apple to keep everything running smoothly and to reduce strain on your juicer's motor.



WEIGHT-LOSS VEGETABLE #6: *Nigerian Pumpkin leaves aka Ugu & Nigerian Green leaves*

Amaranth greens are simply called green in Nigeria, it is called Efo Tete in Yoruba and Inine in Igbo, Alefo in Ghana while the Jamaicans call it callaloo.

Amaranth greens are widely used in most parts of the world from Malaysia to Kenya to the Caribbeans. They are used in stir-fries, curries, soups, side dishes, warm salads, drinks etc. Also, they are widely used in Ayurvedic medicine.

Greens are good for weight watchers because they are low in calories and can bulk up food. The proteins help control insulin levels in the blood and fiber helps minimize appetite that helps lessen hunger pangs. They are also a good electrolyte balance which aids normal muscle and nervous system function.

Amaranth greens are a good source of zinc which is essential for the maintenance of a healthy immune system.

This food is very low in Cholesterol. It is also a good source of Calcium, and a very good source of Protein, Vitamin A, Vitamin C, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese.

Fluted pumpkin leaves are greenish leafy vegetables grown in Nigeria and other West African countries. They are edible when boiled or cooked with foods; they can also be taken as a vegetable salad or juice when mashed as fresh leaves and the juice extracted.

It is called sokoyokoto in Yoruba, Ugu in Igbo language, kabewa in Hausa, and Ikong-Ubong in Efik. It contains calcium, iron, potassium, and manganese also provides a good amount of vitamin C, A, B2, and E.

Fluted pumpkin leaves are a source of dietary fiber that helps maintain the digestive system's health maintenance. It plays an important role in improving digestion, thereby reducing health conditions like irritable bowel movement, constipation, and those caused by indigestion problems like ulcers and gastroparesis. Vegetables such as fluted pumpkin leaves contain a high amount of dietary fiber, which can help you lose weight as it makes one fuller and lowers their appetite. Its content of many vital nutrients and compounds has proven effective in its use to boost/improve sperm count in men and the overall functioning of their testicles. It boosts fertility in women and improves post-pregnancy health as it helps the nursing mother adequately feed their babies by increasing breast milk production.

WEIGHT-LOSS VEGETABLE #7: Parsley

Parsley is a humble herb best known for garnishing fancy dishes. But this unassuming sprig is so much more. One cup, containing only 22 calories, has 133 percent of our daily recommended dose of Vitamin C, 101 percent of Vitamin A, and 21 percent of iron. Parsley is also a great source of Fiber, Vitamin K, calcium, magnesium, potassium, copper, and manganese. It's a good source of protein, Vitamin E, thiamin, riboflavin, niacin, Vitamin B6, zinc, phosphorus, and pantothenic acid. Parsley is also one of the best sources of chlorophyll, which acts like iron to oxidize the blood. It's also a great veggie to detox with as it cleanses the kidneys, liver, and urinary tract.

Juicing parsley is as easy as rinsing and popping it into your juicer. To maximize the yield, push the parsley through with a green apple or a carrot.



WEIGHT-LOSS VEGETABLE #8: Beets and Beet Greens

Beet roots (the red part you normally think of when you think of beets) contain calcium, sulfur, iron, potassium, choline, beta-carotene, and Vitamin C. they are also very high in minerals that strengthen the liver and gall bladder and act as the building blocks for blood corpuscles and cells. Just 22 calories of beet greens contain 14 percent of our daily recommended dose of iron, 127 percent of Vitamin A, 50 percent of Vitamin C, and more calcium per calorie than milk. Beets also contain phytochemicals and antioxidants that may help to fight and prevent cancer.

To juice, wash the beet roots well with your hands, removing all dirt, and rinse off the leaves. Juice the roots, stem, and leaves until a stream of brightly colored juice pours out. When using a centrifugal juicer, alternate between beets and carrots to prevent the beet pulp from building up. When using a masticating juicer, alternate between beets and apples to prevent clogs.



A SoPrecious FERTILITY PROGRAM

GREEN SMOOTHIE RECIPES FOR WEIGHT LOSS

If you want the smoothie as smooth as possible, just blend for a longer amount of time to get it extra smooth. Another tip is that if you want your smoothie colder, take all the ingredients and freeze them over night or you can add some ice cubes in the blender too.

