

Episode 8

Knock It Off

The Five Rules for Weight Loss and Optimal Health

Hello health enthusiasts. I am Rosie Bank and I will be your host on this episode of Health Matters Podcast. For those of you who are loyal listeners, thanks for the likes and the feedback. We are still fairly new at this but I think the momentum is picking up. If you recall, I mentioned that doing this for you is so enjoyable for me, it feels like cheating. I give thanks every day for being one of those people whose mission in life is clear and compelling. I love to learn, read books, and attend seminars and webinars on a wide variety of pro-health strategy for the purpose of bringing them to you.

Now that my husband and I are back from Africa, I'm excited to get back into doing these programs for you. We were gone for three weeks. The food in Africa is fresh, versatile, and beautifully prepared. In a Facebook post I said, "Move over France. Mark and I are in the food capital of the world" referring to Cape Town. Stay tuned for an entire episode of Health Matters Podcast devoted to food and weight management strategies for those of you who love to travel.

Right after we got back from our trip, I wrote a Special Report which is the basis of this episode. While we were in Africa, I read cover to cover [Mastering Leptin](#), by Byron Richards. In fact, it was the third time I had read the book. I was very excited about Richards approach to health and weight. I decided to become a spokesperson for Richards and his Five Rules to balance hormones, improve health, and promote weight loss. Who doesn't want that, right?

In fact, this book was recommended to me by Sue Ward, a nutritionist from [Sanoviv Medical Institute](#) in Baja California, just south of the border. This is where I received one of my nutrition advisor certificates. The point is I know and trust Sue very much. When she recommended this book to me, she said that it was the best book on health and weight loss that she had ever read That's quite an endorsement from someone with Sue's education, intelligence, and experience.

Two things about this Health Matters podcast episode and the Special Report.

1. It is important that I elaborate on the Five Rules in order to give you more to work with. It's not enough just to write out the rules. After listing Richards' rules, I added some comments that can help you apply the Five Rules to your life.
2. As one who believes whole-heartedly in the fact that there is not a one-size-fits-all when it comes to nutrition and weight loss, I had to remind myself not to go too gung-ho on the *Mastering Leptin* bandwagon. Even though I love this system and believe in it, let's remember that all of the rules may not work for everyone all of the time. As a result, I've taken a more moderate approach. However, I still believe that the book is incredibly useful and that Byron Richards is a very intelligent thought leader in the field of health and nutrition.

Please enjoy what I believe is information that for many can support a breakthrough to weight loss, improved health, and beyond. **I'm here to help you knock it off.**

The link to the book, *Mastering Leptin*, is in your free download. I recommend this download so that you can see the Rules written out, with my notes, plus all of the links I mention. You will likely want to share this with someone, so a virtual copy will come in very handy. You can get that by going to www.RosieBank.com/8download. You can download the Rules and turn it into a notebook or save it on your computer to refer to it.

Now I'm going to read you the words that are written on the back of the book, *Mastering Leptin* by Byron Richards, who is a Board Certified Clinical Nutritionist. Here you go:

Learn how to:

1. Lose weight and keep it off.
2. Get more energy from less food.
3. Overcome cravings.
4. Fix thyroid problems once and for all.
5. Stop stress eating.
6. Improve cholesterol, naturally.
7. Prevent heart disease.
8. Prevent hormone-driven cancer.

My commitment is to help my clients and students apply these principles into their lives for lasting transformation.

The author presents what he calls the **Five Rules** that apply to almost everyone who wants to maximize their health, reduce their weight, and have a very serious crack at resisting chronic degenerative disease. I am going to discuss the Five Rules with you here and now. I have added some comments to help you understand more clearly what each rule is designed to do and how to apply them to your life. Plus I added some instances where you might make an exception, or discover that the rule does not apply

to you. And most importantly, I have some real-life testimonials that will bring the power of the Five Rules to life for you.

1. **Never eat after dinner.** Allow three hours after eating dinner, before going to bed. Never go to bed on a full stomach. Allow eleven to twelve hours between dinner and breakfast.

The logic behind this rule has to do with hormonal activity and fat burning. Plus, if your body is busy, literally working to digest food while you are sleeping, both your digestion and your sleep are compromised. Multi-tasking in this case does not work.

In an ideal situation, hormones begin to suppress our appetite as we are heading to bed. These hours of sleep are supposed to be like fasting. The same hormones that suppress your appetite also help you sleep plus stimulate fat burning. (This is one of the reasons why sleep deprivation is correlated with stubborn excess weight.)

