QUICK START GUIDE

NEW YOU in 22



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CONGRATULATIONS! LET'S GET STARTED BURNING FAT NOW...

Congratulations on purchasing New You in 22!

If your time is short, you can get started right away by following this Cliff Note's version of the program. We've included ONLY the "how-to" information in this guide; if you want to know about the "why", then please read the *Metabolic Transformation Guide* first.

New You in 22 is a complete, state-of-the-art program that will transform your body shape, revitalize your health and slow down aging, all in only 22 days.

New You in 22 works by tackling *5 specific problem areas* that prevent your metabolism from burning the body fat you have stored in all of the places you do NOT want it.

These are the five same pathways that—when ignored—have the power to make you sick, fat, tired, and depressed.

But when you follow the instructions in this program, you get a metabolic "upgrade" *that leaves you lean, happy, revitalized and bursting with energy.*

You'll also *sleep* better, *eat* better and *perform* better in every way—*and* you'll do it in a body you love and can be proud of.

STEP #1: CHOOSE WHICH VERSION TO GET STARTED

The first step to take to get started burning fat is to decide which of the two versions of the program to follow.

The **basic program** optimizes each of your 5 fat burning pathways.

While the **advanced program** is just like the basic program, but with some enhancements that should result in more fat loss quicker.

Both programs will work to upgrade your metabolism, so review both to see which is right for you.

Here's how to get started right away.

STEP #2: TRACK YOUR RESULTS

The key to success on this (or any) fat loss plan, is tracking your results. This is incredibly powerful because by using these quantitative measurements, you'll be able to quickly and easily spot when you've gone off track and when you need to course correct and make changes.

These measurements will also serve as a baseline for the progress you make on the program. By creating this baseline measurement and then coming back to it at the end of the 22 days, you'll see with your own eyes the powerful results you are experiencing in hard data and this will give you that extra jolt of motivation you need to continue on your journey toward optimum weight and health.

This is what is called a positive feedback loop and it's critical that you create one for yourself.

So before you go any further, please turn to "Tracking Your Results" at the end of this document, and complete your "Program Start" measurements. You will then go back and complete your "Program End" measurements after the 22 days are over. This will allow you to see how powerful *New You in 22* is for yourself.

STEP #3: OPTIMIZE YOUR 5 FAT BURNING PATHWAYS

Optimizing Pathway #1—Nutrition

The basic and advanced nutrition plans are very similar. You'll eat a controlled carb diet of protein, fat and unlimited vegetables for the first ten days, followed by a carb feast on the 10th night. The remaining days will also be controlled-carb, with carb feasts strategically placed on the night of the 14th, 18th, and 22nd day.

You will also stick to these three simple rules:

1. Three squares a day.
2. No snacks.
3. Have a protein shake for breakfast (most of the time).

Following these rules and going on a controlled-carb diet with a strategic carb feast every few days will:

1. Balance your hormones—including insulin (the fat-storing hormone), leptin (your appetite hormone), and thyroid (which controls how fast your metabolism runs).
2. Prime your fat-burning engines by helping your mitochondria run at peak performance levels.
3. Reduce inflammation, oxidation, and glycation—the unholy metabolic trinity that causes your body to pack on fat and leads to every chronic illness known to man.
4. Prevent the stalls and plateaus that can result from a metabolic adaptation to a low-carb diet.
5. Keep you motivated, engaged, and satisfied!

And here's what the carb feast won't do: Cause you to gain weight. Why? Because most of that extra sugar is going to be used to replenish glycogen stores in your muscles and liver, not to create new fat. And that's going to set you up for more success when you go "back" on the program the next day.

Daily Meal Plan for New You in 22

- Carb controlled: Days 1-10
  Carb feast: night of Day 10
- Carb controlled: Days 11-14
  Carb feast: night of Day 14
- Carb controlled: Days 14-18
  Carb feast: night of Day 18
- Carb controlled: Days 19-22
  Carb feast: night of Day 22

Carb-Controlled Meals

To create your carb-controlled meals you can:

1. **Turn to your *Metabolic Meals Blueprint* right now,** and follow the meal plans exactly as outlined. I guarantee your taste buds will be satisfied—the meals we've developed are truly outstanding—and you will automatically be sticking to the exact nutritional guidelines I laid out for this program.
2. **"Roll Your Own" meals.** Here's how to do that:
   - **"Roll Your Own" Breakfasts:** If you decide to "roll your own" breakfasts, check out the simple guidelines for making your own breakfast shakes on page 27 of your *Metabolic Meals Blueprint.* I consider the morning shakes an essential part of this program because it's easy to make, it primes your metabolism, and it sets you up for a clean pattern of eating all day long.
   - **"Roll Your Own" Lunches and Dinners:** This is as easy as A, B, C. Just review the chart on page 85 of your *Metabolic Transformation Guide,* choose one food from column A, and all you want from column B, then season with, cook with, or include anything from column C, and *voila!* easy carb-controlled meals.

