

The Fat-Burning Kitchen: Your 24-Hour Diet Transformation to Make Your Body a Fat-Burning Machine

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Important Intro – Please Read First!

I'm going to start this book by telling you something that may surprise you... especially for a nutrition book – You can officially **STOP** counting calories or obsessing over calories at all!

I know that sounds crazy, because it's true that calories consumed vs. calories expended over a specific time period is what ultimately controls whether you gain weight or lose weight.

However, not only is counting calories horribly inaccurate (studies show that the majority of people massively underestimate their caloric intake when asked to count calories), but I'm also going to show you why counting calories is pointless once you understand and implement one major nutrition concept.

This principle is so often overlooked by dietitians, nutritionists, doctors, and other health “experts” who base their recommendations on such a ridiculous “food pyramid”, it's no wonder that so many people are confused about nutrition.

In fact, this one major nutrition principle I'm about to tell you is actually **THE** most important concept you'll ever need to know regarding how to eat in order to obtain great health and a lean body.

And this principle is -- the Nutrient Density of your food intake!

That's right... nutrient density makes calorie counting obsolete. We're talking about a micronutrient density here and not macronutrient density. If virtually all of the food you eat every single day is comprised of super-high micro nutrient density, then your body automatically obtains all of the nutrition it needs and therefore automatically regulates your appetite and calorie intake without you having to struggle and restrict yourself to control how many calories you eat.

Now before you think that high nutrient density only means fruits and vegetables, think again! You'll see throughout this book that high nutrient density can also include lots of fatty foods that you may have falsely believed were “bad for you”, such as whole eggs, certain types of meats, nuts, nut butters, certain oils, butter, and so on.

Think about it for a second – If you eat foods each day that are high in calories but low in nutrients such as pasta, cakes, cookies, crackers, etc. (high caloric density, low nutrient density), then your body will be craving additional food, despite the fact that you may have already eaten more than your daily caloric maintenance balance for weight maintenance vs. weight gain.

On the other hand, if all of the foods you eat on a daily basis are super-high in nutrient density, regardless of the caloric content of those foods, your body is automatically adjusting your appetite and eliminating cravings based on it already obtaining much of the

nutrition it needs for the day. This aspect essentially forces your body to “auto-adjust” your appetite and you naturally fall within the exact calorie range that your body needs without having to over-analyze or count calories.

In fact, eating a super-high nutrient density diet is so powerful, that extreme distance athletes that burn massive amounts of calories each day through excessive exercise may actually need to focus on consuming a portion of their diet as lower nutrient density foods such as breads and pasta and other calorically-dense but low-nutrient foods to avoid massive weight loss. The reason for this is that if an extreme distance athlete focuses too much of their diet on super-high nutrient density foods, their appetite may be diminished before they actually have eaten enough calories to sustain their massive calorie needs, and excessive weight loss may occur.



Now since most of us are not extreme distance athletes, that just shows you the power of eating a super-high nutrient dense diet and how this can automatically control your appetite, eliminate cravings, and put you on the road to a lean healthy body for life.

We’re going to show you in this book all of the low-nutrient foods that you need to avoid and get rid of, as well as some of the foods you may have been deceived by food companies into falsely believing are “healthy”. In addition, we’re also going to show you all of the countless amazingly delicious options you have for healthy foods that are nutrient dense and can help to bring you closer to your goals. And I guarantee that we’re going to show you plenty of foods that you thought were unhealthy that can actually help you get leaner and healthier, including some tasty foods you’ve been lead to believe are off limits!

We’re going to dig into the truth about cholesterol, saturated fats, omega-3’s and omega-6’s, fiber, protein, hormones, plant foods vs. animal foods, and tons of info that may shock you about what’s actually in the food you buy at grocery stores or restaurants.

Make sure you read this book from front to back and don’t skip around, because you don’t want to miss out on any of the details.

The Processing of Foods

Another major aspect of the foods that you eat and how they affect your health and body fat levels is the processing of foods. We can make the generalized statement that it is the processing of foods that truly controls how our bodies’ react to the food we eat.

With all of the macronutrient debate in recent years over what type of “diet” is best for us (low-carb, low-fat, no-carb, high protein, vegetarian, etc, etc), you’ve got to realize that they are ALL WRONG! That’s right... If you study historical dietary patterns of ancestral humans in almost any culture around the world, the one aspect that was similar that accounted for the health benefits was that the foods were unprocessed natural foods. Whether a diet was high in protein, high in fat, high in carbs, low in carbs, etc, etc doesn’t

seem to matter that much, as long as the diet was made up of natural unprocessed foods eaten as close as possible to how they are found in nature.

We gain weight and get fat when more calories are eaten on a regular basis than our bodies need to meet daily energy demands. When excess calories get stored as fat, it is the body's way of an evolutionary response from the hunter-gatherer days when food was less plentiful and people had to put out a great effort just to survive.

Way back when, people who were able to store food in the form of fat were more likely to survive and reproduce during times of scarcity. Because of this advantage, we still have that built in urge to eat a lot of food when it is available, and some more than others. And believe me, there is a lot of food--or junk that is available to us everywhere we turn these days!

In spite of being able to store body fat efficiently, ancestral humans were rarely obese as they had to work hard just to eat and in the process burned up whatever calories they consumed.

The huge agricultural and technological changes of the past several thousand years have made food extremely easy to obtain and evolution has not been able to keep pace in the short time span. We no longer have to spend our days hunting and searching out food, there is an abundance everywhere we look, and most of it is not what we historically ate in nature (humans never until recent decades ate 70% of our calories derived from grains and soy products as is currently the case with the modern western diet).

While the reasons we gain weight are numerous, there are some primary reasons for the excess fat that we carry around. If we remove the food that causes fat storage, and erase a big part of the temptation to eat overly processed fattening foods, we should be on our way to making over our kitchens, and transforming our bodies into lean, energetic machines.

Our bodies, since the days of cavemen, were made to function best on whole, unprocessed foods, good quality proteins, healthy fats, and fruits and vegetables. If we can get back to a diet as close as possible to our ancestors, we will have the lean, strong bodies that we strive for.

Not only will we see stronger, leaner bodies, but many of the modern diseases will begin to fade away: irritability, depression, ADD, arthritis, high blood sugar/type 2 diabetes, irritable bowel syndrome, and on and on. All are connected to inflammation and the Standard American Diet (S.A.D.) of processed junk.

We have been duped into believing that instant, fast, pre-made foods will somehow make us thin and healthy. If you check out your grocery store frozen food isle, you will often see overweight people purchasing what they think are "diet dinners". Nothing could be further from the truth! Processed diet dinners are chock full of preservatives, high fructose corn syrup, processed flours, synthetic fillers, soy protein, and the worst kind of fats. These foods will cause inflammation, stimulate the insulin response--i.e., store fat, and do nothing for you nutritionally. What's more, you will GAIN weight from eating this kind of junk!

The media has fooled us into thinking we need lots and lots of carbohydrates if we follow the food pyramid. In response America has loaded up on the processed carbs and packed on the pounds. Even so-called “health foods” are often not what our bodies recognize as good nutrition or fuel. And forget fat-free (loaded with sugar and starchy refined carbs instead) and sugar-free! This stuff is poison and fat storing fuel.



Forget fast and convenient diet foods! They take years off your life by stoking the fires of inflammation which leads to obesity, heart disease, cancer and diabetes to name just a few things, not to mention screwing up your body’s metabolism and making it increasingly difficult to lose fat from your frame. If you want healthy and clean “diet food” pick up a raw apple, some unprocessed nuts, some (nitrate and corn syrup free) grass-fed beef jerky, and nibble away to your heart’s content. We need to get back to REAL food and eating like our lean, strong ancestors.

PART ONE

Start the Kitchen Cleanout!

Here's a typical list of "food" that the average person trying to lose weight may have on hand. Check out your cabinets and see if any of this fat-fuel is lurking in your kitchen:

- ☐ Slim-fast shakes-far from healthy, they're actually loaded with high fructose corn syrup, hydrogenated oils, and a bunch of other chemicals that will add fat to your body, not aid in weight loss.
- ☐ Fat Free Rice Cakes-they really are nothing but pure refined starch with zero fiber, which breaks down immediately into sugar in your body, spiking insulin and promoting fat storage.
- ☐ Protein/Energy bars-isolated soy protein (virtually unusable by your body), hydrogenated oils, high fructose corn syrup and artificial preservatives. Basically a candy bar in a deceiving package. Toss quickly into the nearest trash can!
- ☐ Reduced Sugar Desserts loaded with artificial sweeteners that trick your brain, and trigger hunger, sugar alcohols, preservatives, and a chemical ingredient list about 15 lines long. Nothing at all good in there. It's a mad scientist's experiment gone awry!
- ☐ Diet soda-loaded with artificial sweeteners that such as NutraSweet or Splenda that do more harm than good, raise the insulin levels in your body and cause you to be hungry and store fat. Diet? I hardly think so!
- ☐ Chips, crackers, and cookies-loaded with hydrogenated (read, "heart attack in a box") fats, inflammatory processed omega-6 oils, and processed flours. High carb foods that add weight gain almost instantly!
- ☐ Refined vegetable oils such as canola oil, corn oil, soybean oil, sunflower oil, safflower oil, or (God forbid!) Crisco, for cooking and salad dressings-these are composed highly of oxidized omega 6 fatty acids, which lead to inflammation, heart disease, weight gain and fat around the midsection.
- ☐ Sugary cereals-Advertised as healthy and high fiber; these cereals are loaded with sugar, and refined fat-factory grains such as corn, soybean flour and wheat. They will make you hungrier, spike your blood sugar and increase your insulin response, thus putting your body into a fat-storing mode.

CHAPTER ONE

Food Made With Refined Flour—Pasta, cookies, crackers, bread, etc.

Ancestral humans didn't eat grains; at least nowhere close to the form we eat today. According to well renowned nutrition author Michael Pollan, and his amazing book called *In Defense of Food*, humankind has historically consumed approximately 80,000 different species of edible plants, animals, and fungi, and approximately 3,000 of those have been widespread foods of the human diet.

Now get ready for a shocking and appalling statistic...

Currently, the average adult eating a typical modern western diet in countries such as the US, Canada, Australia, etc consumes approximately 67% of their total caloric intake from only 3 foods -- CORN, SOY, AND WHEAT (and their derivatives such as corn syrup, corn oil, soybean oil, wheat flour, etc).

What would be considered a reasonably healthy amount of corn, soy, and wheat in the human diet? Based on 10's of thousands of years of human history, and what the natural diet of our ancestors was (indicating what our digestive systems are still programmed to process), this would probably be in the range of about 1% to 5% MAX of our total calories from corn, soy, and wheat.

It's no wonder then that grains are responsible for weight gain, high blood sugar, inflammation, and degenerative disease. In the 1970's, the average American ate 85 pounds of flour, 84 pounds of sweeteners, 8 pounds of fried potatoes, and 39 pounds of cooking oil. Even then, not so good. Fast forward to the nineties...

By 1997, each of us was consuming 122 pounds of flour, 105 pounds of sugar or other sweeteners, 20 pounds of fried potatoes, and 50 pounds of vegetable cooking oils. That's almost a pound of knowingly bad-for-you foods per day! And that doesn't count a whole lot of other junk food...but clearly, the reason many are overweight or obese today. And today, flours are more refined than ever, missing fiber and essential nutrients. The other problem with excess grains in our diet – antinutrients and gluten, both of which can be gut irritants, causing chronic inflammation, digestive issues, and auto-immune diseases in bad cases.



Processed white flour (alias "enriched wheat flour" or "wheat flour") is missing the two most nutritious and fiber-rich parts of the seed: the outside bran layer and the germ (embryo).

Eating a high starch grain-based diet will make you feel fatigued, malnourished, constipated, jumpy, irritable, depressed, and vulnerable to chronic illness. And,

refined/bleached wheat and corn flour fuels high blood sugar levels. High blood sugar leads to insulin release, fat storage, and increased hunger and cravings.

The more grain-based foods a person eats, the more insulin must be produced to manage the fast digesting carbohydrates. This leads to insulin resistance, type 2 diabetes, and weight gain. The refined carbohydrates turn to glucose very quickly once in our systems, stimulating the body to produce insulin. A vicious cycle occurs: insulin promotes the storage of fat, making way for rapid weight gain and elevated triglyceride levels, inflammation and atherosclerosis, type 2 diabetes, and heart disease.

"Enriched flour," is very misleading, because only four vitamins and minerals are typically added back, compared to the 15 nutrients and essential parts of the grain that are removed, along with most of the fiber and other beneficial substances such as antioxidants that are removed.

Eating wheat can cause one to feel lethargic, foggy, groggy, puffy and bloated, and irritable. Many would never connect these symptoms with eating grains; but weight gain, emotional, physical, and mental symptoms are fairly frequent with gluten sensitivity. Gluten is the protein portion of wheat, rye and barley. It is so widespread in standard processed food today; it is very hard to escape. Unfortunately gluten sensitivity is on the rise (notice the "gluten free" sections at the grocery store?) and it can cause a host of problems. Best to avoid processed flours altogether!

The American food supply is also heavily based on corn. Bumper crops of corn and government subsidies help to keep corn prices low, which in turn helps to keep many of the cheap junk foods we buy at the store low-priced.

Contrary to popular belief, corn is a grain, not a vegetable, and is really not appropriate as a dietary staple for several reasons—the antinutrients, the inflammatory aspect of excess omega-6 fats, and the blood sugar disrupting nature of corn products.

When civilizations such as the Mayans and Native Americans changed their diet to a corn-based one, rates of anemia, arthritis, rickets, and osteoporosis skyrocketed.

Our bodies were not made to exist on such a high quantity of grain-based foods. This evidence shows up in the archeological records of our ancestors. When archaeologists looked at skeletons of native Americans in burial mounds in the Midwest who ate corn as their primary staple, there was a 50% increase in malnutrition, four times as much incidence of iron-deficiency, and three times as much infectious disease, compared to the more hunter-gather ancestors who primarily ate meats and fruits and veggies as opposed to grains.

Keep in mind that we are not just talking about corn-on-the-cob (sweet corn) here... we are also talking about corn cereals, corn chips, and other modern corn-based foods that are promoted by food companies as "healthy". There are several reasons researchers give for the nutritional problems and the weight gain caused by a corn-dominated diet:

- Corn contains lots of fast-digesting starches and sugar, which raises insulin levels, causes you to be hungrier and causes your body to store calories as fat. Don't be mistaken, just because corn does not taste obviously sweet, doesn't mean it isn't full of sugars. Once eaten, your body quickly turns corn products into sugar. Even the starches in corn products can be broken down quickly by your body spiking your blood sugar levels, and causing cravings for more carbohydrate-based foods.
- Corn is also a poor source of protein, usually deficient in 3 of the 8 essential amino acids: lysine, isoleucine, and tryptophan. The essential amino acids are so-named because they must be obtained from the diet, since the body is unable to manufacture them.
- Corn contains a high amount of phytate (which is one antinutrient), a chemical that binds to iron and inhibits its absorption by the body. So, consequently, a diet high in phytate can make people more likely to have iron-deficiency anemia and fatigue. Phytate is also a nutrient blocker and inhibits other vitamins and minerals from being utilized.
- Corn is a poor source of certain minerals such as calcium and some vitamins such as niacin (B3). Deficiencies of niacin can result in a condition known as Pellagra, which is common in civilizations that eat a lot of corn. It can cause a variety of symptoms such as dermatitis, diarrhea, and depression. Since we are now a nation of corn-eaters, it wouldn't be surprising that this is more common here than we realize.
- Corn oils are also used in most processed foods (along with soybean oils). Both corn oil and soybean oil are excessively high in inflammatory omega-6 fats and low in anti-inflammatory omega-3 fats. This throws the delicate balance of omega-6 to omega-3 in your body out of whack and can cause degenerative diseases and weight gain over time. In addition, corn oil and soybean oil are highly refined with high heat and solvents, which oxidizes and damages the fragile polyunsaturated oils, and makes them even more inflammatory when you ingest them in processed foods.

It's not just people who eat too much corn based foods. A large amount of the nation's corn crop ends up feeding commercially raised cattle, which are cheaply fattened on corn and other grains before slaughter. Beef from corn-fattened cattle also has much higher ratios of inflammatory omega-6 fatty acids than healthier [grass fed beef](#) which contains higher ratios of anti-inflammatory omega-3 fatty acids. Most meat in supermarkets comes from grain-fed animals and not healthy grass fed animals.

Because corn and other grains are an unnatural diet and difficult to digest, cattle raised on corn develop higher stomach acidity, which is a breeding ground for the dangerous E. coli O157:H7, the deadly strain of the bacteria.

While eliminating refined grains such as corn and wheat (yes, it seems they are in everything!) can seem a very daunting task, the reward is a return to wonderful health, sparkling eyes, clear skin, clear thinking, weight loss as the body is once again able to extract appropriate nutrients from food, and a resolution of nutritional deficiencies from the

lack of absorption. Once you commit to eating a diet of whole and natural foods, you will begin to eliminate a large amount of these grains.

Although many grocery stores, health foods stores, and online companies are now offering a wide selection of wheat-free/gluten-free foods including breads, bagels, cookies, cake mixes, doughnuts, etc; it is best to avoid these as much as possible. While they are made without wheat, they still contain other refined and process grains and wheat substitutes such as tapioca flour and corn flour. Best thing to do is avoid grains--especially wheat and corn--fully. Substituting another processed grain may bring about a small improvement, but not the drastic improvement necessary.

Try at least 2 weeks with no grain products at all. I guarantee you will see some drastic improvements in your weight and general outlook! This is easier than you may think... For example, instead of having pasta with sauce and meat for dinner, instead have just grass-fed meat, sauce, and veggies topped with parmesan cheese. It's delicious and no grains! Check out some of the healthy grass-fed meats and grass-fed sausages from one of my favorite grass-fed meat sites:

www.healthygrassfed.2ya.com

Another example would be breakfast... instead of cereals, bagels, or muffins, try to base most of your breakfasts on cage-free organic whole eggs with lots of veggies and perhaps some bison sausage or other nitrate/nitrite-free turkey or chicken sausage. If you're very active and need a little more carbs with your breakfast, instead of grains, a small piece of fruit or some tea with a little bit of raw honey can be great additions to the egg/veggies based breakfast.. This is a delicious and satisfying breakfast that will control your blood sugar, balance your hormones, and eliminate the antinutrients found in most grains. Those are just a couple examples, but I think you get the point of how easy this can be.

I know it may not be realistic for everybody to give up grains fully, so the most realistic plan for many people is to only eat grain based foods (bread, pasta, cereals, etc) on their one cheat day each week, and save 6 days per week to be grain-free. Your body with thank you!

REFINED FLOUR FOODS TO AVOID

- ☐ White bread, rolls, buns, muffins
- ☐ Cookies
- ☐ Crackers
- ☐ Enriched flour pasta
- ☐ Cakes, cake mix
- ☐ Cereal made with refined flour (even “whole grains” should only be an occasional treat)
- ☐ Pre-made, packaged gravies, sauces
- ☐ Pre-packaged macaroni and cheese
- ☐ Instant noodle cups, ramen noodles
- ☐ Pre-made dinners with pasta
- ☐ White flour for baking
- ☐ Corn chips; Doritos, Fritos, Sun Chips
- ☐ Corn tortillas
- ☐ Corn cereals—especially the refined, sweetened ones
- ☐ Anything with corn as one of the main ingredients

CHAPTER 2

High Fructose Corn Syrup—Soda, Fruit Drinks, Ketchup, Salad Dressings, etc.

One of the many other uses of corn is the low-cost sweetener, high-fructose corn syrup. Production of high-fructose corn syrup has increased some 4,000 % since 1973, and the syrup now rivals sugar as America's most common sweetener.

The average American now consumes a whopping 42 pounds of high-fructose corn syrup each year, according to U. S. Department of Agriculture data. That's an extra 75,281 calories per year per person! And if you look at that in terms of pounds (approx. 3500 calories = 1 pound), you are looking at gaining an extra 22 pounds a year. The bulk of that comes via soda, energy drinks, and juice drinks.

Teenagers typically get 15 to 20 teaspoons per day of added sugars from high-fructose corn syrup—just from drinking soft drinks! Another study shows that soft drinks have replaced milk as a dietary staple and have become the third-most-common breakfast food. Starting the day with a sugar high leads to a crash in about 2 hours and causes more hunger, and weight gain. No wonder so many teens are overweight!

If the average American could cut just *one* soft drink or sugared water drink *a day* they would immediately cut out 10 pounds a year! Corn syrup is the most common sweetener in those drinks.



In 2009, approximately 25 percent of the average American's caloric intake comes from sugars—mostly high fructose corn syrup! That's 25% of the diet filled with not only empty, but also harmful calories!

The next time you're at the supermarket, pick up five totally different kinds of bottled drinks — including juices and energy or sport waters — and read the label. You may be shocked to see that the first or second ingredient will be almost always be high fructose corn syrup or HFCS.

Now for a real education: look at the labels of other items in which you would never expect to find any sweeteners, like ketchup, tomato sauce, soup, cereal, and crackers. HFCS is everywhere; in one day it is entirely possible that 80% of the processed food you consume is chock-full of HFCS. Is it any wonder there is so much obesity in the US? That's why it's best to simply avoid ALL processed foods and only buy 1-ingredient whole foods such as eggs, nuts, seeds, meats, fruits, and veggies.

What is high fructose corn syrup? High Fructose corn syrup not a natural product like you may have been led to believe, but chemically altered by enzymatic processes to yield a

different balance of sugars than that found in ordinary corn syrup (not that ordinary corn syrup is healthy either!). That chemical alteration changes the extracted corn syrup from a compound that is mainly glucose (a simple sugar) to around 42–55% fructose (though some can range as high as 90% fructose), with the remainder being glucose and other sugars.

A study in 2004 reported in the American Journal of Clinical Nutrition cites the increase in consumption of HFCS to be 4000% between 1970 and 1990! This is way higher than any other increase of any other food or food group. Too bad we haven't increased our intake of fruits and vegetables by that amount—our country would be in far better health—and much slimmer!

In studying this increase — and the nearly corresponding increase in obesity in the US — these researchers took into account the differences in the way the body responds to different sorts of sugars and their effects on the body.

Fructose is converted to fat in the body more easily than any other sugar. This may be one of the most common reasons Americans continue to gain weight so fast. Besides the rise in blood sugar and the resulting rise in insulin, fructose raises serum triglycerides (a major factor in heart attacks) significantly. Fructose is not easily digested either.

There is another difference between fructose and table sugar metabolism. Glucose enters the cells through the action of insulin; fructose enters the cells through a totally separate action, which does not depend on insulin.

Regular sugar provides a feeling of satisfaction, which signals to the brain to stop eating.

Fructose does not provide a feeling of satiety, because it is not transported into the brain. Once inside the cells, fructose forms triglycerides more efficiently than does glucose. This means that fructose will convert to fatty compounds in the blood, which are then stored easily in the body as fat.

It seems very obvious, but high fructose corn syrup is largely responsible for the big jump obesity and other obesity-related health issues, namely heart disease, insulin resistance and diabetes.

High fructose corn syrup almost always comes from genetically modified corn, which is full of its own well-documented side effects and health concerns. Scientists have found that animals fed genetically modified (GM) corn developed extensive health problems in the blood, kidneys and liver. Humans eating genetically modified corn may also be at risk for health issues, but that is still controversial and lacks long term testing.

We have all heard about the dangers of ingesting mercury. Mercury acts as a poison to your brain and nervous system. It is especially dangerous for pregnant women and small children, whose brains are still developing. Even in low doses, mercury can interfere with brain development, memory and learning ability.

In adults, mercury poisoning can be a serious risk as well, and has been linked to

Alzheimer's, dementia, fertility problems, memory and vision loss, and trouble with blood pressure regulation. It can also cause extreme fatigue and neuro-muscular dysfunction.

Other studies show that mercury in your central nervous system (CNS) causes psychological, neurological, and immunological problems.

More than half of tested samples of high-fructose corn syrup (HFCS) contain mercury. Although the makers of HFCS like to claim that it's natural, HFCS is a highly refined product that would *never* exist in nature. Converting corn to HFCS is a very extensive process, and mercury is used in the production of the HFCS.

You can avoid it if you focus your diet on whole healthy, natural foods. If you do purchase any processed foods, make sure you read the label ... and put it back on the shelf if it lists high-fructose corn syrup as an ingredient -- especially if it's the first or second highest labeled ingredient. Keep looking, food companies are starting to realize the general public's growing distaste for HFCS and are beginning to use sugar again, and even the natural (better for you) low-calorie sweetener, [stevia](#).

FOODS WITH HIGH FRUCTOSE CORN SYRUP TO AVOID

- ☐ Any kind of soda (Coke, Pepsi, 7-up, Dr. Pepper, etc.)
- ☐ Flavored drinks or juices
- ☐ Lemonade
- ☐ Sports drinks that are sweetened.
- ☐ Applesauce, fruit cocktail, canned fruits that don't say 100% fruit
- ☐ Barbeque sauces, ketchup, steak sauce
- ☐ Alcoholic drink mixes (like margarita mix, etc)
- ☐ Puddings, Jell-O, yogurt
- ☐ Ice cream products
- ☐ Premade cakes, desserts
- ☐ Kid's juice box drinks
- ☐ Candy
- ☐ Cereal
- ☐ Syrup other than pure 100% maple syrup
- ☐ Granola bars
- ☐ Anything pre-made and pre-packaged most likely has corn syrup or HFCS in it

CHAPTER 3

Margarines, Vegetable Oils, Trans Fats

We have all been told that we should avoid fat. The fact is, the right fats can make you leaner. Eating the wrong kinds of fat will not only make you fat but contribute to a variety of other diseases and health issues, as well as premature aging. Contrary to popular belief, unhealthy fats are mostly trans fats and vegetable oils --not cholesterol and saturated fats, as we have been led to believe.

Trans fats and refined vegetable oils are finally starting to get notice for being the villains of the health problems that they cause. It is these fats that are the primary contributors to inflammation, cancer, heart disease and obesity; not cholesterol and saturated fats.



Trans fats are not natural fats. They are vegetable oils artificially transformed with hydrogen under high heat, pressure, and chemicals. This makes an oil turn into something more like a solid at room temperature. Food manufacturers use trans fats because they increase the shelf life of foods, but they are highly destructive in our bodies, causing disease.

Eating trans fats is known to change your cell membranes and cause them to become brittle and unable to properly metabolize nutrients and calories. Think about that internal damage next time you consider eating those French fries, donuts, or fried chicken, and you are more likely to change your mind.

A healthy cell has a living, breathing membrane that transmits and utilizes nutrients properly. When you think of a cell affected by trans fats, think of a cell with a hard shell around it, instead of a healthy membrane. That shell actually smothers the cell, and causes the cell to become dysfunctional; blocking proper metabolism, nutrition, and creating an inability to respond to glucose. Inflammation in the body increases. This not only leads to diseases like diabetes and heart disease, but also weight gain, and an inability to fight infection and cancers.

In spite of the dangers of trans fats, they are still found in many processed and baked foods: cookies, crackers, cake icing, snack chips, stick margarine and microwave popcorn, to name just a few. Most of the trans fat in American's diet comes from commercially produced partially or fully hydrogenated vegetable oil.

