

“Reverse Obesity Today” – Quick Start

EDUCATE

Read: “Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss” by Joel Fuhrman, MD <http://amzn.to/2mTL8Xv>

How Not to Diet: The Groundbreaking Science of Healthy, Permanent Weight Loss 1st Edition by Michael Greger, MD <https://amzn.to/2Spdw2R>

“21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health” by Neal D Barnard, MD <http://amzn.to/2ngkvtf>

“The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best” by John McDougall, MD <http://amzn.to/2INLTBO>

“Miracle Metabolism: Your Step-by-Step Guide to Quickly Lose Fat, Gain Muscle, and Heal at Any Age” by Thomas Tadlock MS <https://amzn.to/2JYATJm>

“The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight” by Valter Longo, PhD <https://amzn.to/2roT5E1>

Use: “The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes” by LeAnne Campbell, PhD <http://amzn.to/2mnScHW>

“Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year” by Del Sroufe et al. <http://a.co/ab8yj1r>

DIET (Obesity Reversal with Whole Food Plant-Based Diet)

Foods Allowed: Eat Only Unprocessed Whole Plant Foods without added oil

Unlimited: Vegetables - non-starchy, vegetables starchy, whole “intact” grains, legumes/beans, lentils peas, whole fruits, herbs (salt may be used if eating a whole food plant-based diet if no high blood pressure exists), water

Limited: Chia seeds or flaxseed (ground) 2-3 tablespoons per day, 1-2 palmfuls of raw nuts or seeds daily, 2-3 cups of tea, 1 cup of coffee

Foods to Avoid: No free oils, meat, poultry, fish, eggs, dairy products, caffeinated beverages, alcohol

Quick Start – Obesity Reversal “Sample” Diet

- **BREAKFAST** - Cooked whole grain for breakfast with unsweetened nut milk, berries, 1-2 tbs ground flaxseed, 3-4 walnuts (i.e. steel cut oats, rolled oats, quinoa, brown rice, barely, etc)
- **LUNCH** – Large vegetable salad – greens, vegetables, beans, oil-free dressing OR vegetable soup with beans, lentils, peas and/or whole grain
- **DINNER** – half plate vegetables, mostly green steamed or broiled, ½ plate whole grains and/or legumes and/or yam, sweet potato, potato, squash and/or cooked whole grain
- **SNACKS:** whole fruit, oil-free bean dip, raw vegetables, < palm full of raw nuts daily
- **DRINK:** Water, green tea, unsweetened nut milks, decaffeinated coffee

Key ‘Quick Start’ “Aids” for Obesity Reversal

Go To: healthylivingforbusypeople.com/



Educational Download → Click on “[Kirk’s 21 Day Healthy Living Program](#)” → Do the 9 Diet Steps
and/or



Click On: [Obesity Reversal](#) (Menu Bar)



Scroll Down Page for Educational Links You “Resonate” With!

- [Happy Cow App – Plant-based restaurants & stores](#)
 - [FREE whole food plant-based recipes](#)
- [PlantPure 10- & 20-Day Jump Start](#) – meals shipped to you
- [Read “The Plant-Based Diet – A Healthier Way to Eat”](#) (Kaiser Permanente)
 - Online plant-based cooking courses if needed:
“[Culinary-Rx.com](#)” or “[Forks Over Knives Online Cooking Course](#)”
- Podcasts with plant-based physicians and registered dietician’s patient successes
 - If you need a transition to a plant-based diet follow:
“[Kirk’s 21 Day Healthy Living Program](#)” – for 1 month (23 videos on right side of home page)
- Group support and instruction go to <http://smoothieshred.com/>

Please Visit

- StayingHealthyToday.com
- HealthyLivingforBusyPeople.com
- KwikerMedical.com
- [Health Coaching](#) (at StayingHealthyToday.com)

Educational Resources

- Staying Healthy Today Show podcasts (iTunes/Website)
- Sign-Up for “[Kirk’s Healthy Living Tips](#)” on websites
- <https://www.youtube.com/user/StayHealthyTodayShow>
- <https://www.youtube.com/user/TheSloppyVegan/videos?view=0>

Social Media

- <https://www.facebook.com/kirkhamilton.author>
- https://twitter.com/kirk_hamilton

Kirk's 21 Day "Healthy Living" Program for Busy People

➤ Read "Staying Healthy in the *Fast Lane*" *TRIAD Wellness Program* pages 133-193 (1-3/wks)

