

Why does it seem that

MOST DIETICIANS ARE FAT?

By Bruce Everett Miller

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A VERY Important point to note before we start, is that what I am teaching here is not a diet plan or method.

THIS IS NOT A DIET BOOK

This IS A 'WHY' BOOK!

Why things work the way they do - to the best of our CURRENT knowledge!

I won't even pretend to promise any specific weight loss results in 5 days, 2 weeks, or any other fancy advertising claim. I am not predicting ANY weight loss - although if you follow this method - then you should slowly become healthier and lose excessive weight. and you hopefully will know WHY things work and why they don't!

I am hopefully getting you to think about a life-style changes that will allow you to reach your

goals in a much healthier method and ideas that will work at any reasonable pace you set!

Now, flat out, as a physician assistant, I must state that you should not try to lose more than 1 pound a week and that you should consult your clinical provider (MD, PA, NP) before you start, ANY SIGNIFICANT WEIGHT LOSS ESPECIALLY if you are on medications or have any disease.

Your life may depend on that fact so if in doubt check it out!!

The way to hell is paved with good intentions.

Getting Thin

Learning to control your weight is a complicated issue. In most cases commercial (i.e. the ones they charge you money for...that especially includes the nonsense sold at the checkout counters) diets come down to a combination of money to buy the special foods and will power to stick to preprogrammed advice.

The real problem is however that no matter how well intentioned these commercial diets are they are either programmed for the average person not for the individual person or for a very special person and thus do not fit other individuals with different life styles. Either way as you will see in the following chapters these diets force you to do things the hard way.

It is my contention that in order to really control your weight that you have to know a fair amount of information about how your body works and what causes it to put on and take off weight.

When you know this you will not have to fight your body to accomplish your goals of weight control. But as I said there is a fair amount of information to understand.

Therefore, to make it easier and less complicated to understand I have decided to break the problem in two separate areas. The first part, "Getting thin" will teach you what you need to know to make the your body want to shed weight. This is extremely important because without this understanding no diet except starvation works and even that diet is neither long lasting nor healthy for you.

Then, in the second section (called Staying Thin) we will discuss the details of what to eat and why most people and especially most diets sabotage themselves in their attempts at losing weight. We will also discuss why it is healthier to lose weight in a logical way that uses your body as your ally instead of fighting yourself all the way.

Well, enough talk, on to the first section and a real understanding of how to get thin and stay that way..... Healthily.

Anything is possible for the person -
who doesn't have to do it themselves.

The Enemy: FAT? or Misconceptions

Look, let's stop all the games at this point and get down to some real business. Let's discuss our main subject: fat. Do yourself a favor here and forget the books and the nonsense you have been told in school, all the magazines you have read from the check out counters and all the diet books you have read.

Let's start over fresh. WE are going to examine some very basic concepts and you will see why what you have been told in the past is wrong. Of course the very first question we have to ask is: Just what exactly is fat for, anyway? What is its purpose, I mean besides making us look bad and clogging our arteries? Storage of energy? That is the common idea, what we have been told! Right? well that is WRONG! That is only a secondary purpose for fat and while it is a very important part it is NOT - I repeat NOT - the main purpose of fat.

The main purpose of fat is insulation! To keep the heat in! Not to keep it out, but to keep the body warm and at an optimal temperature range without having to expend a lot of energy to do it. Unless you understand this simple fact then you are DOOMED to failure in your battle against it. Why because you will be trying to force your body in a way that is not natural for it to go and it will fight you at every turn and sabotage you even if you do temporarily win.

OK so fat's main purpose is to keep heat in. Why? Because that way the body does not have to work so hard and spend so much energy to keep the body's organs at the optimal working temperature. [It is important to differentiate core temperature from skin temperature here. Core temperature is closest to the body's organ temperature versus skin temperature, which can float all over the place]

And you know what? Female physiology is so efficient at keeping the body's organs in their optimal range that female core body temperature can run close to a whole degree lower than their male counterparts and still have not only a core temperature which is good for the body's organs. That especially means your main body organ...

No, not your heart or that lower part of your anatomy, (you must be male if you are looking down there). What I'm talking about here is the brain.

In fact, the body's ability to decrease its energy expenditure to keep the core temperature at its optimal level is the reason we put on fat where we do. Yes, ladies that is why that lower belly is a 'so easy to gain and so hard to lose' area. Nature has intended that this area of the body must have a stable temperature in case you might decide to get pregnant. AND it doesn't want the body to work so hard to keep the female body warm either so

In fact, this is the main reason why males have a much easier time of losing weight than our female counterparts. Simply, we don't get pregnant, so male bodies are not set up to be so energy or temperature efficient.

Before we get farther along I do want to be honest well make that inclusive because fat as a energy storage area is a very important concept but one which will be addressed in the following chapters because it is a **secondary** function. We have to deal with the primary function of fat first.

OK, OK, so fat is for heat storage, so what? Well, the so what is that if you understand this, then you have the first key to unlocking your own fat stores. Literally melting them away, so to speak.

Case in point: Ever notice that long distance runners are not fat? Well, that is because they burn it off, right? They are just lucky people who can eat whatever they want and then just run it off.

Guess what? That concept is totally ludicrous. Totally WRONG! Ever watch what a long distance runner eats? They literally eat like a bird... Usually an African condor... I'm talking EVERYTHING. I have seen **some** of them eat 5000 to 7000 calories in a single day. There is no possible way they could run off the calories they eat even if they ran 24 hours a day, up hill and against the wind. NO! What really happens is that their bodies **do not absorb** the excess calories and that my friends, is the real key to success!

Relax! am not going to turn you into a long distance runner here so let your heart rate get back to normal and we will go on!

OK, let's look at the physiology here- because it is extremely important. In the case of the runner why doesn't the body of the long distance runner absorb the excess calories they eat and why doesn't it work for the average person?

The answer, my friends, is again back to that core temperature thing. The body starts to malfunction if it gets above a certain temperature. That is proven. It's not even controversial. It's called heat exhaustion and excessive heat will progress into heat stroke if your body fails at getting rid of it. That isn't what happens for that long distance runner, though. What does happen is they start to sweat.

Sweating is a compensation mechanism designed to cool the body. You knew that right? Well what you may not have known is that sweating is not the only cooling reflex, which is triggered when you get too warm. Other reflex mechanisms that tell your body to shed weight are also triggered.

However these other reflexes are a bit tricky to keep in a functioning mode so we have to explain a few things so you understand how to use these weight loss reflexes.

Something is very important here, and that is the concept of core versus peripheral

temperature. The body really doesn't care much about the peripheral temperatures. I mean, it does, but not to the degree that it cares about core temperature. In fact, the body will shut off circulation to the extremities and let them freeze just so that the core temperature remains in its norm. again a proven concept ... it is the reason why people get frostbite.

SO when it come right down to it the core temperature means everything to the body and it will do anything to maintain it from climbing too high or dipping too low.

Well, when you get cold, especially repeated episodes of being cold, your body will do its best to put on more insulation. To add another blanket, so to speak, and guess what, that is the purpose of all that ugly fat: to keep you warm without the body having to work at it.

The reverse is also true, if you get too warm you body will try its best to get rid of heat and, of course, as we have already said the first real thing it does is start to sweat.

But you know what? I will let you in on a little secret. The body does not like to sweat. Why? Sorry, you fashion conscious types out there, it has nothing at all to do with body odor. It has to do with the fact that water loss has a tendency to decrease the body's efficiency. Especially in its ability to carry nutrients to the body's organs, particularly the brain or that potentially developing fetus.

