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## Chapter 1.

# Understand why your body puts on weight!

## The key is insulin...

When you understand the role that insulin plays in your body you will know why it can be so difficult to lose weight. With this knowledge you never need go hungry again, you will also never need to diet again and you will steadily lose fat until you get to your ideal body weight/size.

What exactly is insulin?

Insulin is a powerful hormone! It plays one of the most important roles of any substance in the body and directly affects your physical and mental health. In spite of this most people including the medical profession tend to associate it only with diabetes. It is much, much more than this.

It is manufactured by the pancreas and released into your blood stream whenever you ingest foods that are converted to glucose. The foods that contribute mainly to glucose conversion are carbohydrates. However, all carbohydrates are not the same as some will release large quantities of glucose quickly whereas others release it at a slower rate. I will explain this point in more detail later in the report.

The mission that the insulin has is to attach itself to the glucose molecules and transport the glucose to your cells where it can be burned off as energy.

If the amount of glucose ingested via the carbohydrates is in excess of what the cells require at that time and cannot be used immediately... (for example if you have a carbohydrate meal and then sit down and watch TV) then the glucose is transported back to the liver where it is converted into glycogen and redistributed throughout the body to be stored in muscle tissue. Some of the glycogen is also stored in the liver.

The glycogen in storage is then released as required for energy. So far, so good!

Now, we come to the next stage and this is when the problems start...

Storage capacity for glycogen is LIMITED! Apart from the liver and a small amount in other organs it can only be stored in muscle tissue. If you are a bodybuilder with bulging muscles and little fat you have plenty of storage capacity and as such you can afford to eat more carbohydrate or glucose generating foods than most other people. However, if you are like most people...

## You will run out of glycogen storage capacity!

So, the next process begins... The excess glycogen is circulated around the body once again and arrives back at the liver where another conversion process takes place. This time the glycogen is converted to...guess what? Triglycerides, or what is more commonly known as FAT!

Mother Nature is very clever. By converting glycogen to fat the storage problem is solved. Fat is easy to store and the storage capacity within the body is unlimited. For women the first place to deposit the fat is usually the buttocks and thighs, and for men the stomach is the first port of call. From this 'base' it can spread out with no impediment.

So this in a nutshell is your body's fat production method. The evidence supporting this will become clear as you work through this report.

## **Fat does not make you fat...**

The widely believed statement that 'fat makes you fat' is a myth and one of the biggest lies to be perpetrated on the modern western world over the last 3 - 4 decades. The reason for the sustaining of this myth for so long will become apparent as you read on.

This myth combined with the emphasis on the low fat diet has not only been responsible for the out of control epidemic of obesity in most western countries but also indirectly the cause of much disease, illness, premature aging and senility.

Of course too much fat and ALL fat of the WRONG type should be avoided but natural fats are something that your body NEEDS and should not be deprived of if you desire good health and an ideal body weight.

I will cover the issue of fats briefly later in this report.

## **Syndrome-X**

Back in 1988 Gerald Reaven, an endocrinologist at Stanford University in the US identified an abnormal metabolic condition which leads to diabetes, heart disease, blood pressure and obesity. This condition is now becoming commonly known as Syndrome-X which is another term for INSULIN RESISTANCE.

In simple terms Syndrome-X contributes to fat accumulation not only in the visible form on your body but also in the blood by way of raised cholesterol and triglycerides.

Some scientists believe Syndrome-X affects up to two thirds of the entire population of the entire western world. Quite a plausible suggestion when one considers the statistics on obesity and overweight people in general.

## **The causes of insulin resistance or Syndrome-X**

There are multiple causes of insulin resistance:

- The aging process itself. Rather a 'catch 22' situation in that insulin resistance accelerates the aging process and aging increases the risk of insulin resistance.
- Lack of exercise.
- Periods of constant and excessive stress.
- Poor Nutrition.

Poor nutrition is by far the biggest culprit in causing insulin resistance. Insulin resistance can also be broken down further into more categories which are:

- Deficiencies in the diet of essential nutrients which may include various minerals such as chromium, vitamins, amino acids, essential fatty acids etc. Most of the population is deficient in a number of these nutrients.
- Inadequate protein and excessive fat intake particularly of hydrogenated or trans fats.
- A high carbohydrate diet.

## **Why insulin resistance or Syndrome-X makes you fat**

When you eat a diet rich in carbohydrates you cause your pancreas to manufacture more and more insulin thus flooding your cells with it. This is because it is trying to deliver the glucose to the cells where the natural 'burning' of the glucose can take place. But, if the cells are already loaded up with glucose and there is insufficient activity going on to burn up what is already there the cells effectively 'shut the door' on the visiting insulin with its load of glucose.

So the glycogen/fat cycle moves on to the next stage.

If that's all that happened then it wouldn't be so bad because you could stop eating carbs for a while, insulin production would go back to normal and everything would even out. BUT, its not that simple. Two bad things start happening:

1. Because the cells are shutting out the insulin, the pancreas 'ramps' up the production even further trying to compensate for the cells not receiving it. In other words it tries to knock the door down. This just makes the situation even worse.
2. The second thing that happens is this... the cells are building up resistance to insulin which will ultimately result in a phenomenon known as lipogenesis which means that your cells can not convert the glucose to energy and so the glucose goes straight to the fat production stage.

