

THE OVER 30 METABOLISM DIET

LEARN HOW TO
UNLOCK YOUR METABOLISM



DR. REGINALD L. RODGES

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INTRODUCTION

HI, MY NAME IS DOC. Not really, but that is what everybody calls me.

When I was 25, I broke my neck and injured my spinal cord. Later that year, I opened my solo medical practice. I have been enamored with weight and, in particular, weight loss for two main reasons: The first has to do with my patients—in the Mississippi Delta, at least 70% of people are obese. The second has to do with my personal health—too much abdominal fat will put me in jeopardy of catheterizing myself (I hated that when I had to do it, and I pray I never have to do it again).

I know it is hard to believe that you and others are overweight primarily from not eating enough. However, it may not be so hard to believe if you really understand what we know. So, what is it that we know?

I have heard this statement more times than any other: “Doc, I don’t know why I am this big because I do not eat a lot.” The second thing I hear is the answer to this question that no one has ever gotten wrong: “What happens to your metabolism if you only eat one meal a day?” Without

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fail, the answer has been and forever will be, “It (your metabolism) slows down.”

So we know that not eating slows our metabolism, and this slowdown is directly related to weight gain.

My book of principles states “that in all thy getting, get understanding.” That is what this program is all about—helping you understand “How to Unlock Your Metabolism.”

Before we begin, I am a 49-year-old 6’2” quadriplegic who weighs 165 pounds. I am more than 50 pounds lighter than when I broke my neck 24 years ago and 10 pounds lighter than when I graduated from high school over 30 years ago. This is my favorite aesthetic presentation of myself, and I will be 50 on June 16, 2022.

If you are like me and want to learn how to do this as quickly as possible, here you go:

<https://theover30metabolismdiet.website/weight-loss/>



STEPS TO GET STARTED

These are the steps you need to take to get started:

STEP 1: Pick out the starches you want to eat for breakfast and lunch (wholegrain bread, oatmeal, an appropriate cereal, corn, beans, peas, brown rice, or sweet potato). Don't forget to also choose the fruits you like.

STEP 2: Write out a menu of the foods you plan to eat for breakfast, lunch, and dinner. After you write them down, the numbers you get from us will determine how much you can have of each food. You will get dummy menus with your booklet.

STEP 3: This is by far the biggest of them all—determining which snacks you will eat (bars, shakes, yogurts, chips, or combos of all three).

STEP 4: Cook the food, weigh the food, then eat the food. This is the meal prep part.



YOU ARE NOT EATING ENOUGH

UNLOCK YOUR METABOLISM

I WILL TRY TO SHARE IN DETAIL my journey of 20-plus years of research and learning in the most effective and shortest weight loss book ever.

I bought a machine called the ReeVue Indirect Calorimeter. This machine measures one's metabolism. Here is how it works: You don't eat for an extended time—a fasting period. You then breathe into this apparatus for ten minutes while your nose is clamped. This gives you a number, and the information revealed is priceless.

First, it tells you your total caloric expenditure for a day (the total number of calories your body burns in 24 hours). This number consists of three categories:

1. RESTING METABOLIC RATE:

Resting metabolic rate is the total number of calories burned when your body is completely at rest. RMR supports breathing, circulating blood, organ functions, and basic neurological functions. This is up to 75% of what is called your Total Daily Energy Expenditure. So, in

other words, the RMR is up to 75% of all the calories burned in a day.

2. THERMAL EFFECT OF FOOD:

The energy used in digesting food, called the energy cost of chewing, swallowing, digesting, absorbing, and storing food. This number is around 10% of the Total Daily Energy Expenditure.

3. THERMAL EFFECT OF ACTIVITY:

Daily living and exercise activities are known as the thermal effect of activity (e.g., exercise, grocery shopping, work duties, house duties).^{*} This is the remaining 15% and is at its peak 30% of Total Calorie Expenditure (if you are a severe workout warrior, and I mean severe and working out for long hours). So, the Total Calories from exercise are less than 10% of all the calories you burn throughout the day (for an average person who works out for 45 minutes to an hour).

