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The  
**OPTIMAL  
EATING  
SOLUTION**

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*by Trisha Mandes, MPHN*

# **The Optimal Eating Solution**

**Maintainable Weight-Loss and Longevity Even if You Can't Exercise**

**by Nutritionist, Trisha Mandes, MPH**

The Optimal Eating Solution: Maintainable Weight-Loss and Longevity Even if You Can't Exercise by Trisha Mandes, MPH, Published by Trisha Mandes, Bethlehem, PA 18018  
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## **Dedication**

*To my late father, Anthony Joseph Mandes, for lighting a fire inside of me to help others and fulfill my dreams. You are forever loved and forever missed, but never forgotten.*

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# Chapter 3

## The 10 Optimal Eating Principles

What does my system for consistent and long-term weight loss include? What does it stand for and what is it all about? Here are the 10 principles Optimal Eating is grounded in...

**Principle 1: Optimal Eating simultaneously improves all of your health concerns while promoting weight loss. Not just one or the other.**

There are a lot of ways to lose weight in unhealthy or dangerous ways. There are ways to lose weight that work, but will worsen your health in the long run. For example, you could lose weight eating a high animal food, high protein-based diet and lose 60 pounds in a year but increase risk of kidney issues<sup>1,2</sup>, osteoporosis<sup>3,4</sup> and cancer<sup>5,6</sup>. You could also lose 5 pounds a week taking an appetite suppressant that increases your risk of heart disease or cardiac failure<sup>7</sup>. You'll lose weight but hurt your health in the process.

You don't want that nor will I help you or anyone lose weight at the detriment to their long-term health. You want to lose weight in a way that's also the best thing to prevent Alzheimer's, dementia, cancer, heart disease, and so forth. You want to lose weight not to be a size two and look like a swimsuit model, but because you want to be confident that you're doing the best thing possible for your whole health. Then, the weight-loss becomes a natural bi-product of eating optimally.

If you have multiple health issues, your Optimal Eating plan needs to beneficially address them all and not hurt one of your diseases to help another. Optimal Eating addresses your whole health and weight simultaneously. Depending on your illnesses, you'll mostly likely need slight modifications from the generalized Optimal Eating guidelines to ensure they're optimized to help you stop disease progression or maybe even reverse it.

Bottom line: you don't want to compromise your health to lose weight. (If you do, this isn't the book for you.)

**This principle in action: meet Savannah**

One of my past clients, Savannah, came to me after her doctor recommended she see me for weight loss. She had 75 pounds to lose. However, when I read her application for a free consultation, I was personally more concerned about her rheumatoid arthritis, especially because she was in pain that was preventing her from being active with her family.

When I spoke with Savannah on the phone I asked her, “do you know it’s possible to reverse rheumatoid arthritis?” She said, “no I never heard that before.” Apparently, her doctor didn’t know that either (which unfortunately is common). This was music to Savannah’s ears because she was in a lot of pain. Rheumatoid arthritis is described as pain in the joints that feels like thousands of razor blades. Savannah was having trouble walking up a flight of stairs and had to lie on the couch for most of her family’s last vacation at the beach.

So, she joined my client program and started eating optimally right away. You know what happened? Not only did Savannah lose 30 pounds in 3 months, but her debilitating arthritis pain also went from a 9.5 in severity to a 1.5 in just 3 weeks!

In Savannah’s third week in the program, she left for New Orleans with her husband for vacation instead of being cooped up in the hotel room all week. She walked miles each day all week long! She even lost a pound over vacation and continued to eat optimally the whole time. How amazing is that? At the end of 2 months, Savannah had lost more than 20 pounds while simultaneously stopping the progression of her rheumatoid arthritis—all while doing the best thing to prevent heart disease and diabetes, and preventing additional autoimmune diseases from manifesting in the future.

## **Principle 2: There’s no calorie counting, portion control, pills or shakes (which keep you stuck in “The Diet Trap.”)**

The point of Optimal Eating is to lose weight and get healthier in a way that you’ll love doing for the rest of your life. You want long-term weight loss and better health as the years continue. That’s what this book is all about.