Carb Feasts

On the tenth night there's a special treat waiting—you're going to have a carb feast!

During this feast, you'll intentionally gorge on foods you thought were totally off limits, using them strategically to help keep your fat-burning engines roaring strongly throughout the 22 days.

Sounds crazy, I know, but it works ... and here's why:

- **The Carb Feast Resets Your Metabolism.** The carb feast is a kind of metabolic reset button that re-ignites your fat-burning hormones, resulting in a powerful fat-burning afterglow that lasts for several days. It works by triggering a very short-lasting spike in insulin, which is the signal your body waits for to ramp up your metabolism.
- **The Carb Feast is Fun!** A break every few days is just what the doctor ordered, and can actually help keep you on track by giving you something to look forward to and enjoy. One of the benefits of the carb feast is that it's one of the surest ways to keep you motivated and engaged.

For the **basic plan**, there is no restriction on what you can eat on the carb feast.

For the **advanced plan** you will also avoid the top toxins, allergens and "trigger foods" in our diet even when you do your carb feast. See page 88 of your *Metabolic Transformation Guide* for all the details.

Optimizing Pathway #2—Sleep

The goal for the **basic plan** is to increase the number of hours you sleep each night. Each week you will go to bed 15 minutes earlier than you usually do so that by the end of the program, you will have added one hour of high-quality, stress-reducing, fat-burning, metabolism-enhancing sleep.

For the **advanced plan** you will also improve the quality of your sleep by adding the tips on page 90 of your *Metabolic Transformation Guide.* Add these to your daily sleep routine, and you'll be snoozing like a baby in no time.

Optimizing Pathway #3—Stress

You'll be doing a simple, very effective, 4-minute breathing exercise called the "Relaxing Breath" twice a day. This exercise will lower your stress hormones which are the mortal enemy of a fat-burning metabolism.

Here's how you do it:

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there throughout the entire exercise. You will exhale through your mouth around your tongue: try pursing your lips slightly if this seems awkward.

1. Exhale completely through your mouth, making a "whoosh" sound.
2. Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven.
3. Exhale completely through your mouth, making a "whoosh" sound to a count of eight.
4. This is one breath cycle. Now inhale again and repeat the cycle three more times for a total of four cycles.

If you go on the **advanced plan**, you will also add at least three hours of your favorite relaxing, enjoyable pastimes to your weekly schedule. For all the details see page 92 of your *Metabolic Transformation Guide.*

Optimizing Pathway #4—Detox

The key action in the **basic plan** is to take a warm-to-hot, relaxing, detoxifying 15-minute bath at least five times a week in magnesium sulfate (Epsom salts). Toxins are stored in fat cells, and as you lose fat on the program, you'll be releasing toxins, which can block your fat-burning hormones. The warm bath will help flush them out and wash them away.

On the **advanced plan** you take a few extra steps to accelerate your detox:

- Eat clean
- Drink clean
- Clean house

You can find the details on page 96 of your *Metabolic Transformation Guide.*

Optimizing Pathway #5—Exercise

The **basic plan** is built around walking, which you'll do for 15–30 minutes, three to six times a week. Walking will help you burn fat, set your metabolism up for more effective fat burning, increase circulation, help with detoxification and stress reduction, and reduce the risk for cardiovascular disease, diabetes, cancer and depression.

On the **advanced plan** you'll also walk, but more of it at a higher intensity. You'll also begin to experiment with one of the most exciting advances in exercise physiology and fat-burning I've seen in a long time: interval training. The exact instructions are on page 101 of your *Metabolic Transformation Guide.*

THAT'S IT! TIME TO GET STARTED...

Just taking these steps will be enough to start the metabolic ball rolling, create a fat-burning metabolism, and get rid of the pudge hanging around on your butt, thighs, hips and stomach.

I strongly encourage you to read the *Metabolic Transformation Guide* for all the details, and so that you can fully understand why addressing EACH of these pathways is essential to getting results.

But if you don't have time, just follow the steps outlined here, and you'll be on your way to burning fat and improving your health.

