



## **Dietary Guidelines**

### **For Weight Loss, Elevated Lipids, & Type 2 Diabetes, Syndrome X**

These dietary recommendations are based on known Physiology and Biochemistry. This diet points out the fact that carbohydrates (Carbs) are the fuel foods, and unless these fuels are burned up in the production of energy, they will be saved by the body in the form of fat in case of a famine. Primarily, excess carb calories will be stored by the action of Insulin in the truncal aspect of the body, producing a large belly and organ adiposity. Insulin, while it is a crucial hormone, definitely belongs to the class of substances where “too much of a good thing is not good for you”, because it has other deleterious effects when present in excessive degree. These deleterious effects include raising the blood pressure, elevation of cholesterol and triglycerides, creation of the chemistry of stress and inflammation in the body (which aggravates hardening of the arteries and magnifies any pre-existing inflammation, such as bursitis, arthritis etc), ages the body, and as long as it is elevated, will prevent you from burning fat. It will eventually propel you into diabetes if you are genetically prone. This grouping of conditions is called “Metabolic Syndrome” or “Syndrome X”.

When attempting to lose weight, it does not help to simply reduce calories all the way around. You may lose weight initially, but eventually your system will literally become starved for protein, and this will lead to cannibalization of your organs for their protein components. This will drive you to start eating again regardless of how much will-power you thought you had. Simply reducing calories all the way around only convinces the body that you are in a famine and that it vitally needs to hang onto this weight even more earnestly. Eventually, your system will go into “hibernation” where the thermostat of your body is turned down. This condition looks and feels as if you have a low thyroid condition with symptoms such as low energy, low body temperature, foggy thinking, low ambition and weight gain.

When you are dealing with the above conditions, remember that the fat already stored in your body basically represents stored carb calories and to access them for your calorie needs and thereby lose weight, you need to reassure the body that there is no shortage of protein or healthy fat. Therefore by optimizing protein intake, you reassure the body that there is no famine, and that it has the option to burn the calories that have already been stored.

Therefore, this diet includes limiting the carbs and optimizing the protein. You will see that these recommendations are in generalities. I think most diets attempt to micro-manage the diet making it more difficult and the whole eating experience less enjoyable.

Here are the guidelines:

1. **Optimize protein consumption to one “fist-size”** amount daily, divided between your 3 meals. This protein includes meats of various types, including poultry, fish, beef, pork, lamb; dairy; eggs. Range fed, organic meats and poultry are always best. Wild salmon /

fish have the healthy Omega 3 fats – but farm fed don't. For Vegetarians, consume soy, whey, rice, and bean protein.

Eat more protein whenever you are truly hungry. (Your body is giving you an important message with hunger, and if you have weight to lose, the hunger can't be about needing more carbs.) Therefore, when hungry, eat more protein in the form of meat slices, cheese, cottage cheese, eggs, nuts or protein bars or protein shakes.

Not all bars qualify for the designation of a high protein bar. Protein bars include: Nutrilite (home business), or Atkins, or Biochem LoCarb Solutions, or Pure Protein. There are various flavors and consistencies.

Basically, what you are looking for is a bar with around 20-25 grms protein to 3-5 grms of useable carb.

2. You may eat an amount equivalent to **2 “fist-size” of non-starchy veggies** per day, including: salad greens, carrots, tomatoes, bell peppers, broccoli, cauliflower, avocado, kale, onions, garlic, celery, beets, etc. The more color the better!! Color equates to Anti-oxidants!!

You may want to add **fiber** to 1 or more of your meals. (eg) Psyllium, Metamucil, Fibercon or other. Start at one tsp or one tab and every 4-5 days add another measure, until you have a bulky, normal consistency stool, without feeling bloated, gassy etc.

**Flax Meal** - take 1T 1-2 times per day. This can be purchased as the “meal”, or obtain your own flax seed (in which case, golden seed is better than brown) and grind in a coffee grinder. Flax fiber is an excellent fiber and contains lignans, which help hormones, lipids, blood sugars, and the bowel.

3. **Limit starches** unless you plan to drastically increase your exercise. Starch is the fuel food, and if you're not combusting it, the body will happily and efficiently store these calories for the next famine that it fears is coming. The more starches you limit, the more your body will access and burn what has already been stored.

Starches include:

- a. Grains including wheat or flour foods (bread, bagels, cookies, cake, croissants, cereals, noodles, pasta, flour tortillas, pizza etc); rice, corn, oats, spelt, quinoa, barley, rye etc.).
- b. Starchy veggies which include potatoes, corn and squash.
- c. Sweets including sodas, juices, candy, jams, jellies.
- d. Alcohol and beer.