The consensus is that it takes 3,500 calories to lose 1 pound of fat.

By not using your metabolism, you use around 15% of your Total Calorie Expenditure to hit the 3,500 calories required to lose weight.

The ReeVue Indirect Calorimeter showed us this equation that has become the foundation of this program. By scientifically shortening your Resting Metabolic Rate, you

** This program teaches you how to use 100% of your Total Calorie Expenditure, which you can only use by unlocking your metabolism.*

can force your body to use its fat to make up the caloric deficit needed. Not understanding this and not eating ENOUGH puts you into fat-storing mode and not fat-burning mode.

Skipping meals and eating low-carb meals, such as salads, shuts down your metabolism and does not speed it up.

So, the question once again is, "If you eat only one meal a day, what will that do to your metabolism?" Answer: "Slow it down." Right again. You want to speed up your metabolism to lose weight versus slowing it down to lose weight. And the answer to that is to eat more food and eat it often.

By the way, your brain uses 400–500 calories a day (20% of your total energy requirements!)*



** Fun fact: Your brain uses more calories than when you exercise moderately for 45 minutes to an hour!*



THE KEY TO YOUR METABOLISM IS CARBS

I AM A BELIEVER, and I believe that our Creator created us from the earth. So, it is by divine design that the earth is our primary fuel source—dirt is feeding dirt. I am writing this to defend the one food group that has gotten a bad name because people do not understand it. There is no worse feeling than being misunderstood, and starches are the misunderstood food.

Before I begin, do you know that starches are the main source of energy and range of nutrients in our diet? While starches contain fiber, calcium, iron, and B vitamins, they also pack your biggest energy punch, meaning they **GIVE YOUR METABOLISM ITS BIGGEST LOG ON THE FIRE.**

Before I continue, I must dispel the lie that exercise boosts your metabolism. That is the biggest amount of bull crap that is peddled in the media and fully unbacked by science . . . Joker, please! A good starchy meal, balanced with protein, does way more for your metabolism and weight loss than exercise will ever do.

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FIRST QUESTION: Again, what does eating one meal a day do to your metabolism? You are right—it slows it down.

SECOND QUESTION: What happens if I increase the number of meals a day? Right again—it speeds up your metabolism.

So then, by reason, if starches pack the largest punch in packed energy or glucose, then it would stand to reason that eating starches super-boost one's metabolism, which is the key to weight loss.

I know this goes against all conventional thinking; however, we are using science with reason to get you there.

What I have discovered in using a ReeVue Indirect Calorimeter is usually (over 90%) the larger the client, the larger the metabolism since testing is based on oxygen consumption. Who needs more oxygen, a 300-pound person or a 120-pound person?

The number one reason I have found with my overweight clients is that **THEY WERE NOT EATING ENOUGH**, plain and simple. In fact, the smallest amount of carbs grams I have placed a person on to lose weight was 140, and I must eat between 150 and 155 carbs grams a day to lose weight myself. (I started at over 165 carbs a day when I was over 200 pounds.)

Also, you **MUST** eat starches to reach the high carb grams numbers because veggies don't have the punch.

I want to reiterate that eating five to six times a day speeds up your metabolism. And if eating more often speeds up your metabolism, then eating the highest-

energy food will supercharge it. AND WHAT IS THAT SUPERFOOD? You got it right! SAY IT WITH ME . . . S T A R C H ! Starch, starch, starch!

Before I end this chapter, I just want to say one more thing in proving this argument. If your metabolism is defined as the sum of anabolic or synthetic chemical reactions that require energy (food-starch) and the catabolic chemical reactions that break down large organic molecules into smaller molecules, thereby releasing energy for anabolic reactions, then you need the largest log on the fire.