The amount of time spent in blending all these ingredients together will depend on the blender you are using and the way you prefer your smoothie.

Don't be afraid to blend everything for a longer period if you like your smoothies smooth. There is not right amount of time or no wrong amount of time to keep your ingredients blending because it's all your choice. Going green on your smoothie is simple. All you need are fresh greens and your preferred fruit.

When preparing your smoothie, remember that some greens are stronger in flavor compared to others, and that some vegetables will taste better with certain kinds of fruits. The key here is to keep an open mind and experiment until you find what you like best. It is also important to use a variety of greens in your

smoothie by alternating greens and fruit combinations. Doing so will not only give you a wider array of nutrients but also prevent alkaloid build-up in your system.

Drinking green smoothie for weight loss is usually done either through fasting or by meal replacement. Fasting means you take in nothing else but smoothies for few weeks under guidance of a health practitioner and then return to your normal diet afterwards. If you want a more sustainable way to incorporate green smoothies in your diet, however, meal replacement is your better option. Here, you replace one or two of your full meals—preferably breakfast because this is the optimum time for your body to take in juice from greens and fruits—or that occasional heavy snack with juice. By replacing a meal with a green smoothie, you can actually do a holistic lifestyle change for a healthier and fitter you now and in the years to come.

Why Drink Green Smoothies?

- Green smoothies give your digestive system a break from ordinary food, which leads to increased energy & effective fat burning.
- You automatically and significantly reduce your oil and salt intake.
- When you drink two to three cups (500–750 ml) of green smoothies daily, you get enough greens to nourish your body, and all of the beneficial nutrients are well absorbed.
- The chlorophyll boosts your cells and your skin glows.
- It's an investment in your health. You oxygenate the body and provide it with calcium, chlorophyll, liquid, and vitality through biophotons and live enzymes.
- Your eyes begin to sparkle.

What is a Green Smoothie?

- A nutritious drink that's composed of green leaves, fruit (Not Fruits, and mostly low G,I fruits), and water. The proportions of the drink are optimal for humans, as 60 percent of the drink consists of organic, ripe fruit and 40 percent of green leaves.
- Similar to what the chimpanzees eat and “thrive on.”

How to Make a Green Smoothie?

What you need:

- Green leaves, fruit, clean filtered water.
- A cutting board and a knife.
- A colander or a salad spinner for rinsing your green leaves.
- A glass jug/bottle, or thermos, if you want your smoothie to go.
- A good blender. If you serious with wellness, it's worth investing in a blender that's a little more expensive. It will be quicker and stronger, and it will allow you to crush frozen fruit and berries, which are included in the delicious green ice cream smoothies.

When to Have Green Smoothies?

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- Breakfast—for the best start to your day. If you travel to work by car, bus, or subway, it's easy to bring your smoothie with you.
- Snack—instead of a coffee, refuel with the real and easy energy of a smoothie.
- Lunch—a quick lunch that's easy to carry.
- Before and after exercise—the perfect workout meal. Feel free to boost your smoothie with hemp protein powder after a workout.
- Dinner—feels good for the body and enables it to rest overnight. The smoothie doesn't burden the system as much as a "regular" dinner, so it's ne to drink it a little later at night. If you work nights, it's the perfect way for the body to get digestible nutrients and food that passes through the body quickly.

If you want to undergo a cleanse, you can replace all your meals with a green smoothie.

HERE ARE A FEW GREEN SMOOTHIES RECIPES

Daily Green Smoothie

Many of the green smoothies are based on what you have at home. Here is a variation on my "I'll use what I have" smoothie!

- 2 cups mixed salad
- 2 cups water
- ½ cup broccoli
- ½ inch cucumber
- 1 kiwi
- 2 pears
- ½ avocado

Mix the salad with the water. Add pieces of broccoli and cucumber. Blend. Add pieces of kiwi and pears. Scoop out the avocado and mix into the smoothie. Add more water until desired consistency is reached.

Green Orange

Spruce up your traditional orange juice with spinach. Kids love it!

- 2 cups orange juice
- 2 cups spinach

Blend the ingredients and enjoy!

Iron Smoothie

Parsley contains lots of iron, which is especially good for women.