Therefore, in its attempt to not have to sweat, the body tries to compensate in other ways. One of those ways is to cut down on the insulation factor and let some of the heat out.

Example: Have you ever noticed a really fat person? Not someone who is 5 pounds overweight, I mean, really fat. Think of someone who is grossly obese. This is not a derogatory comment. The point here is to make it easier for you to see what I mean.

That person can sit comfortably in what a thin person would consider a cold room for extended periods of time. I'm talking about a room you are uncomfortably cold in and they feel just fine.

But just the opposite is also true! if you are in a room you find on the edge of being warm, not excessively but on the warm side, the person carrying excessive fat will be "cooking", they will be hot and sweating. And if you walk to the coffee room, they break out in a sweat with even this mild amount of exercise.

The more fat they are carrying the more true this is. Again, this is because their bodies are well prepared to conserve their body temperature with very little work but are very poor in its ability to shed heat.

The principle is exactly the same. The point here is that is IF YOU GET YOUR BODY TEMPERATURE UP AND KEEP IT UP PAST THE TRIGGER POINT THEN YOUR BODY WILL COMPENSATE and LOSE FAT.

What do I mean about trigger point? Well, the body has several factors it takes into consideration when it builds and maintains the fat blanket it uses to keep you warm.

One of these factors is how long did this higher temperature last? If the increase in core temperature only lasted for a few seconds, then you can be sure that the body's regulator system will not take it as seriously as it takes the energy saving from not having to work to keep the core temperature up.

On the other hand, if the increase in core temperature lasts a long time, especially repeated episodes of long term increases in core temperature, the body's regulatory system will definitely take it seriously and compensate by decreasing the insulating fat.

What I have been building up to explaining is that if you exercise past the point where you break out in a sweat, you will have started the trigger mechanisms in your body to start dumping fat. Again, this is a compensatory mechanism that is designed to decrease the average core temperatures which occurs during your periods of exercise.

But your body will balance your increase in body temperature with the period of time where the body temperature is at or below its ideal normal. Luckily the body does not do a time average to tell whether to take fat off or put it on. Instead, it looks at the severity of variations from normal, how often these variations occurred, and whether the variation was past the trigger point. Well, the trigger point of when temperature is above or below the body's ideal seems to be the same as that for cardiovascular exercise, namely at least 20 minutes.

Research also suggests that this period is a minimum of twenty minutes of CONTINUOUS exercise. Let me repeat that, I said "continuous exercise." This means you have to have your core temperature up to the point where your body is trying to use compensation mechanisms to bring it down for at least 20 minutes for you to have any effect.

That does not mean you cannot increase the temperature for more than 20 minutes without increased effects because you can, and I usually suggest to most people who ask me about weight control that they do a thirty-minute period, but this is very important, that is, thirty minutes from the time you start sweating.

Therefore, the 5 minute walk, especially those where you hardly break a sweat is basically worthless. As a matter of fact, any exercise where you do not get sweaty is worthless for decreasing the fat insulation layers. Yes, sure you may burn up a few calories, but your body will put these calories right back on in no time flat (we will explain this in a later chapter).

So if your real intent is to decrease the fat layer, then you have to increase the core temperature and we will get into some specific comments on that in the next chapter.

By now you should also see why there are some people who run around eating everything they want, wearing little clothing even when it cold out side and they still are as thin as a rails. These people have the naturally high core body temperatures and their body compensates for that high temperature by keeping their fat layers low. It also explains why most kids with their extra hormones bumping up their temperatures can eat all that junk food and remain thin. But Guess what happens when we get older and those hormones stop.... The blubber patrol strikes.

Conclusion:

The body wants to stay warm because it has to work less that way. It tries to store fat to stay warm, especially if you are female to protect the reproductive organs. However too much heat is bad for your brain and your body tries to protect itself by seeping. However, if it finds that it is having repeated episodes of being overly hot it tries to drop some of its insulation so as to keep the core body temperature down. It drops some of its insulation by 1) decreasing your hunger and 2) not absorbing as much.

In order to trigger this reflex to drop insulation you have to get your **core** temperature up and hold it that way for at least 20 minutes. How do you know when you have your core temperature up? When you start to sweat. So time your 20 minutes from the time you start to sweat not the start of your exercise.

AGAIN I MUST RE-ITERATE ... don't start out trying for 20 minutes of Sweating... it is not worth a heart attack... start your exercise program SLOWLY and if you have health problems or have medical problems or advanced age [like me]... get yourself checked out BEFORE you start any exercise program... literally losing a few pounds won't help you if you die from a heart attack!

ALSO DON'T BE DUMB ... if you increase your body temperature - you must also drink appropriate fluids... dehydration kills people. Also this idea of heating the body / core is not new ... in fact it was tried [in a very dumb way] in the 50's when they put people in [real] sweat suits. not the fashion suits of today but Suits that didn't breath [usually of plastic] - so when they exercised their body / core temperature did go up. WAY UP- the problem is that some people got too hot and didn't cool down and or drink enough fluids -- literally they DIED.

SO you have to be reasonable about this.... yes you want to increase your body core temperature - **SLIGHTLY** - NOT excessively ... [normal body temperature being 98.6 F - so you want it to be maybe 99 or 99.6 ... NOT 100 or greater .. that is called a fever - and can be dangerous ... people have seizures if their temperature get too high ... - so THINK .. yes exercise ... but with common sense.

Suppose you were an idiot.
And suppose you were a member of Congress.
But then I repeat myself.

Mark Twain

Clothes and air conditioning

In the last chapters we identified increasing the core temperature as the way to shed the fat layer. We are going to expound on that here so that you can make it work for you.

A common question I am asked is which exercise is best? Actually there really is not good answer to that one for just about any exercise will do except swimming or water sports.

Yes, I know you may have been told that swimming is the perfect exercise because it has no shock trauma. All that is true, if you are concerned with aerobic conditioning. For that it is great! That is not our goal here. It is a great side effect but not our primary goal.

Therefore, you must remember that we are concerned with raising the core temperature so that we will shed the fat layer not burn off calories. Therefore, if the water cools you off as you work, your body temperature will rise very little - if at all- and you will not get the desired effect you are striving for.

Thus swimming can help you burn off pounds though increases of muscle mass, Because muscle burns calories. But if you want to lose some pounds without dramatic muscle reshaping you need a different plan. And by the way - if you do put on that muscle you must continue to do the same amount of work for the rest of your life or you will just lose the muscle and then put that weight back on. Otherwise most other exercises will do just fine as long as you remember the underlying principle here.

Usually as soon as the above information is digested someone will state that there is no way they can run for twenty minutes so does that mean they won't get any good out of my program until they get to that level of conditioning? Answer: So who said anything about needing to run.

Besides for a person who is already in great physical shape it is going to take a lot more work to start sweating than the average person. But if you are not in shape, and or are carrying a lot of insulation, then you are going to start sweating very quickly. It might be that all you have to do is to fast walk to break out in a sweat.

NOTE: of course if you are not in shape than you should definitely check out with your clinician to ensure you do not have some sort of problem that would be hazardous to your health to exercise. Dumping a few pounds is NOT worth a heart attack... get checked out first then use some logic ... start SLOWLY!

