

---

# Lose Weight The Fast Way

---

*Julian Whitaker, MD*





---

# Lose Weight the Fast Way:

## Dr. Whitaker's Simple, Inexpensive Approach to Permanent Weight Loss

It's official. The number of adults in this country who are clinically obese now exceeds the number of those who are merely overweight. If you fall into either category—and two-thirds of you reading this do—now is the perfect time to do something about it.

So where do you start? Well, you could pick up one of the thousands of diet books currently available. You could join a gym. You could take targeted supplements. All of these steps, especially when used consistently and together, facilitate weight loss.

But I recommend you try something new. It's a program we've adopted at the Whitaker Wellness Institute that is simple, inexpensive, logical, and easy to implement. It's called the "mini-fast" with exercise.





# 1

## How to Mini-Fast

Here's how it works. You get up in the morning and drink a glass of water or a cup of coffee or tea. You can use a little creamer or low-calorie sweetener like xylitol or stevia, and you can take your supplements if they don't upset your stomach. But do not eat breakfast or drink anything other than coffee, tea, or water.

Then put on your workout gear and do some aerobic exercise. You can walk briskly, jog, or cycle; use a treadmill, stair-stepper, mini-trampoline, or stationary bike; or take an aerobics class or work out with an exercise video at home. The important thing is that you exercise for 20-45 minutes with moderate effort. (Don't go overboard. You don't want to burn yourself out before you get started.)

After you exercise, get on with your day, but continue fasting until lunch. Drink plenty of water, and feel free to have coffee or tea. Don't worry about being too hungry to make



it through the morning. You may have to try this to believe it, but this fasting/exercise combo seriously dampens your appetite, and the caffeine in coffee and tea helps blunt hunger as well.

At lunchtime, break your “fast” and eat normally for the rest of the day. Get plenty of lean protein and low-fat, low-glycemic carbohydrates. You don’t have to count calories, but you don’t want to pig out at lunch or dinner, either. Fortunately, you’ll find that eating sensibly for two meals a day requires far less discipline than cutting calories all day long. Plus, it makes sticking to the routine a whole lot easier over the long haul.



## “I Can See Myself Staying on This for the Rest of My Life”

*“Over the past eight years, I put on 30 pounds. I’m tall and carried it fairly well, but it really bothered me. I tried many diets and I’d lose 5–10 pounds, but I’d invariably gain them back. So I decided to try Dr. Whitaker’s mini-fast.*”

*“So far, I’ve lost 23 pounds and gone from a size 14—with a muffin top—to a comfortable size 10! This program has really increased my exercise. Adjusting to no breakfast was hard at first, but now it’s second nature. For lunch, I usually have a salad or protein. For dinner, I have whatever I want. That’s important, because I know I will never stick to a diet that makes me want for specific foods.*”

*“I consider myself something of a diet expert, since I’ve tried so many. But this diet—if you can call it that—is the first one I can actually see myself staying on for the rest of my life. It’s so easy, and it’s a money saver too, since there are no ‘special’ foods to buy or meetings to attend. My advice for anyone considering the mini-fast with exercise is to just try it. What do you have to lose? Not money. Not time. Just the extra pounds!” — Mary O., California*



---

# 2

## Burn Fat, Lose Weight

Obviously, if you miss one meal per day every day of the week, you're making a significant dent in your overall food intake. This caloric restriction alone contributes to weight loss. Furthermore, regular exercise also burns calories. What's integral to this program, however, is that exercising while in the fasting state dramatically ratchets things up.

The mini-fast takes advantage of and expands upon the 10–12 hours you fast during the night. By morning, your body is beginning to deplete the glycogen in your liver (from the carbohydrates you ate at your evening meal), and your cells are starting to rely more on fat for energy. As your glycogen stores are progressively exhausted, your liver starts to turn fat into ketones, which are used as fuel. This fat-burning state is called ketosis.

