HACK YOUR DIET

Drastic changes have been made to our diets over the last few decades. Unfortunately these changes have resulted in an epidemic of obesity, diabetes, and gut disease.

Misinformation based on bad science, processed food, industrialized farming, government lobbyists, genetic modification, and an increased toxic burden as well as the pursuit of corporate profits at the expense of good health are all responsible for the modern, SAD (Standard American Diet). It simply isn't good for us.

You could call it the BAD diet.

To understand where everything went wrong, we need to review and examine a few of the factors that got us here in more detail. After we sort through the clutter of misinformation and bad science that I'll present to you a modern, scientific way, you'll know how to choose differently and why. Your diet will be highly personalized based on your goals. There is no one-size fits all.

From here, we'll dissect each food group so you understand what you need to eat on both a macronutrient and micronutrient level.

Finally, we'll discuss ways to incorporate these life-changing eating habits into your life.

The key with any lifestyle change is to truly understand the "why" behind the changes you are going to make. The next step isn't to run a marathon before you've even walked ten small steps, but to incorporate small, consistent habit changes over the course of a few months. You end up having an automated, fully working system that has been stored in your subconscious mind.

What starts within you as a conscious desire for change ends in a new way of eating that results in lasting weight maintenance and impeccable health.

So let's dive in.

WHAT WENT WRONG WITH OUR FOOD

Let's start with some FAST FACTS.

Looking at information provided by the National Health and Nutrition Examination Survey:

- More than 1 in 3 adults were considered to be overweight.
- More than 2 in 3 adults were considered to be overweight or have obesity.
- More than 1 in 3 adults were considered to have obesity.
- About 1 in 13 adults were considered to have extreme obesity.
- About 1 in 6 children and adolescents ages 2 to 19 were considered to have obesity. [1]

These obesity numbers are only growing, and not *just* in the United States.

Along with obesity, our blood sugar levels are a wreck. Hypoglycemia, hyperglycemia, pre-diabetes, and diabetes are skyrocketing. More and more people are becoming insulin-resistant, which means their bodies simply can't process sugar correctly because of all the simple carbs and sugars that are hidden in our diets. [2] If you've ever experienced the yo-yo, roller-coaster of a sugar high and low, you probably already suspect that this is causing damage to your health.

Inflammation is also rampant. Harvard medical School went so far as to declare that inflammation was the "unifying factor behind chronic disease." What causes inflammation? Aside from stress and a lack of exercise, the biggest culprit is your diet. [3]

In fact, doctors are increasingly becoming aware that diet and lifestyle are the *primary* factors for most chronic diseases. [4]

Let's review the last 50 years of misinformation, misguidance, and misfortune that wrecked our food supply, and subsequently our health:

1. The food industry, not nutritionists or health experts are calling the shots. The USDA constantly gives us guidelines that are heavily influenced by the food industry. They are totally wrong. It is a well-known fact that the food pyramid was heavily influenced by meat, dairy, and the grain lobbyists. [5]

This has been a problem ever since the USDA began to operate. In fact, despite the constant light shed on the issue by scientists, doctors, watch dog groups, and mindful publications, we continue to be given recommendations by the USDA that continue to be heavily influenced by these special interest groups. [6]

Show food pyramid over time

2. **We've been lied to about fat.** Our government was totally wrong about fat, cholesterol and heart disease. Fats have been vilified as the main cause of obesity and heart disease, based on a lot of bad science funded by the sugar industry. The food industry then replaced the fat in food with sugar. [7]

A 1957 flawed study conducted by Ancel Keys looked at only 6 countries out of 22 that data was available for. These 6 countries had a diet high in fat, and more obesity. The other 16 did not, or even had the opposite occur (people ate more fat but experienced less heart disease). [8]

Even the American Heart Association recommended low fat diets to decrease blood levels of cholesterol. We now know that healthy fats are essential in our diet. They provide for energy, and we especially need essential fatty acids because they're critical for brain health. The "low fat" diet craze that took hold over the past few decades has sickened our population. We also have many studies that show that the amount of fat you eat has very little to do with your blood cholesterol levels. [9]

 3. **We've been told carbs are safe.** The USDA recommendations for how many carbs we should be eating is also totally wrong. Since the 90's the USDA has been recommending a huge amount of carbs to prop up wheat farmers in the US. They have also made no distinction until recently about refined carbs vs. whole grains.

We know that this increase in the consumption of simple carbohydrates has resulted in a large portion of the population suffering from celiac disease and/or gluten sensitivity resulting in leaky gut and inflammation. The reality is most people should minimize carbohydrates in their diet. If you're going to eat carbs, they should be highly quality ones full of nutrients like those in fruit and vegetables, not processed breads and pastries. [10]

4. **We've been told all calories are the same.** The "calorie weight hypothesis," a mainstay of diet programs, trainer recommendations, and medical advice is almost completely wrong. This physics-based theory doesn't take hormones such as insulin into account. In reality, we now know that 1000 calories of broccoli has a completely different effect on our weight and biology as a 1000-calorie pie.

Obesity is not caused by eating an excess of calories. Other than being smart about portion control with carbohydrates and sugar, counting calories is a *total* waste of time.

5. **We've sacrificed our health at the altar of the sugar industry.** The sugar industry (corn growers, soft drink manufacturers, and food conglomerates) have created the obesity, diabetes, heart disease and Alzheimer's epidemic.

Corporations paid a lot of money to scapegoat fat for the obesity epidemic, but sugar and simple carbs are the real culprit. Many of these companies have actually scientifically studied the addictive nature of sugar, and how to make their food more addictive. They add it to everything from pasta sauce to oatmeal *on purpose.*

Since corn is heavily subsidized by the federal government, it results in high fructose corn syrup (one of the most poisonous forms of sugar) being so cheap that it is ubiquitous in almost all processed food and beverages. We now know that obesity is caused by insufficient insulin processing, which is elevated with eating carbs and especially refined grains and sugar.

6. **The industrialization of farming has ruined our food supply.** Industrialized food production put profits ahead of nutrition and safety. Food mass production, transport, and storage has led to an explosion of genetically modified crops, grown in over-farmed and highly depleted soil. It is then sprayed with petroleum-based fertilizers, pesticides, and other chemicals.

To make food as cheaply as possible, sometimes it has to be made far away and transported to different geographic locations. You have to use pesticides, hormones, antibiotics, and reuse the soil and water as much as possible in order to create food in this paradigm. Some have called industrial farming "the worst crime in history." [11]

You can also genetically modify food to grow larger, supposedly be more resistant to drought and flooding, and last longer. Much of our food is now devoid of nutrients, even when its grown "organic" for this reason. The nutritional content of our food pales in comparison to food grown just a few decades ago. In fact, chemicals in our food are so common, the Environmental Working Group publishes a list every year of the "dirty dozen" – a list of foods most likely to be contaminated with pesticides. [12]

7. **We're literally starving for nutrition.** The nutritional deficit of our farmed food leaves us feeling hungry, despite eating large quantities of food. The calorie-to-nutrient ratio is much lower than it used to be. This is especially true for all processed food, which is mostly empty calories, or even worse, poisonous calories. [13] 90% of Americans are now deficient in vital nutrients, including vitamin D and B12. This nutrient malnutrition is one of the causes of the chronic disease epidemic we are in today.

8. **We're a fast food nation.** We don't cook anymore. Unfortunately, we have outsourced cooking to fast food restaurants and processed, packaged, premade food manufacturers. We spend very little of our time on going to the grocery store to select quality, nutritious food, and then cooking that food at home to make a meal. How many meals a week do you actually cook at home with raw ingredients you thoughtfully purchased?

9. **Affordable food is bad food.** Food that is bad for you is cheap and easy to buy. We have deprioritized food as a percentage of our overall monthly expenditures. This has led to the explosion of cheap, processed food and inexpensive produce from genetically modified, chemical-laden farms. Since many Americans now expect to spend so little money on buying food and have budgeted little for nutritious, organic food, their health is suffering.

The food industry created poisons like trans-fat and high fructose corn syrup to make food cheaper. These foods not only poison your gut and cause inflammation, they make you hungrier! This is another reason to stay away from all processed food.

There are also massive "food deserts" were organic, non-GMO, quality food is not even available for people to buy. [14]

10. **We're suffering from an inflammation epidemic.** The inflammatory nature of many foods and lack of nutrition in processed food (including processed meat) has created an epidemic of chronic diseases like diabetes, heart disease, stroke, Alzheimer's, cancer, autoimmune disease, skin disorders and psychological illness. These have all been linked to inflammation and an overactive immune response. [15]

11. **Gut disease has been normalized.** Leaky gut, celiac disease, and food sensitivities are exploding. Gluten and dairy – two of the most inflammatory food groups – are promoted by our government to be staples in our diet when they usually cause harm. This has led to hundreds of thousands of people experiencing the symptoms of leaky gut- fatigue, inflammation, pain, and memory problems.

