

## **The Tortoise Diet**

The free version of  
the final solution diet

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Losing weight and keeping it off, is really quite simple with the right attitude and approach. All you need is consistency. If you consistently, keep doing the right things, and avoid doing the wrong things. You will lose weight and once it's off it will stay off.

It's about making the right decisions or choices day in day out and that what this book is all about teaching you how to make the right decisions and helping you lose weight and keeping it off.

The Tortoise Diet can be broken down to a simple three part formula with the following acronym T.L.T-L.Y.L-S.T.I let's look at each part in turn.

### **Think Like A Tortoise**

The first part of the formula is **think like a tortoise**. I bet you're thinking this guy is crazy, well please just bear with me for a few minutes it will all make perfect sense – promise.

I'm not talking about just any, young tortoise about town – heck no, some of those guys are just plain stupid.

I'm referring to Aesop's wise old tortoise, of the famous race.

We all know Aesop's famous fable "the hare and the tortoise"

The arrogant boastful hare challenges the wise old tortoise to a long race. As soon as they start, the hare dashes off at a ferocious pace. He quickly becomes exhausted and stops for a nap – gives up.

Meanwhile the wise old tortoise, just plods along at an unvarying steady pace plod, plod, plod.... He soon passes the sleeping hare and goes on to win the race, the prize and all the accolades.

There are several valuable lessons to be learned from this one simple fable and the one we're concerned with, is learn to pace yourself.

Learning to pace yourself is an important life skill in many areas and is particularly important when it comes to losing weight.

Pace is the downfall of too many dieters. Many people become frustrated with their weight and start looking for a new diet. The problem, is in their eagerness to lose weight most people look for a way to lose weight in fastest possible time.

Most of the diets that promise and occasionally deliver rapid weight loss, are far too harsh and restrictive.

And the most likely outcome is most dieters will drop out and come off their diet, quite early on. A few of course will persist and reach their goal weight and then come off the diet and that's when the real problems start.

A harsh and restrictive diet, gives the body quite a scare and in order to protect itself goes on a massive fat grab all the weight and more just comes back – often in terrifyingly short time.

Some people just carry on like this year after year. And, the more successful they are at losing weight initially the fatter they become.

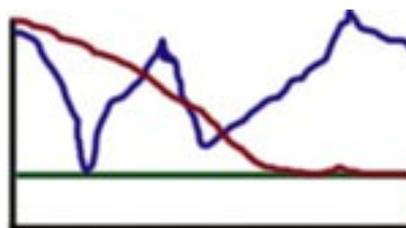
The Tortoise Diet is less harsh and restrictive than most harebrained diets. And as such is much easier to stick to and the weight doesn't come back.

Because it not as harsh and restrictive there no need to “come off” the diet. Once you have reached your goal weight and a calorie deficiency is unnecessary you can just relax a little and let it morph gently into a sensible healthy lifelong eating plan.

Of course it's slower than the rapid weight loss diets which at first glance seem to hold so much promise. But the real issue is not how fast you lose weight but, the fact that **once it's off it stays off.**

I know your wondering how slow? Is it worth it? With the Tortoise Diet you can expect to lose 1-1½lb per week – maybe 2lb at a stretch. Not too shabby when you only have to lose each lb just once 😊

Above you can see a simple graph follows the experience of two fellow dieters the hare-brained Mr. Blue and his friend the budding tortoise dieter Mrs Red.



Mr. blue, with great personal sacrifice reaches is goal weight (green line) quickly, but then come off his diet. And, begins to put weight back on, quickly passing Mrs. Red who's on her slowly, but surely on her way down.

Mr. Blue then, starts the next fad diet. This time he doesn't quite get his goal it's just too hard and he gives up. He very quickly passes Mrs. Red (who's feeling very smug) on his way back up.

Then starts a new diet (the latest fad) and again is initially success and then just short of goal weight gives up because it's too hard and starts gaining again.

As we go off the edge of the time-line he has started diet number three and is on the way back up – for how long? Meanwhile Mrs. Red has reached her ideal weight and is managing to keep it quite easily. **Once it's off it stays off** – she's virtually gloating.