Week 1

Add: Week 2

Add: Week 3

- **1 large salad daily** – as the meal (oil free dressings only) (81-88, 135-7, 140, 144-148)
- **No dairy products AT ALL** (10, 89-94, 115-117)
- **Greens/Fruit (75/25) Smoothie with ¼ cup flax or chia seeds** 64 oz in day or **2-3 whole fruits daily**. (140, 142, 144-145, 153)
- **Walks 15-30 minutes daily** (39, 159-167)
- **½ - 1 cup cooked beans daily** (145-146)
- **No Oils** (4, 5, 9, 12, 139, 143, 149)
- **No processed carbohydrates** (only whole or sprouted grains, starchy vegetables, fruit & no added sugars) (6,11,12, 24, 37-38, 94-100, 106-114, 116, 136, 140-142,148)
- **Sit still for 15-30 minutes daily** (188-193)
- **Eat off BED Diet food list x 2 weeks** (118,119, 135, 201-204)
- **No more than a palmful or 'deck of cards' of animal food daily (Preferably None)** (xvii-xviii, 5, 6, 9, 38, 67-88,135)
- **1-2 palmfuls of raw nuts or seeds daily** (142, 147-148)
- **Strength training 3-4 days weekly 15-30 minutes** (167-177)

Super Salad: Commit to eating one **LARGE** salad every day for 21 days (even if it takes all day). Use Tupperware type container 3 inches deep and 8 X 8 inches square.

Leafy Greens - Mix 1 to 3 different kinds of organic greens – Romaine, mixed or spring greens, spinach, kale, arugula, etc. into container (above).

Vegetables – add at least 4-5 different vegetables – bell peppers, carrots, celery, cucumber, parsley, snap peas, green onions, leeks, tomatoes, Jicama, olives (actually a fruit), etc..

Fruit – add 1-2 fruits to the salad - berries (blue, black, raspberries, pomegranate, grapes, etc.) and whole fruit sliced (apples, pears, nectarines, peaches, orange, tangerine, grapefruit, etc.).

Legumes/Beans – ½ - 1 cup organic beans (garbanzo, black, kidney, pinto, edamame, canned are acceptable). Rinse beans off in strainer before use.

Nuts/Seeds – 1-2 tablespoons of raw nuts or seeds (1 tablespoon flax or chi seeds always) are optional in salad.

Dressing - Cut up wedges of oranges, lime, lemons or grapefruit – 4-6 wedges per salad. Can freshly squeezed juice directly onto salad – or - add to these juices that are freshly squeezed – dill, sea salt, garlic pepper, curry powder, bay leaves, sesame seeds. Vinegars may be used.

Super Green "Hyper-Nourishing" Smoothie (in strong blender) – (For healing, energy, weight loss and increased metabolism) - 75% compressed greens / 25% raw or frozen berries, banana, mango, pineapple; 1 palm full (1/4 cup) raw flax or chia seeds (start with 1 tbsp./d and increase by 1 daily); water to fruit line – 64 oz to be consumed in a day. If muscle building can add tofu, edamame, almond butter, non-soy vegan plant protein, organic nut milks (almond, oat, rice) – water total (including smoothie) 96 oz per day.

Super Simple Soup - 2-4 quarts of organic vegetable broth; chop up 3-5 different kinds of vegetables; ½ -1 cup of beans; herbs and spices (garlic, onion, sea salt, dill, basil, etc.); simmer 10-20 minutes; add 5 minutes before serving a palmful of cooked brown rice, quinoa or other non-glutinous grain. The grains may be precooked. Simmer for 5 minutes and serve.

Super Simple "Lifesaver" Bean Dip to Smooth Your Blood Sugar, Reduce Cravings and Provide Good Carbs, Protein and Fats – 1 – 2 cans of organic cooked beans (pinto, black, kidney, garbanzos, etc.) poured in Quisinaart (food processor) or hand mash in bowl. Add juice from lemon, lime or orange (or vinegar) to taste with garlic powder (or real garlic), dill, and any other herbs and spiced to taste. Can add avocado if weight is under control, or any other juicy vegetable (tomatoes, etc.) for texture. **Blend to desired smoothness**. Use for vegetable dips, sandwich spreads, finger food, between meal hunger! (No added oils!). **NO MORE CREAMY, CHEESEY, FATTY, GOOEY DIPS!**

It is also recommended that you:

Use the **Diet-Exercise-Symptom Diary** sheet under **Educational Handouts** (on the home page, www.KirkHamiltonHealth.com) to follow foods eaten and how you feel on **page 6** of this handout.

- **Weigh yourself daily** in the morning and evening and log weight on your **Food-Diary**.
- Do some form of **aerobic exercise** daily for a minimum of 15-30 minutes (pgs. 166-167).
- **Sit physically still** 15-30 minutes twice daily (pg. 188).
- Do some form of **strength training** (i.e. circuit training) 3-4 days per week (pgs. 167-177).

