

B BEYOND diet



Stop Dieting,

Start Eating,

Start Living!



By Isabel De Los Rios

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Preface

Does the world need another diet book? When I asked myself this question, I knew the answer clearly: No. People don't need another diet book; they need to change their lifestyles. They don't need to be told how and why to go on a diet; they need to learn how to change their eating habits and their thinking for life.

With all the diet books out there, why are so many Americans still overweight and in poor health? Unfortunately, the media bombards us with so much information daily that most people don't know what to believe. I've often heard from clients, "I just don't know what to eat anymore."

With this manual, my goal is to clarify what true nutrition is and which foods you should eat—not only to achieve an ideal weight but also to avoid the conditions that are all too common in this country today, such as high cholesterol, diabetes, and heart disease.

Am I just another nutritionist putting out just another nutrition program? I assure you that I am not. My quest for answers about optimum nutrition began 15 years ago. Since then, I have made it my life's work to study everything I could possibly get my hands on related to nutrition, exercise, and optimum health and weight. This means that I've studied the good and the bad. This manual contains the best information that I've found, culled from some of the most respected doctors and nutritionists who share a similar passion for nutrition.

Like most Americans, I had tried every diet out there and had been unsuccessful in the long term. Only after I recognized and accepted the principles taught in this manual was I able to achieve the optimum weight and health that I enjoy today.

How I nourish my body affects all aspects of my life, as well as my outlook on it. How do I feel when I wake up in the morning? GREAT! How do I feel when I get up in front of a crowd and give a lecture? GREAT! How do I feel when my day doesn't go as planned and things get overwhelming and a bit rough? GREAT!

I know that feeling great has everything to do with how I take care of my body and my health—and you can feel great, too.

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- Oscar De Los Rios—whose passion for his work and his life taught me that being passionate about my own work and life is the only way to truly live a happy life.
- Pilar De Los Rios—whose personal struggle with type 2 diabetes and kidney disease taught me more about health and nutrition than any book ever could.
- Every author mentioned in this manual, especially Paul Chek—you have dedicated your lives to studying, researching, and teaching the world what you know is the truth about optimum nutrition. Through your work, I have been able to learn, benefit from, and share this vital information. I am a grateful student forever.

A special thanks to my business partners: Jeff Siegel, Rob Volk, and Philip Costantino. Their patience and hard work made it possible for this manual to be transformed from an idea to a reality.

PART 1

If you're reading this manual, chances are that you've decided to make serious changes in your health and eating habits. Maybe you have tried several diets and exercise programs, without success. Maybe you have yo-yo dieted for years and are tired of the ups and downs. Hopefully, you have decided to commit yourself to a new way of living. Whether this is the first time you have tried to change your eating and lifestyle or you've been working toward it for a while, remember that looking and feeling good requires hard work and dedication. I can assure you that the results will be well worth the effort.

Why have other programs failed you? First, if you're like many people, you temporarily altered what you were eating but didn't change your eating habits, and after you stopped dieting, you returned to the habits that had put on the excess weight in the first place. Second, most diet programs don't consider your overall health; they are just "controlled starvation." Starvation slows your metabolism, so after you stop dieting, you may gain back even more weight as a result. Third, since you were essentially starving yourself, you were most likely experiencing symptoms of starvation (fatigue, sluggishness, and hunger). Who can stay motivated about a diet that doesn't make you feel healthy?

I tell all of my clients that if you don't have your health, nothing else matters. If you feel terrible when you wake up in the morning, then your whole day takes on the same somber tone. Promise yourself that from this point forward, you will commit to doing what it takes to keep your body healthy so that you can live a long life and wake up each morning feeling and looking your best!

Beyond Diet is a way to change your eating habits for life. You will develop a new long-term eating strategy—*not* modify your diet temporarily—by creating the best meal plan to suit you. You'll eat healthy foods that you enjoy and discover great new foods, too. You'll feel so good, you won't want to go back to your old habits. From this day forward, you will be able to say, *I'm committed to keeping myself healthy and happy*. Say it with me:

I'm committed to keeping myself healthy and happy.

And there will be no turning back.

All that said, I want you to know that my own healthy transition did not happen overnight. It took me three years before I was able to implement every principle I am going to teach you in this program. Three years is a long time, and I suspect you can make it happen faster than I did. Much of that time was spent searching and researching the best and most up to date nutrition information so I could put it into a manual for your benefit. Would it have been ideal for me to transform every aspect of my diet overnight? Sure, that would have been great. However, that was not realistic for me at the time and it may not be for you either. I am actually extremely grateful I implemented each healthy principle over a period of time. Making these changes slowly helped me to truly adopt these principles as a lifestyle and not as a temporary diet fix.

Many people assume they will have to "give up" all of their favorite foods to enjoy their ideal weight and good health. I am not asking you to give up anything! This is not a crash diet, it is a lifestyle change. Living the life you want to live may require you to focus more on certain healthy foods over others, but does not require you to give up every delicious food available. If you think I have given up some of my favorite foods like chocolate

and wine, I assure you this is not the case. The difference is that now I know where these foods fit into my meal plan and how I can enjoy them while still maintaining my weight and feeling great.

The same goes for you. Don't throw in the towel or give up because you think you can't do every single principle, every single day. This is not an all or nothing deal. It is you implementing each principle the best you can, each and every day.

I encourage you to take charge of your health and your weight one step at a time. If you do what you can in the short term, these principles will become a permanent part of your lifestyle in the long term. Remember, I was where you are now or, quite possibly, in a much more challenging position. Hundreds of my clients were as well. One small change at a time and they have found a new sense of health and vitality that they did not think was possible for them. Not only are they now feeling great, but they are able to keep their weight off permanently, once and for all.

The steps required to achieve your ideal weight and health are exactly like those of any long term goal. Imagine you wanted to start your own business. Would you expect to be "Open for Business" overnight? Of course not; you would do your research, follow a plan, and take one step each day to bring you closer to success.

What do you need to do to achieve your weight loss and health goals? One thing that you can easily do is to keep asking yourself: "Is this choice I'm about to make bringing me closer to my goal or taking me further from it?" Choose which direction you want to go and commit yourself to making it happen.

People often regret the things they don't do, not the things they do. What will you regret if you don't take care of your health and weight today? Let's eliminate all possible regrets and make your dreams your reality.

1: A Program for Success

Achieving success in any weight-loss program takes more than just following nutritional information; it requires getting into the right state of mind. All of our actions are governed by our thoughts. If it is true that thoughts create reality, then it is imperative to create the environment that will support a successful meal plan.

In this chapter, I will help you create a strong, positive foundation that will help you achieve your health and weight-loss goals on Beyond Diet.

Clear Your Mind

To truly be successful with Beyond Diet, you must clear your mind of all media information and hype. This means not believing everything you hear from so-called health and nutrition experts on TV and radio and in magazines and books. Forget all the other diets that you've tried, and remember that this plan isn't anything like those diets—it's a program that will help you lose weight while improving your overall health. If old habits keep bringing you to the same place—overweight, unhealthy, and unhappy—then you must change your approach.

Believe in What You Are Doing

For this program to be successful, you must believe in yourself. You *can* change your habits. You *can* feel great. And you *can* change the state of your health and weight. Forget all those times you tried different diets. This is a new day and a new approach. This time, it's about overall health.

When you begin to make any lifestyle change, you will encounter people who will try to sabotage your healthy habits in an effort to make themselves feel better. You know the people I'm talking about—the ones who say, "Oh, one won't kill you" or "Eating like that is no way to live." Well, feeling horrible each day, jeopardizing your health by carrying excess weight, not being able to keep up with your children or grandchildren, and avoiding certain activities because of your weight is no way to live. Truly believe in your new way of life and what you are doing for yourself, and don't let anyone tell you otherwise.

Eliminate Negative Thinking

Similarly, you need to free yourself from any negative thinking. If you've thought before, "What's the use? I'll only gain it back anyway," stop right there. You're through with the dieting game. Those negative thoughts are thoughts that the old you would have had, not the new, healthier you. From this point on, replace each negative thought with a positive one. The second you find yourself thinking, "I know I'm going to fail," tell yourself, "I know I can successfully change my eating habits and my life." If you repeat this statement at least five times a day, or simply use it to replace any negative thinking, I guarantee that you will begin to feel more positive and confident about your efforts to adopt a new lifestyle.

Commit Yourself to Doing the Work

Think about your biggest accomplishment to date. What did it take for you to achieve that goal? Months of overtime making yourself eligible for a job promotion? Countless hours helping your child learn a new skill? Years of practice to become successful at a sport or hobby? Accomplishment requires a great deal of work, commitment, and dedication. Achieving your health and lifestyle goals will require work. But as you know from experience, the results are worth it.

Set Goals and Positive Affirmations

Before you start the food and lifestyle changes outlined in this manual, choose three affirmations, which essentially are statements that will help you feel your best. Repeat these statements a minimum of five times per day—not out loud, so that the next person in the Shop Rite line thinks you’ve lost it, but to yourself—maybe in the morning as you brush your hair, in the car as you drive to work, in the afternoon as you run errands, and at night before you go to bed. The more often, the better. These statements will make you feel so good, you’ll be motivated to stick with your new eating habits.

Imagine how great you’d feel if you said affirmations like these to yourself throughout the day:

I am a confident, disciplined person and can achieve anything I want.

Eating fresh, wholesome food makes me look and feel great.

I love my life, and every day of it is a blessing.

The best way to choose your own affirmations is to choose three or more goals, and then turn them into positive statements. For example, if one of your goals is to find the time to exercise more often, then one of your positive affirmations might be, “I have enough time in my day to take care of my health.” Choose three important personal goals, and create three positive affirmations for yourself. After you have chosen your affirmations, write them on an index card, and carry the card with you everywhere you go.

My index card of affirmations is in my wallet. I choose not to show it to anybody, but if I have any negative thoughts during the day, I quickly pull it out and repeat my affirmations as many times as it takes to get me out of that negative mind-set. I also repeat my affirmations first thing in the morning and last thing at night. This way, I start and end my day feeling positive and inspired!

A few other ideas:

- Make extra copies of your affirmations, and leave them in places where they will remind you to repeat them during the day (e.g., in the book you’re currently reading, in a desk drawer, in the kitchen).
- Tape a copy of your affirmations to the bathroom mirror, so you can give yourself a pep talk while you brush your teeth.
- Add your affirmations to your Success Journal..

Believe me when I tell you that without positive affirmations, my own journey to health would not have been possible. This single step has helped me and thousands of Beyond Diet members achieve their weight loss and lifestyle goals.

2: Three Steps to Weight Loss

Believe it or not, weight loss success is only three steps away! It might not be a quick-and-easy fix, but I promise you that *it is possible* and that *you can do it* with the guidance presented in this manual.

To be successful with Beyond Diet, you will have to do some work. This work entails many small tasks that essentially can be grouped in three main steps: Determine your metabolism type, create your personal meal plan, and learn which healthy foods you should choose.

After you have completed these three steps, you will have all the tools you need to achieve the long-term results you desire: weight loss and optimum health for life.

Step 1: Determine Your Metabolism Type

Just as you are unique in all other respects, your body's biochemistry requires certain types and proportions of healthy proteins, carbohydrates, and fats to perform optimally. This unique makeup is called your *metabolism type*. Learning your metabolism type will help you to lose weight in a safe and healthy manner, once and for all, and achieve optimum wellness. It will also help you achieve long-term results without the starvation and cravings that usually accompany most other diet plans. What's more, it's easy to do with the questionnaire that you will complete with your Metabolism Type Test. Take the Metabolism Type Test online at:

Although volumes have been written to explain this step, you only need to know the basics to get started:

- **In general, everyone is a Carb Type, a Protein Type, or a Mixed Type.** Each type requires ideal amounts and varieties of healthy proteins, carbohydrates, and fats (which will be explained in the **Chapter on Meal Planning**).
- **Requirements for the appropriate ratios and types of healthy proteins, carbohydrates, and fats exist along a fixed spectrum.** The requirements for people whose biochemistries require high amounts of protein for optimal health (Protein Types) are located at one end, and those for people whose biochemistries demand high amounts of healthy carbohydrates (Carb Types) are at the other end. Mixed Types are a combination of these two types, so their requirements fall somewhere in the middle.
- **Medical doctors and nutrition pioneers have used metabolism typing for decades.** It has helped people not only experience dramatic weight loss but also overcome severe chronic disease, obesity, and other serious disorders.

Learning your metabolism type will help you answer many common dietary mysteries that you have always wondered about:

- **Why can some people be successful—at least in losing weight over the short term—on popular low-carbohydrate, low-fat, or other diets while many others fail miserably on the same diets?** Because success with any diet depends on the dieter's metabolism type; in other words, the same-diet-for-everyone approach simply is not effective.

- **How can one kind of food be so good for one person—giving energy and apparent health—but affect someone else in a completely different way, making them tired and cranky?** Because certain foods are ideal for each metabolism type. Just because a food is considered healthy in general does not mean that it's healthy for everyone.

Learning your metabolism type is essential to creating the meal plans that will work best for you. The ideal foods (and the ratios in which you should eat them) for your metabolism type will create the foundation for your personal meal plan. Internationally renowned natural health expert and advocate Joseph Mercola, D.O. (2005), uses metabolism typing with all of his patients for weight loss and to alleviate disease symptoms.

Step 2: Create Your Personal Meal Plan

Knowing your metabolism type, you will be able to tap into the wealth of resources needed to create a personal meal plan that will allow you to achieve long-term weight loss and optimum health. In **the Chapter on Calories**, you will estimate healthy daily calorie requirements for achieving and maintaining your ideal weight. Using your **Success Journal**, you will record your daily food intake and track how you feel afterward. Finally, **the Chapter on Daily Meal Planning** will guide you in choosing the ideal foods for your metabolism type, in the ideal proportions and serving sizes, and creating your own meal plan.

All of the resources you need in order to choose, combine, and portion your food properly are included in this manual and your bonus materials. The numerous charts show you the ideal ratios of proteins, carbohydrates, and fats for your metabolism type; which foods are the best choices for your metabolism type; and how to build a meal plan that takes all this personal information into account.

Step 3: Choose the Best Foods

The third, and maybe most important, step toward weight loss and overall health is to identify which foods to eat. To save yourself a lot of time, just follow this guideline: If it's natural—that is, it grows, or otherwise occurs, in nature—eat it; if it's artificial, don't. In other words, if a food contains ingredients that you can't pronounce or define, steer clear.

Natural foods span all the food groups and include fresh, unprocessed fruits and vegetables; unroasted tree nuts and ground nuts; whole seeds and grains; and unadulterated fats, dairy, and meat products. Foods in the artificial category include packaged foods, frozen meals, cookies and cakes, artificial sweeteners (e.g., saccharin [Sweet'N Low], aspartame [NutraSweet], and sucralose [Splenda]), hydrogenated oils (e.g., margarine and Crisco), high-fructose corn syrup, and any prepared products that contain any of these ingredients.

To understand why this distinction is important, you must understand the function of the liver. The liver is the body's largest internal organ, and it's responsible for an astonishing variety of life-sustaining and health-promoting tasks, including those that make healthy weight loss and weight management possible. Integral to countless metabolic processes, the liver supports the digestive system, controls blood sugar, and regulates fat storage. One of the liver's most important functions—and the one most crucial to weight loss—is the chemical breakdown of everything that enters your body.

It is the liver's job to distinguish between the nutrients to be absorbed and the dangerous or unnecessary substances to be filtered out of the bloodstream. But when overwhelmed with toxins (like artificial sweeteners and other chemicals that are added to packaged foods), the liver gets “clogged” and cannot effectively process nutrients and fats. If your liver cannot process the nutrients and fats that your body needs, you will gain weight and won't be able to lose it.

The liver also produces bile, a substance crucial to the detoxification of the body. Bile helps break down fats and assimilate fat-soluble vitamins. But when bile becomes overly congested with the toxins it's trying to filter out, it simply can't function properly. It becomes thick, viscous, and highly inefficient.

What qualifies as a toxin? Anything that your body does not recognize as a food source. Artificial sweeteners, for example, have zero calories because the body does not recognize them as food sources. But they still have to pass through the liver, as do other synthetic ingredients that you can't even pronounce.

Food-processing chemicals and other toxins also irritate the gastrointestinal system, which may manifest as bloating, constipation, or gas in many people. Chronic constipation may also lead to difficulty losing weight, not to mention a long list of other harmful health problems.

Toxins are stored in fat cells—that is, they are embedded in body fat. The more fat in your body, the more toxins you can store. Stored toxins cause your cells and organs to become sluggish and inefficient. Toxins also attack and destroy cells and gene structures. They create an acidic environment in the body that is vulnerable to fungi, bacteria, parasites, worms, viruses, and many other pathogens. Organs and body systems under a toxic load lose their ability to metabolize and process fat effectively.

The body stores toxins in fat tissue. In fact, toxin storage is one of the main functions of fat stores; this protective mechanism keeps toxins away from vital organs. When you ingest fewer toxins, your body will not need as much fat to store them and will quickly begin to let go of excess fat. This process leads to not only the right kind of weight loss (from fat) but also a healthy, disease-free body.

The body also stores toxins wherever it is weak. This makes the weak area even weaker and eventually can manifest in a cyst or disease. An area left diseased for too long becomes difficult to repair. To achieve an ideal weight and healthy body, it is vital to eat only clean, unprocessed food from this point forward.

3: Metabolism Types

Please complete the Metabolism Type Test on Beyond Diet to determine your metabolism type —Protein Type, Carb Type, or Mixed Type. Next, read through the description of (and special considerations for) your metabolism type in this chapter. You must understand why certain foods are ideal in order to make the best choices for your personal meal plan.

As you learn about your metabolism type in this chapter, remember that each person is unique, so some fine-tuning may be necessary as you change your eating habits. Pay close attention to your body’s cues. Most people have fallen out of touch with their bodies and don’t know what true health feels like. Pay close attention to the one and only source that knows what’s best for you—your body!

Protein Types

Protein Types typically crave rich, fatty foods such as pizza, sausages, and salty roasted nuts. They love food, may not feel satiated after a snack, and often feel hungry, even after eating a large meal. When they have eaten too many carbohydrates, Protein Types tend to crave sugar. And once they start eating sugary foods, they want more and more and may find it difficult to stop. Sugar often causes Protein Types to feel jittery and will quickly make their energy levels drop.

Protein Types may have tried to lose weight by using extreme calorie-cutting methods, only to be unsuccessful—and feel miserable in the process. Protein Types cannot successfully lose weight by drastically decreasing calorie intake.

When Protein Types eat the wrong kind of food, they may notice energy problems—extreme fatigue or a wired “on edge” feeling. Eating often makes them feel better when they feel anxious, nervous, or shaky, but then they feel worse soon afterward. These cycles of energy ups and downs are definite signs of a mismatch between metabolism type and food consumption.

What Does a Protein Type Need?

Protein Types need a diet high in proteins and fats and low in carbohydrates. But think balance—not the Atkins Diet! Protein Types can eat various carbohydrates in the form of some grains, fruits, and vegetables, as long as they are adequately balanced with proteins and fats.

Because Protein Types metabolize food more quickly than other metabolism types (which is why they feel hungry all the time), heavier protein choices such as whole eggs, dark-meat poultry, beef, and dairy are essential for ideal meal planning. These foods have long been considered “unhealthy” because of their high fat content, but as you will learn in the **Chapter on Fats**, saturated fat is not the cause of disease; refined carbohydrates, processed foods, and hydrogenated oils are. Protein Types who do not eat heavy proteins with a high fat content will be hungry all day and struggle with their weight. Even worse, they will almost always feel fatigued and anxious.

“Must Dos” for Protein Types

- **Eat protein at every meal and with every snack.** Eating only carbohydrates at a meal causes blood sugar to spike and then drop quickly, which will leave a Protein Type feeling hungry, fatigued, and anxious as well as cause cravings for more carbohydrates shortly afterward. Eating protein—especially animal protein—at every meal and for snacks will help to control blood sugar levels and leave Protein

Types feeling satiated and steady throughout the day. *Remember to listen to your body—pay attention to which meals and snacks leave you hungry or craving more.*

- **Eat small meals frequently or healthy snacks between meals.** Protein Types need to eat often; otherwise, they'll suffer from extremely low blood sugar levels. Going too long between meals (or snacks) also will create ravenous hunger, which in turn will cause overeating at the next meal—only to lead to lethargy and an uncomfortable feeling afterward.
- **Avoid refined carbohydrates.** Foods such as bread, crackers, and pastas—especially those made from wheat—can be extremely disruptive for Protein Types. Wheat breaks down into sugar faster than any other grain and causes the rapid release of large quantities of insulin. That is why sprouted whole grain bread products are the only allowable sources of bread. These products are described in the **Chapter on Grains**.
- **Avoid most fruits and fruit juices.** Fruits are a wonderful, healthy food, but Protein Types need to be extra careful with their fruit selections. Some fruits are quickly converted to sugar in the bloodstream and cause extreme blood sugar fluctuations. The best fruit choices for Protein Types are apples and avocados (high in fiber and low in sugar). Some people may be able to eat more of these fruits than others.