**IN OTHER WORDS AT THIS STAGE YOUR BODY BECOMES A VERY EFFICIENT FAT MANUFACTURING FACTORY!**

## **The cause of constant cravings**

This is the natural byproduct of Syndrome-X or insulin resistance. If your body cannot use the glucose generated by carbohydrates (because it is in the process of being converted to fats instead) then you will develop terrible cravings for carbohydrates which is an attempt by your body to find some energy which it will get for a short time after eating some 'comfort' carbohydrates.

However, this temporary 'fix' is often followed by chronic fatigue and depression, or simply not feeling '100%'...

To eliminate the cause of cravings you need to eliminate the cause of insulin resistance, which thankfully is not as hard as you may be thinking... as you will find out soon.

## Chapter 2.

### **Why obesity is out of control in most western countries.**

#### **The food pyramid - a disgrace!**

'The USDA Food Pyramid should be renamed "The Feedlot Pyramid". Its nutrient profile is the same as swine fattening chow and is fattening the population in the same way". Drs. Michael and Mary Dan Eades.

No argument about that statement! The official US food pyramid as adopted by most Western governments is now widely accepted in many scientific circles as being the cause of widespread obesity in the western world along with many of the degenerative diseases which are sometimes referred to as modern diseases. Many of these diseases are considered to be modern because they were very rare prior to the introduction of the current food pyramid.

The fundamental problem with the official food 'pyramid' is its base of grains and carbohydrates. These are the underlying causes of insulin resistance and all the health problems that come with it.

There are currently many knowledgeable individuals trying to change the structure of the US food pyramid. However, they are meeting stiff opposition because they are up against one of the strongest lobby groups in the country who are opposing change at almost any cost. This lobby group comprises representatives of the food manufacturers who stand to lose 'big time' financially if the structure of the pyramid is changed.

#### **The effects of the modern 'recommended' diet**

This is easy to sum up. The 'recommended' diet will make you fat, sap your energy, lower your immune system and make you disease susceptible, increase your risk of cancer and brain disease, age you prematurely and literally 'take away your life'.

Pretty strong statement I know... but based on all the now irrefutable clinical and scientific evidence, a true statement nonetheless! My personal experience also bears this out.

You may be thinking that if you live in a civilized western society that the situation is bleak! This is not the case at all...in fact, quite the contrary. You are fortunate if you live in such a society PROVIDED that you have the knowledge to know what to eat and avoid the propaganda which you are bombarded with every day. In today's modern society you can live a long and healthy life if you use the information resources that are available to you.

Just don't become a victim of the modern recommended diet. I will explain later in this report how to avoid this.

#### **Examples of cultures which were free from obesity and disease**

Over the last hundred years there have been a number of individuals who have had the adventurous spirit and means to devote a significant portion of their lives traveling the world investigating the health and wellbeing of other cultures untouched by western civilization. These

cultures are very hard to find now. Even where I am writing this report... on a remote island 100 miles of the coast of Fiji in the South Pacific they are being affected by western culture.

Twice a week the local's power up the generator so they can watch videos... They haven't been affected by sodas or alcohol... yet, as it costs too much so they still drink their traditional kava each night. (Looks like mud... and tastes a little like it to!)

However, back in the 1930's it was a lot easier to find traditional communities and cultures that had not been impacted by western influences. One of the most well known individuals who would seek them out and observe the impact of changes in their health as they switched from a traditional low carbohydrate diet to a more western style high carbohydrate diet was Dr Weston Price an American dentist.

Dr Price found repeatedly that within one generation of previously healthy cultures introducing higher levels of carbohydrates into their diet along with refined and processed foods, that significant problems with dental cavities, jaw malformations and general health deterioration became common.

He was not alone in his findings... As another example I will refer to Vilhjalmur Stefansson a Canadian physician and anthropologist. He spent 15 years on foot and horse back moving from village to village studying the Inuit of Canada. These people had amazing health and the current modern ailments of cancer, heart disease and strokes were unknown. The women did not suffer from any of the now common reproductive problems, nor did they experience osteoporosis.

None of them were overweight and in spite of the fact that they ate large quantities of food, almost all of which were animal based with significant quantities of natural fat.

Stefansson documented his work well. His studies also included the Eskimos whom he found were also free of cancer and heart disease before being influenced by 'civilization' and its high carbohydrate foods.

These researchers are just two of many who have repeatedly reached the same conclusions... 'when cultures move from their traditional diet of eating wild animal foods with wild herbs, fruits and vegetables to one which contains higher levels of carbohydrates from grains or processed foods that over a period of a generation their health deteriorates and they begin to suffer from heart disease, cancer and obesity, all of which were previously unknown'.

In spite of all these findings being validated by hundreds of well run studies looking at many different cultures worldwide, the medical profession and the authorities of most western governments have continued to ignore the damaging impact that a high carbohydrate diet with refined and processed foods wreaks on the population.

