

# **TRANSFORM**

**A ROADMAP TO FITNESS**

Robin Ann Rheume

# Foreword

My thanks to Jeremy, Susie and Mui Lian for your feedback and insight.

Thanks also to my editor June Hoo who knows her principles from her principals much better than yours truly.

This book gives a detailed description of how I transformed my body from a state of obesity to one of fitness. Along with this plan, I have described my own experience of losing weight. I hope you'll find this personal perspective useful should you decide to follow any of my recommendations.

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aka "Anne"

30 September 2003

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# Chapter 1: Introduction

*"... whatever diet you choose, we know that you can take the weight off," said Judith Stern, professor of nutrition at the University of California at Davis and vice-president of the American Obesity Association. "But we also know that no matter what, after about two months of dieting, you will stop losing weight and plateau and will start regaining unless you exercise regularly, have social support and decrease stress. It is a tremendous effort to keep the weight off."*

– Associated Press

I am writing this book at the request of many friends and acquaintances. Apparently what appeals to most people is not simply that I lost weight but that I look fit & healthy. I don't have that haggard look or grey pallor which many dieters acquire through months of deprivation. Somewhere along the line, I seemed to have figured something out. Everyone wants to know the secret.

Please note, however, that I have no medical training. Nor am I a qualified nutritionist or naturopath. I do, however, know a fair amount about all these areas; my quirk is that I am a bit of a polymath. I am full of factoids and can bore you with stats on most subjects. However a word of caution: although I am fairly rational, I embrace many unsubstantiated theories based largely on anecdotal evidence i.e. I sometimes favour intuition over logic and may back an idea based on very scanty evidence.

As for *my* dietary prescriptions – I'm my own success story. I do not run a clinic where thousands of people have changed their lives. I'm not a fitness guru with hundreds of followers who can testify to my system. It's just me, myself and I.

If you find a flaw in my logic, a wrong fact or simply evidence of a basic failure to grasp reality, then let me know! I welcome comments from anyone who has some refinement or correction to offer.

I do not profess to be original in any way – a sure sign of delusion in most cases. I'm not trying to reinvent the wheel. What you will find here is a compilation of ideas pulled from different sources. This plan is my compilation of the "Best of the Net" though my sources are not limited to cyberspace. I have also read extensively and watched the success and failures of dieters around me for years.

I will list all my resources and links in case you want to follow up on any aspect in more detail. I'm not stealing anyone's ideas; I am promoting them. And, as I am not charging for this book, no one can claim I am profiting from the proprietary work of others.

Before we start, let me offer the usual health warnings: if you currently lead a fairly inactive lifestyle, then PLEASE **check with your doctor** before going to the gym for the first time! The gym stff can get pretty intense so don't give yourself a heart attack. If you were a great squash player when you were 20 but have been sedentary for the past 10 years, do not kid yourself (no pun intended).

As for the dietary changes, I don't believe they are anything but positive for everyone ... but again, if you have some weird condition or food allergies then SEE YOUR DOCTOR!

I did not consult my doctor before adopting these changes as I was already in relatively good health and fit. In fact when I finally went in to see my doctor 6 months after I began the programme, he asked if I could give *him* some tips on losing weight!

Don't be stupid. Be sensible. You know yourself.  
Good – that's the disclaimer stuff out of the way.

## **The Secret**

First off – there is no secret. I spent a lot of time reading books and surfing the net to pull together a plan that I believed would work for me. Everything is included here. There are no further esoteric teachings that you can squeeze out of me over coffee. There is no advanced version of the plan. This is IT.

And what exactly is IT? Well, let me say what this is NOT. THIS IS NOT A DIET!!! I have made no temporary changes for the sake of weight loss. My focus has always been on optimal health. The weight loss is a bonus. OK I'm lying. The weight loss was a goal – but not the primary one.

My primary goal was actually to be happy. This sounds rather trite, but there you go. I'm basically a scientist at heart. I think the secret to happiness can be summed up in two words: brain chemistry. To have good brain chemistry, you need good health. Put the right stuff into your body, give it the water, supplements and exercise it needs and most other things will take care of themselves. So far, this seems to be true. Like everyone, over the years I've had a number of ups and downs. I've found, however, that I have become extremely resilient since I made my fitness a priority. It's not always easy, but I can confidently say that anyone who adopts these changes will benefit from them – even if you have no weight to lose.

The hardest thing about this programme is getting other people to accept it. Food is an instrument of social intercourse. If you turn down a glass of wine or a piece of cake, some people will be unhappy. Others will even get offended. It is amazing how other people want to have control over what you eat and drink because once you start making healthy choices, they start to feel guilty. Somehow they take it as a criticism of their own choices. So yes, occasionally one does have to eat a pizza to keep the peace.

## **The Story**

This next section is really just about me and how this all came about. It's not essential to the plan but helps to put it in context. As I said, what works for me might not necessarily work for you. I'm just explaining me a bit now. In any case, if you are going to take anyone's advice, it's worthwhile getting to know them a bit. I'd like to say I'm completely reliable and you can take my word for it but then I would say that, wouldn't I?

In July 2002 when I embarked on this plan, I was 36. I had been unhappy with my weight since the age of 16 and had, over the years, tried many diets. I wasn't really fat to start with (a mere 47 kg at a height of 154 cm) but fat seemed to accumulate with each failed diet and exercise regime. By the time I was 36, I had a body mass index of 32, making me technically obese.

I was fortunate not to have any other significant health problems. I almost never fall ill and I've always been active in sports. I don't smoke and drink only moderately.

I assumed that my size was largely the result of genetics. My mother has grappled with a weight problem most of her adult life. My father, brother and sister, on the other hand, are quite lean. It seemed that I got the fat genes.

Although I had tried many diets along the way, subconsciously I believed that, as a sign of maturity, I would eventually grow to accept my body image. Failure to do so was simply vanity. Yet eventually I realised I was just never going to be that mature. If self-respect means vanity then I'm admittedly vain. I needed to crack this weight thing once and for all.

But this time I had an advantage. The difference between losing weight in 2002 versus, say, 1982 (which is probably when I went on my first diet) is the key to my whole success story: access to information. We no longer are subject to the few theories of those able to publish or produce

videos. Who was around in 1982? Richard Simmons and Dr. Atkins, I suppose. But now the fountain of all knowledge is sitting on every desktop: the Internet. I can trawl through the stories and theories of every Tom, Dick and Harriet. And many of those people have figured a few things out.

## Starting Off

After some preliminary research, I decided to base my plan on some basic assumptions:

1. It is normal to be fit, lean and healthy – to not be so is abnormal
2. At any point in time, my fitness is a function of
  - (a) genetics,
  - (b) environment, and
  - (c) personal choices
3. In my particular case, genetics and my history of dieting have left my metabolism unable to cope well with the modern, popular diet of high carb, high fat processed foods.

The first point is more controversial than you'd think. There are leagues of unsuccessful dieters i.e. fat people who would accuse me of being a body fascist. Well I tried the "love yourself the way you are" thing and it didn't work. So if you are among those offended, this is NOT the book for you. Sorry!

It's important for you, dear reader, to understand the value of my assumptions. They are assumptions about myself. Each of you has her own set of genetics and environmental influences. I'm a Caucasian woman of French and Irish descent, blood type O negative, in case you are interested. I believe that I'm not genetically capable of coping well with certain foods. In my case it's rice, potatoes and bread. But if your genetics are different, this programme may not be so suitable for you or it will require some tweaking.

At all times you should be fully involved in the dietary changes you make. Don't follow my recommendations blindly. Consider each given your own personal circumstances and decide if they are appropriate for you. I have a friend who would literally pass out if she did not get her daily rice requirements. She wants to lose a bit of weight but THAT particular recommendation is not for her.

Don't work hard. Work smart. Think about what you are doing. I'm telling you what has worked for me, but at the end of the day, I expect that what works for you will be a variation of my plan. You need to make adaptations which will make this a plan you can follow FOR LIFE. Otherwise it will fail. Be involved in your own transformation process.

## My Goals

I will elaborate on the specifics of my weight goals in the next chapter. I started off with some general aims, namely:

1. to increase my strength and cardiovascular fitness
2. to reduce the percentage of my body fat
3. to increase my metabolism
4. to implement a program which requires the least effort – both physical and mental –for the most gain.

I think the last point is key. There was no way I would be able to transform myself into a full time gym rat. There may be some people happy to spend 10 hours a week at the gym. Not me. I wanted to cheat the system. My goal was to find the most efficient method of getting into shape

and of maintaining that shape. It had to be something that I could incorporate into my existing social and work life. Otherwise I wouldn't keep it up in the long run.

Once you've failed at dieting a few times, you start to half expect failure. So at the outset, I set myself up for success. It was clear there were certain pitfalls to avoid. These were mistakes I'd made in the past which doomed me to failure:

1. Excess calorie deprivation which leads to muscle loss and slowing of metabolism i.e. the normal result of dieting
2. Radical, unsustainable changes; you must be able to maintain lifelong the changes you are implementing
3. Changes which isolate me from normal social interaction

It was clear that the changes would need to be minimised to be sustainable. Having said that, I made a lot of changes but by incorporating them gradually it was surprisingly easy.

I was fortunate because I made the plan up as I went along. This naturally caused me to introduce change progressively. However here you have all my acquired knowledge laid out for you at once. As difficult as it is to make these changes, it will likely take as much discipline to not do everything at once. Yet this is key to ensure the changes are truly permanent.

### **Success**

My weight dropped about 3 kg the first week I was on the plan. I don't attribute this to anything but loss of water. After that, the weight stabilised for a week or two and then started to drop at a fairly constant rate of about 0.65 kg (1.4 lbs) per week. Note that during the initial phases of weight lifting, you may not record any weight loss because you are building muscle as you lose fat. But you will grow smaller. Eventually, the muscle gains will slow while the fat loss continues so the scales will start to record your success.

My weight loss was not initially apparent. In fact few people commented on the change until I had lost over 9 kg – my goal had been to lose 14 kg). At that point, everyone was astounded with the loss and seemed to think it was an overnight phenomenon. I don't believe my body change was anything but gradual but people's perception needs a bit more time to adapt.

I assumed that as I closed in on my goal, the rate of weight loss would slow down. In fact most guidelines suggest that below a certain weight (150 lbs or 68 kg regardless of your height), it is sensible to reduce the loss to about 1 lb (< 0.5 kg) per week. Although the weight loss became a bit more erratic (some weeks 2 kg, the next week nothing), the average rate of change altered very little. I think that my dietary habits had created a new **set-point** that my body was aiming for. Until reaching that point of stasis, it was going to keep losing. So I pretty much kept losing weight until I hit my target weight and then it didn't budge. Until that point, I had no experience of "plateau."

Weight loss is not the only benefit I enjoyed from my lifestyle changes.

- My resting heart rate dropped from about 75 to 55
- My level of Human Growth Hormone (IGF-1) – an indicator of biological age – increased from 203 to 226
- My treadmill test was above the 95<sup>th</sup> percentile for ALL AGE GROUPS i.e. my cardiovascular fitness exceeds that of women 15 years my junior!

My cholesterol levels and blood pressure, which were in normal ranges, are now considered very healthy (170; 110 over 75).

I'd have to say I've been successful.

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\* note that all words highlighted appear in the glossary in Appendix 4

# Chapter 2: Basic Principles

This chapter covers the basic ideas which form the framework for the plan. It's valuable to consider each of these areas before starting so that you can see the forest for the trees i.e. get the broad concepts and tools before concentrating on the details.

## Motivation

If at the end of the day you do not value the end result of this plan, you will not stick to it. You need to have the right motivation. That means you need to (a) know WHY you want to change and (b) have a clear idea of what you want to achieve. For example, "The reason I want to change is that I'm sick of feeling fat, unattractive and out of shape. It's depressing. What I want to achieve is a very high level of fitness, an excellent shape and an improvement in self esteem, confidence, mood, etc."

The value of the transformation process should be very clear in your mind because, from time to time, you will find yourself with a choice: Go to the gym or not? Eat this piece of cake or not? It's then that you need to clearly be able to say to yourself, "I'd rather have the benefits of my transformation than the temporary feel good factor of this glass of wine."

## Starting Point

It is said that you cannot know where you are going unless you first know where you are. Knowing where you are can be as simple as stepping on the scales. But I believe that a complete health assessment is more valuable. Weight is just one of many ways to measure your health. You should start with a good picture of your fitness in order to plan and track your progress.

Most gyms offer some form of health assessment and these are usually quite cheap. They are not always highly accurate and are often administered by people who know little about what they are doing. Choose this alternative only if you have financial constraints.

A much better option is to get a complete physical. Your doctor should be able to recommend a health clinic that does complete screening. This will include various blood tests, stress tests, blood pressure, etc. As a minimum, get your body fat, blood pressure, cholesterol and **homocysteine** levels confirmed and do the treadmill test. You might also want to check your DHEA and Human Growth Hormone levels. Unless, however, you have some specific concerns, don't waste your time with chest x-rays and spirometry tests. These tell you little and cost a lot.

## Weight Goal

Work out your goal and repeat it to yourself regularly. Make it very specific: pick a target weight and the date you want to achieve it. Make sure you give yourself enough time to reach the target. I would recommend planning for the following weight loss rate:

Current Weight	Rate
< 150 lbs (68 kg)	1-1.5 lbs (0.5-0.7 kg) / week
> 150 lbs (68 kg)	1.5-2.5 lbs (0.7-1.2 kg) / week

Don't pick a goal randomly. Make sure it is meaningful and sensible. There are many stupid weight charts out there giving ridiculous target weights. For some good feedback on choosing your ideal weight, take a look at: <http://www.halls.md/ideal-weight/body.htm>.

Take into consideration your bone structure and muscle mass. If possible, get your body fat estimated (you can do this at most gyms with a calliper test) so you know your lean body mass.



My goal was to lose 17 kg in 9 months. My target was 6 kg above most recommendations for my ideal weight. Given my bone structure (large – even for a Caucasian) and my moderate muscle mass, I thought a target **body mass index** of 24-25 would be right. Having reached that target I think I can safely say it was well chosen as I now have the basic form I was aiming for. If I were to lose another 6 kg in line with the experts' ideal weight recommendations, I would look skinny and sickly.

### Non-weight Goals

You should set other goals besides weight so that you are focused on overall fitness, not just the scales.

- if you have access to fat pinch **calipers**, then set a body fat target
- if you have a heart rate monitor, then set a target **resting heart rate**
- choose a cardio machine and set a target work rate to be achieved over 20 minutes or a target time to cover a set distance.
- Measurements. See the appendices for the different body measurements you can use to track your progress.

All the goals above are better measurements of health than weight. They are just a bit trickier to track. If you need more ideas, try Rob's Home Fitness Testing:

<http://www.topendsports.com/testing/hometest.htm>

I also had a variety of milestone type goals that I set for myself. You can make up your own but these will give you the basic idea:

1. Get Selected for 1<sup>st</sup> Squad in Dragon Boating Team
2. Fit into size 8 pants
3. Keep up with front pack in Bike Hash
4. Complete 5K fun run
5. Complete a Mini-Triathlon
6. Beat Chris at Tennis!

Although these are just one-off goals, they are quite satisfying. But you need to be realistic. Actually I would love to run a marathon. But it will never happen no matter how fit I get. I had knee surgery a few years back and have had to resign myself to a slightly more sedentary existence. I'm extremely disappointed at this but I'm not interested in re-injuring my knee just to say, "I did it." I need my knees for other things. So in this way I've had to tailor my goals to something realistic.

### Using Goals: Visualisation Techniques

This is the flaky part. In order to create transformation, you need to use all your resources including your heart and mind.

Your goal should be more than a target: it is you waiting to happen.

Each evening before going to sleep, visualise looking at the calendar and see the date you plan to reach your target. Then, in your mind, step on the scales and see your target weight appear. Look at yourself in a mirror in your mind and visualise the shape of your target body.

Nuts right?

Well there is A LOT of evidence that visualisation techniques like this are very effective. I have even met one woman who lost weight doing nothing more than visualisation. Some dieticians say that this is a mental technique for changing your **set-point**. That may be so.

At worst, this technique is useless – it does not harm. If it doesn't work, then no loss. If it does, then all the better.

For further exploration of this area, look into visualisation techniques and neural linguistic programming. Try seminars by the likes of Anthony Robbins, Asia Works or The Alpha Principal.

### **Track progress**

This may not be absolutely necessary but it is encouraging for you to be able to witness your progress on days when you're feeling miserable. You can get as fancy as an Excel spreadsheet with calculations estimating body fat or body mass index. Alternatively, you can just write your weekly weigh-in on the fridge. What is essential is to ensure that you are not slipping or even plateauing – that progress remains on track. Keeping records of your progress will give you the discipline to make sure you do not lose sight of your goal.

### **Trick Your Body**

Your body is an amazingly adaptable machine. It can adjust to almost anything you throw at it. Ask anyone who tried cutting his/her calorie intake what happened. They'd tell you they lost weight at first but then it leveled off. The body will change the base metabolic rate to adjust to the calorie deficit. The same goes for exercise or just about anything you try.

This book is full of recommendations and it is presented as a series of steps. DO NOT do everything at once in an effort to trigger an overnight transformation. If you use up everything in your bag of tricks at once, you may find your improvements plateauing sooner than you would like.

Introduce the changes one at a time. Each time your body adjusts, add a new one. I tended to introduce new patterns of behaviour on a weekly or bi-weekly basis. That's how long I figured it would take before my body would adjust.

### **Never Diet Again**

Diets do not work. People who embark on diets almost always gain the weight back after the diet ends. This plan has NO END. This is NOT a diet. Don't Diet – rather *change* your lifestyle. Repeat after me: I will never diet!

Calorie deprivation has a terrible effect on the body. It messes up your metabolic rate. The body, which has evolved to cope with feast and famine, starts to panic: FAMINE!!! The metabolic rate slows to conserve energy. So when the food does finally arrive it's FEAST!!! Time to store fat.

Repeated dieting puts the body under enormous stress and causes what I'll term "metabolic harm" – i.e. the metabolism slows with each diet. We are trying to achieve optimal health here. Diets do not.

So DO NOT make temporary changes. Every change that you introduce should be a change you can live with FOR LIFE. Initially, some of the changes may seem difficult. After being conditioned your whole life to enjoy a diet which is largely detrimental to you, it's hard to give it up. But what I found is that the addiction to our modern unhealthy diet is mostly a psychological one. Physically, your body can quite happily adjust to healthier options. You just need to get your head around the idea – that's the tough part. Once you decide to change, it's really fairly easy.

