

FREQUENTLY ASKED QUESTIONS

Does the Feast & Famine Weight Loss Program lead to permanent and sustainable weight loss?

Permanent and sustainable weight loss is what the Feast & Famine Weight Loss Program is all about! The Feast & Famine dietary principles are based on the fact that basically diets don't work. Most modern diets are simply an unsuitable, short term solution to a more long term problem. Instead, unlike most dietary programs on the market today, the Feast & Famine eating plan is completely nutritionally balanced, even when you in weight loss mode. It has been specifically and scientifically formulated to be adopted as a dietary alternative for life, so it offers you the long term and permanent solution to your dietary and weight loss issues. Its flexible and enjoyable eating plan provides you with the ability as required to easily switch between eating for optimum health and long term weight stability to changing your diet slightly so that you quickly and safely achieve your immediate weight loss goals.

I've tried every diet around, yet I always end up breaking it and then failing in my weight loss efforts. Why will the Feast & Famine Weight Loss Program be any different for me?

The Feast & Famine Weight Loss Program is a really user-friendly and enjoyable part of a much bigger dietary picture. It is an eating plan for life and is certainly not a restrictive, difficult to follow one-off 'fad' diet. Starting your new Feast & Famine weight loss journey is easy and really enjoyable. There is no real need for weighing and measuring of your foods, so you are not limited or restricted by having to eat so many grams of this product and so many grams of another. Because you are free to choose whatever you want from the extensive and rotating list of allowable foods each week, there is no room for dietary boredom to set in, so you should never be tempted to break the Feast & Famine Weight Loss Program. You certainly will not go hungry or be at a loss for suitable and tasty foods to choose from.

I always have a problem getting started with any new diet. How user-friendly is the Feast & Famine Weight Loss Program?

Because the Feast & Famine Weight Loss Program is so simple to follow and utilizes the foods which you most likely already have in your pantry or refrigerator, actually starting the diet is really simple. To commence eating for weight loss, all you have to do is choose the correct foods for the day from Feast & Famine's exclusive three part food indexing system known as the Potential Fat Index. There are no real restrictions on food quantity, so weighing and measuring of your food is not required. Instead, all that you have to do to achieve weight loss success is select whatever you like from the large list of foods which are appropriate for the day.

Will I be hungry when I am on the Feast & Famine Weight Loss Program?

Absolutely not! Because there are no real restrictions on food quantity, within reason you can basically eat as much as you need to achieve satiety. Yes, of course you may have to cut down slightly on some inappropriate food and drink, but not excessively. With Feast & Famine, there are so many tasty, enjoyable and nourishing foods to choose from that you will not even feel like you are on a diet! Instead, all that you need to do is ensure that the foods which you choose are from the correct food indexed category for the day. As Feast & Famine is nutritionally balanced at all times, you will always be eating the right amount of proteins, carbohydrates and fats, so you should never feel hungry or deprived of valuable micro-nutrients..

- How much weight can I expect to lose on the Feast & Famine Weight Loss Program and over what time frame?
- How does the Feast & Famine Weight Loss Program work?
- Is the Feast & Famine Weight Loss Program a short term or a long term eating plan?
- Will I lose both weight and size?
- Is it necessary to exercise when I am undertaking the Feast & Famine Weight Loss Program?
- How do I know that the Feast & Famine Weight Loss Program works and is it



clinically proven:

- Is the Feast & Famine Weight Loss Program suitable for anyone who wishes to lose weight or are there restrictions on who should undertake the program?
- How do I actually go about undertaking the Feast & Famine Weight Loss Program can I do it online or do I have to personally visit a licensed Feast & Famine centre or alternatively, can I just buy the book and do the program myself?
- Why are the Feast & Famine High Fibre Protein Shakes necessary?
- What are the Feast & Famine High Fibre Protein Shakes made from?
- Will I get support during the life of my 5 or 10 week Feast & Famine Weight Loss Program?
- Is the Feast & Famine Weight Loss Program nutritionally balanced?
- Do I need to eat and/ or prepare special meals or can my whole family eat as I will be eating when I undertake the Feast and Famine Weight Loss Program?
- Do I need to buy special foods when I am on the Feast & Famine Weight Loss Program and are there foods which I am not allowed to eat?
- Can I just buy the Feast & Famine High Fibre Protein Shakes without undertaking the Feast & Famine Weight Loss Program?
- What happens once I have finished my 5 or 10 week Feast & Famine Weight Loss Program?
- What does the Feast & Famine Weight Loss Program actually consist of?
- What do I receive and is there any more to pay once I have enrolled
- What does the Weight Loss Guarantee consist of and when is it applicable?

Print Friendly Page

[Click Here](#)

(500K pdf)

How much weight can I expect to lose on the Feast & Famine Weight Loss Program and over what time frame?