Carb Types

Carb Types tend to have weak appetites. They tend to be happy with a minimal amount of food each day and can get by on small amounts of food. Carb Types don't give food much thought until they feel hungry.

Carb Types tend to eat less often because they “have no time to eat.” These goal-oriented workaholics will skip meals to do what they need to do each day. They may go for extended periods without eating, sending the metabolism into starvation mode. Decreasing the metabolic rate in this fashion can lead to weight management problems and obesity. Carb Types also are more dependent on caffeinated beverages to get them through the day than other metabolism types are. This dependency often weakens their appetites even more, compounding their nutritional problems.

Carb Types have a high tolerance for baked goods and starchy vegetables. This can be a bad thing, because they tend to overeat these carbohydrates, which can lead to unhealthy conditions such as hypoglycemia, insulin resistance, and diabetes.

What Does a Carb Type Need?

A Carb Type needs a diet composed of more carbohydrates than proteins or fats. But that doesn't mean that Carb Types don't need protein throughout the day. Lighter, low-fat proteins such as white-meat poultry and whitefish (e.g., tilapia, sea bass) are good choices. Carb Types can choose from a wide variety of carbohydrates and can eat them in larger quantities than any other type.

Although Carb Types convert carbohydrates into energy slowly (unlike Protein Types), it does not mean that they can go on carbohydrate binges. An elevated insulin response is still a concern, especially if weight loss is the goal. Insulin is a fat-storing hormone, so large quantities in the bloodstream will make losing weight quite difficult. Remember, excess of any particular food can lead to weight gain and disease, so always maintain the food portions and ratios recommended for your type (according to the **Ideal Food Ratios For Each Metabolism Type Chart**).

Carb Types lose weight and feel well on a high-carbohydrate, low-fat diet—the opposite of what a Protein Type needs.

“Must Dos” for Carb Types

- **Choose low-fat proteins.** Incorporate a low-fat protein such as white-meat poultry or whitefish into each meal. Avoid (or eat only occasionally) high-fat proteins, which may cause lethargy, depression, or fatigue.
- **Choose dairy products carefully.** Carb Types tend to metabolize dairy poorly. The best way to learn whether dairy is a wise choice is to carefully monitor the body’s reaction after consuming it with a meal. If you feel lethargic or fatigued shortly after, limit your dairy consumption.
- **Choose carbohydrates carefully.** Choose plenty of low-starch vegetables, like broccoli and salad greens, and limit consumption of high-starch foods such as bread, pasta, and grains. Eating too many grains may result in feeling sluggish, sleepy, or hungry soon after a meal containing a low-fat protein, a vegetable, and a grain. Try increasing the protein amount and decreasing the grain amount the next time you have this same meal.
- **Monitor your response to legumes.** Carb Types typically cannot easily digest the type of protein that most legumes contain. Therefore, eat legumes infrequently. As with all other foods, monitor the body’s response carefully, and pay attention to its ability to combine them with certain foods. Some people can eat chicken, beans, and vegetables and feel great, but feel tired and sluggish if they eat beans, rice, and vegetables.
- **Limit the nuts and seeds.** Carb Types feel best on a low-fat diet, and nuts and seeds add too much fat to a meal. Nuts and nut butters are great protein choices for snacks, but lean animal meats are better protein choices for meals.

Mixed Types

A Mixed Type requires an equal balance of proteins, carbohydrates, and healthy fats, and including variety in the everyday meal plan is essential. Of the three metabolism types, this one is actually easiest to manage, because the food choices are greater. Some meals may resemble those for Protein Types, and some may resemble those for Carb Types; some may have features of both.

The appetite of a Mixed Type tends to vary greatly throughout the day—hungry at meals but not in between, ravenous at times and no appetite at others. Of course, these responses depend on what foods have been eaten that day. Mixed Types generally don’t suffer from cravings. However, like the other types, Mixed Types who eat too much sugar or too many carbohydrates may develop strong sugar cravings.

Mixed Types must incorporate high-fat and low-fat proteins, as well as high-starch and low-starch carbohydrates, into their meal plans. As a Mixed Type, it is important to be familiar with the requirements of both types to find the perfect balance.

A Mixed Type may be more of a Protein Mixed Type or a Carb Mixed Type—in other words, have more qualities of one type than the other. The only way to truly figure this out is by trial and error: by paying close attention to the body’s responses to each meal, Mixed Types can determine which foods make them feel good and energized and which foods leave them feeling hungry, fatigued, cranky, or craving more. Finding the right balance of proteins, carbohydrates, and fats is the key to losing weight, feeling great, and achieving optimal health.

4: Calories

When most people think about weight loss and daily food consumption, the first word that comes to mind is *calorie*. In my experience, the mere mention of the word makes most people go pale, but at the same time, many people simply don't know what it means. For this reason, I would eliminate *calorie* from the English language if I could. The word is not bad in and of itself, but it is widely misunderstood!

In this chapter, I will present the facts about calories so you can be in-the-know. Then, I will clarify some common misconceptions about what calories are and what calories do so you can make healthy decisions about how and what to eat. Finally, you will use an easy equation to estimate your daily calorie requirements to lose weight or maintain it. Then you can forget about counting calories forever. (Really!)

Learn the Facts

According to *Merriam-Webster's Collegiate Dictionary* (11th edition), a *calorie* is "a unit equivalent to the large calorie expressing heat-producing or energy-producing value in food when oxidized in the body." In plain English, a *calorie* is a unit of energy that is released from the food you eat and used to power the body.

The body needs energy from food—calories—to perform many functions, the most obvious of which are exercise and other kinds of physical activity. However, the body also requires energy to function at the most basic level: to breathe, digest food, and maintain organs and organ systems.

Believe it or not, it is possible to eat too few calories! The most serious problem with low-calorie diets is that although they may bring about weight loss, they also can cause serious health problems. One common side effect of low-calorie diets is muscle breakdown, which can occur when the body doesn't receive enough calories from protein. Especially vulnerable is the heart, a muscular organ. If a person does not consume an adequate amount of calories each day, the heart muscle begins to break down, possibly leading to serious conditions such as cardiac atrophy.

Also, following low-calorie diets off and on over time can have negative consequences for overall health. Low-calorie diets typically do not supply enough energy to keep organs and systems healthy and, in effect, can lead to malnourishment. For clients who have repeatedly followed such diets, I recommend high-calorie meal plans that provide their organs with adequate fuel to repair themselves and regain health.

Weight Loss vs. Fat Loss

Losing weight and losing fat are not the same thing. To look and feel your best, you should lose weight specifically from body fat, not from muscle.

Studies often find that two groups of people consuming the same amount of calories but in different ratios of proteins, carbohydrates, and fats will lose different amounts of body fat and lean body mass (e.g., muscle and bone). For instance, someone who is a Protein Type but eats a 1,500-calorie diet composed of mostly carbohydrates each day most likely will not lose weight—or worse, may gain weight. On a 1,500-calorie diet of mostly protein, some carbohydrates, and healthy fats, this same person will reach his or her weight loss goal and feel great! (Discover the optimum food ratios for you in the Chapter on Daily Meal Planning.)

To lose weight from fat, you must focus on not only how many calories you consume but also the source of those calories (i.e., proteins, carbohydrates, or fats). Eating the foods that are ideal for your metabolism type greatly affects the source of your weight loss. When your hormones are in balance (because you're eating what your body requires), your body will achieve its ideal metabolic rate and will not need to hold onto excess fat stores—and as a result, weight loss will come from stored fat.

To conceptualize this situation, imagine yourself outside in freezing winter weather, dressed in a winter parka. If you entered a warm shelter, you would remove your coat because it would no longer be needed. The parka is like stored body fat: necessary under certain conditions but not others.

End the Calorie Debate

The American public has been told, time and time again, that consuming more calories than the body burns leads to weight gain. However, this statement is only partially true. In the following sections, I will clear up some common misconceptions about calories.

“A calorie is a calorie.”

The old school of nutritional thinking teaches that all calories are created equal. Weight loss and weight gain are strictly a matter of “calories in, calories out”: Regardless of the calorie source, you’ll lose weight if you burn more calories than you eat and gain weight if you eat more calories than you burn.

This explanation seems logical enough, right? Unfortunately, it fails to account for modern research findings that the calories from proteins, carbohydrates, and fats have different effects on body metabolism—in other words, some calories really are healthier than others. To grasp this concept, a basic understanding of metabolism is helpful.

Two important metabolic reactions involve insulin and glucagon, hormones that are released during the digestion of food consumed. In general, *insulin* causes fat storage, and *glucagon* causes fat to be used for energy (rather than stored). The body needs both of these hormones so it can function properly, but when the insulin–glucagon balance is ideal, the body will actually build muscle while burning fat. Getting the proportions correct is key to achieving and maintaining a healthy weight, and eating the right foods for your unique metabolism type—regardless of the calorie content of those foods—is the best way to do that.

Certain foods affect insulin release much more than other foods. These foods are refined carbohydrates, which include white breads, sugars, most baked goods, and most processed snack foods. Consuming such foods causes insulin levels to increase quickly (giving a short, high energy boost) and then decrease quickly (leading to low energy levels and listlessness). When your body releases too much insulin, you may feel hungry soon after eating. Conversely, protein causes the release of glucagon, which can decrease hunger and control appetite.

By the way, it also is incorrect to say that all fats—or carbohydrates, or proteins—are created equal. Different fats (e.g., fish oil vs. hydrogenated oil) have vastly different effects on metabolism and health in general, as do different carbohydrates (e.g., low glycemic index vs. high glycemic index) and different proteins (animal vs. plant). The differences are highlighted throughout this manual.

As you see, making educated choices about where your calories come from is important when you are attempting to control appetite, lose weight, or maintain a healthy weight in the long term.

“Calories don’t matter.”

This school of thought says that if you eat proteins, carbohydrates, and fats in certain ratios, then the number of calories is unimportant. For example, for proponents of metabolism typing, the only thing that matters is eating the ideal foods in the right proportions for your metabolism type. This approach can be effective if you eat those foods in the ideal amounts for your body; however, consuming larger amounts will cause you to maintain or gain weight rather than lose it.

If a meal plan for weight loss isn’t created with calorie counts, then on what is it based? Ideally, each of us would know when to eat and when to stop eating simply by “listening” to the body’s hunger and satiation cues. Unfortunately, though, most people who struggle with their weight have lost the ability to recognize when they are hungry or full and often eat when they feel stressed, bored, or pressured socially.

There is a way to account for this inability to listen to the body's cues, though. Estimate how many calories you need to consume daily (Determine Daily Calorie Requirements, later in this chapter - you can also do this on Beyond Diet) and then use the result as a tool to determine ideal serving sizes (Step 2: Determine Your Allowable Food Servings, in the **Chapter on Daily Meal Planning**, as well as on Beyond Diet). Then, by paying attention to your body's cues over time, you can create and adjust future meal plans accordingly.

“I can't eat that much and still lose weight.”

Many people are surprised by the generous portion sizes and the amounts of food that this program recommends for healthy weight loss. But the truth is, with the right foods, you can eat sizable quantities of food and lose weight at the same time! Most dieters decrease their food intake so much when they want to lose weight that they do lose some pounds [kilos], then quickly plateau. At that point, they have no recourse but to eat even less food, which triggers starvation mode and makes losing weight and feeling good difficult, if not impossible.

Please don't be afraid to eat. If you eat the right foods, in the right amounts and proportions for your metabolism type, then you will lose weight and feel great. You must change your mind-set from “calorie counting” to “choosing the appropriate proportions and serving sizes” for your body. And whatever you do, don't be lured into the trap of counting calories, because that approach is not sustainable—or healthy—in the long term.

Determine Daily Calorie Requirements

Even though the word *calorie* is loaded with bad (and wrong) connotations, this program suggests estimating your daily calorie requirements as a means to an end. This number is used to determine the correct number of servings of each food type for each meal (Step 2: Determine Your Allowable Food Servings). That's it—no counting calories at each meal, or ever! (In fact, for my clients, I always did the calorie calculation myself and chose the appropriate meal plan without ever mentioning the word *calorie*.) Instead, you will use your **Success Journal** to record the individual servings of proteins, carbohydrates, and fats that you consume at each meal and your total servings for each day. A great way to keep track of all of these is in your online Success Journal on Beyond Diet.

How many calories are enough—that is, enough to provide energy for your body to perform all its necessary functions and activities and bring about optimum health? Daily calorie requirements vary from person to person and depend on weight, foods consumed, sleep, stress and activity levels, age, and a long list of other factors that affect metabolism. Because of these many variables, no machine, calculator, or equation can determine the exact number of calories that a person needs daily. However, my experience indicates that the following calorie equation provides a good starting point, even if it is not the most scientific method.

Read the following instructions straight through once, then perform the easy calculation for yourself, recording your results here. You will need to refer to this information while you work through the **Chapter on Daily Meal Planning**. You can also use the online Caloric Calculator (located at

_____)—simply input your weight and choose your activity level, and your daily requirement will be calculated for you.

- Multiply your current weight (in pounds) by 13, 14, or 15 [weight (in kilograms) by 28.6, 30.7, or 33]—use 13 [28.6] if you have a particularly slow metabolism and do not exercise much, 14 [30.7] if you perform moderate exercise three or more times per week, and 15 [33] if you exercise vigorously more than three times per week. The result is your *daily calorie requirement for weight maintenance*:

_____ pounds [kilos] × ____ = _____ calories per day

- For healthy weight loss, you must reduce your maintenance calorie intake by 20% (in other words,

consume 80% of the maintenance amount). Simply multiply your daily calorie requirement for weight maintenance by 0.80. (**Note:** Do not reduce your calories by more than 20% in an effort to lose more weight; doing so may put your body in a starvation state, which would slow your metabolism and make weight loss even more difficult). The result is your *daily calorie requirement to achieve healthy weight loss*:

$$\underline{\hspace{2cm}} \text{ calories} \times 0.80 = \underline{\hspace{2cm}} \text{ calories per day}$$

For example, consider a 180-pound [80-kg] female who does moderate weight training and walking three times per week.

Maintenance plan: 180 pounds \times 14 = 2,520 calories per day
80 kilograms \times 30.7 = 2,456 calories per day

Weight-loss plan: 2,520 calories \times 0.80 = 2,016 calories per day
2,456 calories \times 0.80 = 1,965 calories per day

Her customized weight-loss meal plan should provide about 2,000 calories per day.

Remember that these daily calorie requirements are only guidelines. Some people need fewer calories to lose weight, and others need more. The goal is to consume as many calories as possible while still losing fat, because the more fuel you give the body, the harder your metabolism will work, and you want to keep that metabolism cranking to see long-term weight loss. The truth is, the healthier your body is, the more food you can eat and still achieve or maintain your ideal weight. Calculate your daily calorie requirements online at BeyondDiet.com.

Frequently Asked Questions

What if my calorie requirements are above 2400 calories?

If your calorie requirement totals an amount above 2400 calories, begin on the 2400 calorie meal plan as your baseline serving amounts. Let your body dictate whether you need to add more or less to your plan. If you are experiencing hunger after the first 3 days, add 1-2 servings of protein, 1-2 servings of fat, and/or 1-2 servings of carbohydrate to your daily meal plan.

I want to gain weight. How do my calculations change?

If healthy weight gain is your goal, you will want to adjust your calorie calculations. Instead of subtracting 20% from your baseline calories, you will add 20%. For example, a very active male who wishes to gain weight, primarily in the form of muscle, would multiply his current weight by 15, multiply this number by 20%, and then add that total to the initial calorie calculation.

5: Daily Meal Planning

Now you have almost all the information and tools you need to begin to create your personal meal plan. In this chapter, you will learn the proper food ratios for your metabolism type, determine the ideal food servings for your daily calorie requirements, refine the food choices for your metabolism type, and then use all of this information to create your own personal meal plan—and be well on your way to weight loss success.

At this point, you should have already discovered whether you are a Protein Type, a Carb Type, or a Mixed Type according to the instructions in the **Chapter on Metabolism Types** or using the Metabolism Type Test on BeyondDiet.com; estimated your daily calorie requirements using the equation in the **Chapter on Calories** or the Caloric Calculator on BeyondDiet.com; and printed your **Success Journal** (or located it on BeyondDiet.com). We'll use the following charts in the **Guides and Charts Chapter** (towards the end of this manual) to create your meal plans in your **Success Journal**:

- Allowable Servings Chart
- Ideal Food Ratios For Each Metabolism Type Chart
- Food Choices Chart

Step 1: Identify Ideal Protein–Carbohydrate–Fat Ratios

On the Ideal Food Ratios for Each Metabolism Type chart, you see that different ratios of calories from proteins, carbohydrates (listed as Carbs on the chart), and fats are ideal for each metabolism type. Carb Types should eat approximately 20% proteins, 70% carbohydrates, and 10% fats; Mixed Types should eat approximately 40% proteins, 50% carbohydrates, and 10% fats; and Protein Types should eat approximately 45% proteins, 35% carbohydrates, and 20% fats.

For example, if you're a Mixed Type, each meal or snack (including your drink) should contain about half protein and half carbohydrates. (**Note:** The 10% fat would come from your protein source or from some added healthy oil.) Use the **Allowable Servings Guide** to create your own meal plans. You'll soon learn to tune in to your body's responses and learn when you have eaten the right amounts for you.

Step 2: Determine Your Allowable Food Servings

To determine your ideal food servings, refer to the **Allowable Servings Guide**. Locate the heading that lists your daily calorie requirements (as determined by the calorie equation given under Determine Daily Calorie Requirements, in the **Chapter on Calories**), then the column in that section that applies to your metabolism type. For example, a person who requires 2,000 calories a day and is a Protein Type should search first for the "2,000 calories/day" heading (bottom left section of the chart) and then for the Protein information (unshaded column under the "2,000 calories/day" heading). Starting from the top of this column, you can see that this person should have three protein servings and one carbohydrate serving for Breakfast, three protein servings and one carbohydrate serving for a Snack, and so on down the column.

Transfer your allowable servings information to a new page in your **Success Journal**.

After completing the Caloric Calculator and Metabolism Type Test on BeyondDiet.com, you can also access your Allowable Servings: . These servings will

automatically be updated in your online Success Journal.

Step 3: Identify Your Ideal Foods

Eating the right kinds of food is just as important as eating the right quantities of food. Take a look at the **Food Choices** charts for your metabolism type (e.g., a Protein Type would use the Protein chart, and Carb Type would use the Carbohydrate chart; a Mixed Type would use the Mixed chart). These can be found in the Charts section of this manual, as well as online at [www.successjournal.com](#). The ideal foods for each type are shaded in the appropriate charts. Foods that are not highlighted in the charts should be avoided or eaten only occasionally. For example, an orange—generally thought of as a healthy food—will help balance a Carb Type but may push a Protein Type out of balance.

Because each person is unique, these charts must be considered as a starting point to find which foods are best for you. For example, I always test as a Protein Type but feel pretty good eating cucumbers and carrots—two foods that most Protein Types typically should avoid. When I feel lethargic soon after eating or hungry an hour later, I know I've eaten a food that isn't good for me (or that my meal didn't have the correct protein-to-carbohydrate ratio).

Again, these charts are only starting points to determine which foods might be best for you. Pay attention to how you feel after eating; track symptoms that might be related to the foods you eat in your **Success Journal**.

Step 4: Plan Your Meals

Finally, put all the pieces together to create a truly personal meal plan—one that meets the needs of your metabolism type and includes foods that you enjoy. Let's start with an example.

According to the **Allowable Servings Guide**, a Protein Type requires three protein servings at Breakfast. Possible options from the Protein Type chart could be

- 2 eggs and 1 slice of bacon
- 3 ounces [84 g] of meat or poultry (possibly leftovers from the night before)
- or something else from the chart

A Protein Type also requires one carbohydrate serving at Breakfast. Possible options from the Carbohydrate chart could be

- 1 medium apple
- 1 cup [180 g] of spinach (e.g., in an omelet)
- 1 cup [150 g] of cooked oatmeal
- or something else from the chart

For a Snack, a Protein Type requires three protein servings and one carbohydrate serving, which could be

- 1½ ounces [42 g] of raw almonds and 1 medium apple
- 3 oz [84 g] leftover turkey and ½ cup [75 g] each of celery and carrots
- or something else from the chart

Now plan a Breakfast using your unique information, and list these choices on a Meal Planning worksheet in your **Success Journal** under Breakfast. Refer to the example Meal Plans provided below. (Although the serving sizes may not be exact for your needs, the sample meals demonstrate how to combine servings of proteins, carbohydrates, and fats together in a meal.) You can also plan your meals in your online Success Journal:

Do the same thing for your morning and afternoon Snacks. Keep in mind that snacks don't have to be the kinds of unhealthy, empty-calorie foods that people normally associate with snacking (chips, candy, and cookies). Healthy, nutritious snack alternatives like raw nuts and a fruit also have the advantage of being easily transportable. To choose your best snack options, think about your typical day and where you will be during mid-morning and mid-afternoon snack times. If you will be on the move, then your snack should be shelf-stable, easily transportable, and easy to eat with your hands. If you will have access to a refrigerator or a cooler, then your snack can be a mini meal that consists of leftovers from the day before.