If your metabolism requires energy, where do you think you will get that energy from as a human being? You are right—food! What food is packed with energy that your body uses? You are right again when you say carbohydrates! What are the best and most condensed carbohydrates your body uses as fuel? STARCHES!

I must argue that it is not starches that are bad or even carbohydrates (fruit and veggies). Unbalanced carbohydrates are the problem. And that is not just true in our diet but also true in life. When things become unbalanced, you have chaos, and in our diet, that chaos results in fat and all the health issues that go along with it.





PROTEINS & WHY THEY ARE SO IMPORTANT

D ID YOU KNOW that everything you do not see in the body is primarily made up of protein? Ok . . . let's name them! Heart, lungs, liver, kidneys, blood vessels, spleen, stomach, small intestine, large intestine, and muscles. Even your brain has protein tendencies.

There are three types of proteins in the body, and they are smooth muscles (blood vessels and organs), cardiac muscles (heart), and skeletal muscles (the muscles you see that move your bones).

Let's discuss muscles in more detail. Muscles move things and make things happen. If the muscles don't work or move things, absolutely nothing happens. Well, let's look at your heart. On average, 72 heartbeats per minute is good. If your heart is made up of cardiac muscle, what happens in a heartbeat? Heartbeat is defined as a pulsation (vibration or throbbing) of the heart. Vibration takes energy, right? For something to move, it takes energy, right?

Where Do Humans Get Their Energy From? Food!

By definition, the resting metabolic rate is the calories burned through the pulsation, peristalsis, and vibration of the three types of muscles in your body that occur all day long.

So my next questions are: How much energy do your skeletal muscles have if you do not eat? How hard can you work out on a treadmill if you do not eat? How many weights can you lift if you do not eat? How much work around the house can you do if you do not eat?

I am trying to get you to see that muscles need energy and burn calories. If you give your muscles more energy, they work and perform their tasks better. The more energy you give, the more calories you burn, thus the understanding that more meals raise one's metabolism.

What work do the muscles in your stomach do if you do not eat? Since their role depends on the food you eat, the same as many other organs of your body.

Proteins feed protein. Proteins are used in your body to replenish and build your body's protein. Protein gives you energy by helping to repair and build tissues, but unlike carbohydrates, protein is about the long game rather than a quick energy boost. With over 10,000 proteins in the body (hormones, enzymes, etc.), protein is key to maintaining healthy energy levels and supporting health on a foundational level.

I want you to see protein as everything under the hood—the engine, transmission, radiator, air compressor, alternator, power steering pump, water pump, and so on.

And I want you to see carbohydrates as the gas that all the things under the hood need to run.

Turn the car on, and it runs on its own. Your metabolism is under the hood and needs gas (food) so that it can run.

Now you can see the importance of protein in the overall foundation of your metabolism.

In the class videos, we will better explain how proteins offset the carb response concerning hormones produced through diet. I wanted this book to represent the skeleton to begin your journey and show the importance of taking the time to enroll (learning). However, to stay true to the theme of this book, glucagon from protein is needed to offset the insulin from carbs, preventing insulin from spiking and helping you lose fat instead of storing it.





EXERCISE

WHY YOU NEED TO DO IT & HOW YOU NEED TO DO IT

BEFORE WE GET INTO THIS, let us first state the obvious truth: Out of all the equipment, I am really emphasizing ab machines and aerobic routines. I will not go down the list, as all of them are good in how they perform in the manner science determines. The question is, How many people do you know who bought them look remotely like the people who were on the infomercial selling the product?

The first point we want to establish is that exercise is NOT good for significant weight loss and total body transformation. So the question is, If it is not a good way to attack obesity in your life and the life of your surrounding environment, why is it advertised and thought of as such?

The answer is simple, and this is the whole truth: MONEY.

I am giving you knowledge and understanding. Now, what's sexy about that? You and I both know a lie is sexy, sounds good, makes you feel good, and is sweet to the tongue. The truth is ugly, tastes horrible, and, tied up in discipline and hard work, is downright disgusting. WTF?