Once you know it is safe, you should do what ever you enjoy that will get you sweating. Start with activity that gets you sweating and work your way up. Don't try to do a marathon in the first month it just is not safe and getting yourself hurt [or dead] is not going to help you lose weight. Take it slow and sure. Work yourself up. As you get in shape you will be able and required to do more to get yourself to the point where you break out in a sweat but you will find that at the same time you are losing weight.

Now I am going to break in with a general comment here that is VERY important and that is in relation to how much weight you should lose. The answer is NO more than 1 pound a week. Set your sight on this level and you will be able to lose reasonable weight in a healthy rate. More than that and you may be doing far more harm to your system than you realize!! It is just not worth it! Remember this book is as much about quality of life as losing weight.

[Furthermore you will learn why rates of more than 1 pound week loses usually don't stay off, in the latter part of this book.]

Two of the other more common questions I am asked are "how often can I exercise?" And the follow up question is "can I count more than one exercise period in the same day?" The answers is that to **lose** weight I recommend that you exercise at least every other day versus maintenance plan can be as little as two times a week. YES exercising every day helps get to your goal sooner but don't over work your body and cause injuries give you body time to recuperate between sessions. if you injure yourself you are not going to be able to continue... and there goes the weight loss plan.

The second part of the answer is a definite NO. You can only count periods where the clock reached at least twenty minutes of continuous **sweating** to count. You can do forty, one minute periods, and get next to no result from this because while you will burn off a few calories, your body will simply put them back on as fast as it can. The net effect is only one of increasing your cholesterol as you mobilize all that fat you are burning and then turning around and replacing it.

Now, I want you to be very careful here for two reasons. One is a dangerous question I was asked in regards to whether wearing insulated clothes to increase a person's temperature while working out will help them trigger the weight loss reflexes. The answer is, yes, IF you live thought it! [remember my comments about the plastic suits above]

The body needs to be able to sweat and get rid of heat in order to stabilize your temperature. If you do not cool down because you are wearing some sort of clothing that prevents your sweat from evaporating, you will definitely increase your core temperature; probably right to the point where you go into heat stroke and possibly die. So NO, NO, NO!

The idea is not to see how hot you can make yourself! So once again I want you to understand that, yes, the important thing is getting the body's temperature up above the normal range but there is no advantage of pushing it so high that you risk your health.

Conversely, for those of you who go from an air conditioned office to an air conditioned car to

an air conditioned home, you are at risk of telling your body that you are always in a cold climate and thus that it should have to put on more insulation. This is a real common problem in today's society and should not be overlooked. You would be amazed at how many people do not understand this concept. They spend their time in the gym religiously but do not understand why they are not losing weight. [In fact this is the third most common reason why people fail at weight loss. The most common one is eating wrong but we will get to that, not getting their temperature up past the trigger levels is the second.]

I really suggest that perhaps you should consider turning up your thermostat and cooling less, while wearing warmer clothes so that you are not bordering on being cold all the time along with spending more time outside. Either that or you are probably going to have to increase the duration and frequency of time that you work out past the trigger point in order to maintain your weight as you get older.

Please note however that if you do lose that layer of insulation you are going to feel the cold of winter more and thus you are going to have to dress warmer or your body is going to try and put that protective insulation back on!

Conclusion:

Get a medical check up before you start your exercise program. DO NOT try to lose your weight loss goals all in the next month. Set your sight on a rate of 1 pound a week.

When exercising, it is important to get your core temperature up but you must do it safely. Do not wear clothes, which restrict your ability to cool down by sweating, or you may DIE from hyperthermia.

It is important to remember that body reacts to cold just as much as it does to heat and if you are in a cold environment all the time without proper clothing then your body will put on its own insulation. So wear warm clothes, turn down that air conditioner [or turn it off]

During his 1956 presidential campaign, a woman called out to Adlai E. Stevenson "Senator, you have the vote of every thinking person!" Stevenson called back "That's not enough, madam, we need a majority!"

Reality Check

Well, so far we have covered in short time the first part of this book. Like I said in the intro do not let the small size of the chapters fool you. I gave you the material you need to know and now I will get out of your way so that you can do it.

In this second part we will get to the things you **MUST** know about what and how to eat in order to be control your weight without constant exercise. And **YES** that does mean that you can just eat correctly and still lose and control your weight

However it will happen much slower and there will always be the times... Like around Christmas when you don't "Eat correctly" The truth is I don't even try... [There is a difference between not eating like you were afraid to eat and gulping down the calories!]

Instead I eat what I want ... Make sure I eat to stay out of starvation mode (you will learn about that soon) and then exercise as much as I need to, to get my body to dump the extra pounds. Because I know that I can control my weight and that I will not have to go on a diet to do so I enjoy the holidays more and do not turn down the pumpkin pie or the whip cream.

And you will be able to just smile at those who give you that look when you add that second spoonful of whip cream to the pie for you know the secret, know you will not have to diet and don't have to feel guilty ever again...enjoy!

Nobody can be exactly like me.
Sometimes even I have trouble doing it.

Tallulah Bankhead

Conspiracy?

Sometimes some people can do all the right exercises and it still doesn't work! Well you of course turn yourself into one of those anorexic types and do nothing except exercise..... But why?

I will flat out acknowledge that there are some people who need more than exercise to be able to accomplish their goals. The reason for this is that most of these so called failures are in reality case of sabotage.

Say what you ask? Is this some sort of intergalactic conspiracy? Well, no I am afraid that there is no basis for the conspiracy theory. There is however a large amount of evidence for unintentional sabotage. For this is a case where ignorance of the laws of food absorption almost guarantee that most people will fail

So what are we going to do about it? We are going to cover those laws in the next chapter so that ignorance can no longer trip up all the hard work you do.

Everything is more complicated than it seems.

Staying Thin

It is a sad fact that almost every diet fails and this the main reason why I do not like the concept of dieting associated with what I am going to teach you here. I am not going to teach you how to diet.

Instead, I am going to teach you some very basic (but unfortunately slightly complicated) aspects of nutrition, which have been overlooked by the diet industry. [Deliberately?]

Never forget that the diet industry is a VERY lucrative industry and if it really did what it promised it would put itself out of that job very quickly.

I personally believe that when you know the real facts, however, you will be able to make life-style changes which will allow you much more freedom than any diet could ever possibly give you and still allow you to control your weight. and you won't be spending money on their [?] disgusting? food

[Does their success depend on their food tasting so bad that you don't eat it ... thus losing weight? ...lol possibly]

The main point here is that you need to understand your body in order to stop fighting it. The normal dieter is waging a constant war with their natural bodily functions and sooner or later they lose. In fact, most diets make that battle harder and thus it gets down to a matter of will power.

Well, sooner or later the will power gives in just a little, then a little more, and then you are back where you started from and do it all over again. Wouldn't it be better if you didn't have to count calories, if you could eat three or more meals a day and still lose weight? With NO PILLS, NO SUPPLEMENTS OR SPECIALLY PURCHASED FOODSTUFF?

Well, you can! All it takes is the understanding of how to turn your body's natural instincts and functions from a foe into friend. It will work for you, the war will be over and you will be the victor.

Just one point to reiterate before we start, though, and that is what I am teaching is not a diet **[THIS IS NOT A DIET BOOK - IT IS A 'WHY' BOOK!]** I won't even pretend to promise any specific weight loss results in 5 days, 2 weeks, or any other fancy advertising claim. I am teaching you life-style changes that will allow you to reach your goals in a much healthier method and which will work at any reasonable pace you set!

