

MIRACLE DIET

Answers to reader's questions

Tatiana, please advise a good diet for me. I would like to look and feel good but extra weight makes me feel unhealthy and leads me to have low self esteem. I already tried many diets and different pills to loose weight but every time I stopped doing it I gained back even more weight. Besides, every diet made me feel depressed. I lost my hope to lose weight.

Please help me if you can.! I would greatly appreciate it.

Natasha A. S.F.

Natasha,

In your case, I think it would be better to first go to the doctor and check your hormone level. May be hormone misbalance is the reason you have extra weight.

It is very hard to hold appetite when there are so many delicious things around. Besides, if somebody is under stress he or she starts eating automatically not even noticing what it is. Gradually the walls of the stomach get stretched and the person feels hungry even more. Then we don't notice that we start living to eat instead of eating to live.

The result is quite dramatic like in old anecdote when a woman came to the tailor and after he took measurements of her hips, waist and bust (and it happened to be 100 centimeters), he asked her where she wanted him to make a waist?

But we want to have the same proportions as young people and we want to see our friends and loved ones look at us with good feelings. We don't want our waist and hips to have the same size.

If you follow my diet, your proportions will become much better. I can't promise you a miracle within one week but you will definitely loose some extra pounds.

This diet includes bread and jam and fruit so it is not a torture. I tried it myself and it worked wonderfully! Usually I can't stand a diet for more than 1 day because it becomes annoying but I followed this one for more than 4 month and enjoyed it. So far, I am not going to quit it. I already lost 12 kilograms. I hope you will like this wonderful diet too!

The first two weeks you will lose weight quickly but then this process will slow down. You don't have to hurry too much because your skin needs some time to adjust to new weight, otherwise it will start sagging. But even if you lose 2 kilograms within several weeks it is not bad at all.

Gradually your self-esteem will go up and you will like the way you look in the mirror. And when you start enjoying your new look, love will gravitate to you. Similar feelings generate similar feelings. I already energized the diet for you to make you enjoy it.

But before you start it I would like to give you **some recommendations** about eating habits.

- There is a great influence of the Moon to our health conditions. We directly depend on the phases of the Moon. I recommend you to start dieting 2-3 days after the Full Moon because for the next couple of weeks the Moon will get thinner and so will we. That's why during this time we can let ourselves to eat some extra food.
- Remember that after 2 weeks the Moon will get fuller and so will we. That's why during this period of time we should pay more attention to what we eat.
- Drink juices and eat fruit 1 hour before main food or 1 hour after it and you won't have gas and bloating.
- It is a very good habit not to eat after 6 pm.
- Try to chew food well (30-33 times). Don't hurry when you eat! In this case you will feel full quicker than when you swallow big pieces of meal. Gradually you will feel better and you won't have constipations. And if you want to get rid of this particular problem faster and you don't have too much acid in your system try this recipe 2 hours before you go to bed: Add 1-2 table spoons of any oil (olive, corn or sunflower) to the glass of buttermilk and drink it. You won't feel this oil and you will like the taste of it.
- Try not to eat meat done rare. An animal always feels death coming (no matter how easy it is) and gets scared. As a result of it, the adrenalin level in the blood goes up and his blood will bear information about death. If we eat such meat we become aggressive, irritated and depressed.

- Official medicine states that after 40 years old, the level of potassium in our blood gets lower. It can cause us cramps and weakness in the legs. It can happen quite often during the dieting period too. You can go to your physician and ask for a blood test. As for POTASSIUM supplement- you can buy it anywhere without a prescription.

And now, after you found out about all these useful recommendations, you can start this wonderful diet. Good luck!

Monday

- Breakfast – 1 orange, 1 cooked egg, 1 piece of bread, 1 glass of milk or a cup of black coffee.
- Lunch – a sandwich with chicken, vegetables and low calorie mayonnaise. A glass of vegetable juice.
- Snack – one apple.
- Dinner – a piece of cooked fish with mayonnaise, baked potato and cabbage salad, a glass of milk.

Tuesday

- Breakfast – a plate of any kasha?? (porridge), a glass of milk or a cup of coffee.
- Lunch – a salad without dressing, a sandwich with fish and a cup of tea.
- Snack – one banana.
- Dinner – a plate of chicken breast with cooked rice, tomatoes and beans. It should be without mayonnaise or oil, a glass of milk.

Wednesday

- Breakfast - a half of a grapefruit and a glass of buttermilk with a piece of bread.
- Lunch – 100 gram of salmon with mayonnaise and salad, 2 toasts and an apple.
- Snack – a compote or a tea without sugar.
- Dinner – a plate of lean beef with zucchini and beans with some light margarine, a cup of tea.

Thursday

- Breakfast – some cereal with milk or a glass of buttermilk or water; a bunch of grapes and a cup of tea.
- Lunch - a sandwich with chicken, vegetables with low calorie mayonnaise, a glass of milk.
- Snack – a glass of buttermilk
- Dinner – a meat patty, one baked potato, some salad with a glass of buttermilk or a cup of coffee.

Friday

- Breakfast – any kasha, one banana, a glass of milk
- Lunch – a big portion of salad with vegetable oil, dried toast and a cup of coffee.
- Snack – a portion of cauliflower with carrots and a glass of buttermilk.
- Dinner – fish with stewed cabbage and a piece of bread, a cup of tea.

Saturday

- Breakfast – cooked rice, a glass of buttermilk, compote made from peaches and a cup of coffee.
- Lunch – a glass of vegetable juice, a sandwich with chicken, a portion of ground carrot and a piece of cheese.
- Snack – one banana.
- Dinner – a piece of fish, stewed vegetables with sour cream and a cup of tea.

Now you only have to buy all the necessary groceries and good luck! Your dream is in your hands!

You can inform me about the results by the phone: (408)730-4586.

God Bless you!

**Sincerely yours,
Tatiana**

www.tatianahealingcenter.com – you can read my articles here in Russian.