Basic Elimination Diet (BED)

(Shopping List)

Vegetables (75% raw/greens)

Alfalfa Sprouts
Artichoke
Asparagus
Avocado
Beans (string)
Beets
Bok Choy
Broccoli
Brussels Sprout
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumber
Daikon Radish
Endive
Escarole
Jicama
Kale
Kelp
Kohlrabi
Leeks
Lettuce
Mushrooms
Mustard Greens
Okra
Onions
Parsnips
Radishes
Rutabaga
Seaweed
Snow Peas
Spinach
Squash
Sweet Potato
Swiss Chard
Tar

Turnips
Water Chestnuts
Yams
Zucchini
(add night shades back in 2 weeks –
tomato, eggplant, peppers,
potatoes)

Fruit (add citrus back in 2 weeks)

Apples
Apricots
Banana
Blackberries
Blueberries
Grapes
Kiwi
Mango
Melon
Nectarine
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Prunes
Raspberries
Strawberries
Watermelon

Grains

Amaranth
Buckwheat
Millet
Puffed Rice
Rice Brown
Rice Bread
Rice Cakes (plain)
Rice Cereals (plain)
Rice Milk
Rice Pasta

Quinoa

Beans/Legumes

Dried Beans
Dried Peas
Edamame
Lentils
Miso
Soy Milk
Tempeh
Tofu (Soy Bean)

Nuts and Seeds

Almonds (& almond milk)
Cashews
Chia seeds
Flax seeds
Hazelnuts
Pecans
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Animal Foods (optional)

Beef
Chicken
Lamb
Pork
Poultry
Turkey
Wild Game
Cod
Halibut
Mackerel
Salmon
Sole
Trout
Tuna

Grocery Shopping in the *Fast Lane*

To shop healthfully is very simple and, in the right store, can be easily done in less than a half-hour with some very basic principles. While I am a big supporter of organic foods and eating seasonally and locally, I think it is incorrect to say America can't improve its health *dramatically* by shopping for non-organic whole food in the basic grocery store. To improve health, you first have to stop eating processed foods that do you no good, and even harm you, then eat quality foods that are good for you.

Principles of Grocery Shopping in the *Fast Lane*

1. Shop the outside, or “perimeter,” of the grocery store where the whole, unprocessed foods are (fruit, vegetables, lean meats, etc.). Eat whole foods only (organic if possible). Buy the basics: vegetables (raw/frozen); fruit (raw/frozen); raw nuts and seeds; beans (canned/packaged); whole grains and sprouted whole grain (try non-glutinous whole grains such as brown rice, quinoa, millet, amaranth, buckwheat); water, mineral water, teas, and *real juices* (100 percent juice); animal foods (optional): eggs, fish, lean fowl, and meat (free-range or grass-fed if possible).
2. If you buy oils, get extra-virgin olive oil and/or cold-pressed canola oil for cooking and ground flaxseed or cold-pressed vegetable oils for salads and for cold sauces. *Keep oils to a minimum. Less than 2 tablespoons per day if at all.*
3. Do not buy dairy products at all (not from a cow, goat, or sheep; not milk, cheese, yogurt, ice cream, cottage cheese, kefir, butter, etc.) for at the very least one month completely. For your whole family. **Please don't give a child under two years of age any cow's milk products at all on a regular basis.* Aside from food intolerance leading to chronic upper respiratory infections and gastrointestinal problems, of equal concern is that the early introduction of cow's milk products in children may increase the risk of type 1 diabetes, which is not reversible. After the child is weaned, ideally from the mother's breast, rotate in organic almond, soy, rice, or other grain milks, fortified with calcium and vitamin D if you are concerned, *and watch* for reactions.
4. If you want a sweet, refined grain or fatty food, don't put it in your shopping cart. Go out intentionally and buy it later by itself. Only shop for whole foods and only have whole foods in your house. Build that habit and that base. Then when you choose to eat “junk,” enjoy it—but not too much, and only when you are in control of your health! A eat that “junk food” with a whole meal not by itself.

Stocking Your Refrigerator and Cupboards: The Basics

Let's go to the fridge first. When you open the refrigerator, the vegetable bin should be filled with vegetables, pre-washed or fresh salad greens, spinach, chard, kale, collards—as much green, leafy vegetables as possible. Green, leafy vegetables are not only nutrient packed, but they are also 100 percent non-fattening. You are getting the most nutrients per calorie when you are eating leafy greens. Frozen vegetables are fine to have in your freezer as well.

