
Jorge Cruise

The 3-Hour Diet

ISBN13: 9780060792299

In *The 3-hour Diet*, is timing enough to reset metabolism, or are there any products required?

Yes, timing IS enough to reset your metabolism — no products required! Here's why: Research study after research study confirms the power of eating every 3 hours. They have found that if you allow more than 3 hours pass between meals, your body turns on its natural "starvation protection mechanism," what I call you "SPM." When your body's SPM gets switched on, your body thinks that it's in a famine. Then, it does everything it can to preserve the most calorie-rich tissue in the body — FAT (!) — to ensure your survival. Yes, it actually starts storing fat and consuming precious fat-burning muscle instead. Even though the scale will show weight-loss, you're losing muscle and slowing down your metabolism, making it harder to lose weight and keep it off in the future.

Whenever you lose lean muscle, you slow down your resting metabolism — meaning the number of calories you burn sitting still, driving your car — even sleeping! Since that's how we spend most of our time, we've got to keep that metabolism burning in high gear. Every pound of muscle burns approximately 50 calories every day, just doing nothing. If you lose 5 pounds of muscle, you're burning 250 calories less per day — in just one year, that means 26 pounds of new fat!

By eating at the correct times, you "turn off" your body's SPM, which encourages your body to burn fat instead of muscle. The important thing is making sure you really eat every three hours — that's where Visual Timing comes into play.

Is the 2 pound a week rate a realistic goal for every woman (considering factors such as age, amount of excess weight or lifestyle)?

Two pounds a week is realistic for most of the population — in fact, promising more than that is a sure sign of a fad diet.

Two pounds a week is the amount recommended by doctors for safe, lasting weight loss. There are some special populations that it does not apply to — women who are pregnant, breast-feeding, petite (5'3" or shorter) and people who are already at their ideal weight.

Is your plan safe to be followed for long periods of time, or should it be interrupted after x number of weeks?

The 3-hour Diet is absolutely safe — in fact it's not a diet, it's a lifestyle! Once you reach your goal weight, you just adjust the portion sizes slightly to maintain that optimal weight. That's why it's so important to eat foods that you like, and that are supportive of your body's needs (proteins, carbs and fat, included!)

This program is a plan to achieve long-lasting success. And you've gotta have a plan, even at your goal weight, because not having a plan is a plan to fail!

Are there any foods or combination of foods that help us lose fat faster? Do you offer in the book any "does and don'ts" about food selection? Tips about meal preparations?

The only secret to food combination is a balance of protein, carbs and fat — they all play a key role in our health. When selecting food, it's important to make sure they taste GOOD to you. I believe in the magic of preparation. You can make just about any foods taste wonderful by adding herbs and spices. Experiment with garlic, cilantro, basil and other fresh herbs on vegetables to make them taste great. Find the mix that's right for you!

On pages 90 and 91 in the book I do offer some tips on meal preparations from my good friend and member of my advisory circle, Chef Bernard. Also, at the end of the book, starting on page 285, I actually provide recipes for great-tasting breakfasts, lunches and dinners that fit in the 3-Hour Plate™ program.

What tips/suggestions can you offer readers really committed to lose weight fast and effectively? Any changes in lifestyle to speed up metabolism? Burn fat faster?

For people who really want to maximize their lean muscle and further enhance their shape, my 8 Minute Moves® are a great addition to the program. They only take 8 minutes a day and are a great way to exercise. By adding strength training, you not only maintain muscle, but boost it to its highest possible level AND create sexy contours to your arms and legs, firm and flatten your belly and lift your tush!

I also recommend power walking — aerobic exercise not only burns extra calories, but will condition your heart and lungs, improving overall health.

And finally, get support! Whether you enlist family and friends to really support you and help keep you dedicated, or go to jorgecruise.com and join my club. I provide a personalized weekly 3-hour meal planner, more delicious recipes and access to support boards, online meetings, a buddy system and daily audio coaching — direct from me! It's a great way to support you efforts and be part of a group with the same goals.