Drinking meal replacement shakes, taking weight loss pills, counting calories, and counting points won’t help you achieve long-term success, so I refuse to advocate these things. I don’t teach 21-day cleanses (or any cleanses for that matter) or anything that will only help you in the short-term and potentially hurt you in the long-run. Continuously trying short-term “fixes” that by their design set you up to fail, will just keep you stuck in the “Diet Trap.” It’s time for you to break free of that.

## **Principle 3: Optimal Eating is better for your health and waistline than “healthy eating.”**

Eating optimally is different than eating “healthy.” What does healthy even mean anymore? Anything and everything could be considered healthy depending on how it’s spun.

The *totality* of your diet is more important than any one food and if you're eating a lot of "healthy foods" that don't actually promote weight-loss and disease reversal, then you won't reach your weight and health goals. Just because a food is considered "healthy," doesn't mean it'll help you lose weight or reverse your Lupus or Polycystic Ovarian Syndrome.

Eating optimally is *better* for your health and your waistline than just eating "healthy." With Optimal Eating, you're eating to live, not living to eat. When eating optimally, you're eating foods that are the most nutrient dense, least calorie dense, but are filling (so you're not hungry and miserable all day long). The nutrient density promotes health improvement, and because what you're eating is naturally lower in calories than what you're most likely eating now, it simultaneously promotes weight loss and better health. Plus, you'll feel full when you eat so you're not constantly hungry.

Optimal Eating means that 90-99% of your diet is made up of the most nutrient-dense foods that exist. That means, per pound, you'll eat the most disease-fighting nutrients possible (while simultaneously losing weight and feeling full). But the food also has to taste really good so you can enjoy eating optimally for the rest of your life.

#### **Principle 4: Only eat Optimal Foods you love.**

When I chat with people on the phone I'm often asked, "What if I don't like the food? What am I going to eat?" My answer is always the same, "I can't tell you exactly what you're going to eat because I don't know yet what you like to eat. It's my job to ensure you're only eating foods you love because if you don't, then you'll never stick with this long-term and that's what this is all about: falling in love with Optimal Eating so you experience results and can stick with this for the rest of your life."

There are *so* many optimal foods you already love that will fill you up, taste great, and that you can make an immense amount of delicious meals with. (I've been doing this for ten years now and I'm eating a wider variety of foods now than I ever was.) That being said, there's no reason to eat food that doesn't taste good to you. If you're forced to eat food you don't like, you'll never stick with it long-term and that's NOT what Optimal Eating is about.

Eating optimally also doesn't mean you can't have your favorite foods ever again. But it also doesn't mean *everything in moderation*. (I hate that saying and think it does more harm than good.) There's a difference between having a piece of chocolate cake on your wedding anniversary and your birthday versus every time it's in the breakroom at work.

We'll intentionally structure treats into your life which, generally speaking, can be any of your favorite foods (unless you have a specific disease where a certain food will trigger a painful experience or increase your risk of death). Treats are saved for special occasions *outside* the house (and the leftovers don't come back home).

**Principle 5: You should see and feel results quickly because Optimal Eating is effective.**

There's nothing to kill your motivation than trying a diet religiously, but then not seeing any results. I'd quit too if that happened! When you fully implement Optimal Eating correctly, expect to lose 1-3 pounds a week. Ninety-five percent of my clients average 1-3 pounds of weight loss per week for their first 10 weeks! When you see the scale go down three pounds in your first week, you're enjoying the food, and you feel full and not miserable, what happens? You're going to keep it up!

**Principle 6: Feeling full is essential to your success.**

In an Optimal Eating system, you're going to feel full when you eat. This is a *good* thing. Feeling full is essential to your long-term success because when you feel full, you stop eating! You won't keep a diet up for the rest of your life or enjoy it if you're hungry or hangry.

Hunger causes pain in our stomachs for a reason. It's our body's natural mechanism to ensure we eat! Food is our body's fuel that we need to thrive, survive, and fight disease. Eventually, your willpower will fail, so pushing the plate away and eating smaller portions can only work for a short time. (You've tried how many times already, am I right?)