## **Why low fat diets were once thought to be good for you**

A low fat, high carbohydrate diet became popular because it was believed to be effective in reducing the risk of coronary heart disease because it effectively reduces plasma cholesterol concentrations. However, it is now known to INCREASE plasma triglyceride concentrations as well as REDUCING the concentration of HDL which is the good cholesterol.

But, because this regime is so well established and because of the fierce resistance to any change by the food manufacturers it is going to take a long time for the public to wake up. This

regime is still being taught in the curriculum of dietitians and nutritionists and this will probably continue to be the case until all funding of these courses by vested business interests are removed.

It has been really easy to promote the principle of fat makes you fat, particularly to overweight people! After all it seems perfectly logical doesn't it?

## **The relevance of genetics**

Sometimes people blame their obesity on genetics. Although this is not truly valid there is a grain of truth to it. There is no disputing the fact that some people definitely do find it a lot harder to lose weight and keep it off than other people. These individuals may well have inherited a gene which gives them a tendency to 'hang on' to fat.

But don't despair if you are in this category. The same principle for losing fat and getting lean as outlined in this report will still work for you.

## Chapter 3.

### Excess weight and Aging.

#### Effect on longevity

If you have an interest in living a long life and enjoying it to the fullest then you must if you are overweight seriously work on yourself to correct the imbalance.

Statistics are very clear... if you are overweight the chances of you living a long life go down dramatically. To put this into a real life perspective, reflect when you last saw an overweight 90 year old? I haven't seen any?

'Nuff' said...

#### Impact on degenerative disease

This is perhaps an even more important issue than not living as long. Being overweight is perhaps the biggest single contributor to degenerative disease than anything else. Just spend a little time reflecting on this issue...

Imagine if you will the extra loading that each pound of what is effectively 'dead' flesh has on your organs. First of all you have to carry the extra fat around wherever you go. Of course you don't really notice how draining this is because it creeps up on you slowly...but you can get a good idea. Put say 30 or 40 pounds of groceries in a bag and tie it around your waist. Walk around with that whilst you are doing your daily chores and then you will have a much better appreciation of just how much extra load you are putting on your body.

This additional load is not just on the muscles and joints but on all your organs as well. Your heart has to work overtime because it has to push blood through literally miles of extra capillaries for each additional pound of excess fat. Unlike fat, muscle pays for its keep in a multitude of different ways but fat is inert and is a major drain on the resources of the body.

It is not only the heart that is affected. It is the liver, kidneys and all the other organs as well. They all have to work in overload mode trying to correct imbalances in the body. As with anything whether it is a human or a machine, if you run it in overload mode AND out of balance, something is going to break!!

In the case of the human body that 'breakage' may well manifest itself as any one of a multitude of degenerative diseases all of which can have a devastating impact on your life and your loved ones.

This should be your prime motivation in wishing to normalize your weight! I accept that it is desirable to look good in a swimsuit and everyone should make an effort to achieve this...BUT this benefit should be a natural by product of your program. When you get a good looking body it is crucial that you can enjoy it by having vibrant health. You won't enjoy it if you are looking out at the world from a hospital bed.

This leads me on to the next chapter...

## Chapter 4.

# The Dangers of Dieting

## Why it is dangerous to diet...

You should NEVER diet! They do NOT work long term and they are dangerous! The information in this report will enable you to lose weight without dieting, without going hungry, without putting your health in danger AND it will be permanent!

When you diet you are setting up all sorts of abnormal conditions and imbalances in your body. The human body is not designed to be deprived of food for any long period of time. If it is, you will set up all sorts of imbalances which will have a negative impact on your health.

## Why diets always fail

There are many different types of diets promoted by companies and individuals alike. There is little point in identifying any of them in this report and commenting on them individually because virtually all of them are variations of the low fat, carbohydrate diet.

The promotion of these diets, or products associated with them is usually accompanied by impressive before and after photos. Don't believe any of it... If indeed the photos are real you can rest assured that it is not typical and has been achieved by sheer willpower and very likely at the expense of overall health.

Why these diets do not and cannot work is that they rely on calorie restriction and fail to address the underlying cause of insulin imbalance... in fact they make it worse and as such when you are on these diets you are perpetually hungry which is why they cannot be sustained for more than a few weeks or months.

A significant proportion of the weight that you will lose in the early stages of these diets is water and lean muscle and only a small amount of the lost weight is fat. Ironically, it is setting you up to become fatter...

I'll explain.

When you diet three significant things happen which impact on your body weight:

1. You lose lean body mass. This means your muscles get smaller and so you lose part of your body's ability to burn fat. More info on this later in the report.
2. You set up a mechanism in your body whereby your body goes into 'thrifty' mode. A bit like the genes I was talking about in the previous chapter! This means that you can eat fewer and fewer calories and still not be able to burn off fat.
3. When you go off the diet... and you will... your weight will quickly return to what it was EXCEPT this time you have more fat tissue and less muscle tissue.

These three things will happen every time that you diet and each time it becomes harder to lose the weight and each time you will gain more when you stop the diet. I am sure that you have seen the results of people who diet on a regular basis... its almost always the same.

