



YOU ARE WHAT YOU EAT!

So let's face reality, we live in a crazy world. Our air, land and water is becoming more and more polluted. and we here in the United States spray 2 billion pounds of pesticides each year on crops to compensate for poor farming practices. Case in point, the recent ecoli outbreak in spinach, the bird flu, mad cow disease etc. Most people place a higher priority on driving a jag or Lexus than eating good high quality food. Many organic farmers can barley keep there business going so many of us are ignorant to the benefits of organic foods and most of us shop for foods like they were gasoline or motor oil. Searching for the cheapest eggs, beverages, meats produce and so on. Do you think people would be in such a rush to buy the cheapest food available if they realized that within hours what ever they put in their mouth is replacing cells somewhere in their body? ***That is right you really are what you eat!*** There is so much to learn but we will try and keep it simple.

The actual goal of most fitness and personal training programs is to increase the lean and decrease the stored fat. That means trimming off a lot of fat and building more lean muscle tissue for a firm, more toned look. It does not mean "losing weight" Muscle weighs more than fat, so as your ratio of lean mass to fat changes you shrink at the same weight. Our overall goal is a total body transformation, so let us try and do it in a reasonable amount of time, okay? Say... 90 days...45 days or whatever! The most important things you will need to do and practice are:

1. BE IN CONTROL

Of your portions.....Do not eat until are full, eat until you are not hungry...

2. BE ABLE TO FOCUS AND BE AWARE

Of everything you eat. Fresh veggies, lean meats, and foods lower in fat and higher in fiber are the basis of our strategy

3. BE CONSISTENT

Have a 5-6 times a day eating schedule. Put it in your Outlook, your PDA and at your work computer and set the reminders. IMPORTANT!! **Eat every 2.5- 3 hours.** Stick to your schedule so you do not get hungry and overeat, and so your body has enough fuel to rebuild after exercise.

4. DO HYDRATE AND CLEANSE

Your body by drinking lots of water. Drink half of your body weight in ounces per day, okay? After all, your body is 70% water so it makes sense that you get more in you. Ad a small pinch of organic sea salt to every liter of water.

5. SUPPORT

Your diet with a good multivitamin. If you don't have one, get one from me - I have a great one! An exceptional multivitamin ensures that you get all the nutrients you need when cutting calories.

6. TIMING

Refrain from eating at the wrong times

When you work out and especially when you sleep, you want your body to be in Fat Burring Mode

You must be in CONTROL

Of everything you eat as it pertains to portions, okay?

In general, eat half of what the chef serves you in a restaurant. An adequate portion for a meal is 3-4 ounces of protein (chicken, tuna, turkey or lean beef) which is about the size of your palm. Don't eat until you are full; eat until you are not hungry. Same goes for salad dressing. On a large salad, limit it to just enough to taste. One or two tablespoons.

CONTROL YOUR CALORIE INTAKE AND SIZE OF YOUR PORTIONS!

This is your daily intake formula. Your daily exercise routine will increase the amount of calories you burn each day. If you also make sure that you eat fewer calories than you burn, VOILA! ...you burn excess stored fat. It is a simple concept, one that science has proven this over and over again and it never fails. So here is how we do it.

Calories going in:

First regulate how many calories you consume. Fitness Forever recommends that if you are "removing excess body fat" as a goal, 1,200 to 1,500 calories per day is as low as you can go and want to go period. Any lower and your body will think it is starving and reset your metabolism. Targeting a number that is 500 calories per day less than you burn will result in losing a pound per week. We want to recommend you starting with 1200-2000 calories per day, depending on your goals, which will steer you away from LARGE portions. Add calories only when you feel you need additional energy, After all, food is fuel (remember nothing is set in stone here, this a general guideline from which to work)

Calories going out:

Now, we have to know how many calories leaving your body each day. This number is found on your body composition slip from your body fat test. There is a basic rule of thumb that you will burn about 300 calories in 30 minutes for very rigorous exercise. If you do not have a slip or a reading, then look on the chart below.

The Formula is this: K cal's burned minus Calories Eaten equals caloric deficit:

An example of this would be: 2,200 calories burned minus 1,400 eaten equals 800 in deficit.

CALORIE EQUATION:

Calories burned - calories eaten = calorie deficit

EXAMPLE: 2,300 burned - 1,500 eaten = 800 calorie deficit

Estimate How Many Calories Your Body Needs										
	WEIGHT									
LIFESTYLE	110	120	130	140	150	160	170	180	190	200
SEDENTARY	1,700	1,800	1,900	2,000	2,100	2,200	2,300	2,400	2,500	2,600
(exercise 1x/wk)	1,500	1,600	1,700	1,800	1,900	2,000	2,100	2,200	2,300	2,400
MODERATE	1,900	2,000	2,100	2,200	2,300	2,400	2,500	2,600	2,700	2,800
(exercise 2 to 4x/wk)	1,700	1,800	1,900	2,000	2,100	2,200	2,300	2,400	2,500	2,600
ACTIVE	2,400	2,500	2,600	2,700	2,800	2,900	3,000	3,100	3,200	3,300
(exercise 4-6x/wk)	2,100	2,200	2,300	2,400	2,500	2,600	2,700	2,800	2,900	3,000

*Above 200 pounds, add 100 calories for each additional 10 pounds

Now that you understand this, you have to estimate how many calories your body needs. You also need to make sure that you consume less than that number, and you body will be forced to burn up the excess stored fat and use it for gas to make up the difference. That, my friend, is really how you lose weight ("body fat").