Margarine, and any kind of substitute-butter spread, and Crisco and other solid shortenings are examples of trans fats. Butter is far better to eat than these artificial unhealthy substitutes. In fact, butter can actually be healthy, especially if it's grass-fed organic butter.

I have an article on my blog about [how real grass-fed butter can actually HELP you to lose fat](#).

What about vegetable oils? Not so long ago, vegetable oil was thought to be a healthy alternative to saturated fat. Polyunsaturated vegetable oils were touted as the healthy oils to use over lard and animal fats. Keep in mind that the reason they were touted as “healthy” has to do with how cheap vegetable oils are to produce and the heavy marketing budgets behind the companies that push vegetable oils.

Oils like canola, corn, soybean, and sunflower have been pushed as the healthy substitutes for more highly saturated fats. Sunflower oil and canola oils are still a popular choice for cooking. However, research has painted a very different picture. These oils contribute to inflammation in the body and upset the ratio of omega 3 fatty acids and omega 6 fatty acids. Omega 3 fatty acids are the healthy fatty acids found in wild caught fish and grass fed meats. Omega 6 fatty acids are found heavily in vegetable oils and trans fats.

While omega 6 fatty acids are essential to our diet, they are consumed in amounts that are far too high for good health. Excess consumption of omega 6 oils leads to increased health problems including inflammatory-related diseases that include autoimmune diseases and cardiovascular disease.

The fats in our diet changed drastically in the early 1900's, when refined vegetable oil, a major source of omega 6 fatty acids, entered the diet as margarine, and healthy omega 3 fatty acid food consumption in foods such as wild-caught fish, [grass-fed beef](#), wild game, and green, leafy vegetables decreased. Our ancestors, the early hunter-gatherers, had a dietary omega 6 to omega 3 ratio of 2:1 or 3:1. This ratio is now about 20:1 in North America (and most modernized diets around the world) today.

Consuming large amounts of vegetable oils is damaging to the body, especially the reproductive organs and the lungs, which have been sites for increases in cancer in the US. Diets high in vegetable oils—especially hydrogenated vegetable oils, can cause irritability, learning disabilities, liver toxicity, decreased immune function, mental and physical growth problems in infants and children, increases in uric acid, abnormal fatty acid profiles in the fat tissue; and they have been linked to mental decline (Alzheimer's and dementia) and chromosomal damage because they accelerate aging.

Excess consumption of vegetable oils and trans fats is associated with weight gain, cancer, heart disease and weight gain; excess use also interferes with the production of prostaglandins (which are inflammatory chemicals in the body) leading to a variety of health issues ranging from autoimmune diseases to PMS. This inflammation leads to an increased tendency to form blood clots, which leads to heart attacks and strokes, now at epidemic levels in America. A 1994 study appearing in a leading medical journal showed that almost three quarters of the fat in clogged arteries is unsaturated. The "artery clogging" fats are not animal fats, but vegetable oils!

Vegetable oils are also more toxic when heated. One study reported that when these oils are heated, they turn to a varnish-like substance in the intestines. Have you ever tried to clean a pan with cooked-on vegetable oil? It's nearly impossible! Think of that happening inside your body! And heating vegetable oils over and over again increases the toxicity even more. Think of that the next time you eat french fries. That oil has been heated to a high heat many times, making it more and more damaging to your insides!

On a side note, this is one little trick that I've used over the years to train myself to actually be repulsed by French fries (even though I used to love them years ago)... Since I've studied the biochemistry of what happens to deep fryer oil that's not only usually hydrogenated, but then also heated and reheated many times, and how all of this reacts as almost a poison inside your body... this actually makes it easy to view deep fried food like French fries as repulsive instead of something you crave.

Interestingly enough, a study done by a plastic surgeon found that people who consumed mostly vegetable oils had far more wrinkles than those who used traditional animal fats. So you see, these once so-called healthy oils are very aging to the body.

Vegetable oils, which are primarily omega 6 oils, are highly inflammatory. Inflammation causes the arteries to send out cholesterol to repair the damage caused by the inflammation. When cholesterol is sent out by the body to repair damaged blood vessel walls, the cholesterol acts as a Band-Aid, covering the injury and building up on the vessel wall.

The cholesterol causes a buildup and as the damage and inflammation continues, the cholesterol begins to narrow the blood vessel, bringing on the beginning of atherosclerosis. Sad to say, cholesterol in the diet has been wrongly accused of being the culprit behind heart disease, but it is really the omega 6 fats (as well as trans fats, sugars, and other inflammatory foods in the average diet) that are behind this health problem.

Even the doctors and researchers who promoted the use of omega 6 vegetable oils as part of a healthy diet are now aware of their dangers. Scientists have actually warned against including too many polyunsaturated vegetable oils in the diet for several years. And way back in 1969, researchers discovered that the use of corn oil caused an increase in atherosclerosis.

Other research indicates that hydrogenated vegetable oils contribute to osteoporosis. Scientists have found that trans fat consumption decreased testosterone, caused the production of abnormal sperm, and altered gestation. Trans fat consumption also interferes with the body's use of the healthy omega 3 fatty acids found in fish oils, grains and green vegetables.

There is absolutely **NOTHING** good about this poison! Avoid it all costs.



Examples of bad for you vegetable oils are: canola oil, soybean oil, sunflower oil, corn oil, and safflower oil. Trans fat-containing foods are packaged cookies, crackers, desserts, margarine, and so-called "healthy" butter substitutes, Crisco, buttered microwave popcorn, chips and more.

If you see ingredients that say anything related to "hydrogenated...oil", **AVOID** them!

And remember that even canola oil, although it's often promoted as "healthy", is NOT good for you one bit. I previously wrote a thorough article on that topic on my site, and you can [read why canola oil is bad for you here](#).

One of the most important things you can do for your health, prevention of disease, and also for your waistline, is to try to obtain a healthy balance of omega-6 to omega-3 fats. As I said earlier, it's best to strive for approximately 2:1 ratio (although the average American has a terrible 20:1 ratio).

A super high quality fish oil, or even the more potent [Krill oil](#), can really help with this. In addition, [Krill oil](#) has the added benefits of having higher absorption due to the phospholipids contained, as well as the powerful antioxidant, astaxanthin, which gives krill up to 47x more antioxidant power than fish oil. With that said, there are powerful benefits to both fish oil and krill oil, and one benefit of fish oil is simply being able to get higher doses of omega-3's and DHA/EPA.

I get my Krill Oil here:

<http://natural.getprograde.com/essential-fatty-acid.html>

TRANS FATS AND FOODS TO AVOID

- ☐ Margarine of any kind or any kind of butter substitute
- ☐ Baked goods like cookies, doughnuts with hydrogenated fats
- ☐ Microwave popcorn
- ☐ Crisco
- ☐ Frozen foods like french fries, TV dinners
- ☐ Some peanut butters (natural peanut butters don't have added trans fats but most others do have trans fats)
- ☐ Cake icing
- ☐ Frozen breaded prepared meats like chicken tenders, etc.
- ☐ Some whipped toppings
- ☐ Cream substitutes (real organic cream is much healthier than cream substitutes)
- ☐ Fast food milk shakes
- ☐ Any deep fried foods – fries, fried chicken, fried fish, etc
- ☐ Velveeta cheese or other processed packaged (squirt can) cheese

CHAPTER 4

Artificial Sweeteners—Splenda/sucralose, NutraSweet/aspartame, Saccharin

Do diet sweeteners really help you lose weight, or do you eat more and gain weight in the long run? Do diet sweeteners make you fat?

The fact is, diet sweeteners can actually make you gain weight, because they trick your body and don't feed it what it actually needs.

According to researchers, there is no actual evidence that sugar substitutes help people lose weight. These days, more and more data suggests that these chemical sweeteners may actually stimulate appetite and insulin response.

Anyone who cares about their health should stay away from the highly toxic sweetener aspartame (NutraSweet) and other questionable sweeteners such as sucralose (Splenda), saccharin (Sweet-n-Low), and acesulfame-k.

Artificial sweeteners are chemical concoctions that should never be ingested. The best thing to do is avoid all artificial and chemical sweetener substitutes. They have NO food value, trick the body into thinking it is eating something sweet, and they contain by-products of harmful toxins.



How do artificial sweeteners fool the body? Aspartame, for instance, doesn't have any calories, but one of its ingredients, the amino acid phenylalanine, blocks production of serotonin, a natural brain chemical that, among other things, controls food cravings.

When you have a shortage of serotonin in the brain, it will make your brain and body crave the foods that create more of this brain chemical—and those happen to be the starchy, high-calorie, carbohydrate-rich snacks that can totally sabotage a diet. As you increase the amount of aspartame you take in, the more intense your cravings for these foods.

No question, artificial sweeteners confuse the body and brain. This leads to a vicious cycle of cravings, eating, eating more artificial sweeteners, and more cravings. Long term, you are looking at weight gain as the primary result. Artificial sweeteners as diet food? Hardly!

Scientists now suspect that something additional is going on in many people who have been using artificial sweeteners. The sweet taste of no-calorie sweeteners triggers an insulin release, even when there is no food intake to feed the cells.

Normally, when we eat sugars, they are broken down into glucose, the form of sugar our body uses, which then enters the blood stream. Insulin, (secreted by the pancreas) unlocks the cells and allows blood sugar into our cells to supply energy and maintain normal blood sugar levels.

The problem is, an insulin-sensitive person who uses artificial sweeteners confuses their body into thinking food has been eaten, so insulin is released. When insulin is released without food, it triggers the appetite.

As soon as your body discovers it there is no food in your system, it creates strong cravings that can only be stopped by eating food that raises the blood sugar. It becomes pretty hard to avoid high-calorie sugary snacks at this point, and you get into a cycle of hunger, cravings and snacks.

Six artificial sweeteners have been approved by the FDA. In addition to saccharin (Sweet-n-Low), sucralose (Splenda) and aspartame (NutraSweet); there is acesulfame potassium, also called Ace-K and marketed as Sunett and Sweet One, and Neotame. New on the scene, is a natural (non-artificial) sweetener derived from the stevia plant. The sweetener is called [stevia](#) and is being marketed under several names such as Truvia (an extracted portion of the stevia herb), or just pure stevia in many brands.

Saccharin was the first of the artificial sweetener on the market. Saccharin has no calories and is hundreds of times sweeter than sugar. Many people notice an unpleasant bitter aftertaste in foods sweetened with this product.

Saccharin has been a long-standing sugar substitute for many, with many faithful followers, but it has had issues related to health from the time it came out on the market. Saccharin is a synthetic, white crystalline powder. It has no nutritional value and is not easily digested by the body. It is still the third most popular artificial sweetener, after sucralose and aspartame.

Do you know how saccharin was discovered? You may be surprised. Maybe this knowledge will help you decide on whether or not to include it in your diet! Way back in 1879, a chemist discovered this sweetener (also known as benzoic sulfonide or E954) when he was researching coal tar derivatives.

This guy was not trying to discover a new sweetener --or even any kind of food product at all. It was purely by accident that he discovered his new product tasted sweet. How did he find out? Who knows?! Maybe he accidentally touched his mouth while working. Probably not a great thing to do—tasting chemicals, but he did.

After discovering its sweetness, it was commercialized, and controversy over the safety of this artificial sweetener has followed along ever since.

Way back in 1977, saccharin was accused of being a carcinogen after a study connected it to bladder tumors in mice. The US National Toxicology Program then put saccharin on its cancer causing list—officially declaring it a human carcinogen. Cyclamate, an earlier version of the sweetener, had been banned in 1970 for similar reasons.

The American Food and Drug Administration decided it was prudent mandate that saccharin should carry a warning label regarding its cancer connection.

The warning label has since been removed due to inconclusive evidence of the saccharin and cancer connection in humans, but it is still a sweetener to be treated with caution, and certainly not healthy in the long run.

Saccharin can still cause these possible reactions in some sensitive people:

- * Itching
- * Hives
- * Eczema
- * Nausea
- * Headaches
- * Diarrhea
- * Excessive urination
- * Wheezing
- * Tongue blisters

Think of that next time you grab that pink package to sweeten your coffee or tea—you are adding a coal tar derivative. How does that sound to you?

Aspartame has been on the market for over twenty years, and although there are many many health concerns with the use of this artificial sweetener, it still remains a staple of the no-calorie artificial sweeteners, and is still commercially marketed in many products.

Aside from the weight gain problems, there are also large amounts of the population suffering from a lot of unhealthy side effects associated with aspartame, although many don't even know the cause. Even the ones who do not have immediate reactions may still be susceptible to the long-term damage caused by the excitatory amino acids contained in aspartame: phenylalanine, methanol, and DPK.

Adverse reactions and side effects of aspartame include:

- Vision problems
- Tinnitus - ringing or buzzing sounds
- Noise sensitivity or hearing impairment
- Epileptic seizures
- Headaches, migraines, dizziness
- Depression
- Irritability
- Aggression
- Anxiety, palpitations, tachycardia
- Stomach and abdominal pain
- Itching
- Rashes, hives



While Splenda seems to be safer than aspartame (NutraSweet, Equal) there still has not been enough convincing evidence to prove Splenda's safety, and generally should be considered unsafe to use as a low-calorie sweetener.

Splenda claims to be 'made from sugar,' and 'natural,' because Splenda is made partially from sucrose, which is a natural sugar. But, Sucralose is NOT at all natural; it is a chemically created synthetic compound, modified by adding chlorine atoms to sugar.

According to Shane Ellison (www.thepeopleschemist.com), a well-known Organic Chemist:

"Splenda's manufacturer claims that the chlorine added to sucralose is similar to the chlorine atom in the salt (NaCl) molecule. When combined with sodium, chlorine forms a harmless "ionic bond" to yield table salt. Sucralose makers often point this out to defend its safety. Apparently, they missed day 2 of Chemistry 101 - the day they taught about "covalent" bonds. Unlike ionic bonds, covalently bound chlorines are not meant for the human body. Sucralose is covalently bonded with chlorine and much more like ingesting tiny amounts of chlorinated pesticides, but we will never know the real harm, without long-term, independent human research. Sucralose, incidentally, was discovered in the 1970s by researchers looking to create a new pesticide. It wasn't until the young scientist who developed it accidentally tasted his new "insecticide" that he learned it was sweet."

Since a no-calorie sweetener is much more marketable than a pesticide, it was named "Splenda" and advertised as being a 'natural' substitute for sugar. Little does the public know that this sweetener was once almost bug-killer. If it kills bugs, it seems very likely that it is harmful to humans as well.

Sound like something you want to be drinking or eating?

How does Splenda work? Most of it passes through the body without being digested. Actually only around 10-15% of Splenda is digested. People with healthier GI tracts end up absorbing more of the Splenda, because they are able to digest it, and that means more chlorine is absorbed into the body, along with the resulting health hazards.

Even tests done by Splenda's manufacturers are scary. Studies revealed that test animals suffered from some really nasty side effects such as enlarged livers and kidneys, and shrunk thymus glands... and these were only the short-term studies. What happens long-term?

Splenda was rushed to the marketplace without any long-term studies done on it. It would seem that the long-term research is going on across America, with us as the test rodents.

If Splenda is dangerous in smaller doses, but what about larger amounts of Splenda and the chlorine it contains? One of Splenda's selling points is that Splenda remains stable at higher temperatures, meaning that it can be used in cooking, as opposed to the other low-calorie sweeteners.

The problem with that is that many of the sugar-free, and low-calorie diet foods now use Splenda in their recipes. People on sugar-free and low calorie diets are eating this product several times a day in different foods and drinks.

Some people are actually allergic to sucralose, and the reactions can be everything from rashes, panic attacks, headaches, to intestinal cramping, diarrhea, muscle aches, and stomach pain. Allergic reactions may not show up the first time, but may suddenly appear after several exposures.

There is also evidence also that sucralose can damage your healthy probiotic colonies living in your gut, and this can harm both digestion and your immune system. Not good.

While it seems unlikely that sucralose is as toxic as aspartame, it is clear from the hazards seen in research, and from its chemical structure, that years and years of use may contribute to serious immunological and neurological disorders.

According to Dr. Joseph Mercola (www.mercola.com), the following symptoms have been observed within 24-hours of eating Splenda products:

- Redness, itching, swelling, blistering, weeping, crusting, rash, eruptions, or hives. This is the most common allergic symptom that people have.
- Wheezing, tightness, cough, or shortness of breath.
- Swelling of the face, eyelids, lips, tongue, or throat; headaches and migraines.
- Stuffy nose, runny nose, sneezing.
- Red, itchy, swollen, or watery eyes.
- Bloating, gas, pain, nausea, vomiting, diarrhea, or bloody diarrhea.
- Heart palpitations or fluttering.
- Joint pains or aches.
- Anxiety, dizziness, spaced-out sensation, depression.

There are many other natural sweeteners that are much healthier choices and do not contain a list of frightening side effects when ingested. These will be explained in more depth later in this book.

My preferred natural sweeteners are stevia (when wanting to reduce sugar calories), or raw honey and 100% organic maple syrup (both of which do contain sugar, but also contain beneficial nutrients).

SUGAR FREE FOODS TO AVOID

- ☐ Diet Sodas
- ☐ Crystal Lite Lemonade Mixes
- ☐ Sugar Free Kool-Aid
- ☐ Sugar Free Drinks of all Kinds
- ☐ Sugar Free Sports Drinks
- ☐ Sugar Free Snacks and Desserts
- ☐ Sugar Free Ice Cream
- ☐ Sugar Free Syrups, Jams and Jellies
- ☐ Sugar Free Gum
- ☐ Sugar Free Candy
- ☐ Many protein powders and bars also contain artificial sweeteners in heavy doses, so read labels!
- ☐ Anything that says “Sugar Free” read the label; most likely it contains one of the artificial sweeteners mentioned.

CHAPTER 5

Commercial Pasteurized Dairy

Although milk is typically promoted as a healthy food, there are many problems with commercial pasteurized dairy as we'll explore below. There is only one form of healthy milk, and that is raw (unpasteurized, unhomogenized) milk from grass-fed healthy cows. Unfortunately, virtually all of the milk sold in stores in the US has been pasteurized and homogenized (and is almost always from corn-fed feedlot cows), thus turning a healthy food into an unhealthy one.



While the dairy industry is passing off pasteurized milk as being wholesome and healthy, it is far from that. Studies are showing evidence that commercial, pasteurized milk may play a role in a variety of health problems, including: diabetes, prostate cancer, rheumatoid arthritis, atherosclerosis, anemia, MS, leukemia and ovarian cancer.

There are dozens of reports and studies on pasteurized milk, and although you may not be aware of them, most of them are not favorable. The most of these published reports seem to be concerning the health issues that commercial, pasteurized milk causes such as: intestinal colic, intestinal irritation, intestinal bleeding, anemia, allergic and sinus problems, and salmonella. Contamination of milk by blood and white (pus) cells as well as a variety of hormones, chemicals and insecticides is also a big cause for concern.

Did you know that fifty years ago, a cow produced 2,000 pounds of milk per year. Today the top producers produce close to 50,000 pounds! How can this be? It is certainly not a natural phenomenon! Drugs, antibiotics, growth hormones, forced feeding plans and specialized breeding--that's how.

The latest onslaught to the dairy cow is the addition of bovine growth hormone or BGH. This drug is supposed to stimulate milk production but, according to Monsanto, who is the hormone's manufacturer, it does not affect the milk or meat. Can Monsanto be believed?

Obviously, there have been no long-term studies on the hormone's effect on the humans drinking the milk containing BGH, but some studies have focused on BGH and the growth of cancerous tumors. It makes perfect sense that if this unnatural drug can stimulate growth, then it can stimulate the growth of cancer as well. One theory about the increase in breast cancer rates in women points to this drug and its presence in dairy products.

Many countries have banned BGH because of safety concerns. And for good reason. Any substance added to a dairy cow's body comes out in the milk. I don't know how you feel, but

I don't want to experiment with the ingestion of a growth hormone-especially one for dairy cows. What will that do to humans?

Because BGH dramatically increases the cow's milk supply, it also causes a dramatic increase (50 to 70 %) in mastitis (udder infections) in the dairy cows' udders. This in turn then requires antibiotics to get rid of the mastitis, and the leftover antibiotics then appear in the milk we drink.

Over FIFTY PERCENT of all the antibiotics produced in this country for both humans and animals go directly into animal feed! Ideally, antibiotics should be used in farming only when necessary to treat infections. But commercial dairy cows are raised in poor, dirty conditions, and they are not healthy animals. So they are fed a constant supply of antibiotics from birth until death.

We are unknowingly consuming a lot of antibiotics, just by drinking commercial milk. Because of this, humans are now becoming resistant to antibiotics. If you tested commercial milk, you would find that it contains traces of up to 80 different antibiotics! All mammals who are lactating excrete many toxins through their milk, and this includes antibiotics, pesticides, chemicals, and growth hormones.

***Side note:** If you had not already heard the news, there is scientific evidence that [antibiotics use in humans can actually increase your abdominal fat](#). Read that article if you're interested in more on that topic.*

Because of the mastitis, there are white blood cells in the milk from infections. If you don't already know this, I'm sorry to tell you that another way to describe white cells where they don't belong would be to call it 'pus'. Inspectors are asked to keep the white blood cell counts under certain limits. A-not-to-appetizing fact is that the USDA allows milk to contain from one to one and a half million white blood cells per milliliter. (That's one to one-and-a-half million WBC's to about 1/30 of an ounce).



Pure, wholesome milk? Yuk! It is now a disgusting cocktail of antibiotics, chemicals, hormones and pus. Commercial pasteurized milk is not a health food and should be avoided at all costs. Empty calories that just add pounds to your body, and fill you with chemicals.

But wait, there's more! Pasteurization further degrades milk and makes it even more unhealthy. Commercially raised dairy cattle are raised under dirty, unhealthy conditions. In addition, most commercial dairy cows are raised on an unnatural diet of grains, not grass

like Mother Nature meant. Because this diet is so unnatural for the cows, this totally changes the composition of the fats in milk, primarily the very important and healthy fatty acids; Omega 3's and Conjugated Linoleic Acid.

Raw milk sours naturally, but pasteurized milk will turn putrid and processors remove slime and pus from pasteurized milk by a process of centrifugal clarification.

And get this: inspection of commercial dairy cows for disease is not even required for pasteurized milk! So, dirty, crowded, dairy lots are full of sickly cattle that are giving us milk!

Pasteurizing milk actually began in the 1920's to kill pathogens that got into the milk that cause Tuberculosis, infant diarrhea, intestinal dysentery, and other diseases caused by poor animal nutrition and dirty production methods. According to Sally Fallon of the Weston Price Foundation:

“Heat alters milk’s amino acids, lysine and tyrosine, making the whole complex of proteins less available; it promotes rancidity of unsaturated fatty acids and destruction of vitamins. Vitamin C loss in pasteurization usually exceeds 50 percent; loss of other water-soluble vitamins can run as high as 80 percent. Pasteurization alters milk’s mineral components such as calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulphur as well as many trace minerals, making them less available. There is some evidence that pasteurization alters lactose, making it more readily absorbable.”

When milk is pasteurized, the protein molecules are heated and they actually change shape and composition, making them much harder for our bodies to break down and digest. A simple protein molecule becomes a tightly folded molecule. This milk then puts an unnecessary strain on our digestive system to produce digestive enzymes to break this down. Many people's bodies are simply incapable of breaking this protein down. This is partly the reason why milk consumption has been linked with diabetes. It is a strain on the pancreas to produce enzymes. It is also the reason behind many milk allergies. It is the protein portion—the casein—that becomes difficult to digest after pasteurization, thus causing many reactions.

In the elderly, and those with milk intolerance or other digestive disorders, the milk passes through the intestinal walls not fully digested. These large particles can clog the absorbent areas of the small intestine, which then prevents vital nutrients from getting in. The result is allergies, chronic fatigue, lowered immune system and a variety of other degenerative diseases.

Because the milk is heated in pasteurization, the heat destroys the active and healthy enzymes in milk—in fact, the test for successful pasteurization is absence of enzymes. These enzymes are especially important to help our body break down and use all the healthy nutrients in milk, including calcium. This is why people with osteoporosis cannot get calcium from pasteurized milk. The calcium in milk is simply not utilized very well. The same goes for the healthy fats milk contains. Lipase is one of the enzymes in raw milk that helps the body digest and utilize the butterfat that contains conjugated linoleic acid (CLA)

and Omega 3 fats—both extremely healthy to the body in their cancer-fighting and heart-healthy abilities (as well as helping with fat burning and muscle building).

Last but not least, there may be chemicals after pasteurization to suppress any rotten milk odor and restore some of the taste. Synthetic vitamin D is often added to commercial milk too, and the long term health safety is questionable. You always want to get natural vitamin D as opposed to synthetic.

Because it is cosmetically better looking, milk is then homogenized. Homogenization, has lately been linked to heart disease. When you get milk straight from the cow contains it contains cream—which is full of all the healthy fats, including the fat-burning CLA. Homogenization breaks up the fat particles into smaller microscopic particles and distributes the fat throughout the milk so that they do not rise. This process unnaturally increases the surface area of fat exposing it to air, in which oxidation occurs and increases the susceptibility to spoilage. Homogenization has been linked to heart disease and atherosclerosis.

Considering how commercial milk is produced and processed, it comes as no surprise that so many of us are allergic to it. An allergic reaction to dairy can cause symptoms like diarrhea, vomiting (even projectile vomiting), stomach pain, depression, cramping, gas, bloating, nausea, headaches, sinus and chest congestion, acne and a sore, or scratchy throat.

Commercial milk consumption has been linked to many other health conditions as well, such as asthma, atherosclerosis, diabetes, chronic infections (especially upper respiratory and ear infections), obesity, osteoporosis and cancer of the prostate, ovaries, breast and colon.

If a calf fed pasteurized milk dies before maturity, then is there anything good left in it? Not hardly. This is especially bad, because milk is one of the healthiest foods available prior to its being pasteurized and homogenized.

Once you understand how modern milk is produced and processed, it seems logical to just avoid pasteurized, processed milk altogether. Why add the empty calories, antibiotics and growth hormones? Raw, unpasteurized, unhomogenized milk from healthy grass-fed cows is the best source of milk to drink. See more about raw milk in Part 2 of this book.

MILK PRODUCTS TO AVOID

- ☐ Pasteurized milk, even organic milk
- ☐ Pasteurized cottage cheese
- ☐ Pasteurized yogurt
- ☐ Pasteurized sour cream
- ☐ Pasteurized, processed cheese
- ☐ Pasteurized chocolate milk
- ☐ Pasteurized cream
- ☐ Any pasteurized processed dairy product

CHAPTER 6

Commercially Raised Meats and Farmed Fish

Not all meat you buy is the same. Commercial meat production has sadly changed meat from a healthy lean protein into an industrialized factory food with fewer nutrients and is now a health hazard. The animals raised for commercial meat in most grocery stores are raised and slaughtered by inhumane cruel conditions, and are fed an unhealthy diet that is not the natural diet of the animal. This results in an unhealthy meat product for your consumption. But read on, because there ARE healthy meats that you can choose!

