

New & Updated

Lose Weight While You Sleep™

7 Effective Strategies and 70 Simple Things

You Can Do to Help Your Body

Burn More Calories While at Rest

Terry Shintani, MD, JD, MPH

plus a BONUS SECTION on how to curb late night eating

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Warning

Read This Before You Change Your Diet or Exercise Level

Do NOT change your diet or exercise level without guidance from your medical doctor, especially if you have health problems or are on medication.

Do NOT change your medications without the guidance of your medical doctor. The information in this book is intended as general information about diet and exercise. It is NOT a substitute for professional medical advice.

There are no express or implied guarantees about weight loss or other physical or health effects. Individual results do vary.

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INTRODUCTION

Congratulations! You've taken an important first step in achieving a life of health and wellness. Many people today suffer from the ill effects of being overweight. The extra pounds can rob us of energy, affect the quality of our daily life, and put us at high risk for serious health challenges like diabetes and heart disease.

Sadly, although many people *want* to do something about their weight...not nearly enough people to achieve their goals. But you're different. The moment you decided to buy this book, you started an important process that can literally change your life.

And I know it probably wasn't easy!

After all, "Lose Weight While You Sleep" sounds like a joke doesn't it? When you saw the title did you ask yourself... "What's the punch line???"

It's no joke. I'm a doctor, not a comedian, and I don't kid around when it comes to good health and healthy weight loss. The serious truth is that **you really can lose weight while you sleep...**once you know some of the simple techniques of the **Eat More, Weigh Less® Diet**.

With this booklet as your friendly teacher, you can learn one of the most powerful secrets of how you can eat more AND weight less, too!

The good news is that those techniques and the science behind them are *in your hands right now..* It's a plan of action that will let you turn your body into a **naturally efficient calorie-burning system**. Why is it so important that you 'go for the burn' with calories? Simple . . .If you burn more calories, you can **Eat More, Weigh Less®**.

Before we go any further, let's take a minute to **define terms**. Exactly what *is* a calorie? Scientists tell us that **a calorie is the quantity of heat** (thermal energy) required to **raise one gram of water 1°C at 15°C**. A calorie is also the unit of measurement of **energy produced by food** that is used by the body.

When we overeat and don't completely use the consumed energy as part of our daily activities, the body stores away the calories as fat. The only way to keep calories from adding weight is to ensure that you **burn what you consume**.

Now, if you're worried that ramping up your daily calorie-burn is going to take a lot of time and effort, you can breath a sigh of relief. Because the beauty...the 'miracle' actually of the **Eat More, Weigh Less® Diet** is that it is as easy as anything could be! I'm going to teach you how to lose weight **while you're asleep!**

I intend to show you how to become healthier

Again, let me assure you that I'm not kidding. There's no surprise pie-in-the-face on the next page. And no, **I'm not going to suggest that you poison your body** or do any of the other "magic bullets" that people keep using to try to lose weight. Instead, I intend to show you how to **become healthier**. And one thing you need to realize is that bullets, magic or otherwise are **not a natural part** of the human diet.

In fact, even 'natural' substances can be toxic. While many are quite beneficial, some of them can harm you. You need to be able to tell which is which...and I'm here to help you!

Defining Terms Let me clarify what I mean when I say, "lose weight while you sleep." If you can harness your body's metabolism...its **calorie-burning capabilities**...you can make it **work for you 24 hours a day**. (Some people call this **re-setting your "set-point,"** meaning the **rate at which your body burns energy** to keep you at a certain weight.)

Your body's metabolism can be trained to burn more calories while you are active or inactive, while you are talking to friends or sitting and watching TV. So it's no joke that you can train your metabolic rate to burn more calories even while you SLEEP so you can **Eat More, Weigh Less®!**

Let's get started!