



2023 Guide To Fat Burning Tips and Tricks

Copyright 2022,
AffiliateFeast.com

Table of Contents

Introduction

Chapter 1. Our Deficient Food Supply

Chapter 2. The Importance of Keeping the Body Detoxified

Chapter 3. Exercise

Chapter 4. It All Starts With The Digestive System

Chapter 5. Veganism or Meat-Eating?

Chapter 6. How to Avoid "Dieting"

Chapter 7. Sugar and Carbs—The Kryptonite of Weight Loss

Chapter 8. Juicing

Chapter 9. Four Dieting Secrets

Chapter 10. The Psychology of Weight Loss

Introduction

In January of this year (2022), the first two lines of an article on overweight Americans began,

"According to statistics, over 70% of Americans adults are either overweight or obese...Let that sink in."

Yeah, let it. Only 30% of all Americans over 20 are at normal weight or less! And it seems to be a global trend that only keeps creeping up.

You might think it's due to the simple fact that, as nations prosper and people's occupations become less physical and more sedentary, it's only natural that they put on more pounds. And yet never before in history have human beings had more knowledge of healthy living and access to the products that can facilitate it.

It's a tragedy compounded by denialist pop philosophies, asserting that being overweight is now somehow beautiful. No it's not, and it's also very dangerous for one's health. At the very least, it hampers enjoying life to its fullest and being as successful as you have the potential for.

*The approach to weight loss in this booklet is to make it the cart and not the horse. The horse that drives it should be a focus on **getting healthier**. Losing weight or getting to its optimal level is just its happy by-product. Both are desirable and both are necessary to achieve the kind of life and positive, success-oriented, can-do attitudes we all need.*

As an affiliate marketer, I sell some products whose companies may promote them as something of a miracle cure. And indeed, for a few people they may be just the key they've been looking for. But the problem is that the human body is a complex machine with many working parts, all of which are affected by one another. A problem fixed at one level may still leave more to be addressed.

So, it shouldn't surprise us that people are confused by the many different theories out there about health. *In fact, over one half of all Americans apparently believe it's easier to fill out their income taxes than it is to figure out what they ought to eat!*¹

Therefore, to get the results you're looking for in weight loss, you have to take a wholistic approach. If you understand *how* your body works, you're more likely to stick with it and realize your goals. In fact, it's something you ought to consider as a lifestyle, a Zen exercise, as just "something you do."

Therefore, this book is broken up into three broad steps—**Detoxifying Your Body**, **Understanding How the Body Works**, and **Feeding Your Body**. It won't be a comprehensive study—entire libraries have been written on these and other tangential subjects. But it will be

enough of a bird's eye view to help you get perspective and avoid discouragement, because again, it's *understanding* what you're doing that motivates you to stick with it.

I. Detoxifying Your Body

Chapter 1. Our Deficient Food Supply

For decades now, America's food supply has been very much oriented toward maximizing corporate profits at the expense of the public's health. For agri-business this means growing food for appearance and maximized shelf life, killing off pests with deadly chemicals, developing processed foods for convenience, additives that can slowly poison or clog up the system, ingredients designed to addict you, and filler foods like sugar that are cheap but damaging to the body.

And because the soil is so over-worked and inadequately nourished, the foods are likewise de-vitalized of the many nutritional factors we need to stay healthy. One of the great problems with being overweight is that people just keep eating and eating, hoping to feel satiated from foods that lack the capacity to actually do so. They may taste great but if they're not nourishing you, you will crave cheap and quick energy products that will be just stored away as fat and add more toxicity.

Added to this is the fact that we've invented some 70,000 new chemical products since World War II and sent them into our environment, with very few being tested for their effects on our health. The FDA may insist a drug be tested for up to ten years before approval, but little is being done about these deadly toxins including herbicides and pesticides going straight into the human body through the skin, lungs and diet. Many pharmaceuticals which also toxify the body also end up in the water supply which is itself minimally purified.

Then there's fast foods and processed foods, the diets of convenience for working people trying to keep up with the competitive nature of modern American life especially. They are often loaded with preservatives, synthetic food modifiers, toxic colorants, indigestible fats, excessive amounts of sugars to mask taste, cheap fillers, and ingredients designed to addict the consumer. Fast foods menus are normally a lot of fried items with loads of salt, indigestible fat and sugar.

Yet we have five tastes available to us, not just salty and sweet. Foods that are tart, bitter and sour are often packed with lots of nutrition, and it's in our interests to get familiar with them and get used to eating them. Bitter foods for instance are very beneficial to the liver, which is the biggest detox workhorse in the body.

I'll never forget the first time I ate sour cream. I thought, "Yuck!" But I later came to love its tart and sour flavor combination and the enzymes and probiotics it's loaded with.

So, there's no getting around Mother Nature here. Contrariwise, foods that spoil easily are usually foods loaded with nutrition. In many nations going to the market almost daily to get fresh food is just something you do. It can take longer to prepare but it's much healthier.

I remember visiting Ukraine about 15 years ago, the nation that Russia has been savagely attacking this year. I was there for over five weeks, and I noted how everything I ate felt rich and satisfying. The whole time there I felt very strong and nourished.

And I don't think it's just the natural richness of their world-famous soil. Farming in Europe is generally more naturally organic by default compared to here in America. In the US, agri-business fertilizer is nitrogen-based. The latter makes for better shelf life, but the produce tastes like cardboard sometimes, and is greatly de-vitalized. Anyone who's had vine-ripened tomatoes for instance, instead of those hard versions with red color pumped into it, knows what I'm talking about.

I had the same experience during two years of missionary work in the Philippines. The soil there is volcanic and the fruits and vegetables are loaded with trace minerals that are simply missing in American agriculture. I felt greatly strengthened by it all as long as I avoided bacterial infections.

A Boomer Fail

Fifty years ago, my generation had high hopes of seeing organic farming become the norm, even for agri-business in America. But political policies skewed to favoring wealth and Wall Street, maximizing profits, cutting regulations to the bone, neutering governmental authority and oversight, ignoring consumer rights, belittling wholistic and environmental solutions, allowing for GMOs and other techniques devastating to human health, promoting "health" care that is more like sick care, favoring Big Pharma and the like—all this and more have *made us the sickest* among comparably-developed nations in the world, or even poor ones like Ukraine.

Because of the favor given to drugs over natural remedies, we have been conditioned to think that degenerative diseases can be cured with a pill that deals only with the symptoms. We were lucky to get legislation passed forcing manufacturers to print a bare bones ingredients label on every product. Even at that, they have been allowed to legally put words like "all natural" on labels for ingredients which are anything but.

Thus have they fostered a Wild West, every-man-for-himself atmosphere that we are just going to have to deal with. Your health is your own responsibility, and listening to ignorant, greedy people doesn't help. Even the label "organic" in America has been compromised by corporate legal hair-splitting. Organic food here is therefore significantly more expensive than conventionally grown, but if you can afford it, it generally has more nutrition and is free of toxic chemicals.