Since the 1980's, mergers and acquisitions have resulted in concentrating 80% of the 35 million beef cattle slaughtered annually in the U.S. into the hands of four huge corporations. What used to be idyllic country farms with contented grazing cattle has turned into huge industrialized factory farms with unhealthy feedlots.

Most beef cattle start out on a range, eating grass, but upon reaching maturity, they are transported to a feedlot to be fattened and readied for slaughter. They spend their last few months at feedlots, crowded by the thousands into dusty, manure-laden holding pens. The air is thick with harmful bacteria, infectious disease, and dusty matter, putting the cattle at risk for respiratory disease and other diseases. Eventually, all of them will wind up at the slaughterhouse.



Feedlot cattle are injected regularly with growth hormones antibiotics. Because they are fed an unnatural diet of grain and other food by-products to fatten them up very quickly and profitably, the cattle often have upset digestive systems, and they become even sicker and unhealthier in general.

Grains (often contaminated with fungus and fungicides) are used to fatten up livestock at the expense of their natural diet of healthy grass and hay. The main ingredients are genetically modified grain and soy. To further cut costs, the feed may also contain “by-product feedstuff” such as municipal garbage, stale pastry, chicken feathers, gum and candy.

Because cattle are naturally suited to eating a grass-based diet, the high calorie diet of grain contributes to many metabolic disorders. Often this diet causes sickly cattle with weakened immune systems that reside in a dirty, crowded environment of contagious pathogens. Cattle fed a grain-based diet also develop highly acidic stomachs to process the grain. This acidic environment is the breeding ground for the deadly E.coli strain of bacteria that sickens and kills many people.

In the U.S. alone, farmers add 10 million pounds of antibiotics into the food and water supply of farm animals. This, however is not intended to fight or prevent disease, but is actually used to fatten up the livestock, which is one of the side effects of the antibiotics. All

of the antibiotics in the meat you are eating can lead to antibiotic resistance in your body. And, if these antibiotics work to fatten cattle, it's not out of the question to think they may be contributing to fattening humans!

Cattle are transported several times during their lifetimes, and they can travel hundreds or thousands of miles during a single trip. Long journeys are very stressful to the cattle, and contribute to even more disease and death.



A standard beef slaughterhouse kills about 250 cattle an hour. The high speed of the processing makes it difficult to treat animals humanely. According to a meat industry article, "Good handling is extremely difficult if equipment is 'maxed out' all the time. It is impossible to have a good attitude towards the cattle if the employees are stressed and constantly rushed, trying to up their production in as little time as possible." All that stress gets transferred to the animals, which is partly accountable for some of the

terribly inhumane treatment cattle get.

Nearly all the meat, eggs, and dairy products that you find in the supermarket come from animals raised in large facilities called CAFOs or "Confined Animal Feeding Operations." These highly mechanized operations provide a year-round supply of food at a reasonable price. Although the meat is cheap and convenient, factory farming is creating a variety of problems, including:

- Animal sickness, stress and abuse
- Air, land, and water pollution
- The unnecessary use of hormones, antibiotics, and other drugs which end up in the meat you are eating
- Unhealthy fats that cause inflammation and heart disease
- Food with decreased nutritional value

What about those dangerous saturated fats you ask? Well, it is becoming more widely known that saturated fat per se is NOT the real culprit in heart disease and other degenerative diseases. Read this article link below for more details:

<http://www.truthaboutabs.com/saturated-fat-is-not-evil.html>

The fat in a grain-fed cow is not healthy. Grain fed beef contains high amounts of inflammatory (hence, artery clogging) omega-6 fatty acids.

One reason Americans are so unhealthy and have a lot of inflammation in their bodies is due to excessively high amounts of processed omega-6 fatty acids in our diets compared to far too low amounts of omega-3 fatty acids.

According to the Journal of Animal Science, grain fed beef or bison can have an omega 6 to omega 3 ratio higher than 20:1. This creates a health problem in humans because it is way more than the recommended ratio of 3:1 or 4:1 of omega 6 to omega 3. On the other hand, grass fed beef or bison typically contains a much healthier omega 6 to omega 3 ratio of between 2:1 to 4:1, as well as much higher quantities of CLA (a healthy fat that helps support fat burning and muscle building).

When this recommended ratio of 3:1 to 4:1 omega 6 to omega 3 fats is exceeded, health problems begin to emerge due to an unhealthy imbalance. Excess omega 6 fatty acids contribute to inflammation in our bodies, and in our arteries, which is the starting point for arterial plaque buildup.

Animals raised on their natural diet of grass have a healthy, highly functioning pH of 7, which allows for the essential fermentation bacteria in their stomachs that creates high levels of nutrients such as: Conjugated Linoleic Acid, (CLA) omega 3 fats, branch-chain amino acids, vitamins, minerals and digestive enzymes. But even a small amount of grain can throw all this off. Just 30 days on a grain-based diet can ruin 200 days of grass-grazing chemistry.

When an animal lives on high starch grain diet, the healthy pH 7 suddenly drops to a highly acidic pH 4. With this increase in acidity comes a different problem: one that stops the production of healthy fats like omega 3's and CLA, and increases the level of the omega 6's, which most Americans already consume too much.

And as if all that weren't bad enough, the growth hormones that are given to fatten the cattle for faster weight gain don't create healthy, lean muscle. With less exercise than their pasture-raised, grass fed counterparts, grain fed cattle develop heavy, highly marbled muscle mass that is the hallmark of their high-carbohydrate, high starch diet. Interesting...could this be happening in our bodies on a high carbohydrate, starchy diet as well?

When animals are raised in feedlots or cages, they leave behind large amounts of manure in a small amount of space. Manure must be collected and transported away from the area which becomes an expensive proposition. It is usually dumped as close to the feedlot as possible, to help defray the cost of removing it. As a result, the surrounding soil is overloaded with not only manure, but the residue of hormones and antibiotics from the cattle, which can cause ground and water pollution.

For all these reasons above, this is why I strictly try to choose healthy grass-fed organic meats... If we're talking about beef or bison, I look for 100% grass-fed (including grass-finished) and organic beef and bison. If it's chicken or turkey, I try to look for free-range, organic. Also, wild game is a great option if you have hunters in the family or friends that are hunters. Wild game will always be some of the healthiest possible meat you can serve yourself and your family.

Some grocery stores are starting to carry better quality meats now, but you can also order online on several sites... the one that I personally love and have been using for a couple years now is this: <http://healthygrassfed.2ya.com> -- they have amazing quality cuts of

meat, as well as some of the best quality grass-fed burgers I've ever had. And they also have a great line of grass-fed sausages (the grass-fed breakfast sausage sliders are amazing!)

Just as the commercial meat industry in America has now industrialized factory farms producing thousands of pounds of unhealthy meats to meet consumer demand; now there's a similar dynamic in the global fish farming, or aquaculture, industry--especially as it strains to satisfy consumers' voracious appetite for top-of-the-food chain, carnivorous fish, such as salmon, and tuna.

Farmed fish vs. wild-caught fish

While fish used to be considered a healthy addition to any diet, farmed fish is now barely any better than eating a Big Mac. From both a nutritional and environmental impact perspective, farmed fish are far inferior to their wild counterparts:

- Despite being much fattier, farmed fish provide less usable beneficial omega-3 fats than wild fish.
- Due to the “feedlot” conditions of aqua farming, farm-raised fish are doused with antibiotics and exposed to more chemicals than their wild kin.
- Farmed salmon, are given a salmon-colored dye in their feed, without which, their flesh would be an unappetizing grey color.
- Aqua farming also raises a number of environmental concerns, the most important of which may be its negative impact on wild salmon. It has now been established that sea lice from farms kill up to 95% of juvenile wild salmon that migrate past them.



Nutritional differences of farm-raised vs. wild fish:

Farm-raised fish have a higher fat content. It's not very surprising, since farm-raised fish do not spend their lives vigorously swimming through cold ocean waters or leaping up rocky streams like their wild counterparts. A marine version of couch potatoes, they circle lazily in crowded pens fattening up on pellets of grain-based fish chow.

In each of the species evaluated by the USDA, the farm-raised fish were found to contain more total fat than their wild counterparts. For rainbow trout, the difference in total fat was the smallest, while cultivated catfish had nearly five times as much fat as wild catfish. Farm-raised Coho salmon had approximately 3 times the total fat as wild samples.

Farm-raised fish contain more inflammatory omega 6 fats, and an imbalance of omega-6 to omega 3 fatty acids. In three types of fish evaluated, the amount of omega 6 fats was substantially higher in farm-raised compared to wild fish. The total of all types of omega 6 fats found in cultivated fish was at least twice the level found in the wild samples.

Generally you can figure that farm-raised fish will have 10-30% more fat (and that's mostly omega 6 fats which you already get too much of) and calories than wild-caught fish.

The fat in farmed salmon contains far less of the healthy omega 3 fatty acids than the fat in wild salmon. Salmon fat is usually rich in omega 3 fatty acids. Not so with farmed fish!

Disease and parasites, which would normally exist in relatively low levels in fish scattered around the oceans, can run rampant in densely packed oceanic feedlots. To survive, farmed fish are vaccinated as minnows. Later, they are given antibiotics or pesticides to ward off infection.

Sea lice, in particular, are one of the worst problems. While salmon farmers have discounted concerns that sea lice are also found in the wild, at the first sign of an outbreak, they add pesticides to the feed.

Scientists in the United States are far more concerned about two studies: both of which showed farmed salmon accumulate more cancer-causing PCB's and poisonous dioxins than wild salmon.

Tests on farmed salmon at grocery stores which contains up to twice the fat of wild salmon, has found 16 times the PCB's compared to wild salmon, 4 times the levels in commercial beef, and 3.5 times the levels found in other seafood. Most of these toxins are stored in the fat of the fish, so guess what you are eating when you eat farmed fish?

Farmed salmon usually has dye added to it to improve the looks of the product. Even with the coloring, it never looks as good as wild salmon. These colorings also come with recently documented cancer-causing agents. These dyes have zero health benefits, and have no other purpose than to fool you, the consumer, into thinking the product is rich in flavor ... Don't believe it!

Aqua farms, or "floating pig farms," put a major strain on the surrounding environment. The fish consume huge amounts of highly concentrated protein pellets and it makes a terrific mess.

Uneaten feed and fish waste cover the ocean floor beneath these farms, which are a breeding ground for bacteria that consume oxygen vital to shellfish and other bottom-dwelling sea creatures. A good-sized salmon farm produces an amount of excrement equivalent to the sewage of a city of 10,000 people. Think about that the next time you swim in the ocean!

The most serious concern is the depletion of marine life from over-fishing. Actually aqua farming depletes marine life because captive salmon are carnivores and must be fed fish during the 2-3 year period when they are raised. To produce one pound of farmed salmon, 2 to 4 pounds of wild sardines, anchovies, mackerel, herring and other fish must be ground up to render the oil and meal that is compressed into pellets of salmon chow.

Fish used to be a bit of a rarity in U.S. households. Today it is a common dinner at the homes of health-conscious consumers. Last year, salmon overtook "fish sticks" as the third most popular seafood in the American diet (trailing tuna and shrimp). The increased

consumption was made possible by the explosive growth in salmon farming, an industrial system that produces the fish in vast quantities at a price far lower than wild salmon.

Although portrayed as “healthy”, most tilapia sold at restaurants and grocery stores is farm raised, and therefore is not considered the healthiest of choices.

More than half of the fish sold in supermarkets, fish markets, and restaurants are raised in high-density fish pens in the ocean, managed and marketed by the farmed fishing industry. These fish are eaten by over a quarter of all adults in the U.S. and experts predict that the exponential growth of the farmed fish industry will continue. Although it seems like a healthier choice, eating farmed fish is actually almost as bad as eating a fast food burger.

Note that when you’re choosing healthier wild fish, it is a good idea to try to limit your intake of fish that are higher on the food chain (such as tuna, swordfish, shark, striped bass, bluefish, etc) to more occasional meals due to the higher levels of mercury in these fish. Fish that are lower on the food chain such as sardines, herring, sunfish, and even trout and salmon have lower levels of mercury and are not as much of a concern.

Caution: it is extremely important for pregnant women to speak to your doctor about fish intake.

MEATS/FISH TO AVOID

- ☐ Packaged, commercially sold grocery store beef (grain-fed) of all cuts
- ☐ Packaged processed meats like bacon, salami, bologna, hot dogs, sausage, etc (high levels of sodium, nitrates or nitrites, and preservatives).
- ☐ Frozen prepared meats
- ☐ Canned meats; processed chipped beef
- ☐ Any kind of fish that says “farm-raised”
- ☐ Processed or fried fish such as fish sticks, etc.
- ☐ Frozen diet dinners
- ☐ Fast food burgers, fast food fish

CHAPTER 7

Soy, especially genetically modified soy (GMO) and isolated soy protein

Soy as health food? Think again! Only a few decades ago, the soybean (unfermented) was considered unfit to eat - even in Asia. Here, it has been touted as a “health food”.



The soybean was not considered as food until the discovery of fermentation techniques around 1027 A.D. to 221 B.C. Soy as food was always in fermented form like tempeh, natto, miso and soy sauce.

Unfermented soy contains growth-suppressing agents. When the growth-blocking agents were lowered by fermenting, soy began as a dietary staple. But the soybean was always fermented first, never eaten in its unfermented form.

Unfermented soybeans were never eaten because soybeans contain large quantities of natural toxins which are actually "anti-nutrients". These anti-nutrients block enzymes that are necessary for digestion and assimilation.

The natural toxins in soy can produce serious gastric distress and difficulties in digesting proteins and amino acids.

Some of these natural toxins in soybeans are growth inhibitors, and since they block nutrient absorption, they should never be fed to children and babies.

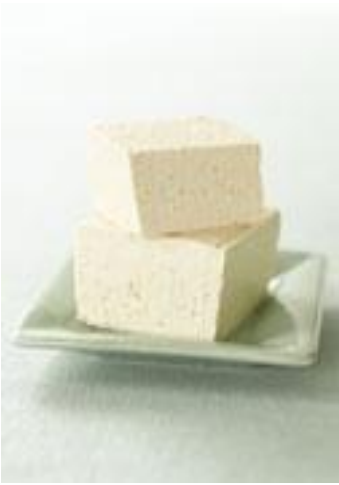
Soybeans and other legumes contain large amounts of a substance called phytic acid. Phytic acid can be found in hulls of beans or seeds. It will block essential minerals--calcium, magnesium, copper, iron and especially zinc in the intestinal tract from being absorbed.

Soybeans typically contain one of the highest phytate levels of any legume, and long slow heating or cooking will not help to reduce this substance. Only fermenting techniques will lower this nutrient blocker.

Phytate content can also be reduced by eating meat with the soy. In many oriental dishes, soy is often consumed in a meal that has meat as a part of the menu.

So then, if you are a vegetarian, eating tofu and soy products as a substitute for meat and protein will cause nutritional deficiencies. Not only does the risk of B12 deficiency go way up, but mineral deficiencies are common as well. Zinc, calcium, magnesium and iron deficiencies have all been noted but zinc deficiency is often the worst. Sometimes these deficiencies may show up as unnatural cravings for foods like chocolate, and other less-than-healthy foods.

Zinc is necessary for a strong immune system and also plays a role in intelligence and behavior, because it is needed for optimal development and functioning of the brain and nervous system. Zinc is very important to protein synthesis and collagen formation; it is involved in blood-sugar control helps protect against diabetes; and it is needed for a healthy reproductive system.



While soy food companies strive to remove these nutrient-blocking substances out of the finished product, soy protein isolate, (SPI) is the primary protein component in most soy foods that imitate meat and dairy products, and also baby formulas and some brands of soy milk.

What is soy protein isolate? Well, don't be fooled, it is not a naturally occurring substance. Soybeans are made into a slurry and combined with an alkaline solution to remove fiber, and then separated using an acid wash and, finally, neutralized in an alkaline solution. Does this sound like something you want to eat?

When this soy mixture is acid washed, it is usually done in aluminum tanks, which then leach aluminum into the soy products. Soy curds are spray-dried at high temperatures to produce a protein powder. This high temperature, high-pressure process then creates TVP or textured vegetable (or soy) protein. The high temperature processing actually denatures the protein, making it virtually useless.

Nitrites (a potent cancer-causing agent) are created in the spray drying process, and a toxin called lysinoalanine is formed during alkaline processing. Does soy still sound like the healthy super food you thought it was?

Experiments using soy protein isolate created deficiencies of vitamins E, D, B12, calcium, magnesium, manganese, molybdenum, copper, iron and zinc. The test animals also developed enlarged organs such as the pancreas and thyroid gland, and fatty livers.

You don't have to be a vegetarian to be eating soy protein isolate and textured vegetable protein. They are heavily used in school lunch programs, commercial baked goods, diet foods and fast food products, as well as meat substitutes, and energy bars. They are heavily promoted in third world countries and are a main part of many food giveaway programs to starving people.

Advances in technology make it possible to produce isolated soy protein from what used to be a waste product--defatted, high-protein soy chips--and then transformed from something that looks and smells ghastly into products that will be consumed by human beings. Added flavorings, preservatives, sweeteners, emulsifiers and synthetic nutrients change soy protein isolate, into a seemingly delicious manufactured food.

Soy is now marketed to the health-conscious upscale consumer, as a miracle substance that will prevent heart disease and cancer, whisk away hot flashes, build strong bones and keep us healthy and slender.

In the process of creating the image in everyone's mind of soy as a healthy super food, meat, milk, cheese, butter and eggs have become the bad guys in the food pyramid instead of being portrayed as the wholesome healthy foods they once were. Soy has replaced meat and dairy products for vegetarians and health-conscious consumers. Soy gets marketed as being a health food and as a "healthy" replacement for meat, fish and eggs to escape the so-called evils of saturated fat and cholesterol, but in reality, it's much worse.

Soy's positive effects on cholesterol levels are questionable, say scientists. In addition, studies in which cholesterol levels were lowered through either diet or drugs have actually resulted in a greater number of deaths in the treatment groups than in controls - deaths from stroke, cancer, intestinal disorders, accident and suicide.

Soy contains plant estrogens, which although soy advocates say are healthy and good for women; these phytoestrogens can actually disrupt hormones in the body. And if you are a man, should you be ingesting soy loaded with substances that mimic female hormones? High soy consumption can actually contribute to male breast growth, aka - "man boobs" (gynecomastia)! Soy's phytoestrogens can be potentially harmful to women as well.

Soy disrupts the digestive, immune and neuro-endocrine systems of the human body and plays a major role in infertility, hypothyroidism and some types of cancer including thyroid and pancreatic cancers. Does this sound like health food?

Soy is one of the top ten food allergens, and some rate it fifth or sixth highest of allergenic foods. Allergic reactions to soy are increasingly common, ranging from mild to life threatening. A little-known fact about some food allergies is that they create a craving for the very food that you are allergic to; thus creating another vicious cycle of craving and eating and more reactions, leading surely to more weight gain.

It should be obvious that soy is not a miracle food, and it certainly is not a health food!

SOY FOODS TO AVOID

- ☐ Soy Milk
- ☐ Soy baby formula
- ☐ Powdered Soy Protein
- ☐ Tofu
- ☐ Frozen soy “ice cream” products like Tofutti Cuties
- ☐ Soy protein energy bars (look at the ingredients as soy protein hides in MOST so-called “energy” bars or protein bars)
- ☐ Textured vegetable protein as an ingredient in meatless products or as a thickener
- ☐ Tofurky
- ☐ Tofu hot dogs
- ☐ MorningStar products
- ☐ Soy snacks, soy chips, soy and rice cake snacks
- ☐ Meatless burgers
- ☐ Meatless fast food meals

CHAPTER 8

Sports/Energy Drinks

Athletes everywhere pick up sports drinks to quench their thirst and replenish carbohydrates. Do they really work? Do energy and sports drinks help performance or do they just add empty calories?

Slick and entertaining advertising campaigns and celebrity athlete spokespersons give many people the impression that these drinks are healthy and essential during or after a workout to replace lost electrolytes, carbohydrates and fluids.

Although simple carbohydrates are helpful for athletes engaging in high-intensity exercise, are sports drinks effective, or even appropriate, for the average gym member or weekend warrior?



they

In one study, researchers prepared beverages containing glucose, maltodextrin or neither, so that tasted identical, and gave them to athletes, who rinsed the drinks around in their mouths before spitting them out during exercise. Despite not reaping the energizing effects of the carbohydrates in the drinks, the rinsing of the simple sugar mixes were shown to "significantly reduce the time to complete the cycle time trial," while the placebo drinks had no such effect. Researchers concluded that most of the benefit from carbohydrates in sports drinks is provided by signaling directly from mouth to brain rather than providing energy for the working muscle.

Another study found that citric acid, commonly found in sports drinks, ate away at the enamel coating on teeth. As a result, the drinks could easily leak into the bone-like material underneath, causing a weakening and softening of the tooth that could result in severe tooth damage and even tooth loss if left untreated.

Sports drinks can be up to 30 times more erosive to your teeth than water. As a recent study pointed out, brushing your teeth will not help because the citric acid in the sports drink will soften tooth enamel so much it could be damaged just by brushing. So sports drinks lead to more dental problems!

According to researchers at the University of New Mexico, "unless a person is going to exercise for at least 90 minutes, consuming the carbohydrates is self-defeating." While sports drinks containing carbohydrates may help the body absorb water, there's no evidence that your body will retain water more effectively than if you just drank water alone so they are really not more effective at battling dehydration.

The leading brands of sports drinks on the market typically contain as much as two-thirds the sugar of sodas and more sodium. They also often contain high-fructose corn syrup (HFCS), artificial flavors, and food coloring, none of which belong in your body, and none of which are healthy.

If you are exercising to lose weight and get into shape, you should know that sports drinks and energy drinks will cause weight gain, similar to drinking soda. It is a sad irony that many people work hard and sweat to lose weight, only to gain weight from drinking sports drinks.

And although these drinks are often referred to as “energy” drinks, in the long run the sugar they contain does just the opposite. A quick explosion of energy is followed by a plummet in blood sugar, as your system floods with insulin to balance out your blood sugar. So the quick energy you may feel from the sugar soon becomes less energy as your blood sugar drops. And lo and behold, hunger cravings start as soon as the blood sugar drops.



Because it is metabolized by the liver, the fructose in high fructose corn syrup (which is the common sweetener in most sports drinks) does not cause the pancreas to release insulin the way it normally does. Fructose converts to fat more quickly than any other sugar. Fructose raises triglycerides significantly. For complete conversion of fructose into glucose your body needs it must rob ATP energy stores from the liver. ATP is the fuel which supplies the energy to muscles, especially while exercising. If you are robbing your muscles' energy stores, then your sports drink is actually decreasing your athletic performance! So now you are tired and weaker from drinking sports drinks...

If your sports drink is low calorie and sugar-free, then it most likely contains an artificial sweetener, which is even worse for you than high-fructose corn syrup or sugar. And don't think that because a sports drink claims to be low-or no-calorie that it won't contribute to weight gain. As mentioned before, artificial sweeteners are as big a culprit in weight gain as sugar and corn syrup.

Sports drinks also contain large quantities of salt, which is there to replace electrolytes. But, unless you're sweating profusely and for a prolonged period, that extra salt is simply unnecessary, and possibly harmful. Too much of concentrated electrolytes can actually throw off your body's delicate electrolyte balance as well.

The excess salt will actually make you thirstier and make you want to drink more, while causing you to retain water and feel heavier and look bloated. While you may think you are doing your body good, drinking sports drinks are no better than drinking soda after your workout.

Energy drinks were popularized in the U.S. with the introduction of Red Bull®, a carbonated beverage from Austria that contains 80 mg of caffeine per serving—about the same amount as is found in a cup of coffee. For comparison, classic Coca Cola® contains 23 mg caffeine and Mountain Dew® contains 37 mg caffeine.

Other brands of energy drinks may contain twice as much or more caffeine as Red Bull, plus other questionable ingredients.

The calories in these drinks do provide some energy, but mostly their content of caffeine, guarana, and taurine turn up one's feelings of alertness and may produce troublesome side effects such as anxiety, irritability, heart palpitations, difficulty sleeping, and indigestion.

These occurrences are more likely to happen with energy drinks than with coffee, which is usually drunk more slowly than chilled energy drinks. Energy drinks can also lead to dehydration because the caffeine stimulates urination and thus increases water and electrolyte loss. Dehydration during athletic activities not only drastically reduces performance, but also can cause painful muscle cramping.

Unless you are exercising for more than 90 minutes at a time, sports drinks are unnecessary. It's only when you've been exercising for longer periods, such as 90 minutes or more, or at an extreme intensity, such as on a very hot day or at your full exertion level, that you may need something more than water to replenish your body.

Less than 1 percent of those who use sports drinks actually benefit from them!

Any workout less than an hour or so will not result in a large enough fluid loss to justify using these high-sodium, high-sugar drinks. Stay slim and lean and drink water!

If you do workout in the heat for several hours, consider using a healthier natural drink such as pure 100% coconut water instead of processed sugar-laden sports drinks. Coconut water is delicious and can have as much as 1000 mg of potassium per 20 oz drink. It also contains some carbohydrates, but generally less sugar than sports drinks, and it's all naturally occurring.

Another great drink that I like that is a sports drink alternative is [this "Fusion" drink](#), which combines protein and fiber along with the great taste of a sports drink. It's not meant to be used for endurance events, but rather as a hunger reducer during the middle of the afternoon or late at night as the protein and fiber quells your appetite without affecting your blood sugar very much.

SPORTS/ENERGY DRINKS TO AVOID

- ☐ Gatorade, all kinds
- ☐ Powerade
- ☐ Red Bull
- ☐ Monster
- ☐ Rock Star
- ☐ 5 Hour Energy
- ☐ AMP
- ☐ Bulldog
- ☐ Bawls
- ☐ Fuse
- ☐ Sobe Adrenalin Rush
- ☐ TAB Energy
- ☐ Vault
- ☐ Snapple
- ☐ And many more

CHAPTER 9

Energy Bars or Protein Bars

They claim to be healthy, but look and taste like candy bars, but contain protein and fiber and are advertised as containing vitamins and minerals. They are convenient and they taste good. And somehow we have been duped into thinking this is healthy snack food, or worse yet, a meal replacement.

We'll show you at the end of this section that there are a few rare healthy energy bars, but most are just candy bars in disguise.

The original energy bars, like the Power Bar and the Source Bar, were based on so-called 'natural' sweeteners—high fructose corn syrup and juice concentrates—along with dried fruits and nuts, a combination that resulted in higher percentages of carbohydrates than the typical chocolate candy bar (which is rich in cocoa butter, a healthy natural fat.)



When cheap soy and whey proteins became available, the energy bar industry exploded... Now that protein could be added to make a 'high-protein' bar. Balance Bars ("The Complete Nutritional Food Bar") and ZonePerfect Bars ("All Natural Nutrition Bars"), and Atkins Bars were among the first to hit the shelves as energy/protein bars.

