

# A SURVIVAL GUIDE


for smart women who want to eat right and lose weight while they're having the time of their lives!

## The PARTY GIRL DIET





Keep the Party Going...  
While You Lose the Weight!

 APRILANNE HURLEY



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The  
PARTY    
GIRL  
DIET 

**"Keep the Party Going...  
While You Lose The Weight!"** 



APRILANNE HURLEY



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This book is dedicated to my mom, Patricia, who has devoted her life to the health and happiness of our family of 13, and who has taught my 10 siblings and me the importance of good nutrition “by example,” as she made a practice of cooking healthy and delicious meals everyday and on holidays “from scratch” growing up.

&

To my dad, Bud, who shares his continuous support, humor, and keen insight on “how the world works,” and who impressed upon us the importance of eating together as a family whenever possible.

A special dedication goes to Joseph P. Mack, AKA: “Uncle Joe” - my godfather, who has shared his creative expertise on this project, and who has supported me with his brilliance and knowledge every step of the way.

The Party Girl Diet places a special focus on the enjoyment and importance of “home cooked meals.” This way of life reflects what I have learned from my mother’s and Uncle Joe’s commitment to our Italian traditions established by their mom - my Grandma Rose, by making every family get-together a joyous occasion and celebration of good food, family, and fun, living by the adage “food is love.”





A special acknowledgement goes to my husband Ken for his amazing support, love, and great sense of humor during our 20+ years of marriage, and for his positive, energetic force that consistently encourages me to follow my dreams and “reach for the stars” in my quest to help people be the best they can be through nutrition, exercise, and healthy living.

Special thanks to my sons for their good natures, self-discipline, and pitching in whenever their help needed to keep our house and home happy, and running smoothly.

A warm thank you goes out to my friends, family, and colleagues who are always there when I need someone to talk to, laugh with, and share my latest recipes, theories, and revelations with on the way we can all enjoy more “good living” moments and experiences in our lives.



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**From the back cover:**

***"Look no further - Hurley's Party Girl Diet is a healthy, sustainable lifestyle, and a must read for anyone looking to attain a new level of health, beauty, and fitness." - Vic A. Narurkar, MD, Chief Dermatology, California Pacific Medical Center, San Francisco, Associate Professor of Dermatology, UC Davis Medical School, Founder, Bay Area Laser Institute, San Francisco, CA.***

**About the Author: Aprilanne Hurley delivers the latest research in health and fitness straight up...with a twist!**

**Hurley is a Certified Specialist in Fitness Nutrition, author, and health expert for California Living, The Bay Area's original lifestyle show featuring California's trends in food, travel, and healthy living.**

**Hurley has appeared Live on ABC, CBS, NBC, and FOX Networks to discuss her Party Girl Diet's sexy new diet & lifestyle that lets you "lose weight while you are having the time of your life!" Working as a producer and host in the television industry for over 10 years, Hurley is a trailblazer in delivering entertaining "healthy living" content prime time, to millions of television viewing households.**

**Hurley's mission is to promote the benefits of living a fun, healthy lifestyle through her books and TV specials which deliver the latest health & exercise research in an "easy to digest," exciting, and entertaining format.**

The second oldest of 11 children, Hurley relocated to California from the East Coast in 1991, and considers the Golden State her home. "I love living in California, we have great weather, beautiful views everywhere you look, and of course that relaxed California lifestyle, which is what 'California Living' is all about."

Hurley resides in Northern California with her husband and 2 children, and their extended family of pets and farm animals. Hurley feels fortunate to live in Marin, which was recognized as "California's Healthiest County" in 2010. "Think about it "Hurley notes, "just a short drive in any direction takes you to the incredible Napa Valley Wine Country, West Marin, the California coast, beautiful Sonoma County, San Francisco, San Francisco Bay, and the Golden Gate Bridge - the list of great places to go and fun things to do and see is virtually endless."

The Party Girl Diet's revolutionary Diet & Lifestyle Plan is based on the most reliable health and

nutrition research to date, and while the name is fun, The Party Girl Diet is not a “fad diet.” It is a healthy NEW lifestyle that lets you “Keep the Party Going...While You Lose the Weight!”

You can find out more about Aprilanne Hurley, The Party Girl Diet, and the latest in diet and nutrition news by visiting the following websites:

Join the party for nutrition tips, great recipes, and workout videos on: [PARTYGIRLDIET.COM](http://PARTYGIRLDIET.COM)

“Find out why it’s just more FUN ~ Living in California” on: [CaliforniaLiving.TV](http://CaliforniaLiving.TV)

Get Aprilanne’s sports nutrition & exercise secrets for stronger, sexier abs on: [SEXYABSDIET.COM](http://SEXYABSDIET.COM)

...And visit [www.Aprilanne.com](http://www.Aprilanne.com) for “your ultimate guide to living the good life.”





