

SANE

BY JONATHAN BAILOR

Get Eccentric

Gradually, safely, and sustainably exercise as many of your muscle fibers as possible via 10 to 20 minutes of eccentric and smarter interval exercise per week.

Stay Hydrated

Drink water or green tea until the toilet is very light yellow or clear when you are done. Avoid drinking sugar at all costs. Stop drinking 3 hours before bedtime.

Stay SANE For Life

Lose weight, keep it off, and stay SANE for life! Get your customized SANE Premium membership and get revolutionary tools, expert support, step-by-step coaching, and instant answers, anytime, anywhere.



Go SANE

Slowly eat so many non-starchy vegetables, nutrient-dense proteins, whole-food fats, and low-fructose fruits...in that order...that you are too full for processed starches, sweets, and fats.

Sleep More

Get at least 7 hours of undisturbed sleep per night. Never sleep less so that you can exercise or work more. More sleep will benefit you radically more than more cardio or emailing.

Restore Yourself

Stand, walk, play, meditate, dance, do yoga, stretch, or enjoy anything else that restores and energizes you (aka doesn't stress or bore you) as much as possible.



Eat More. Burn More.™

(S)ATIETY

(A)GGRESSION

(N)UTRITION

(E)FFICIENCY

Satiety is how quickly calories fill you up.

Aggression is how likely calories are to be stored as body fat.

Nutrition is how many vitamins, minerals, essential amino acids, essential fatty acids, etc., calories provide.

Efficiency is how easily calories are converted into body fat.



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