

# **Dr. J's Secretes for Radiant Health: Boundless Energy & Weight Management**

## **Society Health Issues**

Most societal related health problems are not public health problems at all. Not epidemics in the epidemiological sense. They are the results of millions upon millions of individually responsible decisions. Lifestyle, and self-imposed afflictions and diseases. Surely exacerbated by social, political, economic, and environmental conditions.

## **Prevention is the Key!**

Modern medicine, however, doesn't practice prevention. Statistics show 80% of all diseases and health problems that are killing us today tend to be metabolic, toxin, or health care related in origin.

## **Solutions**

Seek to achieve internal self-improvement! You must be willing to make a lifestyle change if you desire lasting health. Are you willing to do what it takes? The key is to change your eating and lifestyle habits for the better and continue to do it! These changes translate into benefits you would otherwise never enjoy. The cleaner you eat, the cleaner you will be. It is not rocket science, significantly reduce polluting, nourishment depleted, fat causing, processed carbohydrates! Obesity levels have tripled in 20 years. WHY? With more kids involved in sports than at any other time in history, and health clubs packed full of members - why have obesity and diabetes grown to epidemic proportions? FOOD! High caloric, dead food void of nutrients.

That is the wrong kinds of food & far too many of them. We do not have to accept fat as our fate. Eat healthy & DO NOT DIET. Diets don't work! Simply, find an eating program you can tolerate and be a grown-up! Millions of diets concentrate on what to eat, and almost all of these have failed. First, we must acknowledge and accept that we have a problem with the foods we are currently eating. We must admit what our foods actually contain. Do we continually let slick marketing companies program us into eating bad carbohydrates, processed foods, sugar, low fat, and dairy products? Are you convinced these foods are harming you? Why then do you let them into your body? Diets will inevitably fail if they do not address issues of lifestyle, detoxification, and elimination of waste products.

**Protein:** Every meal must have protein

- The body needs to replace the protein constantly lost from the body daily.
- Protein stimulates the release of the hormone glucagon. This hormone tells your body to release stored carbohydrates from the liver to maintain adequate blood sugar levels for the brain.
- Glucagon acts as a brake for excess insulin secreted. So, if the glucagon level increases, insulin levels decrease.

**Carbohydrates:** Proteins and fats should be balanced with carbohydrates. Here lies the problem most of us are confused about. What constitutes a carbohydrate? Most of us think of pasta, sweets, and potatoes.

- Stop the body from producing muscle-building growth hormone (anti-aging).
- Just two sodas a day can change the body from fat burning into fat gaining mode.
- Humans don't require any processed carbs and very little natural carbs. The most common cause of not losing body fat is essential fatty acids-deficiency and mineral-deficiency thus driving us to consume too many processed carbs. Elevating blood glucose levels, thus releasing insulin into circulation.
- Eat a diet used to fatten a cow (grain and grass) and you will achieve the same.

- Carbohydrates (sugars) don't contribute directly to anything except excess body fat through elevated insulin secretions.
- Processed carbs (sodas, school lunches, etc.) plague our children with sugar highs and sugar lows all day long. These highs and lows lead to a lack of attention and focus, making learning difficult. An example of this is the epidemic proportions of ADD and ADHD plaguing our youth. EFA (essential fatty acids) help eliminate cravings for processed carbs thus helping reduce or even eliminate these symptoms.

**\*THINK—fruits and vegetables!**

**Favorable and Unfavorable Carbohydrates** Definition: (A.) *Favorable* vs (B.) *Unfavorable* is based on the glycemic load.

(A.) Favorable carbohydrates have a low capacity to stimulate insulin (low glycemic load).  
Favorable carbs=Low effect on insulin

*Examples:*

1. Most vegetables
2. Most fruits (except bananas and raisin)
3. Select grains—oatmeal)

(B.) Unfavorable carbohydrates are just the opposite—stimulates high levels of insulin (high glycemic index). Unfavorable carbs=Greater effect on insulin

*Examples:*

1. Grains and starches (pastas, breads, cereal, potatoes, and carrots)
2. Select fruits (bananas, raisins)

**Fats:** It takes fat to burn fat.

**Good fats vs. bad fats:** good fats fall into two categories:

1. Monounsaturated come from olive oil, selected nuts, avocados, etc.
2. Long-chain-omega-3 fats (polyunsaturated fats). Come from fish, fish oil, flaxseed, and grass-fed meats. Bad fats you want to restrict from your diets!
  - a) Saturated fats: found in fatty cuts of red meat and high fat dairy products.
  - b) Arachidonic acid: found primarily in fatty red meats, organ meats, and egg yolks. The higher insulin levels, the more your body is stimulated to make increased levels of Arachidonic acid. Serum AA/EPA—Ideal=1.5. Most Americans @ 11. Danger zone >10. Chronic disease >15.
  - c) Trans fats: artificial fats created by the food industry. In virtually all processed foods. **\*Avoid trans fats at all costs!** Example: “partially hydrogenated” vegetable oils

### **Essential Fatty Acids (EFA's)**

Lastly, I want to elaborate on the most important fats of all. EFA's are essential for survival, health growth, and anti-aging. *Forget*, the opinions of those who have been conditioned to believe health, appearance and performance can be improved by avoiding fats. Two critical EFA's are Alpha-linolenic (Omega-3) and Alpha-linoleic (Omega-6) fatty acids. They are lipotropic (promote the transportation and utilization of fats and help prevent accumulation of fats in the liver). Anabolic (the constructive phase of metabolism - example muscle building agents). Thus, helping to increase muscle and decrease fat. These types of fats also help improve mood :), energy, healing, memory, vision, joint repair, and help relieve pain. They are especially useful when on low carb diets because they encourage the body to use available fats for energy. EFA's: Basically, help your body become more of a fat burning machine... In other words, digging into one's body fat storage to supply your metabolic demands.