Mrs. Red, despite observing Mr. Blue initial success managed to keep

her tortoise head and is now much happier and healthier.

OK. so the graphs a bit crude, but you can clearly see the difference between the typical hair-brained dieter and the tortoise dieter.

### **Which would you rather be?**

That's it TLT, think like a tortoise and pace yourself. To keep on track I suggest you use **one** of my simple yet powerful tortoise transformation techniques.

Simply find a copy of “The tortoise and the hare” online, written, audio, or video, and read/play it every morning, when you get up, and every evening, before you go to sleep.

This will help you instil a powerful new mindset which will put you on the path to permanent weight-loss.

### **Pee like a tortoise**

I was going to leave this technique for paying customers but, due to its simplicity and sheer power I have decided to cover it briefly here. A while ago, I discovered a simple way to anchor new self talk, questions and mindset to simple everyday tasks.

It works like this choose an everyday task. I have picked peeing because it's something we all do daily and if you take my advice on drinking more water you will be doing even more of it. Any simple daily task will however, do getting dressed, walking the dog or blow drying your hair.

Whilst peeing deliberately put yourself in the mindset of the smug tortoise. Think of the benefits of thinking like a tortoise and how great it will feel to lose all your weight while everyone else is still going on every hair-brained diet that comes along.

After a couple of days, you will automatically go into your tortoise mindset as soon as you begin your chosen task. If you pick something you do several times a day you will be contentiously reminded to think like a tortoise.

Right that leads us to the next part of the formula L.Y.L

## **Love Your Liver**

If I were asked to sum up the secret to weight-loss in just three words they would be **love your liver.**

There are several key differences, between those how constantly struggle with their weight, and naturally thin people. The main and most important physiological difference is the state of the liver.

Typically overweight people, have an unhealthy or dysfunctional liver, whereas thin people have a healthy fully functioning liver. Normally a direct correlation between the degree of an individual's obesity and the state of their liver is very apparent.

The liver is the body main chemical and detoxification plant and performs thousands of essential processes which keep us healthy and alive.

The three that most concern us are:

**Fat burning;** it's your liver that regulates the metabolism of fat in your body. If you have a healthy live you will burn fat efficiently and if you have an unhealthy liver fat metabolism will be very poor.

As your liver regains its health you will start burning fat faster and faster.

However trying, to lose weight with unhealthy liver is like:

**Trying to start a fire with damp matches in the pouring rain.**

If you have ever been on a low calorie diet and instead of losing weight, you just ended up feeling tired hungry and depressed all the time. It's because your liver wasn't able to kick-start the fat burning process required. To cover your calorie deficiency.

It's a fact that nearly all, obese people have dysfunction livers. The bottom-line is if you want to lose weight you have to get your liver up to par.

**Bile production;** the liver produces 2 – 3 pints of bile every day. Bile's main function in vertebrates is to aid in the breakdown and absorption of excess fats in the blood stream as it passes through the bile ducts. It's then pumped into the small intestine and, providing you have sufficient fibre in your diet, is excreted.

Yes a healthy liver literally pumps fat out of your body every day.

**Detoxification;** as you probably know your liver is the detoxification plant of the body and it's very difficult to lose weight. If your liver is to dysfunction to deal with toxins or if it's overwhelmed by the sheer number of toxins entering or, being produced by your system.

If your liver, is working too hard trying to detoxify the body it cannot perform its other functions, including fat burning and bile production, efficiently.

Also excess toxins, your liver cannot deal with are rendered harmless. By giving them a fatty coating and storing them out of harm's way – especially around your middle.

If your bloodstream is full of toxins, common sense tells us that; the body will be very reluctant to toxin packed body fat, and release yet more toxins into the bloodstream.

And that's why my number one weight loss tip is love your liver, and take action by getting online and learn what your liver loves and what it hates.

If you do this and, then focus on getting most of your calories from the foods your liver loves and cutting down severely on those foods that cause it the most problems. You will lose weight and it will stay off – providing you burn more calories than you consume.

You will find basically that your liver loves whole natural foods like; fruit, vegetables, whole-grains, nuts and seeds, fish, lean meats and low fat dairy products.