12. **People are still fooled by fad diets.** Fad diets continue to make millions of dollars though there is no scientific basis to support their efficacy. Unfortunately, the weight loss experienced with most diets is temporary, causing people to get frustrated and depressed when the weight inevitably returns. In reality, a total change in mindset about food choices is needed to make a long-term change.

13. **Chemically altered vegetable oils are killing us.** Vegetable oils are terrible for you! They are high in omega-6 which is a root cause of inflammation. Vegetable oils are a manufactured food and should be avoided, but most of processed food is cooked in these cheap, industrial oils which makes them extremely inflammatory. For example, Canola oil is actually made from a hybrid, genetically modified version of the rapeseed and heavily treated with pesticides. When the oil is processed it is treated with high levels of heat which oxidizes the oils, and then treated with petroleum-based chemicals to extract the oils, making them very bad for your health. You should use only use coconut, avocado, or olive oil. [16]

SIMPLE DIET and LIFESTYLE CHANGES THAT WILL CHANGE YOUR LIFE

What are your goals when it comes to eating better? Do you want to:

- Lose weight
- Reduce irritable gut symptoms, constipation, and gut pain
- Reduce inflammation
- Stop feeling sick and tired all the time
- Stop having skin rashes, acne, and other outbreaks
- Sleep more soundly
- Increase your physical fitness
- Detoxify your diet after a serious health challenge

It doesn't matter if you're aiming for one or many of these goals, changing your diet will have profound positive effects on your health, mood, and energy levels. Here's a checklist of what you should do first to start your new food journey:

STEP 1: CLEAN OUT YOUR KITCHEN

The first step in creating a totally new food environment for yourself is to eliminate the bad stuff from your kitchen. The biggest way to alter your food choices and habits is to change what is within your immediate reach. Open your refrigerator, cupboards, and pantry and throw away as much of the below categories of food as you can.

You may be one of those people that will have to literally throw everything away and empty out your kitchen, but don't worry!

This may seem radical, but if you want radical changes, you often need to start with a huge first step. We are going to develop a shopping list of good, nutritious food for you to restock with! Don't look at this as losing the foods you've grown to like, but a chance to develop a whole new palate for foods that actually nurture you.

- **All processed food.** The definition of a processed food is anything that has a list of ingredients and comes in a package. Cookies, snack bars, processed meats (like hot dogs, sausages, etc. that are full of unhealthy nitrates and inflammation causing compounds).

- **Anything that has added sugar in it.** Beware. The food industry has gotten very sneaky about how they hide added sugar in foods. They may even advertise sugar-laden foods as "healthy." For example, you may see it show up on food packaging as:

  - Brown sugar
  - Panela
  - Barley malt
  - Beet sugar
  - Glucose
  - Fructose
  - Sucrose
  - Invert sugar
  - Golden sugar
  - Maltose
  - Maltodextrin
  - Fruit juice concentrate
  - Ethyl maltol
  - Dextran
  - Malt powder
  - Corn sweetener
  - High fructose corn syrup
  - Cane juice
  - Cane juice crystals
  - Cane sugar
  - Evaporated cane sugar
  - Rapadura sugar
  - Organic sugar
  - Rice syrup
  - Agave nectar
  - Molasses
  - Honey
  - Oat syrup
  - Maple syrup
  - And more [17]

- All prepacked "drinks." This includes fruit juices, soda (whether it is diet or not), coffee drinks, and energy drinks. Most beverages we consume have an incredible amount of sugar in them. And if it says "no sugar," then it often contains an equally health-damaging sugar substitute. Even those approved by the FDA have serious health consequences including saccharin, acesulfame, aspartame, neotame, and sucralose. [18]

- All vegetable oils (canola oil, corn oil). These vegetable oils are extremely inflammatory. Use high grade olive oil as your main cooking oil.

- Throw away all boxed cereals, white bread, white flour or anything with refined grains. These should all be discarded as they are highly inflammatory to your gut and cause the same yo-yo insulin effect as sugar.

LIFESTYLE AND MINDSET CHANGES

Now that you've gotten rid of toxic food in your home, the next step is to change your mindset. Many people live by misconceptions that we've mistakenly bought into over our lifetime, so a mindset shift is necessary. These lifestyle changes below are essential to creating a new relationship with food:

- Forget about counting calories, unless you are doing so to calculate your carbohydrate intake. We know that the "calorie in, calorie out" hypothesis is just plain wrong. It only works if most of your calories are from sugar and refined or processed carbohydrates. As long as you minimize the amount of carbs you eat on a daily basis, you can delete the calorie counting app you downloaded to your smartphone.

- Don't be afraid of good fats. Your body needs fat, so stop immediately grabbing foods labeled "low fat." You should be highly suspect of this marketing tactic. The amount of fat you eat has little to do with how obese you become, unless you are eating large quantities of unhealthy fats with carbs or sugar. Fat is an incredible source of calories. It makes you feel full more easily, and you'll be less likely to crave those simple carbs and sugars. Fat without carbohydrate and sugar consumption minimizes insulin production, and is mostly used for energy.

- Your plate should be mostly low starch vegetables. Hundreds of studies have revealed that a plant-based diet, where 80% of the food on your plate is plants, is the healthiest way you can eat. The Mediterranean type diet is plant based, and generally the best diet for most because it focuses on plants and healthy fat consumption.

- Start shopping for your food weekly. Most of us don't go to the grocery store anymore! Get into the habit of going to a local market that stocks local, organic food. Tyr to plan healthy meals. There are thousands of resources out there that will help you to do so.

- Start cooking at home a few times a week. Cooking your food and preparing your meals is the best way to really know what you are consuming. It doesn't have to be extravagant. Get really good at four or five of your favorite healthy dishes and make enough for a week. Spend one afternoon a week prepping your food to store for the rest of the week. Preplan your lunches and dinners for the week as well. This can be a game-changer, eliminating tons of unnecessary, empty calories, food additives, pesticides, herbicides, food additives, and chemicals from your food.

- Eliminate fast food from your diet completely and replace them with nutrition-packed foods instead. Most fast food is cooked in vegetable oil, laden with sugar, and packed with refined carbs – a deadly combination.

- Get a scale and weigh yourself daily. Having this data on a daily basis gives you a barometer for the day. A scale that in internet connected and tracks your weight for you is the best. Don't obsess about your weight, though. Take into account how you feel physically and emotionally as you start to make these positive changes as a true barometer for your success.

I know it sounds like a lot to change, but learning to live a healthy, vital, more passion-driven life overflowing with energy and zeal for each day is totally worth it. You don't have to do all of this at once. Step your way into a new routine by starting slow with one change, then adding another every few weeks.

Doing it this way will reinforce these changes into your lifestyle, so they can lead to lasting change. You'll build confidence within yourself with the smaller successes that will make the bigger picture take shape over time.

Another thing you should know is that eating better has compound positive effects in your life. It is known as a keystone habit, because it affects practically every other arena of your life, including your job performance, your mental clarity and mood, your relationships, your ability to achieve your goals and dreams, your finances, and more. [19]

WHAT'S THE BEST "DIET"?

Most "diets" out there are fall into one of three categories. We'll look at those types momentarily. For the moment, know that starting on any particular "diet" will be, at best, an oversimplification of all the millions of biochemical and hormonal signals in your body that must be regulated for things to go right. A more scientific, personalized approach is needed to truly get the best results for you.

Let's look at the advantages and disadvantages of the three major diet categories or types:

1. **Diets that change macro ratios.** The Atkins diet (eat mostly meat) is a perfect example of this. In reality, a person's genetics and metabolic and nutrient status determines what macros are needed when. For most of us, reducing the simple carbohydrates in our diets is the best macro-nutrient decision we can make. As a culture we eat way too many carbs which causes our cells to become resistant to insulin, resulting in obesity and chronic disease.

2. **Diets that eliminate certain foods (or only eat certain recommended foods).** There are thousands of diets that tell you to eat from a certain, restricted list of foods. These are mostly fad diets that result in only temporary weight loss. A focused, medically guided elimination diet based on your own bloodwork is a great way to do this right.

3. **Calorie counting.** There are many apps that help you count calories. We know that calorie counting is a waste of time. Simple portion control and eating to when you feel satisfied and not hungry is good enough.

