

# **The 4-Day Rice Reset**



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## **TITLE: The 4 Day Rice Reset**

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### **MEDICAL ADVISORY**

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

**As always, you should clear this and ANY program with your doctor before you begin.**

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## INTRODUCTION

“Eat nothing but rice for 4 days.”

I’ll be the first to admit it sounds somewhat ridiculous.

It sounds like something somebody made up. A barroom bet, perhaps. Maybe even the dreaded “f-word” that the mainstream media loves to slap on any eating plan that varies from the SAD plan. (Standard American Diet.)

“Fad.”

And yet, it was at the prestigious Duke University under the watchful eye of an unconventional doctor that the original origins of “eat only rice for a few days” came to be.

Dr. Walter Kempner -- a medical doctor and research scientist is considered the founder of what some people call “the rice diet.”

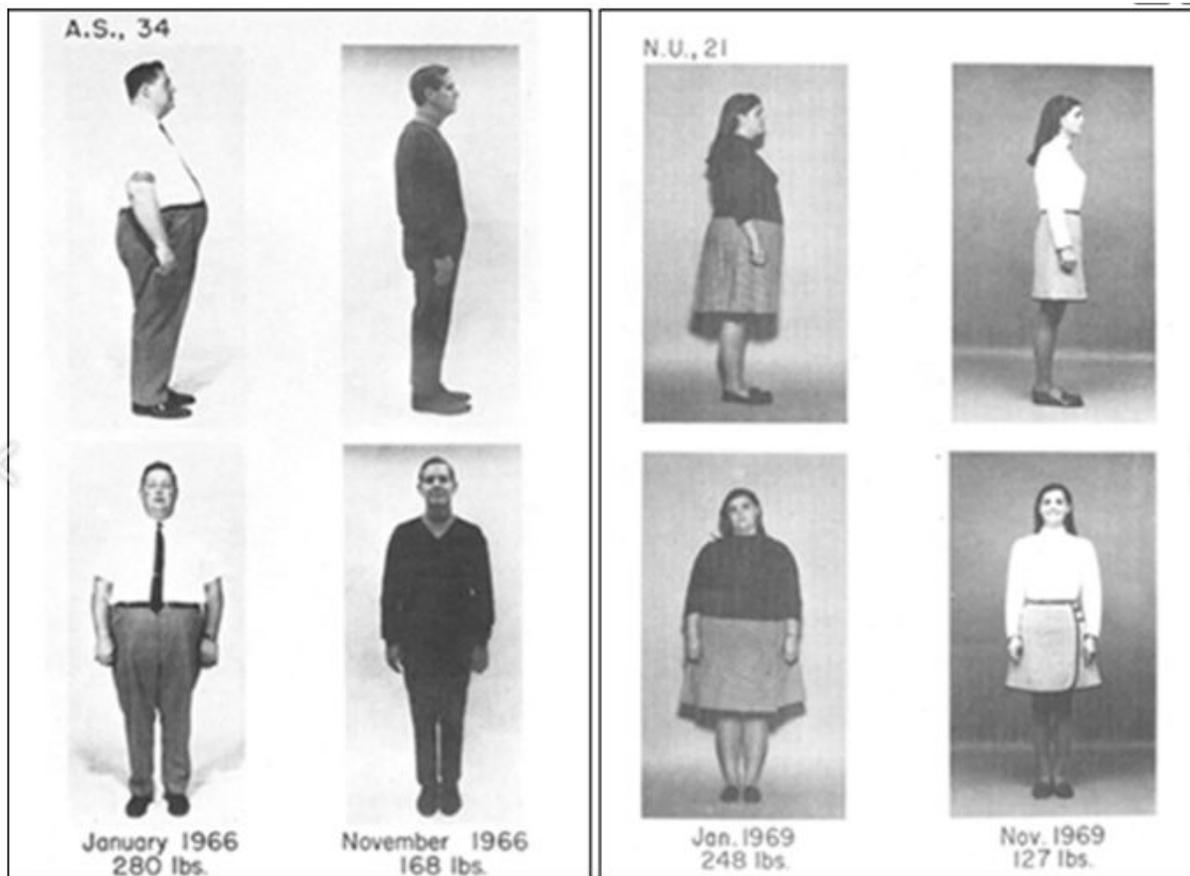
His original “prescription” was simple: Eat rice, with a little bit of fruit and some sugar.

Very “low tech”... and very effective.

Patients on their deathbeds and riddled with disease reclaimed new health and vitality.