But there is nothing natural about the protein used in today's energy bars. Most bars are made with highly processed soy protein (see the chapter on soy products). Isolated soy protein comes with an initial burden of nutrient-blocking agents such as phytic acid, enzyme inhibitors and isoflavones. Much of the soy in energy bars is genetically modified, as well. More toxins are formed during high-temperature, high-pressure chemical processing; including nitrates, lysinalanine and MSG. Soy protein is processed at very high temperatures to reduce the levels of phytic acid and enzyme inhibitors; a process that degrades many of the proteins in soy, making them useless as usable protein in the body.

The other frequently used protein is whey protein, which must be processed at low temperatures or the protein is damaged from a nutritional standpoint. When cheese, butter, and cream were produced on farms in the past, the whey and skim milk used to be given to the pigs and chickens. Now that cheese, butter and cream are processed in industrial food factories far from farms, the dairy industry has an overabundance of whey, solved by drying the skim milk and whey at high temperatures and putting the powders into protein drinks, bodybuilding powders and high-protein bars. But protein content in most processed whey is damaged by the heat processing, so is not the protein source it claims to be.

Side note: Remember that if you use whey protein for your smoothies or other recipes, I recommend a raw grass-fed whey protein from cows that were raised in a healthy manner instead of commercial factory farms.

This is my favorite grass-fed whey I've been using for a couple years now:

<http://BestGrassFedWhey.com>

Other major ingredients in energy bars include high fructose corn syrup, an ingredient that has been shown to be worse than sugar, and in humans, it causes our insulin levels to spike as that sugar overloads our systems. Other ingredients include fiber from oats, apples, soy, and citrus. Sometimes maltodextrin is given as the fiber source. "Natural flavors" and piles of synthetic vitamins are thrown in so the bars can be called "complete."

On the good side, the fat source in most energy bars is often palm, palm kernel, or coconut oil, and so they are generally healthier for you than hydrogenated oils and trans fats (or other heavily refined omega-6 oils), which are far worse for you.

So, with the exception of the fats, most of the ingredients used in energy bars are industrial food waste products—soy protein isolate and whey protein are the waste products of the soy oil and dairy industries. Apple and lemon fiber, often used to create a crunchy effect, are also waste, made from the pulp left over from squeezing the fruits for their juice. Soy lecithin, another common ingredient, is also a waste product of the soy oil industry. And, most of the sweeteners are made by highly industrialized processes. So you see, the ingredients are mostly food waste by-products and are anything but natural!

While many of the modern energy bars emphasize athletic performance, others claim to promote optimal mental performance.

The energy bar phenomenon capitalizes on a real human need—that of a convenient, nutrient-dense, concentrated food that travels well, and doesn't spoil and satisfies and tastes good.

My best advice; ignore the hype and advertising of the slick, packaged energy bars. These bars are not healthy food, they are candy bars--or worse--disguised as something the big food companies will tell you can substitute for meals, pump up your energy, or help you improve your athletic performance. There are better alternatives. Only REAL food will build up your body, fuel your energy and enhance your health. Stick to that which is unprocessed, unpackaged, and has few ingredients. Your body will thank you for it.

Some good alternatives to energy bars for quick healthy snacks on the go could be as simple as a bag of mixed raw nuts (almonds, pecans, walnuts, etc) with a little bit of dried fruit (just beware of eating large amounts of dried fruit due to the high sugar content). Check out the recipe for Natural Nutty Snacks at the end of the chapter on nuts. They are a great substitute for energy bars!

If you want to try one of the healthiest bars I've tried recently, check [these raw protein bars](#) out:

Each Raw Protein Bar has between 240-280 calories, 22g protein, 12-28g carbs (7-8g fiber), and 12-16g of healthy fat.

My favorites are:

- Blueberry Macadamia**
- Strawberry Banana**
- Raspberry Hazelnut**
- Chocolate Chia Maca**
- and Low-Carb Cafe Mocha**

Really good stuff! Warning though... beware of the "Goji and greens" flavor... both me and my girlfriend were NOT fans of this flavor. But the other five that I listed above we really loved!

You can grab some of these [tasty Raw Protein bars here](#).

Some other great ideas for healthy, but quick mid-day snacks can be found at this article page on my site:

<http://www.truthaboutabs.com/meal-ideas-fitness-over-40.html>

THE WORST ENERGY BARS

- ☐ Luna Bars
- ☐ Kashi
- ☐ Powerbars
- ☐ Quaker
- ☐ Kudos
- ☐ MetRx
- ☐ Balance bars
- ☐ Clif Builder bar
- ☐ Genisoy
- ☐ Soy Sensations
- ☐ Anything with high fructose corn syrup, refined flours, isolated soy protein or any other unidentifiable ingredients

CHAPTER 10

Processed Foods Containing Preservatives, Fillers, Chemicals, Dyes, and Trans fats.

There are many chemicals and flavor enhancers in processed foods and those so-called diet foods that packaged as weight loss dinners, desserts, snacks, etc., and many of those are addictive. MSG is one good example. People who eat monosodium glutamate, or MSG, as a flavor enhancer in their food are more likely than others to be overweight or obese even though with the same amount of physical activity and caloric intake, according to a University of North Carolina at Chapel Hill School of Public Health.

Researchers at UNC and in China studied more than 750 Chinese men and women, aged between 40 and 59, in three rural villages in north and south China. The majority of study participants prepared their meals at home without commercially processed foods. About 82 percent of the participants used MSG in their food. Those users were divided into three groups, based on the amount of MSG they used. The third group who used the most MSG was nearly three times more likely to be overweight than non-users.

Because MSG is used as a flavor enhancer in many processed foods, studying its potential effect on humans has been difficult. Study participants were chosen from rural Chinese villages because they used very little commercially processed food, but many regularly used MSG in food preparation.

The bottom line is that you should avoid MSG as much as possible since it can stimulate cravings and lead to weight gain, among other problems. The best way to avoid MSG is simply to avoid all processed foods. For some people, that may sound difficult, but it really becomes simple if the only foods that you buy at the grocery store are 1-ingredient foods – that means fresh whole unprocessed foods.

Most low-calorie foods cut calories by removing refined cane sugar and replacing it with artificial sweeteners like Aspartame, Sweet'n'Low, Splenda, and a dozen other sugar-like compounds. These artificial sweeteners contain less (in some cases, zero) calories, but they are incredibly dangerous in other ways, as you may already know.

Artificial sweeteners have been linked to... cancer, migraines, depression, birth defects, infertility, seizures, thyroid problems, and weight gain. In addition, low-calorie diet foods are usually loaded with processed ingredients that the body doesn't know what to do with - so it stores these ingredients as wastes in fat stores within the body.

Among the most common processed ingredients are refined/enriched flour, colors, preservatives (which go by hundreds of different names), and chemical flavorings --which may legally be called "natural flavors" even if they include MSG. (As a side note: most varieties of processed or "textured" soy protein (TSP or TVP) use MSG for flavor and call it "natural flavors.")

Many nutrition experts believe that the more refined a food is, the less satisfying it is to the body. Because the body is unable to extract what it needs from denatured, highly processed junk foods, it craves more nourishment. Cravings are usually a signal your body is not getting the nutrients it needs, however, sugars and starches stimulate appetite and increase cravings for sugar—as do most artificial sweeteners.

Even the best food companies, whose apparent goal is to promote health and wellness, are still in business to make a profit. Corporations selling diet foods and low-cal foods are hardly motivated to make a product that really helps people consume less and lose weight. If they did, their captive audience--people who are overweight--would disappear, taking their money with them.



Weight loss products are highly suspect for their harmful and addictive artificial ingredients, and for the elusive promise of "quick, easy" weight loss they promise but almost never fulfill. The only certain way to lose weight permanently is to focus on healthy nutrition such as organic fruits and vegetables, raw nuts and seeds, grass-fed meats, free-range poultry and raw dairy products, an active lifestyle, reducing stress, and creating balance and harmony in our lives.

**PROCESSED, PACKAGED, REFINED “DIET FOOD”
(FAT FUEL, AS I CALL IT) TO GET RID OF AND AVOID**

- ☐ Weight Watchers dinners, Lean Cuisine, SmartOnes, Healthy Choice, Kid Cuisine
- ☐ Cool Whip Lite, Cool Whip Free, Cool Whip sugar-free
- ☐ Sugar free popsicles, sugar-free ice cream treats
- ☐ Sugar free or fat free desserts, cookies, cakes, etc.
- ☐ Slim Fast shakes, bars, powder mix
- ☐ Instant Breakfast
- ☐ Fiber One pop-tarts, cookies, muffins, etc.
- ☐ Special K Bars
- ☐ Rice cakes
- ☐ Anything packaged, processed or with the words, “Low fat”, “Sugar free”, “Fat free”, “Diet”, etc.

PART 2

How to Stock Your Fat Burning Kitchen

CHAPTER 11

High quality protein - grass fed beef or bison, wild caught fish, free-range chicken, whole (free-range) eggs

CHAPTER 12

Raw grass fed dairy milk and cheese

CHAPTER 13

Grass fed dairy butter, coconut oil, lard

CHAPTER 14

Nuts-Almonds, pecans, walnuts, pistachios, brazil nuts, cashews, macadamia nuts

CHAPTER 15

Avocados

CHAPTER 18

Organic Berries, especially blueberries, acai berries, goji berries, strawberries, raspberries, blackberries

CHAPTER 19

Organic dark green leafy vegetables such as baby greens, parsley, cilantro

CHAPTER 20

Healthy Sweeteners: Real Maple Syrup, Raw honey, Stevia

CHAPTER 21

Healthy REAL Food Energy Bars

CHAPTER 22

Dark Chocolate

CHAPTER 23

Miscellaneous Healthy Items to Keep on Hand

THE WRAP UP

Recipes and Buying Guide

CHAPTER 11

High Quality Protein: Grass fed Beef and Bison, Wild-caught Fish, Free-Range Chicken and Whole (free-range) Eggs

With the obesity epidemic growing and baby boomer generation aging, the benefits of high quality protein have never been more critical. Now, more than ever, it's important to re-think current dietary recommendations for high quality protein and focus on achieving a level of protein intake to promote optimal health, not to simply meet the needs to prevent protein deficiency.

The evidence suggests that increasing the proportion of protein in your diet will improve your body composition, help with weight loss and improve weight maintenance following weight loss. Eating appropriate amounts of protein can help your body maintain the proper blood sugar levels and keep you from being hungry as often. Protein helps promote a feeling of fullness, and because it doesn't stimulate your insulin release, it can help to prevent cravings for junky snacks. We have all heard the saying that protein is a building block and it is very true. Protein is put to use by the body in building muscles, is stored for energy, and the amino acids are used throughout the body for various essential functions.

You may have noticed in recent years that a lot of health and fitness professionals argue over how much protein is necessary for good health, or to build muscle or lose weight. I've heard every argument on both sides of this equation, including many experts who insist that we only need small amounts of protein daily... but I always come back to the anecdotal



evidence I've observed over the years and I can't ignore this evidence. I've known dozens of fitness models, bodybuilders, and athletes with incredible physiques over the years, and one common thread I've always noticed with the people that have the absolute best bodies is that they eat a fairly high intake of protein in their diet – higher than typical recommended amounts. In fact, I've even questioned several fitness models on what they think is one of the most important parts of their dietary regimen, and they consistently mention protein intake first. Again, this is only anecdotal evidence, and every person has uniquely different needs.

So, if you begin by increasing your daily protein intake beyond the Recommended Dietary Allowance (RDA) of 0.8 g/kg/day, you will find this may enhance muscle development and help to reduce progressive loss of muscle mass with age (sarcopenia). Most fitness experts go by the general rule of 1 gram of protein per pound of bodyweight per day (that would be over 2 grams of protein per KG of bodyweight per day). But this estimate has flaws too, as an obese individual would certainly never need extreme amounts of protein to equal 1 gram per lb of bodyweight.

The bottom line is that there is no magical ratio of protein that is “perfect” for you. If you’re getting 20-30 grams of protein per meal from quality sources, and eating 5-6 small meals/day, that is going to provide all of the protein that most normal sized people would need.

Besides creating a lean strong body, diets containing increased protein portions and reduced carbohydrates have positive effects in treating type 2 diabetes and reducing risk factors for coronary heart disease. Not only does high-quality protein plays an increasingly important role in weight management, muscle development and maintenance, but also disease prevention.

Good quality protein is key to your body’s ability to use it. High quality grass fed beef or bison, free-range chicken and organic eggs, and wild caught fish are the most important types of protein to eat. They all contain the right ratios of good fats to bad fats and contain highly bio-available protein that is easier to digest than commercially raised livestock and poultry.

In addition, omega 3 fats in grass fed meats and wild caught fish are essential to optimal health and improve your cells’ response to insulin, neurotransmitters and other messengers. They’re also very important for the repair process when your cells are damaged. When your body is deprived of important essential fats like omega-3s your metabolic rate slows down, so you can’t burn calories as efficiently. In fact, weight gain is one of the symptoms of omega 3 deficiency.

In recent research study, it was found that omega-3 fats helped to significantly decrease fat buildup in the heart and livers of obese rats.

The study did not reveal the reasons why omega-3 fatty acids improved metabolic symptoms so much more, but the findings are in line with other studies that have also found superior health benefits from omega 3’s.

The best types of meat protein are not full of hormones, antibiotics and toxins; meaning they are considered ‘clean’ proteins, with no toxic residue to be stored in your tissues. Toxins stored in your body’s fat will make it harder to lose that fat, once you start trying to change your diet. So stick to ‘clean’ proteins with the highest quality protein you can get. Sure it does cost a little more, but your body is utilizing more of the protein and getting loads more nutrition from it!

Grass Fed Beef or Bison (NOT the kind you get at the grocery store)

Forget everything you’ve heard about beef. That it’s high in saturated fat. That it’s bad for you. That it increases your risk for certain diseases.

Red meat has gotten a bad reputation, but the truth is there is a healthier type of red meat than the commercially raised grain-fed red meat you get from the grocery store. Grass fed meat is a far better choice, and is one of the best, most usable forms of high quality fat burning, muscle building protein you can eat.

Grass fed beef and bison have more beta-carotene, vitamin E and omega 3 fatty acids than beef produced using conventional cattle-feeding strategies. Grass-fed meat has been shown to aid in fat burning and muscle building processes.



Three ounces of ground beef from regular grain-fed cattle contain about 40 micrograms of beta-carotene. In contrast, meat from cattle raised on grass have more than double the beta-carotene at 87 micrograms per 3 ounces of ground beef.

Beta-carotene is converted to vitamin A in the body. Vitamin A is a critical fat-soluble vitamin that is important for vision, bone growth, reproduction, cell division and cell differentiation, and energy to burn calories.

In addition, grass fed meats are much higher in Vitamin E. Vitamin E is a fat-soluble vitamin with powerful antioxidant activity. Grass fed cattle contain about 3 times as much vitamin E per serving as grain fed beef!

The most important thing to remember about grass fed meat is the fat content and the fat ratios. Not only does grass fed beef have about 30% less fat per serving, but the healthy fats that it contains is highly beneficial and actually helps you burn your body fat, to make you leaner and stronger.

Some fats are actually essential for losing weight and maintaining health. Your body must function on a type of fat called essential fatty acids (EFAs); they must be obtained from the food that we eat. Grass fed meat has significantly higher levels of the omega 3 essential fatty acids, and Conjugated Linoleic Acid (CLA) -- both known for their ability to help in fat-burning, muscle building, and good general health (including possible benefits for cancer risk reduction, heart disease risk reduction, etc).

Meat from cattle raised on only grass have somewhere around 60% more omega 3 fatty acids, and a much better omega-6 to omega-3 ratio. Omega-3 fatty acids reduce inflammation and help prevent heart disease and arthritis. We need far more omega-3 fats and far less omega 6 fats than most people currently eat on a modern western diet. The latest research has linked higher blood levels of the omega-3 fatty acids, EPA and DHA, to lower rates of obesity.

In a recent study, it was found that people with higher omega-3 blood levels had lower Body Mass Indexes, narrower waists, and smaller hip circumferences.

The study suggests that omega 3 supplementation may play an important role in preventing weight gain and improving weight loss when omega 3's are supplemented with a structured weight-loss program.

Omega 3's may increase the burning of body fat by the process known as thermogenesis, in which oxidation of body fat burns it off in the form of body heat.

Omega 3 fatty acids activate the enzymes responsible for burning fat, and combined with exercise, they increased the metabolic rate, which has an effect of burning more fat and losing weight.

And one human study found that omega 3's boosted the feeling of fullness after a meal, among overweight and obese people participating in a weight loss program.

Several studies have shown that eating foods with higher amounts of omega 3's combined with moderate exercise boosted fat loss and aided in increasing lean muscle.

Another key reason why omega 3 fatty acids have such a powerful effect on fat metabolism is that insulin levels are lowered when subjects are eating more omega 3's. By lowering insulin levels, it decreases the body's ability to store excess calories as fat—instead you burn fat!

In addition, omega 3 has many many other positive benefits, including improving the skin's texture, lowering inflammation levels in the body, and helping autoimmune diseases. The omega 3's also reduce the risk of heart disease and stroke while helping to reduce symptoms of hypertension, depression, attention deficit hyperactivity disorder (ADHD), joint pain and arthritis, as well as certain skin ailments. Some research has even shown that omega 3's boost the immune system and help protect the brain and nervous system as well as protecting from a variety of illnesses including Alzheimer's disease, multiple sclerosis, and cancer.

The meat and milk from grass fed cattle and bison are also the richest known source of another type of good fat called "conjugated linoleic acid" or CLA— a lot more than typical commercial meats. When cattle are raised on fresh pasture and no grains, their milk and meat contain as much as *five times* more CLA than products from animals fed conventional diets.

CLA has been proven in scientific studies in recent years to help in burning fat and building muscle (which means eating more of this type of healthy fat can help you get lean and ripped!). These benefits are on top of the fact that grass fed meats are some of the highest quality proteins that you can possibly eat—easily digestible and easily utilized by your body.

In addition, CLA may be one of your most potent defenses against cancer. In studies, scientists have shown that CLA can lower an individual's risk for cancer and arteriosclerosis, as well as reducing body fat and delaying the onset of diabetes. So while it is making your body stronger and leaner, it is also protecting you from deadly diseases. CLA has become so valued for its health benefits that many health food stores sell CLA supplements, but naturally-occurring CLA is metabolized more effectively and used better by the body than these synthetic supplements, which are prone to oxidation during shelf life.

The large amounts of nutrients that grass fed cattle and bison consume in their daily diet are passed on to you. Besides omega 3 fatty acids and conjugated linoleic acid (CLA), a proven fat burner; it also contains high amounts of vitamins A and E, branch-chain amino acids (known for building lean muscle), digestive enzymes, (so that great protein is 100% utilized by your body) and essential nutrients that are known for their antioxidant properties. Grass fed meats are very very different than your typical commercially raised meats from the grocery store! And, grass fed lamb, goat, and bison all have similar high quality usable protein as beef and bison. Ostrich meat and venison are some other healthy meats full of great nutrition too. So get adventurous and try something exotic!

One other great added benefit about grass fed meat from healthy animals: dangerous E.coli does not thrive in a healthy grass-fed animal! When cattle are fed a diet of grains, it increases the amount of acid in their stomachs while they are trying to digest the stuff. Increased acid and the drastic change in pH in cattle is the breeding ground for the dangerous E.coli bacteria that sickens so many people. Grass fed cattle eat their natural diet and the E.coli bacteria cannot grow in this environment. Why mess with Mother Nature? Grass fed meat is not only better for you, but safer too!

Grass fed meats are a little harder to find in most grocery stores, but one place online that we found a wide variety of delicious grass fed meats (steaks, burgers, specialty meats, etc) delivered right to your door is this website: <http://healthygrassfed.2ya.com/>

One of the best high protein snacks is pure, all-natural grass fed beef jerky. This is an easy and relatively inexpensive way to get good quality protein when you just need a little something. And beef jerky is a great concentrated source of lean protein, plus all the benefits of grass fed meat.

Here is one of my favorite grass fed beef recipes. Definitely a crowd pleaser!

Indian-Style Beef Kabobs with Cilantro Sauce

1 bunch of fresh cilantro (2 cups cilantro leaves)
1 small onion peeled
2 cloves garlic, peeled
1 small green chili pepper trimmed and halved
1 2 inch piece of fresh ginger, peeled

1 ¼ tsp sea salt
4 Tbsp olive oil
3 Tbsp fresh lime juice (juice of one lime)
½ curry powder
1 ½ lb rib-eye steak, cut into 24 one inch chunks
1 medium onion, peeled
Naan bread or pita bread or flour tortillas



Place the cilantro, onion, garlic, chili, ginger, and salt with 3 Tbsp of the olive oil in a food processor fitted with a metal blade. Process until a paste is formed. Transfer to a large bowl. Put 2 Tbsp of the paste in a small bowl and stir in the lime juice to make the cilantro sauce.

Cover and set aside. Stir the curry powder into the rest of the paste, add the steak and coat well. Cover and marinate at room temp for about 20 min. Cut the red onion into wedges and separate the wedges and thread beef and onion onto skewers. Brush a grill pan with the oil. Preheat grill pan the grill the kebabs for 8-10 minutes turning the skewers every 2 minutes. Serve with the cilantro sauce and bread.
Serves 4.

Wild Caught Fish

The BIG factor in both wild caught fish and grass fed meats is the type of fat and the fat ratios. Like grass fed meat, the fats in wild caught fish are especially healthy. Both have significantly higher levels of the essential fatty acid omega 3, which has powerfully positive effects in your body. The fat composition in farmed fish changes drastically when fed a grain-based diet and kept in pens, so stick to wild caught fish. There is no comparison.

Wild caught fish eating their natural diet gives them the ideal fat composition—high in fat-burning healthy omega 3's and lower in inflammatory omega 6's. We know the benefits of omega 3's on our bodies, so eating wild caught fish seems to be the only choice.



Unless you've been living under a rock somewhere for the last several years, you've probably heard about the health benefits of eating fatty fish or taking fish oil supplements. Well, add fat loss to the other benefits like heart, blood (cholesterol/triglycerides), brain, skin and joint health (and the rest of the list, which is too long to print here).

The active ingredients that seem to make fatty fish so beneficial are the omega 3 fatty acids, EPA and DHA. Omega 3 fatty acids have been shown repeatedly that they are very beneficial in helping the body lose fat.

What about mercury in fish? Mercury in fish occurs in some of the higher food chain predatory fish such as: tuna and swordfish, so even though they are high in the good fats, they also store a considerable amount of mercury in that fat. Mercury has been shown to be very detrimental to the brain and overall health, and is a neurotoxin that is difficult for the body to eliminate.

What is the best type of wild caught fish to eat?
Everybody knows about salmon (wild salmon, of course, not farm raised) being a great source of omega 3 fatty acids, and clean protein, so that choice comes as no big surprise. What are our other choices? Wild caught halibut and wild cod are great fish full of omega 3's as well.

Another great high omega 3 alternative choice that doesn't have the issues with mercury that tuna, swordfish, and other larger fish do, is



sardines--of all things! Before you think, “Eww, I don’t like sardines!” it might be time to want to give them another look.

Sardines are a great choice for a quick healthy meal--tons of muscle-building appetite satisfying protein; super high in healthy omega-3 healthy fats, and much lower in mercury and other pollutants than most fish.

One of the benefits of sardines is the long chain omega 3 fats, such as EPA and DHA—which are far different than eating plant-based omega-3 fats for example, from flaxseeds or walnuts, where your body still needs to try to convert the shorter chain omega 3’s to longer chain omega 3s. This is an inefficient conversion, so one of the best ways to provide your body with the important EPA and DHA is through fatty wild caught fish, fish oil, or [krill oil](#).

The type of dietary fat (monounsaturated, saturated, or polyunsaturated) we consume alters the production of a group of biological compounds known as eicosanoids in our bodies. These eicosanoids have a significant biological influence on blood pressure, blood clotting, inflammation, immune function, and heart function.

One of the important things to remember about inflammatory processes is weight gain—or lack of ability to lose weight. So reducing inflammation is always a key factor in fat loss!

Omega 3 oils also have additional protective effects against heart disease by:

- Decreasing blood lipids (cholesterol, LDL, and triglycerides)
- Decreasing blood clotting factors in the vascular system
- Increasing relaxation in larger arteries and other blood vessels
- Decreasing inflammatory processes in blood vessels, which leads to plaque buildup on arterial walls

Other studies have provided good news about the benefits of omega 3 oils for individuals with arthritis, psoriasis, ulcerative colitis, lupus, asthma, and certain cancers.

Most people with inflammatory health problems at some point have to resort to steroid-based drugs if they are not stringent about their diet. Steroids’ effect on the body is to cause immediate (and very difficult to lose) weight gain, facial puffiness and appetite increase; so avoiding having to resort to these heavy duty drugs will go a long way towards getting the lean, ripped body you are striving for!

Wild caught fatty fish is also an excellent source of natural vitamin E, a powerful antioxidant. Antioxidants, which also include vitamin C and beta-carotene, deactivate harmful free radicals. Vitamin E also lowers the risk of heart disease by preventing the oxidation of low-density lipoproteins (LDLs or the ‘bad’ cholesterol), and helping prevent buildup of plaque in coronary arteries.

As far as taste is concerned, there is no comparison. Wild fish almost always has a much better taste and texture, and the meat does not get the "fishy" smell and taste that farmed fish

is known to have. Just keep in mind that wild caught fish have a firmer texture and may be slightly drier, so be careful not to over cook.

Here's a healthy grilled-sardine-melt:

- 1 container of sardines
- 1 whole egg cooked over-easy (cage-free organic)
- 2 slices of sprouted-grain Ezekial raisin bread
- a little mustard
- 1 slice of grass-fed organic cheddar cheese
- a little virgin coconut oil to brush the bread with

Stack the cheese, sardines, and the grilled egg on the bread (with outsides brushed with coconut oil) and then grill this sandwich up just like a grilled cheese. If you have some fresh basil leaves, that goes great inside this sandwich also. Mmm, gotta love basil!

This sandwich probably sounds a little weird, but everybody thinks this is absolutely delicious when they try it.

The sprouted grain raisin bread makes a nice sweet contrast to the sardines, egg, and cheese... it's really good!

This is actually quite a filling sandwich with the egg, sardines, and the cheese on it... it'll satisfy your appetite for hours.

Free Range Chicken

Free-range chicken is becoming much more popular and easier to find. Not only is the taste much better, but the health benefits are much better than factory farm-raised chicken. Quite simply, free-range chickens make for healthier, better tasting meat. When animals are cared for properly, and given a supportive, all-natural environment in which to live, the food they yield is better for you and full of the nutrients you need.

There's more, however, to the notion of free range and all natural chicken than simply making the animal happy and healthy. It's a health issue for you, the consumer!

The case for free range chickens is becoming a stronger one for so many reasons, and we, the meat buying public, are becoming more and more health conscious and aware of its importance. Most of us know about the antibiotics and hormones the animals are given.



The conditions under which meat-producing animals are raised play a large role as well.

Commercially raised chickens are raised in very close quarters where they can hardly move or turn around. They are fed hormone-enhanced grain and antibiotics and fattened up as quickly as possible.

On the other hand, free-range chickens are allowed outside in their natural environment with sun and fresh air, and allowed to eat at will. They eat more of their natural diet, including the things that keep the good fat ratios (omega 3 to omega 6) in the healthy range.