Next, your fruit bin should always be full. I keep blackberries, blueberries, raspberries, or strawberries on one of my upper shelves, and the fruit bin is filled with whatever fruits are in season (or in the produce section), which could be apples, kiwis, nectarines, peaches, plums, oranges, grapefruit, and tangerines. I might have some bananas outside the refrigerator. For smoothies and things of that nature, it is easier to keep frozen fruit in your freezer section. Frozen is usually cheaper and you can get organic versions as well.

Keep raw nuts or seeds in the freezer such as almonds, walnuts, pecans, sunflower seeds, pumpkin seeds. It is very important to have flaxseed and chia seeds in your freezer whole. Grind the flaxseed at the time you use them. Flax and chia are excellent sources of plant-based omega-3 fatty acids.

Always have in your cupboard cans of cooked beans (mostly organic) if you don't cook them from scratch and also whole-food, organic types of soups such as minestrone, lentils, split pea, Cuban black bean, and other vegetarian things like chili. Canned products should be meatless. You can always add meat to them later if you must. Buy several quarts of an organic vegetarian broth to be used in soups, to stir fry, to "quick cook" my greens, or sometimes cook my pastas or grains in until you get skilled at making your own vegetable broth. It is also good to have a few quarts of marinara sauce on hand (organic is easily available). Your cooking grains can be in the cupboard or freezer, and remember that the first ingredient for any grain or flour product ideally should be "whole grain" or "sprouted grain." If you eat bread have a loaf of sprouted, whole-grain bread in your freezer or on the shelf in my refrigerator.

Use sparingly, if at all, extra-virgin olive oil (monounsaturated fat) for cooking. Added oils are one of the biggest reasons for excess calories in our diet. Try to get most of your oils intact from nuts and seeds or avocados and olives. If you are lean having a small amount of cold-pressed oil or spread or extra-virgin olive oil is probably fine. If you have never gone oil, nut, seed and avocado free, try it for two weeks. It is an interesting experiment. If you do it for 2-4 weeks when you add oils back it is like going back to whole milk when you were on non-fat milk.

Have herbal teas around, especially green, black, and white teas. Mineral water can be used along with bottled or filtered water. The goal is to drink five or six glasses of water a day. If you feel you have to have some type of milky substance, there are soy, almond, and other different types of "milks," including hemp, hazelnut, oat, multigrain, and rice milks. These can all come fortified with calcium and vitamin D. Buy a variety of them and see which ones resonate with you. *When you add a new food, always ask yourself how you feel.* Even if on paper it looks good nutritionally but you don't feel well, trust that. There is always an alternative that is nutritious. Always.

If you get fish, poultry, or beef, ideally it should be wild fish and/or poultry or red meat that is grass-fed, free-ranged, and without hormones and antibiotics, or hunted game. No more than a palm full or deck of cards per day.

I realize some whole-food purists might look down on eating canned goods or pre-packaged, pre-washed vegetables. Ideally you would grow your own vegetables, eat totally from your fruit trees or garden if you had them, cook all your beans, and wash your own lettuce and greens every day, but it is not practical for some of you time-wise. One good thing about modern urbanization is that some businesses have done some smart things to make eating healthy in a busy world easier. By shopping and eating in this way, we can not only be healthy, but we can also help create a new, sustainable economy and jobs centered around producing whole, healthy foods that are convenient for people in the busy, modern world.

Eating out in the *Fast Lane*

Whether you eat at a fast-food restaurant or a high-end establishment, these simple guidelines can help you reduce your calories, increase your nutrient intake, and do more good than harm with meals eaten away from home.

- Avoid all creamy, cheesy sauces and dressings, and dips on any dish.

- Avoid all dairy products (cheeses, ice cream, milk, cottage cheese, sour cream, etc.). You have to ask to have dairy, especially cheese and sour cream, removed from many dishes. Presently most restaurants just add cheese and sour cream as normal fare to many foods.
- Don't order bread or chips before your meal or have them come with your meal.
- Order your salad with a dairy-free dressing on the side (vinaigrette, olive oil, etc.).
- Order plant-based appetizers if you are starved (grilled mushrooms, garlic sautéed spinach, salad rolls, lettuce cups, seaweed or cucumber salad, edamame, miso or minestrone soup, grilled vegetables, etc.).
- If you want to go completely vegetarian and there is nothing on the menu, you can just have *multiple* vegetarian appetizers, side dishes, and salads.
- Ask the chef to make you a big plate full of sautéed or grilled vegetables—whatever they have available. They'll generally do it happily!
- Avoid having your food fried. Request it baked, broiled, steamed, or stir-fried. Have it light on oil, even olive oil.
- Order quick foods without added oils, salt, cheeses, mayonnaise, or sauces.
- Ask for whole-grain breads, but most restaurants don't have them.
- Replace meat with beans in fast foods when possible (on tacos, burritos, etc.). Have as many animal-free meals as possible. Leave the animal meats and products out of fast food if you can. Just ask. No sour cream, cheese, mayonnaise, or creamy sauces!
- Have water instead of soda. Or have a small-sized soda with a cup of water.
- Have a pizza with the crust, tomato sauce only, and all the vegetables they want to throw on it. The goal of eating out healthy, or doing the least amount of harm, is to keep excess calories to a minimum and eat as many unprocessed foods as possible. That is achieved by keeping creamy sauces and added oils off your basic foods; not eating lots of pre- main course snack foods; keeping high-calorie foods out of your main courses (cheeses, creamy sauces, and oils); avoiding deep fried food; avoiding alcohol; and eating as many vegetables in salads, appetizers, or in your main course, as possible.

