

**The Most Important Health  
Book You Will Ever Read  
\*Guaranteed\***

Dr. Christa Krzeminski

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## What People are Saying about Dr. Christa!

"Love the recipes. You make it easy to stay healthy!"

-S.R., Delray Beach, Florida

"Dr. Christa truly cares about her patients and their well-being."

-D.P., Deerfield Beach, Florida

"You just keep giving to me unconditionally. You are always so positive and encouraging, it has really changed my life."

-A.E., Coral Springs, Florida

"Soothing and healing care!"

-P.J., Florida

"Dr. Christa and her staff are the most caring and supportive people I know. Their encouragement has helped me get better."

-J.C., Pompano Beach, Florida

"My health has never been so great! Dr. Christa straightened out my food and put me on the right herbs. Now I feel like I did when I was 30!"

-L.L., Deerfield Beach, Florida

"Going through all of the tests trying to figure out what is wrong, Dr. Christa was my only doctor that really cared about me, took her time and answered my million questions...I would have gone crazy without you!"

-C.E., Coral Springs, Florida

"Dr. Christa's health assessment radically changed my fitness level. She provided me with knowledge about the supplements that I needed to take my health to the next level. I highly recommend Dr. Christa's services to anyone that's interested in improving their health."

-C.D., West Palm Beach, Florida

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## **Chapter 1: The Dangerous But Legal Poison That Most People Eat Every Day**

I'm talking about Sugar. Sugar looks harmless enough, right? It comes in small granules, smells pleasant and gets the taste buds perked up! How could this staple on most kitchen tables be such a villain? Well folks, it is all basic chemistry! Sugarcane is a plant (one of many different species of grasses) which grows in tropical climates. The plant itself is just wonderful! Sugarcane naturally contains a thick, brown, sweet syrup. Everything produced by nature is perfect- including sugarcane. The syrup contained in the plant is full of nutrients. It is what happens when sugarcane is processed that turns this great plant into a toxic chemical. Sugarcane contains a thick, brown syrup and to get it into little white granules it must be heated, chlorinated and processed. The sweetener found in all of our kitchens is a chemical by-product. A chemistry experiment. It is clear to see the danger in consuming a product that has been treated with chlorine such as toxic chemicals. These harmful chemicals inflict damage on the cells of the body – obviously we don't want to consume them!

Another major health insult sugar delivers is the number of foods and the amount of sugar found in many food products. The amount of calories consumed and the types of food sugar is in has really created a weight problem. It is reported that the average American consumes in excess of one hundred and twelve (112) pounds of sugar annually! That is simply devastating! Diabetes, dental problems, kidney disorders, muscle issues and digestive complications all have a direct link to sugar overload.

Well, if sugar is bad then let's find its replacement! Sugar has wreaked havoc on our overall health for several years. So, food producers, in all of their infinite wisdom, decided to "save" us and find a substitute for that nasty sugar! After all, you cannot really expect people to possibly limit sugar and load up on proper foods, can you?

So what is sweet, no calories and cheap to produce? Well, food chemists created some real winners! Saccharin, high fructose corn syrup (or corn sugar as it is now called), aspartame, sucralose and acesulfame K are the more common commercial products available and found in many food products. The FDA deems these products safe in very small quantities. The thought process is that only a small amount of high fructose corn syrup is used to sweeten a cookie so it could not possibly be harmful. The issue is that these sweeteners are found in ALL processed foods. If your diet consists mostly of processed foods and very little earth given food (fruits, vegetables, legumes, seeds, etc.)

then you are consuming a large amount of artificial sweeteners on a regular basis. Thus, the damaging health effects inflicted by saccharin, HFCS (high fructose corn syrup), etc. will accumulate! Many of these artificial sweeteners are carcinogenic (cancer causing) or are classified as neurotoxins (toxic to the nervous system). Each time these products are broken down in our system they inflict some damage-repeat the exposure day after day after day and the damage does add up!

The commonly used sugar alternative high fructose corn syrup is a very toxic substance. When it is eaten, the body recognizes it as potentially harmful. High fructose corn syrup is diverted to the liver to be neutralized and then excreted. It is not digested like other types of foods. This is similar to the handling of alcohol and medications. Imagine the majority of foods a child eats needs to be detoxed by the liver! Current research indicates that HFCS restricts or prevents the production of nitric oxide. Nitric oxide is one of those vital ubiquitous gases produced by most cells in the body and used to complete many crucial functions in smooth muscle and blood vessels (as well as most other tissues in the body!). Without nitric oxide, most of the tissues in the body could not function. It is believed that the sudden increase in hypertension/high blood pressure issues with children is likely related to the increase in consumption of large amounts of high fructose corn syrup.

Trying to find foods that do not contain high fructose corn syrup can seem like a scavenger hunt. HFCS is found in many foods on the grocery shelves! Remember, HFCS is a cheap food additive found in most *processed* food. Fresh fruits, veggies, nuts, fish, poultry and beans do not contain HFCS. There are some wonderful companies that make products that use beet juice, brown rice syrup, organic cane sugar, agave nectar and stevia as sweeteners. Kashi, Garden of Eatin, Annie's, Amy's, Rice Works, Nature's Path and Steaz are a few great companies with delicious and nutritious snacks and food. Read your labels. Cereals, chips, pretzels, granola bars, fruit chews, breads, bagels, ketchup, yogurts, ice cream, juices, soda, oatmeal, sports drinks, flavored seltzers, trail mix, chex mix, dried fruit and puddings are just a few items which may be loaded with HFCS. Read your labels carefully and make an informed decision. In most cases, HFCS will be one of the top three ingredients listed on the package.

Take the time to plan and prepare your food. Use fresh foods whenever possible. For snacks, side dishes, etc., choose products with natural ingredients and no artificial sweeteners or dyes. You would not pack a bottle of alcohol in your child's lunch would you? Well it is just as harmful to pack a lunch box full of high fructose corn syrup!

The dangers of consuming huge amounts of HFCS have recently been well publicized and as a result we now have a 'name' game'. In an attempt to fool what the food industry considers a naive and lazy public, a change of name has recently been approved for the substance that we know as high fructose corn syrup. It is now being called "corn sugar". In an effort to dress a wolf in sheep's clothing, many products such as cereals, granola bars, popsicles and breads now list corn sugar on their food label instead of high fructose corn syrup. Beware - they are the same substance. The chemical formula, properties and your body's metabolic response are still the same. Keep away!

High fructose corn syrup and commercial sugar are just two of the many harmful food additives. Sucralose is another name springing up on plenty of food labels. It sounds fine - you may have even confused it with fructose or sucrose. Well, sucralose is the evil cousin of high fructose corn syrup and aspartame. Sucralose is more commonly known as 'Splenda'! Yes indeed, it is another artificial sweetener. Many food producers in response to the outrage (and rightfully so!) of aspartame, have replaced it with sucralose. Sucralose is very sweet and of course is deemed safe by the FDA in small amounts. It is found in foods such as cookies, cakes, granola bars, soda, fruit drinks, cereals, breads, ice cream, popsicles, trail mix, candy and gum. It is even added to children's medicines, vitamins and over the counter cold remedies. So, what risk does sucralose pose? Make no mistake, sucralose is a chemical sweetener. It does not exist anywhere in nature - it is totally manufactured! It contains harsh chemicals, the worst of which is chlorine. That is right, chlorine!

