

BETTER HEALTH WITH THE TLC DIET



10 STEPS TO BETTER HEALTH
WITH THE TLC DIET

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10 Steps To Better Health With The TLC Diet

In today's world, it appears as if everything comes at a price. Our days and nights are packed full of hectic schedules, an excessive workload, unavoidable deadlines and hours of stress. With so much already on our shoulders, we lack the ability to care about the food we eat at the end of a long day. More often, we are just too tired to cook a healthy meal post work and end up taking the easier option – processed items and fast food.

With the increase in technology, everything is only a click or a phone call away. Most people settle for a double cheese burger with a side of fries or a date with the pizza delivery man in order to hush their roaring stomach at the end of the day.

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Yes, these food choices offer contentment, but eventually, they will bring forth drastic side effects. Unhealthy food choices lead to various modern day ailments, such as obesity, diabetes, depression, hypertension, high cholesterol and other related concerns. Most of these effects start out small, but eventually, they gradually transform into unavoidable chronic conditions.

It would be a good idea to wake up, take action, and prevent these ailments from taking over your life. For all of those that are facing similar conditions, the guide will introduce you to a suitable solution to combat most of your modern day problems.

Today, we are going to introduce you to the Therapeutic Lifestyle Changes diet, or for short, the TLC diet.

This diet focuses on modifying the increasing or already hyped levels of cholesterol. You see, when your body has an excessive level of cholesterol, your heart weakens over time and this causes several fatal conditions, like stroke and heart attack among other serious cardio vascular conditions. Therefore, it is highly

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recommended that you step up and take charge of your body and health before it worsens beyond repair.

The diet encourages healthy measures to lower cholesterol levels by means of exercise, diet, and other related methods. At the same time, it brings about successful weight loss. If you're looking for a good diet that will kick start your way to good health and wellbeing, then the TLC diet should be at the top of your list.

Here are 10 steps to better health with the TLC Diet ...

Step One: Commitment

If you are serious about a healthy, new you, then you must be willing to make a commitment. This diet is something you need to stick to on a daily basis, not just when you feel like it. Yes, I understand, there will be times where you're hungry, tired, or craving something special. Don't let that weakness take you over. You may tell yourself that this one time isn't going to hurt you, but once you start breaking those rules, your entire diet will start to roll down the hill.

Step Two: Prep the Battlefield

When I say “battlefield,” I am referring to your kitchen. If you look in your kitchen right now, you’re probably going to find a lot of food in there that doesn’t fit in with this diet. Being that your diet starts right now (not tomorrow, not the next day, or next year), you need to go in there and toss all of the junk away. I know, you don’t feel right about throwing food away (if it’s not perishable, you could donate it). Whatever you do, you’ve got to get it out of your house. If you don’t live alone, then you may not be able to do this. If so, put all of the sweets, popcorn, etc at the top shelves when you can’t reach them. Pick a corner of the fridge and that is where your diet food is going to be placed. That is your own sacred corner and it should be respected by everyone in your home.

Step Three: Fatty Acids

You need to make sure you consume enough good fats and ensure you keep away from SATURATED fatty acids. Good fats are Omega-3, Nut’s & Seeds. Unhealthy fatty acids are found in many oils cookies, margarines, shortenings, chips and snack crackers among many others.

Step Four: Your Intake

Saturated or Unhealthy Fat

You're probably not able to avoid saturated or unhealthy fat all together. However, it is important that you keep the intake below seven percent of your overall calorie intake for the day.

Monounsaturated Fat

Your intake of Monounsaturated Fat should be about 20 percent of total calories.

Carbs

Carbohydrates should take up about 50 to 60 percent of the overall calorie intake.

Soluble Fiber

You need to increase the intake of soluble fiber to 5-10 grams on a daily basis. This means you need to consume fresh fruits and vegetables.

Grains

Limit your intake of grains to 6 servings per day. Include rice, cereals, bread and other similar grains.

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Meats

Limit your intake of fish, poultry and meat to two servings per day and no more than that.

Cholesterol

Your daily cholesterol intake should be restricted to 200 milligrams or less.

Polyunsaturated Fat

Polyunsaturated fat content needs to be limited to ten percent of total calories.

Sodium

Restrict your sodium intake to 2500 mg a day.

Step Six: Stay Away from Fast Food and Junk

This is one of the most crucial steps – you need to stay miles away from fast food or junk options. Avoid consumption of fried chicken, fries, burgers and tacos among others. These junk foods contain a large amount of unhealthy fats that you can live without.

Step Seven: A Workout Plan

You need to come up with a good workout and exercise plan and stick to it. The plan should consist of working out for 30 to 40 minutes every day. If you can do an hour of exercise a day, that is great. However if you have a husband/wife, kids, pets, and two jobs, maybe you can only do thirty minutes a day and that is fine as well. Whatever your time commitment may be, developing the most efficient workout for you is crucial.

Step Eight: Choose the Exercises

After you have developed a good exercise routine, it is time to choose the exercises you will be doing during that time.

- Butt and Hamstrings – Deadlifts, hip raises, good mornings, straight leg drifts, step ups.
- Quads – Lunges, squats, box jumps, one legged squat.
- Pull (biceps, back, and forearms) – Pull ups, chin ups, dumbbell rows, weight rows, inverse body.
- Push (shoulders, chest, and triceps) – Bench, overhead press.

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- Core (lower back and abs) – Exercise ball crunches, planks, side planks, jumping knee tucks, mountain climbers, hanging leg raises.

Choose one exercise from each category above for a good workout. Mind you, these are only some examples of what you can do.

Step Eight: Don't Forget the Fruits

You cannot leave out the fruits. Go for three to four servings on a daily basis. An ideal option would be oranges, bananas or apples.

Step Nine: Lean Meat Over Fatty Cuts

Make sure you choose lean meat option & stay away from meats that are high in fat content. This includes ribs, pastrami, corned beef, steak, ground meat, hot dogs, bologna, bacon, sausages and other processed meat choices.

Step Ten: Procrastination

Procrastination isn't going to get you anywhere, is it? You may think it'll get you somewhere tomorrow, but does tomorrow ever really get here? If you're serious about getting in shape and welcoming a healthy new you in the mirror, then you have to go to start right now – not tomorrow, but NOW.

The TLC diet is great for those that are facing cholesterol related issues. By now, so many people have already been convinced by its many multifold benefits. Along with those facing cholesterol related issues, the TLC diet is also great for those that would like to shed a few pounds from their body, without compromising their health.

If you are currently taking medications, it would be a good idea to talk to your doctor about the diet plan. Your doctor will be able to assist you by offering tips to practice the diet, without compromising your health.

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Another good idea would be to take on the diet with friends and family. With a group of people, there will be motivation, which is needed to stick to any diet. It also makes for a healthy competition where each will strive for fulfilling results. Apart from motivation, there will also be a healthy sharing of ideas, experiences, and of course, amazing recipes.

Yes, making a lifestyle change can be a pretty big task, but the secret nests in never giving up – keep moving forward and with time, you will no longer look at it as a diet, but more of a lifestyle option.