- 2 cups flat-leaf parsley
- 2 cups water
- 2 apples
- 1 zucchini
- 1 tbsp lemon juice

Mix parsley with water. Cut apples and zucchini into pieces. Add remaining

ingredients and blend again. Dilute with more water until desired consistency is reached.

Green Kiwi Smoothie

Kiwi is a fruit that isn't too sweet and gives the smoothie a tart, fresh taste reminiscent of yogurt.

- 6 inch cucumber
- 1 kiwi
- 2 cups lettuce
- 1 tbsp lemon juice
- 1 avocado
- 1 tbsp lemon juice
- 1-2 cups of water

Cut the cucumber and kiwi into chunks. Mix together with lettuce, scooped out avocado, lemon juice, and water. Dilute with water until desired consistency is reached.

Pomegreen Smoothie

Tip! To pick out the small red pomegranate seeds, cut the fruit in half, gently squeeze the skin, and turn it inside out over a bowl. Remove the seeds. Discard the white parts of the skin, which can taste bitter. Strain the juice, pour into a beautiful glass, and add the kernels to the smoothie.

Watch how to do this on our [youtube channel](#): @sopreciouslifestyle

- 2 cups salad
- 1-2 cups water
- 2 pears
- 1 cup (about ½ pomegranate) pomegranate kernels

Blend the salad with 1 cup of water. Cut the pear into pieces and add the other ingredients before mixing again. Add more water until desired consistency is reached.

Refresh green smoothie

Grapefruit provides a tangy, slightly bitter taste, which makes for a fresh tasting smoothie.

- 2 handfuls of ugu
- 1½ cups water
- 1 grapefruit, peeled and separated into segments
- ½ avocado

Chop up the kale and mix with water. Add the grapefruit segments and scooped-out avocado and blend again.

Slay Mami Green Juice

- 2 Roma tomatoes
- 2-3 medium carrots
- 2 small parsnips
- 1 Italian cucumber
- 1 cup baby spinach
- 1 small handful cilantro
- 1 small handful parsley
- ¼ fennel

- 1 small cayenne pepper (or spice powder to taste)

Optional Additions:

Garlic and ginger to taste

Replacements:

More parsley for cilantro or vice versa

Jalapeño pepper for cayenne pepper

More carrots for the parsnips

Apple Gabble

Eating apples every day builds a great foundation for good health. An green apple a day keeps the doctor away!

- 2 apples
- 2 cups spinach/ugu
- 2 cups water
- ½ avocado

Chop the apple into pieces and blend it with spinach and water. Mix again.

Add water until desired consistency is reached.

Tropical Green Smoothie

- 1 cup of pineapple chunks
- 1 cup of mango
- 1 handful of spinach
- ½ cup fresh coconut milk, coconut water, or some coconut cream
- Some water
- Some ice

Mix ingredients in a blender until smooth. Add ice at the end. Taste and add more of either coconut or water depending on your preference.

Binta Super Detox Galore

- 6–8 leaves kale
- 4–6 stalks celery
- 1 whole Belgian endive
- ½ white onion
- 2 small red delicious apples
- ½ lemon or lime
- 1 chunk ginger
- 2 cloves of garlic
- 1 cayenne pepper

Optional Additions:

1 small handful watercress

Replacements:

Collard greens for kale

Cabbage for Belgian endive



**SOPRECIOUS
GROUP
WEIGHT LOSS
PACKAGE**

**12 WEEKS WEIGHT LOSS
DETOX PLAN**

Aurvedic & Functional Nutrition Plan
Target: Minimum 10kg weight -lost forever!

Bonus!