You need to force your body to use up its stored gasoline (fat) by controlling what you fill up the tank with. Aka... the calories you put in your mouth.

Now, once you accumulate a 3,500 calorie deficit, you burn off 1 pound of fat. By controlling your calorie deficit, you can and will control your weight loss.

Focus On Progress Not Perfection

THE DAILY DEFICIT GOAL

450 calories = lose an 1/8th pound a day, 11 pounds of fat in 90 days
900 calories =lose 1/4 pound a day, 22 pounds of fat loss in 90 days
1,100 calories = lose 1/3 pound a day, 30lbs of fat in 90 days
1,600 calories = lose 1/2 pound a day, 45 pounds of fat in 90 days

This method has been proven in all kinds of ways. If you really want to reach a specific goal, the daily deficit is how to do it to the tee. The key here, is that you have to be very disciplined about your calorie intake.

FOCUS AND BE AWARE!

Of everything you eat!

What you eat has a direct effect on everything from the way you body works, to your mood, to the amount of fat your body burns or stores. For long term weight loss and management, we are suggesting you be very aware of everything you eat and keep a close eye on size and volume. Make sure you are getting a BALANCED intake of calories.

Here is an example of Michi's ladder to help guide your food choices each and every day. The closer to the top of the ladder the better your results are going to be. **NO MATTER HOW MUCH YOU WORK OUT, IF YOU DON'T MAKE SMART SUPPORTIVE NUTRITIONAL CHOICES, YOU WILL NOT SEE THAT ROLL OR EXTRA STUFF FALL OFFPERIOD! And always Eat Certified Organic**

CLIMB MICHI'S LADDER

**Eat to carve
your physique!**

Michi's Ladder is a guideline, but we leave it to you to decide. If you only ate from Tiers 1 & 2, you would have a near-perfect diet!

Tier 1: The Pious Tier

Apples, with skin ●	Collard greens ●■	Mustard ●	Tea, green or black
Artichokes ●■	Cottage cheese, nonfat	Nectarines ●	Tempeh ●■
Arugula ●	■	Oatmeal ●▲■	Tofu ●■
Asparagus ●	Cucumbers ●	Olive oil ▲	Tomato sauce, no

Avocados ▲	Egg whites ■	Olives ▲	Tomatoes ●
Beans ●▲■	Endive ●	Onions ●	Vinegar
Beets ●	Fish, cold water	Pears, with skin ●	Water
Bok choy ●	(salmon, mackerel,	Peas ●■	Yams ●
Boysenberries ●	sardines) ▲■	Peppers ●	Yogurt, nonfat,
Bran ●	Fish, freshwater ▲■	Plantains ●	no sugar ●■
Broccoli ●■	Flaxseed ▲	Prunes ●	
Broccoli sprouts ●■	Garlic, fresh ●	Radishes ●	
Brussels sprouts ●	Granola, raw,	Raspberries ●	
Cabbage ●	no sugar ●▲■	Refried beans, nonfat	
Carrots ●	Hemp seed ▲	●■	
Cauliflower ●■	Kale ●■	Rice, brown ●	
Celery ●	Lettuce, romaine,	Salsa, natural, no	
Cereal, sprouted whole	green or red leaf ●	sugar ●	
grain ●▲■	Milk, nonfat ●■	Seitan ●■	
Chard ●■	Milk, almond	Spinach ●■	
Cherries ●	unsweetened ●▲■	Squash ●■	
Citrus fruits ●	Muesli, raw,	Strawberries ●	
	No sugar ●▲■	Sweet potatoes ●	
	Mushrooms ●		

Tier 2: The Happy Tier

Apples, skinless ●	Cream cheese, nonfat	Milk, 1% ●▲■	Sunflower seeds ●▲■
Bananas ●	■	Nuts, raw ●▲■	Tortillas,
Blueberries ●	Duck, free-range ▲■	Ostrich ▲■	whole wheat ●▲■
Bread, whole grain ●	Eggplant ●	Pancakes, buckwheat	Turkey breast ■
Cantaloupe ●	Fish, farmed ■	●■	Vegetable juice ●■
Cheese, nonfat ■	Granola or energy bar	Papayas ●	Veggie burger ●▲■
Chicken, skinless white	●	Peaches ●	Venison, free-range ▲
meat ■	Grapes ●	Pineapple ●	■
Coffee, black or	Hummus ●▲■	Plums ●	Watermelon ●
cappuccino with nonfat	Juice, fresh-squeezed	Raisins ●	Yogurt, no sugar ●▲■
milk ●■	with pulp, no sugar ●	Ricotta cheese, nonfat	Zucchini ●
Corn ●	Kiwifruit ●	■	
Cottage cheese,	Mangoes ●	Soy nuts ●▲■	
low-fat ▲■	Meal replacement	Soy sauce ●	
	bar ●▲■	Squid ■	
	Melon, honeydew ●		