I don't mean to paint such a bleak picture here. Knowledge in health is exploding exponentially, and the upside to our free enterprise system is that consumer demand will always be met with someone supplying a solution. Organic foods are becoming more and more available, even though they cost more than they need to. There are even a lot of "processed" foods available now such as green powders that are both convenient and incredibly healthy. Distilled down to their most concentrated state, they are safe and super-beneficial.

When I started out in the natural foods industry in 1971, stores were bare bones affairs compared to the dizzying array of products available in today's Whole Foods-type outlets. So, in many ways we've never had it so good.

The point here is that you have to look out for your own interests. The government in its present state is too weak or gridlocked to do it for you. Self-educating yourself in this area is necessary and a repetitive process unless you have a photographic memory. Make it a lifestyle and you'll get wiser and wiser with each passing year, for studying health is a lifelong exercise.

Chapter 2. The Importance of Keeping the Body Detoxified

Much of what we think of as fat is just the accumulation of toxic waste deposits in the body that come from many sources. They can be the pesticides and herbicides used in agriculture, toxins from the air and water, heavy metals, parasites of many kinds. All of them either feed on the body or irritate it, putting the body in an acid state.

The bulk of our acidic wastes however, are produced by ordinary everyday digestion and cell metabolism. They include nitric, sulphuric, phosphoric, uric, lactic and other acids. I'm sure you're familiar with the lactic acid that causes pain and soreness in the muscles after strenuous exercise. Uric acid is what is excreted during urination.

All these sources create an acidic condition that the blood stream must isolate at all costs to protect its own delicate pH. And these wastes must be constantly removed from the body through defecation, urination, respiration and perspiration. If they are not, the blood stream will store them in parts of the body to protect itself where they begin to do long-term damage.

I don't think I need to explain to you what happens to almost anything when it's immersed in an acid with a low pH!

The human body has long been likened to a river, since it's 90% water anyhow. A fast-moving mountain creek is very clean, partly because when it travels over rocks, it will literally pull bacteria and parasites out of the water. But if it gets trapped downstream it can become a swamp, where the water festers and grows all kinds of noxious plant and microscopic life.

So likewise, thinking of the body as a river that has to be ever-kept moving and detoxed, is an important mental image. This means drinking enough water or liquids during the day, pursuing a rigorous sport, or regular exercise that makes you sweat out toxins.

The fluid in the lymph system has the job of draining these toxins to nodes where the immune system's macrophages eat them up. Yet because it doesn't have a pump, the lymph system depends upon bodily movement. Even just jumping up and down will help the process along (the reason for the popularity of personal trampolines in recent decades). This is why hospitals encourage their patients to at least "get up and move around," lest they drown in their own metabolic wastes.

Periodic **fasting** of all kinds to clean out the body is a powerful solution here. Fasting allows the body to shut down and go into "autophagy," a process of cleaning up debris and re-cycling damaged proteins. Autophagy² takes place about 18-24 hours into a fast.

If you can manage to last beyond 72 hours, fasting will also accelerate the production of new stem cells. These are cells that have the ability to be made into whatever form is most needed in the body—skin, bone, muscles, etc—according to the body's own innate intelligence. This is essential for the replacement of aging and damaged cells with new ones, the key to keeping a youthful look.

I've heard interviews with two young men who claimed they cured cancer by fasting.³ And you don't have to go on a complete water fast to get its benefits. In fact it's probably safer not to do it that way. You can still take electrolytes, supplements, teas and a number of other substances to make the process easier for you without losing a fast's effects.

Other techniques include special herbs and foods that help keep the body clean. Herbs like [Burdock root](#) for instance are excellent blood purifiers.

Colonics is another technique wherein water is run through your colon to clean out the debris. It's not a pretty subject but it is true the old saying that, "Death starts in the colon."

All the same, cleaning out your colon is one of the best places to start if you're not a long-time practitioner of detox strategies. There are a lot of colon cleanse products out there but they certainly are not all are created equal. Some can produce an enormous amount of inconvenience, discomfort, messiness and dangerous diarrhea. Others are only minimally effective.

Over the years the best one I have ever found hands down is the [Colonix Kit](#) from the Dr. Natura company. They once won out over 20 competitors tested by an online consumer website, and do they ever deserve it!

The kit consists of an anti-parasite herbal formula called Paranil and a mild laxative tea to drink before bed. But its real star is the Colonix powder, a blend of many different ingredients that are designed to grab old fecal matter impacted on the colon walls and move it out. And if you've never done something like this before, you'd be amazed at what it's hiding—worms, liver flukes, and parasites of every kind including those you can hardly imagine!

And what gets me is how relatively painless it all is and non-messy. And if you're given to constant constipation, able to have only one or two bowel movements a week, this will give you two or three a day during a cleanse! Yet none of it is diarrhea, nor so compacted as to cause you hemorrhoids or incredible pain. All you have to do is follow the simple instructions.

I've taken dozens of these over the years, now only about once or twice a year. The kit covers a 30-day process. If you've never had a colon cleanse especially, this is the best money you'll ever spend. *But you have to get the whole* kit to get the right results. Its three component parts work synergistically.

After a colon cleanse you might want to consider a **liver cleanse**. The liver is the powerhouse detoxifier of the body. In fact, it involves over 500 functions all of which maintain your life, hence its name.

The liver's functions include "detoxification of the organism, and the synthesis of proteins and biochemicals necessary for digestion and growth."⁴ It also produces bile, excreted through the gallbladder and into the stomach. Bile breaks down dietary fats, and is very essential to a healthy, functioning body. You just need to watch what kinds of fats to take in, as we will see in the section on diet.

One of the functions of the liver is to trap and kill parasites, such as bad bacteria from fresh salad greens which get in the intestinal tract, causing diarrhea. Once they're killed by the liver, the dead bacteria combine with cholesterol, bile, salts, calcium and other minerals to form stones. We know them as gallstones, kidney stones and the like, but they actually all start as **liver stones**.

At first these stones have the consistency of over-boiled rice—very soft and easily passed through the bile ducts and out of the body in a healthy liver. But they can also accumulate and get harder and bigger with time, creating an effect like marbles stuck in a garden hose, cutting off the water. In this case, the bile gets backed up in the liver and never makes it to the gallbladder and into the stomach where it is necessary for the breakdown of fats.

This can set up a chain reaction where your entire digestive tract gets clogged up. If your body can't properly digest its food, energy is lacking, making you feel tired which just makes you want to eat all the more. You end up feeling bloated.

Worse yet, it seems you merely look at food and put on weight during these times! And it's flabby weight too. Simultaneously, you can't put on any muscle either. Why? Because you're not digesting your food and the body is throwing it off on to storage areas like your waist, and internal organs like the liver, further clogging up the system's functioning. The result in the long run is a wide range of degenerative diseases that all begin with faulty digestion.