Now, flat out, as a physician assistant, I must state that you should not try to lose more than 1 pound a week and that you should consult your clinical provider (MD, PA, NP) before you start, if you have any questions and ESPECIALLY if you are on medications for any disease. Your life may depend on that fact so if in doubt check it out!!

P.T. Barnum's second Law:
When you get the money, get out of town.

Diets Are BAD for you!

I have a question for you. Have you ever tried to eat what they recommend? I mean those diet people who sell you stuff to lose weight on. Over done (burnt) meat with all the fat taken off, low cholesterol spreads for your bread, and last of all, wonderful tasting things like rice cakes. Yech!

n old tire would taste better than most of the garbage they try to get you to eat. No wonder you lose weight. A camel would stave to death trying to eat that stuff. Or maybe it's a conspiracy between the diet food producers and the recycling industry to get us used to recycled food. That way when we run out of real food, they can just substitute all the plastic we have been piling up for years and no one will ever notice. YEACH!

Not me! I want my food to have flavor! I eat my steaks' medium rare, my potatoes with butter (well margarine) and I wouldn't even think about saying "no" to anyone who offers to take me out to Red Lobster. (Hint hint)

Now, I will willingly admit that I do make some concessions. I drink skim milk, I only have eggs once or twice a week and I cut the large pieces of fat off the steak and I do drink SOME [very little] diet pop. And if you really want to know, my weight is definitely under control, so is my cholesterol and all the fancy numbers are great.

So what am I saying here? Let me spell it out...GET REAL! Some things are worth compromising on and other things are just an exercise in fanaticism. The real purpose of these chapters is to teach you to know the difference and then make reality work for you, not against you.

So what about all the advice that the diet plans are giving us? Well, the first and most important problem is that they are wrong!

For example, take the food chart; It displays all these things which we are supposed to have from each food group every day. However, what is prominently displayed on that chart but Grain's and wheat.

Another name for these items is carbohydrates. Now even the dietitians will concede that having too much of the fruit and grain grouping is bad for you! But, right here I differ and flat out state that it is ALL bad for you!

THE fact is that the "food pyramid" was created in the 1930's as a means to get you to eat more dairy products - TO STIMULATE THE DAIRY INDUSTRY not as a scientific based diet. And this garbage idea is what they teach Dietitians... No wonder they get it wrong.

Truth about the Food pyramid

I know we were all raised in school to think that we should be eating our food based on the Food pyramid ... so many type of food from this group so many from that group

Let me tell you the truth ... the food pyramid (at least the original one – the one that most people think is the only one) is a lie ... Well let me say that is WRONG!

No I am not a conspiracy nut and no it is not some sort of scheme but the truth is that the food pyramid was created in the 1970's in SWEDEN with health recommendations and HUGE amount of political input from those that stood to gain by endorsing certain food groups. In fact that corporation the KF coop of Sweden was a huge commercial factor that

The most widely known food pyramid was introduced by the [United States Department of Agriculture](#) in 1992, it was first then first updated in 2005 because of research findings and obvious problems and then it was replaced again in 2011 with what they are using now

The USDA food pyramid was created in 1992 had been divided into six horizontal sections containing depictions of foods from each section's food group and reflected most of the ideas of that Swedish concept.

Even Researches at the time had criticized the food pyramid because for lack of clarity. For instance, they complained that the pyramid recommends two to three servings from the protein-rich group, but this is intended to be a maximum. The pyramid recommends two to four fruit servings, but this is intended to be the minimum.



AND THE FOODS PYRAMID IS WRONG

Let me cut to the point here ... there are some very obvious mistakes with the food pyramid ... things that people think are true based on this flawed concept but that are actually bad for them!

For example... one common thing that we are all told is to avoid sugar and that instead we should eat fruits and vegetables. As if the two things were interchangeable ... they are NOT.

Let me ask a question ... do you think that 300 calories of sugar from a piece of fruit is any better for you than 300 calories sugar from the table? The fruit may have fiber but sugar is sugar and NEITHER is healthy for you.

Sugar = Sugar = Sugar

I have treated many a diabetic person who had real problems controlling their blood sugars because they thought they were eating healthy – eating fruit instead of candy. Their blood sugars confirmed that they were just being fooled ... their blood sugars were horrible! However when they understood the truth they quickly started getting control of their blood sugars.

There were reasons to eat a significant amount of fresh fruits in the days of Scurvy- when we needed to get the vitamins but today in the age where you can get a multivitamin ... there is little reason – except for fiber- to follow the recommendations of this.

Today Recommendations and research show even more problems with the so called pyramid because we have evidence that extra protein (again in moderation) can help you LOSE WEIGHT ...

So the point is that eating healthy and losing and maintaining weight is a lot more complicated than simply eating foods from any diagram. Instead it takes an understanding of how your body works.

DIET / SUGAR FREE

Another lie that has been told is that NON-calorie sugar additives are better for you than sugar drinks!

Ok again stop the idea that this is some sort of conspiracy uncovering... it is not ... sugar free products have not been proven to be cancer causing or any other of the conspiracy claims. they Just don't cause you to lose weight.

HOWEVER research has also shown that when you consume these variants of sugar that your body is SOMEWHAT fooled into thinking that there is real sugar entering your system thus it releases insulin. This insulin causes you to PUT ON weight even though the false sugar is not placed into your cells. [We will talk more about insulin later!]

Literally with the extra sugar floating around your body takes other sugars that are already in the blood stream and deposits them ... so the effect is LESS than eating natural sugar but it definitely is NOT nothing.

So if you drink a lot of “sugar free” pop or other products you can and most likely will gain weight ... stop eating these and you should lose weight even if you do nothing else!

NOTE: as a by product many compounds contain caffeine which may help your mood but can also interfere with your sleep and make you nervous so that you eat more to stay calm.

Also caffeine takes 12 hours to get out of your system so unless you have ADHD (and caffeine calms you down) then caffeine in the afternoon is NOT your friend. Even if you sleep it will not be the deep restful sleep you need

In the morning – out more than 12 hours from when you go to bed it is fine – in moderation!

Also Chocolate is a form of Caffeine so unfortunately the same rules apply!

Another Note: there is a definite link between sleep loss and obesity.... Frankly if you do not get enough sleep then you tend to eat more ... are less physically active (so you don't burn off calories and may sit in front of the TV and snack) ... better to go to bed.

SO what have we covered here?

An example .. what are Fruits? Fruits are sugar, fiber and some vitamins... but what do they tell diabetics... to eat fruit ... yes that is what they say... and then they come to me saying they are following their diet but their blood sugars are never under control Of course... and I have to teach them essentially what I am saying in this book to help them get their sugar under control!

SO this book is a long time coming and is a reaction to BAD teachings which have unfortunately programmed into dieticians and in fact the whole food industry - and people suffer as a consequence!

SO:

Carbohydrates are NOT your friend! Yes you are going to have to have some carbohydrates in your diet. With modern eating styles and food preparation the way it is it is almost impossible to get away from it. However, understanding the mechanism behind carbohydrates will help you understand why they are bad for you and what to do about them

My reasoning is that man lived for centuries without **processed** starches. In fact, for most of those centuries, he had very small amounts of starches, if any at all and you know what? People lived just fine for generations!

They couldn't have done so bad; somehow we got through it to wind up here. (Oh, I can just hear it now... Hang on, dear, only another 4 or 5 centuries and you will be able to have your Pop Tart (TM)

or how about...I know we lived out lives in squalor, Martha, but some day it will be better for

our kids. Just imagine! They may even have real butter on their processed wheat gluten bread just teaming with all those yummy preservatives like ferric orthophosphate.

