



LIFESOURCE INSTITUTE NEWS

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Mostly Pro's and a Few Con's of the: Once A Day Diet

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STAY ON TRACK

- * **Very Easy** you consume all calories in one sitting.
- * **Cheat Days** no calories counted, no snacking, no prep for weekly meals. Eat what you want just consume it in 1-hour. Remember be health minded.
- * **Energy Spikes** in fact, many people reported having more energy.
- * **Three Months** give it a try if you like it, you can continue for life like many others have.
- * **Last** no more yo-yo dieting, just knowing you may eat anything you want, changes your mentality towards the food you eat, food is no longer the enemy, and you don't ever have to feel guilty about eating it.
- * Remember during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between mind body and spirit. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.

ALL OF US are looking for a diet that is extremely easy to follow, fitting in our daily regiment and, it truly works. As a Certified Functional Nutrition and a Holistic Life Coach, I have studied many diet's that may work for a myriad of clients and don't work for a large majority, mainly because they are too hard to navigate for long periods of time, so eventually they give up, except for the diet called the OMAD, also known as "One Meal a Day".

THE OMAD DIET is the most simplified way to eat if you want too totally, eliminate counting calories and looking for a surefire way to lose those pounds quickly, then the OMAD diet might be for you. Most people are tired of the complicated diet plans with all the confusing eating instructions, the

OMAD diet eliminates all that craziness. With this diet, you choose whatever food group with no restrictions but you must eat within the one-hour window, it would be in your best interest for your overall long-term health, choosing healthy balanced options in picking your different food groupings.

NUMEROUS TEST out there showing eating several meals a day truly does not promote increased weight loss. There are multiple long-term studies of people showing fasting to be greatly beneficial to longevity as well for dropping extra pounds.

BASIC CONCEPT of the OMAD diet is formulated from intermittent fasting which can be renamed as 23:1. In terms we all can understand, you fast for

23 hours and eating your entire meal in one hour. You cannot consume beverages that are caloric or any food that is not within the one-hour time frame. Of-course we have no restrictions here. You can eat whatever you want or whatever you might be craving at the time. Most definitely we must take into consideration long-term health issues, and always try our best to make extremely healthy choices with our one meal a day. Also remember if you choose to stray from healthy eating a couple nights in each week, be sure you supplement the loss of the nutritional values depleted having a few cheat days.

In Fact, the OMAD diet can be much more than a short live type of intermittent fasting. As it has for many others who have followed this diet for many years. Maintaining an exceptional physique, look, and feel great, with lots of energy.

MUST READ: THE OMAD DIET by Markus Wilkinson

ASK THE COACH?

Q: COACH BERNARD: I SEE IN YOUR BIO YOU TEACH SENIORS MARSHALL ARTS, I AM ALMOST A SENIOR WHAT DO YOU RECOMMEND FOR ME? John H. FL

A; GREAT QUESTION, I RECOMMEND YOU GIVE ME A CALL IF YOU ARE 50 PLUS EVEN THOUGH YOU ARE NOT 60, OR 65 I HAVE A GROUP OF CLIENTS 50 PLUS. TO ANSWER YOUR QUESTION I TEACH A COMBO OF SEVERAL KUNG DISCIPLINES, THAT TEACH YOU MORE THAN SELF DEFENCE, IT ALSO GIVES YOU THE MENTAL TRAINING TO UNDERSTAND WHEN IT IS TOTALLY NECESSARY TO USE WHAT YOU HAVE LEARNED. THE ZEN IS VERY IMPORTANT AND THE ORIGIN OF THIS NEW ART FORM IS ALSO IMPORTANT, I HAVE STUDIED UNDER BOTH, ONE BEING THE BELT FACTORIES, AND SERIOUS MORE TRADITIONAL KUNG FU SCHOOLS, I WOULD PICK KUNG FU EVERY TIME. BE ONE WITH THE ENTIRE PLANET. LOOK UP JEET KUNE DO, WUSHU, WING CHUN. HOPE THIS HELPS.