Looking into a good **liver cleanse product** may be just the thing you need. [Here are some excellent ones](#) along with some [general detox products](#), from highest rated on down.

There's also an herb called [Chanca Piedra](#), literally the "stone breaker," because it does just that—break up stones in the liver, kidneys and elsewhere. It's a great preventative but it may take a bit longer as a curative. Other herbs good for the liver include [Milk Thistle, Dandelion, Turmeric and other bitter herbs](#).

Try these remedies and you'll have more energy, clear-headedness and appetite without putting on weight. Anything that can "get the gunk out" clogging up your body will help. Any temporary headaches and other discomforts are only a sign of how toxic you are. Just tough it through. Make detoxifying your body a regular habit and your body will serve you well into old age. And you'll sure enjoy life a lot more in the process!

There are other things that can be done to keep that river flowing as well. **Massage therapy** breaks up the lactic acid that gets stored in the muscles after strenuous exercise or when the skeleton is out of alignment and the muscles start to cramp. Massage of any kind will help here, and you don't need to hire a professional masseuse. You can buy [foot massage contraptions or machines](#), etc.

In general, wherever you feel intense deep pain in the body it's worthwhile to rub it or attack it directly, even when it hurts at first. Not only are you breaking up lactic acid but you're stimulating the electro-magnetic field of the body, what the Chinese call the *chi* (or *qi*).

Chiropractic treatments, even stretching can help here too. Anything to keep that river flowing and the body from getting too "stuck" is worthwhile.

Of course, drinking pure water to help flush toxins out is just common sense here too. I would invest in a good [home water purifier](#) right at the tap. If you can afford it, you can get [an entire system](#) for the whole house, to filter out chlorine, heavy metals, and other toxins that go right into your body through the skin, especially during a hot shower.

Be careful about bottled water, which kind you buy and how you store it.⁵ Some bottles will leech out its plastic. The flimsier the container, the more likely this will be. Plastics have been implicated with higher rates of sterility in men among other problems. And be careful about glass bottles made in China which can also leech out contaminants.

As a last word here, I'd encourage you to consider making 9.5 pH alkaline your drinking water of choice. I explain in chapter 4, why I think this is, although not all agree on it. Just make sure what you drink and cook with is purified water.

Chapter 3. Exercise

Exercise is the best thing to partner with your detox routines. The two of them work synergistically and accelerate the weight loss process. Intense exercise including aerobics strengthens the immune system would you believe, oxygenates the blood giving you that red glow healthy look, and squeezes toxins out from between your muscles. Vigorous movement of almost any kind helps the lymph system move them out of the body. Others come out through the lungs and the sweat.

None of this is to mention the kickstart it gives to your circulation system. It forces blood out into distant capillaries, ensuring that nutrients get to the farthest parts of the body where they're needed. When finished up with a shower, washing impurities off the skin, everyone is familiar with how refreshed one feels even though they may be quite exhausted.

If your aim is to build muscle, fewer reps with heavier weights tend to stimulate growth the fastest. Start out lighter and work your way up if you're out of shape or never done it before. Your aim in the gym is not to get that immediate "pump," no matter how flattering it is or encouraging. If you want to gain muscle, you are there to tear them down so that when the body rebuilds them, they come back bigger and stronger than before.

That of course means high-quality protein in the diet, but beware. If you overdo the protein, the body will only use so much for repair and the rest will be turned into glucose. If that's the case, you might as well be eating dirty carbs as is explained in the next section.

Exercise is a huge subject of course and I don't pretend to be an expert here. You need to do your own research as with all these other subjects. But I just wanted to stress that, if your aim is to lose weight then exercise is essential to getting the best and quickest result you want. Like the Bible suggests, you are a created spirit that has a soul which live in a body. The goal is to put your body under your control, not pushed around by its indulgences and appetites. Like everything else here, make it a lifestyle, a kind of Zen exercise, a Nike "just do it" routine part of your life, and you'll live longer and happier.

II. Understanding How The Body Works

Chapter 4. It All Starts With The Digestive System

Before going into theories about how our complex bodies work and why, I feel the need to inform you that I generally subscribe to the theory that all disease starts with an overly-acidic body. The renown German scientist Dr. Otto Warburg, who had 47 Nobel Prize nominations during his career and won it in 1931 for Physiology, once said, "No disease, including cancer, can exist in an alkaline environment."

Dr. Robert Young has built much of his thinking on this assumption. One of his most central axioms is, "The body is alkaline by design and acidic by function."

What he means by "alkaline by design" is that our blood system prioritizes the keeping of our blood in a slightly alkaline state, with a pH of around 7.3 to 7.6 (7 being the middle of the acid/alkaline scale of 1-14). In fact, our blood is constantly fighting to stay in that narrow range, that level of homeostasis, even if it means throwing off acidic toxins and waste products into the tissues for storage and where they can do the least harm. For a while at least. But eventually they irritate that part of the body to the point of crisis and breakdown.

What he means by "acidic by function" is that the metabolic processes of the various cells produce acidic wastes which are carried out of the body through defecation, urination, respiration and perspiration. The lactic acid that gives us pain in the muscles after strenuous exercise is one example, because *everything* we do all day involves cell metabolism.

Keeping the body free of these wastes is critical, because you know what happens to almost anything that sits in acid for a while. Yet this burden is multiplied by the added stress caused by other acidifying factors—environmental pollutants, carcinogens, parasites, bacteria, viruses, germs, drugs and the like. Getting and keeping the body free and slightly alkaline is the key to healing health breakdowns of all varieties and to living an energetic, positive lifestyle.

People often fail to understand the importance of good digestion in this quest, partly because it's a complex and inter-related process. When something goes wrong at any stage in it, it can set off a chain reaction that undermines the body's ability to metabolize food into energy, leaving us feeling tired, sluggish and lacking stamina.

Worse yet, the foods that should have been burned up into energy are now thrown off onto the body as well in the form of undigested proteins, fats and carbs. And since so many of our foods are devitalized and altered for convenience as we said in the beginning, a fat person still feels like they're always starving. Why? Because in a way they are. It's why they eat too much and never stop snacking.

If you're very sick now, I would recommend eating a highly-alkaline diet until you start to feel better. If you're healthy, the usual rule of thumb for a good diet is a mix of 20% acidic foods and 80% alkaline foods. A list of foods according to their acid-alkalinity ratings can be found [here](#).

From One End To The Other

Digestion starts in the teeth in your mouth and chewing your food. There's an old saying, "Drink your food and eat your liquids." Some would even argue that this is the most important part of digestion since it breaks the foods down into a state where they can be broken down chemically.

Saliva in the mouth is a fairly alkaline substance and thoroughly mixing it in with your food is the first step. Using your teeth in conjunction with the mouth's saliva is the first step in digestion. Wolfing down your food gets everything off on the wrong foot, even though young people are famous for their ability to get away with such things. Why? Because they have such a strong digestive system.