Aerobic exercise is a crucial part of the mini-fast program because it rapidly puts you into ketosis. Overnight fasting is a start, but exercise really kicks things into high gear. The fuel used during that walk you're taking in place of eating breakfast comes from burning fat, which is exactly what you want when you're trying to lose weight. Even better, if you continue fasting after exercising, you will stay in the ketotic state, further reducing fat stores.



# 3

## Exercise: Timing Matters

Everyone knows that exercise is necessary for weight control, but little focus is placed on the timing of exercise. If you eat breakfast before your morning workout, you will do a wonderful job of burning the carbohydrates you just ingested. But the point is to use exercise to burn fat, not just carbohydrates.

Similarly, if you eat carbs right after your exercise, you turn off the rapid fat burning that exercise has triggered. But again, by exercising during a mini-fast, you will be burning off stored fat for hours. And if your subsequent meals are relatively low in fat, you won't be replacing it—so every day you'll be chipping away at your fat stores.





---

# 4

## Remarkable Study Results

I didn't come up with this idea on my own. I learned about it from Mark McCarty, an astute researcher I've known and worked with for years. Mark is his own best study subject. He lost two-thirds of his body fat following this mini-fast/exercise protocol and has been on it now for 20 years. He introduced it to Babak Bahadori, MD, who has been using it for several years as the foundation of his successful weight loss program in Austria.

The exercise-enhanced mini-fast was also evaluated in a clinical trial. The study involved volunteers with an average weight of 199 pounds, body mass index (BMI) of 32.2 (30 and over is considered obese), waist circumference of 42.6 inches, and fasting insulin of 13.2 IU/mL (a level indicative of insulin resistance). They were instructed in the particulars of the program—no food before noon but no other restrictions besides a healthful, low-fat, high-fiber diet, plus aerobic exercise while in the fasting state.

Now, these study participants were people just like you and me, with jobs, families, and the like. They didn't exercise like maniacs. Most of them walked three to five days a week and built up to an average of 45 minutes, which is doable for most anyone. On the days they did not exercise, they simply fasted until noon. They didn't count calories, and although they were told to eat low-fat, low-glycemic foods, no one monitored their diets. Yet the results speak for themselves.



After 12 weeks, these folks lost an average of nine pounds and an even more impressive 16 pounds of fat (25 percent of their initial fat mass) plus three inches around the waist. The biggest losers were a man and woman who respectively lost an astonishing 44 and 31 pounds of fat! Additionally, the group's fasting insulin fell by one-quarter, into the normal range.



## Ketosis Essentials: No More Hunger Pangs

A number of supplements help suppress appetite and facilitate weight loss. However, Ketosis Essentials was developed specifically as an adjunct to the mini-fast with exercise program. The ingredients in this supplement reduce the hunger pangs and discomfort commonly experienced during a fast, increased energy, and boost fat burning.





The suggested dose of **Ketosis Essentials** is 5 g (one teaspoon) mixed in water once a day prior to exercise. Each dose contains:

**Hydroxycitric acid (HCA)**, an extract from *Garcinia cambogia*, helps keep blood sugar in the normal range so you won't have the lightheaded, spacey, or irritable feelings you can get when blood sugar levels fall too low. It also stimulates the activity of an enzyme that enables fat burning in the liver and the production of ketones, the backup energy source that keeps you going during a fast.

**L-carnitine** works synergistically with HCA to facilitate fat burning. Low levels of L-carnitine limit the capacity of the liver to burn fat. Supplemental L-carnitine simply promotes more rapid fat metabolism.

**Glycine** is a pleasant-tasting amino acid that triggers the release of glucagon, a hormone that turns on fat burning, and generates pyruvate, which is involved in energy production.

**Chromium** is a trace mineral required for fat, carbohydrate, and protein metabolism.

You can order Ketosis Essentials by calling  
800-810-6655







---

# 5

## Multiple Benefits

All sorts of magical things happen with the exercise-enhanced mini-fast. You lose fat instead of lean muscle mass. Abdominal obesity, the most dangerous type of fat distribution, declines. Insulin sensitivity improves, and blood sugar, blood pressure, cholesterol, and triglycerides fall as well. Note: If you have insulin-dependent diabetes, be cognizant that blood sugars may drop too low on this program, so you should closely monitor your glucose levels.