   Notice that I didn't say stop eating when you feel "full." It actually takes about twenty minutes for your stomach to register the full impact of food you've just eaten, so stopping just shy of "full" is recommended. This also leaves space in your stomach and digestive tract for food to be processed correctly. You want your body to be able to assimilate all the nutrients from your food as possible, and to eliminate the wastes and toxins that might be on those foods, and it cannot do this if you consistently over-eat. [20]

HOW TO PERSONALIZE YOUR DIET

There is not one diet that is the perfect diet for all people. There's no magic bullet. Everyone's body handles food differently based on our genetics, how much insulin resistance we have developed, and what we are sensitive to.

Modern science now allows us to test for biomarkers to help guide a more scientific approach to what is the right diet for you. Here is my approach to best determine in a methodical way how you can eat the best way for you.

STEP 1: DO A FULL SET OF BLOOD BIOMARKERS

Before embarking on any major dietary change, it is important to know a baseline of where your body currently is functioning. There are many factors that affect our body composition and dietary choices. It is important to get a good view of the following blood tests so food choices can be made appropriately.

There are very specific things you can learn from your bloodwork:

- Your level of sex hormones (testosterone and estrogen levels). All humans see a decline in these critical hormones as we age, leading to weight gain, and other symptoms.
- hsCRP as an important marker of inflammation in your body.
- Thyroid hormone levels are important as hypothyroidism is a major cause of weight gain.
- Blood count can tell us if you are anemic.
- Comprehensive metabolic profile testing liver, gall bladder, and kidney function.

STEP 2: ADDRESS YOUR INSULIN LEVELS

Your insulin resistance status is important because it is one of the greatest problems in the world population today. More importantly it is directly affecting your health.
We become insulin resistant by eating too much sugar and carbs. If you are insulin resistant, focusing on this issue will lead to an immediate improvement.

There are some biomarkers (blood tests) that you can use to determine your status:

- HgA1c (a blood test that tells you your average sugar for the last three months)
- A morning fasting blood glucose (this is also a blood test, or you can do this yourself by purchasing a fingerstick device at any pharmacy)
- An insulin level

If your fasting blood sugar is above 100, insulin level above X, or HgA1C is above 5 you have some sugar control issues and you should drastically lower your carb intake and eliminate sugar in your diet. You should develop some knowledge of the glycemic index of foods (how much of an insulin response certain foods can create) and avoid foods with a high glycemic index.

***insert GI table

In this situation, I also recommend a ketogenic diet under medical supervision for three to six months, then low carb cycling after you have reached your weight and biomarker level goals. The keto diet is a high fat, low carb diet that can drastically help you lose weight and control your sugar. It does not work for everyone, therefore medical supervision of your cholesterol, sugar and nutrient levels is recommended while you are on this diet.

Some people go an additional step and measure their blood sugar after eating common carbs in their diet by utilizing a fingerstick device. This is probably more than what most people need, but it is a good option to determine what foods to choose if carbohydrates must remain a part of your diet.

STEP 3: CHECK YOUR GUT HEALTH

The next step is to find out what food your gut is intolerant or sensitive to. If your gut has a food sensitivity which is causing inflammation, eliminating that food can lead to instant weight loss and a reduction in gut symptoms like stomach aches, constipation and diarrhea, abd bloating (this is different that an allergy which makes you get hives and potentially stop breathing).

If you have an immune response to certain foods, it also means that you are creating systemic chronic inflammation in your body by eating that food. Chronic inflammation leads to malaise, brain fog, weight gain, and chronic disease.

A blood food sensitivity test is easily performed and can tell you if you are sensitive to a wide variety of common foods. The foods that cause gut damage in most people are dairy, gluten (grains), and soy. If you cannot get the food sensitivity test, then starting with an elimination diet of these three key allergens can lead to some great results.

***sample food sensitivity test

STEP 4: FIND YOUR IDEAL MACRONUTRIENT RATIO

Figure out the best macronutrient ratio for you. A simple genetic test can help guide this decision. If you cannot do a gene test, most people are best served with a Mediterranean style diet. We know that a diet of this type is followed by most people in "blue zones," areas of the world where people consistently live longer than everyone else on the planet.

***list of food related genes

STEP 5: FIND MICRONUTRIENT DEFICIENCIES

Find your micronutrient deficiencies. Most of us have micronutrient (vitamin and mineral) deficiencies that are preventing us from obtaining optimal health. Checking blood tests of micronutrients like Vitamin D or Vitamin B12 can help us make better food choices or replace directly with supplementation.

Genetic tests can also be done to see if you have a vitamin processing problem, as many people do. A common gene mutation called MTHFR is present in almost a third of the population. Testing for this can tell you if your body doesn't process folate correctly, and if you need a special kind of methylated folate supplement.

STEP 6: CREATE GOALS BASED ON BODY COMPOSITION

Create goals based on your body composition numbers that you check every three months. There are many ways to check your body fat percentage (this is built into most scales now), muscle mass and bone density. It is important to get an accurate determination on a regular basis so you can track your progress and spot declines early. Also, I am a big believer in daily weight on the scale to tell you what direction you are headed in.

***insert inbody results picture

STEP 7: TRY INTERMITTENT FASTING

Add Intermittent Fasting to your routine. There is a growing body of evidence that intermittent fasting is a great way to boost your weight loss and your health. This lifestyle habit has been used for thousands of years and can provide the following benefits:

- Fasting changes the function of cells, genes and even your DNA
- It can increase the levels of human growth hormone
- It can help your cells to repair more quickly
- It can boost your immune system
- Fasting is one of the only things that can target belly fat by lowering insulin levels
- Reduce insulin resistance
- Fasting can reduce inflammation and oxidative stress [21]

There are many ways to add a fast to your diet, but the most popular one is to add a 16 hour fast to your weekly routine. This is where you eat an early dinner (around 6pm), skip breakfast, and then eat a normal lunch. It is also known as the 16/8 method.

Other types of fasting include:

- **The 5:2 Diet**. You eat for five days of the week and fast for two, drinking only herbal teas or vegetable juices.
- **24-hour Fast**. Do a 24-hour fast one or two days a week.
- **Alternate Day Fasting**. You eat one day, fast another.
- **The Warrior Diet**. Eat all your calories in a small window (usually dinner). It is named as such because of the way warriors used to eat only one big meal and then have to go out onto the battle field.
- **Meal Skip**. Just skip a meal when it makes sense to. [22]

STEP 8: GET SOME SUPPORT

Get some help from your family and friends. They can be an invaluable support when you're trying to make big changes. Anyone who can help you with meal planning, accountability, and encouragement is ideal. Stay away from negative Nancy's. If you need even more help, employ a dietician who can meet with you on a regular basis to assist you in making good choices and to track your progress.

STEP 9: ASESS YOUR MICROBIOME

STEP 9: Assess your microbiome status (this is advanced). Your microbiome is the collection of the trillions of bacteria, viruses and fungi that live symbiotically with you in your gut. They have a lot to do with your gut health, your weight, and inflammatory status. To take care of your microbiome, you should be adding fiber (a prebiotic) and fermented food (probiotics) to your daily routine. If your microbiome is healthy, you're healthy! Shouldn't this be included in the check your gut health section – step 3) It means you'd only have nine steps, but the microbiome and gut are directly related.

STEP 10: TRACK YOUR BIOMARKERS

Track your biomarkers religiously. I recommend checking your body composition and blood biomarkers every 3 months until you achieve your goals, and then move to doing them every 6 months to a year. As important as optimizing your blood work is detecting a change as early as possible. This means you can stop a small problem before it becomes a life-threatening one. A good record of your markers is essential in creating goals and benchmarks, too.

SPECIFIC FOOD GROUPS

Now that you have scientifically determined the best diet for you, let's move on to making good food choices.

Unfortunately, there is an enormous amount of confusion about what food to buy, what to look for, and where to buy it. However, with a little key knowledge you can become a food expert and make good food choices. Let's break it all down by food group.

SUGARS AND SWEETNERS

We've been eating sugar for a very long time. Understandably, people like the taste of "sweet." The extraction of sugar cane juice from the sugarcane plant and the subsequent domestication of the plant in tropical Southeast Asia happened sometime around 8,0000 B.C. It's what has happened in the sugar industry fairly recently that is troublesome. [23]

The industries supporting the growth of cane sugar and high fructose corn syrup which is derived from heavily subsidized GMO corn became extremely powerful in the last few decades. It wasn't long before people observed the detriment sugar and HFCS were causing to our health, but these industries tried to shift the blame. Fat was soon demonized to try to shift attention away from the deleterious effects of eating so much sugar. [24]

The average American now eats 123 pounds of sugar annually when just a few decades ago we hardly ate two pounds of sugar in an entire year. This amounts to a few pounds of sugar every week! This also means that we are consuming a large portion of our calories from a food that provides ZERO nutritional benefit and is as toxic to our bodies as hard drugs like cocaine. [25]

This is no exaggeration. Sugar creates a huge dopamine spike, which is the neuro-hormone linked to "reward." When we eat sugar we temporarily feel good, and so this makes us want to eat more sugar. The only problem is that we crash really hard from the initial "high" that sugar gives us, and this makes us – just like a drug addict – crave more of the "drug" to sustain the same feel-good response in our brains and bodies.