Exercise plays a really small role in weight loss but a huge role in weight maintenance. If you exercise regularly, you will be less fat than your counterpart who did none. Some data shows that those who exercise regularly are more aware of the types of food. Makes sense, right?

I really struggle in writing this chapter the way I am writing it because of all the benefits of exercise, which I believe is life's true fountain of youth. A toned, muscular 50-year-old looks good and 20 years younger, providing the face is kept up. There are fit women we know (and some men) who seem to be fighting Father Time to a standstill. Because of this, I write the following true statement with a heavy heart.

Regarding weight loss (fat), exercise is about as significant to your success as going to church is to getting you into heaven or going to college is to getting you a good job. They are related, but that's about it.

The saying goes, "Great bodies are made in the kitchen, not the gym." I can't begin to give you my initial frustrations with this truth. I will give you my truly first experience of this fact.

I had five clients whom I was working out with. I made a rehab room in one of my treatment rooms and added a treadmill, an ab exercise device, and an aerobic routine on VCR. Man, we were on it, and the first week, everybody lost some weight. We were on our way! After week three, the weight loss slowed, and by week six, everybody was pretty much at a standstill. They hit that wall! So, in the next week, we restricted their diet more, and they began to move again for two weeks. Then we were stuck again.

Here is where the frustration began to kick in. No one was eating the whites, and we were eating healthily and killing it for 30 minutes hard, and I mean sweating pretty good in a routine, only to weigh the EXACT SAME WEIGHT, DAY AFTER DAY AFTER DAY AFTER DAY!

Dude, I was ready to trash that damn scale, and I began dreading weighing time, and I mean dreading it. I went into this as hard as I went into becoming a chiropractor. I became certified as a personal trainer, and we bought every supplement for every weight loss reason. We even had patients coming to the office at 6 o'clock doing indium drops. We freaking did everything you can name, and NOT ONE CLIENT got ripped and un-fat (un-fat meaning their body was dominated by muscle versus fat). We tried muscle confusion and high-intensity short bursts; I won't even go into all the crap we tried.

What changed for me was that I had one client whom I was close to and working her out myself, and she was killing it. When we weighed the same after not cheating, she burst into tears. Her crying made me leave my office, and I began crying and shouting to God how unfair it was for her not to lose weight after all that effort.

That night, I quit doing weight loss altogether. Yeah, I quit, and I hope you do the same. Quit doing the same thing, looking for a different result.

Looking back, that was the best night of my life regarding weight loss, and it was the night that gave birth to what I am writing to you today and the reason why I am 49 with 9% body fat, weigh between 165 and 170 pounds with a heart rate of 48–52 bpm, and am not on any medication.

Here is the BEAUTIFUL truth about exercise and weight loss:

- Motion is needed for the lymphatic system, and this system is so important to lose weight. I use a vibration plate. Also, you get a lot of this motion in just performing your daily living activities. However, because we spend a ton of time sitting in front of a computer, this motion needs to be planned and performed regularly. The lymphatic system carries fatty acid to the liver to mobilize (get ready to be used for energy). **FAT MOVES THROUGH THE LYMPH SYSTEM.** The lymphatic system runs off motion and water. Motion and water are to the lymphatic system what the heart is for the circulatory system. Motion and water are the heart of the lymphatic system; they pump the lymph.
- Muscles burn more calories and, to be honest, look good. You need to perform some form of resistance exercise, which can be done against gravity and with light weights or bands.
- It needs to be low impact. You should be able to have a full conversation while you are working out aerobically for fat loss. If you are working out hard and killing it, you are not burning fat as much as you are burning glycogen (muscle sugar).
- Exercise timing is very important because you do want to lose fat. With the Lumen device (a device I

used in researching this eating style), we discovered that an hour after a balanced meal, the body begins to burn fat and does so for around two hours before it starts burning sugars again. So we recommend you exercise one or two hours after a meal or snack. Remember, it's not vigorous, and you will be eating every three hours, which gives you ample time to exercise.

