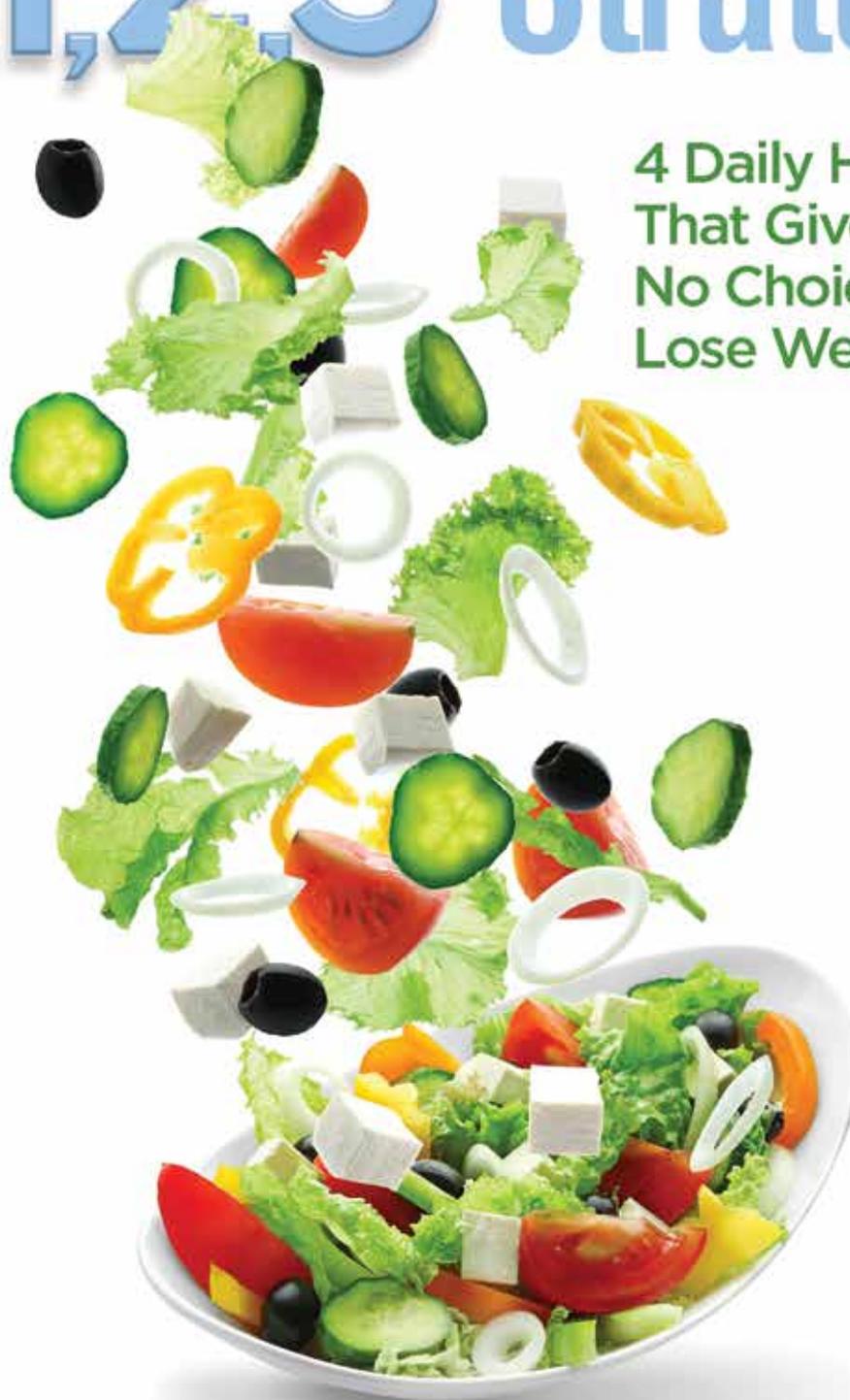


Dr. Becky's 0,1,2,3 Strategy

4 Daily Habits
That Give Your Body
No Choice But to
Lose Weight



Dr. Becky Gillaspy, DC

0,1,2,3

No Exception Rules



DR. BECKY FITNESS



0, 1, 2, 3 Daily Checklist

- 0 Sugar.** Avoid added sugar, sugary treats and foods that contain sugar as one of the top three ingredients.

