

**Nutrition for the Body You Want
or... “How Do I Lose Weight
Once & for All?”**

Let's Start!

You're reading this because whatever you have been doing hasn't been successful as you'd like, right? You've tried diets, you think you eat healthy, you follow the rules, and you haven't found the combination that works for you, or you've gotten a bit off track lately, and just need a nudge to get going the right direction.

What's this Program About?

This is about helping you find a weight that you can maintain, and feeling happy, well, and fit. It's not a fad, but based on sound science. I know there are all kinds of theories out there in the media, and some may say some different things than you find here... but, let's be honest... if that all worked for you, you wouldn't be reading this, right? You have my permission to take a break from all of that noise, and try this for six weeks, and *THEN* you can decide whether to believe whatever you saw elsewhere or the science you see in action!

Learn to Love Real Food

Many of us have a love/hate relationship with food and fight with it all the time. This program is about learning to love real food, appreciating what it's doing for your body, and giving you *AND* food the emphasis in your life that you deserve.

What is Real Food?

You can tell it's real food if it comes in one ingredient containers, or better yet, no container at all. A tomato, a beef steak, fresh raspberries, an avocado – you get the idea. Real food is free of toxic chemicals, additives, texturizers, and artificial flavorings.

Why Real Food?

Have you ever seen old family photos or old movies, where everyone of any age is slender? Modern movies and TV shows may have skinny people, but if you look around, you'll also see a lot of fat people, too. Just like at your favorite mall or movie theater. People were skinnier when they ate real food and not the plethora of fake foods filling up all those tempting, colorful boxes and bags you find in the middle of any grocery store.

Real Food Helps You Stay Healthy

The Standard American Diet (SAD) is engineered to appeal to your primal drive for calories, fat, sugar, and salt. Sugar, wheat, and vegetable oil are manipulated in countless ways, so we eat too much without realizing it. Animals are fed antibiotics, growth hormones, and other drugs to make them gain weight faster – any wonder they make you gain weight, too? Real food is clean, loaded with nutrients, and gives your body the ingredients it needs to get the job done. And happily, you'll find yourself returning to that skinnier time if you eat real food.

Break the Cycle of Doom

Sugar triggers production of your brain's natural opioids – a key ingredient in the addiction process. Your brain becomes addicted to stimulating the release of its own opioids as it would to morphine or heroin. *Even if you think you eat healthy*, you might be shocked at the amount of sugar hiding in your food. Getting rid of this addiction is the ultimate secret of success. Beating your daily cycle of sugar (and caffeine) highs and lows will free you from your fat – it's the key to feeling great *AND* having the body you want.

It's high time to change your game plan. For good.

Simple Principles Drive Results

I'm a big believer in a disciplined approach. It doesn't have to be odious, though. You've probably done diets where you need to weigh and measure everything, or feel guilty if you haven't. Yes, there are some basic rules here, but I don't want to overwhelm you with a set of things you can't possibly live up to. Let's look at these basic principles one by one.

1. Eat for Nutrient Content, Not for Calories

This is not about starving yourself. Your body is built out of fats and amino acids. Your brain is 70% fat. Your cell walls are made of fat, and can't contain their contents without it. Amino acids and fats are used by your body to build everything that you're made of. And, they even act as messengers and transportation, carrying messages and nutrients around the parts of your body to get all the many jobs done that are needed. Your body has many factories made from proteins and fats converting vitamins, minerals, enzymes, and phytochemicals you consume into chemicals that get your body to make energy, pump blood, regulate hormones, grow your hair, and take out the trash. The SAD fact is, most Americans don't get the nutrients their bodies need, and their bodies eventually complain, through cancer, diabetes, multiple sclerosis, fibromyalgia, mental illness and heart disease. Eat purposefully to feed your body what it needs to thrive, and you'll notice a transformation in your attitude, appearance, and overall health.

