



# Lose 6kg in 6 weeks

(cut up diet to Christmas)

Refer to my Video for the big picture

<https://youtu.be/Okcc3kJhO1U>

Healy's Anti aging and longevity page

<https://www.healyslowerbackpain.com/longativity-anti-aging>

Make sure you also read the transcript beside the utube video to go to a specific part of the conversation also the above **Healy's Anti aging and longevity page** has a lot of detail on the bigger picture re ketosis etc

Graham Healy

- **THE RULES**
- **NO SOMOKING**
- **NO WHITE SUGAR**
- **NO ALCOHOL**
- **VERY LOW CARBS**
- **HIGH PROTEINS**
- **HIGH GOOD FATS**
- **DEFINATELY NO CARBS AT NIGHT**

## Amounts:

**Protein** : 1 gram per kg of lean body weight

**Good fats** : 50-80 grams per day

**Caro hydrate** : under 50 to 100 grams per day

*White sugar: zero (low fruit sugar etc )*

The object of the exercise is to put the body into a FASTED STATE where the body forms ketone bodies to BURN FAT and does not rely on carbohydrates for fuel.

or you cycle in and out of the ketosis state (fasted state) this is the same as the bodybuilders cut up diet but modified down for the normal person .

## Example :

I'm 95 kg and my lean weight is 85 kg so .5grm to 1grm x 85kg = 50 to 85 grams of protein required daily

(one protein drink is about 25 grams of protein ) (100 grms of fish of lean beef = 25 grams protein)

(2 eggs whole = 12 grams of protein )

I recommend Allan Bourushek's Calorie and Fat counter refer to this link:

<https://www.healyslowerbackpain.com/longativity-anti-aging>

**Fat:** 50-80 grams (Hemp oils, MCT oils, raw nuts)

Totals : 50 x 4 = 200 calories Protein

50 x 9 = 450 calories Good Fats

50 x 4 = 200 calories Carbs

**850 calories total YOU WILL DEFINATELY LOSE WEIGHT ON THIS CALORIE COUNT !**

**HOW DO I KEEP THE CALORIES SO LOW AND LIVE IN A FASTED STATE OF KETOSIS?**

1. High Nutrients (like vital greens, vitamins , protein drink and good fats)
2. Eat only 2 small meals a day (breakfast and night or late lunch)
3. Having a lot of good fats in the form of hemp and MCT oils (you can have in your coffee or green tea etc )
4. DAILY TAKE METAMUSIL and black Chai seeds (cleans the whole intestinal tract)

**HEALYS RECOMMENDED PRODUCT LIST**

**Breakdown of daily diet and supplements to drop 6kg in 6weeks**

**cut up diet for normal people**

**6kg will = 2 kg fluid and 3-5 kg body fat (on average)**

**The KEY is to cycle in and out of ketosis**

Breakfast /upon rising	Food purpose	supplements	notes
<b>Carmen's oats /porridge</b> 40grams (sachet 150 cal)  <b>1 coffee /green tea</b> With 1-2 deserts spoons of hemp seed oil mixed in beverage	Energy and fiber	2 x Blackmore's flax capsules  (more convenient way to take flax oil ) take 2 caps x 3 times a day *Flax is good for joint health and arterial health as well *Hemp seed oil good for joints and arterial health	Getting the good oils into the system quickly = laxative effect and motion first thing in the morning = "cleaning the pipes" and good for arterial health
Mid morning  <b>Meta-musil /chai seed mix</b> (psyllium husks)  *Snacks (natural nuts mix no salt or sugar added) Green tea (with a desert spoon of hem oil added)	Intestinal Cleansing and fiber gel  Snack on nuts = no carbs Plenty of fiber	The intestines has 10 metres of 'pipes' and the objective is to keep those 'pipes' clean and the stomach feels 'satisfied' with good fiber/gell processing through	Meta-musil/Chai has almost zero calories acts as a detox cleanse for the intestinal track
<b>DO NOT EAT IF YOU DON'T FEEL HUNGRY</b>	<b>FASTING IS HEALING FOR THE BODY</b>	<b>YOUR ARE TRYING TO REDUCE CARBOHYDRATE TO ZERO SO YOUR BODY SWITCHES TO KETOSIS = BURNS FAT QUICKER</b>	<b>AUTOPHAGY is your body 'cleaning up the body's cells' this is achieved in ketosis</b>
<b>FAST AS LONG AS YOU CAN</b>	<b>DO NOT EAT</b>	<b>TILL 2pm or SO</b>	
			Go to next page >