Chlorine is very reactive and by the way, a favorite of food chemists. Many scientists have insisted sucralose does not cross the blood brain barrier like aspartame does therefore it does not harm the nervous system. So, how could it be harmful? Unfortunately, sucralose does contain carcinogenic chemicals and the body is exposed to these chemicals. Once you ingest a toxin, you expose plenty of the gastrointestinal system and other systems to harsh toxic chemicals. The body must breakdown and neutralize anything toxic. Research shows that 10-15 % of sucralose remains in the digestive tract and may possibly be stored in the body. Sucralose or "Splenda" as it is better known, is a chemical substance - it is a foreign substance in the body. This means it will have an opportunity to expose other healthy tissue to a toxic substance. Think about what chlorine does, it gets whites whiter! Do you want that substance left in your body? Remember, what is absorbed more than likely will be stored. Chlorine is not a chemical that should be left to roam the body! Studies have shown sucralose will worsen the symptoms of Lupus, MS, rheumatoid arthritis, worsening of food allergies, Crohn's disease and Fibromyalgia. One of the major concerns with sucralose, as well as other artificial

sweeteners and food dyes, is the amount of them added to foods that our young kids eat. The diets of children contain artificial sweeteners starting from birth!! Those infants who use infant formula may be exposed to sucralose, aspartame or some other artificial sweeteners! Can you imagine by the time a child reaches 18, his body will have metabolized some of the most dangerous chemicals and some of the most dangerous carcinogens! Remember, there is a nutritional component to every disease!

Other common health offenders are sports drinks, muscle builders, protein drinks and sports recovery drinks. These drinks are everywhere! Their popularity is only second to bottled water. The biggest problem is the more popular brands are nothing more than chemistry experiments. They are filled with artificial sweeteners and dyes. Sucralose is a very popular sweetener used in protein mixes, mass building supplements, muscle recovery drinks and electrolyte replacement drinks. Many athletes, believing they are doing what is right, consume these drinks before during and after athletic performances. The sucralose will unfortunately cause muscle cramping, aches and pains. Remember, your body recognizes sucralose as an intruder. It will work harder to get rid of sucralose before it will use those mighty amino acids to build muscle! Also, the detox required will likely deplete some of your vital water stores, leading to a post workout dehydration. So, if you are suffering from muscle soreness, increased muscle fatigue or muscle cramping while engaging in strenuous exercise, check the label of your muscle/protein drink - I bet it contains sucralose! Water still remains the best hydrator.

The lesson here is to develop the habit of reading your food label. See what is used to sweeten the food. What are the first three or four ingredients? These ingredients make up at least 80% of the food. Ingredients are listed in descending order of % content. Meaning, the first ingredient listed is in the highest concentration in that product. For example, if the first ingredient listed is whole wheat flour, it is a predominately made up of whole wheat flour. Become an ingredient detective and always read the nutrition label! Of course, eating fresh fruits and vegetables is best. Mother Nature produces many sweet treats! *"If God did not make it then don't eat it"* was one of health and fitness expert Jack Lalanne's famous quotes and words he truly lived by. You can be healthy and enjoy great taste!

## **Chapter 2**

### **Is Your Environment Toxic?**

Would you knowingly use a product every day if you knew it would have very hazardous effects on your health? Would you do whatever it takes to protect your family from poison? The answers to these questions are obvious. However, our society seems to be blindly using products daily which are truly toxic. Well, one of the most dangerous household toxins is ubiquitous - we cannot help but come in contact with it. This dangerous threat is plastic. The safety of plastics is a popular debate. There are very valid concerns over the dangers and health concerns of some of the ingredients of many common plastics. The concern lies in the amount of plastic consumers use and the frequency of contact we have with the harmful chemicals.

What Plastics Do You Use Daily? Plastics are extremely common. They are lightweight, easy to produce and very inexpensive. Most if not all common household items utilize plastic. The most obvious and frequently used products are water bottles, milk containers, yogurt cups, sandwich bags, condiment bottles, meat, ice cream and frozen food packaging, mouthwash containers, storage containers, produce bags, juice containers and snack packaging. Plastic contaminates most of our foods. The danger plastic presents lies in the ingredients used to produce plastic. There are two very notable noxious offenders: bisphenol A or BPA and 4-nonylphenol or NPH. The issue with BPA and NPH is when the plastic is heated, these chemicals leach out of the plastic and into your food. Hence, when you consume your food you are consuming chemicals which are toxic. These particular chemicals act as xenoestrogens. Xenoestrogens are chemicals which act like the body's natural estrogen but they are foreign, toxic chemicals. Xenoestrogens function like estrogen- sending signals to other cells and systems in the body while also breaking down into very poisonous waste and harming our body.

Xenoestrogens have a terrible effect on the endocrine (hormonal) system in the body. It is commonly thought and supported by research that the increase in feminization (developing breast tissue) in our young males is directly related to the toxins in plastics. Knowing xenoestrogens are so toxic and that they trick our body into thinking they are estrogen begs the question, how much are plastics to blame for the increase in estrogen dominance issues in women. Breast cancer, hormonal imbalance, ovarian cysts and other issues related to the overabundance of estrogen may be directly related to the prolonged overexposure to xenoestrogens!

So who is at the greatest risk? Quite simply, everyone! Xenoestrogens are very harmful for both men and women. Perhaps, the population most at risk is our young - especially infants and children. Their systems are rapidly growing and their health is very delicate - the slightest interruption can have a lifetime effect. Most baby bottles and toddler cups contain BPA. As moms, it is very important to read closely and look for cups, bottles, bowls and utensils which are BPA free. BPA and NPH are considered neurotoxins. That means small amounts insult the cells of the nervous system and can cause serious damage. These particular chemicals are especially toxic to the coverings of nerves. Degenerative disorders such as MS, rheumatoid arthritis and Lupus may be especially sensitive to the effects of BPA and NPH. Some research also suggests that eliminating these toxins from the lives of individuals who suffer from ADHD or autism may be very beneficial in reducing some symptoms. Young men, from pre-teens to young adulthood, should eliminate plastics whenever possible. This disturbing trend of estrogen issues in young men is senseless and can be stopped. Women with a high risk of breast cancer or those who have survived breast cancer should stop use of all plastics.

With concerns over the safety of some of the ingredients in plastic at an all-time high, it is vital to know exactly what chemicals are found in the different types of plastic. Fortunately, all plastics are rated using a simple number system. These numbers are found in a small triangle on the bottom of the container. Understanding what plastics belong in each category, and what the danger of each is very useful in avoiding potentially toxic plastics and determining the proper recycling. Here are the top 7 toxic plastics:

*Number One: Polyethylene Terephthalate (PET):* This plastic is common in many single use items such as salad dressings, mouthwashes, shampoos and hand sanitizer. Number one plastics are easy to recycle and are not known to leach chemicals into food. However, they are safe for reuse. Do not wash in the dishwasher and reuse these containers. These containers are not safe to heat foods in and serve!

*Number Two: High density polyethylene (HDPE):* This plastic is used for milk jugs, trash bags, tubs of butter, margarine, cream cheese and other food packaging. This is considered a very safe plastic, very easy to recycle and is not known to leach any chemicals into food. Be aware- do not heat foods in plastic, pay attention also to the plastic packaging around food!

*Number Three- Polvinyl Chloride or PVC:* This particular category is used in plastics for cleaning agents, shower curtains, plastics for deli meats and many cling wraps. Number 3 plastics are not

safe! They contain a chemical, di 2-ethylhexyl phthalate which is a known carcinogen! Also, these products contain chlorine which is never safe for foods!

*Number Four- Low density polyethylene (LDPE):* This plastic is used in squeezable bottles, frozen food bags, grocery bags, some clothing and furniture upholstery. Number 4 plastics are considered safe.

*Number 5-Polypropylene (PP):* This plastic is found in items such as medications, over the counter remedies, supplements (just a side note- all of the supplements my office prescribes are dispensed in glass bottles!), straws, bottle caps, reusable plastic containers and some carpeting. This plastic is meant for items that are not reused so do throw the bottle away when finished. Remember, never heat food in these containers.

*Number 6-Polystyrene(PS):* This plastic is very hard and sturdy and used for things that must maintain their form such as cups, utensils, toys, CD cases, take out containers. It is also a component in foam insulators. Number 6 containers ARE NOT CONSIDERED SAFE. They are made with the chemical benzene which is very toxic and is a known carcinogen! Be aware of styrofoam and plastic take out containers!! Number 6 plastics are very harmful when heated!!