And that's another reason to introduce the changes slowly. If they will be permanent changes, you will need time to accept them and make them your normal habit.

There may be one or two adjustments which you decide are temporary but by and large this programme is about shifting your patterns of behaviour to those of permanent health.

### Attitude

Don't torture yourself over your decisions. When you are looking at that thick, moist brownie a la mode or that fragrant Hokkien fried mee, don't start saying to yourself, "I want that thing sooooo much but I cannot have it! I have to have willpower! This is murder but I will not take it!"

Cut that mindset out.

Just say to yourself: "Not Interested." End of story.

As Yoda once said: Do not Try. Be or do not Be. There is no Try.  
Or as Nike says: Just Do It.

### Potential

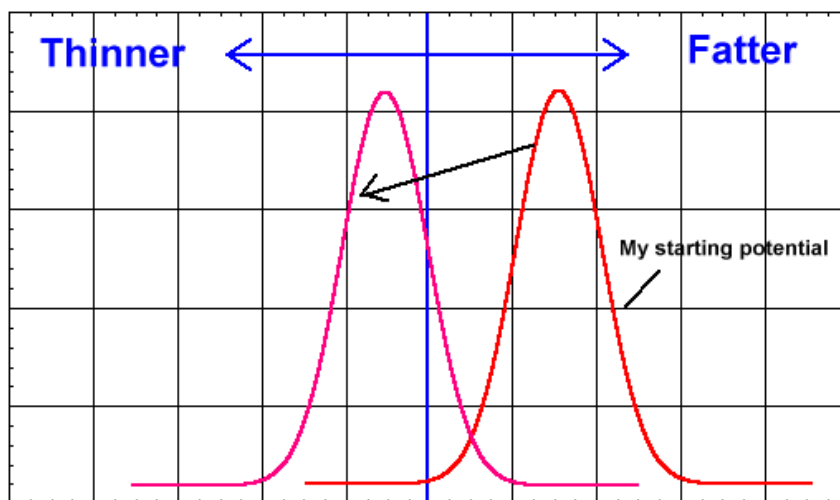
This is the philosophical part. It's the philosophy behind the whole thing. The unifying principle.

If you are a real cynic then skip ahead now. This is very arty-farty.

I believe that just about anything is possible but not everything is likely. The universe as we know it is potential expressed. Everything else is unrealised potential.

I started all this when I was fat. Yet within me I had the potential to be thin. So why wasn't I when others were? Unfortunately, because of the lifestyle I lead and my own personal predispositions to obesity, it was not *likely* I would be thin. Other people, because of different genetics, have different potential. Some can follow a modern diet and not be fat. Their probability patterns for obesity are different than mine – lucky sods!

So I needed to change the odds in my favour. I needed to improve my potential for being thin. Let's say the curve below represents my potential for being fat or thin. To be thinner I must therefore move *along* the curve or *move the curve* as a whole!



Some people already start out where I wanted to go. Other people's odds are even worse. But the fact is that nothing is a certainty. We all have different potential and all you can do is make changes which improve your odds of being thin or healthy. Understand this idea: You are just shifting your odds ... nothing is a certainty.

If I were to keel over tomorrow of a heart attack, some punter would say that it proves my theories do not work. That's nonsense. Maybe if I had not introduced these changes, I would

have been dead 3 months ago. Nothing is foolproof. If 100 people follow the plan and only 95 are successful then does that mean that the 5 disprove the system?

Potential is more than just what you do to your body. It's about your entire relationship with reality. You are trying to change your reality: your entire being should be involved in the process. It's not just your body that should become thin. It is also your heart and mind. Use all your resources to shift the curve.

Of course moving the curve is not all there is: you can also move along the curve. You can be sitting out on the thin tail or the fat one, so to speak. Or maybe you just find yourself smack in the middle. Moving along the curve is the part which requires a bit of magic. That's where your visualisation, attitude and outlook kick in. For you skeptics, don't worry about it. You can skip this part and still get a lot of value. But for those of you who want to explore this idea more, try reading Deepak Chopra's The Seven Spiritual Laws of Success. You can get it from Amazon. I, personally, discovered this book on the net as a free PDF download.

[http://groups.yahoo.com/group/bowelcleanse/files/cleansing.n3.net/The\\_7\\_Laws\\_of\\_Success.pdf](http://groups.yahoo.com/group/bowelcleanse/files/cleansing.n3.net/The_7_Laws_of_Success.pdf)

Note: I do not know if this version is a copyright violation. I can say, however, that thanks to this download, I have since bought several of Chokra's books. So it was pretty good free advertising.

OK now that we've got the hocus pocus covered, it's on with the show.

# Chapter 3: The Plan

Here are the changes I made in the order I made them. There is a certain progression to it but the adaptations were largely triggered by new information as I discovered it. If you have a more suitable order to incorporate the plan into your life, then go for it. However I do recommend that, in whatever order you tackle these, make sure you tackle stage one FIRST!

If you are simply here out of curiosity and want the whole thing in a nutshell, then you can skip ahead to the summary on page 37 but please bear in mind that the devil is in the detail

I am assuming that you will incorporate each new change on a weekly basis. The information is thus laid out very similar to Dr. Andrew Weil's very excellent [Eight Weeks to Optimum Health](#). Mine, however, is rather more pithy and without the spiritual projects!

Remember that you are attempting to make lifestyle changes. Don't beat yourself up because you simply cannot adopt one of the changes. Making seven of the nine or even two of the nine is still better than doing nothing.

The longer you take, the better. Introduce the changes slowly as you feel your body adapting to each new aspect of the plan. Don't get hung up on the idea that all the changes have to be embraced strictly according to a nine-week schedule.

## Step One: Dump the Sugar Addiction

What first got me to focus on my fitness was not so much unhappiness with my physical form but exasperation at my mental state! I was very agitated and moody. In researching for natural ways to overcome this volatility, I learnt that my symptoms could be the result of sugar sensitivity. I had never considered myself a sugar addict (I've always been more of a bread and potatoes kind of person) but I gave it a try.

Wow. Within days I was able to achieve a calm, even mood that now rarely "blows" ... and I really had been a little hothead. As it happens, eliminating refined sugar also resulted in some initial loss in weight. Maybe the best part was that the fog that had clouded my head finally lifted and everything seemed more clear.

## Potatoes Not Prozac

There are numerous health gurus touting sugar elimination. [Sugar Busters](#) is probably the most well known. I have not read that book. I opted to follow a program I found on the net which cost nothing. It's called **Potatoes Not Prozac**, a programme devised by Kathleen DesMaisons. You can find it here: <http://www.radiantrecovery.com/>

DesMaisons offers a book which goes into the details of the plan. I just followed the steps recommended at her website while devouring all the free info found there. As for the part where she says "Don't do all Seven Steps at Once!" ... well I ignored it, of course. That's why I know it can be hard to take things slowly. The whole "sugar thing" became Step One in my own programme. **It is key to everything else** because once you get your blood sugar stable, your mood improves and you are less likely to turn to food in times of need. Stable blood sugar also has some interesting benefits in terms of fat metabolism which I'll go into later.

At this state, these are the key points from her 7 steps:

1. **Eat breakfast with protein**
2. **Eat 3 meals a day with protein.**
3. **Eliminate all refined sugars from diet**
4. **Eat medium potato 3 hours after dinner (before bed)**

Yes that's only 4. The other 3 steps which will be incorporated later are:

1. Journal what you eat and how you feel (Step 5)
2. Shift from white foods to brown foods (Step 4)
3. Create a new life (believe me, if you go through all this, life just happens)

The before bed potato is a rather interesting twist. The idea is that a suitably timed potato at the end of the day will help boost your **serotonin** levels for a general improvement in your mood. It will also help keep your blood sugar levels stable through the night. Do read her website for elaboration on these ideas. During the initial phases of dropping sugar from my diet, I did consume my "10 p.m. potato" religiously. After about a month of this, however, I didn't feel I needed the potato anymore. Play this by ear depending on your level of sugar addiction and your sense of well being. Eating a potato late at night will eventually impair your ability to lose fat but at this stage it seems to help kick start the process because of the positive effect it has on brain chemistry.

### Artificial Sweeteners

OK so sugar is out. Before you run out and stock up on artificial sweeteners, let me tell you one thing: FORGET IT. The end of sugar means the end of sweeteners in all forms. This is about YOUR HEALTH. Artificial sweeteners are bad for you. I won't elaborate here but just go into any search engine and type "Aspartame." It is a toxin. Let me repeat: bad. From here on, we're making healthy choices and Aspartame is not one of them.

There's more to the downside of artificial sweeteners than just the toxic effects on the body. There is some research which suggests that these chemicals will actually make you hungry due to something called "cephalic-phase insulin release." Your brain gets the signal that sugar is on the way then doesn't get it. So it tells the body to hurry up and provide the expected supply. Do fat people drink Diet Coke? Of course they do. The American Cancer Society found that people who regularly use artificial sweeteners tend to gain, not lose weight. Diet drinks are not going to help you lose weight. Leave them OUT.

Note: There is as much research proving the points I raised as there is research disproving them. For instance, there are various studies that disprove the whole cephalic-phase insulin release theory. It is a personal choice which studies I believe or discount and don't get me started on the politics of Aspartame research! If you want to tackle that monster, you know where to start: [Google.com](http://Google.com).

Back to the plot ...

You need to work to eliminate refined sugar. To eliminate sugar as a lifestyle choice, you need to acquire a new habit: **LABEL READING**. Learn to recognise sugar in all its forms. It hides under many names including glucose, corn syrup, fructose, dextrose, Sucanat, molasses, treacle, honey and maltose syrup. Some sugars are worse than others. At this stage, don't try to figure out which is the least of evils. Just eliminate them altogether.

You also need to watch out for the various names of Aspartame. Fortunately, all American products need to carry a warning for phenolketoneurics when Aspartame is present. If you see this warning, don't buy it.

Of course, there are other chemical sweeteners. It's beyond the scope of this work to detail every one. Just get into the habit of reading labels and if you find something that has 20 chemical compounds which you do not recognise, then just put it back on the shelf. We're looking for real food, not edible hydrogenated petrochemical by-products.

A last word on sweeteners. The sweetener of choice embraced by most health food gurus is stevia. This is a herb which is naturally 300 times sweeter than sugar. It supposedly has no adverse health effects. It doesn't taste exactly like sugar – it still has that kind of fake taste – but it

is all natural. I still think you should leave it out for the reason I gave above i.e. that if you tell your body it's gonna get sugar and it doesn't, it may make you hungry in response.

Just learn to lose your sweet tooth.

## **Alcohol**

Now here's the really bad news: Alcohol is a form of sugar. It goes too.

It looks like I just lost half my audience.

Did I do it? Yes. I gave it up completely. It is one of those things which, maybe, in time, I will reacquire. But I'm starting with a year of sobriety broken only by a sip or two as social etiquette requires.

If this is not something you can do, then don't do it. But it may be one of the most important changes you adopt. If complete abstinence is impossible, then set yourself a weekly maximum. And by that I'm thinking, say, 1 glass of red wine per week.

Are you wavering? Go back and remind yourself why you are doing this. Keep sight of the big picture.

## **Summary**

Was it hard? It took me about 3 days to lose my sugar and carb cravings. That's three days of crankiness and the occasional sugar shakes. That's not too bad really. And along with the loss of these cravings came a serious improvement in my mood. I was no longer easily agitated or irritable. Only occasionally now, when I've had to go too long between meals and my blood sugar level has really crashed, will I get grouchy.

If you do nothing else, this step alone will bring you lots of benefit.

Dropping the booze was in some ways a bit harder than eliminating the other carbs, not that I drank much in the first place. But I had to avoid some of my usual hangouts for a while where I'd likely be tempted. Once I was firmly set on course, I returned to the pubs but stuck to Perrier. If you're a social animal, avoiding the bars might be impossible. In that case you may just need to use raw willpower to quickly move onto the soda water.

### **Stage One Highlights:**

- eliminate all refined sugars and alcohol
- eliminate all artificial sweeteners
- eat protein with every meal
- eat breakfast every day
- eat a potato before bed
- read all labels

## Step Two: Weight Training

One of the key reasons that most diets don't work is that part of the weight loss that dieters undergo is in the form of muscle mass. Muscles are the biggest consumers of our body's energy. If you reduce your muscle mass, you reduce your ability to consume calories. So your body is less able to cope with food once the diet ends. The excess will quickly be stored as fat.

### MORE MUSCLES = FASTER METABOLISM

Keeping your muscle mass is therefore *extremely* important. Increasing it will make your ability to burn off food even better. The other benefit is that your general shape will improve.

Many women are worried that if they lift weights, they will end up looking like Arnold Schwarzenegger. It's not going to happen. Unless you take steroids, it's almost impossible to get big: few women have the natural genetic make-up to build big muscles.

Most dieters understand the importance of exercise as part of a good diet regime but they invariably think this means cardio: running, cycling or hours of aerobics classes to burn off fat.

We are not trying to burn fat at the moment. Remember: muscles are the biggest users of energy. We are trying to develop the body to ensure that it is strong and healthy and able to better cope with the food you give it. This, as a foundation, will improve your chances of long term success and just make you feel better about yourself.

## No Gym Rats

We are not about to spend all our free time in the gym either. What follows is a rapid fire training programme to get you in and out of the gym as fast as possible with maximum benefit.

Note: I assume that you already know the basics of weight lifting. If you have never lifted weights before, get a personal trainer to run you through it a few times. Here is a nice website with pictures of good form: <http://www.netfit.co.uk/bodmen.htm>.

There are two sources I recommend for learning about proper weight training:

- 1) Roger Schwab <http://www.mlhf.com/aten.htm>
- 2) Dr. Richard A Winett <http://ageless-athletes.com/index.shtml>

These guys are really my exercise gurus. I have completely devoured everything on their websites. I recommend them highly. They both encourage the shot sharp training approach.

Here is one of my favourite quotes from Schwab's site:

*"For starters, Schwab has just two words for you gym rats: Get out. "Fun fitness" is an oxymoron, he says. Fitness should not be fun; it's hard, serious work, a means to an end. The gym is not a singles bar or social club. It's a place to work out, with the emphasis on work. You get in, and get out - fast. You get stronger in the gym so you can enjoy a high-quality life outside. In exercise, less is more, and more is quite often less, says Schwab. In other words, if you over train, your body will rebel. Rather than becoming stronger, it may become weaker and, even worse, injured – 'the worst sin' that can occur while training."*

And from Winett:

*"Multiple sets of an exercise are really no better than doing one good set. There are about 55 scientific studies on this topic and only 3 show any slight benefit of multiple sets. 53 show the results are the same. You get just as big and strong doing one set per movement as two, three or for that matter any number of sets. If you're doing multiple*



*sets, stop. You'll save yourself a great deal of time and toil AND still make progress toward your training goals. "*

So get with the programme ... and the programme is: do it once, do it right and then get out of the gym.

### **Weight Lifting Protocol**

OK, here goes. The following sums up my approach to weight training:

- 1) Exercise each body part once per week only
- 2) Do only one set per body part – i.e. NO warm up sets!
- 3) Aim for 10-15 repetitions per exercise. Once you can do 15 reps, increase the weight
- 4) Do each exercise SLOWLY to a count of 4 up, 4 down
- 5) Do each exercise to muscle failure – this usually means that halfway through the last rep your muscle is absolutely screaming in pain and you cannot complete it
- 6) Track your progress: write everything down

Getting to muscle failure is key. If you can get through 15 reps, keep going until you hit muscle failure – until you absolutely cannot do another repetition. Then NEXT time, increase your weight for that activity. As you are writing everything down, you will know next time what weight you should increase to.

There are a couple of different ways you can organise your weight session:

- 1) BEST FOR BEGINNERS: Do one weekly session of 10-12 exercises. For this I recommend Schwab's workout which you will find here:  
<http://www.mlhf.com/aworkout.htm>
- 2) Split your workout into two, one for upper body, one for lower body. The Body for Life people use this method, and you can get their workout sheets here:  
<http://www.bodyforlife.com/downloads.shtml>
- 3) Split your workout into three: (i) Back & Chest; (ii) Legs, Lower Back & Abs; (iii) Shoulders, Arms & Forearms (see Richard Winett's "Revised Favourite Routine"  
[http://ageless-athletes.com/fav\\_routine.shtml](http://ageless-athletes.com/fav_routine.shtml))

### **Sample Routine**

Here is one of the suggested workout routines of Roger Schwab:

1. Hip extension (gluteal group, hamstrings, and low back).
2. Leg extension (quadriceps).
3. Leg curl (hamstrings).
4. Leg press or squat (gluteal group and legs).
5. Pullover (upper torso, trapezius, and abdominals).
6. Torso arm or row (upper torso, shoulders, and arms).
7. Arm cross or 100 chest (chest and shoulders).
- OR  
Lateral raise, rowing back, or shrugs (shoulders and trapezius).
8. Chest press or dips (chest, shoulders, and arms).
- OR  
Overhead press (shoulders, arms, and upper torso).
9. Biceps or assisted chins\* (biceps and upper torso\*).
10. Triceps or assisted dips\* (triceps and shoulders\*, and chest\*).
11. Abdominals, torso flexion, or torso rotation (abdominals, hip flexors, and obliques).
12. Four way neck (flexion, extension and lateral bending of the neck).

In the appendices, I have included my workout sheets for three of my workout routines. My goal is always to finish a workout in under 30 minutes. I don't always succeed but I'm never hitting the weights for more than 40 minutes at a time.

Note: If you have a time constraint some days and need to make a short cut, leave out the small muscle exercises (biceps, triceps). Make exercising the BIG muscles a priority. Not only are they bigger calorie burners but exercising these muscles will help encourage your body to produce more [human growth hormone](#) which has a positive effect on your [body composition](#) (more on page 45).

### **Free Weights or Machines?**

Trainers have debated this for some time: What kind of weight training is better, machines or free weights? I tend to use a mixture of both. The body needs some variety and there are only so many machines available. I do, however, recommend that all beginners use machines if they have access to them to reduce the chance of injury. Lifting weights requires that you maintain proper form to maximise benefit and minimise risk. The added advantage of free weights is that many small muscles get worked in the effort to maintain balance but it is easier to use bad form or to have accidents. Because machines constrain your range of motion, it is harder (but not impossible) to do damage.

Whatever your choice, always remember to exercise SLOWLY!

