

THE NUMEROLOGY DIET

How You Can
Burn More Fat,
Stay Healthy, And
Improve Your Energy
By Eating Foods That
Fit Your Number



TRENT TYLER
MELISSA MADIGAN



ALL MATERIAL ©COPYRIGHT 2012 AND BEYOND, TRENT TYLER, ALL RIGHTS RESERVED.
DUPLICATION OR DISTRIBUTION WITHOUT WRITTEN CONSENT FROM THE AUTHOR IS
PROHIBITED. THIS MATERIAL IS PROTECTED UNDER BOTH AMERICAN AND
INTERNATIONAL COPYRIGHT LAW.



Table Of Contents

Preface	4
Introduction: The Story Of Adam	9
A Quick-Start Overview Of The Numerology Diet System	10
Decoding “High Vibe” Foods and “Low Vibe” Foods	12
The Dieter’s Prayer	15
Chapter 1: What Is Numerology?	16
Defining Numerology	20
Calculating Your Universal Number	23
Chapter 2: Vibrational Foods	25
Rules For Vibrational Eating	29
Chapter 3: For The Numerology Purists	
33	
The Micro On Macro	38
Chapter 4: The Tri-Plate Method	41
The Power Of The Plate	43
Chapter 5: Say... What’s Your Number?	50
1’s	51
2’s	57
3’s	64
4’s	70
5’s	77
6’s	83
7’s	89
8’s	95
9’s	100



Chapter 6: Diet 411: Our Most Commonly Asked Questions	105
Chapter 7: Exercise By The Numbers	111
Chapter 8: The Demons Of Progress & The Tools Of Success	120
3 Steps To Unpacking Useless Baggage	121
Empowerment Mantras	123
Conclusion: The Story Of Eve	126



Preface

Walk with me, if you so desire, down deserted sands. This sand creates the lovely beach upon an island...an island you now find yourself stranded upon.

Fear not, as this was a conscientious decision on your part.

Let's imagine a scenario where you were offered a choice: to stay in a crowded city, or to live your life in total isolation, with the exception of your immediate family, on a beautiful tropical island.

Granted, neither option held unyielding appeal to you (nor would they most people), but let's pretend these were your only two options, and that you chose the latter. You chose isolation. The reasons why are not important for our little work of fiction—only the outcome, which will be revealed momentarily.

Upon arriving at your private island, you are given a list of items and wants that you can have in perpetuity. After all, this is not a punishment. This is a decision, and no matter which of the two options you decided upon, either welcome you with their own set of unique perks and perils.

This list is sparse, with just ten items in totality. It contains options to provoke thought, as well as all the essentials needed for a relatively comfortable survival.



Your choices included the “Five Essentials.” These are:

1. Food and water (all you require of any food)
2. Shelter (let’s say it’s comfortable, yet sparse)
3. Clothing (enough to last you your entire lives)
4. Protection (no rabid animals to harm you)
5. Love and companionship (provided by your family)

Now, to make this social experiment complete, you are also offered “Five Extras.” Each are referred to as “Zones”. You can choose only *one* of the following Zones:

1. Any amount of money you ask for (yet you are stranded forever alone)
2. The instant eradication of any outstanding bills or payments you owe, all free of state and federal taxation
3. Recognition and fame; you will forever be enshrined in the minds and hearts of the present and the future
4. Physically perfect bodies that age with absolute grace
5. Spiritual and physical peace; freedom from mental or physical illness for you and your family, plus spiritual awareness and peace.

Which would you choose, and why?

There are no wrong answers to this pop quiz of life. There are, however, answers that may serve you better than others. There are also *common* answers to these questions, as this test has been given to others in various sociological and psychological settings.

By far, the number one answer for what Zone would be most preferable is Zone 5.

Money, of course, would hold no meaning on an island devoid of capitalism or free markets, let alone needs only money could resolve. People usually fear bills and payments due to the consequences of *not* paying them, despite the fact that most of us are generally honest people. However, there are no consequences on a deserted island—no law enforcement, bill collectors, or phones that ring during supper asking for “Mr. or Mrs. Smith.”

Fame, without the sights, sounds, and tactile experiences of its existence, usually loses whatever luster it may have held. And, how about that perfect body? Sure, that sounds wonderful—even practical, since some degree of physicality would be necessary for your survival. Yet, there are no mirrors. There remains no one to compliment you on your beauty, nor judge you for your imperfections.

This leaves us with what most truly desire: *peace*. Peace and tranquility of mind. Spiritual peace, both within our own souls and with the higher power of your deepest beliefs. And, of



course, *physical* peace—the absence of disease, the joys of health, and the freedom that comes with both.

This exercise, as simple as it appears, answers quite a few of our most challenging issues. We basically stripped bare the trappings of civilizations to reveal the absolute essentials of mankind. And, for most, these essentials are *physical health and spiritual peace*.

Yet, this is hardly the way the world appears or operates. If you were an alien visiting from another planet, and you were to witness the lives of those around you (and, perhaps even your own life existentially), is this the reality you would see? The reality where mankind desires physical and spiritual freedom over the pursuit of wealth, fame, possessions, a life free of debt, and physical perfection?

I'll trust you to be honest, and therefore I trust your answer would be a resounding, absolute, sad, yet unequivocal "No."

How did our most cherished values and desires become buried under the sands of progress, pressure and materialism? When did this submerging desire to fit in, look great, be punctual, and acquire more than we need *exceed* our innate longing for spiritual connection and physical wellbeing?

One could argue that this began the day we were born. The modern era is unforgiving when it comes to placing the pursuit of what is deemed *important* in submission to that which we know internally to be *sustaining*.

Please, my friend, do not let this quiz haunt you, judge you, or even exalt you, assuming you actively live a life in Zone 5—a life that places your physical health and spiritual nourishment above all else. Within the depths of spiritual truism lies the revelation that all of us are equal.

Despite our failings or triumphs, despite our superior or less-than-desirable lifestyles, despite our embrace or rejection of ultimate truth, the enlightened being sees nothing more than a soul on his or her own journey. A soul in torment or a soul in ecstasy is still a soul in journey, and all we can do is provide companionship, support, and a compass that, perhaps, will serve another as well as it serves you.

And, my friend, this truism brings us to the introduction to what we've discovered—a compass we wish to share with you, today. This is a path that can assist you in living *the ultimate* Zone 5 existence. This spiritual treasure map can also lead you down a path that encourages the achievement of the other Four Extras, if you so desire, merely from a place of effortless sway *toward* rather than a relentless skirmish against the streams of what is and what must be.



It is not the possessions that cripple the soul, but the struggle against the stream of energy that, when your ultimate alignment is absent, presents itself as a battle rather than a gift.

Within the pages of this short treatise, you will be exposed to some new realities, and perhaps reminded of some familiar truths. The greatest of these new realities is the premise of the book's title:

Numerology applies directly to the foods you should consume, and that eating **spiritually** is the most expedient path to your connection with the Infinite.

What Melissa and I have endeavored to accomplish within *The Numerology Diet* is expose the world to the art and science of numerology (for those not already familiar with it) and how, even among the most dedicated of adherents, these time-tested principles have been overlooked when it comes to that Zone 5 existence we all desire.

The principles within *The Numerology Diet*, when applied to your daily life, will take you on a wonderful journey to a higher plane of physical health and vitality, spiritual connection with what we call "Source" (you may refer to this Infinite Power with whatever term you prefer.) These same principles can even propel you toward those other four Zones given to our fictitious island dweller, again, if you so desire.

Eating *spiritually*, which may be a new yet exciting concept for you, lifts you to an energy plane that is almost beyond description. This empowerment allows you to more effortlessly achieve success, both monetarily and otherwise, due to the alignment you will have between your highest Self/Purpose and Source. It propels you toward becoming "famous" to the people that matter most—your family, friends, and associates. Your radiance will become infectious, and without trying, you will change, for the better, the lives of everyone around you.

And, as an extra special fringe benefit, eating spiritually enables you to *achieve your most desirable body*. For some, this means finally achieving life-long weight loss. For others, this may mean gaining strength, lean body mass, or recapturing energy and health. Whatever it means for you is simply the natural direction spiritual eating will take you.

While eating spiritually is a concept that, at its roots, has been around from the dawn of recorded history, Melissa and I discovered, quite by accident, that **numerology allows you to embrace it with far greater ease and speed**. Also, numerology is the *only way* we are aware of that allows you to have a specific, step-by-step guideline to follow. Spirituality is, quite obviously, a highly personal thing. Yet, some ideas, principles, teachings, and guidelines are simply more useful, and even more practical than others.



The Numerology Diet will reveal to you the most useful tool we have discovered in our decades of research into the world of nutrition, health, and, of course, numerology, to gift your energy path with a wonderful *life partner*—a partner which we refer to as the power of *eating by the numbers*. This partner will never abandon you, never change, and always work to serve your highest Self. This partner will replace the guesswork associated with “diets” (a term we do not really enjoy using, yet our publishers insisted upon it being in the title) with the **absolute** path of the science of numerology. It will provide you with certainty, clarity, and specificity that will exceed any conventional nutrition plan.

It will also surprise you, as you discover *many* of the foods deemed “healthy” for everyone are simply *not ideal for you*. You are, without question, consuming some, perhaps many of these foods now, unaware that they are out of resonance with your Life Path number. We refer to this number throughout this book as *your Universal Number*, as Melissa and I believe that our ultimate peace, power, and joy come from alignment with the energy flow of the Universe.

Eating **specific** foods, determined by your specific Universal Number, accelerates this process and enables Universal Flow on a moment-by-moment basis. Eating foods that *block* this Flow will deter you from your ultimate source of Infinite Power, connection, and life potential. This is the foundation of spiritual eating from the perspective of *The Numerology Diet*.

So, we extend this invitation to join us. Get comfortable, set aside the concerns of the day, and examine this book with an open mind and willing heart. Do this, and within moments from now, you will be well on your way to possessing the greatest gift we could possibly deliver—the gift of eating spiritually, and the precision of eating by the numbers.

Your life, and your soul, will forever be transformed.

Trent Tyler
Co-Creator, *The Numerology Diet*
January 27, 2012



Introduction: The Story Of Adam

Slumped over in a taped-up La-Z-Boy chair that looked only slightly older than the man it barely contained, sat Adam.

Adam's depression was exuding such massive waves of negative energy that the hairs on my arm were standing at full attention, as if Adam was dangling a sweater over my body that just exited seven cycles of high heat from his dryer. Static cling was not the issue here. The issue with Adam was static interference.

Adam had ignored his body's internal cries far too long, choosing self-medication through the use of sugar and processed foods in favor of a more self-honoring approach we often refer to as spiritual eating. In so doing, Adam unknowingly intertwined mental frequencies. Waves of certainty became entangled with waves of confusion. Can you relate to Adam?

Static interference, as you'll discover, holds the secret to why you've struggled with your weight loss in the past, and, for that matter, any other goal you have yet to achieve.

I shared with Adam the foundations of numerology, something he was highly skeptical about from the get-go. I demonstrated how, using the fundamentals of what we know works within the various understandings of numerology how we could determine his Universal Number. This number holds immense power over our mind and our body. Yet,



little known to most, it also holds the secret to the foods we should eat in order to achieve and maintain our ideal body and most excellent health.

What I shared with Adam that day eradicated his static interference and replaced it with the universal gift of clarity. Only something this pure can move someone like Adam to almost effortlessly propel one off the proverbial couch and into the light of being truly alive, vibrant, and free from the bonds of the functionless form. That day, Adam was reborn. Within months, he was virtually unrecognizable. It wasn't just the sixty-seven pounds Adam effortlessly shed that made him so—it was the radiance from behind his eyes that literally lit up the room as he entered it with supreme confidence and joy.

What worked for Adam can most certainly work for you.

You now hold in the palms of your hands the very same approach I gave to Adam. It's an approach that, frankly, may appear too simple to work—yet work it does. It's an approach that, just as the art and science of numerology itself has its detractors and negative cheerleaders.

I say, let proof be the tune you sing in response.

A Quick-Start Overview Of The Numerology Diet System

If you're anything like the majority of our friends, followers, and family, you are already pretty well versed in the study of numerology. Nonetheless, my co-author, Melissa Madigan, and I, suggest that you give this overview some very serious attention... Here's why:

As you may realize, numerology has a variety of useful means of interpretation. Ours is one that utilizes the most fundamental understanding of the science, as well as a simplified, practical underpinning necessary to apply this wonderful practice to the science of nutrition and weight loss.

If you are new to numerology, then we urge you to digest every page from start to finish, otherwise you may misinterpret even a small section of the *Dieting By The Numbers* chapter, which could be disastrous. However, once you see where we're coming from, using the foundations of numerology, the dietary guidelines will be very easy to understand and implement. In fact, this may very well be the easiest diet plan you've ever undertaken. Why? Because unlike any other diet plan on the market today, this diet actually measures the numerological values of specific foods and matches these foods to your Universal Number.



Think of it this way:

All matter resonates at specific frequencies. The frequency of, say, a carrot, is quite different from that of a bagel. The most simplified way of looking at The Numerology Diet is through the lens of frequency matching.

However, that is far from the sole reason this dietary approach works. It's merely one of the more scientific tools we use for gauging its effectiveness.

The real reason it works so well lies within the mystery and wonder of numerology itself, and the concept of applying its principles to not only people, but to what people eat.

Once you do, you will align your energy with Universal Energy. You will embrace a feeling of absolute certainty that will empower you to progress faster and more effortlessly than you've ever dreamed possible. You will no longer approach your diet with even an ounce of confusion—and the number one diet-killer on the planet is that dreaded state of confusion.

In the same way the foods we eat carry a specific vibration, we ourselves carry a specific vibration. You can easily determine what foods are best for your body, and therefore what foods will allow you effortless weight loss, simply by knowing what your unique frequency is. These specific frequencies or vibrations are described as your "Universal Number."

Your Universal Number

As you may have gathered by now, each Universal Number has its own specific dietary needs. In our simplified version of the fundamentals behind numerology, we have come up with nine Universal Numbers. You are one of these numbers.

Some numbers share the same dietary strategies as others, while not sharing the same exact food sources. Every form of food on the planet either resonates (or vibrates) with your Universal Number or it doesn't.

The idea of having to figure out and weigh the vibrations of each and every food compared to your personal vibration may seem overwhelming. Which is precisely why we've taken the time and done the research for you.

Vibrational Foods

We have broken foods into two specific categories. Each Universal Number has its own list of these foods, as each Universal Number has its own specific vibration (although there are cross-over foods that work for multiple Universal Numbers.) However, these foods are always subdivided into two categories: High vibe foods and low vibe foods.



Decoding “High Vibe” Foods and “Low Vibe” Foods

High Vibe Foods

These are foods that ideally match your Universal Number (a term I will refer to frequently as “UN” for short throughout this book.) Approximately 90% of your daily diet should come from these foods—the more, the better. However, a key component to staying on a nutrition plan for life is **enjoyment**, so we refuse to limit you solely to High-Vibe Foods. Perfection, dear friend, is the enemy of progress.

Low Vibe Foods

As you may imagine, these foods are the frequency firebrand, and in this case “firebrand” contains no noble qualities. These foods destroy your body’s connect to itself, as well as its connection to Universal Energy. Now, while you may think these foods are obvious, **they are not**. You are almost certainly consuming these foods now, as many of them look “healthy” and are deemed “good for you.” In reality, they are good for some, and destructive for others.

We will elaborate on the specifics behind each of these two vibrational food sources throughout this book, and detail which foods are which for each specific Universal Number within the Dieting By The Numbers chapter. In this chapter, you’ll discover the exact foods you should be eating, and in what quantity.

Some of our readers are at their ideal weight and simply want greater health, energy, and vitality. This book can provide that, and more. Some of our other readers desire to gain weight, perhaps muscular weight in order to excel at a given sport. No problem—The Numerology Diet has you covered. However, the majority of our readers would like to reach their ideal weight easily and do so with the guidance of the wisdom of the universe. No matter your objective, this book holds the answers. All we ask is that you open your mind, heart, and soul to the concepts of eating spiritually and the foundational principles of The Numerology Diet.

One of the first techniques we want to share with you is the foundation of true health and vitality. This method grants you the necessary basic knowledge on how to begin eating toward your divine potential.



The Tri-Plate Method

As mentioned above, we do not count calories in The Numerology Diet. Instead, we draw on our plates. (Well, sort of!)

Don't worry—this isn't as socially unacceptable as it sounds. We simply show you the easiest method we've ever seen for determining how much food you should consume at any given meal, using nothing more than a plate divided into three varying parts:

The really wonderful thing about the Tri-Plate Method for measuring food is that, once you've grasped the idea and applied it a few times, you never have to wonder, "How many vegetables should I eat at this meal?" or, "How much dressing should I use on my salad?" ever again. There will be NO fretting over counting carbohydrate grams, fat grams (with only a few exceptions), protein grams, or concern about portion sizes.

And, at long last, you will be free from aural damaging notions of "counting calories" or "watching fat grams" in order to lose weight. How wonderful does that sound?

That said, I am coming from a background of both numerology and nutrition, so I will not be blowing smoke in order to obscure some fundamental truisms. While counting calories is not a part of The Numerology Diet, as the practice statistically fails on a colossal scale, eating more food than your body requires 75% of the time results in fat storage. It's that 25% that we'll cover within these pages that can set you free.

Only a few Universal Numbers need worry about dietary fat, as fats do not resonate with their state of frequency. Still, these particular Universal Numbers have benefits the other numbers do not possess. This is true for each Universal Number. Our strength as a collective depends on our wonderful diversity, and nothing expresses this more profoundly than the science of numerology.

Another wonderful feature in the Tri-Plate Method is the freedom to consume as much food as you want! We encourage five plates of food per day for most every Universal Number. Of course, you do not have to eat if you're stuffed—but wouldn't that be a lovely problem to have? "Trent, I'm absolutely too full to eat another bite!"

Well, get ready for it.

The next principle we have for you is yet another blissfully easy concept to incorporate into your spiritual eating practice. This proven system will help you better understand your

body's physical needs so you can easily attune them to your individual mental and spiritual needs.



Interval Carbohydrate System

As you'll see in the chapters ahead, the Tri-Plate Method works off a principle we call Interval Carbohydrate System, or ICS for short. (We will cover each of these principles in detail in the coming chapters, so don't worry if the terminology is adding up.)

The Interval Carbohydrate System works on a simple principle: Feed the body carbohydrates at times when it most needs them, and avoid the other times. Carbs are fuel—but it's fuel that comes at a price for many people, especially those interested in weight loss. Using our Interval Carbohydrate System principle (and fear not—you never have to think about it, as it's built into the Tri-Plate Method) you'll utilize your carbohydrates far more effectively.