The process of creating meals for Lunch and Dinner is the same as for Breakfast and Snacks, but you will add Fat servings, as indicated on the **Allowable Servings Guide**. Don't give in to society's urging to avoid all fats, thinking that doing so will help you lose weight faster. In fact, you must consume a substantial amount of healthy fat each day to lose weight, keep energy levels high, and feel satiated. (the **Chapter on Fats** addresses this topic in detail.) You can also look through the **Recipe Guide** and the Recipes section of Beyond Diet () to help you cook up some healthy and delicious meals.

Plan another day or two of meals while you're at it, using another page in your **Success Journal** or online at:

Here are examples of what a daily meal plan may look like for each Metabolism Type:

Sample Meal Plan – Mixed Type

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 eggs (in an omelet)	2		
	1 cup [30 g] chopped raw spinach, peppers, and onions (in an omelet)		1	
	1 slice SWG bread		1	
	1 medium pear		1	
Snack	1 oz [28 g] almonds or walnuts	2		
	1 medium apple		1	
	1 cup [120 g] cucumber slices		1	
Lunch	4 oz [113 g] turkey, ground white and dark meat (in a burger)	4		
	8 oz [226 g] carrot sticks		1	
	½ cup [98 g] cooked brown rice		1	
	small green salad		½	
	1 tsp [5 mL] fish oil or cod liver oil (or 2 softgels)			1
	apple cider vinegar			
Snack	1–2 Tbsp [28-56 g] peanut/almond butter	2		
	2 slices rye crisp bread		1	
	8 oz [226 g] celery sticks		1	
Dinner	5 oz [142 g] halibut steak (broiled)	5		
	½ cup [63 g] green beans (sautéed with garlic)		½	
	4 oz [113 g] sweet potato (baked)		1	
	small green salad or ½ cup [50 g] raw vegetables		½	
	apple cider vinegar + 1 tsp [5 mL] olive oil			1
	1 tsp [5 mL] fish oil or cod liver oil (or 2 softgels)			1

Note: SWG = sprouted whole grain (e.g., Ezekiel 4:9 products).

Sample Meal Plan – Protein Type

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 eggs (poached or scrambled)	2		
	½ cup [26 g] dry oatmeal (in hot cereal with cinnamon)		1	
Snack	1 oz [28 g] cashews	2		
	1 medium pear		1	
Lunch	5–6 oz [142-168 g] beef, ground (in a burger or chili)	6		
	½ cup [76 g] cooked kidney beans (in chili)		1	
	small green salad or ½ cup [50 g] raw vegetables		½	
	apple cider vinegar + 1 tsp [5 mL] olive oil			1
	1 tsp [5 mL] fish oil or cod liver oil (or 2 softgels)			1
Snack	2 Tbsp [28 g] walnut or almond butter	2		
	8 oz [226 g] celery sticks and carrot sticks		1	
Dinner	5–6 oz [142-168 g] chicken, dark meat (baked or grilled)	6		
	½ cup [90 g] spinach (sautéed)		½	
	¼ cup [40 g] cooked couscous		½	
	small green salad		½	
	apple cider vinegar + 1 tsp [5 mL] olive oil			1
	1 tsp [5 mL] fish oil or cod liver oil (or 2 softgels)			1

Sample Meal Plan – Carb Type

Meal	Food	Servings		
		Protein	Carb	Fat
Breakfast	2 slices turkey bacon	2		
	½ cup [93 g] cooked millet or quinoa (in hot cereal)		1	
	½ large grapefruit		1	
Snack	½ oz [14 g] almonds	1		
	½ large grapefruit		1	
Lunch	4 oz [113 g] chicken (grilled)	4		
	¼ cup [43 g] cooked kamut		½	
	½ cup [100 g] cooked lentils		1	
	½ cup [75 g] broccoli (steamed or sautéed)		½	
	small green salad		½	
	apple cider vinegar + 1 tsp [5 mL] olive oil			1
Snack	1 tbsp [14 g] walnut butter	1		
	4 oz [113 g] celery sticks		½	
	20 grapes		2	
Dinner	4 oz [113 g] shrimp or scallops (grilled or baked)	4		
	½ cup [75 g] green vegetables (stir-fried)		½	
	½ cup [98 g] cooked brown rice		1	
	small green salad or ½ cup [50 g] raw vegetables		½	
	apple cider vinegar			
	1 tsp [5 mL] fish oil or cod liver oil (or 2 softgels)			1

Step 5: Learn More

Now that you have planned a few days' worth of Breakfasts, Snacks, Lunches, and Dinners, you are well on your way to achieving your ideal weight and optimum health! Your toolkit is almost complete.

Remember, the information listed in the **Allowable Servings Guide**

() and **Food Choices** charts

() are only suggestions and starting points. If you feel hungry at any time, you will need to adjust your meal plan in some way. Depending on your metabolism type, you might add a bit more protein, carbohydrate, or fat to a meal (to adjust the protein–carbohydrate–fat ratio slightly) or add another Snack to your day (making sure to keep that meal balanced and appropriate for your type) until you feel satiated and energized. And if something you eat makes you feel lethargic, avoid it.

Likewise, if you feel that the food on your meal plans is too much food for you to eat in one day, you can also modify accordingly. Remember that I don't want you to be hungry, but I also don't want you to spend the day feeling overly full. The portion sizes in the meal plans are designed to give you a sufficient amount of food each day to feel satiated while still burning off unwanted fat. If your lifestyle or body requires less food, modify your meal plans to suit your needs.

Continue reading the rest of the manual so you can learn how to choose the best food available, prepare it in a healthy way, and enjoy your journey toward healthy weight loss. You may want to keep your **Success Journal** handy as you read so that you can make notes to help guide future meal planning.

PART 2

Congratulations on creating your personal meal plan! Take a good look at it. In front of you is the path to your personal weight-loss and health goals.

As important as it is that you eat the foods that are ideal for your metabolism type, it is also critical to choose the best foods possible. This part of the manual is dedicated to teaching you how to choose the foods that will best help you achieve the weight-loss and health goals that your meal plan represents.

6: Organic Food

What exactly is organic food? It is food grown or raised without the use of synthetic (chemically formulated) pesticides, herbicides, fungicides, or fertilizers. Organic farming allows foods to grow in nature as they were intended.

Conventional farmers in the United States alone spray 2 billion pounds [900 million kilos] of pesticides a year on crops to compensate for poor farming practices (Chek 2004, 55). And those pesticides end up in our food supply! In this chapter, I will explain why organic foods are better for your health and should be a part of your healthy lifestyle.

The Truth About Conventional Produce

In *How to Eat, Move and Be Healthy*, Chek (2004) lists the following chemicals found in a conventionally grown apple, a food that most of us would consider healthy!

- Chlorpyrifos: an endocrine disruptor that impairs immune response, causes reproductive abnormalities, and damages a developing nervous system
- Captan: a carcinogen (i.e., a substance believed to be capable of causing cancer) that causes genetic and immune system damage
- Iprodione: a carcinogen
- Vinclozolin: a carcinogen and a genetic, endocrine, and reproductive disruptor that causes dermatitis

Chek also provides the results of an interesting study conducted on 110 urban and suburban children in Washington state. The study found that children who ate primarily organic foods had significantly lower exposure to organophosphorous pesticide (a nervous and immune system disruptor) than children on conventional diets. Of the children tested, only one did not demonstrate measurable pesticide levels in a urine sample; this child ate an all-organic diet. The levels measured in other children who ate mainly organic foods were below the U.S. Environmental Protection Agency's (EPA's) "safe" level, whereas those of children who ate conventional foods were above this level.

Meat, Poultry, and Eggs

The animal that becomes your meal can only be as good and as healthy as the food that it was fed (in the same way that you can only be as healthy as the food you eat: You are what you eat!). In the wild, cattle eat grass, but most commercially raised cattle are fed low-quality grains to make them fat. Because these animals are not designed to eat grains, they quickly become ill, which requires the administration of antibiotics that you ingest when you eat beef.

If this situation is not bad enough, most of the chickens and pigs in commercial "factory" farms are raised in extremely small cages (usually in their own feces) and rarely see the light of day. Furthermore, they are fed a constant supply of antibiotics and growth hormones to speed growth, keep them alive, and fend off disease (Chek 2004). This fact alone should encourage you to spend the extra money on free-range organic chicken and pork.

Understandably, the quality of an egg can be only as good as the quality of the chicken that lays it, so it is crucial to buy and eat only organic eggs. A chicken that has lived a natural life produces eggs that are extremely high in omega-3 fats—one of the healthiest types of fat for humans. As a result, the whole egg is one of the healthiest, well-balanced natural foods for humans to consume.

Many people have developed a fear of eating whole eggs because of the cholesterol in the yolk. But the truth is cholesterol is necessary for our bodies to function. However, whole eggs from commercially raised chickens are bad for us; they are high in omega-6 fats, which cause inflammation in the body and increase the risk of heart disease.

The Value of Going Organic

As explained in **Step 3: Choose the Best Foods**, anything that is toxic to the body overwhelms the liver, and an overwhelmed liver becomes clogged, which makes losing weight difficult. Pesticide residues not only clog the liver but also build up on the intestinal wall, inhibiting the absorption and digestion of nutrients from the food you eat.

Some people ask whether organic food is worth the money. To me, this question is equivalent to, “Is your health worth the money?” The most common complaint or concern about “going organic” is the expense. Organic food is more expensive for several reasons. On average, organic farmers have lower yields and higher production costs than conventional farmers because they don’t use herbicides; some crops are weeded by hand, which is labor-intensive. Also, organic farmers don’t receive the many agricultural subsidies and other perks available to conventional farmers. You must weigh the extra cost in the short term with the long-term health benefits of sparing your body from all the chemicals. Consider our society’s current state of health: The more chemicals and toxins we are exposed to, the worse our health becomes.

Consider this issue: If your doctor told you that you had a disease that required you to pay for special medical treatment to feel good every day, would you do it? I can confidently tell you that you can do something to protect your future health, prevent illness, and lose weight at the same time: spend the extra money on organic foods. You may find that when you spend less on packaged foods, the additional amount spent on organic produce and meats won’t increase your overall grocery bill significantly. In addition, you will find that organic vegetables and fruits actually taste better than conventionally farmed ones.

Simply put, purchasing organic foods is an investment in your health.

With all of that being said, I understand that sometimes finding or even affording organic food may be a bit of a challenge for some. I know, because I personally experienced this. When I first discovered that organic foods would be better for my health, I was on a very tight budget (actually, I still adhere to a tight family budget and must also apply the ideas and strategies I am sharing below).

Lucky for you and me, the principles of Beyond Diet will still be effective and result in good weight loss and health results without going completely organic. You can implement this principle slowly, as your lifestyle and budget allows.

Here is how I mastered the art of “going organic on a budget”:

1. I stopped buying processed “non foods”. Most protein shakes, “health” bars, and processed foods are actually pretty expensive and when you completely eliminate them from your grocery list, you will save hundreds of dollars. Take a good look at the price of sugar cereals, packaged cookies and cakes,

and frozen TV dinners. You will see how the prices of these foods quickly add up. That same amount of money can be better spent on a week’s worth of organic produce.

2. When I started eating reasonable portions, the food was not that expensive. When I really took a look at how much I was eating and how much I was supposed to be eating, I was eating almost double what a reasonable, healthy portion would be for me. When I started eating the correct portions for my weight and my goals, I began eating less but still feeling satisfied. Eating less meant spending less!
3. I sought out the local farmer’s markets. The prices were so much better, and I always got fresh food in season. If there was a particular fruit that was extremely expensive during that time, I would choose a different fruit. If the berries happen to be expensive during that season, go for the apples, pears, or bananas instead. Variety is good anyway, so choose the fruits and veggies without the expensive prices.
4. I transitioned my kitchen and my whole house slowly. I probably did not have a completely organic kitchen until 3 years after I began. Not ideal, but I did the best I could. Rome wasn’t built in a day, and neither was my organic palace. Do the best you can—start with a few items and go from there.
5. Buy organic foods “selectively”. The following foods have been shown to have the highest levels of pesticide residue, so they should be purchased organic whenever available:

Fruits	Vegetables
1. Peaches	1. Spinach
2. Apples	2. Bell Peppers
3. Strawberries	3. Celery
4. Nectarines	4. Potatoes
5. Pears	5. Hot Peppers
6. Cherries	
7. Raspberries	
8. Imported Grapes	

These foods tend to be lower in pesticide levels so can be purchased conventional if necessary:

Fruits	Vegetables
1. Pineapples	1. Cauliflower
2. Plantains	2. Brussels Sprouts
3. Mangoes	3. Asparagus
4. Bananas	4. Radishes
5. Watermelon	5. Broccoli
6. Plums	6. Onions
7. Kiwi Fruit	7. Okra
8. Blueberries	8. Cabbage
9. Papaya	9. Eggplant
10. Grapefruit	
11. Avocado	

Frequently Asked Questions

I know Organic food is better, but it's just so expensive, what should I do?

Start by first checking the prices on some of the expensive processed foods you may be buying. For example, many unhealthy cereals today are quite pricey.

Next begin by buying the organic foods that are the most important (meats and poultry). Always look for animal products (meats, poultry, and dairy) that have no added antibiotics and growth hormones. Ingesting meats that have been injected with these harmful substances is equivalent to eating the hormones and antibiotics themselves. Very dangerous!

Then move on to those vegetables that do not have a protective skin (spinach, celery, berries)

Action Steps

- Begin by buying organic poultry, meat, and eggs. Most supermarkets now carry organic meats, poultry and eggs. If organic products are unavailable or difficult to obtain, then the next best choice is free-range, antibiotic- and hormone-free poultry, meat, and eggs. This way, even if the animals were not fed organic feed, at least they did not receive antibiotics and hormones.
- After you have made a regular practice of buying organic (or free-range, antibiotic- and hormone-free) meat, poultry, and eggs, start buying organic produce. Begin with the produce that tends to have the highest pesticide residues as listed above.
- Remember that your success on Beyond Diet is not dependent on going completely “organic”. You can still see incredible weight loss results by transitioning to organic foods slowly. Just the single step of incorporating more fruits and vegetables and natural proteins into your meal plans is a great step in the right direction towards your weight loss goals.

7: Fats

Because fat is so important for so many bodily functions, you must consume an adequate amount of fat each day. Unfortunately, our society has developed a fear of fat. In turn, many companies have produced fat-free or low-fat products that contain high amounts of sugar or high-fructose corn syrup, both of which increase hunger and cravings for sugary foods.

Because fats are an essential part of any meal plan, it is important to recognize them as good or bad. In this chapter, you'll learn how to tell the difference.

Fats to Avoid

All fats are not created equal. The most detrimental fats are hydrogenated ones called trans-fatty acids (also called TFAs or “trans fats”)—most commonly listed as hydrogenated oils or partially hydrogenated oils on food labels—and should be avoided in your diet.

Hydrogenation is a chemical hardening method commonly used to create fats that are shelf-stable and have a higher melting point than their source material. To hydrogenate a liquid vegetable oil, the oil is first washed, bleached, and deodorized and then heated to a high temperature along with a metal catalyst (nickel, zinc, or copper). Next, hydrogen gas is bubbled through the mixture. Partial hydrogenation results in a product that is semisolid at room temperature (like margarine or a salad dressing oil that doesn't separate), and full hydrogenation results in a product that is solid at room temperature (like Crisco shortening). Regardless of the ultimate result, hydrogenation completely alters the liquid oil's molecular structure so that it no longer resembles a natural fat; in fact, it becomes an unhealthy trans fat. Because the body does not recognize the transformed molecule as a natural fat, it cannot process it and treats it as a toxin.

The molecular structure of a trans-fatty acid is closer to that of plastic than to that of a normal fatty acid (Chek 2004). Still, many processed foods—even some considered to be healthy—are laden with trans fats. Food manufacturers use hydrogenated oils because they have a long shelf life and are cheaper to use than the real thing, but research has shown that these fats are detrimental to your health.

Trans fats can raise levels of low-density lipoproteins (LDLs, commonly known as “bad cholesterol”) and lead to clogged arteries, elevated cholesterol levels, heart disease, type 2 diabetes, and even cancer (Mercola with Droege 2003). The body has no use for trans fats and stores them in fat cells and arteries. Consuming trans fats actually causes fat cravings; these cravings continue until the body receives the essential fatty acids (EFAs)—the good fats—that it needs.

Good Fats

Good fats are derived from healthy food sources. Consuming adequate amounts of the ideal fats for your metabolism type—naturally occurring in your food, used in cooking, or taken as supplements—will fulfill your daily nutritional needs and keep you from getting hungry.

Essential Fatty Acids

The human body cannot survive without some fats—specifically, EFAs. EFAs are necessary for the healthy function of every bodily process, including

- brain and nervous system activity,
- regulation of hormones,
- function of organs and the immune system,
- cell function, and
- digestion.

Our bodies need EFAs but cannot make them on their own; therefore, we must get them from the foods we eat. The two kinds of EFAs are omega-3 and omega-6. Foods that are high in omega-6 fats are grains; commercially raised meats; oils used in processed foods; and many commonly used cooking oils, including corn, safflower, and sunflower. Omega-3 fats are found in leafy green vegetables, oily fish (like salmon), walnuts, organic eggs, and naturally-raised meats.

The ideal ratio of omega-3 to omega-6 fats is between 1:2 and 1:4. Unfortunately, because the typical American diet is abundant in grains and cooked oils, and lacking in vegetables and healthy fish, the average omega-6 intake is high and omega-3 intake low. This ratio has been calculated in some people to be as high as 1:50! Clearly, we must make a conscious effort to reduce the amount of omega-6s and increase the amount of omega-3s that we consume to bring that ratio back toward its ideal.

Omega-3 fats are vital for the development and maintenance of the adult brain and nervous system. In *The Omega Diet*, Artemis Simopoulos and Jo Robinson (1998) describe a study in which mice fed a diet low in omega-3 fats (i.e., the most common American diet—lots of carbohydrates; packaged, processed, and fast foods; minimal fruits, vegetables, and whole foods) led to a decreased mental performance compared with mice fed a diet with adequate omega-3s.

Simopoulos and Robinson (1998) also state that many behavioral and mood disorders are associated with a lack of omega-3 or an imbalance between omega-3 and omega-6 fats in the diet. Their list of recognized disorders (Simopoulos and Robinson 1998, 16) includes but is not limited to

- asthma,
- attention-deficit/hyperactivity disorder (ADHD),
- cancer,
- depression (even among children),
- diabetes,
- heart attack,
- insulin resistance,
- obesity, and
- stroke.

While I normally like to keep supplements to a minimum and focus more on nutrients from fresh foods, fish oil supplementation may be vital if you do not consume fresh fish on a regular basis. Also, the health of our oceans—and thus the health of the fish that live in them—is not as good as it used to be. Elevated mercury levels are increasingly found in most fresh fish sold for human consumption. Incorporate one serving of fresh fish (especially wild salmon) every week or two, but avoid fish that often have elevated levels of mercury, such

as tuna, shark, and swordfish. Whatever your choices, consume at least two or three servings of omega-3 fats daily.

The Truth About Saturated Fat

Heart disease was quite rare before 1920—so rare that the electrocardiograph (which performs the test now commonly known as an electrocardiogram [ECG]), developed to diagnose coronary heart disease, was considered a waste of time and quickly rejected. Apparently, no one suffered from clogged arteries at that time. But by the mid-1950s, heart disease was the leading cause of death among Americans. Today, heart disease causes at least 40% of all deaths in the United States each year.

In “The Skinny on Fats” (2001), the well-known nutritional expert Sally Fallon states that

If, as we have been told, heart disease results from the consumption of saturated fats, one would expect to find a corresponding increase in animal fat in the American diet over the same amount of time as the increase in heart disease. Actually, the converse is true. During the sixty-year period from 1910–1970, the proportion of traditional animal fat in the American diet declined from 83 percent to 62 percent, and butter consumption plummeted from eighteen pounds [eight kilograms] per person each year to four pounds [about two kilograms]. During the past eighty years, the consumption of dietary cholesterol intake has increased only one percent.