Sugar addiction is a huge driving force behind the obesity epidemic we face in modern society. [26] It is the sugar that causes your cells to store fat. Fat by itself, without insulin around, gets used for energy. That is why eating sugar (or carbs which are broken down into sugars) causes obesity.

Sugar also causes your pancreas to make more insulin. Insulin causes your cells to take in sugar and store fat. If your cells have too much sugar inside of them, they become resistant to insulin (your cells are basically signaling that you are eating too much sugar and the sugar is making them sick). When you develop insulin resistance, the sugar no longer goes into the cells and instead stays in the blood stream. This causes "high blood sugar." When this happens for too long, you will develop diabetes, a term that literally means "blood that is too sweet."

And though our bodies do use sugar in the form of glucose as a form of energy for the brain and red blood cells, it isn't an ideal source for most of the rest of the cells in our bodies. [27] Sugar (carbohydrates) break down very quickly in comparison to fats and proteins. Every food you eat eventually gets turned into a form of glucose – even those delicious leafy green vegetables, but it's how *fast* that food is turned into energy that matters. Because sugar burns very quickly, it can cause insulin sensitivity, and a whole lot of other health issues.

The irony is that we don't need sugar at all. Not a single gram. It's not an essential nutrient. Our bodies will *make* sugar (glucose) out of the other foods we eat, but you'd never know that looking at our food supply today. Your body is only built to tolerate about 100 grams of sugar daily to still function as it should and to prevent throwing your entire hormonal system out of balance.

There is no doubt in the scientific literature that sugar, in all of its forms, is poison. Sugar causes inflammation, diabetes, heart disease, heart attacks, high cholesterol, high triglyceride, obesity, dementia and Alzheimer's, stroke, depression, liver damage (like alcoholic liver damage), cancer (new cancers and recurrences of a previously treated cancer), and speeds up cellular aging.

There also really is no sugar substitute that is "good" for you. Agave, corn syrup, maple syrup, cane, malt, honey...all have sugar that is not good for you in large quantities. Honey does have some additional benefits that you can utilize at times, but otherwise the sugar in it is still sugar.

High fructose corn syrup was a chemical invented to make sweetness cheaper. You should consider it a poisonous substance, because it is even more damaging that sugar. It is only processed in the liver, and is turned directly to fat and triglycerides which leads to fatty liver.

All soda is made with high fructose corn syrup, so you should never consume any type of soda. One can of sugar has 16 teaspoons of sugar! That is 4 times what you should be taking in on a daily basis.

The food industry also tried to create artificial sugars to put into diet sodas when the public got wind of all the chronic disease being created by sugar. Unfortunately, all the sugar substitutes are just as bad as sugar, if not worse!

Sugar substitutes cause hunger, digestive issues, excessive thirst, and promote obesity and diabetes. There are five kinds of artificial sweeteners available: saccharin (Sweet and Low), aspartame (Equal and NutraSweet), Sucralose (Splenda), and Neotame. They all cause heart disease, metabolic syndrome, diabetes, cancer, microbiome changes, and cognitive decline.

What's even worse is that eating these substitutes actually causes *more* hunger because the brain senses it is not getting the calories (nutrition) it needs and then releases more hunger hormones. Other sugar substitutes, called *sugar alcohols* (mannitol, sorbitol, xylitol, malitol) also cause the same issues.

Fruit has sugar in it (fructose), but when you eat whole fruit the sugar is bound up with all the fibers in the fruit, causing a slower absorption so your body can deal with it better. Eating fruit is usually fine if you don't have sugar control issues. Fruit juice, on the other hand, has all of the fiber removed, so it is just as bad as drinking a can of soda, so get rid of that carton of fresh squeezed orange juice!

If you must have sugar, consider using only the following kinds in small quantities: date sugar, organic maple syrup, raw honey, organic palm sugar. Stevia, extracted from a South American plant, is also a sugar substitute that could be used in small amounts since it doesn't seem to have many of the same negative effects as many of the other substitutes out there.

Even more beneficial is a 10 day sugar detox. Try it and you will feel better, foods will taste sweeter on their own, without adding sugar, and you're health will dramatically improve.

FATS AND OILS

Unfortunately, over the last 50 years fat has received virtually all the blame for the obesity epidemic in the western world. Bad science, politics, and media ratings came together in a "perfect storm" to spread misinformation about fat consumption like wildfire. This misinformation led to the "low fat diet" fad that made all of America and the world sick by replacing fats with carbs.

Dietary fat does not make you fat!

The calorie-weight hypothesis of weight gain is an oversimplification of human metabolism that may work in the physics lab but is not reality applicable to what is going on in our bodies.

We have hormones, mitochondria, toxic burden and multiple other metabolic factors to take into account that are more relevant than the number of calories in our food. In fact, eating a high fat diet actually leads to less body fat and increases your metabolism in most people. Research also shows that a high fat diet can reduce heart disease, diabetes, and obesity.

It is very important to make the distinction between "good" fats and "bad" fats. Bad fats were created in the laboratory, but scientists paid by the food industry to make food cheaper. Hydrogenated vegetable oils contain "trans fats" which are outlawed in many countries and cities because they are a poison.

Trans fats are found in margarine, Crisco, and hydrogenated oils (canola oil, safflower oil, corn oil, soybean oil). They cause a high incidence of inflammation that leads to heart blockage, diabetes, dementia, obesity, cancer. Any "processed fat" made by a factory should be avoided at all costs.

"Good fats" are essential in your diet because your body cannot make them. These are the omega 3 fats found in meat, fish, dairy, and nuts. They come in two varieties: MUFA and PUFA. MUFA or mono unsaturated fats are found in olive oil, nuts, avocados, butter, and lard. These are good for you if they have not been chemically refined.

PUFA, poly unsaturated fats, are the essential fats that our body cannot produce, like omega 3, omega 6 and linoleic acid. We need to have a good omega 3: 6 balance because you cannot get one without the other. Omega 3s reduce inflammation and protect your heart and brain. They are found in fish, meat, eggs, avocados, and nuts. Omega 6s are found in high quantities in vegetable oils and industrial meats due to being fed industrial corn. Omega 6s in too high a concentration are also linked to inflammation. [28]

"Saturated fats" are found in dairy (butter), meat, and coconut oil. There are over 30 different kinds of saturated fat. They provide a great amount of energy but can be dangerous if combined with eating carbs and sugar. There are two kids of saturated fat that have been associated with heart attacks – palmitic acid and stearic acid. These come from eating carbs and sugar along with this type of fat. [29]

MCT (medium chain triglyceride) is a special kind of fat that is found in coconut oil. This fat goes straight from your gut to your liver and is turned immediately into energy. It's a great additive to your morning coffee, and is now commercially available. It's also incredible for your brain.

The best cooking oil and dressings you can use are olive oil, coconut oil, grass fed butter, and ghee. The best sources of good fat are nuts, grass fed and organic meats, and wild caught fish. And remember, avoid mixing your fats with carbs or sugar in any meal.

WHICH GRAINS ARE BEST? Wheat , Corn, Barley, Sorghum, Oats, Rice, Rye, Quinoa & Buckwheat

There is a lot of confusion about which grains to eat, and understandably since so many people are experiencing gluten sensitivity. Gluten is a mixture of two proteins that is most commonly present in wheat flour. It helps to make dough more elastic and pliable.

Grains are NOT required part of your diet. They are high carb, and you do not need many carbs at all.

Common Health Problems That Come From Eating Most Grains

1. **GRAINS ARE HIGH CARB.** Bread is a complex carb (a starch) which is just as bad (or worse) than sugar! White bread has a Higher Glycemic Index than sugar. It makes you more hungry, and grow fatter. If you are diabetic or obese, you should get rid of grains altogether.

2. **REFINING GRAINS GOT RID OF ALL THE GOOD STUFF.** The way grains are processed today takes away all the vitamins and nutrients and leaves only starch.