### **DOMS & Periodization**

No pain, no gain? Whenever you start a weight training program, you will get sore. Soreness sets in usually 12-36 hours after the workout. This delayed reaction is called "Delayed Onset Muscle Soreness" – DOMS. The traditional thinking was that DOMS was caused by a lactic acid build up in the muscles. Now most people believe that by the time your muscles get sore, the lactic acid has already been cleared well away. The soreness is probably caused by inflammation from the micro muscle breakdown that occurs during heavy exercise. The body then repairs the breakdowns so that it is stronger for the next attack – hence the muscle growth.

Many lifters feel that they will not get the muscle gains unless they push their body to the point that the workout results in DOMS. If, however, you continue to do the same exercises week after week, the body will eventually adapt and this kind of soreness will not reappear. Therefore, many people recommend "Periodization" – i.e., a change in workout routine every 6-8 weeks to keep the variety which keeps forcing the muscles to adapt.

### **Progress**

You should see a gradual increase in strength over time. As mentioned above, the body will eventually adapt so you need to keep things varied. If progress with any muscle group gets stalled, think about changing your exercise for that body part or varying the speed and number of repetitions. One exercise protocol which is quite popular is Super Slow which involves very slow speed repetitions (see <http://www.superslow.com/articles/What%20is%20SSS.htm>). I might use such a change for a week or two to get over a training rut then return to my core routine. Don't change things just for the sake of it: introduce change when you need to give the body a push to respond.

### **Disability**

Adopting a weight training programme may be difficult if you suffer from ill health or have a physical disability.

The important concept to understand with this step is that you need to build your muscle in order to improve your ability to deal with the food you eat. Building muscle will also bring with it numerous health benefits.

If doing weights to the point of exhaustion is NOT advisable, discuss with your doctor what level of weight training could be undertaken. Perhaps a daily light session with free weights is all you can manage: this is better than nothing. Find SOMETHING that you can do to build or at least preserve your muscle mass. Remember that at times your dietary changes may result in a certain amount of calorie deprivation. You do NOT want this to be translated into muscle loss. You should find a way around your health restrictions.

If you are disabled but otherwise healthy, then what you probably need is a bit of creativity or some help. Find a personal trainer who has experience working with the disabled so that you can devise a routine to maximise your muscle strength.

### **Step Three: Cardio**

Cardio training is the staple of most workout programmes. People jog in the park or on treadmills for hours a week. They go to aerobics and spinning classes. Lots of time is devoted to the sacred act of BURNING FAT.

But there is another way. It's called High Intensity Training. These are short, sharp cardio workouts which train your heart in much the same way our weight training program was designed to train our muscles. We will give it a push and teach it to get stronger.

Again you need to take your current level of fitness into consideration. If you are unfit and have not exercised in years, talk to your doctor and take some time to build up your exercise capacity.

Before we get going, let me just point out here that doing cardio is no substitute for weight training. In fact if you had to choose between one or the other, go for the weights. Cardio is an important part of an exercise programme but it should not be the only part.

### **High Intensity Cardio**

So what are we talking about?

I can recommend either of the two following HIT training protocols

- (1) The Master Trainer GPX, or
- (2) The Body for Life Interval Training

I followed GPX for most of my initial weight loss until I discovered BFL and then I switched over for variety.

For these to work, you really need a heart rate monitor. Without it, you will not know if you are training at the right rate. Some machines give you a heart rate reading from hand sensors but THESE ARE USUALLY LOUSY. A heart rate monitor is a worthwhile investment.

### **Graded Exercise Protocol: GPX**

Choose any cardio activity which can get your heart rate WAY up. Rowing, Elliptical Trainer, Step Machine, Treadmill, Running and X-country Skiing are the most common cardio activities. Cycling and Swimming are not ideal for achieving high heart rates. Personally I prefer something which is low impact i.e. do not put a lot of stress on my knees, like rowing.

Perform the exercise as follows:

- (1) Do a 5-minute warm up to 80% of Maximum Heart Rate (“MHR”); If you can’t get it up that high in 5 minutes, extend the warm-up time
- (2) Do a 3-5 minute workout at 85% of MHR
- (3) Do a 5-minute cool down

That’s it. Really.

### Calculating Your Training Heart Rate

Note that for GPX, when Winett says MHR he is referring to the “Karvonen Method” which is really a percentage of your Heart Rate Reserve. It is calculated as follows:

$$\text{Training Heart Rate} = (\text{Max HR} - \text{Rest HR}) \times (\% \text{Training Intensity}) + \text{Rest HR}$$

So you first need to figure out your resting heart rate. The easiest way to do this is to take your heart rate in the morning when you wake up. I did this by just sleeping with my monitor on one night).

Now you need to know your Maximum Heart Rate. The easy way is to subtract your age from 220. This will give you a rough estimate. If you have done the treadmill test, see what your MHR is from that. If you lasted a few stages, you probably got pretty close to your MHR.

So let’s say I want to train at 85%.

My Resting Heart Rate = 57

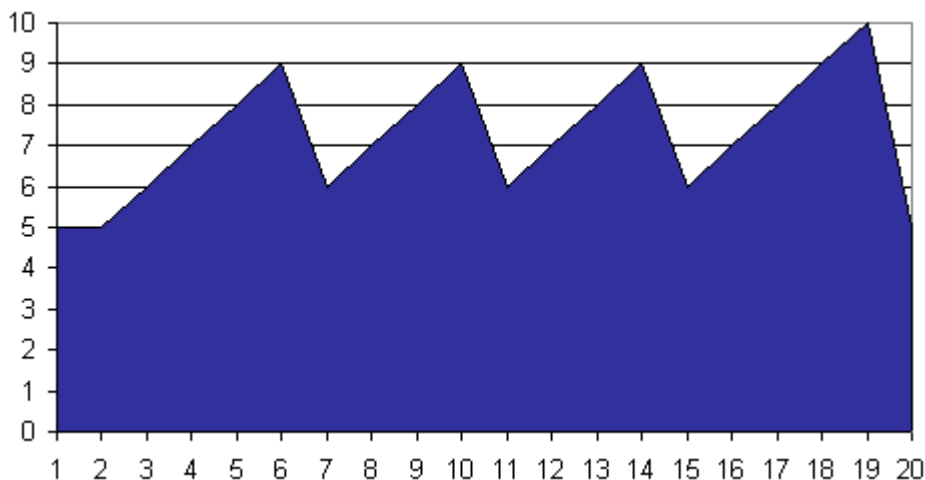
My Maximum Heart Rate = 188 (per measurement I took during training)

$$(188 - 57) \times 85\% + 57 = 168$$

### BFL Interval Training

This is similar to GPX except it involves four intervals of HIT cardio in which you repeatedly push yourself to a peak workout level and then cool down in between. BFL measures the intensity of workout in a less scientific way than heart rate: you have to rate your exertion on a scale from 1 to 10 with 10 being the kind of effort you could sustain for no more than 1 minute.

On the graph, the X axis (horizontal) is minutes and the Y axis (vertical) is intensity of perceived effort.



If you don’t want to invest in a heart rate monitor, you might find this kind of scale better. Personally I don’t think I can know the difference between a level 6 or 7 performance! I still use

my heart rate monitor for this training. I assume that 9 is 85% of the MHR whereas 5 is about 65%. At the end of each interval, I peak at around 175 beats per minute. I then try to cool down to at least 155 beats per minute (this can be tough).

Because I'm so focused on either cooling down or pushing it to the peak, I find the workout passes very quickly.

### **Beginner's Protocol**

If you haven't done ANY cardio in a long while, you may find that both the GPX and the BFL protocols are rather tough. Here's a variation for beginners. Try this for a few weeks or until you feel ready to go with one of the other protocols

1. 3-minute warm-up
2. 5+ minute build up to 75-80% of maximum heart rate (see calculation above)
3. Recovery: continue the exercise *slowly* until your heart rate drops by 20 beats per minute
4. Repeat steps 2-3 until you have exercised for 15 minutes.
5. 3-minute cool down

Example: Let's say your training target at 75% is 165 beats per minute. Once your heart rate reaches this point, slow down until you have recovered to 155 beats per minute, then speed up again. If you are part way through a cycle when the 15 minutes is reached, immediately move to the cool down.

Initially you might be able to only complete one cycle because your recovery time is slow. Once you can do 3 cycles in 15 minutes you should have no problems trying one of the other protocols.

It doesn't matter how long you take to reach your target training rate or how long it takes to recover. The important thing is that you see some improvement from session to session. The nice thing about this method is that your true level of fitness will dictate your progress because your body's ability to recover sets the pace.

### **But What About the Fat Burn?**

The amazing thing about HIT cardio is that it actually burns more fat than all that running around. The exercise itself will not burn as many calories as a long run. According to the readouts on my treadmill, 20 minutes of HIT burns about 350 calories whereas an hour of running uses about 650. However, by elevating your heart rate in this short sharp way, you will increase your metabolism temporarily and will end up burning calories at a higher rate all day long.

This kind of training has other benefits:

- (1) Long Cardio sessions are "catabolic": they encourage muscle breakdown (ever see how lean or even skeletal marathoners look? That's what I'm talking about). This erodes all the benefit of your weight training sessions. These short HIT cardio sessions do not do that kind of muscular damage.
- (2) Cardio training this way not only improves your aerobic strength but your anaerobic capability.
- (3) It's short enough that you can fit it in almost any day.

Aim to do a cardio session 2-3 times per week.

### **When?**

Many fitness gurus believe that the best time to do cardio exercise is first thing in the morning before eating. This is because your body will tend to burn more fat as it is in a state of fasting. After a meal, your body will rely more on the circulating blood sugars. Some sites also claim that

when you exercise, your metabolism increases until you fall asleep so turning the higher metabolism on earlier in the day will help you burn more calories.

The argument against morning workouts is that when you exercise on an empty stomach, you tend to not work as hard so perhaps get fewer gains.

In either case, it is NOT advisable to exercise in the evening as it will interfere with your ability to sleep.

I invariably did my exercise at lunch time. Occasionally, I would try exercising in the morning and each time I proved to myself that I am not a morning person. In my case, my blood sugar levels were too low to push myself before eating. Perhaps if you are engaged in a somewhat less intense exercise (like walking) you can get the benefit of the early morning fat burn.

Jon Benson, who turned himself from a typical example of middle-aged obesity to a rock hard and ripped body builder, makes heavy use of the morning cardio workout as part of an overall training programme. It's worth looking at his system here:

[http://www.allyourstrength.com/training\\_0802ThreeTierCVE.html](http://www.allyourstrength.com/training_0802ThreeTierCVE.html)

His system is much more time intensive than what I proposed but the basic ideas of building muscle strength and using HIT cardio are the same. Surfing around his website will give you some good ideas on how you can vary and tailor your workout plan.

If you are finding you have no energy for exercise, look at the notes on page 49, Nutrition for Exercise.

## Step Four: Low Carb

Well what did you expect? A weight loss plan without a section on low carb?

### You're already halfway there

The good news is that if you made it through Step One, you are already about halfway to a low carb lifestyle.

Let's recap the low carb changes you have already adopted:  
Eliminate all refined sugars from diet

If you have actually done this and are not just flipping through these pages (i.e. I'm talking to 2% of my readers now) then you will know that eliminating refined sugar from your diet is NOT easy.

This involves doing such things as:

- No sugar in any beverage
- No cakes or cookies (these are baked with sugar)
- No sauces or dressings containing sugar (read the label)
- No sweetened drinks
- No ice cream or sorbet
- No pudding
- No dau suan or red bean soup or whatever strange sweet desert you happen to like
- No jam or jelly
- No ketchup (yes this has sugar) or barbecue sauce
- No chocolate, sweets, toffee, liquorice, etc. etc.!!!

Going low carb takes things one step further.

### What is a Carb?

First the basics. Most people don't *really* know what is meant by "carbohydrate." Many people think that a carbohydrate is simply starch and only starchy foods have carbohydrates. **WRONG.**

Food is made up of a combination of three macro-nutrient:

- Carbohydrates – 4 calories per gram
- Protein – 4 calories per gram
- Fat – 9 calories per gram

The "non-nutrient" ingredients of food mostly consist of fibre and water. The body does not digest fibre – it passes right through the digestive tract. Neither of these will contribute calories to your diet.

You certainly know what fat is: it's that oily stuff that sometimes looks like blubber when attached to meat or can be a spreadable solid in the form of butter or margarine. We'll talk more about fat in Step Nine.

Protein is also easy to identify ... most of the time. It's the stuff that muscles are made of. When it appears as meat, we **KNOW** that we are dealing with protein. But protein is also found in most other types of food to a greater or lesser degree. One of the best vegetable sources of protein is of course tofu.

So what's a carb? It's simple: anything that is NOT protein or fat is carbs. Yes bread and potatoes have a lot of carbs but so does broccoli and lettuce. In fact the macro nutrient content of all vegetables are all mostly carbs.

### **Not all carbs are created equal**

The difference, however, between a potato's carbs and a carrot's carbs is how much they are bound by fibre. Potatoes have very little fibre so they are easy to digest and the carbs hit the bloodstream quickly. Carrots have a LOT of fibre. Ever juice a carrot? All that grassy stuff left over in the juicer is fibre.

The body cannot digest fibre. It has to work around the fibre to get the carbs out. The more fibre, the harder the work of getting the carbs. The carbs will thus take longer to hit your bloodstream.

So given that just about EVERYTHING has carbs, what possibly can one eat on a low carb diet?

### **Eliminating the Big Four**

Well, for starters, you're still going to eat a lot of carbs. But you need to eat the ones that are high in fibre. What you cannot eat – and by that I mean DON'T EAT THESE – are the big four “big carbs”:

- NO BREAD (including tortillas, prata, steamed buns, etc.)
- NO NOODLES
- NO RICE
- NO POTATOES

As these foods are the staple of most diets, you will need to find some substitutes that you enjoy or this will be hard to stick to. Here are some suggestions:

- Beans
- Lentils & Dal
- Cauliflower (cooked and blended it's much like mashed potatoes)

What about my 10 p.m. potato?

By the time you reach this point in the programme, your mood will probably be under control enough that you can wean yourself off your serotonin stimulating bedtime potato. If you CANNOT, then keep eating it but plan to work this out eventually. Nevertheless, with this one exception, you should be off The Big Four.

### **Notes for the Faint of Heart**

The DO NOT EAT concept is actually hard for some people to grasp. I am suggesting you lose your taste for these things completely. Your food preferences can be cultivated. If you cut these foods out cold turkey, it's probably going to be easier to lose your taste for them. If you continue to take a small piece of bread before dinner or a bit of fried noodle with breakfast, your body will likely want to keep getting these things!

For those of you who do not have the boot camp mentality that I do, here are some NOT GREAT BUT IF YOU REALLY HAVE TO substitutes you may want to consider:

- Substitute rice noodles for pasta and egg noodles
- Substitute brown rice for white rice
- Substitute sweet potatoes for white potatoes
- Substitute essene, pumpernickel or other dark heavy breads for white bread



Generally speaking, these changes can be summed up as “**Substitute brown foods for white foods.**”

### The Flour Rule

At the very least you should AVOID REFINED FLOUR AT ALL COSTS! Refined flour is just one step away from refined sugar when it comes to the effect it will have on your metabolism and your body’s tendency to store fat. Cut it out.

### Fruit

Fruit is another major source of carbohydrates. Whereas the big four carbs discussed before are commonly referred to as “complex carbs” or simply “starch”, fruit is a major form of “simple carbs.” In other words, it is a source of *unrefined* sugar.

In Step One, you cut out refined sugar. Now you need to “consider the sources of natural sugar in your diet. Fruit is an excellent source of vitamins and fibre. You should eat LOTS of it. Nevertheless, as we discussed above, not all carbs are created equal. This is true of the fruit carbs too: the more fibre the better.

Here are some simple guidelines on fruit

- Never drink juiced fruit – all the fibre has been removed and it’s almost pure sugar
- Avoid dried fruits – the water is gone and you’re left with a very concentrated carbohydrate
- Choose crunchy fruits
- Choose fruits from temperate climates instead of tropical fruits

<b>Good</b>	<b>Not So Good*</b>
Apple	Banana
Apricot	Cantaloupe
Cherries	Dates
Grapefruit	Durian
Grapes	Jackfruit
Jembo	Kiwi
Orange	Lichi
Peach	Longan
Pear	Mango
Pomelo	Mangosteen
Plum	Papaya
Raspberries	Persimmon
Star Fruit	Pineapple
Strawberries	Rambutan
	Watermelon

\* In my opinion, there’s no such thing as a *bad* fruit. Just not great ones.

The list above is split according to how it will affect your *diet* and not your overall *health*. You should be aware that a lot of cash crops are heavy in pesticides. Fruits from temperate climates are notorious for this. You can reduce your risk by washing your fruit thoroughly with a vegetable rinse, peeling away the outer layer of skin and eating a wide variety of fruit so that your exposure to any one fruit’s pesticides is limited.

Oh and in case it isn’t obvious already NEVER EAT CANNED FRUIT and please do not COOK YOUR FRUIT! Duh! The whole reason that we’re putting this carb rich foods in our diet is to benefit from the vitamins and other beneficial ingredients they contain. Cooking eliminates much of those benefits.

## Timing

It is not possible to eliminate ALL carbs from your diet. You can eliminate the biggest and nastiest but not ALL of them. It is best, therefore, to eat your carbs early in the day, when they are less likely to turn into fat. Eating carbs just before or after a workout will also help ensure that their energy is used up.

When I say you can eat carbs early in the morning, I mean you can eat good carbs early in the morning. You can eat good carbs at any time but the earlier in the day, the better. There is no good time to eat bad carbs so don't get up at 5am because you want to have some potato chips.

Clearly the before bed potato does not conform to the carb timing guidelines. By now you should be weaning yourself off your potato! If you believe it is still necessary, let this be the only exception to optimal carb timing.

## Summary

- Avoid the big four carbs
- Replace white foods with brown foods
- Avoid refined flour
- Choose high fibre fruits over other fruits
- Properly timed consumption of carbs

## Step Five: Grazing & The Food Diary

### Eat More Often

The body's metabolism slows down in response to calorie deprivation. In other words, when you eat, your metabolism speeds up. In order to keep the metabolism going at a high rate, it is helpful to have numerous small meals instead of a few large meals.

If you cut down on your calories or skip meals, the body will try to conserve energy. You need to let it know that food will keep coming so it may burn away at a high rate.