If saturated fat consumption actually decreased, then what increased? During the same period, the average intake of dietary vegetable oils (in the form of margarine, shortening, and refined oils) increased by about 400%, and the consumption of sugar and processed foods increased by about 60% (Fallon 2001).

Given this data, saturated fats apparently have been falsely accused; they are not the cause of modern disease. Unfortunately, people have been led to believe otherwise, so they try to avoid any food that contains high levels of saturated fat.

Coconut oil contains primarily saturated fat but no trans fat. It is rich in lauric acid, which is known for its antiviral, antibacterial, and antifungal properties. Some medical doctors now recommend coconut oil as a healthy food oil. In the informative online newsletter *Doctor House Call*, Al Sears, M.D. (2007), states, “The saturated fat found in coconut oil is a unique fat that helps prevent heart disease, helps to build up the immune system, and does not turn into fat in your body. In fact, it helps to speed up your metabolism ... helping you to burn fat and increase your energy!” And Joseph Mercola, D.O. (2003), claims, “Coconut oil is truly the healthiest oil you can consume” and urges readers to try virgin coconut oil and “experience the health benefits for yourself”.

The saturated fat in coconut oil (as well as in palm kernel oil) is of the medium-chain fatty acid (MCFAs) variety. The body digests MCFAs more easily and uses them differently than other fats. MCFAs are sent directly to the liver, where they are immediately converted into energy. In other words, the body uses the fat to make energy rather than store it (Fife 2001).

Cooking with Fats

Different types of fats respond differently to heat. Each fat has a smoke point—that is, the temperature at which it begins to smoke, become discolored, and decompose (i.e., when the fatty acid content is damaged). To avoid turning a fat rancid and unhealthy, never heat it to its smoke point. Refer to the **Cooking with Fats** chart to choose the best fat for each type of cooking.

In general, the two best fats to use for cooking are unrefined coconut oil (for very high heat) and raw organic butter (for medium-high heat; it should not turn brown during cooking). Because they contain high levels of saturated fat, they stay chemically stable up to 375°F. Oils that are low in saturated fat and high in monounsaturated fat, such as olive oil, are best consumed raw (e.g., on salads and vegetables) or used for light sautéing over medium heat.

Although coconut oil provides a significant amount of fat and calories, it has been proven to increase the body's metabolic rate, making it easier to lose weight. This program does not limit the amount that you can use each day. This is not to say that you should eat spoonful after spoonful all day long; a reasonable amount would be 1–2 tsp [5-10 mL] three times per day for cooking. I have never had a client not lose weight because of using too much coconut oil.

I know you're going to find it difficult to believe, but butter—at least the raw organic kind—is one of the healthiest whole foods you can include in your diet. Yes, butter contains high levels of saturated fat; but remember, saturated fat is not the culprit behind weight gain and high rates of disease. Trans fats (hydrogenated oils), sugars, and processed grains are the bad guys. Like coconut oil, butter is high in lauric acid, which the body uses for energy.

Extra-virgin olive oil is another healthy oil. It is rich in antioxidants, and 1 or 2 teaspoons [5-10 mL] go a long way (on a salad or in a sauté). When buying olive oil, look for oil that is cloudy (indicating that it has not been filtered) and has a golden yellow color (which means that it was made from fully ripened olives). Extra virgin is best. And, of course, it should be organic.

Action Steps

- Clean out your cupboards of all foods and snacks that contain hydrogenated or partially hydrogenated oil. You will find it in more packaged foods than you think, including many crackers, chips, pretzels, cookies, cereal bars, ready-to-eat cereals, microwave popcorn, and low-fat and fat-free snacks.
- Change your mind-set to no longer associate snacking with chips, crackers, and popcorn. Perfect snacks can be a smaller version of a real meal, such as a hard-boiled egg, a few pieces of chicken with vegetables, chopped vegetables, fruit, nuts, or nut butters. Fresh food is always the best food.
- Only use quality fats for cooking: coconut oil, butter (raw organic), and olive oil (unfiltered, organic, extra virgin). Brands and sources are listed in the **Food Shopping Guide**, which can be accessed on BeyondDiet.com at: [http://www.beyonddiet.com/food-shopping-guide](#). Avoid margarine and shortening, which are hydrogenated vegetable oil.
- Consume at least two to three servings daily of good-quality omega-3 fats from fish oil, seeds (especially flaxseed), avocados, and nuts (raw organic), especially walnuts.
- Avoid roasted nuts. The roasting process causes the fats and oils to go rancid, and rancid oils increase free-radical damage in the body. (Free radicals accelerate aging.) Some people find they digest nuts best when soaked overnight in filtered water and sea salt then dried in the oven the next day at a low temperature (no more than 150 degrees).
- Snack on organic nut butters. Most stores carry peanut, almond, cashew, and macadamia nut butters. The ingredient list should contain one kind of nut, salt, and nothing else. Most peanut butters contain roasted peanuts, so read labels carefully.
- Incorporate whole organic eggs into your diet, with breakfast or as a snack.
- When cooking with fat, add the fat to a cold pan and increase heat gradually.
- Serve flaxseed oil, cod liver oil, or fish oil straight from the bottle, on salads, or on cooked vegetables. Refrigerate these oils to avoid rancidity.
- If you find it difficult to incorporate foods rich in omega-3 fats into your meal plan, take an omega-3 supplement daily. A great option is Krill Oil ([http://www.prograde.com](#)) from Prograde. Prograde has agreed to work with Beyond Diet and offer a 30% discount off your first purchase. Just use coupon code **DSP30** when placing your order.

8: Dairy

The subject of cow's milk dairy could fill a whole book itself. As a society, we have grown up with the idea that milk and cheese should be staples in the American diet, primarily for the calcium they purportedly provide. What researchers now know is that the quality of our milk supply has drastically changed over the past century, thus changing the daily recommended requirements for dairy from three to none. Also, many Americans now suffer from lactose intolerance and thus resort to nondairy alternatives, which often end up causing problems worse than the dairy itself.

In this chapter, I will explain the changes in our dairy supply and the possible implications of conventional dairy consumption.

The Raw Alternative

My theories and beliefs about dairy products (i.e., milk, yogurt, and cheese) surprise many people. I believe that the only dairy products humans should consume are unpasteurized and unhomogenized, from free-roaming grass-fed cattle. Although some people fear becoming ill from raw dairy, thousands of people in this country (my family included) consume it, and not only are we not becoming sick from it, we're healthier than people who consume pasteurized dairy products.

Raw dairy can be difficult to obtain. You may have to find a raw dairy co-op that would allow you to buy a share in the ownership of a cow; in most states, the law allows the consumption of raw milk from a cow that you own, just not the sale of that milk to the public (for sources, see the **Food Shopping Guide**, located online at:

From an economic perspective, raw milk is more costly to produce (because of the extra care given to the cows), and consumers may not be willing to pay the higher price for raw milk when cheap pasteurized milk is available. This difference is equivalent to spending more money on organic food, which may be more costly to produce but is significantly more healthy than conventionally grown food.

Conventional Milk Processing

Pasteurization

In the early 1900s, milk pasteurization began for fear of tuberculosis, botulism, and a myriad of other diseases being spread through the milk supply. Whereas this concern may have been legitimate at that time, many health professionals were (and still are) against pasteurization. For example, in *The Medical Mafia* (1995), Ghislaine Lanctôt points out that the bacteria that cause typhoid and tuberculosis are not killed by the temperatures used in pasteurization (because they are not high enough), and a good number of salmonella poisoning epidemics have been traced to pasteurized milk. In fact, all of the many incidents of *Salmonella*-contaminated milk in recent decades occurred in pasteurized milk. One Illinois outbreak of salmonella poisoning in 1985 sickened 14,000 people and resulted in at least one death (Fallon 2001).

Because it contains bacteria that protect it from pathogens, unpasteurized milk probably does not cause illness; unfortunately, it is pasteurization that kills off this beneficial bacteria. Whereas raw milk eventually turns to

buttermilk or sour cream, pasteurized milk can cause serious illness when it has gone bad.

Modern milking, packaging, and distributing methods are more sanitary than they were when pasteurization was first thought to be necessary. In my opinion, pasteurization is unnecessary and harms the milk. Lanctôt (1995) states that pasteurization destroys milk's intrinsic germicidal properties as well as its healthy enzymes (most of which are necessary for proper digestion). She goes on to state that 50% of pasteurized milk's calcium is unusable—the body cannot assimilate it. It is no wonder that the United States, rated highest in the amount of milk consumed, has a higher incidence of osteoporosis than any other country.

Many people experience extreme digestive discomfort (lactose intolerance) after consuming pasteurized dairy, which also may be laden with chemicals (added to suppress odor and restore taste) and synthetic vitamin D2 (toxic and linked to heart disease) or D3 (which is difficult to absorb) (Fallon 2001). In raw milk and raw milk products, the enzymes that aid in digestion are intact—as are the vitamins (Chek 2004). Most people who have experienced sensitivity to pasteurized dairy can tolerate raw milk.

Homogenization

Homogenization is a process whereby milk is passed through a fine filter that makes the fat molecules smaller. It enables the fat molecules to bypass digestion, increases the chances of incomplete protein digestion in the small intestine, and allows some of the milk proteins to be absorbed into the bloodstream intact, which can sensitize the immune system and lead to milk allergy and intolerance (Chek 2004).

Growth Hormone and Antibiotics

Another problem with commercially produced dairy is that cows are commonly injected with growth hormones to increase milk production. Normally, a cow produces milk for about 12 weeks after giving birth. It's a strain on her organs to produce milk that quickly. During this time, she loses weight, is infertile, and is highly susceptible to diseases such as mastitis (i.e., inflammation of the udder). By injecting a cow with recombinant bovine growth hormone (rBGH), a farmer can extend milk production for another 8–12 weeks—putting the cow under additional stress to produce milk for this extended period (Chek 2004).

The administration of rBGH also increases a cow's risk of infection by 80%. If a cow gets mastitis yet is forced to continue to produce milk, pus from the udder may end up in the milk supply. If the farmer gives the cow antibiotics to treat the infection, then those antibiotics also end up in the milk.

You may wonder why the U.S. Food and Drug Administration (U.S. FDA) would approve such a horrible practice as administering rBGH to dairy cows. The FDA states, "There is no difference between milk from treated and untreated cows" (Chek 2004, 67), but the minimal research that has been done was performed by the company that produces rBGH. Of course that company would be reluctant to release any information that may be damaging to it or its product. Chek (2004) mentions one specific study conducted by this same company. He explains that all of the animals treated with rBGH got cancer—even those that ingested it orally. This study was reviewed by employees who had previously worked for the rBGH company but were working for the FDA at the time the study was conducted.

The practices of pasteurization, homogenization, and rBGH administration in the United States will continue because the dairy industry has become a big money-making business. Many farmers are not willing to spend the time, effort, or money to raise cows naturally and ensure that they roam free and eat healthy clean grass. Because the dairy industry attempts to produce as much milk as possible (to make as much profit as possible), the cows become sick and toxic, in turn necessitating the pasteurization of their milk—purportedly to protect the health of consumers.

Yogurt

What about yogurt? Yogurt can be one of the healthiest foods if it contains live cultures of *acidophilus* and *Bifidus*, which are “good” bacteria—beneficial to the colon—in large amounts. These friendly bacteria are necessary in order to produce several vitamins and for healthy digestive function. The presence of these friendly bacteria also helps in the prevention and treatment of yeast infections.

Many people who are lactose-intolerant (cannot digest milk) can consume yogurt with no negative effects. Yogurt is easier to digest than milk because the live cultures create lactase, the enzyme that lactose-intolerant people lack.

However, as with other foods, yogurt can only be as healthy as its source, and added ingredients can change it from good to bad. When purchasing yogurt, always choose an organic brand, which will be free of antibiotics and rBGH. Also, pay close attention to the sugar content. Plain yogurt will have the lowest sugar content, and fruit-added or sweetened yogurt will have the greatest amounts. Most yogurts today contain more sugar and flavorings than candy does!

Organic yogurt can be included as a carbohydrate choice. Always look for the plain varieties and ensure that it does not contain added sugar (make sure to read the ingredients for any word ending in -ose). Six ounces [168 g] of organic plain yogurt is equal to 1 carbohydrate serving. Organic Greek yogurt can also be included, but this will count as a protein choice. Two ounces [50 g] of organic Greek yogurt = 1 protein serving.

Frequently Asked Questions

How will I get enough calcium if I greatly reduce my dairy intake? Will that increase my risk for osteoporosis?

I strongly suggest most people give up dairy and dairy products. As a result, people often wonder “Where will I get my calcium from?” Yes, calcium is vital for many functions in the body, but the amount the body actually needs and can absorb is much less than most people think. The worry that a deficiency in calcium will result when excluding dairy products is completely unnecessary.

The fact is that all leafy, green vegetables and grasses are inherently high in calcium (as well as iron, magnesium, Vitamin C, and many of the B vitamins) as are celery, cauliflower, okra, onions, green beans, avocado, black beans, chickpeas, almonds, hazelnuts, and sesame seeds. You can get plenty of calcium by adding in servings of the above foods. Take into consideration that most cows only eat grass and their bodies are naturally very high in calcium. That in itself tells us a lot.

It is also important to evaluate how much calcium is really necessary to keep your bones strong and free of osteoporosis. To do so, you must understand that one of the functions calcium has in the body is to help neutralize the acid created by eating acid forming foods like sugar, coffee, soda and artificial sweeteners. If many of these acid forming, calcium robbing foods are eliminated, there will be more available calcium to create and maintain strong bones and a healthy body.

Where does cheese fit into my meal plan?

Cheese should always be organic and preferably raw. One ounce [28 g] of raw organic cheese is equal to one fat serving. Cheese does not contain enough protein by itself to be a protein choice.

What happens to milk when you heat it?

The temperatures at which we heat milk over the stove are not as high as those temperatures used in pasteurization. To ensure not to denature milk and its beneficial enzymes when heating, use a low temperature and heat slowly.

Can I use Almond Milk or Rice Milk?

Almond Milk and/or Rice Milk may be good alternatives for some when dairy and soy milk are no longer an option. Unfortunately, many brands of Almond Milk and Rice Milk contain some form of unhealthy oil (like safflower oil) and high amounts of sugar. If you can find a brand that does not add sugar or oil, it is ok. In many cases, people may choose to make their own Almond Milk with the following recipe:

Ingredients

1 cup raw almonds, soaked 4 or more hours

3-6 cups water

1 Tbsp Stevia

A pinch of sea salt

Directions – Blend everything together until the texture is creamy. You can vary the amount depending on your taste. Add more water and strain if you like it thin, or add less water to get a thicker, “whipped cream” consistency. Store in a lidded jar in the fridge.

Action Steps

- If you consume dairy on a regular basis, try to buy raw (unpasteurized) certified organic products.
- If you can't obtain raw dairy products, purchase the next best thing: certified organic. Although the milk may be pasteurized, homogenized, or both, it won't contain antibiotics, hormones, or pesticide residues.
- If you can't obtain or afford raw or organic dairy products, avoid dairy altogether. Most of the calcium in dairy is not absorbed by the body anyway, so dairy is not necessary for a healthy diet. Obtain calcium from other sources, such as leafy green vegetables, broccoli, sardines (with bones), and salmon.

9: Soy

Because I recommend eliminating cow's milk from the diet, most people ask me how to replace it. Most often, they ask about soy milk.

Unfortunately, many people have been led to believe that soy and soy products are wonderfoods, but I believe that soy milk is much worse than conventional cow's milk. A lot of the “health” claims made by the soy industry are simply marketing tactics to make us spend money on soy products. The little soybean is big business; retail sales increased from \$0.852 billion to \$3.2 billion from 1992 to 2002. To accomplish this feat, the soy industry has had to convince a lot of people that soy is good and suppress a lot of evidence to the contrary. This truth has come to anger the many vegetarians who have long used soy as a meat replacement and now suffer from a long list of reproductive difficulties or hypothyroidism (Daniel 2005).

In this chapter, I will explain why to avoid soy.

History

The soybean is an oil-rich Asian legume (bean) that grows in fuzzy green pods. Traditionally, soybean plants were grown in Asia as green manure—a crop to be plowed under to enrich the soil between crop plantings. The Chinese found that soy consumption led to digestive discomfort, bloating, and gas. Not until they came up with fermentation methods did soy begin to be used as a food for humans.

Fermented soy products such as miso, tempeh, natto, shoyu (soy sauce), and tamari are fine to eat occasionally; fermentation deactivates some of the anti-nutrients in soy that cause digestive distress and mineral loss in bones. However, the majority of soy products sold in the United States are unfermented, so the naturally occurring toxins are intact. Unfermented soy products also are processed in a way that makes their proteins impure and increases the amount of carcinogens (Daniel 2005).

Some people argue that since Asians have been eating soy for thousands of years and have an incidence of cancer far lower than Americans, small amounts of natural fermented soy in the average Asian diet (9.3–36 grams [2–4 teaspoons] of soy per day as a condiment) may well have a protective effect. Unfortunately, Americans have taken this information and applied it incorrectly to highly processed, unfermented, low-quality soy products like tofu (a single cup of which weighs 252 grams). Many Americans eat several cups of soy products daily.

Soyfoods

In the West, the soybean has been used mostly as soybean oil, which is found in most products labeled as vegetable oil, margarine, or shortening. The soy protein left over from soy oil extraction originally was fed exclusively to animals—poultry and, more recently, farmed fish. The problem is that animals can consume only so much soy before developing serious reproductive and other health problems. As a result, the soy industry started marketing these by-products of soybean oil production to people.

A product of the industrial revolution, soy gave food technologists an opportunity to develop cheap meat substitutes. The most unhealthy modern soyfood products are manufactured using high-tech processes. They include ready-made foods such as soy sausages, soy burgers, chicken-like soy patties, packaged soy milk,

protein powders, energy bars, veggie burgers, low-carbohydrate pastas, and chilis, as well as countless foods containing soy protein isolate, soy protein concentrate, and texturized vegetable protein.

Soy Isoflavones

Hormonal Effects

Just about all soy products on the market contain the phytoestrogens (plant-derived estrogens) known as isoflavones (Daniel 2005). Soy isoflavones have been shown to decrease the testosterone levels of rats, monkeys, and other animals, including humans.

In adults, soy consumption may disrupt normal hormone levels, affecting the reproductive system in women (resulting in heavier menstrual flow, increased cramping, and infertility) and decreasing testosterone levels in men (which decreases libido and lowers sperm count). In fact, a Japanese old wives' tale says that women punish straying husbands by feeding them a lot of tofu!

The effects of soy are no laughing matter, especially when it comes to the health and development of infants who are fed soy formula. Infants are extremely susceptible to the effects of soy because formula constitutes most, if not all, of their diets. Figures from the Swiss Federal Health Service indicate that, on a daily basis, an infant who is fed soy formula receives an amount of estrogen equivalent to that found in three to five birth control pills (Daniel 2005)! That's a lot of estrogen for anyone, but this amount is especially dangerous for infants whose development requires the right hormones in the right place at the right time. In boys, the onset of puberty may be delayed, and pediatricians are increasingly reporting cases of emasculated boys who reach puberty with breasts and tiny penises (Daniel 2005). In girls, the onset of puberty may be accelerated, and reproductive problems may occur in adulthood.

Thyroid Effects

Soy isoflavones damage more than the reproductive system in adults and children. People who consume high amounts of soy protein each day (e.g., in soy milk and in high-protein energy bars, which contain soy isolates—the most concentrated source of soy, still containing its isoflavones and phytoestrogens) often complain of fatigue, low energy, depression, hair loss, poor skin, weight gain, and diminished sex drive—all symptoms of low thyroid function (Daniel 2005). When tested for hypothyroidism, these people almost always test positive.

Action Steps

- Discard everything in your cupboards that contains soy protein isolate, soy protein concentrate, texturized vegetable protein, or soy (or soybean) oil. Possible products include many packaged energy bars, crackers, veggie burgers, and vegetarian look-alike products.
- If you have been consuming soy for a long time, get your thyroid function checked. If you suffer from hypothyroidism, then eliminating soy from your diet may have a positive effect on your condition.

10: Grains

For several million years, humans survived on a diet of animals and plants. As hunter-gatherers, they ate whatever they could find. With the introduction of new farming practices 10,000 years ago, humans began eating sugar and starch (in the form of grains and potatoes).

Although 10,000 years sounds like a long time, it's really only a fraction of a second in evolutionary terms, and the human body and digestive system have not evolved to process and digest high amounts of carbohydrates from starch- and sugar-rich diets. Genetically speaking, humans still have the bodies of cavemen.

