

How to Keep the Weight Off Forever



Why the Weight Won't Stay Off

For the past 20 years I've worked with clients from all over the world on helping them transform their bodies into something they can be happy and proud of.

Yes, I want to help them get in great shape, but I also want them to be healthy at the same time...

And this is the biggest difference between what I try to provide versus a lot of other fad diets.

After 200,000 client sessions at my Boston practice, I've come to discover that if you get people really healthy, they automatically slim down to their ideal body shape. It's like getting the best of both worlds without having to sacrifice one for the other.

Since this free bonus report came with your [Dr. Cabral Detox](#), I'm going to assume you will use the 7, 14, or 21-day detox first to help reset your body and then begin implementing what is recommended below to help you continue losing the weight or keeping it off forever.

And, I always love to keep my tips for you concise and to the point, so I'm going to use my "Top 10" format for you to follow.

It will be laid out in steps for easing implementation as you continue to take better control of your body & life.

I hope you're excited – Now let's get started!

Step 1. Detox Your Body

I'm assuming you just completed this step using the [Dr. Cabral Detox](#), so congratulations!

If you did the 7-day detox you should have lost between 5-10 lbs, and if you did the 14 or 21 day you may have lost up to 21 lbs. Now it's time to maintain your results or keep them coming...

If you haven't completed your Dr. Cabral Detox yet, please do so before moving forward since it's important to "hit the reset button" on your body and make sure you're starting with a clean slate.

- Lose 5-10 lbs with the [7-Day Dr. Cabral Detox](#)
- Lose 10+ lbs with the [14-Day Dr. Cabral Detox](#)
- Lose up to 21 lbs in 21-Days with the [21-Day Dr. Cabral Detox](#)

2. Move to 3-4 Meals

Initially when clients come to work with me and my team, we start everyone on a 3 meal and 2 snack a day protocol. We do this initially to regulate hunger, blood sugar, metabolism, and keep people's energy up as they're starting a new metabolic exercise program.

However, if you're someone that has struggled to keep the weight off most of your life, I do recommend taking more time to digest and allow blood sugar levels to drop between meals.

This means I prefer weight loss & wellness clients to move to the Days 3-7 eating plan of the Dr. Cabral Detox.

It's also really simple, which clients love since they don't even have to think about breakfast or an afternoon snack and this plan keeps their energy levels high the whole day...

Eventually some clients decide to drop the mid-afternoon snack if they're having dinner around 6pm, or if they're not hungry. It's your choice whether you want to keep your daily nutrition at 3 or 4 meals.

(NOTE: You may decide to not make lunch a vegetarian dish and you can add fish, meat, egg, or any other protein source you wish.)

- The Free Inforgraphic meal plan is included in your Dr. Cabral Detox kit and on the main page of DrCabralDetox.com

3. Don't Count Calories

Counting calories sets you up with the false belief that only calories matter when it comes to losing weight. This is why Weight Watchers, Jenny Craig, and pre-packaged calorie control meals end up failing so many people...

It's not just about the calories – it's about the type of food you're eating. This becomes obvious when you get to actually eat MORE food when focusing on whole foods in their natural form. This means that the majority of the food on your plate should look like what it looks like in nature.

So, by focusing on vegetables first, then protein, and then fat, you'll end up feeling fuller, being happier, and losing more weight naturally!

4. Do Count Carbs

I just mentioned that you do not need to count calories, but there is one food group that you do need to focus on when trying to lose weight. And that macronutrient food group is carbohydrates.

The reason why you should count your total grams of carbohydrates per meal and for the day when first starting out is because most people that have gained weight have become partially insulin desensitized and cannot optimally regulate their blood sugar.

And, if your blood sugar remains high for too long, that means your body may use sugar, and not your own fat stores to burn for fuel. Plus, processed carbohydrates can also lead to inflammation and water retention – making you look swollen and puffy...

The best thing to do is keep your carbohydrates to only vegetables during your first 21 days. This means eliminating grains, baked goods, breads, pastas, fruit, and any other form of starch-based carbohydrates for 3 weeks.

5. Add Starches Back In Slowly

Our most successful clients do the 21-day starch & fruit elimination and then begin to gradually add back some berries in their AM smoothie.

If that goes well and they continue to lose weight (or maintain if you've lost enough weight), then they add in sweet potatoes, and other gluten free starches like yucca, yams, amaranth, millet, quinoa or rice.

And, every 7 days we tell our clients to enjoy one cheat meal that includes 1-2 of their favorite foods. This could be pasta, dessert, or any one of their favorite carbohydrates they've been missing.

The goal is to gradually introduce starchy carbohydrates and cheat meals, but still continue to lose weight. If you plateau or you didn't lose weight that week, I'd

recommend reducing your starchy carbohydrates and just stay with one cheat meal per week.

Once you do reach your goal weight most of our clients have discovered their individual carbohydrate tolerance and still enjoy 1-2 cheat meals (48 hours apart) every week.

- For customized diet plans, please schedule a nutrition consultation by emailing support@DrCabralDetox.com with the subject “Schedule Nutrition Consult”

6. Keep Moving

Most people think they need to exercise like crazy when they first start a weight loss plan...

