

The *Belly Fat Cure* Book Updates

The newly updated information to the
printed copy of The Belly Fat Cure

By Jorge Cruise,
Creator of
www.TheBellyFatCure.com



Dear Readers,

I want to thank all of you for your feedback. I have created this document of updates to the original version of The Belly Fat Cure. I am truly passionate about creating good health through nutrition, and will continue to consult with doctors and scientists to stay ahead of the newest findings to share with you.

Be Well,
Jorge

Within this document you will find:

Page 3: Tips to Move Beyond a Plateau

Page 5: Phone Number for Book Problems & Updates on Values

Tips to Move Beyond a Plateau

80% of my clients are happy with the results they achieve on The Belly Fat Cure. The remaining 20% are wondering “why am I not losing at the rate everyone else is?” The answer is that every body is different. In my pilot programs in San Diego, the average weight loss was 4 to 9 pounds per week. I had one client who lost 13 pounds her first week on the program and I have had others who lost only 1 or 2 pounds. There are many factors that affect weight loss including life experiences, medications, and hormonal changes. If you are sticking to the rules of the program, I ask that you be patient with yourself. This program is about reclaiming your health; not a quick fix. New research shows that excessive sugars and carbs not only manifest themselves as unattractive belly fat but that they also destroy your vitality and make you a candidate for cardiovascular disease, type 2 diabetes, and cancer. If you follow the rules of this program, you will feel the empowerment of increased health and vitality. If you have reached a plateau, the following points may help you to understand why and will hopefully give you the tools to move beyond it.

- Understand that you must be significantly overweight to see a continued dramatic loss. The closer you get to your goal weight, the slower the weight will come off. If you have 30 pounds or less to lose, be happy with a weight loss of about 1 or 2 pounds per week. Be patient and take comfort that you are moving in the right direction. Make sure that you are being realistic with your goal weight. This program was designed to bring you to a healthy weight, not an ultra thin model weight. Keep in mind that the last 10 pounds may come off very slowly.
- Automate your breakfast and lunch. My most successful clients have 2 or 3 different breakfast meals and 2 or 3 different lunch meals that they eat regularly. Choose your favorite meals that have less than 5 grams of sugar and 2 carbohydrate servings and keep them on hand to eat for breakfast and lunch. This will keep you from making bad choices on the run. You can be more creative with dinner.

- Constipation and bloating may be masking your fat loss. When you reduce the amount of carbohydrates in your diet your kidneys start working overtime. They begin to retain sodium and store water that is pulled from your bowels. This makes it difficult to have a bowel movement and causes bloating due to the excess water. While you are losing fat your body is holding onto water and waste. A simple solution is to drink more water and replenish your sodium first by drinking a half cup of chicken broth daily until elimination becomes regular and if necessary increasing up to two 8 ounce servings daily. This will regulate your body's chemical balance and allow you to have smooth bowel movements. Most people will adapt to the dietary changes and regulate within four weeks.
- Deal with your emotional eating. Be honest with what you are eating and track every morsel that you put in your mouth. Pay attention to the triggers that cause you to overeat. When you are feeling lonely, bored or sad reach out to family or friends for emotional comfort and support. I also encourage you to journal. When you put your thoughts and emotions down on paper you may begin to see a connection between your emotional state and your desire to overeat.
- Do not go it alone! Have you heard the expression that *you are the company that you keep*? It rings true! Surround yourself with like-minded people who share your desire to be healthy. Connect with others who are committed to the program. Make connections that will last and create a support system that you can count on.

As your coach I advise you to commit fully to this program right now. If you haven't given it your all, now is the time to do so. Do not wait until Monday of next week. Start right now! Every meal is an opportunity to move closer to the healthy and vital person that you were intended to be. You deserve to feel and look great. Respect yourself and start right now!

The following changes will be made in the next printing of The Belly Fat Cure. We appreciate your input!

Page 100 Belly Good Value for the Belly Fat Cure Drink should be 0/2

Page 194 Belly Bad description should read Taco Bell Soft Taco Supreme

Page 269 Value for Item 5 Old Fashioned Quaker Oats 1/2 cup should be 1/2

Page 291 Values for Zevia sodas items 1 through 6 should be 0/1

Page 306 Value for Celery stalk, medium should be 0/0

Page 309 Value for Walnuts, Kirkland Signature should be 1/0

Page 313 Taco Bell Taco Supreme should read Crunchy Taco Supreme

For issues such as defective bindings or missing pages please contact Hay House customer service at 800-654-5126.

And for any other findings please email askjorge@gmail.com.
Visit www.JorgeCruise.com for more information about the Belly Fat Cure.