The failure of diets is nothing to do with WILL POWER... it is all to do with basic biology. So, don't 'beat yourself' up if you have tried diets and they have not worked. It is not your fault and it is not through being weak minded. You can't fight Mother Nature! You must work with her if you want a lean healthy body. Dieting is not the way!

## Chapter 5.

# The Different approaches to weight loss

## Exercise, not needed to lose weight but critical for good health.

You will often hear it said that you can't lose weight without exercise. This of course is nonsense. If you start eating very little you will lose weight even if you have very little activity. HOWEVER, whether you need to lose weight or not you really should for your own health's sake plan a regular exercise program for yourself combining aerobics and weight training...

NO MATTER HOW OLD YOU ARE!

More in a later chapter...

## Drugs

Some people turn to prescription drugs to help lose weight. This is currently big business and many of them are promoted heavily on television and endorsed by the medical profession. But like all prescription drugs there are risks associated with their use and they do not address the fundamental cause of the obesity in the first instance.

If you apply the principles outlined in this report you will not need to resort to drugs to normalize your weight. In addition to the health risks from using these drugs there is no guarantee that they will help. Usually a low fat - high carbohydrate diet is recommended when using these drugs which means any gains made will only be temporary.

## Surgery

This is a pretty dramatic option. There are two types of surgery which are popular.

1. Liposuction. This process is as it sounds! It literally sucks fat out from under the skin. This is achieved by using a device which is inserted under the skin. This device has a nozzle and is connected to a suction pump. As it is moved back and forward under the skin the fat that the nozzle comes in contact with is removed. The drawback with this method is that it can leave 'ripples' under the skin. Many people have had significant 'cosmetic' disasters with this process. It's a very superficial solution and also only temporary.
2. The other common surgery procedure is much more dramatic, and that is stomach stapling. In this procedure the physical size of the stomach is reduced dramatically by removing a substantial portion of the stomach and stapling the remaining portion so the patient ends up with a very small stomach.

The objective of this procedure is to make it impossible for the recipient to eat very much. If they do so they will 'throw up'. As a result their food intake is reduced dramatically and the weight loss is generally permanent.

At what cost to your health! I truly don't know as I have not studied this procedure in depth. A former New Zealand prime minister had this procedure done and the results were significant indeed. However, he is now suffering from a serious terminal illness. Whether it is related I do not know. Nonetheless I would consider this procedure to be one of last resort.

## **Appetite suppressants**

These can be in the form of both prescription drugs and supplements. Your appetite does not need to be suppressed if you are eating correctly. When you apply the principles in this report you will find that you don't have cravings or hunger pangs any more. It is not good to suppress your appetite artificially.

If you feel hungry your body is trying to give you a message that it is lacking something. Unless you deal with the fundamental cause of the problem appetite suppressants will at best only help temporarily... at worst they will damage your health.

An exception to this is the use of omega 3 essential fatty acids. When you have an adequate supply of them they will release a hormone called cholecystokinin, or CCK from your stomach to your brain which conveys a signal that you are satisfied. Some natural appetite suppressants such as Bee Pollen are OK.

## **Low fat diets**

What is rather ironic is that low fat diets are often actually quite heavy in fat...but the wrong type of fat. When most people go on a low fat diet they will purchase low fat foods from the supermarket. Virtually all of these foods which are usually 'convenience' foods are full of hydrogenated or trans fats which are one of the most dangerous substances that you can put in your body... yet most people do it every day.

## Chapter 6.

# Low carbohydrate diet - THE SOLUTION

### Overview

This is the correct way to eat, not only for weight loss but also for good general overall health. It is the ONLY way to eat if you wish to lose weight permanently, safely, and without going hungry.

The low carbohydrate way of eating has been around for quite a long time and has been the subject of ridicule and distortion by 'authorities', nutritionists and the food industry. This way of eating flies in the face of modern conventional 'nutrition' and it directly conflicts with the 'food pyramid'. You will recollect that I touched on the issue of the food pyramid in an earlier chapter.

This concept of eating was first made popular by Dr Robert Atkins. For several decades he fought against the 'establishment' in trying to change the 'official' recommended way of eating. He was the ongoing subject of verbal attacks in the media but that only made him more determined. His diet was labeled as one in which you basically ate fat... which is an unfair distortion.

The low carbohydrate way of eating is not a high fat diet but as the name suggests it restricts the intake of carbohydrates... specifically those in refined and processed foods. It also eliminates the intake of artificial fats which the body cannot process and is the cause of much illness. More about these fats and oils in a later chapter!

Opponents to the Atkins diet claimed that it was not safe and were very vocal in suggesting all manner of ailments that could arise from someone following it.

However, things started to change in 2002 when several well published studies were released showing that the Atkins diet was indeed not only more effective in helping people lose weight and keeping it off, but it also had other health benefits as well, particularly in the prevention of heart disease by improving the blood lipid profiles.

But as expected the critics tried to dismiss the findings of these studies by saying that although they were carried out by reputable independent institutions they were in part funded by the Atkins foundation.