From there it goes down into the **stomach** wherein waits hydrochloric acid with a pH of about 1, about battery acid territory! This environment furthers the breakdown of proteins and minerals for absorption by the **small intestines** which is again an alkaline environment. It's here where the broken-down nutrients are absorbed for use in the body.

One of the problems here happens when bad bacteria (or even probiotics) get stuck in the small intestines. This happens when people eat tainted food or otherwise back up the whole alimentary system. It can result in constipation or its opposite, diarrhea. Either way, it's misery and that nourishment goes wasted.

After it's finished there, it finally ends up in the large intestines or **colon**. It is here where all the fiber or ruffage is broken down by friendly bacteria, which in turn create enzymes that are sent throughout the body. Taking a quality probiotic every day, especially with high-fiber meals (salads, etc), I highly recommend as **one of the most essential health habits you can develop**. Building up and maintaining the colon's flora in that teeming ecosystem is something that can "cover all other sins," for even a bad bacterial infection will be "handled" when there's enough good bacteria present to overwhelm it.

Try to avoid taking antibiotics if you can at all do so. Antibiotic drugs are so effective at wiping out bad bacteria that they wipe out all the good at the same time! It is doubly important to replenish your colon with strong doses of probiotics after you've been on an antibiotic.

All Cranked Up

Which bring us to a national idol—*coffee*! Don't you just love the smell of fresh-roasted coffee? And the taste (at least when it's doctored up enough, IMHO), and the mental zing you feel when you first drink it?

Yes, that's right. For the first 15 minutes. After that the physical effects kick in, often lasting all day and disturbing your sleep at night. Worse yet, that physicality seems to accumulate over the

course of the work week. You get jittery, you're constantly restless, you're grinding your teeth without realizing it, you feel that subconscious clutch in the stomach.

It's called caffeine and it's becoming a national crisis. It may be behind a lot of road rage, gun massacres, domestic fights and God knows what else.

Worse yet, caffeine is becoming a national crisis as people turn to it for the energy they lack. Some coffees are so strong now as to contain nearly 130 mg *per ounce*⁶ with inspirational names like Devil's Brew, Black Insomnia, Biohazard and the ever-popular Death Wish.⁷ None of it to mention the plethora of Red Bull-type energy drinks and shots flooding the market. What hast thou wrought, O Howard Schultz?

This all has a direct effect upon the autonomic nervous system. That means that it stimulates your bowels to dump their contents before the digestion process is finished, so that your nutrients aren't going to be absorbed. All that friendly bacteria will be flushed out, you're left nervous, under-nourished and dehydrated.

At that point a ton of toxic debris is sent into your liver to start some new stones. Your entire eco-system is now thrown into chaos. Messing up your digestion isn't going to help your weight loss efforts.

Coffee, cocoa and black teas are also very acidic and some of our most heavily sprayed crops if they're not raised organically. That's a lot of poison for your body to eliminate every day. I know that young people feel they are indestructible, but only for a while.

There's no doubt caffeine will sharpen your mind, especially your vocal centers, and if you're going to use it I would suggest it be at the beginning of the day with a lot of physical activity ahead. But if you love coffee (and I confess I still do!), be careful to take those probiotics every day.

If you're looking for something for your mind, better alternatives would be things like [tyrosine](#) (for focus), [theanine](#) (which takes the edge off of caffeine), [powdered mushrooms](#)⁸ and other [nootropic ingredients](#) in your morning drink. They are kind of like the [Mud-type drinks](#). They all have calming and focusing effects on the mind.

Chapter 5. Veganism or Meat-Eating?

As I said, I'm inclined toward the acid/alkaline theory of health, but I realize a lot of people are going to blanch at the thought of giving up all their favorite foods. This is probably so in inverse proportion to your age because as I said, young people think they're indestructible. But as you get older you start to feel the effects of the constant acidification of the body. Plus a diet of mostly alkaline plants is admittedly a hard sell nowadays.

So I'm not going to be purist about this, but will give some helpful tips and tricks below for those who want to keep eating meat and the like. In addition, you can still ease into changes slowly if you want, giving yourself time to change old habits according to that 30-day principle above.

Full disclosure, I've been a lifelong meat eater and loved every minute of it, but health considerations are forcing me to finally make the transition to an alkaline diet. What I'm still not sure of is the issue of protein, a macro-nutrient because it's essential for so many functions of the body.

The conventional wisdom is that only animal-based protein is complete. Certainly, it provides a lot *more* protein to your body, though vegans insist a plant-based diet can have complete proteins⁹ without all the acids, hormones, GMO feeds, adrenaline and other things that come along with most meat.

Worse yet, meat when cooked with intense heat (especially grilling) produce heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). "In laboratory experiments, HCAs and PAHs have been found to be mutagenic—that is, they cause changes in DNA that may increase the risk of cancer."¹⁰

Worse yet again, when proteins, and/or fats are combined with sugars (as in Bar-B-Queing with sauce) they generate Advanced Glycation End-products, going by the appropriately-named acronym AGE. What this means is that they make the blood sticky, blocking up the arteries and capillaries of the body. What can go wrong there? The same holds true for starches and sugar (as in potato chips).

Meats also tend to putrefy in the digestive tract and can leave hard, rubbery fecal matter deposits on the colon walls if there's not enough fiber in your diet. And it's a residue that accumulates with time. A parallel idea is the gunk you would find in sewage pipes, as we discussed regarding the Colonix product. It's the perfect place for disease factors to grow since 80% of your immune system is in the gut.

Ever since some pharmaceutical company developed a drug to lower cholesterol levels, the conventional wisdom is that cholesterol is dangerous to the body, when the truth is that it's such an essential hormone that the body will manufacture it itself if there's not enough being consumed through food. It's role in heart disease is more circumstantial than anything from what I can tell, although as I said in the beginning, I am not a doctor and I'm not offering medical advice here.

The problem seems to be inflammation of the blood vessels which can come from many factors. (In fact, almost all chronic diseases are the result of some kind of inflammation. The world's problems are the consequence of constant societal inflammation for that matter.) The results are ruptures and lesions in the vessel wall. The body will then use cholesterol as a kind of glue to patch them over, which can lead in time to a blockage in the blood flow.

So to blame cholesterol is like a dog chasing its tail. Otherwise, it's very essential to a lot of proper hormonal function. Twenty-five percent of all cholesterol is found in the brain, which is 60% fat (to facilitate neuron conductivity).¹¹

Heart issues are both dangerous and hard to detect however, so I am just giving my lay opinion here. And medicine does distinguish between so-called good cholesterol and bad.

Does Your Blood Type Matter?

In the context of vegan vs meat-eating, I would suggest a look into a fascinating theory by a Dr. Peter D'Adamo called *Eat Right 4 Your Type*. Based on years of actual laboratory studies with blood, D'Adamo's father found consistent patterns in the effects of certain foods according to one's blood type.

