



## Dr. Rosio's Top 5 Health Tips

Don't diet harder, eat smarter! Dr. Rosio believes that healthy choices can be enjoyable, and feel good. Here are his 5 top "Eat Smart" tips for success with your body shaping and health goals:

**First, "Eat this, not that".** Healthy successful meals start with planning ahead what you will choose, not allowing cravings to dictate to you what you will eat. Start with food categories and outline what you CAN and should choose. Examples include Dairy: Skim vs. whole milk, greek style yogurt vs. sour cream (you'll love it and you can make dressings, dips, etc. from this versatile choice), throw out ice cream but fat free low sugar yogurt or sorbet in small quantities. Try small spritzes of olive oil vs. butter (you don't need it), PAM to cook with. Vegetables and fruits: choose low Glycemics: squash instead of potatoes or pasta (they make a great spaghetti out of squash, artichokes too). Steamed vegetables and fruit instead of stuffing or potatoes. Remove skin from chicken, choose water packed tuna, and avoid fat laden burgers, bacon and hot dogs. Choose strawberries or other berries, or apples, but not bananas. Have good fruits instead of pies, cookies, candies and cake. For snacks, keep some toasted soybeans (edamame) instead of nuts. Have cucumbers, celery, and fruit slices, high fiber cracker bread (like Wasa), part skim cheese strips, low calorie soups, hot teas for in-between or a mini-meal instead of nothing.

**Second, take small portions** on a small plate. Don't have one of everything. Choose only the best, least processed foods and leave the rest alone. Eat slowly, put your fork down, breathe ten times between bites. Enjoy conversation with someone, or listen to music and think about it between bites. Don't watch TV commercials with food in them. Turn the TV off or skip channels to avoid the food commercials.

**Third, be active.** Go for a walk or exercise for a minimum of thirty minutes before you eat. It will de-stress you, and decrease blood flow to the stomach.

**Fourth, keep track.** Write down your weight/size goals, what you're eating and how much. Post your goal in your home. Carry a small spiral pocket-sized notebook and be religious about noting your intake. Go a step further and use an online source that will help you add it up and keep track, like "Daily Burn" (<http://dailyburn.com/>). We'll help you get started: Go to our website for this link. ([www.AnewSKIN.info](http://www.AnewSKIN.info)) If you have an iPhone get the mobile app free to help you track your intake and output.

**Fifth, use supplemental aids** that are safe and effective at decreasing or slowing absorption of foods, such as Alli for fats (OTC), or Carb blockers that we have for you. AnewSKIN furnishes you with carb blockers that can actually decrease the rate of rise of blood glucose, and prolong the feeling of fullness, thus decreasing one's intake and cravings for food comfortably.

**Secret Weapon!** Need more help? Lose inches in hours! Try the sixth secret weapon to jump-start your health plans... AnewSKIN's Zerona. The only FDA-approved laser for body slimming that's painless and helps you lose inches in just hours of treatment over two weeks. While not intended for weight loss, this dramatically effective body slimming strongly motivates most people to meet or exceed their goals, drop dress and belt sizes, and feel and look better in record time.