[A real preservative I am afraid. What does it do? I am not sure I want to know.]

Anyway, have I gotten your attention? Well, good; because here is where we start to take the lies apart.

The smart person picks the battles they will fight.

What to Eat

It is hard starting this chapter because everything fits together and thus there is not really a clear start point nor end point to the question of how food affect us. Therefore, we will break things apart and attack things one point at a time.

Please note that I am going to condense this down to stay to the pertinent fact here not turn this into a course in comparative physiology. [This is a physiology book however so....]

The first point we need to discuss is that of what you do to yourself when you eat a meal. Initially, we eat food and two things immediately happen: The simple sugars, and very shortly afterward, the carbohydrates are broken down and absorbed into the body. This causes the body to release insulin, which allows these sugars to be absorbed into the cells of the body, including the fat cells. The higher the blood sugar, the greater the insulin response there is and the more sugars that are deposited into the fat cells.

(YES, I know that is a very simplified explanation but adding more details won't change these facts and would only be confusing.)

Secondly, the remaining foodstuffs are passed into the intestines where they are digested. Finally, the fat and then finally the proteins are absorbed and the fiber is left behind.

It is extremely important that you understand the order of how things are absorbed because this is what makes controlling your weight by what you eat possible: first the simple sugars, then the fat and finally the proteins.

While this breakdown of food and the order of absorption has been known for many decades, there seems to be little thought as to what it means for the person trying to control their weight.

If one looks at the three charts of food absorption below, you will see some very important facts. Facts that determine how blood sugars vary depending on what we eat ...

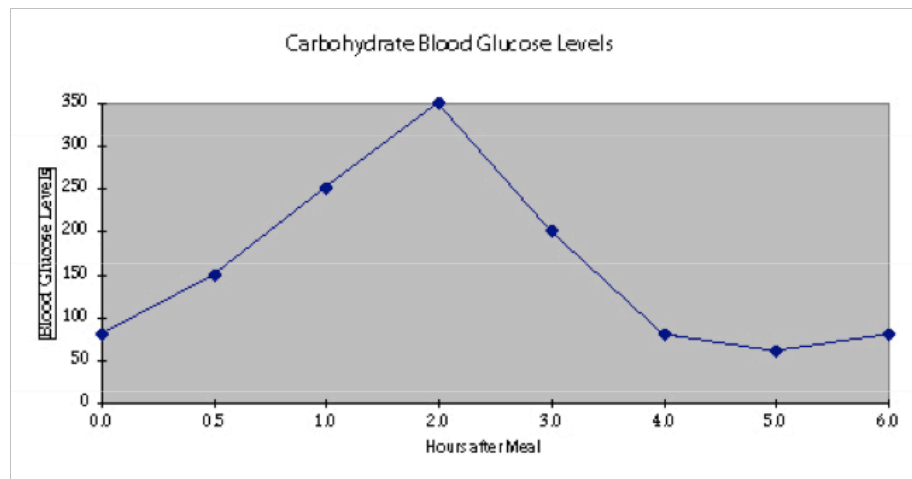
AND remember that we absorb fat based on how high our blood sugars get [especially at the peak high levels.

Tables of Blood Glucose Levels after Eating

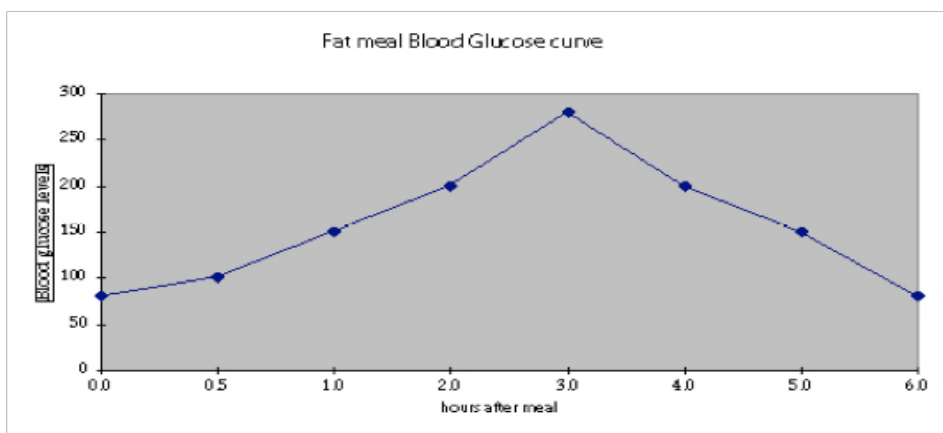
The following are graphs of typical Blood glucose levels after eating. Chart as they are intended for illustration purposes only and are not intended to represent individual results. [My lawyer made me add that statement.....sheesh! But seriously

The charts are a good representation of what happens after each type of meal. When you eat a meal of more than one type of food ...as most of us do....then just add one curve over the top of the other with the note that the pancreas does it best to limit blood glucose levels....ie to pump out insulin so that the glucose get stored into cells and not wasted by being dumped out through the kidney. Of course that would be fine but alot of that storage is in the fat cells.....

1) Simple sugars are absorbed quickly and then the blood sugar levels from these things fall off just as quickly.

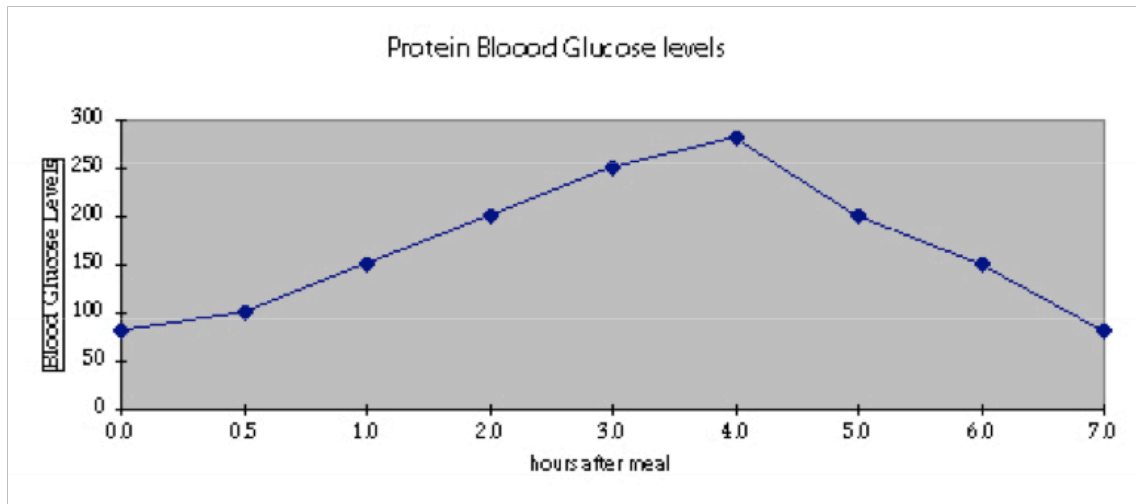


2) Fats are absorbed slower than sugars, but their components are also very quickly and almost completely absorbed so the blood sugars rise quite high once again and then drop nearly as precipitously.



3) Proteins, our last class, take a fair amount of time to be absorbed and thus the

corresponding blood glucose levels do not climb as high (very important) and do not drop off as rapidly (even more important).