*Number 7 - "Other" :* Yes, there actually is a category which contains all of the plastics that contain a mixture of chemicals- mostly harmful! Most of the plastics in category 7 contain Bisphenol A which is highly toxic. Bisphenol A is a known xenoestrogen that wreaks havoc on the endocrine system of men and women. Be very careful of category 7! This group includes plastics in baby bottles, five gallon water/juice jugs (be very careful of sports drinks- they often fall into this category!), microwave containers, liners for metal cans and many eating utensils.

Let's Recap! What is the adequate margin of safety for use of plastics? That has not yet been determined! Here is what you can do to keep you and your family safe and healthy!

- Avoid ALL plastics with the codes 3, 6 and 7! No questions asked- just don't use these products. Look on the bottom of all of your food containers and check the number!
- Use 1, 2, 4 and 5 with some caution- never reheat or reuse the plastic!
- Use alternatives such as glass bottles, plates , etc. Many great juices still come in glass containers- rinse it out and you have a great safe water bottle!
- STOP BUYING BOTTLED WATER – and reusing the bottles- this is very bad!

- Be very aware of food or drinks in plastic containers- you never want to heat plastic. Unfortunately, that means freezing plastic would require “heating” to some degree and this could result in toxins getting into your food or drink.
- Educate yourself on the system. Be aware some companies use the letter abbreviation for the category. For example, *PP* may appear next to the triangle on the bottom of the container instead of the number 5.
- This is definitely an area where small changes add up to big health rewards - cut back wherever possible!

Another serious environmental toxin is found in many household products, cosmetics and foods and are a beautiful brilliant red. Soaps, lipsticks, eye shadows, shampoos, jellies, jams, cookies, cupcakes, juices, doughnuts, ice cream, cereals, dried fruit, granola bars, juices, sports drinks, sodas are just a few of the items many people consume on a daily basis which contain the artificial coloring, Red 40. Artificial colorings and dyes are an extreme health hazard. They are pure poison! Many dyes are carcinogenic and have ABSOLUTELY NO health or nutritional value. They are simply a very inexpensive way to improve the appearance of many items. That’s right, their purpose is purely cosmetic! I am sure you are thinking, why would something so awful be allowed in so many products? The answer quite simply is pure greed - they increase profits. Artificial dyes are inexpensive and can make a product visually appealing. They also will not spoil or go rancid as do natural coloring agents. For example, take a juice which is strawberry flavored. It is more attractive to the consumer if it sits on the shelf with a beautiful bright red color, a red that really catches your eye and pictures of delicious strawberries on the label. Unfortunately, many food manufacturers have chosen to enhance the color of their products with dyes. It is pure deception- make something bright red, label it “strawberry supreme”, put a picture of lush strawberries on the label and the consumer is so distracted, they are bound to be attracted to the product and make a purchase. That is the bottom line for many food manufacturers, making the purchase! Your bottom line needs to be completely avoiding artificial dyes and colors, especially Red 40.

So where does Red 40 come from? Allura Red, Red 17 and FD&C Red 40 are the same chemical compound - ready for this? : disodium-6-hydroxy-5-((2-methoxy-5-methyl-4-sulfophenyl) azo)2 naphthalenesulfonate is the IUPAC or chemical name of this red dye added to our food, cosmetics and

other household items! This compound is actually a petroleum based compound. That's right - it is made from refined crude oil! Isn't that fantastic? Your morning juice, cereal, kids' lunches and snacks are made from the byproducts of crude oil! The next logical question is why would petroleum based products be allowed to pollute our food supply? The answer is that Red 40 is deemed safe because it is used in small quantities. The logic the food manufacturers use is the bottle of sports drink which contains such a small minute amount of Red 40 it could not possibly be harmful! Of course, we live in a society of no accountability, therefore the manufacturer of the juice is not responsible for the fact that you choose to buy a pantry full of products containing Red 40, therefore increasing your own exposure to a toxic chemical. Repeated exposure to toxic chemicals is a huge health hazard!

Artificial colorings, preservatives and sweeteners have been linked to many very serious illnesses. Red 40 is no exception. Red 40 is a known carcinogen. If you were a chemist working in a laboratory, you would be warned of the potential health hazards of handling this chemical. However, it is sprinkled into our food supply without even a whisper as to the dangers of repeated exposure! Red 40 is also a nervous system irritant. Its metabolic by products irritate the nervous system. More specifically, the coverings of the brain and spinal cord are harmed by the process. Research also links Red 40 to hyperactivity, ADD & ADHD in children. It is truly amazing how dye children consume. Even mild behavior issues could improve with the elimination of Red 40 from kids' diets.

There are natural healthy substitutes for Red 40. Many organic or natural food manufacturers have beautiful delicious foods that are vibrant in color and full of taste! They are not artificially colored with Red 40, but rather organic beet juice which is a great choice for red. Tumeric is often used as a yellow coloring agent. For many products such as all natural jams the great appearance comes from the great choice of fruits. No preservatives are needed! The down side of these great coloring agents is their shelf life is short lived. Food will spoil if not eaten quickly. So, get in the habit of buying fresh, non-processed foods and consuming them quickly. Now, this may mean you need to shop more frequently, freeze certain items or plan ahead, so you do not waste food. Trust me, your health is worth it!

## Chapter 3

### What Your Refrigerator Will Tell You About Your Health

How healthy are you? The answer is very simply answered by what's in your refrigerator. Go ahead, right now, take a look! Now, answer the question- how healthy are you? The contents of your refrigerator reveal a tremendous amount of information about you. In plain sight are your health habits, your level of commitment to yourself, how seriously you take your family's well-being and how organized you are. Wow, all of this from one peek into your fridge (and we haven't even opened the freezer yet)! Let's go over some basics. First, you need to get rid of the toxins, poisons and health destroying foods.

There are 4 major toxins which you need to make sure don't contaminate your food. If you have kids this first one is inevitably in many foods. Unfortunately, it may also be responsible for harming your kids! The first major toxin to avoid and dispose of is *high fructose corn syrup*. High fructose corn syrup is a sweetener and is found in many *processed foods*. So, if you purchased something already pre-made it is a great candidate for high fructose corn syrup. Ketchup, mayonnaise, puddings, jello, fruit drinks, sports drinks, cookies, yogurts, jams and jellies, breads, cupcakes, sodas, processed meats and cereals may have high fructose corn syrup. You must read labels very closely. High fructose corn syrup will most likely be one of the first four ingredients. High fructose corn syrup increases the risk of diabetes, kidney issues, increase in high blood pressure and obesity! This is most definitely health enemy number one. Thankfully, some food companies are finally starting to listen to consumers; they are making products which are sweetened with agave nectar, organic sugar, brown rice syrup and honey.

The second major toxin sitting in your refrigerator is artificial food dye such as red 40. We covered this in the previous chapter but here is a little refresher: all artificial dyes such as red 40, yellow 5, blue4, etc. are petroleum based and definitely not contributing to your overall health. These dyes actually act as neurotoxins and irritate and insult the nervous system. They are also linked to many other health issues. Again, processed foods – especially juices, sports drinks, cereals, sodas, cookies and others are great candidates for artificial dyes. Dyes are used to make items with a long shelf life look appealing- vibrantly colored and fresh even though they are not! Many companies are using natural food coloring such as tumeric, beets, fruit purees and vegetable purees. Read your labels closely and make great choices!

The third ingredient to look for is trans fats. Trans fats are mirror images of unsaturated fatty acids. Food processors take a healthy unsaturated fat and hydrogenate it. The body is not fooled by this smoke and mirrors show and it recognizes the fats are potentially toxic. Foods containing high amounts of trans fats require extra assistance from the liver to metabolize the fat- much in the same way alcohol or other poisonous substance require the extra steps of stabilizing the fat so it is not too toxic to excrete. What foods do you think contain high amounts of trans fats? You got it!! Processed fatty and fast foods such as lunch meats, cookies, candies, breads, frozen pizzas, bagels, muffins, mayonnaise and pre-made salads such as macaroni or potato are loaded with trans fats.