- Free Lab referrals
- Free access to our wellness community
- Free Handouts, Printables..
- Free Virtual Kitchen Makeover
- Free Healthy Meal planner samples
- Free Healthy Weight loss shopping list
- Targeted exercise program for weight loss*
- Monthly Yoga class with our wellness community.
- 20% discount to come on 1on1 exclusive weight loss package.
- Admin support for plan-related questions

\$280

www.soprecious.ng/12weeks

WEIGHT -LOSS FRUIT JUICES

That igbo girl sensation juice

- 2 small pears, any kind
- 1 medium sweet apple
- 2–4 stalks celery
- ½ lemon
- A small chunk of ginger

Optional Additions:

3–4 strawberries or 4–5 raspberries

Replacements: Pineapple for apple

The Pink tall glass juice

- ⅓ or ½ medium watermelon, peeled

Optional Additions:

- A handful of fresh mint

-½ lime

Replacements: Basil or dill for mint leaves

The Ifeoluwa Damsel juice

- 4 small sized cucumbers
- 2 cups of baby spinach/ Ugu
- A handful of mint
- 1 small red apple
- 6–8 strawberries
- 1 lime
- 2 kiwis

Optional Additions:

A small chunk of ginger

Replacements: Lemon for lime//Pear for apple

Antioxidant Rush-me juice

- 1 cup blueberries
- 1 cup cherries
- 2 apples

Blueberries, cherries, and apples are all chock-full of antioxidants. All three are also anti-inflammatories, which can help with a wide range of conditions, including arthritis, chronic pain, heart disease, and even depression.

Pear-thong Delight juice

- 2 pears
- 2 cucumbers
- ½ lemon
- ½ cup strawberries or raspberries

The pectin in pears is a type of fiber that is not lost when the fruit is juiced, making it good for colonic health. Pears also contain antioxidants that protect against brain aging. Berries are also full of antioxidants.

The Tummy Rub juice

This green juice is an efficient cleanser and tonic of the hardworking yet delicate digestive system. Drink it half an hour before a heavy meal, as it stimulates your gut and gets it ready for action. You can also replace a meal with it if you're feeling heavy from a previous binge.

1 cup pineapple chunks

½ fennel bulb

½ cucumber

1 cup spinach

½ lemon

Process all the ingredients in a juicer and serve.

Fennel has an aniseed flavor and, similar to that seed, aids digestion and prevents gas. It is also known to be a diuretic, reduce inflammation, and prevent cancer. As a food, only the round bulb is usually used, but for juicing use the bulb, stalks, and leaves. Everything goes.

Veggie-All juice

- 1 beet
- 2 stalks celery
- 1 green bell pepper
- 1 large cucumber
- Lemon (juiced, to taste)
- 1 tsp olive oil

Juice and mix (shake) with olive oil.

Olive oil is a phytonutrient powerhouse and also helps the body absorb the many vitamins and minerals in the other vegetables. You might want to play with the amount of green bell pepper here because sometimes the flavor can completely take over, or perhaps use a yellow or red pepper since they have a fruitier flavor. Sometimes I even add a couple of baby carrots to sweeten the lot.

Watch more smoothie recipes on our [youtube channel](#): @sopreciouslifestyle

If you want door-step deliveries of these fruits ,vegetables & seafood – all organic and farm-fresh:

Send in your order: info@soprecious.ng

CHAPTER 4

WEIGHT LOSS TOOL #4- CHECK IN ON FOOD SENSITIVITIES

Chapter 3 was quite some read right? Yes, because diet is very foundational for weight-loss especially for first meal of the day and this is where your fruit and vegetables (*Fluid brekkie before lunch*) come to play. If you get it right with diet and especially your first meal for the day- you can actually cheat a bit with less body-crushing workout (which I intentionally didn't discuss in this book), less sleep and have less to recover from and this helps keep up your energy for ideal exercise and managing stress.

Most clients come with long list of meal plan from their previous dietitian which normally includes quick oats, whole grains, pasta, tofu, peanuts etc and they are tagged *healthy*. Most dietitians normally do not talk about food sensitivities.

Lots of times, many think food sensitivities is same as food allergies. They are not. Watch our weekly series of *food sensitivity vs food allergy* on [soprecious wellness Wednesday](#) where I taught on the difference)

So when asked if they have any allergies- they say no with *food sensitivity* in their mind, meanwhile those are what is keeping the fat impossible to burn.

90% of the population suffers from food sensitivities. Food sensitivities occurs when certain food ingredients or components are unable to be processed or properly assimilated by one's digestive system.

Some symptoms of food sensitives : **Stubborn weight gains**, chronic fatigue, stubborn weight loss, acne, migraines , bloating, gas, mood swings, brain fog etc. They appear up to 72 hours after consumption.