Whilst the actual amount of weight and size lost when on the Feast & Famine Weight Loss Program varies from person to person, a normal healthy adult who regularly exercises for at least 30 minutes 2-3 times per week conjunctionally with eating according to the principles of a Feast and Famine existence will usually lose between 5-8 kilos (10-18 pounds) and between 30-35 centimetres (12-14 inches) over each 5 week period that they are on the program. That's the equivalent of about a clothing size each 5 weeks!

How does the Feast & Famine Weight Loss Program work?

It encourages fat burning and thus weight loss by rotating your regular intake of food and drink on a fortnightly basis through what is known as 'negative energy' foods (or catabolic foods). These foods are abundant in nature and naturally lead to weight loss just by eating them because they provide your body with less energy (or calories/ kilojoules) than it takes to digest and eliminate that food. If no or minimal 'positive energy' foods (or anabolic foods) are consumed at the same time, then your body will be forced to breakdown its own stored energy reserves (or fat cells) to supplement this energy deficit in your food intake, causing weight loss. The fat burning properties of 'negative energy foods' are further enhanced by regular movement and exercise, which is why we also recommend that a sensible, regular exercise program also be undertaken whilst on the Feast and Famine Weight Loss Program.

Is the Feast & Famine Weight Loss Program a short term or a long term eating plan?

Feast and Famine is an eating program for life, not just a short term indulgence which you may decide to adopt in order to achieve your immediate weight loss goals.



As this eating program is ultimately flexible, it can easily be modified at any time to facilitate effective weight loss, then reinstated back to a healthy long term eating plan once your goal weight is reached. Adopting the dietary and lifestyle principles of a Feast and Famine existence will assist you in naturally reaching a weight which is suitable for your age and bio-type, and then most importantly, maintaining this weight for the rest of your life.

Will I lose both weight and size?

Effective weight loss occurs when your body is forced to supplement its energy requirements by breaking down its own fat cells because the energy (or fuel) that your body gets from its food intake is insufficient to meet what is required to run your body. This is exactly what occurs when you undertake the Feast and Famine Weight Loss Program. It is also worth bearing in mind that, unless you are doing a lot of demanding exercise on a regular basis, by far the majority of your body's energy expenditure (between 65-70%) will be taken up simply keeping your metabolism working (ie breathing, heart beat, digestion, etc), with a further 10% taken up by your body regulating its temperature. So when fat is burnt up in this manner, you should not only lose weight but also your size should diminish as well. An exception to this rule can occur when you are putting on muscle mass at the same time as you are burning up fat mass when, say, you are doing weight training at the same time as burning fat. When this occurs, because muscle is significantly heavier than fat, you may find that your body changes in physical size as muscle is developed, so you don't lose as much weight as you would have if just fat was lost, but your size continues to alter for the better.

Is it necessary to exercise when I am undertaking the Feast & Famine Weight Loss Program?

Just by reducing the fuel (in other words, your food and drink intake) required to run your body should lead to weight loss naturally occurring. This is because, unless you are exercising intensively of a regular basis, your body will end up using most of its energy requirements just keeping itself alive (breathing, temperature regulation, heart beat, digestion, etc), so eating the right 'negative energy' foods should naturally cause fat burning and weight loss. However, if you give your body an excuse to burn up even more fat because you put a greater energy demand on it by embarking on an exercise regime at the same time as going on the Feast and Famine Weight Loss Program, then you should burn up more fat and lose even more weight.

How do I know that the Feast & Famine Weight Loss Program works and is it clinically proven?

The effectiveness of the Feast and Famine Weight Loss Program has been clinically proven by Dr Rick Donald during 1000s of face-to-face dietary consultations with his patients over more than 10 years of private practice. Reference to the 'testimonials' section of this website will also introduce you to some of the positive responses that Dr Donald has received over the years from grateful patients and readers of his book about the efficacy for them of his Feast and Famine dietary and lifestyle program.

Is the Feast & Famine Weight Loss Program suitable for anyone who wishes to lose weight or are there restrictions on who should undertake the program?

Because Feast and Famine is a totally balanced dietary program, it is basically suitable for almost anyone. Remember, it is an eating program for life which can easily be adapted at any stage to facilitate effective and permanent weight loss. However, there are always exceptions to the rule, and we do recommend that you obtain approval from your healthcare advisor first before you commence the Feast and Famine Weight Loss Program if you are pregnant, on a specific medically prescribed diet, convalescing or under 12 years of age.

How do I actually go about undertaking the Feast & Famine Weight Loss Program – can I do it online or do I have to personally visit a licensed Feast & Famine centre or alternatively, can I just buy the book and do the program myself?

If you wish to go on the Feast & Famine Weight Loss Program, you have three options. Firstly, you can visit one of our licensed weight loss centres around Australia and have your program personally explained and supervised by one of our trained consultants. Secondly, you can undertake the same program online with us – same program, same book, same manual and handouts, same Feast & Famine High Fibre Protein Shakes and most importantly, same support and attention from a trained Feast and Famine consultant. The only real difference is that instead of contact with you being face to face, it is done via a mixture of telephone and email, depending