People with type O tend to be the carnivores of humanity. (They are also the most common, about 40% of the world.) They thrive much more on meat of all kinds. (Interestingly enough, they are attracted to the most aggressive sports as well).

Those with type B blood can enjoy the widest array of foods although they don't fare well on chicken for instance.¹²

Those who are Type A and AB (the rarest blood type) are the natural vegans among us. They thrive on plant foods and have the most problems digesting meat. They also are attracted to calmer activities such as yoga, meditation, and the like.

He identified these problems through the presence of what he calls lectins in the blood of people who stray from their lane. They can cause blockage and inflammation and, unsurprisingly, contribute to weight gain.

I'm not too sure how much of a problem lectins are to human health. Dr. Steven Gundry assumes lectins in general are bad for everyone and tear up our colon lining, leading to leaky gut syndrome and an exhaustion of the immune system. I just know that every little bit helps when it comes to inflammation, the main cause of disease in the body. The primary job of antioxidants is to neutralize inflammation.

If the D'Adamo theory is true, it gives credence to the idea that different diets may have different value for different people. Or as the Bible puts it, "the kingdom of God is not [arguing over] meat and drink, but righteousness [fair-mindedness], and peace, and joy in the Holy Ghost" (Romans 14:17). It's the core diet of spirituality.

Chapter 6. How to Avoid "Dieting"

The human body runs off of energy (usually measured in calories) which is derived either from the food we eat or from stored fat. The problem is, no one wants to live off of the second for obvious reasons. We love to eat, we get energy from what we eat, food is comforting, etc. But when we do, excess fat stored in the body goes un-accessed.

Plus, fasting is no fun, and the energy we derive from stored fat feels more subdued and less stimulating. Add to that the discomfort we feel as the body is eliminating toxins. Obviously, everyone would rather lose weight without sacrificing all that. But that entails "dieting"—either eating less or eating foods we're not used to. Although it's better than totally fasting—the quickest route—it's no fun either.

Add to this the reasons why we overeat, including psychological ones which I will touch upon at the end. Some indulge in fattening, comfort foods or binge eating to placate emotional states we go through. Some just like to eat—who doesn't?—and simply overindulge themselves.

But another is that the food we are eating is simply not satisfying us because it's devitalized, so we eat and eat and eat hoping we'll eventually feel satisfied. Or we eat high carb meals right from the start of the day, take in a lot of caffeine, then go through an unsurprising mid-morning energy slump. Then we snack, often with more fattening or high-carb, quick-energy foods before the last meal has even digested.

This is why taking a nutritional approach to our problem is far superior than just ginning up the willpower to "diet." Many people who eat nutritionally-dense foods right at the start of the day report that they hardly even feel hungry thereafter, aren't thinking about food all the time, and are much more focused, even "hung up" on their work.

But as we've seen, such foods are organically grown, cost more, are harder to find and take a lot of time to prepare. Some therefore turn to supplements to make up the difference. And while that can be helpful, supplements don't break down very easily and are hard to absorb, some hardly at all since they're incomplete foods. They can even be a colossal waste of money and way too myopic a solution.

So here is a fundamental principle—**it's better to get your nutrition directly from the foods you eat rather than supplements.** They break down easier and they absorb better. Vitamin K and magnesium have been associated with lower risk of death, but only when from food sources. Likewise, Vitamins A, K and zinc have been found to lower risk of cardiovascular disease (CVD), but only when through food.¹³

Living in the 21st Century now, we have much better options. We're not stuck taking a truckload of pills anymore. There is a new kind of "processed" food available that is without additives. And it's real food distilled down to its essence, organically-grown and nutritionally-dense.

I'm talking here about **green powders** especially, although there is a cornucopia of other innovative products coming out all the time—super food blends, red (fruit) powders, mushroom

mixes, nootropic "brain hack" formulas, exotic herbs with incredible properties, etc. Never before in history have we had it so good.

But if I were you, I would consider a good green powder to be **your greatest weapon in the fight to lose weight!** What I like about green powders is that they're almost all vegetable mixes, often anchored with green "superfoods" such as spirulina, wheatgrass, chlorella, sea vegetables and the like. These products have a minimal amount of natural sugars and are loaded with nutrition.

But like as we said about colon cleansers earlier, not all green powders are created equal. Some are too expensive for what you pay, some may not have the exact ingredients your body might need, they can vary a lot in quality and the like. Generally speaking, you get what you pay for, but it's worth doing your own experiments.

Personally, I have been using IVL's all-organic [All Day Energy Greens](#) powder for 10 years or so and have been consistently impressed by the levels of stamina (without nervousness) it has given me. It has a sweet and pleasant taste to it as well which is often rare among green grass powders.¹⁴

If you want to look at other brands, here's a tip when you're on Amazon. Access that little drop box in the upper right and have them displayed according to Customer Review ratings.¹⁵ From what I've read, other highly-rated brands include [HealthForce SuperFoods Vitamineral Green Powder](#), [Pure Synergy Organic Superfood](#), [Tonic Alchemy Superfood Green Powder](#) (many testify to the mental clarity it's brought them as well), and Los Angeles' own [Dr. Schulze's Superfood Plus](#). All of these brands enjoy rave ratings by their fans, even higher than IVL. All I can go by is my own experience.

Chapter 7. Sugar and Carbs—The Kryptonite of Weight Loss

Aside from the fact that labor nowadays is much more mental than physical, the biggest factor in obesity in our time is the wholesale invasion of sugar into our diets.

After World War II the sugar lobby swung into high gear to convince people that refined cane sugar needed to be on top of everything. I remember the days when we had a sugar bowl right in the middle of the kitchen table, and were duly trained to sprinkle it on everything—cereal, toast, desserts, etc. My father swore that he put our dentist's kids through college, we had so many cavities.

The reason for this is that white sugar is refined. Its sweetness is separated from the minerals, enzymes and other elements it's found with. As such, the body buffers its great acidity with minerals taken out of *our* bones, teeth and other areas to neutralize it.

All the same, it's able to break down quickly and give a quick burst of energy, often called a "sugar high" that is followed just as quickly by depression, leading to the desire for another jolt. When combined with caffeine which has the same effect, the result is a wild blood sugar swing that the body counteracts with insulin, leading in the long term to diabetes.

Yet today, the average American consumes 150 lbs of sugar a year, implicated in six of the top ten degenerative diseases! That's about 33 teaspoons a day! Why? Because it's put into everything. Not just your coffee but pastries, baked goods, condiments, snacks, fast food, soft drinks, processed foods, meats and on and on and on. No other generation has been so dominated by sweet and salty and deprived of bitter, tart and sour.

You may already know these things and may or may not be avoiding or cutting down on sugar, at least to some degree. But there's still two problems here for everyone wanting to lose the pounds.

