



The eight DIET FREE habits learned weekly in the 10-week video seminar program by Zonya Foco, RD

D rink water... and think before you drink anything else	I nclude breakfast... and stop eating 2 - 3 hours before bed	E at often... and include a fruit and / or vegetable each time	T ame your sweet tooth... and naturally eat as little sugar as possible	F ind the fat... and know the good, the bad and the ugly	R eplace processed food w/ wholesome... and shop natural, close to the farm	E at until no longer hungry...and stop the lead-filled beach ball	E very day exercise...and make it your middle name
The Benefits Are							
Optimizes hydration	Improves alertness	Controls hunger hormones	Stabilizes blood sugar and insulin levels	Reduces inflammation in the body by trading bad fats for good fats	Subtracts food colorings, preservatives and MSG improving conditions like cancer and ADD/ADHD	Improves health and weight control via an innate portion control strategy <i>without measuring or weighing of food</i>	Establishes the needed commitment that an active lifestyle requires
Improves alertness	Decreases evening hunger	Bolsters intake of vitamins, minerals and antioxidants	Reduces inflammation in the body	Fights heart disease and Alzheimer's by increasing good omega 3 fatty acid intake and decreasing saturated, trans, and a surplus of omega 6 oils	Slashes sodium intake which controls blood pressure	Addresses emotional eating with non-food replacements	Creates joy, support and accountability
Improves sleep	Improves sleep	Drops high blood pressure with increased calcium and magnesium	Fights diabetes, heart disease and cancer among others	Creates an innate desire to eat less sweets by preference	Increases fiber intake which drops calories and risk of disease	Intuitive approach that lasts a lifetime	Improves sleep, energy, strength, self-esteem, immunity, focus, depression, balance, range of motion and overall mental and physical health
Less headaches	Decreases GERD	Fights cancer, heart disease and diabetes	Slims your waist by retraining your tastes				
Flushes toxins	Drops calorie intake by correcting mindless evening eating						
Combats type 2 diabetes							
Drops calorie intake							
Adding Up To							
Saves 100 - 500 calories/day	Saves 300 - 500 calories/day	Saves 200 - 300 calories/day	Saves 100-500 calories per day	Trades bad fat for good fat	"Cleans up" the quality of foods	Saves 400 - 600 calories per day	Burns 100 - 500 calories per day
Lose 10 - 50 pounds/year	Lose 30 - 50 pounds/year	Lose 20 - 30 pounds/ year	Lose 10-50 pounds/year	Lose 10 pounds/ year	Lose 10 or more pounds per year	Lose 40 - 60 pounds/year	Lose 10 - 50 pounds/year
Exercise Focus							
Just Move It!	Commit to be Fit!	Abandon Pain!	Be Curious and Courageous!	Aerobics RU!	Muscle Up for Life!	Respect the Stretch!	Get Support!