2. Sugar ≠ Energy

Kicking your sugar addiction and managing blood sugar is the key to losing weight and keeping it off. Even if you're not diabetic, chances are, you eat way too much sugar – it's 17% of the American diet. Not just sugar you put in your coffee – it's far worse. All carbohydrates become sugar, even the "good carbs" convert to glucose in your system in 40 minutes and are either burned quickly or **STORED AS FAT!** Now, I'm not saying all carbohydrates are bad – it's just that you need to understand how to make them work for you, instead of defeating you. That intense craving you have for coffee, a sandwich, French fry, or sweet is your body telling you it's out of control and you're addicted. True energy in your body is made out of anything you eat – your body doesn't need sugar to make it to keep your glucose-fueled brain happy – it's designed to convert fat and protein into it. And having more sugar than you need for immediate energy, especially from fructose, is rapidly stored as extra fat on your torso. Learn to eat for real, sustained energy, not a quick sugar or caffeine fix.

3. When Hungry, Eat Protein, Fat, then Good Carbs

Are you hungry? *If you're not, DON'T EAT!* If you are, read on. The key to managing blood sugar and keeping your food cravings in check is in grabbing the right food **EVERY TIME** you're hungry. If you start with a carbohydrate, like an apple, a bagel, cookie or even a carrot, your blood sugar will start to spike, and you may feel OK to stop eating for a little while... until your blood sugar drops. The USDA recommends that Americans eat 15-35% of their calories from protein, while studies show most folks eat only 14-15%. So, we can easily eat more protein, and guess what? Protein and fat promote satiety – keeping a happy stomach for a lot longer keeps the cravings at bay. Your blood sugar will thank you. Once you've taken care of the protein and fat, following up with vegetables and low-sugar fruits is just fine.

4. Embrace Colorful, Flavorful Food

I know a lot of people that eat bland, white and brown food, but they're missing out. Ever noticed how deer will eat the red colored flowers in your yard? They're programmed to relish colorful food, and so should you. Why? Food with the most color is the most nutrient dense! Red, yellow and orange peppers, purple blackberries, red salmon, deep green kale, rich yellow egg yolks, orange yams, red grass-fed, organic meat, green avocados, and colorful herbs and spices like basil, curry powder, Cayenne pepper, rosemary, etc. Whether you're a "mingle them together" in flavorful stews, ethnic surprises, and salads with a dozen ingredients or an "I want to see everything I'm eating" type, real food has life and color. One tip – look at equatorial cuisines for food inspiration – most are packed with nutrients with a lot to like and a lot to inspire SAD eaters to change their stripes. Find something new to enjoy! If you need ideas on where to start, just ask!

5. Remove Fake Food from Your Life

You'll have less to be tempted with if you make a full commitment to getting the "fake" food out of your life. Clean out your refrigerator and pantry, and get rid of anything with more than 5 ingredients, and anything that's not on the food list. Yes, I know it seems harsh, but if you're going to eat real food, do you really want to eat food that isn't in line with your goals? This is about losing weight and keeping it off. *For good.* So, even though it may not be comfortable, kiss it goodbye. If you have loved ones fighting to save their favorite junk food, negotiate. Get rid of most of it, and let them have whatever will keep them at bay, perhaps in their own basket or separate cabinet. Their bodies need real food, too.

6. Pre- and Post-Workout Planning Pays Off

Want to increase your performance and the effectiveness of your workout? Easy, plan for success! Hydrate with water before, during and after your workout. Eat 1-3 hours before your workout – even if you work out first thing in the morning, eat 130-300 calories before leaving home so you have energy to make it through your workout. And after your workout, make sure to hydrate and have protein and carbohydrates to feed your muscles and speed recovery.

7. Plan Your Day for Results

"Proper planning prevents poor performance" is especially true. If you'll be going out to dinner and have any influence at all over where you'll be eating, suggest a restaurant where you'll find good food (and your dining partners can, too) one that serves *REAL FOOD*. If going to friends, bring a healthy dish that you'll feel good about eating. Busy day? Make sure you start off with a good foundation for the day ahead, and plan for snacks (protein, fat, good carbs) to nip cravings in the bud. Invest in an insulated lunch bag, a cooler for your car, appropriate containers, so you'll have food available when your body needs it. And plan ahead for dinner at home, so you can eat a good meal – plan for a healthy appetizer if it helps when you come home ravenous – soup, olives, nuts, veggies.

So, What Do I Eat to Lose Weight?

