

Study Guide for the 3-Day Fat Burn

Why?

Resets the hunger mechanism

We eat and feel like we need to eat even after we've had more than enough. Resetting the hunger mechanism makes controlling weight easier.

A metabolic workout resets the hunger mechanism and causes weight loss.

Fast weight loss because burning exclusively fat for fuel.

Going into ketosis burns fat more quickly because not burning sugar in the blood stream.

Make up for the damage coming before

No one eats the perfect amount every day

Having a regular low calorie day can make up for the other higher calorie days

Makes hormonal changes that improve strength, energy, thinking, and sex

The lions do not eat every day. Looking at nature confirms that this strategy may be useful.

Vince Gironda and Paul Bragg taught fasting as a way to increase strength and even to gain weight when done the proper way. These ideas are not new but combining them in this 3-day routine is a new idea that works wonderfully.

Why not?

You will have about 3 to 4 hours of discomfort

You will not be able to eat like everyone else during the three days

You may have 3 to 4 hours of difficulty concentrating and some irritability (that's for the whole 3 days except maybe very briefly on day 2).

Day 1 (the first 24 hours)

Start by making the evening meal your last meal

Make it a healthy meal

Then you do not go to be hungry.

This allows you to go into ketosis sooner than just going low carb

What is ketosis and why it's not as scary as it sounds

We were meant to go into ketosis

Lowers cholesterol and blood sugar and weight faster than low fat or low calorie Mediterranean

Make note of the time and have nothing with calories until a full 24 hours have passed.

Day 2 (the second 24 hours)

Low Carb

What you're doing

The easiest way to pull it off

Supper

Bedtime

Morning

During the day while working

Using Glutamine to boost Growth Hormone Levels

Day 3 (the fruit smoothie day)

Allowed protein

Fruit

Water

Not the Following:

Fruit juices

Dried Fruits

Nuts

Peanut butter

Alcohol

General

You can have as much as you want of whatever's allowed during any phase of the diet

You can have as much as you want of non-caloric drinks during any phase of the diet

Why I'm not trying to make you into a health guru

You should have your normal amount of caffeine but without any caloric additives that are not allowed on the diet (for example, you can have the cream during the low carb phase)

No matter what, you must walk to have best of health

The law of health –why you need them

How to handle distractions

Travel

Company

Family

Headache

Diarrhea

Constipation

Shopping List for 3-Day Fat Burn

This shopping list is confidential and meant to be read only by those who have purchased the course the 3-Day Fat Burn.

If you have not studied the 3-Day Fat Burn, then the shopping list will not work as well for you and *you may even be at danger by following the plan.*

If you do not have the course but came upon this list another way, you can download the course here:

<http://www.TempleRepair.com/3dayfatburn>

General Rules of the Shopping List

Not all foods are needed. Just buy the ones that you like to eat.

1. You can **have as much as you want of the foods allowed for that day.**
2. Do **not** eat anything or drink anything other than the foods allowed for that day.
3. You can **eat any time of the day or night** (as long as you eat only the foods allowed for that day...see rule 3).
4. The **“day” starts at your evening meal** (which may be in the morning if you work the night shift). Just count a “day” as a full 24-hour period and start the “day” with the meal that you eat about 2 or 3 hours before going to bed.
5. **You can make a “day” last longer than 24 hours if you want** but do not do this without the approval of your physician.
6. You should not make a day last less than 24 hours.
7. You should also do the 3-Day Fat Burn exactly as described for at least 3 times before extending the days to more than 24 hours. For example, you might make day 1 last 24 hours but if you enjoy the low carb part of the diet, you might make that last for 48 hours or even 72 hours. After about 72 hours, most people start to feel really weak on the low carb diet and do well to swap to the vegetarian part of the plan.

Day 1

Goal: No (Zero) Calories.

Special Rules: Drink lots of water. Bubble water fills you up more than plain. Keep your caffeine intake the same or go up if you want. Creamers for coffee should be zero calories during this phase (use Splenda or stevia)

Shopping List

1. Herbal teas (caffeine ok)
2. Coffee
3. Sparkling waters
4. Distilled water
5. Natural Apple cider vinegar
6. Konsyl
7. Milk of Magnesia or Haley's MO
8. Diet drinks of choice

Day 2

Goal: Very Low Carbohydrates (fat and protein as desired).

Special Rules: Make sure you drink plenty of the fluids allowed on day 1.

1. Eggs
2. Steak (Rib Eye)
3. Tuna
4. Mayonnaise (Duke's has no sugar)
5. Any of the very low carb shakes (see Atkins brand for example)
6. Low carb protein bars (limit to 3 per 24 hours)
7. Cheese (limit to 1 ounce per 24 hours)
8. Continue anything allowed on Day 1
9. Salad with lettuce, cucumber, pepper, bell pepper, but no tomato. Use Mayonnaise or olive oil with vinegar (apple cider) for dressing.
10. Asparagus, Brussels sprouts, green beans.

Day 3

Goal: Only foods that are large enough in volume that you will fill up before you get too many calories are allowed (this explained fully in the course).

Special Rules: You can and should put fruit into the shakes. You must have at least 5 cups of fruits or vegetables per day or you will get too hungry and eat off the plan. You can still have all you want of the foods on day 1 but you cannot have the meat allowed on day 2. You can have eggs but only if you eat them boiled and without any added oil or mayonnaise.

1. Protein powder with around 24 grams of protein to 2 to 4 grams of carbohydrates.
2. Fruits of any type except you cannot have dried fruits or fruit juices (later on maintenance but not now).
3. Vegetables of any type including potatoes (bake the potatoes).
4. Continue the foods allowed on day 1
5. No milk or cheese on these days. Make the shakes with water.
6. Frozen fruits work well to add flavor to the shakes.
7. Blender that is strong enough to blend frozen fruits

Be sure to subscribe to the health lessons on TempleRepair.com for more updates.

Peace & health,

A handwritten signature in blue ink that reads "Charles Runels MD". The signature is fluid and cursive, with the letters "C", "R", and "M" being particularly prominent.

Charles Runels, MD

The Temple Repairman™

The Sex Energy Doctor™