**"Look no further – Hurley's Party Girl Diet is a healthy, sustainable lifestyle, and a must read for anyone looking to achieve a new level of health, beauty, and fitness." – Vic A. Narurkar, MD, Chief of Dermatology, California Pacific Medical Center, San Francisco, Associate Professor of Dermatology, UC Davis Medical School, Founder of the Bay Area Laser Institute, San Francisco, CA.**

**At Last, a Healthy **NEW** Lifestyle that lets You:**

**Eat Chocolate!**

**Drink Red Wine!**

**Enjoy A Wide Variety of Delicious Foods and...**

**LOSE WEIGHT - While You're Having the Time of Your Life!**

**The Party Girl Diet™ Will Help You:**

**Burn Calories & Fat**

**Improve Your Health**

**Lose Weight & Feel Great**

**Discover The Party Girl Diet's Healthy **NEW** Lifestyle for Yourself:**

**Nutrition:** Eat for Optimal Health, **PLUS 2 Weeks** of Easy, Delicious Recipes!

**Exercise:** Burn Calories & Get Fit with The Party Girl Workout™ Guide!

**Weight Management:** Keep The Party Going...and Keep The Weight Off!



**Aprilanne Hurley, SFN**, is a Certified Specialist in Fitness Nutrition and the Health Expert for California Living, the Bay Area's original lifestyle show featuring California's trends in food, travel, and healthy living.

The Party Girl Diet's weight loss and fitness formulas combine today's groundbreaking health and nutrition research with Hurley's penchant for good living to create a revolutionary diet and lifestyle plan that lets you "Keep the Party Going...While You Lose the Weight!"

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**The Party Girl Diet's revolutionary **NEW** diet & lifestyle has been featured on ABC, CBS, NBC, and FOX.**

**The Party Girl Diet delivers the **BEST** of the Top 3 Rated Diets in the US For Overall Health and Heart-Health in One Easy & Delicious Lifestyle.**

**Discover The Party Girl Diet's Revolutionary **NEW** Way of Living That Lets You Keep the Party Going...While You Lose the Weight:**

**Lose Up to 5 pounds in 3-Days with The Party Girl Diet's **HEALTHY** Kickoff Plan**

**Torch Fat & Calories with The Party Girl Diet's Cutting Edge Workout Guide ~ No Gym Required**

**Eat **MORE** delicious foods and lose weight without deprivation or restrictions.**

**At Last, a Healthy Lifestyle That Lets You:**

**Eat Chocolate**

## Drink Red Wine

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**...and Enjoy a Wide Variety of Delicious Foods AND LOSE WEIGHT While You are Having the Time of Your Life!**



### **Highlights of each section in The Party Girl Diet:**

**In the Introduction** we take an entertaining look at the history of “fad-diets” going back as far as the 1700’s. You will discover through this fun review of diets through history that just like fashion, fad and crash dieting trends repeat themselves over the years.

Through the process of learning what a fad-diet is, you will gain a better understanding of what makes The Party Girl Diet unique, and the anti-fad diet you have been searching for to end yo-yo dieting for good.

#### **Chapter 1 - Party Girl Health**

This first chapter reviews “The Free Radical Theory” and the healthy lifestyle choices which will enhance your looks, your life, and your overall health and longevity.

Our bodies are exposed to free-radicals constantly. Free radicals are not only formed when we do not so healthy things like smoke cigarettes or over-indulge in alcohol. Free radicals are also created when we exercise, digest our food, even while we process the air we breath.

You will learn the vital role nutrition plays in replenishing your anti-oxidant stores, which can fight off diseases and certain cancers by preventing cellular damage caused by free radicals.

#### **Chapter 2 - The Party Girl Diet’s 9 PRICELESS Keys to Good Living™**

**Get the inside look at The Party Girl Diet’s 9 PRICELESS Keys to Good Living™** - which are phenomenal, relatively cost free lifestyle choices we can incorporate into our lives to start living healthier, happier lives practically immediately.

**What if you could access the secrets to living a longer, healthier, and happier life right this minute? Do you think you would appreciate the new found knowledge and act upon it today?**

#### **Chapter 3 - Party Girl Living**

In chapter 3 you will learn about The Party Girl Diet’s “Top Foods Proven to Enhance Health & Longevity.” You will also discover *why* these foods are so spectacular, and *why* it is important to eat them every day (if practical and possible).