Hypertension (high blood pressure) reversed. Diabetes fixed.

And obesity? Vanquished.



*From the Bulletin of the Walter Kempner Foundation (June 1972)*

In one study, 106 “severely obese” volunteers tried Kempner’s rice diet and the AVERAGE weight loss was 141 pounds.

As you can see, the admittedly low tech “just eat rice” approach can have some incredible results.

But why?

## **Variety: The Spice Of Life... And The Gateway To Extra Body Fat**

“Wow, I’m absolutely stuffed. I couldn’t eat another bite.”

My wife and I were at a restaurant -- steak house. And I’d gone all

out. Appetizers, salad, hot buttered bread... and that was before the meal even arrived! Once the main course arrived -- T-Bone Steak slathered in butter, loaded baked potato and more hot buttered rolls... it was a struggle to clean my plate.

But with a few deep breaths between those last few bites, I slogged through and finally dropped the fork. No leftovers to be had tonight, I had triumphed.

My eyelids were getting heavy. I was stuffed to the gills. No sooner had I expressed this “fact” to my wife when the waiter came around with a dessert menu and that all too familiar question...

“So... did we save room for dessert?”

I had NOT in fact, saved room for dessert. And yet... suddenly my brain and stomach made some kind of backroom deal. In an instant, I felt less full and wouldn't you know it... I found myself ordering cheesecake.

How kind of black magic is this? How could I have been stuffed to the gills one minute and then ready for more at the mere mention of the word “dessert?”

The culprit: Variety.

Variety allows you to eat far more calories than you normally would. Much is said about the massive amount of calories available to use in our modern times that would not have been available to our ancient ancestors.

But the real culprit might not be the poor food choices... but rather the variety of poor food choices. Give me cheesecake and I'm likely to eat more than my share. But if you give me ONLY cheesecake -- if

cheesecake was the only food I was allowed to eat -- I'd quickly tire of it.

## **The Life Changing Magic of Life WITHOUT Variety**

The 4-Day Rice Reset is what's called a "monotrophic" approach.

"Mono" meaning one and "trophic" means feeding: Feeding on only 1 kind of food.

You'll notice I'm not calling this a "rice diet." That's intentional -- this is a rice "reset" -- by following a monotrophic approach using only rice you will reset your taste buds, reset your hunger hormones, reset your metabolism and ultimately bring your entire system back into balance.

Can the humble grain of rice really do all that?

Well, you can find out in just 4 days. Let's talk about exactly how to perform the 4-day rice reset...

### **INSTRUCTIONS**

I already told you -- "Eat nothing but rice for 4 days."

It really is that simple.

But I know, you've got questions. So let's bang them out:

#### **Question: White Rice or Brown Rice?**

Answer: White rice. I know, it's been villified for years but for the purposes of the 4-day reset, white rice is king. Brown rice is too hard on your stomach due to fiber and phytic acid.

#### **Question: What type of white rice? Long grain? Instant rice?**

Answer: It doesn't matter. Any kind of white rice -- long grain, short grain, instant, 5-minute, etc.

**Question: How much rice should I eat per day?**

Answer: As little or as much as you want.

**Question: How many times should I eat per day?**

Answer: Eat as often or as in frequently as you like.

**Question: Just plain rice? Can I add seasoning, flavors, extras, etc...**

Answer: Adding seasoning and flavors INCREASES taste and variety -- which is the exact opposite of what we're trying to accomplish. So ideally, you'll want to eat your rice as CLOSE TO PLAIN as possible.

However, the following spices/seasonings are APPROVED:

- Salt
- Pepper
- Paprika
- Cinnamon
- Soy Sauce (opt for low sodium if available)
- Oregano
- Basil
- Parsley
- Dill

AVOID adding any of the following to your rice:

- Milk
- Butter

- Cream
- Oil (EXCEPT coconut oil -- more on this in a minute.)

**Question: REALLY? Just plain rice? Can I add (a bunch of random stuff not listed on the approved list above...)add seasoning, flavors, extras, etc...**

Answer: You can do whatever you want, but once you stray outside the boundaries of the program you are no longer following the official 4-day Rice Reset.

**Question: How should I prepare/cook the rice?**

Answer #1: Just follow the instructions on the box/bag.

OR....

Answer #2: You can use this simple trick to reduce the amount of useable calories in rice by as much as 50%.

Step 1: Bring water to a boil. (How much water depends on specific cooking instructions for how much rice you're making.)