The point isn't to starve. Your body needs food to create energy and run all of the systems in your body. And this is not about calories – if you eat real food, you won't need to obsess about calories, and you'll start to look more like the slimmer people in those old movies rather than the chubby people at the mall. Here's a list of real foods that you can choose from every day:

Organic, grass produced meats (no fattening growth promoters, drugs, hormones, GMO feed, etc. and make sure it is grass-finished, not corn-finished)	Beef, bison, lamb, pork, poultry and wild game
Low mercury fish and seafood (ask where the fish is from, and avoid sources that could have toxins – generally NW rivers and Pacific Ocean are good)	Anchovies, catfish, clams, crab, crayfish, flounder, haddock, herring, mackerel, oysters, perch (ocean), salmon, sardines, scallops, shrimp, sole, squid (calamari), trout
Vegetables – LOTS! 1/3 dark, leafy greens 1/3 bright colored vegetables 1/3 sulfur containing vegetables (broccoli, cauliflower, cabbage, Brussels sprouts, onions, garlic)	Arugula, asparagus, avocado, beets, beet greens, bell peppers, broccoli, Brussels sprouts, burdock root, cabbage, carrots, cauliflower, celery, collard greens, dandelion greens, eggplant, fennel, garlic, green beans, kale, leeks, lettuces, mizuna, mushrooms, mustard greens, red cabbage, squash, sweet potatoes, tomatoes, yams
Fruit (fresh or frozen, not dried or canned or juiced, no more than 2 servings per day)	Apricots, blackberries, blueberries, cantaloupe, Casaba melon, sour cherries, figs, grapefruit, guava, jackfruit, lemon, lime, plum, pomegranate, raspberries
Eggs	Organic, free-range, chicken or duck eggs
Nuts and seeds (raw is best, unsweetened nut butters are OK)	Almonds, Brazil nuts, chia seeds, flax seeds, hazel nuts, hemp seeds, macadamia nuts, pecans, pine nuts, pumpkin seeds, sunflower seeds, walnuts
Healthy fats (choose several to get a variety of types of fats, short, medium & long chain)	Avocados, coconut, flaxseed, extra-virgin olive, walnut, macadamia, and avocado oils
Herbs and spices (add nutrients and aid digestion, can consume as tea, too)	Allspice, anise, basil, cilantro, cinnamon, cloves, coriander, cumin, dill, fennel, garlic, ginger, marjoram, mints, nutmeg, oregano, paprika, parsley, peppers, rosemary, saffron, sage, tarragon, thyme, turmeric
Condiments (read the label – no agave, brown rice syrup, corn syrup, wheat, corn, soy, or milk products, or anything with a multi-syllabic chemical name!)	Vinegars in moderation, unsweetened ketchup or salsa, mustards, horseradish. As for sweeteners, if you absolutely need something to ramp down your intake, stevia and xylitol are your only choices – they have no effect on blood sugar and aren't carcinogenic.
Beverages	Water, green tea, and try to gradually cut down to 1-2 cups of coffee per day. Organic unsweetened almond, hazelnut, or coconut milk.

How Much Do I Eat and When?

Maintaining even blood sugar is the goal. Hunger or cravings are a signal that your blood sugar is dropping. Your brain runs on glucose and is excellent at letting your stomach know when it needs more. The key is to retrain your body and your brain to behave as if there really isn't an approaching famine, and that they can relax and expect fuel as they need it.

So, you need to head things off at the pass and get food into your body **BEFORE** you're ravenous. Now, I know some of you aren't breakfast eaters, but at least give some thought as to when you'll be hungry the first time each day, and try eating 45-60 minutes before you hit that low point. For you breakfast lovers, read on!