One, the problem isn't just white sugar but *carbohydrates in general*. All high carb foods ultimately will have the same effect on the body as eating white sugar, in that almost all foods eventually break down into glucose where it is immediately used for fuel and burned up, or stored in the body. After that it's stored around the inner organs and waist as fat. Even protein not needed for muscle repair and other functions will be broken down into glycogen and stored all over the body for quick reserve energy.

The key to successful weight loss then is to deprive the body of as much glycogen as possible so that it's forced to run on stored fat. This is done through a no carb or low carb diet.

Focusing on calories has been misleading in weight loss, because calories are a mere way of measuring energy potential. What really gives our bodies energy is the electromagnetic potential of the nutrients from the things we eat. That's why raw vegetables are so powerful because are packed with nutrients and they don't have all the sugars and carbs of fruits. Because they're raw, all those enzymes, vitamins and other values have not been destroyed by cooking.

Two, carbohydrates burn more like a "dirty" fuel, leaving a lot of waste and by-products, taxing the body with detox to clean it up. Fats both dietary and bodily burn more "clean" and much more efficiently. There's a big parallel here between fossil fuels vs. green energy. It might also explain the paradox of "high fat" diets such as the French who experience little weight problems compared to Americans.

So if you like your meat, eggs, cheese and dairy you might want to go with the keto diet which allows these things plus a wide range of other foods. Just no carbs! And if you do that, believe me, you *will* lose weight! I know because I went on keto last year to improve my overall health after COVID. But I went from 150 to 130 pounds, and I'm nearly six feet tall!

Needless to say, I wasn't interested in getting any skinnier! But that's how powerful that diet is for weight loss.

One guy to check out on the web is keto guru Dr. Eric Berg, who has 8.5 million subscribers now and 4600 videos on YouTube on almost any subject you could want. Just use his own internal search engine for keywords. I'm going to link you here to two videos that explain how damaging carbs can be better than I can. ["You May Never Eat SUGAR Again After Watching This,"](#) and ["Dr. Berg Uncovers the Myths About Blood Sugar & Diabetes."](#)

Please note. What he has to say about sugar in the first, **only** applies to its effect upon red blood cells. Yet it does damage to our health in many other ways as well. Watch these two videos and they will motivate you to take weight loss seriously and supercharge your progress. Why? Because **when you *understand* how the body works, you're much more inclined to cooperate with the process and stick with it!**

Smart Eating Tips

They say it takes a while for the stomach to register to the brain that it's full. That's why when we eat too fast, we tend to overeat. We'd be better off taking our time to let our brains catch up to the sensation we are full. But we have such a rush-rush culture in America.

Likewise, many people (myself included) eat their biggest meal at the end of the day (i.e., dinner), although we need the most food before that, at breakfast or lunch.

You may have heard of **the French paradox**. They eat one of the richest diets in the world. They nearly consider it a sin to deny yourself the richest foods you crave. Yet they have little overweight people compared to other countries and a low level of systemic diseases compared to us.

But they do a lot of things to mitigate the obvious disaster that would be for most people. For one, their biggest meal of the day is lunch, a time of the day when you most need energy from food. Three-hour lunch breaks are not unheard of there. They take their time, don't overeat, and let the food get a digestive head start.

They also drink wine¹⁶ with their meals. Wines have acids that break down fats quickly and render them more digestible. One of the problems with dietary fats and oils is that they usually break down the slowest. A meal with a lot of fats will slow down the digestion and make its energy available more slowly. The temptation then will be to eat the next meal too soon, starting the whole process of "backing up" the system described in chapter 2.

Some people think **the Mediterranean diet** is even better. It's the same basic principle but they substitute fish and olive oil for red meat, butter and animal fat. I would take that to be a better choice than the French one, unless you really know what you're doing.

If you want to hear more about the French Paradox, check out this [60 Minutes Australia video](#). But before you take the plunge, check out [this video by Dr. Berg](#) too, who more fully explains the phenomenon and why it probably won't work in the United States. (At least not without great self-discipline and a big food budget).

Chapter 8. Juicing

Juicing may seem like "Old School" nowadays in the light of so much progress made with superfoods, blending and the like. But it's still an effective way to nourish your body without overtaxing the digestive system, a special weapon when you're trying to cure yourself of disease.

The reason is that juicing separates the liquid, where all the nutrients are, from the fiber which takes energy to digest. It also spares you a lot of time and energy chewing raw foods. Not that we want a diet completely devoid of fiber. It's essential to absorbing toxins in the colon where it's also digested by friendly bacteria which break it down into enzymes which [are](#) sent throughout the body. It also has many other beneficial functions.¹⁷

Juicing is a whole area of health expertise that is available of course online like everything else nowadays. Seek and ye shall find.

A good juicer doesn't have to be expensive either. You can spend thousands of dollars on [top production juicers](#), but I own a [Breville JE98XL](#). It's only about \$180 plus tax on Amazon. You also might want to look into a quality blender for kale smoothies and other creations which will keep your liver ever living. Again, you can go with [top-of-the-line ones](#), or [perfectly adequate ones](#) to invest in. (Sorted by customer reviews).

III. Feeding Your Body

Chapter 9. Four Dieting Secrets

There are endless data about the nutritional content of foods and supplements. It's one of the hardest factors I've found in terms of keeping it all straight in my head. Over and over again I have to go back to look up, "What exactly is this food or nutrient good for?" Only professional nutritionists, doctors, chiropractors, researchers and the like have the time to keep up on all these things.

SECRET #1: LEARN TO CHANGE OLD HABITS

People are creatures of habit. You can even argue that most of what we do in life are chosen addictions, hopefully ones that are benign. We're addicted to our job, to our spouses, our grandkids, our pets, the Internet, our morning news, our morning coffee, hobbies, entertainment, etc. The list is endless.

Nowhere are these addictions more powerful though than when it comes to the foods we eat, simply because we do it so constantly and because we love their taste. We are also hardwired by our cultural background and certain dishes. Food is associated in our subconscious mind with good times and younger days.

Breaking these addictions to make ourselves healthier then is clearly an unpleasant process. For some of us only a health breakdown will get us to change. Others just resign themselves to die.

So, if you find yourself fainting at the prospect of such drastic changes in life as say, transiting from an acidic to an alkaline diet, do it gradually, maybe one item or practice at a time if you can. It normally takes about 30 days to break a bad habit and get used to a new one, so hang in there and keep trying.

SECRET #2: EAT FAT BURNING FOODS

All foods can cause fat creation, but certain foods actually help burn fat. Some foods have minerals or vitamins that raise metabolism and act as virtual fat burners. These are negative calorie foods that burn extra calories during digestion. Other foods, even eaten in small quantities, deliver a feeling of fullness with very little caloric value.

Eating the right food will kick your metabolism into high gear and help you burn unwanted fat. Combine fat burning foods with these fat boosters to push your metabolism into overdrive. Here are some of them.