Optimal Eating is *not* a fruit and veggies only diet either. (Talk about feeling hungry!) You've tried that before too and by day three (if you make it that long) you're so hungry you could eat your office chair. Being hungry never works for long-term weight loss. It increases the chance of you binging or eating less-than-optimal foods. If you're hungry on a diet, it's a sign that it's not a permanent solution and that you'll only stick with it briefly.

The other reason it's important to feel full and satiated is so your body has the fuel and energy it needs for you to function and enjoy life. When your stomach is truly satiated, you can then focus on work for 3-4 hours without even thinking about food (this will naturally happen). You'll have energy to go to yoga or Pilates after work and spend more time with your family instead of plopping on the couch all night.

I know for some people it's scary to feel full because they're scared they'll gain weight. That's only true if what you're filling your stomach with weight-promoting foods (and high in calories). In an Optimal Eating system, you'll actually be eating *more* food, but *fewer calories* than you were before. In this system, you'll feel good about eating until you're full and feel confident eating because you know you're doing a great thing for your body and waistline.

**Principle 7: Optimal Eating is adaptable to your lifestyle (and needs to be).**

I'm often asked, "what if I don't like to cook?" There's a fear that you'll have to spend 2 hours in the kitchen a night to be successful eating optimally. This isn't true at all. If you have to

compromise your lifestyle and who you are to eat optimally, it's not going to work long-term (and that's what this is all about). I customize eating optimally to your lifestyle, not the other way around.

If you travel for work for example and have to eat in restaurants 6 times a week like my client Kelly Adams, then we make Optimal Eating work for you. Kelly lost 30 pounds in 3 months traveling to a different state for work every week and living in a hotel room 4 nights a week.

When my mom was in the intensive care unit for 28 days in early 2018, I didn't cook a thing. I was in the hospital every day for 8-12 hours a day. I know how to eat optimally in any situation (and so will you) so I just chose filling and optimal foods in the hospital cafeteria and didn't gain weight or lose control of my diet during one of the most challenging times of my life.

**Principle 8: Fall in love with the Optimal Eating process, then results happen as a natural “side effect.”**

Losing 1-3 pounds a week, even without exercise, happens not by focusing on the weight you want to lose, but by focusing on enjoying the process you need to implement to reach your health goals.

When you put your effort into falling in love with eating optimally, then the weight loss and better health happen as a natural side effect. This is also how you'll create a sustainable and enjoyable lifestyle change so you can keep it up for years.

You'll be much happier and more likely to keep the weight off if you're happy with how you get the weight off and keep it off. If you're miserable in the process, you're more likely to gain the weight back once you get it off.

**Principle 9: Following a proper sequence is crucial to your success.**

There's a proper sequence to follow to reach your weight and health goals with the most impactful and important steps taken first. This sounds like a no-brainer, but if you don't know what step is more important and wide-reaching than another, you won't succeed (or not nearly as quickly).

For example, when you first start eating optimally, it's easier to eat a few individual optimal foods to make a meal than to spend 1.5 hours a night trying new gourmet recipes. Variety and new recipes aren't the most important step to start with when first transitioning to Optimal Eating. Simply getting the right optimal foods for you in your mouth is way more important. So, if that means eating boxed soups (with the proper optimal ingredients) and baked potatoes (yes, baked potatoes) and simple meals, then that's where we start and *stay* until following your eating plan becomes second nature. Focus on eating the foods you enjoy within your plan as it becomes

habitual and once you're comfortable, then you can try a new recipe each week (unless you love cooking and trying new recipes and doing so will make Optimal Eating more fun for you).

Another example of following the most important and impactful steps first is working on eating optimally instead of your exercise routine (especially if movement is incredibly difficult for you).

**Principle 10: Start with diet, not exercise, because it's more impactful for weight loss and health-improvement results.**

If exercise isn't possible or is challenging for you right now because of an injury, pain, or a disease, focus on diet, not exercise to start feeling better and losing weight. If you use exercise as your primary means for losing weight, you'd put a lot more effort in than you'd get back in terms of weight loss.