		String beans ●■	
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Tier 3: The Swiss Tier

A1 Steak Sauce ●	Coffee, cappuccino	Lamb, lean ▲■	Pretzels ●
Angel food cake ●	with whole milk ●▲■	Lettuce, iceberg ●	Refried beans,
Applesauce ●	Crab ■	Lobster ■	low-fat ●▲■
Bagels ●	Cream cheese,	Mayonnaise ▲	Rice cakes ●
Beef, eye of round ▲■	low-fat ▲■	Milk, 2% ●▲■	Rice, white ●
Beef, London ▲■	Eggs, whole ▲■	Muesli ●▲	Sauerkraut ●
Beef, top round ▲■	French fries, baked ●	Oatmeal, flavored ●	Soup, canned broth ●
Canola oil ▲	Fruit, dried ●	Oysters ■	▲
Cheese, low-fat ▲■	Graham crackers ●	Pancakes ●	Steak, lean ▲■
Chicken, dark meat ▲	Granola ●▲	Pasta, plain ●	Sweet-and-sour
■	Honey ●	Peanut butter, raw ▲■	sauce ●▲
Chicken sandwich,	Jam or marmalade ●	Popcorn, plain ●	Veal cutlet ▲■
broiled ●▲■	Jerky, turkey ■	Pork tenderloin ▲■	Wine, red ●
Chicken taco,	Juice, from	Potatoes, baked	Yogurt, frozen,
baked ●▲■	concentrate ●	or boiled ●	nonfat ●■
Clams ■	Ketchup ●		

Tier 4: The Dodgy Tier

Animal crackers ●	Coffee, iced mocha	Meat loaf ▲■	Sherbet ●
Beef, filet mignon ▲■	latte with nonfat milk	Mexican food ●▲■	Shrimp ■
Beef, lean ground ▲■	●■	Milk, whole ●▲■	Sloppy Joe, lean beef
Beef, sirloin ▲■	Coffee, latte with	Muffins ●▲	or turkey ▲■
Beef Stroganoff ▲■	whole milk ●▲■	Nuts, salted or roasted	Soft drinks, diet
Beer ●	Coffee cake ●▲	▲	Soup, canned creamy
Bread, refined flour ●	Crackers ●	Peanut butter,	●▲
Buffalo ▲■	Grilled cheese	not raw ●▲	Spaghetti,
Butter ▲	sandwich ●▲	Pepper, stuffed ▲	with meatballs ●▲■
Caesar salad, with	Ham ▲■	Pizza, meatless or	Sub sandwich ●▲■
chicken ●▲■	Hot dogs, turkey ▲■	Hawaiian style ●▲■	Taco salad,
Canadian bacon ▲■	Ice cream, sugar-free	Popcorn, with salt and	with chicken ●▲■
Cheese (including bleu	or fat-free ●	butter ●▲	Tortilla, refined flour
and goat) ▲	Jell-O ●	Pork chop ▲■	or corn ●▲
Chili ●▲■	Juice, sweetened ●	Potato salad or	Tuna salad or
Chinese food ●▲■	Lamb chops ▲■	Macaroni salad ●▲	chicken salad ▲■

Chips, low-fat, baked ● Coconut ▲	Lasagna, with meat ▲ ■ Macaroni and cheese ● ▲ Margarine ▲	Pudding, with low-fat milk ●▲ Reuben sandwich ▲■	Vegetable oil ▲ Wine, white ● Yogurt, frozen ●▲■
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Tier 5: The Newburg Tier

Alcohol, hard liquor Bacon ▲■ Baked beans ●▲■ Beef, ground, regular ▲■ Beef taco, fried ▲■ Breakfast sandwich, fast food ▲■ Cakes ●▲ Candy ● Cereal, sugared ● Chicken a la King ▲■ Chicken, buffalo wings or nuggets ▲■ Chicken or fish sandwich, fried ▲■	Chips, potato or corn ●▲ Chocolate ●▲ Cinnamon bun ●▲ Coffee, mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc. ●▲ Cookies ●▲ Cream cheese ▲ Creamed veggies ●▲ Creamer, nondairy ▲ Doughnuts ●▲ French fries ●▲ Gravy ▲ Hamburger, fast food ▲■	Hot dogs ▲■ Ice cream ●▲ Jerky, beef, pork, or venison ■ Juice, sugar added ● Lobster Newburg ▲■ Nachos ●▲ Onion rings ●▲ Pastries ●▲ Pies ●▲ Potato skins, fried ●▲ Potatoes, fried ●▲ Potpie ▲■ Refried beans, with lard ●▲■	Salad dressing, creamy ▲ Sausage ▲■ Soft drinks, sugared ● Tater tots ●▲ Toaster pastries ●▲
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Box = Protein, Triangle = Fat, Circle = Carbohydrate

- ❖ Every meal should be small in size, almost the portion sizes you used to see in a TV dinner, remember? And we are shooting for 40% protein 30% carbohydrate and 30% fat as a general rule.
- ❖ Use only fresh and organic when available to replace packaged and processed foods and you will lose weight.
- ❖ Skinless white meat is generally a better choice than red meat.
- ❖ Egg whites have less fat than whole eggs try combing them too, if you are not used to eating only egg whites
- ❖ When looking at a plate of food you suspect to be pretty high in fat i.e., (pizza) or (pasta) eat half the helping you would normally eat

❖ **DO NOT OVER EAT!**

- ❖ Choose low density, high fiber type foods if at all possible.