Poultry

Poultry such as chicken has special assets that increase the body's metabolic rate, helping you melt extra fat away. Chicken is low in fat and carbohydrates with a good protein profile. Proteins require a lot of energy to digest, and more energy for proteins to be stored as fat. It is also a great source of iron, zinc, and niacin. For best results, remove the skin from poultry before eating to avoid excess fat.

Salmon & Tuna

Salmon and tuna are good sources of protein that provides the body with healthy fats from omega-3 and omega-6 fatty acids. Both are low in calories and saturated fat.

Eating salmon reduce leptin, the hormone responsible for burning and storing calories. High leptin levels cause the body to store fat. Salmon and tuna boost your metabolism to burn calories.

Other Lean Protein

Research has shown that proteins have the greatest thermic effect of all the macronutrients. They require approximately 30% of their calories for digestion and processing. Lean proteins also suppress the appetite, reducing the tendency to overeat. Though poultry has a lower fat profile, lean red meats such as top round, lean sirloin, game and other white meat can actually have a place in a fat burning diet.

Citrus Fruits

Citrus fruits hike up the metabolism while supplying a big dose of vitamin C, a chemical used in the process of fat burning. They are ranked as the best fat burning foods you can eat. Oranges, grapefruit, apples and even tomatoes share these fat burning qualities. Mix several varieties for different flavors and taste. Citrus fruit effectively burns fat around the hips and waist.

Apples

An apple a day keeps the fat away. Apples contain a substance called pectin that restricts the cells from absorbing fat and assists water absorption from food. Pectin also helps push fat deposits from the body while the antioxidants may also reduce excess belly fat. Apples have a high level of soluble fiber that helps control hunger pain.

Berries

Strawberries, blueberries, raspberries, blackberries, cherries – take your pick. Fruits as a whole are packed with vitamins and minerals. They are low on calories and high in water compared to refined foods. Excellent sources of fiber, berries boost the metabolism, breaking down food and fats. Naturally sweet and delicious, a handful of berries will keep you feeling fuller longer and help eliminate the craving for sugary glasses of artificially flavored, empty calories.

Oatmeal

A large portion of oats calorie profile is soluble fiber. Soluble fiber helps control blood sugar and helps you feel fuller longer. Oatmeal also lowers the risk of heart disease and lowering cholesterol. Choose old fashioned or steel cut and monitor serving sizes as needed. Just remember, oats are carbs.

Vegetables

Most vegetables (except for potatoes, yams and sweet potatoes) maintain low calories, yet contain essential vitamins and minerals that improve the body's metabolism. Veggies such as spinach, broccoli, cabbage, carrots and artichokes contain no fat and very low carbohydrate levels. In fact, they aid in fat-burning since your body uses more calories to digest vegetables than they produce.

The extra calories needed to break down food are taken from body fat reserves. For example, one serving of Brussels sprouts has 50 calories, but the body needs 75 calories to digest them. That's 25 calories of body fat burned just for eating your Brussels sprouts!

Regarding the following list, you may want to be cautious about the high lectin count in some of these foods like beans, some legumes, etc. Dr. Steven Gundry again goes into this problem in his teachings.

Beans

Beans are not only full of minerals, they are also low in calories and rich in amino acids. The amino acids in lentils help decrease body fat while building muscle, and maintain stable blood sugar. In addition, they are excellent sources of dietary fiber keeping you satiated longer, reducing the urge to overeat.

Eggs

One of the most nutrient-dense foods, eggs are a natural superfood. Their high levels of protein rev up the metabolism and help you burn fat.

Eggs are hands down one of the most nutritious fat burning foods. Among other protein foods, they have the most abundant mix of essential amino acids. Despite being low calorie, they are packed with vitamin D, vitamin B12, choline and selenium.

It's been proven eggs don't contribute to bad cholesterol, but does improve the good cholesterol needed for a healthy body. Eggs have all the nutrients crucial for good health.

Almonds & Walnuts

Almond and walnuts are excellent sources of the healthy fats needed for the smooth functioning of the body's cell structure. Just an ounce of almonds has 12% of the daily protein allowance and contains calcium and folic acid. Plus, the form of vitamin E in walnuts is especially beneficial. A handful of nuts is a tasty, crunchy snack to satisfy your hunger pains. (Walnuts and pistachios are low in lectins).

Pine Nuts

According to scientist, pine nuts contain an abundance of healthy fatty acids. These fatty acids help eliminate fat accumulation in the abdominals. Pine nuts also increase satiety level hormones along with the benefits of fat reduction.

Mustard

Tiny mustard seeds are packed with nutrition including: the amino acid tryptophan, omega 3 fatty acids, selenium, phosphorus, manganese, magnesium, calcium, iron, niacin and zinc. They even have a bit of protein and fiber. The spicy Asian and Mexican varieties temporarily speed up the metabolism like ephedrine or caffeine in a safe, natural way. Adding spicy mustard delivers zest to your food and a nice fat loss boost.

Onions

Onions are aromatic, flavorful and low in calories. But onions can also aid in weight loss. They are a source of a nutrient called chromium, said to improve insulin and maintain stable blood sugar. Onions therefore help stop blood sugar crashes and the resulting case of the munchies.

Coconut Oil

Coconuts boost the body's energy. Unlike margarine or shortening, coconut oil is full of medium chain fatty acids used as an immediate supply of fuel. Use coconut oil in your cooking to speed metabolism, improve thyroid functioning and amplify fat burning.

Hot Peppers

The chemicals that give hot peppers their spice safely speeds up the heart rate. Some people are able to burn up to 1,000 more calories every day from eating peppers! Spicy foods like chilies and peppers trigger your body to burn fat. For their flavor and fat burning properties, hot peppers are one of the best diet foods. (Beware of the lectins though).

Green Tea

Green tea significantly reduces total fat in the waist and skin areas. Green tea has the catechins, proven to raise your resting metabolic rate. That means you keep burning fat longer, turning the body into a well-oiled fat burning machine. It has also been shown, the catechins interact with the caffeine in green tea. A perfect substitute for coffee, green tea is high in antioxidants making it a natural stimulate.

SECRET #3 INCREASE WATER INTAKE

Drinking more water helps the body reduce fat deposits. The kidneys do not function correctly without enough water. If they're not working properly, some of the load is discarded to the liver. If the liver is doing the kidney's work, it can't concentrate on its main job of metabolizing fat. More fat will remain in the body and fat burning stops.

So, drinking the right amount of water improves metabolism and keeps your fat burning at full capacity. Water also flushes out toxins and improves the body's ability to stay healthy, and as I said, I advocate 9.5 pH alkaline water to neutralize those acids quickly. This is especially valuable for the lactic acid that builds up after exercise or heavy labor.

SECRET #4 – BUILD MUSCLE

Muscle exercise keeps your metabolism active and burning calories. Adding muscle improves your body fat composition ratio. It's an active tissue continually renewing itself so that it always

needs calories. Plus, it's a huge boost for your immune system, especially intense, strenuous exercise.