The fourth culprit depriving you and your family of awesome health is saturated fats. Saturated fats are found in most of your animal products. A diet with excess saturated fats is in part responsible for high cholesterol, excess body weight, type 2 diabetes, high blood pressure, headaches, joint pain and digestive issues. Saturated fats are found in all animal products. Meats, poultry and dairy contain saturated fats. Palm kernel and coconut oil are plant sources of saturated fats. Some foods such as poultry, dairy and eggs do contain saturated fats. While they are part of a very healthy diet, the fat content needs to be monitored. I suggest using dairy which is part skim and poultry that is lean portions. Most foods contain both saturated and unsaturated fats. For example, one piece of pepperoni pizza contains (on average) a total fat content of 19 grams- 6 grams are unsaturated and 13 grams are saturated.

Now this may seem a bit confusing but a healthy diet must contain fats – heart healthy fats that is. That means more unsaturated fats and very limited saturated. The body does indeed need both saturated and unsaturated fats. However, the body does not need a huge amount of saturated fats that have been hydrogenated or processed. Remember, animal products contain more saturated fats and plant sources contain more unsaturated fats.

This brings us back to choices and committing to a diet loaded with more fresh fruits, vegetables, grains and nuts and making your choice of poultry, fish, eggs and skim dairy over red meat will lead to overall great health. Of course, you must limit the processed stuff such as sweets, processed meats, frozen meals and junk food. As for the artificial food dyes, artificial sweeteners and high fructose corn syrup, they must simply be eliminated from your refrigerator and pantry!

Now it's time to take out the trash! The following is a list of foods that you should get rid of right away:

\*Processed meats such as hot dogs, lunch meat, bacon, etc.

- \*Fruit drinks that are not 100% juice
- \*Soda (ALL SODA)
- \*Jelly, jams (unless it is organic or homemade)
- \*Potato chips
- \*Yogurt made with artificial sweeteners
- \*Sports' drinks made with any dyes
- \*Jello, pudding
- \*Bread made with high fructose corn syrup
- \*Flavored water (look for HFCS, this is an artificial coloring)
- \*Sugary cereals
- \*Salad dressings, marinades with HFCS
- \*Alcohol (wine, beer, hard liquor)
- \* Cake, cookies, candy
- \* Frozen pizza and dinners
- \*Red meat– all red meat
- \*Gravy
- \*Artificial sweeteners- Splenda, Sweet N Low
- \*Fried Foods
- \*French Fries, Chicken Nuggets
- \*Coffee, other caffeine containing drinks
- \*Cheese and cheese spreads

Now, I know that might have been a bit overwhelming so here's some good news – there are just as many, if not more, yummy and healthy foods that you can now replace all that garbage with!

## **Chapter 4**

### **The Replacement List**

Health is your most valuable commodity- now that your fridge is free of all those bad foods it is time to invest in the proper, healthy foods your body needs to thrive. Many people think proper eating is too expensive but think about how much being sick costs you! Obtaining and maintaining proper health is the most rewarding investment you will make in this lifetime. Setting the example for your children and teaching them good solid nutrition principles at a young age is crucial for their future health. Habits are formed early - so make healthy food choices a habit in your house and keep your refrigerator and pantry stocked with these nutritious and delicious foods!

Now it's time to go shopping! Here's your new shopping list:

- Olive Oil
- Sweet potatoes
- Blueberries
- Red and Green Grapes
- Apples and pears
- Pineapple
- Salmon, tuna and tilapia
- Greek Yogurt and/or Kefir
- Almonds, cashews and walnuts
- Papaya
- Whole grain pasta
- Brown rice
- Broccoli and cauliflower
- Spinach
- Oatmeal
- Bananas
- Cantaloupe
- Flax Seeds and flax seed oil
- Okra
- Pumpkin Seeds and sunflower seeds

- Watermelon, Kiwi and star fruit
- Ginger and cinnamon
- Garlic and basil
- Lemon juice (for your water!)
- Apple cider vinegar
- Tomatoes, peppers and eggplant
- Raspberries, blackberries and pomegranates
- Almond milk or soy milk
- Black beans, kidney/red beans, navy beans and chickpeas
- Skim, organic milk products
- Celery seed, turmeric
- Cucumbers
- Romaine lettuce, spinach and kale
- Squash, zucchini
- Rice chips, pretzels, organic chocolate
- Clif bars or Lara bars

Not only are the food listed above great as a part of any weight loss program but they will also reduce your cholesterol, risk of stroke, cardiovascular disease and will also improve digestion. Digestion isn't talked about nearly as much as it should be these days! Digestion is truly the gateway to health. Proper digestion allows for absorption of key vitamins and minerals to keep the body functioning optimally. It also allows for the quick neutralization and elimination of deadly toxins. Food intake is the most influential player in proper digestion. Now that you have stocked up on the right kinds of foods you can look forward to a truly healthy future. Congratulations on making the right choices!

## **Chapter 5**

### **The Drug Dealer Next Door: A Weight Loss Story**

Weight loss is not a commodity, a fad, a 'cash in while it is hot' service. Weight loss, rather maintaining a healthy weight, is the result of persistent daily healthy lifestyle habits, a balance of nutritional, spiritual and physical disciplines and the learning and acceptance of information and guidance from an expert. That is what you would expect from the doctor you entrusted with your weight loss and healthcare. Let me tell you about my most recent weight loss consult (several weeks prior I sat with two other young women who had a very similar stories!) and my last two acupuncture patients.

A young woman, in her early twenties arrived at my practice for a weight loss consult. She is nearly ninety pounds overweight and is clinically obese. She tells me she was successful one year ago losing weight - she lost nearly seventy pounds. Now she is spinning terribly out of control. She repeatedly expressed she was frustrated and demoralized seeing as she was "successful" one year ago and here she stands today – on the cusp of diabetes, depression and high blood pressure. I asked how did she work so hard to lose weight and yet obviously not maintain the results?! This was the shocker- she went to a "medical doctor" who prescribed amphetamines to curb her appetite, increase her metabolism and told her to have a glass of juice for breakfast, absolutely no lunch and a small salad for dinner. She was not to eat more than 750 calories per day! She would visit the office one time every two weeks for a weigh in and another prescription. It is worth mentioning she only saw a nurse on her follow ups - never the doctor again! When she reached her goal of seventy five pounds of weight loss she was told "great job" and sent home without a prescription or any further instructions or support! Apparently the program was a success.

Well, she indeed lost weight- that was not the only thing she lost. She had a host of side effects from the medicine. She was not able to sleep – AT ALL- because of the extreme stimulation of the amphetamines. She would literally go days without an hour of sleep until she was on the verge of complete exhaustion. The doctor's answer to this of course was to prescribe a sleeping pill. She also suffered from headaches, dry mouth and severe constipation. However, this program was a success! She was down seventy five pounds fit into her skinny jeans however she also was awarded four new medications to battle the issues this "plan" had created. I would hate to see the failures. At the end of this so called program (I think it is nothing more than legal drug dealing - after all, handing

someone drugs for money on a repeated basis with no interest or responsibility for your actions, what else should it be called?) this discouraged young woman had more health problems then when she began, was on four additional medications (after the “legal speed”) and was emotionally teetering on clinical depression.

I am sharing this story in the book with you because astonishingly this was the fourth patient over the last month who has sought my help to pick up the pieces of this type of “medical weight loss plan”. You cannot pick up a magazine or newspaper without “medical weight loss” appearing in an ad! If you are struggling with a weight issue, you need a solid plan that will provide you with long term, proven results. The answer to the question, “where do I go from here?” is one of the most crucial pieces to the weight loss and health building process. Your plan must address this question while you are going through the process. Is your weight loss and health plan as healthy as it could be? The tools and secrets in this book will provide you with the safe, effective and healthy methods of achieving and maintaining a healthy weight the natural way.