And hates, Processed foods white flour and sugar and processed fats, high fat foods, and alcohol.

Please be aware that all the foods your liver loves, are exactly the same

as the low calorie nutritiously dense foods, any decent dietitian would prescribe for weight loss – two birds one stone.

Your job is to be more precise, at the conclusion of your research you should:

1. Have a list of all things your liver loves.
2. Have a list of all things your liver.
3. Know which foods to concentrate on and which to minimise
4. Have a common sense plan for dealing with any common toxic chemicals you may encounter.

Alternatively, you can buy the full version of [“the Tortoise Diet”](#)

To lose weight you will have to burn more calories than you consume, weight can't just disappear. If you concentrate on the low calorie nutrient dense foods your liver loves. This will be easy because your body will be getting all nutrients it craves without the excess calories associated with too much junk food.

If your liver is severely dysfunctional you may have to nurture it for a couple of weeks before you start to burn a significant amount of fat. But don't despair any excess water your carrying, and any bloating you have, will often vanish in the first few days.

You need to think like a tortoise, and just keep moving forward, as your liver gains in health it will start burning fat faster and faster. The best way to speed things up is to keep moving – exercise.

Almost any form of sustained exercise is good and will burn extra calories. Walking and running are excellent and well with the capabilities of most of us.

Hydration, is also of paramount important sufficient water is essential for all the bodies metabolic functions. You should aim to drink around two litres of pure water everyday, and the best way is to start when you wake up and then take small amounts throughout the day.

Excess coffee, alcohol, and soda (even diet) should be avoided.

You need to work at developing a liver conscious. And, next time you go to the supermarket or grocery store you use a variation of the pee like a tortoise trick to do that. When you pick up a basket or trolley ask yourself a question like; “what would my liver like for tea”? And, continue to do so as you shop. Providing you have done your homework your get the right answers.

After you've done this a few times the process will kick in automatically and, you make wise choices or at least be aware when you make bad ones.

That doesn't you can't buy a little treat occasionally just make sure your tipping the scales in the livers favour.

That's really it, in a nutshell. To lose weight you have to “**Think like a tortoise**” and “**Look after your liver**”. What could be simpler, accept of course you have to “**Stick to it**” which is the third and maybe most important part of the formula.

## **Stick to it**

“The Tortoise Diet” is one of the easiest ever diets to stick to. Unlike many harsh and restrictive diets, there are no compulsory or forbidden foods. And if the principles are followed correctly all the bodies nutritional requirements will be meet, within a reasonable calorie intake allowing room for steady weight loss.

However many people struggle to lose weight on even the best of diets because they are hard-wired to stay overweight. Most people who really struggle with their weight have been programmed to make poor decisions and bad choices.

If your subconscious setting or programs are in-congruent with your desire to lose weight it will be very difficult for you to stick to even the simplest of diets.

## **The power of decisions**

Do you know, how you reached your present condition? I'll tell you, your current circumstances are the sum product, of all the choices you have

made up until this point.

Every fork in lives' path, and every decision made, those you've agonized over and those that seemed to be almost instinctive, and made with little conscious thought, has made a difference. Some decisions are more significant than others, but they all count.

What you weigh today is a direct result of past choices you made about; whether to eat cake or salad, Drink another beer or not, go for a walk or watch TV, take up karate or knitting

And what you weigh, in the future will be a direct result of choices not yet made.

If you're overweight and unhappy – why else would you be reading this? It's because in the past you have made more bad choices than good ones.

It really is that simple. Start making better decisions today, and a thinner tomorrow is just around the corner.

Or is it?

The first step towards a thin future is accepting that it's our choices or decisions day in day out that decide our levels of fitness and our weight.

Different decisions and actions lead to a different outcome. Our consistency of action shapes our lives and our bodies.

Renowned hypnotist and N.L.P. pioneer Milton H Erickson told his students that most of their lives were **unconsciously determined**. When I first read, this I didn't want to believe it. I thought it meant that my whole life was predetermined and the best I could achieve was some kind of calm acceptance, a way of rolling with the punches.