The reason why I changed was something I read one morning that I finally heard. It spoke to my pain, and I was hurting because my clients were not losing weight: The definition of insanity is “trying the same thing, looking for a different result.”

When I looked around me in my immediate environment, I saw many overweight people. Nobody was ripped. I was looking at all these people walking outside and the members of my gym, and no one had a six-pack.

NO ONE was ripped, so why was I doing what they were doing, expecting my results to be different?

Those tears led to my success, and I hope you use those tears and frustration to your benefit. Let me help you get ripped and stop the insanity.





EATING HEALTHILY VS EATING FOR WEIGHT LOSS

THIS SECTION IS PERFECT FOR EXERCISE because it is **what you eat** and **how you eat** that determine the calories you burn when you exercise.

Being born in the Mississippi Delta, where we grew our food from a garden and ate fish out of lakes, I knew something about eating healthily. That's right, we used to shell peas and shuck corn, and the only thing we got from the grocery store was meat, flour, and breakfast foods. We had a freezer that kept all our vegetables (mostly starches I didn't know) and the meats we would take out in the morning before school that Mom or my sister would cook for dinner.

My first thought regarding eating healthily was that everything that came out of that garden was a vegetable. Truth—most of the foods we grew were starches. The butter beans, lima beans, purple hull peas, and corn were starches. We also grew okra, tomato, cucumbers, and English peas.

So, having a garden and eating fresh, homegrown foods is classified as healthy eating. Eat that food with

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some meat, and you have a meal. I assumed the cornbread and Kool-Aid followed by something sweet was the unhealthy part of a typical meal.

When thinking about weight loss, I thought that eating meat, veggies, and pure starches with snacking on nuts, fruits, or a protein shake took care of the diet part. If we exercise regularly and stay away from the whites, we will be just fine.

So, no whites (bread, rice, or potatoes), no sweets, no sodas, no chips, no ice cream, no pizza, no eating out, and no juices or alcohol plus eating more salads, protein shakes, and exercise will get you the weight loss results you are looking for, AND YOU'LL BE RIPPED!

BOY, WAS I WRONG! PAINFULLY WRONG.

Weight loss eating is a balancing act with EACH meal. This is the biggest difference between weight loss eating and healthy eating. For example:

- **Healthy eating** is eating an apple by itself. **Weight loss eating** is knowing how many carbs are in that apple you are about to eat and what protein you are going to eat with it.
- **Healthy eating** is eating a salad for lunch. **Weight loss eating** is what you are putting in that salad to

EATING HEALTHILY VS EATING FOR WEIGHT LOSS

make it strong enough and what is your protein. One thing you will learn with the metabolism diet is that most salads don't have enough carbs and feed into not eating enough, putting your body into storing mode versus fat-burning mode.

Weight loss eating is specifically eating a specific amount of carbs at a specific time that is always balanced with protein. Take your time and digest that statement. In fact, it is so important, I will copy and paste it two more times:

1. Weight loss eating is specifically eating a specific amount of carbs at a specific time that is always balanced with protein.
2. Weight loss eating is specifically eating a specific amount of carbs at a specific time that is always balanced with protein.

The weight loss eating foundation is carbs, including veggies, fruits, and starches. However, other foods, such as certain dairies, fall into this category, which we'll discuss when talking about eating good snacks.

Weight loss eating is understanding meal prepping every meal and knowing what snacks you will eat. This means you know exactly what you will be eating and at what time you will be eating it.

You cannot WING IT with weight loss eating!

And, to be honest, this is the most wonderful part. Putting structure into your eating already brings a certain amount of structure into your life, and it saves you so much mental time. You never have to worry about “What am I going to eat?”