3. **GLUTEN IS CAUSING ALL KINDS OF DISEASE.** Gluten is what makes dough doughy. We know gluten causes celiac disease (that leads to all sorts of chronic illnesses in the body and brain) . Around 1% of the population has been diagnosed with celiac using a blood test (antigliadin ab 1gG and 1gA, transglutaminase igG and IGA, and HLADQ2 and DQ 8 tests) but many more people are afflicted with NCGS (non-celiac gluten sensitivity).

   This is when gluten causes and intense inflammatory reaction in your gut. Zonulin is a marker of tight junctions opening up between the intestinal cells, causing a leaky gut. The gluten leaks out into our bloodstream through tiny perforations in the our gut and causes immune disorders and massive inflammation. This is because your body considers gluten an external threat, so it attacks it very intensely, destroying your own tissues in the process.

4. **MOST GRAINS ARE SOLD HIGHLY PROCESSED.** This means they are mixed with sugar, refined, and manufactured to have a long shelf-life, not support your health.

5. **MOST GRAINS ARE GMO.** Grains are often genetically modified (to create a super starch) and sprayed with glyphosate (Roundup).

Here's what you need to know about eating grains, including wheat flour:

- **Wheat bread is usually highly processed**. It does not contain the whole grain of the wheat plant, and much of this grain has been altered due to industrial farming and manufacturing processes. Modern grains are not the grains that our ancestors ate. [30]

  When you purchase "whole wheat bread" from the store it often isn't "whole" at all. Grain usually contains three parts: the brain which is the outer layer, the germ which is the core of the seed, and the edosperm, the starchy part of the plant.

Bran contains high levels of fiber which helps with bowel movements, eliminated toxins, keeps blood sugar under control, lowers cholesterol, helps with blood pressure, and prevents heart disease and cancer.

The germ contains all the nutrients of the plant including Vitamins B, E, tocopherols, minerals, protein and some fat. The Endosperm stores energy in the form of STARCH that turns into glucose and raises insulin.

A whole grain would therefore contain all of the parts of the plant, but most wheat has been highly processed to include only parts of the plant (mostly the endosperm). It is also ground up very fine so it can raise your blood sugar levels.

- **Oatmeal is better, but only slightly**. Oatmeal contains more protein, but steel cut oats can also cause your glucose levels to spike. Unless you cook your oatmeal raw, and don't use the super convenient pre-packaged kind, then it is usually full of extra sugar, too.

- **Granola bars are essentially cookies in disguise**. Granola might seem healthy, but it is also usually full of sugar – often just as much as a sugar cookie.

- **Most cereals will spike your blood sugar levels r and cause gluten** sensitivities. They are full of sugar and high fructose corn syrup as well as gluten-heavy grains that contain no protein or healthy fats.

- **Corn is very starchy and one of the biggest GMO-crops**. Corn is another culprit which can raise your blood glucose levels and is one of the biggest genetically modified crops grown in the U.S. This means its full of pesticides, herbicides, and even something called Bt toxin that is bred right into the plant. Eating this can turn your gut into a living pesticide factory. [31]

- **White rice is highly refined and an spike insulin levels**. Eat only brown rice as it contains more protein and only eat one serving a week so that you aren't eating too many grains.

If you must eat grains, then go with quinoa and amaranth. They are the best grains. They keep your blood sugar low and contain no gluten. You can also can try millet, buckwheat, and black rice, teff, and amaranth.

Refined grains lead to all kinds of diseases, so just avoid them and replace them with something more life-affirming.

HOW MUCH PROTEIN SHOULD I EAT?

Just as there is a lot of misinformation about grains, there is even more confusion about how much protein you need to eat. With things like the keto diet and Atkins diet, one would think we should eat only protein, but here's the truth about these diets:

1. I personally believe a keto (ketogenic) diet is great for weight loss and to achieve sugar control is cases of hyperglycemia or diabetes, but it's very hard to sustain. The best option is to do carb-cycling or eat low carb instead of "no-carb."
2. The Atkins diet is way too much protein, and it isn't plant based so you're going to cause rampant inflammation in your body if you eat this way for too long.

3. The SAD diet (Standard American Diet) is also a bad combination of too many carbs and too many unhealthy fats that increases heart and vascular disease.
4. Most people need to eat less that 100g of protein per day.
5. The recommended daily allowance for protein by the FDA is .36g per pound of body weight, which is way too low. We really need to get about 15-30% of our calories from protein. Plant protein source are best.
6. If you're going to get your protein from vegetarian sources like beans, you need to be sure to get enough of the key amino acid, leucine. Navy beans, squash and pumpkin seeds, and peanuts are good sources.

DOES MEAT CAUSE CANCER?

There's a lot of controversy around the topic of eating meat. There are many factors which come into play when deciding if you want to add meat to your diet.

First off, the way you cook your meat makes a big difference. If you cook it with high heat, you'll end up creating more carcinogens.

Red meat also seems to be the biggest culprit for creating inflammation in the body, and processed meat is the biggest culprit of all due to the chemicals that are used to preserve the meat, like nitrates. These highly processed meats can cause colorectal cancer, and many other health issues. [32]

The World Health Organization and Harvard medical School both suggest that you should limit red meat in your diet. [33]

In a study with over 120,000 people over 20 years, conducted by researchers at the Harvard School of Public Health, they found that every extra daily serving of unprocessed red meat (steak, hamburger, pork, etc.) increased the risk of dying prematurely by 13%. [34]

On the flip side, in 1955 Ancel Keys told the WHO that 7 countries eat a lot of fat and have heart disease, but he selected out data for only a few countries. The AHA and the USDA also adopted this idea gleaned from Keys, but he cherry-picked only 7 countries that fit his hypothesis, and ignored data from 15 others. Finally in 2015, the USDA reversed their stance on saturated fat.

We now know this theory was totally wrong. Heart disease is caused by a complex interaction of inflammation (due to insulin resistance and sugar, and omega 6's) causing damage to the interior of blood vessels, and then small particles of cholesterol then getting under the vessel wall, leading to plaques and then blood clot that blocks the vessel. The small, dense particles of cholesterol are actually caused by sugar and refined carbohydrates.

Moreover, meat is a very nutrient dense food full of protein, minerals, and fats. It contains the nine essential amino acids that we all need, and the only vegetarian sources of all EAA are quinoa, buckwheat, soy and goji berries. Meat contains Vitamin B-complex, E, and D. It also contains minerals like zinc, iron, selenium, magnesium, sodium, and potassium. All of these nutrients are more bioavailable in meat than in vegetables. Meat helps to preserve muscle, which is more important later in life when we start to lose muscle density. [35]

BEST PRACTICES FOR MEAT EATING

You need around 60-90grams of protein daily that contains all the essential amino acids. A small portion of meat (about the size of your palm or 4-6 oz) is sufficient.

Your meat *must* be grass fed and pasture raised so that it has less inflammation-causing omega-6 fatty acids.

Processed meat was identified by WHO as increasing the risk of colon cancer by 20% (this is a 1% real increase in risk). This is particularly concerning with processed meat (bacon, ham, deli meat, sausage). These are processed with sugar, additives, gluten, and preservatives. Just stay away from processed meat if you want vital health.

Meat that is not raised organically is raised in mass production farms where animals are not allowed to move and are fed GMO grains that hare high in gluten, omega 6, and pesticides. The animals are also given antibiotics and growth hormone, and fed sugar, plastics, feathers, and excrement from other animals!

If food is not certified organic, it may also be genetically modified or fed GMO grains. They are forced fed to "fatten" them up. All of this makes the animal very unhealthy, with high levels of inflammation. This is passed on to you in the meat you eat. "Certified organic" means that less than 95% of the food is fed hormones, antibiotics, GMO, and only fed organic grains.

Grass fed organic meat is a completely different food than mas-produced meat. Certified grass-fed animals are raised humanely, on open grass for their entire lives. Certified grass fed meat has 5 times the omega 3's and much higher levels of antioxidants and minerals. It also has a great combination of good fats. Half of the fats are unsaturated and the half that are saturated are CLA and stearic acid, containing powerful antioxidants and chronic disease eliminators. Always look for the American Grass-Fed Association logo that says "American Grass-Fed." You can also find locally raised grass fed meat at eatwild.com or localharvest.com, or you can buy online at butcherbox.com.
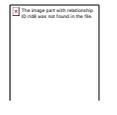
If you absolutely cannot find grass-fed meat, at least by "certified organic". Organ meats from organic raised animals are very nutrient-dense. Lamb is almost always grass fed. You can also try bison or venison.

Use spices to reduce toxin production when cooking. Consider rosemary, oregano, basil, paprika, turmeric and other spices to reduce cooking times and heats and to add flavor to your meat.