Carbohydrates

Most Americans eat far too many carbohydrates—in the form of bread, cereal, pasta, corn (a grain, not a vegetable), rice, potatoes, and processed cakes and snacks—with severe consequences to their health. Making matters worse, most of these carbohydrates are consumed in the form of processed foods. After 130 years of consuming highly processed grains in the form of breads, pastries, and cereals, chronic diseases such as heart disease, elevated cholesterol, and obesity are rampant among most industrialized nations.

I do not suggest that everyone should follow a low-carbohydrate diet; everyone needs a certain amount of carbohydrates. What most people haven't realized is that the body's storage capacity for carbohydrates is quite limited, and any excess is stored as fat. Therefore, it is important to remember that vegetables and fruits also contain carbohydrates and to make the appropriate carbohydrate choices for your metabolism type. For example, the ideal foods for a Protein Type may include more above-ground vegetables and few fruits, whereas a Carb Type can tolerate starchier root vegetables and grains.

Any meal or snack high in carbohydrates generates a rapid rise in blood glucose (sugar). To compensate for this increase, the pancreas secretes insulin into the bloodstream, which lowers the glucose. Insulin, though, is essentially a hormone that stores excess carbohydrate calories (as fat in the thighs, abdomen, and buttocks) in case of famine. Even worse, high insulin levels suppress two other important hormones: glucagon and human growth hormone, which regulate the burning of fat and promote muscle development, respectively. So, the insulin from excess carbohydrates promotes fat, then inhibits the body's ability to lose that fat.

The key to successful weight loss is to first find the right quantity of carbohydrates that provide enough fuel and energy for the day (but not so many that we end up storing most of it as fat), then consume the right kind of carbohydrates to feel good and satiated after a meal.

Bread

Probably the most consumed and most popular of all carbohydrates among Americans is bread. Americans consume far too much bread, and the negative effects of its consumption are manifest in poor health and excess weight. Americans also consume the wrong kinds of bread.

The only bread allowed on this program is Food for Life brand's Ezekiel 4:9 organic sprouted whole grain (SWG) products. The process of sprouting changes a grain's composition in numerous ways to make it more beneficial as a food. It increases the content of vitamins (e.g., C, B2, B5, and B6) and beta carotene dramatically, up to eightfold. Even more important—especially considering how many people suffer from

indigestion—it breaks down phytic acid (a mineral blocker). Present in the bran of all grains and the coatings of nuts and seeds, phytic acid inhibits the body's absorption of calcium, magnesium, iron, copper, and zinc and can neutralize digestive enzymes, resulting in digestive disorders. Sprouting breaks down the complex sugars responsible for intestinal gas and transforms a portion of the starch into sugar. It also inactivates aflatoxins, which are toxins produced by fungus and potent carcinogens often found in grains (Chek 2004).

The whole wheat bread that the American public has been led to believe is healthy contains processed wheat, which is deficient in nutrients. Hence the extremely high prevalence among Americans of digestive disorders such as irritable bowel syndrome and constipation. Chronic constipation can lead to many potentially dangerous health disorders and also can make losing weight quite difficult. Simply replacing bread with SWG bread can radically improve your digestion and your ability to lose weight.

Note that if you are intolerant of gluten or wheat, then you also will be intolerant of Ezekiel 4:9 organic sprouted whole grain bread. Even though sprouted grains are healthy foods for most people, the Ezekiel 4:9 ingredients include wheat and other grains that contain gluten.

Glycemic Index

Because the body converts different types of carbohydrates into sugar at different rates, the glycemic index (GI) was established to indicate how quickly a food affects blood sugar levels. Foods that have a high GI cause a rapid increase in blood glucose levels, thus a rapid release of insulin, which is exactly what you don't want when trying to lose weight and maintain good health. Foods that have a low GI cause a slow increase in blood glucose levels and a slow and controlled insulin release.

As explained earlier, insulin is a fat-storing hormone, so the more you have coursing through your bloodstream, the more likely you are to gain weight. Also, high-GI foods tend to leave you feeling hungry and craving more, whereas low-GI foods make you feel satiated and free from cravings. Refer to the **Glycemic Index** chart to learn the GI of each carbohydrate.

Weight loss will be much easier if you choose low-GI carbohydrates: vegetables and some (not all) fruits. Certain types of grains and beans also have a low GI. I highly recommend that you stay away from high-GI foods when weight loss and overall health are your goals.

Gluten Intolerance

Many people cannot digest gluten—a protein found in wheat and some other grains that forms the structure of bread dough—and suffer from a mild to severe gluten intolerance. Possible symptoms of gluten intolerance include

- abdominal pain and cramping,
- bloating and flatulence,
- bone and joint pain,
- chronic diarrhea,
- emotional disturbances such as anxiety and depression,
- fatigue (especially after eating gluten-containing foods),
- infertility,
- painful skin rash, and
- weight gain or the inability to lose weight.

If you suspect that you may be intolerant to gluten, I encourage you to eliminate gluten from your diet for at least 4–6 weeks to determine whether your symptoms are alleviated. Some gluten-containing foods and ingredients to avoid include the following:

- barley
- beer
- cold cereals (some—read ingredient lists)
- couscous
- hydrolyzed vegetable protein
- oats
- pasta
- rye
- semolina
- soy sauce
- spelt
- starch and vegetable starch
- wheat

- wheat germ
- Allowable gluten-free foods and ingredients include the following:
- amaranth
- arrowroot
- bean flours (e.g., garbanzo, sorghum)
- buckwheat
- corn
- millet
- quinoa
- rice

If you feel relief from any of the above-named symptoms after following a gluten-free diet for 4–6 weeks, then you may be able to maintain a healthy weight more easily without gluten. Because most individuals who are intolerant to gluten also are intolerant to dairy, lactose, or both, I encourage you to also eliminate dairy and dairy-containing products while you're on a gluten-free diet.

Eliminating Grains

Many health experts recommend that people who suffer from chronic disease (e.g., diabetes, high blood pressure, high cholesterol, or heart disease), have struggled with obesity their whole lives, or are genetically predisposed to obesity or chronic disease completely eliminate grains from their diet. Joseph Mercola, an internationally renowned natural health physician and doctor of osteopathy, says that the major culprit behind various chronic diseases and the obesity epidemic is the overconsumption of grains and sugar. His *Total Health Program* (Mercola 2005) and *The No-Grain Diet* (Mercola with Levy 2003) teach optimal health and weight through grain elimination.

Mercola's No-Grain Diet (which also eliminates some other foods, such as dairy and beans) has been referred to as the Paleolithic Diet or the Caveman Diet because the allowed foods are those that were available to man before the discovery of grains. It is essentially how the first humans ate 2 million years ago. Some dieticians believe the Paleolithic Diet is the only diet coded in human genes—it allows only those foods that were available during our long evolution and discards those that were not.

- Foods eliminated on a grain-free diet include
- all gluten and gluten-free grains (as well as bread, pasta, and noodles made from grains)
- corn and corn-based products
- dairy products
- legumes (e.g., string beans, kidney beans, lentils, peanuts, snow peas, and green peas)
- potatoes (white and sweet) and yams

- sugar
- Foods allowed on a grain-free diet include
- eggs
- fruits and berries
- meat, chicken, and fish
- tree nuts (except cashews)
- vegetables (especially green vegetables)

I prescribe this way of eating to clients who have a history of diabetes, high blood pressure, high cholesterol, and heart disease or who have a long history of weight gain and difficulty losing weight. The results are truly amazing. Clients have told me that within the first week, their aches and pains went away and that they felt so much lighter and more energetic throughout the day. People suffering from digestive difficulties often feel relief in just a few days.

Frequently Asked Questions

What about Rice, wheat and grains which are very prominent in my native foods?

Rice and wheat are very high in calories and carbohydrates, even in small servings. Many people are also intolerant to wheat and this intolerance makes it very difficult for them to lose their unwanted weight. White rice, instant rice, rice bowls, and any other rice products that have added creams, sauces or tons of sodium are not recommended, but many other types of rice (brown rice, basmati rice, black rice, jasmine, wild rice) are good choices.

Keep in mind, however, that the glycemic index of a food changes drastically when combined with other foods. So regardless of your rice choice, it is essential that you combine your rice (a carb) with a healthy protein and fat.

Where does Rye bread fit into my carbohydrate choices?

Rye is in the same family as wheat and does still contain “gluten” which is the protein in breads that causes bloating. If you are staying away from wheat and gluten containing product, you should stay away from Rye as well.

Sprouted whole grain breads, and breads made from rice and spelt are still your best option.

Action Steps

- For all of your bread needs, consume only Food for Life's Ezekiel 4:9 organic sprouted whole grain (SWG) products (e.g., original, sesame, and cinnamon raisin loaves; rolls; English muffins; and tortillas). Use this bread to make bread crumbs for meatloaf and meatball recipes.
- Accept that breakfast and lunch do not have to include toast and sandwiches. Depending on your metabolism type, eggs, fruits, and nut butters may be great options for breakfast. Salads or vegetables with poultry, fish, or other meats may be great options for lunch.
- If you experience gastrointestinal distress (gas or bloating) while following this program, you may be gluten-intolerant. Try eliminating all gluten grains for 4–6 weeks to see whether the condition improves.
- If you continue to suffer from gastrointestinal distress after eliminating gluten grains for 4–6 weeks or if you do not lose weight after 4 weeks on this program, eliminate all grains from your diet.

11: Salt

Many people follow a low-salt diet because they have been led to believe that salt and sodium are bad and unhealthy. In this chapter I will explain why this belief may only be partially true and why salt is important in the body for several functions.

Chemically, culinary salt is NaCl—sodium chloride, made up of equal amounts sodium (Na) and chloride (Cl). “Sodium is an essential nutrient that the body cannot manufacture, yet is required for life itself. Chloride is vital for optimum health, it preserves the acid–base balance in the body, aids potassium absorption, supplies the essence of digestive stomach acid, and enhances the ability of the blood to carry carbon dioxide from respiring tissues to the lungs” (Regenerative Nutrition n.d.). But the only way to receive all of the life-sustaining benefits of salt is to consume the right kind of salt: unrefined sea salt, not processed table salt.

Salt has such a bad reputation because 99% of the world’s salt research has been done on commercial table salt—the only salt that most Americans know. Some of the best scientific research on the healthy properties of unrefined sea salt are written in French, German, and Portuguese; unfortunately, few American doctors have read them. So instead of suggesting that patients use unrefined sea salt, American doctors suggest avoiding salt altogether, which can be dangerous. In many parts of France, when a person visits a physician about a heart problem or high blood pressure, the first question asked may be, “What kind of salt do you use?”

Some doctors believe that a low-salt diet can cause high blood pressure. A salt-free diet can damage heart valves and negatively affect the contractibility of the heart muscles. Biochemically, cells starve without salt.

In brief, salt

- aids in balancing blood sugar levels.
- is needed for the absorption of food particles through the intestinal tract.
- is a strong natural antihistamine.
- can help prevent muscle cramps.
- is needed to make bones strong.
- regulates and normalizes blood pressure.
- increases energy levels.
- helps regulate the metabolism.
- helps maintain proper electrolyte balance. and
- supports the immune system.

The refined white table salt typically found at the grocery store is different from unrefined sea salt, so its effects on the body are not the same. The body cannot assimilate isolated synthetic sodium chloride (from typical refined salt), which contains none of the valuable minerals and trace elements of unrefined sea salt, so the system recognizes it as a poison. Refined table salt often contains anti-caking agents, some of which are aluminum based. (Aluminum is linked with heavy metal toxicity and possibly even Alzheimer’s disease.) One such example is sodium silicoaluminate, which is thought to be associated with kidney problems and mineral malabsorption. Sodium acetate, a preservative, may cause elevated blood pressure, kidney disturbances, and

water retention (Chek 2004).

I recommend that you replace refined table salt with Celtic sea salt, which can be found at most health food stores or purchased online at [this link](#). It is extremely healthy and has the exact opposite effect of refined salt. It provides sodium chloride in a form that the body needs to function. It offers the perfect balance of minerals, nutrients, and sodium chloride that the body needs for optimum health. Your body can recognize and absorb these essential nutrients efficiently. Ninety trace elements found in the Earth's crust give unrefined Celtic sea salt its vital grayish color, and its slight moistness keeps the salt and minerals in a form that the body can assimilate (Regenerative Nutrition).

Even heart patients and people with high blood pressure can use Celtic sea salt (but they will receive its benefits only if they eliminate all forms of processed salt, sodium, and table salt from their diets). The heart is fed by a saline solution from the blood and lymph and requires proper amounts of sodium and potassium to function. Without salt in the diet, the heart cannot contract normally, and the valves may be damaged (Regenerative Nutrition). If you don't salt your food, add a pinch of sea salt to each liter bottle of water you drink to maintain electrolyte and energy levels.

Clearly, salt is important to optimum health. Simply eating salty food is not the answer; using Celtic sea salt is. As with other dietary recommendations, moderation is always essential.

Frequently Asked Questions

Is it ok to use unrefined Sea Salt even if I have high blood pressure?

Yes. Unrefined Sea Salt is safe even for those with high blood pressure. It has been found that the sodium in this healthy form of salt is the actual sodium that our bodies need to function properly. Processed table salt is what's causing so many people to suffer from health problems such as high blood pressure. I highly recommend you stay away from all refined table salt and include unrefined sea salt into your meal plans.

Unfortunately many sea salts, even most of the ones sold at Trader Joe's, are still refined.

I get all my salt from this site:

Action Steps

- Avoid all refined white table salt.
- Avoid all high-sodium packaged and canned foods.
- Use unprocessed, unrefined Celtic sea salt or Redmond's real salt. (Other types of sea salts may contain mercury or other toxic heavy metals.)
- Always taste food before adding salt.

12: Water

If ever there were a magic potion for weight loss, water would be it. Every good nutritional program insists that you drink a minimum of 8–10 glasses of water per day. Most people don't drink the recommended amount because they don't fully understand how important water is to maintaining good health and losing weight.

Our bodies are composed of approximately 75% water. Any variation from the natural balance causes serious disruptions in many metabolic processes that are crucial to weight loss.

- **Water helps the body metabolize stored fat.** The kidneys cannot function properly without enough water. When they are not working at full capacity, the liver must take over some of the load. The liver's function is crucial to weight loss, and if the liver has to do some of the kidneys' work, it cannot adequately do its job (metabolizing fat). As a result, the liver metabolizes less fat, more fat is stored in the body, and weight loss becomes slow or stagnates.
- **Water is crucial in ridding the body of waste.** During weight loss, the body has a lot of waste to eliminate: excess fat and stored toxins. Adequate water consumption helps the body flush out these wastes.
- **Water is a natural diuretic.** Many people retain fluid and become dependent on synthetic diuretics to lose excess water weight. Surprisingly, drinking enough water is actually the best treatment for water retention. When it doesn't get enough water, the body perceives a threat to its survival and begins to hold on to every drop of water that it can. If you give your body the amount of water that it needs, it will quickly release any retained water.
- **Water is a natural laxative.** When the body does not get enough water, it takes it from other internal sources. If the colon becomes dry, stool becomes dry and difficult to pass, resulting in constipation—possibly with gas, bloating, and painful elimination. If the body receives sufficient amounts of water, the colon will be rehydrated and proper bowel function restored.

To experience significant weight loss and optimal health, it is crucial to drink a sufficient amount of water every day. By “sufficient,” I mean that you should drink half your body weight (in pounds) in ounces of water each day: (body weight, in pounds/2). For example, a 200-pound person should drink 100 ounces of water. [You should drink 3 percent of your body weight (in kilos) in liters of water each day: (body weight, in kilos, x .03). For example, a 90-kilo person should drink 2.7 liters of water.]

In addition to this baseline recommendation, I suggest that you add 8 ounces [236 mL] of water for every 8 ounces [236 mL] of caffeinated beverage consumed and another 8 ounces [236 mL] if you have exercised. Also, drink water at room temperature. Cold water will sit in your stomach until it has warmed to body temperature; only then will it move to the small intestine for absorption (Chek 2004).

Many people mistake thirst for hunger because both sensations tell the brain that the body is in need of energy. As a result, a person who is dehydrated may misinterpret this feeling and end up overeating. Several studies have been done in which people were told to drink water at the first sign or feeling of hunger. In most cases, the hunger quickly passed, and subjects lost 35–40 pounds [15–20 kilos] in less than a year (Batmanghelidj 1992). If you do not drink the recommended amounts of water for your weight and experience hunger pangs during the day, then chances are your body is thirsty. Because water is a natural appetite suppressant, drink 8 ounces [236

mL] of water at the first sign of hunger and 15 minutes before the start of every meal.

Although drinking the appropriate quantity of water is essential, it is equally important to drink high-quality water. Unfortunately, no matter where you live, tap water is contaminated with heavy metals, chlorine, and waterborne toxins. I highly recommend that you filter the drinking water in your home. (Some sources are listed under **the Food Shopping Guide**, located online at:

) If you buy bottled water, some of the best brands are Evian, Volvic, and Fiji.

Glass containers are best to keep stored water fresh and pure. Plastic containers can leach plastic by-products into the water, affecting taste and purity, especially if exposed to direct sunlight, so always keep bottled water in a dark, cool area. Never purchase water in smoky plastic containers, which leak estrogenic chemicals (which can disrupt hormone levels) and phthalates (which have been linked to asthma and allergies) into the water.

Ideally, you also should install shower filters or, better, a whole-house water filtration system. Your skin is a living organ, and absorbing high levels of metals and chlorine from your shower and bathwater can be dangerous.

Frequently Asked Questions

Can I drink green or black tea on this plan?

Yes. You can drink green, black, white, oolong and all varieties of herbal teas. Green tea has been found to contain catechins and polyphenols which act as antioxidants contributing to the prevention of cancer and accelerated aging.

While some studies have shown some teas to contribute to accelerated fat loss, the amounts are so minimal as compared to following a healthy eating and exercise regimen.

Can I still keep drinking coffee on this plan?

Yes. You may continue to drink coffee but in moderation. You should never exceed 2 – 8 oz [240 mL] cups of coffee in one day. Remember that caffeine is a drug and when you attempt to go without it, you will suffer severe withdrawal symptoms similar to any drug.

Coffee should always be organic as the conventional varieties are filled with pesticides. Pesticides are again a harmful toxin to your body. Organic Espresso is also permitted.

Drinking lots of water with coffee

The water you are drinking is only countering the dehydration you may experience from so much coffee. This still does not resolve the high amount of acidity in your body. I would slowly work towards decreasing your intake until you get to 1-2 cups. I know it's tough (I've been there) but your body will thank you :)

Decaf coffee

Most decaf coffees still contain some caffeine so they are never “caffeine-free”. Also, many harmful chemicals are used in the decaffeination process so their chemical content is many times higher than regular coffee. Decaf coffee that is labeled naturally decaffeinated or Swiss water processed is much better. This still does contribute to the acidity in your body so you will want to keep your intake of decaf coffees to the same 2 cups a day maximum.

Action Steps

- Drink half of your body weight (in pounds) in ounces of water each day. Add 8 ounces of water for each 8-ounce caffeinated beverage you drink and another 8 ounces if you have exercised that day. [Drink 3 percent of your body weight (in kilos) in liters of water each day. Add 236 ml of water for each 236 ml caffeinated beverage you drink and another 236 ml of water if you have exercised that day.]
- Drink 8 ounces of water when you feel hungry.
- Drink 8 ounces of water 15 minutes before each meal.
- If you use plastic water bottles, keep them out of the sun and away from heat.
- Install filters for your drinking water and bathing water, or invest in a whole-house water filtration system. Sun Water Systems () sells Aquasana brand products for kitchen, bathroom, and whole-house water filtration as well as glass bottles for water storage – best news here is that we talked with Sun Water Systems and they are willing to give Beyond Diet customers a **10% discount** using the link above.

13: Sweeteners

I introduced some caution foods as part of the “Must Dos” for each metabolism type in the **Chapter on Metabolism Types**. However, most commercially available sweeteners are counterproductive to a healthy lifestyle for everyone.

Sugar

It is said that for every American who eats only 5 pounds [2.5 kilos] of sugar each year, another eats 295 pounds [134 kilos]. This statistic is hard to deny, because about 60% of the U.S. population is now overweight or obese (Chek 2004).

Part of my professional responsibility to you is to not downplay the serious damage that sugar can do to your body. I am passionate about communicating the harmful effects of sugar because I have seen clients and loved ones suffer from severe complications of type 2 diabetes, the onset of which was caused directly by their consumption of sugar and refined carbohydrates. Processed sugar (which is in cakes, cookies, processed cereals, and many other foods) can literally be considered a poison, which is anything that directly causes harm and can lead to a diseased state when you ingest it.

For starters, daily sugar consumption produces a continuous acidic condition in the body. The body combats an acidic condition by taking minerals from body tissues to buffer against the acidic environment and rectify the imbalance. For example, the body may absorb calcium from bones and teeth to protect the blood. As a result, bones weaken (resulting in osteoporosis) and teeth decay (resulting in cavities). Excess sugar eventually affects every organ in the body.