As I learnt more I experienced a great sense of relief and power as I realized that I was mistaken.

It's true that many of our decisions are made on auto-pilot. As we react to the circumstance we find ourselves in using the information we have on hand. This is the way it has to be for us to function in a complicated and sometimes dangerous world.

The human race would not have made it this far if our ancestors had stopped to mull over every decision. In the early days it was very much a case of **see lion, run, climb tree**☺

Early man saw the lion (information) and reacted according to his beliefs that lions are dangerous and lions can't climb trees. Those who didn't react fast enough or who had internalized the wrong beliefs didn't survive.

This auto-pilot decisions depend on our subconscious settings or beliefs internalised during our formative years in animals we call this instinct.

Even those decisions we take the time to mull over are strongly influenced by our subconscious settings. For example, a young woman decided whether or not to go to university will be strongly influenced by her beliefs, about the value of a university education and how certain she is of her own abilities.

Fortunately this doesn't mean that we're prisoners of our beliefs or slaves to our subconscious settings. Just like with your washing machine or microwave you can change the setting or even write your own program if you know which buttons to press.

Accepting that it's our decisions that dictate our future and that we have the power to take control of the whole process is an enormous step forward.

Let's take a look at some examples:

Fred believes;

He must all cleans his plate.

It's not something he thinks about much it's a belief that lurks somewhere deep in his mind. But if he doesn't eat everything on his plate he feels a bit guilty and uncomfortable.

So he eats everything his new wife puts in front of him, even if he doesn't feel particularly hungry. His wife gives generous portions and the pounds are beginning to pile on.

One day tragedy strikes, Fred's Grandmother dies. A few days after the funeral Fred is reminiscing about the summers he spent at his Grandmother's house, as a young boy.

Suddenly he has a eureka moment, he remembers his grandmother telling him to finish his dinner and then a few moments later saying “there are children in Africa starving you know”

He realizes in a flash that where the guilty feeling he gets if he doesn't clean his plate is coming from. Now as an adult Fred can see how ridiculous this is. There is no connection between cleaning his plate and hungry children, the other side of the globe.

In the clear light of day the belief appears totally ridiculous, and quickly shrivels up and dies.

Fred is now able to push his plate aside when he's full and soon his wife starts giving him smaller portions. Not only does Fred start to lose weight, he also decides to give the money his wife is saving on her grocery bill to starving children in Africa

And that's one way of changing any beliefs that may be holding you back, ridicule them. Many of our childhood beliefs can be dismissed in this way. After all you don't believe in father Christmas or tooth fairy any more do you.

Some beliefs are little more stubborn and need a different approach. Take Mary, Mary has a rule:

**Everyone must respect me all the time.**

This is a pretty intense rule – **Everyone, must, all the time.**

It's also totally unrealistic. Not even the queen of England or the president of the USA can expect to be treated with respect by everyone, all the time.

The problem is every time someone treats Mary disrespectful she gets upset and when she gets upset she binges on junk food.

So what can Mary do? Well there are two things she can do one of which we have also covered. She can also, tweak her belief so she no longer get upset to, some thing like:

Everyone should respect me, if they don't it's their problem and I should

feel sorry for them.

The must has become a should which lowers the intensity of the belief and she also shifted the problem away from herself.

Now every time someone is disrespectful she knows it's their problem after all she reasons its them who are going to lose all their friends and be shunned by everyone. Instead of getting upset she can now feel sorry for them or just ignore them.

Mary might have to try this new belief on a few times before it sticks. But because we only tweaked the original and not try to change it completely it should be too difficult.

Of course Mary's problem, is what's commonly called “emotional eating”

The subject of emotional eating and escape strategies is outside the remit of this free version but, I will give four ways to overcome emotional eating.

1. Remove the upsetting situation. If your boss is upsetting you remove him. Of course your new cell-mate on d wing, might be equally upsetting 😊
2. Change the way you react to the situation, so it no longer upsets you. Perhaps by tweaking a rule like Mary
3. Change your escape strategy. Next time your anger, go jogging instead of getting drunk.
4. Learn to change your emotional state instantly by creating a powerful anchor.

