



10 Small Diet Tweaks That Get
BIG RESULTS.

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A note from Laura Rimmer

Hi, I'm Laura! I deliver no-nonsense, multi-layered health expertise to busy people like you looking to get slim, healed and energised. I'm a Master Certified Nutritionist, former Healthcare Research Manager and acclaimed author of the Hay House-published book *'The Alkaline 5 Diet'* and *'The 21-Day Alkaline Diet Plan'*. I've been helping people achieve better health through a natural and more alkaline diet since 2008 via my websites, coaching, books and events. In my own life, I've gone from overweight, tired smoker to lean, fit, youthful marathon and ultra-marathon runner.



I've personally helped thousands of 1-1 clients and hundreds of thousands of people have used my online resources. I hosted a podcast called *'Eternal Health'* and have worked with some of the world's leading doctors in reversing the big 4 diseases - heart disease, diabetes, cancer and obesity with a 'keto' and 'alkaline' diet. In short - if you're looking to get healthier, slimmer, more energetic or heal a disease, I can help you!

Here are some of my useful resources to help you...

Your Eternal Health Resources: www.youreternalhealth.com

Laura's Keto Life Programme: www.ketolifetime.com/go

Eternal Health Podcast: www.laurarimmer.com/eternalhealth

The Alkaline 5 Diet Book: www.laurarimmer.com/book

Nutritional 1-1 Coaching with Laura:
<https://laurarimmer.kartra.com/checkout/1-1>

Put These Into Action...

#1: LEMON JUICE IN YOUR MORNING WATER

Squeezing the juice of a fresh lemon into a pint/500ml of water first thing is a great liver cleanser and fat burner, as well as being counter-intuitively and healthfully alkalising to your body.

BIG RESULT: Do this regularly and fat will melt off your body much more effortlessly.

#2: SWITCH CONVENTIONAL MEAT FOR ORGANIC GRASS-FED (OR MUNG BEANS)

Organic and grass-fed meat does not contain the hormones, toxins from GMO feed and antibiotics that are generally found in conventional meat. A great alternative plant-based source of protein and fibre is mung beans - they are cheap and a high source of lots of nutrients including manganese, potassium, magnesium, folate, copper, zinc and various B vitamins. Just make sure you pressure cook them to remove harmful plant lectins. (Mung beans are alkaline but not suitable if on a keto diet though.)

BIG RESULT: Easy weight loss due to the reduction in toxic chemicals and hormones. Reduced risk of cancer and digestive issues associated with conventionally farmed meat.

Put These Into Action...

#3: BUY ONLY ORGANIC SALAD VEG

When it comes to avoiding pesticides, you absolutely must buy your salad veg - especially leafy greens, celery, cucumber and tomatoes - organic wherever possible as the harmful pesticides permeate the whole vegetable and cannot be washed off.

BIG RESULT: A calmer body (as pesticides can disrupt your nervous system), better immune function, lowered risk of cancer.

#4: ADD PROBIOTICS & PREBIOTICS FOR GUT HEALTH

Probiotics balance your intestinal bacterial flora and prebiotics feed probiotics. Regularly eat a fermented food such as tempeh, miso, kimchi, kefir, yoghurt and sauerkraut (probiotics) and onions, leeks, garlic, Jerusalem artichokes (prebiotics) for great gut health.

BIG RESULT: Better digestion, flatter stomach, fat loss.

#5: DITCH PACKAGED, PROCESSED FOODS FOREVER

Packaged, processed foods contain sugar, wheat, chemical flavourings and preservatives, sweeteners, hydrogenated fat or trans fats and this is your one-way ticket to heart attack and cancer land. Our bodies cannot process industrial seed oils and they hang around your arteries for years. It's as bad as smoking.

BIG RESULT: It will be much easier to shed the fat around your stomach and the deep visceral fat around your organs. Reduces your risk of heart disease, cancer and diabetes significantly and can reduce your blood pressure.

Put These Into Action...

#6: DRINK WATER BEFORE MEALS, NOT AFTER

Drinking 2 litres+ of water per day is great to keep you hydrated but make sure you don't drink it with your meals or for an hour after or it will inhibit digestion by diluting your digestive enzymes.

BIG RESULT: No bloating, faster and better digestion, easier weight loss.

#7: ALTERNATE ALCOHOLIC DRINKS

If you drink alcohol and plan to have more than one glass of wine, beer or cider etc then alternate one alcoholic beverage with one glass of water or soda water. This will slow down your drinking, help you drink less units, and slashes your calories and spending in half. Or you could drink kombucha - a naturally fermented probiotic drink.

BIG RESULT: Alcoholic units per week reduced without really noticing. Easier weight loss, less foggy head the next day.

#8: KEEP A FOOD DIARY

A study published in the American Journal of Preventative Medicine found that people who kept a food diary for six days a week lost twice as much weight as those who recorded their food intake for one day a week or less. You can use a paper diary to track your calorie intake, or one of the many phone apps like MyFitnessPal or Strides.

BIG RESULT: Twice the weight loss achieved as you would without one.

Put These Into Action...

#9: GET A POWERFUL WATER FILTER

The simple fact is that if you do not filter your water, your body has to act as the filter. Tap water contains many toxins such as heavy metals, volatile organic compounds, medical waste, hormones, chlorine and fluoride. Get a high quality filter which also remineralises the water. I recommend and use the Osmio Zero reverse osmosis system - you can find it here:

<https://www.ketolifetime.com/osmiozero>

BIG RESULT: More energy, clearer head, better digestion, less bloating, ease of symptoms of disease, easier weight loss, less food cravings, better sleep.

#10: DRINK A GREEN SMOOTHIE REGULARLY

Drinking a green smoothie often - such as for breakfast, really is a kind of panacea. It provides your body with 6 or so alkaline vegetables, containing lots of minerals, vitamins, plant enzymes and fibre. It reduces your cravings for unhealthy foods and will fill you up all morning. You can find a great green smoothie recipe and podcast episode on my website here:

www.laurarimmer.com/eh009-the-perfect-green-smoothie-5-step-formula

BIG RESULT: Sustained high energy, clearer skin, looking and feeling younger, healing properties, easy weight loss - low calorie but fills you up so you'll eat less.

Free Keto Diet Challenge: <https://www.ketolifetime.com/>

Health for Life Programme: <https://www.ketolifetime.com/health-for-life>