It's important when trying to understand your food sensitivity-based issues that many of the foods you consume unknowingly create inflammation in your body 24-72 hours later. These are called IgG immune responses. The symptoms are listed below, which many of us would never have imagined could be tied to the foods we ate 2-3 days ago!

The most common food sensitivities that fosters water retention, inflammation and stubborn weight are:

- **Wheat / gluten:** After milling into flour, wheat gluten, the protein portion of wheat flour, is separated from the starch by one of a number of processes. Wheat flour for swallow foods is a major source asides wheat bread etc. Wheat-based foods like wheat bran, wheat flour, spelt, durum, kamut and semolina. Gluten is also found in Barley, Malt, Brewer's yeast.
- **Diary :** For those who are sensitive, dairy products can cause GI and/or respiratory symptoms, as well as skin reactions. There are two reasons why this happens:
 1. Many people are lactose intolerant. This means that they lack enough lactase, a digestive enzyme necessary to digest the lactoses sugar that's present in dairy products.
 2. Dairy products contain a protein called casein. Casein may be hard to digest and can result in inflammation within the digestive system.

Cow or large animal milk is the culprit here and in my weekly [wellness Wednesday series](#) I teach on why small animal milk(eg Goat milk) is safer to use. Dairy sources also includes milk produces - butter, cheese, ice cream, yogurt, and condensed and dried milk etc

3. **Certain fruits and vegetables:** Peanut (aka groundnut) Peanuts are on the list of top food allergens. Even if you don't have an allergic reaction to peanuts, there is a possibility that you

could be sensitive to them. Peanuts are not true nuts, and they are actually classified as legumes. Signs of peanut sensitivity include respiratory or digestive symptoms.

4. **Grains mostly white rice & Corn** : Roasted corn is commonly found. corn has shown up as one of the top foods to contribute to IBS symptoms. The tricky thing about eliminating corn is that it's a component of many processed foods in the form of high fructose corn syrup. You'll need to read labels carefully.
5. I'd like to add **Soy** here even though it's a food allergy and not a food sensitivity but because most African-based fibroids are rooted in the prescribed soy-based foods they consume.
6. **Raw nuts/ seeds**- if someone has digestive-based issues like allergy/ autoimmune / asthma – they can't do raw nuts and seeds especially nuts because of issues with lectins eg I personally do more of nut milks than nuts/ sprouted seeds- symptoms that may be experienced are non-reactive histamine-based reactions eg brain fog, joint pains etc

How do I know if I have a food sensitivity?

The simple way I test this in my health practice is- instead of testing for Test IgE, IgA, IgM, and IgG like I find most conventional doctors do- I simply Test for IgG and put the client on our [SOPRECIIOUS 12 WEEKS WEIGHT LOSS NUTRITIONAL PLAN](#) which includes the elimination diet plan (because until elimination method is utilized, you keep guessing which is the culprit) after which I then re-introduce each suspected food sensitivity from the client's food journal -one at a time and watch out for IgE/A reaction- we then improve digestion & heal their gut walls, improve intestinal permeability and when you retest in 12-16 weeks, you see the sensitivities levels improved and they can enjoy those foods as cheat meals at least 1-2/weekly.

This works 10 out of 10 times.

I found that some mistake *inflammation from unhealthy foods* for weight gain and this is because water sits between the skeletal muscle and the skin (sebaceous water retention)- the skin looks softer and puffier eg if the person is sensitive to avocados , s(he) may not show signs of bloating/ gas then two days later, you are served puffiness/ inflammation (its called latent response – IgG)

This is the reason someone will be comparing 50g from popcorn to 50g from vegetable because when you take a food sensitivity like dairy- you don't gas/ feel acid reflux, heartburn nor bloat yet it yields in on your inflammatory levels within a day or 2 later (IgG reaction) and feeds your fibroids for example.

CHAPTER 5

WEIGHT LOSS TOOL #5- DON'T SKIP BREAKFAST

When you deprive your body of fuel(food) or skip meals (especially breakfast) - its unhealthy , causes loss of sleep, keeps you aggravated unless you are in a very relaxed environment from Wake. This is not applicable to todays urban adult as we wake up with breakfast to prep for family, school runs, lunch boxes packing, etc. Busy mornings of urban adult raises cortisol-- as cortisol rises, body brings sugar/glucose in your bloodstream (whether you eat or not)-- you may as well give yourself -some good nutrients and antioxidants to blank cortisol

Skipping breakfast is especially not good for women as it can destroy a women's thyroid and this takes 4-6 months to repair.