In a randomized controlled trial of 64 overweight, postmenopausal women, the group eating optimally lost 13 pounds in 14 weeks simply by changing their diet. The Optimal Eating group lost significantly more weight than the control group too, which was asked to follow the National Cholesterol Education Program's dietary guidelines.<sup>8</sup>

Once you start losing 1-3 pounds per week, have more energy, are sleeping and feeling better, then we can talk about exercise (even with injury or disease limitations). But exercise isn't where we start. I don't even start talking about exercise with my clients until we've been working together for about 5 weeks. By that time, they've already lost 5-15 pounds, have less pain, and more energy.

I want you to love the food you eat and for the food you eat to love your body back. It's time for you to start losing 1-3 pounds per week, feeling vibrant and confident, and preventing disease so you can start living your best life as soon as possible. That's what Optimal Eating is all about.

# Chapter 5

## The Optimal Eating Framework: 7 Big-Picture Steps for Living Your Life Again

Here's the big-picture steps you need to take to lose 30 pounds in 3 months even if you can't exercise. Keep in mind that all of the Optimal Eating Principles still apply from Chapter 3. Those principles are the foundation to this whole process and what help makes this a long-term, sustainable lifestyle change. When you apply those principles to this process, that's when everything clicks and you start seeing and feeling changes in your weight and your health.

In chapters 6 and 8, I dive deeper into each step, but just like ecological studies are important for seeing the "big picture," so is seeing the big picture framework before we break it down. These are the exact steps I take my clients through like Christine from Columbia, SC...

Christine had been struggling meal prepping and cooking and with her weight for the last 20 years. She joined the program because she wanted to feel confident cooking and also get stronger and leaner so she'd have the energy and confidence to do the things she loved most in life... paddle board, be active in her community, and use the park she'd moved next to. Christine repeatedly said to me, "I want to live my best life."

She joined the program and not only did she lose 1 pound per week on average, but for the first time in more than 25 years, she was making meals in the kitchen that she was certain were the absolute best thing for her body. She started exercising 4-5 times a week both walking with weights at the park she loved and doing weight workouts at the gym. She wasn't regularly exercising before she joined my program. Now she's confident and happy with where she is in life and has the tools and habits needed to keep it up for years on her own.

These are the exact steps I took Christine through and take all of my clients through to lose 1-3 pounds a week even if they can't exercise:

### 1. Your Optimal Eating Plan

Your Optimal Eating Plan is crafted just for you... for the health results you want with both your weight and additional diagnoses. (Remember, we want to improve your whole health while you lose weight, not make it worse.) Simultaneously, though, it's also crafted for your unique

lifestyle and taste buds. We need to make this work for your life and ensure you love what you're eating, not force you to comply with a generic plan.

For example, if you travel for work and have to eat in restaurants on the road, you'll continue to do that, but optimally for you. If you only use the microwave or don't know how to cook (or just don't like it), that's no problem either! The goal is to make your plan work for you, not make you work for your plan.

Your Optimal Eating Plan precisely states what foods to eat in unlimited amounts (only foods you love), what foods to limit and how, what to avoid, and what treats are and how to structure them into your life. It also tells you *how* you'll implement the guidelines.

Your Optimal Eating Plan is not a meal plan. I hate meal plans for clients and I won't make them. Why? Because meal plans alone won't help you eat optimally long-term.

Your Optimal Eating Plan is better than a meal plan because you'll know exactly what foods or meals you can eat in any food situation whether at an airport, a church picnic, or a work party. If you only had a meal plan and what was on your plan wasn't offered at your boss' Christmas Party, then what would you do?

Your Optimal Eating Plan gives you the structure and knowledge to construct a meal plan. An Optimal Eating Plan is like teaching you how to fish. A meal plan alone is handing you a fish.

## **2. Managing thoughts and emotions so negative thinking and emotional eating don't stop you from losing 75 pounds this year.**

Do you think about food and your body all day long? I personally didn't realize how much mental energy I used to put into worrying about my body, food, and how to lose weight until I started eating optimally. Then that mental and emotional weight disappeared. Food and eating became a fun and enjoyable thing that I no longer felt guilty about. I was completely confident that what I was eating was great for my body and by eating optimally, I was doing a good thing for both the inside and outside of my body.