- 1 Large Salad.** Include up to 4 cups of any salad greens and an assortment of non-starchy vegetables (e.g. artichokes, broccoli, cauliflower, celery, cucumbers, lettuce, mushrooms, onions, peppers, spinach, tomatoes, watercress)

- 2 cups cooked Non-Starchy Vegetables.** Any vegetables mentioned above as well as asparagus, bok choy, cabbage, collard greens, eggplant, endive, garlic, green beans, kelp, okra, seaweed, snow peas, spaghetti or summer squash, swiss chard, zucchini

- 3 Hours Before Bed, Stop Eating.** Determine your normal bedtime and count back three hours.



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Welcome to 0,1,2,3!

In this easy-to-read report, you'll learn a simple approach to weight loss that I call The 0,1,2,3 Strategy.

It has been shared tens of thousands of times, helping individuals solve up to 80% of their diet's problems by doing nothing more than following four daily habits.

My name is Dr. Becky Gillaspy. I'm the creator of the 0,1,2,3 strategy and your guide for the next few minutes. (A few minutes are all it takes to learn this easy weight loss approach.)

Did you see the checklist on the last page?

I would like you to print that handy "cheat sheet" and hang it on your refrigerator. It will help jog your memory about what to do.

It is my hope that this simple strategy will become the foundation of healthy weight control for the rest of your life.



About the Author:



Dr. Becky Gillaspay, DC, grew up in central Pennsylvania and graduated Summa Cum Laude with research honors from Palmer College of Chiropractic in 1991. She spent several years seeing patients in private practice and worked as an on-air health consultant for a local ABC TV affiliate. Following the birth of her daughter, Dr. Becky spent the rest of her 24+ year professional career teaching a range of college courses from Anatomy to Nutrition in addition to earning her certification as a health and wellness coach. She now works full-time helping people reach their health and weight loss goals through her [website](#) (Dr. Becky Fitness) and [YouTube](#) channel (Dr. Becky Gillaspay).

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What People Have to Say about **The 0,1,2,3 Strategy**

“What I’ve learned so far is that following the 4 rules (0,1, 2, 3) has really given me back some control and a sense of calmness...I’m not stressed about what I’m going to eat because it’s planned out and I know it’s going to help me lose weight.”

–Michelle P.

“I really liked the simplicity of this program. 0 1 2 3 simple, but effective!!”

–Dona G

“I am very excited that Dr. Becky Gillaspay shared her 0,1,2,3 program with me. In the matter of a few weeks, I have lost almost 30 pounds. More importantly, I have found a healthier eating lifestyle that I can continue forever. The 0,1,2,3 program is simple and easy to remember and follow. I am grateful for Dr. Becky Gillaspay and her program, it has changed my life.”

–Jim R.

Why 0,1,2,3 Works for Weight Loss

In the introduction, I mentioned that when you incorporate these four daily habits into your life, they will wipe out up to 80% of the problems in your diet.

That is a bold statement, yet I have come to find that it is true because they remove the number one diet destroyer, which is sugar, while at the same time fill your body with high-volume, nutrient-rich foods.

In other words, the reason that this strategy is so effective is that, with 0,1,2,3, you take actions that create results.

Many of us have no idea what eating for weight loss really looks like.

That's because of two big weight loss myths:

Myth #1: Eat smaller portions

Eat smaller amounts of food, and you will lose weight. Right?

Well, I guess if you are talking about eating a small piece of cake vs. the entire cake, you might be right.

However, if you are trying to lose all of your excess weight and keep it off for a lifetime, eating smaller portions (and as a result fewer nutrients) is a really bad idea.

Here's why.

Your digestive system has chemical receptors that monitor how many nutrients you are taking in.

This information is then sent to the hypothalamus of your brain, which turns on hunger and cravings when you are low on nutrients.

In addition to this nutrient monitoring system, you also have stretch receptors in your stomach that detect when your belly is empty and signal hunger.

So, in a nutshell, if you are eating less food, your brain sounds the cravings and hunger alarm trying to force you to eat.

You end up on a non-stop battle against your body where your only weapon is willpower.

Spoiler alert! Your body wins.

If you are going through the effort to lose weight, you need to make those efforts count...

ACTION THAT GETS RESULTS #1: Eat a diet high in non-starchy vegetables.