Exercise

The Numerology Diet will conclude with short chapters on exercise basics, the psychology of success (yes, you'll need to use these tools as you see yourself achieving your ideal body), and our Diet 411 questions and answers chapter.

Throughout this journey you may also choose to incorporate various other encouraging and supportive methods into your daily routine. We've included one such method for you here - we've found this particular approach to be one of the most successful companions in manifesting the benefits you'll receive from the exercises and information you're discovering now.



Angels Are In The Details: A Prayer To The Universe

Before we get started, Melissa and I would like you to say a little prayer. If you like, you can direct this at God, the Universe, the Source, or whatever you are most comfortable with. Many simply pray to their Higher Self.

You are about to read, aloud, **The Dieter's Prayer**.

Make yourself as comfortable as possible. Curl up in your favorite quiet zone. Turn off all of those "data input" sources, like your cell phone, your email browser, Facebook...just for our time together. Take a deep, long breath.

Then, I ask you read this promise to yourself aloud, and please - make it real for you:

"I promise to dismiss all negative judgment I may be carrying toward my current physical condition. I promise to forgive myself for what may have been mistreatment of my glorious physical temple in the past. As I now touch my most negative-energy zones on my body—those parts of my body I may currently dislike—I say aloud, 'I choose to lovingly release you now as I embrace my Highest Self.' After making this proclamation, I choose to allow Universal Light to enter my body and my mind, as I now embark on my personal healing journey of discovery—one that will bring new hopes and renewed enthusiasm for fulfilling my greatest destiny, fully embraced in the states of health, fitness, and endless vitality."

Read this statement aloud each time you pick up this book, and your life will begin to evolve into a higher state of bliss - and do so before your very eyes.

The foundational concepts we've laid out for you thus far form the base for your divine transformation. When you apply these simple, easy to follow principles you will essentially witness your physical rebirth as the beautiful, strong, radiant being that the Universe already embraces you as. By undergoing this transformation you are establishing your own personal sacred temple as the physical gift that it truly is. The Numerology Diet is designed to guide you up the path to your highest potential. The knowledge and exercises you're beginning to embrace were created specifically to help you thrive.

Use the foundation you now have as just that - a starting off point. From here on, as you learn more and begin to understand yourself on a deeper level, continue to move up from this foundation. Use The Numerology Diet and the insight it gives you to grow and flourish in every aspect of your life.



CHAPTER 1

What Is Numerology?

The following story may be hard to read and, at times, you may really desire to quit reading it and move on. But you must continue. It is in the darkest corners of our minds that we hide all of our greatest treasures. And in this story, you'll realize some of your own greatest treasures.

"That's a bit like astrology, isn't it?"

Mark was less than enthusiastic about my interest in numerology. As my best friend and roommate at the university I attended, Mark served as a guiding light in many ways. He was a 'stud wingman' as we would say back then. Standing six foot, four inches tall, with the looks of a Calvin Klein model, Mark was also the quarterback of our rather illustrious football team. Taking him into a bar all but assured my friends and I would have an ample supply of beautiful girls visiting our table, and his permanent attachment to Mindy, his first love, allowed for we lesser mortals to partake in the bounty.

However, my interests in world religions, philosophy, and, as of my junior year of high school, numerology, created a major buzz-kill in Mark's eyes. As a finance major, Mark kept his focus on, as he put it, "Reality, and nothing more." If it wasn't peer-reviewed or subjected to an Excel spreadsheet, it wasn't worth knowing.



That attitude changed when I applied my budding knowledge of numerology to Mark's passing game.

Using some really simple numerology guidelines, I suggested to Mark that he should throw the ball whenever possible on second down and seven. (If you are not familiar with football, American style, you have four downs to make ten yards.)

Why did I make this suggestion? Mark's Universal Number was 7, and in football, at least the way our team was coached, you called a running play on second down and seven about eighty percent of the time. Since our coach called the plays from the sidelines, I knew this would be a daunting task.

"You've got to be kidding me," Mark bellowed. "If you don't complete the pass, you're stuck with third and long. The coach would bench me for even suggesting it."

"Just ask him to let you try it when you're up a few touchdowns late in the game. See what happens."

Mark got our rather ornery coach to agree. "As long as you're kicking their butts, knock yourself out. But if you start tossing interceptions, I'll toss your ass out. Got it?" Mark 'got it' perfectly clear.

An interesting thing happened by the end of the season. I charted Mark's completion percentage (the number of times a quarterback completes a pass as compared to the number of times he does not) for each second down, and did so for every game after he implemented my suggestion to throw on second and seven. Mark completed a staggering eighty-seven percent of his throws on second down and seven. His overall completion percentage, after subtracting the second down and seven plays, was only fifty-six percent. By far, his number one weapon on the field was a throwing play on second and seven.

"I don't know if it's placebo effect or just wild luck, but whatever it is, I'm going to keep doing it," Mark opined after being shown—you got it—the Excel spreadsheet.

"There's another alternative, Mark. Numerology may just, in fact, be a powerful tool for navigating through life."

After college, Mark did what a lot of athletes do: he proceeded to pack on the pounds after taking a desk job at a New York finance company. The combination of long hours and a lousy, energy-draining diet took his once svelte physique and transformed him into a guy he didn't recognize in the bathroom mirror. A forty-two inch waist now lumped over his Gucci belt, keeping him from even seeing those Mark Nason shoes he so rebelliously donned every day, much to the chagrin of his conservative boss, Nelson.



He knocked on my door one late night in SoHo, the neighborhood in which I resided in Lower Manhattan.

“Trent, I need your help.”

“I don’t think I need to ask what you need, Mark. I’ve seen this coming for quite some time now.”

“No, you don’t understand,” Mark said, with pools of tears forming in his sunken eyes. “Mindy just left me.”

“Mark...man, I’m so sorry. How did this happen?”

Mark went on to tell me how Mindy simply couldn’t take his self-abusive lifestyle any longer. Mark had already suffered what’s known as a transient ischemic attack, or TIA—a miniature stroke that left no permanent damage other than permanent fear. He was sick every two months like clockwork. His body had disintegrated in both verve and form. And, on top of it all, Mark was now on two different antidepressants.

After talking for some time about Mindy and listening to him blame his weight problem on a slough of scapegoats that he couldn’t control, I offered him what would be the biggest single life changing option of his entire life.

“Mark, I want you to try The Numerology Diet.” Despite the success he had with numerology in his passing game, when it came to what he put in his mouth, numerology was a bit more difficult to swallow.

“Trent, I know you’re a nutrition expert and all, but dude, I’ve tried every diet you can possibly think of. Atkins, Ornish, and everything in between...hell, I even bought one of those juicers from that crazy old guy with eyebrows out to here,” as Mark held his hand about a foot away from his face. For a brief moment, we had a nice laugh. “Nothing is working, Trent. And, even when something does work for a while, I end up sabotaging the diet with a late night at the office burger run...you know, eating for stress relief. I’m literally at the end of my rope, and I can’t stand those cold sheets at night. I have to get Mindy back.”

“Mark, these problems are related, for sure, but they are not equals. You absolutely must choose, here and now, do to this for yourself. Mindy may return, and she may not. I know she loves you, and has loved you since the sixth grade. But do this for Mark, not for Mindy. If you promise me you’ll do that, and that you’ll forgive yourself right here and now, I’ll help you.”

He agreed, shaking his head while staring at the floor.



“Mark, the first thing you have to know is this—a “diet” is not the answer. You must adopt a lifestyle of eating that is tailor made to suit your specific body. Your body has a unique vibration, and that vibration is the key to understanding which foods will work for you, and which foods you absolutely must avoid.”

“Yeah, Trent...and I bet the foods that ‘vibe’ with me are steamed broccoli and bland chicken breasts, right?”

“No, that’s not even close, Mark. In fact, there are green vegetables that you should avoid eating at all costs. You may also find that ice cream isn’t so destructive for your body, or that you need the fattest part of the chicken, the thigh, rather than the breast. Or, perhaps, chicken is off-limits, too. You see, you must eat the foods that create the strongest connection between your body and the Universal Energy that surrounds us all.”

“I’ll do whatever it takes, even if that sounds crazy to me, Trent. I’ve seen the results you’ve produced in others, and Melissa has been telling me about some crazy success stories. Even if it’s all...what did I call it back in college?...a placebo, hell, if it works...”

“It’s not a placebo. It’s numerology, an ancient science, applied to modern foods.”

Mark stared at me and simply nodded his head yes. This time, his eyes were lifted, and I noticed the ray of hope they contained. Mark then read the Dieter’s Prayer found at the end of the introduction chapter. As he read it aloud, his tears became streams. This was good; Mark was letting go.

Ten weeks or so later, Mark knocked on my door again—this time, with Mindy curled closely beside him. I haven’t seen them that happy since our college days. Mark was almost thirty pounds lighter. The color had returned to his eyes, and his complexion made him look ten years younger.

“Trent, I have no words to adequately thank you for giving me back my life.” Again, there were tears, but this time the tears were welcome to join the conversation. “This is absolutely amazing. I don’t even know where to begin!”

“No need to begin now, Mark. Let’s go grab a bite to eat. I know how you love Italian food, and I’ll bet you a dollar it’s time for your Cheat Meal...am I right?”

Mindy chimed in, “God, you guys know each other better than we do!”

That night, our dinner tasted sweeter than most people could ever imagine. We were using food, rather than allowing food to use us. And, we were happy.



I could write several novels on the success stories I've seen over the years. I will share a few more with you throughout this book. For now, let's start at the beginning.

Defining "Numerology"

Numerology can be described as "The branch of knowledge that deals with the divine significance of numbers." This ethereal art has been practiced in various forms, in both primal and contemporary cultures, for thousands of years. The beauty of numerology is that it creates space for our individual presence - it's a system that's been refined over time to help us understand ourselves on a deeper level than we could previously.

This deeper understanding allows us to dive into and discover our true potential. In doing this we are also able to realize and lovingly work towards meeting our true needs. With the knowledge and tools given to us through the art of numerology we can begin to unlock our divine nature, our Highest Self. This is especially true when it comes to the sacred union of our physical and spiritual beings.

More About Numerology

In order to understand how and why we use numerology in the field of nutrition, you must first understand the background, history, and foundations of the study itself. This is a very short overview of numerology. A detailed account would require a miniature library. Fortunately for you, and our purposes, all you need to know is found below.

Numerology is the ancient science of numbers that has been around for thousands of years. According to numerology and Einstein's Theory of Relativity, everything in life has an energy vibration. The numbers in your life all have their own energy vibrations that have a powerfully direct or subtly indirect influence on your life experience.

There are numbers in everyone's life that either directs the energy that is felt, or literally possesses influential energy that can manifest positive or negative consequences.

Numerology, like everything else in life, is about finding a balance. In the case of numerology, it is about balance within the numbers found in the core of your numerology chart.

Numbers that are in proper balance with your Life Path will create a positive temperament, dynamic character traits and ongoing motivation. Numbers that are out of balance with

your Life Path will cause you to topple into either overindulgence or an under-achievement. Also, your Life Path, and the numbers associated to it, can create a mental



environment where you become obsessive about food, or lackadaisical about proper exercise.

Simplifying The System

One of the most important numbers in numerology is called your Life Path Number. This number involves a slightly more elaborate set of calculations to achieve, although both your Life Path and the number we use for The Numerology Diet are determined in similar ways.

When testing the power of numerology on food and its effect on mood, body composition and energy, we discovered that we only needed to focus on a basic equation, very similar to the calculation for your Life Path Number, to achieve the goals desired. This is not to say we discount the other numbers you have that are associated to your life in the least. Merely, that the singular, simplified equation we use to derive your body to food number is the only number you need to focus on when it comes to aligning your body and your goals for it with the universal vibrations associated with your specific number.

We refer to this number from here on out as your Universal Number, in case you skipped the introduction. (You didn't do that, did you?)

Your Universal Number (UN) is derived from the date of your birth, and is in most cases the same as your Life Path, the most important number in your numerology chart. This number is of such powerful significance that it literally dictates the directions you should follow for rest of your life. Knowing and understanding your Universal Number can create a state of flow, as opposed to a state of resistance with the universe.

The very term Universal Number engages your subconscious mind in a powerful way, reminding you that you are indeed connected to universal vibrations, not merely the vibrations in your immediate sphere. It also fits nicely into the concepts of numerology, while allowing us to, map the foods that are best suited to each of your critical numbers found within your numerology chart (don't worry, we'll do all the hard work for you).

Have you ever had one of those days where every meal you consumed seemed to be unsatisfying? Or, perhaps you've felt the experience of being ultra-energized after a meal, only later to come "crashing down." This is almost invariably due to the fact that you were out of alignment with your Universal Number. Inversely, when eating the proper foods you're your specific Universal Number, virtually everything in your body and your life seems to flow effortlessly.



Unfortunately, even most numerologists fail to realize that each of us is aligned to our Universal Number via the foods we consume or do not consume. This is a fairly recent discovery in the world of numerology, and the book you now possess is certainly the first all-out manifesto on the subject.



Calculating Your Universal Number (UN)

While the subject of numerology in general may involve complexity, fortunately for us the calculation of your specific Universal Number is a very **simple** endeavor.

First, write down the date of your birth in the following single-digit format:

Month Number
Day Number
Year Number

So, let's say you were born May (5) 8th, 1962. Here's how you would notate it:

5: The Numerological value is simply **5**

8: The Numerological value is simply **8**

1962: The Numerological value is derived from two calculations:

$$1+9+6+2 = 18, \text{ followed by } 1+8 = 9.$$

Next, you simply add these numbers together:

$$5 + 8 + 9 = 22$$

Finally, you add the two digits in the answer together (if over 9):

$$2 + 2 = \underline{4}$$

The answer: 4 would be your Universal Number, assuming you were born May 8th, 1962.

... Let's look at another example to see what happens when the numbers differ.

For instance, my co-author Melissa was born on November 28, 1977. Here is how Melissa would calculate her Universal Number:

11: The Numerological value is the addition of 1 + 1, or **2**

28: The Numerological value is the addition of 2 + 8, or 10. All zeros are dropped, so the final value here is **1**.

$$1977: 1 + 9 + 7 + 7 = 24; 2+4 = 6$$

$$2 + 1 + 6 = \underline{9}. \text{ Melissa's Universal Number is, therefore, } \mathbf{9}.$$



Dealing with 11's and 22's

Through experimentation, we've found that it's best to add these numbers together, rather than take the dominant number (1, when the number is 11, or 2, when the number is 22.)

Use Our Online Calculator To Make It Easy!

If you want to do this the easy way, simply visit www.NumerologyDiet.com/MyUN to calculate your personal Universal Number automatically.

Now that you have your Universal Number, what's next?

Well, now the fun begins...



CHAPTER 2

Vibrational Foods

Now you know how to calculate your Universal Number. What you do not know, and must now discover, is how that number radically affects the foods and the macronutrients you should consume to achieve any goal you have.

A client of mine named Alex had a really tough time with this concept, at least as first. She is an MIT graduate, so math is literally her second language. Alex is also an ace skeptic—a trait that, believe it or not, she and I share.

“Okay, so let me get this straight,” Alex bellowed, albeit with a smirk on her face. “I’m a 5, whatever the hell that means, and because I’m a 5, I’m not supposed to eat cereal for breakfast?”

“Well, that’s true of other numbers, and especially true of 5’s, but essentially you are correct,” I replied. “Where’s the empirical data that supports this, Trent?” “Sorry Alex, but numerology is an experiential science.”

This did not go over well, especially to a scientist who specializes in higher math!

“Oh, please! Spare me, Trent! Okay, I admit I have a weight problem. And, I’ll admit that what I’ve been doing, despite being recommended to me by my doctor, is not working. I’ll give you that, and more. But you are expecting me to try eating ‘by the numbers’, as you

say, based on little more than faith. I'm shocked, Trent. You are not exactly a man of 'faith' yourself, and you know damn well I'm not a woman with a lot of faith in... well, faith."

"Fair enough, and true enough Alex. But do this: Experiment. Do a double-blind test if you must, but experiment. Do what most good scientists do from time to time, and take a chance. You have little to lose."

Alex took me up on the challenge, probably because she was in a state of desperation more so than convinced of the power of numerology applied to nutrition.

Six weeks later, I hardly recognized Alex as she strutted into our local dive, dressed to the nines and about eleven pounds lighter. Her skin bordered on translucence, and I'm not ashamed to admit that, for the first time since I had known Alex, I found her sexually attractive. She had always been a beautiful woman, and her intelligence accentuated that beauty even further. Yet, there was something missing... the X Factor, or whatever you wish to call it. I just relegated the relationship to the just friends pile. At the present moment, however, I began considering reorganizing that pile.

"Trent, I'm still not convinced." Alex was ever the skeptic. "But I just don't care anymore, because, whatever you've got a hold of is really working for me." Yeah. I noticed. So did every man in the joint. Sure, the eleven pounds chiseled off added to her already attractive statuesque figure, but now the X Factor was mysteriously there. That's another benefit of eating High Vibe foods. The energy you radiate is less superficial and more from the core of your highest being. That, perhaps, is where sex appeal is found.

"Alex, I could care less if you believe why it works. Hell, I may have it wrong. As a fellow scientist, or at least a wannabe scientist, I must concede an element of error. That said, I long ago abandoned that element of error for the results. After all, the Theory of Gravity has no consensus of cause, nor does the Cell Theory. Yet, scientists apply both on a grand scale and on a daily basis. It's the reason we have drugs to treat illnesses rather than leaches, and the reason we can land rovers on Mars. So, perhaps just accepting what works is really the best ploy here."

"By the way, Alex...what are you doing next Friday night?"

As I mentioned in the previous chapter, your personal number, which we have simplified to a number between 1 and 9, in the spirit of progress over perfection, is the linchpin in your BRI—your Body Recomposition Ideal.

I've mentioned "recomposition" quite a bit, so it's only fair that I give you a working definition of the concept. Over the past twenty or so years, and after helping thousands of people discover their body ideal, I've come to understand the process of weight loss, weight gain, or health and energy transformation as recomposing the flesh.



Consider the facts: If your objective is to slim down, you do not want to merely “lose weight.” If that was your true objective, then simply amputate your right arm. Presto! Nine to seventeen pounds gone, like that.

Sounds rather silly when you address it that way, doesn't it? The concept of losing weight is equally silly to me these days. What you are really saying, and really desiring to accomplish, is body recomposition—removing excess fat from your body, while at the same time shaping and firming the muscle tissue underneath. Simply “dropping pounds” can reflect anything from decreasing fat stores, eliminating excess waste and water, and the cannibalization of precious, calorie-burning muscle tissue.