You don't realize how taxing that mental weight is until it's truly gone and you're free of it. These negative or "sabotaging thoughts" as the Aaron Beck Center for Cognitive Behavioral Therapy calls them, aren't just mentally draining and exhausting, but they can also stop you from reaching your weight-loss goals.

Sabotaging thoughts themselves though won't stop you from losing 30 pounds within 3 months of reading this book. It's that you'll decide to *act* on those thoughts and listen to them.

Let's say you have the thought "there's a new ice-cream flavor at my favorite gourmet restaurant so I'm going to try it when I go on Wednesday." That thought isn't ordering and eating that ice-cream... you are. You decided (maybe unconsciously) to listen to that thought and follow-through with what that thought was telling you to do with your actions and behavior.

We can't stop sabotaging thoughts from happening—they're automatic and once we conquer old ones, new ones come up. But what we can do is come up with *helpful responses* to those thoughts. Helpful responses talk back to sabotaging thoughts in a more powerful way so we choose to listen and act on these helpful thoughts instead. Then, we follow through with optimal behaviors instead of harmful ones (thank you Aaron Beck Institute for *helpful responses* too).

Here's a helpful response to our ice-cream sabotaging thought...

**Helpful response:** “Just because a food is new, doesn't mean I should eat it, especially if it's not optimal. I don't buy a dress from Anthropologie every time they have a new one, so I don't need to buy and eat every new ice cream flavor either. Losing 30 pounds in 3 months and saying ‘yes’ to the amusement park with my grandkids is way more important to me than that ice cream. Losing weight is what I really want. I can eat optimal chocolate banana ice cream to satisfy my sweet tooth instead.”

Notice this helpful response was completely clear on what was more important to her—losing 30 pounds and taking her grandkids to the amusement park. We also provided “evidence” as to why this thought was irrational (she doesn't buy every new dress she likes) and then we gave her a physical action she could take instead—eat an optimal daily dessert.

My clients and I start identifying sabotaging thoughts and creating helpful responses to them as soon as their Optimal Eating Plan is in place and throughout our whole time together. We start with sabotaging thoughts and helpful responses right away so you get good at identifying and crafting them yourself, but also because I want you to feel just as great emotionally and mentally as you're going to look and feel physically.

In the next chapter, you'll learn how to identify sabotaging thoughts, how to craft helpful responses, and what to do with them. We'll also cover other assignments I give my clients to help them end emotional eating and feel awesome mentally while losing weight and getting healthier. It's a game-changer!

### **3. Habit formation so your Optimal Eating Plan sticks long-term.**

There are 8 main habits you'll learn how to adopt and enjoy so you can continue to lose 1-3 pounds a week and stick to your eating plan for the rest of your life. (I've been sticking to mine for 10 years now!)

Anytime you're trying a weight-loss program that doesn't include habit or behavior changes, you can be sure you're doing a short-term fix that will keep you stuck in the Diet Trap. I explain these 8 habits in detail in Chapter 7 but once applied, you'll continue to enjoy your Optimal Eating plan for years to come...

1. **Sanitize your environment:** Keep foods you're avoiding and any tempting foods *outside* of your house, car, and office.

2. **Certain cooking skills:** There are a few essential cooking skills I teach my clients that save them *hundreds* of calories a day without eating any less food. Even if you don't like to spend a lot of time in the kitchen, no problem. The few times you do, you'll need these skills.
3. **Understanding nutrition labels the optimal way:** Even if you read nutrition labels now, you have to understand *optimal* label reading. There are a few key things you have to know on the label and a lot of stuff you can completely ignore. You'll learn how to read a label on any food package and within 5 seconds, know whether or not it's an optimal food for you.
4. **Eating optimally in restaurants:** Eating optimally doesn't mean you still can't go out to eat 3 times a week. It just means that when you do go, you're still eating optimal meals. (There's one exception that I share in Chapter 7.) I'll make sure you know how to find and create optimal meals in restaurants and how to order them, without feeling like you're being a pain in the ass.
5. **Eating optimally while traveling:** Your life doesn't go on hold because you've decided to improve your health. You'll learn how to best prepare for eating optimally while traveling and how to eat optimally no matter where on the globe you.
6. **Handling family and social situations:** Family can be some of the most challenging people to deal with when you first start making healthier decisions. You'll learn how to eat optimally even when your sister-in-law insists that you taste her homemade German Chocolate Cake and say 'no' without making her feel bad (and without you feeling bad).
7. **Food journaling (optional):** This habit is optional because you can be successful without it, but in certain situations it can be really helpful. When I'm working with a client I always have them complete a daily food journal. They don't need to measure portion sizes or count calories. They just have to write down all of the ingredients of everything they ate that day. This way, I can best help them and catch things that they might not have noticed so they can keep losing weight without plateaus. You'll learn the reasons why and when you may want to food journal when eating optimally on your own.
8. **Weighing yourself:** My clients weigh themselves daily. Once a week is okay too, but once a day (not more than that!) is better. This way, you can see whether you're on target for reaching your goals or not.

