

Weight Loss guaranteed with the side effect of Radiant Health

In my opinion there is no debate as to what the perfect human diet is. The answer as usual can be found in its simplicity. It is the very diet that got us through the last hundreds of thousands of years. There is really no debate over portions of carbohydrates vs. fats or proteins. It is simply the diet that got us through since the beginning of mankind, protein based. The single most important element to survival, period.

“Life unfolds in protein.”

“Protein is the living, respiring substance that needs to be fueled and supplied with oxygen to sustain combustion and provide energy for the unique material that is like itself, regulating every function in the body.”

*Jen Moller M.D.

Protein is the substance of which all biochemical and physiological activity of life is based. The normal condition of a living organism is a balance between Anabolic (protein building) and Catabolic (protein destroying) process.

As far as weight loss is concerned, keep it simple. No need to dive deep into the physiological goes on to get leaner and healthier. Fat accumulation (growth) is caused by a hormone 99% of the time. Much the same as growing taller, as we age through adolescence from the hormone growth hormone. We grow heavier and fatter too through the release of another hormone Insulin, period. Release as little of the hormone insulin as possible when you eat, and you will not gain weight from fat, period. Notice, no mention of exercise, no low-calorie starvation diet, no calorie counting, or point systems involved. It is simple. Do not secrete the said hormone insulin from the pancreas during meals equals weight loss, period. Let's break down some common food types and see if they affect insulin release.

<u>Food</u>	<u>Glycemic Index/Glucose Effect</u>	<u>Insulin</u>
<u>Released</u>		
Eggs	Low	Next to none
Porkchops/Bacon	Low	Next to none
Chicken	Low	Next to none
Chicken	Low	Next to none
Salad greens	Low	Minimum
Red meats	Low	Next to none
Bread	High	Large
Fruits	Medium	Moderate
Nuts	Low	Very little
Dairy	Medium	Moderate

You can probably guess by now, I'm not a big fan of diets or eating habits that use grains and particularly breads, pastas, etc., in their protocols. The major concern here is due to the high glycemic and pro inflammatory effects of glutens found in these food groups. I find many patients suffering with weight problems also suffer with many of the inflammatory health conditions as well including almost all autoimmune disorders and digestive problems such as IBS, diabetes, lupus, arthritis, Fibromyalgia, depression, anxiety, M.S., etc. Conditions that grain and gluten have no place in their food consumption recommendations. The use of calorie counting or point systems diets fail to take into consideration the inflammatory side effects and allergic reactions that are major complications when trying to maintain and sustain weight loss protocols. These side effects are not found in protein and fat-based diets or diets utilizing low glycemic vegetables for carbohydrate consumption. Another note, foods containing good fats like essential fatty acids in the presence of the hormone glucagon (which is increased with protein consumption) is a fat metabolizing hormone. As opposed to the carbohydrate fat building hormone insulin.

Key Points:

- No exercises needed
- Simply put your pancreas down for a nap
- Wake it up slowly, like you would want to be awakened!

The beauty lies in the **side effects**, which include:

- Reversing Type II Diabetes, bringing most blood pressure issues under control, eliminating acid reflux, reducing systemic (whole body) inflammation, improving overall blood work, possible reversal of sleep apnea issues, and last but not least, RADIANT HEALTH!