So, let's begin by re-thinking weight loss (or weight gain for that matter) in terms of re-composing your physique. This is no different than Michelangelo's David and the removal of simple, excess stone in order to reveal the masterpiece underneath. Michelangelo did not simply start carving away at the stone without consideration, in some sort of desperate attempt to fashion it smaller. Instead, he re-composed the stone.

In this sense, you are about to become an artist, and a sculptor of your ideal physique. This is as far beyond weight loss as NASA is beyond the horse and buggy. Recomposition puts the tools in your hand, and gives you the power to create rather than simply eliminate. It changes your power at your core, inviting all the higher vibrations of the Universe to arrive at your beckon call.

Think of it this way: The Universe detests loss. So much, in fact, that loss is impossible. Matter cannot be destroyed, only re-composed. Once you remove yourself from this immutable law of the Universe, you remove yourself from its assistance in your efforts.

With these elevated principles in mind, let's have a look at your BRI.

Your BRI And Vibrational Food Choices

Your specific number reflects your Body Recomposition Ideal. This is the power you have to drop unwanted body fat, shape and sculpt desired muscle tone (and, in many cases, size), and manifest near-boundless energy. As you will see in the next chapter, each number has its own unique set of foods (or, tools if you will) at its disposal.

The best way to achieve your BRI is to focus your eating practice around only the foods that support your personal vibration and bring balance to your Universal Number. By focusing your energy and intention on specific foods you can use these foods as tools to manifest your ideal visions of your highest self. We've consciously studied the best foods we could find, and developed a system to help you discern the best foods for you - and the foods that will guide you away from your ideal.



High Vibe Foods

High Vibe foods are foods that are literally in harmonic resonance with your specific number. These foods match your number so closely that on a quantum level it would probably be difficult to differentiate you from the food itself.

You may, in fact, be a “quantum carrot.”

Okay, it’s not quite like that—but it is close. Imagine this: Let’s say that you do your research and you find that your Universal Number is 7. You might find out that you have a natural gift for investigation, analysis, and keen observation. You might also find out that you can be a bit of a perfectionist at times and you expect others to hold the same amount of focus and value in their own work, which can frustrate you at times... But what you probably won’t find out is that certain foods will push in the direction of experiencing that positive, healthy version of your number, keeping you at a High Vibration while other specific food will trigger your “Dark Side” and confuse, frustrate, and overwhelm you with negative thoughts. In short, the universe will show you the right foods to eat, you only need to go with the High Vibe flow and resist the urge to fight against the very fabric of numerology. High Vibe foods are by far the most empowering foods you can consume. If you so choose, you can consume 90% of your daily diet from High Vibe foods, and for some people who are overly ambitious, this is what they choose to do.

Personally, I’m not quite that driven. You may not be, either. I’m more than satisfied with being mostly “ideal” while enjoying foods I love that are Low Vibe for my Universal Number from time to time. Life is very short, and I for one refuse to give up every food that is not on the High Vibe list in an effort to achieve 5% greater progress.

Hey, that’s me. You may be different, and that is awesome. This book is about empowering you to do as little or as much as you need to in order to put your body on the right path toward your own ideal.

We do, however, have an ideal percentage for you to go by. We want you to consume at least **90%** of your daily nutrition from the High Vibe foods that align with your specific Universal Number. (A complete list of these foods is found within your UN’s specific dietary plan in the coming pages.)

Low Vibe Foods

These are the bad guys—no way around it. These are the foods that are draining your energy, zapping your drive, and keeping you from achieving the body you desire.



Yet, here's the real mystery: Many of these foods are considered universally healthy by the mainstream nutritional sciences. The fact that you have not achieved the body you desire may be due to the inclusion of a Low Vibe food or foods that you thought was healthy for you!

Here's an example: Certain Universal Numbers should avoid spinach. Yet, to the Numerological layman, spinach seems like a super-healthy food. And, it is—for most people. However, it may not be for you.

The term used in the nutrition world to describe this phenomenon is biochemical individuality. Simply put, not everyone is biologically the same. This is the reason why certain well-tested medications simply do not work for certain individuals. Their individual biochemistry is not compatible with that particular substance.

Foods are no different in our view. You can achieve the same exact nutritive value from another green, leafy vegetable other than spinach (if spinach happens to be a Low Vibe food for you) and suffer no consequences. In fact, you'll benefit tremendously from the universal vibrational alignment. Perhaps this is the cause for biochemical individuality, but alas, we may never know.

You should never consume more than **10%** of your daily nutrition from Low Vibe foods—and frankly, that's being generous. We would prefer that you consume none at all. However, we realize that the real world may demand that you stray occasionally from your ideal diet plan, so we've worked out a 10% toleration variable into our equation. (A complete list of these foods is found within your UN's specific dietary plan in the coming pages.)

Universally Nasty Foods

Ready for some brutal honesty?

There's no way in hell you're ever going to do without your favorite unhealthy foods for the rest of your life, perhaps even if your life depended on it.

That's not a brash statement—that's a factual realism.

“Nasty” foods, as I call them, fit under the following five basic categories:

- Processed foods (basically, anything with chemicals you cannot pronounce)
- Almost anything white (flour, sugar, etc.)
- Any calories you drink (sodas, alcohol; although a glass of wine is fine)
- Anything “fake” (non-fat butter, fast foods, and foods not found in nature)
- Grains (yes, grains.) Grains for most people are actually unhealthy.



Granted, it's a bit of a challenge to go through life never consuming any of these foods. The good news is that we do not expect you to. I personally consume a small bit of "nasty" every week or so.

What we hope for you is that you will consume no more than 10% Low Vibe foods and follow your specific Universal Number meal plan virtually every day. These foods, along with the 5 Nasty Foods, are the least spiritual foods for you. Our greatest hope for you is to realize the most joyous of connections to the Universe through eating spiritually via The Numerology Diet.

Just like any other practice, it's easy to achieve success with spiritual eating when there are guidelines to follow. We've lovingly laid out a simple description of your rules for ultimate success when using The Diet.

Your First Rule

If you consume 90% of your foods from the High Vibe list of foods for your Universal Number, you can take a meal (or two, maximum) "off" per week to enjoy whatever food you desire. Our preference is one meal a week only, and this is a **rule** for the first six weeks on your diet plan.

Let me repeat: no more than one meal off your plan per week for at least six weeks.

After that, you can experiment with two meals per week (say, Wednesday night out with the kiddos, and a Saturday night dinner at your favorite restaurant.) You may find that these small deviations only affect your weight loss (or gain) slightly, and your mood and energy stays balanced, within reason.

However, for some people, the only way to achieve their ideal body is to deviate no more than once every two weeks. That may sound strict, but the price is well worth it. Your ideal body, energy, and mood will literally recreate your existence, and your relationships to it. If you ask us, that's a small price to pay for being a bit more strict!

You will have to experiment after the first six weeks to see for yourself. Remember, it's all about biochemical individuality and what is best for your Universal Number.

Young Foods: The Second Rule

Young foods are foods that have been available to us for a shorter period of time on the evolutionary scale. Often, these foods are rather obvious: Refined flour, refined sugar, high



fructose corn syrup, and foods that come in a microwave-ready paper box. You know, the Nasty Foods? These are obvious culprits.

The less obvious are quote-unquote healthy foods such as rice, wheat, breads, and grains. These foods appeared on the evolutionary scene about ten thousand years ago, which is a mere blip on the map of Homo sapiens history.

Isn't it ironic that here in the United States, thanks to billions spent on earning politician's favor by food lobbyists, grains of all kinds have snuck their way into the foundation of our "My Plate" or "Food Pyramid" charts? Certain grains are better than others, to be sure, but grains were and still are largely unnecessary foods. You can live a perfectly healthy life without them.

Thankfully, for those of us who enjoy our daily bread, the inclusion of grains in modest amounts a few days in the week is tolerable. For a few numbers, this inclusion is practically necessary in order to make a diet plan that's palatable. Yet, it's certainly not ideal, and the more you can avoid grains in excess, the healthier you will be.

I personally avoid every grain as a part of my daily diet plan with the exception of quinoa, and I consume that in minimal quantities. When you eat High Vibe foods, you'll find that your cravings for starch decrease in short order, and when you choose to include Low Vibe foods, you'll naturally begin to eat less of them. That is you reconnecting to your Primal Self, which, believe it or not, tends to be far more spiritually connected than your Modern Self. (There is a drastic difference between the Modern Self and the Evolved Self. We're all for the latter!)

One more thing about High Vibe foods—they nourish our bodies in such a fashion as to require far less of them in order to feel full. Eating these foods is the ideal path toward weight loss, as you never feel hungry or deprived. The reason for this has nothing to do with calories. The reason, in our view, goes back to vibrational energy.

Energy that is in resonance with your body, specifically your Universal Number, is like a high voltage power line. Low Vibe foods would be akin to a weak 9-volt battery. Which food would power your body's internal machines (the mitochondria of the cell) longer? Obviously, the high-power line is the winner.

Guess where hunger comes from? Hunger is a signal from your brain that you are low on energy—low on power, if you will. The more power you consume (i.e. High Vibe foods), the less this signal is given. Hence, you feel full, and you feel it longer.

What a nice side effect, right?



Enjoy The Journey!

Did I mention that you must enjoy every meal? Consider this your third rule!

Don't worry, you will. Enjoyment is paramount when it comes to our favorite diet-friendly word, consistency. Enjoyment will come in three phases:

- You will employ a foundational meal plan based on your number that syncs you to the highest Universal vibration possible, thereby experiencing resonance and certainty like never before;
- Each of these meals will contain foods you love to eat—yes, even the healthy meals;
- You will purposefully indulge yourself in any food you desire once a week during the 8-Week High Vibe Induction Period, and twice per week, or more, after the initial eight weeks. It's hardly a challenge to ask you to eat pizza or some ice cream in order to recompose your physique, is it?

If that sounds good, flip to the next page as we delve a bit more into numerology itself with an interesting tale. From there, we'll take you into the specifics behind The Numerology Diet, as well as the High Vibe/Low Vibe Foods for your specific Universal Number.



CHAPTER 3

For The Numerology Purists

Brice had a real issue with what he called, "...the dilution of Sacred Numerology!" Brice also had a real issue with gaining weight. He was deathly shallow externally, with protruding ribs, arms the size of my wrists, and a shrunken chest cavity. He was also quite sickly, literally and figuratively. When I met Brice, it was shortly after what he described as his "...monthly bout with whatever-the-hell."

"Trent, I'm a purist. I look at numerology as sacred as a Christian looks at the Bible. For that matter, I am a Christian as well, so perhaps your stance of 'not going all dogma' isn't going to work for me."

"Brice, you may be right."

Brice gazed at me as if he didn't know whether to claim victory or defeat.

"Um...great. So...what do I do again?"

You see, Brice is a 6, and 6's are notorious for being stubborn and dogmatic when they eat mostly Low Vibe foods. Brice was living off of Ramen Noodles, as he was, as he put it, "...a starving artist." Later, we discussed how 6's are made to be starving artists, as their gifts lie elsewhere, but that is another tale for another time.



“Here Brice...read this passage aloud.” I had a Bible nearby, a cherished relic from my days in the church-going world, and I know the book quite well from years of self-study. I just asked Brice to read Matthew 22:36-40.

“Okay...I am familiar, Trent. So what?”

“Well Brice, do you think Jesus’ message is any less sacred after reading that passage?” The passage is one where Jesus sums up the entire Jewish Law with what amounts to, “Love God, love people.”

“I don’t get what you mean, Trent.”

“Brice, Jesus took thousands of years of sacred history and distilled it down to literally a few verses. Do you believe he was being less than sacred by paraphrasing the whole of Jewish history?”

“I get your point now, Trent. Jesus wasn’t paraphrasing to create a new law, but rather to simplify the Jewish Law down to its essence. He wasn’t diminishing it in the least; rather, he was illuminating the gist of it for the sake of his listeners.”

“Bull’s-eye, Brice. And, in the same fashion, albeit without notions of deification on my part, I too have narrowed the gist of numerology down to a set of nine numbers, and only for the illumination of my readers in one area—nutrition.”

After that, Brice became one of our biggest success stories. Melissa and I watched as Brice put on seventeen pounds of rock-solid muscle in a matter of months, and grew so healthy that he could have been the poster child for the end of illness.

Anyone versed in numerology will understand that numbers have a bit of flux within them, and that there are combinations of numbers that fit each individual. However, when it comes to transforming your body, these numbers are simply not important. The only number that you need to concern yourself with is your Universal Number. (Note: This is not to be sounded out as “un”, as in “The Un-Cola” or “Unimpressive”. In our case, Universal Number is quite positive, and is sounded out just like the United Nations...merely without the politics!)

So, with that understood, let’s delve into the specifics, and take hold of the power of your Universal Number when it comes to getting the body and the results you desire.



Same Diet Structure–Totally Different Foods!

From my decade-long practice as a nutrition and weight loss professional, there's a system of eating I've discovered that works for eighty-five percent of people who try it. Those are pretty good odds, let me tell you. The other fifteen percent need to make a few adjustments, which we'll cover in another chapter.

The system I'm revealing to you today is very simple—in fact, this may seem almost too simple to work, yet work it does. That system is what I call The Interval Carbohydrate System, or ICS for short.

ICS works especially well for those of us who want to lose weight, control our weight, or have more energy throughout the day. That's the eighty-five percent. The fifteen percent remaining will find they require slightly more carbohydrate in the form of fruit and starches. Just be aware that the vast majority of our carb-friendly fifteen percent group is naturally lean and/or engaged in large amounts of endurance-oriented workouts. That said, even for those who perform a lot of endurance activities, excess carbohydrates can still be a danger to your health. It's been said that six out of ten marathon runners die from fatal heart attacks, and rarely so during a run. I'm not saying that will definitely happen if you consume a lot of carbs, but clinically speaking, you increase your risk by doing so.

I realize this may fly in the face of everything you may have heard about the importance of “healthy grains” in our diets. Fortunately, the science is catching up rapidly, and even hardcore vegans like Marilyn Diamond, who co-authored one of the most famous, bestselling vegan-oriented books in the world, have recently converted to being meat-eaters. While meat is not important to most people, the avoidance of starch certainly is. Starches, over time, impair the body's ability to utilize insulin. Our bodies simply did not evolve to consume them, hence the strain on our pancreas and insulin receptor sites. The end result is elevated blood sugar, especially postprandial (after eating.) Elevated blood glucose is slowly but surely becoming Public Enemy Number 2, only behind systemic inflammation, as the leading cause of disease.

Most grains contain gluten, a protein byproduct that most people cannot digest. Gluten intolerance is a very real and scary threat to your long-term health. The problem is, most people do not know they are gluten intolerant. Some display symptoms, and frankly, those are the lucky ones. The rest of us display little or no symptoms until the damage is done.

The ICS Meal Plan

ICS allows you to consume a very moderate amount of starch and grains. However, I urge you to replace these foods as often as possible with non-starchy vegetables, especially if



you want to stabilize your weight, lose weight, or if you, or anyone in your immediate bloodline,

have Type 2 Diabetes, fatty liver disease (NASH), heart disease, or cancer. Moderation is key here. A yam every now and then is probably not going to do any harm. Yams several times as day certainly may. The same goes for grains of any kind.

With that in mind, here is how the Interval Carbohydrate System Meal Plan breaks down. (We will cover quantity of specific macronutrients when we discuss the Tri-Plate Method.) Interval Carbohydrate System breaks foods down beyond their macronutrient profile and into specific food groups. Those groups are protein, fat, vegetables, fruit, and starch. Foods like yogurt, for example, will contain both carbs and protein (and fat), but for classification purposes, we consider it a protein food. A complete listing of these categories of food, and the foods your Universal Number should consume, is found in the Say, What's Your Number? chapter. Take a look at this daily eating outline:

Meal Time	What To Eat
Morning Meal	Protein, Fat, Vegetable
Mid-Morning Snack	Protein, Fruit
Afternoon Meal	Protein, Fat, Vegetable
Mid--Afternoon Snack (Pre-Workout)	Protein, Starch
Early Evening Meal (Post Workout)	Protein, Fruit, Starch, Vegetable
Late Evening Snack (optional)	Protein, Fat, Vegetable

What we've done here is situate your intake of carbohydrates before and after your workout. Ideally, workouts should be resistance-based (weight training, body weight training, or band training.) This workout is the most effective at utilizing the intake of starch and fruit sugars without doing harm to the body. Cardiovascular workouts, assuming you perform interval cardio (see our chapter on exercise for details) should be done three to five days per week, as should resistance training, but cardio-style workouts are not as effective as resistance training when it comes to body shaping and carbohydrate/insulin management. A few things may be leaping to your mind right about now...



“But Trent, I don’t work out at all!”

- I’m asking you to consider starting, or if you cannot work out, to eliminate starch except for once per week.

“But Trent, I workout at (some other time)!”

- That’s fine: Simply modify the diet plan to include the pre-workout and post-workout meals accordingly. Just bear this in mind: Most people should avoid carbs in the morning. I know, another fact that flies in the face of what you may have been told before. However, the facts are clear: Insulin resistance is highest in the morning for most people. This means your body is less carbohydrate tolerant in the morning. Morning workouts can certainly help solve this problem. However, if you have any issues with diabetes, I urge you to consider revamping your schedule after consulting with your physician.

“But Trent, I can’t eat that much food and/or that frequently!”

- I bet you can! Remember, I’m not asking you to eat large meals. The meals you’ll be consuming are small, and the snacks are even smaller. Most people have no problem porting the snacks to work, and the diet itself makes it super-easy to follow when eating out.

“But Trent, isn’t fruit ‘good’ for you?”

- Well, yes and no. Fruit is loaded with healthy nutrients and vitamins, for sure. Unfortunately, it’s also loaded with fructose, or fruit sugar. I highly recommend that if you consume extra fruit, you keep it to the berries and melon fruits associated with your Universal Number. These fruits are lower in fructose, and just as nutritious as their high-sugar counterparts. We firmly believe that sugar is the cause of most disease. And, we mean sugar in any form. All carbohydrates break down to glucose eventually. It’s just a matter of how fast they do so. **But do not freak out!** I promise, you can consume carbs of just about any variety once or twice a week after your 8-Week Induction Phase. Just give us eight short weeks, okay? You may find you don’t need the carbs at all!

Exceptions To The Rules

Endurance athletes may have to add carbs to their meal plans. We encourage you to do so pre and post workout, just as suggested. Simply eat more of them. Try to consume as little as you need, and no more.

The “lucky fifteen percent” may also find additional starch and carbs necessary. Simply follow the same guidelines as presented above.



If you cannot do any exercise whatsoever, your starch should be eliminated except for one “free meal” per week. Remember, we want you to be as healthy and energetic as possible, so please do consider these recommendations.