When your dinner meal is balanced and complete—which means adequate carbs, fats, and proteins, and you are well nourished and comfortably full after eating—you normally will not get hungry before going to bed.

If you *do* tend to snack before going to bed, try going without. If this habit is driven by hunger, weakness and a drop to your energy (indicating a hormonal imbalance) it will be more difficult to simply give up this habit using will power. You might need [help](#) if this is the case. Or try gradually reducing the amount before you go to bed.

If it is simply driven by a habit, such as boredom, then finding some other ways to soothe yourself will help. A non-vigorous walk, some stretching, and some relaxing music are ways to begin to wind down.

Depending on their blood glucose levels, some diabetics need to eat something before they go to bed. This is something to be discussed between you and your physician.

The benefit you are looking for is more sound sleep, feeling more like yourself (versus erratic in your mood and energy level), and an increased ability to release unwanted fat.

2. **Eat three meals a day.** Allow five to six hours between meals. Do not snack.

This is among the most confusing of all dietary recommendations. It is also the one that the author of these rules is adamant about in spite of the fact that people really do have different metabolic rates. My daughter (who is slender, strong, and athletic) and I had lunch together today. We had the exact same lunch—a plate of cooked Brussels sprouts and bowl of butternut squash soup with a dollop of yogurt and a sprinkle of nuts. We had the same portion size. Three hours later she was ready to eat again and I felt like we had “just” had lunch.

There is something called “food fit” which means that when you eat food, your body is able to extract energy by burning the calories consumed and then use that energy to get about your day. It does make sense that when you eat food that is balanced and complete, that this process takes a while and you won’t get hungry or run out of energy too soon (say, two to three hours or so) after a meal. *The reason why this is a big deal is so that your body can burn fat, thus providing you with energy, in the absence of new food and calories being consumed.*

This does not happen if you have, for example, a cup of coffee and a bagel for breakfast. This is not a balanced meal. Unless you have nut butter or cream cheese and salmon on your bagel, this meal will not last and you will be ravenous within a couple of hours. Starting your day with breakfast initiates thermogenesis, which is the metabolic process of digesting and transporting food. Interestingly, if you jump start your body with just coffee and a bagel for breakfast, you are actually more at risk to have your energy crash during the day. This makes it harder not to take in more food between meals.

Of all the Five Rules, this one has the most nuances and considerations attached to it. Personally, I love feeling that a meal sustains me for five, sometimes six hours. It feels like my body is working efficiently and I can get more done during the day. But you won’t find agreement among nutrition experts that all individuals should categorically avoid having a snack.

One thing to realize is the difference between grazing, which is eating numerous small meals during the day and having a late afternoon snack. (I recorded a [podcast](#) on this very topic. Go to www.rosiebank.com/7 if you missed it.)

This is not complicated once you experiment with this. Adjusting the quality and quantity of the food you eat is the trick to get the most energy from each meal. Another resources you can consider after you listen to this is a blog

post I wrote titled <http://rosiebank.com/qualityandquantity/>. This is 'figure-out-able' and I am here to help you.

3. **Do not eat large meals.** Always try to finish a meal when you are slightly less than full.

This rule applies to everyone. There is no room for what I fondly call *pigging out* if optimal health and weight loss are your goals. I wrote about this at length in my book, [Health Matters](#) and I recommend my book because it contains helpful tips for situations exactly like this one, namely a tendency to eat too much food. As Richards, who authored the Five Rules, smartly points out, when your body is in a balanced state, you are far more sensitive to hunger and satiety. This means that you eat when you are hungry, which is as natural as having to pee because your bladder is full. But additionally, when your body is in a balanced state, you can tell when you are comfortably full and it's time to stop eating.

If you find that you are always stuffed after a meal, you may need to seek the help of a professional to gradually ween your body off of excess and/or low quality calories. Feeling sleepy, bloated, spacey, or uncomfortable after a meal means that you overfilled your tank, often with food that lacks essential nutrients. It will be a tremendous part of your ability to get and remain healthy to learn to eat just enough for you to feel nourished and energized following a meal.

In the meantime, practice mindfulness. Never underestimate the power of paying attention and being aware. This one single lesson about stopping before you are too stuffed has been among the most significant adjustments my clients have made. For some, it was difficult to make eating smaller portions of food a habit. But those who were determined loved the results. They all lost weight and had more energy as a result of sticking with their intention.