Processed meats (bacon, sausage, hotdogs) can be harmful, and may lead to cancer. Eat in very small quantities, or not at all.

POULTRY

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RED MEAT¶
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Meat is a nutrient dense food – tons of protein, minerals and fats.¶
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Poultry is a great source of protein, vitamins, minerals, and fats. Factory farming has reduced the quality significantly, but if you find poultry sourced from the right places it can be a good nutrition source. Pasture raised poultry are raised naturally on grass, seeds, and insects.

Factory farmed animals are not allowed to move, and fed GMO grains, increasing the Omega 6 content significantly, and removing vitamins and minerals from the food.

Eggs are a health food, especially the yolk. Eating whole eggs decreases your chances of developing heart disease. The main compound in eggs that is so good for you is choline. It is the precursor for a major neurotransmitter acetylcholine. This compound is gold to the liver, brain, and nerves. [36]

You want to make sure that the eggs and poultry you eat are "certified organic" and "pasture raised." All other labels are meaningless, and deceptive marketing.

When selecting poultry there are important considerations for your health. For example:

- Choose "pasture raised" chicken, turkey, and other poultry. Free range doesn't mean anything.
- Stay away from non-organic poultry. They are fed arsenic to fatten them up, which is linked to cancer in humans. [37]
- Eggs and poultry have a lot of bacteria in them. Be sure to wash and cook them to at least 165 degrees and always wash your hands and all utensils or cutting boards thoroughly to prevent the spread of disease.
- DO NOT consume processed chicken (like chicken nuggets or tenders). They are full of chemicals, artificial flavorings, colorings, and sugar.

FISH

Fish is one of the healthiest foods around, but there are a few caveats to this! Fish is full of protein, vitamins, iodine, selenium, and good fats. Humans have been eating seafood since the beginning of time, and this food source is largely credited for the large size of the human brain vs other animals!

The omega-3 fats in fish are not only essential to brain health but have many other benefits as well: preventing heart disease, diabetes, psychologic conditions, and many other chronic diseases. This is all due to the fact that omega-3 fats reduce inflammation in our body, which is the root cause of almost all chronic disease. The two polyunsaturated omega-3 fats found in fish (DHA and EPA) are miracle compounds that have proven benefits across multiple organ systems.

Unfortunately, we now have to be more careful about the fish we buy due to the large global demand resulting in fish farming and even fish scams. Half of the fish we consume in the US is "farmed". Why is that bad? Farmed fish are fed highly inflammatory grains and vegetable oils, which confers these properties into the fish we eat.

This fish food is also full of pesticides, herbicides, and other chemicals that can toxify our own bodies. Also, many large fish that live a long time have built up toxic levels of mercury that they have accumulated over their lives due to pollution from coal and other industries, so we need to be careful what type of fish we eat as well.

The right kind of fish is a health food, and a "brain" food. Our human brains became larger when our Paleolithic ancestors began to eat fish. Fish has protein, iodine, selenium, vitamins D and B, and the two best fatty acids- DHA and EPA (both are omega 3).

EPA and DHA is cardioprotective- eating two servings of salmon a week can reduce your risk of all cardiovascular disease. EPA and DHA also prevent all mental health disease, depression, autoimmune disease, diabetes and cancer.

Pregnant women who eat fish have smarter babies. Not having enough omega 3's (and too much omega 6) is what causes chronic inflammation and all the diseases that come with it. White fish (tilapia, catfish) do not have a lot of omega 3's- so choose fish with more color!

Vegans have to convert ALA in their diets to DHA and EPA, which is very difficult for our bodies to do. They should take algae supplements. [38]

Unfortunately, fish farming has changed the quality of the fish we consume. Almost 50% of the seafood we eat in America comes from farms. Farming requires – you guessed it – antibiotics and feed made of inflammatory grains. Also, processing of fish (i.e. filet o' fish fast food sandwiches) negates the health benefits. Farmed fish has almost no omega-3's.

Large fish contain a lot of mercury (from coal manufacturing), dioxins (a pesticide), PCB (environmental contaminants dumped into oceans), because they are large and live a long time and ingest a lot of it. Chronically high levels of mercury leads to diabetes. Go with wild caught as your best source of fish. Also, cooking the fish and removing the skin helps to reduce the toxicity.

Small fish are therefore better for you (wild salmon, mackerel, anchovies, sardines, herring). Canned varieties of these fish are also good for you.

Sushi is dangerous. The rice has very little nutritional value, and the larger fish used (tuna) have very high mercury content.

Everyone should take a fish oil supplement, or, even better, a Krill supplement. 1-2 grams/day. Eat at least three servings of fish a week.

The cholesterol in fish, especially in shellfish, is GOOD for you and should not be avoided. Cholesterol in your diet does *not* lead to heart disease.

Here are some certified organic, grass-fed meat, poultry and fish resources:

www.butcherbox.com
www.americangrassfed.org (click on local producers)
www.eatwild.com
www.localharvest.org
www.eatwellguide.org
www.farmfreshtoyou.com
www.cleanfish.com
www.nrdc.org
www.localcatch.org
www.seafoodwatch.org
www.ewg.org
www.fishwise.org

MILK AND DAIRY

The U.S. Government continues to recommend 2-3 glasses of milk a day despite the growing body of evidence that most people experience allergies, lactose intolerance, and side effects from drinking dairy. There is even a link to cancer. This is probably due to the huge milk lobby (the National Dairy Council) in D.C. that continues to influence U.S. policy on food recommendations. Remember the "got milk?" campaign?

Cows' milk especially, contains growth hormones, antibiotics, growth factors, and allergenic proteins. Flavored milk (chocolate) has tons of sugar, and "low fat" milk strips the benefits of healthy fats from the milk.

Humans are the only species to consume milk after infancy. We are genetically programmed to severely reduce the amount of lactase at the age of two. This is the reason that most adults are lactose intolerant to a degree.

Cows' milk is the most common cause of food allergy, leading to leaky gut and irritable bowel syndrome. People are intolerant to the casein proteins in milk, which increases inflammation in your body. Inflammation leads to infections, sinus issues, skin problems and more.

Milk does not have any effect on strong bones. The "calcium paradox" in the scientific literature points out the fact that countries with the lowest milk consumption have the lowest rate of fractures. A meta study did in 2011 in the *Journal of Bone and Mineral Research* shows no association between milk consumption and fracture rates. Bone mineral density is more related to physical exercise and vitamin D consumption, rather than Calcium supplementation. In fact, drinking milk has been linked to increased fracture rates! [39]

Milk may also increase the risk of cancer due to IGF-1 found in it. IGF-1 is also associated with kidney disease, diabetes and heart disease, and decreased longevity. [40]

The only "good" dairy is actually butter! Butter has all the good effects of the fat in milk, but without the allergenic proteins and sugar. Grass fed butter and ghee (butter with casein removed) is a great source of good fat, and the fat soluble vitamins A & D, and CLA (conjugated linoleic acid) which increase metabolism and protects against cancer and heart disease. Butter is now one of the best health foods out there. Consume butter with meat and vegetables.

The fat found in dairy actually lowers the risk of cardio vascular disease and diabetes. So, if you are going to consume milk, get the "full fat" version!

There are three "categories" describing how cows are raised: conventionally raised, organic, and grass fed. Make sure to only consume dairy that is grass fed. Grass fed has the lowest amount of inflammatory omega 6s and the highest good omegas 3s.

Conventionally raised have been fed antibiotics, herbicides and pesticides, which organic have not. Grass fed are organic, AND they have access to free pasture, which gives you the "healthiest" cows- and this means more vitamins and good stuff for you, with most of the bad stuff eliminated.

Kefir and Yogurt are also good if they have no sugar and are also grass fed. Cheese, as long as it is good quality is also ok in small quantities. Do not buy the processed kind kike the prepackaged cheddar, American and swiss cheese.

Going dairy free can help if you are having digestive issues, autoimmune symptoms, weight problems, skin problems like eczema, allergies or chronic diseases like diabetes, heart disease, metabolic syndrome

MILK SUBSTITUTES

Soy milk is it is good if homemade. Store-bought soy milk is loaded with sugar and additives and artificial flavorings. Soy is also a GMO crop.

Coconut milk is a great substitute for cows' milk as it contains lots of MCTs.

VEGETABLES

While it is great to consume a plant-based diet, most plants do NOT have sufficient quantities of Omega 3s, vitamin A,DE, K (all fat soluble vitamins), vitamin B12, Ca, & Iron. Vegans MUST supplement these.