Finally, no diet plan will work for you unless you enjoy it. If that means adding a few starchy foods to your menu, that’s a hell of a lot better than not doing anything at all. We’re not trying to be Draconian, but we would be doing you a tremendous disservice if we did not point out the potential dangers of a higher carbohydrate, starch-heavy diet. So, with that in mind, let’s discuss the ICS macronutrient strategy.

The Micro On The Macro

Macronutrients consist of protein, carbohydrates, and fats. Based on this, we have developed three distinct macronutrient plans for the nine Universal Numbers. The “bridges” you see connecting these numbers together represent fellow travelers on the same journey as you.

The ICS Meal Plan you will be following promotes both caloric and macronutrient staggering. This means that you will not be consuming the same amount of calories, or consuming the same sources for those calories, every single day. Interval Carbohydrate System works on a weekly plan that makes this both simple and lifestyle-friendly.

On Mondays and Tuesdays, you will remove your last meal (the late night snack.) On Wednesdays, the snack will return, and you will consume twice as much carbohydrate during lunch and dinner. If your meal plan calls for “X” amount of starch, you simply double that number —“2X”, if you will. The same goes for fruit. Protein and fats remain constant. This spike in calories and carbs helps keep your metabolism nice and high, plus provides you with a mini carb feast to look forward to.

This same pattern repeats on Thursday and Friday (lower calorie, lower carbs), followed by Free Meal Saturday. Free Meal Saturday occurs after your 8-Week Induction Phase. Here, you want to replace two of your meals with any meal you like, and any food you desire. Try not to overeat too much, or you’ll feel sick and bloated, but do enjoy yourself! Until the 8-Week Induction Phase is complete, you will simply double your carbs as you did on Wednesday.



Here is a visual example of how your weekly meal schedule will look:

Sunday	Monday - Low Carb	Tuesday - Low Carb	Wednesday	Thursday - Low Carb	Friday - Low Carb	"Free Meal Saturday!"
Fasting	Morning Meal	Morning Meal	Morning Meal	Morning Meal	Morning Meal	Morning Meal
	Mid-Morning Snack	Mid-Morning Snack	Mid-Morning Snack	Mid-Morning Snack	Mid-Morning Snack	Mid-Morning Snack
	Afternoon Meal	Afternoon Meal	Afternoon Meal *High Carb	Afternoon Meal	Afternoon Meal	Afternoon Meal
	Mid--Afternoon Snack (Pre-Workout)	Mid--Afternoon Snack (Pre-Workout)	Mid--Afternoon Snack (Pre-Workout)	Mid--Afternoon Snack (Pre-Workout)	Mid--Afternoon Snack (Pre-Workout)	Mid--Afternoon Snack (Pre-Workout)
	Early Evening Meal (Post Workout)	Early Evening Meal (Post Workout)	Early Evening Meal (Post Workout) *High Carb	Early Evening Meal (Post Workout)	Early Evening Meal (Post Workout)	Early Evening Meal (Post Workout)
			Late Night Snack (optional)			Late Night Snack (optional)

Sunday is fasting day. "Fasting" can be defined as *"Abstinence from all or some kinds of food or drink, esp. as a spiritual observance."* Short term fasting (lasting 1-3 days) is one of the best ways to rejuvenate your body.

On fasting days I want you to only consume raw veggies, nuts and seeds, and do so sparingly. Studies have shown that fasting just one day a week reduces the chance of having clogged arteries by a whopping 40%. Plus this day allows your body to rest and reset after the additional caloric spike on Saturday.

Fasting connects you spiritually as well. Many of our readers find the Sunday fast to be a highly spiritual event, and experience moments of elevated consciousness and inner peace because of it. We think you'll enjoy it, and your body will certainly benefit from a day totally free from cooked food.



Low Calorie, Low Carb?

There are many reasons why we prefer a method of eating that, over a seven day period, is lower in calories and carbohydrates. Weight loss is merely one of the benefits.

Science has confirmed that a lower-calorie diet plan helps prolong life. And, it's rather obvious that decreasing calories is the most common way to lose weight. However, we're not talking about starvation dieting, or even life extension (although that can be the natural result of eating by your number.) "Low calorie" refers to our weekly pattern of eating fewer calories than you may think you require several days per week, and following that with a higher-calorie, higher-carb day.

Low-carb diets are nothing new. Made popular by the late Dr. Robert Atkins, low-carb eating has remained popular until this very day, and was in use long before Atkins was ever born. Your distant ancestors were all low-carb eaters. Carbs were rarely available on the Savanna, especially during the harsh winters. Game meats, fat, bone and tubers were the dominant food sources for early man.

Study after study shows us that low-carb diets not only work well, but also improve many cardiovascular markers, too. Just one such study, conducted by the Center For Obesity Research and Education, involved over 300 participants in a well-controlled test, comparing a low-carb, high-fat diet to the traditionally "healthy" low-fat diet. The most dangerous form of cholesterol, VLDL (Very Low Density Lipoprotein) dropped like a rock on the low-carb diet. Heart-protective HDL2 (HDL has its good and bad fractions, despite being commonly referred to as "the good cholesterol"; this is a misnomer) increased dramatically over the low-fat group, and overall cardiovascular markers improved far more in the low-carb eaters.

Both groups lost weight evenly, although the low-carb group showed "a stronger trend for weight loss" than the low-fat group. Blood pressure, specifically diastolic pressure (the bottom number on your blood pressure read-out) dropped far more in the low-carb group as well, which was surprising given the fact that both groups lost the same amount of weight.

We think the combination, along with spikes in both calories and carbs to elevate your metabolic rate, is the ideal combination for a lifestyle-friendly, effective, and safe dietary protocol.

Now that you know how ICS is structured, let's get into what surely is a pressing question for you: "How do I know how much food to eat?"

We think our solution, outlined in the following chapter, will make you very happy.



CHAPTER 4

The Tri-Plate Method

One of the oldest challenges in the dieting world is attempting to determine how much food you should eat.

We've tried common sense: "Eat until you're full!" Unfortunately, our brains can be easily deceived. Dehydration, for example, triggers the hunger mechanisms in the brain. So, if you are not drinking enough fluids prior to a meal, you can easily overeat, despite not feeling "full" until well over your caloric quota.

We've tried counting grams and calories. If you're a mathematician or an accountant, this may suit your personality just fine. For the rest of us, it's a total drag! Personally, I have not counted 'anything' (fat grams, protein grams, carbohydrate grams, calories, you name it) in well over a decade, and I stay extremely lean and healthy.

How do you do it? Try our approach: The Tri-Plate Method.



What Is The Tri-Plate Method?

In The Numerology Diet, we break foods into five categories:

- Proteins
- Vegetables
- Fats
- Fruits
- Starches

This is a departure from the typical protein/carbohydrate/fat breakdown of food. And, while these are the correct macronutrients, as starches, vegetables, and fruits are technically carbohydrates, we feel it's essential to understand that (a) not all carbohydrates are created equal, no matter your Universal Number, and (b) there are specific times of the day we prefer you consume specific carbohydrates, while fats and proteins can be consumed throughout the day.

With this in mind, we created The Tri-Plate Method to help you determine how much food you should consume at any given meal or snack.

Our long-term goal with anyone undertaking The Numerology Diet is to see you released from the bonds of having to fret over calorie-counting, gram-counting, or just about any type of counting. We want you to learn exactly how much food your body requires, and see the power and freedom experienced when you are no longer enslaved to strict measurements.

Like we stated earlier, your body is not a machine. It does not process food based on calories or grams as, say, a computer processes data based on bits and bytes. Rather, the calories required from the three macronutrients (proteins, carbohydrates, and fats) vary day-to-day based on your activity level, hormonal fluctuations, and even the temperature. Perhaps now you see why we lean toward a more simplified approach to answering the question, "How much do I eat?" Here's our answer...

The Power of The Plate



Have a look at the plate below...

We want you to start looking at food the way it's usually served—by the plate. And, we want you to start thinking of that plate in terms of small, medium, and large sized portions. Our Tri-Plate Method simply varies the type of foods that go into each segment of the plate based on (a) the time of day, and (b) the amount of activity you in which you are currently engaged. The only other variable is the physical size of the plates. We simply ask that you use a normal size plate for your three primary meals (breakfast, lunch and dinner), and a saucer-sized plate for your two snacks. Based on this simple premise, you will discover exactly how much your body needs to consume in the way of quantity of food. We will guide you into the specific foods to use in each segment under your Universal Number eating guide section called, "Say, What's Your Number?"



Simply reference your Universal Number's High Vibe foods list in the following chapter, and select from any food found within that list that fits the size of each plate. For example, your breakfast meal can consist of any protein food found within your specific Universal Number

High Vibe food list, and the portion should not exceed about $\frac{1}{3}$ of the plate in size. Likewise, you can select any vegetable from the High Vibe food list for your Universal Number, and consume the larger portion indicated. (Note: You can always consume as many green vegetables as you desire. It's almost impossible to eat too much.)

Note the exception to the rules for your first meal, breakfast: If you are active with resistance training and/or cardiovascular training on that day, you can add a small-sized serving of starch, along with a bit of fruit in your larger, "vegetable" portion - make sure both your chosen carbohydrate and chosen fruit are from the specific High Vibe food list for your Universal Number. You can also combine foods of any type, and at any time, as long as the total portion size is kept the same. In other words, feel free to fill your protein portion with a combination of two different protein foods from your UN's High Vibe list. The same suggestion applies for all food types, and at any given meal or snack.

The rest of the meals are fixed, no matter your exercise routine. This makes it super easy to stick to your plan, no matter if you are eating, carrying your lunch to the office, or eating over at a friend's house. Portions based on relative small, medium, and large sizes are easy to eyeball, and we do not want you to get wrapped up in specific measurements. Do not try to calculate, weigh, and portion exactly 30% of your total calories in protein, or measure the distance on your plate with a ruler so you eat exactly $\frac{1}{2}$ a plates' worth of vegetable! This is merely a guide to help you discover your body's specific preferences for food quantities—nothing more. Simple, right?

"But I Weigh Half As Much As My Husband!"

The question we most often receive concerning the Tri-Plate Method pertains to differences in body weight. It's fairly obvious that a male weighing two hundred pounds will require more food than a woman weighing only one hundred pounds. Generally speaking, this is true. So, how does our Tri-Plate Method account for this discrepancy?

Simple—via the height of your food, and the hunger (or lack thereof) you experience two to three hours after eating.

The simple fact of the matter is that eating the foods we recommend, in the proportions we suggest, and primarily from your UN's High Vibe list makes it virtually impossible to overeat. Isn't that fantastic news? However, you may very well under-eat if you are not careful. The solution to finding the specific amount of food you require goes as follows:



- Start with your food portions spread out flat on the plate. In other words, do not stack food, except for vegetables, much higher than the plate itself. This means you'll fill the smaller two of the three portions allocated with the least amount of each food group suggested. We want you to start here—and yes, that goes for anyone at any size!
- Within two to three hours, you will know if you consumed too much or too little food. Usually, it is too little, especially for the bigger folks, and for people with naturally fast metabolisms. **No problem!** Simply stack a bit more food in that sectioned area of the plate. In short, make the food taller. You may need another ounce of, say, chicken breast, and a bit more, for example's sake, brown rice. Just add a small bit of each food to the given section of your divided plate. That's all there is to it.
- You will know exactly when you've reached your ideal food intake when you are slightly to moderately hungry before each meal or snack. If you are not, cut back a bit on each portion of food allocated. If you are excessively hungry, add a bit more food to each portion allocated. That's all there is to it.

Within the first week, you will have determined the ideal amount of food for your unique body, metabolism, and digestive system. From there, you can alter your foods as you see fit in order to achieve any goal you desire. To lose weight a bit faster, cut back a bit on each food group. To gain weight, increase each food by a hair.

We refuse to allow you to turn eating into rocket science. That's exactly why most diet plans fail you miserably—they assume you are exactly the same as the person sitting next to you. It simply doesn't work that way. Two people weighing exactly the same may require differing amounts of food throughout the day, depending on the variables we mentioned earlier. Also, if you carry more lean muscle, you will require more food than someone weighing exactly the same, yet with a higher percentage of body fat to lean muscle.

Our Reasoning Behind Your Portions And Food Groups

You have also probably noticed that we are suggesting that you consume a very limited amount of starch, a modest amount of fruit, ample amounts of vegetables and plenty of protein. Why? Again, our reasoning is simple, and grounded in science. Protein is the most thermogenic food there is. 'Thermogenesis' is the process generating internal heat. In our case, that process is driven by food. Certain foods are more thermogenic than others, and when it comes to keeping body fat at bay, thermogenic foods are your new best friends.

Studies done at the University of Texas and Ohio State University proved the efficacy of a moderately high protein intake on weight loss and weight control diets. And, while some



readers may find a need to increase just their protein portions (required for bodybuilding or intense physical activity), or reduce it (due to kidney sensitivity, or a vegetarian/vegan approach to eating), we feel our protein suggestions cover the bases for the majority of our readers.

The vegetable intake we suggest is based on a mountain of science. Most everyone knows the value of vegetables—from antioxidants that help prevent disease, to much-needed roughage and fiber; vegetables are the only “essential” carbohydrates. Yet, unlike both essential fatty acids and essential amino acids (found in proteins), there are no carbohydrates needed to sustain life.

So, why then, you may ask, does so many nutritionists place such high stock in foods like fruits, grains, and other carbohydrates? The answer to that question is beyond the scope of this book. However, suffice it to say, the reasons are largely political. Carbohydrates such as grains, whole wheat breads, and sugary fruits sound healthy. And, while they contain healthy vitamins, minerals, and nutrients—they are non-essential to human life.

That is **not** to say that you can take a pass on your vegetables! They contain such massive amounts of phytochemicals necessary for vitality, health, and energy; it would be completely irresponsible to remove them from your diet. We do just the opposite—we make them the foundation of your diet. Besides the healthy benefits supplied, vegetables also fill you up. They make it next to impossible to over-eat, assuming you eat enough of them. They are the only carbohydrate we consider “essential”. Fruits and starches, in our view, should be considered luxury foods. They are certainly more health-friendly than desserts and junk food, but they can also induce havoc, causing nasty blood sugar swings, digestive ailments, and food addiction issues.

Simply follow our guidelines for fruit and starch consumption and see how much better you feel—especially now that you’ll be eating only High Vibe fruits and starches!

That leaves fat—the dietary equivalent of a four-letter word, or so public opinion would have you believe. The truth is, your body requires a certain amount of dietary fat to produce hormones, protect the myelin sheaths (the fat-laden cells that insulate your neuron’s axons; a fancy way of saying “brain protectors”), and even burn fat! Yes, that’s correct: Your body fat burns in the presence of dietary fat. Without sufficient dietary fat, your body cannot enter into a fat-burning state without sacrificing precious muscle tissue. Fats do so much for the body that we could have filled this book with their benefits.



It should be pointed out that, contrary to what you may have heard, fat does not cause heart disease. In fact, several studies have shown that high-fat diets have reversed the primary blood markers associated with coronary artery disease! This does not imply that we suggest a high-fat diet, as we do not. We suggest a moderate-fat diet, as such a diet keeps you satiated (full) and provides the essential fatty acids required to perform the biological functions listed above. Plus, they really do taste great. Let's face facts: Unless your diet tastes good to you, your chances of sticking to it drops significantly. That's not what we desire for you.

We want you to experience a diet rich in High Vibe foods that not only give you energy and connect you to the vibration of the Universe, but also gives you pleasure! That sounds reasonable, doesn't it?

Measuring Foods That Are Not Plate-Friendly

There are a few foods that do not lend themselves to the Tri-Plate Method. Liquid fats, for example, need to be measured differently, unless you want to pour your olive oil out on your plate. That's probably not a wise idea.

The following is the Tri-Plate Method liquid food measuring system we recommend you use with your meals:

- Fats (Olive oil, peanut oil, butter, etc) 1 teaspoon/100 pounds (45 kilos)
(Only consumed 3 x per day)
- Liquids w/Calories (Milk, yogurt, etc.) 1 cup/200 pounds (90 kilos)
(Per Meal)
- Eggs/Egg Whites 2 egg whites + 1 yolk (optional)/
100 pounds (45 kilos)
(Per Meal)

To Sum It Up...

Give our Tri-Plate Method a shot. Once you do, we feel you will never desire to return to the monotony and ineffectiveness of calorie counting!

Certain fats and liquids cannot be calculated using In-Hand. For oils, we suggest one teaspoon per 100 pounds of body weight per meal, maximum. Nuts and seeds should be flat



in the hand, but within the marked area. Green vegetables are unlimited — the amount shown is the minimum you should consume per larger meal, and $\frac{1}{2}$ that for snacks.

It's important to note that the height of your hand is of equal importance. The serving of protein you consume, for example, should not exceed the height of your hand when you lay it flat on the table.

The same goes for starch. Fruits and fats, however, should merely cover the area designated, and should not be measured by height. Some fruits are “higher” than others! Fats, like nuts and seeds, are calorically dense, so spreading them out thin on the area designated is recommended. Again, green vegetables are fair game—eat as much of them as you desire.

Condiments and oils are to be measured the same: One teaspoon per 100 pounds of body weight maximum. You want to be cautious with these food stuffs (dressings, oils, and so on) because they are calorically dense foods that can add up quickly.

Eggs are to be calculated by bodyweight as well. Consume two egg whites and, optionally, one yolk, for every 100 pounds of bodyweight.

“How Will I Feel On This Plan?”

Many readers find this amount of food rather small—until they begin actually eating according to the Tri-Plate Method. They usually find the frequency of meals and protein intake more than satiates their appetites, despite the reduced volume of food. However, if you find yourself excessively hungry (mild hunger is to be expected during the first few weeks of adjustment), simply increase the food portions slightly, and do so evenly across the macronutrients. An even better way of increasing calories, if hunger is a real issue, is to simply add a small meal, and consume your meals every two and a half hours, rather than the every three to three and a half hours recommended.

After the first week, you will probably find your mental and physical energy increasing dramatically. This is due to several factors. First, you're eating according to your UN—possibly for the first time in your life. That alone is an energy rush like you've never experienced! Second, you are consuming the proper amount of food at the proper time. This resets your body's internal clock. Once your body knows when food is coming, and about how much, energy levels tend to stabilize. Finally, the fact that you're less food, yet more frequently, allows your body to properly digest the foods you consume. Did you know that the act of digestion requires almost as much energy as running a mini marathon? If you have ever awoken, only to find you have very little energy, as if you didn't sleep well at all, you may want to look at what you ate a few hours prior to bed. Chances are that meal was poorly combined, and when the rest of the day is factored into the equation, the result



is digestive overload. Our Tri-Plate Method ensures optimal digestion—and when your organs are rested, you feel rested!