You can also use the checklists at the end of this guide to get you going on the program and keep you on it each and every day. They're a great way to stay on track.

And for those who want to challenge themselves further and tweak the program to get even faster, more profound results, the **advanced program** spells out the additional steps you can take to further optimize each of the pathways and turbo-charge your results! I highly recommend you try it.

Enjoy the journey!



NEW YOU IN 22 DAILY CHECKLISTS

The following weekly checklists represent all of the steps you need to take to successfully complete the *New You in 22* program. If you want to use them every day, simply make photocopies, or go to http://www.NewYouIn22.com/checklists and download a PDF version that can be printed.

Basic Plan Checklist

Week One (Days 1–7)	✓
On morning of day 1 of the program, make sure to complete your "Program Start" assessments in the section called "Tracking Your Results" on page 13.	
Nutrition	
Eat the meals as specified on page 21 of your *Metabolic Meals Blueprint,* or "roll your own," as in your *Metabolic Transformation Guide* on page 83. No snacking in between meals, no foods not on the lists.	
No carb feast this week.	
Exercise	
Walk at least 15–30 minutes 3–6 times this week.	
Sleep	
Go to bed 15 minutes earlier this week.	
Stress Management	
Do the "Relaxing Breath" exercise (4:7:8) at least twice a day.	
Detoxification	
Take five warm baths this week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	

Week Two (Days 8–14)	✓
Nutrition	
Eat the meals as specified on page 22 of your *Metabolic Meals Blueprint,* or "roll your own," as in your *Metabolic Transformation Guide* on page 83. No snacking in between meals, no foods not on the lists.	
Carb feast on the night of day 10.	
Carb feast on the night of day 14.	
Exercise	
Walk at least 15–30 minutes 3–6 times this week.	
Sleep	
Go to bed 15 minutes earlier than you did last week.	
Stress Management	
Do the "Relaxing Breath" exercise (4:7:8) at least twice a day.	
Detoxification	
Take five warm baths this week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	

Week Three (Days 15–22)	✓
Nutrition	
Eat the meals as specified on page 23 of your *Metabolic Meals Blueprint,* or "roll your own," as in your *Metabolic Transformation Guide* on page 83. No snacking in between meals, no foods not on the lists.	
Carb feast on the night of day 18.	
Carb feast on the night of day 22.	
Exercise	
Walk at least 15–30 minutes 3–6 times this week.	
Sleep	
Go to bed 15 minutes earlier than you did last week.	
Stress Management	
Do the "Relaxing Breath" exercise (4:7:8) at least twice a day.	
Detoxification	
Take five baths per week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	
Program End (Day 23)	
Make sure to complete your "Program End" assessments in the section called "Tracking Your Results" on page 114.	

Advanced Plan Checklist

Week One (Days 1–7)	✓
On morning of day 1 of the program, make sure to complete your "Program Start" assessments in the section called "Tracking Your Results" on page 13.	
Nutrition	
Eat the meals as specified on page 21 of your *Metabolic Meals Blueprint,* or "roll your own," as in your *Metabolic Transformation Guide* on page 83. No snacking in between meals, no foods not on the lists.	
No carb feast this week.	
Exercise	
Walk for 45 minutes 5 times a week (3 days of interval training and 2 days of steady state training).	
Sleep	
Go to bed 15 minutes earlier this week.	
Your goal is to get at le*ast* 7 hours of restive sleep per night. Integrate the other steps above as needed to achieve this goal.	
Stress Management	
Do the "Relaxing Breath" exercise (4:7:8) at least twice a day.	
Find activities you enjoy doing, and schedule 3 hours each week to do them.	
Detoxification	
Take five baths per week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	
Buy organic versions of the "Dirty Dozen Plus®."	
Stick to grass-fed, pastured protein and eggs, and wild-caught fish as much as possible.	
Avoid GMOs and MSG	
Drink clean	

Week Two (Days 8–14)	✓
Nutrition	
Eat the meals as specified on page 22 of your *Metabolic Meals Blueprint,* or "roll your own," as in your *Metabolic Transformation Guide* on page 83. No snacking in between meals, no foods not on the lists.	
Carb feast on the night of day 10.	
Carb feast on the night of day 14.	
Keep the "no-fly" list of foods out of your diet, even during your carb feast.	
Exercise	
Walk for 45 minutes 5 times a week (3 days of interval training and 2 days of steady state training).	
Sleep	
Go to bed 15 minutes earlier than you did last week.	
Your goal is to get at least 7 hours of restive sleep per night. Integrate the other steps above as needed to achieve this goal.	
Stress Management	
Do the "Relaxing Breath" exercise (4:7:8) at least twice a day.	
Find activities you enjoy doing, and schedule 3 hours each week to do them.	
Detoxification	
Take five baths per week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	
Buy organic versions of the "Dirty Dozen Plus®."	
Stick to grass-fed, pastured protein and eggs, and wild-caught fish as much as possible.	
Avoid GMOs and MSG	
Drink clean	