Protein is in some plants (like kale and black beans) but in very low quantities.

Non starchy vegetables should be 75% of your plate at every meal, and meat should be the rest. Eat locally-grown, organic vegetables only.

Vegetables do have tons of phytonutrients, which are powerful health-promoting compounds that protect us from all chronic diseases. The most nutrition ones are kale, Brussels sprouts, radishes, artichokes, and collard green, but dandelion greens, cruciferous vegetables full of sulforaphane and other veggies are wonderful for your health. Eat all different colors of vegetables to get the maximum amount of phytonutrients. [41]

Vegetables are our only source of fiber, to help promote a healthy microbiome, prevent cancer, prevent heart disease, and help you lose weight. (need 100-150g/day)

Here are a few considerations with vegetables:

- Vegetables can be high-carb. Vegetables do have CARBS, both in the bad-starchy form like in potatoes and in a better form (slowly digested carbs) like in broccoli. The good carbs do not elevate your blood sugar. High-carb vegetables can lead to weight gain and diabetes. Potatoes, and sweet corn should be avoided if you are overweight or have diabetes. Check the glycemic load of a vegetable to see how much it effects your blood sugar (you want veggies with a GL <11).

- **Processed vegetables are terrible for you**. For example, potatoes cooked in vegetable oil (fries) are the worst! They are totally toxic. Ketchup is essentially processed tomatoes loaded with sugar. You're better off sticking with fresh, organic vegetables to get all the nutrition you need.

- **You'll still need to supplement**. There is a lack of phytonutrients, vitamins, and minerals due to over farming and the long storage of vegetables. Lettuce has very low nutritional value, for example. Even if you eat tons of plants, you're. likely still going to need to use supplements to get all the micronutrients you need.

- **Veggies can be loaded with pesticides**. Commonly used pesticide like DDT, which Rachel Carson exposed in her book *Silent Spring* as being a endocrine disruptor and a carcinogen are used in industrial farming all the time. DDT was banned in 1972, but it has been replaced by hundreds of other pesticides and herbicides, like glyphosate-riddled Round Up. These chemicals are linked to all kinds of cancers, brain

diseases, psychological problems, and chronic disease. This is why eating ORGANIC is key. See the Environmental Working Group's "dirty dozen" to cull out the worst offenders, and don't forget to wash off your veggies before eating them. [42]

Best practices for eating and buying vegetables:

- Purchase only "wild" or "heirloom" vegetables whenever possible, grown close to you and not stored. The farther a food has to travel to get to you, usually the least amount of nutrients remain in that food.
- Avoid GMO.
- Wash your veggies thoroughly.
- Don't boil your vegetables, it kills all the nutrients. Cook them just enough to make them edible. Steaming briefly is best.
- Cutting, chewing, or even grinding up broccoli in a blender releases more sulforaphanes, a cancer-fighting agent. You can also grow your own broccoli sprouts as these contain up to 100 times the amount of that same incredible compound.
- Frozen veggies are great, just be sure that they are organic.
- Do not deep fry or microwave your vegetables. This creates cancer causing compounds.
- Fermentation is a powerful way to make vegetables even more nutritious, and is great for your gut bacteria (eat sauerkraut, kimchi, kombucha, tempeh, miso).

FRUIT

Most fruits are very sugary, so you should consider them a dessert or truly limit the quantity you eat. Eat fruits with a low GI and GL (GL takes serving size into account)

Fruit has FRUCTOSE as its main sugar, which is metabolized in the liver to fat. High fructose corn syrup is responsible for the epidemic of obesity we have today. However, fructose with fiber is o.k. because the finer makes it slow to absorb. This is also why you should avoid fruit juices, and only eat the whole fruit. Phytonutrients are also destroyed in the process of creating of the juice as well.

Apple contain lots of sugar and no nutrition. This is also true for pineapple, bananas, and grapes. Dried fruit is very high in sugar.

Berries are the most nutritious fruit. Berries have high levels of antioxidants. Try Indian gooseberry (amla), goji berries, frozen wild blueberries, elderberries, cranberries, blackberries, plums, cherries, red apples, figs, and pears. Frozen fruit is great because the level of antioxidants is highest when fruit is just-picked, and starts to fade when it is transported and stored.

If you make fruit smoothies, don't add honey or other sugars (syrup). Blending fruit does break down fibers, and results in a lot of quantity and a higher Glycemic Level so add protein and fiber to make your smoothie digets slower.

Check Environmental Working Group's list of dirty dozen for pesticides (apples and strawberries).

Three fruits have REALLY GOOD FATS:

1. Avocados. This fruit contains 80% monounsaturated fat. They protect against heart disease.

2. **Coconuts.** Coconuts are full of MCT. This fat is Easily absorbed and turned into energy for your brain.
3. **Olives.** olive oil is heart healthy and loaded with antioxidants

Best practices for buying and eating fruit:

- Buy organic.
- Wash fruit thoroughly.
- Buy organic and local.
- Grow your own!
- Use it for a dessert!
- Eat lots of berries (unless you have sugar control issues)

BEANS

Beans are a good source of protein for vegetarians, but they also have a lot of carbs or starch. A quarter of their weight is protein, and the rest is all carbs, so limit them if you have sugar control problems.

Beans contain high levels of fiber, vitamins, minerals (potassium, zinc, iron, magnesium, folate, vitamin B6) – especially green peas and green beans which are more like vegetables than beans.

The starch in beans is a "resistant starch" that resists digestion. They act more like s hybrid between fiber and carbs.

Beans make butyrate, a fatty acid that helps to speed up our metabolism. They are low glycemic. So they are better than grains/other carbs. They contain a low levels of leucine (key protein that is needed as we age to deal with sarcopenia) so be sure to get this amino acid from other sources.

Here are a few dangers when it comes to eating beans:

- Beans can cause overgrowth of bad bacteria because they love to feed on the starch in beans. So if your microbiome is off, avoid beans until it is "fixed."

- You should avoid beans if you have diabetes.

- Their proteins (lectins-natural pesticides/make blood more sticky and phytates) can also trigger inflammation.
-
- Lectins are natural pesticides, but are not good for humans. Cooking lectins makes them more potent. This compound can lead to a damaged intestinal lining and leaky gut. They can also cause inflammation. Fermenting beans and pressure cooking can reduce lectins.

- You should avoid eating beans if you have an autoimmune disease due to the danger of inflammation.

- Soybeans are healthy, but you should eat organic only since this is a GMO crop. Don't use soybean oil or soymilk because it is almost always GMO. Tofu is cooked bean curds and is high in protein and low in carbs. Tempeh is fermented soy. You can try either as long as they are organic and non-GMO.

NUTS AND SEEDS

Nuts are a wonderful food. They help with weight loss, and are an excellent source of fat and protein. Nuts also contain good fiber, minerals (Zn and Mg) and micronutrients. They help to decrease your appetite, speed up your speed metabolism, and control insulin levels.

Here are a few more benefits of eating nuts:

- Nuts decrease visceral fat
- Lower blood pressure
- Lower risk of heart disease by up to 30%
- Lower risk of cancer by 15% (due to the high amount of antioxidants)
- Increase longevity
- Decrease weight
- Reduces LDL cholesterol
- Reduces inflammation
- Reduces risk of dementia by 40%
- A major benefit of the Mediterranean diet is that it contains nuts and olive oil
- Almonds lower cholesterol, stabilize blood sugar, heart healthy
- Walnuts help arterial function
- Pecans are high in antioxidants to fight cancer
- Brazil nuts are high in selenium which is good for metabolism, digestion, detox.
- Hazelnuts are high in antioxidants
- Pistachios are high in argenine, great for ED
- Macadamia nuts improve cholesterol. They are also high in MUFAs

Bet practices for eating nuts:

- Eat a handful of nuts every day. (They are great between meals to ward off hunger.)
- Eat them with the skin on because this is where many of the polyphenols and micronutrients are stored.
- Soak raw nuts overnight to remove lectins and phytates
- Store them in the fridge to make them last longer
- Use nut butters because they are better for you than dairy
- If you drink nut milks make sure they have no added sugar, unhealthy oils, or chemicals
- Peanuts are not nuts, so avoid them
- Also include seeds (though not technically nuts) like pumpkin, hemp, sesame and chia. They contain high levels of antioxidants that protect against cancer. Eat the whole seed whenever possible.

DRINKS

Many people consume up to half their calories just in the beverages they consume every day. Soda, sports drinks, and fruit juice are the main culprits due to their high sugar content. Many people think that fruit juice is healthy but it is not good. It contains all the sugar (fructose) with NO FIBER. Stay away from drinks like Odwalla that are marketed as "healthy" when they are not.