4. **Eat a breakfast that contains protein.**

You need real fuel in the morning in order to start that process of thermogenesis. Protein is the octane you need in your tank and it performs several duties for you. Along with some fats and carbs, a meal with protein will last for hours. It stimulates fat burning to begin, like throwing coals on the fire. Breakfast with some protein is like getting your metabolic compass to work, and this will impact your energy and your ability to manage food throughout the day.

I have heard from quite a few people that they do great during the day, but by the early evening or after dinner all of their good intentions collapse in a heap

of carbs and sometimes even binge eating. I ask about how they start their day. In most cases, this late-afternoon-evening overeating is correlated with no breakfast, or just coffee. To end your day well requires that you start off with good nourishment.

Last week one client revealed that he gets up at 3 AM every morning to eat and then goes back to bed. This is right around the middle of the time when he is supposed to be sleeping. He felt shame, and he felt stuck. He also said that he does not eat in the morning and goes until the afternoon for his first meal. This man's story has hormonal imbalance written all over it! Long story short, I got him to agree to a nutritious shake in the morning, even if he wasn't hungry. He slept through the night immediately and when we spoke at the end of the week he was five nights into not needing to get up and able to sleep through the early morning hours. Needless to say, he was thrilled. He also said that his energy bounced back and he hadn't realized how depleted he was.

It might be hard to believe, but people often have a habit of not eating, yet they don't realize that their exhaustion and peculiar food habits are in part related to the fact that they are trying to get by with no fuel or nourishment. Would you ask your car to drive you from San Francisco to Chicago without fuel in the tank? Of course not. Listen carefully if you resonate with what I just said. If you feel depleted during the day, there is a reason. Or there can be several reasons. What you can look at includes how many hours you are sleeping, if you have or have not started your day with a healthy breakfast, if you are or are not coming down from a caffeine rush, if you did or did not eat too much for lunch or conversely skipped lunch and you are low on fuel and essential blood glucose that you need for your brain and muscles to function.

5. Reduce the amount of carbohydrates that you eat.

Notice that Richards did not say eliminate carbohydrates. This one can also vary from person to person since people tend to have different responses to carbs. Although I used to have a raging addiction to carbs and ate them relentlessly throughout the day, after several decades of working on my health I can now have a small piece of dark chocolate after dinner and feel completely satisfied. Plus, I never crave carbs throughout the day. Trust me, it wasn't always this way.

Richards' main point about reducing carbs is to help people steer away from a diet that has excess carbs in it. Or to be more specific, meals and snacks that aren't balanced, that cause a spike in the levels of blood glucose, and that put you at risk for excess weight and even heart disease. The Standard American Diet (SAD) contains far too few fruits and veggies in it. This is why it is correlated with wide-spread, [*lifestyle-induced chronic degenerative disease*](#).

The main take-away from this Rule is to increase the quality of your food with more veggies and fruits; whole foods like nuts and seeds and complete grains; more fish and less meat; and closer to zero of packaged, processed carbohydrate laden not-fresh not-real foods. A big plate of spaghetti would be a good example of a meal too high in carbs. A piece of salmon with some broccoli and brown rice is more of what Richards had in mind when he wrote this rule.

Eating a diet that is too high in excess carbs is correlated with obesity, diabetes, and heart disease. Instead of overloading with sugar and processed food, the idea is to experience an abundance of nutrient-dense food that fills you up, but not out. Nutritious food helps curb cravings. Excess carbs make them worse. Ditch the junk. Don't be a food junkie. Move toward being a practicing health nut.

There is tremendous wisdom in these Five Rules. They fit well with what I have put together within the Health Matters [system](#). When you look at these rules, ask yourself if any of them seem impossible for you to do. If there are ones that seem particularly challenging, it is possible that this correlates with any struggles you have had with your health and/or your weight. When you live in your body in a state of peace, harmony, and balance, not only do these rules become second nature. In addition, you will be closer to enjoying the rewards of making consistent good choices and settling into a vastly improved relationship with your body. *Love your body. Get your body to love you back!*

* * * *

From an implementation perspective, you can read *Mastering Leptin* and try to apply these rules. That will certainly work for those of you who are ambitious, who love to learn the science of nutrition and weight loss, and who feel confident in going at it alone. I have included the link to buy this book in the download.

Here are some tips to help you know if you can implement these Five Rules on your own, or if it makes sense to work with a professional who knows how to help you navigate around to get the results you desire.