Sugar has been proven to be the cause of several diseases, including diabetes, cardiovascular disease, and cancer (Mercola 2005). When the liver has stored all the sugar that it can, the excess is returned to the blood in the form of fatty acids. These fatty acids are then stored as fat in the most inactive areas of the body: belly, buttocks, breasts, and thighs. When these areas become completely filled with fat, fatty acids are then distributed among active organs (heart, liver, and kidneys), increasing the risk of developing diabetes and disease in these organs.

It is well known and well documented that cancer cells can survive only in an acidic environment and will die in an alkaline (non-acidic) environment (Quillin 2005). Sugar keeps the body in an acidic state, and tumors are enormous sugar absorbers.

Sugar consumption causes a hormonal roller coaster of alternating high levels of insulin and blood sugar. These hormonal shifts can dramatically affect your attitude and your ability to concentrate during the day. Also, if you replace nutrient-dense foods with processed sugar, the chances of acquiring one of the following diseases or side-effects skyrockets (Chek 2004):

- atherosclerosis
- attention deficit disorder and attention-deficit/hyperactivity disorder
- behavior problems
- cancer

- chronic fatigue syndrome
- colon cancer
- coronary heart disease
- food intolerance
- kidney disease
- liver disease
- malnutrition
- osteoporosis
- overgrowth of yeast, especially *Candida albicans*
- tooth decay
- violent tendencies

Even if you don't consume candy or sweets outright, once you begin to read the labels of most snacks, cereals, and drinks you consume, you will notice that it doesn't take much to consume approximately 80 grams of sugar—the equivalent of 20 teaspoons [100 mL]—in a day! When reading labels, don't be thrown off by strange words like sucrose, maltose, dextrose, glucose, and the like — any word ending in -ose is a sugar. Quite often, one product will contain five or six different types of sugar. When you add up all its many forms, sugar is frequently the greatest source of total calories.

How about fruit? Fruit contains sugar, but solely in the form of fructose, whereas processed sugar (sucrose) is made up of both glucose and fructose. By itself, fructose breaks down more slowly in the body; sugar and insulin levels remain relatively constant. In contrast, sucrose is processed extremely quickly, causing a “spike” in insulin levels—rather like a power surge followed by a rapid return to baseline levels—that is stressful for the body. Fructose puts a lot less stress on the body than sucrose, and most fruits have a low GI.

The biggest mistake people make is falling for the marketing hype from juice manufacturers. They want you to think their “fresh juice” is actually good for you. If you read the package, you'll see that many such products are made “from concentrate,” which could easily be translated to mean “from syrup” (Chek 2004).

Artificial Sweeteners

Some diets encourage the use of artificial sweeteners and products sweetened with them. This program does not. Consuming artificial sweeteners will keep you craving sweetness. You'll never be able to stop your carbohydrate cravings. Worse, some research indicates that artificial sweeteners create the same insulin surge as sugar (Kirsch 2005).

Artificial sweeteners signal to your taste buds, “Sweet stuff has arrived,” which is translated to the brain as, “Nutrition has arrived.” When the artificial sweetener reaches the small intestine, the receptors find no nutrition and send a message back to the brain, saying, “We've been tricked. There's no nutrition here.” The appetat (the part of your brain that triggers satiety) therefore signals to “keep eating ... to help process all this nonfood” and keep the body functioning (Chek 2004). For this reason, many people who constantly drink diet sodas are overweight and always hungry.

If you eat foods that contain some form of artificial sweetener, add up how much you consume each day.

Knowing now that artificial sweeteners are toxic to the liver, how overwhelmed do you think your liver is? Does it have the ability to work properly? If weight loss or avoiding sweets has always been a problem for you, then take particular notice of how much artificial sweetener you have been ingesting. It just may be the culprit. I have seen many people experience dramatic weight and health changes just by quitting diet soda!

Even if you don't intentionally use artificial sweeteners, you must read labels. Almost every diet or sugar-free product on the market has added artificial sweetener, as do some children's snacks and most flavored waters. Read ingredient lists, and avoid all products that contain saccharin (Sweet'N Low), aspartame (NutraSweet), and sucralose (Splenda).

Stevia: A Natural Alternative

Eliminating sugar and artificial sweeteners may be difficult if you are accustomed to sweet tastes. A wonderful natural alternative to both sugar and artificial sweeteners is an herb called stevia. Extraordinarily sweet (200–300 times sweeter than sugar), stevia also is almost free of calories, so it is perfect for people who are watching their weight. Unlike sugar, it doesn't trigger a rise in blood sugar, so you won't experience a sudden increase in insulin levels. Because insulin levels and blood sugar are not affected, you won't experience a burst of energy followed by fatigue and cravings.

Stevia also presents great advantages over saccharin and other artificial sweeteners—it isn't toxic, and it has been used safely for hundreds of years. It can be used to sweeten drinks and even in baking.

If you are addicted to sodas or other beverages sweetened with sugar or artificial sweeteners, try my Tea Juice recipe in the **Recipe Guide**, or view it online at [http://www.dailymedical.com/recipeguide/tea-juice-recipe.html](#).

After only 72 hours off of sugar and sugar-containing products, your cravings will decrease drastically. You can purchase stevia here: [http://www.dailymedical.com/stevia.html](#)

Truvia

Truvia has gotten quite a bit of attention in the media lately because it contains Stevia (a natural and healthy alternative to artificial sweeteners) but can be found at almost any local supermarket and is much cheaper than Stevia. But there is a reason why. It is not pure and contains other ingredients.

The label on the Truvia box says Erythritol, Rebiana, and Natural Flavors.

Erythritol is a natural sugar alcohol and Rebiana comes directly from the Stevia plant, but what makes me a little reluctant to use Truvia is the "Natural Flavors." When you click on the "natural flavors" link on Truvia's website to get a better explanation of what these natural flavors really are, all it says is "Natural Flavors are used to bring out the best of our natural sweetness, like pepper or salt would be used to heighten the taste of a meal." What? What does that mean? That doesn't tell me anything or indicate exactly what these natural flavors are and whether or not it could be harmful to our health.

So I don't recommend Truvia. What I recommend is natural, 100% pure Stevia. That is the brand I use and feel safe and confident using and recommending it.

Xylitol

Xylitol is a naturally occurring sugar in the bark of a birch tree. It is completely natural and can be used as

a sweetener instead of sugar. Xylitol still does contain some calories (approximately 2.4 calories per gram compared to 4 calories per gram of sugar). Although Xylitol is a great alternative for those who wish to decrease their sugar intake, many people have a difficult time digesting Xylitol and begin to suffer from painful gas and gastrointestinal distress. Make sure to pay attention to any side effects you may be experiencing from using Xylitol.

Erythritol

Erythritol is a “sugar alcohol” that is naturally found in a wide variety of foods including mushrooms, watermelon, pears and grapes (as well as fermented foods like sake, wine and soy sauce). It has zero calories and a glycemic index of zero. And it’s widely considered the “almost sugar” by health experts and pastry chefs alike. But while erythritol does a great job at mimicing the sweet taste of sugar, it behaves quite differently in the body.

First, it is slowly and incompletely absorbed from the small intestine into blood. Then, the very small amount of erythritol that is absorbed gets converted to energy by processes that require little or no insulin. That’s why erythritol won’t cause a spike in blood sugar levels, which is great news for anyone who is concerned about their weight!

Chocolate

Good news for chocoholics.

As a chocolate lover myself, I do enjoy a piece of healthy chocolate every now and then. Healthy chocolate you say? Yes you heard that right. One of the biggest problems with chocolate is the heavy processing it goes through and the added sugar. Luckily I have found one of the best resources for chocolate that can actually be good for you. You can purchase it at [\(look under Raw Organic Cacao\)](#).

The raw Cacao Bean is one of nature’s most fantastic superfoods due to its mineral content and wide array of unique and varied properties. Since many of the special properties of cacao are destroyed or lost by cooking, refining, and processing, we feel that planet Earth’s favorite food is still unknown to most of us. Now we get to reconnect with the power of real chocolate: raw Cacao Beans.

With Cacao Beans there is fantastic hope for chocoholics everywhere! You can turn cravings for cooked, processed, chocolate into super-nutrition with raw chocolate (Cacao Beans).

Cacao Beans are extraordinarily nutritious!

Frequently Asked Questions

Can I use Agave Syrup?

Agave syrup is neither healthy nor natural (as many people believe it to be). Dr. Ingrid Kohlstadt, an associate faculty member at Johns Hopkins School of Public Health, stated “Agave is almost all fructose, a highly processed sugar with great marketing.” There may be some vendors out there who are selling the real deal, but many agave sellers are actually selling a highly processed sugar that is even worse for you than high fructose corn syrup.

Can I use honey, molasses or maple syrup as a sweetener?

Organic, unpasteurized, and all natural honey, molasses and maple syrup are very high in sugar. Yes, they do contain some antibacterial properties and provide some beneficial minerals but these sweeteners are too caloric for frequent use. One tablespoon of maple syrup contains around 40 calories; a tablespoon of sugar has 50 calories, a tablespoon of honey has 64 calories. I recommend using these products minimally and choosing stevia and/or xylitol as your sweetener of choice to replace sugar.

What is sucanat and can I use it as a sweetener?

Sucanat is non-refined cane sugar. Because it is not refined, like typical white sugar, some consider it a bit healthier than sugar. Sucanat is still sugar and affects the body in a very similar way to sugar, causing high levels of insulin. Stevia and Xylitol are much better alternatives to sugar than sucanat and can all be used in replacement of sugar for baking.

How do I combat sweet cravings?

It may just be some old habits creeping in. I suggest some herbal teas sweetened with stevia for a bit of a sweet after meal drink. Even a tiny piece of organic dark chocolate can do the trick to combat cravings. If you have coffee, do so in moderation and only use stevia or xylitol as your sweetener.

Action Steps

- Read labels! The sugar content of any food is listed right under the carbohydrate listing. Also pay attention to where the sugar is listed in the ingredients. (The order indicates relative quantity.)
- Avoid all foods that contain artificial sweeteners, sugar, or sugar derivatives.
- Avoid all sweetened beverages, including fruit juices that are not freshly juiced.
- For all your baking and sweetening needs, stevia and raw organic cacao are the best choices.

14: Alcohol

Because alcohol is extremely detrimental to health as well as weight-loss efforts, you must understand just how bad it is.

You may have heard that certain types of alcohol are good for your heart and reduce cholesterol levels. Unfortunately, because of its high calorie content and toxic effects on the liver, alcohol does not support weight-loss efforts. I also argue that wine consumption could negatively affect heart function more than help it.

A standard mixed alcoholic drink contains 100–250 calories, but that’s only part of the problem. Most people eat more when they drink. So although you may rationalize your drink choice by thinking that you will eat less at dinner, it rarely works that way. Alcohol often makes you crave the foods you should avoid: more carbohydrates and sugar. It also may cause you to eat unhealthy foods the day after, if you feel groggy and dehydrated. Why drink something that will make it difficult for you to make healthy choices?

Alcohol is considered a carbohydrate, but your body processes it differently from other carbohydrates. Made from fermented wheat, barley, grapes, or some other carbohydrate (e.g., potatoes), alcohol contains 7 calories per gram, compared with 4 calories per gram in most carbohydrates. The human body treats alcohol as a toxin, and as a result, the liver processes alcohol calories before all others in an attempt to clean the toxins from the bloodstream. As other calories wait on line, so to speak, the body senses a rise in calories and stores many of them away in fat cells, which is exactly what you don’t want when you’re trying to lose weight.

In short, alcohol is the absolute worst beverage you can drink when you are trying to control the amount and types of carbohydrates in your diet. For all the reasons stated here and more, keep alcohol consumption to an absolute minimum while on a weight-loss program (Kirsch 2005). After you have improved your eating habits, your body will become unable to handle as much alcohol as it did before, and you’ll likely feel better overall without it. As a result, most people find that they feel best drinking no more than one glass of wine with dinner, on occasion.

I am sure you are familiar with the old saying, “It’s not what you do between Christmas and New Year’s, but what you do between New Year’s and Christmas.” An occasional indulgence every now and then won’t hurt you. Just beware of the consequences. Once your body gets used to eating healthy regularly, you may experience discomfort when you indulge, such as stomach pain, bloating, or even a skin rash.

As for alcohol, there are healthier options. For instance, organic wines such as Frey are free of sulfites. Other suggestions are Skyy vodka, which is free of sulfites or unpasteurized sake. If you are still trying to lose weight, limit yourself to one or two drinks.

Action Steps

- While following this program to lose weight, drink no more than one glass per week, or, preferably, eliminate alcohol completely.
- If you drink alcohol, choose organic red wine. The rich flavor encourages you to drink slowly. Red wine also contains fewer calories and carbohydrates than other types of alcohol.
- A second-choice alcohol option is vodka on the rocks; fruit juice only adds empty sugar calories. The best brand is Chopin, which is made from potatoes, not wheat.
- After you reach your ideal weight, you can be a little more lenient, but minimize alcohol consumption to maintain a healthy weight.

15: Supplements

The diet industry has falsely led many people to believe that in order to lose weight successfully, they have to take a load of pills, eat special “diet foods” and/or drink certain “diet shakes.” None of this is true, and you will see throughout this program that I make very few recommendations for supplements, and they are not required to make this program successful.

I would like to first emphasize that nothing can replace the nutritional value of real wholesome food. There may be some places in your eating plan where a supplement can prove helpful, but you always want to remember “real food is the best food.”

With that being said, I do believe there are a few supplements that are worth consideration by most people and that I take myself each day. Below I have given you the supplements that I have thoroughly researched and tested and felt good recommending to my family, friends, readers and clients.

Fish Oil

My personal recommendation for fish oil is Prograde Krill Oil. Prograde is a reputable company, and I have personally met with the CEO and the nutritionist and chemist on staff. They are just as passionate about their work as I am about mine, and I know they stand behind the high quality of their products.

The reason I recommend Prograde is I know for sure that it is free of any mercury or toxic chemicals. I can't say the same about most brands on the market today.

Krill oil has also been found to accelerate the fat burning process in our bodies. More good news for those on a weight loss plan.

Antioxidants

My only other recommendation for a supplement is an antioxidant supplement. Antioxidants are compounds that help us tackle free radicals in our bodies. Free radicals have been associated with both degenerative diseases and the aging process. I highly recommend Prograde's LONGEVITY as it contains the highest quality extract blend of coffeeberry, pomegranate, green tea, acai berry, and wolfberry and Biovin grape.

Protein Bars

I do not use or recommend protein bars in my nutrition practice. Most bars contain soy protein which is extremely harmful to the body and can cause weight gain in many people. Many bars also contain preservatives to increase their shelf life. With wonderful, healthy “on the go” choices like raw nuts and fresh fruits, there is no need to depend on artificial food like protein bars for snacks.

Protein Powders

Many people like to use protein powders as a quick and easy form of protein. I urge you to always go for food sources of protein first (eggs, poultry, meat, fish), but when you are in the mood for a smoothie or need a quick shake in between meals, there are only 2 protein powders I feel good recommending.

The first is Next Fitness Evolution Protein Powder. it is made with RAW milk that comes from GRASS FED cows and processed at low temperatures so not to destroy any essential components of the protein. Not only that, it also contains NO artificial sweeteners or ingredients, which is very difficult to find in most protein powders that are on the market today.

The other protein powder I recommend is Prograde Protein. They have formulated a protein powder that is not only delicious, but one that is sweetened with Stevia (a completely natural sweetener) and have only used the highest quality, cold processed whey protein.

Greens Powder

For those who have a difficult time getting in enough servings of fruit and vegetables each day, a greens food powder is a good choice. My personal favorite is Athletic Greens and i drink 1 serving each and every day. It contains 76, all natural ingredients, most of which are organic. Athletic Greens is also packed with digestive enzymes, prebiotics and probiotics that all work together to improve digestion and gastrointestinal function. It contains absolutely no synthetic chemicals, artificial colors, flavors, preservatives or sweeteners of any kind, no GMO's, herbicides, or pesticides, no wheat, dairy, gluten, corn, lactose, sucrose, dextrose, egg, yeast, or peanuts and no animal products.

Fat Burning Pills

Fat burning pills are downright dangerous and can cause severe side effects and even death, in extreme cases. Fat burning pills unnaturally elevate your heart rate and blood pressure, and can become addictive very quickly. Many people who have used fat burning pills to lose weight, almost always gain it back, sometimes more than they initially lost. Stay away from fat burning pills at all costs

Action Steps

- Eat healthy foods that will supply you with the vitamins and nutrients you need
- Two of the best ways to improve your health with supplements are increasing your intake of omega-3 oils and antioxidants. Prograde is an excellent source for both of these. You can purchase Prograde Krill Oil and Prograde's LONGEVITY online.
- Avoid any and all fat burning pills!

16: Vegetarians

I do believe most people can greatly benefit from eating natural sources of animal proteins like grass fed beef, free range poultry and wild fish. Many fears vegetarians have around eating meats are the toxic and dangerous antibiotics and hormones that are added to conventional animal products. That is why I strongly recommend finding meat sources that are natural, free range, with no added antibiotics and hormones.

As much as I would love to urge everyone to include some animal products into their eating plan, being vegetarian is a personal choice and one that I do respect.

Below I have included some alternative options for vegetarians when following the program. I have seen many vegetarian readers experience great success with these modifications: losing weight, experiencing increased energy, and reversing health problems.

Depending on what type of vegetarian you are, your protein choices can include:

- eggs
- wild fish
- cottage cheese
- all varieties of raw nuts
- all varieties of raw nut butters
- all legumes*

*Vegetarians can take all of the beans and legumes listed in the “Carb Choices Chart” and make them part of their “Protein Choices Chart.” This will not affect the success of the program in any way. For example, instead of having 1/2 cup of garbanzo beans be a Carb choice, it will now count as a Protein choice for that meal.

Below are some meal examples that show you how you can include a protein option (as listed above) into each and every meal.

Vegetarian breakfasts may include:

- Oatmeal with almond butter and fresh fruit
- Cottage Cheese over fruit salad with walnuts sprinkled on top
- Homemade Hummus on sprouted whole grain toast

Vegetarian snacks may include:

- Baby carrots and sliced red peppers dipped in almond, peanut or walnut butter
- Raw Brazil nuts and sliced apple
- Homemade Hummus with sliced cucumbers

Vegetarian lunches and dinners may include:

- Kidney Bean and Mushroom Veggie Burger or Garbanzo Bean Burger over sauteed greens with slices of tomato on top with brown rice
- Veggie Vegetarian Chili over shredded lettuce and a sprouted grain tortilla
- Lentil and Vegetable Soup

17: Conditions and Illnesses

I am allergic to many foods. Will this program still work for me?

As with any meal plan, please stay away from those foods listed you are allergic to. Often people with allergies to wheat, gluten, and dairy do quite well on The DSP because these foods are not emphasized on this plan. On the contrary, I suggest most people (even those without allergies) eliminate these foods from their meal plans.

If you are allergic to peanuts and/or tree nuts, you can still have much success on this program as there are many other healthy protein choices available.

I have Celiac disease. Will this program work for me?

I think you will actually find that the meal plans will be particularly helpful for those with Celiac disease. I actually recommend that most people stay away from most grains (especially those containing gluten) and they will lose weight and feel so much better without them. If you must eliminate gluten containing foods from your daily meal plan, you will be able to do that easily on this program.

My doctor has me on a specific diet. How can I modify my Beyond Diet meals accordingly?

Of course, you must always adhere to your doctor's prescriptions and suggestions. If your doctor has you on a specific diet eliminating certain foods, you should eliminate those foods from your food choices list. For example, there are some medications that require some people to stay away from certain leafy greens or citrus fruits like grapefruit and oranges. If you happen to be one of those people, eliminate those foods from your suggested meal plans and replace them with a different vegetable and/or different fruit.

Most doctors would agree that the natural foods and the meal plans suggested in the Beyond Diet Program are a healthy way for anyone to eat, especially those who need to reduce their weight for medical reasons. These plans have helped many people reduce their cholesterol, control their diabetes and reduce inflammation from conditions like arthritis and fibromyalgia.

I suggest you create your meal plans and bring them to your doctor. Ask him or her if the foods included on your plan are a healthy option for you.

Can this program help with Arthritis?

Yes, you will receive a great benefit from the program as it recommends inflammation-lowering foods. Start off by eliminating dairy and wheat from your diet and you will already start to feel better.

Can I follow this plan if I have Type I or II Diabetes?

This program is perfect for Diabetics! Not only will assist in stabilizing your blood sugar, it will help you lose

weight at the same time.

