

# A Simple Guide for Weight Control

**1** No concentrated sweets. Eliminate candy, cookies, cakes, pies, sugared soft drinks, sweet tea, lemonade, fruit juices, sweet mixed bar drinks, and sugar in your coffee

**2** Do not snack on carbs: No crackers, cookies pretzels, rolls. Nothing processed or from the vending machine. Only snack on proteins and fats: nuts, cheese, hard boiled eggs, sliced meat.

**3** Reduce or eliminate all carbs except those in vegetables: NO pasta, bread, potatoes, rice, barley, or corn.

**4** Cut Net Carbs to less than 15 per meal (50 per day). No beer (restrict other alcohol (see "What to Eat"))

**5** Eliminate diet drinks and other products with artificial sweeteners

**6** Prolong your nightly fast by moving breakfast to 9am, then 10, then 11. Eat just two meals between 11am - 6pm

**7** Eliminate snacks.

## START TODAY!

Change to a low carbohydrate / healthy fat diet. Check with your doctor first, particularly if you have diabetes.

Eat enough healthy fats to suppress your appetite. No diet will work if you are hungry all the time. Don't count calories, count NET CARBS.

Think positive: "I gave up donuts, but I can eat bacon and eggs!"

Put the low carb app on your phone

Read the Obesity Code by Jason Fung, MD

Read all food labels. Avoid processed foods as much as possible.

\*\*Elimination of snacks and fasting is far easier on a low carb / healthy fat diet because your hunger is suppressed. Your hunger will be more intellectual, and less angry and desperate.

### *Try this experiment*

Eat a bagel and cream cheese or orange juice and a bowl of cereal for breakfast at 8am and write down how you feel and what you need to eat at 10 am. The next day eat a low carb breakfast and compare how you feel at 10am.

**Proteins build muscle, organs and enzymes.**

**Fats are essential for brain function, energy storage, cell membranes, and hormones.**

**Carbohydrates provide immediate energy.**

**Only proteins and fats are essential for life.**



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## A quick primer on nutrition

All food is composed of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins, minerals), plus non-absorbable carbohydrates (fiber).

**Carbohydrates** are made of sugars linked together in long chains (polysaccharides). The digestion process starts in the mouth with the amylase from saliva that breaks apart the carbohydrate chain to simple sugars that can be absorbed into the body.

Change your frame of mind from  
"I can't eat that" to "I don't eat that"

Refined carbohydrates in pasta and bread can be turned to sugar and absorbed by our bodies faster than table sugar. Complex, unrefined carbohydrates with a lot of fiber interspersed are marginally better because the process is delayed or blunted (lower glycemic index), but significant amounts of carbohydrates still get transformed to simple sugars and absorbed.

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**Carbohydrates in our diet** include anything with sugar, honey, agave; anything that is sweet, unless containing an artificial sweetener; any grain, such as wheat, oats, barley, rye; anything with flour:, such as crackers, cookies pretzels, pasta; anything with starch, such as rice, potatoes, corn, beans (they have a lot of fiber, and so are marginally better); fruits.

**For the purposes of weight loss and treatment of diabetes with diet, think of sugars and starches as the same thing.**

**Processed foods** are laden with hidden carbohydrates. Buy fresh foods whenever possible;. Read all food labels. Instead of listing "sugar" as the number one ingredient, manufacturers often use many different kinds of sugars and sweeteners, thus "sugar" may not appear as the first or second ingredient. Watch for all the other names for sugar: sucrose, glucose, fructose, maltose, dextrose, molasses, hydrolyzed starch, honey, invert sugar, cane sugar, glucose-fructose, high fructose corn syrup, brown sugar, corn sweetener, rice syrup, palm syrup, agave.

**There are no essential carbohydrates.**

Humans can completely eliminate all sugars and starches, with no ill effects. If you don't eat any carbohydrates, the body will synthesize (create) the small amount of sugar (glucose) needed..

**Fiber** is a non-absorbable carbohydrate: you can subtract the grams of fiber from the total carbohydrate count to give you NET CARBS.

**Why is it so hard to lose weight?**

1. If you eat fewer calories, your metabolic rate falls and you burn fewer calories.
2. If you exercise vigorously, your metabolic rate falls and you burn fewer calories.
3. If you fast, your metabolic rate stays the same.

## A primer on nutrition (cont'd)

**Proteins** must be broken down into their component amino acids, in order to be absorbed. Of the 21 total amino acids, humans are unable to synthesize 9, phenylalanine, valine, threonine, tryptophan, methionine, leucine, isoleucine, lysine, and histidine. These *essential* amino acids must come from our diet. Proteins are essential components of all of the bodies organs and all of our muscles, from the heart to the tiny muscles that control our vocal cords.