These foods (leafy greens, tomatoes, onions, broccoli, cauliflower, snap peas, peppers, mushrooms, etc.) are high in nutrients and volume and naturally low in calories.

Get enough non-starchy vegetables during the day, and your brain shuts down cravings and hunger.

Myth #2: Small changes will work

- *Drink more water each day*
- *Stop putting sugar in your coffee*
- *Take the stairs, not the escalator*

Are these tips good advice for someone trying to lose weight? Sure.

Will they propel you all the way to your ideal weight? No.

Small changes produce small results.

And, whether it's right or wrong, we just are not motivated by small results.

You never hear anyone bragging:

"I lost one pound last month!"

Don't get me wrong, that's great. But, if you have been making sacrifices every day, stepping on the scale on day 30 and seeing a one-pound reduction is enough to make you want to utter a few words that you aren't allowed to say in church.

Worse yet, that one-pound step in the right direction can be obliterated with one day of overeating.

Here's what you are up against.

A study, published in the journal PLOS ONE, set out to determine the most addictive foods (1).

Can you take a stab at which foods made the list?

In no particular order, the study found chocolate, cookies, ice cream, soda, and cake to be among the most highly addictive foods. (*Shocker, I know.*)

Do you notice that all of these foods are high in sugar?

Sugar presents a unique challenge for dieters.

Sugar causes a dopamine explosion in your head. Dopamine is a neurotransmitter that stimulates your brain's pleasure centers, exactly like other addictive drugs (i.e., heroin, cocaine).

In other words, when you eat cookies, cakes, and candies, your brain says, *"Wow, give me more of that!"*

Your brain swims in the ecstasy of its dopamine rush, while you down 1,000 calories in 15 minutes.

(Notice that when you eat cucumbers, your brain does not say, *"Wow, I need me another slice of that!"* That's because cucumbers came in as the least addictive food in the study.)

So sugar is a problem. Here's a solution:

ACTION THAT GETS RESULTS #2: Avoid processed and refined foods that are high in sugar.

So we identified two actions that get results, which we can boil down to (1) eat big portions of non-starchy vegetables, and (2) eliminate sugar.

So, the question becomes, how do you make this work in your daily life, and how do you take big enough actions to make the results show?

I've got you covered.

In fact, it's as easy as 0,1,2,3.

Make 0,1,2,3

Your No Exception Rules

The most effective way to stay committed to your goals is to set No Exception Rules. This is a term coined by Jack Canfield in his book, *The Success Principles*.

Once you set a no exception rule to do something, you do it.

No exceptions.

It is non-negotiable.

And, it's a beautiful thing because...

Once you set a no exception rule, you never have to think about it again.

It ends that internal banter that tries to talk you out of your goal.

It saves you a ton of thinking energy because you don't have to wrestle with yourself about what to do. The decision has been made. End of story!
It just makes life easier and simpler.

As Canfield puts it:

"In life, the spoils of victory go to those who make a 100% commitment to the outcome; to those who have a 'no matter what it takes' attitude."

Are you ready to simplify weight loss?

0,1,2,3—Daily Habits That Create Weight Loss

0,1,2,3 – this is the acronym we are going to use to remember the four daily habits that, when followed, eliminate the majority of the problems in your diet.

They will become the foundation for weight control that you can turn to for the rest of your life.

They work so well as a foundation that they are also the foundation for my diet plan and all of my programs.

Here is what 0,1,2,3 stands for...

- 0 Sugar
- 1 Large Salad
- 2 Cups of Cooked Non-Starchy Vegetables
- 3 Hours Before Bed, Stop Eating

Zero “0” Sugar

Our strategy starts with zero, meaning zero sugar.

But what exactly does that mean?

Well, it means that you’ll eliminate added sugar throughout your day, so you’re not going to add sugar to tea and coffee, for instance.

And, if you are eating packaged food, you want to turn the food package over and read the ingredient list. If sugar is listed as one of the top three ingredients, don’t eat it.

Now, I rarely get past this point when I’m trying to describe these habits before I get a question.

“Umm, does that mean I have to give up sugar for the rest of my life?”

I understand that fear arises when we’re looking at the idea of giving up sugar. My answer to that question is no.

I don’t recommend that anyone commits to giving up sugar for the rest of their life, mainly because that thought is very intimidating.

When we try to give ourselves ultimatums like that, they backfire, and we quit.