1. You can gradually implement some version of the Five Rules into your daily practices. I find that most people need help in getting themselves organized because often people have habits that run contrary to these rules. Becoming a practitioner of the Five Rules will require that adjustments be made. Also, it may not be prudent to tackle all five rules at once. You may prioritize them depending on your situation, and depending on which one or ones will give you the greatest return.
2. It is useful to understand the benefit of each rule so that applying them makes sense. Knowledge is power. Knowing *why* you are following these rules

- makes it much easier to stick with the program. This includes knowing the rationale behind each rule from a scientific perspective, but keeping things as simple as possible. Your body does not need to know the science in order to transform. However, you (your intellect) may need to understand what you can expect in terms of results. This will be key to your ability to remain on track. It is also helpful to know what to look for. For example, as I mentioned, starting with a breakfast with protein is so that your metabolism gets fired up when you start the day. There are other benefits imbedded in the rules that you might find useful. (They are all in Richards' book.)
3. It is important to track changes to make sure that you are on the right path. It is disheartening to go on any program and not get results. Seeing and feeling benefit is very encouraging. Weight loss, increased energy, reduction of cravings, relief from a variety of pesky health issues, and better sleep are examples of these signposts. Here's another example, when you feel energetic and refreshed after a meal instead of sluggish and foggy in your brain, this is very significant feedback. You need to turn your attention to such shifts in your response to food and meals.
 4. Include *loving yourself first*, and *discovering your why* to this approach. The Health Matters [system](#) focuses on your ability to value *you*, and to have a compelling reason to get to work on becoming and staying healthy. This is often the cornerstone to embark on a program that you can stick with over time for compounded results. Imagine doing very loving things for yourself on purpose to demonstrate that you are lovable, loving, and worthy of excellent care. Eating nutritious food is a clear example of this kind of self-love. Drinking moderately and not over-indulging in alcohol is another.
 5. Incorporate an exercise program that meets the requirements for optimal health, plus relaxation and stress reduction that are essential to your well-being. This is a combination of strengthening, stretching for flexibility, and cardiovascular conditioning. A little bit goes a long way, especially if you are starting from zero. Your body is unable to shed extra weight if you don't move. Movement is a cornerstone on your journey to transform your body.
 6. Learn how certain key supplements significantly support the weight-loss/improved health equation. (Richards discusses this at length in the book.) Learn a bit about macro-nutrients (fats, carbs, and proteins) and micro-nutrients (tiny, trace, *essential* particles that support every system in our bodies.) Learn how the combination of both is the best situation for your body. At www.rosiebank.com/nutrition you can see my approach to using supplements to boost your health.

* * * *

As I move toward closing, I'd like to mention one more thing. It is fairly common knowledge that chronic degenerative diseases (cancer, heart disease, diabetes, COPD, osteoarthritis, and others) are potentially lifestyle induced. (For a complete list see [Wikipedia](#).) This means that our daily habits directly impact our bodies' ability to stay well and resist disease, *or not*. One of the many things I love about *Mastering Leptin* is the way that the author meticulously explains the specific ways that particular habits increase various risk factors. If you think that hormones are a dull or not-so-sexy topic, think again. Getting relief from imbalanced hormones through the Five Rules (even a modified approach) can potentially impact everything from your sex life to your ability to avoid some of the diseases you may have seen run through your family. *And so much more*.

If you prefer to go at it alone, and read the 407 pages of *Mastering Leptin* yourself, and implement what you learn, you can get this book yourself and get to work. Either way, I wish you a lifetime of abundant good health, a joyous relationship with your body, and the peace and harmony that come from knowing that you are taking really good care of yourself. Remember, health matters. And so do you!

Additional Resources

Here are some resources to get you acquainted to the Health Matters approach to lasting health and vitality.

[Health Matters Podcast](#) – free and downloadable

[Health Matters newsletter](#) – healthy news you can use on a weekly basis. Free Ebook, *It Pays to Be Healthy*

[Health Matters—52 Ways To Get Your Body To Love You Back](#). Available in traditional and eBook format.

If you believe that this is your time to get your body to love you back by making changes to your approach to food, nutrition, eating, and other lifestyle habits, consider [Health Coaching](#).

[Click here](#) for an immediate reply from me if you have questions or wish to get started.

Through health coaching and using these principles, imagine in less than one year hardly being able to recognize yourself for your energy level, your freedom around food, your new size and shape, and your enjoyment of massively reduced stress plus increased peace and harmony.

Wishing you peace, joy, and an abundance of great health,

Rosie Bank