Serious Benefits Without Serious Hassles

The benefits to the Tri-Plate Method are numerous. First, you're assured you will not overeat. The hands of most larger-boned people (folks that require higher caloric intake) are both thicker and wider than the hands of petite individuals. So, naturally, they will consume more calories, as they should. The South Park episode where Cartman finally learns he is not "big boned", but simply fat, pops into mind here, so let's use that as a cautionary tale. If you can wrap your thumb and middle finger around your wrist, and your thumb covers your entire middle fingernail (or more), you are small boned. If it covers a portion, you are average boned. If they do not touch at all, and assuming you are not currently obese and carrying excessive arm fat, you are big boned.

Second, you never have to count calories or grams of anything. This alone is worth its weight in gold to most people. Also, once you learn the Tri-Plate Method, you can easily apply these measurements as you go. We really do not want you measuring your plate with a ruler in a fancy restaurant, after all. Talk about socially awkward! Such extremes are not necessary. The Tri-Plate Method is merely the best tool you can use. Do not treat it as a ball and chain. Perfection is the enemy of progress, so strive to be consistent and as close to accurate portion-wise as possible, and you'll do just fine.

Okay, it's time to move to specifics—our next chapter covers the foods that are ideal for your Universal Number, and which foods will hold you back from achieving the vibrational state of energy you desire. Simply locate the section for your Universal Number, and dive right in! Or, feel free to read all of the Universal Number dietary guidelines to better understand how The Numerology Diet works.



CHAPTER 5

Say... What's Your Number?

The quality of uniqueness is a wondrous gift. And, while there are millions of people who share the same Universal Number, each of these individuals are crafted and created to expand their uniqueness to the Universe.

There is no greater area of personal neglect, save perhaps Western medicine, than the “one size fits all” prescription of food within a rigid dietary code of conduct. Not only does this fly in the face of who we are as evolving, connected beings, it also neglects to consider *any* of the qualities that make us unique. Just as some medications work for some and fail for others, so it is true of food. Some foods simply work better for you than work for me.

So, while we honor the quality of being unique, we have found that there are certain numerological and biological consistencies across Universal Numbers. Without this fact, no diet, drug, herb, or vitamin would work anyone. Using these patterns, and taking the fixed constants of each food's vibrational patterns, we were able to construct a dietary plan that's remarkably effective, efficient, simple, and ideal for your body, both physically and spiritually. Even if you have to tweak things here and there to honor your uniqueness, you will find your core within the following pages.

Let's dive into the heart of *The Numerology Diet*: High Vibe and Low Vibe foods.

On the following pages, you will discover the High Vibe and Low Vibe foods that are suited for your Universal Number. Simply flip to the pages that cover your Universal Number, and plan on being astounded by what you're about to experience.



1's

Personality Traits

1's are extremely passionate, creative souls. They are, perhaps, the most self-aware of the UNs, but only when their harmonics are in proper vibration with their dietary energy. The 1's sense of leadership, independence, and cleverness is accentuated from the intake of limited fresh fruits and ample fresh vegetables, with the exceptions found below.

If 1's increase their carbs too much, their dominant negative qualities of aggression and laziness rear their ugly heads, in exactly that order. Carbs stimulate the 1 excessively, creating an aggressive state, which most 1's endeavor to keep under relative control. This is followed by the crash, and this is the phase where 1's get their reputation for being "brilliant but missing their full potential." What most numerologists fail to realize is that nutrition is the key player in this role.

Carbs for the 1's are like crack cocaine. The patterns look almost identical. Refined sugar is exactly like crack to the 1, and produces equal addictive behaviors. Sugars (and carbs in general) trigger excessive release of dopamine in the brain of the 1, making him/her susceptible later in life to serious depression, moodiness, and lethargy.

However, by balancing carbs, fats and protein, 1's tap into their most dominant positive traits, while suppressing the negative aspects of their personality. Stable blood sugar, derived from balancing fats and proteins with a lower, unrefined carbohydrate intake, create the mental catalyst for independence, freedom, and self-expression. When the brain of the 1 has the proper balance of just enough dopamine along with just enough adrenaline, the world is the 1's oyster.

1's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.



High Vibe Proteins For 1's

- Lentils
- Almond Milk
- Chicken Breast
- Eggs
- Turkey
- Mung Beans
- Bison
- Whey Protein

High Vibe Vegetables For 1's

- Broccoli
- Orange Pepper
- Cucumber
- Celery
- Beet
- Eggplant
- Corn
- Lettuce
- Mushroom
- Watercress
- Rhubarb
- Spinach



High Vibe Fats For 1's

- Coconut Oil
- Walnut
- Almond
- Avocado

High Vibe Fruit For 1's

- Apricot
- Apple
- Cherry
- Lemon
- Mango
- Cantaloupe
- Passion Fruit
- Pumpkin
- Strawberry
- Blackberry
- Raisin
- Feijoa

High Vibe Starches For 1's

- Wholegrain Bread
- Quinoa



1's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 1's

- * Tuna
- * Chicken Thigh
- * Salmon
- * Yogurt
- * Beans
- * Veal

Low Vibe Vegetables For 1's

- * Peas
- * Kale
- * Asparagus
- * Onions
- * Leeks
- * Yellow Peppers
- * Red Peppers



Low Vibe Fats For 1's

- * Cream

Low Vibe Fruit For 1's

- * Grapes
- * Pears
- * Boysenberries
- * Bananas
- * Oranges
- * Peaches
- * Figs
- * Pineapples

Low Vibe Starches For 1's

- * Rolled Oats
- * Noodles
- * Wholegrain Bread
- * Potatoes



1's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Egg Whites Salsa (to taste) Chorizo (treat as spice; sprinkled) Olive oil Mixed greens (spinach, broccoli) and mushrooms Green tea
Mid-Morning Snack	Low-fat Yogurt (1 cup per 200 pounds) Apple
Afternoon Meal	Chicken breast Grated low-fat cheese mixed with jalapeños Asparagus Diet Soda
Mid--Afternoon Snack (Pre-Workout)	Turkey rolls with brown rice and chopped greens
Early Evening Meal (Post Workout)	Salmon Large spinach salad (mix salmon in) with balsamic vinegar Yam Side of blueberries
Late Evening Snack (optional)	Whey protein drink Almonds



2's

Personality Traits

Ah, the wondrous 2's! Without 2's, the world would not exist, as we know it. 2's are wonderful lovers, supporters, cheerleaders, positive thinkers, and, despite their tendency toward self-deprecation, they are also lovers of themselves—in the best possible way.

Unless...

Unless 2's turn their natural cravings for carbohydrate foods in a low-sugar direction, specific chemicals in the brain turn against them. More than any other Universal Number, this is especially true of 2's. Sugar is the Hyde to their Jekyll. Unrefined sugar is the worst of all, which is true for most every person on the planet, but 2's are especially susceptible to the siren-like call of the Sugar Vixens.

Unlike other UNs, 2's (as well as 4's and 8's) have a natural tendency to consume more carbohydrate than is necessary. And, unlike other UNs, 2's have the right idea—merely the wrong application, at least when they begin to notice their less-positive traits emerge. When 2's overdo it on carbohydrates, they tend to bend to their compliant, supportive natures and simply cut back on all carbohydrates. Some even push this to the extent of going on a low-carb, Atkins-style diet. When a 2 does this, he/she will notice weight loss, but little more. Mr. Hyde takes away all the good stuff, and does so as if he were drinking the elixir of Life Itself.

A 2 on either too many carbs or too few carbs will begin to show signs of brain fog, depression and confusion. If carried out too long, this diet plan will result in the 2 becoming self-flagellating in place of their normally humorous self-deprecative acerbic-style humor. Timidity and co-dependence follows, which will lead a 2 down the road to the most damaging of relationships. If continued, severe depression, and even aggression can occur.

The aggressive/depressive state occurs in 2's (and other Universal Numbers who require a moderate approach to carbohydrate intake) when their brain begins to respond to high-sugar, high-carb eating by producing too much serotonin and adrenaline. This creates a feedback loop that takes the 2 to a glorious high, followed by literal neurotransmitter damage, resulting in the lowest of lows. Again, this is a truism for any Universal Number (with the possible exception of 6's), just more so for 2's. Adrenaline is a response to lowered blood sugar, a common reaction to elevated refined carbohydrates. This creates a fight-or-flight reaction in 2's that can be rather frightening. The 2 will come out of their "shell" slugging the air, and spiral into depression after the perceived betrayal of their truest Self.



2's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.

High Vibe Proteins For 2's

- Bacon
- Tuna
- Tofu
- Cottage Cheese
- Veal
- Salmon
- Beans

High Vibe Vegetables For 2's

- Green Peppers
- Red Peppers
- Turnips
- Peas
- Cauliflower
- Kale
- Onions
- Asparagus



High Vibe Fats For 2's

- Cream

High Vibe Fruit For 2's

- Boysenberries
- Pears
- Figs
- Nectarines
- Pineapples
- Plums
- Grapes
- Prunes

High Vibe Starches For 2's

- Rolled Oats
- Noodle
- Brown Rice
- Wholegrain Bread



2's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 2's

- * Lentils**
- * Almond Milk**
- * Chicken Breast**
- * Eggs**
- * Turkey**
- * Mung Beans**
- * Bison**
- * Whey Protein**

Low Vibe Vegetables For 2's

- * Broccoli**
- * Orange Pepper**
- * Cucumber**
- * Celery**
- * Beet**
- * Eggplant**
- * Corn**



- * Lettuce
- * Mushroom
- * Watercress
- * Rhubarb
- * Spinach

Low Vibe Fats For 2's

- * Coconut Oil
- * Walnut
- * Almond
- * Avocado

Low Vibe Fruit For 2's

- * Apricot
- * Apple
- * Cherry
- * Lemon
- * Mango
- * Cantaloupe
- * Passion Fruit
- * Pumpkin
- * Strawberry
- * Blackberry



* Raisin

* Feijoa

Low Vibe Starches For 2's

* Wholegrain Bread

* Quinoa



2's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Scrambled tofu (add in the following) Bacon Onions Red and green peppers
Mid-Morning Snack	Low-fat cottage cheese Diced nectarines (mixed in)
Afternoon Meal	Salmon steak Asparagus Cream (as a sauce)
Mid--Afternoon Snack (Pre-Workout)	Tuna salad (low-fat) Wholegrain bread
Early Evening Meal (Post Workout)	Veal Brown rice Sautéed kale Figs (on the side) Glass of red wine
Late Evening Snack (optional)	Tuna seared with coconut oil Snow peas



3's

Personality Traits

Whenever I have the pleasure of the company of a 3, I know I'm in for a roller-coaster of an experience. And, I mean that in the most enjoyable way possible. 3's, when in vibration with their Universal nature, are the most playful and youth-spirited of the UNs. Like Cindy Lauper's anthem, they just want to have fun—and unlike Cindy, it's not just the girls. 3's are the partiers, the entertainers, and usually among the wittiest people in the room.

Yet here is where 3's can run into trouble. Where there's a party, there are a lot of fatty foods. 3's tend to be social drinkers (not always), and when they are out of vibration, this can be exacerbated, occasionally to an extreme degree. Their natural craving for higher-fat meals is unfortunately matched only by their cravings for sweets when living beyond their balance.

Just like the 2, the 3 have their Mr. Hyde—the exact opposite of their highest natures that appear when nutrition is skewed. Humor turns into arrogance, wit into elitism, and sharing inspirational ideas into a near-greedy overthrow of the conversation.

The consumption of too much protein sparks the 3 into a state of internal aggression. Protein is a throwback food and, while essential for life, a catalyst for specific Universal Numbers to let their primal sides emerge. This is to be expected, as 3's naturally crave higher-protein meals. Unfortunately, they often combine these meals with starches, fruits, and even sugars. This is a lethal mix for 3's.

This stems from the primal self. 3's are more in touch with their genetic history than they usually realize. They have a very deep side to their nature, which is often overlooked by others given their tendency to have fun and express joy. Given this fact, 3's are extremely susceptible to letting their primal natures overtake their pursuit of balanced joy and passion. From a nutrition perspective, this means 3's are sensitive to their genetic past, which included a diet full of animal fats and protein. However, one cannot be the life of the party when one restricts carbohydrates—at least that's what is going through the mind of the out-of-balance 3.

The solution to bringing out the highest nature in 3's is to adopt a strategically sound low-carb nutrition plan. This requires a two to three-day feast on higher protein and healthy fat foods, followed by a re-feed day consisting of the slowest burning carbohydrates possible. Slow burn refers to the speed to which carbohydrates are converted into glucose by the body. Simple sugars, even in the form of fruit, can be processed too quickly by the 3, as their metabolism is, when balanced by their higher Self, rapid and efficient.



3's often experience the exact opposite—a sluggish metabolism. Many 3's believe that they are naturally heavy, when in reality most 3's have blessed metabolisms, and are capable of losing weight and stabilizing their bodies more rapidly than most Universal Numbers the moment nutritive balance is restored.

3's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.

High Vibe Proteins For 3's

- Lentils
- Yogurt
- Soy Protein
- Beef
- Chicken Thigh
- Salmon
- Beans
- Milk

High Vibe Vegetables For 3's

- Yellow Pepper
- Olive
- Carrot
- Leek
- Tomato



High Vibe Fats For 3's

- Cheese
- Olive Oil

High Vibe Fruit For 3's

- Orange
- Kiwi Fruit
- Peach
- Cantaloupe
- Blueberry
- Banana
- Watermelon
- Lime
- Date

High Vibe Starches For 3's

- Wheat
- Noodles
- Sugar
- Yam
- Potato



3's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 3's

- * Veal
- * Tofu
- * Cottage Cheese
- * Bacon

Low Vibe Vegetables For 3's

- * Turnip
- * Cauliflower
- * Asparagus
- * Green Pepper
- * Spinach
- * Rhubarb
- * Onion
- * Pea
- * Red Pepper



Low Vibe Fats For 3's

- * Cream
- * Avocado

Low Vibe Fruit For 3's

- * Blackberry
- * Pear
- * Nectarine
- * Raisin
- * Pineapple
- * Fig
- * Plum
- * Boysenberry

Low Vibe Starches For 3's

- * Brown Rice
- * Wholegrain bread
- * Rolled Oats



3's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Lentils Grated cheddar cheese Sautéed blend of yellow peppers, leeks, jalapeños, and diced tomato Latte
Mid-Morning Snack	Banana and peach smoothie with soy protein and milk
Afternoon Meal	Chicken thigh Carrots caramelized in olive oil Cooked cracked bulgur wheat
Mid--Afternoon Snack (Pre-Workout)	Low-fat plain Greek yogurt (1 cup per 200 pounds) sweetened with 1-2 tablespoons honey or pure maple syrup
Early Evening Meal (Post Workout)	Grass-fed porterhouse steak Baked yam with a sprinkle of cinnamon and sea salt Dates
Late Evening Snack (optional)	Salmon Creamed spinach



4's

Personality Traits

The values of Honest Abe, with the discipline of a Navy Seal, epitomize the 4. Organized and highly pragmatic, 4's are, in some ways, appear the *least* spiritual of the spiritual, but this is said with no offense intended. Appearance is usually deceiving, as is the case with the Fabulous 4's.

Eschewing the lofty for the down-to-earth, your typical 4 prides him or her self on being rational, dependable, and grounded. Diet-wise, 4's require a logical, step-by-step approach to achieve the greatest results. Their biological need for protein is slightly amplified due to their occasionally intense nature, while healthy fats are required to stabilize the overactive hormones and adrenal function 4's often endure.

When deprived of spiritual connectivity, 4's will almost always dive headlong into their work or hobbies, often to the exclusion of their family, friends, and health. 4's suffer higher rates of heart attacks and strokes due to the pressure they put on themselves when out of Vibrational Alignment. They can be described as someone who cannot take a joke, or "narrow-minded" by those who experience them sans spiritual balance.

The 4 needs to make spiritual eating a lifelong ritual to ensure his or her health into the later years, and to bring out the wonderful qualities of reliability and emotional dependence they can bring into the lives of others.

4's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.



High Vibe Proteins For 4's

- Tuna
- Salmon
- Veal
- Bean
- Tofu
- Cottage Cheese
- Bacon

High Vibe Vegetables For 4's

- Turnip
- Cauliflower
- Green Pepper
- Red Pepper
- Asparagus
- Pea
- Onion
- Kale

High Vibe Fats For 4's

- Cream



High Vibe Fruit For 4's

- Pear
- Boysenberry
- Nectarine
- Pineapple
- Prune
- Grape
- Plum
- Fig
- Strawberry
- Blackberry
- Raisin

High Vibe Starches For 4's

- Brown Rice
- Noodle
- Rolled Oats
- Wholegrain Bread



4's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 4's

- * Lamb
- * Turkey
- * Egg
- * Chicken Breast
- * Bison
- * Soy Protein
- * Almond Milk
- * Mung Bean
- * Whey Protein
- * Beef
- * Lentil
- * Milk

Low Vibe Vegetables For 4's

- * Orange Pepper
- * Carrot



- * Eggplant
- * Pumpkin
- * Beet
- * Celery
- * Tomato
- * Broccoli
- * Corn
- * Cucumber
- * Mushroom
- * Lettuce
- * Watercress
- * Olives
- * Lentils

Low Vibe Fats For 4's

- * Walnut
- * Coconut oil
- * Almond
- * Cheese
- * Olive Oil



Low Vibe Fruit For 4's

- * Lime
- * Apricot
- * Date
- * Feijoa
- * Apple
- * Cherry
- * Lemon
- * Cantaloupe
- * Passion Fruit
- * Mango
- * Blueberry
- * Kiwi Fruit
- * Watermelon

Low Vibe Starches For 4's

- * Yam
- * Sugar
- * Wheat
- * Quinoa



4's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Roasted red pepper stuffed with pinto beans, onion, and cheese Cafe Americano
Mid-Morning Snack	Grilled tuna and pineapple kabobs
Afternoon Meal	Cream-braised veal chops Steamed turnip greens and kale
Mid--Afternoon Snack (Pre-Workout)	BLT (bacon, lettuce, and tomato sandwich) on wholegrain bread
Early Evening Meal (Post Workout)	Tofu stir fry with noodles, bell pepper, peas, and onion (seasoned with soy sauce) Mixed berries
Late Evening Snack (optional)	Full-fat cottage cheese sweetened with stevia (or other low-calorie sugar alternative) and cinnamon



5's

Personality Traits

The kings and queens of style and flexibility, 5's are, to many, one lucky number. In reality, all Universal Numbers are "lucky", as well as "unlucky", but 5's appear to have it all. They are usually the style-makers, and always seek out the finest, the newest, and the most 'in' items possible. This is not due to materialism, but rather a reflection of their inner soul to the world. 5's have fun with their spiritual beings, and often bring that fun into the material world in a fashion that makes them the life of the party.

