



DR. BOB MEDICAL WEIGHT LOSS



DR. BOB'S PEARLS OF WISDOM

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NEARLY 60 YEARS OF EXPERIENCE IN 17 TIPS TO CHANGE YOUR EATING HABITS AND HELP YOU LOSE WEIGHT

Dr. Bob has been helping his patients lose weight safely and effectively for nearly 60 years. In that time he has compiled a number of tried and true techniques you can use at mealtime to improve your performance on the Dr. Bob Program. These are tips to last you a lifetime. The more of them that you follow and the more faithfully you follow them, the better they will work for you.

1. **Hunger Pangs...your biological alarm clock.** Turn your hunger pangs to your benefit by drinking instead of eating. When you feel hungry between meals, drink one of your eight ounce glasses of water.
2. **Soup is good food.** Soup is filling and nutritious, and is a convenient way to eat right. It also eases the problem of portion control and overeating. However, be sure to choose soup low in sodium.
3. **Keep healthy snack within reach and ready to eat.** Snacking on healthy foods, such as Dr. Bob's favorite five (lettuce, celery, radishes, cucumbers, and green peppers) and fresh fruit will keep you on track. Avoid chips, cookies, and other junk foods.
4. **One day at a time.** The thought of making lifetime changes can be overwhelming. Just take it one day, and one meal, at a time.
5. **Never, Never, Never shop for food when you are Hungry!** Doing this makes everything look tasty and can lead to poor choices. Always shop on a full stomach, when your will power is at its best.