SECOND POINT

The second point I want to get into is the efficiency of absorbing different foods. In terms of trying not to have excess energy readily available to store in your **fat** cells, there are several important factors.

Simply put sugars are very easy to absorb and it takes very little energy to do so. It takes slightly more energy to break down fat, however, the real problem is that because they contain relatively high energy compounds which your body can use (they have almost twice the calories per gram than either carbohydrates or proteins) they produce far more energy per calorie than simple sugars and can be broken down relatively rapidly a high percentage of the material still winds up in your fat cells.

Proteins take considerably more energy to absorb than sugars or fats, so right away you are burning some of the calories you have eaten. But, again I will say that the more important factor is whether your body is in a “store” or “shed” mode.

Now, I will acknowledge that there has been discussion in the dieting circles that it takes little energy to absorb simple sugars, more energy to absorb fats and more yet for proteins and thus you are better off eating proteins because of the decrease in efficiency of absorption means slightly less to put in the fat cells. However, they miss the real point here. And that point is that unless you are willing to watch every single calorie and balance it against what energy you burn up, you are not going to be able to maintain your weight.

So, let's get back to avoiding that excruciating battle and the

hard work

What it comes down to, however, is two things:

- 1) Not having that horrible exaggerated climb in blood glucose so you are not feeding the fat cells

and

- 2) Not triggering something we are going to talk about in the next chapter called the starvation reflex.

Before we move to that important subject, though, we must consider some very important facts if you are going to change weight loss process from a battle against your body to a cooperation with your body.

First off, let us look at the typical breakfast in light of the information we have just covered. The typical breakfast consists of some sort of cereal, milk and some other carbohydrates. A balanced meal, right? It has all the vitamins and nutrients, doesn't it? It says so right on the box.

WRONG! Advertising hype does not make for reality. Yes, you may have gotten all the vitamins and minerals you will probably need for the day, maybe even more, [check out the book Hyper-Vitaminosis - the POISONING of America, to see why taking all those vitamins and minerals may be hurting not helping you!]

But here let's look at the carbohydrates. Eating all those carbohydrates are going to cause a terrible spike in blood sugars we talked about and then the following insulin dump, so yum, yum, we just fed our fat cells and boy, are they stuffed.

Oh, but what about the protein in the milk? Protein. Yes, there is protein there, but not even close to the amount you need to keep you going until lunch. And, frankly, if you didn't add the pancakes and syrup you really are doing better than the cereal route.

However, with all the fat (also called cholesterol) in the eggs and butter you ate you are not really that much ahead. Remember the efficiency of absorbing fat. Not only is all of it absorbed, but relatively speaking, not much energy is needed to do it.

The truth of the matter is that it is the steak that does you the best. Because proteins are absorbed much more slowly than other foods, meat supplies the amino acids you need to feel well and for your body to work. Furthermore, proteins do so in a controlled release manner, which gives your body enough sugars to work with but not at such a high peak that you dump most or all of it into your fat cells.

Does that mean you should eat only steak? I wish! But you do need a balanced diet of proteins and vegetables, so as to give you the vitamins and minerals you need. However, I

want to make one thing clear and that is the amount of fruits you need is extremely small, especially in today's vitamin society.

In fact, fruits are really comprised of just three things: fiber, vitamins and minerals, and carbohydrates. Yes, carbohydrates, lots of them! That sweet taste you get when you bite into an apple is the taste of sugar and while the vitamins and minerals are beneficial as is the fiber, guess what that sugar does to your blood sugars and guess where it goes. You guessed it! Right into the fat cells.

And you wondered why the fruit and vegetable diets don't work.

If I even looked at a cookie I gain five pounds,
Make it chocolate cake and I set myself back a year.

Dieter's curse

Starvation mode

One of the most significant factors which determines the success of a diet is something called starvation mode. (Sorry, will power comes second, not first.)

The reason for this is that once you trigger the starvation reflex, your body will become super efficient at absorbing every bit of food that enters it and will even actively break down muscle tissue so as to decrease the calories you need to take in. Flat out then, triggering the starvation mode reflex of the body is going to make it extremely difficult, if not impossible, to lose weight.

Look, your body isn't stupid. It knows that if it breaks down fat to supply energy, it will lose some of its protective covering and will have to work harder at maintaining core temperature, costing it even more energy. Thus, if it can avoid breaking down fat, it will. Which is why it is well known that most extreme diets cause you to lose muscle mass.

In fact, muscle cells can absorb glucose without the need for insulin. This is one of the reasons why they are one of the first targets for breakdown that the body attacks once glycogen stores are used up. However, please note that the body will try not to break down muscle which is being used and instead will target fat cells. Thus you can diet and exercise and still develop muscle (which is something that competition body builders do).

So how do you trigger the starvation diet? Unfortunately, it's flat out simple to trigger this reflex, at least the first stages of it. All you have to do is to get hungry. Now, by being hungry, I do not mean the very first twinge that you could eat, but if you wait until you have definite hunger feeling and your stomach is yelling at you, then you have already triggered the starvation reflex.

Let us look at the starvation reflex a minute. What turns it on or triggers it is falling blood glucose levels. What it does is to increase the efficiency with which you absorb any food which enters your body for the next week or three. Yes, that is right. There is not much technical data out there, but if the body remains true to form with most of its learning processes, then you can expect the starvation reflex to be activated from a single episode of hunger for about two to three weeks. The reason it does this, of course, is to protect the vital organs of your body. The body needs blood glucose in order to be able to do its job and we already said that if it can, the body will preferentially try to hang onto its fat layer.

Over time, eating properly, i.e., not triggering the starvation reflex, the body tends to down regulate this function and the actual efficiency of absorbing food goes down but it takes just one significant episode to turn it back on.

So what is the significance of this? Well, once again, let us look to the most important meal of the day, breakfast. We fill up on high carbohydrate food and our blood sugar goes up, much of which is deposited into fat cells. Within two to three hours our blood sugars are dropping fast and glycogen is starting to be dumped from the liver to compensate and we get that mid-morning hunger. So what do we do? We have some more carbohydrates. Why? Because they are quick easy to get, provide quick energy, are cheap and they taste good. (They taste good because our body likes the easy cheap energy source.)

Instead my recommendation is that you increase the amount of protein you eat until you don't find yourself hungry before lunch. For those exceptional days when breakfast just doesn't hold you, try a mid morning snack of something with protein in it, like a beef or pork stix, a peanut candy bar or something similar. The point being that you want to ingest protein with as little fat and simple sugars as you can to even out the body's sugar peaks.

In fact, if I may be so bold, I'd to suggest that you could probably lose considerable weight by eating six meals a day especially if these meals all contained a supply of good, low-fat protein.

CARB DIETS

Now in reference to those who have tried and especially those who have had some success with carbohydrate diets I want to publicly state that you can lose weight on a high carbohydrate diet just that it is harder.

The thing here of course is the principle of not triggering the starvation reflex. You can do this with carbohydrate it is just that they wear off much faster than proteins do so you NEED to have something to eat about every two hours and secondly you want to eat small quantities because you do not want your blood glucose levels to rise dramatically high or you will be depositing calories into your fat cells.

Right here though I need to clarify a point...When I mentioned that you can eat something every two hours and stay out of starvation mode I meant it.

In fact you can eat a small amount of carbohydrates like a Christmas cookie and do just fine. Thus during the holiday I do just that I indulge! I eat a moderate amount for my size and do not feel guilty about it.