## Chapter 6

### Freedom from High Cholesterol

The word cholesterol sends shivers down the spines of millions of adults. Many times the health connotation of cholesterol is very negative. Cholesterol measurements or numbers help predict the health of the cardiovascular system and the health of the hepatic (liver) system. Research suggests keeping your cholesterol and lipids (fats) at a lower level, will reduce your risk of heart attack and stroke. The great news is you can be free from high cholesterol by implementing the following cholesterol demolishing holistic health principles.

**An Apple a Day...** Apples are an incredible source of fiber. Fiber is essential in keeping cholesterol levels at a desirable level. Fresh fruits and veggies, brown rice, whole wheat pasta and oatmeal are wonderful healthy foods loaded with fiber. Fiber assists the GI tract- the better the function of the GI system, the better overall health you will have.

**Go fish...** A diet full of foods high in omega 3 fatty acids (and low in omega 6's!) is a great health asset. Omega 3's will bolster the immune system, the cardiovascular system, the nervous system and most importantly the digestive system. Some awesome foods to add to your health arsenal are salmon, tuna, flaxseeds (or oil), walnuts, soybeans and scallops.

**Hop, skip and jump...** Exercise is a crucial component of every health plan - no exceptions! Exercise is not a one shot deal. Consistent daily exercise is required to keep your cardiovascular system in good operating condition. Exercise also will offer unlimited benefits to the digestive system. Don't forget, optimal digestion is a cornerstone of great health. Keeping the digestive tract moving things along is essential in keeping cholesterol in check!

**Ahh, Garlic...** Garlic is an awesome herb! Its health benefits have been known for centuries. Research has shown garlic will keep the LDL or bad cholesterol from oxidizing- this helps prevent "clogging" of arteries and damage to the walls of the arteries. Garlic has been long used for its antioxidant properties. The most ideal way to include garlic in your menus is to use fresh garlic in your cooking.

Tumeric and ginger are two other herbs that are great for lowering cholesterol -my absolute favorite will be covered later on this list...can you guess what it is?

**Pass on the steak...for good...** There is no room for red meat in any health plan- ever! Red meat, actually many animal products, have a high omega 6 content- this is not desirable to keep cholesterol and heart disease in check. Just say no red meat- no exceptions- ever! Even a little now and then is too much and will put your cardiovascular system at risk!

**A well-oiled machine...** Great heart health requires a diet containing only heart healthy fats. Unsaturated fats (polyunsaturated & monounsaturated) are your choices. In general, oils from vegetables, nuts and fish are desirable. The exception to this is palm kernel oil which is highly saturated. Great examples of unsaturated fats are walnut oil, olive oil, sunflower oil, canola oil and grape seed oil. Remember to read your labels and make sure you are choosing oil that is pure. Many food manufacturers may mix an unsaturated fat with partially hydrogenated fats or saturated fats. Eliminate margarines and butter spreads. Use olive oil in salad dressings, for cooking and as dips. Fat is a very necessary part of your diet. Fat is a source of solid nutrition your body desperately needs. The total amount of daily fat intake should add up to about 20% of your daily calories. NEVER engage in a no fat diet - it is the worst thing you can do to your heart, hormonal balance and overall health you can do. It is simple, choose heart healthy fats!

**Guggul to the rescue...** I promised you my favorite cholesterol lowering herb and this is it... guggul resin (Commiphora mukul). Many studies have shown that guggul resin is effective in lowering the bad cholesterol and also having a positive impact on the good cholesterol. It has been used for centuries to strengthen the cardiovascular system. Guggul resin is very safe and effective to use and also has some fringe benefits...it seems to nourish the thyroid and the joints! I have been adding guggul resin to the cardio nutritional packages for my patients for over 15 years and I just love the results! Great results, no side effects and no medicines!

**Big punch...small package...niacin...** Niacin, also known as vitamin B3, is a fantastic tool in battling cholesterol. Niacin is believed to help raise the good cholesterol, the HDL, in your blood. Niacin is very safe and effective. Some people do not like using niacin because it causes uncomfortable flushing. The benefits of niacin far outweigh the unpleasantness of the flushing. A therapeutic dose

of niacin is 1-3g of high quality niacin. Great food sources of vitamin B3 are chicken, tuna, salmon, eggs, carrots, spinach and broccoli.

**Balance is the key...** You cannot run a company with one department overworked, underpaid and stressed to the hilt while other departments do not show up for work. You would not be profitable and you definitely would not be in business too long. The same goes for your body. You cannot overwork one system at the expense of others. This is definitely evident with the endocrine or hormonal system. In many people, the adrenals are stressed, exhausted and wiped out while the thyroid is barely plugging along. The fall out of this massive imbalance will result in poor digestion, fatigue, skin changes, hair changes, weight gain, increase in blood pressure and you guessed it , an increase in cholesterol!

Cholesterol is essential to the body. It has many integral functions. However, too much of a good thing, well, can cause devastating health problems. Healthy cholesterol levels can be achieved and maintained with natural herbal and nutritional interventions. Don't delay, start taking good steps toward great health! The foundation to your health is built on your daily decisions- small decisions daily lead to massive success or massive failure- the daily decision is yours! Take control of your cholesterol now right now!

## **Chapter 7**

### **Vitamins Your Body is Screaming For**

Every day there seems to be a new superman of vitamins. A promise to stay young forever, weight loss in a capsule, energy bursts like never before. These are all of the gimmicks, all the quick fixes that the media trumpets daily. The truth is there is no magic pill. Allow common sense just a moment of your time- if there were magical potions we would all possess optimal health! Think about that for a second, we would live in an absolute utopia, all look like supermodels, no disease, no injuries, just absolute euphoria. Now, you can see how ridiculous these quick fixes are- they truly play on your laziness! I can tell you without a doubt, less than 15% of our population possesses optimal health- are you part of that 15%? What does it take to achieve great health? Why is it so challenging to stay healthy?

It seems as though our culture and environment have eroded our health over the last 25 years. The answers to how this happened and what can be done are actually quite simple: go back to the basics. Just like a championship basketball game, it is time to get back to basics. What happened to our health? Why are we one of the most unhealthy and obese nations in the free world? There are three basic and fundamental reasons. First and most importantly, our food supply cannot support health. The use of chemicals, hormones, pesticides, artificial colors, flavors and overall processing of food does not leave food sources with their original God-given nutrients. In many cases the foods you choose to eat may add insult to injury. For example, if you are suffering from digestive issues, eating foods high in saturated fats and loaded with artificial sweeteners will in most cases irritate the intestinal lining and make the situation worse. Every single disease process has a nutritional component.

The second reason most people are not as healthy as they could be is health is constantly changing. Our bodies are in perpetual motion, there is always something going on! Our heart is constantly beating, cells dividing, hormones are produced, neurons firing, sensations coming into awareness. Even at rest the body is active! Our health status changes on a regular basis. Exposure to different bacteria, molds, allergens or viruses will require an immune response. Constant stress will cause a cascade of chemical events in the body which will need to be addressed. Of course, aging and genetics give us all a unique set of health circumstances. The principle that you need to understand is your health regimen needs to keep up with your health changes.

The third most fundamental principle which seems to be lacking in most people's attempt at optimal health is consistent and persistent pursuit of good health. I see this in the weight loss arena constantly. We live in a society of no accountability where most people are in constant victim mode! Many people have great excuses as to why they cannot lose weight, exercise or eat the right foods. Or even better, why they do not have the finances to regain health. I truly believe if you have the money to mess up your health (cigarettes, alcohol, fast food, etc.) then you certainly have the money to improve your health. This very premise is why my weight loss program has been so successful for so many people. It has beat out the big programs for one very simple reason- the foundation is daily accountability! The decisions you make every day will either empower you and lead you to great health or little by little destroy your long term health. One of the necessities of great health is taking the right nutritional supplements. Filling in the holes that our depleted food supplies leaves is required in order to build health and fight disease. While each person has very individual health needs, there are 3 nutritional powerhouses that help fill everyone's nutritional arsenal.

