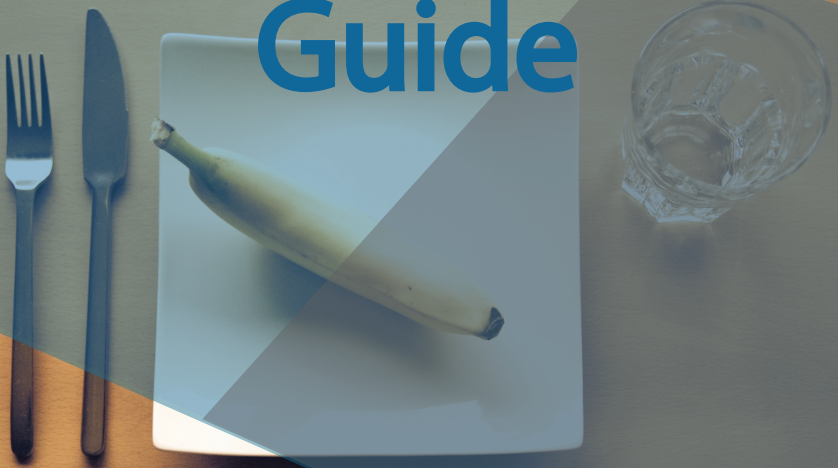


# 28 Day Boot Camp Guide



for Accelerated Weight-Loss  
Coming... September 2022

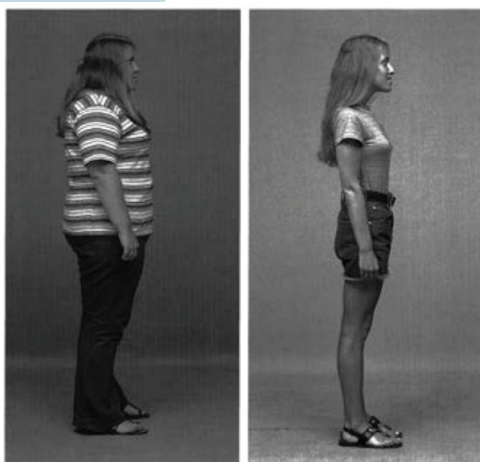
**LOSE UP TO 12-30 LBS IN ONE MONTH!**

# In the upcoming Boot Camp:

Featuring;

The Rice Diet for Accelerated Weight-Loss

**We aim to provide a success-driven, positive environment with a high level of accountability and daily feedback, to help you kickstart your health and weight-loss journey!!**



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SEPTEMBER 2022 BOOT CAMP						
SUN	MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

## Boot Camp Schedule

- THUR Sep 1st: Register BEFORE September 1st
- GROUP ZOOM MEETINGS: MONDAYS @ 9PM EASTERN (SEP 5th, 12th, 19th, 26th, OCT 3rd)
- DAY 1: WEDNESDAY September 7 (First Morning Weigh-In)
- DAY 28: TUESDAY October 4
- MON Oct 5th: Final Morning Weigh-In and Prize Ceremony

# Boot Camp Results



29lbs in ONE MONTH



# Boot Camp Results

Lois Anna - 20.1lbs in ONE MONTH !!  
[www.RiceDietSupport.com](http://www.RiceDietSupport.com)



## Write Your "Why"

Write a letter to yourself or one you can share with others about your "why". Why do you want to follow the rice diet?

**WEIGHT** If it is to lose weight, print a photo of your before weight and tape it to your why letter. Describe what life is like for you at this weight and in what ways might life be different, better, or easier if you reached your goal. Keep a copy of your "why" letter with you wherever you go.

**HEALTH** If your "why" is for health, share relevant health information along with test results you may have, such as a lab test or blood pressure reading. Explain why you have a health goal, and your outlook on your future if you are able to achieve your health goal. If you would like to read my "why" letter please visit the Rice Diet Support facebook page. Thanks!

# Medical Caution

Consider Your “Why”      WEIGHT-LOSS ?

HEALTH CONDITION ?

ARE YOU TAKING MEDICATIONS ?