Aim to eat 5-6 meals per day. Ideally, they ALL should include some protein. You may find it difficult to eat 5 small meals of equal size but at least try to make your main meals a bit smaller and beef up on your snacks. Here is a good schedule:

8am	<a href="#">Breakfast Shake</a> (pg 73)
11am	Snack: Egg white omelette or nuts & berries *
1pm	Lunch: Salmon Sashimi & Big Salad
4pm	Snack: Protein bar or chicken breast
7pm	Dinner: Black pepper beef stir-fry with steamed broccoli
10pm	Snack: More nuts & berries or " <a href="#">Potatoes Not Prozac</a> " Spud

\* If I'm feeling low on energy or plan a big workout at lunch, I will eat a bit more carbs with my mid-morning snack.

I also tend to munch on a walnut or two with some dried cranberries any time I get the munchies during the day.

If you want some menu ideas, Skip Lacour is a guy who is completely devoted to the concept of frequent feeding: <http://www.skiplacour.com/9diets.htm>

Skip makes heavy use of protein powders. I don't rely on them as my main source of protein but from time to time when I can't think of ANY other way to get protein in my meal, I'll mix some in. The other way you can get protein if you are stuck or rushing for time is to take some Spirulina (see page 43).

### Food Diary

There are numerous advantages to keeping track of what you eat:

- it helps create more awareness about what you're putting into your body
- it helps you identify flaws in your plan or areas for improvement when you plateau
- it helps you to oversee your diet to ensure you are getting enough variety including required amounts of EFAs and fibre
- it helps you work out which foods your body does not tolerate well
- it help you to figure out what causes your food cravings

My idea of a food diary goes beyond simply recording what you eat. Also record your workouts (not the details but say "upper body weights" or "20 min HIT cardio", etc.), how much you sleep and how you feel. If you discover that 4 hours after drinking coffee you always bite someone's head off, then that's useful information. If you realise you are always dead tired the day after you do weight training, then that will let you know you should consider sleeping more or changing your exercise nutrition!

Each individual is different and as I've mentioned before, my plan (all plans!) require tailoring to fit you. Such records will give you the information you need to make the right adjustments.

If you find that carrying a notebook around is a drag (especially now that you are already walking around with that big jug of water!) then simply start each day with a new 5 x 3 inch file card. [Doc Hussman](#) calls this his “Secret Weapon. It doesn’t matter HOW you record the information. You could do it on a PDA or carry a laptop around (the heavier the better – think of the energy you’ll burn!).

The important thing is to make the recordings and periodically review what you’ve written down to identify patterns or areas for improvement.

You will find the simple act of maintaining such records will have a positive effect on your diet. It’s almost as if you know you can’t kid yourself about what you eat when you know you have to write it down! People tend to underestimate what they eat. For instance you might say to yourself, “Today I’m gonna let myself pig out on some carbs for a change” without realising that actually you’d given yourself a carb pig-out four times in the last week. This helps create awareness.

I suggest that you adopt this as a temporary measure – for 4 months or until you reach your goal weight, whichever is longer. It should be long enough that you gain a good understanding about your diet and how it affects you. Do note that, according to the Doc, most successful dieters write down everything!

## Step Six: Using The Glycemic Index

*“The glycemic index of food is a ranking of foods based on their immediate effect on blood glucose (blood sugar) levels. Carbohydrates that break down quickly during digestion have the highest glycemic indexes. Their blood sugar response is fast and high. Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have low glycemic indexes.” - <http://www.glycemicindex.com/>*

The glycemic index was originally used by diabetics to manage blood sugar levels. However, use of this index has been brought into the mainstream as a useful tool in the aid of weight loss. The influence of blood sugar levels on insulin levels and fat metabolism is so important, I have devoted an entire chapter to understanding this aspect of your metabolism. See Chapter 4: Fat Burn, Insulin Resistance & Ketosis.

The bottom line is that if you keep your diet free of high GI foods, you will improve your ability to lose weight. There are a couple of different GI systems. Try to use the index which uses glucose as a base (i.e. glucose = 100) as this is considered the gold standard.

The GI of a food is a function of (1) the form and concentration of the carbohydrate content of the food and (2) how quickly that sugar is released during digestion. Foods high in protein or fat will tend to have a low GI. Food in small particles e.g. rice with lots of surface area for enzymes to work on, will get digested and release sugar faster than big chunks of food. Likewise foods high in fibre which are difficult to breakdown will also have a low GI. Cooking a food breaks down fibre and will increase its GI. It is therefore recommended to eat food raw as much as possible as this has various other benefits including preserving the vitamin content of food and reducing your ingestion of [carcinogens](#).

It's interesting to note that some of the complex carbs we were encouraged to eat as kids are high in GI. Would you have guessed that the GI of a potato is WAY higher than that of strawberries?

As a rule of thumb, aim for foods with a GI of 30 or less. Note also that if you have a meal that contains one high GI food, you can bring the average of the meal down by combining it with a few low GI foods. It is this “averaging effect” which will determine the impact on your blood sugar levels.

Fruits have a relatively high GI. Nevertheless, these foods are so rich in vitamins and fibre that it is important to include them in your diet. I try to eat these high GI foods early in the day when I have the greatest need for energy.

There are two other times in the day when I may consider eating a high GI food:

- (1) If I'm feeling low on energy and am planning to exercise, and
- (2) At the end of exercise if I've had a very hard workout

For more information on this, see page 49, Nutrition for Exercise.

There is a searchable GI database at the link above. Here is a quick and dirty GI table to give you a feel for what the GI of various foods are:

<p><b>Beans</b>            baby lima 32            baked 43            black 30            brown 38            butter 31            chickpeas 33            kidney 27            lentil 30            navy 38            pinto 42            red lentils 27            split peas 32            soy 18</p> <p><b>Breads &amp; Grains</b>            doughnut - 76            bagel - 72            wheat bread, white - 70            bread, whole wheat - 69            bran muffin - 60            rice, white - 56            rice, instant - 91            rice, brown - 55            bulgur - 48            barley - 25</p> <p><b>Sugars</b>            honey - 73            sucrose - 65            lactose - 46            fructose - 23</p>	<p><b>Cereals</b>            Rice Krispies - 82            Grape Nuts Flakes - 80            Corn Flakes - 77            Cheerios - 74            shredded wheat - 69            Grape Nuts 67            Life - 66            oatmeal - 61            All Bran – 42</p> <p><b>Milk Products</b>            chocolate milk 34            ice cream 50            milk 34            pudding 43            soy milk 31            yogurt 38</p> <p><b>Desserts</b>            Angel Food Cake 67            banana bread 47            blueberry muffin 59            bran muffin 60            Danish 59            fruit bread 47            pound cake 54            sponge cake 46</p> <p><b>Crackers</b>            Kavli Norwegian 71            rice cakes 82            rye 63            saltine 72            stoned wheat thins 67            water crackers 78</p>	<p><b>Juices</b>            apple 41            grapefruit 48            orange 55            pineapple 46</p> <p><b>Pasta</b>            brown rice pasta 92            gnocchi 68            linguine, durum 50            macaroni 46            macaroni &amp; cheese 64            spaghetti 40            spag. prot. enrich. 28            vermicelli 35            vermicelli, rice 58</p> <p><b>Starchy Vegetables</b>            potatoes, baked - 83            potatoes, instant - 83            potatoes, mashed - 73            carrots - 71            sweet potatoes - 54            green peas - 48</p> <p><b>Vegetables</b>            Asparagus 11            Bell peppers 29            Broccoli 11            Brussels sprouts 11            Carrots, raw 10            Carrots, cooked 41            Cauliflower 22            Celery 11            Cucumber 11            Dill pickles 11            Okra 11            Spinach 11            Squash 36</p>	<p><b>Fruit</b>            apple 38            apricot, canned 64            apricot, dried 30            apricot jam 55            banana 62            banana, unripe 30            canteloupe 65            cherries 22            dates, dried 103            fruit cocktail 55            grapefruit 25            grapes 43            kiwi 52            mango 55            orange 43            papaya 58            peach 42            pear 36            pineapple 66            plum 24            raisins 64            strawberries 32            strawberry jam 51            watermelon 72</p> <p><b>Snacks</b>            rice cakes - 82            jelly beans - 80            graham crackers - 74            corn chips - 73            life savers - 70            angel food cake - 67            wheat crackers - 67            popcorn - 55            oatmeal cookies - 55            potato chips - 54            chocolate - 49            banana cake - 47            peanuts - 14</p>
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## **Step Seven: Increasing Protein and The Paleo Diet**

High protein low carb diets are now well known to result in weight loss. The results are not necessarily permanent, but virtually everyone who embarks on one of these has some kind of success.

### **Protein's Downside**

It's worthwhile pointing out the drawbacks of high protein diets before endorsing this dietary change:

- (1) Most high-protein diets are high in saturated fat which is a risk factor for coronary heart disease.
- (2) High protein diets cause your body to leach calcium from your bones and may lead to osteoporosis.
- (3) Consuming large amounts of protein puts stress on your kidneys which must eliminate the urea, a by-product of protein metabolism
- (4) A large proportion of the weight lost in high protein diets is water which will be regained when carbohydrates are re-ingested.
- (5) Over dependence on protein as a source of calories will result in limited dietary variety and potential vitamin deficiencies.
- (6) The goal of many high protein diets is to put your body in a state of ketosis. This carries some health risks discussed in Chapter 4: Fat Burn, Insulin Resistance & Ketosis.
- (7) Glucose is the brain's main fuel. If glucose levels are severely restricted there is a potential for thinking and reaction times to slow and for you to experience fatigue.
- (8) Consuming large amounts of protein may trigger your tendency for gout (if you have such a risk).
- (9) Most protein consumed will tend to be cooked meat which will increase your risk for bowel cancer. The lack of fibre in high protein diets will also cause bowel problems.
- (10) On high protein diets, due to lack of carbohydrates, your energy levels will tend to be impaired. This can make exercise and other moderate activity difficult.

### **And the upside...**

High protein diets can work in one of two ways. In the extreme, they work by forcing your body into a state of ketosis and causing it to rely on fat stores as a primary source of fuel. There is, however, a more moderate approach in which you increase protein in your diet but not to the point that ketosis is reached.

The other benefit of eating a lot of protein is that it encourages your body to produce glucagon which is a hormone that helps trigger fat burn.

By default, if you decrease your consumption of carbs you will either have to increase the proportion of fat or protein in your diet. By choosing to opt for more protein, you will stimulate the glucagon benefit.

Ketosis and glucagon are discussed in more detail in chapter 4.

## Sources of Protein

Let me spell it out for you:

- Meat
- Fish
- Tofu
- Egg Whites
- Spirulina
- Protein Powder
- Some legumes & pulses (e.g. peanuts, soybeans, couscous)
- Nuts

## The Paleo Diet

According to the promoters of the Paleo Diet, the human body evolved to consume a diet very different from what we eat today. The contemporary diet is a relatively recent phenomenon in evolutionary terms: we have simply not had enough time, biologically speaking, to adapt.

What are these modern foods? Well, for starters, anything that is cooked is modern. Humans are the only animals which eat cooked food (except, of course, for the cooked stuff we give our cats and dogs and it's likely **SOMEBODY** has taught a chimp or two to make toast – but that doesn't count). Cooking came in very late in evolutionary terms. Early humans likely ate very much as animals do: they ate what they hunted and foraged in its raw form.

Cultivated foods are also new. Primitive cultures gather what food they can find from the wild. Most grains and modern crops are not native to the “cradle of civilisation” from whence humanity sprang.

The bottom line is that these “modern” foods put stress on the body which can result in a number of health problems including obesity. Paleo Diet proponents promote going back to a meat, leaves and berries existence in which most food, if not all, is taken raw. This is basically a variation on the “high protein low carb” theme.

There is a fair amount of scientific and anecdotal evidence to suggest these prescriptions are very good advice. Many report reversing diabetes, arthritis and a whole host of other auto-immune disorders. But quite frankly, no matter how keen I am on my fitness, such a diet sounds like a recipe for social isolation not to mention pretty untasty meals.

What I do recommend is to regularly make “Paleo adaptations” to your diet in order to enhance your well-being:

- Eat a large proportion of food raw, including meat and fish if you can get good sources of it (for instance steak tartar and sashimi)
- Eat lots of green leafy vegetables just like mom told you
- Avoid all grains and processed food
- Include berries with your breakfast 3-4 times per week

## Paleo Meat

Do note that the meat our ancestors ate was very different from the hamburger you find in the grocery store. Modern meat is high in saturated fat which is a result of animals being grain-fed. Wild game is grass fed. Grass fed animals have **MUCH** lower levels of saturated fat. The other obvious difference is that free roaming, wild animals are not pumped up on growth hormones and antibiotics.

So if you're serious about Paleo adaptations, look for organic meat and vegetable sources.

Further Reading: [Neanderthin](#) by Ray Audette.



## Step Eight: Water

There is an ongoing debate about how much water one should drink. Up until recently, everyone agreed it was 8 glasses a day (64 oz or approximately 2 litres). Then ONE study came out which said we only need to drink when thirsty and now everyone who did not drink the required water feel justified.

I place no value in that study. In fact through personal experience I have found that drinking plenty of water (1) accelerates weight loss and (2) improves your sense of well being.

Drinking more water requires training. If you have a desk job, this is relatively easy: get a litre-sized bottle with 100 ml gradations on the side. Set an alarm to remind yourself to drink 200 ml every hour. After a few days, increase this to 250 ml per hour, then 300 ml and 350 ml. Aim to drink 3 litres of water every day.

If you are not bound to a desk but are out and about, it means carrying that bottle with you or at least having it nearby at all times. This is another new habit to acquire. This seems tedious at first, but it is an extremely easy way to encourage your body to clean itself and dump a lot of unnecessary junk you are carrying around inside you.

Water encourages weight loss for a variety of reasons. For starters, when the body does not have enough water, the liver has to help the kidneys out with eliminative functions. It is therefore diverted from the business of metabolising fat.

Also, by just causing your body to urinate more, you are forcing it to dump heat calories. Heat is energy which, in our bodies, we measure as calories. Therefore losing heat is losing calories. Warm urine leaving your body is liquid calories passing through. It sounds ridiculous but is true. Having said that, you have to heat up a LOT of water for this to make a significant difference in weight loss. Weight loss as a result of the heating effect cannot compare with the benefit of good hydration.

Drinking water also has a therapeutic benefit. It simply helps you cope with the ongoing weight loss process better. Your body stores many toxins in fat. As you lose the fat, these toxins get released. Drinking lots of water will help you flush these from your system.

For an interesting and extreme view on "Super Hydration" read this article by Ellington Darden: <http://www.classicx.com/html/2super.html>

I have not gone whole hog as Darden has suggested – consuming up to 6 litres of ice water per day! But I can testify to the benefits of half this amount. For a more sensible approach to hydration, here's another resource: [http://www.allyourstrength.com/nutrition\\_0802water.html](http://www.allyourstrength.com/nutrition_0802water.html).

Please note: where I live, the local belief is that drinking cold water is bad for you and that you should only consume warm water. I think you will get benefit from drinking either. Do note, however, that when you drink cold water, your body has to expend energy to warm that water up and this is an easy way to use more calories.

This stage is simple and straightforward. Yet it still requires a fair amount of attention. Don't underestimate the effort required and combine this with another stage thoughtlessly. This is an entire step in itself. It's yet another way to "trick your body."

For more information on the importance of water to health, read Fereydoon Batmanghelidj's excellent [Your Body's Many Cries for Water](#).

## Step Nine: Eat More Fat

We've been led to believe that eating fat will make you fat but not all fats are created equal. Some types of fat are very good to eat and can even help promote weight loss. To lose fat you actually have to eat fat but you have to eat GOOD fat.

The ultimate guru of fat is Udo Erasmus. I recommend you get a hold of his book "Fats That Heal, Fats That Kill" right now!

## The Skinny on Fat

Let's quickly cut to the chase.

These are the good fats which you need to eat more of:

- Essential Fatty Acids ("EFAs") found in oily cold-water fish (like salmon, mackerel & sardines), flaxseeds, hemp and walnuts
- Monosaturated fat found in avocados and olives

These are the bad fats you need to avoid

- Saturated fats – fat from dairy, beef, pork, lamb and some tropical oils including palm & coconut. These promote heart disease and other cardiovascular problems. They are also reputed to increase [insulin resistance](#) (see Chapter 4).
- Hydrogenated oils – including margarine, shortening, some cooking oils. The process of hydrogenation creates Transfatty acids which are carcinogens.

## Butter or Marg?

If you absolutely have to have some kind of spread and cannot choose between butter or margarine, let me make it simple: choose butter. Always choose whatever is most natural. As you get fitter, you may be able to cope with the occasional injection of saturated fat in the form of butter. But those nasty transfatty acids may be sowing the seeds of cancer. That's a bit trickier to deal with. Avoid margarine. Better yet, try using avocado as a spread.

## How to get more of the right fat into your diet

- Eat Salmon or Mackerel at least 3 times per week. If you can, eat raw salmon sashimi which is even better than eating salmon cooked. Make sure the salmon you buy is not farmed: farmed salmon has much less Omega 3 and is loaded with antibiotics and chemical dyes. See: [http://www.davidsuzuki.org/files/PSF\\_Salmon\\_Brochure.pdf](http://www.davidsuzuki.org/files/PSF_Salmon_Brochure.pdf)
- Eat 2 tablespoons of ground flaxseeds daily. These flaxseeds are not only full of EFAs (2 tbsp = 3.8 g of Omega 3 EFAs) but are loaded with fibre to help keep your digestive tract clean. You can buy flaxseeds from most health food stores (personally I think the brown ones taste better than the golden variety). Invest in a coffee grinder dedicated to grinding flaxseeds only. Flaxseeds need to be ground up in this way before being eaten or they will pass through your system completely whole and you will get no benefit!

You can add the flaxseeds to salads, omelettes, breakfast cereal or you might want to try my [breakfast shake recipe](#) in the appendices.

- Eat an avocado every couple of days.
- Snack on walnuts every now and again (other nuts don't have such high levels of EFAs).

- Consider taking an EFA supplement.

## Essential Fatty Acids – quick notes

This is lifted directly from Udo Erasmus' site. I encourage you to check it out in its entirety:  
<http://www.udoerasmus.com/FAQ.htm>

Certain fats are defined as 'essential' because:

- 1) The body cannot make them;
- 2) They are required for normal cell, tissue, gland, and organ function, for health, and for life;
- 3) They must be provided from outside the body, through food or supplements;
- 4) They can come only from fats (hence fat-free diets cannot supply them);
- 5) Deficiency results in progressive deterioration unto death;
- 6) Return of essential fats to a deficient diet reverses the symptoms of deficiency and results in a return to health.