Starting with a template of eating 3 meals a day, with 2-3 snacks, divide up your total daily allotment of fat and protein, as in these examples:

Meal	120 lb. female 72g protein/day 62g fat/day	170 lb. female 102g protein/day 80g fat/day	205 lb. male 123g protein/day 98g fat/day	275 lb. male 165g protein/day 132g fat/day
Breakfast	10g protein 10g fat	15g protein 12g fat	27g protein 16g fat	36g protein 20g fat
Snack	7g protein 8g fat	9g protein 11g fat	10g protein 14g fat	13g protein 19g fat
Lunch	15g protein 13g fat	30g protein 15g fat	30g protein 18g fat	40g protein 26g fat
Snack	7g protein 8g fat	9g protein 11g fat	10g protein 14g fat	13g protein 19g fat
Dinner	20g protein 15g fat	30g protein 18g fat	36g protein 22g fat	50g protein 30g fat
Snack	7g protein 8g fat	9g protein 11g fat	10g protein 14g fat	13g protein 19g fat

These are rough amounts, and if you don't have that many snacks, you can move the allotment of fat and protein for each snack you miss into the meal before or after. Or, you can even out the protein and fat throughout all of your meals. Experiment and see what works for you, *just as long as you eat protein and fat EVERY time you eat!* The idea is that if you start out with a good amount of protein and fat, your blood sugar won't spike, and each time you eat, eating protein and fat will keep your blood sugar on an even keel. The chart on the next page gives you an idea of how protein and fat you can find in several foods, so you can mix and match to meet your goals.

That's an awful lot of numbers to think about. But the rest is pretty easy!

Now, we've talked a lot about protein and fat – but they'll only get you so far... if you look at the foods on the food list, we've covered meats, fish, eggs, nuts and seeds. They're strong in amino acids, essential fats, B vitamins, vitamin E and minerals like zinc and iron, but you need the nutrition from vegetables, fruits, and herbs and spices, too – they have many vitamins and minerals not found in the protein and fat foods, like antioxidants, electrolytes, trace minerals, and phytonutrients. Once you get the right amount of protein and fat, then you can fill up on as many vegetables as you like, or one of your servings of fruit.

Nutrition, Not Calories

The reason we don't worry about calories is that once you've taken care of the fat and protein, it's darn near impossible to get more than an appropriate number of calories from eating what's left on your food list. Feel free to eat as many vegetables from the list as you want, using the condiments and your fat allotment to jazz things up. And, no more than 2 half-cup servings of fruit from the list.

If you want a concept of how much, you want to shoot, at a minimum, for a balance of 3 1-cup servings of leafy greens, 3 half-cup servings of colorful vegetables (peppers, tomatoes, beets, carrots, red cabbage, squash) and 3 half-cup servings of cruciferous, sulfur containing vegetables, (broccoli, cauliflower, cabbage, Brussels sprouts, onions, garlic). But feel free to have more, if you're still hungry!

Building Meals

You probably grew up in a 1 meat/1 veg/1 starch world, or you may be familiar with the Food Pyramid/MyPlate propaganda foisted upon the public.

Put that aside for a moment. The foods on your list will give you more nutrition than any of that, with fewer calories, for better energy and better health for you. And, you can eat some really good, satisfying food.

So, how do you build a meal? If it's lunch or dinner, your plate will be covered 1/4 to 1/3 protein, and the other 2/3 to 3/4 vegetables, with possibly a little fruit or nuts. Something like these:



1st Row, photos L-R:

Asparagus, beef tenderloin, mushrooms, cauliflower puree; Turkey, hazelnut, tomato and carrot salad; Pepper, mushroom, spinach & broccoli frittata

2nd Row, photos L-R:

Shrimp & langoustine salad; Lamb shank with stewed vegetables AND mixed vegetables; Kale, squash & lamb sausage sauté with pomegranate

Eating on the Run

There are three big tips to eating on the run, either plan ahead and take something you can control, make sure you strategize to grab food somewhere with healthy choices (you'd be surprised where you can find protein food and vegetables!) and last, consciously make the best choice you can, given the circumstances.

Here are some ideas for choices you can make:



Photos L-R: Berry smoothie, packed for after workout; Evolution Fresh double chicken & lentil salad (custom ordered); shrimp to go; Chinese quick buffet, carefully selected; organic Turkey Jerky, Roasted Coconut Chips, Mixed Nuts

Surviving Restaurant Eating

Most restaurants have vegetables and fish or meat. If there's something that comes with those that you shouldn't have, like bread, rice, corn, or potatoes, ask to substitute one or two extra vegetables. And ask for a salad with olive oil and lemon or vinegar instead of that bread basket. There are a lot of people running around with gluten and dairy allergies, so asking for food without them shouldn't be a deal breaker in restaurants – it's an ADA issue for the folks with allergies, and restaurants must accommodate them.