Week Three (Days 15–22)	✓
Nutrition	
Eat the meals as specified on page 23 of your *Metabolic Meals Blueprint,* or "roll your own," as in your *Metabolic Transformation Guide* on page 83. No snacking in between meals, no foods not on the lists.	
Carb feast on the night of day 18.	
Carb feast on the night of day 22.	
Keep the "no-fly" list of foods out of your diet, even during your carb feast.	
Exercise	
Walk for 45 minutes 5 times a week (3 days of interval training and 2 days of steady state training).	
Sleep	
Go to bed 15 minutes earlier than you did last week.	
Your goal is to get at least 7 hours of restive sleep per night. Integrate the other steps above as needed to achieve this goal.	
Stress Management	
Do the "Relaxing Breath" exercise (4:7:8) at least twice a day.	
Find activities you enjoy doing, and schedule 3 hours each week to do them.	
Detoxification	
Take five baths per week with Epsom salt and soothing music. Each bath should last at least 15 minutes.	
Buy organic versions of the "Dirty Dozen Plus®."	
Stick to grass-fed, pastured protein and eggs, and wild-caught fish as much as possible.	
Avoid GMOs and MSG	
Drink clean	
Program End (Day 23)	
Make sure to complete your "Program End" assessments in the section called "Tracking Your Results" on page 114.	

TRACKING YOUR RESULTS

You'll take a variety of measurements – physical, metabolic, and biological – that will help you establish a baseline of where you are today, so you can monitor the progress you'll be making while on this program.

So, your first step is to go to go through each of the exercises below and record your measurements in the "Program Start" column.

Then come back after the 22 days is over—on the morning of day 23—and record your measurements again in the "Program End" column.

Trust me. I think you'll be pleased you did this.

To make tracking your results even easier, you can download and print out all of the assessment tools that follow at http://www.newyouin22.com/tracker

PHYSICAL MEASUREMENTS

This is very easy. There are four physical measurements I want you to record before the program begins and after it is over. This will give you a "just-the-facts-ma'am" view of how your body changes over the 22 days—the fat that will be dissolving, the inches that will be disappearing from your hips and waist and more. The four measurements I want you to take and record are:

- **Weight**—You have a scale. Use it!
- **Waist size**—Wrap a tape measure around your back and over your belly button. This is your actual waistline, not where your belt lies.
- **Hip size**—Simply measure them at their widest point around your pelvic bones with a tape measure.
- **Body fat percentage**—You have two options. You can either go here: www.naturalhealthsherpa.com/body-fat-calculator and enter a few simple measurements to get your numbers, or you can go to your gym and have it taken there if you prefer. It's important that you take it the same way each time as wildly different results can occur if you don't. Whatever you choose, *make sure* you come back and enter your scores on this table as this is the number that's going to give you one of the best assessments of your change on the program.

The first time you take these measurements should be the morning of the first day you start the program. So, for example, if you start the program on a Sunday, you would take your measurements Sunday morning. That data will go in the "Program Start" column.

Then come back at the end of the program—on the morning of day 23—and enter your "Program End" information as well as your "Total Change".

Physical Measurements Chart

	Program Start	Program End	Total Change
Weight			
Waist			
Hips			
Body Fat %			

METABOLIC MEASUREMENTS

The “Are You a Sugar Burner?” quiz below is designed to help you determine how much your metabolism improves over the course of the program.

So I want you to use it as one of the key assessments that will help you understand just how much *New You in 22* has helped you upgrade your metabolism to burn fat instead of sugar.

I want you to take this quiz before you start the program and after it is over, just as you did with your physical measurements. Do the quiz the morning of the first day you start the program.

So, for example, if you start the program on a Sunday, you would take your measurements Sunday morning. That data will go in the “Program Start” column.

Then come back at the end of the program—on the morning of day 23—and enter your “Program End” information as well as your “Total Change”.

Hint: Place a checkmark in the box on the right for each statement you say “yes” to. Don’t think too much about each question. Go with your gut—your first instinct on this is probably right. (If you’re not sure, it’s probably a “yes.”)