When spiritually balanced through a balanced nutrition plan and plenty of meditation, 5's exude cleverness, bravery, and the essence of a free spirit. However, a diet too low in dietary fats can bring a 5 down to their knees. They will become highly impatient, especially if their sugar intake is too high (which is often the case for the 'life of the party' types), or if their protein intake is too low. Self-indulgence is the true danger for the 5. Out of balance, their enjoyable, brave natures can quickly become self-serving, to the exclusion of everyone and everything else.

The avoidance of sugars, especially alcohol in too great a quantity, is an essential step in harmonizing the spiritual energy and Connection to Source for the 5. Once the 5 engages in spiritual eating fully, he or she can do anything from run a company to lead an army, and do it all with incredible style. Separated from Source, the 5 may lead, but can become quixotic, demanding, and authoritative. Of all the Universal Numbers, 5's owe it to themselves, and the world, to live in a state of Universal Flow and spiritual balance.

5's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.

High Vibe Proteins For 5's

- Lentils
- Almond Milk



- Chicken Breast
- Eggs
- Turkey
- Mung Beans
- Bison
- Whey Protein
- Lamb

High Vibe Vegetables For 5's

- Broccoli
- Orange Pepper
- Cucumber
- Celery
- Beet
- Eggplant
- Corn
- Lettuce
- Mushroom
- Watercress
- Rhubarb
- Spinach

High Vibe Fats For 5's

- Coconut Oil



- Walnut
- Almond
- Avocado

High Vibe Fruit For 5's

- Apricot
- Apple
- Cherry
- Lemon
- Mango
- Cantaloupe
- Passion Fruit
- Pumpkin
- Strawberry
- Blackberry
- Raisin
- Feijoa

High Vibe Starches For 5's

- Wholegrain Bread
- Quinoa



5's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 5's

- * Tuna
- * Yogurt
- * Chicken Thigh
- * All Fish
- * Veal
- * Salmon
- * Beans

Low Vibe Vegetables For 5's

- * Peas
- * Asparagus
- * Kale
- * Onion
- * Yellow Pepper
- * Leek
- * Red Pepper



Low Vibe Fats For 5's

- * Cream

Low Vibe Fruit For 5's

- * Pear
- * Boysenberry
- * Grape
- * Orange
- * Banana
- * Peach
- * Fig
- * Prune
- * Pineapple

Low Vibe Starches For 5's

- * Rolled Oats
- * Potato
- * Wholegrain Bread
- * Noodle



5's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Mushroom and orange pepper omelet Guacamole Almond milk latte
Mid-Morning Snack	Mango and passion fruit smoothie with whey protein
Afternoon Meal	Grass-fed bison steak Herbed butter Steamed spinach
Mid--Afternoon Snack (Pre-Workout)	Mung bean and quinoa salad with fresh lemon juice
Early Evening Meal (Post Workout)	Grilled chicken breast salad Roasted beets Wholegrain croutons Coconut oil drizzle Cherry-rhubarb cobbler
Late Evening Snack (optional)	Sliced turkey Cucumber Walnuts



6's

Personality Traits

Natural born lovers, nurturers, caregivers, and saints, 6's represent the heart of humanity. Thriving on a diet that's relatively balanced between fats, proteins, and carbohydrates, with carbs being lowered on most days, 6's will exude the love of Source and the Eternal Light of the Universe with an almost angelic quality.

However, when 6's select foods that are out of alignment with their Universal Number, they often become martyrs, even when a cause is not present. They will create the cause in their minds, and intentionally steer their life in the direction of unfriendly fire. Their naturally nurturing personalities will turn argumentative, often shunning reason in favor of their self-inflicted holy war.

6's are *absolutely vital souls*, and they must treat themselves with the utmost kindness. 6's do well when they choose to love themselves to the same extent as they love others. This is achieved more rapidly when 6's eat spiritually and according to their Universal Number.

6's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.

High Vibe Proteins For 6's

- Beef
- Lentil
- Chicken Thigh
- Milk



- Beans
- Fish
- Yogurt
- Soy Protein

High Vibe Vegetables For 6's

- Carrot
- Yellow Pepper
- Leek
- Olive
- Tomato

High Vibe Fats For 6's

- Olive Oil
- Cheese

High Vibe Fruit For 6's

- Orange
- Kiwi fruit
- Lime
- Date
- Peach
- Banana



- Blueberry

- Watermelon
- Cantaloupe

High Vibe Starches For 6's

- Yam
- Noodles
- Potato
- Sugar
- Wheat

6's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 6's

- * Almond Milk
- * Lamb
- * Egg
- * Chicken Breast
- * Bison



* Turkey

* Lentils

* Mung Bean

* Whey Protein

Low Vibe Vegetables For 6's

* Broccoli

* Orange Pepper

* Cucumber

* Celery

* Beet

* Eggplant

* Corn

* Lettuce

* Mushroom

* Watercress

* Rhubarb

* Spinach

Low Vibe Fats For 6's

* Coconut Oil

* Walnut

* Almond



* Avocado

Low Vibe Fruit For 6's

- * Apricot
- * Apple
- * Cherry
- * Lemon
- * Mango
- * Passion Fruit
- * Pumpkin
- * Strawberry
- * Blackberry
- * Raisin
- * Feijoa

Low Vibe Starches For 6's

- * Wholegrain Bread
- * Quinoa



6's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Chicken thigh Sautéed mushrooms and leeks Olive oil
Mid-Morning Snack	Low-fat plain Greek yogurt (1 cup per 200 pounds) ½ sliced peach Blueberries
Afternoon Meal	Fresh fish ceviche Lime juice Diced tomatoes Olive oil Side of yellow bell pepper slices
Mid--Afternoon Snack (Pre-Workout)	Soy protein shake sweetened with 1-2 tablespoons of honey
Early Evening Meal (Post Workout)	Grass-fed filet mignon steak Sautéed carrots Baked potato with chives and ricotta cheese Banana "ice cream" (frozen blended bananas)
Late Evening Snack (optional)	Lentils Salsa of olives, tomatoes, and leeks Shredded cheese



7's

Personality Traits

Einstein. Hawking. Kant. Descartes. Each of these mental and philosophical giants reveals the strongest nature of 7's: intelligence and depth of thought. 7's often live in their own little worlds, however, due to the power of their minds, they often expand those worlds into everyone around them, enlightening and teaching those whom their sphere of influence touches. 7's are lovers of ponder and seekers of wisdom, and they often prefer to do so alone. Solitude is one of the 7's greatest allies, and also, potentially, their worst enemy.

7's often forget to eat, choosing instead to create, solve, and contemplate. When they make this choice, their least desirable qualities—skepticism, criticism, and removal from human contact—can rear their ugly heads. Normally verbose and excited to share, when in spiritual alignment, 7's lose this nature most often by eating too little, and of course consuming foods that counter their Universal Number. When this happens, 7's become silent, withdrawn, and sullen.

The most important thing for 7's to adopt is a regular eating schedule. Spiritual eating, for a 7, often means *simply eating*, although their greatest connection to Source occurs when they eat foods that are in vibration to their Being.

7's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.

High Vibe Proteins For 7's

- Almond Milk
- Lamb
- Egg
- Chicken Breast



- Bison
- Turkey
- Lentils
- Mung Bean
- Whey Protein

High Vibe Vegetables For 7's

- Orange pepper
- Broccoli
- Beet
- Mushroom
- Lettuce
- Cucumber
- Corn
- Pumpkin
- Celery
- Eggplant
- Watercress
- Rhubarb
- Spinach

High Vibe Fats For 7's

- Coconut Oil
- Walnut



- Almond

- Avocado

High Vibe Fruit For 7's

- Apricot
- Apple
- Cherry
- Lemon
- Mango
- Cantaloupe
- Passion Fruit
- Pumpkin
- Strawberry
- Blackberry
- Raisin
- Feijoa

High Vibe Starches For 7's

- Wholegrain Bread
- Quinoa



7's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 7's

- * Chicken thigh
- * Tuna
- * Fish
- * Salmon
- * Soy protein
- * Beans
- * Yogurt
- * Bacon
- * Cottage Cheese
- * Tofu

Low Vibe Vegetables For 7's

- * Yellow Pepper
- * Carrot
- * Leek
- * Tomato
- * Kale



- *Cauliflower
- * Green Pepper
- * Turnip

Low Vibe Fats For 7's

- * NO LOW VIBE FATS

Low Vibe Fruit For 7's

- * Lime
- * Grape
- * Banana
- * Peach
- * Date
- * Prune
- * Orange
- * Nectarine
- * Plum

Low Vibe Starches For 7's

- * Yam
- * Noodles
- * Sugar
- * Potato
- * Wheat



* Brown Rice

7's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Egg frittata Fresh corn, spinach, and mushroom (mixed in) Glass of almond milk
Mid-Morning Snack	"Pumpkin Pie" smoothie (pumpkin, ½ a banana, cinnamon, nutmeg, clove, ginger) Whey protein added in
Afternoon Meal	Grilled chicken breast Large lettuce salad with avocado (add the chicken breast) Tomato salsa
Mid--Afternoon Snack (Pre-Workout)	Turkey panini on wholegrain bread
Early Evening Meal (Post Workout)	Roasted leg of lamb Roasted beets Quinoa salad with apricots, cherries, fresh lemon juice and a sprinkle of sea salt
Late Evening Snack (optional)	Stir-fried bison in coconut oil with broccoli



8's

Personality Traits

If you ever want to start a successful business, be sure you have an 8 on your Board of Directors. 8's are legendary for their business skills, and often acquire fantastic wealth and monetary success. 8's are also highly instinctive, making their decisions based on their "gut" more so than their minds, and most of the time their guts do not betray them.

That changes, however, if 8's choose not to eat spiritually, which is perpetuated most often by schedule conflicts, business pressures, and various forms of self-abuse. This can propel the 8 into a state of guilt that is difficult to recover from, as 8's are perfectionists, and their own worst critic.

In balance, they are the epitome of competence and skill. Out of vibration, they are described as egotistical (although, in reality, this is a reflection of their inner pain), and can even drive themselves into the poor house. Many self-made millionaires who are 8's make their money and go broke multiple times throughout their life. It is **only** when they choose to eat spiritually and align their foods with their Universal Number that 8's find more permanent success, both financially and within their personal relationships.

From a nutritional perspective, 8's demand protein for cellular repair and an over-abundance of omega 3 fatty acids to fuel their overactive minds.

8's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.

High Vibe Proteins For 8's

- Bean
- Cottage Cheese



- Bacon
- Tofu
- Tuna
- Veal
- Salmon

High Vibe Vegetables For 8's

- Green Pepper
- Cauliflower
- Asparagus
- Onion
- Pea
- Kale
- Turnip
- Red Pepper

High Vibe Fats For 8's

- Cream

High Vibe Fruit For 8's

- Pear
- Boysenberry
- Grape
- Pineapple



- Fig
- Prune
- Nectarine
- Plum

High Vibe Starches For 8's

- Noodles
- Brown Rice
- Rolled Oats
- Wholegrain bread

8's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 8's

- * Beef
- * Soy Protein
- * Lentil
- * Milk



Low Vibe Vegetables For 8's

- * Carrot
- * Tomato
- * Rhubarb
- * Olive
- * Spinach

Low Vibe Fats For 8's

- * Olive Oil
- * Cheese
- * Avocado

Low Vibe Fruit For 8's

- * Blackberry
- * Watermelon
- * Lime
- * Raisin
- * Kiwi Fruit
- * Date
- * Cantaloupe

Low Vibe Starches For 8's

- * Wholegrain Bread



- *Yam
- *Wheat
- *Sugar

8's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Lox (smoked salmon) Sautéed onions Steamed asparagus White cream sauce Latte breve (latte made with half-and-half)
Mid-Morning Snack	Low-fat cottage cheese Fresh figs
Afternoon Meal	Red bell pepper stuffed with black beans, kale, and bacon Shredded cheddar cheese Diet soda
Mid--Afternoon Snack (Pre-Workout)	Pan-seared tofu with noodles
Early Evening Meal (Post Workout)	Tuna steak Brown rice with peas, onions, green pepper Vanilla poached pears
Late Evening Snack (optional)	Veal shank Steamed kale drizzled with olive oil



9's

Personality Traits

Is he a slacker, or a Christ-like Being? It's hard to tell with 9's. In a balanced, spiritually optimized state, 9's are often profound teachers, exuding universal compassion and empathy. Out of alignment, however, 9's take on the quality of the proverbial slacker. They can often be described as lazy, aimless, and someone who bonds through trauma. Drama and chaos follows the 9 much like a dog follows its master, yet only when they are not connected to Source.

When 9's find their Universal Vibrations to be in alignment with their foods and their personal energy, they feel compelled to give charitably, act in the most wonderful and selfless manner, and magnetically attract high-resonating souls into their midst.

9's rely on eating regularly, and they also thrive when drinking more water than they think they require. When fed every 3-4 hours, and when consuming High Vibe foods virtually every meal, 9's evolve quickly into the old souls they are, and move others into a higher plain of existence with nothing more than a touch or a whisper.

9's: Your Complete List Of High-Vibe Foods

Your goal is to consume at least **90%** of your total food intake from the foods below. These foods connect you the strongest to the vibrational patterns of Universal Energy, and produce the greatest results for any of your body goals.

High Vibe Proteins For 9's

- Beans
- Lentil
- Beef
- Salmon
- Chicken Thigh
- Yogurt



- Soy Protein
- Milk

High Vibe Vegetables For 9's

- Carrot
- Tomato
- Leek
- Yellow Pepper
- Olive

High Vibe Fats For 9's

- Cheese
- Olive Oil

High Vibe Fruit For 9's

- Orange
- Blueberry
- Watermelon
- Lime
- Date
- Kiwi Fruit
- Banana
- Peach
- Cantaloupe



High Vibe Starches For 9's

- Yam
- Wheat
- Sugar
- Potato
- Noodles

9's: Your Complete List Of Low Vibe Foods (Avoid These Foods!)

Your goal is to consume no more than **10%** of your total food intake from the foods below. These will cause harm, slowing your progress toward your body goals, and diminishing your Universal Energy flow. Think of these foods as treat foods only, or foods to eat if you are in an absolute bind and cannot access High Vibe Foods. These foods are literally out of alignment with your Universal Number, despite being “healthy” for other UNs.

Low Vibe Proteins For 9's

- * Tofu
- * Veal
- * Bacon
- * Cottage cheese

Low Vibe Vegetables For 9's

- * Asparagus
- * Green Pepper
- * Cauliflower
- * Turnip



*Onion

*Pea

*Red Pepper

Low Vibe Fats For 9's

*Cream

Low Vibe Fruit For 9's

*Pear

*Fig

*Pineapple

*Plum

*Nectarine

*Boysenberry

Low Vibe Starches For 9's

*Brown Rice

*Wholegrain Bread

*Rolled Oats



9's: A Sample Day's Eating Plan

Feel free to substitute any protein, vegetable, fat, fruit or starch from your High Vibe list of acceptable foods. Include only one or two foods maximum from your Low Vibe list.

Meal Time	What To Eat
Morning Meal	Chicken thigh seared in olive oil Shredded carrot and leek hash browns Green tea
Mid-Morning Snack	Low-fat plain Greek yogurt (1 cup per 200 pounds) Sliced bananas
Afternoon Meal	Black bean cakes with yellow bell pepper and tomato Shredded cheddar cheese Unsweetened iced tea (or sweeten with stevia or other natural sugar alternative)
Mid--Afternoon Snack (Pre-Workout)	Roasted rosemary and garlic salmon fillet Yam
Early Evening Meal (Post Workout)	Italian beef meatballs over noodles with tomato sauce Fresh peaches Glass of red wine
Late Evening Snack (optional)	Soy protein shake made with milk (sweeten with stevia or other natural sugar alternative) Carrot sticks



CHAPTER 6

DIET 411: Our Most Commonly Asked Questions

Melissa and I do not want to leave you alone. Now, we mean that in the least ‘stalker’ way possible, of course. We just know how confusing any new diet plan can be, even one as itemized as *The Numerology Diet*.

Over the years, we’ve received the following questions in the greatest frequency. Here are those questions, and our answers. Think of this as dialing 411 on your phone—which, until recently, meant dialing “information”. With the rate at which smart phones are evolving, by the time you read this it may be the iPhone code used to close your garage door, or re-adjusting your personal image capturing satellite to send you the latest pictures from Neptune direct to your desktop. Nonetheless, the analogy, at least historically, applies. :)

Enjoy!



“ISN’T (INSERT ‘HEALTHY’ FOOD HERE) GOOD FOR YOU...EVEN ESSENTIAL FOR YOUR HEALTH? WHY IS IT ELIMINATED FROM MY UNIVERSAL NUMBER’S NUTRITION PLAN?”

We hate to break it to you, but there are virtually *no specific essential foods*. You have essential nutrients (proteins, fats, etc.) but no specific foods to deliver those nutrients. All foods have “replacements”. For example, if broccoli, a long-standing member of the Super Healthy Food Community, is exempted from your number’s plan, we’ve *replaced it* with a food of equal nutrient and phytochemical value.

No plan found within *The Numerology Diet* is nutrient deficient in the slightest. In fact, the plans within this book are among the healthiest diets *anyone* could eat, no matter which Universal Number you happen to be. That does not mean you can pick and choose. If you are a 2, for example, you need to stick to the foods on the 2 Plan. However, if *spiritual eating* was not your goal (which it should be), you could follow any of these plans and far exceed your nutrient quota.

“WHAT HAPPENS IF I MESS UP AND FALL OFF MY DIET PLAN? WILL I LOSE ALL THE CONNECTIVITY AND UNIVERSAL CONNECTION I’VE GAINED?”

No, assuming you do not stray from your Universal Number’s plan for too long. Energy, Flow, Connection to Source—these are all realities that are not directly measurable. What we have seen is that people tend to *drift* from their Flow or Connection to Source when they totally deviate from their Universal Number’s list of High Vibe foods for more than three to seven days.

After that time, you will notice a definite drop in your energy levels, your feeling of being connected to Source Energy, and that near-effortless flow of living potential that comes your way when eating spiritually. You may also find yourself adrift in thoughts that are not the most productive, including sad, or even depressing thoughts, or a feeling of life “passing you by.” These are the most commonly reported effects of deviating from *The Numerology Diet’s* specific Universal Number eating protocols.

Again, this will vary from person to person, and this usually occurs after about a week of deviation. Some are more sensitive, and feel this drift effect after only a few *meals* off of their plan; others are less sensitive. The main point is to get back on your plan as rapidly as possible, but not to stress yourself out over being human. We all have *life* to contend with, and it’s not always possible to be spot-on.



As for *losing* any potential Connection, fear not—the Connection is merely crimped, much as a tangled wire may not allow a clean flow of current to pass through. Just a few meals back on track is usually enough to reconnect.