The following 3 vitamins are key health players for several reasons. First, they are produced and or used by most tissues in the body. In most cases they are involved in energy production of cells. There is a high demand for them - remember every system needs them to function! Secondly, each of them is responsible for assisting the body in replenishing other vitamin stores. Now onto the golden list!

**Alpha Lipoic Acid: The Super Antioxidant:** Alpha lipoic acid is a vitamin like chemical that is most often referred to as an antioxidant. It has great power to neutralize many free radicals. It is used by the body to help metabolize or break down carbohydrates. Alpha lipoic acid is very effective in assisting with type 2 diabetes, neuropathy, cardiovascular disease and thyroid dysfunction. Good plant sources of alpha lipoic acid are broccoli, potatoes (white, red, sweet) and spinach. I recommend alpha lipoic acid to all type 2 diabetics, patients suffering from neuropathy and those with an under active thyroid. Alpha lipoic acid is a fantastic supplement with no known side effects. I do recommend as with all vitamins and herbs to take under the direct supervision of a qualified healthcare provider- if you are diabetic your sugar levels will need to be monitored. Alpha lipoic acid does such a great job in many cases lowering the amount of insulin taken is necessary!

**Vitamin D3 - Everything to Everyone:** Vitamin D is about as close to a cure all as we will ever see in the vitamin world! Every cell, organ and system loves vitamin D! Not just like, I mean really loves it!

Vitamin D serves as a precursor for hormones, enzymes, assists with calcium absorption, protects other cells, and assists with mineral balance in muscles and many more functions. Our bodies produce vitamin D when we are exposed to direct sunlight. Unfortunately, this self-made supply is not nearly enough to maintain health. Most people are also diligent about using sunscreen. This will decrease the amount of vitamin D produced. So, of course, turn to some great foods and add them daily to your menus. Good food sources of vitamin D3 include eggs, salmon and tuna. Daily supplementation with vitamin D is recommended for most people, including children. Current research suggests vitamin D supplementation is beneficial in defending against cardiovascular disease, depression, cancer, hormonal issues, muscle aches and pains and headaches. I absolutely love this vitamin, it needs to be in your daily regimen!

**Co-Q10:** Co-enzyme Q10 is a vitamin like substance which is present in the mitochondria of most cells. The mitochondria are the part of the cell in which energy is produced. Co-enzyme Q10 is a crucial part of cells' energy production; therefore it is found in very high concentrations in organs such as the heart, liver, kidneys and other large muscle groups. Co-Q10 is produced in most tissues in the body. The main problem with the production of Co-Q10 is it is a multi-step process that is very dependent on many other nutrients (such as vitamin D3, magnesium, copper and zinc – just to mention a few). Most of us realize that our food intake is not capable of supporting health. These nutrient gaps lead to a decline in the production of CO-Q10. In turn, this will weaken your nutritional foundation and leave the door open for many diseases. Also, anyone taking any statin drugs even herbal remedies such as red rice yeast, need to supplement with Co-Q10. The statins actually block the production of Co-Q10 in most tissues! Food sources of CO-Q10 include fish, chicken, nuts, olive oil, grape seeds, avocado and soybeans. Research indicates a deficiency in CO-Q10 may lead to cardiovascular disease, certain cancers, migraine headaches, muscle injuries and periodontal disease. Co-Q10 is extremely important to overall health and longevity - is it in your daily vitamin regimen?

**Bonus Supplement - EPA, DHA (Fish Oil or Essential Fatty Acids):** The essential fatty acids support cardiovascular function, brain and nervous system health, digestive health and hormonal health. DHA and EPA help strengthen cellular membranes and support a healthy inflammatory response. Brain development in children, memory support in adults both rely on appropriate levels of EPA and DHA.

Let's recap: Nutrition is the foundation for good overall health. Although your health is constantly changing, there are a few basics which need to be part of your daily regimen. They are vitamin D3, alpha lipoic acid, co-enzyme Q10 and essential fatty acids.

## **Chapter 8**

### **The Top Secrets for Achieving Ultimate Health**

Do you make a conscious daily effort to improve your health? Your health is the most valuable commodity in your possession. Without good solid health you are truly broke. However, with good health as the foundation for your life really anything is possible. I believe there is always room to improve your health. I am going to show you how to start making changes right NOW. We are going to start off with 4 key lifestyle or environmental principles to controlling your health.

**Eliminate Negativity & Boost Positive Self Talk:** You must feed yourself physically and spiritually. Health starts with peace of mind and peace of heart. This starts with how you feel about yourself. When you have strong feelings of like, love and admiration for someone, you will work hard, sacrifice and really commit to what is best for that person. Anyone who is a parent understands this! One of the basics to building a healthy life is building a healthy self-image. Feelings of confidence, brilliance, accomplishment, motivation and contentment are developed. That is to say, they take daily persistent action to accomplish. Just like it takes practice to improve your golf or tennis game, it takes frequent reminders and practice to let yourself know that you are wonderful, the best at what you do, truly one of a kind! You need to develop strong feelings about you! If you don't, you will not succeed. Think about this for just a minute, picture a person you do not particularly care for- maybe a neighbor, coworker, friend, etc. Now, how do you react, feel (I mean really feel, what is the conversation going on inside your head) when that person asks you for a favor? Picture the same scenario, except the person asking for the favor is someone you love - I mean truly adore- what is that internal conversation? Do you see the difference between the two? It is crucial to your success you feel those feelings of love and adoration for yourself. How do you accomplish this? For many, it has been literally years, maybe even decades since you have said anything nice to yourself! That stops now and I mean right NOW. Your first assignment is to write down 7 personal affirmations. Write them on an index card, make multiple copies and post them on your mirrors, in your car, at your desk, on your treadmill, anywhere you frequently visit. Read your affirmations daily - make that several times per day. Commit to this for 30 days, 30 consistent, persistent days of action and your mood, attitude and confidence will be enormous! This is such a simple step- make a decision now to take this action step. If you fail to accomplish this your health foundation will be compromised!

Plastics - Convenience or Toxin? Would you knowingly use a product every day if you knew it was poisonous? Plastics are one of the most ubiquitous household products. We cannot get away from them! It is crucial to the foundation of your health, you educate yourself on plastics, which ones are safe to use and most importantly, the health risks associated with misusing plastics. Some basics on plastics: never reuse plastic containers such as butter or water bottles. They are meant for one use and dispose. One the bottom of each container is a number: 1, 2, 4 and 5 are safe for one use and dispose. Never and I mean never consume a product which is in a container with the number 3, 6 or 7. The danger is plastic containers comes when they are heated. When the plastic heats it will leach toxic chemicals into your food. You then consume the chemicals. These chemicals are known as xenoestrogens. Xenoestrogens act like estrogen or estrogen like substances in the body. They are extremely toxic to the endocrine system. What are alternatives to plastic? Purchase BPA free reusable water bottles, use glassware whenever possible, and choose fresh fruits, veggies, etc. over those wrapped in plastic.

Understand, control and ultimately eliminate the medications you are taking: Many doctors who prescribe medication have very little working knowledge of what that drug does chemically to your body! They have an idea of the desired effect, i.e. lower cholesterol, improved mood, eased anxiety, etc. however, they have no idea what the drug does to the body or how it may interact with other drugs or over the counter medicines. All too often, patients present with a symptom and are given a medication to eliminate the symptom. No consideration or concern is given to the patient's overall health, health goals, other medications or health issues. Most importantly, no exit plan is discussed! Let's take antidepressants as an example. This particular class of drugs is meant to help handle a short term issue with depression and/or anxiety. To be most effective, the medicines should be combined with therapeutic/counseling sessions, lifestyle modifications and a list of over the counter and herbal remedies that should not be used in conjunction with the medication. In the majority of cases, medications should be used just as you would crutches if you broke a leg. Give the body the opportunity to heal, remove the medication and introduce the principles and lifestyle adjustments that need to be made to continue the desired effect. Decide to take control of your health!