Most free-range chickens do not need antibiotics or artificial growth hormones. They are fed healthy, vegetarian feed, as well as being allowed to roam around and eat greens, bugs, worms, and grubs, which is an important part of their natural diet. This increases the fat-burning omega 3's in their meat and their eggs.

Free-range chickens are allowed to live in large pens where they are highly mobile and stress free. Chicken meat has a naturally lower fat percentage than most red meats, but again it is best to purchase the free range, organically raised kind. Otherwise, avoid eating the skin, which stores the largest amount of bad fats, hormones, antibiotics and other toxins.

Keep some cooked up chicken breasts on hand to throw into wraps with some lettuce and avocado for a delicious, quick and filling eat-on-the-run meal.

Whole Organic Free Range Eggs

Whole Eggs, including the yolk (not just egg whites) are an incredibly good source of usable protein. Most people know that eggs are one of the highest quality sources of protein. However, most people don't know that the egg yolks are the healthiest part of the egg. That's where almost all of the vitamins, minerals, and antioxidants (such as lutein) are found.

Egg yolks contain more than 90% of the calcium, iron, phosphorus, zinc, thiamin, B6, folate, and B12, and panthothenic acid of the egg. In addition, the yolks contain ALL of the fat-soluble vitamins A, D, E, and K in the egg, as well as ALL of the essential fatty acids. Also, the protein of whole eggs is more bio-available than egg whites alone due to a more balanced amino acid profile that the yolks help to build.

Just make sure to choose free-range organic eggs instead of normal grocery store eggs. Similar to the grass-fed beef scenario, the nutrient content of the eggs and the balance between healthy omega 3 fatty acids and inflammatory omega 6 fatty acids (in excess) is controlled by the diet of the chickens.

Chickens that are allowed to roam free outside and eat a more natural diet will give you healthier, more nutrient-rich eggs with a healthier fat balance compared with your typical grocery store eggs (that came from chickens fed nothing but soy and corn and crowded inside "egg factories" all day long).



Eggs from pastured free-range hens can contain 10x more omega-3 fatty acids compared to eggs from factory farmed hens. FYI – some companies may claim on the egg cartons that their hens are “free range”, but this definition can be loosely interpreted by some companies

that only let their hens outside for 5 or 10 minutes per day. This is a far cry from truly free-range pastured hens that may spend most of their time outside in a given day.

Your best bet is to get eggs from a farmer or co-op where you know for certain that they allow the hens to graze freely outside for the majority of the day. If you can't find a co-op or farm near you, and you are forced to get your eggs from the grocery store, choose organic, free-range. In most instances, these will be higher quality eggs with more nutrition than typical factory farmed eggs.

Eggs are such a versatile food; you can scramble them and throw in veggies to make an omelet, or boil to take with you for a great high protein snack. I like to keep a few boiled eggs on hand to throw into a salad or sandwiches, or grated on top of soups or veggies. Throw an egg into your smoothie for added protein, or add egg to your stir fry.

Here is an easy fun soufflé you can adapt however you want. You can serve it for breakfast, lunch or dinner, depending on the toppings you decide to use. I call it the "Dutch Baby".

Heat the oven to 425 degrees. In an oven-proof pan, melt 1/3 cup of organic grass fed butter. While it's melting, in a blender, blend 4 eggs for 1 minute, slowly add in 1 cup flour (I use brown rice flour), and 1 cup of milk. Blend for one minute and pour into hot pan with melted butter. Bake in oven for 20-25 minutes until top is fluffy and golden brown. You can serve with fresh fruit for breakfast or brunch, or top with cheese and veggies for a great dinner.

CHAPTER 12

Grass Fed Raw Dairy, Milk, and Cheese

Milk and dairy products sometimes get a bad rap. And rightly so, at least as far as the commercially produced kind. Hormones, antibiotics, white blood cells (left over from udder infections) all end up in the milk you buy from the grocery store, which is then heated to the point that many of the vital enzymes and nutrients are killed, and the milk proteins are distorted from the heat, so it is hard to digest and causes allergic reactions. It isn't much other than a white, fattening liquid at that point.



On the other hand, raw milk—especially milk from grass fed cows is a whole other story! As we mentioned in Part 1, raw (unpasteurized, unhomogenized) from healthy grass-fed cows is the only source of milk that can be considered healthy. Did you know that clean, raw milk from grass-fed cows was actually used as a medicine in the early part of the last century? Really! Milk straight from the udder, was used as medicine to treat some serious chronic diseases. From the time of Hippocrates to until just after World War II, this miracle food nourished and healed uncounted millions.

Clean raw milk, cheese, and butter from grass-fed cows are a complete and properly balanced food. You could live on it exclusively if you had to. Raw dairy contains a wealth of healthy bodybuilding and fat burning substances including: amino acids, enzymes, vitamins, minerals, and healthy fats such as CLA (conjugated linoleic acid).

Amino acids are the building blocks for protein. And we need somewhere around 20-22 of them for protein construction, which builds muscle. Raw dairy products have all 20 of the standard amino acids. About 80% of the proteins in milk are caseins, which are slow digesting, but easy to digest--unless they are pasteurized. When pasteurized, they become hard to digest.

The remaining 20% or so fall into the class of whey proteins, many of which have important physiological effects. Also easy to digest, but very heat sensitive, are key enzymes and enzyme inhibitors, immunoglobulins (key immune factors), metal binding proteins, vitamin binding proteins and several growth factors.

Two thirds of the fat in milk is saturated. Good or bad for you? Saturated fats usually get blamed as the primary contributor to heart disease. Not so. Saturated fats play a number of key roles in our bodies: from construction of healthy cell membranes and key hormones to providing energy storage and padding for delicate organs, including the brain, and serving as a vehicle for important fat-soluble vitamins.

And fats cause the stomach lining to secrete a hormone, which boost production and secretion of digestive enzymes, and signal the brain that we've eaten enough. With that

trigger removed, non-fat dairy products and other fat-free foods can potentially contribute to over-eating.

CLA, short for conjugated linoleic acid is abundant in milk from grass-fed cows. Among CLA's many potential benefits: it can help raise metabolic rate, gets rid of abdominal fat, boosts muscle growth, reduces resistance to insulin, strengthens the immune system and lowers food allergy reactions. Keep in mind, grass-fed raw dairy has from 3 to 5 times the CLA amount found in the milk from feedlot cows (which is the poor quality milk you buy at the grocery store)!

Lactoferrin, an iron-binding protein found in raw milk, has numerous beneficial properties including improved absorption and usage of iron, anti-cancer properties, and anti-microbial action against cavity-causing bacteria. Recent studies also reveal that it has powerful antiviral and antibacterial properties as well. So drinking a glass of raw milk is good for your teeth as well as the rest of your body.

Two contributors in raw milk's antibiotic proteins and enzymes are lysozyme and lactoperoxidase. Lysozyme will break apart cell walls of some undesirable bacteria, while lactoperoxidase combines with other substances to help kill unwanted microbes too. The immune enhancing components provide resistance to many viruses, bacteria and bacterial toxins and may help reduce the severity of asthma symptoms.

Raw milk contains a broad selection of readily available vitamins and minerals, ranging from the familiar calcium and phosphorus, to vitamins A and D, and trace elements. Raw grass fed dairy also contains a nutrient missing from our diets, called vitamin K2, which is extremely valuable in helping the body absorb calcium, and therefore rebuilding bone, repairing cavities, and keeping the blood vessels clean. Only grass fed dairy contains this important nutrient.

There are more than 60 functional enzymes in raw milk that perform an amazing amount of work. The most significant health benefit derived from food enzymes is the burden they take off the body in the digestion process and in assimilating nutrients.

Amylase, lactase, lipase and phosphatase in raw milk break down starch, lactose, fat (triglycerides) and phosphate compounds respectively, making milk more digestible and freeing up key minerals. Other enzymes, like catalase, lysozyme and lactoperoxidase help to protect milk from unwanted bacterial infection, making raw milk safe to drink.

What about the safety of raw milk? We have all been lead to believe that milk MUST be pasteurized to kill bacteria and unwanted dangerous pathogens. Obviously milk straight from a healthy cow's udder is clean. And a cow fed its natural diet and not pumped full of hormones and antibiotics will be a healthy cow, without illness, infections or an irritated udder.

Pasteurization of milk started way back in the early 1900's when unsanitary milking conditions were causing many to get sick. But raw milk has enzymes in it that actually kill off pathogens. What is it that causes raw milk to kill pathogens? Lactoferrin is one of these

pathogen-killing enzymes in raw milk. In fact it is used to help sterilize beef processing plants. Raw milk contains has very high levels of this enzyme-based pathogen killer. Pasteurization deactivates these enzymes that kill pathogens. Other important enzymes that protect from bacteria are: xanthine oxidase, lactoperoxidase, lysozyme and nisin. All of these beneficial systems are destroyed by pasteurization. There are no remaining safety systems in processed pasteurized milk if harmful bacteria get into the pasteurized milk.

What about the stories of people getting sick from raw milk? These stories have proved to be not directly connected to the milk, but to other conditions unassociated with the milk. Sickly dairy cows, dirty conditions and unsanitary milking procedures are more likely the cause of bacteria in raw milk. Pasteurized milk actually has sickened thousands more than the reports of raw milk making people sick. The dairy industry and the huge industrialized dairy farms have fought to have raw milk made illegal, and many states now make it hard to obtain raw milk.

What about cholesterol and saturated fat? Raw dairy contains about 3mg of cholesterol per gram - a decent amount. Our bodies make most of the cholesterol we need; that amount will fluctuate however, depending on what we get from food. Cholesterol in and of itself is not a harmful product as we have been led to believe, but is a protective/repair substance. A waxy substance that our body uses as a building block for a number of key hormones. It's natural, normal, and essential, and it can be found in our brain, liver, nerves, blood, and bile, and every cell membrane.

One really important thing to note about raw, fresh milk—the taste! You have never tasted milk this delicious from a grocery store. Wow!! Nothing tastes better. From the first try you will be hooked, even if you were not a big milk-drinker before! There is absolutely no comparison between fresh raw milk and that thin pasteurized processed stuff you get from the grocery store.

Know the source of your raw milk and demand that it be from well-kept, grass-fed animals. Preferably organic. Raw milk is harder to find, as many states will not allow it to be sold commercially. You can look up the closest source of raw milk to where you live on this website: <http://www.realmilk.com/where1.html>

My recommendation is to avoid milk altogether unless you can find a co-op or quality farm that sells raw milk from grass-fed cows. www.RealMilk.com is a great place to find co-ops and farms that sell raw milk in your area. I was surprised to find multiple places in different areas that I've lived over the years where I could buy healthy raw milk for my family. These farms also delivered some of the highest quality eggs, yogurt, grass-fed meats, and raw cheeses I've ever seen as well. If you get hooked up with a great farm, you can easily reduce your dependence by 50% on the low quality junk that most grocery stores sell you. Even in major cities, I've been able to find farms or co-ops that deliver to the cities. So do a little research, and you may be able to greatly improve your family's food quality.

By the way, if you're still "afraid" of raw milk, even after reading this, your fears are unfounded... My family and I have been drinking hundreds of gallons of raw milk for almost 10 years now and nobody has ever gotten sick from it. In contrast to the unsanitary

conditions of most commercial dairy farms (and the poor health of their cows which increases the risk of pathogens being present in the milk), most raw milk farms are some of the cleanest dairy operations around with some of the healthiest cows too.



CHAPTER 13

The Good Fats; Grass-fed Butter, Lard (yes I said lard!), and Coconut Oil

I am a strong proponent of including a variety of healthy oils and fats into your diet. Together they work as a team to supply your body with essential fatty acids for longevity, hormone balance, heart health, sharp vision, glowing moist skin and energy. The wonderful variety of oils and fats certainly includes organic, preferably grass fed butter, lard and extra virgin olive oil.

Twenty or so years ago, we all prudently switched our fat sources from butter and lard to margarine and Crisco, due to the fact that doctors sounded the alarm that butter, lard and other saturated fats were primary contributors to heart disease and heart attacks.

What happened? Fast forward to today....we eat far less butter and lard than we did at the turn of the century, but heart disease has skyrocketed! Could the doctors be wrong? Yes.

New medical studies are surfacing showing it is not the cholesterol and saturated fats that we eat that contributes to heart attacks, but the trans fats like Crisco, and highly processed omega 6 fats (soybean oil, sunflower oil, corn oil, safflower oil and other vegetable oils) that increase the inflammation that causes our bodies to send out cholesterol to mend the inflamed blood vessel walls.

Lard is clearly winning this fat war. Shortening (Crisco), the synthetic substitute forced on us over the last century, has proven to be a much bigger health hazard because of the harmful trans fats it contains, the worst form of fats for our bodies.

Shortening surpassed lard in popularity fifty years ago, when researchers connected animal fat in the diet to coronary heart disease. By the '90s, Americans moved to olive oil as the preferred oil, but shortening was still the solid fat to use over lard or even butter in far too many cookbooks and homes.

Now it can be argued that lard is good for you-- in moderate doses of course! Lard's fat is also mostly monounsaturated. And even the saturated fat in lard has a neutral effect on blood cholesterol. Not to mention that lard has a higher smoking point than other fats, allowing foods like chicken to absorb less grease when fried in it. And, of course, fat in general has a good side. The body converts it to fuel, which is then burned as a primary energy source, and it helps our bodies absorb nutrients; particularly calcium and fat-soluble vitamins A, D, E and K. Keep in mind that lard or beef tallow should only come from grass fed animals because they contain the higher quantities of the omega 3 fats and CLA.

One of the endurance athlete's top choices in performance fuel is an old recipe from the Native Americans. That rocket fuel energy is contained in a bar called "Pemmican". Pemmican consists of half lard, half beef jerky, and seasoned with a little sea salt and dried cherries. While this may be an acquired taste, especially if you are used to those thinly disguised candy bars called energy bars, there is nothing better for long lasting, high-powered energy—especially if you are an athlete!

Butter or Margarine?

Most margarines are pure junk that should never be consumed by humans, despite the propaganda that you've been fed by the crooked marketing tactics of food manufacturing companies over the years. Margarine is not healthier than butter!

In fact, since margarine is a major source of harmful artificial trans fats, produced by highly refined inflammatory vegetable oils, high temperature, high pressure, and with the use of petroleum solvents -- margarine is more closely related to a inedible industrial oil rather than something that should be thought of as food.



Butter, on the other hand, is a natural food that has been around a long time. Butter was actually used thousands of years ago when our ancestors first started domesticating animals. Butter is known to have been used around 4500 years ago!

Butter is a completely natural food that is essential to your health, especially when you eat organic, grass fed butter. It is high in vitamins, minerals and other power-packed nutrients. Look at some of the other benefits of REAL grass fed butter:

- Butter contains conjugated linoleic acid, (CLA), a powerful fat burner, muscle builder, anti-cancer agent, and immunity booster.
- Butterfat is a source of quick energy, and also great endurance energy.
- Butter contains the essential fatty acid, Arachidonic Acid which is an important muscle building and fat burning compound.
- Butter is a great source of vitamin A. Butter contains the most easily absorbable form of vitamin A, which among other things is good for thyroid and adrenal health, both of which are essential to fat burning and energy.
- Grass fed butter contains an essential vitamin K2, extremely essential in getting calcium in the bones and maintaining arterial health.
- Butter contains high levels of vitamin D essential to absorption of calcium, strengthening the immune system and overall feelings of wellbeing.
- Butter contains a substance called the "Wulzen Factor," or "anti-stiffness factor," discovered by researcher Rosalind Wulzen. This compound protects against degenerative arthritis, hardening of the arteries, cataracts, and calcification of the pineal gland. The Wulzen Factor is not present in the dairy products available in supermarkets, as it is destroyed by pasteurization.
- Butter contains the vital mineral selenium, which is a powerful cancer fighting nutrient.
- Butter contains iodine in highly absorbable form--highly recommended for adequate thyroid function and fat metabolism.
- Butter is a good source of lauric acid, important for your immune system, and also in treating fungal infections.
- Butter actually protects against tooth decay.
- Contains lecithin, which is essential for brain function and cholesterol metabolism.

- Contains anti-oxidants that protect against free radical damage.

The bottom line is that if you're deciding whether to use butter or margarine, you're ALWAYS better off using butter, as it is a real food with real benefits compared to the "fake food" margarine. Keep in mind that butter still is a highly concentrated source of calories, so be aware of controlling your portion sizes. However, since butter gives you nutrition that your body needs, it will help to reduce appetite and cravings, hence helping to control your caloric intake.

Similar to what we've discussed regarding other dairy products, the only source of healthy butter is from grass-fed cows. Once again, www.RealMilk.com can help you to find sources of raw grass-fed dairy products near you. If you can't find butter from grass-fed cows, your next best bet is to find organic butter at your grocery store.

Coconut Oil – another healthy saturated fat?

Coconut oil is often preferred by athletes, body builders and by those who are dieting. The reason behind this being that coconut oil is made up mostly of unique healthy saturated fats called medium chain triglycerides (MCTs) which are most easily converted into energy and is healthy for the heart and arteries. Coconut oil boosts energy and endurance, and enhances the athletic performance.

Coconut oil has positive benefits in reducing bodyfat. It contains short and medium-chain fatty acids that can rev up the body's metabolism. It is also easy to digest and aids the healthy functioning of the thyroid (critical to metabolism and weight loss) and enzyme systems. It also increases the body's metabolism by removing stress on the pancreas, which means the body will have a bigger supply of energy to burn body fat. People who live in tropical coastal areas and eat coconut oil daily as a primary cooking oil, are normally not overweight. Pure coconut oil (make sure it is not hydrogenated) is actually one of the best options for a cooking oil, due to its highly stable nature under heat. This makes it much less inflammatory to your body compared to other oils such as soybean oil, corn oil, or other "vegetable" oils. This article below describes more details about cooking oils and which are healthy vs. unhealthy:

<http://www.truthaboutabs.com/unhealthy-vs-healthy-cooking-oils.html>

Fats have come full circle; we are now reverting back to the good traditional fats that our ancestors have cooked with for years. Long before heart disease, cancer and other serious diseases made their appearance, these fats were used in abundance. Now we are beginning to realize they are not the bad guys they have been made out to be. So enjoy your butter, coconut oil and lard (in small doses) and feel good about it!

CHAPTER 14

NUTS: Walnuts, Almonds, Cashews, Pecans, Macadamia, Pistachios

A high-fat food that's good for your health and helps you lose weight? Yes! Forget about shying away from nuts and put them at the top of your list of healthy lean-body snacks!

Almonds and walnuts top the list in nutrition, but other nuts are healthy, too, including pistachios, pecans, cashews; and even though they are actually a legume and not a nut, peanuts.



Several studies have shown that dieters who include reasonable amounts of nuts in their diet actually lose more weight than those who do not eat nuts. Nuts are the perfect snack.

As long as you can restrain yourself from overeating, nuts can actually be fat-fighters and help with weight loss. Protein and fat in nuts helps you feel fuller and stops cravings, and since nuts have no sugars, they do not promote an insulin response, which means they are more likely to be used as energy and they will not stimulate your appetite like a starchy or sweet food will. Nuts will not put you on that merry-go-round of eating, hunger, more eating, and weight gain.

Nuts will help maintain higher levels of fat burning hormones in your body as well as helping to control appetite and cravings so that you essentially eat less calories overall, even though you're consuming a high-fat food.

Besides their lean body benefits, nuts are a highly nutritious food to include in your diet. Most nuts are high in monounsaturated fats, the same type of health-promoting fats as are found in olive oil, which have been associated with reduced risk of heart disease and cancer. Nuts also contain polyunsaturated fats, healthy saturated fats, and linoleic acid, another healthy fat that the body utilizes for essential fatty acids. Eating controlled amounts of healthy fats can satisfy your cravings and keep you from over-indulging in something far unhealthier, like hunger-producing starchy, sweet, fattening carbs.

Nuts have loads of great nutrition, although their fat content (75 to 95 percent of total calories) means you shouldn't eat a zillion at one time. And really, because they are so satisfying to your appetite, you probably won't.

Macadamia, the gourmet of nuts, is the highest in fat (but still healthy fats). Walnuts, Brazil nuts and pine nuts also have additional health benefits because they're rich in omega 3 fatty acids.

Even though technically, peanuts are a legume (think beans), they provide the most complete protein. Many other nuts are missing the amino acid lysine. Peanuts are rich in antioxidant polyphenols like those found in berries.

Five large human significant research studies, all found that nut consumption is linked to a lower risk for heart disease. Researchers who studied data from the Nurses Health Study estimated that substituting nuts for an equivalent amount of carbohydrate in an average diet resulted in a 30% reduction in heart disease risk.

Nuts contain significant amounts of vitamin E. As an antioxidant, vitamin E can help prevent the oxidation of LDL cholesterol, which can damage arteries.

Nuts are chock-full of hard-to-get minerals, such as copper, iron, magnesium, manganese, zinc and selenium. Iron helps your blood deliver oxygen to your muscles and brain, while zinc helps boost your immune system and brain function. Selenium is a potent cancer-fighting mineral, and aids the thyroid gland, which regulates metabolism and fat-burning in the body.

Potassium is an important electrolyte involved in nerve transmission, heart function and blood pressure. Nuts are good for your cardiovascular health by providing 257 mg of potassium and only trace amounts of sodium (that's if you eat the unsalted kind!), making them an especially good choice to in protecting against high blood pressure and atherosclerosis.

Magnesium is nature's vaso-dilator. When your body has enough magnesium around, veins and arteries relax and dilate, which lessens resistance and improves the flow of blood, oxygen and nutrients throughout the body. This lowers your blood pressure as well as having an overall relaxing effect. Magnesium has been shown as essential for prevention of heart attacks.

Nuts are also a good source of fiber and protein, which of course, you know helps to control blood sugar and can aid in weight loss.

While all nuts are healthy, there a few superstars:

Brazil nuts contain a very high amount of selenium: about 70 to 90 micrograms per nut. So only 3-4 Brazil nuts will provide you with ample amounts of this essential nutrient. And, nuts do their part to keep bones strong by providing magnesium, manganese, and boron, essential for bone health.

In addition to healthy fats and vitamin E, a quarter-cup of almonds contains almost 99 mg of magnesium (that's 25% of the daily value for this important mineral), plus 257 mg of potassium.

Walnuts, pecans, and chestnuts have the highest antioxidant content of the tree nuts, with walnuts winning out over the others in antioxidant content. And, peanuts (although technically, a legume) also contribute significantly to our dietary intake of antioxidants.

Pistachios help to reduce the risk of macular degeneration, a common cause of visual loss in older individuals. Pistachios contain two important carotenoids, lutein and zeaxanthin,

compounds which help prevent this common eye condition. Carotenoids are also strong antioxidants that help to offset cell injury and damage. A daily snack of pistachios could be a tasty and effective way to protect one of your most important senses - your vision. Pistachios are also high in protein, making a satisfying snack.

The list of health benefits attached to each individual nut is endless. Other nuts that are particularly good include: pecans are effective in preventing prostate enlargement and prostate cancer in men; hazelnuts because they are one of the richest sources of the antioxidant vitamin E; and cashews for their high iron content which is needed to make hemoglobin - the red pigment in the blood; and pecans



Go for raw nuts or raw nut butters instead of roasted nuts if you can; it helps to maintain the quality and nutritional content of the healthy fats that you will eat. Remember that polyunsaturated fats are unstable and become inflammatory to your body when they've been exposed to heat, so roasted nuts are not the best option. Stay away from the commercially prepared roasted and salted nuts, as these often have unhealthy cottonseed or soybean oils added, thus canceling out the many of the healthy effects of the nuts.

And for an added change, try almond butter, cashew butter, pecan butter, or macadamia butter to add variety to your diet and make it easier to get more of the quality nutrition of nuts into your diet.

Here's a blood sugar balancing, heart-healthy, delicious way to include nuts in your diet and have a healthy snack:

Nutty Energy Snack

½ cup almond butter
½ cup ground flaxseeds
½ tahini
¼ cup protein powder
¼ cup pumpkin seeds
¼ cup maple syrup

Combine all ingredients in a medium size bowl, or you can use a food processor. Roll into balls about the size of a small walnut. Refrigerate.

You may choose to roll the balls in shredded coconut, or add dried fruit to the mix. You can also experiment with your favorite nuts and nut butters for more varieties of these high-powered snacks. Eat these instead of an energy bar. These are great fuel for a workout!

CHAPTER 15

Avocados

Avocados are another so-called "fatty food" that many of us have been conditioned to avoid, but this is a power-packed super food! Not only is this fruit super high in monounsaturated fat, but also chock full of vitamins, minerals, micronutrients, and antioxidants.



The healthy fats and other nutrition you get from avocados helps your body to maintain proper levels of hormones that help with fat loss and muscle building. The healthy fat content in avocados helps control insulin levels, makes you feel full longer and takes away junk food cravings. And that equals a leaner, healthier body. Avocados are a great snack!

Avocados contain plenty of oleic acid, a monounsaturated fat that helps lower cholesterol and is helpful in preventing breast cancer and other cancers. Avocados are also a good source of potassium, a mineral that helps regulate blood pressure. Adequate intake of potassium can help to guard against circulatory diseases, like high blood pressure, heart disease, or stroke.

One cup of avocado has about a quarter of your required daily amount of folate, or folic acid, a B vitamin that plays an essential role in making new cells by helping to produce DNA and RNA. Folate also helps lower the risk birth defects in babies, and is important for heart health. One study showed that individuals who consume folate-rich diets have a much lower risk of cardiovascular disease or stroke than those who do not consume as much of this vital nutrient.

Avocados are also a very concentrated dietary source of the carotenoid lutein which is good for eye health. It also contains measurable amounts of related carotenoids (zeaxanthin, alpha-carotene and beta-carotene) plus significant quantities of tocopherols (vitamin E), all significant cancer fighting ingredients.

Since avocados contain a large variety of nutrients including vitamins, minerals, as well as great healthy fat, enjoying a few slices of avocado in your tossed salad, or mixing some chopped avocado into your favorite salsa will not only add a rich, creamy flavor, but will greatly increase your body's ability to absorb the healthy carotenoids that vegetables provide.

Cut up fresh avocados in your salad; add to sandwiches, omelets, or Mexican food. Guacamole (mashed avocados with garlic, onion, tomato, pepper, etc) is a super delicious and nutritious satisfying snack. Avoid the fattening corn chips and dip veggies in your guacamole instead, or eat with a fork or spread on sandwiches or a juicy grass fed hamburger. There are a zillion delicious ways to enjoy avocados!

Avocados are best when firm but yield slightly to touch.

CHAPTER 16

Berries

Berries - including blueberries, strawberries, raspberries, and even the "exotic" Goji berry, and acai berry are powerhouses of nutrition... packed with vitamins and minerals, and also some of the best sources of antioxidants of any food in existence. Berries also contain a healthy dose of fiber, which slows your carbohydrate absorption and digestion, and controls blood sugar levels to help prevent insulin spikes, making berries a great superfood for fat loss and a lean body!

Include the familiar as well as some of the more exotic berries: blueberries, strawberries, blackberries, and raspberries, and also the more exotic berries, such as Goji berries (which are one of the most nutrient-dense, highest antioxidant berries on the planet), or the spectacular Acai berry.