However, as more studies came to light the critics were forced to change their 'tune' a little because the evidence in support of this method of eating was becoming overwhelming. So, in order to reduce the 'loss' of face, the critics and authorities are now saying, "OK, it may work in the short term but there needs to be much longer studies (years) before the safety of the diet can be established".

Pity that they didn't apply this principle to pharmaceutical drugs before they release them and find even within months that some drugs kill people or do serious damage through side effects before they are eventually withdrawn!

However, the opponents of low carbohydrate diets have just been struck with a severe blow! Just this week 19th May 2003 the results of a controlled trial on the Atkins diet was published in the New England Journal of Medicine. The study which was carried out in three US centers over



Dr Atkins is not the only person to advocate the low carbohydrate approach over the years. There are a number of other individuals who have also contributed. Amongst them...

- Barry Sears who wrote the Zone Diet.
- Michael and Mary Dan Eades who wrote Protein Power.
- Leslie Kenton who wrote the X Factor Diet.

At the end of this report I will list some recommended books for you to read.

## **Phase One of the low carb way of eating.**

Most experts in the field of low carbohydrate eating advocate two approaches or stages. Dr Atkins calls the first phase the 'induction' stage whereas Leslie Kenton calls it Ketogenics. Although the names are different the approach is similar.

In simple terms this first phase is designed to convert your body from burning carbohydrates for energy to burning your fat reserves for energy. To accomplish this you need to set up your body to get into a state of ketosis... which is burning fat. To achieve this state it requires a drastic cut back in carbohydrate intake.

The positive aspect of this 'induction' phase is that ketosis can be achieved without enduring hunger pangs. In fact, unlike a calorie restricted diet which leaves you continually hungry and craving for more food you will still feel satisfied.

This first phase may last for just a few weeks or even a few months depending upon what your objectives are. This is something each person needs to assess for themselves.

I am not going to go into detail about this initial phase of the low carbohydrate diet as you really need a book to reference material from. I will come back to this later in the report.

## **Phase Two.**

This part is easy. If you are only a little overweight you can go direct to this phase, or, if you are not overweight at all you can adopt this as your standard eating plan for good health. Once again I am not going to go into detail because one of the books I am going to recommend will do that.

What I will do now is give you the main points of how my family and I eat which enables us to keep our weight normal, our energy levels high and our health excellent. It is really a phase two way of eating. It's divided into two sections. What we DON'T eat and what we DO eat.

### **The No's:**

- Processed food or anything out of a packet. The reason for this is that most of these products have high levels of hydrogenated or trans fats as well as high levels of carbohydrates and sugars. Not to mention all the artificial colorants and flavorants that are present, many of which have been proven to be carcinogens. The low fat 'healthy' convenience meals are the furthest from being healthy. As a general rule, if it comes out of a packet don't eat it.

- Margarine. It has too many questionable chemicals in it. This is a classic example of heavy advertising 'molding' public perception. It won't help with your weight loss efforts. We only use good natural butter when there is a need.
- White flour products! This means breads, bagels, muffins, doughnuts and virtually all other baked goods. These substances provide no valuable nutrients to your body but even worse they activate your fat production mechanisms. They will also drain you of energy because of the insulin imbalances they cause.
- We avoid products made of grain as much as possible, even whole wheat bread. A little occasionally is OK but keep it to a minimum. Same principle applies for white rice.
- Don't eat processed meats or farmed salmon. If you knew what went into these processed meats you would be turned off for life. (I will do an article on this at some point). The problem with farmed salmon is that they have high levels of antibiotics and the pink color is not real... it is chemically induced.
- Avoid genetically modified foods. Don't be influenced by the pro GM foods people. There are some SERIOUS problems developing with some of these foods which the general public is not aware of as yet. I will do a special article on this before too long. Try to avoid these foods if you can even though it is becoming more and more difficult to do so.
- Don't drink diet sodas. They contain chemicals that are even worse for you than sugar.
- Never drink tap water. In some parts of the world including the USA the drinking of tap water over a long time will kill you or at the very least promote disease or illness. This is due not only to contaminants in the water which comes from all manner of sources including the pipes themselves but also through the addition of chemicals at the water treatment plants. The two most common chemicals are chlorine and fluoride.

The chlorine is unavoidable as it is needed to kill bugs but the fluoride is a dangerous chemical and has no place in the water...but that is another story for another time. The bottom line is to make sure that you have either a high quality carbon activated filter fitted to your tap or, set up a reverse osmosis unit. Don't rely on bottled water as many of the products sold in supermarkets are little better than ordinary tap water.

### **The Do's:**

- Drink lots of PURE water!
- Eat plenty of QUALITY meat and fish. We are fortunate in New Zealand in that we can easily access good quality organic meat. If you live in the USA, Canada or Europe it is much harder to get good meat. Most meat in these areas is produced by being grain fed plus other 'unmentionables' which include rendered carcasses.

Cattle beasts are natural grass feeders not grain feeders and they are certainly not carnivorous. When cattle are raised in a modern 'production' grain fed facility they are prone to disease and as such are subjected to high levels of antibiotics in their diet. Many of them are also injected with growth hormones to promote faster growth.

