Day 6

The setting for your sixth day

No matter how much weight you have to lose and how much time you have, your attack phase will end today or tomorrow. Today, you must have lost between 2 and 3 kilos. Come on, one more last effort, try a pair of pants that were tight 5 days ago, it will help you.

Your motivation

At this stage, you need to "build" motivation at all costs. Putting it this way, it may sound trivial or simplistic. In fact, as complex and sophisticated as we are in the functioning of our conscious thought and imagination, things are basic in terms of our unconscious survival functions. The essential thing is to understand how things happen so that we can then intervene.

Motivation is energy that rises from your biological depths to facilitate your survival: you can use it to strengthen your will to lose weight. It's a bit like having a business plan and trying to convince your banker to give you the financing you need. In our case, the banker is YOU: your role is to explain to you - and to make you aware of your situation.

even why you need to lose weight and above all why YOU are humanly and vitally interested in granting this energy called motivation. Imagine all that success would bring you... especially in terms of health! Young or old, this is a decisive argument, able to convince the deep functions that govern your survival.

Tell yourself that lighter, you will live better: you will be more efficient in every gesture of daily life. Tell yourself that you will no longer be discriminated against and that you will find work more easily (you will therefore be better able to live and survive). Finally, think about your power of seduction which will be reinforced (that too, it's biological). All in all, if you plead your case well, you will find the necessary motivation.

Your physical activity

In six days, something must have happened to your body! Your muscles should be able to carry your new weight more easily. At this stage, in my experience, by the end of the sixth day, you should have eliminated an average of 2.5 kilos. As soon as you have completed this attack phase, you will now have to

walk 30 minutes a day... not just 20. In the meantime, walk for 20 minutes... and if you want to please me personally, why don't you try to do a little more, just to prove that EVERYTHING IS POSSIBLE when you decide to?

My column of support at your side

I'd like to think that the result obtained during these first few days should make you happy. When my patients tele-phone me 5, 6 or 7 days later to tell me with satisfaction of their results, I feel joy. This joy gives me the energy I need to fight against the inertia, to get my message and my teaching across. I am telling you this to make you understand that you are not alone in this fight and in this project! I am at your side. By the way, at the end of this book, you will find my e-mail address: if you have a question that is close to your heart or an important service to ask me, I will answer it.

For my part, I have the right to ask you to apply yourself. Personally, I don't need to lose weight, but I need you to lose weight. Why do I need you to lose weight? Because if you lose weight, you'll be happy. You will then communicate this contagious joy to those around you who need it. It's true: I've given myself a crazy mission, which is to do everything I can to see the world's overweight regress in my lifetime. So, yes, you are just one case among many in this overweight population. But experience has shown me that a flap of a butterfly's wing in France can trigger a hurricane on the other side of the world. So keep going until you're emitting happiness.

Deviations Écarts

Here I am at your side as you embark on day six of your attack phase. I take it you had between 20 and 30 kilos to lose. What a challenge... both for you and for me, who now has the moral responsibility to have been chosen to accompany you. While you're still in this phase of orbit, I'm asking you to do everything you can to avoid deviations. Few people give up until the end of this phase of attack in which they have invested so much and achieved so much. You are at the moment when the challenge is going to be taken up and won. Just hold on for a few more hours and you'll be done with the first phase of my method. Hang on, I don't know you personally but according to my diet and my method, you are dear to me.

Today's exercise

The set point remains unchanged, you keep on the tray so as not to get tired:

Young and sporty, stay at 32 abs and 14 squats.

Over 50 and sedentary. Stay at 12 and 7.

Your health environment

The duration of your attack phase makes me understand that you must be close to obesity! Whatever your age, this overload was a threat to your health. If you've lived with it for a long time, make sure it hasn't left any marks. Insurance companies are well aware that overweight is the number one risk in the West and the first cause of avoidable death.

And yet, we still try hard to hide this reality! The desire for dieting is derided as the manifestation of a female whim maintained by magazines. Behind this omerta, there are actually very powerful lobbies, a lot of cynicism and disinformation. It's been going on for so long that people have been led to believe that being overweight is inevitable. The lesson you have to learn is that nothing comes from "above". Getting fat and then curing yourself is economically very profitable and enriches the agri-food sector.

If you want to lose weight, rely only on yourself and do your own investigation. Look around you to find out who has lost weight (it's easy because it's visible). Ask those who have not only lost a lot of weight, but especially those who have not gained it back. They will be your best advisers: listen to them and go for it if they have convinced you. And when you yourself have lost weight and changed your life, remember to say so and spread the word.

Today's Recipe

Aspics of Salmon with Fresh Cheese Squares (PP)

400 g salmon fillet 100 g fresh rack 0 % garlic & herbs

40 cl vegetable stock 1 tsp. agar-agar

1. Steam the salmon fillet for 8 to 10 minutes, then leave it to steam.

Warm. In the meantime, wear

boil the vegetable stock, pour the agar-agar over it and simmer for 2 min.

2. Remove the skin from the salmon,

then remove the leaves. Divide it in the center of 4 ramekins, add

in each 25 g of crumbled 0% Garlic & Herbs Fresh Rack.

3. fill the ramekins with the agar-agar broth, leave to cool and then place in the fridge for at least 2 h. carefully remove from the mould before serving.

My Personal Journal

I'm going to tell you one of my best secrets. In the evening, before you go to sleep, come to this journal or, if you don't have enough space, buy a small notebook and write down the four or five tasks you need to do tomorrow with their instructions. I can assure you that the next morning when you wake up, you will feel that you slept better and feel more fit. Why is that? Because we know that sleep is not the off-zone that many people imagine it to be, but that it is made up of a series of phases, some of which are hyperactive and during which what you have to do the next day is treated and reprocessed, sometimes even disrupting the quality of your sleep. Write down your tasks for the next day and your brain will no longer have to deal with them.

Today's shopping cart

Even today, your basket remains the same ... but the number of foods allowed at will is such that it can be adapted to your tastes. If you like fish, there are so many that you can choose the variety. Only the price can reduce it, if you have a small food budget. Otherwise, what a joy to enjoy smoked salmon (or fresh and grilled on a mat of coarse salt; or in papillote, or carpaccio, or marinade...)! In my diet, salmon is one of the king foods: it contributes to its effectiveness.

Otherwise, think also of halibut, a less well-known fish but smooth in the mouth and full of omega 3. You can also enjoy sole, a fabulous white fish. You can taste cod back, cod in brine, red mullet, bass, monkfish, hake, sea bream, tuna... There is so much and so much to do by declining the preparations and recipes. And for small budgets, mackerel and sardines are the healthiest of all fish!

My shopping list

- Bündnerfleisch

- Turkey Ham

- Ground steak 5% MG

- Dukan Ketchup

- Small Swiss and faisselle 0

- Tofu

- Eggs

- Salmon

- Fresh squares 0%

- Dukan Peanut Flavouring