A cup of strawberries contains over 100 mg of vitamin C, which is better than orange juice.

Vitamin C strengthens the immune system and helps build strong connective tissue.

Strawberries contain calcium, magnesium, folate and potassium and very few calories. If they are available, organic strawberries are far superior than non-organic and well worth the extra price.



Non-organic strawberries are one of the highest sprayed crops and since strawberries really have no skin or rind, they soak up all those pesticides and herbicides. Even washing won't get rid of that.

One cup of blueberries offers a smaller amount of vitamin C, but high amounts of minerals and phytochemicals and very low calories. Blueberries are also extremely high in antioxidants. The same amount of cranberries is similar; 1 cup of raspberries offers vitamin C and potassium.

You can choose other berries with similar power-packed nutrition, such as loganberries, currants, gooseberries, lingonberries and bilberries.

The pigments in berries that create the bright colors are also good for your health. Berries contain potent phytochemicals and flavonoids that may help to prevent cancer, reduce heart disease risk, and protect skin from damage. Blueberries and raspberries also contain lutein, which is important for healthy vision.

Every grocery store carries a wide variety of fresh and frozen berries. Look for ripe, colorful and firm berries with no sign of mold or mushy spots. Berries can also be found in the frozen section of the grocery store. Once they thaw, they will not be as firm as freshly

picked berries, but they are still delicious and good for you. Throwing them into the blender for a smoothie is a great way to enjoy frozen berries in the winter.

For the freshest berries, try farmers' markets that offer local berries harvested that same day. Some berry farms allow you to pick your own berries. Nothing is better than picking and eating berries warm from the sun and bursting with freshness and nutrients!

Berry Smoothie

My very favorite easy berry smoothie can be made with a cup or so of frozen berries, 1 banana, a scoop of your favorite protein powder (or if you don't have protein powder, throw in a raw egg-its perfect protein), a half cup of orange juice or any other juice you have, a few ice cubes, and blend. These are delicious and nutritious and the protein makes them a satisfying meal or snack. And don't worry about the raw egg—raw eggs are fine as long as the shell is not cracked. And if you're using fresh farm eggs instead of the grocery store kind, they are even safer. Rinse them off before using.



CHAPTER 17

Organic Dark Green Leafy Greens

Did you know our ancient ancestors used to eat up to six pounds of vegetation per day? As they traveled, they picked and ate green leaves as they went. That's like eating a grocery bag full of greens every day! Very few of us even get the minimum of three cups a week! And yet, these leafy greens deliver a bonanza of vitamins, minerals, fiber, antioxidants, and Phytonutrients!

Leafy vegetables are the ideal lean body food, as they are typically very low in calories. They are useful in reducing the risk of cancer and heart disease since they are low in fat, high in dietary fiber, and rich in folic acid, vitamins K, C, E, and many of the B vitamins, iron, calcium, potassium and magnesium, as well as containing a host of phytochemicals.



Did you know that eating 3 or more servings a week of green leafy vegetables significantly reduces the risk of stomach cancer, the fourth most frequent cancer in the world? Cabbage, cauliflower, brussels sprouts, and broccoli are rich in natural chemicals called indoles and isothiocyanates, which protect against colon and other cancers. And broccoli sprouts contain 10 times as much sulforaphane, a cancer-protective substance, than does mature broccoli, and are extremely powerful weapons in fighting cancer.

Dark green leafy vegetables are, for a low calorie food, one of the most concentrated sources of nutrition of any food. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from macular degeneration and cataracts, among other benefits. Dark green leaves even contain small amounts of healthy omega-3 fats.

The superstar nutrient here is vitamin K. A cup of most cooked greens provides at least nine times the minimum recommended intake of vitamin K, and even a couple of cups of dark green leafy salad greens will give you the minimum all on their own. Recent research has provided evidence that this vitamin may be even more important than we once thought (the current minimum may not be optimal), and many people do not get enough of it.

Some of the fantastic benefits of Vitamin K:

- Regulates blood clotting
- Puts calcium in the bones, not in the bloodstream
- May help prevent and possibly even reduce atherosclerosis by reducing calcium in arterial plaques
- May be a key regulator of inflammation, and may help protect us from inflammatory diseases including arthritis
- Vitamin K is a fat-soluble vitamin, so make sure to use a dressing with healthy fats (such as extra virgin olive oil or Udo's choice Oil blend) on your salad, or add avocado slices to your salad. Adding a small amount of butter or cheese to cooked veggies can also help with vitamin absorption.

Here's an article that gives ideas for making your own super-healthy salad dressings and avoiding the junk that's in most store bought dressings:

<http://truthaboutabs.blogspot.com/2009/08/which-salad-dressings-are-unhealthy-or.html>

Greens have very little carbohydrates in them, and lots of fiber, which make them slower to digest. So, greens have very little impact on blood glucose. In some diets, greens are even treated as a "freebie" carb-wise (meaning the carbohydrate doesn't have to be counted at all)... Which means: lean, mean nutrition!

I think of greens as being in three different groups, depending on how you prepare them:

Salad greens--usually eaten raw. In general, the darker the color, the more nutritious. Iceberg lettuce, for example, is extremely low in nutrients, and is virtually worthless nutritionally. Lettuce's more colorful family members are much more worthy of your attention. For example, romaine lettuce, red leaf lettuce, bib lettuce, and baby greens have 8 times the vitamin A and 6 times the vitamin C as iceberg lettuce. Bib lettuce, and red and green leaf lettuce make great substitutes for bread too. Try a tuna salad wrapped in lettuce instead of bread, or any of your other favorite sandwiches.

When you have a choice, a variety of greens is always best, as each has its own constellation of nutrients. Go for as many different colors and shades of green as you can! One of the best choices is baby greens. These tender leaves usually come in a wide variety of types, and colors, each with its own treasure trove of nutrients, and what's more, they are delicious!



Green, leafy vegetables provide a great variety of colors from the dark bluish-green of kale to the bright green of spinach. Leafy greens run the whole gamut of flavors, from sweet and nutty to bitter; from peppery to earthy. Young plants generally have small, tender leaves and a mild flavor. Many mature plants have tougher leaves and stronger flavors. Try Mache and baby Arugula. Arugula has been one of my favorite healthy additions recently to top grass-fed burgers or

added to the side of omelets. Arugula has a super-high nutrient density and a delicious nutty, spicy flavor!

Quick-cooking Greens--can either be eaten raw or lightly cooked. Spinach is the best-known example in this category. It takes only seconds to cook a spinach leaf. And overcooked spinach is not very tasty. Cooked greens shrink quickly so you can get lots of nutrition from them. Six cups of raw greens become approximately one cup of cooked greens.

Most quick-cooking greens take just a few minutes to cook—and should not be overcooked or they become mushy and tasteless. Swiss chard is a quick-cooking green, and also can be eaten raw, though it isn't usually. Chard is now available in many colors, which are often milder-tasting than the more traditional chard. I recently saw a suggestion to chop up the stems and put them in tuna salad instead of celery. If you haven't tried chard, you really should - you may be surprised! Chard and the more familiar spinach are good places to start with cooked greens, as they are so easy, and not as bitter as some others. Beet greens are also quick cooking (and delicious), and are actually related to chard and spinach. Escarole, dandelion greens, and sorrel are also relatively quick-cooking greens.

Hearty Greens--many people seem to have a deep-seated fear of kale and collard greens (at least outside the U.S. South), but I encourage you to give them a try, as they have the most nutritional benefits of all. Over time, they may even become favorites.

Kale and collard greens are the most common examples of hearty greens. They do require cooking, although not as much as many people think. Yes, you can cook collards for an hour, but if you cut the greens from the fibrous stems they can be tender in 10-15 minutes. I also like kale cooked about that amount of time.

How to Cook Greens

Greens can be braised (cooked fairly slowly in a small amount of liquid, usually a flavorful stock), sautéed (cooked quickly in a small amount of oil), or a combination of the two. They can also be steamed or boiled, but most people to add some other flavors, which go well with greens, like chopped fresh garlic, small bits of cooked bacon, lemon, vinegar, hot chilies, anchovies, or onion. Just remember that greens taste best when they are very lightly cooked. Take them off the heat when they are just limp but still bright green.



like

Greens can also be thrown into almost any soup or skillet dish, or even omelets, especially the milder-tasting greens such as chard.

CHAPTER 18

Healthy Sweeteners: Stevia, Real Maple Syrup, Raw Honey



Our craving for sweets often ruins the most well intentioned lean body plan, and we succumb to chocolates, handfuls of cookies, a slice of cake, a generous scoop of ice cream, or other such decadent fare. The key ingredient in all of these items and essentially most of the sweets available on the market is sugar or worse, high fructose corn syrup.

Too much sugar is often the culprit in sabotaging our diets, but it seems hard to avoid or resist. Sometimes you just crave a little something sweet. Artificial sweeteners are loaded into so many foods and snacks promoted as “diet” foods, but the long-term negative health aspects, as well as the potential weight gain is good reason for you to avoid any and all artificial sweeteners.

Fortunately there are a variety of natural sweeteners that have been quite common in supermarkets for a very long time, and are likely sitting on your shelf in your pantry at this very moment.

Honey makes an excellent alternative to sugar and has some health benefits for you compared to refined sugar. Although honey is still a form of sugar (and you need to be aware of its caloric impact), one benefit of honey vs. refined sugar is that several studies have found that raw honey can actually improve your body’s ability to process glucose. On the other hand, refined sugar negatively affects your body’s ability to process glucose over time.

Different types of honey contain different nutrients and health benefits, depending on types of pollen and flowers the honey comes from. All honey possesses antibacterial agents and act as an antioxidant. Honey contains vitamins B2 and B6, and is a good source of iron. Consuming just a spoonful of honey each day can raise the antioxidant levels in our bodies, and it is also the healthiest natural sweetener available for those with Type 2 Diabetes. Raw honey can often be found at Whole Foods, local farm stands, and even some grocery stores, and is by far the best you can get—and chock full of enzymes, as well as the above listed nutrients.

Honey is a great replacement for sugar in many recipes, and because it is quite a bit sweeter, you can use a smaller amount. The rule of thumb is about a 1/2-cup of honey per cup of sugar. Also when cooking, you should also reduce liquids in the recipe by a 1/4 cup to ensure proper consistency. Honey also serves to brown foods more easily as they cook, so cooking temperatures should be lowered by 25°F.

Maple syrup is another product many of us have in the home and another natural sweetener that can often be used in place of sugar. We are talking about real, pure, natural maple syrup—not Aunt Jemima (which is just flavored corn syrup)! Real maple syrup is a good



source of minerals and trace nutrients. As with honey, maple syrup is also a useful antioxidant, and possesses a good amount of zinc, which can help prevent atherosclerosis and lower cholesterol, as well as strengthen the immune system.

Maple syrup can be purchased in three specific colors or grades, each denoting a particular flavor. The lighter syrups (grade A) will possess a more subtle flavor, while the darkest coloring (grade B or C) yields the strongest, sweetest flavor. The darker maple syrups typically contain higher antioxidant and nutrient levels than Grade A maple syrup.

As with honey, you need to be aware of the high caloric level of maple syrup as it is still a concentrated source of sugar, but it is definitely a better choice than refined sugar. My personal preference is to use just a tiny pour of real maple syrup in my coffee instead of white sugar. For teas, I prefer to use a small dab of raw honey instead of refined sugar. Maple syrup is also great on oatmeal too.

Even though honey and maple syrup are slightly healthier options compared to refined white sugar, your best bet is to still reduce your dependence on added sweeteners to food and drinks by learning to adjust your taste buds to prefer less sweetness. As a matter of fact, I've trained my taste buds over the years to prefer the taste of unsweetened iced tea these days compared to years ago when I absolutely needed some added sweetener. Same with coffee – although I still occasionally use a small dab of real maple syrup in my coffee, I've adapted my taste buds to be able to enjoy a plain black coffee as well.

Blackstrap molasses is another option for a natural sweetener that can be used in baking. It is a particular type of molasses that is rich in several essential vitamins and minerals, including a good concentration of manganese, iron, calcium, potassium, and more. It is also substantially lower in calories than other natural sweeteners.

Because molasses has a such a distinctive flavor, it may not be used as often as other natural sweeteners as a replacement for sugar, but it can impart some foods with unique flavors, such as baked beans and gingerbread.

A natural sweetener option that is calorie-free

Newer low or no-calorie sweeteners are just coming out. The healthiest of these is stevia. Stevia comes from the leaves of a shrub native to Paraguay and Brazil, stevia has been used as a sweetener for many years in South America. Stevia is about three hundred times sweeter than sugar, and has all the benefits of a sweetener without being bad for you or fattening. It's truly natural, not some chemical compound from a laboratory, free of calories, doesn't promote tooth decay, and won't elevate blood sugar levels, or cause weight gain.

To sugar-crazy and diet-conscious Americans, stevia should be incredibly popular and well known, but up until recently, it was not allowed in food or easily found. The Food and Drug Administration (FDA) banned stevia in 1991. Why? Like many proponents of stevia, the sugar industry has a hand in the FDA's strict stance. The FDA ban allowed it to be sold as a

dietary 'supplement', and it can be found in most health food stores in the supplement aisle, right next to the vitamins. Most of the time, it is pretty difficult to find and never in the sugar or sweetener aisle...until now.

In the many years that stevia has been used in South America, and Japan, no ill health effects have ever been attributed to its use.

Just recently, US-based beverage giants PepsiCo and Coca-Cola reported they were looking to switch from (or at least offer customers the choice) Splenda for a sweetener they have more invested in: Rebaudiosides A (Reb-A), developed from stevia.

The actual name of the plant is stevia. The stevia plant also contains the sweeteners Reb-A, B, C, D and E; dulcoside A; and steviolbioside. "We're testing stevia and Reb-A in a variety of products, but it absolutely comes down to taste," said Joe Tripodi, chief marketing officer for Coca-Cola.

Like all the previous low-calorie sweeteners out there, there have been some conflicting stories on the health benefits and safety of stevia but it has been approved by the FDA as a general-purpose sweetener since December 2008.

In 2005, Coca-Cola and the food giant Cargill began to work on their own form of the sweetener. The companies are now marketing their stevia sweetener as Truvia. You may see food items now sweetened with Truvia. Coca-Cola is initially using Truvia in two of its Odwalla juice drinks and in the new Sprite Green.

PepsiCo's stevia sweetener is being marketed as PureVia, and like Truvia, the marketing is pushing the fact that it is natural.

"This is a potential game-changer among zero-calorie sweeteners," said Lou Imbrogno, PepsiCo's senior vice president of Pepsi Worldwide Technical Operations, at a press conference in July 2008. PepsiCo's partner is using stevia in its Sobe Lifewater drinks and in a new line of Tropicana orange juice, Trop50.

Stevia is the standout sweetener in the marketplace, because it is what the public is looking for in a low-calorie sweetener to replace the questionable and not-so-natural Splenda and NutraSweet chemical artificial sweeteners.

Stevia's sweetness comes from its leaves. The stevia leaves are milled, and a freshwater brewing method is used to extract the sweetness. This extract is then purified further until a very high purity Reb-A is obtained.

Splenda's creator, McNeil Nutritionals is getting in on the stevia craze as well. In March, Sun Crystals All-Natural Sweetener was launched, which combines stevia with pure cane sugar. This will be marketed as being as natural as sugar with half the calories.

NutraSweet has reported that they were not worried about stevia.

But coincidentally, the company is working on its own NutraSweet Natural made with stevia! At least now they can compete head-to-head with stevia in the market.

While the previous chemically-processed artificial sweeteners have been connected to lung tumors, breast tumors, and other rare types of tumors; several forms of leukemia, and chronic respiratory disease in several rodent studies, as well as rashes, headaches, and other serious and nasty side effects, stevia, Reb-A and its derivatives seem to be the safest of all low-calorie sweeteners for the moment.

You can find stevia blends for your own use at this site:

<http://www.Naturally-Stevia.com>

Try Stevia in your favorite beverages like coffee, tea, lemonade, and more. Depending on the brand and type of Stevia you use, the taste may vary. Some of the health food store varieties had a “green” aftertaste, but really not bad—just something to get used to. Now that Stevia is becoming more mainstream, the taste has improved. And some Stevia comes in liquid form with great flavors like vanilla, toffee, lemon, etc. Give it a try!

CHAPTER 19

Healthy REAL Food Energy Bars

Whether out on a mega-mile bike ride, or running, or just on the run, occasionally you need to have something on hand for a quick and healthy snack. While “energy bars” are marketed this way, many are deceiving in that they are actually just glorified candy bars full of sugar, corn syrup and artificial ingredients—nothing our bodies really need—especially if we want them to be lean, healthy, and strong.

However, there are a few really good energy bars out there. They may not be as easy to find, but when you do find them, these bars are worth stocking up on. Look for a short list of all natural ingredients, low sugar, and a genuine protein source like whey or nuts, as opposed to soy isolates. This is what I have found so far:

Organic Food Bars - This is actually the brand name.

Depending on which flavor, these are usually a base of organic almond butter (or cashew butter) with a certain type of fruit, organic seeds, organic biosprouts (quinoa, etc), and some organic rice protein. Some flavors include an organic dark chocolate as well. They also have a line of bars that use exclusively raw ingredients.

Not only are these food bars extremely nutritious, but I think they are delicious as well and have a lot of flavors to choose from: blueberry, cranberry, chocolate chip, high protein, and more.

[Dale's Raw Food bars](#) - These taste great and here's just a few of the flavors:

- Blueberry Macadamia
- Strawberry Banana
- Raspberry Hazelnut
- Chocolate Chia Maca
- and Low-Carb Cafe Mocha

Just remember that we weren't big fans of the "Goji and greens" flavor... But the other five that I listed above we really loved!

You can grab some of these [tasty Raw Protein bars here](#).

Larabars - These are even simpler in ingredients than the Organic food bars. Larabar is a delicious blend of unsweetened fruits, nuts and spices - energy in its purest form. Made from 100% whole food, each flavor contains no more than eight ingredients, but most flavors only have 2 to 3 ingredients. Sweet with no added sweeteners... Sustaining with no added fillers, supplements or flavorings. Just real, whole food loaded with nature's own minerals and vitamins. All of the vitamins, minerals, fiber, protein, good carbohydrates and healthy fats are uncooked and unprocessed. They are gluten-free, dairy free, soy free, vegan,

and kosher. Some of the flavors are: coconut cream pie, chocolate mole, chocolate coconut, cherry pie, apple pie, ginger snap and more.

The essential enzymes, which are necessary for the digestion and utilization of nutrients, remain completely intact in their most natural effective state. A diet abundant in raw, unprocessed foods is important for health and longevity.

[Prograde Cravers](http://natural.getprograde.com/cravers) - These are made by Prograde Nutrition. These are definitely some of the tastiest nutrition bars I've ever had (especially the peanut butter flavor!) and they are also made with all organic ingredients using nut butters, rice protein, organic dark chocolate, etc. These are not really that high in protein and are more of an organic snack bar. These aren't available in stores and you can only find these organic bars online at:

<http://natural.getprograde.com/cravers>

Boomi Bar – These bars are sweetened with honey, all natural, and contain primarily nuts and fruit. There are several different, delicious flavors to choose from. For example, the Macadamia Paradise bar contains: macadamia nuts, pineapple, honey, raisin, sesame seeds, puffed amaranth, crisped rice and salt. The taste on these has really varied though when I've tried them, as some batches don't seem as good as others.

When you actually find truly healthy nutrition bars like these examples above, they make great quick snacks while you're traveling or while you're at work or just need a quick pick-me-up energy bar at any time.

Carry some with you or in your car, just to make sure there are healthy options to choose when you are ravenous—that way you won't be as tempted by fast food joints or junk food vending machines.

Stores like Whole Foods have other whole, raw healthy energy bars as well, like Jay Robb Bars, Perfect Food Bars, Greens Plus Omega-3, Chia Bars, Bliss bars and others. Even some grocery stores are beginning to carry wider choices.

Just be sure to avoid processed ingredients like refined flours, soy protein, and a lot of sugars, and choose the bars with easily identifiable and NATURAL ingredients. Just be aware that at typical chain grocery stores, mega-stores like Wal-Mart and most convenient stores, 99% of the bars they have are usually made with soy protein, chemical additives, and loads of sweeteners.

CHAPTER 20

Dark Chocolate

Every once in a while you need a sweet, satisfying treat, and chocolate seems to fit the bill. Chocolate is actually good for you, but it can't be just any old chocolate you grab off the shelf. I am not talking about M&M's or a big ol' Hershey bar! That's just cheap chocolate with lower levels of actual cocoa and higher levels of refined sugar and other junk.



One of the major reasons diets and other weight loss programs fail is because you end up feeling deprived. Life isn't about that. It's about changing your bad habits, and indulging in small amounts, once in a while. Integrating chocolate and other foods you enjoy, in small doses, can help you make your new lean and mean diet plan successful and easy to incorporate into your daily life--without feeling deprived!

Occasional chocolate treats are not of any great importance, if you are doing everything else right. One or two small pieces of dark chocolate will not ruin your diet. In fact, knowing that you can allow yourself a treat or reward for sticking to a lean healthy diet can make those dietary changes a lot easier to live with. And dark chocolate is good for you!

But, keep in mind that milk chocolate and white chocolate don't offer the same health benefits as dark chocolate. So if you enjoy an occasional bite of chocolate along with your usual healthy diet, try to make it dark. Just like the other foods that you put in your body, you want to get high quality chocolate as well. Look for good quality dark, organic chocolate, with few ingredients, in the health food section of your grocery store or at a place like Whole Foods or Trader Joe's. These stores carry a wide selection of dark, delicious, organic chocolate with yummy additions like nuts, dried fruits and other scrumptious flavors.

Look for dark chocolate with at least a cocoa content of 70% or higher to keep your sugar content low. Any good dark chocolate will list their cocoa content on the package. Generally, chocolates in the range of 70-80% cocoa content have the best taste but have much lower sugar levels than milk chocolate or dark chocolates that are lower than 70% cocoa. Many milk chocolates are only 30% cocoa, and some cheap dark chocolates are only 50% cocoa... and this means that the remaining non-cocoa ingredients are sugar and other junk additives.

Chocolate is made from the beans of the cacao tree, *Theobroma Cacao* Plant. Cacao is full of Flavonoids that are commonly known for their antioxidant activity. A small bar of dark chocolate can contain as many flavonoids as six apples, four and a half cups of tea, or two glasses of red wine.

Properly processed dark chocolate actually provides great benefits without the unhealthy ingredients that are often included in the common milk chocolate bar. Good **dark** chocolate can serve as an appetite suppressant; lower your blood pressure, improve your mood, and add antioxidants.

The reason: Dark chocolate's bitter taste might help the body regulate appetite, or its higher amount of cocoa butter (it has stearic acid, which can slow digestion) may make the stomach stay full longer.

Some other great things about chocolate:

- Cacao, the source of chocolate, contains antibacterial agents that fight tooth decay. Of course, this is counteracted by the high sugar content of milk chocolate.
- The smell of chocolate may increase theta brain waves, resulting in relaxation.
- Chocolate contains phenyl ethylamine, a mild mood elevator.
- The cocoa butter in chocolate contains oleic acid, a mono-unsaturated fat which may raise good cholesterol.
- The flavonoids in chocolate may help keep blood vessels elastic.
- Chocolate increases antioxidant levels in the blood.
- The carbohydrates in chocolate raise serotonin levels in the brain, resulting in a sense of well-being.

But On The Negative Side...

1. Chocolate may trigger headaches in migraine sufferers.
2. Milk chocolate is high in calories, sugar, and often other additives.

So go easy on chocolate...save it as a special treat, and just eat a small amount of it at a time. If you get migraines, be aware that chocolate could be triggering them, so exercise caution here.

Personally, I have a sweet tooth, and one of the ways that I've learned to control my sweet tooth over the years is to simply have 1-2 small squares of dark chocolate after a meal. Because of the rich flavor of dark chocolate, 1-2 small squares is enough to satisfy my sweet tooth while consuming very minimal calories (usually under 50 calories if the squares are small). And all of this while also getting some antioxidant benefits, appetite satisfying benefits from the healthy fats, and MUCH less sugar than most other desserts!

If you want to enjoy the benefits of the powerful antioxidants and fiber in chocolate but without all of the calories, get some organic unsweetened cocoa powder (or raw cacao nibs) and add that to smoothies or other recipes. Cocoa also has powerful compounds known to help lower high blood pressure too!

Enjoy!

CHAPTER 21

Green Tea and Other Teas

Is Green tea or oolong tea good for weight loss?

There has been heavy marketing in recent years for supplements/pills containing either green tea or oolong tea and claiming to be a miracle weight loss aid.

The truth is that there are some minor benefits to green tea, white tea, oolong tea, and black tea (all types of teas originating from the same plant – the *Camellia Sinensis* plant) in the fat burning process and in your metabolism. Just beware of companies that claim tea in a pill to be a “weight loss miracle” or anything like that where they claim you don’t have to change your lifestyle or exercise at all.



However, that doesn’t mean there aren’t big time benefits to these teas, including some small amount of benefit in the weight loss department – just realize that teas are best in their naturally brewed form, and you don’t need to buy expensive supplements containing tea extracts.

Green tea has received the most attention of all of the *Camellia Sinensis* plant teas. What is it about green tea? Well, the benefits of green tea are numerous. In fact, if you were to go to PubMed.com and do a search for green tea, you’d find over 2,000 studies performed on green tea and its components. Suddenly everyone is paying attention to green tea! Possible benefits are being investigated for weight loss, cancer prevention, antioxidant activity, cognitive enhancement, general good health and well being... and the list goes on and on.

But why is green tea a possible aid for fat loss?

Many reasons... First of all, green tea is a source of caffeine, and delivered in a more mellow, sustained way than the caffeine jolt of coffee. Caffeine, of course, is a decent fat burner with a well-established track record. Green tea also slightly helps aid weight loss by increasing the metabolic rate, causing those who use it to experience a small increase in calorie burn (American Journal of Clinical Nutrition).

That makes it a decent quality fat burner in and of itself. However...

If that's all green tea did, this would be a pretty short section. Luckily, it provides additional benefits -- far and beyond what plain caffeine could do. First, it's a powerful anti-oxidant. Yes... just like vitamin C and beta-carotene, and fruits and veggies! But researchers have suggested that the active ingredient (called epigallocatechin gallate, EGCG), may be up to 200 times more powerful than vitamin E as an antioxidant.

But wait... I’m still getting to the good part...

Green tea may be useful as a glucose regulator -- meaning it slows the rise in blood sugar following a meal. When you keep your blood sugar stable, you cut down on your insulin response...that in turn, means more controlled appetite and less stored fat!

It does this by slowing the action of a particular digestive enzyme called amylase. This enzyme is pivotal in the breakdown of starches (carbs), that can cause blood sugar levels to soar following a meal.

This is pretty exciting stuff -- green tea might be a missing link in proper glucose management.

A recent study also validates green tea's effectiveness. Published in the American Journal of Clinical Nutrition, it indicated the ingestion of a tea rich in catechins leads to both a lowering of body fat AND of cholesterol levels. Double whammy!