Controlling Food Cravings

The key to controlling food cravings is to eat lots of good, whole food that gives you an even blood sugar from time-released carbohydrates and adequate protein, and has lots of fiber or natural bulk from water content. In addition, these whole foods should be *nutrient dense*, packed with lots of vitamins, minerals, antioxidants, and phytochemicals. Dr. Joel Fuhrman (*Eat to Live*, 2011) and colleagues recently showed in a study in the *Nutrition Journal* (2010, 9:51) that the higher the micronutrient density of the diet, the less hunger people had while consuming fewer calories. You should also keep to a minimum or eliminate foods that increase the risk of blood sugar swings (e.g., excess caffeine, simple sugars, etc.).

- Eat whole, unprocessed foods only.
- Have whole, unprocessed snacks between meals (fruit, nuts, seeds, bean spreads, whole-grain snacks).
- Eat only good, unrefined carbohydrates (beans, whole grains, fruit, starchy vegetables).
- Keep only whole foods in your house (refrigerator, cupboards).
- Go out and buy the craved food if you must. Don't have it lying around in your house.
- If you must satisfy a food craving, have it with or after a whole-food meal, not as a separate snack.
- Exercise regularly. Many times this will subdue your food cravings.
- Bring whole-food snacks to work, recreational activities, and have them in your car.
- Realize that many foods are addictive, especially ones containing simple sugars, caffeine, chocolate, dairy products, and refined grains (e.g., wheat). Avoid completely or at least take breaks from them every few days. Revised 05-06-18

Date	Time	Weight	BP/Pulse	Foods Eaten	Symptoms	Exercise

The Longevity Diet, Valter Longo, PhD, Director USC Longevity Institute & Gerontologist at USC
("The Longevity Diet" by Valter Longo, PhD, 2018;49-54;84-86;114;214-216)

- Pescatarian diet – plant-based with fish 2 to 3 portions per week avoiding high mercury fish (tuna, swordfish, mackerel, halibut)
- Past 65 years of age increase fish, eggs, feta and pecorino cheeses, goat's milk yogurt 0.31 to 0.36 grams of protein per pound bodyweight. 130 lbs = 40-47 gms protein per day with 30 grams consumed in single meal
- Increase protein 10-20% or 5-10 grams extra over 65 years of age
- Free of animal proteins from red meat, white meat, cheese
- Vegetable protein intake high – legumes, nuts, etc.
- Minimize bad fats (saturated, hydrogenated and trans fats)
- Increase complex carbohydrates from whole bread, legumes and vegetables
- Low in sugars, limited pasta, rice, bread, fruit and fruit juices
- Eat nutrient dense foods
- Get omega-3 and omega-6 fatty acids from diet
- Eat variety of foods from your ancestry
- Eat twice a day plus a snack (older than 65 eat 3 meals daily, evening meal the smallest)
- Eat all meals/snacks within 11 to 12 hours
- Practice periodic fasting – healthy 2 - 5 day fasts yearly; some may do monthly fasting
- Maintain weight and abdominal circumference

"FASTING MIMICKING DIET" ProlonFMD.Com – pre-packaged - 5 daily boxes of food

- 5 day modified fast with mixed whole plant foods that provide 1100 calories the first day and 800 calories each day for the next 4 days
- Mimics the physiologic effects of a water fast
- More tolerable than water fasting. Allows more people to benefit from the improved metabolism from fasting

THE FASTING MIMICKING DIET (by food consumption)

Day 1 - 1100 Calories

- 500 calories from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkin, mushrooms, etc.)
- 500 calories from health fats (nuts, olive oil)
- 1 multivitamin and mineral supplement
- 1 omega-3/omega-6 supplement
- Sugarless tea (up to 3 to 4 cups per day)
- 25 grams of plant-based protein, mainly from nuts
- Unlimited water

Days 2-5 800 Calories

- 400 calories from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkin, mushrooms, etc.)
- 400 calories from health fats (nuts, olive oil)
- 1 multivitamin and mineral supplement

- 1 omega-3/omega-6 supplement
- Sugarless tea (up to 3 to 4 cups per day)
- Unlimited water

Day 6 – Transition Diet

- For 24 hours following the end of the five – day FMD, patients should follow a diet based on complex carbohydrates (vegetables, cereals, pasta, rice, bread, fruit, etc.), and minimize the consumption of fish, meat, saturated fats, pastries, cheeses, milk, etc.