Some tips on the food groups:

Proteins

- Choose lean meats vs. saturated fat ones
- Portions are the size of the palm of your hand: 3-4 ounces (Athletes and Body builders will require 6-10 oz)
- Grill it! Broil it! Bake It! **Don't Fry it! EVER!**
- If you are a vegetarian, eat a meat substitute such as tofu, low fat dairy, legumes' or tempeh.

Veggies

- A large organic salad every day, but limit the dressing to two tablespoons of a low or non fat dressing. Just a few extra pours here will waste your whole day and week!
- A side portion of steamed veggies should always accompany a meal. Veggies are low in calories and high in fiber. You can pretty much eat them all day long.
- Don't do any butter or cream sauces on veggies. Braggs liquid amino acids, lemon, or just plain are the best.
- Be sure to eat organic whole sprouted grains instead of refined. The fiber slows down the sugar absorption and then your body will not store those foods as fat.
- Don't drink fruit juice because it is high in sugar - eat it (fruit) instead.
- Limit your intake of breads, pastas, rice and fruits to every other day and only small portions before 2 pm.

Fats:

Here is the real scoop on fats:

Now, if you crave foods that are high in fat, or you suffer from very dry skin that needs oiling all the time even if you have ever followed a low fat diet, there are some answers here that are very important to note.

Here is a word that we have all been hearing about lately, the word is "essential fatty acids". This simply means that you body cannot manufacture a specific nutrient from another substance, so that nutrient must be consumed in the diet, or a deficiency will develop. If an essential nutrient is not consumed in your regular eating patterns, you could develop a deficiency disease or worse, even die from the deficiency of this nutrient.

Fat is essential to the human diet, and so is protein, Carbohydrate is not essential. On the fat burning eating strategy, carb days are included to build up you glycogen levels. Provide alkaline minerals, lighten your spirit by increasing serotonin levels, and provide short term energy. On low carb days, protein is consumed to provide amino acids needed for growth, tissue repair, strength, muscle recovery, and stress relief. Essential Fatty acids, (Omega-3 and Omega-6) and other unrefined "fat burning fats" are consumed on low carb and high carb days to provide fatty acid nutrition to the body. So eating fat is very healthy and very necessary to fat loss.

Refined oils and fats have been altered, heated, fractionated, or processed in a way that removes the healthy components and can leave behind a fat or oil that is toxic and detrimental to the body and your health. Constipation, eczema-like skin eruptions, kidney problems, susceptibility to infections, sterility in males, retardation of growth, and over weakness are but a few problems that can stem from a diet that is too low in fats (THE ESSENTIAL FATTY ACIDS!)

In his informative book "Fats and Oils", Author Udo Erasmus explains that a diet high in protein but low in fat is as degenerative as a diet high in fat and low in protein. In other words, when animals were given diets deficient in protein and of the essential fatty acids, death came quickly. In 1902, a study showed that a high carb, low protein diets can result in fat deposition. High carbohydrate, high protein diets were also found to cause an increase in fatty deposits. But when good fats were added to the same diets, less fatty acid deposition occurred and better food utilization and energy production took place. In other words, essential fatty acids help us burn fat which is so contrary to the American way of thinking.

WHERE TO GET YOUR FAT BURNING FATS

OMEGA 3 FAMILY

Salmon, trout, mackerel, sardines, and other high fat, cold water fish and marine mammals. The most direct way to acquire the omega 3's is through capsules made from fish oils for those who do not eat fish 2-4 times a week.

Alpha-Linolenic Acid is found in flax seed, pumpkin seeds, walnuts, and dark green veggies. Flax seed oil contains 57% Linolenic acid and is one of the best sources of this essential fatty acid. Flax seed oil tastes great in protein drinks or can be used on salads or brown rice with a little Brag's amino acid spray mixed in for flavor...

THE OMEGA 6 FAMILY

Linoleic Acid is best found in sunflower seeds, sunflower oil, safflower oil, walnuts, walnut oil, sesame seeds, sesame oil, and flax seed oil. Sunflower seeds, sunflower oil and safflower oil are the richest sources of this essential fatty acid.

Gamma-Linolenic oil can usually be created by the body from Linoleic acid but is also found in mother's milk, borage oil and evening primrose oil.

OMEGA 9 FAMILY

Oleic Acid is found in olives, olive oil, almonds, almond butter, pecans, cashews, filberts, and macadamia nuts.