As far as controlling diabetes, the best thing to do would be to determine your Metabolism Type and then follow the No-Grains Meal Plans for that type. This has proved successful with many of my clients. Making your primary source of carbohydrates vegetables and fruits helps to keep blood sugar much more controlled.

18: Incorporating BD into your life

Do I have to read the entire manual before I begin?

No, you do not need to read the entire manual start to finish before getting started on your new weight loss plan. I have made sure to provide you with all of the tools and necessary information to create the best weight loss plan for you. This is why there is, what may seem to be, a lot of reading material. But don't worry. There is an easy and quick way to get started on your goals without having to read the entire manual all at once.

Begin by reading and reviewing the meal plans in The Quick Start Guide. I created this guide for those who want to get started on their meal plans right away. It is a quick and easy read and many people have used this guide alone to lose their first 10-15 lbs [3-5 kilos].

You can also begin by reading Chapters 1-5 in the Beyond Diet Manual. The information contained in those chapters will help you put together your personal meal plans and get you started right away. You can then slowly read the rest of the chapters as your schedule allows (read 1 chapter every other day or 1 chapter each week). As you read Chapters 6-14 give yourself enough time to implement each of the action steps without trying to do them all at once.

For example, you may want to read one chapter per week and give yourself the entire week to implement those changes. You can even extend this to one chapter every 2-3 weeks. Remember, you do not need to implement every single principle at once to see good results on the program. Read and apply the action steps in the manual at your own pace and you will lose weight and establish healthy lifestyle habits that you will be able to maintain for the long term.

Can I really stick to this plan even with my busy lifestyle?

Absolutely! This program will teach you how a healthy eating plan is possible with any lifestyle, even those who are always on the go. You can stick to any plan with the right commitment and preparation. Once you know which foods are best for you and your goals, you can then easily find these foods in supermarkets and restaurants that are most convenient to you. For example, if you are on the go and have not prepared your food ahead of time, you can stop at any supermarket and get raw nuts, fresh fruits or a salad and prepared meat, poultry or fish from the salad bar. The trick is to know which foods you are looking for so you can make good choices even when you are on the go.

I can't eat so many meals each day.

You can always tailor the program to best suit your needs. As long as you are eating the recommended foods and staying away from processed and artificial foods, you can plan your meals according to what feels best to you. If eating a few less meals a day works better for you, you can most definitely do that. Just make sure not to be hungry or starve your body throughout the day.

What if I am not hungry for every one of my meals?

If you are not hungry for your mid morning or mid afternoon snack, pay attention to your body and never force feed it. You may find that just 5-6 almonds between meals is enough to get you to lunch or dinner without feeling uncomfortably full. Most importantly do not skip your snacks in an effort to lose more weight. If your body is hungry, it is telling you it needs a bit more food. Not to mention, your metabolism will continue to work all day long as you feed it healthy foods throughout the day.

What should I do if I'm hungry during the day or at night?

If you experience hunger while following Beyond Diet, pay close attention to your body's cues. If you are hungry, it means you may have not eaten a sufficient amount of food or you ate enough food but in the wrong combination. Snack on healthy food choices like raw almonds, sliced apples, or slices of fresh turkey. Turn to foods with a higher protein content as they are the most filling and will better combat "in between meals" hunger.

Can my children and the rest of my family also follow these meal plans?

Yes, and I highly recommend you feed your children and the rest of your family the foods and meal plans taught in The DSP. The principles taught in The DSP are the foundation to any healthy eating plan. It is by no means a crash diet or extreme meal plan that is unsafe for anyone. I do recommend catering the portions to each individual. You may find that your children may need more or less food than you to feel energetic and satiated.

What if I can't find certain foods in my geographic location?

I understand that certain cities and countries may all have different foods available. You can make adjustments to your meal plans based on the foods you have available to you. You may also want to search the internet to see if there are some foods and products you can order online and have mailed directly to your home. Please be sure to take a look at The Beyond Diet Program Shopping Guide and my recommended products online at

Remember, you do not need to make this program "all or nothing". By that I mean, you will still see great weight loss results by implementing even just a few of the recommended action steps. Modify your meal plans to work best with the foods you have available and remember to make eating wholesome natural foods your first priority.

How much does sleep affect my weight loss?

If your body is sleep deprived, you may have difficulty losing weight or, worse, gain weight. Many people, including myself, tend to crave "sugar" foods when they are tired and deprived of sleep to get them through the day. This often leads to a roller coaster ride of sugar highs and lows, on top of an already exhausted body.

Our hormones are also affected by our sleep patterns. Lack of sleep increases levels of the hormone grehlin,

which **increases appetite**, while decreasing levels of the hormone leptin, which **makes people feel full**. These hormone fluctuations combined with feelings of exhaustion make sticking to a healthy eating plan much more challenging.

Can stress be causing me to not lose weight or gain weight?

Yes. Stress is many times the reason most people cannot shed their unwanted pounds [kilos]. The more obvious reason is many people turn to food for comfort when they are stressed. This does nothing, but usually make the situation worse, as they are now still stressed and not feeling good about themselves.

Hormonally, stress has been found to increase levels of cortisol in the body for extended periods of time. Cortisol's job is to replenish the body after the stress has passed, often hanging around much longer than we would like. It significantly increases appetite to ensure that our bodies are well nourished after a stressful event. Unfortunately, in today's society, it is usually not just one stressful event, but a continuous stressful life. This state often leads to consistent high levels of cortisol in the blood stream and constant feelings of hunger and cravings.

Can I use a microwave oven on this program?

I highly recommend people stay away from microwave ovens. Putting your foods through these dangerous microwave waves completely damages the molecular structure of the food you are heating up, making it unrecognizable to the body. Completely eliminating or greatly reducing the amount you use your microwave oven will have a significant positive impact on your health and you ability to lose weight.

What affect does chewing gum have on my metabolism?

The biggest problem with chewing gum is that most gums contains aspartame and many unnatural chemicals. Also, people who chew lots of gum during the day usually complain of gas and bloating. I would keep gum chewing to a minimum of 1-2 pieces per week or none at all.

Do I need to stick with the Specific brands of food you mention?

No, you don't need to stick to the specific brands for the program to still be effective. As long as you have access to fresh fruits, vegetables, natural proteins, and raw nuts, you can have much success on Beyond Diet.

Should I do a detox before starting this program?

No. A detox is not necessary to begin starting The Beyond Diet Program. You will find that by following the principles outlined in the manual, you will naturally be de-toxifying your body from harmful substances that are in processed foods, refined grains, sugar, and artificial sweeteners. If you wish to accelerate your weight loss in a healthy fashion, I recommend following the Quick Start Guide for the first 6 weeks.

Will your program get rid of my cellulite?

Cellulite is your body's way of storing toxins in your fat cells. The only way to rid your body of this cellulite is to first rid your body of these toxins. Once your body sees a decreased amount of toxins in your body, it will eliminate this unwanted fat. The best recipe for ridding your body of cellulite is to eat wholesome, natural foods, eliminate processed foods, and follow a consistent exercise routine that include strength training and cardiovascular exercise.

19: Guides & Charts

Cooking with Fats

The following guide to commonly used culinary fats will help you choose the proper fats for each type of cooking according to their smoke points (Chek 2004, 73). Always use unrefined organic oils and raw organic butter!

No-heat fats should never be used for cooking:

- borage oil
- fish oil or cod liver oil
- flax seed oil
- hemp seed oil

Low-heat fats should be heated to no more than 212°F:

- pumpkin oil
- safflower oil
- sunflower oil

Medium-heat fats should be heated to no more than 325°F (light sautéing):

- hazelnut oil
- olive oil
- pistachio oil
- sesame oil

High-heat fats should be heated to no more than 375°F (frying or browning):

- butter (for cooking at medium-high heat only; do not allow to turn brown)
- coconut oil
- ghee or clarified butter

Allowable Servings Guide

Type	Mixed	Carb	Protein
Meal	1,400 calories/day		
Breakfast	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb
Snack	2 Protein 2 Carb	1 Protein 2 Carb	2 Protein 1 Carb
Lunch	3 Protein 1 Carb 1 Fat	3 Protein 2 Carb 1 Fat	3 Protein 1 Carb 2 Fat
Snack	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 1 Carb
Dinner	3 Protein 2 Carb 2 Fat	3 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat
	1,600 calories/day		
Breakfast	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb
Snack	2 Protein 2 Carb	1 Protein 2 Carb	2 Protein 1 Carb
Lunch	4 Protein 1 Carb 1 Fat	4 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat
Snack	2 Protein 1 Carb	2 Protein 2 Carb	2 Protein 1 Carb
Dinner	4 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat

Note: Refer to the Food Choice charts to choose the appropriate foods in each category for your metabolism type.

Allowable Servings Guide (cont'd)

Type	Mixed	Carb	Protein
Meal	1,800 calories/day		
Breakfast	2 Protein 2 Carb	1 Protein 2 Carb	3 Protein 1 Carb
Snack	2 Protein 2 Carb	2 Protein 2 Carb	3 Protein 1 Carb
Lunch	4 Protein 2 Carb 1 Fat	4 Protein 2 Carb 1 Fat	4 Protein 1 Carb 2 Fat
Snack	2 Protein 1 Carb	2 Protein 3 Carb	2 Protein 1 Carb
Dinner	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat
	2,000 calories/day		
Breakfast	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb
Snack	2 Protein 2 Carb	2 Protein 2 Carb	3 Protein 1 Carb
Lunch	4 Protein 2 Carb 1 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat
Snack	2 Protein 1 Carb	2 Protein 3 Carb	3 Protein 1 Carb
Dinner	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat

Note: Refer to the Food Choice charts to choose the appropriate foods in each category for your metabolism type.

Allowable Servings Guide (cont'd)

Type	Mixed	Carb	Protein
Meal	2,200 calories/day		
Breakfast	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb
Snack	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb
Lunch	4 Protein 2 Carb 1 Fat	4 Protein 3 Carb 1 Fat	5 Protein 1 Carb 2 Fat
Snack	2 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb
Dinner	5 Protein 2 Carb 2 Fat	4 Protein 2 Carb 1 Fat	5 Protein 1 Carb 2 Fat
	2,400 calories/day		
Breakfast	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 2 Carb
Snack	3 Protein 2 Carb	2 Protein 3 Carb	3 Protein 1 Carb
Lunch	4 Protein 3 Carb 2 Fat	4 Protein 3 Carb 2 Fat	5 Protein 1 Carb 2 Fat
Snack	3 Protein 2 Carb	2 Protein 3 Carb	4 Protein 1 Carb
Dinner	5 Protein 2 Carb 2 Fat	4 Protein 3 Carb 1 Fat	6 Protein 1 Carb 2 Fat

Note: Refer to the Food Choice charts to choose the appropriate foods in each category for your metabolism type.

Food Choices

For all charts in this section, the “best bet” food items are shaded in gray.

Carb Types: Protein Choices

Serving	Meats	Serving	Seafood	Serving	Seafood (cont'd)	Serving	Nuts ^a and Seeds
1 slice	bacon (pork)	1 oz (28g)	abalone	1 oz (28g)	roughy	½ oz (14g)	almonds
1 slice	bacon (beef)	1 oz (28g)	anchovy	1 oz (28g)	salmon	½ oz (14g)	Brazil nuts
1 oz (28g)	beef	1 oz (28g)	bass (fresh-water)	1 oz (28g)	sardines	½ oz (14g)	cashews
1 oz (28g)	buffalo	1 oz (28g)	bass (sea)	1 oz (28g)	scallops	½ oz (14g)	chestnuts
1 oz (28g)	lamb	1 oz (28g)	catfish	1 oz (28g)	shark	½ oz (14g)	filberts
1 oz (28g)	liver (beef or chicken)	1 oz (28g)	caviar	1 oz (28g)	shrimp	½ oz (14g)	hickory nuts
1 oz (28g)	pork (lean)	1 oz (28g)	clams	1 oz (28g)	snapper	½ oz (14g)	macadamia nuts
1 oz (28g)	rabbit	1 oz (28g)	cod	1 oz (28g)	squid	½ oz (14g)	peanuts ^b
1 oz (28g)	venison	1 oz (28g)	crabmeat	1 oz (28g)	swordfish	½ oz (14g)	pecans
	Poultry	1 oz (28g)	crayfish	1 oz (28g)	trout	½ oz (14g)	pine nuts
1 slice	bacon (turkey)	1 oz (28g)	flounder	1 oz (28g)	tuna (white)	½ oz (14g)	pistachios
1 oz (28g)	chicken (dark)	1 oz (28g)	grouper	1 oz (28g)	whitefish	½ oz (14g)	pumpkin seeds
1 oz (28g)	chicken (white)	1 oz (28g)	halibut		Dairy and Eggs	½ oz (14g)	sunflower seeds
1 oz (28g)	duck	1 oz (28g)	herring	1	egg	½ oz (14g)	walnuts
1 oz (28g)	goose	1 oz (28g)	lobster meat	¼ cup (60g)	cottage cheese (raw)	1 tbsp (15 mL)	nut butter ^c
1 oz (28g)	Cornish hen	1 oz (28g)	mackerel	2 oz (56g)	greek yogurt		
1 oz (28g)	pheasant	1 oz (28g)	mahimahi				
1 oz (28g)	quail	1 oz (28g)	mussels				
1 oz (28g)	sausage (chicken)	1 oz (28g)	octopus				
1 oz (28g)	turkey (dark)	1 oz (28g)	perch (fresh-water)				
1 oz (28g)	turkey (white)	1 oz (28g)	rockfish				

^a All nuts and seeds must be raw.

^b Peanuts are legumes but are listed with tree nuts here for ease of presentation.

^c Varieties of nut butter include almond, cashew, macadamia nut, and walnut.

Carb Types: Carbohydrate Choices

Serving	Bread	Serving	Fruits (cont'd)	Serving	Legumes*	Serving	Low-Starch Veg*
1 slice	SWG** bread	1 cup (150g)	cranberries	½ cup (75g)	adzuki beans	1	artichoke
½	SWG** roll	1 cup (150g)	Currants	½ cup (75g)	black beans	1 cup (150g)	asparagus
1	SWG** English muffin	1	Date	½ cup (75g)	black-eyed beans	½ cup (75g)	bamboo shoots
1	SWG** wrap (small)	¾ cup (111g)	elderberries	½ cup (75g)	fava beans	1 cup (150g)	bok choy
1 slice	rice bread	2	figs (large)	½ cup (75g)	garbanzo beans	1 cup (150g)	broccoli
1 slice	spelt bread	1 cup (150g)	gooseberries	½ cup (75g)	great Northern beans	1 cup (150g)	brussels sprouts
10	rice crackers	1	grapefruit (small)	½ cup (75g)	green beans	1 cup (150g)	cabbage
2	rye crackers	17–20	Grapes	½ cup (75g)	green peas	1 cup (150g)	cauliflower
	Grains*	1 cup (150g)	Guava	½ cup (75g)	lentils	1 cup (150g)	celery
½ cup (75g)	brown or wild rice	1 cup (150g)	honeydew melon	½ cup (75g)	lima beans	1 cup (150g)	cucumber
½ cup (75g)	amaranth	2	kiwifruit (medium)	½ cup (75g)	mung beans	1 cup (150g)	daikon ^a
½ cup (75g)	barley	6	kumquat ^b	½ cup (75g)	navy beans	1 cup (150g)	eggplant
½ cup (75g)	buckwheat	free	Lemons	½ cup (75g)	pink beans	1 cup (150g)	fennel
½ cup (75g)	corn	free	Limes	½ cup (75g)	pinto beans	free	garlic
½ cup (75g)	kamut	1 cup (150g)	loganberries ^c	½ cup (75g)	red beans	free	gingerroot
½ cup (75g)	millet	½	Mango	½ cup (75g)	white beans	1 cup (150g)	jicama
1 cup (150g)	oatmeal	2	nectarines (small)	½ cup (75g)	High-Starch Veg*	1 cup (150g)	kale
½ cup (75g)	quinoa	1	orange (large)	1 cup (150g)	beets	free	lettuce ^d
½ cup (75g)	rye	½	papaya (large)	1 cup (150g)	carrots	1 cup (150g)	mushrooms
½ cup (75g)	spelt	1	peach (medium)	½ cup (75g)	Jerusalem artichoke	1 cup (150g)	okra
½ cup (75g)	SWG** cereal	1	pear (medium)	½ cup (75g)	parsnips	5	olives
½ cup (75g)	raw granola	2	persimmons	½ cup (75g)	potato (white)	1	onion (medium)
	Fruits*	1 cup (150g)	Pineapple	½ cup (75g)	potato (sweet)	1 cup (150g)	pepper (bell)
1	apple (medium)	2	plums (small)	¼ cup (60g)	water chestnuts	free	pepper (hot)
4	apricots (small)	1	pomegranate (small)		Dairy	½ cup (75g)	pumpkin
½	banana (medium)	4	prunes (small)	½ cup (75g)	milk (raw)	½ cup (75g)	radishes
1 cup (150g)	blackberries	¼ cup (60g)	Raisins	6 oz (168g)	plain yogurt	½ cup (75g)	rutabaga ^e
1 cup (150g)	blueberries	1 cup (150g)	raspberries			1 cup (150g)	salad greens ^d
1 cup (150g)	boysenberries	2 cups (300g)	Rhubarb			1 cup (150g)	spinach
1 cup (150g)	cantaloupe	1 cup (150g)	strawberries			½ cup (75g)	squash (winter) ^f
1 cup (150g)	casaba melon ^g	2	tangerines (small)			½ cup (75g)	turnip
17	cherries	1	tomato (large)			1 cup (150g)	zucchini
		1 cup (150g)	watermelon				

Notes: *Serving sizes of grains and legumes are measured cooked; those of fruits and vegetables are measured raw.

**SWG = sprouted whole grain (e.g., Ezekiel 4:9 products).

Free = Use as needed for seasoning.

^a Japanese radish.

^b Similar to an orange but small like a grape.

^c Cross between a blackberry and raspberry.

^d Any but iceberg.

^e Similar to a turnip.

^f Orange-fleshed squashes (e.g., acorn, butternut, and kabocha).

^g Similar to a cantaloupe.

Protein Types: Protein Choices

Serving	Meats	Serving	Seafood	Serving	Seafood (cont'd)	Serving	Nuts ^a and Seeds
1 slice	bacon (pork)	1 oz (28g)	abalone	1 oz (28g)	roughy	½ oz (14g)	almonds
1 slice	bacon (beef)	1 oz (28g)	anchovy	1 oz (28g)	salmon	½ oz (14g)	Brazil nuts
1 oz (28g)	beef	1 oz (28g)	bass (fresh-water)	1 oz (28g)	sardines	½ oz (14g)	cashews
1 oz (28g)	buffalo	1 oz (28g)	bass (sea)	1 oz (28g)	scallops	½ oz (14g)	chestnuts
1 oz (28g)	lamb	1 oz (28g)	catfish	1 oz (28g)	shark	½ oz (14g)	filberts
1 oz (28g)	liver (beef or chicken)	1 oz (28g)	caviar	1 oz (28g)	shrimp	½ oz (14g)	hickory nuts
1 oz (28g)	pork (any cut)	1 oz (28g)	clams	1 oz (28g)	snapper	½ oz (14g)	macadamia nuts
1 oz (28g)	rabbit	1 oz (28g)	cod	1 oz (28g)	squid	½ oz (14g)	peanuts ^b
1 oz (28g)	venison	1 oz (28g)	crabmeat	1 oz (28g)	swordfish	½ oz (14g)	pecans
	Poultry	1 oz (28g)	crayfish	1 oz (28g)	trout	½ oz (14g)	pine nuts
1 oz (28g)	bacon (turkey)	1 oz (28g)	grouper	1 oz (28g)	tuna (dark)	½ oz (14g)	pistachios
1 oz (28g)	chicken (dark)	1 oz (28g)	halibut	1 oz (28g)	whitefish	½ oz (14g)	pumpkin seeds
1 oz (28g)	chicken (white)	1 oz (28g)	herring		Dairy and Eggs	½ oz (14g)	sunflower seeds
1 oz (28g)	Cornish hen	1 oz (28g)	lobster meat	1	egg	½ oz (14g)	walnuts
1 oz (28g)	duck	1 oz (28g)	mackerel	¼ cup (60g)	cottage cheese (raw)	1 tbsp (15 mL)	nut butter ^c
1 oz (28g)	goose	1 oz (28g)	mahimahi	2 oz (56g)	greek yogurt		
1 oz (28g)	pheasant	1 oz (28g)	Mussels				
1 oz (28g)	quail	1 oz (28g)	Octopus				
1 oz (28g)	sausage (chicken)	1 oz (28g)	perch (ocean)				
1 oz (28g)	turkey (dark)	1 oz (28g)	pompano				
1 oz (28g)	turkey (white)	1 oz (28g)	Rockfish				

^a All nuts and seeds must be raw.