The best part is, unless you live in a very remote corner of the earth, the foods associated with The Party Girl Diet Plan’s heart healthy lifestyle are readily available at grocery stores and farmer’s markets near you.

With so many diet books and fad-diets on the market banning certain foods and/or entire food groups in order for dieters to lose weight, you may find some or many of the foods on The Party Girl Diet's Top Foods list surprising, and foods not typically considered "diet foods." Not to give it all away here yet just in case you are wondering, yes, red wine and dark chocolate are on the list!

## **Chapter 4 - The Party Girl Diet Plan**

This chapter outlines the overall Party Girl Diet plan, and provides you with the tools to determine your personal success formulas for healthy weight loss and weight maintenance.

This section is packed with information on how to lose weight and feel great. To quote the introduction to Chapter 4:

**"Often times, the hardest part of starting a new diet or exercise regimen is – 'starting.'" People may need to psyche themselves up to get ready to commit to the perceived hard work and discipline it will take to make, in some cases - major lifestyle changes.**

**With The Party Girl Diet Plan outlined in Chapter 4 - you will realize when it comes to nutrition and exercise 'small changes reap big rewards.' The directives in this plan are simple to follow, and will be easy to incorporate into your life – immediately. This is an important aspect of The Party Girl Diet's Success Plan, and what makes it unique.**

**A major key to your success on The Party Girl Diet lies in your ability to let go of any unhealthy and restrictive preconceived notions of what you 'should or should not do' when comes to dieting and exercise, and realize that there is no such thing as a 'one -size fits all' diet – period. You are unique – with your own food likes and dislikes, your own lifestyle, routines, schedules, and time demands.**

**The Party Girl Diet is as 'unique as you are' – and takes into consideration the importance of time, and how the lack of it can affect a person's ability to achieve their dieting and weight loss goals. The Party Girl Diet's evidence based, proprietary Weight Loss Formulas makes eating smart and living healthy fun and easy – leaving you with more time and energy to enjoy your life to the fullest."**

## **Chapter 5 - Party Girl Fitness**

Get ready to discover the latest research and fitness "secrets" that will enable you to workout smarter ~ not harder. To quote PGD's introduction to Chapter 5:

**"While the particular diets of the longest living people on earth may vary to a degree, there is one common lifestyle factor that remains a constant: daily exercise. Keep in mind, we are not talking about tri-athlete training, running marathons, spending hours in the gym, or gruelling daily exercise routines, we are talking about enjoyable daily exercise activities that fit naturally into one's day and lifestyle."**

Chapter 5 documents the smart & sexy science that is the basis of The Party Girl Diet's

**proprietary fitness formulas, which will be your keys to a thinner, sexier, and and happier you.**

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## **Chapter 6 - The Party Girl Life**

It's time to put it all together with 2 weeks of easy, delicious and nutritious 10-Minute recipes. This chapter will solve the "lack of time" issue that can create a problem for well-intentioned people who want to eat right but don't have enough time in their busy days to plan, prepare for, and cook healthy meals.

While the drive-through window at the neighborhood fast food establishment can offer a quick and often tempting solution to the question "what's for dinner" – we know this kind of food is typically loaded with saturated fats, salt, and empty calories, thus lacking the wholesome nutrition we need to consume on a daily basis to look, feel, and function at our best.

To help you succeed in this important area of "good living," The Party Girl Diet's 2 Weeks of healthy, nutritious, and delicious 10-Minute Week Night Meals and 30 Minute Weekend Meal recipes have been provided. You can mix & match these meals week to week, as well as customize the recipes to suit your own tastes, substituting foods you wish that are recommended on The Party Girl Diet Plan.

## **Chapter 7 Bonus Beauty Section**

**In this fun Bonus section you will learn about The Party Girl Diet's Overnight Makeover, which has been featured on ABC, CBS, NBC, and FOX.**

One of the many health bonuses you'll receive when you follow the nutrition and lifestyle principals outlined in the Party Girl Diet is - you will also be taking steps to enhance your natural beauty. Party Girl Diet nutrition and exercise will do great things for the health of your skin and your body's overall appearance.

You know yourself, your skin takes on a healthy glow after a brisk walk or workout, and there's no denying everyone has the potential to look and feel better after a good night's sleep! Naturally there are also vitamins and essential nutrients in the foods recommended in the PGD Plan, and losing weight and getting toned & fit will ensure you will look better than ever in that "little black dress" and your favorite pair of skinny jeans!