SATURATED FAT FAMILY

This fat is found in beef, mutton, and pork.

Keep in mind that many foods contain one dominant fat or oil yet they also contain a mixture of other essential and non essential fats and oils

Finally: Fat is extremely dense and has more than twice the calories per gram as proteins and carbs so don't take more than a thumbnail in a day that is really all you need. When it comes to nuts and avocados, keep the portions small! Very small, and remember fat is very dense in calories. Even though it is healthy for you it is still dense.

Beverages:

- ❖ A glass of water will always curb your hunger.
- ❖ *Do not drink liquids* with a meal it just dilutes the digestive juices and all that good food does not get absorbed.
- ❖ *Avoid like the plague:* sodas beer, umbrella drinks and hard alcohol they are all **calorie DENSE**.
- ❖ Your body needs pH balancing water, about half our body weight in ounces a day will be great and is needed to loose body fat and get rid of the toxins. If you live in a warmer climate you need more water than is suggested here.
- ❖ Stay away form coffee it is highly acidic and acts as a diuretic and draws water away form your brain and is hard on your kidneys, (*after all coffee is a poison and the kidney is a filter*) thus you get tired and want more. Soda and Iced tea have the same affect.

Deserts and Snacks:

Here are a few ideas

1. Tony's sticky bar of course (with banana, organic peanut butter, and granola)
2. Almond butter raw organic (thinly spread) on organic sprouted whole grain toast
3. Snyder's of Hanover Organic Oat Bran Pretzels
4. PROBAR nutrition bar (original blend) 380 calories of



pure

joy—100% vegan

5. Protein shake—1/2 banana, half cup of frozen blueberries and strawberries, tablespoon of flaxseed meal, two ice cubes, and rice milk

6. Half cup of fresh blueberries, Food For Life's Ezekiel cereal with almonds mixed into 8 oz. of plain nonfat yogurt



4:9

7. Handful of raw mixed nuts

8. Midel Honey Grahams (whole wheat; 8 crackers are calories)

280

9. CLIF Nectar bars—I like the cinnamon pecan (4 organic ingredients and only 170 calories)

10. LARABAR snack bars (ingredients: dates, pecans, almonds; 220 calories)

I rotate through this list of in-between goodies all week long. I'll even use the PROBAR and protein shake as a meal substitute. Most of the things on this list can be packed up for travel time. The bars, pretzels, nuts, and graham crackers are perfect fast food while you're away from home. No more excuses! As you know we do carry Probar and Myolean protein shake mix and it simply is the best!

Sticky Bar Recipe

Mix and mash all three ingredients into a bowl. Spoon onto a sheet of wax paper. Roll up the contents into hot dog/cigar shape. Stick in the freezer. Ready in about 90 minutes. Cut off little bites or eat the whole thing. Eat it frozen or throw it in the microwave for 10 seconds. Serves 2.

Preparation Time: 10 minutes

Calories 389	Protein 14 g	Cholesterol 0 mg
Carbs 47 g	Fat Total 17 g	Saturated Fat 4

A Word on Metabolism

Our bodies have not changed much in the last 6000 plus years. Genetically, there is no difference between how we were then sitting in our cave so long ago and now but the choices sure have changed!

And here's the thing the cave men were chasing after their prey hunting it down, and then they would have to store some for the winter. Today what do we do? We sit in the drive thru at McDonalds wondering about our super sized meal, then we eat it, wake up the next morning and decide "I really need to go on a diet" so we cut back our calories dramatically and the body sends a message to that imbedded hard drive and this processor senses this reduction in food and fires a signal off to the metabolism saying "our food supply has been cut back, We think we might be stranded on a desert island with not much to eat or whatever so when we stop getting fuel-food you as my body must stop using so much energy. Conserve for later hoard fat now we are going to be starving"

And that is the body's way of slowing down the metabolism to conserve its resources, just like it does if a real emergency or famine were to happen. Our ancestors would have to go days without food, sometimes weeks without any. We call this process "Starvation mode" since your body feels like it is starving! So to affect long term, healthy loss of stored body fat you want to avoid sending the body a signal that it needs to reset your metabolic rate or metabolism to conserve or hold on to the little or no food it is getting. **SO you must eat to lose weight anything below 1200 calories is STARVATION MODE.** If you are operating on a large calorie deficit and your weight loss has stalled or plateaued, your body could be in this mode. Try bumping up your calories by 200 or so to lessen the deficit, chances are, the fat burning will start again. Once you get in a good habit of disciplined portion control and consistent and regular exercise, you will be on your way to a happy, lean and wonderful life!

Be Consistent:

Eat 5-6 small meals a day.

This is so important to follow. You will never get over hungry and then you won't over eat at your next meal and you will encourage your body to understand it is not on a deserted island somewhere and the metabolism will stoke right on up.

The rule is eat within an hour of waking up
And then every 2-3 hours is ideal

Your last meal should be eaten at least 3 hours before you go to sleep.

"Eat After Eight Put On The Weight"
is the rule of thumb and a good mantra to recite to your self.