I actually think this is a bad idea. The reason is that you're going to lose weight by simply following our Dr. Cabral Detox or weight loss nutrition plan. So knowing this, I recommend starting out with an easier exercise plan and then building up.

To me this means that if you're not hitting your 10,000 steps per day (about 1.5 hours of being on your feet walking per day), you should start here. Once you get used to just being active and enjoying the longevity benefits of walking, then you can add in a more formal workout plan.

7. Add Exercise

At some point you may plateau with your weight loss and at this point you'll need to add in a metabolic workout plan to lose more weight.

Our biggest success stories workout about 3-4 days per week for 20 – 40 minutes per workout. It's actually pretty simple and they just plan a workout every other day to keep their metabolism elevated.

Here are 2 examples:

3-Day a Week Workout Plan

Monday: Bodyweight or Resistance Workout

Tuesday: Off/Walking

Wednesday: Bodyweight or Resistance Workout

Thursday: Off/Walking

Friday: Bodyweight or Resistance Workout

Saturday: Off/Walking

Sunday: Off/Walking

4-Day a Week Workout Plan

Monday: Bodyweight or Resistance Workout

Tuesday: Cardio or Interval Sprints

Wednesday: Off/Walking

Thursday: Bodyweight or Resistance Workout

Friday: Cardio or Interval Sprints

Saturday: Off/Walking

Sunday: Off/Walking

➤ For specific workout examples please see this book (for both men & women)

8. Get Your Sleep

Getting quality sleep is extremely under-rated when it comes to losing weight.

I did a whole [Cabral Concept podcast](#) on “how poor sleep leads to weight gain.” In it I spoke about how a lack of sleep can actually disturb your hormones (cortisol, leptin, ghrelin, and insulin) and cause you to gain weight and have a greater difficulty keeping it off.

My recommendation is to aim for 8 hours of sleep per night – 7 minimum. And, the ideal time to get into bed is 9-10pm and sleep until about 6:00am. Basically, you're trying to get your body into the natural rhythms of the environment around you and go to bed shortly after the sun goes down and wake up shortly after the sun rises...

When you think about it, this would have been common sense and practice just a few hundred years, but now with electricity, etc. we can stay awake as long as we'd like and block out the sun until we choose to wake up. All of this throws off our natural circadian rhythm.

(If you purchased the 21-Day Dr. Cabral Detox, please refer to that free bonus report for complete details on "How to Sleep Like a Baby." It outlines my Top 10 steps for eliminating insomnia and turning off your racing mind at night...)

➤ [Click here to listen to the Cabral Concept podcast \(free\)](#)

9. Calm Your Body

When nothing else seems to be working, you always have to go back to stress...

The vast majority of illness, disease, and aging correlates specifically to your levels of stress (life stress & hidden internal stress). Weight gain is no exception. The reason for this is that continued high levels of stress can disrupt fat burning hormones (cortisol, leptin, ghrelin, and insulin) and increase inflammation and estrogen levels.

The best way to deal with this is to begin to learn how to control your response to outside stressors while eliminating as many as you can. I've found that controlling your breathing and going back to your breath when facing a stressful event is one of the best ways to relax your body.

And, since most people hold their breath or chest breathe very shallowly when stressed, simply breathing in through your nose and allowing your belly to rise for 5 seconds and exhaling slowly for 7 seconds can lead to an amazing relaxation response.

I also recommend these nutritional supplements that can calm your nerves and lessen your feelings of stress and anxiety:

Bed-Time Supplements

- Natural Calm
- Best Rest Formula
- Quick Melt Melatonin

Day-Time Stress Reducing Supplements

- Magnesium Glycinate
- Ayurvedic stress reducer

10. Maintain & Move Forward

When I created the Dr. Cabral Detox, my goal was simple. I wanted to help people get weight loss results in the fastest and safest way possible, while also making them healthier.

I simply want to help people get to their goal weight as fast as they can, so that they can then just maintain that weight within a 5 lb swing, and be able to safely lose that 5 lbs whenever they want by just doing a 7-Day Dr. Cabral Detox again.

This allows everyone (myself included) to enjoy fun meals with friends and “live a little” without having to feel guilty. My philosophy has always been to eat well 80-90% of the time (9 out of 10 meals) and then still be able to enjoy some of the foods you know aren’t healthy for you (but you love them anyway ;)

The other maintenance protocol I recommend following for weight maintenance, wellness, and anti-aging is completing a 7, 14, or 21-Day Detox at least seasonally:

Spring (March or April)

Summer (June or July)

Fall (September/October)

Winter (December of January)

➤ [Choose from the 7, 14-, or 21-Day Dr. Cabral Detox](#)

Putting It All Together

Remember, trying to implement everything at once can be overwhelming. Therefore, I recommend starting with each of the tips in the order they were listed. Or, if one of the tips popped out at you please feel free to start with that one first...

After having completed over 200,000 client sessions, I can assure you the Top 10 tips I gave you above have been proven to work. I really do hope you implement them – I want nothing more than to help you lose the weight and keep it off forever!

Thank you again for reading my free report and for beginning to take control of your own health & life!



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