For ethnic foods, avoid Chinese or Japanese food if you can – Vietnamese or Thai is much easier, and Mexican can be OK, just be conscious and careful of what you're ordering. Make sure you order enough protein and vegetables to get you through to your next meal.

For lunch salads, to avoid starvation an hour and a half later and that mid-afternoon crash, order double chicken, nuts instead of croutons, extra avocado, and olive oil and vinegar instead of their heavily sugared, bottled dressing.

If you find yourself at happy hour with coworkers, shrimp (not fried), olives, nuts, veggies and hummus, or simply a salad or entrée would be your best strategies if you need to eat something. (Or, eat a healthy snack before you go, or hold out til dinner.)

Shopping List

Produce - Vegetables

arugula
asparagus
avocado
beets
beet greens
bell peppers
broccoli
Brussels sprouts
burdock root
cabbage
carrots
cauliflower
celery
collard greens
dandelion greens
eggplant
fennel
garlic
green beans
kale
leeks
lettuces
mizuna
mushrooms
mustard greens
red cabbage
squash
sweet potatoes
tomatoes
yams

Produce - Fruits

apricots
blackberries
blueberries
cantaloupe
Casaba melon
sour cherries
figs
grapefruit
guava
jackfruit
lemon
lime
plum
pomegranate
raspberries

Dairy Case

organic, free-range, chicken
or duck eggs

organic unsweetened
almond, hazelnut, or
coconut milk

fresh salsa
fresh guacamole

Meats and Seafood

(Organic, grass-produced)

beef
bison
lamb
pork
poultry
wild game

(Wild fish)

anchovies
catfish
clams
crab
crayfish
flounder
haddock
herring
mackerel
oysters
perch (ocean)
salmon
sardines
scallops
shrimp
sole
squid (calamari)
trout

Condiments

fermented vegetables
horseradish
mustards (sugar/wheat free)
salsa
unsweetened ketchup
vinegars
other sauces that follow the
rules (Barcelona's at Whole
Foods has some great ones)

Oils & Vinegars

avocado oil
coconut oil (look for a jar)
flaxseed oil
extra-virgin olive oil
walnut oil
macadamia oil

Spices & Pantry

allspice
anise
basil
cilantro
cinnamon
cloves
coriander
cumin
dill
fennel
garlic
ginger
marjoram
mints
nutmeg
oregano
paprika
parsley
peppers
rosemary
saffron
sage
tarragon
thyme
turmeric
stevia
xylitol
arrowroot or potato starch

almonds
Brazil nuts
chia seeds
flax seeds
hazel nuts
hemp seeds
macadamia nuts
pecans
pine nuts
pumpkin seeds
sunflower seeds
walnuts
sugar free nut butters
shredded coconut
nut or coconut flours

What NOT to Eat and Why

No, it's not a mistake – these items are NOT on the list... Why? You want to lose weight, don't you...

- Cereal grains (wheat, oats, corn, barley, rice, quinoa, etc.)
- Processed foods (does it come in a box?)
- Dairy products
- Potatoes
- Legumes
- Refined sugar
- Refined vegetable oils (soybean, corn, canola, safflower, sunflower, Crisco, margarine, etc.)

Seriously, beyond sugar and unhealthy oils, it's all about digestion. Sugar promotes a bad balance of flora and fauna in your intestines, and legumes, grains, dairy products, and more sugar can actually cause damage in there.

Also, it's estimated that 45% of Americans have a food intolerance or allergy and don't even know it. Over half of these are likely to have a problem with gluten containing grains and/or milk. You don't have to go into anaphalactic shock, but it may be the thing that promotes your keeping on weight you don't want. And this could be part of your problem. *Try it for 6 weeks, and see how you feel, and you can try adding them back one at a time and see if you feel a difference.*

How Do I Calculate Protein, Fat & Calories?

Everyone always wants to know how much. Here's a chart that gives you the grams of protein you need, which should be about 20-25% of your calories each day. The calculations above were figured at 23% of calories for the middle activity category below, which is where most clients are, which pretty much matched the calculations below. One can calculate protein for lean body mass, but you end up at a similar place, as there's a range of protein consumption that's OK, so this is easier.