Ayurveda recommends heavy meals of the day to take place 10am to 2pm(**not at breakfast**).

Aim to go plant-based as no food nourishes better than plants. As a rule of thumb – *eat more of what grew on the plant than what was made in the plant*. To lose weight : Less Fruits(if you most then go low G.I)

For weight loss, there should be at least 3-4 hours gap before next meal and No snacking if serious with weight loss- this is because you do not want your body always on a marathon of oxidizing sugar from carbs / excess protein on the blood stream instead of breaking down stored body fat for oxidation.

This is the reason post (instead of pre-workout meal) is recommended for the endomorph body diet who seeks to loss some weight.

Glycemic index (G.I) tells you how quickly foods containing carbohydrates affect your blood sugar level when eaten by themselves.

WHY YOU SHOULD COME ONBOARD THE QUARTERLY SOPRECIOUS 12 WEEKS WEIGHT LOSS NUTRITIONAL PLAN

Once you are over 30years and struggling with weight gain then you sure are dealing with deficiencies - there is really no set timeline to when you deplete the and start having deficiencies, it's about how quickly you fill up the what I call the *deficiency and toxicity load*, for instance when you do not have enough chromium, this means you can't balance blood sugar or if there isn't enough amino acids to be able to detox your body or not enough Vit B to deal with stress, or not enough precursors to serotonin to boost mood.

Register now for this quarter's [SOPRECIOUS 12 WEEKS WEIGHT LOSS NUTRITIONAL PLAN](#)

During our wellness or fertility plans or programs, all we seek to do is to get your body to the place where it's unwilling to hold unto that extra body fat.

Certain groups of foods makes all the difference- lets say that some foods are better for others.

I come from a fat family and have every tendency to pack on fat but I have weighed 75kg from 4months post-partum till 3 years counting (which is a healthy weight for my BMI and body type and body frame)

All information provided is for health education only and is not intended to diagnose, treat, cure or prevent any diseases.

I found that you burn more body fat when you eat more of certain foods like certain plant proteins in a metabolic state not in a wake up state , this is because the body requires more calories to break down the food. Let me show you how to keep that fat from hell- in hell!

Click here to join now : [SOPRECIOUS 12 WEEKS WEIGHT LOSS NUTRITIONAL PLAN](#)

You burn more body fat if you allow blood sugar drops in between meals—The trick is to stick with lots of small certain meals that don't spike blood sugar. when blood sugar is elevated-you are *not tapping into body fat because you are burning sugar in blood stream*.

I see a lot of people go through fad diet yet so malnourished and looking way older than their age.

Weight loss should come with improved mood, increased energy, more stamina, stronger libido, greater vitality, deeper sleep, feeling great – if the fad diet you are on are not offering you these then you need to come onboard the [SOPRECIOUS 12 WEEKS WEIGHT LOSS NUTRITIONAL PLAN](#)

It takes 12-16 weeks for the red blood cells of your body to turn over (90-100 days).

It takes you 3-4 months to become more carb tolerant, to better use glucose , meaning you get better at burning body fast every 12-16 weeks. This is one of the premise on which the soprecious **12 WEEKS WEIGHT LOSS NUTRITIONAL PLAN(aka Soprecious functional medicine liver detox)** is built on.

During the **12 WEEKS WEIGHT LOSS NUTRITIONAL PLAN** , there are critical factors we zoom in on for guaranteed results- weight loss that **keeps off longterm**.

FACTOR 1: THERMOGENESIS: We keep you on Ayurvedic healing herbs to heating up the body internally:

- A. Burn more calories internally even when asleep using Ayurvedic spices
- B. Help balance healthy levels of inflammation
- C. Improve energy & open up the liver pathway
- D. Enhance body composition

FACTOR 2: BLOOD SUGAR BALANCING

To burn more body fat—we must regulate blood sugar

- A. Elevated fasting (Optimal range is 75-95 mg/dL) glucose =Above this is an unhealthy dis-eased state
- B. Elevated blood sugar levels, 2 hours after meal means your body haven't switched over to burning body fat – what this means is that there is more sugar in the blood stream and can get into the cell, meaning you are pumping up more insulin into pancreas-moving to *dis-ease* state.
- C. Low carb diet? Nah! Going low carb won't matter in long run: Removing carbohydrate on long-term from your diet for weight loss can crash your thyroid. Carbs are used to curb cortisol & serotonin production, helps with sleep, improve gut flora and improves mood.