I have had quite a few clients tell me, “Doc, this eating has saved me money, and I get more done throughout the day.”

Healthy eating causes insulin spikes that lead to inflammation, and this is the origin of so many diseases.

Weight loss eating is all about controlling insulin so you do not have any insulin spikes, and you can keep your inflammation down. Two types of patients of mine benefit from this big time—lupus and fibromyalgia patients—along with my type 2 diabetic patients.

Some people in the medical world believe that inflammation is the mother of all diseases. If insulin spikes are the mother of inflammation, my profession is right in quoting Thomas Edison: “The doctor of the future will give **no medicine** but will instruct his patient in the care of the human frame, in diet, and in the cause and prevention of disease.”

No, I am not against modern medicine at all, and I thank God for it. I am just stating the truth: What you eat greatly affects your overall health. Also, the way we were taught initially about healthy eating leads to obesity and chronic disease.

Weight loss eating is centered around carbs

Knowing how many carbs you are eating, when you are eating those carbs, and what combinations you are eating those carbs in, regarding protein, is the definition of weight loss eating.

Weight loss eating is getting ALL THE MEALS YOU EAT RIGHT AND LEAVING NOTHING TO CHANCE.

Weight loss eating CONTROLS INSULIN, which you must control to lose fat.

When we are talking about food, the scientific part is easy to dive into, but the purpose of this book is to give you just enough information to convince you and get you on the path.

I hope you understand there is not only one way to reach your potential in your weight loss journey. It's like baking a cake where we have your recipe, but you have to make it yourself.

Many YouTube videos go into further detail on meal prep, and we will also add some on our Facebook page and different health talks.





THE BIGGEST WEIGHT LOSS HINDRANCES

SLEEP! Eating every three hours! Hormones!
Thyroid! Getting older!

I have heard it all, and some of it has validity. So, let's get to what I have found to be true.

Sleep is by far a biggie. If you cannot sleep for at least four to five hours a night straight, then give up ever getting ripped. I will type that again, so take a deep breath and exhale. YOU must SLEEP for at least five hours to get ripped. The more sleep, the better, and we recommend six to seven hours.

Weight loss has its rules, and once you lose it, you don't have to be so strict. But (and that is a BIG BUT) to lose fat and transform your body, you cannot get there as a regular working human without using your metabolism and obeying the science of weight loss.

I am self-employed and love to read and think, so I must take pills to help me sleep. In fact, I started taking sleeping pills two hours before getting into bed. To be honest, going to bed is not a problem, but staying asleep is a big one. CBD has been tremendous in helping with

this issue, and I get my deepest sleep with a combination of melatonin and CBD.

For me, it takes around four straight hours' sleep to get the scale to go down, but on a six-to-seven-hour night of sleep, which is my Friday night sleep, Saturday's numbers for weight loss are always my best. I cannot begin to tell you how important this is. Not sleeping kills a weight loss day and makes your effort null and ineffective.

Another issue I have run across is the skipping of meals. I cannot begin to tell you how much of a fight this is for people, but this is the one rule that seems to override all the thyroid and other hormone and aging reasons.

That's right. I had one client who lost weight who did not have a thyroid and was on Synthroid.

In fact, I haven't found anything that negatively affects a weight loss day more than these two things.

The rule of thumb is that my clients weigh every morning in their birthday suit, and these two things throw that weight off:

1. **CONSTIPATION:** Not being regular will throw you off. I will post some pills we use. I have had a client who used prune juice and other such things, but just to let you know, if you use prunes and other carbs to help constipation, they will throw your numbers off.
2. **THAT TIME OF THE MONTH:** Your body holds water, and that week's weight loss will be a little off and may not show, but you'll make up for the following week.

THE BIGGEST WEIGHT LOSS HINDRANCES

Weight loss is like a combination lock—you must get the right numbers for your body to lose weight (fat). And to get to that ripped state, you must be on point with your eating, exercise, and sleep.