Most people can follow the diet safely but it is important not to change your diet or medications except under the care of a medical doctor. Certain medications may have serious side effects when combined with the diet unless closely monitored. Hypertensives, diuretics or water pills, and insulin injections may be some to name a few. For example:

## Managing with Medications:

Blood Pressure    Water Retention/Sodium    Blood Glucose



## Managing with Diet:

Blood Pressure    Water Retention/Sodium    Blood Glucose



...if you do both at the same time there is the potential of getting too low in one thing or another. So if you are taking medications please postpone the diet until you have a supportive doctor who is familiar with Kempner’s work preferably. Please address all of your medical questions with the physician of your choice. Thank you

# Diet at a Glance

Dr. Walter Kempner's rice diet was an effective therapy for severe disease such as kidney and heart disease, diabetes type 2, hypertension and obesity. The diet begins with rice and fruit, then vegetables and gradually reintroduces other foods and food groups in small quantities. For a history and more detailed look at the rice diet please see our top 3 videos at [www.RiceDietSupport.com](http://www.RiceDietSupport.com) video page.



## Rice Diet - Phase 1-3 for 28 Days

Refer to The Rice Diet Report for a detailed list of compliant foods.

You may opt to use our food list available to print from [www.RiceDietSupport.com](http://www.RiceDietSupport.com) (PDF Page, Weight-Loss Road Map, Sample Pages).

Boot Camp - The Diet for Quickest Weight-Loss		Backup-Plan or Slowed Weight-Loss
WEEK 1 (Phase 1)	<i>Minimum Portions</i> Rice and Fruit	Add Vegetables
WEEK 2 (Phase 1-3)	<i>Minimum Portions</i> Add Vegetables	Ad Libitum
WEEK 3 (Phase 1-3)	<i>Minimum Portions</i> Add Salt-Free Seasonings (optional)	Ad Libitum
WEEK 4 (Phase 1-3)	<i>Minimum Portions</i> Stay Till Goal	Ad Libitum

*\* ad libitum: as much or as often as necessary or desired*

## What to Expect

### WEEK 1

Buy the food.  
Make the food.  
Eat the food.

This first week is as easy as boiling water and taking a bite of a peach.

Select your favorite rice and your favorite fruit and enjoy.

### Topic Discussion of the Week

- The Diet Week 1: Rice and Fruit
- Diet Log and Group Participation
- Daily Morning Weigh-Ins for 28 Days
- Before Photos (optional)
- Shopping in a Hurry
- Meal Planning



# What to Expect

## WEEK 2

Stay the course.  
Almost halfway there.

This week we add vegetables.

Don't forget you can still have  
fruit ice cream. Have a sweet week!

### Topic Discussion of the Week

- The Diet Week 2: Add Vegetables
- Shopping Guide
- A Clean Environment (the spectrum)
- What is Your Backup Plan
- Planning Versus Being Prepared
- Recipes of the Week

## What to Expect

### WEEK 3

Habits are made  
one day at a time.

Make a plan.  
Prepare.  
Execute.  
Results.

## Topic Discussion of the Week

- The Diet Week 3: Add Salt-Free Seasoning (optional)
- If and How: Compliant Sauces
- Recipes of the Week
- Single Serving Freezer Meals
- Diet Reset
- Principles of Hunger

# What to Expect

## WEEK 4

Permanent results  
only come with  
permanent change.

Set your foundation.  
Track your habits.  
Never give up.

### Topic Discussion of the Week

- The Diet Week 4: Phase 1-3 Till Goal
- Reverse Dieting to Maintenance
- How to Eat in Maintenance
- Cravings and Addiction-Like Behavior to Food
- Weight-Loss Incentives
- Adding Exercise

# How to Register

## How to Register before September 1st:

1. Visit [www.RiceDietSupport.com](http://www.RiceDietSupport.com)
2. Go to Groups Page
3. Under the 28 Day Boot Camp, click the Registration Q&A button
4. Submit your answers to [bethany@ricedietsupport.com](mailto:bethany@ricedietsupport.com) with Subject as all caps: REGISTRATION Q&A
5. After submitting your completed Registration Q&A via email, click the Join Boot Camp button

We will review your answers. If accepted, you will be added to the Boot Camp.

If you miss the registration deadline or are not accepted into the Boot Camp this time around, we will have another one coming up either at the end of November or in January.

Please follow our Rice Diet Support Facebook page for upcoming Boot Camp announcements.

Our groups and materials  
are offered for free.

If you like Rice Diet Support and  
are able to make a donation it would  
be a huge blessing to us.

To make a donation please visit  
[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

THANK YOU