

Powerful Patient, 2009 week 23

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Trouble Losing Weight?

Joyce talks with Brett Salisbury about losing weight and staying healthy. A Certified Sports Nutritionist, Brett has spent 23 years playing football, modeling in Europe, and researching and perfecting a diet plan that he says works for every body type and is more effective than other plans.



1) About Brett Salisbury

After years of very successful high school and college football, baseball, and basketball, Brett received offers from the Canadian and European football leagues. He went to Europe to play for the Helsinki Giants.

After the 1995 season he went to Milan, Italy, to pursue a modeling career. He went on to work as a full-time model in Scandinavia and Milan, learning every diet trick of the modeling trade. In 1996 he became the Most Valuable Player in the league and would be a 1st Team All-Europe selection quarterback. At the same time he was doing modeling gigs as a “special bookings model” with the agency Paparazzi Model Management and was named the country of Finland’s sexiest male. With over 500 print and runway jobs under his belt, he was named a “Male Super Model” in 2002 by model-max.

2) About Transform Diet

Brett was interested in nutrition from the time he was a teenager, and earned his college degree in nutrition. As a model, he was required to be trim, healthy, and always looking his best.

The basis of his “Transform” diet is to learn how many carbohydrates one should eat per day, how many protein grams the human being can absorb without turning into fat, how much water one should drink per day, what type of workout is most effective to create the “afterburn.” His book documents the scientific basis for these recommendations.

He believes it is fundamentally necessary to count carbs, and that waiting to eat until you are hungry is a huge mistake. He recommends eating breakfast within 30 minutes after waking up to keep the body from going into “starvation mode.” He then recommends a total of five meals a day, eaten every three hours. He stresses not eating three hours before bed.

See Transform Diet: <http://www.transformdiet.com>