In fact many people who do not understand what I am doing can't understand why I do not weigh 300 pounds...well because I eat a small amount frequently I am keeping out of starvation mode....because I already have my "shed the insulation" warning reflexes in full swing I do not gain much or any weight.

Yes it would be better to just eat the proteins and vegetables but remember I said the purpose here was quality of life not rice cakes...can someone pass the cookies please!

Clarification note number 2: I am definitely not suggesting that you not eat vegetables. I

truly believe that to stay healthy you **need** at least the same to one and a half times as much in vegetable volume as you do in protein. This way you get the roughage you need to protect the bowels and to give you the vitamins and minerals you need to stay healthy.

As far as vitamin supplements, that is another story (make that book) but in general, with the exception of a simple generic one-a-day vitamin and mineral tablet, I am against them. You do not need them if you are eating even reasonably well and depending on what you are taking, you may run the risk of becoming toxic on fat soluble substances/ vitamins. In my opinion, it is far better to get what you need the natural way; from a balanced meal of meats and vegetables!

CONCLUSION

You need energy to keep your body functioning. If your body experiences times when it energy levels are low then it turns on it food gathering reflexes and absorbs every calorie it can. This is called the starvation reflex. In order to be able to lose weight you need to keep the starvation reflex turned off. The only way to turn off the starvation reflex is to maintain good blood sugars throughout the entire day not just after each meal. Thus you have a choice eat something every two hours or eat proteins that give longer flatter blood sugar curves.

Now I have included some reference research which bring up questions ... because as I said initially this is a VERY complicated subject and I think you should know some of the controversies ... not simply take one side or answer.

I think that the point that author is trying to make is that doing extreme diets is RISKY.. Using rational slow methods of life style dies rather than crash or extreme diets is far more healthy and furthermore have a much better chance of creating long term positive results .

RESEARCH NOTES and Controversies

This first [of many references] was a very IMHO important letter - presented as a research comment - it is well annotated and present VERY important points - so i have included it - but I note that moderation of ANY diet prevents many of the bad points.

NIH article

[Ann Saudi Med.](#) 2006 May-Jun; 26(3): 244–245.
doi: [10.5144/0256-4947.2006.244](#)

To the Editor:

Prospective cohort studies report that people who consume higher amounts of fiber weigh less than people who consume lesser amounts . One study reported that in a 20-month period, every 1 g increase in total fiber consumed per day, decreased body weight by 0.25 kg .

Fiber intake associates with other beneficial lifestyle factors, such as fruit and vegetable intake and exercise habits. Diets that are high in fiber are typically lower in fat and energy density, both of which are helpful for maintaining a healthy body weight.

The Atkins diet was first introduced to American markets during the 1960s. It was ridiculed for more than 30 years, not only as a fad diet but as dangerous nonsense as well. Some nonrandomized studies were reported after the turn of the century and many before that. All those short term studies had shown that the Atkins diet and similar low-carbohydrate diets can initially bring better results than conventional low-calorie, low-fat dietary regimens. In addition to its probable favorable effect on body weight, the popularity of the Atkins diet stemmed from the freedom it offers to consume as much protein and fat (for example meat, fish, chicken, eggs and cheese) as the dieter wishes, while carbohydrate intake must be restricted to no more than 20g a day, initially.

However, numerous studies have shown that low carbohydrate diets are unlikely to produce significant long-term weight loss and may lead to serious health problems. The caution of leading medical and nutrition organizations worldwide against all low carbohydrate diets stems from the fact that these diets greatly increase fat and protein consumption, which could lead to many serious ill effects, and greatly restrict consumption of essential nutrients: minerals, trace elements and vitamins, and fiber—all of which promote improved health and help prevent many diseases.

To start with, low-carbohydrate diets force the body to use fats as the main energy source, leading to ketosis. The brain, thereby devoid of its main energy source, glucose, is forced to make use of the metabolic breakdown products of fats and ketone bodies, leading to common side effects: nausea, dizziness, constipation, headache, fatigue, and smelly breath. In addition, ketosis leads to metabolic dehydration whereby the body consumes its own water stored

within the body's broken down proteins, leading to initial additional weight loss probably over and above that caused by a conventional low-calorie, low-fat diet.²

However, being unrealistic and unconventional, the low-carbohydrate diet is neither palatable nor enjoyable enough to be followed for a long time, resulting ultimately in an insignificant difference in weight loss compared with low-calorie, low-fat diets—hence the inability to conclude with confidence whether the weight loss is actually due to the low-carbohydrate diet. This was clearly highlighted by the two longest (12 months) randomized investigations.^{6,7}

Moreover, weight loss due to low-carbohydrate dietary regimens is unsustainable when carbohydrates would and should be reintroduced as a logical return to normal dietary habits as clearly manifested by the report of the United States National Weight Control Registry,¹³ which analyzed diets of 2681 individuals who followed a low-carbohydrate dietary regimen. The report indicated that those who maintained at least 30 lb/~13 kg weight loss after a year or more and who still follow a low-carbohydrate diet (<24% energy from carbohydrate) constituted <1% of the sample studied.

The American Heart Association was one of the pioneers in issuing a warning against high-protein, high-fat, low-carbohydrate diets as a means of losing weight.¹⁴ This warning supported an earlier one: “the very high fats of Atkins diet: 60%–68%, around 26% of which are saturates, through shifting the metabolic pathway for energy production, deliver a strong boost to free radical production, thereby increasing oxidative stress on different organs”.

For example, the increased oxidative stress on the heart muscle coupled with the low potassium in cardiac tissues resulting from the loss of minerals due to metabolic dehydration could have serious, even fatal, consequences. Moreover, the increased oxidative stress coupled with reduced fiber intake of a low-carbohydrate diet increases the risk of cancer of the lungs and gastrointestinal tract.¹⁰

The Atkins diet and similar low-carbohydrate diets could have other deleterious effects as well. The high protein of a low-carbohydrate diet could lead to hyperuricemia (leading to joint pain and gout) and hypercalcuria (leading to kidney stones, hypocalcemia, and osteoporosis).

Moreover, a Harvard study¹⁴ showed that high protein diets may cause permanent loss of kidney function in any one with reduced kidney function, a not uncommon probability since as many as one in four Americans, for example, may already have kidney problems.¹¹

The American Diabetes Association also cautioned against use of low-carbohydrate diets. Studies in healthy subjects and those at risk of type 2 diabetes support the importance of including foods containing carbohydrates from whole grain, fruits, vegetables and low-fat milk in the diet. The same view has been adopted by the American College of Preventive Medicine and the American Dietetic Association.¹²

In conclusion, it is imperative to stress the importance of losing weight in a healthy manner that neither exerts added stress on the body's vital organs nor leads to weight snap back when carbohydrates are reintroduced in due course. In addition, it is essential to stress the point that “The greatest health benefits are derived from diets low in saturated fats and high in complex carbohydrates and fiber that increase insulin sensitivity and reduce coronary heart disease risk.”¹⁰

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=====An second Short report =====

Howarth *et al.* summarized the results of more than 50 intervention studies that had assessed relationships among energy intake, body weight, and fiber intake. They estimated that increasing fiber intake by 14 g per day was associated with a 10% decrease in energy intake and a 2 kg weight loss over about a 4-month period. The observed changes in energy intake and body weight occurred without regard to the fiber's source as a naturally high-fiber food or a functional fiber supplement.