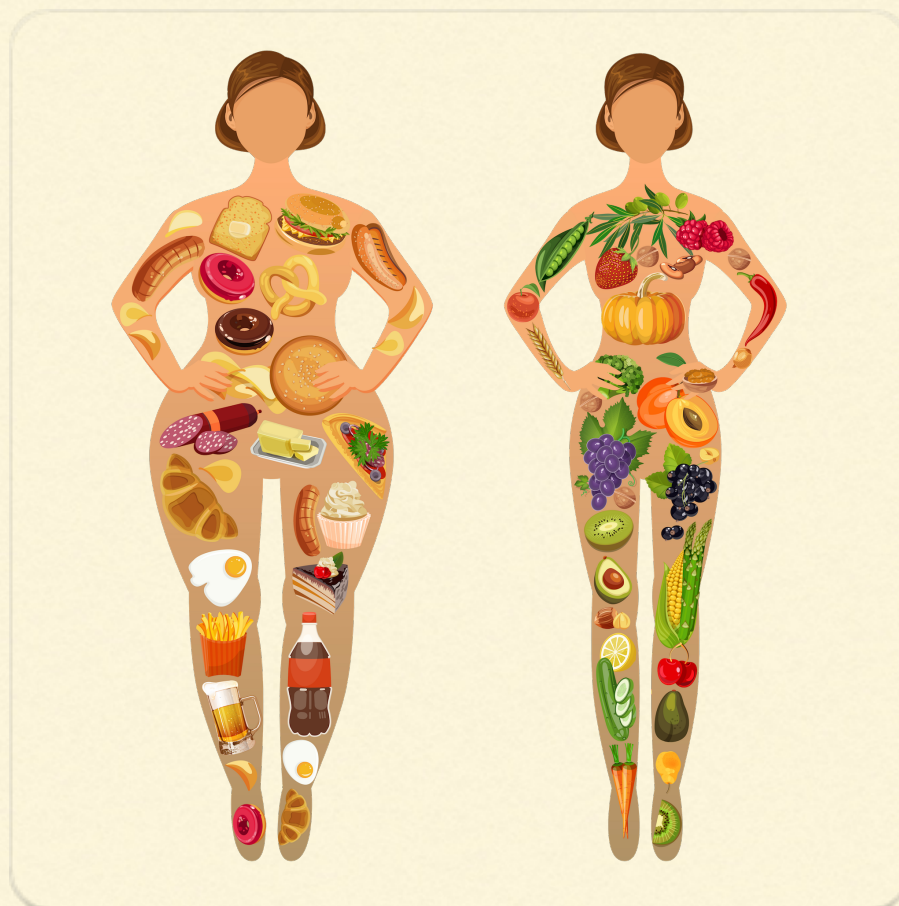
At Whitaker Wellness, we recommend this program to all of our patients with type 2 diabetes, hypertension, metabolic syndrome, and obesity as well as those who simply want to shed a few pounds. We get great feedback in terms of ease of compliance and results, along with reports of increased energy, vitality, mental clarity, and sense of well-being.

If you want to lose weight or are dealing with any of the health concerns associated with obesity, I urge you to give this regimen a try. By



maximizing the substantial benefits of exercise and calorie restriction, the mini-fast with exercise can be your ticket to weight loss, lower blood sugar and blood pressure, better health, and a longer more fruitful life.

Do yourself a favor and seriously explore this safe, simple, proven therapy. Mini-fasting can launch you into a healthier lifestyle and make your journey back to health easier, quicker, and more pleasant than you could ever imagine.



Here's to your health,

*Julian Whitaker MD*



If you would like more information on noninvasive, drug-free solutions for optimal wellness visit us at [www.whitakerwellness.com](http://www.whitakerwellness.com) or call us at 866-944-8253.