The most important aspect of all of this is that you **DO EAT BREAKFAST** and **Stop eating about three hours before you go to bed!**

You might start to get hungry before bedtime, but you will enjoy 8 hours of solid fat burning if you control yourself, by allowing your body to sleep in “fasting mode” meaning you are not eating and digesting food your body will access stored fat for energy through the night. And when you wake up you should be a little hungry and that is when you break the fast.....Breakfast! Get it!

Supplements:

When you exercise hard and reduce your calorie intake your body can easily suffer from vitamin deficiencies. Most nutritionists feel and believe that a good multi vitamin is absolutely essential. And if you are active all the more reason to take some added nutrients. The combination of daily stress, junk food and over processed to stay on the shelf foods, soft drinks; nutrient depleted soils may leave your efforts in the eating strategy department a little short. You need proper nutrition and supplementation for muscle growth, energy production, and protein and carb metabolism as well as fat. *Jay Robb* has many excellent products one being their Perfect Day” Vitamins, which come in a packet and are easily carried around. We offer them here at the studio as well as our online store. There are of course other good brands as well. The key is quality and when it comes to vitamins and supplements something cheap is seldom good and something good is seldom cheap. Don't cheap out on your body!

Timing is everything:

You must **not eat** right before you workout or before you go to bed when it comes to your “**fat burning mode**” working when it is looking for energy. So sports drinks and bars protein shakes, ect. Should be consumed at least 1 hour prior or your body will be in carb burning mode and burn the food you at instead. This is the worst thing you can do to sabotage your exercise, the wrong foods at the wrong time. Your body has two sources of energy, stored fat and stored carbs or glucose. When you eat or drink a substance like an energy bar or sports drink like vitamin water or Gatorade which are generally high in sugar your body's insulin levels rise to cope with the additional carbs(sugar) in your body. That means, during the time you process that sugar into your bloodstream, your body's hormones are focused on burning that type of fuel for energy. Thus if you consume those type of carbs before your workout you will be in the mode of burning carbs in your body rather than what is stored in your thighs and belly!

Do you get this? You need to be in a fasting state when you workout with little or no food in your system. Drink only water and your body will be in fat burning mode and your results we be magnified and maximized.

High Carb Low Carb what does that mean?

This is something to consider it is called Carb cycling. And why is this going to work for you? There are many reasons but the real one is called “glycogen” and that is the secret. Glycogen is “stored muscle starch.” Your body will convert and store excess blood glucose as glycogen as long as there is room to store it. If glycogen levels are full, your body simply converts it into body fat. This is the main reason a high carb diet doesn’t work over a long period of time.

The secret to eating carbs safely, without converting them to fat, is to make sure glycogen levels are never FULL. How do you do that? It is very easy. You cut carbs; Cutting carbs is the easiest way to burn down glycogen levels. Exercise can help but should not be relied upon for glycogen management. Your diet or eating strategy is the best way to manage glycogen levels.

The average active person can store approximately 400-600 grams of carbohydrate in the form of muscle and liver glycogen. 400 GRAMS! This is a fact that the low carb ketogenic diet supporter does not want you to know. Four hundred grams of carbs is the equivalent of 16 bowls of oatmeal, 50 rice cakes, 40 pancakes, 36 slices of wheat bread, 40 cups of steamed green beans, 10 cups of cooked corn, 50 cups of steamed zucchini, or 19 medium size apples. Let me make this perfectly clear, okay? If you have room to store glycogen, the excess carbohydrate is usually converted to glycogen instead of triglyceride (fat that is destined to be stored in your fat cell).

Exercise helps the management of glycogen, but your diet is the most effective means of depleting and loading glycogen. And with the 400 grams of carbs to play with, you have plenty of room for error in the food equation. This is the last thing the extreme low carb advocate wants you to hear.

The last thing the high carb supporters want you to know is that once you have filled your glycogen levels to the top, then ALL excess carbs consumed from that point on can be converted to fat. Soon all the extra fat (triglyceride) may be filling the fat cells throughout your body.

High and low carb type diets work, but only for short periods of time. The secret is to infuse them together in a very unique way and you get the best of both worlds and a way of eating for the rest of your life. This is the secret to getting and staying lean. Now here are some,

FOODS TO AVOID:

SUGAR AND SWEET FOODS, white sugar, brown sugar, inverted sugar, fructose, high fructose corn syrup, corn syrup, dried cane juice, and cane sweeteners.

SUGAR SUBSTITUTES AND SUGAR ALCOHOLS:

Aspartame, sucralose, malitol, sorbitol, saccharin, and all other artificial sweeteners.

CASEIN: a white tasteless odorless milk and cheese protein used to make plastics, adhesives, paints, and food; this is a common ingredient in protein bars and protein powders. So leave it alone also avoid anything that says, calcium caseinate and sodium caseinate.

REFINED FOODS

White flour, enriched flour refined oils, processed oils. White flour pancakes, white flour waffles, hydrogenated fats, partially hydrogenated oils, potato chips, fried corn chips, and fried tortilla chips

ARTIFICIAL FLAVORS AND COLORS - ALL OF THEM!