## **Chapter 8 - Party Girl Diet Resources**

Chapter 8 is super charged with the resources you need to begin your new, healthy, party girl life immediately. From your "Daily Mocktails" Menu offering recipes for healthy, non-alcoholic elixirs to enhance your health, beauty, and vitality, to The Party Girl Diet's 3 Day (Party) Kick-off Plan to jump-start your healthy weight loss of up to 5 pounds in 3-Days, PGD's Chapter 8 will be your destination for the weight loss tools you need to start losing weight while you're having the time of your life!

One of the best parts about The Party Girl Diet's 3-Day Kick-off Plan is that there is no need to count calories. In addition, you will learn The Party Girl Diet's unique meal planning formula which takes

the guesswork out of what to eat when, and if used, will guarantee you will always have a perfectly and nutritiously balanced meal.

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In essence, the Party Girl Diet Plan is all about healthy, fun living, fabulous dinner recipes, weight loss meal plans, quick and effective workouts, and losing weight while you are having the time of your life!™



The following quote from Hippocrates, the “Father of Medicine” sums up the nutrition and fitness formulas & healthy lifestyle solutions you will discover in The Party Girl Diet:

***“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”***

*Hippocrates ca. 460 BC – ca. 370 BC*

Keep in mind that everyone slips up now and then, it’s only human. So don’t let small dietary indiscretions or intermittent lapses in daily exercise turn into bigger ones – just get right back on track. The beauty of The Party Girl Diet is, that it is truly a healthy, sustainable lifestyle that lets you enjoy yourself, eat a wide variety of fabulous foods, and “keep the party going while you lose the weight!” ~ *Aprilanne Hurley*



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## The PARTY GIRL DIET™

### Introduction: What is the “Party Girl Diet?”

*The Party Girl Diet™ and its 9 “PRICELESS” Keys to Good Living™ are based on the best research available to date. The Party Girl Diet’s revolutionary plan models the healthy lifestyle choices of the longest living people on earth.*

**You are about to discover a diet and weight loss success plan that sets the Party Girl Diet™ apart from any diet you have ever been on. In essence, the Party Girl Diet™ is much more than just a “diet,” it is a healthy, sustainable lifestyle & meal-planning guide you can live on for the rest of your life.**

**While the name is fun, The Party Girl Diet™ (PGD) is not a fad diet. It is a healthy new way of living that lets you indulge on dark chocolate, have a glass of red wine or your favorite cocktail, and enjoy a wide variety of tasty foods daily - and LOSE WEIGHT – while you’re having the time of your life.™**

### **The Party Girl Diet Story**

Like the diet itself, the story behind how I came to develop the Party Girl Diet™ is unique. As the host of California Living™ - the original Bay Area Lifestyle TV show, my work requires me to wine taste and dine in world renowned foodie destinations such as Napa Valley, Sonoma, and California's coastal hot spots. With all of this “California living,” it didn't take long before I needed to figure out a way to enjoy the “party girl life” and still be able to fit into my “skinny jeans.”

While living a healthy lifestyle has always been important to me, it became my “mission” to formerly learn as much as I could about the right foods and lifestyle choices that would keep me young, healthy, and fit ~ naturally. I found the findings of my research and studies absolutely fascinating, and began producing “Healthy Living” TV specials to air along with our regular line-up of shows on the latest trends in California food and travel. Then an amazing thing happened. The viewers began asking for more “Healthy Living” content. They couldn't get enough.

Through this process I realized there were many more people out there searching for a lifestyle that would allow them to enjoy all of the foodie perks living in California offers, while still remaining healthy and fit.

My goal in writing The Party Girl Diet™ was to create a healthy, sustainable diet plan that would literally rock your world! The Party Girl Diet book provides you with a realistic “survival guide” documenting the research that literally gives you “permission to party” - guilt free.

The Party Girl Diet Plan™ let’s you have that glass of wine with dinner, and enjoy a wide variety of delicious foods - without the deprivation and restrictions typical of the fad-diets plaguing the diet and weight loss industry today.

What also sets The Party Girl Diet™ apart from the multitudes of diets on the market is that The Party Girl Diet™ does not have any forbidden food groups, or food groups that you need to limit yourself to. There is no tedious weighing or measuring of foods required outside of following general serving amounts. There are no pre-packaged diet foods you need to buy in order to reach and maintain your weight loss goals. You can enjoy a wide variety of delicious and nutritious foods and “lose weight – while you’re having the time of your life!”