^b Peanuts are legumes but are listed with tree nuts here for ease of presentation.

^c Varieties of nut butter include almond, cashew, macadamia nut, and walnut.

Protein Types: Carbohydrate Choices

Serving	Bread	Serving	Fruits (cont'd)	Serving	Fruits (cont'd)	Serving	Low-Starch Veg*
1 slice	SWG** bread	1 cup (150g)	casaba melon ^e	1 cup (150g)	strawberries	1	artichoke
½	SWG** roll	17	Cherries	2	tangerines (small)	1 cup (150g)	asparagus
1	SWG** English muffin	1 cup (150g)	cranberries	1	tomato (large)	½ cup (75g)	bamboo shoots
1	SWG** wrap (small)	1 cup (150g)	Currants	1 cup (150g)	watermelon	1 cup (150g)	bok choy
1 slice	rice bread	1	Date		Legumes*	1 cup (150g)	broccoli
1 slice	spelt bread	¾ cup (111g)	elderberries	½ cup (75g)	adzuki beans	1 cup (150g)	brussels sprouts
10	rice crackers	2	figs (large)	½ cup (75g)	black beans	1 cup (150g)	cabbage
2	rye crackers	1 cup (150g)	gooseberries	½ cup (75g)	black-eyed beans	1 cup (150g)	cauliflower
	Grains*	1	grapefruit (small)	½ cup (75g)	fava beans	1 cup (150g)	celery
½ cup (75g)	brown or wild rice	17–20	Grapes	½ cup (75g)	garbanzo beans	1 cup (150g)	cucumber
½ cup (75g)	amaranth	1 cup (150g)	Guava	½ cup (75g)	great Northern beans	1 cup (150g)	daikon ^b
½ cup (75g)	barley	1 cup (150g)	honeydew melon	½ cup (75g)	green beans	1 cup (150g)	eggplant
½ cup (75g)	buckwheat	2	kiwifruit (medium)	½ cup (75g)	green peas	1 cup (150g)	fennel
½ cup (75g)	corn	6	kumquat ^e	½ cup (75g)	lentils	free	garlic
½ cup (75g)	kamut	free	Lemons	½ cup (75g)	lima beans	free	gingerroot
½ cup (75g)	millet	free	Limes	½ cup (75g)	mung beans	1 cup (150g)	jicama
1 cup (150g)	oatmeal	1 cup (150g)	loganberries ^d	½ cup (75g)	navy beans	1 cup (150g)	kale
½ cup (75g)	quinoa	½	Mango	½ cup (75g)	pink beans	1 cup (150g)	lettuce ^e
½ cup (75g)	rye	2	nectarines (small)	½ cup (75g)	pinto beans	1 cup (150g)	mushrooms
½ cup (75g)	spelt	1	orange (large)	½ cup (75g)	red beans	1 cup (150g)	okra
½ cup (75g)	SWG cereal	½	papaya (large)	½ cup (75g)	white beans	5	olives
½ cup (75g)	raw granola	1	peach (medium)		High-Starch Veg*	1	onions (medium)
	Fruits*	1	pear (medium)	1 cup (150g)	beets	1 cup (150g)	pepper (bell)
1	apple (medium)	2	persimmons	1 cup (150g)	carrots	free	pepper (hot)
4	apricots (small)	1 cup (150g)	pineapple	½ cup (75g)	Jerusalem artichoke	½ cup (75g)	pumpkin
2 oz (56g)	avocado	2	plums (small)	½ cup (75g)	parsnips	½ cup (75g)	radishes
½	banana (medium)	1	pomegranate (small)	½ cup (75g)	potato(white)	½ cup (75g)	rutabaga ^f
1 cup (150g)	blackberries	4	prunes (small)	½ cup (75g)	potato (sweet)	1 cup (150g)	salad greens ^e
1 cup (150g)	blueberries	¼ cup (60g)	Raisins	¼ cup (60g)	water chestnuts	1 cup (150g)	spinach
1 cup (150g)	boysenberries	1 cup (150g)	raspberries		Dairy	½ cup (75g)	squash (winter) ^g
1 cup (150g)	cantaloupe	2 cups (300g)	Rhubarb	½ cup (75g)	Whole Milk (Raw)	½ cup (75g)	turnip
				6 oz (168g)	plain yogurt	1 cup (150g)	zucchini

Notes: *Serving sizes of grains and legumes are measured cooked; those of fruits and vegetables are measured raw.

**SWG = sprouted whole grain (e.g., Ezekiel 4:9 products).

Free = Use as needed for seasoning.

^a Similar to a cantaloupe.

^b Japanese radish.

^c Similar to an orange but small like a grape.

^d Cross between a blackberry and raspberry.

^e Any but iceberg.

^f Similar to a turnip.

^g Orange-fleshed squashes (e.g., acorn, butternut, and kabocha).

Mixed Types: Protein Choices

Serving	Meats	Serving	Seafood	Serving	Seafood (cont'd)	Serving	Nuts ^a and Seeds
1 slice	bacon (pork)	1 oz (28g)	abalone	1 oz (28g)	roughy	½ oz (14g)	almonds
1 slice	bacon (beef)	1 oz (28g)	anchovy	1 oz (28g)	salmon	½ oz (14g)	Brazil nuts
1 oz (28g)	beef	1 oz (28g)	bass (fresh-water)	1 oz (28g)	sardines	½ oz (14g)	cashews
1 oz (28g)	buffalo	1 oz (28g)	bass (sea)	1 oz (28g)	scallops	½ oz (14g)	chestnuts
1 oz (28g)	lamb	1 oz (28g)	catfish	1 oz (28g)	shark	½ oz (14g)	filberts
1 oz (28g)	liver (beef or chicken)	1 oz (28g)	caviar	1 oz (28g)	shrimp	½ oz (14g)	hickory nuts
1 oz (28g)	pork (any cut)	1 oz (28g)	clams	1 oz (28g)	snapper	½ oz (14g)	macadamia nuts
1 oz (28g)	rabbit	1 oz (28g)	cod	1 oz (28g)	squid	½ oz (14g)	peanuts ^b
1 oz (28g)	venison	1 oz (28g)	crabmeat	1 oz (28g)	swordfish	½ oz (14g)	pecans
	Poultry	1 oz (28g)	crayfish	1 oz (28g)	trout	½ oz (14g)	pine nuts
1 oz (28g)	bacon (turkey)	1 oz (28g)	grouper	1 oz (28g)	tuna (dark)	½ oz (14g)	pistachios
1 oz (28g)	chicken (dark)	1 oz (28g)	halibut	1 oz (28g)	whitefish	½ oz (14g)	pumpkin seeds
1 oz (28g)	chicken (white)	1 oz (28g)	herring		Dairy and Eggs	½ oz (14g)	sunflower seeds
1 oz (28g)	Cornish hen	1 oz (28g)	lobster meat	1	egg	½ oz (14g)	walnuts
1 oz (28g)	duck	1 oz (28g)	mackerel	¼ cup (60g)	cottage cheese (raw)	1 tbsp (15g)	nut butter ^c
1 oz (28g)	goose	1 oz (28g)	mahimahi	2 oz (56g)	greek yogurt		
1 oz (28g)	pheasant	1 oz (28g)	Mussels				
1 oz (28g)	quail	1 oz (28g)	Octopus				
1 oz (28g)	sausage (chicken)	1 oz (28g)	perch (ocean)				
1 oz (28g)	turkey (dark)	1 oz (28g)	pompano				
1 oz (28g)	turkey (white)	1 oz (28g)	Rockfish				

^a All nuts and seeds must be raw.

^b Peanuts are legumes but are listed with tree nuts here for ease of presentation.

^c Varieties of nut butter include almond, cashew, macadamia nut, and walnut.

Mixed Types: Carbohydrate Choices

Serving	Bread	Serving	Fruits (cont'd)	Serving	Fruits (cont'd)	Serving	Low-Starch Veg*
1 slice	SWG** bread	1 cup (150g)	casaba melon ^a	1 cup (150g)	strawberries	1	artichoke
½	SWG** roll	17	Cherries	2	tangerines (small)	1 cup (150g)	asparagus
1	SWG** English muffin	1 cup (150g)	cranberries	1	tomato (large)	½ cup (75g)	bamboo shoots
1	SWG** wrap (small)	1 cup (150g)	Currants	1 cup (150g)	watermelon	1 cup (150g)	bok choy
1 slice	rice bread	1	Date		Legumes*	1 cup (150g)	broccoli
1 slice	spelt bread	¾ cup (111g)	elderberries	½ cup (75g)	adzuki beans	1 cup (150g)	brussels sprouts
10	rice crackers	2	figs (large)	½ cup (75g)	black beans	1 cup (150g)	cabbage
2	rye crackers	1 cup (150g)	gooseberries	½ cup (75g)	black-eyed beans	1 cup (150g)	cauliflower
	Grains*	1	grapefruit (small)	½ cup (75g)	fava beans	1 cup (150g)	celery
½ cup (75g)	brown or wild rice	17–20	Grapes	½ cup (75g)	garbanzo beans	1 cup (150g)	cucumber
½ cup (75g)	amaranth	1 cup (150g)	Guava	½ cup (75g)	great Northern beans	1 cup (150g)	daikon ^b
½ cup (75g)	barley	1 cup (150g)	honeydew melon	½ cup (75g)	green beans	1 cup (150g)	eggplant
½ cup (75g)	buckwheat	2	kiwifruit (medium)	½ cup (75g)	green peas	1 cup (150g)	fennel
½ cup (75g)	corn	6	kumquat ^c	½ cup (75g)	lentils	free	garlic
½ cup (75g)	kamut	free	Lemons	½ cup (75g)	lima beans	free	gingerroot
½ cup (75g)	millet	free	Limes	½ cup (75g)	mung beans	1 cup (150g)	jicama
1 cup (150g)	oatmeal	1 cup (150g)	loganberries ^d	½ cup (75g)	navy beans	1 cup (150g)	kale
½ cup (75g)	quinoa	½	Mango	½ cup (75g)	pink beans	1 cup (150g)	lettuce ^e
½ cup (75g)	rye	2	nectarines (small)	½ cup (75g)	pinto beans	1 cup (150g)	mushrooms
½ cup (75g)	spelt	1	orange (large)	½ cup (75g)	red beans	1 cup (150g)	okra
½ cup (75g)	SWG cereal	½	papaya (large)	½ cup (75g)	white beans	5	olives
½ cup (75g)	raw granola	1	peach (medium)		High-Starch Veg*	1	onions (medium)
	Fruits*	1	pear (medium)	1 cup (150g)	beets	1 cup (150g)	pepper (bell)
1	apple (medium)	2	persimmons	1 cup (150g)	carrots	free	pepper (hot)
4	apricots (small)	1 cup (150g)	pineapple	½ cup (75g)	Jerusalem artichoke	½ cup (75g)	pumpkin
2 oz (56g)	avocado	2	plums (small)	½ cup (75g)	parsnips	½ cup (75g)	radishes
½	banana (medium)	1	pomegranate (small)	½ cup (75g)	potato(white)	½ cup (75g)	rutabaga ^f
1 cup (150g)	blackberries	4	prunes (small)	½ cup (75g)	potato (sweet)	1 cup (150g)	salad greens ^e
1 cup (150g)	blueberries	¼ cup (60g)	Raisins	¼ cup (60g)	water chestnuts	1 cup (150g)	spinach
1 cup (150g)	boysenberries	1 cup (150g)	raspberries		Dairy	½ cup (75g)	squash (winter) ^g
1 cup (150g)	cantaloupe	2 cups (300g)	Rhubarb	½ cup (75g)	Whole Milk (Raw)	½ cup (75g)	turnip
				6 oz (168g)	plain yogurt	1 cup (150g)	zucchini

Notes: *Serving sizes of grains and legumes are measured cooked; those of fruits and vegetables are measured raw.

**SWG = sprouted whole grain (e.g., Ezekiel 4:9 products).

Free = Use as needed for seasoning.

^a Similar to a cantaloupe.

^b Japanese radish.

^c Similar to an orange but small like a grape.

^d Cross between a blackberry and raspberry.

^e Any but iceberg.

^f Similar to a turnip.

^g Orange-fleshed squashes (e.g., acorn, butternut, and kabocha).

Fat Choices: All Metabolism Types

Serving	Fat
1 tsp	olive oil
1 tsp	fish oil
1 tsp	cod liver oil
1 tsp	flax seed oil
1 tsp	raw butter
1 oz	avocado ^a
free ^b	coconut oil
1 oz	raw cheese

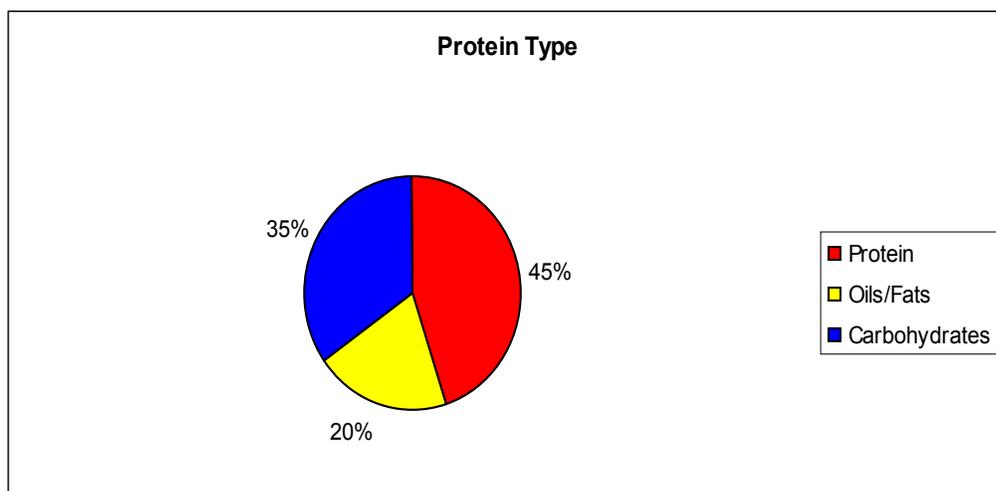
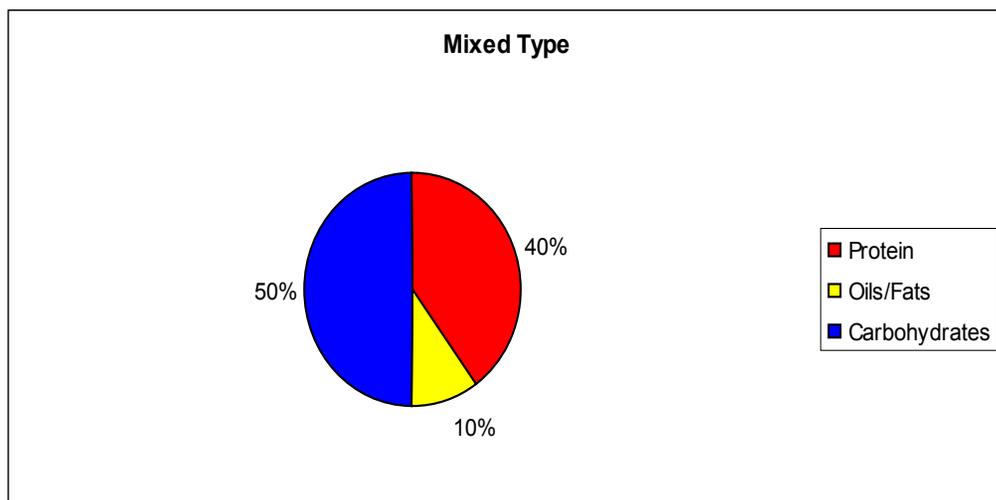
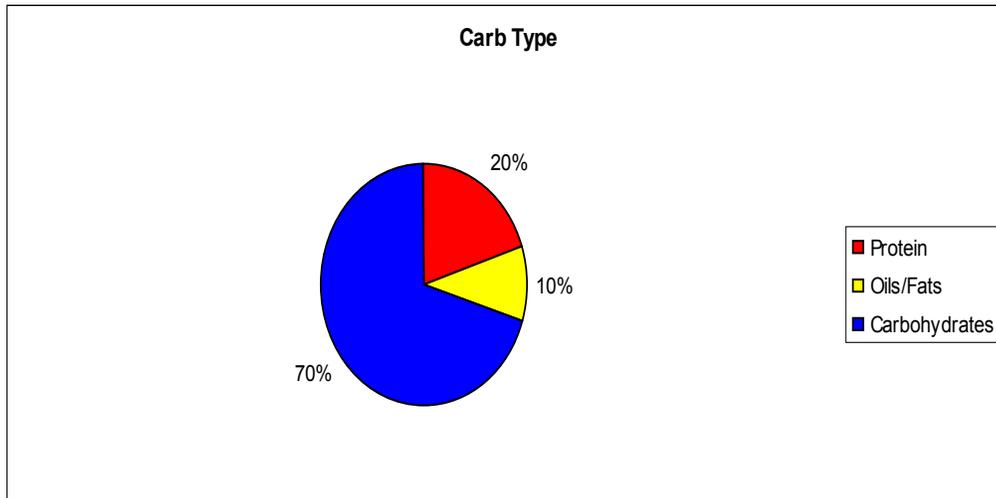
Note: The fat content of fattier foods such as eggs, meats, oily fish, and nuts has been accounted for in the allotted servings and calories for each metabolism type, so no separate fat servings need to be counted for these foods.

^a Avocado is a fruit. Protein Types also may use it as a carbohydrate choice (2 ounces).

^b The Beyond Diet Program does not limit the amount of coconut oil that you can consume each day or account for it in the Sample Meal Plans, Done for You Meal Plans and Allowable Servings Guide. A reasonable amount would be 1–2 tsp three times per day for cooking.

*Mixed Types – Remember you are using both the Protein Type choices charts and the Carb Type choices chart for your food choices.

Ideal Food Ratios for Each Metabolism Type



Glycemic Index Chart

	INDEX	SUGAR	DAIRY	FRUIT	GRAIN	VEGETABLES
HIGH	>100	maltose beer alcohol		Date		Parsnip
	90–99	glucose sports drinks			instant rice puffed rice	
	80–89	jelly beans			Rice Chex, white rice pretzels, Rice Krispies Cornflakes, Rice Cakes	potato (white, baked) potato (white, instant mashed)
	70–79	Life Savers jams, jellies		watermelon	wheat cereal graham crackers Cheerios, bagels whole wheat bread white bread, millet	pumpkin rutabaga
MEDIUM	60–69	Honey		melon (all types) pineapple, raisin banana (ripe) apricot, mango	cornmeal rye crisp bread shredded wheat brown rice, brown rice pasta	Beet
	50–59			kiwifruit	corn popcorn oatmeal buckwheat	potato (sweet) yam carrot green peas
LOW	40–49	Lactose		grape orange	wheat bran bulgur wheat whole wheat pasta	beans (pinto or baked)
	30–39		yogurt whole milk butter	apple, pear strawberry	rye	tomato soup beans (navy, lima, black, or garbanzo) peas (black-eyed or dried split)
	<30	Fructose		peach grapefruit plum cherry tomato	barley rice bran	beans (kidney or lentil) peas (dried) eggplant, summer squash cauliflower, peanut green vegetables ^a

Notes: On the GI scale, high-GI foods are rapid insulin inducers and should be avoided; low-GI foods are slow insulin inducers and your best choices for weight loss.

^a Vegetables with a GI of ~15 are ideal carbohydrate servings: artichoke, asparagus, broccoli, celery, cucumber, green bean, lettuce, green bell pepper, spinach, and zucchini.

Source: Adapted from Wolcott and Fahey 2000, 272–274.

About the Author

Isabel De Los Rios is a nutrition, exercise, and lifestyle coach who counsels clients on all principles of good health, including nutrition, stress management, physical fitness, sleep habits, and healthy lifestyles. She teaches health and weight loss from a holistic approach, incorporating all aspects of healthy living.

Isabel began her career as an exercise and nutrition coach in the New York City–based Equinox Health Clubs. In 2001, she moved to New Jersey to open NEW BODY—Center for Fitness and Nutrition, a private wellness facility in Florham Park. She provides counseling to many special populations, including diabetics, heart disease patients, cancer survivors, and overweight individuals, as well as healthy individuals who wish to maintain health and prevent disease.

An avid speaker for local schools, women’s groups, parents’ associations, and athletic associations, Isabel teaches the principles of good nutrition and lifestyle habits and their importance in maintaining good health and preventing disease. She also has written many health and wellness articles for local newspapers.

Isabel is a graduate of Rutgers University with a degree in exercise physiology. She holds advanced certifications from the National Association of Sports Nutritionists, the National Strength and Conditioning Association, and the Corrective Holistic Exercise Kinesiology (C.H.E.K.) Institute based in San Diego, California.

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