According to the above definition of essential, there are only two essential fats (technically called essential fatty acids or EFAs). One is the omega 3 (n-3) EFA, called **alpha-linolenic acid (ALA)**. The other, the omega 6 (n-6) EFA, is known as **linoleic acid**.

EFAs are essential to the fitness seeker for a number of reasons. They reduce **catabolism** (muscle wasting), improve recovery and healing, and improve insulin sensitivity (see Chapter 4) as well as protein metabolism. They are ABSOLUTELY ESSENTIAL if you want to get fit and lose weight.

## Supplemental EFAs

Sources of supplemental EFAs:

- **Flaxseed Oil** – 1 tbsp (14 g) per day – high in ALA
- **Fish Oil** – 1-2 g x 3 per day – high in EPA and DHA which are Omega 3s. The latter is notable as an EFA used by the brain. Hence fish having the reputation as brain food.
- **Udo's Oil** – 1-2 capsules x 3 per day – a mixed blend of Omega 3s and 6s.
- **Evening Primrose Oil** – 1300 mg x 2 per day – high in GLA, an Omega 6. Also contains tryptophan which helps serotonin synthesis.

Our diet tends to be more deficient in Omega 3s than Omega 6s. I take both Primrose Oil along with one of the following: Udo's, flaxseed or salmon oil. As the oil can go rancid quickly, store them in the fridge. Oil in liquid form instead of capsule form is MUCH less expensive. However it goes rancid more quickly.

## Cooking With Oil

If you have to cook with oil, cook with Olive Oil or Rapeseed (Canola) Oil. Always look for oil that is "cold pressed" or "expeller pressed." This means that the oil has been extracted without the use of chemicals or heat which can damage the oil. Other forms of extraction can create trans fatty acids.

Never heat an oil to the point of smoking. This creates more carcinogens. As olive oil burns easily, you may prefer cooking with canola oil. Better yet, steam your food and add a bit of fresh olive oil as a dressing.

### **Oils go bad**

Oil are unstable compounds. If exposed to sunlight, oil will go bad. DO NOT EAT any oil that has a rancid smell or taste. This includes nuts as they are loaded with oil.

Always store your oil in a dark airtight container in a cool dry place. I live in the tropics where this is difficult. I therefore store most of my olive oil in a container in the fridge and keep a smaller, dark green bottle in the cupboard which I refill from the fridge supply when empty. Olive oil left in the fridge will become very thick and cloudy. DON'T THROW IT OUT!!! When it returns to room temperature it will regain its original properties.

### **Supplements**

If you feel you do not get enough natural sources of EFAs (which you SHOULD if you follow these dietary changes) then take a flaxseed oil (1 tablespoon) with a salmon oil (3000 mg) or evening primrose oil (1000 mg) supplement. Evening Primrose oil is particularly good for women as it is known to help numerous menstrual disorders including Pre-Menstrual Tension and cramps. It is also known to help women with fibrocystic (i.e. lumpy) breasts.

For more information, see Chapter 5: Supplements.

## Summary

- eliminate all refined sugars and alcohol
- eliminate the major complex carbs: rice, potatoes, noodles and bread except before a big workout
- eliminate all artificial sweeteners
- eliminate all refined flour
  
- limit dairy products to low fat cottage cheese and yoghurt
- only consume foods with a low glycemic index
- eat 5-6 small meals a day spaced out evenly
- eat protein with every meal
  
- drink 3 litres of cold water daily
- eat oily fish at least 3 times per week
- eat ground flaxseed daily
- avoid saturated fat
  
- eat more mono-saturated fat and EFAs
- eat as much food raw as possible
- increase the proportion of protein in your diet
- eat more tofu
  
- eat fruits and vegetables high in fibre
- eat fruits in the morning
- don't drink fruit juice: only vegetable juice
- eat a wide variety of foods
  
- use supplements as recommended
- work out with weights once per week
- do HIT cardio training 2-3 times per week
- write down everything!

# Chapter 4: Fat Burn, Insulin Resistance & Ketosis

In order to maximize your diet's efficiency, it is important to understand how and why the body both stores and burns fat and how to manipulate those mechanisms.

## Fat Storage: Insulin

When your blood sugar levels rise, the pancreas produces the hormone insulin. Insulin shuttles the sugar into your muscles and other tissues for use as energy. Insulin also causes any excess to be shuttled into fat cells to be stored as fat. Additionally, insulin actually inhibits the breakdown of fat: when insulin levels are high, your body cannot burn fat.

For full details on how this works, see:

[http://arbl.cvmb.colostate.edu/hbooks/pathphys/endocrine/pancreas/insulin\\_phys.html](http://arbl.cvmb.colostate.edu/hbooks/pathphys/endocrine/pancreas/insulin_phys.html).

In order to reduce the production of insulin and thus the tendency of the body to store fat, control over blood sugar levels is essential. It is therefore not the amount of fat in our diet which drives fat storage but the amount and type of carbohydrates.

As discussed in the previous chapter, the foods which produce the lowest blood sugar level response are those with low GI levels.

Note that insulin has another function which is to stimulate the liver to store glucose in the form of **glycogen**. Glycogen is a readily available form of sugar. Once sugar has been turned into fat, it cannot be turned back into sugar. Since the body has certain preferences for sugar fuel as opposed to fat fuel (particularly so for the brain), the liver stores some energy in this form and releases it as required. Therefore not all excess energy is stored as fat unless the liver's glycogen stores are already full.

## Fat Burn: Glucagon

Glucagon (not to be confused with glycogen) has a function opposite to insulin. It works to increase blood sugar levels. It will do this primarily by getting the liver to release its glycogen stores. Glucagon also plays a role in triggering lipolysis i.e. fat burn. It does this to ensure that when glucose stores are low, the body can still derive energy from the breakdown of fat.

Glucagon is only produced when blood sugar drops to such low levels that the body does not secrete insulin. In other words, insulin chases away the glucagon.

There are, however, two other reasons the body will secrete glucagon:

- (1) In response to exercise
- (2) After a protein-rich meal which causes amino acid levels to rise

This means that exercise not only encourages fat burn because it creates a demand for energy, but because it causes glucagon to be released which kick starts the fat burn process.

## Insulin Resistance

Some individuals "overreact" to the presence of blood sugar by producing excess insulin. In other words, the body has become insensitive to the circulating levels of insulin and produces too much of it. Such people will have a tendency to store more fat than those with normal levels of insulin sensitivity. In its extreme form, excess insulin production results in Adult Onset Diabetes.

What causes it? A person's tendency for insulin sensitivity is hereditary, but exercise, body composition (muscle/fat), caloric intake, food selection, drugs (including caffeine) and medications can affect this state.

What this boils down to is that some people can happily eat all the noodles and bread they want and stay thin because, due to their genetics, they are not insulin resistant. The rest of us are not so lucky and carbs tend to get stored as fat.

The condition, fortunately, has a cure: **consume a diet lower in carbohydrates, choosing carbs which have a low GI (below 60), engage in some form of regular exercise and eliminate caffeine from your diet.** These steps will help to lower the amount of circulating insulin and improve the body's tendency to burn fat for fuel along with reducing its tendency to store fat.

### **Caffeine**

Caffeine will tend to increase your glucose and insulin response to meals. Before a workout, this may be beneficial if the increased glucose is shuttled to your muscles. Generally speaking however, as described above, increased insulin levels are NOT desirable. For more discussion of how to use caffeine, see page 49.

### **Ketosis**

Ketones (also known as ketone bodies) are the by-product of fat metabolism. Most tissues can use ketones as fuel; however, they are not the preferred fuel of the body. For instance, the brain can use ketones as its primary source of fuel but usually uses glucose exclusively. It will therefore require some time to adjust to their use (say 2 weeks or so) during which time the functionality may be impaired e.g. reduced reaction times.

Ketosis is said to be achieved when the ketone concentration in the blood is higher than the glucose concentration. This is only possible if blood sugar levels are so low that insulin drops to zero and glucagon kicks in to cause fat metabolism. In order for insulin to drop, the blood sugar levels have to be reduced and glycogen stores depleted so that blood sugar doesn't rise again. This will happen during fasting, after long exercise or when consuming a diet very low in carbohydrates (less than 30 grams per day).

Do note that caffeine can interfere with this process and affect the body's ability to achieve ketosis. If you want to get into ketosis DO NOT drink coffee or black tea!

Atkins is the leading ketogenic diet. His program gives detailed instructions on how to get into and stay in ketosis. I have looked at his plan very briefly on page 53.

By inducing ketosis, a dieter forces the body to use fat as its primary fuel and thus reduce fat stores. Because excess ketones are secreted through the urine, you will know if you are in ketosis by testing your urine with a Ketostik. If this isn't available to you, there are other clues available. Ketones are smelly – you should notice a marked change in the smell of your urine and breath. You may also note a change in your mood, alertness (decreased) and/or energy levels (fatigue).

### **The Downside of Ketosis**

Besides the smelly breath and lower energy levels, there are a few other things to think about. Like all diets, inducing ketosis tends to result in some muscle loss (and the resultant slowing of the metabolism). Many supporters of ketosis claim that if you consume adequate amounts of protein, this will not happen. Nevertheless there is evidence to suggest that increased protein consumption will only limit muscle loss – it will not stop it.

As the liver has to eliminate the excess ketones from the body, there is a theoretical risk that liver damage will result from prolonged ketosis. Increased water consumption might assist the body with the detoxifying process of eliminating ketones.

The other point to note is that a fair amount of weight loss during ketosis is due to water loss. Glycogen is stored in the liver, bound to water. As those glycogen stores are depleted, that water is released and eventually expelled as urine. Those first 4-5 pounds of weight loss are largely water – not fat. It is weight that you can count on reacquiring when normal eating resumes and glycogen stores are filled up again.

## **Cortisol**

A complete understanding of the effect of dieting on the body is not possible without a basic understanding of the role of cortisol.

Cortisol is a steroid hormone which has numerous functions including regulating the body's use of proteins, carbohydrates and fats. Cortisol secretion increases in response to stress – both physical (like trauma, dieting) and psychological. It is otherwise produced in daily cycles peaking at 8 a.m. and dropping to minimum at night.

Cortisol secretion causes a breakdown of muscle protein – it is catabolic – leading to the release of amino acids into the bloodstream which can be used by the liver to synthesize glucose. This raises blood sugar levels so the brain will have more energy to deal with the stress.

Cortisol is thus the culprit involved in eating away at your muscles when you go into ketosis and your brain needs more glucose.

Cortisol production can be reduced in two ways:

- Take a combination of Vitamin C with a tablespoon of Glutamine
- Spike insulin levels with a high-GI food

Clearly the latter strategy comes with its own problems especially if you are actually trying to induce ketosis.

To combat the effects of cortisol, the best bet is to take the Vitamin C – Glutamine combo first thing in the morning. After a heavy workout, if you are not on a ketogenic diet, consider taking a high GI carbohydrate as a one-off measure to stop cortisol production.

## **Cyclical Ketogenic Diets**

A ketogenic diet, as described above, is one that aims to put you into **ketosis** for rapid fat burn. A cyclical ketogenic diet makes use of this technique for short spurts in order to minimise the problems associated with long term ketosis. BodyOpus is a programme in which one goes through a weekly cycle in which one goes into a state of ketosis for fat burn during the week, followed by a carb up period for muscle gain on weekends. Heavy weight and cardio sessions are used to accelerate depletion of glycogen stores. It is a severe programme and not for the faint of heart. I would only recommend you look into this if you have achieved a high level of fitness but that six pack still eludes you. <http://low-carb.org/lylemcd/>

## **Ketosis Alternatives**

BodyOpus is a very structured diet and exercise regime which will cause you to be in ketosis for 3-4 days a week. If this sounds too severe, there are alternative ways to induce temporary, short-term ketosis. For starters, a diet high in low GI foods and high in fibre will keep blood sugar levels low so that it is easier to push yourself to ketosis for short periods of time. Engaging in a long cardio session when blood sugar levels are unusually low, i.e. after a hard weight workout or first



thing in the morning before eating food, will tend to cause blood sugar levels to “drop through the insulin threshold” and kick the body into fat burning mode. The conditions under which a person enters ketosis, i.e. amount, timing and types of food consumed, amount of exercise, will differ for each individual so you will need to experiment.

### **Summary**

You can manipulate your blood sugar levels by altering your diet and the amount/intensity of your exercise. In the extreme, this can result in prolonged ketosis which carries certain risks. Fat burn can nevertheless be encouraged by taking the middle road of consuming a diet of low GI foods and engaging in regular exercise. The resultant fat burn may not be as rapid. However as muscle mass will tend to be preserved, the weight loss is more sustainable in the long term.

# Chapter 5: Supplements

There are a number of nutritional supplements that are reputed to help weight reduction. These can work in one of three ways:

- (1) as a diuretic to reduce water retention
- (2) as a lipotropic to help the body reduce cholesterol and fat – “fat burners”
- (3) as an appetite suppressant

No supplement is a substitute for a healthy diet and exercise plan. Supplements will, however, help speed up weight loss when these other measures are undertaken.

Much of the information in this chapter has been extracted from *Prescriptions for Nutritional Healing*, 2<sup>nd</sup> Edition, by James F Balch MD and Phyllis A Balch, CNC. This is an excellent reference book and will answer any question you have on vitamin and herb supplements.

For an online reference, the WholeHealthMD site is well organised.

<http://www.wholehealthmd.com/>

## Vitamins & Minerals

### Very Important

#### **Multivitamin & Mineral complex – take as directed**

If you are going to take supplements, the first one should be a multi to ensure you get a good baseline for all your supplements. This will help with your energy levels. *Obesity and nutritional deficiency are parts of the same syndrome.* Furthermore many cravings are due to a nutrient the body needs.

#### **B Complex**

For proper digestion and to help ensure sufficient nutrients to avoid cravings. Important for stress reduction especially if getting in shape sometimes leaves you cranky!

#### **Vitamin C with Bioflavonoids – 500 mg, 3 times per day**

Necessary for normal glandular function. Stimulates the production of carnitine, an amino acid that speeds up your metabolism. Fat will be burned faster. In studies, subjects felt more energetic and motivated to exercise. It also encourages the release of excess water.

Taking several grams of vitamin C per day used to be recommended by nutritionists. However recent studies show that the body simply cannot absorb large quantities of the stuff. Too much vitamin C will just result in expensive urine. Take in small divided doses (500 mg or less) throughout the day.

#### **Essential Fatty Acids -**

See page 35.

#### **Kelp – 1000 to 1500 mg daily**

Contains balanced minerals and iodine. Iodine is readily absorbed and transported via the bloodstream to the Thyroid Gland where it is used by the body to make the hormone, Thyroxine, which is involved in the regulation of the metabolism. Aids in weight loss by ensuring good thyroid function.

#### **Lecithin – 1 tbsp x 3 daily (as granules) or 1200 mg x 3 daily (as capsules)**

A fat emulsifier; breaks down fat so it can be removed from the body. Reduces cholesterol levels.

**Calcium – 1500 mg daily**

Involved in activation of lipase, an enzyme that breaks down fats for utilisation by the body. Calcium seems to interfere with fat storage, keeping metabolism high. Many studies indicate that fat loss is accelerated by a high calcium diet. Furthermore, as calcium loss is accelerated by a high protein diet, supplemental calcium is needed.

**Choline & Inositol – as directed**

Prevents abnormal accumulation of fat in the liver. Triggers your body to burn excess fat.

**Coenzyme Q10 – as directed**

For energy

**Vitamin E – 400-800 IU daily**

A powerful antioxidant: it prevents cell damage by inhibiting the oxidation of lipids and the formation of free radicals. Given that you will be increasing your consumption of fat (in the form of EFAs), it is important to increase your vitamin E consumption as some of the fat will likely be oxidized and become a potential source of free radicals.

**Selenium – 200-400 mcg daily**

This works with vitamin E to maximise its effectiveness. Selenium's principal function is to inhibit the oxidation of fats.

**Useful**

**Psyllium husks - 1 tbsp 1/2 hr before meals with a large glass of water**

You can get this as Metamucil or Citrucel in the pharmacy or simply as "Psyllium Husks" at your local vitamin barn. Good for high or low blood sugar problems and also provides fibre. Gives a full feeling, cutting down hunger pangs. Psyllium will cleanse and move your intestines, preventing the excess absorption of food and calories. Note that most expensive colon cleansing programs have inexpensive psyllium as the main ingredient.

Do not take at the same time as other supplements: psyllium will inhibit the absorption of supplemental vitamins and minerals! Ensure a minimum of 1 hour time difference between taking this fibre and other vitamins.

**Chromium picolinate - 200-600 mcg daily**

Controls symptoms relating to high blood sugar. Encourages weight loss in obese individuals. May reduce carb cravings.

**Spirulina - take as directed x 3 daily**

Excellent source of usable protein. Contains needed nutrients and stabilises blood sugar. Can replace meals.

**Acidophilus – take as directed**

Your digestive tract is host to about several hundred kinds of bacteria and yeasts. Among these, *Lactobacillus acidophilus* and other members of the *Lactobacillus* family are especially important to your health. Take this to ensure your colon, one of the major eliminative organs, is working efficiently. This will help preserve overall health and energy levels.

**DHEA – take as directed**

Inhibits an enzyme that's involved in fat production. In human studies, the hormone dehydroepiandrosterone DHEA has led to a loss of body fat by blocking an enzyme that is known to produce fat tissue.

### **Amino Acids**

L-Arginine, L-ornithine, and L-lysine – as directed

Helps encourage fat burn. Take on an empty stomach with water. Do not take with milk. Absorbs better with 50 mg B6 & 100 mg C

### **Herbs**

- **Aloe Vera juice:** for digestion and cleansing the intestinal tract
- **Fennel**, a natural appetite suppressant, is reputed to remove mucus and fat from the intestines.
- **Fenugreek** is used by naturopaths for dissolving fat within the liver.

Herbal Thermogenics:

- **Cardamom**
- **Cayenne Pepper**
- **Cinnamon**
- **Ginger**
- **Green tea**
- **Mustard seed**
- **Black Pepper**

### **Other Products**

#### **Ephedra – Ma Huang – Ephedrine**

Ephedrine is the active ingredient in Ephedra, also known as the Chinese herb Ma Huang. It acts like an amphetamine. This stuff isn't available in most places anymore because it tends to be very dangerous. Any body builder can get the stuff on the black market: I don't recommend it. There are reports of this stuff causing heart attacks in healthy young men.