## **The History of Fad-Diets & Why The Party Girl Diet is Unique...**

**You will experience added success with The Party Girl Diet™ when you are able to include all of PGD’s PRICELESS 9 Keys to Good Living™ into your life, which are outlined in the second chapter, and which cover the 9 key lifestyle choices we need to (or should strive to) make everyday to achieve optimal health and wellness.**

**To fully grasp the uniqueness and soundness of the principals behind The Party Girl Diet™ as a healthy new and sustainable lifestyle, it’s important to understand the warning signs of a “fad” or “crash” diet:**

**Signs of a “fad” or “crash” diet include the elimination of entire food groups, or an emphasis on only eating certain foods or food groups, diets that require the purchase of pre-packaged and/or special foods to achieve success on the diet, and diets that make unrealistic claims or promise large amounts of weight loss in a short period of time.**

Various research sources on the subject of “fad-diets” indicate that fad-diets have been recorded as far back as the early 1700’s - when Tomas Short advised “overweight people to move to more arid climates, observing that fat people were more likely to live near swamps” in his works “The Causes and Effects of Corpulence.”

There are reports of fad-diets as bizarre as the 1829 “Graham Diet” which promoted caffeine free drinks, vegetarian cuisine, and the infamous “Graham cracker,” as a cure not only for obesity, but also for masturbation and the subsequent blindness it was thought to cause.

And while it is astonishing to think about now, in 1925 before tobacco advertising restrictions, it has been reported that actual doctors recommended that their patients smoke cigarettes to lose weight in support of the Lucky Strikes “Cigarette Diet,” which encouraged dieters to “Reach for a Lucky instead of a sweet.”

According to fad-diet research, “fad dieting gained mass appeal in the first quarter of the 20<sup>th</sup> century when President William Howard Taft, who weighed ‘300 plus pounds,’ vowed to lose weight after getting stuck in the White House bathtub.”

It was apparently during this period that San Francisco art dealer Horace Fletcher, better known in the fad diet world as “The Great Masticator” advocated a weight-loss technique that involved “incessant

chewing -- but absolutely no swallowing.”

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There are also some intriguing similarities between the popular “low-carb” (fad) diets on the market today, and Robert Cameron’s 1964 best seller “The Drinking Man’s Diet,” which touted high protein and fat consumption and declared that men could “eat a steak, wash it down with a martini - and still lose weight.” The “Drinking Man’s Diet” has been dubbed the “granddaddy of all low-carbohydrate diets,” hailing the low carbohydrate properties of the alcohol used to make martinis.

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**“We see as throughout history - many of the diets on the market today are actually just the same old fad diets re-packaged with a few new marketing hooks to lure the dieter in –giving them a false reality to hang their long term dieting and weight management hopes on. The Party Girl Diet is unique in that it offers a healthy new lifestyle and sustainable long-term solution for dieters that will stand the test of time.”**

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High Protein/Fat – Low Carb diets aren't the only diet genres that have been recycled from the past – The “Hay Diet” of the early 1930s by Dr. William Hay was the first diet to support the health claims associated with separating your food, arguing that the “human body couldn't adequately cope with combinations of proteins and starches at the same time,” and warned of “digestive explosion.”

“Hay’s diet promoted the consumption of fruit, meat and dairy at separate meals, separate from bread and potatoes, and also recommended enemas several times a week, if not daily.” Several modern day “miracle” diets have claimed similar theories.

Present day, scores of diet books, weight loss schemes, and products steadily flow into the market providing an endless sea of confusion for dieters to wade through in order to decipher what is sound nutritional advice - and what is just pure hype. You see, when it comes to dieting, humanity is forever hungry for that “magic bullet,” a quick and painless way to lose weight, and look and feel great.

There are the “diet extremes” such as the popular low carbohydrate diets encouraging enormously unhealthy amounts of (unlimited) meats, cheeses, and saturated fats, to diets centered only on consuming certain foods such as the bananas and milk diet, the grapefruit diet, cabbage soup diet etc.

There are even reports of a group called the “Breatharians,” who claim it is possible for humans to be sustained solely by “prana” (the vital life force in Hinduism – with sunlight being one of the main sources) thereby “eliminating the need for eating altogether,” now I ask you – where’s the fun in that?

**The “Party Girl Diet Plan” is based on the fact that we need to eat to live – so we might as well “live it up,” enjoy our lives, and enjoy what we are eating and drinking – provided that the majority of the foods we choose and lifestyle choices we make will enhance our overall health and longevity.**

**If you have ever wished you could just stop the dieting madness and start enjoying your life free of the food restrictions and deprivation typical of crash and fad-dieting, The Party Girl Diet Plan is the answer you have been searching for.**









1

Party Girl Health™

Lifestyle Choices to enhance your looks and your life!