“WHY ARE THE MACRONUTRIENTS (PROTEIN, CARBOHYDRATES, AND FATS) RELATIVELY CONSISTENT THROUGHOUT THE PLANS?”

Here is where the world of chemistry comes into play. Unless you are an endurance athlete, very few of us require excessive amounts of dietary carbohydrate in order to function properly—far less than is currently recommended by the USDA, for example, and by most mainstream nutritionists. However, the tides are turning as science continues to reveal the evidence for a lower carbohydrate diet, so this is what we recommend.

Most are unaware that your body can create its own glucose, which is the metabolic property of digested carbohydrate. It does so through a process known as *gluconeogenesis*, or “the creation of glucose.” To do so, your body takes ingested protein and converts it to sugar, which is first stored in the blood (although briefly), and then stored as glycogen, a form of stored sugar found within muscle tissue and in the liver. As your brain demands it, available sugar found within the blood is supplied. As your muscles require it, glycogen is supplied.

It should be noted that your body cannot do this with protein or fat—a massive hint as to the order in which food should be considered ‘essential’! Your body *can* catabolize its own muscle mass for protein requirements to be met, but this only occurs if exercise is too intense and protein intake is well below ½ gram per pound of lean tissue. Your body cannot create essential fatty acids, although it can, obviously *burn fat for fuel*. This is different than using fat to meet biological needs.

Notice I did not say “low carbohydrate” diet, although some people find such a plan more suited to their metabolism. I find a low to medium carbohydrate diet ideal. I consume few carbohydrates (about 50 grams a day) for 3-5 days. Then, I increase them dramatically for a day or two. This satisfies my occasional cravings for Low Vibe foods (yes, I have them!) and serves to replenish those glycogen stores to save my protein for the construction of new cells and tissue.

However, I still follow my Universal Number’s food guidelines during this entire process, excepting the one or two meals I eat on my higher carbohydrate days, otherwise known as a *cheat meal*. I dislike the term, as you’re really not ‘cheating’, you are merely taking a tasty detour.

In conclusion, the vast majority of humans require *less* carbohydrate than they assume, and consume *far more* than they realize. This is contributing to many disease states, including



Type 2 Diabetes, heart disease, and cancer, and that is why we err on the side of moderation with carbohydrates for each Universal Number.

“I DON’T UNDERSTAND WHY YOU DO NOT RESTRICT FOOD INTAKE. WONT’ I GAIN WEIGHT ON SUCH A DIET?”

Let us set your mind at ease: I (Trent) have not counted a single calorie in over a decade, yet I maintain single-digit body fat, as I enjoy having visible abdominal muscles, and feel better and more flexible in this condition. Melissa has not counted a calorie or restricted a meal in years, and maintains her sleek physique, despite having a tendency, prior to eating spiritually, to easily gain weight.

Counting calories is *an abject failure*. In fact, counting much of anything results in frustration, long before it results in achieving your ideal body, robust health, and a lifestyle, enjoyable plan of nutrition you can enjoy.

Unless you *enjoy* your meals, you simply will not choose to eat them. That’s why we always recommend choosing the foods from your Universal Number food guide that you most enjoy, and stick to those foods most of the time. At the same time, being overly restrictive prevents enjoyment. The good news is that the foods we suggest in every Universal Number eating plan makes gaining weight *very difficult* to do. There’s only so much one can eat, no matter how hungry one tends to be, when it comes to foods that *nourish the body and spirit*.

Therein lies the key to everything. *The Numerology Diet* was designed around the concept of *nutrient and energetic fulfillment*. When your body perceives that it has all the nutrients it requires, and calories have nothing to do with this, your brain sends you signals that **you are full**. This can, and does happen, on even *low* calorie diets, let alone diets that do not restrict your food intake. You will not eat past the point of feeling full, and the foods we’ve selected are so high in nutrients, your stomach will, so to say, *get the message*.

Add on top of this the fact that you are also, and most importantly, eating *spiritually*, therefore eating to receive Flow, energy through Connection to Source, and Universal vitality, your body will simply refuse to eat beyond a certain point.

When you put these two elements together, you have a plan that almost *dares you* to try and overeat! It’s that difficult to do when both the nutrient and spiritual components are in place.

Finally, we find restrictions to be the most surefire way to destroy any chance you have at success. Tell a child, “Do not touch the stove!” and you all but guarantee a child with a set of charred fingers. Chain a dog, and he’ll run the first chance he gets. Give him *freedom to roam*, and he’ll stay close to home. Dieting is no different. We give you the freedom to roam,



knowing the combination of nutrient feeding and spiritual nourishment will act as a beacon in the night, guiding you back to the shore.

“MY WIFE (HUSBAND/SIGNIFICANT OTHER) AND MY CHILDREN ALL HAVE DIFFERENT UNIVERSAL NUMBERS. WILL THIS MAKE FOLLOWING THE NUMEROLOGY DIET MORE CHALLENGING?”

Yes, and no.

Yes, if you follow it to the letter. No, if you allow yourself some wiggle room and consume *some* of the Low Vibe foods *some* of the time in order to appease the entire family. Remember, we found that family time increased spiritual connectivity, so the last thing we desire is for you to alienate your family by being overly dogmatic with your Universal Number food guide.

Reach a consensus. See how many foods you have in common—there are no doubt dozens of them. Try and focus the majority of your meals around those foods, and eat a few meals that are more in line with another family member’s Universal Number. Or, simply do as we do—prepare food in advance, and instill a grab bag approach to breakfast and dinner. Each person in our families knows the foods that are best for them spiritually speaking, and those foods are pre-prepared on Wednesday and Sunday evenings, making weekly eating a snap.

Also, realize the *increased harmony* your family will enjoy will far outweigh any temporary inconvenience of cooking both broccoli and asparagus, or preparing both fish and chicken for dinner.

“HOW LONG DOES IT TAKE TO SEE RESULTS FROM FOLLOWING THE NUMEROLOGY DIET?”

Anywhere from minutes to weeks.

The moment you start consuming High Vibe foods, you’ll begin to feel more peace and connectivity to Universal Energy. For most, this is virtually immediate, although for some (those who have, perhaps, abused their bodies for a long time) the effects can take a few days.

As with any diet plan, it will take a few weeks before you notice *physical* changes in your body, such as increased fat-burning, more lean muscle, greater strength, and so on.



“HOW WILL I KNOW WHEN THE DIET PLAN IS WORKING?”

We recommend journaling for the first few months as you follow *The Numerology Diet*. Within your journal, rate the following perceptions from a scale of 1 to 5, with 1 being low, and 5 being high:

- o Enhanced Mood
- o Increased Energy Level
- o Desire To Give To Others
- o A Great Sense of Inner Peace
- o Feelings of Strife or Discontent
- o Increase In Desire To Achieve Specific Goals
- o A Decrease In Food Cravings
- o Greater Purpose and Clarity
- o An Increased Sense of Gratitude
- o Changes in Your Body (The Physical Changes You Desire)

These are the markers we use to determine the success of those following *The Numerology Diet*. Invariably, we see one or two aspects that require more time than the others, but eventually most every aspect scores much higher than when you first begin your journey.

It’s exciting to see yourself progressing in every way, so we do encourage the journaling method, and even recommend that you ask those closest to you how *they* would rank each of these criteria, if you so desire. This is not mandatory, nor is journaling itself, but each is highly recommended.



CHAPTER 7

Exercise By The Numbers

For those of you who desire to see faster results in weight loss (or muscular gain), an even greater increase in mental clarity and energy, and enhanced body shaping results, exercise will need to become an important part of your life.

Important, but not all-consuming.

The all-or-nothing mentality that causes so many diet plans to fail is also prevailing among exercise enthusiasts. The “no pain, no gain” approach, followed by the “90 minutes a day, every day” mindset, is virtually setting you up for a colossal let-down.

What you need is *spiritual and energetic balance* within any exercise routine. And, much like the dietary guidelines provided through numerology, your exercise choices need to reflect the basic personality elements of your Universal Number. Gone are the days of one-size-fits-all exercise routines. We are here to usher in a new era of physical activity, and one based upon the tried and true science of numerology.

Melissa and I made it a point not to make *The Numerology Diet* an exercise book. There are far too many books written by far more qualified individuals in the exercise world that we will be pointing you toward. We will merely give our recommendations for basic exercise protocols based on the nine Universal Numbers, and then direct you to the books we have



found to be the most helpful when it comes to implementing a specific plan, or achieving a desired look. Be it weight loss, muscle tone, greater flexibility, or overall health, these simple guidelines, when followed using the books we recommend, will serve you well.

Universal Number 1

The 1's dominant expression when it comes to exercise is **freedom** (such as an open structure, without too much in the form of set routines) and **strength** (to counter-balance the negative trait of aggression.)

We find the ideal routine for 1's to be a combination of varied aerobic activity, something different most every day, with a limited but power-based resistance workout. Resistance training can be done with weights in a gym, or with bodyweight exercises. For 1's, this training should be *both varied and limited in duration*. The variance is to enhance the connection to freedom, while the limited duration takes advantage of the need for physical strength, which comes via shorter, more intense workouts, and the removal of five or six days per week of exercise.

We discovered a wonderful book a few years ago called *7 Minute Body* (also marketed under the title *7 Minute Muscle*) that ideally meets the needs of the 1. The book even covers Flow State, much to our delight, but is not based on numerology per se. That does not matter—this routine is perfect for the intense, leader-of-the-pack 1's, and their absolute need for short, power-based workouts.

The author reveals what's known as *density training*, a way of perpetuating faster muscle growth (or 'tone', even though 'toning' is somewhat of a misnomer, as a muscle either grows or shrinks in size.) This allows the user to accomplish in 7-14 minutes what would normally require 60 minutes or more.

What most people desire is that *fit look*, which is merely a bit more muscle added, with body fat reduced enough to reveal some definition. *7 Minute Body* passes our test for getting the job done efficiently, while also maximizing the mental state of Flow.

Note: We recommend that you follow the author's 3-4 day per week routine rather than the 5-day-per-week protocol to allow for the greatest amount of personal freedom.

You can purchase a **discounted** copy of *7 Minute Muscle* from the author, who was kind enough to offer our readers a 20% discount, by going here:

NumerologyDiet.com/7MinuteMuscle.

You will want use this URL so you can save 20% on the retail price.



As for cardiovascular work, simply adding 15-30 minutes every other day of whatever cardio you desire—walking, jogging, biking, swimming, etc.—is sufficient when combined with the resistance protocol recommended above.

Finally, we highly recommend *yoga* as a means of staying flexible, relaxing the mind, and connecting even further to Source. (This recommendation will be listed for each Universal Number, as yoga is, by its very nature, universally compatible.)

Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>

Universal Number 2

Like every Universal Number, 2's require a combination of resistance exercise, cardiovascular exercise, and yoga to be fully balanced. However, unlike 1's, 2's should consider *bodyweight-only movements*. There are several reasons for this. For starters, 2's are among the most carb-sensitive of the Universal Numbers, therefore they need exercise that does not tax the glycogen stores too severely. Weight training can put a significant drain on glycogen, creating carbohydrate cravings that will derail the 2 from his or her spiritual path.

Another reason bodyweight-only routines are preferable deals with the classic 2 temperaments. 2's are very body-sensitive, meaning that they can achieve more from movements that tax the body *with* the body itself, more so than the body against an object without animated energy.

Melissa and I researched the **best** and most practical bodyweight-focused workout plans out there, and we've been very impressed with a program called *Turbulence Training*. You can purchase a copy from the author's website below:

<http://numdiet.turbulence.hop.clickbank.net/>

The author provides dozens of routines, strategies, and fun ways to exercise right from home...plus he is in fantastic shape himself. (This is a criteria Melissa and I demand from any references we make—the user has to walk the talk!)

When it comes to cardio, good news: The bodyweight workouts in the suggested protocol above covers your cardiovascular needs. The addition of a few long walks a week will round it out.



And, as per each Universal Number, we do recommend yoga *highly*. Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>

Universal Number 3

Fun is by far the most important aspect for the 3 to consider when selecting a workout program. What this means is two-fold. First, select from your preferred resistance training means (weights, in-home resistance, or bodyweight resistance). Please reference the exercise book suggestions we've given in the 1's and 2's section in this chapter. Select the one that appeals to you the most—the one that seems it would be the most fun and enjoyable. Second, add in two or three days of hiking, rollerblading, surfing, or other relatively high-intensity forms of exercise. This will serve to shape the body while also getting the cardio work you need to stay healthy and lean.

And, as per each Universal Number, we do recommend yoga *highly*. Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>

Universal Number 4

Let's take full advantage of your absolute number one gift: *consistency*. The desire for consistency means you should try to do a bit of exercise 5-6 days per week, but not too much. Otherwise you will rebel and sway toward procrastination.

There are two workout protocols we've found to be excellent for 4's. The first we've already mentioned in this chapter, under the recommendations for 1's: *7 Minute Body*. However, we recommend you follow the author's 5-day-per-week plan, as opposed to what we recommend for 1's (3-4 days per week tops.) This added consistency is vital to your success.

You can purchase a **discounted** copy of *7 Minute Muscle* from the author, who was kind enough to offer our readers a 20% discount, by going here:

NumerologyDiet.com/7MinuteMuscle.

However, we found another book from a different author that really surprised us. You will want to consider adding *both books* to your library, at least eventually.



The second book was a purchase made by Melissa. She wanted a tighter midsection, so she ordered a book called *The Truth About Abs*. What she found, and later shared with me, was an *entire, bare-basics routine* that the author, from personal experience, demonstrates is superior to only working the midsection. No crunches, no set-ups, and very little if any direct abdominal work is recommended. And, the key to the program is *simple consistency*—a perfect fit for 4's.

The protocol is situated around very basic, simple, and sparse resistance training using lifting methods that work your core (your abs) very hard. The only thing we urge you to do is take any dietary recommendations and **be sure** you follow them using ONLY the foods found in your Universal Number eating guide. This is essential to stay in Universal Flow. The results you see will simply be enhanced.

You can purchase a copy from the author's website:

<http://numdiet.mikegeary1.hop.clickbank.net>

Cardio work is a different story. We urge you to simply do brisk walking every morning or evening for about 30-40 minutes. This is all you need to fulfill your cardiovascular needs. Feel free to toss in more intense cardiovascular work, but do so only 2-3 times per week.

And, as per each Universal Number, we do recommend yoga *highly*. Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>

Universal Number 5

While not true for dietary needs, the exercise needs of 5's are *identical* to the exercise needs of 1's. 5's are definitely the most universally flexible of all the numbers, yet when it comes to exercise, 5's thrive on essentially the same protocol as 1's.

In case you skipped over the 1's' recommended protocol, we'll repeat it below, with edits made for 5's.

We find the ideal routine for 5's to be a combination of varied aerobic activity, something different most every day, with a limited but power-based resistance workout. Resistance training can be done with weights in a gym, or with bodyweight exercises. For 5's, this training should be *both varied and limited in duration*. The variance is to enhance the connection to freedom, while the limited duration takes advantage of the need for physical



strength, which comes via shorter, more intense workouts, and the removal of five or six days per week of exercise.

We discovered a wonderful book a few years ago called *7 Minute Body* (also marketed under the title *7 Minute Muscle*) that ideally meets the needs of the 5. The book even covers Flow State, much to our delight, but is not based on numerology per se. That does not matter—this routine is perfect for the intense, leader-of-the-pack 5's, and their absolute need for short, power-based workouts.

The author reveals what's known as *density training*, a way of perpetuating faster muscle growth (or 'tone', even though 'toning' is somewhat of a misnomer, as a muscle either grows or shrinks in size.) This allows the user to accomplish in 7-14 minutes what would normally require 60 minutes or more.

What most people desire is that *fit look*, which is merely a bit more muscle added, with body fat reduced enough to reveal some definition. *7 Minute Body* passes our test for getting the job done efficiently, while also maximizing the mental state of Flow.

Note: We recommend that you follow the author's 3-4 day per week routine rather than the 5-day-per-week protocol to allow for the greatest amount of personal freedom.

You can purchase a **discounted** copy of *7 Minute Muscle* from the author, who was kind enough to offer our readers a 20% discount, by going here:

NumerologyDiet.com/7MinuteMuscle

You will want use this URL so you can save 20% on the retail price.

As for cardiovascular work, simply adding 15-30 minutes every other day of whatever cardio you desire—walking, jogging, biking, swimming, etc.—is sufficient when combined with the resistance protocol recommended above.

Finally, we highly recommend *yoga* as a means of staying flexible, relaxing the mind, and connecting even further to Source. (This recommendation will be listed for each Universal Number, as yoga is, by its very nature, universally compatible.)

Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>



Universal Number 6

A beautiful aspect of 6's is the fact that most (not all) of them tend to lean toward responsibility, as this is one of their dominant qualities. When in alignment with their Universal Energy, responsibility comes naturally, almost effortlessly. When out of alignment, they have the same struggles as other people when it comes to exercise and being a responsible steward of their temple.

Given that responsibility is at 6's greatest and highest nature, we recommend 6's take advantage of websites like FitDay.com. FitDay.com will reinforce your native tendency toward responsibility, as will any form of journaling or data keeping. (We also recommend dietary journaling in a *major way* for 6's!)

But what about exercise specifics? Much like 3's, 6's have a lot of flexibility, assuming the exercise routine is specific and consistent. Take your pick from any of the books or programs we've mentioned thus far (start with reading the exercise guidelines for 3's in this chapter) and select the one(s) that appeal to you the most. Then, make sure you *track* your results using a program like FitDay.com.

Cardiovascular work for 6's is slightly different. 6's respond well to frequent *intense cardio*. By "intense", we are referring to the process known as *interval cardio*. Interval cardio requires 20-40 minutes of time (begin with 20) and breaks up moderate intervals of 3-4 minutes with brief spurts of higher intensity intervals of only 30 seconds to a minute in length. This increases fat burning, which is a nice benefit, but it also taps into a hormone that's extra critical for the well-being of the 6: *growth hormone*.

Growth hormone, secreted naturally by the pituitary gland, is a crucial balancing hormone for 6's. When deprived of growth hormone (again, derived naturally, not synthetically) 6's lean towards their negative energy patterns of being argumentative and slightly irrational. Both of these qualities are seen frequently in children, yet growth hormone is well known for its *age-reversing properties*. So how does this work, you ask? Much like cholesterol—feed the body some dietary fat, and the body tends to shut down its natural production of cholesterol. The same is true of growth hormone, at least as far as 6's are concerned (or any Universal Number prone to childish behavior patterns when out of alignment.)

Finally, we highly recommend *yoga* as a means of staying flexible, relaxing the mind, and connecting even further to Source. (This recommendation will be listed for each Universal Number, as yoga is, by its very nature, universally compatible.)

Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>



Universal Number 7

Whatever 7's do, be sure you spend plenty of time doing it *alone*. 7's are highly functional solo artists. When in spiritual alignment, they thrive on solitude. Therefore, we highly recommend in-home bodyweight training for 7's.

Again, the best book we've found for training solo in the privacy of the home is called *Turbulence Training*. You can purchase this at the author's website here:

<http://numdiet.turbulence.hop.clickbank.net/>

The author provides dozens of routines, strategies, and fun ways to exercise right from home...plus he is in fantastic shape himself. (This is a criteria Melissa and I demand from any references we make—the user has to walk the talk!)

Cardio work is basically covered in the Turbulence Training model, however we recommend the addition of solo hikes, long walks, and plenty of *you time* when it comes to getting your cardio in.

Finally, we highly recommend *yoga* as a means of staying flexible, relaxing the mind, and connecting even further to Source. (This recommendation will be listed for each Universal Number, as yoga is, by its very nature, universally compatible.)

Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>

Universal Number 8

8's tend to move instinctively, much like a cat. They prefer unscheduled and instinctive workout structures as opposed to “do this, then do that” protocols.

The best book we've run across that addresses the exercise needs of 8's is called *The Primal 21-Day Body Transformation* by Mark Sisson. You can purchase a copy from the author's website by going here:

<http://primalblueprint.com/products/The-Primal-Blueprint-21%252dDay-Total-Body-Transformation.html>

**** GET AFFILIATE LINK ****



A few words of caution, however:

1. The nutrition plan in *The Primal 21-Day Body Transformation* must be followed using the foods within your Universal Number's food chart. The good news is the author's diet structure is similar to our own, so few modifications will be required.
2. The exercise protocols suggested are raw, basic, and instinctive. Follow the general structure, but take home the idea that you need to move in *bursts*, exercise in *brevity*, and do everything you can via instinct and feel.
3. Your cardio plan is very basic, and covered within the protocol above. Basically, you do very little, other than hiking, walking, and other outdoor activity that requires some level of adventure and instinct.

Finally, we highly recommend *yoga* as a means of staying flexible, relaxing the mind, and connecting even further to Source. (This recommendation will be listed for each Universal Number, as yoga is, by its very nature, universally compatible.)

Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>

Universal Number 9

9's succeed using any workout protocol we've covered so far, as long as one crucial element is put into place: *9's progress faster with a training partner.*

Due to the giving and supportive nature of the 9, we highly recommend you embark on your physical journey to greater health and the body you desire with a 'buddy'. This can be a family member, a friend, or even a trainer (as long as there is a give and take relationship with the trainer.) Take full advantage of your greatest gift—that of support and rapport—and you will succeed on virtually any exercise or cardio protocol!

Finally, we highly recommend *yoga* as a means of staying flexible, relaxing the mind, and connecting even further to Source. (This recommendation will be listed for each Universal Number, as yoga is, by its very nature, universally compatible.)

Here's a fantastic e-book on various styles of yoga that we highly recommend. You can get this direct from the author's website:

<http://brilliantyoga.com?a=numdiet&p=home>



CHAPTER 8

The Demons Of Progress & The Tools Of Success

Seth approached me with some degree of trepidation. He was always the nervous sort, at least within the span of our friendship, which began nearly the moment I first met him back at university.

“This just doesn’t add up, man”, Seth opined, once concluding that my take on his nutrition plan for weight loss was in complete conflict with what he was taught since a child. “Even my grandma Kelly knew enough not to instruct me to avoid broccoli!”

“Seth, what I said in context was, ‘Avoid broccoli in favor of other green vegetables, such as asparagus and kale.’ I did not say broccoli was a mortal sin, or some sort of venomous veg from the Planet Fat Gain, so chill out or you’ll die of a coronary before you drop an ounce of weight.”

Not only am I a stickler for context, I also believe in blending in the light-hearted, and even the obtuse, when discussing sacred cows. I’ve learned to label it as charming, and given the fact you’re about to get a dose of it yourself, I hope you’ll considering adopting my dictionary, at least in this regard.



Given my size—a very lean two hundred and twenty pounds at six-foot, three-inches—Seth decided compliance was probably the wisest course of action. This, despite the fact that he knows I would never harm a fly...unless that fly was on my diet plan, of course. Then the hunter-gatherer comes out in full force. (Fortunately for you, flies are not on anyone’s diet plan, let alone my own.)

After the hyperbolic gorilla suits were removed, and the pounding of man-chest was negated in favor of reason and data, Seth began to understand the really big picture. This is the same picture I’m about to illustrate for you within these pages. Like most works of art, this requires a viewing from a bit of a distance, a fair degree of intuition, and an open mind. It works in my favor that you obviously have the latter of these qualities in fair to substantial abundance.

Seth became open to the patterns of numbers, and how these numbers can be applied in both the macro and micro to his, or anyone’s diet plan. These numbers, from a distance, form the picture of the foods that you should focus on from a simple numerology point of view. These are foods that are both healthy for you and vital for your ideal body recomposition objectives.

The mosaic view of this personal experience with food—be it to lose weight, gain weight, or simply increase your energy, it matters not—is every bit as important to understand as the detailed view. Seth was absorbed in the details and nuances, almost to the point of ruining his objectives for the diet in the first place. Stress, perfectionism, and dogmatism, while being a part of some of our numerology-charted personality traits, rarely serve us well when it comes to reshaping our physiques. They are tawdry demons in the path of your personal progress.

Each of these traits increase specific hormones in the body, such as cortisol, which increase the storage of fat deposits, while also increasing measurable inflammation markers within your body.

So, while these traits may have been useful thousands of years ago, while your ancestors were busy avoiding tigers and forging weapons, these remnants of societal and physical evolution have now become mere baggage in the grand scheme of health and the pursuit of our ideal body.

It’s time to unpack. Agreed?

3 STEPS TO UNPACKING USELESS BAGGAGE:

- Take hold of said mental, emotional or spiritual suitcase;
- Toss said suitcase into the nearest large body of water;
- Repeat as often as necessary.



I find this Baggage Equation rather useful when dealing with all sorts of beliefs, and even relationships, that I've attracted over the years and that have worn out their welcome in my life. It has saved me countless years of therapy, kept the welts that formally appeared on my forehead from the continual bashing of it against brick walls at a minimum, and allowed me to transform into a state of absolute freedom.

This is the state I desire for you—freedom. Freedom inside your own skin, freedom from those clothes that either fit you like a straight jacket or like a shroud, and freedom from simply not knowing what to do next.

The not knowing aspect of re-creating your body into your ideal state of being is the most crucial issue to overcome. Just as perfection murders progress, confusion is the death of consistency.

No matter what you may make of the following chapters, one thing is for sure: If you open your mind to acceptance, you will empower yourself with the greatest body and health re-creation tools of them all—consistency. Every other principle for weight loss, weight gain, or eating for health and vitality, each of which The Numerology Diet effectively addresses, pale in comparison to the simple power of consistency.

Enemies Of Consistency

Confusion is certainly the archrival of consistency. And, like Seth discovered, perfectionism is a close second. Confusion, in the world of body re-shaping, can be cured, if you will, by the acceptance of a systematic approach to eating. This means you no longer have to devote considerable mental and even emotional bandwidth to the subject. Simply eliminating the noise that accompanies confusion like a bad date to the prom will make the process of dieting, no matter your goal, much more elegant, frictionless, and, dare I say, easy.

That said, a dogmatic adherence to any system, no matter what your goal may be for adopting it as your own, usually ends in a meteoric plunge into the atmosphere of reality. You not only burn yourself out; you literally burn a part of you up in the process. You lose a vital and intrinsic aspect of your humanity—belief. Call it faith if you must, or simply label it as reasonable belief. Like Shakespeare's rose, the name means little. The thing in itself means everything. Lose your willingness to believe, and you lose one of the most precious and rare traits of your childhood you.

Children rarely delve into the quagmire of perfectionism. They are content with their bumps, bruises, cuts, scrapes, and less-than-ideal comparison states of fact versus fiction. They are fine with believing, for the moment, that they are Batman, a firefighter, or an astronaut, if it means enjoying that moment. Can you just imagine what a child's life would be like if he or she did not use the power of belief?



I say this with all due sympathy. I can understand anyone who, after years of effort wasted, believes little in belief when it comes to changing his or her body. Weight loss is particularly draining, especially for specific numbers. We'll cover how your number reflects your BRI, or Body Recomposition Ideal in a moment. I'll also define "BRI" in that same moment, and fear not—the BRI will become one of your closest allies.

For now, I'm simply asking for that wondrous child-like quality to re-appear, if only for the next few weeks. Lay aside doubt, dogmatism, and perfectionism as we embark on a wonderful journey, and embrace that child within, once again. Believe you can do this.

Believe it will work. Believe that you've finally discovered a simple way to achieve the body you seek, be it a slimmer you, a more muscular you, or a healthier you. Believe in the mosaic view. Leave your mental magnifying glass in that drawer you keep your trinkets, the ones you rarely use. No one approaches The Statue of David with a telescope. They view it from afar to fully absorb its beauty and transformative power.

Later, once you've started on your journey, feel free to break out the microscope and fine-tune away. By then, you will be in that blessed state of momentum. You do not have to be perfect in order to begin, and you can only maneuver a vessel once it's at sea, never while it's still docked in port.

With that mindset, we can begin. And, by the way: Seth eventually embraced his childhood self, stopped fixating on the minutia, and began experiencing the most rapid and consistent weight loss of his life.

He even sneaks in broccoli from time to time.

You see, this is a diet plan for evolved beings—for rebels and for saints, and for everyone in-between. As long as you can accept the fundamentals, you can personalize, and even break free from the hard-and-fast rules once you begin sailing in smooth waters toward your personal paradise.

Empowerment Mantras

As a psychology minor, I was intrigued by the power of affirmations—or, rather, their inferred power. There were a scant few studies at the time on the efficacy of affirmations.

Since then, we've had ample study into the hows and whys behind what makes affirmations such a powerful motivational tool for change and success. It turns to find out that, unbeknownst to the vast majority of psychobabble salesmen, the way you've been taught to create affirmations is, almost certainly, entirely wrong.



The traditional method for creating an affirmation goes something like this:

“Okay, Laurie. You’ve just weighed yourself, and you’re 210 pounds. So, what I want you to say to yourself, and aloud, is this: ‘I weigh 135 pounds, and I have awesome energy!’ If you say this enough times, your conscious mind will begin to act on this subconscious pattern, and you will become what you believe!”

Well, that’s not entirely true, and here’s why.

Laurie’s conscious mind has been taught since childhood that it’s wrong to lie. And, no matter the intention, her conscious mind is very well aware of the fact that she is lying to herself. Laurie is not 135 pounds, and she does not have awesome energy.

Allow me to take a moment here to introduce a term called “Future Pacing”. You may have heard of future pacing before – if it’s new to you, let me fill you in on what it means. “Future Pacing” is a term that refers to the process of mentally walking yourself through a specific future situation (for example, the future situation could simply be you existing as a thin and energetic being), in order to ensure that the desired outcome occurs naturally and automatically. It’s a very powerful variation of visualization.

While it is beneficial to future pace, it is counter-productive to actively tell yourself something that isn’t true. Granted, if you say it enough times, you may begin to believe it, but in that process you will encounter massive amounts of cognitive dissonance. This dissonance will slow you down, and may never even let you off the ground, depending on how much you value the truth.

When you speak a known lie, certain parts of your brain “light up” when analyzed in a laboratory. The parts that engage are unfortunately accompanied by parts of the brain that disengage. The latter is our problem, for the parts that disengage happen to be the visualization centers of the brain.

Oops.

Visualization is critical for success. However, using incongruent statements about your self is not the best way to achieve this state.

A few simple tweaks to those statements, and you’ll achieve just the opposite. You’ll engage both the logical and emotional centers of the brain; the cognitive and visualization combined. This gives you the greatest chance of success and transformation, without the cognitive dissonance impeding your progress.

Here’s all Laurie needs to say:



“I am well on my way to 135 pounds and manifesting boundless energy!”

What have we done here? Well, I’ve implanted a powerful double entendre into the subconscious command: “Well on the way.” This statement serves a logical purpose (she is literally on the way) as well as the subconscious purpose of suggesting wellness in the process. The subconscious has a difficult time distinguishing homonyms, or words that are

spelled the same, sound the same, yet carry two different meanings. “Well” implies both “successfully” and “a state of health.” This is very powerful.

The statement is also 100% congruent with Laurie’s current and future states. The future can be written in almost any sense Laurie deems reasonable. Her current state is one of progress toward her goal.

The end result is one of the most powerful mantras you can ever say. I suggest saying this mantra (or create your own) at least ten times a day aloud, or more. You’ll find you’ll arrive at your goal faster and with far less mental stress.

As you can probably see from the story above, mastering the skill of positive self-talk is vital to your success - and not only with The Numerology Diet. It can be applied to endless areas of your life.

When it comes to success at anything, be it spiritual or physical, one must distinguish the demons from the shadow play. Often what we think of as harmless thoughts and typically normal, human responses are figurative demons of the mind. They have the power to haunt the soul and quench the fire that burns within your belly.

The emotions of negativity, in all its forms, provide the only nourishment these undesirable creatures require, and it’s up to you to consciously release them into the ether. Elevate your soul above the mundane, and choose to connect to the Eternal Positive, where absolutely no darkness resides, and Pure Light shatters the hellion’s grasp.

Freedom, positivity, and peace are each your birthright. Claim them as such.



Conclusion: The Story Of Eve

Eve had a penchant for apples.

(Bear with me—I realize how that sounds and the image it conjures up, but the story is true.)

Eve loved her apples. Green apples were her favorite. She would consume three or four per day on most days, especially after reading an article in a woman’s magazine about how eating “3 apples per day makes weight loss all but inevitable.”

Apparently, Eve’s body did not get that memo. Her weight gain was out of control. The apples that she believed served her so well were, unbeknownst to her, wreaking havoc on her spiritual energy.

And, for good reason—apples were not on Eve’s High Vibe food list.

“I know that most people probably complain about giving up sugar...maybe coffee...or bread, perhaps...but apples? Really?”



“Yes, Eve...really. There is nothing mystical about apples, other than the fact your Universal Number’s vibrational pattern is in complete conflict with them. That’s pretty mystical, if you ask me!”

“Okay Trent...at this point, I’m willing to try anything. I’ll cut apples out completely if I have...”

I cut her off mid-sentence.

“Eve, I’m not suggesting you never eat another apple. Clearly, you love apples, and you must eat the foods you love on a semi-regular basis, even if the quantity decreases. So, here is what I recommend: eat *pears instead*. Pears are in vibration with your Universal Number, and they contain the same amount of *pectin*, a fiber that helps control appetite, as apples do.

“Second, include three apples *per week—tops*. Preferably, aim for only one apple per week, but three will do for now.

“Finally, start enjoying some of that red meat your Universal Number allows you to eat. Just make sure it’s grass-fed. Store-bought red meat is bad for you, not due to the fat content, but rather the *fat composition*. By feeding cows grain, ranchers have changed the omega-6 to omega-3 fatty acid ratio.”

“The *what* ratio?” Eve went from excited to a tad confused, thanks to my momentary indulgence in the science of fatty acid composition. Some geeks like me never learn.

“Sorry Eve...you see, all this talk you’ve heard in the media about how healthy fish oil is for your body stems back to the fact that we have an overload of omega-6 fatty acid in our bodies. This overload has been caused by hormones injected into our food supply, feeding animals improper nutrition to ‘fatten them up’, and eating vegetables that have been treated with harmful pesticides. You can quickly change this balance by consuming fish oil supplements, and, more importantly, by switching over to grass-fed beef, free-range chicken, and organically-grown vegetables and fruits.”

Eve made these relatively simple changes without altering her caloric intake by one iota. In six months, Eve was twenty-seven pounds lighter.

Right now, I’d like you to take a walk with me into your future.

I want you to clearly see yourself implementing the food guide for your specific Universal Number. Picture how you will feel once you begin to make even the smallest of changes.

The alarm sounds, only this morning, unlike mornings before, you find yourself awake a few minutes *before* the alarm went off, impatient for its starting bell to sound. Leaping out of bed, the day's tasks seem almost *too simple*, and you think to yourself, "What else can I accomplish today that I've been putting off for sometime now?" As your mind starts to revel in Idea Land, you rinse yourself off from your morning shower.

You glance into the mirror and, just for a fleeting moment, you think it's the reflection of someone else. A younger, fitter, more *alive you* is staring back from the mirror's gaze. You look at your eyes. They are whiter, with a vibrancy of youth you thought you had long forgotten. "Eyes really do reveal your age," you think to yourself, as you enjoy the fact that, in your case, they are a decade or so deceptive.

You look ten years younger. You feel twenty years younger. You move with a grace and power you had given away as a rite of passage into your current decade, falsely believing that this was required as some sort of entrance fee.

You move to the closet. Your clothes slip on, snap up, and button up without a struggle. Everything feels a tad loose—perhaps enough to require a call to your local tailor, and definitely enough to look and feel absolutely comfortable in everything from your business attire to your weekend jeans. A sense of renewal sweeps over you like a current of energy, creating a stream of goose bumps in the process. "When have I ever felt this good...this alive?" The questions are asked with a joy that's difficult for you to contain.

Throughout the day, compliments, which are now quite commonplace, are strewn in your direction from friends, family, and those who desire to become one or the other. Your gait is faster, your timing more impeccable, and your efficiency at work is becoming the talk of legend. Promotions are spoken of in not-so-subtle whispers, and rather than shirking the accolades out of fear of success or too great a responsibility, you embrace these new adventures up the corporate ladder with confidence and excitement. You know, without a doubt, you can, and *should* do the job. You've earned it, and there's no one who will not be better served by your continued success.

The day progresses on, and it's your time for you. You select the exercise routine that appeals to you most, and you notice that you've increased your strength a bit in a few movements, and decreased your heart rate during your interval cardio.

You are literally aging backwards, attracting the perks of youth as Helen attracted the eyes of Paris. Spiritually, you are grounded in purpose, connected to Source, and living in a near constant state of new and powerful enlightenment.

You leave for home with this potent combination of spiritual power and physical grace—the ultimate combination that is allowing all things to flow near-effortlessly into your presence.



As you walk through the door, your home greets you with the loving rewards well earned and truly deserved.

This is the life you were designed to experience. This is the existence you are destined to pass on, by example, to all of those who love you and know you.

This is what it means to feel alive.

We welcome you to your greatest possible destiny. And, it all begins with your next morsel of food. Make the best choice possible, and watch the tapestry of your life begin to weave itself into a miraculous shroud that forever warms your soul.

Namaste.

Trent Tyler
Melissa Madigan
Creators, *The Numerology Diet*