What we’ll do instead is show you, as we progress through this report, how to whittle these habits down into short-term goals, which makes them much more doable and melts away a lot of that fear.

But, I also want to explain something to you about sugar.



Sugar is a Problem (But How Do You Give It Up?)

Sugar is the food that is eliminated in every healthy weight loss plan from plant-based to animal-based and everything in between.

Sugar is a problem, but here’s the thing...

You might have tried to give up sugar in the past and been unsuccessful.

The reason for that is because you didn’t follow the rules one, two, and three of our strategy.

So, let me go into those...

One “1” Large Salad

One stands for one large salad.

What does a large salad mean? Well, you're going to take a big bowl and fill it with two to four cups of leafy greens. That's about 130 grams depending on which greens you use.

You'll top those greens with different vegetables like tomatoes, onions, peppers, and any other veggies that you have handy and enjoy.

Those are the basics, but you can certainly throw other items on your salad as well, such as meat, cheese, beans, avocado slices, nuts, and seeds.

Just to clarify, every day you're going to have a large salad, so one of your meals should be a salad.



Two “2” Cups of Cooked Non-Starchy Vegetables

Two stands for two cups of cooked non-starchy vegetables.

The weight will vary depending on the vegetable you choose to eat. If you're living outside of the U.S. and rely on metric units when measuring food, you can use your fist to estimate the serving size. One closed fist equals about a cup of cooked vegetables, so put two fists worth on your plate.

When we are talking about non-starchy vegetables, we are talking about things like broccoli, cauliflower, asparagus, snap peas, green beans, onions, mushrooms, and zucchini.

We are not talking about 2 cups of corn or potatoes because they are both starchy vegetables. I'm not saying that you can't eat corn and potatoes, you can! What I am saying is that those starchy foods do not satisfy the “2” of the 0,1,2,3 Strategy.



Three “3” Hours Before Bed, Stop Eating

The number 3 of our 0,1,2,3 Strategy stands for 3 hours before bed, stop eating.

When we eat in the evening, we often do so out of boredom.

Snacking is often looked at as a way of passing the time. All the chores of the day are done and we've created nighttime snacking as a way to relax.

Creating the daily habit of stopping eating 3 hours before you go to bed eliminates that late-night, mindless eating. And, because a lot of those evening snacks are high in sugar, rule number 3 is going to help us with our sugar problem.

So, one, two, and three of our strategy help us stay true to our zero-sugar rule.



Set Short-Term Goals

Each day, you'll follow these rules. No exceptions.

Does that feel a little scary?

Yeah, I get that a lot.

Your brain is probably scrambling with thoughts of all of the foods you can't have.

This fear can prevent you from taking action, so I've found that most people do much better when they set short-term goals.

For some of you, that means following the 0,1,2,3 No Exception Rules for just one day; others will be comfortable with setting a one-week goal and then working up to a month.

The thing is that this simple strategy works, and once you set it in motion, you find that fear melts away along with the fat.



0,1,2,3— Easy-To-Follow and Effective

There you have it.

0,1,2,3 is a simple strategy, but in our modern world of confusing diets and conflicting information, it is truly revolutionary in its simplicity.

I want to leave you with one last story.

In 2007, a symposium was held to understand better why only 3 out of every 100 adults follow accepted healthy habits (i.e., consuming adequate amounts of fruits and vegetables, getting regular physical exercise, maintaining a healthy weight, and avoiding smoking) (2).

This was a good thing to hold a symposium on because you have to admit that three percent compliance with healthy living activities is pretty dismal.

One of the findings was that the sheer number of nutritional messages we hear every day results in confusion.

high confusion = poor compliance

Solution: Simplify.

That is what 0, 1, 2, 3 does.

“Today I will do this: Eat 0 sugar, eat 1 large salad, eat 2 cups of cooked vegetables, and 3 hours before bed I will stop eating. Got it!”

Take The Next Step!

Visit www.DrBeckyFitness.com and click on Free at the top of the website to access four videos that explain how to get the most out of the 0,1,2,3 strategy.

Reference:

(1) Schulte, Erica M., Nicole M. Avena, and Ashley N. Gearhardt. “Which foods may be addictive? The roles of processing, fat content, and glycemic load.” *PLoS one* 10.2 (2015): e0117959.

(2) Bier, et al. “Improving compliance with dietary recommendations.” *Nutrition Today* 43(5): Sept/Oct, 2008.