#### 4. Exercise (even if you can't).

Once you lose 10-15 pounds in the first 5 weeks, your habits are sticking, you're conquering sabotaging thoughts, and eating optimally starts to feel like second nature, *then* we move onto exercise (even if while reading this book, exercise seems impossible).

Once you have more energy, you're in less pain (or have none) and are seeing a physical therapist for any injuries, then we get you exercising. Our exercise end goal (not our starting point) is having you exercise 5-6 times a week for at least 45 minutes in your target heart zone doing a mixture of weight-training, aerobic, and stretching exercises. Once you start your routine, we'll constantly be increasing either the intensity, duration, and or frequency of your workouts.

I want you doing workouts that you enjoy, that you learn to prioritize, and that become second nature. We'll get you to the place where your body hurts more if you don't work out, then if you do. This may seem far away for you now but remember Savannah from Chapter 3? She had rheumatoid arthritis and could hardly walk up the stairs when she first started. After working with me for 3 months, she was going to hot yoga weekly and walking in her neighborhood regularly! She never thought that before 2 months had passed, she'd be down 20 pounds, no longer in pain, and doing hot yoga.

## **5. Fine-tuning and modification**

As you lose weight, you're *enjoying* your optimal eating and everything has become second nature. There are normally small tweaks to both diet and exercise that we can make so you reach your goals faster, so you avoid weight-loss plateaus and stay the course no matter what obstacles arise.

In the beginning, you may not have to avoid as many foods but once your weight reaches a certain threshold and you want the scale to keep going down, we'll have to fine-tune your Optimal Eating Plan so you keep succeeding. Same thing with exercise. Once we get you moving for 5-6 times a week and you've lost 50 pounds, we'll adjust your workouts as you gain more strength, mobility, and endurance.

## **6. Overcoming obstacles**

Weight plateaus, falling off the wagon, peer pressure, not having a supportive environment, unforeseen life circumstances, medications and medical tests and procedures are all things that could potentially impede your health and weight-loss progress. You have to be able to continue to eat optimally even when life is challenging and this book (and my program) shows you how.

## **7. Accountability, individualized feedback, and support**

If you've been stuck in the Diet Trap for most of your life, I'm not going to lie, doing this on your own is going to be more difficult. You can absolutely do it but you're more likely to succeed, especially for the long-term, if you have accountability, personalized feedback, and support from a personal Nutritionist and Coach. The research supports that too.<sup>1</sup>

You want personalized feedback to ensure you're taking the right steps and nothing more than what you should be doing. When you've studied health and read a lot of nutrition books in the past, you're way more likely to talk yourself into doing the wrong thing. You're bombarded with so much diet and nutrition information which makes choosing the best steps for you to take and in the right order, difficult. Plus, your doctor most likely doesn't know anything about nutrition. Stick to your plan and only do what you've been taught in this book.

Accountability is crucial for your success. I know what days my clients are exercising, meal planning, meal prepping (if at all), when they're going on vacation, etc. I hold them accountable to their goals. We set dates and times they need to accomplish certain assignments by and I tell everyone else in the program when they're completing these goals too so they stick to them.