**PROPER NUTRITION is your weapon against “free radicals” and the damage they can cause. When it comes to being healthy and fit, life - is a balancing act. We know that eating right and exercising are the cornerstones of living a healthy, balanced life.**

**Yet, we hardly hear in the main-stream news about the potential damage free radicals can cause on our bodies and our health (Known as the “Free Radical Theory”), which are actually byproducts of environmental factors such as toxins and pollutants; chronic stress, and a less than healthy lifestyle. Nor do we hear often that in our body’s processing of oxygen, the very thing above all else we need to survive, causes oxidative stress or damage to our cells causing cellular breakdowns responsible for everything from the premature signs of aging to the development of certain diseases and cancers.**

**In addition, our bodies produce more free radicals when we exercise or exert ourselves than when we are at rest. But don’t take off those walking shoes or toss out those dumbbells just yet, because by including all of the Party Girl Diet’s 9 Keys to Good Living™ in your life - you will be armed with the ammunition to fight back in the war that is going on inside your body right now - the war between free radicals and antioxidants.**

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**“While genetics do play a role in how we age, we can, through proper nutrition and the right life-style choices mitigate the oxidative damage the act of sheer ‘living’ has on our bodies.”**

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Though there are more detailed, scientific explanations of how free radicals create a hole or break in the DNA chain requiring antioxidants to go in and “patch up” the hole to prevent damage on the cellular level, the following “bank account” analogy I created may prove to be an easier way to see how free radicals operate, and how antioxidants, like “paychecks” or “deposits” are needed to come in and “save the day.”

For the purpose of this analogy, think of your body as a bank account, full of money, or in this case – healthy, functioning cells. Now, everyday ordinary activities such as eating, walking, exercising, even breathing - produce free radicals to form and attack the cells in our bodies, creating a constant stream of ongoing debits against our body’s “bank account” of healthy, functioning cells. In order to prevent the free radicals from doing serious damage, your body requires “anti-oxidant deposits” on your part to make sure your account does not become overdrawn.

While it may sound extremely easy to do, it is your awareness and constant diligence in re-supplying your body with fresh antioxidant rich foods and nutrients that will keep the free radicals from taking over and creating damage to your cells which can, as stated above, promote pre-mature aging, certain cancers and diseases such as chronic heart disease.

***The concept of using food for “medicinal” purposes for it’s “functional” properties to heal, protect, and enhance our health has been with us for centuries – as it was Hippocrates “The Father of Medicine,” who said: “Let food be thy medicine and thy medicine be thy food.”***

Today, most major scientific organizations (if not all) encourage healthy adults to adapt to a eating plan similar to a Mediterranean style diet for prevention of major chronic diseases such as heart disease, which has been documented in an analysis of more than 1.5 million healthy adults

demonstrating that following a Mediterranean style diet was associated with a reduced risk of overall and cardiovascular mortality, a reduced incidence of cancer and cancer mortality, and a reduced incidence of Parkinson's and Alzheimer's diseases.

As a result, the lifestyle choices recommended in the Party Girl Diet Plan™ reflect the following positive, health and wellness enhancing attributes of a Mediterranean style diet and lifestyle:

**Include more fish into your weekly diet - with the goal of eating at least 2 + servings of wild caught, cold- water Omega 3 Fatty Fish varieties such as salmon, albacore tuna, herring, sardines, mackerel and lake trout a week – to get your needed supply of omega-3 fatty acids. Omega-3 fatty acids lower triglycerides, decrease blood clotting, are associated with decreased sudden heart attack, improve the health of your blood vessels, and help moderate blood pressure. Monounsaturated fats and polyunsaturated fats, such as canola oil and some nuts, also contain beneficial linolenic acid (a type of omega-3 fatty acid).**

**Dietary habits of the longest living people and cultures possessing the highest percentage of centenarians such as the Okinawans include consuming ample amounts of fish on a weekly basis. The recommendation here is as stated above, at least 2 – 4 oz. servings a week.**

A good place to start adding more fish to your diet would be to replace a few of your red meat meals with fish, as a strong body of evidence suggests red meat should be consumed no more than a few times a month. With a healthy eating lifestyle in mind, it is also recommended that poultry be eaten at least twice a week.