WHAT ARE THE BENEFITS OF THE “FASTING MIMICKING DIET” ProlonFMD.Com

Autophagy – body clearing out cellular debris improving metabolism

- Cholesterol reduction
- Blood pressure reduction
- Weight loss - central weight/adipose reduction
- Inflammation reduction
- Blood sugar reduction
- Immune system enhancement
- Enhanced chemotherapy effectiveness
- Reduction of chemotherapy side effects
- Stem cell enhancement – tissue regeneration

MIRACLE METABOLISM - YOUR STEP-BY-STEP GUIDE to Quickly LOSE FAT, GAIN MUSCLE, and HEAL AT ANY AGE, Thomas Tadlock, MS

Rapid Weight Loss Diet

The Key To Rapid Weight Loss Is Raising One’s Metabolism, Not Cutting Calories. Here Are The Steps To Raising One’s Metabolism:

- Eat whenever you are hungry.
- Eat to fullness with **as much raw food as possible**, ideally green leafy vegetables and cruciferous vegetables (at least 75% of your food intake should be raw vegetables). This can be done in the form of raw vegetables, salads and smoothies (75% greens, 25% fruit, 1/8-1/4 cup raw flax seeds or chia seeds, water to the fruit line or above, and water in a day should total at least 96 oz.).
- Consume omega-3 fatty acids (1/8-1/4 cup of chia or flax seed per day).
- 96 oz of water in a day at least.
- The rawer food consumed the faster the weight loss...

KEY LABORATORY TESTING FOR WEIGHT LOSS, Kirk Hamilton PA-C Integrative and Lifestyle Medicine

- CBC, Chem Panel, Lipids (fasting 12 hours), LDL particle # and size
- Cleveland Heart Lab – Inflammation Panel, Omega Check (omega 3/6 fatty acids)
- Hemoglobin A1C, **INSULIN (FASTING)**
- Hormones – Test (f & T), E2, P, DHEA, Preg, Cort a.m., leptin, ghrelin (Leptin is a hormone, made by fat cells, that decreases your appetite. Ghrelin is a hormone that increases appetite, and also plays a role in body weight)
- Minerals – Copper, Mg, RBC Mg, Zinc
- PSA (male)
- Thyroid – TSH, T4f, T3f, T3 rev
- Vitamin B1, B12, D, RBC folate

02-12-20

McDougall Program Maximum Weight Loss 10-Point Checklist

“Tips for Lowering the **Calorie Density** of Your Meals”

1. Start each meal with a soup and/or salad and/or fruit.
2. Follow the 50/50 plate method for your meals, filling half your plate (by visual volume) with non-starchy vegetables and 50% (by visual volume) with minimally processed starches. Choose fruit for dessert.
3. Greatly reduce or eliminate added sugars and added salts. This includes gourmet sugars and Salts too. If either is troublesome for you, you can eliminate them.
4. Eliminate all animal foods (dairy, meat, eggs, fish, seafood).
5. Eliminate all higher fat plant foods (i.e., nuts, seeds, avocados, tofu, soy).
6. Eliminate any added oil.
7. Eliminate all higher calorie-dense foods including flour products (i.e. bread, bagels, muffins, crackers, dry cereals, cookies, cakes), puffed cereals, air- popped popcorn and dried fruit.
8. Don't drink your calories (especially from juices & sugar-sweetened beverages).
9. Follow these principles, eating whenever you are hungry until you are comfortably full. Don't starve yourself and don't stuff yourself.
10. Avoid being sedentary and aim for at least 30 minutes or more of moderate exercise daily (i.e., brisk walking).

Any time is a perfect time to add a few more lower calorie density meals to the table.

“A New Diet Study Confirms Your Worst Suspicions About Ultra-Processed Foods”

by Ed Cara, 5/16/19 [“Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake,” Hall et al., Cell Metabolism, 2019;30, 67–77 July 2, 2019](#)

A U.S. government-led trial may confirm the worst fears of anyone whose diet starts and ends in the frozen food aisle. It suggests that people who mostly eat ultra-processed foods will take in more calories and gain more weight than those who stick to mostly unprocessed foods—even if the two diets start off with the same amounts of fat, carbs, and other nutrients.