Good meat is essential for good health. It is generally possible to get it no matter where you live in the world, but cost does come into it. Enquire about grass fed beef which although not organic is far superior to the normal supermarket meat.

- Eat plenty of FRESH vegetables and fruits. Notice I put fresh in capitals. Salads in plastic bags don't come into this category. They may look good but their nutritional value is very low. Sourcing quality fresh vegetables can be a challenge in many parts of the world, particularly in the USA. I used to spend a lot of time in Florida and I had a real problem finding organic or spray free vegetables and fruits. Granted the produce looked good but they were 'empty' of quality nutrients. By contrast organic produce doesn't look so good but it retains its goodness.

Be very careful when buying your vegetables and fruits and what looks good is not necessarily good for you. For example, carrots. Apart from the fact that they are high on the Glycemic Index you should not eat them unless you are sure they are organic. This is because they are prone to carrot worm and in order to combat this and get good looking carrots the ground is heavily dosed in pesticides. Not only does it kill the carrot worms but the carrots soak up the pesticides.

Ask a market gardener what he does to clean up his soil which has been heavily contaminated with pesticides? You guessed it... he plants a crop of carrots!

Do some research and try to find a source of spray free or organic vegetables. It's worth the effort.

- Eat eggs. They are really good for you SO LONG as they are of the free range type or organic. We eat a lot of eggs but will not eat the mass produced supermarket type. The good news is that free range and organic eggs are becoming easier to get. Even the supermarkets are giving this option now.

Don't be put off eggs because you have been told they increase cholesterol levels etc. That is nonsense and that has been proven. Admittedly they contain cholesterol, but they are not responsible for excessive blood cholesterol levels. Only 20% of your blood cholesterol comes from dietary sources. The rest is manufactured by your liver.

Over the next year or two you will see the 'official' stance on this change. Already there is some 'backtracking' going on but like the low fat diet which is wrong you won't see people easily admitting they were wrong.

There is of course much more to correct eating than what I have outlined here. As I mentioned earlier I will recommend some books for more detailed information.

The low carbohydrate way of eating is the key to permanent weight loss and good health.

## Chapter 7.

### How much to eat?

This may seem like a silly question... but it is not! Most of us tend to overeat without really realizing it at the time. When I explain you will soon relate to what I mean.

You sit down at the table with your family or friends and the food is nicely laid out in front of you. You are hungry and the food is delicious. You start off by putting an appropriate size portion on your plate. When you finish this and because it tastes so good what do most of us do?

We dish up some more because we are still feeling hungry! When we eat until we feel 'full' we will normally find that it is only about 20 - 30 minutes later that we realize that we have had too much to eat and now feel uncomfortable. This is because it can take about 20 minutes after you start eating to get a feeling of fulfillment. Whilst you are having your meal you can inadvertently be overeating. I am sure that you have experienced the feeling of discomfort that comes after a meal and can stay with you for a couple of hours.

This over eating has a double whammy effect. Not only are you taking in more calories than you need, a proportion of which will turn to fat you are also expanding the capacity of your stomach which means that you can eat more without that feeling of discomfort.

This is really easy to prove as you will see shortly. But, what is the solution?

It's obvious of course... don't eat as much! But the solution only works if you approach it with the right state of mind. I know because this used to be a problem for me personally. I love my food and in my case the old saying that 'your eyes are bigger than your belly' indeed was true.

Approaching it correctly is nothing to do with will power but everything to do with reason. Solving this problem does not mean going hungry or depriving yourself of food but rather taking a rational approach to it. It is quite easy with a bit of experimentation to determine how much food you really need that will leave you filling satisfied (after 20 - 30 minutes).

What you need to do is when you sit down to each meal to mentally compute your needs and dish the appropriate amount onto your plate and NOT take seconds. If you still feel hungry 30 minutes later have a cup of herb tea with a few nuts.

Also, if you are at a restaurant leave on your plate what you don't need. Most restaurants in the US serve up large helpings, and most of us have been conditioned since we were little kids not to leave anything on our plates. If we did we would be reminded of the starving millions and made to feel guilty if we leave anything.

On a similar note it is interesting to recall that a study showed conclusively that young children only started getting fat when their parents kept pushing food into them. An infant instinctively knows when it has had enough...but most parents don't listen to their infant and continue to shove food down their throats because they think that they are doing the right thing...but they are not!

So, try to apply these techniques to your own eating methods. It will in time become a habit and it will be of immense help in normalizing your weight. This technique is only possible however

after you adopt the low carbohydrate way of eating because if you don't you will always have cravings and as such will not be able to apply this rationale.

## Chapter 8.

### **Fats and oils... the good, bad and the ugly!**

Fat plays a crucial role in not only your good health but also in the normalization of your weight. The importance of fat is misunderstood by most people. However, a greater public awareness is now evolving and as such you may be aware of some of the things that I am about to tell you.

#### **Which are the bad Fats and oils?**

It is likely that you are unwittingly eating some bad fats every day. No, they are not the natural saturated fats that you are constantly warned against by those pushing 'low fat' diets! What I am referring to is UNNATURAL man made fats and oils known as hydrogenated or trans fats. These fats are found in abundance in almost all processed foods including low fat foods.