Additionally, green tea may inhibit fatty acid synthase. Fatty acid synthase is an enzymatic system that is involved in the process of turning carbohydrates into fat. Early animal studies suggest the inhibition of fatty acid synthase can lead to weight loss.

If that weren't enough, there's also evidence that consuming green tea high in catechins reduces cardiovascular risks in addition to reducing body fat.

In short, green tea's weight loss benefits are a result of several mechanisms, including increased metabolism, a positive effect on blood sugar and insulin regulation, and the inhibition of certain enzymes, which are required for the processing of carbohydrates and fats. It also has been shown to lower LDL levels (that's the "bad" cholesterol) as well as triglyceride levels.

Best benefits start with 2-3 cups of tea a day. Not into hot liquids? Make some up and pour it over ice with a little stevia to sweeten it up. There are many types of green tea out there to choose from: some have caffeine, some do not; some are flavored with orange, chai, jasmine, etc. Look for a reputable brand and choose organic when possible.

Remember that white tea, oolong tea, and black tea are all from the same plant as green tea and may have similar benefits, but have simply been studied less than green tea. Each type of tea has unique antioxidants, so there may be additional benefits to mixing up your variety of teas. For example, my favorite healthy drink that I've been making for years is an iced tea mixture where I use some green tea bags, some white tea bags, and some oolong tea bags and make a mixed iced tea, sweetened just ever so lightly with a little stevia. Aside from plain water, this is the healthiest possible drink you can have with your meals or during the day.

In addition, many herb teas offer a huge variety of antioxidants and are great substitute for sodas, juice, etc. that add empty calories and weight gain. There are berry teas, red teas (aka - rooibos tea), mint teas, chamomile teas, yerba mate, hibiscus teas, etc. etc. All of these teas have additional unique antioxidants not found in other teas and can have benefits. For example, hibiscus teas (the tea most commonly called "herbal tea") have been found in

studies to help reduce blood pressure. Also, chamomile tea is known for its calming benefits and contains unique phytonutrients that can help to fight the effect of estrogenic pollutants or pesticides inside your body. All of these taste delicious hot or cold, and some are so good and naturally sweet (with 0 calories) they don't need anything else. Try Celestial Seasonings Berry Zinger tea over ice for a delicious refreshing summer drink. One of my favorites!



CHAPTER 22

Items to Keep in Your Kitchen

The Best Veggies and Fruits (buy local whenever you can!)

Depending on where you live and what season, you may have a bounty of fresh fruits and vegetables grown near you. Many can be purchased at your local farmer's market, and some grocery stores now even carry local produce. Always buy local whenever you can. You support your smaller local farmer, the produce is infinitely more fresh than the kind you get that has been shipped for thousands of miles across the country or from other countries, and local produce generally is either organic or has less pesticides, herbicides and preservatives on them, because it does not come from a huge factory farm, making them far, far healthier for you.

If you can't find or afford organic, or locally grown, then take a look at this list of foods to avoid for non-organic produce:

The "Dirty Dozen"

- Apples
- Cherries
- Grapes, imported (Chile)
- Nectarines
- Peaches
- Pears
- Raspberries
- Strawberries
- Bell peppers
- Celery
- Potatoes
- Spinach



These foods are the highest sprayed commercially sold produce. So...if you can't get local or organic, try to avoid these in conventional form. They are laden with pesticides, and toxins.

These fruits and veggies are much safer to eat in conventional form without having to pay extra for organic:

- Bananas
- Kiwi
- Mangos
- Papaya
- Pineapples
- Asparagus
- Avocado
- Broccoli
- Cauliflower
- Onions

Why does organic cost more?

Growing the food is more labor-intensive. And even though organic food is a growing industry, it doesn't have the economies of scale or government subsidies available to conventional growers. So if you have to buy conventional, you can take some precautions to protect yourself from pesticides:

- Buy fresh vegetables and fruits in season. When long storage and long-distance shipping are not required, fewer pesticides are used.
- Trim tops and the very outer portions of celery, lettuce, cabbages, and other leafy vegetables that may contain the bulk of pesticide residues.
- Peel and cook when appropriate, even though some nutrients and fiber are lost in the process.
- Eat a wide variety of fruits and vegetables. This would limit exposure to any one type of pesticide residue.
- Purchase only fruits and vegetables that are subject to USDA regulations. Produce imported from other countries is not grown under the same regulations as enforced by the USDA. We import a lot of produce from Mexico and it is best to avoid unless it is organic.
- Wait until just before preparation to wash or immerse your produce in clean water. When appropriate, scrub with a brush. This removes insect residue and dirt, as well as bacteria and some pesticide residues.
- Special soaps or washes are not needed and could be harmful to you, depending on their ingredients. Cool water is perfectly fine.

Other Stuff to Stock in Your Kitchen

Ok, now you know the important stuff to transform your kitchen and your body. There are many other foods, spices and condiments that also add to your healthy kitchen. Let me give you a partial list of some these items.

Remember, if you don't have junk around the house, you're less likely to eat junk. If all you have is healthy food around the house, you're forced to make smart choices. Basically, it all starts with making smart choices and avoiding temptations when you make your grocery store trip. Then you get into some healthier habits, once you realize the reasons to avoid the junk and eat the good stuff. A lean strong healthy body will be the result, along with oodles of energy and a new outlook on life.

Let's start with stuff to keep on hand in your refrigerator. One or two times a week, load up on fresh veggies. During the summer, visit your local farmers' market frequently and get the freshest, tastiest produce on the planet. Outside of that, stock up on the produce at the grocery store.

YOUR SHOPPING LIST

- ☐ **Vegetables like zucchini, onions, fresh mushrooms, spinach, broccoli, red peppers, cilantro**, etc. to add to omelets, salads, stir-fries, shish kabobs, etc.
- ☐ **Coconut milk** is another versatile staple to keep on hand. I like to use it to mix in with smoothies, oatmeal, or yogurt for a rich, creamy taste. Not only does coconut milk add a rich, creamy taste to lots of dishes, but it's also full of healthy saturated fats such as medium chain triglycerides.
- ☐ **Cottage cheese, ricotta cheese, and yogurt** – Try cottage or ricotta cheese and yogurt together with chopped nuts and berries for a great mid-morning or mid-afternoon meal. Raw cheese (grass fed is the best) is awesome and a rich source of more useable calcium, vitamin K2 for your bones and tons of enzymes.
- ☐ **Almonds, pecans, walnuts, pistachios**—chopped or whole--delicious and great sources of healthy fats. Grab a handful for a healthy, filling snack or throw some into your smoothies, salads and veggies.
- ☐ **Whole eggs** – one of nature's richest sources of nutrients (and remember, they increase your GOOD cholesterol so stop fearing them). Get them free-range if at all possible. Always include the yolks--the richest source of nutrients in the egg.
- ☐ **Nut butters** – Peanut butter is a bit boring, so get creative and try almond butter, cashew butter, or even macadamia butter...delicious and unbeatable nutrition!
- ☐ **Salsa** – I try to get creative and try some of the exotic varieties of salsas. Lots of grocery stores now sell this in the fresh produce aisle and it is as delicious and fresh tasting as homemade. Try this on your eggs in the morning for a great healthy eye-opener!

- ☐ **Butter** – don't believe the naysayers; butter, especially from grass-fed cows, adds great flavor to anything and can be part of a healthy diet (just keep the quantity small because it is calorie dense...and NEVER use margarine, unless you want to assure yourself a heart attack). My favorite grass-fed butter is [Kerrygold Irish butter](#), as all cows in Ireland graze on lush green pastures and are not fed corn.
- ☐ **Avocados** –awesome...plus a great source of healthy fats, fiber, and other nutrients. Try adding them to wraps, salads, on top of omelets, or sandwiches.
- ☐ **Whole grain wraps or gluten free brown rice wraps** and (look for wraps and bread with at least 4-5 grams of fiber per 20 grams of total carbs). Remember that it's best to minimize grain intake if fat loss is your goal, so use these sparingly.
- ☐ **Baby greens, dark green leaf lettuce or red leaf lettuce, romaine, arugula, and organic baby spinach** for salads with dinner.
- ☐ **Home-made salad dressing – using balsamic vinegar, Udo's Choice Oil Blend, and extra virgin olive oil.** This is much better than store bought salad dressings which mostly use highly refined soybean oil (full of inflammation-causing free radicals). I often mix up my own concoction like olive oil, balsamic vinegar, chopped fresh basil and thyme, garlic, salt and pepper. Anything you pour this stuff over will really taste terrific!
- ☐ **Fresh herbs; basil, thyme, oregano, cilantro** – chop on salads, throw into eggs, and garnish meat dishes.

Some of the staples for the freezer:

- ☐ **Frozen fish – Keep it wild!** Try different kinds of fish each week. There are so many varieties out there, you never have to get bored. Trader Joe's is a great place to find wild caught frozen fish of all kinds.
- ☐ **Frozen berries** – during the local growing season, buy fresh, but during the rest of the year, keep a supply of frozen blueberries, raspberries, blackberries, strawberries, cherries, etc. to add to high fiber cereal, oatmeal, cottage cheese, yogurt, or smoothies.
- ☐ **Frozen veggies** – again, when the growing season is over and you can no longer get local fresh produce, frozen veggies are the best option, since they often have higher nutrient contents even compared to fresh produce that has been shipped across the country. Or buy lots of the fresh veggies when they are available locally and freeze in small portions.
- ☐ **Frozen chicken breasts – free-range** if at all possible. Very convenient to cook up for a quick addition to wraps or sliced on top of a salad for a quick meals.
- ☐ **Frozen grass-fed meats: bison, beef, lamb, goat, etc.**

Now, the staples for the pantry:

- ☐ **Oat bran and steel cut oats** – higher fiber than those little packs of instant oats that are full of sugar and high glycemic.
- ☐ **Cans of coconut milk** – to be transferred to a container in the fridge after opening.
- ☐ **Various antioxidant rich teas** – **green, oolong, white, and rooibos** are some of the best.
- ☐ **Stevia** – the best natural non-caloric sweetener. <http://Naturally-Stevia.com>
- ☐ **Organic maple syrup** – none of that high fructose corn syrup Aunt Jemima crap...only real maple syrup can be considered real food. Try a small amount over oatmeal, or added to your post workout shake for muscle-glycogen replenishing carbs.
- ☐ **Raw honey** – even better than processed honey... higher quantities of beneficial nutrients and lots of enzymes. Honey has even been proven in studies to improve glucose metabolism (how you process carbs). I use a teaspoon or so every morning in my teas. Yes, it is pure sugar, but at least it has some nutritional benefits... and a teaspoon of honey is only 5 grams of carbs...
- ☐ **Whole wheat or brown rice pasta** – much higher fiber than normal pastas. Brown rice pasta can usually be found in the gluten-free section of the grocery store or health food store and is delicious. Even if you don't have a gluten allergy, it is best to **limit the wheat that you eat**; many people may have problems digesting wheat and gluten and might not even be aware. Remember that if fat loss is your goal, we recommend limiting your grain intake, so keep any pastas as only a once a week cheat meal.
- ☐ **Brown rice and other higher fiber rice** – NEVER white rice! You can purchase the slow cooking variety in bags, or buy instant or frozen. My favorite is a delicious nutty brown rice that comes pre-cooked and frozen from Trader Joe's.
- ☐ **Cans of black or pinto beans** – Add to Mexican wraps for the fiber and high nutrition content. Also, beans are surprisingly one of the best sources of youth promoting antioxidants! These are also good thrown into salsas for more protein and fiber.
- ☐ **Tomato sauces** – delicious, and as I'm sure you've heard a million times, they are a great source of lycopene. Just watch out for the brands that are loaded with that nasty high fructose corn syrup. Your best and cheapest bet is to stock up on organic tomato sauce and make your own Italian sauce seasoning with salt, pepper, oregano, basil, garlic, and whatever else you feel like throwing in!
- ☐ **Dark chocolate** (as dark as possible) – This is one of my favorite treats that satisfies my sweet cravings, plus provides loads of antioxidants at the same time. It's still calorie dense, so I keep it to just a couple squares; but that is enough to do the trick, so I don't

feel like I need to go out and get cake and ice cream, or splurge on a bag of cookies to satisfy my dessert urges.

- ☐ **Organic unsweetened cocoa powder** – I like to mix this into my smoothies for an extra jolt of antioxidants or make my own low-sugar hot cocoa by mixing cocoa powder into hot milk with stevia and a couple melted dark chocolate chunks.
- ☐ **Sea Salt** – Lots of grocery stores now carry sea salt and my favorite is the kind you can grind yourself. Nothing tastes better than freshly ground sea salt (yes! There is a huge difference!) on your healthy food, and sea salt is loaded with minerals like magnesium and potassium, and is not nearly as bad for those with reactive high blood pressure. A little goes a long way.
- ☐ **Variety of Herb Teas** – Drink hot or cold, sweeten with a touch of honey or stevia if necessary.

CHAPTER 23

The Transformation Has Begun!!

So there you have it. Remove the offensive, empty calorie processed foods and replace them with real, nutrient-dense foods and your body will be transformed from a fat factory to a fat-burning lean machine. The transformation may not happen overnight, so give it time. But it **WILL** happen! And in the process, you may find that you no longer want to eat the junk food. Nourishing your body with healthy nutritious **REAL** food will satisfy hunger and give your body what it needs, so no more junk food cravings.

If you generally purchase and eat the foods listed in this book, you will not only begin to change your eating habits for the good, but you change into a lean strong, energetic, younger-looking you. You will probably also notice some other great benefits to this diet transformation too: shinier, thicker hair, clearer skin, less sinus problems, less colds and flu, better sex drive, more energy, and quicker recovery time when you work out—to name just a few things. Mentally you should feel sharper, clearer, happier and less irritable too.

I know it isn't realistic to think that you will eat **ONLY** the foods on this list, but taking smart snacks with you when you are on the run and choosing healthy menu items when dining out should keep you on track. And don't despair if you deviate or have a day when you end up eating poorly. Just get back on track again the next day. My general rule has always been to try to eat healthy 90% of the time and don't beat yourself up for that other 10%!

Just remember this key rule: Eat foods that are minimally processed or not processed at all. Avoid as much as possible, any food that comes in a package with an ingredient list of more than 3 or 4 items. Eat food that is as close to the way Mother Nature created it as you can. Give your body the fuel it needs and the fat will melt away.

Choose the apple over the packaged applesauce. Eat raw nuts, not the sugar coated, hydrogenated, salty kind from the can. Pick up the raw unpasteurized cheese to nibble on, not the processed stuff in a squirt can. Eat the meat that was raised the way nature intended—grass-fed, free-range or wild-caught. Eat good fats—the ones that occur naturally in foods, not the processed vegetable oils or trans fats.

Change your shopping habits—buy local and hit the farmer's markets when you can, shop at healthy grocery stores like Whole Foods (if you have one close to you) or Trader Joe's or the local “mom and pop” health food store. If you have to go to the regular grocery store, try to shop only the perimeter of the store. Most all the other inner aisles of the store are full of shelves lined with processed and packaged foods. No need to be tempted.

Good luck! Enjoy your lean body and glowing health! Your friends will all wonder what your secret to success is. And when they ask, have them check out www.truthaboutabs.com and they can order their own book to totally transform their kitchens and their bodies!

SPECIAL BONUS SECTION by Mike:

The Advanced Nutritional Fat-Burning BluePrint – The 23-day Accelerated Fat Loss Plan

This is the bonus section that I promised you... In this section, I'm going to show you all of the nitty gritty details for how I went from 10.2% body fat to 6.9% body fat in only 23 days, while I was preparing for a photo shoot recently.

Now keep in mind that the techniques in this section are NOT for everyone! You really need to be disciplined and these methods are ONLY to be used for 3-4 weeks MAX, and only on occasion, when you really need to accelerate your fat burning to get ready for an event of some sort... maybe a wedding or beach vacation, or whatever it may be.

This is a perfectly healthy method of “peaking” as bodybuilders and fitness models often call it. After all, you can't train with 100% intensity all year, and you can't diet at the strictest levels for 100% of the year either. But working towards a level of “peak condition” is something that is actually a pretty fun goal to work towards once or twice a year.

There is nothing overly “extreme” or “dangerous” about any of these techniques... they are still very healthy eating habits (but just “amped up” a bit), and I didn't use any stimulant-based dangerous fat burner pills at all. Everything I did during this 23-day fat-burning blast was mostly natural whole foods, a few natural supplements, and a few other tricks here and there with spices, teas, etc... along with a strategic training program that was elevated slightly above my normal training levels.

Now keep in mind as we go through some of these choices and methods that some of them may seem like very “minor details”... and one of the things I preach all of the time is the big picture. However, in this case, when you combine dozens of these minor details all together at the same time, you can create a pretty powerful fat loss environment in your body, while maintaining lean muscle.

Also, as you read through this, you might think that some of these methods are just going way beyond anal retentive... As a matter of fact, if you tried to do all of these techniques year round, people might think you're mentally insane. But again, this was only a 23-day blast in order to reach a goal of mine VERY quickly. You can do anything you put your mind to that only lasts 23 days... it's actually quite easy.

The reason I was so strict during these 23 days was because of the goal I had set that I was going to do anything it took to reach. I would never do even half of these things on a regular basis as it would make me go crazy. In fact, I've learned how to balance my fitness lifestyle over the years with still having a great social life and being able to go out drinking with friends, eating whatever I want at barbeques or parties on occasion, yet still staying at about 8-10% body fat year round. With this time period though, my goal was to get down to or below 7% body fat, so that's why everything had to be perfect during these 23 days.

I ended up at 6.9% body fat (down from 10.2% body fat) while also maintaining all of my lean muscle during this 23-day cutting cycle! It was fun to actually be working hard towards a specific goal for a few weeks... this alone was quite a motivating factor compared to just “maintaining”.

Now let's get into some of the details!

Priorities during this 3-4 week accelerated fat-burning stage:

1. Maintaining your lean muscle to keep your metabolic rate high. Since you'll need to slightly restrict calories, you risk the chance of losing lean muscle during this stage, and that can reduce your metabolic rate, and make fat loss even harder. Top priority is maintaining lean muscle during this stage.
2. Enhance the fat-burning environment in your body to stimulate the release of excess stored body fat.
3. Maximize your metabolism – all of the minor details are going to be aimed at maximizing your metabolism during this time period. We don't have a single day to waste if you have a specific time period goal.
4. Enhance the thermic effect of calorie burning from the food you eat.
5. Reduce stress to minimize negative hormones such as cortisol, and help maximize fat-burning hormones.
6. Maximize the amount of deep sleep that you get, as recovery is going to be super-important during this time period since your training levels will be increased a bit.

The Nitty-Gritty Details

The Type of Weight Training

Since it is so important to maintain lean muscle mass during a “cutting phase” such as this, the weight training needs to be heavy and intense. Light weights and high reps won't cut it when you're in a slight calorie deficit and a slight carbohydrate deficit.

I'm going to mention certain types of exercises in this section, and you should already know how to do most of these exercises, since I'm assuming that you already have a copy of my full Truth about Six Pack Abs program. If there are any exercises you don't know how to do, it's all covered in detail in the full Truth about Abs program, which you can grab your copy at: <http://truthaboutabs.com/order.html>

Since you'll be slightly reducing overall carbohydrate intake during this period, you don't have the overflowing muscle glycogen at all times to be doing large amounts of single joint isolation exercises. That would simply be a waste of time. Leave the isolation exercises only to a period of time when you're trying to gain weight, and even still only include them as a small portion of the overall workouts.

Sticking to heavy multi-joint exercises is key during the cutting phase -- deadlifts, squats, lunges, bench presses, overhead presses, pull-ups, and upper body rows will be the types of

main exercises to focus on. One-arm snatches, one-arm swings, and barbell or kettlebell clean and presses can also be great full body additions to the program for their metabolism-boosting effects and stimulation of fat-burning hormones.

I had great results using a 4-day per week weight training program during this cutting phase. Most of the workouts focused on full-body but with different movement patterns each workout to avoid over-training. For most of the weight training exercises, I focused on a fairly heavy weight and moderate rep range, such as 5x5 (5 sets of 5 reps per set, with the 5th rep being very hard to complete on each set)

For example, I did M-W-F-Sat weight workouts during this cycle, and would split it up something like this:

Mon: Bench/Deadlifts supersets; Romanian deadlifts or power cleans; other chest work; finish workout with 10-minute “abs/HIIT circuit” (this circuit will be explained in a minute)

Wed: Squats/pull-ups supersets; lunges or step-ups; other upper back work; 10-min abs/HIIT circuit

Fri: Barbell Clean & Presses supersets with renegade rows; dbell pullovers, dbell squat and presses; 10-minute abs/HIIT circuit

Sat: shorter workout -- kettlebell snatches and swings – both 1-arm and 2-arm versions; kettlebell high pulls

M/W/F workouts were about 1-hr each, and Saturday workouts were short but intense at about 25 minutes. Because of the time crunch with only having 23 days to prep for this photo shoot, I stepped up the intensity of these workouts by a notch compared to my typical “maintenance” workouts. Also, the 10-minute abs/HIIT circuit that I did at the end of the workout 3 days/week was an add-on that I didn’t typically do.

The 10-Minute Abs/HIIT Circuit Explained

I added this 10-minute drill onto the end of my resistance workouts just during this cutting phase.

While we all know that you can’t spot reduce abdominal fat by doing ab exercises, there is a reason why I wanted to strategically combine abs exercises into a high intensity interval training circuit...

There have been some research findings I’ve seen lately that indicated slight increases (very slight) in the % of bodyfat burned from a specific area when the muscles in that area of the body were highly stimulated. The % increases I believe were miniscule and probably don’t amount to any significant increased fat loss from a specific area (aka the myth of spot reduction).

The bigger picture as we all know is that exercises that work larger muscle groups of the body like the legs and back burn FAR more overall calories than any ab exercise ever could in the same time period. That's why I've always preached to focus the majority of your workouts on full body drills and no more than about 5 minutes to direct abs training.

However, there is a theory that if you can heavily stimulate the abdominal area with high movement ab exercises such as ab bicycles or floor mountain climbers and then combine those exercises into a circuit with high intensity cardio work, it could possibly slightly increase abdominal fat burning.

While I certainly don't think this is actually "spot reduction" in action, what I do think is that the power of your mind and the placebo effect may actually help you burn fat faster if you strongly think during this entire 10-minute circuit that you are really blasting that abdominal fat. We already know that your mind is very powerful in controlling how your body responds to things as the placebo effect is the ultimate evidence of that power.

So while you're doing these 10-minute abs/HIIT circuits, just keep thinking in your mind how powerfully you're melting away stomach fat... you never know... the power of your mind might actually increase that fat burning. It's not too far-fetched really.

Either way, it was still a killer circuit to end my workouts with!

Here's the way that I structured the 10-minute abs/HIIT circuits:

I would continuously rotate between a floor abs exercise or a stability ball abs exercise and something high intensity such as jumping rope, using a slide board, or doing a 45-60 second "sprint" on a rowing machine. You can really use any apparatus you want, but these were the types of drills that I preferred.

So it would look something like this:

- 30 seconds abs bicycles
- 30 seconds super-fast jump rope
- 30 seconds floor mountain climbers
- 60 seconds rowing machine
- 30 seconds abs bicycles
- 60 seconds on the slide board
- 30 seconds mountain climbers
- 30 seconds jump rope
- Etc, etc – up to about 10-12 minutes in length for this crazy circuit!

What a way to finish a workout! On the drive home from the gym, I would practice some "ab vaccums". If you don't know how to do "ab vaccums" they are described at this page:

<http://www.truthaboutabs.com/flatten-stomach-exercise-trick.html>

Manipulating Carbohydrate Intake

No matter how many times you hear all sorts of various “experts” argue low-carb vs high carb, or that “carbs don’t matter - it’s total calories that matter”... Well, I’m going to tell you that carbs DO matter, but my take on it is not extremist in either direction.

Most of the time, I have pretty moderate recommendations for carbohydrates. My stance on the subject could be termed “moderate-low” carbohydrate intake for best fat loss results. I definitely don’t agree with the extreme low-carb or no-carb diets that many preach, and I don’t agree with a high-carb diet either, as it is VERY hard to lose body fat on a high carbohydrate intake. Even I eat pretty decent amounts of carbohydrates (although I try to reduce grains because of antinutrients and gluten in many grains) at most times of the year when I’m just “maintaining”.

However, in this section, we’re obviously talking about a specific time period where we want accelerated fat-burning... and you can talk to as many bodybuilders, fitness models, and physique competitors as you want (these are people whose JOB it is to get super-lean at certain times), and 99% of them will all tell you that one of the main things they manipulate during a period of cutting body fat is their carb intake.

What I personally did during my 23-day cutting cycle was to eat the MAJORITY of my carbs only on resistance training days, in the morning, and during the post-workout meal.

I was doing resistance training 4 days per week (M/W/F/Sat), so most of my carbohydrate intake was during breakfast on the training days with the workout being mid to late afternoon... and then the remainder of the carb intake was immediately post-workout. So the day would look something like this:

9am: wake up and breakfast with moderate carbohydrates (maybe 35 gms protein, 30 gms carbs, 25 gms fat)

Noon: small lunch with moderate-low carbohydrates (maybe 25 gms protein, 15-20 gms carbs, 20 gms fat)

3pm: small snack mostly low GI carbs and healthy fats (such as an apple w/ almond butter)

430 pm: High intensity and heavy weight training session for 1-hr

545pm: Post workout shake – 2:1 ratio carbs:protein (a couple of my recipes on this page - <http://www.truthaboutabs.com/Post-Workout-Nutrition.html>) -- generally about 40 gms protein, 75 gms carbs, and 5 gms fat in this post workout shake.

8 pm: Dinner consisting of a healthy meat such as grass-fed steaks, steamed vegetables with grass-fed cheese, and a large greens salad with avocado (almost all protein and healthy fats with only fibrous veggies, but no starch-based foods) – no more than about 10 gms total carbs with this meal

11 pm: snack such as cottage cheese, cinnamon, stevia, and raw nuts

1 am: get to bed to try to get 8 hours of sleep

There’s an important reason I did this... First, in order to be able to do the resistance training sessions with enough intensity and heavy enough weights to be able to maintain lean muscle mass during this time period, you need a moderate dose of carbs earlier in the

day on a training day. From my experience, if my carb intake is too low on a resistance training day, my workout will suffer and I won't have the energy needed to move heavy weights.

Second, I still wanted to replenish muscle glycogen to help the muscle repair process by consuming a post-workout shake immediately after training. For the remainder of the day with dinner and a late-night snack, it's almost all protein, healthy fats, and fiber that I'm focusing on.

On days that I didn't do resistance training, I focused almost the entire day on mostly protein, healthy fats, and fiber (from vegetables and a fiber supplement, which I'll talk about in a bit). Any exercise I would do on the non-resistance training days would be lighter activities such as hiking or walking, so there wasn't a great need for carbohydrates since explosive exercises and other resistance exercises needing muscle glycogen weren't being done.

Also, being in a slightly carb-deprived state on days when you do light activities such as hiking or walking can help you to increase fat-burning on those days and definitely forces your body to rely mostly on burning fat to provide energy.