Step 2: Once water is boiling, add 1 teaspoon of coconut oil to the boiling water (carefully! Adding oil to boiling water can be dangerous! Add it slowly!)

The ratio is 1 teaspoon of coconut oil for each ½ cup of dry rice.

(So if you were planning to prepare 3 cups of dry rice, you would use 6 teaspoons of coconut oil.)

Cook the rice for the recommended time (usually about 40 minutes) and then refrigerate the rice for 12 hours.

Then after that cooling period you can either the rice either cold or

after re-heating.

### **What Does This Do?**

Adding oil to the rice and then cooling changes the chemical structure of the rice and actually increases the resistant starch content.

Resistant starch can't be broken down by human digestive enzymes and therefore the calories pass through your system unabsorbed.

Keep in mind, this is simply an alternative cooking method. You do NOT need to use this cooking method to achieve success with the 4-day reset.

### **Question: What can I drink while on this plan?**

Answer: Water, coffee, tea. Obviously, we want to avoid stuff like regular soda, milkshakes, etc. But I'd also encourage you to take a break from diet soda and other artificially sweetened drinks to give your body and taste buds a full "reset."

Since I know many will ask, I have no problem with "a splash and a dash" in your coffee or a tea. A splash of milk/cream and a dash of sugar isn't going to make a huge difference, just don't go crazy with the cream and sugar.

### **Question: What Should I Eat Before?**

Answer: On the day before the 4-day rice reset, try not have a massive "cheat meal" as you don't want to spend the 4 days "undoing" any more damage than you have to.

Just eat normally the day before the 4-day reset. For obvious reasons, you'll probably want to avoid rice the day before since you'll be seeing enough of it in the coming days.

It is also a good idea to cook some rice on the day before the challenge begins so you have it ready to go.

**Question: What Should I Eat After?**

Answer: On the day after your 4-day reset, eat as follows:

Skip breakfast (coffee/water/tea only.) This should give you a few extra hours of fat burning.

For lunch, eat a “small, cautious meal.” Your body will not be ready for a huge cheat meal so you don’t want to re-introduce too many foods all at once.

Soup, a small salad or a fruit bowl would all be good choices for lunch. No matter what you choose, you’ll find that it tastes UNBELIEVABLE! It’s like your tastes buds have been reborn.

You will also find that your stomach has shrunk considerably and it takes far less food than you might imagine to make you full.

Make sure your dinner is at least 4 hours after your lunch. For dinner, you may eat whatever you like. I’d urge you NOT to have a no-holds barred “cheat” meal as it could wreak havoc on your digestion.

But aside from that, dinner can be whatever you want. You’ve earned it!

**Question: Can I Still Exercise During The 4-day rice reset?**

Answer: Yes. There may be certain times when your energy is lower and exercise will be a struggle but if you push through there will be some high energy times as well.

**Question: If I LOVE doing the 4-day rice reset, how soon can I repeat the experiment?**

Answer: This is designed to be a temporary reset. Do not use this more than once per month.

**Question: When should I do this?**

Answer: You can start your 4-day rice reset whenever it's convenient for you. Most people will opt to run the 4-day reset on a Monday thru Thursday, allowing them the freedom to finish the challenge on Friday morning and enjoy lunch and dinner of their choosing on Friday.

### **Claiming Your \$100 Finishing Bonus**

I'm offering up a \$100 finishing bonus to the first 10 people to complete the 4-day reset and share their results with me.

Here are your instructions:

On day 1 of the reset, record your morning weight and snap a quick "before pic."

On the morning of day 5, jot down your morning weight again and snap a quick "after pic."

Then shoot a quick 2 minute video (nothing fancy, a smart phone video or webcam video will be fine) talking about your results with "The 4 Day Rice Reset".

Email the vid, the pics and any other comments you have on the experience over to [fitnessunderoath@gmail.com](mailto:fitnessunderoath@gmail.com)

I'll review the submissions and if you're one of the first 10 you'll not only have the reward of completing the challenge, you'll also get \$100 prize.

### **CONCLUSION: YOU HAVE PERMISSION TO BE A LITTLE WEIRD**

There you have it.

The 4-Day Rice Reset is undoubtedly a strange approach. Maybe it's even considered "weird."

So in conclusion, I just wanted to tell you this: You have permission to get weird.

Seriously. What has "trying to be normal" ever gotten anybody?

Has anybody ever achieved anything great by "being normal?"



Steve Jobs of Apple Computers fame said it best in one of Apple's commercials: "Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes."

So there you go. You have permission to get a little weird on your journey to a fit

and trim physique.