PROCESSED MEATS:

Assume that all packaged, pre-cooked meats are processed, and avoid them unless they are purchased from a reputable nutrition store or whole food center.

CAFFEINE: It's addictive so just stay away, go de-cafe if you must or just drink more water.

How Foods Affect Sugar Levels

ON LOW CARB DAYS

Insulin is in check because starches and high carb foods are avoided. This creates very small rises in blood sugar or glucose and allows your body to burn fat up to 24 hours a day.

During this time, your Pancreas is resting from its job of creating and secreting insulin. Glucagon, the antagonist or opposite of insulin, is secreted to lift blood glucose levels instead of lowering them (which is insulin's job). The adrenal glands also get a well deserved rest because blood sugar levels are in normal range for the entire period of low carb eating.

ON HIGH CARB DAYS

On high carb days, Insulin is produced to manage the blood sugar levels that naturally rise following high carb intake. Insulin is the anabolic hormone that builds muscle, glycogen and fat. Because low carb eating precedes high carb eating, insulin will skip the fat storing cycle and only assist the body in building muscle tissue and filling glycogen levels. Because natural carbohydrates are consumed, no sugar or insulin highs or lows are experienced.

In general you will be consuming a moderate amount of protein along with starches, high carb fruits and vegetable juices to load muscle and liver glycogen. Just remember your portions sizes and calories do count!

HIGH CARB DAYS

Starchy Vegetables (alkaline)

Yams with skins, sweet potatoes with skins, corn, potatoes, with skins, and all varieties of winter squash: butternut, banana, acorn, and kabocha.

Protein (acidic)

15-30% chicken, turkey lean beef, buffalo meat, wild game, whey protein powders, low carb soy protein, low fat cottage cheese, and low fat cheese.

Protein (Alkaline)

Egg whites, organic whole eggs, egg white protein powder, nonfat organic raw milk, low fat milk and grilled chicken breasts.

Non Starchy Vegetables (alkaline and organic)

Artichokes, asparagus, beans - yellow or green, bean sprouts, beets broccoli, cabbage, cucumbers, celery, squash, okra, collard greens, radishes, peppers, tomatoes, turnips, watercress, Swiss chard, spinach, Jalapeño peppers, kale, endive, kohlrabies, eggplant.
Note: that any of the above may be juiced for a very healthy alkaline treat.

High Carb Dried Fruits (alkaline)

(Consume sparingly)

Raisins, Dates, and Figs....Lots of concentrated sugar here!

Gluten Free Grains (acidic)

Choose these only when your body is in an alkaline or level pH state.

Brown rice, rice flour, rice bread (wheat and gluten free). Organic corn tortillas, gluten free, dairy free, wheat free waffle's or pancakes; and any whole grain cereal made from millet or rice.

Sweeteners (Use sparingly)

100% pure maple syrup, agave, and xylitol (naturally derived from a birch tree) this is a natural sweetener and is beneficial for preventing dental caries. Stevia from an herbal source

LOW CARB DAYS

Look at "Michis Ladder" again

In general you will avoid starches, grains, sweet fruits, and fruit juice, and anything sweet except low carb fruits to help deplete the liver and muscle of glycogen.

30-45 % protein

10-25 % carbohydrate

30-50% healthy fats

Protein (acidic)

Chicken, fish, turkey, lean beef, buffalo meat, wild game, low carb whey protein powder, low carb soy powder, low fat cottage cheese, cottage cheese, and low fat cheese.

Protein (neutral to alkaline)

Egg whites, whole eggs, egg white protein powder, nonfat milk, low fat milk and grilled chicken breasts.

Non Starchy Vegetables (alkaline)

Artichokes, asparagus, beans yellow or green, bean sprouts, beets broccoli, cabbage, cucumbers, celery, squash, okra, collard greens, radishes, peppers, tomatoes, turnips, watercress, Swiss chard, spinach, Jalapeño peppers, kale, endive, kohlrabies, eggplant.

Low Carb Fruits:

Kiwi, grapefruit, plum, nectarine, cherry, apple, blueberries, raspberries, blackberries. No bananas, grapes, pears, oranges and all dried fruits.

Friendly Fats and Oils: (USE SPARINGLY)

Olive oil, coconut unrefined oil, flax seed oil, golden flax seeds, sunflower oil, raw organic butter, organic cream, avocado, walnut oil, and sesame oil unrefined.

Dairy Products (neutral)

Low fat and nonfat cottage cheese, non fat organic milk and low fat organic milk

Friendly Fat and Oils (Acid)

Use very sparingly, walnuts, brazil nuts, macadamia nuts, pecans, filberts, and pine nuts

On Low carb days, your fat intake ration will be higher and as much as 40-50% of your calories, because your carbs may be as low as 10-25% of your total calories. On high carb days, where carbs may elevate to 50-70% of your total calories consumed, fat intake may drop to 15-30%, which is ideal on days you are loading carbs and glycogen. And during both days you will be consuming a wide variety of omega-3, omega-6, omega-9 and minimal saturated fats-all derived from raw nuts, raw seeds, cold pressed oils and lean beef, chicken, turkey as well as fish oil capsules, that are rich in EPA/DHA, and the super food supplement called omega-3 basic, a master nutrient formula.