Support from a group of people who understand what you're going through and whole-heartedly want to see you succeed is also helpful for you to reach your health and weight goals especially if you're a "people pleaser." You're less likely to accomplish all of these changes on your own if no one is cheering you on and telling you what to do and when.

When you go through this whole process, not just one or two pieces of it, that's when you unlock your key to longevity, a strong and lean body, and a happier you on the inside. When you apply everything in this book, that's when you'll start living again.

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Continue reading for a special note to you from the author....

### **A special note from the author...**

Thank you so much for reading these two chapters from *The Optimal Eating Solution*. I hope you're now inspired and ready to take action to reach your goals. If you'd like my help in that process, let's see if my weight loss and health improvement coaching program is right for you. Schedule a free video call with me at <https://meetme.so/TrishaMandes> and be sure to complete the application it then prompts you to. This way I can best help you when we talk.

My program has a 95% success rate helping clients lose 1-3 pounds on average *per week* (and sometimes it's more!). The amazing successes don't stop there though. Commonly, clients...

- get off meds
- reduce or eliminate pain
- start going to the beach and amusement parks again
- reverse or stop certain diseases.

All while eating as much as you want, loving your food and avoiding "diet trap" weight loss solutions that don't work. It's all about creating and sticking to a lifestyle change that you truly enjoy.

Interested? Sign up to [chat with me here](#) and then complete the application it prompts you to.

### **The program includes...**

- 1:1 and group coaching calls with me
- an individualized eating plan structured for your specific goals and lifestyle
- accountability from me for adopting new lifestyle habits and ensuring they stick
- ending emotional eating and overcoming negative thinking that's stopping you from losing weight long-term
- an individualized exercise plan customized for your specific goals and injuries
- personalized feedback, coaching, support, accountability from me at every step of the way for anything you need
- my online training vault with the required videos, tools, recipes and any resource you'd need to be successful (lifetime access)
- group support with other clients going through the program

Basically, it's an insurance policy for your long-term weight loss and health success :)

Watch the [video testimonials](#) of my clients and see their successes [here](#). Like one of my latest graduates Naomi...

*"Before the program I felt sluggish, had pain in my lower back and knees, I couldn't sleep through the night from night sweats and hormone changes and I was just struggling to make it through the day. I always had to take naps after work.*

*Just 2 weeks into the program though, **the hot flashes were gone and my energy boosted almost instantly and in 10 weeks I also lost 18 pounds. I literally feel like I've found the fountain of youth and it's been fun!**"*

*- Naomi Dickerson, 51 years old, Charlotte, NC*

I accept a limited number of clients a month (currently, it's five) so if you're motivated and ready to change, what are you waiting for?

Schedule a video call with me [here](#) so I can best understand you, your goals and challenges to know if this really is the best program for you or not. If it is, I'll invite you to join and we'll have a blast getting you healthier than you may have ever been before!

Thank you so much for reading these two chapters from The Optimal Eating Solution. In the very least, my aspiration is that you're now hopeful for your health future and at best, are ready to take the next step in implementing The Optimal Eating Solution either with my help or on your own.

You deserve to reach your weight and health goals. I know you can do it!

Love and Leafy Greens,

Trish

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### Chapter 5

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# About the Author

Nutritionist, Trisha Mandes, MPH has been helping clients lose weight and get off medications with Optimal Eating, even when exercise isn't possible, for the last decade. She currently runs a weight-loss and health improvement coaching program, online, where 95% of her program graduates have lost on average, 1-3 pounds a week without eating less or counting calories. She's published scientific papers in the *Journal of Geriatric Cardiology*, *Translational Behavioral Medicine*, and *Health Promotion Practice*. She was the Lead Nutritionist for a dietary inflammation management study at the University of South Carolina, worked on a Diabetes Team for the Native American Rehabilitation Association, a Nutrition Educator for the Food Trust and received a Masters of Public Health Nutrition from the University of Eastern Finland. For fun, she's a competitive pole dancer and won a gold medal in her first Pole Sport Organization competition in Philadelphia, PA. You can learn more about Trish and her Nutrition and Weight Loss Program at [www.TrishaMandes.com](http://www.TrishaMandes.com).