#### **Caffeine-Ephedrine-Aspirin stack**

If you aren't getting the boost from Ephedra that you want, you can turn it up by combining it with caffeine and aspirin. This is the bodybuilders' ultimate thermogenic cocktail. References to it abound all over the net. Quite frankly, if you are working so hard to get healthy, why would you possibly risk losing it all by doing this to yourself? It definitely works, but at what price?

#### **Guarana**

Guarana is sold in health food stores as a fat burner and appetite suppressant. The active ingredient is caffeine – 100 mg of guarana has about the same amount of caffeine as a cup of coffee. Guarana is thus no more effective at encouraging weight loss than coffee (see page 39) and will have all the same downsides with long term use.

#### **Olestra**

Olestra is a type of fat that passes through the digestive system intact i.e. it does not get absorbed. This is being used in products like potato chips to reduce their calorie content. Quite frankly, if you are reaching for Olestra enhanced food, you are missing the point. Yes, you can probably find some types of plastic and rubber to eat that won't add calories to your diet. However please consider what you are putting in your cake hole. Olestra is NOT going to help you develop good dietary habits.

Don't forget that your body actually needs fat. Many vitamins and nutrients are carried into your body in fat. The Olestra passing out of your body will do so with these in tow.

And if that doesn't convince you, then maybe this will. Because olestra passes ALL THE WAY through to the toilet intact, you are apt for some very oily bowel movements. It is reported that the main side effects of olestra are diarrhea and (my all time favourite) "faecal urgency."

### Other Drugs

There are a number of drugs available by prescription which will help with the business of reducing weight but NONE of them is as effective as maintaining a good diet and exercise. The most popular drugs are **Xenical**, **Orlistat** and, most recently, **Reductil**. These have many side effects and cannot be taken for long periods of time. **Fen-Phen**, also known as fenfluramine, is another popular drug which is no longer easily available because of the numerous health risks it poses.

### Phen-Free

This is supposedly the herbal alternative to Fen-Phen. It has neither fenfluramine nor ephedrine. It is another fat burning thermogenic which is considered highly effective by body builders. I have never tried it. Like other thermogenics, such as caffeine, you may find it gives you the jitters.

### HGH – Human Growth Hormone

If studies are to be believed, then the fountain of youth has been found and it's called HGH. HGH is a naturally occurring hormone in the body. Production peaks at about 6 years of age and eventually dwindles with age.

Virtually all studies indicate that HGH therapy will improve muscle mass and reduce fat stores. There are a number of other benefits of HGH which could be broadly viewed as anti-ageing. I have personally seen the results of HGH therapy on a friend and it is astounding.

So if this stuff is so great, why isn't everyone using it?

- (1) It's VERY expensive and will cost \$500+ per month
- (2) It has to be injected daily – pill forms don't work
- (3) It has to be obtained through prescription
- (4) Before, during and after blood tests must be performed to determine the right level of medication – these are also expensive
- (5) There is a theoretical risk it can cause cancer but to date this is unsupported by evidence.
- (6) There is also a risk that supplemental HGH will reduce your body's capacity to produce HGH on its own.

The proposed "cheap" alternative to HGH therapy is to take supplements known as "secretagogues" which are supposed to encourage the body to produce more HGH. There is little evidence that they work. In fact some studies show that they may reduce HGH production because they increase some of the HGH markers which the body uses for determining production levels.

"Structured Water" is the latest product being marketed as a secretagogue. To my knowledge, this stuff has absolutely no independent research to confirm it works at all. Treat it like any snake oil quackery.

The cheapest way to boost your HGH levels is through weight lifting. According to the popular expert, Dr. Ronald Klatz, weight training, particularly of the large muscle groups, encourages the body to produce more HGH naturally. In six months, I increased my HGH levels by 10% (per blood tests taken before and after) whereas normally we can expect them to fall 2-3% per annum.

HGH does seem like an interesting complement to a good diet and exercise programme. If this interests you, get your GP to refer you to an open minded endocrinologist.

For more information on HGH, read the seminal work [Grow Young With HGH](#) by Ronald Klatz.

# Chapter 6: Weight Loss Topics

In this chapter I wax lyrical on various weight loss topics and address some of the questions I have been asked.

## The Weight Loss Equation

Most people will tell you that the secret to weight loss is simple: if you consume less calories than you use, you will lose fat. If you consume more calories than you use, the rest will get stored as fat.

I believe that's overly simplistic for a couple of reasons:

People are not Bunsen burners. Our efficiency at taking energy out of food varies as does our ability to use that energy. Some of us have bodies that store fat easily while others seem to eliminate more food as waste. Our sensitivities to foods vary.

If this were true, why is it that people on high protein diets can consume way, way, way more calories than they can on a high carbohydrate diets and still lose weight? There must be something else at play.

The weight loss equation suggests that the bottom line is calorie counting. That is a truly gruesome way to eat and live and is just not sustainable in the long run. In my experience, I have found that it is better to work out which foods your body tends to store as fat and which can be eaten plentifully without concern.

It is true that if you are starving yourself, any food you eat will be burned off. But we're not talking about consuming a diet that has you in a constant state of starvation. We're talking about having a sensible, filling diet which leaves you satisfied and healthy.

## Diet or Exercise?

People often ask me what I think is more important for weight loss, diet or exercise. Both are essential to long term sustainable weight loss. But if I'm forced to choose, I'd have to say **Diet**.

The body is extremely efficient. You could jog for two hours and not work off the damage done in one five-minute binge session. We can consume calories at an enormous rate. Burning them off is much more difficult.

It's the same with trying to build a six pack (visible ab muscles). You can do all the sit-ups you want, but if you don't watch your diet, those abs will be buried under a layer of fat.

There are people who can run over 100 km per week and still be fat! Exercise will simply not let you eat everything in sight. If you want to be fit, watch your food intake – no matter what exercise you engage in,.

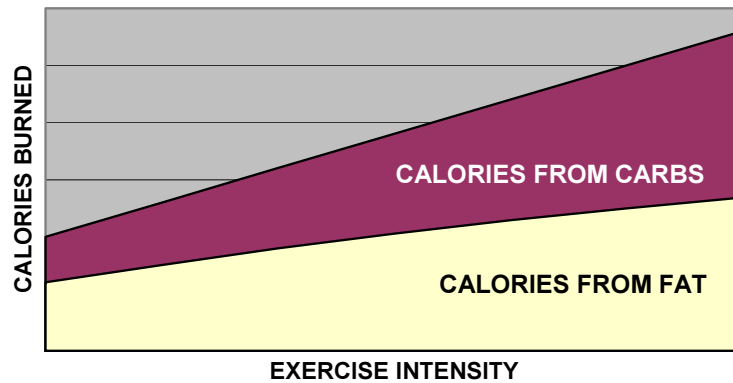
That doesn't mean you should abandon exercise: A person who has a high muscle to fat ratio will have a higher metabolic rate than a person of the same weight with a lower ratio. This is because it takes more calories to maintain muscle tissue.

## The Fat Burn Zone Myth

Your body uses either fat or carbohydrates for fuel. Fat is akin to a log burning on the fire: it's not powerful but it lasts a long time. Compared to these logs, carbs are a bit more like rocket fuel.

Primarily, your body's choice of using fat versus carbs depends on the intensity and duration of the exercise. Carbs will be used more with increased intensity of exercise and they will be used less with increased duration.

The FAT BURN MYTH is that in order to maximise fat burn, you need to engage in low intensity exercise. While it is true that the body uses a higher *proportion* of fat fuel when engaged in low intensity activity, that does not mean that it will burn more fat.



The graph above illustrates this point. As exercise intensity increases, the proportion of energy derived from carbs does increase. But, as the total calories burned increases at a faster rate, the amount of fat burned also increases.

The reason you might want to engage in low intensity exercise is because you can sustain it for longer. You will probably burn more fat cycling for 1 hour than you will sprinting for 30 seconds. Saying that, please remember that High Intensity Training brings other “fat burning benefits” which may be preferred (see page 21 But What About the Fat Burn?).

### Spot Reduction

This subject is truly my pet peeve. There is little to say about it. I'm including this so that **NOBODY ASKS ME THIS STUPID QUESTION AGAIN!**

Here's the question: How can I reduce fat off my [hips / thighs / waist ]?

Here is the answer: Liposuction

That is the **ONLY** method of spot reduction possible. There are no creams, scrubs or exercises which will **CHANGE YOUR FAT DISTRIBUTION PATTERN!**

Think of your body being like a balloon. The balloon has a given shape, it can be bigger or smaller depending on how much air you put into it, but the basic shape remains the same.

Your patterns of fat distribution were largely set by the time you became a teenager. Now all we are doing is determining the size of the individual fat cells. If you have a lot of fat cells on your hips, even when you loose weight, you will have more fat on your hips than say... your forehead!

With body fat below 18%, most women will find that even their hips start to disappear. But this is a very low level of fat for someone who is not an athlete. At that level, the rest of your body might start to look somewhat drawn and haggard!

If you really cannot stand your basic shape and you do not want to reduce your body fat to very low levels then think about liposuction. It's really the only way. Any pill, cream, massage treatment or scrub touted as a spot reducer is simply false advertising.

## Loose Skin

If you lose a significant amount of body weight, loose skin can become an issue. I lost about 20% of my body weight and found this to be so.

Your skin's ability to adapt is a function of your age, genetics & amount of weight lost. I have no experience with the kind of weight loss in which a person's body size reduces by half. For these cases, doctors often recommend plastic surgery – tummy tucks and the like.

In my case this was not necessary. Although my skin became saggy, because of my attention to nutrition and focus on exercise, it has slowly caught up with the rest of my body. This process is not complete... I can still do some interesting tricks with the skin on my stomach. But for the most part, the skin has started to pull in.

There are some moisturisers you may like to try which I have found helpful:

- Pregnant Belly Salve with calendula oil (I kid you not!)
- Any post partum (confinement) moisturisers
- Emu Oil
- Clarin's "Lift Minceur" – Body Lift Contour Control

If you live in Singapore, there is a nice range of creams that you can buy at The Wellness Sanctuary. If you find your skin sagging very severe, you may even consider getting a "confinement massage" and wrap as is given to women after pregnancy. Just for the record, I have NOT tried this one!

Ultimately, good skin health comes from the inside, not the outside. Consider the supplemental vitamin and EFAs below and ALWAYS DRINK PLENTY OF WATER!!!

For further research, the Skin Biology website is rather ugly but extremely informative: <http://www.skinbiology.com/>. If you really want to know how you can improve your skin quality or even set your biological clock back a few years, this is a very interesting resource.

## Free Days & Planned Variance

Is it OK to take a break from the plan?

Many diet plans have "free days" or "free meals" when you can be naughty and not follow the plan. Personally I have felt that the idea of free days makes you feel like the rest of your diet is tedious or difficult and sets up the wrong mental attitude.

I am now at the point where I genuinely DO NOT want to eat cakes, cookies or fried noodles. If I had "cheated" every so often and given myself such a treat, I think it's likely that, having reached my goal weight, those items would have crept back into my regular diet and I would be at risk of weight gain.

THIS IS VERY PERSONAL. Other dieters have told me that the "little treats" are what makes it possible for them to stick to a healthy eating plan in the long run.

There is actually a scientific basis for using such little "treats" to ensure long-term diet success. For more information on this, read Jon Benson's article on Planned Variance (Jon's site gets better day by day): [http://www.allyourstrength.com/nutrition\\_1102\\_pv.html](http://www.allyourstrength.com/nutrition_1102_pv.html). Jon has just about got me convinced that I should try his "planned variance" plan for a while to see if it doesn't take me to the "next level" of fitness.

So if you absolutely HAVE to have your Haagen-Dazs once per week then for crying out loud EAT IT!!! It is better to have periodic binges with an overall sound diet than to give up and eat poorly day in day out!



I have abnormal will power when it comes to some things. If you do not, do NOT torture yourself! Make SENSIBLE choices which will make you happy. You will not stick to anything which makes you miserable. Make GOOD, HAPPY choices!

### Food Combining

For a discussion of Food Combining, please see page 55 which discusses the original food combining plan, Fit for Life.

### Timing: Circadian Rhythm

Most bodily functions are subject to circadian rhythm, meaning that over the course of the day, different functions are more active than others. For instance the hormone **cortisol** from our adrenals peak at 8 a.m. while melatonin from our pituitary peaks at 1 a.m. Most cholesterol tends to be produced between 4 - 8 a.m.

The benefits of exercise and diet can be enhanced if you work with the body's internal clock. The key point to bear in mind is that the metabolism slows towards the end of the day and goes into complete power save mode while asleep.

- (1) Carb calories should be consumed early in the day (i.e. before noon) or timed around exercise (either right before or after the workout) so they are less likely to turn into fat.
- (2) Because insulin will shut down cortisol production, early morning carbs will help limit the production of cortisol which is **catabolic**.
- (3) Exercise, which increases metabolism for the rest of the day, will benefit you more in the morning because the higher metabolic rate will have longer to run before shut down to power saving mode.

### Nutrition for Exercise

While exercise intensity and duration are the primary drivers of which fuel you will use, i.e. fat or carbs, your body's choice of fuel can be shifted depending on their relative availability. If your body has more carbs, it will switch over to fat burn later than if its glycogen (the readily available form of carbs) stores are depleted.

Atkins is based on this very principle: take away the body's carbs and it will be forced to use fat for fuel. It's simple.

The problem is that if you have no carbs in your system, your ability to perform high intensity activity (like the weight and cardio training described in Chapter 3) will be impaired. You will therefore exercise at a lower rate and not get the same benefits in terms of muscle building and metabolism boost.

So how do you maximise the benefits of a workout on a relatively low-carb diet?

The best bet is to consume some carbohydrates about 30 to 60 minutes before your workout. Choose a food with a **low GI** (see page 29) as they will release sugar into your bloodstream for longer and will not result in an early spiking of blood sugar level (and the subsequent crash known as hypoglycaemia). My favourite choice is sweet potato.

If you are going for a short sharp workout, consider increasing the GI of your pre-workout snack. You will need to experiment with the timing and GI of the food you eat in order to see how your body reacts. The "overreaction" in the form of hypoglycemia (low blood sugar) is usually short lived and for most amateur athletes is probably unnoticeable.

A drop in blood sugar sounds like the wrong response to giving your body sugar! It is supposedly caused when the **insulin response** to the sudden abundance of sugar results in too much being

shunted into cells. This effect is not always seen so test it out for yourself. Either way it's a very short-term effect.

While you are working out, you might consider taking some kind of sweet drink, i.e. high GI, like Gatorade. This will only be of use to you for LONG workouts, i.e. over 30 minutes, as your body will take a while to get the sugar into your bloodstream. Because your insulin response to sugar is suppressed during exercise, the GI of food you consume WHILE working out doesn't matter so much. In other words, very sweet foods eaten during exercise are unlikely to be stored as fat.

When the workout ends, you will speed up your recovery if you ingest a combination of carbs with protein. Take this 30 - 60 minutes after your workout. This will help quickly restore depleted glycogen (assuming you are not trying to keep this low to, say, induce ketosis). Plus the insulin released in response to the ingested carbs are reported to stop the activity of the hormone cortisol which is released during exercise. Cortisol has a catabolic effect on muscle, i.e. it breaks down muscle. So the carbs help reduce the muscle breakdown. This doesn't mean you should eat carbs all day long after a workout! A one off "carb-protein injection" should do the trick.

For further research on nutrition for exercise, see:

"GI and Exercise Metabolism" - <http://www.fred.net/ultrunr/glycemic.html>

"GLYCOGEN SPARING AND Nutrition during exercise" - [http://www.activehealth.co.nz/glycogen\\_sparing.htm.htm](http://www.activehealth.co.nz/glycogen_sparing.htm.htm)

### **Coffee & Other Caffeinated Beverages**

Caffeine affects almost every organ system, with the most obvious being the central nervous system. The stimulant increases alertness, reduces perceived effort during exercise, and decreases reaction time. At high doses (more than 15 mg/kg body weight), caffeine can also produce hypertension, nervousness, irritability, insomnia, and gastrointestinal distress.

- <http://www.physsportsmed.com/issues/1998/09sep/hawley.htm>

Anyone who has followed Atkins will believe that coffee is a no-no for dieters. If you are trying to achieve **ketosis**, coffee cannot be consumed. For a dieter, the main drawback of coffee is that it reduces your insulin sensitivity (i.e. your body is apt to produce more insulin than it normally should and this will encourage fat storage). So drinking coffee will, for some individuals, negate many of the benefits of choosing a low GI, low carb diet.

The other drawback with coffee is that it's a diuretic and will thus encourage dehydration. This can lead to headaches and constipation. It is also supposed to reduce your production of DHEA and other anti-aging hormones. Thus you will age faster. Some studies show that it will cause calcium to be leached from your bones. Coffee causes heart palpitations and jitters in many people. This may show up as kind of benign heart arrhythmia on an ECG – I suffer from this and can report it's not lethal! Caffeine may even affect breast health: women who eliminate caffeine have a high rate of success in eliminating breast cysts.

Coffee is not all bad. It is reported to have a number of therapeutic effects including reducing one's risk to Parkinson's disease and prostate cancer.

It is also a thermogenic, meaning that it will provide a temporary boost to your metabolism. The question remains whether this temporary boost is enough to offset the body's increased tendency to store fat.

The smart way to use coffee is to refrain from drinking it on a regular basis and just take one cup before each workout. This will give you the buzz to power you through your routine and give your metabolism a boost but not result in long-term effects on your tendency to store fat.

The bottom line is that it is a drug and constant use of drugs is probably not a great idea. Then again, it's my favourite drug.

Further Reading: [http://www.t-mag.com/nation\\_articles/219caff.html](http://www.t-mag.com/nation_articles/219caff.html)

## Cholesterol

We have been led to believe that cholesterol is all bad: it isn't. Cholesterol is a substance essential to normal body function. It is present in cell walls and membranes throughout the body and it is used to produce many hormones, vitamin D, and the bile acids that help digest fat. Yet only minute quantities are required to perform these functions. Excess in the bloodstream can be deposited in arteries which may lead to narrowing and blockages that result in heart disease.

The key thing to note when choosing your food is that **dietary cholesterol is not the main source of cholesterol in your body**. The body produces 3 - 4 times more cholesterol than you eat. And according to Dr. Uffe Ravenskov, the author of [The Cholesterol Myths](#), the production of cholesterol increases when you eat little cholesterol and decreases when you eat much. So varying your dietary cholesterol will not have a major impact on cholesterol levels.

