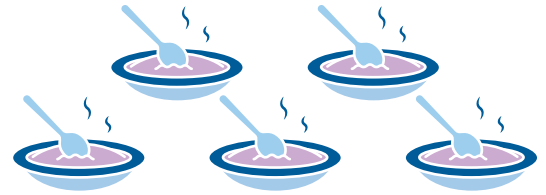


Plan your portions to breathe easy

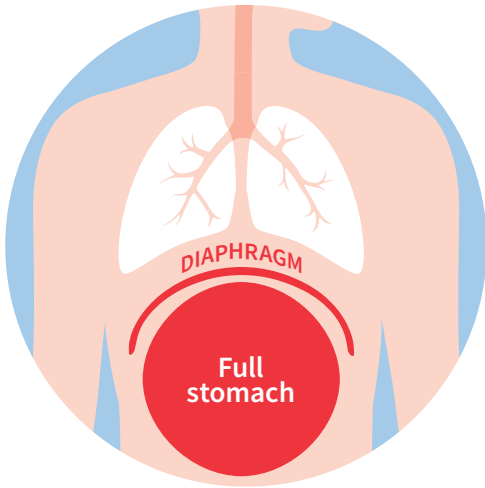
The diaphragm sits between your lungs and stomach. It moves down normally to expand the lungs when you breathe in, and up to push the air out when you breathe out. With a full stomach, your diaphragm is pushed up so your lungs can't expand as far, so you can't breathe in as well.



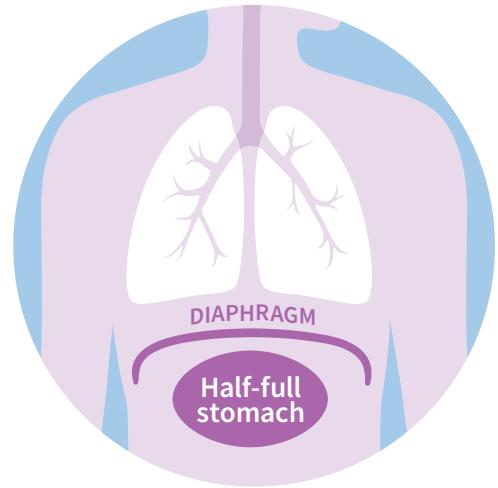
2-3 large meals



5-6 small meals



Full stomach restricts diaphragm



Unrestricted diaphragm



Breathlessness



Easier breathing



Not finishing meals



Finishing meals



Unwanted weight loss



Successful weight gain /
maintaining desired weight