Are You a Sugar Burner?	Program Start	Program End
I am very hungry first thing in the morning.		
I need coffee/caffeine to get going in the morning.		
I usually drink more than one cup of coffee or cola a day.		
I have a difficult time maintaining my ideal weight.		
I can’t easily go more than 3-4 hours without getting hungry.		
Eating often relieves my fatigue.		
I often get moody or irritable before meals.		
I often feel weak or dizzy if I wait more than 3-4 hours to eat.		
I often crave sweets and/or caffeine between meals.		
I often get "shaky" when I’m hungry.		
I suffer from frequent fatigue or fuzzy thinking that eating relieves.		
I frequently nibble food between meals because of hunger.		
I crave candy or coffee/caffeine in afternoons		

I'm often tired or drowsy at work.		
I get anxious and/or depressed when I'm hungry.		
Once I begin eating sweets, it is very difficult for me to stop.		
I prefer sweets and starches over all other kinds of food.		
I can't fall asleep at night without a snack before bed.		
I frequently awake in the middle of the night hungry.		
If I awake at night, I can't easily go back to sleep without a snack.		
TOTAL		

Your Results

Program Start	Program End	Total Change

BIOLOGICAL MEASUREMENTS

Moving from a sugar-burning to a fat-burning metabolism not only guarantees that you will automatically burn fat, but provides a host of other benefits as well. You may see chronic symptoms resolve. You'll sleep better. You'll have more energy. Your moods will improve. You'll notice that your skin looks better. And you'll probably be having better sex!

Once you become aware of the incredibly profound changes that your body and brain will both go through, you'll have an even stronger positive feedback loop to motivate you to stay on course and to do even better. And this will increase your odds of long-term success.

That's why I want you to take a simple Health and Wellness Quiz both before the program and after the program. This will show you how profoundly you can change your health in as little as 22 days.

Health and Wellness Quiz

The following quiz should be completed before you start the program, and once again after the 22 days are over. This will give a good overall assessment of how your health changes in this time.

Please review each of the symptoms below and rate your experience with them over the last three weeks as follows:

- 0 = Did not experience this symptom
- 1 = Minor problem
- 2 = Moderate problem
- 3 = Severe problem

Symptom	Did not experience this symptom	Minor problem	Moderate problem	Severe problem
Skin				
Acne	0	1	2	3
Itching	0	1	2	3
Hives	0	1	2	3
Rash	0	1	2	3
Bruising	0	1	2	3
Head (includes eyes, ears, nose and throat)				
Headaches	0	1	2	3
Blurred or poor vision	0	1	2	3
Bags or circles under eyes	0	1	2	3
Swollen red eyes	0	1	2	3
Ringing in ears (tinnitus)	0	1	2	3
Itching in ears	0	1	2	3
Nasal congestion	0	1	2	3
Runny nose	0	1	2	3
Hay fever or sneezing attacks	0	1	2	3
Swollen tongue	0	1	2	3
Gagging	0	1	2	3
Need to clear throat	0	1	2	3
Digestion				
Nausea	0	1	2	3
Constipation	0	1	2	3
Diarrhoea	0	1	2	3
Cramps	0	1	2	3
Stomach pain	0	1	2	3
Heart and lungs				
Palpitations	0	1	2	3
Rapid heart beat	0	1	2	3
Difficulty breathing	0	1	2	3
Wheezing	0	1	2	3
Chest congestion	0	1	2	3
Joints and muscles				
Joint pain	0	1	2	3

Joint stiffness	0	1	2	3
Arthritis	0	1	2	3
Joint swelling	0	1	2	3
Muscle pain	0	1	2	3
Muscle weakness	0	1	2	3
Energy				
Easily fatigued	0	1	2	3
Wake up feeling tired	0	1	2	3
Difficulty concentrating	0	1	2	3
Sleep in the afternoon	0	1	2	3
Hyperactive	0	1	2	3
Restless	0	1	2	3
Sleep				
Hard to get to sleep at night	0	1	2	3
Wake up frequently in the night	0	1	2	3
Wake up tired	0	1	2	3
Can't sleep at all	0	1	2	3
Sleep is not restful	0	1	2	3
Mood/Mental Attributes				
Sad/depressed	0	1	2	3
Stressed/anxious	0	1	2	3
Angry/irritable	0	1	2	3
Difficult time remember things	0	1	2	3
Difficult time focusing	0	1	2	3
Brain fog	0	1	2	3

Your Results

Program Start	**Program End**	**Total Change**