Control Stress: Everyone experiences stress. No one is immune to the pressures of family, work, school, etc. Stress has an emotional and physical component. Stress control is crucial to building a solid health foundation. Stress can be like a runaway train- it can have very serious effects such as increased blood pressure, altered digestion, headaches, back pain, poor immune function, and

hormonal changes and sleep disturbances. Uncontrolled stress is now the number one cause of cardiovascular disease - the previous number one was smoking! Take steps to control stress, go back to #1 and start there! Time management is also a crucial skill to improve. You need to schedule time for yourself ,to exercise, eat healthy foods, to avoid alcohol, and limit caffeine. There are plenty of holistic modalities to help with stress- massage therapy, acupuncture is especially effective with digestion, sleep issues and hormonal issues and herbal therapy - to help replenish those exhausted adrenals. Make the decision now to control stress!

Do you really want to be the healthiest you have ever been? Weight Control is the largest building block in the foundation of incredible health! Notice I did not say anything about dieting, fads, quick fixes. Weight Control is a series of lifestyle modifications which when applied will lead to a manageable weight, healthy heart, mind body and spirit. The following are 7 Weight Control Secrets Revealed.

Exercise, Exercise, Exercise - no excuses. Daily exercise is a must to achieving and maintaining great health. Let's cover what is NOT exercise: walking the dog, gardening, doing housework, playing with the kids and standing on your feet all day cooking. Real health focused exercise must raise your heart rate and really make you sweat. Walking at a brisk pace, running, playing tennis, a game of basketball, biking, kayaking, spinning and dancing are all examples of exercise. You must engage in exercise for at least 45 minutes per day for 5 days per week.

No fads, gimmicks or quick fixes! You must have a weight control plan that is adaptable for the long haul. What I mean is where you start is where you finish. It is absurd to think you can eat two frozen meals per day and lose 30 pounds and expect to keep that weight off once you "return" to preparing your own meals. Your plan must teach you proper nutrition, exercise and health. You need to nourish your body not deprive it!

Address health risks up front: If you suffer from thyroid issues, GI issues, hormonal imbalance, anxiety, depression, etc, these issues need to be addressed and a plan of action to control these issues and the problems they present to your weight loss. These issues are not excuses as to why you cannot lose weight, rather challenges which need to be dealt with! For each disease there is a nutritional component- your plan needs to incorporate these needs!

Daily Health Accountability - this is the cornerstone of our weight loss plan- it is why we always beat the big boys! You have decisions, choices to make every day and each decision will yield a result. Your actions have certain results and your inactions have certain results. Daily accountability puts

your action list in black and white - you cannot escape, make excuses or pretend. This is how we break old habits (make new decisions) and replace them with good healthy ones! Day by day, step by step. This point alone will change your life- it is a very powerful principle.

Carbs are here to stay! A healthy and sound weight loss and health building plan will BALANCE carbs and protein. This nonsense with eliminating carbs and boosting protein to ridiculous amounts is completely absurd! It is horrible for your health, strains your heart and kidneys and provides UNSUSTAINABLE results! Our bodies are built to harvest their primary energy from carbs- you wouldn't put water in a gas tank! The key to carbs is the type. There are two issues with carbs- the first is simple carbs should come from fruits and veggies – not the white sugary stuff! Eliminate refined sugar. Second, complex carbs such as rice, pasta, grains, legumes should be a large part of your food intake. These complex carbs are healthy and nutritious. Now remember, I said balance- you need a balance between carbs and protein. Lean protein is crucial to a healthy body. Fish, soy, dairy, chicken are all great sources of protein. Lean protein should make up 35% of your food intake - healthy carbs should make up 45% and heart healthy fats 20%.

Heart healthy foods are the key! Foods that are low in saturated fat, trans fats, artificial sweeteners, artificial dyes and are high in fiber, vitamins and minerals need to dominate your diet. Like the great Jack Lalanne said -“If man made it then don't eat it!” Use this as a guide. Limit processed and packaged foods, prepare fresh foods, eat fruits, veggies, beans, nuts, etc. that are freshly picked and available. Get back to the basics!

Support your body with the proper supplements: Unfortunately, our food supply cannot support good health. Nutritional gaps need to be supplied by herbs or other nutritional products. Ideally, you want a regimen which contains the fewest number of supplements. During the weight loss process the need for supplements to assist with cleansing, detoxing and free radical excretion increases. It is also necessary to start to establish a good healthy nutritional baseline. Choosing products which allow you to make a change in health and improve quickly is essential.

What kills cancer cells, grows on trees and is in your refrigerator? I have often said, there is a nutritional root to every disease. This is absolutely true. Foods have tremendous power - both good and bad. Many drug companies have recognized the foods possess therapeutic power. The basis of many prescription drugs is indeed many plant and food components. For example, statin drugs are replications of lovastatin, which is a component of red rice yeast and certain fungi. The effects of lovastatin in its natural form were noted in the early 1970's. The drug companies then took what

nature produces and attempted to replicate it in a lab. Then, voila, we have *Lipitor* and all of the other statin drugs! What's wrong with red rice yeast and mushrooms? Very simply, they are not very profitable! So, back to the question... What grows on trees, is in your fridge and kills cancer cells? The answer is lemons! Research, completed by the drug companies back in the 1970's, reveals that the juice of lemons has the ability to kill malignant cancer cells (this research continues today!). It is considered to be more powerful than drugs such as Adriamycin, and other chemotherapeutic agents. Studies show the juice of the lemon was effective in annihilating tumors of the breast, colon, ovaries and uterus. This is just incredible information! One tablespoon of lemon juice in a glass of water taken several times per day - EVERYDAY- is a huge ally in the fight against cancer! The juice of the lemon is also an excellent anti-microbial agent, killing many viruses, parasites, bacteria and fungi. So, what is in lemons that make them so powerful? Well, everything! Lemons have many different antioxidants, are loaded with vitamins, minerals, flavonoids and other integral health compounds. It is impossible to isolate just one or two compounds that pack the power punch. Nature does not make junk- in its natural form, lemons are lifesaving!

How can you harness the power of lemons? Very simply, add fresh organic (no artificial coloring or sweeteners) lemon juice to your water every day! What day? EVERYDAY! Make it easy on yourself, take one gallon of water, add ¼ cup of lemon juice to it and drink it daily.

Of course, there is one more bonus when you drink water with lemon juice daily- you will reduce your risk of osteoporosis by more than 60%! That's right, lemon juice once digested, results in an alkaline ash. This keeps calcium, which is the body's first choice of buffers when things get to acidic, in the blood, bones and muscles where it belongs. You really cannot go wrong with lemons.

The last secret to achieving ultimate health lies within the digestive system. Are you doing crunches, the ab machine and leg raises every day and still cannot get rid of that belly? Look around, all of the fitness centers across the country and you will see belly after belly doing crunch after crunch and never changing! In many cases, those individuals put forth a huge effort, desperately trying to reduce their midsections. Unfortunately, they remain weighed down and bloated. While exercise is an absolute activity that is crucial in maintaining health and weight control, the true gateway to great health is a well-functioning digestive system.

The digestive system is complex and has several key functions. First, it is responsible for the quick elimination of toxins. Toxic byproducts from food additives, dyes, colorings, artificial sweeteners, high fructose corn syrup need to be neutralized by the liver and hurried out of the body by the gut.