Lots of circumstantial evidence (and common sense) would lead you to think that diets rich in ultra-processed foods can be unhealthy and likely to cause weight gain. But according to the study’s lead author Kevin Hall, a senior scientist at the National Institute of Diabetes and Digestive and Kidney Diseases, there’s not much concrete proof of a direct cause-and-effect link. That’s a long-standing problem in the world of nutrition, since it’s hard (and expensive) to study people’s diets in isolation.

“There’s this old adage that correlation doesn’t necessarily equate causation. For instance, it could be that people who eat ultra-processed foods are unhealthy in other ways. Or they could be less wealthy than people who don’t eat a diet as high in ultra-processed foods. So you don’t know whether ultra-processed foods could be an innocent bystander in all this,” Hall told Gizmodo by phone.

To help remedy this gap in evidence, Hall and his team recruited 20 healthy volunteers to vacation for a month at the National Institutes of Health’s Metabolic Clinical Research Unit for a randomized, controlled trial—seemingly the first of its kind ever conducted. But while their room and board were free, there was a major stipulation. For two weeks, they would have to eat a diet of ultra-processed foods, while the other two weeks would be spent eating unprocessed foods. Half were randomly assigned to start the unprocessed diet first, and vice-versa.

There’s some debate as what exactly qualifies as an ultra-processed food. But Hall and his team decided to abide by [guidelines](#) developed by the United Nations, which take into account the different types of industrialized processing a food or ingredient goes through before it ends up on our plate. An example of an ultra-processed breakfast, highlighted by the authors, might include pancakes, sausages, and hash browns, while a mostly unprocessed breakfast would contain blueberries, raw nuts, and oatmeal.

“[Ultra-processed foods] are a bit like pornography—it’s hard to define, but you’ll know it when you see it,” Hall noted.

Dietitians created the meals for each diet and designed them to roughly match in terms of total calories, macronutrients like fat and sugar, sodium, and fiber. But importantly, the volunteers were told to eat as much or little as they wanted. Together with freely available snacks, each person had the option to eat up to twice as many daily calories as they would likely need to stay at their current weight, based on a preliminary screening.

The team’s final results were striking. On the ultra-processed diet, the volunteers ate an average of 500 extra calories a day, gained body fat and about a pound of weight by the two-week mark; on the unprocessed diet, they lost body fat and dropped that same pound.

The results were [published Thursday in Cell Metabolism](#).

While the findings may seem obvious on the surface, Hall said that it’s not clear why people overate on the ultra-processed diet. In recent years, many experts have [gravitated](#) to the simple, intuitive idea that since

ultra-processed foods tend to be richer in fat, sugar, and salt, it's these three nutrients that are largely to blame for the rise in weight, obesity, and metabolic disorders. But given the design of this study, that explanation seems to all short.

"I was kind of suspecting that once you matched for these nutrients—for the fat, sugar, and salt—there wouldn't be much difference, but I was wrong," Hall said.

The study wasn't meant to go much further than testing the specific role of fat, sugar, and salt in increasing our calorie intake. And the small sample size of the study means the findings should be viewed with some caution, at least until more research confirms them. But Hall said there were interesting hints of why ultra-processed foods might encourage us to gorge.

"When people were consuming the unprocessed diet, the levels of a hormone called PYY, which is an appetite suppressant hormone secreted by the gut, actually increased. And similarly, another hormone that's known to induce hunger, called ghrelin, decreased on the unprocessed diet," Hall said.

At this point, though, the specific ingredients or chemicals commonly found in ultra-processed foods that could be causing this hormonal shift toward eating more are unclear.

Another potentially major difference they noticed was that people ate ultra-processed food much more quickly than unprocessed food. That speed likely would have given their body less time to throw up the stop sign and make them feel full. The ease in eating ultra-processed food might have helped, too, given how much softer and easier to chew they were, on average, than unprocessed food.

By contrast, one commonly suspected factor for why ultra-processed foods can cause weight gain that didn't play any big role here was taste: The volunteers said that they enjoyed eating one diet as much as they did the other.

"That throws a monkey wrench into that explanation as well," Hall noted. "But that's good news in a way from one perspective. It suggests that if you are able to switch to your diet from one with ultra-processed foods to one without these foods, it doesn't necessarily mean that you're going to like it any less."

Of course, while our stubborn human nature can make any sweeping lifestyle change a challenge, there are plenty of things that make it [objectively harder](#) for many people to switch to healthier diets. Many people living in poorer neighborhoods, for instance, are unable to easily go to stores stocked with fruits and vegetables yet are surrounded by fast food restaurants and vending machines.