Couch potato	Weight in pounds X .4
Exercise 2-5 days per week	Weight in pounds X .6
Extremely active	Weight in pounds X .75

Fat should be about 30-40% of your calories each day. If you don't know how many calories you need, ask. It's a simple calculation using your age, height, and weight.

And, if you're wondering about how many calories you should eat, Google Basal Rate Calculator, and you should be able to enter your height, weight, and age, which will give you the number of calories your body uses. Then, you adjust for your activity level, and how much weight you want to lose (3500 calories per pound) over what period of time, and that will give you the number of calories you should eat.

However, it's just as simple to eat a good amount of protein and fat, and eat real food as we've discussed, and you'll probably fit well within your calorie range. If this doesn't work for you, then let's talk.

So, What About my Gut?

All this great food can't nourish your body if you can't digest it properly. How do you know if your body is up to the task? Here are a few quick questions to find out:

- Have you been on oral antibiotics in the last 2 years? (Yes = 1, No = 0)
- Do you eat a lot of white food (bread, pasta, rice, baked goods, etc.)? (Yes = 1, No = 0)
- Do you have gas after a meal or between meals? (Yes = 1, No = 0)
- Do you have heartburn or gastric reflux (GERD)? (Yes = 1, No = 0)
- Do you have problems with depression, anxiety or ADHD? (Yes = 1, No = 0)
- Do you have 1-3 bowel movements a day? (Yes = 0, No = 1)
- Do you often strain with hard stools or have diarrhea? (Yes = 1, No = 0)
- Do you have hemorrhoids? (Yes = 1, No = 0)
- Do you have any other pain when digesting your food? (Yes = 1, No = 0)

If you scored 1 or more on the quiz, your digestion may need work. Did you know we have more cells of these in our intestines than in the entire rest of our bodies? We have 3-5 pounds of up to 500 kinds of creatures living inside us helping us digest food. There's a little battle going on inside us every day, as some groups proliferate, while others are reduced. We want lots of good guys to be digesting, and not too many bad guys who can wreak havoc in there. We can greatly influence this by what we do. Here are a few things to know:

- Taking a good probiotic every day can help the good guys win. Try 5-10+ billion organisms of lactobacillus (think little intestine) and bifidobacteria (think big intestine).
- Oral antibiotics kill off indiscriminately - it can take a very long time to get your balance back. Ask your doctor if an antibiotic is the only choice, and never take an antibiotic without a probiotic.
- White foods = sugar. Sugar feeds yeast, or candida, which glops up the inside of your intestines, sticking to the walls, preventing food from being absorbed. Eating a low sugar, high nutrient diet and taking an antifungal medication can remedy this.
- Gluten and genetically modified foods (GMOs – typically corn, soy, and sugar beets) cause damage in EVERYONE's intestines, not just those with a food allergy. This damage limits nutrient absorption and can be a factor in causing many serious diseases. Best to avoid these foods.
- 90% of your serotonin and most of your dopamine is produced in your intestines. Vitamin B12, which is important for brain function, needs 3 separate processes working properly to be absorbed from your food. Poor digestion can create "foggy brain", depression, anxiety, or ADHD symptoms. Eating well and fixing your digestion may in time reduce the amount of medication you take for any of these issues.
- As we get older, our digestion becomes less efficient – we may not produce stomach acid or digestive enzymes like we used to, making it difficult to digest proteins and fats. Drugs for acid reflux and proton pump inhibitors can be harmful - it's worthwhile to seek out other solutions to these problems. Preventing acid is not a good idea – we need it to break down our food, and can take HCl if we need more. And, we can take digestive enzymes with meals to jumpstart our digestion. Ask a doctor for help here – a naturopath, integrative, or functional medicine doctor may be quite helpful.
- Surprisingly, intestinal parasites are quite common, and can be picked up from all kinds of foods, swimming pools, laundry, etc. For example, roundworms can grow to up to 3' long inside you, pinworms can be quite itchy. These parasites compete with you for nutrients in your food. DNA stool tests are available that can identify what exactly is living inside you, and pinpoint how to get rid of any bad guys and fix any of the other problems above.