While normal cardio burns fat only during the exercise, weight training builds muscle, ensuring body fat continues to burn throughout the day. The main source of energy for muscles is fat. So, even when relaxing or sleeping, you continue to burn calories.

The more muscle mass on your frame, the more positive effect on your metabolism. To avoid your metabolism from getting sluggish and packing on fat it is important to do weight resistant exercises.

Without pretending to be an expert on the subject, it is my understanding that when you go to the gym to lift, you're not really there to "build up your muscles" or "get a pump" as much as you are there to tear them down.

That's right. It's something of a paradox. When you cause little micro tears in the muscle, the body will utilize protein and other dietary elements to build it back, only bigger and stronger. This is how the process of muscle growth works.

This leads into a lot of debate over how much to "damage" the muscle, how long the recovery time, etc. In general, you don't want to fatigue them too much or often, but enough to allow them to rebuild. And the heavier the weight, the stronger, bigger and quicker you grow.

Chapter 10. The Psychology of Weight Loss

I'd like to finish up this booklet with perhaps a strange question—Do you really want to lose weight?

I'm talking here beyond "Fat is Beautiful" and other dishonest and delusional sentiments of our time. I'm talking about the psychological factors that go into fat loss.

Some for instance simply can't picture themselves slim and trim. Maybe they don't feel they're worthy. But to achieve this, you have to believe that you are and that you can. You have to "see" a new you, and in a whole new wardrobe.

People overeat or turn to "comfort food" for a lot of different reasons, many of which are subliminal, lodged in our subconscious. They may include things like past trauma, causing a lot of fears triggered by circumstances, certain people or certain memories. Food is then used as a means of "pushing down" those fears and away from our conscious minds.

Fear is a perfectly normal emotion experienced by real human beings who are honest about it. "Fools rush in where angels fear to tread," yet fear can be the ultimate enemy too, holding us back from courageous choices.

Myself, it's my faith in Jesus Christ Who "delivered them who through fear of death were all their lifetime subject to bondage" (Heb 2:15) that strengthens me. It's this kind of confidence that can keep this insidious emotion from dominating your life. Why? Because the worst that can happen to you in this world is death, especially an untimely one. But if you have eternal life, you're just stepping out of one life into another. There's really nothing ultimately to "fear" but God Himself.

There are other emotions that operate this way too. Self-pity, resentment, unforgiveness, envy, rage against a parent or group of people, injustices, bullies, etc. In fact, negative emotions will often show up as a "package deal." One negative thought can lead to another and another, until you find yourself in a downward spiral, tearing up your past, lamenting the mistakes you've made in life, etc.

If you live in America you have a special challenge, in that we have to be one of the most stressed out societies on earth. The political divides and insane culture wars of this country that I call "The Daily Brawl," will land you in the psychiatric ward if you're not careful! Whatever happened to enjoying life?

All such things can lead to depression, a loss of perspective and even suicide under extreme conditions. It's best to catch the syndromes as they start to happen and do what you must to get out from under that cloud.

Weight-wise, they cause us to throw all discipline to the wind and push us to cave in to the temptation to eat when we shouldn't. It's aggravated by a consumer-based culture which is always urging us to "Indulge yourself." To lose weight you have to have the strength of spirit to dominate your own body.

I live in Hollywood where top actors will lose or gain amazing amounts of fat or muscle in order to prepare for a role. They do this because they are dedicated to excellence and won't allow anything to get in the way of their goals. Without this deep-seated desire, even a cocky "can-do" attitude if that's what it takes, you'll probably settle for mediocre results.

Lastly there's the practical considerations. Losing significant amounts of weight may entail a new wardrobe and a lot of expense. Are you prepared for the bill? As Dr. Berg says, after you've lost all that weight, you can blame him.

No seriously, it may take some money once you've met your goal! Until then you can shop at the thrift store for transition clothes. And it's nothing to really worry about anyhow. When you feel more self-confident and loving life, you'll be more creative and will probably come up with ways to increase your income anyhow.

So remember, this is a process and this is a lifestyle. Just learn to enjoy the path. Don't let a bad day get you down, because some will be worse than others. Every day is a brand new start. Just keep at it and you will become the brand new you you've always dreamed of.

Disclaimer: This report has affiliate accounts for products that complement this report. Affiliate links to these products are distributed throughout it.

If you purchase a product through an affiliate link, I get a small commission. The commission has absolutely no effect on the price you would pay for the product directly.

It is entirely your choice to purchase through any of these links and I take no responsibility for your decision. You understand that I may profit from this digital report.

Nothing stated herein is to be construed as medical advice. If you have any doubts about a particular suggestion, contact your doctor.

Endnotes:

¹ "How Big Is The Nutrition Problem in America?," Newman's Own Foundation, 2016.

<https://netimpact.org/blog/how-big-is-the-nutrition-problem-in-america>

² <https://www.youtube.com/watch?v=tf8sSome1IE>

³ <https://www.youtube.com/watch?v=YzPrxku1x5Y> and <https://www.youtube.com/watch?v=gFrXLDX0vsE>

⁴ <https://en.wikipedia.org/wiki/Liver>

⁵ An excellent article on this: "Bottled Water Vs. Tap Water: Rethink What You Drink."

<https://www.rd.com/article/rethink-what-you-drink/>

⁶ An average 8 oz cup has about 100 alone.

⁷ <https://www.caffeineinformer.com/most-caffeinated-coffees>

⁸ Keep in mind that mushrooms are a pretty acidic food.

⁹ The question if I'm not mistaken is the amount of plant protein you can actually utilize according to whether a particular amino acid is present. I think it's lysine.⁹ The idea I believe is that all the other amino acids will only be effective in direct proportion to the amount of lysine present.

¹⁰ <https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cooked-meats-fact-sheet>

¹¹ <https://doceadwardsfitness.com/the-brain-is-60-fat-what-the-fat/>

¹² D'Adamo tells the story if I remember, of a rabbi who was having a lot of health problems. He had type B blood, common among Middle Eastern peoples. He loved his wife's chicken soup, but they determined that it didn't love him because chicken does not work well with type B blood! Once they made the adjustment and he learned to avoid those dishes, his health problems cleared right up.

¹³ <https://now.tufts.edu/2019/04/09/nutrients-food-not-supplements-linked-lower-risks-death-cancer>

¹⁴ Although each serving has 6 grams of sugar, it's a special-process sugar designed to sweeten the drink but not be absorbable by the body.

¹⁵ Check each product's customer ratings. I've tried to link to these product pages for you according to highest ratings when possible.

¹⁶ If you insist on drinking wine, I would encourage you to consider the ones that are the most "dry." They're more tart, but they have the least amount of sugar content.

¹⁷ <https://www.askdrsears.com/topics/feeding-eating/family-nutrition/fiber/7-health-benefits-fiber/>