



# “6 Keys to Weight Loss”

**1. It is not about how much you eat, but what you eat that really matters.**

A better approach is to eat yourself skinny by eating the right kinds of foods, as opposed to intentionally restricting calories. This allows you to eat plenty of food on a daily basis without any sense of deprivation, hunger or excessive cravings.

**2. You need fat to lose fat.**

The point is to avoid the sugar and give your body an abundant daily supply of good, healthy fats and oils. This communicates the perfect biochemical message to your body and encourages the weight loss process. By avoiding or restricting fat, you are actually setting the body up to store more fat in the long run, sabotaging any initial results that may have been achieved.

**3. Eat for fuel not for pleasure.**

The best way to lose weight is to eat for fuel and not for pleasure. This means eating small meals frequently throughout the day. This allows you to stay one step ahead of your biochemistry and makes your food choices much easier. If you wait too long to eat, inevitably you will cave in and eat for pleasure instead and make an unhealthy choice.

**4. Your caloric intake should follow the path of the sun.**

This simply means that as the sun rises during the day our caloric intake should rise as well until noon to 1:00 pm. At this point, the sun begins to set for the day, so our caloric intake should begin to diminish as well. Too many people eat their largest meal of the day at dinner. It should be just the opposite. The largest meal of the day should be either breakfast or lunch.

**5. Strive for consistency not perfection.**

There will be special occasions, holidays and vacations that will make food choice a definite challenge. Be diligent when possible, but allow yourself some leeway, which will help you to be successful and maintain your results on a long term basis.

**6. Practice the 80/20 rule.**

This rule can be applied to many areas such as business, money, relationships and food. The idea is to eat foods that nourish your body 80% of the time, which allows you plenty of leeway in the other 20% of your food choices.

[www.drrobertmaki.com](http://www.drrobertmaki.com)