They could quite fairly be labeled as the UGLY fats because they do so much damage. The human body (unlike natural saturated fats) is not able to assimilate these fats as they have a molecular structure like no other. In fact the molecules are actually 'bent out of shape'. No kidding, they are distorted and completely foreign to the body.

This is how they are made...

They are produced by starting off with a cheap vegetable oil and putting it through a process called hydrogenation. This process combines heat and pressure to add several hydrogen atoms to the oil. The oil is kept at around 400 degrees F for several hours in the presence of a nickel or platinum catalyst which converts the liquid to a semi solid. This prevents the oil from becoming rancid even though it destroys its nutritional value. Hydrogenation enables manufacturers to convert cheap low quality oils into butter substitutes... hence the explosion of margarine on the market.

You will find hydrogenated oils almost everywhere including cookies and cooking oils. Look carefully at the labels of any processed food or oils that you buy. If you see hydrogenated or partially hydrogenated on the label put it back on the shelf.

These reprocessed oils and fats are completely foreign to the body and it cannot assimilate them. There is therefore no nutritional value to them at all. Studies have shown that hydrogenated fats and oils are significant contributors to heart disease, cancer, diabetes, immunity and reproduction problems, as well as obesity. If you value your health... and want a slim body give them a wide berth!

#### **What about saturated fats?**

These are the fats which are found in meat, poultry, fish and dairy products. Also some vegetable oils such as coconuts and palm oil are high in saturated fat.

The mainstream media warns you to stay away from these fats. This is either through ignorance or influence from their advertisers, or both. There is no doubt that eating saturated fats in excess would not be good for you, but this principle applies to virtually all food.

The simple fact is that your body is designed to cope with saturated fats and has been since the first human walked the earth. Not only are our bodies designed to cope with the ingestion of a

certain amount of saturated fats, our bodies also need it. I accept that many people have too high an intake of dietary fat, but it is not usually through this source, but rather from trans or hydrogenated fats.

Saturated fats are natural fats whose molecules have not been 'bent out of shape. You need a certain amount of them for good health and in particular brain health. The rising rates of Alzheimer's may well be influenced by the reduction of these fats and the increase of hydrogenated fats over the last three decades.

## **Unsaturated fats?**

There are two types of unsaturated fats - poly-unsaturated and mono-unsaturated.

It is generally believed that all unsaturated fats are OK, but this is not the case. Poly-unsaturated fats are bad for your health and are consumed in excessive amounts. They should be avoided.

Polyunsaturated fats are found in safflower, corn, sunflower and soybean vegetable oils. They remain liquid at room temperature. They do not have any redeeming health benefits. They are widely used because they are cheap and although they contain Omega 6 essential fatty acids most people get far too much Omega 6 which must be partially offset by Omega 3 essential fatty acids. More on that shortly!

Switch your polyunsaturated oils to mono-unsaturated.

The most common sources of mono-unsaturated fats are olive oil, hazelnuts, almonds, Brazil nuts, cashews, avocado, sesame seeds, pumpkin seeds.

Oils made from these foods are much more stable at high temperatures than the poly-unsaturated alternatives, and they do not have the negative health implications. The best oil for cooking is without doubt EXTRA virgin olive oil. I put the 'extra' in caps because it so important. Most of the mono-unsaturated oils have varying degrees of processing done to them. The more processing, the greater is the loss of the nutrients. The best is cold mechanically pressed oils which are usually processed in darkness because of the sensitivity of these oils to light and oxidation.

Studies have shown that a quality cold pressed extra virgin olive oil will help lower the bad LDL cholesterol and raise the good HDL cholesterol. However, ordinary virgin olive oil makes no change.

So, only use quality mono-unsaturated oils for your cooking needs.

## Chapter 9.

# Essential fatty acids...Omega 3 and Omega 6.

### An overview...

This is another subject all on its own, so I will just try and give you the outline in a nutshell!

As the names suggest Omega 3 and Omega 6 essential fatty acids are just that... they are 'essential'. Many, many ailments including brain diseases can be traced to a shortage of one of these... specifically Omega 3.

There is no shortage of Omega 6 in the typical western diet. In fact there is a general over consumption of this as it is present in most cooking oils. The problem is a deficiency of the Omega 3. The optimum ratio of Omega 6 to Omega 3 is 3:1. Some scientists even suggest that the optimum ratio is 1:1. Over the last couple of decades that ratio has got out of control where it is now estimated that the ratio is something like 20:1 or maybe even as high as 50:1.

Start adding Omega 3 essential fatty acids into your regular diet. The best natural source is flax seeds. Go to your local health food store and buy some ground flax seeds (preferably organic) and sprinkle a heaped tablespoon on your food every day. You can also get omega 3 from oily fish such as salmon. The problem there though is the difficulty of getting fish which is 100% free of contaminants. Avoid farmed salmon for the reasons outlined earlier.