So the basic premise during this 23-day cutting cycle was to attempt to keep blood sugar levels under control and prevent high insulin levels MOST of the time, while focusing the majority of my carb intake just on resistance training days in the morning and at post-workout.

One side effect of trying to eat like this (focusing on proteins, healthy fats, and fiber) is that it really forces you to load up on more veggies, and this increases your nutrient density compared to eating breads, pastas, etc and helps to easily control your appetite.

That's one of the most important parts of this whole phase -- avoiding grains almost exclusively and getting most of your carbs from veggies and some fruits and berries. Grains are more of a weight gaining food as they are just too calorie dense without enough nutrient density (micro-nutrients) for a cutting phase like this.

So that's the skinny on manipulating carbs.

Cheat Days?

You might think that since this was only a 23-day cutting cycle, that there's no room at all for any cheat days or even any cheat meals. But you'd be wrong!

Out of the 23 days, I still had 3 cheat days (so about 1 day per week). These weren't full blown cheat days where it was a binge-fest all day long. For the most part, these cheat days were just 1 or 2 extra big meals that were heavy on carbs and fat. The purpose of this was to prevent my body from fighting back and reducing the metabolic rate to preserve calories due to the reduced carbs and reduced calories the other 6 days per week. These cheat meals that were high in carbs and high in fat would stimulate a large insulin spike and help to revamp

leptin levels, which will signal to the body that calories are plentiful and increase the metabolic rate.

Again, since this was only 3 cheat days and about 4-5 total cheat meals during this entire 23-day cycle, the cheat meals actually help more than they do hurt.

Alcohol consumption

I don't drink nearly as much as I did in my 20's or in my college days, but even now in my 30's, I still enjoy some drinks out with friends usually about once or twice a week.

However, let's face it... there's nothing about alcohol that is going to help fat loss, and this needed to be a pretty strict 23 days other than the cheat meals I talked about. So I basically tried to avoid all alcohol entirely during these 23 days. I think I drank 2 beers and 2 glasses of wine during this entire 23-day period. This took a little discipline, and there were a couple nights out with friends that I offered to be the designated driver and that made it easier to only drink club soda or unsweetened iced teas while my friends were throwing back a bunch of alcoholic drinks.

All in all, it was pretty easy to stay on track in this department.

The Cayenne Trick

Remember that every one of these little details can help out slightly, and this was one of those little details.

During all 23 days on this cutting phase, I took 2 cayenne pepper capsules during at least 3 meals per day. Cayenne pepper contains capsaicin, which helps to create a slight thermogenic effect and increased calorie burn from ingesting the cayenne pepper.

Now keep in mind that we're not talking miracles here... but there is a slight increase in calorie burn from cayenne pepper, and any extra benefit you can get can help when you're doing a cutting phase (even if that extra benefit is the placebo effect in action again!).

Keep in mind that some people have a sensitive stomach to cayenne pepper (even when taken in capsule form) and can give a burning feeling. Personally, it doesn't affect me, so I included it daily in my 23-day plan. You can usually find a bottle of cayenne pepper capsules at any nutrition store for about \$5 to \$9, so it's cheap.

Cinnamon for Blood Sugar Control

You might have heard about this before... but yes, cinnamon is not only extremely healthy for its antioxidants, but also because it can help control your blood sugar, and maintaining steady blood sugar can keep you burning fat easier.

For this reason, I tried to include cinnamon in any meals that were appropriate (such as smoothies, cottage cheese, or in my coffee), and I took about 1-2 grams per day in capsule

form if I wasn't including cinnamon in meals. Cinnamon capsules are very cheap (\$5 to \$7) at most supplement sections, even in grocery stores.

My Protein and Fiber Drink Concoction

When you're doing an accelerated fat burning cycle, protein and fiber are easily 2 of the most important things that you need adequate amounts. Both of them help you to keep hunger under control, and a high protein intake during the cutting cycle can help to prevent catabolism, so you don't lose lean muscle, and you protect your metabolism.

This was another of my secret weapons that I used each day... what I did was use a special protein/fiber drink concoction and have 1 drink each day at a time when I needed to control hunger but didn't want or didn't have time for a full meal. I either used these drinks in the afternoon on non-training days to keep satisfied or I used them at night to keep appetite under control and get an extra dose of fiber and protein.

You can either create your own protein/fiber drink concoction by using your favorite protein powder (not soy protein!) mixed with a good fiber blend (about 3-5 grams of fiber will do the trick).

If you don't want to create your own protein/fiber drink, [this is the delicious tasting protein/fiber drink that I used, called Fusion](#). If that link doesn't work, you can type in this webpage:

<http://natural.getprograde.com/prograde-fusion.html>

These protein/fiber drinks were really helpful in being a convenient and quick way to ward off hunger and prevent catabolism while keeping calories very low and without any excess carbohydrates.

Chamomile Tea to Aid Fat Loss?

You might be wondering how the heck chamomile tea can aid fat loss... after all, chamomile tea has no caffeine, and is actually the exact opposite in that it is a known relaxant.

Well, first of all, you probably have heard about how estrogenic compounds in our environment (from pollution, herbicides, pesticides, petroleum chemicals in household cleaners, etc), and in our food supply (from foods such as soy, beer, and also pesticide residues) can trigger the body to hold onto stubborn belly fat (and can even be one of the causes of "man boobs" in men) if you're exposed to enough of these estrogenic compounds on a regular basis.

These are called xenoestrogens and can make it particularly hard for you to burn off body fat (especially abdominal fat) if you're exposed to these chemicals regularly without protection in your diet.

This problem isn't only for guys either... these excess estrogenic compounds can create hormone imbalances in women too, and make it even harder to lose stubborn body fat.

This is where chamomile tea can help. Chamomile tea is a potent source of unique phytochemicals and antioxidants that help to fight against any estrogenic compounds that you may have been exposed to. This can help your body to more effectively burn off stubborn body fat.

Is it a miracle? No, of course not. This is just yet another one of those minor details, that when combined with all of these other methods, can help you to accelerate fat loss.

What I do is simple... I just have a mug of chamomile tea (unsweetened) every night about an hour before bed. It helps to relax me before bedtime anyway, so that's another benefit. At the very least, this is yet another placebo effect that may be helping fat loss because I believe in my mind that it's working.

Warning: a very small percentage of people can have severe allergic reactions to chamomile, so make sure that you know if you're allergic to chamomile or not if you've never had it before.

Green, White, Oolong Teas & Yerba Mate

As we talked about in earlier chapters in this book, teas such as green, white, and oolong teas all contain varying levels and combinations of unique polyphenols, caffeine, and other phytonutrients that can slightly increase your fat burning efforts. Plus, yerba mate tea has a unique but very different profile of antioxidants as well. Again, we're not talking miracles, but if you can get a slight advantage, why not take it. Plus, there are many other health benefits from the antioxidant content of teas, so it can't hurt. Oolong tea is one tea in particular that has had loads of studies on its effects on helping the body release fat for energy, and increase metabolism slightly. I use [this oolong tea daily](#).

What I did during my 23-day blast was to make big batches of a gallon at a time of unsweetened iced tea and then I would drink 3-4 glasses of this tea each day (not too close to bedtime though since it does contain caffeine).

In order to get the maximum benefits and diversity of the polyphenols and other antioxidants, I used a mixture of organic green tea, white tea, oolong tea, and yerba mate tea bags in each batch of iced tea. I would put just a small amount of stevia in these batches of iced tea just for a very, very lightly sweetened taste.

You can get stevia at most grocery stores now or online at: <http://Naturally-Stevia.com>

Again, even if the fat-burning effect of drinking these teas each day is minimal, any little extra benefit was what I was after. Plus, once again, if my mind believed strongly enough in this, the placebo effect alone may increase the fat burning.

More Organic

While I always recommend consuming as much of your food “organic” as possible, I think this is even more important during a cutting cycle such as this. The reason is that you want to minimize your exposure as much as possible to the estrogenic effects of certain pesticides which can stimulate your body to want to hold onto body fat.

I’d say I probably eat 50-60% of my food normally as organic, but during this 23-day cutting cycle, I was probably at about 80-90% organic.

More Red Meat Than Chicken or Fish?

This one may sound unusual, but I actually chose to consume a higher percentage of red meat in the form of grass-fed beef and grass-fed bison (and some venison too) during this time period compared to chicken, turkey, or fish.

This may be confusing to you because so many so-called “experts” always tell you that red meat is “bad for you” and to just stick to white meats or fish.

Well, there’s a specific reason that I chose more red meats (grass-fed) than white meats or fish... and the reason has to do with Conjugated Linoleic Acid (CLA).

CLA is a natural form of healthy fat that occurs in the fat on the meat, and in the dairy from ruminant animals such as cattle, bison, deer, goats, sheep, kangaroo, etc. CLA in natural form has been shown to help aid in burning off abdominal fat and also maintaining or even building lean muscle.

Not many people know this fact, but CLA is actually a natural form of trans fat, but it is FAR different than the artificial trans fats from hydrogenated oils that are so deadly and that you hear all of the negative information about. CLA is actually one of the only healthy trans fats in existence.

Warning: I generally do not recommend CLA supplements as they contain an artificially created form of CLA that is a different CLA isomer compared to the natural CLA isomer that’s found in meats and dairy from ruminant animals. The CLA isomer found in CLA supplements is thought by some researchers to possibly have negative effects in the body and is more similar to an artificial trans fat. This is however, controversial and not a lot of studies have been done. The only form of CLA that I personally believe is going to benefit your health and help to reduce body fat is the natural CLA isomers from grass-fed beef, bison, venison, etc or from grass-fed raw milk or cheeses.

Also, grass-fed meats and dairy contain 3-5x the CLA of grain fed meats, so it was grass-fed all the way! And while most cheap whey proteins on the market are made from grain-fed commercial milk that is pasteurized, I’ve been using a great grass-fed raw whey that also

contains significant CLA in it! This is something that most whey proteins don't have. This is where I get it:

<http://BestGrassFedWhey.com>

So that is the reason why I focused more on red meats such as grass-fed beef and bison during this 23-day cutting cycle instead of chicken, turkey, or fish... because the extra CLA can really help in accelerating fat burning and preserving lean muscle. I did also eat a good amount of wild salmon during this time period for variety, and also for the healthy omega-3 fat content, so I didn't solely have red meats as the only meat source.

In fact, one of my "convenience meals" during some of the lunches during this time frame was a mixture of canned wild salmon with a bunch of shredded or diced veggies mixed in (carrots, onions, bell peppers, etc), some spices, and some balsamic vinegar, mustard, and extra virgin olive oil in the mix too. I would just eat this as a form of salmon salad and throw it on top of some greens for a super-healthy and delicious low-carb lunch.

Cruciferous Vegetables

Cruciferous vegetables such as broccoli, cauliflower, kale, brussels sprouts, cabbage, etc. contain unique and powerful phytochemicals such as indole-3-carbinol (I3C) and other phytochemicals unique to cruciferous veggies that help to inhibit the effect of estrogenic compounds that you're exposed to in the environment and your diet. Remember that these estrogenic compounds (xenoestrogens) can increase belly fat or make your body want to hold onto body fat.

Therefore, eating cruciferous vegetables each day during this 23-day cutting cycle is likely to help the body fight excess estrogenic compounds and help you to burn body fat faster.

What I did during this 23-day fat blasting cycle was to shift my cooked veggies portion that I usually have with dinner each night and make sure it was a cruciferous vegetable. While I might usually have all sorts of various veggies such as snow peas, string beans, zucchini, peppers, or any number of other vegetables, during this 23-day blast, I focused instead on mostly broccoli, brussels sprouts, and cauliflower as my main veggie with dinner every night. I would also have a greens salad each night too, but the main cooked vegetable I focused on were the cruciferous.

This doesn't mean that cruciferous veggies will be my mainstay during every meal the entire year (as I'd probably get sick of them), but for this 23-day blast, my theory was that it could only help and would give a slight advantage over other vegetables.

Onions and Garlic

Onions and garlic also contain potent phytochemicals such as organosulfur compounds that can also help to inhibit the activity of belly fat storing xenoestrogens. Onions and garlic also have many other valuable nutritional benefits, so it's a no-brainer to include them daily in the diet.

Although I usually try to include a fair amount of onions and garlic into my normal diet, during this 23-day blast, I was really conscious of trying to include garlic and onions several times per day in various meals, whether I put them into my eggs in the morning, added to my salmon salad, or as a sautéed side dish to meals.

...Just another one of those minor details that may help accelerate fat burning a slight bit.

Krill Oil

Everyone these days has heard of the benefits of fish oil in helping to increase your omega-3 fatty acid intake and balance out the excess omega-6 fats that most people get. Also, fish oil contains the important EPA and DHA types of omega-3 fats which you can't obtain from plant oils (although there is some small amount of conversion in the body from plant oils).

However, Krill Oil is basically like fish oil on steroids... krill oil has the benefit of phospholipids which helps your body assimilate and benefit from the omega-3's more effectively compared to standard fish oil.

I used 3 caplets per day of Krill Oil to make sure that I was obtaining enough phospholipids and omega-3s in the right balance to help aid the body in burning fat efficiently. Also, krill oil has another benefit as it contains a unique and powerful antioxidant called astaxanthin which helps to protect your skin from damage.

I get my Krill oil from a company that I'm actually friends with the owners, so I know I can trust the quality of their products.

You can get their highest quality Krill oil only at their website as it's not available in stores...

<http://natural.getprograde.com/icon>

Coconut Oil and MCTs

As we've mentioned in other chapters, virgin coconut oil is made up of unique healthy saturated fats called medium chain triglycerides (MCTs), including a specific MCT called lauric acid. Lauric acid is known to have strong benefits on the immune system and is lacking in most modern western diets.

Besides the immunity benefits of lauric acid and the other MCTs in coconut oil, the fats in coconut oil are readily used by the body for energy (easier than most other forms of dietary fat), and can also stimulate your body's metabolism to aid in fat loss.

So this is yet another example of a healthy fat that can actually help fat loss.

What I tried to do during this 23-day blast was to use a little bit of coconut oil each day and one of the ways I did this was after I steamed my broccoli or cauliflower, I would then quickly sauté the veggies and a little garlic in about 1 Tbsp of virgin coconut oil. I also

always use coconut oil as my oil of choice when cooking eggs. It's the most stable oil under heat and the healthiest oil to cook with.

BCAA's and Carnitine

I also used about 3-5 grams per day of branched chain aminos - [BCAA's](#) to help control catabolism, but at very specific times... either in the mornings on an empty stomach before doing morning exercise, or at night before bed. Many studies indicate that BCAA's can be helpful in maintaining lean muscle while restricting calories... and particularly beneficial in preventing catabolism of muscle while doing fasted exercise.

As for carnitine, there appears to be some studies out there that showed some positive benefits to carnitine supplementation to increase fat loss while restricting calories. There are also some conflicting studies that say there is very little benefit if any to carnitine supplementation on fat loss, but these seem to be based on studies with doses that were too small.

However, I got this tip from my good friend and trusted colleague Jon Benson, best-selling author of many books (<http://BestFitnessOver40.com> ; <http://7MinuteMuscleProgram.com>) and he swears by using liquid l-carnitine during a cutting cycle ONLY on an empty stomach as it can help aid the body in utilizing fat stores. Jon has a lot of experience in cutting cycles for "peaking", and he was pretty confident that this gives a benefit.

So during my 23-day accelerated fat burning cycle, my strategy was to use about 2 gms of liquid l-carnitine first thing in the morning on an empty stomach along with about 2-3 grams of [BCAA's](#) and then go for a 30-40 minute brisk walk or hike up the mountain behind my house before eating breakfast.

This goes against my usual philosophy of eating a meal immediately in the morning to reverse the catabolic state that your body is in upon waking in the morning. However, during this 23-day cycle, I wanted to get every possible fat burning advantage as possible, so I made this part of my repertoire about 5 days/week.

Stress Management/Reduction

As you may know, chronic stress is one of the most negative things you can do to your body and your health. And you also may know that stress can chronically elevate cortisol levels, which makes it extremely hard for you to lose body fat.

For that reason, it is essential to find something that helps you to manage and minimize stress in your daily life if you want to maximize your fat burning efforts. This could be as simple as meditating or thinking of a relaxing environment that you love (such as a warm beach) and doing this for a couple minutes every hour, while you're at work, to help manage stress. It also means that you need to program yourself to stay calm in situations that may normally cause you un-necessary stress, such as traffic or rude people.

Or perhaps, a daily bout of yoga, a massage, or something else that helps you reduce stress could be beneficial.

For me, I tried to go out on a relaxing hike and get some fresh air on most days when I felt that I had a lot of work to do, and may have been allowing stress to creep in. I live in one of the most beautiful areas of the country (the Colorado Rockies), so it always helps me to relieve stress by getting out and enjoying the scenic beauty and fresh air of the mountains.

Whatever it may be... find that certain activity that you can do that helps you to relieve stress on a daily basis. It can go a long way to helping your health and also your fat burning.

Deep Sleep and Fat Loss

We've all heard a million times that adequate sleep (generally 7-9 hours per night) is essential for just about every aspect of your health.

However, during a 23-day cutting cycle like this... I was stepping up my training intensity a notch, and also reducing carbohydrates a bit and overall calories too... so it is even MORE important than ever to make sure to get at least 8 hours of sleep every night to give the body maximal recovery.

Studies show that even partial sleep deprivation, such as 6 hours per night instead of 8 hours per night can increase cortisol levels, reduce fat-burning and muscle building hormones such as testosterone and growth hormone, and essentially reduce your ability to maximize fat loss and muscle maintenance.

There's just no room for error in this type of 23-day cutting cycle if you're serious about your goal, so 8 hours of deep sleep per night is a must to maximize your results.

The Advanced Strategies... a Little Overboard?

Well, that about does it for all of the nitty gritty details I used to go from 10.2% body fat to 6.9% body fat in only 23 days while prepping for a photo shoot recently. I'll be posting the pics on my blog in the coming weeks as I don't have them back yet.

Like I mentioned at the beginning of this section, some of this was a little whacky and overly strict, pretty much to the point of being anal retentive about every little thing you're doing for several weeks. But again, this was only for 23 days, just in order to meet a specific goal that I had set. I would go crazy if I tried to live my life all of the time like that.

But that's the point of the entire section... you don't have to be this strict all of the time, and you can stay in great shape year-round with a nice balanced fitness lifestyle... but when there's those events like weddings, or beach vacations, or any other event that you want to fine tune your body and cut off some significant body fat in only 3-4 weeks, these advanced strategies can be pretty powerful if you have the motivation and discipline to actually do it!

BUYING GUIDE

- **Grass fed beef, bison, veal, lamb, goat, free range chicken, grass fed raw cheeses, grass fed butter and more:** The best source of high quality grass fed meat, grass fed raw cheese, grass fed butter, free-range chicken, humanely raised pork, wild-caught fish, nutraceuticals, organic nuts, snacks, and more is U.S. Wellness Meats at <http://healthygrassfed.2ya.com>

This company ships across the country and in most places, you will receive your order at your door in 2-3 days. Meat comes vacuum packed and frozen in insulated cold cartons, unless ordered fresh. Some of the best tasting meat you have ever had! This company cannot be beat for high quality, grass fed meats, cheese and snacks. U.S. Wellness Meats also carries a great low sugar, high fructose corn sryup free sports water that fuels active lifestyles.

- **Wild Caught Fish**-Best online source for a great variety of delicious, wild-caught sustainable salmon and high omega 3, certified pure, sushi-grade fresh and frozen fish is [Vital Choice Seafood](#). Check out the tabs “Doctors Top Choices” and “Product Starter Packs” for great ideas on what to order. Also try Alaskan Sablefish for a rich, delicious melt-in-your-mouth super healthy, high omega 3 treat. Trader Joe’s is also a great place to buy small packages of wild-caught frozen fish of various kinds, as well as your local grocery store. Look for “wild-caught” not “farm-raised”.
- **Nuts**- Obviously the grocery does carry nuts, but try to find the raw nuts, or those without added omega 6 oils, which kind of defeat the purpose of eating them. One of the best places to find great selections of nuts, trail mix, etc. at great prices is Trader Joe’s.
- **Raw Milk**-go to <http://www.realmilk.com/where1.html> Find your state and click on it to search for dairy farms near you. Some farms will ship to your home, or deliver close to where you live. Some of these farms also carry free-range organic eggs, grass-fed meats, and other items as well.
- **Stevia** is now readily available at most grocery stores. The more pure version of Stevia is usually sold in health-food sections of grocery stores or healthier food stores like Trader Joe’s and Whole Foods. Lots of times Stevia is placed in the ‘Supplement’ aisle, because of silly FDA rulings. Expect to see Stevia or derivatives of Stevia in mainstream soft drinks, frozen treats, and other low calorie sweetened items. That still doesn’t mean these are great items to be ingesting, but possibly less bad than before!
- **Gluten-free brown rice pasta and gluten-free brown rice wraps**- Grocery stores are really starting to pick up on the gluten-free trend, so many actually may have a gluten free section in the store. Otherwise check your regular pasta aisle for brown rice or whole wheat pasta. Trader Joe’s and Whole Foods have a big variety of gluten free brown rice pastas of all different shapes and sizes. Just remember that if fat loss is your goal, grains should be kept to a minimum.

- **Miscellaneous**-Most grocery stores now carry the rock sea salt in the little grinder. Rather than buy a new grinder with salt in it every time, you can buy a bigger container of sea salt in the larger crystal size and just fill up the grinder. Saves money and keeps you stocked with great tasting salt.
- Healthier food stores carry great **dark chocolate**, but many grocery stores now carry decent dark chocolate as well. Remember that milk chocolate is more fattening, contains more sugar, and not as good for you, so stick with dark chocolate that is at least 70% cocoa, with no additives or preservatives.
- **Coconut oil** - Whole Foods or your health food store. Your grocery store may also have it in the health foods aisle. Be sure it is in its natural state, and not refined or hydrogenated.
- **Healthy energy bars**: Whole Foods, Trader Joes, your local grocery store's health food aisle, or order some amazing raw food bars here - [Dale's Raw Food bars](#) -these are some delicious raw protein bars with loads of fiber too, and great taste! Another bar that is more of a "snack bar" and is very tasty, but not necessarily high in protein are these: <http://natural.getprograde.com/cravers>

Other recommended health resources:

1. If you have **high blood pressure**, you need to understand the potential dangers in blood pressure drugs. Make sure to watch this video to [lower your blood pressure with natural foods](#) instead.
2. If you have **acid reflux**, stomach acid drugs could be doing more harm than good. Instead [see here how to naturally STOP acid reflux](#).
3. If you have **diabetes or pre-diabetes**, you must see this: [How to Naturally Reverse Diabetes](#)
4. **Low T?** [For men with low Testosterone this is a great resource to naturally boost your T.](#) Optimizing your T levels helps lose body fat, build muscle, and increase libido, among dozens of other benefits.

Also, [this is a great new herbal-based supplement](#) that's scientifically shown to help optimize Testosterone levels naturally without any dangerous drugs.

<http://natural.getprograde.com/k20.html>

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Catherine Ebeling Bio

Catherine Ebeling (Cat) is a fit 50-year-old mother of three teenagers. She has a Bachelors' Degree in Marketing from Ball State University in Indiana, and a Bachelors' Degree in Nursing (RN BSN) from St. Louis University, in St. Louis, Missouri.

Cat is a Certified Personal Trainer and Certified Lifestyle and Weight Management Consultant. She has studied nutrition, food allergies, and weight loss in depth for the last 25 years. After discovering she herself had food allergies and gluten sensitivity, she was motivated to study more about nutrition, vitamin deficiencies and related health issues, and has made it her life's work.

In addition to her experience as a Personal Trainer and Weight Loss Consulting, she is a published wellness writer with a regular column in a national e-newsletter with 25,000 subscribers - <http://healthygrassfed.2ya.com>

In her spare time, Cat is a competitive cyclist and rides her road bike regularly 200 or more miles a week, as well as riding and racing her mountain bike. In her first year riding a road bike, Cat rode well over 2500 miles and participated in RAGBRAI, an organized ride across Iowa, which was approximately 500 miles in one week.

Cat lives just outside of St. Louis with her three teenagers aged 18, 16, and 14; a Rhodesian ridgeback named Mia, and a cat named Paco.

You can get regular diet, health, wellness and fitness updates at Cat's website at <http://www.simplesmartnutrition.com/>



Mike Geary Bio

Mike has been a Certified Nutrition Specialist and Certified Personal Trainer for almost 10 years now. Mike has been studying nutrition and exercise for almost 20 years, ever since being a young teenager. Mike is currently 36 and moved from New Jersey (growing up in the Philadelphia area) to the beautiful mountains of the Colorado Rockies 5 years ago. Mike now enjoys skiing almost every day during the winter in Colorado and Utah and spends a lot of time mountain biking, hiking, golfing, and enjoying other outdoor activities and sports.



Mike is an avid adventurer and in the last several years, has done:

- 3 skydiving jumps (2 of them from 17,000 feet in Colorado)
- 4 whitewater rafting trips including some of the most extreme Class 5 rapids in North America in the well-known Gore Canyon
- Piloting an Italian fighter plane over the desert of Nevada (wow, what a blast!)
- Taking part in a “Zero-Gravity Flight” where you actually experience weightlessness and float around the airplane cabin (the same training given to astronauts)
- Heli-skiing in Chile
- Scuba diving the Silfra Ravine in Iceland in 34-degree F water and 300-feet visibility underwater.
- Snowmobiling and hiking on a glacier that overlies a volcano in Iceland
- Riding Porsche powered dune buggies through the entire length of the Baja Peninsula of Mexico with 25 high level business owners and CEOs, including Jesse James of West Coast Choppers fame
- Ziplining over canyons and forests in the Rocky Mountains, Costa Rica, and Mexico
- Cruising the entire Caribbean
- Traveling through Nicaragua, Spain, Belize, Costa Rica, Mexico, Iceland, Chile, the Bahamas, Jamaica, Cayman Islands, Turks & Caicos, Trinidad & Tobago, and all over the US/Canada.

In the last 5 years, Mike has become the best-selling author of the famous *Truth about Six Pack Abs* program with over 439,000 readers currently in 163 countries, and a subscriber base of over 655,000 subscribers worldwide to Mike’s [Lean-Body Secrets online e-newsletter](#).

If you don’t already receive Mike’s weekly Lean-Body Secrets e-newsletter, make sure to [sign up here for FREE](#) so you don’t miss out on all of Mike’s unique fat-burning recipes, crazy workout combinations, and tons more tips to help you live lean and healthy for life!

Mike's *Truth About Six Pack Abs* program has also been translated currently into Spanish, German, and French:

German version: <http://www.flacherbauch.com/>

Spanish version: <http://www.PierdaGrasaAbdominal.com>

French version: <http://www.toutsurlesabdos.com/>

Mike is passionate about skiing and is also the author of the program for hard core skiers to get their legs in the shape of their lives for the skiing season. Check it out:

<http://www.AvalancheSkiTraining.com>

Even if you're not a skier, these programs are some very unique leg training programs and will help anyone to get rock solid legs of steel!

If you're a time-crunched person and find it hard to fit in workouts into your schedule, check out Mike's super high intensity Tabata style (4-minute workouts) workout DVDs at:

<http://www.BusyManFitness.com>