**Consume plant-based foods such as fruits and vegetables, whole grains, legumes, and nuts... try to get 9 – that's NINE Servings of Fruits and Vegetables a day combined!**

**Build at least 30 minutes of exercise into your life – EVERYDAY, with a goal to work up to 60 min/day. Everything you do counts – the trick is, that no matter what you are doing – do it with “gusto” to get the most bang for your exercise/activity investments.**

**For instance you may spend 30 minutes housecleaning, so really put all you've got into it – you'll get it done quicker and a good workout in the process! Then you spend another 20 minutes running errands, so in this scenario, park the car farther away to get a walk in, wear comfortable shoes and speed shop.**

**Add that to walking the dog or going for a walk for 15 minutes and/or spending 10 minutes – 20 minutes on the treadmill and you can see how fitting in 30 – 60 minutes of activity a day is a relatively manageable fitness goal. We go into more detail on the topic of fun and easy exercise solutions in Chapter 5 – Party Girl Fitness.™**

**Replace butter and solid fats with healthy fats such as olive oil and canola oil. Olive oil provides monounsaturated fat—a type of fat that can help reduce LDL cholesterol levels when used in place of saturated or trans fats. “Extra-virgin” and “virgin” olive oils — the least processed forms — also contain the highest levels of the protective plant compounds that provide antioxidant effects.**

**Experiment with fresh herbs and spices instead of salt to flavor foods. In addition to containing protective and health enhancing properties, there are numerous herbs and spices such as garlic, rosemary, turmeric, cayenne pepper, etc., that can really liven up an otherwise ordinary dish, offering a jolt of flavor without the added salt and fat!**

**Drink red wine in moderation: People enjoying the Mediterranean style diet lifestyle typically include a moderate amount of wine. This means no more than 5 ounces (148 milliliters) of wine daily for women (or men over age 65), and no more than 10 ounces (296 milliliters) of wine daily for men under age 65. More than this may increase the risk of health problems, including increased risk of certain types of cancer. Naturally, drinking alcohol on this diet plan is optional; please see expanded alcohol consumption category notes in this chapter.**

*A Mediterranean style-eating plan has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol — the “bad” cholesterol that’s more likely to build up deposits in your arteries, and traditionally includes fruits, vegetables, pasta and rice.*

**Nuts: While nuts are another part of a healthy Mediterranean style diet, they are high in fat (approximately 80 percent of their calories come from fat), but most of the fat is the “good for you fat.” Be careful not to over-indulge as nuts are also high in calories – so when enjoying nuts as a snack or part of a meal, keep within the appropriate serving amount which is approximately – “a small handful” a day, or equal to about 4 ounces a week. For the best nutrition, avoid candied or honey-roasted and heavily salted nuts and forgo the added sugar, fat and salt that comes with them!**

**Grains in the Mediterranean region are typically whole grain and usually contain very few unhealthy trans fats, and bread is an important part of the diet there. However, throughout the Mediterranean region, bread is eaten plain or dipped in olive oil — not eaten with butter or margarines, which contain saturated or trans fats.**

**Fat: The focus of a Mediterranean style diet isn’t on limiting total fat consumption, but rather to make wise choices about the types of fat you eat. The Mediterranean diet discourages saturated fats and hydrogenated oils (trans fats), both of which can contribute to heart disease.**

**Wine and Alcohol: The debate as to whether alcohol consumption provides health benefits has certainly been a topic of research and discussion in the news and on the internet, with red wine taking center stage for it’s property “resveratrol,” an antioxidant found in the skin of the red grape believed to help increase HDL – “the good cholesterol” and it’s anti-clotting properties which prevent the blood platelets from sticking together. Now while the risk factors of excessive alcohol consumption are widely documented and undisputed, for the purposes of wine’s place in the Party Girl Diet Plan, it is interesting to note there is strong evidence to support the following statement:**

**“The risk of heart disease in people who drink moderate amounts of alcohol - an average of one drink for women or one to two drinks for men per day - is lower than in nondrinkers.”**

However, no one is recommending that non-drinkers start using alcohol or that drinkers increase the amount they drink. The National Institutes of Alcohol Abuse and Alcoholism (NIAAA) offers new

guideline phraseology regarding the communication of what constitutes “low risk” alcohol consumption, which bases the “associated risk of alcohol consumption” on the “averaged out amount of alcohol a person consumes over a week,” instead of, or in addition to - stating what is an acceptable daily serving amount, since not all people drink alcohol daily. This clarification is outlined below:

***If you drink alcohol, The National Institutes of Alcohol Abuse and Alcoholism (NIAAA), categorizes “low-risk” drinking as no more than 14 drinks a week for men and 7 drinks a week for women with no more than 4 drinks on any given day for men and 3 drinks a day for women (NIAAA, 2009). This means an average of one to two drinks per day for men and one drink per day for women. A drink is one 12 oz. beer, 5 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits.***

In order to eliminate any possible confusion regarding “alcohol consumption” as it relates to the overall general good health of the American public it is important to reiterate there are no “recommended” daily or weekly amounts of alcohol or red wine consumption required to be healthy or to gain the ostensible health benefits of drinking a glass of red wine daily as people interested in gaining the heart healthy benefits of resveratrol can do so by consuming red grapes and red grape juice.