FACTOR 3: HORMONAL BALANCE

In order to burn fat, you must balance certain hormones else weight loss will keep been a mirage:

A. Estrogen: when this hormone is in Dominance-puffiness, stubborn weight gain, chin acne, facial hair, lower mood, libido, bloating especially 5-7 days before mensuration)—here's where we may run some Labs like metabolism test (thyroid adrenal hormones).

B. Progesterone: Here we may run a Stress Mood & Metabolism Test (Thyroid/ Adrenal Hormone) to get the true hormone imbalances and chronic stress that can be corrected from an underlying perspective and also help identify specific nutritional deficiencies.

C. Thyroid: if thyroid goes lower – it lowers metabolic rate and doesn't allow you to eat many calories, causing low circulation, cold hands and feet, brain fog etc.

D. Testosterone/Cortisol: helps you to feel good, have more drive & confidence ,

E. Your hormones can effect blood sugar, sleep, inflammation (water retention)

FACTOR 4: STRESS & CORTISOL

Elevated stress levels can increase cortisol which can:

- Artificially raise blood sugar eg you can be on keto and low carb diet and still have raised blood sugar
- make you gain tummy fat and hip , raise estrogen levels
- decreases thyroid function: lowers metabolism bc of survival instinct
- lower deep sleep
- cause anxiety, overwhelming feelings, poor concentration In children also and irritability

FACTOR 5: SLEEP & RECOVERY

Why sleep is important to burning body fat:

1. Allows for greater % of fat burning
2. Enables blood sugar levels to fall into *fat burning range*
3. Repairs body and brain
4. Rebalances inflammation
5. Improved energy, mood and hormones (lowers cortisol)

THE SOPRECIOUS 12 WEEKS WEIGHT LOSS DIET PLAN CONSISTS OF:

- 3 meals per day (not breakfast skipping)
- reduced non-vegetable carbs
- increased vegetable carbs
- not counting calories
- all meals consist protein, healthy fat and vegetables
- Over 100 free weight- loss recipes accessible when you enroll on this plan
- Free lab referrals to check hormonal levels, candida/gut health, metabolism and vitamin levels (where applicable)
- Free One day revamp diet for hang over , meal planning and cheat sheet.

BOOK ADVANTAGES

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SoPrecious
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SOPRECIOUS TOP DIET TIPS

1. **Meat/Eggs:** Look for pastured or grass-fed organic
2. **Fish/Seafood:** Look for wild caught
3. **Nuts:** Look for organic and raw and sprouted when possible
4. **Fruit/Vegetables:** Look for organic or wild/local (use *Dirty Dozen/Clean 15* list). Aim for 60-80% of your diet to be plant based
5. **Oils:** Look for organic, first pressed, cold pressed extra virgin in a dark bottle. Avoid frying your foods in oil, add after as a dressing
6. **Salad Dressing:** Use lemon/citrus, olive oil, dried herbs, and sea salt
7. **Water:** Drink approximately half your body weight (lbs.) in water (oz.) per day, majority 30-min before meals and 1-2 hrs after
8. **Fasting:** Aim for at least a 12-hour overnight fast
9. **Meal Timing:** For most people, keeping meals a minimum of 3-4 hours a part is ideal
10. **Breakfast** Start your day with an easy to digest breakfast. (A smoothie is a great way to get all your nutrients in!)
11. **Follow the Ayurvedic Rule of 4ths:** 2/4ths food, 1/4 liquid, 1/4 air (don't pack your stomach to full of food!)

"By following just a few simple rules to live by you will be well on your way to living a healthier, happier life! Plus, our goal with the Top 12 Tips for a Healthy Diet is to provide a framework for clean eating, while allowing you to still choose many of your favorite foods. Eating should be fun and enjoyable - Let's just make sure it's making you healthy and strong at the same time!"

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* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

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