You already have the secret combination to your fat, and it is your metabolism. Let me help you in unlocking your fat to be burned.





WHY DO YOU NEED MY HELP?

I do believe the top things that make you successful (more than another person or even a younger version of yourself) are **Information** and **Mentor** (the person you listen to).

Information

Information and UNDERSTANDING proper knowledge are, to me, the two most important keys in making a good decision. Let's say this (and this is something I wish someone had told me—it would have saved me a ton of money, time, and heartache): Bad information and ignorance are the primary reasons that can only lead to a bad decision.

My mom said it doesn't matter whether a friend, family member, or enemy intentionally or accidentally puts poison in your coffee; the results are still the same.

If your game plan is built on incorrect information, it is IMPOSSIBLE for that decision to be a good one. This is most true in weight loss. Please forgive this statement if you are easily offended: I have never seen so many fat people talk about losing weight in my life. I'm talking about clinically obese people who talk about losing weight after they lost 20 pounds, and they are still obviously severely fat and overweight.

Weight loss does not applaud effort; it ONLY rewards SCIENCE!

Question: Would you let a person who has never been rich give you financial advice to gain wealth while they are broke with bad credit? This was one of the biggest mistakes I made in becoming an entrepreneur and business owner.

I read a book called *The Richest Man in Babylon*, and it taught me a lesson that this question answers: Get the Right Mentor.

God, I wish, hope, and pray that you, the reader of this, will understand this statement, no matter what genre of life you are in.

Whenever you go into a different culture, such as a church, business, investing, contracting, clinical work, or weight loss, get the right mentor *strictly* based on what they have done, and let them assist you on that journey.

My worst business advice came from educators who sounded intelligent but had ZERO experience in building and running a business.

If I build a house, I need a contractor, electrician, plumber, and other expertise that fits that genre. I don't ask a barber about building a house; I ask them about skin and hair issues. If I have electrical issues, I seek assistance

from an electrician. I think you are getting the point. I am not qualified to help you just because I am a Doctor of Chiropractic and have received certification as a personal trainer and sports nutrition and weight management specialist. I am qualified because I am a 49-year-old 6'2" quadriplegic man who weighs 165 pounds with 9% body fat. I wish I had learned that one lesson before I wasted a ton of time and a lot of money.

Get the Right Mentor

Losing weight (fat) is not an easy task; it is a real science project.

Getting the right mentor means getting the right person you trust who has the right information to get you the results you are seeking. It's not because the mentor possesses the credentials that bring about the expertise but because the mentor has done what you aim to perform.

That's why I am the right person for you in choosing a weight loss mentor.





THIS LAST PART IS EXTRA

QUESTION: How many people do you think thought as a child they would be fat as an adult? When I was teaching a class, I remember talking to a young lady who was a size 10 or so about joining the weight loss class. She assured me she would not be as big as her mother and aunt, who were in my class. Her mother and I could not convince her to join the class. When I ran across her about ten years later, she was much bigger than her mom and auntie, and I won't say the size.

Carbs, proteins, combinations of foods, the right amount of food, timing of meals, how to adjust the intake while you are losing so you don't hit the wall, when to adjust food intake, what type of exercise to perform, timing of exercise, how hard to exercise, and more are all part of you being successful in losing fat, not just weight.

Most people lose muscle and water, not fat, which is why the scale quits moving when they are doing the same thing and why they are still overweight. When the wall is hit, and the scale no longer moves, it proves you are not losing fat, and some of the weight you lost was not fat

THE OVER 30 METABOLISM DIET

either. I can take you to zero body fat (and no, that is not healthy, just saying I could!).

Losing weight is a science project. Let a chiropractor who is certified to help and has walked it out help you. Let my years of experience and research be your guide in implementing this weight loss plan that converts to a lifestyle and gives you the tools to lose weight whenever you want.

Let me serve you, and we'll do this together.

Dr. Reginald L. Rodges