Most diets are rich in a variety of fats and oils but are usually low in omega-3 essential fatty acids. For this reason it is important for you to supplement your diet with fish oils, flax seed oil, and the powder form of omega -3 basic by health design and found at most health food stores.

Omega 3 may assist you also with high cholesterol levels, High triglyceride levels, prevention of strokes and heart attacks, high blood pressure, Arthritis, MS, Psoriasis and eczema, cancer, athletic performance, and dry skin.

And finally, it is suggested to take a digestive enzyme because of stress, poor food combinations, low body temperatures, high fat diets and cooked food can impair your body's ability to digest food properly. Taking a comprehensive digestive enzyme can aid your body in breaking down food so that it can be absorbed by your body and used as nourishment.

A Few Thoughts - If Your Body Temperature Is Consistently Running Low:

When your metabolism functioning optimally, you should measure approximately 97.9 when you wake up and it should increase to 98.6 within one to two hours.

If you have symptoms of a slow metabolism these are some things to look for: Cold hands and feet and just plain being cold is a common complaint for people with impaired metabolic rates due to improper conversion of the thyroid hormone T-4 to T-3. But the list does not stop here. Are you experiencing any of these symptoms?.....Allergies, asthma, itchiness, hives, unhealthy nails, acid indigestion, decreased ambition, dry skin, bad breath, low blood pressure, skin infections, food cravings, elevated cholesterol, psoriasis. So, what do you do if you are running cool?

1. **Eat as prescribed above.** Every 3 hours 5-6 X a day. DO NOT MISS a meal or allow yourself to become overly hungry.
2. **You will need to supplement your diet with** at least one ounce of high quality liquid minerals chose a formula that tastes good, contains at least 60 or more trace minerals, and does NOT contain any artificial sweeteners. Minerals are SO critical to thyroid function, and a full spectrum mineral formula is ideal for boosting the metabolism.
3. **Test yourself for iodine deficiency,** a simple home test: Swab a 3x3 inch solid square of 2% iodine tincture (the orange stuff) on your lower abdomen and allow it to remain there for 24 hours. If the orange square disappears before the 24 hour period, then you need to supplement your diet with kelp and liquid iodine. DO NOT Take high doses of a typical potassium or sodium bound iodine supplement. As it could build up to a toxic level in your body. Use non toxic water soluble iodine to naturally replenish your iodine reserves. Some of the main ingredients in KETO Juice Wild berry are sea vegetables, Kelp and Dulse; these are naturally rich in iodine and are a great addition to the fat burning system. Kelp is also available in tablet form.
4. **A diet low in carbohydrate can cause** the metabolism to slow down because the body senses starvation. IF you are an active person, do not carb deplete too often to long, or you risk slowing your metabolism down.....this is indicated by a low body temperature.
5. **Get out in the sun** for 15-30 minutes every day or when ever possible. The sun, believe it or not, can naturally step up your metabolism by stimulating the thyroid gland to increase hormone production.
6. **Avoid cutting calories below 1200** at a minimum. Going any lower can cause your metabolism to shut down and seriously impair any weight loss. YOU need to eat to lose.....!! Everyone has different caloric needs, and going too far below those needs daily can cause a person to stop losing weight.
7. **If you have an unusual condition called Wilson's Syndrome,** which may require special T-3 hormone therapy program, then go to www.wilsonsthyroidsyntax.com and the Wilson Foundation will be able to help you.

In Closing

This eating strategy is easy to adjust and it is ideal to keep this pattern for at least 30 days or until you become comfortable with the program. Once you are able to gain control of your body fat then you may alter the low carb/high carb patterns to fit your life style. **If you really want to shred the fat go 2 low carb days followed by a high carb day.** **Keep in mind that CALORIES DO COUNT.** Cutting carbs is only half the equation. You must also eat fewer calories each day to induce weigh loss. Once you have reached your goal, simply keep calories low enough to maintain you weight. For suggestion on how to alter this go back and read the caloric deficit section.

NOTE: Low-Carb Days dictate that starches, sweets, and sweet fruits are avoided. Yet carbohydrates (in moderation) are still consumed in the form of non- starchy vegetables, dairy products and one or two servings of low carb, low glycemic fruits Also, do an alkaline cleanse one to four times a month in which you will only eat non starchy vegetables, fresh vegetable juice, and fresh fruits for **ONE FULL DAY** and drink half your body weight in ounces in H₂O the will help cleanse the body of toxins and give your intestinal tract a much need rest.

Bibliography and Books to Read:

- ❖ How to Eat, Move & Be Healthy, by Paul Chek
- ❖ The Metabolic Typing Diet by William Wolcott
- ❖ The Fat Burning Diet, by Jay Robb
- ❖ The pH Miracle for Weight Loss, by Dr Robert O. Young.
- ❖ Smart Exercise by Covert Bailey
- ❖ The Ultimate Weight Loss Solution, By Dr. Phil McGraw