**Common proteins in our diet** include beef, pork, chicken, fish, other meats, eggs, cheese, milk., and beans.

**Dietary fats** are a diverse group of compounds, including triglyceriides, cholesterol, and phospholipids, necessary for normal brain function, energy storage, and creation of cell membranes and many hormones,. The 6-omega and 3-omega fatty acids are *essential*: humans cannot synthesize them, so the must come from our diet.

**Healthy dietary fats** come from: olives and olive oil, coconut oil, butter, avocado, Saturated fat from animals is healthier than previously believed. Manufactured fats or trans fats in processed food and margarine are unhealthy.

**Excess weight** and type II diabetes are interwoven; they two sides of the same coin. Being overweight is not a calorie problem, it is metabolic problem; it is not a weakness of character but a disturbance of metabolism; it is not due to a lack of exercise, but to lack of education.

**Forget the old food pyramid** and turn it on it's head.. Fat is not the enemy; sugar is. Seven servings of grains a day will do you in. Here is the modern "ketogenic" food pyramid based on healthy fats, meat and fish, vegetables, and a minimum of fruit and grains.



**If you have diabetes**, you will never lose weight if you are on insulin or sulfonylureas - they make you hungry and cause you to store fat. To really treat Type II diabetes, tell your doctor you want to go a program of low-carb/high-fat with episodes of fasting; you need careful monitoring until you can get off of all drugs except metformin. Metformin does not raise your insulin level or make you gain weight; it lowers your blood sugar to normal, but usually not below normal.

**Learn to fast** for up to 17 hours a day. Eat two meals during your 7 hour eating period. Any snacks or other lapses should take place during that period; only non-caloric liquids (unsweetened tea, coffee without sugar, water, and bone broth should be consumed during the other 17 hours (and no diet sodas: they will raise your insulin and make you hungry)

**You can't lose weight via exercise.** If your doctor ok's it, you should exercise briskly for 20 minutes 5 days a week at a minimum for cardiovascular and neurological health, but not to lose weight.

Insulin makes you fat

Insulin makes you hungry

Insulin is the body's reaction to being fed. It stores fat.

If you eat all the time, your insulin level will be elevated all the time.

## What to eat

**Vegetables** should be the center piece of your diet. Do not count corn or potatoes as vegetables; and be careful with other starchy vegetables like peas, lima beans, carrots).

It is harder to eat a little bit, than to not eat at all.

**Eat enough fat** to suppress your appetite.

Count Net Carbs, not calories. Be wary of anything that comes in a package.

**Read all labels.** Fresh food is far better than anything processed, It is more expensive, but by the time you get to steps 6 and 7 you will be eating less and saving money, so you can splurge on fresh vegetables and meat. Eggs are cheap, even organic, free range eggs. Save money by not buying boxes of crackers and cookies and ice cream.

Drink lots of water to fill you up and to avoid dehydration if fasting.- start with an 8 oz glass when you first get up

NET CARBS = total carbohydrates minus fiber

**No fruit juice!** Eat fresh, whole fruit. The fiber blunts the sugar load.

**A low carb breakfast:** 2 eggs, 2 strips of bacon, sautéed red peppers or other vegetables, some cheese, 1/2 an avocado; no toast and no potatoes.

**A low carb lunch:** salad with cheese, nuts, seeds, eggs, avocado, meat, no croutons and no salad dressing with added sugar. Soup. No sandwiches. No pasta.

**Low carb dinners** may include beef, pork, or fish or a hamburger with no bun. Lots of sautéed vegetables (use butter or other healthy fat). Salad. Cucumber and tomato salad. Tomato and mozzarella salad. Pizza with low-carb crust made of almond flour, eggs, and cheese. Low-sugar pizza sauce, cheese, and vegetable and meat toppings. No bread, pasta, potatoes, or rice. Low carb cookbooks and recipes abound on the internet.

**Desert:** Full fat yogurt - with dark chocolate powder, berries, and whipped cream (it's only one carb per serving),.

**Alcohol** - no sweet cocktails; no beer; average no more than one drink per day. Dry red or white wine are low carb as is vodka and soda or straight up whisky.

**Non-alcoholic beverages:** unsweetened tea, coffee, water, flavored waters without artificial sweetener, don't use artificial or powdered creamer or flavored liquid creamers in your coffee, use half and half.

### If you must eat fast food:

eat it in your 7 hour eating window: try to maintain your 17 hour fasting window during times of stress and travel

Starbucks - protein box

Chick Filet - the salad and grilled chick nuggets

Arby's roast beef sandwich with lettuce, tomato - no fries

Any hamburger with no bun and salad instead of fries

Jersey Mike's - sub tub

Salad works

## References

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## Final thoughts

Exceptions are for family or cultural events where it would be rude to fast or follow a rigid diet.

If you over-indulge on the weekend or for a special event, make up for it with two days of strictly following steps 1-5 or prolonging your fasting time.

Get at least 7 hours of sleep per night and reduce stress to aid in weight loss.

We must eat fats and proteins. Carbohydrates are optional.