The involvement of gut microbiota in the regulation of host energy homeostasis was suggested by studies reporting that obese people were shown to have lower Bacteroidetes and more Firmicutes in their distal gut than lean control individuals, alterations that were abolished after 52 weeks of diet-induced weight loss. Changing gut microflora may be more difficult in free-living individuals and long term consequences of changes in gut microflora are unknown.

No references given for these statement...

=====And another Report =====

Dietary Supplements for Weight Loss

<https://ods.od.nih.gov/factsheets/weightloss-healthprofessional/>

Health experts agree that making lifestyle changes—including following a healthy dietary pattern, reducing caloric intake, and engaging in physical activity—is the basis for achieving long-term weight loss [4-7]. But because making diet and lifestyle changes can be difficult, many people turn to dietary supplements promoted for weight loss in the hope that these products will help them more easily achieve their weight-loss goals.

Approximately 15% of U.S. adults have used a weight-loss dietary supplement at some point in their lives; more women report use (21%) than men (10%) [8]. Americans spend about \$2.1 billion a year on weight-loss dietary supplements in pill form (e.g., tablets, capsules, and softgels) [9], and one of the top 20 reasons why people take dietary supplements is to lose weight [10].

Dietary supplements promoted for weight loss encompass a wide variety of products and come in a variety of forms, including capsules, tablets, liquids, powders, and bars [11]. Manufacturers market these products with various claims, including that these products reduce macronutrient absorption, appetite, body fat, and weight and increase metabolism and thermogenesis. Weight-loss products can contain dozens of ingredients, and some contain more than 90 [11]. Common ingredients in these supplements include botanicals (herbs and other plant components), dietary fiber, caffeine, and minerals.

In its report on dietary supplements for weight loss, the U.S. Government Accountability Office concluded that “little is known about whether weight loss supplements are effective, but some supplements have been associated with the potential for physical harm” [12]. Many weight-loss supplements are costly, and some of these products’ ingredients can interact or

interfere with certain medications. So it is important to consider what is known—and not known—about each ingredient in any dietary supplement before using it.

People who are considering using weight-loss supplements should talk with their healthcare provider to discuss these products' potential benefits and risks. This is especially important for those who have medical conditions, including high blood pressure, diabetes, and liver or heart disease. Yet, according to a large national survey, less than one-third of U.S. adults who use weight-loss dietary supplements discuss this use with a healthcare professional [8].

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Common sense is anything but common!

DANGER

I was going to call this chapter a stupidity alert but my editor said I had to be nice so people would read it so...

Look, a while back there was a fad diet of using purified protein as the sole intake source of calories. It seemed to work for a while and then a few people (I do not remember the numbers) died on it and it got a lot of bad press. (GOOD! that they got bad press - not that people were hurt!)

It could be construed that I am advocating this type of philosophy. I definitely am NOT! I am not in favor of any dietary supplements or substitutes. They do not make sense for a couple of reasons. Reason number one is that; anything taken to extreme is going to hurt you and single source diets are definitely extreme!

In the case of the protein diets the breakdown of the protein caused a build up of BUN (blood urea nitrogen) proceeded to mess up the other organs of the body and some people died. Not cool!

The second reason is that dramatic changes in diets force your body to mobilize large amounts of fat from the fat cells and breakdown products from the muscles. All this cholesterol floating around the blood stream is just waiting to be deposited along blood vessel walls (this is called atherosclerosis) and muscle breakdown products in extreme (and if you are not taking in a decent diet, muscle breakdown will get extreme) will probably damage your kidneys

I will say it publicly **again**. I believe in a balanced diet and one that listens to what your body craves! With the exception of feeding it carbohydrates. Reasonable amount of varying types low fat protein (beef, chicken, pork, fish) mixed with vegetables and some fruits are **required** for a healthy body.

If you eat sensibly, work out to bring your body's core temperature a reasonable number of times a week you will do fine. Just do not try to do it all the first week. It typically takes the body three weeks to react to a change in eating patterns which are not life threatening.

Dumping that extra 5 or 10 pounds is going to (and should) take awhile. It is not healthy to try to lose it in 1 to 2 weeks. I will say it again: you shouldn't try to lose more than 1 pound in a week and you will not even be able to do that if you put yourself in a starvation mode. [Even if you do totally starve yourself as soon as you even closely restore your diet you will put it ALL back on and probably more...again please refer to the chapter on starvation mode]

So please think it through before you do it. Use your common sense and then ask your medical professional to clarify any question you

"The trouble with the rat race is that even if you win,
You're still a rat."

Lily Tomlin

Summary

In the first part I hopefully gave you ideas on how to turn on the bodies reflexes which helps us to shed fat. This is a very helpful but not essential aspect to weight control. It gives you the ability to both aerobically trim up and burn off the fat in ways that work. I explained the trigger points, which turn off the reflexes and also pointed out a few environmental things, which explain why a lot of people gain weight in the winter, and also how many people sabotage themselves.

In the second section part I hopefully gave you ideas about why most diets fail because they turn on the bodies starvation mode reflex and explained that even if you starve yourself enough to actually lose weight you will most certainly put it back on unless you keep starving yourself.

So if you want to lose weight but like me are NOT willing to work that hard then most important thing is to keep out of starvation mode! Unless you do that you will absorb every calorie that enters your system and you will have little or not hope of losing or maintaining weight. The next most important thing is to avoid fat. Fat is almost completely absorbed and basically fed almost directly to your fat cells.

I explained why I think protein is the best food to eat because it last a long time both to absorb and be used up, because takes energy to break down and keeps the blood sugar levels stable. I mentioned that it is possible to control you weight with carbohydrates but you must eat many small meals (usually about 2 hours apart).

I also explained why it is necessary to eat a balanced diet but that balanced does not require carbohydrates and that fruits are not the same as vegetables because they are really nothing more than carbohydrates in disguise.

Finally I stressed the concept that you should lose weight slowly so not to bounce up your cholesterol levels and promote atherosclerosis

So, I hope that you will read and reread this book as many times as you need to fully understand the concepts here. For it is these concepts which will allow you to modify your food intake and eating patterns and do the exercise you need to live a healthier, happier, good-looking life.

Remember to consider quality of life and incorporate these strategies into long term life style changes rather than the yo-yo diet concept and you will have a much more stable weight, be able to eat the foods you want (limiting the gluttony of course) and enjoy your new look and still your food.

Therefore let my parting request be that you gain not only your goals but life's happiness which goes with them. Moderation is the key - even in moderation.

My best regards

Bruce Everett Miller

APPENDIX

Carbohydrates -starches and sugars and compounds which break down readily into sugar (usually glycogen) compounds.

Dieter- Any form of the masochistic portion of humanity willing to beat themselves up calorically for months in order to look good for a few weeks.

Fat - an ester of glycol with fatty acids, usually oleic, palmitic acid and or steric acid....you know that ugly stuff which had an affinity for hanging around our waist... Also called spare tires and dunlap disease (it dun lap over the belt)

Fiber- any unabsorbable substance which is passed through the intestinal tract. Fiber helps promote bowel movements. Rice cakes and other forms if inhuman torture passed off as dietary aids

Glucose - The form of sugar used by the body. You know the good stuff.

Glycogen - an altered form of glucose stored mostly in the live for short term use. Glycogen stores are relatively quickly used up.

Lactic Acid - compound caused the breakdown of glucose that alters blood and cellular PH levels

Muscle Tissue - any of the form of contractible tissues throughout the body. Muscles need both glucose and oxygen to preform their contractions and give off lactic acid and carbon dioxide

Protein- Any of the amino acid groups used in this case for fuel for the body