**Breakdown of daily diet and supplements to drop 6kg in 6weeks**

(part 2)

**cut up diet for normal people**

**6kg will = 2 kg fluid and 3-5 kg body fat (on average)**

**The KEY is to cycle in and out of ketosis**

<p>Lunch after 2pm (approx)</p> <p>Lunch just 2 x pieces of Sole bread with natural peanut butter Or grilled fish &amp; steamed greens Or small lean steak And greens Or protein drink</p>	<p>Drink filtered water or green tea at any time (add dessertspoon of hemp oil) Natural peanut butter (if no allergies)</p> <p>you are trying to be in the fasted state as long as possible the hemp/MCTand flax oils will stop you from feeling hungry and supply you with ENERGY</p>	<p>The age old method of bodybuilders natural <b>peanut butter</b> (even have a teaspoon or so as a snack)</p>	
<p><b>BY KEEPING GOOD OIL HIGH</b></p>	<p><b>YOU DON'T FEEL HUNGRY AND HAVE</b></p>	<p><b>PLEANTY OF ENERGY THROUGH KETOSIS</b></p>	<p><b>THE BRAIN CAN USE KETONE BODIES<sup>1</sup></b></p>
<p>Late afternoon snack (say 4pm to 6pm) Cut-up apple Pear/Strawberry's Or sliced up orange (eat whole not juiced)</p>			
<p><b>Dinner</b> *Scrambled eggs (2) or *grilled fish (small amount of steamed greens) or Protein drink (pea/or whey/platinum)</p>	<p>Do not have any volume of food in the stomach at night <b>DEFINITELY NO CARBS</b> = fat storage immediately <b>YOU ARE FASTING !</b> the oild will give you energy and stop you from feeling hungry</p>		

**THE EXCEPTION**

**WHILE YOU ARE TRAINING**

while you are training at the gym or martial arts or brisk walking (min 1 hour)  
Remember training DOES NOT LOSE FAT or burn fat its the 24 hours after training and your diet that actually burns the FAT!

so while your training it is permissible to have some sugars and electrolytes.  
I recommend no more then 250 ml of Gatorade (plus take a bottle of water)

We have a range of Urban Muscle supplements to fire up your workout so that you do not lose ENERGY or cause the muscle to break down .

**UM Resurrect and In-cel are the base 2 products**

But that's another conversation  
contact me if you need to fine tune your supplements as i have been advising athletes for over 40 years

Graham Healy

**Better than Health Insurance**  
Healys Health Urban Muscle "A Scope that far Exceeds Sports Supplements, scientifically proven Health & Wellbeing Benefits"

						 <b>Lost 10.9kg FAT in 12 weeks</b>
<b>5 Stage Proteins Meal Replacment 30g Protein 3g carb 1g fat</b>	<b>L-glutamine 5g Bcaa's 5g HMB 1.5g Recovery boost Immunity energy stops sugar cravings</b>	<b>alceryl L-cartine fat loss/transport enhances brain function concentration neurotransmitters protects heart</b>	<b>fat loss lowers cholesterol detox liver energy nervous system</b>	<b>naturally stimulates growth hormone = fountain of youth scientifically proven</b>	<b>Natural test Booster for men 500 mg protodiosin per serve</b>	

**Above is the full range of Healy's Urban Muscle Sports Supplements<sup>9</sup>**

Purchase here :

<https://www.healyshealth.com/urban-muscle-healys-health>

any questions?

