

ReFresh

The Liquid Diet Guide

Start Your Journey

by: Cindy P. Dominguez

Model: Maxi Quema

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The Liquid Diet Guide

How to Lose Weight with Beverages



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ABOUT THE AUTHOR

Lucinda P. Dominguez, “Cindy” as she is fondly called, is a food and beverage expert with years of culinary experience. After publishing “The Beef Lover’s Cookbook” that was sponsored by one of the largest companies in the Philippines, San Miguel Corporation, she embarked in her online career as an SEO writer and Internet marketer, and has created numerous ebooks and thousands of articles for her international clients. She was recognized as one of the Top 20 Ultimate Food Bloggers in 2012 by Sooo Pinoy which is a group that promotes national pride by appreciation of Filipino culture food. Cindy has won numerous culinary contests such as that of Cook’s Magazine, Del Monte Kitchenomics, and Aji-Ginisa, which is a product of Ajinomoto.

Granddaughter of the prolific writer Jose Villa Panganiban who has over 1,000 published works to include the first Filipino dictionary and thesaurus, she has inherited his passion for writing and shares his belief that to wield the power of the written word is to be done to encourage and uplift others.

Cindy, widow of Rene L. Quema, has 5 children who are RayC, Timi, Maxi, Sarah, and Allison. The featured model in this book is her daughter, Maxi Quema, who hails from the UNESCO World Heritage city of Vigan, Ilocos Sur, Philippines in which their perfectly preserved ancestral home is a historical landmark. Maxi launched her modelling career by winning the “Fashion Model Quest 2009” and has been doing professional modelling and commercial advertising since then.

PREFACE

When I was asked by a friend, “How do you keep so slim?”, I was shocked. She had taught aerobics when we were younger and had less children than I do but she was plump now that she got older. Though I never did think of how much weight she had gained over the years, I saw her struggle with losing weight a year or so ago. Then I thought to myself, that woman is determined as she did exercise and reached her weight loss goal.

The intense aero workout she was doing when she was younger did work yet when she no longer had the time, she gained weight. I, on the other hand, who left her aero class on the pretense that I will drink water and never came back, has nearly effortlessly remained slim. I am not saying that I don’t exercise as I do, in a different way from her. I can’t do a lot of sports as my one leg is half an inch shorter than the other and as I was growing up, I wore correctional shoes that had weights for my shorter left leg. What I do to exercise it to take leisurely long walks and do chores, making sure that I do go move about for at least an hour a day. A lot of people are like me who can’t do intense workouts.

I never did get to answer my friend’s question and when I was asked the same question again by another person, I did provide her the information that I am sharing in this book to include getting rid of the complicated process of making detox and weight loss drinks. And, when I saw her a month after our talk, she did lose weight. Our short talk provided her with some information and she was happy with the results. Yet, for many, to lose 8 pounds in a month like the one I spoke with isn’t enough, as they might have to lose 40 or 50 pounds as they have to

do so for health reasons and can't really workout.

That's why I wrote this book. I wanted to share how to lose 5 to 15 pounds in a month and how to keep on losing weight, and how to maintain the ideal weight once achieved, the easy way.

INTRODUCTION

ReFresh: The Liquid Diet Guide provides the knowledge that one needs to losing weight by drinking beverages. To drink ReFresh beverages is the right thing to do every single day to lose weight without a lot of effort. This liquid diet is highly effective and provides healthy weight loss.

The first thing that might come to mind when hearing the word “liquid diet” might be what is done in the hospitals where the patient will have to just take liquids for their nutritional intake. According to WebMD, “Some liquid diets work better over the long term than others. Diets that include both solid food and liquids can help overweight people control the number of calories they eat and help keep the weight off for several years... Before you choose a liquid diet plan, know what you’re drinking...Liquid diets that include a solid meal or two per day, or that teach you healthier eating habits, will be more likely to help you keep the weight off in the long run.”

Another kind of liquid diet that might come to mind are those of weight loss shakes. When those weight loss shakes heightened in popularity, people were buying them even if it was costly. That kind of liquid diet is meal replacement which means that is drunk for a person to get their nutritional intake from that beverage. Thousands of people did lose weight with those weight loss shakes yet what happened was that when many returned to their normal table fare as they had reached their weight loss goal, the unwanted pounds returned.

The fact is that beverages are liquid and it is assimilated by our bodies at a faster rate than solid food. Beverages