When you do eat starches, try and make them **complex carbs** as much as possible. Eg. Brown rice is better than white rice, 12-grain bread better than white bread. If you must use sugar substitute, use Stevia or Xylitol. AVOID: Nutrasweet/ Equal/ Splenda.

4. **Fat**. We Americans have been on a witch-hunt to eliminate fat from the diet and if anything we are deprived of healthy fats. In general, limit saturated fats from animal fats eg. fatty dairy foods, and fatty cuts of meat. Choose lean cuts of meats and low-fat dairy products. Eat **wild** salmon and other wild fish, also **range-fed** beef and poultry, which have a very different fat profile.

Don't forget to eat avocados, walnuts, pecans, almonds and brazils regularly. Use olive oil liberally in salads and light frying, and use butter or coconut oil for deep frying or as a spread.

AVOID hydrogenated fats as much as possible. (Hydrogenated fats are 'plasticized' fats and our bodies can't process plastic.) Better to actually eat butter than hydrogenated margarine.

AVOID Vegetable oils including corn, safflower, sunflower and Canola oil. These oils are Omega 6 oils and promote inflammation. Arachadonic acid from animal fat is also Omega 6.

5. **Fruit – 1 “fist-size”** per day. Eg. 1 apple plus 1 kiwi etc. Eat the whole fruit and avoid juice. Limit fruit until you have begun to lose weight.
6. **Water – 60-80 ozs per day**. Drink water which is filtered and non-chlorinated. Be very aware that adults will often confuse thirst with hunger. Get your fluids in first.
7. **Take multi-vitamins**. There are a number of minerals and vitamins vital to health in the carbohydrates. Taking a high quality multi-vitamin will help to off-set the absence of these nutrients from the avoidance of starches. In addition, a high potency vitamin will help your cells respond fully to the signals provided by the hormones which are now coming into the optimal range.

**Remember 2 things about vitamins:**

1. A “one-a-day” vitamin is not sufficient for optimizing your health. A “one-a-day” basically represents the “minimum wage” so to speak. If you want to optimize your health, you must optimize your intake of food including nutrients.
2. In the nutrient business, you get what you pay for, since there is no-one regulating this industry. It really is a “buyer beware” situation. Unfortunately, there are many companies you can't trust - you can't be sure that what is on the label is what is in the product. This is why you now have access to high quality and high potency nutrients from this office.

As you look at this handful of nutrients, consider them to be “**LRPON**s” not “pills”. **Little Round Packages Of Nutriton**. Psychologically, pills are equated with chemicals, and nutrients are not chemicals.

**WEEKLY FOOD PLAN:**

Most people enjoy some form of starch. If you like starch and then cut it out, you may end up sabotaging your best intentions because sooner or later you may start feeling deprived. Then your best intentions fly out the window. This diet does not mean that you can never have starch again. You just have to be deliberate and proactive about what and when you are going to consume starches. You see, your body will not let anything go to **waste**. Any extra calories, it will put to **waist**, literally, by converting it to fat and storing it in/on your belly. Starch is like high octane fuel and this is all about fuel management.

If you really want starch in your diet, add it 1-2 days a week. But on your starch days, eat the starch only at one meal. Don't over-do it, or you'll end up with the surplus stored in your belly.

On the day after your starch day, take note of what your belly feels like. Does it feel more bloated? Do you feel more fat hanging over your belt? Does your clothing feel tighter?

Options: Eat less starch, exercise more to burn off that fuel, or follow the starch day with a protein day (where you eat just protein at your 3 meals – this will force your body to access the fuel just deposited as fat.).

EXAMPLE:

SUNDAY – **Starch** Day = Protein and veggies at 3 meals, and add Starch to one of your meals- choose the meal and choose the starch.

MONDAY – **Protein only** at all 3 meals

TUESDAY – **Protein and veggies** at each meal

WEDNESDAY - **Starch** Day = Protein and veggies at 3 meals, and add Starch to one of your meals- choose the meal and choose the starch.

THURSDAY - **Protein** only at all 3 meals

FRIDAY - **Protein and veggies** at each meal

SATURDAY - **Protein and veggies** at each meal.

You may want to vary the order of these days and what you have on these days. Monitor how well you do. Some people are very vulnerable to starch/sugar, and eating any is like playing with fire. Once you start, you can't stop. If you are like this, see if it's any and all starch, or if it is just certain ones where you can't control the cravings. Certainly avoid the problem foods if you identify any in your observations.