Having said that, if you are trying to get your cholesterol levels down, there is significant anecdotal evidence that following a low carb diet will help. For a more radical approach, consider a [paleo diet](#) (pg. 32) or an all raw diet. These accounts support the theory that it is the combination of a high sugar, high saturated fat diet which will drive up cholesterol levels – not the consumption of dietary cholesterol.

Ravenskov has amassed a significant amount of data to suggest that one's cholesterol levels are insignificant predictors of heart disease. Personally I believe you ignore it at your peril. High cholesterol levels do not necessarily mean you will have a stroke tomorrow but you might and certainly some people do. You should aim to reduce your cholesterol levels to below 200 and make sure you also maintain low [homocysteine](#) levels as this is an even more significant predictor of heart disease. Get both these tested at the beginning of your fitness program and then on a yearly basis to make sure they are within healthy levels.

What does this mean for the humble egg? It is not necessary to shun eggs altogether: an egg yolk a day will not hurt you or your cholesterol levels. Egg whites are ALWAYS a good source of protein, but you do not have to discard the yolk of every egg you eat. If you have a taste for eggs, go ahead but choose a free range variety which has lecithin and omega 3 – good fats. This will ensure you are eating the eggs of a healthy animal instead of a stressed out battery hen.

## Internal Cleansing & Detox

A by-product of weight loss is that the body rids itself of a lot of toxins which have been stored in fat. In order to assist elimination of these toxins, naturopaths recommend various methods of detoxification.

There are LOTS of detox therapies, not all of them reputable: salt baths, apple cider vinegar, enemas, gall bladder and liver cleanses, chelation therapy, fasting, etc. If you are interested in good information on any of these, consult [Prescriptions for Nutritional Healing, 3<sup>rd</sup> Edition](#), by James F Balch MD and Phyllis A Balch, CNC.

There are, however, two cleanses I will comment on:

### Colon Cleansing

Colon cleansing isn't quite as nasty as it sounds. It simply involves ensuring good intestinal health for proper elimination. The bowel is where the absorption of most nutrients take place. Ensuring intestinal health is the basis for many general health improvements.

For the first month of your weight loss programme, consider adapting the following measures:

- take supplemental fibre before meals and at bedtime (see Chapter 5)
- Drink aloe vera juice daily
- Take an acidophilus supplement

Do not take fibre at the same time you take your food and vitamins as it may interfere with absorption of nutrients.

### Morning Lemon Cleanse

Each morning when you first wake up drink a glass of Stanley Burrough's Master Cleanser Lemonade:

- A cup of water
- The juice of half a fresh lemon
- A dash of cayenne pepper

Burroughs also adds some maple syrup to this concoction for taste and so that the drink may be used as a sugary meal substitute. As this lemonade will not be the main source of your daily caloric requirements and given that we have now GIVEN UP SUGAR, this is not necessary.

Follow this drink up by 5 minutes of rebounding (see below) to give your day an energetic start.

If you are interested in internal cleansing plans, here are two good resources where you can start your research:

<http://groups.yahoo.com/group/gallstones>

<http://groups.yahoo.com/group/bowelcleanse>

### **Rebounding**

Rebounding is the popular name for jumping on a mini-trampoline. It is supposed to help boost circulation and encourage detoxification.

The idea is that as your body bounces up and down, each and every cell gets a jolt which encourages it to shake loose toxins. Furthermore, this bouncing will pump the lymphatic system so that those toxins are carried away. This in itself will supposedly encourage weight loss and vitality.

The lymphatic system has various functions including removing and destroying toxic substances. It is composed of a series of one-way valves which are pumped by muscular action. Exercise is therefore an extremely important component of health maintenance, not simply because of the effect on lean body mass and calorie consumption, but because it encourages the flow of this "white blood."

Rebounding thus appears to be an easy way to bring on this benefit.

Not everyone agrees. I had the opportunity to speak to a doctor who specialises in treatment of edema (when the lymphatic system does not work properly and causes swelling). He informed me that the lymph system has its own "peristaltic" action, i.e. little contractions which move fluid through the valves, which acts independently of the muscular pumping effect. In his opinion, rebounding was a complete waste of time.

I found five minutes of rebounding every morning quite enjoyable and somewhat addictive! I believe it improved my sense of well being. At the very least, it is a fun placebo and will improve the muscle tone of your butt and calves!

# Chapter 7: Comparisons with Other Plans & Diets

I'm frequently asked, "Is your plan like Atkins or Body for Life?"

Here are some of the other programs I have come across with my take on them and how they compare to my own programme.

## **Atkins**

Everyone seems to be following this one. Many swear by it. I am not a big fan, mostly because it is a diet and I don't believe diets are effective in the long term. Furthermore, I have known several people who have followed Atkins only to regain their losses with interest.

One of my main problems with Atkins is that, as a substitute for consuming carbohydrates, he encourages dieters to consume fat – of any kind. As discussed on page 34, not all fats are created equal. I believe that eating abundant saturated fat carries severe health risks for cardiovascular disease. Dieters who are trying to achieve ketosis can and should do so without exposing themselves to the ills of saturated fat.

There are some similarities between my plan and Atkins namely that we both recommend reduced carb intake. That's pretty much where the similarities end. The goal of the Atkins plan is to put you into a state of ketosis where the body gets most of its energy requirements from fat. See chapter 4 for more details on ketosis. Many believe that you put your eliminative organs under enormous stress when you are in this state. Furthermore, initial weight loss on the programme will be exaggerated because your body tends to lose a lot of water before achieving ketosis.

As with other diets, weight loss will likely include muscle loss, thus impairing your metabolism and reducing your ability to deal with food once the diet ends. At the very least, anyone coming off the Atkins programme should expect an immediate weight gain if only due to re-hydration of the body.

## **Body For Life**

I came across this plan when I was about two-thirds of the way to my goal. There are definitely some similarities between my plan and BFL. Here are the key differences:

BFL focuses on a 12-week challenge to transform your body.

My plan is not for 12 weeks but truly is "For Life"

On BFL, you follow the diet 6 days a week and have one free day to pig out.

On my plan, there are no "free days." I think the idea of "free days" totally undermines one of the goals which is to develop good, permanent dietary habits. The whole concept of "free days" implies that there is something difficult or joyless about one's diet the rest of the time. That's completely the wrong attitude. If you think like that, you will never make healthy eating a habit – it will always be a chore. Eat properly 24/7/365 and learn to love it.

On BFL you workout 6 days a week.

On my plan, the workout schedule is less intense. BFL has you in the gym lifting weights 3 times a week with you hitting each body part every 4 days. I recommend a longer recovery time (7 days). If you think your body can cope with the more demanding workout schedule of BFL and you want to make more rapid progress, then follow their protocol.

Many of the dietary recommendations include their own brand of protein drinks and supplements. My plan emphasises eating naturally. I'm not completely against protein drinks. It's just that I've never seen a commercial protein drink that didn't include 20 chemical compounds I'd never heard of and which, quite frankly, didn't taste horrible and make me nauseous. But that's just my personal reaction to those things. I am also uncomfortable with any plan for which you have to buy products from the guru in order to be successful.

Generally I think that the BFL people "get it" but you must remember that they are in the business to make money. Plus the programme is tailored for mass appeal. Hence the short term nature, the free days, the competitions, etc.

Nevertheless I recommend Bill Phillip's book as a useful resource. If you want inspiration, get the BFL book or check out their website at <http://www.bodyforlife.com/>. It is full of amazing "before and after" pictures which will blow your mind.

And if you need more convincing, here is the world's most amazing success story ...  
Body for Lifer, Pam Brown: [http://www.bodychangers.com/pbrown\\_inter.shtml](http://www.bodychangers.com/pbrown_inter.shtml).

### **The Zone**

Barry Sears is the author of [The Zone](#). On this plan, one must target getting calories from carbs, protein and fat in a 40 – 30 – 30 ratio. Furthermore, you must eat a certain amount of protein – measured quite precisely in grams – depending on your lean body mass. The book **The Zone** is an interesting read and if you want to leverage off a community of people who swear by this plan, check out <http://www.zonehome.com/>.

Like any other diet, The Zone will work as it tends to involve a fair amount of calorie deprivation. But few can stick with it and all that counting and calculation is very tedious.

My plan does encourage a reduction in carbs in favour of more protein. But that's pretty much where the similarity stops.

The major complaints levelled at The Zone by dieticians and former Zoners are that:

- It's hard to stick to
- The ratios are only suitable for top athletes – each person has their own ideal zone which depends on their level of activity and lean muscle mass.

I followed The Zone many years ago and succeeded in temporarily losing some weight but it was almost impossible to eat out and home cooking was very time consuming. Eventually, my need to socialise over food and my time schedule forced me off the plan and the weight came back.

### **Eat Right 4 Your Type**

According to Peter D'Amano, the author of [Eat Right 4 Your Type](#), a person's blood type is intrinsically linked with the enzymes available to them to digest food. Mutations in blood type, i.e. from O to A, B and AB, arose in response to changes in diet. For elaboration on this theory see <http://www.dadamo.com/welcome-kb.htm>.

I am blood type O. Per D'Amano, this means I have the metabolism of the original hunter gathers. I have the blood type best suited to a Paleo diet high in raw proteins, leaves and berries. I am supposedly not well suited to dairy and an agrarian diet of cereals – I'm talking rice and wheat here, not Frosted Flakes.

Well I cannot disagree with him. Perhaps the reason I don't do well with complex carbs is that they are simply ill suited to a person with blood type O. I suspect, however, that there are people who are type A, B or AB who might have similar problems with tolerating these foods. If you find

that eliminating rice & bread does not give you the benefits you were expecting, you might want to consider picking up ER4YT to see what prescriptions D'Amano has for your blood group.

To quickly sum up D'Amano's ideas: Humans started out as hunter gatherers. At this point in evolution, we all had blood type O. Then we moved to an agrarian lifestyle and started to cultivate grains. There was a mutation in the gene pool which produced blood type A. Those with this blood type were better able to digest grains. They thrived. Over time, larger and larger numbers of people had this blood type. Then came herding and dairy farming. Another mutation, which produced blood type B, thrived in these conditions. Those with blood type B were better adapted to dairy than their type A and O cousins. Today, even though the modern diet is a complex mixture of all these foods, we still have a genetic propensity to be healthier on a particular diet. D'Amano gives guidelines as to which diet suits each blood type.

Please note that I have NOT followed his advice per se. It just happened that I found *some* of what works for me could be explained by his theories. I am not, however, convinced.

### **Fit for Life**

Fit for Life, not to be confused with Body for Life, is a book written by Marilyn and Harvey Diamond in the early 1980s. It's based on the idea that proper "food combining" will lead to good health and optimal weight. Failure to combine food properly will result in weight gain and "rotting food" in the gut. The Diamonds present their plan with typical early 1980s hype which is akin to a religious experience

The key guidelines are: eat protein with vegetables, OR starch with vegetables. Do NOT eat protein with starch, nor starch with fruit, nor protein with fruit.

For a quick summary and criticism of this plan, see:

<http://www.diet-i.com/diets/fit-for-life-diet.htm>

I think the Diamonds' ideas are interesting but quite frankly they make no sense to me. If faulty combining means your body is unable to absorb all the food's goodness, then surely one would be prone to weight loss, i.e. not all the calories are absorbed, than weight gain!

I think it is possible that combining foods according to their rules may reduce the burden on your digestive system. So, people with digestive disorders might want to give this a whirl. But I don't see how it would have a role in weight loss.

I have not used any Fit for Life principles in my programme. Nevertheless, as I have not given this system a try, I cannot confirm categorically that it does not work.

### **Jay Robb**

I am not very familiar with the Jay Robb fat burning plan. I have looked at his website but have not purchased any of his products. I am including comment on him here because I noticed that we have similar objectives and use similar means. Namely, he attempts to encourage fat loss by reducing the insulin response to food and NOT by putting the body into ketosis.

I also like the fact that he seems to scorn MSG and Aspartame and uses Stevia as a sweetener in his products.

What is great about his website, <http://www.jayrobb.com/>, is that it is chockfull of recipes with this goal in mind. I assume that any of them would be suitable under my plan.

# Chapter 8: Random Tips

This chapter simply lists all the odds and ends of information that don't fit anywhere else. These are little tips found around the web which might give you a bit of an edge.

## Tidbits

- Generally speaking, spicy foods (with chilli, pepper or curry) raise your metabolism. Cayenne pepper, cinnamon and pepper are supposed to be particularly good for boosting your metabolism. Don't take these late in the day as they may interfere with your ability to sleep.
- Each morning, drink a glass of lemonade made with the freshly squeezed juice of half a lemon and a dash of cayenne pepper added to cold water. This is a great detoxifier.
- Chewing gum for 20 minutes will increase your metabolism. However some studies show that it will also make you hungry.
- Consider getting tested for food allergies. Some people who eliminate foods they are allergic to find their weight stabilises quickly. Certain legumes (like peanuts), milk and nightshade plants (tomato, eggplant, potato) are likely candidates for causing allergic reactions.
- Snack on raw vegetables or a crunchy, low GI fruit.
- Get a juicer and drink fresh veggie juice 1-2 times per day. This is a great vitamin boost. Do NOT drink fruit juice which could blow your blood sugar levels!!!
- Eat a big salad every day. Add some chicken or fish to ensure you get your protein with the meal.
- Walnuts have been shown to aid weight loss. Include them in your daily diet as part of one of your snack meals.
- Replace mayo with hummus, butter with tahini or avocado.
- You burn more calories in a cold environment than a warm one (because your body has to heat itself up). Try swimming in cold water!
- Laughing increases endorphins which curb appetite. So does dancing to high energy music!
- If you crave a hamburger, then maybe your body is craving FAT or PROTEIN. So instead of feeding it the hamburger, give yourself a good quality protein (say steak or tofu) and/or a good quality fat (say avocado).
- Get obsessed about something BESIDES food. Get involved in a hobby or sports. In other words GET A LIFE!
- Sleep more. The body's metabolism slows down when deprived of sleep. Furthermore, it needs more sleep after a hard workout to build muscle. Unless you're manic or have an unusually low need for sleep, aim for 8 - 9 hours per night. Your body will feel more rested if 1 - 2 of those hours are before midnight i.e. try get to sleep before 11 p.m.!



## 10 Ways to Mess Up Your Diet!

[http://www.t-mag.com/nation\\_articles/241ref.jsp](http://www.t-mag.com/nation_articles/241ref.jsp)

This list is lifted from the article by T-Mag's Bob Hillman (these guys are great – they're so damned cocky and outright sexist due to excessive quantities of testosterone that you have to love them).

This list recaps much of what I've said but it's a great list worth reading in detail at their website. These are the 10 most common dieting mistakes of *bodybuilders* ... but they certainly apply to anyone interested in fitness.

- 1) **Relying Too Much on Thermogenics**  
They don't make up for poor diet and exercise.
- 2) **Following Someone Else's Diet**  
Adapt what you learn to your personal needs.
- 3) **Not Getting Enough Water**  
Where's your water jug?
- 4) **Eating Infrequently**  
5 - 6 meals a day, remember?
- 5) **Misuse of Cheat Meals**  
OK so you cheated, but don't do it every three hours!
- 6) **Believing Everything You Read on Food Labels**  
Now that you've learned to read labels, learn to think!
- 7) **Lack of Meal Planning and Inappropriate Timing**  
Carbs are best in the morning or with a workout ...
- 8) **Fear of Dietary Fat**  
You need good fat.
- 9) **Not Keeping a Food Log**  
Oi! We're talking food diary.
- 10) **Ignoring the Effects of Carbs and Insulin**  
Your body is just one big chemical reaction. You need some science for control!

# Chapter 9: Happiness?

Talk of happiness is at worst distasteful and at best rather unsophisticated. However I'm taking advantage of my audience to bring this work full circle. My fitness reform was triggered by a desire to get a better control over my moods and, in effect, be happier.

Although few will admit it, virtually everything we do is motivated by a desire to increase our level of happiness.

Happiness is a function of many factors and you may well need to see a shrink to really get a grip on yourself. Whatever the particulars of your situation, if you want to give yourself the best hope of coping with what life throws at you, the dietary prescriptions listed in the previous chapters will, as a rather nice side effect, help optimise your brain chemistry.

The following is taken from Hedweb which provides education on mood enhancing drugs. Even for those looking for a *chemical* route to happiness, it is clear that as a baseline, the best drug is a good diet supplemented by exercise:

*Optimal nutrition and exercise will increase the efficacy of all the potential life-enhancers i.e. drugs touted here. By choosing to eat an idealised "[stone-age](#)" diet rich in organic nuts, seeds, fruit and vegetables, and drastically reducing one's consumption of saturated fat (red meat, fried foods), sugar (sweets, etc.) and hydrogenated oils (found in margarine and refined vegetable oils), then one's baseline of well-being – or at least relative ill-being – can be sustainably lifted. There is mounting evidence too that an [omega-3](#) fatty acid-rich diet is protective against depression and other psychiatric disorders. Visitors to [HedWeb](#) probably don't expect to be assailed by sermons on the benefits of exercise any more than food-faddism. Yet regular and moderately vigorous physical exertion releases endogenous [opioids](#), enhances serotonin function, stimulates nerve growth factors, and leads to a livelier, better-oxygenated brain.*

- Hedweb <http://www.biopsychiatry.com/>

They've effectively summarized in one paragraph what I've taken 60 pages to detail.

The Standard American Diet (SAD) which is fast becoming an international standard has some appealing short-term mood boosters. The act of indulging in a pizza or ice cream has immediate positive benefits that everyone can relate too. The yumminess of sugar coating and deep frying provides immediate mental boosts. But the boosts, like all drugs, come with long-term negative side effects. If you can actually get off the roller coaster ride of fixes from these foods and get onto a healthy varied diet, the high will be much more long lasting.

It may not be happiness, but it's a rather good start.