Electrolyte replacement can happen without sports drinks. These sugar-laden beverages not needed in most cases. You can drink coconut water and get all the electrolytes you need plus added potassium and way less sugar.

Energy drinks like Red Bull contain lots of chemicals and sugar. These can cause arrhythmias, high blood pressure, and many other health concerns..

Coffee is a good option in moderation because it is high in antioxidants. It is in fact the *highest* source of antioxidants for most Americans. Coffee lowers the risk of Alzheimer's, heart disease, colon cancer, depression and other diseases. However, coffee is a stimulant. Try doing a genetic test to see how you respond to coffee as a stimulant and how much you should drink. Also be careful what you add to your coffee like milk, sugar, or syrups that are readily available at places like Starbucks. These make an otherwise healthy drink, unhealthy.

Another great drink is Green Tea. It is full of EGCG and flavonoids that protect against many diseases. Green tea also helps to burn fat due to its high level of catechins. The best form is Matcha (powdered tea leaves). This type of green tea contains the highest levels of EGCG and catechins.

If you want to consume alcoholic beverages, this must be done in moderation. They are high in calories and immediately turn to sugar in your bloodstream. If you are going to drink, stick with one or two drinks a week and favor red wine. It increases HDL cholesterol, contains resveratrol and quercetin (flavonoids) and high levels of antioxidants. Don't drink beer because it is loaded with carbs.

Green juicing can be great if you don't use sugar or fruit as this unlocks the fructose without adding sufficient fiber. Only use veggies. If you need to add need fruit for taste, only use berries or a small amount of apples.

The *best* beverage you can consume is purified, unbottled water. It boosts your metabolism, helps to detox your cells, and keeps you hydrated. Bottled water-many bottled waters also have a LOT of contaminants (arsenic, lead, mercury, chromium) and the bottle has BPA. The best thing to do is to get a reverse osmosis water filter. Test your home water with a test kit regularly.

GOING VEGAN OR VEGETERIAN

For some, becoming a vegan or a vegetarian can be one of the most positive health decisions you can make. We know from decades of research that a plant-based diet is often the solution to many chronic illnesses such as diabetes, obesity, and gut issues.

Going fully vegan or vegetarian, however, can create nutritional deficiencies if one does not plan ahead to increase their consumption of certain micronutrients. Although many of the nutrients can be found in vegan foods, often the quantities you need to consume on a regular basis can be a challenge.

Supplementation is often required to eliminate symptoms.

Here is a handy guide with literature references to help you ensure that you minimize the potentially negative effects of veganism, while you take advantages of all of the positive.

Nutrient	The Science	How to Supplement	More Info

B12	B12 is present in its natural form only in meats, eggs, and dairy. B12 is a critical vitamin in many chemical processes in the body- including energy production, nerve cell maintenance, DNA synthesis, and red blood cell production. A lack of adequate B12 results in anemia, muscle weakness, fatigue, and mental lethargy. Long term deficiency leads to an increase in the risk for heart disease and neurologic disease, including Alzheimer's. 1/4 of Americans are deficient in B12, and people with a defective MTFHR gene are not able to utilize it correctly.	Nori seaweed is the best source of bioavailable B12 Tempeh (fermented soy) has a small amount of B12 A B12 supplement- preferably **methylated** B12 to cover you in case you have a MTHFR gene. Methyl-cobalamin is superior to cyano-cobalamin. B12 supplements should be ideally taken sublingual or a spray, as swallowed B12 might not get absorbed if you do not have adequate Intrinsic Factor (a glycoprotein secreted in the stomach to absorb active B12) B12 can also be given IM or IV, which avoids the problem of non-absorption *Spirulina is NOT a source of bio-available B12, so do not consider this a B12 supplement	https://www.ncbi.nlm.nih.gov/pubmed/24803097 https://www.ncbi.nlm.nih.gov/pubmed/10552882	
Vitamin D	Vitamin D is critical for the prevention of chronic disease, effective gene expression, and to power the machinery of every cell. It is a vital steroid hormone, that most humans	Take a vegan friendly Vitamin D3 supplement, along with K2 to prevent calcium deposition in your arteries. (Vegan D3 is made from lichen.)	https://www.ncbi.nlm.nih.gov/pubmed/15585792 https://www.ncbi.nlm.nih.gov/pubmed/17556697 https://www.ncbi.nlm.nih.gov/pubmed/18541825 https://www.ncbi.nlm.nih.gov/pubmed/19794127 https://www.ncbi.nlm.nih.gov/pubmed/9771862	

	(vegans or not) are deficient in. Chronic diseases associated with low levels of vitamin D include osteoporosis, diabetes, cancer, Alzheimer's, depression and muscle wasting. Vitamin D is produced by sunlight (which no one gets enough of) and consumption of meat, fatty fish and eggs. Vitamin D2 (found in plants) is not utilized effectively in humans. You should aim for a vitamin D level of 50-80 (not too high as this can lead to calcium deposition). Checking your levels on a regular basis is critical.	Vitamin D3 enriched cereals and foods.	
Omega 3 Fatty Acid (DHA)	DHA is found in abundance in fish and krill, but can also be found in some microalgae DHA is critical for normal brain development, brain function and mental health.	DHA can be made from ALA (found in flax seeds, chia seeds, walnuts) but the conversion is very inefficient, so vegetarians are often deficient. Supplement with DHA from microalgae	https://www.ncbi.nlm.nih.gov/pubmed/20478353 https://www.ncbi.nlm.nih.gov/pubmed/12509593 https://www.ncbi.nlm.nih.gov/pubmed/12936959 https://www.ncbi.nlm.nih.gov/pubmed/18220672

Iron	Heme- iron is the kind of iron found in red meat. This type of iron is better absorbed than plant-based iron.

Iron deficiency can cause anemia, which leads to weakness, lethargy and cardiovascular problems in the long term. | Iron supplementation with Vitamin C to help the absorption of vegan supplements is recommended for anemic individuals | https://www.ncbi.nlm.nih.gov/pubmed/10466165 |
| Zinc | Zinc is found in high quantities in meat and shellfish, with lower quantities in vegetables.

Zinc absorption is interfered by phytic acid found in most vegetables.

Zinc deficiency can cause a weakened immune system, stunted growth and development, skin problems, slowed healing and hormonal deficiencies. | Zinc is found In hemp seeds, spinach, crimini mushrooms, and other vegetarian foods, however most vegetarians will require supplementation.

There are many kinds of Zinc supplements available commercially. | https://www.ncbi.nlm.nih.gov/pubmed/28924423
https://www.ncbi.nlm.nih.gov/pubmed/26626410
https://www.ncbi.nlm.nih.gov/pubmed/26056918 |
| Creatine | Creatine is an amino acid only found stored in animal muscle tissue. It can be produced in the liver in vegans, but this is not optimal. | Creatine is commercially available as a supplement. The consumer must do their research to be sure they are purchasing a reputable source of creatine. | https://www.ncbi.nlm.nih.gov/pubmed/12432177
https://www.ncbi.nlm.nih.gov/pubmed/14600563
https://www.ncbi.nlm.nih.gov/pubmed/21118604 |

	Creatine is an energy reserve for your muscle cells. It is also concentrated in the brain and is critical for brain health. Supplementing creatine improves muscle strength and brain function in vegetarians.	People with liver or kidney disease, or on blood sugar medications, pregnant, nursing or under 18 should not take creatine without talking to their physician.	
Carnosine	Carnosine is a peptide made of two amino acids (beta alanine and histadine) is an important antioxidant that is located in muscle and brain tissue. In muscle, it decreases fatigue and improves performance. Although it can be synthesized in the liver from beta alanine, vegetarians have low levels of carnosine.	Vegan beta alanine supplement	https://www.ncbi.nlm.nih.gov/pubmed/15872311 https://www.ncbi.nlm.nih.gov/pubmed/20865290 https://www.ncbi.nlm.nih.gov/pubmed/17690198
Taurine	Taurine is an amino acid that is important for heart health, blood pressure, muscle function, and as an antioxidant.	Supplements are available	https://www.ncbi.nlm.nih.gov/pubmed/15221507 https://www.ncbi.nlm.nih.gov/pubmed/3676193 https://www.ncbi.nlm.nih.gov/pubmed/1731369

IN CLOSING

Now that you are equipped with sufficient scientific information on your nutritional needs, you can start to change your diet and lifestyle choices to move away from the SAD diet, and take your health back from the bad advertising and marketing practices and industrialized food system. Start small, make one change a week, and soon you'll be eating in a way that totally transforms your life.

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