Prolonged exposure from sluggish digestion, constipation and too many toxins for the body to handle will cause very serious health issues. Research indicates this is the likely starting point for several cancers and serious systemic infections. It is the equivalent of adding fuel to a fire!

Eating foods high in trans fats, refined sugar and artificial sweeteners will annihilate the good bacteria in the gut and go on to damage the intestinal lining. Insult after insult spanning years, maybe even decades, poor food choices will destroy the digestive system. The outward representation of this will be bloating, excess belly fat and gas after eating. All of the crunches in the world will not have an effect on your mid-section.

It is time to arm yourself with the power to eliminate those tight waistbands for good! Now, let's make this clear, you will still need to continue to do those crunches, leg raises and all of the other components of your fitness plan. The information that follows will just boost the effects of your efforts and catapult your health. Remember, there are no gimmicks or quick fixes, just the truth! Let's add some digestive aids to your routine. Read the following 7 digestive health principles, use them and experience great results!

**Water, water and more water:** Are you drinking a gallon of water per day? You should be! The rule of thumb for your body's water requirement is half of your body weight in ounces! That puts most adults at or above a gallon per day! How do you drink a gallon of water per day, you may be wondering? Very simply, one sip at a time! Plan ahead and be prepared – just do not skip on the water!

**Add to your gut arsenal - you need a probiotic:** The good bacteria that help breakdown food and fight for your gut health and your immune system need some help! Probiotic supplements are essential to improving gut health and overall health. Of course, eating foods like yogurt, miso, tempeh and kefir are crucial to keeping the gut healthy and also boosting the immune system so you can fight off other infections.

**You are what you eat:** Food choices are crucial for great health. Foods high in fiber, vitamins, minerals and other vital nutrients will assist the gut in functioning properly. Delicious fresh fruits and veggies are among the favorite of the digestive system. The fiber boosts gut function and the available vitamins and minerals add to the integrity of the intestinal lining. High fat, processed foods are completely useless and disrupt the normal function of the gut. Conditions such as diarrhea, constipation and bloating are directly linked to your food intake! To get this process going in the right

direction, a medical food is often required- a food specifically engineered to support digestive function.

**Training Wheels for Your Meals:** If you have been suffering with digestive issues for several months or years you need some help starting at the beginning. Using enzymes with your meals will assist the digestive process, get it started and help eliminate many of your symptoms. Plant based enzymes are best. Don't forget about foods that contain the best natural enzymes. These wonder foods are pineapple, star fruit, grapes and honey. A piece of pineapple before your meal will work wonders.

**Repair the damage - this is crucial:** This is the one step most cleanse programs or other digestive programs miss. The lining of the gut has been damaged. Just like a roof in a hurricane, the lining of the gut has taken some hits from all of the toxins gouging it and the lack of healing power in the foods that pass through. Healing the intestinal lining is accelerated through the use of several main supplements. First, okra (yes that odd veggie) based foods are marvelous at healing the gut. I use a supplement which is an okra extract combined with oat bran, beets and a few other key nutrients. This is a tremendous benefit in healing damaged intestinal tissue. Some other big healers are a few herbs which are soothing and healing. They are marshmallow root, glutamine, Chinese licorice root and Astragalus root. Keeping the lining of the gut healthy also helps decrease spasm or cramping of the gut.

**Antioxidant and trace minerals to boost immunity and repair:** Do not underestimate the value of antioxidants and the smaller minerals like copper, zinc, manganese and iodine. These guys may be small but they sure are powerful. They are crucial for healing and also boosting the gut function.

**Detox support- lend the liver a helping hand:** Getting rid of toxins is crucial to us staying alive! Toxic byproducts from artificial sweeteners, medications, alcohol, dyes, food coloring and other nasty chemicals found in our world need to be eliminated from the body as quickly as possible. This is the primary function of the liver. If your habits and food intake is poor the liver is overworked – it needs some nutritional support. Chinese herbs such as ashwagandha, milk thistle, St. John's, Echinacea, Yakiton and Horse-chestnut offer great support and mild cleansing for the liver.

What are you waiting for? It is time to improve your digestion. Great health completely depends on it! No change is too small and it is never too late to improve your health. Your health today is a reflection of yesterday's habits!

Are you ready to make a conscious daily effort to improve your health? Consistent daily focused action will yield super results. Here's to your health!

## Chapter 9

### Recipes

Bulletproof your day against energy lags! For those of you looking for more energy and great health take a look at your breakfast menu! Start your day off with a charge and experience the benefits all day long. One of the cardinal mistakes people make is skipping breakfast. The following are a list of my top 5 super charged breakfast foods:

- 1.) 1 slice Ezekiel bread with 1 tsp. peanut butter  
1 sliced apple  
1 cup green /herbal tea
  
- 2.) 1 cup of natural/organic oatmeal  
1/4 cup blueberries, 1/8 cup of sliced almonds, 1/4 cup strawberries  
  
1 slice of melon  
1 cup green/herbal tea
  
- 3.) 2 eggs, scrambled, mix in 1/4 cup chopped red pepper,  
spinach, onion  
  
1 slice watermelon or melon  
1 cup green/herbal tea
  
- 4.) 1 Ultra Meal Protein Smoothie: 2 scoops protein mix,  
1/2 cup berries, 1 banana, 1 tsp. flax seeds, 10 ounces of water and ice and blend.  
  
1 cup of Greek yogurt
  
- 5.) 1 Kashi or Van's waffle w/ 1 tbsp. of peanut butter, 1 tsp.  
flax seeds, 1 tbsp of raisins  
  
2 rings of pineapple  
  
1 cup of tea

These breakfasts are well balanced, contain complex carbs, lean protein, fiber and powerful vitamins and minerals. All are between 300-400 calories. Start your champion day with the breakfast of champions!

Here's a bonus breakfast recipe:

### **Kale, Potato and Onion Frittata**

- 1 onion sliced
- 1 pound kale (blanch in boiling water, drain and chop)
- 2 cloves garlic chopped
- 2 cups boiled potatoes, diced
- 3 whole eggs
- 2 egg whites
- ½ tsp. paprika
- 2 tbsp. olive oil

Heat oven to 400. In medium skillet, heat oil and add onions, cook until tender. Add garlic and kale. Cook for 5-6 minutes. Add potatoes. In a bowl, whisk eggs, egg whites and paprika. Add egg mixture to skillet. Cook over medium heat for 1-2 minutes. Transfer skillet to oven. Bake until eggs are set and center is slightly runny. This will take 6-10 minutes. Place under broiler for 1-2 minutes to brown top of frittata if desired. Serves 4. Cal: 153 Carbs: 24g Protein: 9g Fat: 3g. You can substitute broccoli for the kale. Enjoy!

### **Anytime Recipes:**

#### **Bean and Feta Salad**

- 4 cups water
- ¾ pound wax beans
- ¾ pound green bean i
- 2 cups chopped tomato
- 1 tbsp. apple cider vinegar
- 2 tbsp. olive oil

½ cup fresh basil

½ cup crumbled feta

Pepper to taste

(Add scallops, shrimp or chicken to make into meal)

Bring water to boil, cook beans and drain then rinse with cold water. Combine tomato, oil, vinegar, basil and chicken (if desired). Mix in beans. Top with feta and chill. Cal: 67 Pro: 3g Carbs: 8g Fat: 3g Sat. fat: 1.5g

### **Broccoli & Garlic**

This is a perfect side dish– even the kids will love it!

2 bunches of broccoli, stems off & florets cut into smaller pieces.

2 cloves garlic(chop)

8 tbsp. Olive oil

1/8 cup parmesan cheese

Do not rinse broccoli. Mix garlic and olive oil in deep bowl. Add broccoli and mix or shake until broccoli is coated with oil and garlic. Spread broccoli on a cookie sheet. Bake at 325 for 20 minutes. Remove from oven. Sprinkle with cheese and enjoy!

Cal: 95 Fat: 6g Protein: 2g Carbs: 19g