



because it tastes good, then perhaps you need to reevaluate. Of course, there is no point in eating “healthy” food if it doesn’t taste good!

Yes, it does take time to break habits and sometimes we need to reeducate our taste buds especially if we have been eating a diet filled with sugary foods. It doesn’t take long ( sometimes as short as two weeks) once we dump simple carbohydrate sugar sources out of our diet to discover the wonderful sweetness of fresh fruit. Just by doing that and balancing the body with protein and complex carbohydrate, we see blood sugar levels even out and the sugar highs and lows disappear. Energy comes up and lasts longer. The body isn’t fighting as hard to deal with out of balance insulin/glucose. After you’ve been off white sugar for a while, it is amazing how terribly sweet it will taste when you add it back. ( There are supplemental helpers for those with chronic sugar cravings to help you wean down)

For those of you who are always in a perpetual state of wanting to lose weight, ( who isn’t?) I just want to tell you that often times cutting out sugar can be the charm that works ...but not always. Without nutritional balance you can still consume a lot of high calorie foods that are low in sugar and still end up gaining weight. You have to do things that change the way your body processes foods to achieve the highest calorie burn that you can.

### **LET’S TALK ABOUT CALORIES**

For those of you who hate exercise and refuse to do it, listen to this: *It is a simple fact that when you add more muscle to your body, lean muscle acts like a fat burner. For every pound of muscle you gain, your resting metabolic rate goes up as much as 50*

*calories a day.* The more lean muscle mass you have, the more energy it takes to fuel it. That means your **metabolism** will also go up. Calories go to your muscle to sustain it, rather than convert to fat.

Eating the right kinds of foods throughout the day can help you stoke your body’s natural fat burners. Imagine this: *every time you eat, you help your body lose weight and turn flab into muscle.* Of course, is important you make healthy food choices. There is a healthy ratio between complex carbohydrate, protein and fats that can promote lean muscle mass. Most traditional calorie or food restricting diets run counter to this. Instead they will leave you feeling hunger, miserable and suffering food cravings.

When you add exercise into the mix you can have this equation:

**More food = More muscle = Less Flab**

The alternative and the one most people choose when dieting and not exercising is:

**Less food = Less Muscle = More Flab**

You can choose an eating plan that will help you feel full, stay full and provide you with sweet tasty food. You will eat protein, carbs and fat. You can even have one day a week when you can eat anything you want. During the bulk of the week you will focus on foods that will charge your metabolism and cut your cravings.

### **BURN FAT DAY AND NIGHT**

As most of us know by now the problem with diets is that they offer no long term fat loss plans. Diets also get blamed for the obesity problem in this country. There are plenty of other things to blame: fast food, stress, sedentary lifestyle, super sized plates, all you can

eat buffets, free refills, etc. Most people overeat and then sit on their butts.

Another problem that contributes to obesity is food labels. For example did you know that the Food and Drug Administration (FDA) does not recognize, define or regulate the term “**low carb**” on food products. In fact it is illegal for food companies to use this phrase so you will see terms like “carb select” or “reduced carb”. The actual content of carbohydrates in a food products on the store shelf is unregulated as well. This alone is a good reason for you to read labels. A good rule of thumb is if you truly want low carb is to see the food has no more than 6 grams of carbohydrate per serving (24 calories).

Other Label information:

- Fat free means: less than 0.5 grams per fat per serving
- Low fat means: 3 grams or less per serving
- Light means: 1/3 fewer calories or half the fat of the regular version
- Low Sodium means: 140 mgs or less per serving than the regular version
- Reduced means: when describing fat, sodium or calorie content, the food must have at least 25% less of these nutrients than the regular version.

### **PROTEIN & Carbohydrate**

Ok, I know most of you know a lot of stuff about these two food groups, but here is some information you might find useful to help boost metabolism and burn calories. Also, blood type makes a difference when it comes to these food groups. O blood types are better geared to eating animal protein. Vegetarians need to make sure they are getting enough protein from other sources.

### **PROTEIN**

- Eating more protein whether it is animal or vegetable, cranks up the thermic effect of digestion by as much as 1/3<sup>rd</sup>.
- The body will burn 25 calories for every 100 calories consumed of protein
- The body only burns 10-15 calories for every 100 calories consumed of carbohydrate.
- Protein builds calorie consuming muscle
- Protein pushes thermic effects into high gear = raises metabolism
- It takes almost two times more energy to break down protein than it does to break down carbohydrate – this means your body will automatically burn more calories through out the day.

### **CARBOHYDRATE**

- Carbohydrates supply the body with glucose – or blood sugar
- Carbohydrates are the preferred food for endurance athletes
- Eating a meal of complex carbohydrates causes your blood sugar to rise more slowly making it available for energy for hours instead of breaking it down more quickly and storing it as fat.
- Eating more complex carbs mean you will have more energy – as long as you burn off any excess calories.

### **LEGAL SNACKS**

My “newbees” often don’t know what to choose for healthy snacks so I’ve taken a moment to make a cursory list to choose from.

### LIST OF LEGAL SNACKS

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- Any raw vegetable
  - Any fresh fruit
- Hand full of almonds
- Hand full of walnuts
  - Hard boiled egg
- Tuna packs ( small can)
- Sugar free yogurt ( with granola)
  - ( read the label)
  - Turkey slices\
    - Cheese
- Protein/Energy bar ( read the label)
  - Protein shake
- Peanut butter ( Sugar free)
  - Pumpkin Seeds
  - Sesame Seeds
  - Sunflower seed
    - Trail mix
    - Cliff bars
    - Oatmeal
    - Pop corn
  - Beef Jerky ( all natural)
- Dark chocolate ( in moderation)
  - Soy Nuts

### **VEGAN VS VEGETARIAN - a brief discussion of the difference:**

Both vegans and vegetarians agree that we should consume more of a plant based, rather than animal based diet. But they disagree fundamentally when it comes to consuming animal-based foods at all. Much of being vegetarian centers on the dietary realm and does not spill over into other areas of life as much as being vegan does.

Vegetarians choose not to eat animals, but they do often consume and use other animal products. Foods such as milk, cheese, butter, eggs, honey and other animal sourced substances are often considered a normal part of a vegetarian diet. In fact, these products often form the basis of many a vegetarian’s diet.

Some people who call themselves vegetarian even eat some fish and poultry. This causes a lot of controversy among vegetarians and vegans.

Vegans go so far as not using or wearing products made from animal sources such as leather, wool, fur and feathers.

Vegetarianism is mainly concerned with diet. Veganism focuses on all aspects of relating animal cruelty and usage.

Some vegetarians think that moving toward a vegan lifestyle is difficult or inconvenient and they aren’t quite sure how they would go about replacing the animal products in their lives.

It is important for anyone who wants to convert to either one of these lifestyles to make sure they know what foods and the amounts they will need to incorporate into their diets so as to get enough healthy protein, carbohydrate and fats. It is easy enough to get enough protein on a vegan diet. Many plant foods are loaded with it.

One fact is clear, when you detox your body from an animal based diet, you will definitely feel some physical changes as your body eliminates much of the excess fats, mucus, cholesterol, and various toxins from your system. Detoxification is the body’s way of cleansing itself and rejuvenating organs, cells, and body tissues.