Make an appointment /call

<https://calendly.com/healyshealthandfitness2/start-a-yun-jung-do-class>

or sms

Graham Healy

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Zero Sugar and good for you low carbonate Kombucha (brewed green /black tea)  
(excellent replacement for alcohol drinks) <sup>7</sup>

reference (13)



No sugar vegan dark  
chocolate  
(sweet quick energy) <sup>8</sup>



reference (11)



**Gluten Free**

The best tasting gluten free and wheat-free breads on the market.



reference (5)

Less than  
3 g Carbs  
per serve

43% of your  
daily fibre  
intake per serve



21.4 g of Protein  
per serve



85% Lower Carb Sunflower & Linseed. For those looking for a lower carb bread ^

BURGEN BREADS Reference (10)



MIXED RAW NUTTS reference (12)



**Keep sugars low (including fruit & juice sugars)**



**Proteins high (via pea/rice) protein drinks**

## REFERENCES

1. Ketosis education videos by Dr Armando (refer videos on bottom of page in particular Human Metabolism video )  
also my page on longevity and anti-aging  
<https://www.healyslowerbackpain.com/longativity-anti-aging>
2. Hemp seed oil (Mt elephant)  
<https://mtelephant.com.au/products/extra-virgin-hemp-seed-oil-250-ml>
3. Urban Muscle Sports Supplements  
Graham Healy Healys Health is an agent  
<https://www.commandokravmagaaustralia.com/shop>
4. Healys health full breakdown on Urban Muscle supplements and health benefits  
<https://www.healyshealth.com/urban-muscle-healys-health>
5. Sole bread (vegan version)  
<https://www.solbreads.com.au/>
6. Burgen bread (low carb) or Rye or Wholemeal with seeds  
[https://shop.coles.com.au/a/national/everything/browse/bakery/packaged-breads?pageNumber=1&facet=mfName ntk cs Burgen&cid=col cpc Generic%7CColesSupermarkets%7CBakery-Supplier%7CAustralia%7CExact&s\\_kwid=AL!12693!3!533789194232!e!!g!!b urgen%20bread&gclid=Cj0KCQjAgribBhDkARIsAASA5bs-hCcDlzHqLyInTNJwczRwg0GcEdFUyIwAOrxZcggFG2RnDye7UQaAgtTEALw\\_wcB&gclsrc=aw.ds](https://shop.coles.com.au/a/national/everything/browse/bakery/packaged-breads?pageNumber=1&facet=mfName ntk cs Burgen&cid=col cpc Generic%7CColesSupermarkets%7CBakery-Supplier%7CAustralia%7CExact&s_kwid=AL!12693!3!533789194232!e!!g!!b urgen%20bread&gclid=Cj0KCQjAgribBhDkARIsAASA5bs-hCcDlzHqLyInTNJwczRwg0GcEdFUyIwAOrxZcggFG2RnDye7UQaAgtTEALw_wcB&gclsrc=aw.ds)
7. Zero Sugar **Kombucha** (Remedy brand recommended)  
<https://www.remedydrinks.com/au/remedy-kombucha-organic-ginger-lemon-1250ml-x6-bottles>
8. Zero sugar Coles vegan chocolate  
<http://www.aussiecoeliac.com.au/coles-sunburnt-series-chocolate/>
9. Healys health  
<https://www.healyshealth.com/urban-muscle-healys-health>
10. Burgen breads (low carb breads)  
<https://www.burgen.com.au>
11. Pics peanut butter  
<https://www.picspeanutbutter.com>
12. Mixed raw nuts at coles  
<https://shop.coles.com.au/a/vasse/product/scoop-weigh-mixed-nuts-deluxe-raw>
13. Carman's Porridge  
<https://carmanskitchen.com.au/our-products/creamy-honey-aussie-oat-porridge>