But for those who are able to drastically change their eating habits, Hall said there's a silver lining to their findings—one that might even mend some fences between proponents of different diet fads.

"There's a lot of debate in the scientific community, and in the public as well, about whether low-carb or low-fat diets are best for losing weight and what not. But one thing all these people on different sides of the diet wars tend to agree on is that we should eat less ultra-processed foods," Hall noted. "It's intriguing to speculate that maybe some of the success stories people have attributed to a low-carb or low-fat diet may have actually been due to changes in cutting the amount of ultra-processed foods in their diet—it's at least an intriguing hypothesis to keep studying."

An Indigenous Group Famous for Its Heart Health Started Using Cooking Oil—and

Began Gaining Weight Sept 17, 2019 by Ed Cara “Longitudinal Changes in Measures of Body Fat and Diet Among Adult Tsimane' Forager-Horticulturalists of Bolivia”, 2002-2010. Bethancourt HJ, Leonard WR, Tanner S, Schultz AF, Rosinger AY. (Silver Spring). Obesity 2019 Aug;27(8):1347-1359.

“A group of indigenous people in Bolivia are famous for their healthy hearts, but a new study shows that they are experiencing higher rates of obesity after the introduction of processed cooking oils to their diet.”

The Tsimané are an indigenous group based in the South American country of Bolivia. Like several other communities in the world, the Tsimané sustain themselves primarily through the farming of small crops as well as foraging and hunting. This vanishingly rare method of survival has made them a keen area of interest for scientists, from anthropologists to biologists.

Like so many foraging societies in the past, however, the Tsimané are increasingly into contact with the rest of the world. Some of this exposure is forced, as mining and lumber companies have [illegally violated](#) their land rights, devastated their environment, and pressured them to move closer to cities and urban settlements. But their overall population is also growing, putting a strain on their resources. As a result, the Tsimané are starting to take jobs to earn wages and send their children to school.

In a paper [published](#) this June in Obesity, researchers studying the Tsimané say this shift is already starting to change their bodies. They looked at eight years of data on Tsimané adults over the age of 20, dating back to 2002, when the [Tsimane Health and Life History Project](#) first began. This data not only included measurements of their heart health and body mass index, but diaries of their eating habits; all told, more than 300 Tsimané were included in the study.

In 2002, they found, 22.6 percent of Tsimané women were considered overweight (a BMI between 25 to 30), while 2.4 percent were obese (a BMI over 30). But by 2010, 28.8 percent were overweight and 8.9 percent were obese. Tsimané men, who are typically more active than the women, experienced similar but smaller increases in BMI.

These rates are still far below those seen in other groups of people. In the U.S., for instance, over two-thirds of adults are overweight, and nearly half are obese. And as recently as 2015, according to a [2017 study](#), the Tsimané still have very low rates of cardiovascular disease.

But some of the current findings suggest their heart health is likely changing for the worse, and it's not a great sign for people living elsewhere in the world. Even though their average calorie intake didn't change much, the increased use of cooking oil was linked to higher BMI among Tsimané women. By 2010, nearly a third of households reported using cooking oil bought from stores, and it was the only food clearly linked to increased BMI, even as other foods like sugar or refined grains were also more commonly eaten.

“We found that even small increases in market-based foods that are high in calories even in small servings, contributed to fat gain in this active, subsistence-based population,” study author Alan Schultz, an anthropologist at Baylor University, said in a [statement](#) released by the university. “Cooking oil adds so much flavor—we use it for a reason—but at 120 calories and 14 fat grams per tablespoon, few foods can so easily alter your diet.”

Diet alone isn't the only thing poised to dramatically change for the Tsimané in the years to come. And certainly some aspects of modernization, such as more available health care for children, will benefit them.

But given the increasingly grim research suggesting how [diets rich in processed foods](#) harm our bodies, the renowned heart health of the Tsimané might be at risk.

Among the fascinating discoveries made about the [Tsimané and similar groups](#) involves their hearts. While they are more likely to die young, often due to infectious disease, they famously almost never develop heart disease. And compared to every other group of people living in the industrialized world, their cardiovascular system is

pristine. What makes this comparison all the more astonishing that their average level of physical activity is not that much higher than that of the average American, and they actually eat more daily calories.

Like so many foraging societies in the past, however, the Tsimané are increasingly coming into contact with the rest of the world. Some of this exposure is forced, as mining and lumber companies have [illegally violated](#) their land rights, devastated their environment, and pressured them to move closer to cities and urban settlements. But their overall population is also growing, putting a strain on their resources. As a result, the Tsimané are starting to take jobs to earn wages and send their children to school.

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