I will be going into this subject in more depth in the full version.

In it role as both your protector and servant your powerful subconscious does it's considerable best to give you what you want. Providing what you ask for is safe and within nature's laws.

But the key is knowing where the subconscious gets its instruction from and how to rewrite them. Well it looks to a special collection of beliefs called your self-image to **decide** what's best for you.

Which brings me to our third example:

Tabitha self-image starts like this

I'm a fat lazy couch potato, who's good at maths and prefers sex with the light off.

This means Tabby is prone to snacking while watching the soaps (her subconscious mind is helping her stay fat and lazy) Has no problems juggling the household budget, but feels a little uncomfortable if her boyfriend suggests a new position which means leaving the lights on.

We're only really interested in the first bit so how does Tabby change her self-image from fat lazy couch potato to something more conducive to losing weight.

First she has to choose a new self-image. The obvious thin and energetic just won't cut it, it's not credible, especially the thin bit. She will have to be a bit cleverer than that.

She needs something credible that will still get her results she desires.

How about "I am a person who respects her body" close to perfect. Someone who respects her body won't sit on the couch all evening stuffing her face with crisps and chocolate would they. She would eat more healthily and get some exercise every day.

So what Tabitha needs to do to make this new belief stick. Is start acting as if it's true. However her subconscious will fight back. The subconscious does like change it like to stay in comfort zone because that's safe.

Tabitha must from this moment on make her choices from the perspective of someone who treats her body with respect.

If she tries to do with willpower alone it will be difficult, maybe impossible.

Trying to lose weight with willpower alone is like; building sandcastles against a rising tide. What she needs to do is use Will's big brother Why.

Now if you have a big enough why you can achieve almost any how. And,

that's what Tabby needs to do find the big reason why she wants or need to lose weight and then associate it with her new self-image.

My advice to tabby, is to create a list of all the reasons **why** needs to lose weight. Then, arrange them in order of importance.

Then she needs to pick the top one and create a mental movie. If her top pick is to be able to walk down the street, without feeling ashamed and embarrassed, about her weight.

She will need, to make a mental of herself as a slim sexy woman walking down the street, and getting admiring even envious. Maybe getting a few wolf whistle along the way.

She needs to keep repeating her new self-image mantra as she does this "I'm a person who respects her body"

For this to be truly effective she needs to mix in some powerful emotions and associate, as much pleasure to the new her as possible. She needs to feel sexy, confident, proud and even a little smug.

After during this exercise for a few days Tabitha can move on to her second pick and so on.

This exercise, is a two for the price of one technique. It will help change her self-image as her subconscious absorbs the new instructions. Secondly, it will give her powerful motivation to keep acting as if and training her mind to make the correct decisions.

When Tabitha reach her ideal weight she will automatically adopt a brand new empowering self-image. I am a thin energetic person who respects their body. Perfect.

If you're overweight, then just like Tabitha you to probably have a pretty negative self in regard to your body. And you too will need to change it something more empowering.

If you want to stick to your diet and lose weight permanently, it's important to identify any beliefs that are holding you back and take the necessary steps to change them.

With a new positive self-image you will start make much better choices on a consistent basis – on auto-pilot. And, it's consistency you need, making good choices consistently will lead to steady consistent permanent weight-loss – and that's what you want isn't it.

Okay, that's the end of the free version of the Tortoise Diet, I bet you're wondering, whether or not you need the paid version Yes have you've probably guessed there's a small charge for the full version - that's how I make my daily crust.

I need money, but I'm not greedy. I don't want you to buy the full version unless you really need it. So who needs it and who doesn't 😊

This free book is a standalone product and many of you won't need the complete version will all the extra techniques and life changing material. If your problem is small or just a temporary blip, this book may be enough.

If however, you have been struggling with your weight for years you almost certainly need the full version.

If you don't have the time or spend a few hours on the internet, you're frightened, of becoming lost, overwhelmed or misled in the sea of information. I also suggest you download the full version

Undecided, don't worry, you fully protected by my no questions asked sixty day guarantee

You can check out the full version [HERE](#)