# APPENDICES

**Appendix 1: Workout Sheets**  
**Full Body**

Date:

**Seat  
Position**

		Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps
<b>1</b>	Hip Extension										
<b>2</b>	Leg Extension										
<b>3</b>	Leg Curl										
<b>4</b>	Leg Press										
<b>5</b>	Abductor										
<b>6</b>	Adductor										
<b>7</b>	Pullover										
<b>8</b>	Row										
<b>9</b>	Pec Fly										
<b>10</b>	Incline Press or Bench Press										
<b>11</b>	Abdominal										
<b>12</b>	Rotary Torso										

Start Time:

End Time:

Notes:


**Lower Body**

Date:  
**Seat  
 Position**

		Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps
<b>1</b>	Squat										
<b>2</b>	Leg Extension										
<b>3</b>	Glute/Ham Raise										
<b>4</b>	Leg Curl										
<b>5</b>	Leg Press										
<b>6</b>	Straight Bar Deadlift										
<b>7</b>	Adductor										
<b>8</b>	Calf Raise										
<b>9</b>	Lower Back										
<b>10</b>	Hanging Crunch										
<b>11</b>	Rotary Torso										
<b>12</b>	Back Extension										

Start Time:

End Time:

Notes:


**Upper Body**

Date:

**Seat  
Position**

		Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps	Kgs/ Reps
<b>1</b>	Universal Row										
<b>2</b>	Pull down										
<b>3</b>	Assisted Chins										
<b>4</b>	Pec Deck or Bench Press										
<b>5</b>	Decline Fly										
<b>6</b>	Incline Press										
<b>7</b>	Seated Dumbbell Cleans										
<b>8</b>	Lying Rear Delt Raises										
<b>9</b>	Bicep Curls										
<b>10</b>	Triceps Pushdown										
<b>11</b>	Rotator Cuff Curls										
<b>12</b>	Dumbbell Shrugs										

Start Time:

End Time:

Notes:


## Appendix 2: Shopping Guide

This is my personalised list which could be modified to suit your dietary needs

GOOD	SO-SO	BAD	COMMENT
<b>Oils &amp; Spreads</b>			
<ul style="list-style-type: none"> <li>Olive Oil</li> </ul>			Store in small dark container. Keep bulk stored in the fridge for longevity. It will get cloudy in fridge but clear up at room temperature.
	<ul style="list-style-type: none"> <li>Butter, Ghee</li> </ul>	<ul style="list-style-type: none"> <li>Margarine</li> </ul>	Don't eat anything with hydrogenated oils! These have transfatty acids and are carcinogens! If you must, cook with butter – it's almost natural.
<ul style="list-style-type: none"> <li>Grapeseed Oil</li> </ul>	<ul style="list-style-type: none"> <li>Canola Oil, Rapeseed oil, sunflower oil in salad dressings</li> </ul>	<ul style="list-style-type: none"> <li>All other veg &amp; nut cooking oils including palm &amp; coconut</li> </ul>	Always buy oils that are "cold pressed" or "expeller pressed" because other method of oil removal can damage the oil
<ul style="list-style-type: none"> <li>Flaxseed oil</li> </ul>		<ul style="list-style-type: none"> <li>Cottonseed oil</li> </ul>	Just bad. Look for it on labels. For flavour or as supplement. Store carefully - goes rancid easily
<ul style="list-style-type: none"> <li>Avocados</li> </ul>	<ul style="list-style-type: none"> <li>Sesame oil</li> </ul>		Small amounts ok for flavouring OK so this isn't an oil - but it's a great source of good fat and can be used in place of butter on bread, etc.

## Dairy

<ul style="list-style-type: none"> <li>Cottage Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Buffalo Mozzarella</li> </ul>	<ul style="list-style-type: none"> <li>Hard Cheese</li> </ul>	I have a problem digesting some cheeses
	<ul style="list-style-type: none"> <li>Plain, low fat natural yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Sweetened yoghurt</li> </ul>	This isn't always easy to digest either
<ul style="list-style-type: none"> <li>Organic Low-Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Lactose Free milk, low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>Homogenized, Pasteurised milk,</li> <li>Condensed milk</li> </ul>	Milk is loaded with breast cancer causing hormones. Use sparingly High sugar content

## Meat

- Organic Grass Fed Beef
- Beef
- Veal
- Salmon, Herring, sardines, kippers & other cold water fish.
- farmed fish
- Free-range chicken, Game birds, Emu
- Chicken
- Omega-3 Eggs
- Eggs
- Pork
- Processed meat products
- Meat processed with additives and starch
- canned fish
- canned meat

Commercial beef is high in hormones that can lead to breast cancer. Also lots of saturated fat. Eat only once in a blue moon or look for organic substitutes especially grass fed cows. Don't eat veal - they are killed very cruelly.

lots of EFAs! Farmed fish have less EFAs and more antibiotics.  
Note: Farmed Fish contains antibiotics and chemical dyes

chickens are fed rubbish and are usually loaded with antibiotics.

Versus normal chickens' diet of rubbish, omega-3 chickens are feed seaweed Saturated Fat (not as bad as beef, and, to be fair, pork isn't loaded with hormones).

most hot dogs, sausages etc are actually loaded with starch and may only be a small % "real" meat. Read the label. They're also full of additives including colouring.

## Cereals

- brown rice
- basmati rice
- white rice
- rice noodles
- wheat noodles, ramen, pasta
- 12 grain brown bread, wholegrain or high protein tortillas
- anything made with white, refined flour or sugar
- Oatmeal , cous cous, bulgur, wheat germ, bran
- Muesli

either way, I'm not eating much on the cereals list  
Ditto

Bread is usually Hi GI food



## Fruit & Veg

- fresh
- frozen
- anything canned
- Sweet potatoes
- new potatoes
- Russet Potatoes
- Use sparingly! Hi Glycemic Index ("Hi GI")
- tomatoes, potatoes
- eggplant
- nightshade plants can cause various irritations
- Soy products
- Soy products
- this really depends on the product. If it has MSG or is pre-fried, forget it! Also, watch out for GMO (Genetically Modified) Soya
- lentils, kidney beans, black beans
- other legumes
- peanuts
- romaine lettuce, rocket, butter head
- Iceberg lettuce
- all dark green leafy veg
- red veg
- yellow veg
- seaweed
- Temperate Fruits
- Tropical Fruits
- Tropical fruits have much higher sugar content.
- red skinned fruits
- Good antioxidants
- all fresh & frozen berries
- canned berries, frozen berries with sugar
- berries canned with sugar
- apples, pears
- watermelon, bananas
- mango
- Go for low GI fruits
- fresh cranberries
- dried cranberries, cranberry juice
- sunflower seeds, almonds, pumpkin seeds, walnuts
- nut butters: soy, almond, cashew, macadamia
- flaxseeds
- Peanuts, peanut butter
- eat all nuts sparingly - high in fat
- need a coffee grinder to process these

## Beverages

- natural aloe vera juice, water
  - fresh vegetable Juice
  - fresh fruit juice
  - any juice which isn't fresh or has sugar added
  - red wine
  - other alcohol
  - tea: green, ginger, peppermint
  - coffee
  - black tea
  - anything with NutraSweet or sugar
  - Canned
  - Caffeinated
- Fruit juice is loaded with sugar so watch out. Avoid all store bought juices because they are adding everything under the sun into it.

## Miscellaneous

- MSG
  - Colour
  - mayonnaise
  - fresh mayonnaise
  - bouillon cubes
  - Molasses, Fresh Honey
  - Sugar
  - Oyster Sauce
  - BBQ sauce
  - Ketchup
  - Aspartame, NutraSweet
  - Store-bought cookies & cakes
  - tahini, hummus
  - apple cider vinegar, plum vinegar
  - rice crackers
- Read labels and don't choose foods which have this (watch out for the many cryptic names)
- Don't consume products with chemical colour additives – they're toxic
- cubes full of trans fatty acids & MSG... but usual in small quantities
- Sweeteners aren't good for you
- full of MSG & sugar
- serious toxins
- Read the label. Don't take if includes hydrogenated oils. Rice crackers are high GI food.

### **Appendix 3: Recommended Further Reading: Links & Books**

#### **General**

Adiposity 101

<http://www.omen.com/adipos.html>

Fat Loss Tips

<http://www.fatlosstips.com/>

Note: There is a good summary of fat loss guidelines but don't sign up for the free e-mail. I did and got spammed!

USDA Nutritional Database

<http://www.nal.usda.gov/fnic/foodcomp/index.html>

This is the ultimate reference source for food nutrients.

T-Mag

[http://www.t-mag.com/nation\\_previous/02.html](http://www.t-mag.com/nation_previous/02.html)

T for Testosterone is a site aimed at bodybuilders. Because of their interest in fat loss and muscle gain, many of the articles are relevant to fitness seekers. This is ADVANCED info!

#### **Roll Models, Gurus & Other Smarty Pants**

Clarence Bass – Ripped!

<http://www.cbass.com/>

His physique is awesome. Can you guess his age? <http://www.cbass.com/PERSONAL.HTM>

Jon Benson – All Your Strength

<http://www.allyourstrength.com/>

Doc Hussman

<http://www.hussman.org/fitness/index.htm>

Roger Schwab

<http://www.mlhf.com/aphaf.htm>

Richard A. Winett – The Master Trainer

<http://www.ageless-athletes.com/>

#### **Diet & Other Fitness Plans**

Body For Life

<http://www.bodyforlife.com/>

Jay Robb

<http://www.jayrobb.com/>

Potatoes Not Prozac

<http://www.radiantrecovery.com/>

The Zone

<http://www.zonehome.com/>

## **My Roadmap to Fitness**

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Body Opus

<http://low-carb.org/lylemcd/>

Diet Reviews

<http://www.diet-i.com/>

<http://www.chasefreedom.com/>

Muscle Hot

<http://www.musclehot.com/diet.htm>

If you're a factoid junkie, this guy goes into some interesting details about diet for fitness.

### **Exercise**

The Healthiest Exercise Protocol

[http://www.health101.org/art\\_exercise.htm](http://www.health101.org/art_exercise.htm)

Exercise Directory – How to Perform Some Exercises

<http://www.weightliftingdiscussion.com/directory.html>

Weight Lifting Exercise Form

<http://www.netfit.co.uk/bodmen.htm>

Training and Lactate Response – Advanced Stuff for the Academics

<http://www.activehealth.co.nz/lactate/introduction.html>

Home Fitness Testing

<http://www.topendsports.com/testing/hometest.htm>

Gym Etiquette – The Unwritten Rules of Conduct

[http://www.nfpt.com/Library/Articles/gym\\_etiquette.htm](http://www.nfpt.com/Library/Articles/gym_etiquette.htm)

Plyometrics

<http://www.webgate.net/~welchiro/plyometrics.html>

### **Success Stories**

Body Changers

<http://www.bodychangers.com/>

See what successful people have done and take note!

The world's most incredible transformation story:

[http://www.bodychangers.com/pbrown\\_inter.shtml](http://www.bodychangers.com/pbrown_inter.shtml)

Pam Brown went from being fat to an “amazing transformation story.” After that she carried on and at some point crossed the line from fit to “scary fit”!

### **Calculators**

Body Mass Index

<http://www.halls.md/body-mass-index/bmi.htm>

My Favourite Body Fat Calculator

<http://www.biofitness.com/bodyfat.html>

Doc Hussman's Base Metabolic Rate Calculator

## **My Roadmap to Fitness**

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<http://www.hussman.org/fitness/bmrcalc.htm>

Treadmill Cardiovascular Test

<http://www.exrx.net/Calculators/Treadmill.html>

This will help you interpret the results of your treadmill stress test.

Uncle Chuck's Body Fat Calculator

<http://www.eskimo.com/~cdickens/FatCalculators.html>

### **Supplements**

A Discussion of Thermogenics – Encouraging Fat Burn

<http://www.physsportsmed.com/issues/1998/09sep/hawley.htm>

Prescriptions for Nutritional Healing 2<sup>nd</sup> Edition by James F Balch, MD and Phyllis A Balch, CNC. This is an excellent reference book and will answer any question you have on vitamin and herb supplements.

Udo Erasmus: Fats That Heal, Fats That Kill

<http://www.udoerasmus.com/FAQ.htm>

### **Misc**

Superhydration

<http://www.classicx.com/html/2super.html>

Skin Health

<http://www.skinbiology.com/>

Glycemic Index

<http://www.glycemicindex.com/>

### Appendix 4: Glossary & Descriptions

Try [Mirriam Webster](#) or [Dictionary.com](#) for general word lookup or an old fashioned dictionary for that matter!

**Anabolism:** the constructive part of metabolism concerned especially with macromolecular synthesis. Certain foods and supplements are said to be anabolic. This typically refers to something which builds muscle. It is the opposite of catabolism.

**Body Mass Index (“BMI”):**

**weight / (height x height)** – weight is in kilograms and height in meters.

**Body Composition:** refers to the proportion of fat to muscle. Relatively speaking, a person with a good body composition will have proportionately more muscle and less fat than a person with a poor body composition.

**Body Fat Measurement:**

There are numerous ways to measure body fat. The most common ones are

- Hydrostatic (underwater) weighing
- Girth measurements
- Bioelectrical impedance
- Skinfolds

The first three methods are based on calculations which make some rather sweeping assumptions about body composition. If you are an athlete or have significant muscle mass, these methods won't be very accurate. The skinfold method, which uses calipers as detailed below, is the most accurate of the four and happens to be the cheapest.

[http://www.t-mag.com/nation\\_articles/208comp.html](http://www.t-mag.com/nation_articles/208comp.html)

### Calipers

“Fat Pinch Calipers”, “Body Fat Calipers” or “Skinfold Calipers” are the various names for a device for estimating body fat by measuring the thickness of one's skinfold. The measurements can be taken from one place on the body or many. The “many place” measurement tends to be more accurate however will be prone to error as failure to take a measurement from the same spot each time will produce a different result. Calipers can only roughly *estimate* one's body fat percentage – depending on the skill of the person taking the measurements, it can be accurate to within 3%.



The skinfold test gives a useful estimate of changes over time i.e. it is useful as a relative measure as opposed to an absolute measure. I would recommend using a one place measurement to track your regular progress – as this is prone to less error and will let you know how you are improving. Don't get measured once and start crying because you are fatter than you thought. Measure yourself regularly and see your improvement.

<http://www.netrition.com/calipers.html>

**Catabolism:** destructive metabolism involving the release of energy and resulting in the breakdown of complex materials within the organism. This typically refers to something which breaks down muscle. Exercise is a catabolic process: the muscle will break down before being built up bigger. It is the opposite of anabolism.

**Carcinogen:** a substance or agent producing or inciting cancer

**Cholesterol:** a steroid alcohol  $C_{27}H_{45}OH$  that is present in animal cells and body fluids, regulates membrane fluidity, functions as a precursor molecule in various metabolic pathways, and – as a constituent of LDL – may cause arteriosclerosis. See pg 51.

**Homocysteine:** Homocysteine is an amino acid which is found in the blood. It is normally changed into other amino acids (one of which is SAMe, a mood enhancer) for use by the body. High homocysteine levels in the blood can cause cholesterol to change to something called oxidized low-density lipoprotein, which is damaging to the arteries. It can also make blood clot more easily than it should, increasing the risk of vessel blockages, heart disease and stroke.

High homocysteine levels are often caused by insufficient B vitamins in the diet, namely folate (also known as folic acid or B<sub>9</sub>), vitamin B<sub>6</sub> and/or vitamin B<sub>12</sub>. Replacing these vitamins often helps return the homocysteine level to normal. Other possible causes of a high homocysteine level include low levels of thyroid hormone, kidney disease, psoriasis, some medicines, or inherited deficiencies in the enzymes used to process homocysteine in the body.

Have your homocysteine level tested. If it is high (above 10 micromoles per litre of blood) then talk to your doctor. You should follow a regime of increased B vitamins (eat more dark green leafy vegetables and take supplements as listed below) and get tested again in 3 months. If your doctor is not familiar with the role of homocysteine in heart disease (many aren't) then find another one.

- Folic acid, 800 to 5000 mcg a day.
- Vitamin B12, 1000 to 3000 mcg a day.
- Vitamin B6, 100 to 600 mg a day.

<http://www.lef.org/protocols/prtcl-122.shtml>

**Insulin Resistance** – See Chapter 4

**Ketosis:** an abnormal increase of **ketone** bodies in the body – See Chapter 4

**Resting Heart Rate:** RHR is the number of heart beats per minute when your body is resting. The best time to find out your resting heart rate is in the morning after a good night's sleep *before* you get out of bed. Resting heart rate usually rises with age, and is generally lower in people who are physically fit. As your heart gets stronger and more efficient, it needs to contract less often to pump your body's blood needs hence the lower heart rate.

**Serotonin:** a type of neurotransmitter (chemical messenger) made inside the body from the amino acid tryptophan. Serotonin is present in bananas, other fruits and nuts but it is destroyed by enzymes during digestion. Serotonin imbalance has been implicated as a major cause of depression, anxiety, eating disorders, food cravings, premenstrual syndrome, headaches, muscle aches, sleep disorders and chronic fatigue.

<http://www.radiantrecovery.com/chemistry.html>

## **My Roadmap to Fitness**

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**Set-Point:** There is a theory that the brain (the hypothalamus) controls body functions in order to maintain a certain weight – this is called the set-point. Metabolism and appetite are supposedly regulated by the brain to maintain this set-point. Either this theory is false (as I have succeeded in changing my weight) or it is possible to change one's set-point. The theory has fairly widespread acceptance. It seems important, therefore, to think of losing weight not simply as reducing fat but changing this set-point. Chapter 1 considers some mental techniques for addressing this.

<http://home.attbi.com/~bkrentzman/obesity/liebel.html>

**Thermogenic:** Any substance which increases the body's metabolism. Also known as a "fat burner." "Thermo-genic" literally means to produce more heat i.e. burn more energy. This is NOT the same as an **Ergogenic** which is something that can increase muscular work capacity.



**Appendix 5: Recipes:  
Breakfast Shake**

½ container or silken tofu  
OR  
½ container low fat cottage cheese  
OR  
1 ripe banana + 1 scoop or protein powder  
  
+  
  
2 tablespoon ground flaxseed  
  
+  
  
½ cup frozen blueberries, strawberries or blackberries  
  
+  
  
1 cup cold water

Blend until smooth. Drink right away or the flaxseeds will make the shake very thick.

Note:

- I use the banana alternative only when I have a morning workout
- You may want to add cinnamon to taste
- If my diet has been unusually low in fat lately, I add some avocado

**High Protein Pancakes**

This is a modification of the Fruit Pancake Recipe by Body For Lifer Jim Hatcher.  
[http://www.bodyforlife.com/champtips/week\\_9.shtml](http://www.bodyforlife.com/champtips/week_9.shtml)

- 3 egg whites,
- 1/2 c. quick oats oatmeal,
- 1 dash of cinnamon,
- 1/2 c. raspberries (your choice fruit),

Add all ingredients in a blender and blend well. Coat a pan with a light amount of olive oil on medium heat. Put small portions of mix into pan and cook for 1–2 minutes on each side.