In addition, “for those who choose to drink an alcoholic beverage, it is advisable to consume it with food to slow alcohol absorption. Data suggest that the presence of food in the stomach can slow the absorption of alcohol (Jones, 1997) and thereby mitigate the associated rise in blood alcohol concentration.”

Please keep in mind, while there are perceived health benefits associated with drinking within the “low risk” alcohol consumption guidelines, “Drinking more alcohol increases such dangers as alcoholism, high blood pressure, obesity, stroke, breast cancer, suicide and accidents. Also, it’s not possible to predict in which people alcoholism will become a problem.” Given these and other risks, as indicated earlier in this chapter, it is recommended that people NOT start drinking ... if they do not already drink alcohol. Consult your doctor on the benefits and risks of “consuming alcohol in moderation.” In addition, if you have a personal or family history of alcohol abuse, or if you have heart or liver disease, are under the age of 21, are pregnant or lactating, refrain from drinking wine or any other alcoholic beverage.

**Moderation – an important key to “good living.” With the Party Girl Diet Plan – “You can have it all – in moderation!” One of the main objectives of this book is to provide you with the knowledge, assessment tools, and “mindset” you need to free yourself from any pre-conceived or outmoded learned behaviors and thought processes with regards to “dieting,” which will allow you to enjoy a lifestyle that offers complete satisfaction with the foods you eat, and which will get you on the road to being your healthiest, happiest, fittest you possible.**





1

The Party Girl Diet's™  
9 "PRICELESS" Keys to Good Living.™

**What if you could access the secrets to living a longer, healthier, and happier life right this minute? Do you think you would appreciate the new found knowlegde and act upon it today? There is a strong body of evidence to support that it only takes doing something for 21 days to become a habit. With this in mind, you could - in as little as three weeks be enjoying a complete new, healthy, and fun lifestyle by including The Party Girl Diet's 9 PRICELESS Keys to Good Living™ into your life starting today - think about it...what do you have to lose?**

**The Party Girl Diet's 9 Foundational Keys to Good Living™ are "PRICELESS," and represent the lifestyle choices you can start incorporating into your life TODAY to live a happier, healthier, and longer life:**

- 1. Proper Nutrition - Eat a wide variety of colorful, fresh, nutritious foods.**
- 2. Relaxation: Discover what makes you feel at peace and do it every day.**
- 3. Involvement: Get involved in community work, your church, etc.**
- 4. Control your exposure to cigarette smoke, pollution, and excessive alcohol.**
- 5. Exercise Daily – Do what you love everyday for better health and vitality.**
- 6. Laugh: Find ways to laugh and have fun everyday.**
- 7. Equilibrium: Seek a balance between work, play, and family in your life.**
- 8. Sleep: Get the proper amount – 7 to 8 hours a night of sound sleep.**
- 9. Stress Management: Practice Stress Reduction Techniques daily.**

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**Hippocrates – Greek physician (460 BC – 377 BC) widely recognized as “the father of medicine” reveals the cornerstone of “optimal health” in his famous quote: “Let food be thy medicine and medicine be thy food,” and planted the seeds for a sustainable world of positive, healthful living for all ages to come based on the consumption of wholesome, natural foods. I am confident Hippocrates was not encouraging a diet full of highly processed and nutrient void foods, as these unhealthy food choices simply did not exist at the time.**

**Hippocrates also held the belief that “the body must be treated as a whole and not just as a series of parts,” as well as believed in “the natural healing process of rest, a good diet, fresh air and cleanliness.” These attributes of healthy living are included in the Party Girl Diet - as I also believe these are keys components to healthy, whole living.**

**The Party Girl Diet provides a healthy, satiating, and sustainable diet strategy and weight management system for “optimal health” that will stand the test of time, and with adherence, will reduce and manage unwanted weight gain in the process.**



**While many of The Party Girl Diet's 9 Keys to Good Living™ are easy to understand with each PGD Key delivering inherent value and proven health benefits on its own, the real payback comes when you adapt ALL of The Party Girl Diet's 9 Keys to Good Living™ into your life. Like a puzzle requiring all of it's pieces to be complete and whole, all of the PGD Keys (or in this example – puzzle pieces) to Good Living are inter-connected and need the other pieces in place to complete the picture. For**



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sample content of The Party Girl Diet: "Keep the Party Going...While You Lose the Weight!"

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