Fish oil is another alternative but you need to find one which has been molecularly distilled and therefore free of contaminants. Fish oil has the advantage in that it contains EPA and DHA which are the two substances which give your body and brain the real benefits. The omega 3's in flax and other plant oils have to go through a further process within your body in order to convert the oils to EPA and DHA.

### Essential for weight loss...

As I mentioned earlier this is a subject all on its own and I will write a special report on it later this year. For, now please remember that essential fatty acids in the form of Omega 3's are essential if you are to lose weight and maintain good health. Unless you are eating a lot of good quality fatty fish you will need to supplement with this substance...generally about 3,000mgs per day.

## Chapter 10.

### **Glucogen... you need to know about this!**

Because you now have a basic understanding of the importance of insulin in relation to weight loss and health, it is also important that I now tell you about another essential hormone which plays a major role in weight control.

This is GLUCOGEN.

Glucogen works in the opposite way to insulin. Whereas insulin gets involved when blood sugar levels are too high with the purpose of escorting the glucose to the cells, glucogen comes into the picture when the blood sugar levels are too low!

Glucogen helps release stored glycogen to balance your blood sugar level. It will also encourage your body to burn fat for energy as well. This is why this hormone is so important because it helps balance the all important levels of blood sugar thus preventing fatigue and possible mood swings.

You need a good supply of protein to ensure production of glucogen. If you have insufficient supply then you will have difficulty in making your body burn excess fat. This is one of the reasons why obese people simply cannot seem to lose weight no matter how little they eat.

If they have insufficient glucogen their excess fat remains 'locked' up and unless they go on a starvation diet they simply will not be able to get rid of it.

## Chapter 11.

### Cellulite...can it be got rid of?

#### What exactly is it and how did it get there in the first place?

This is the term given to the 'orange peel' or 'dimpled' effect which plague so many women around the thighs and buttocks. It usually begins to show up in the late 20's with most women but it can be earlier. Some women don't experience it at all until they have their first child...and then, all of a sudden they have it!

It is the visible symptom of 'weakened' fat cells! I'll explain...

Immediately below your skin you have a layer of fatty tissue. This is bonded to collagen connective tissue. In order for your skin to be smooth and supple your cells must be structurally strong and flexible and have a good bond to the collagen tissue. If the walls of your fat cells are weak they will 'sag' leading to the appearance of cellulite.

The thicker the layer of fat the deeper the 'dimples' are likely to be. The situation will continue to deteriorate as the health of the fat cells gets worse.

You don't have to be overweight to have a problem with cellulite. Even slim people can have the problem. The cause of cellulite in slim people is easily explained, and it also applies to overweight people as well. In a nutshell people suffering from cellulite are very likely deficient in EFA's or essential fatty acids.

Essential fatty acids are not produced by the body so they must be included in your diet. They are critical building blocks for your cells! If you have a short supply of them the walls of your cells will be weakened.

If you are like most people it is highly probable that you are deficient in this very important nutrient. Not only will it make it difficult to get rid of, or avoid cellulite but it will make it more difficult to lose weight.

A simple illustration of the importance of essential fatty acids is the prevalence for women to have cellulite problems after the birth of their child. This is because during pregnancy the demand on the mother for essential nutrients is very high. One of these nutrients is essential fatty acids. If the mother has an inadequate intake the body will draw these nutrients from the cells and transfer them to the baby thus setting the stage for cellulite in the mothers body.

#### How do you get rid of cellulite?

First let me tell you how you won't get rid of it...

A low fat diet will definitely not help...in fact it could make the situation worse. Aerobics, along with massage and exercise also won't do it... although they will help a little and benefit your body as a whole.

To get rid of cellulite you must increase your intake of essential fatty acids preferably through a combination of flax seed granules and fish oil, PLUS combine it with the other eating principles

in this report. If you do this you will get rid of it...but it will take time! Depending upon the severity of the cellulite problem it could take 6 - 12 months.

This may seem like a long time... but remember it took a while to accumulate it in the first place and it certainly takes a while to get rid of it. There are no magic lotions or potions that you can use to make it vanish, irrespective of what some advertisements may say.

## Chapter 12.

### How long should it take to lose weight?

There is no simple answer to this question as no two people are the same. We all have different objectives and different amounts of weight to lose. We cannot compare someone who has 100 lbs to lose and has accumulated it over the last 10 years with someone who has 20 pounds to lose and has only put it on over the last 12 months.

Before you set a target for yourself there are a couple of things that you need to put into perspective:

- Do you want your weight loss to be permanent, or, is your main objective to drop off weight for a specific event or perhaps because summer is coming and you don't want to be embarrassed in a swim suit?
- Are you willing to put your health at risk in order to achieve the above objective?

If your answer to both the above is YES, then I am sorry to say that this is not the report for you. There is no short cut to permanent weight loss if your good health is a component. To be successful it must be a steady and progressive reduction. One to two pounds a week is an acceptable level with one pound a week the most practical unless you have 100 lbs or more to lose.

Remember that at 1lb per week you are going to lose 52 lbs over the period of a year or, 104lbs over two years. This is a much better option than trying to lose 6 or 7 lbs per week for a few weeks by starving yourself and taking drugs. If you do go that route the weight loss will be temporary and not only will you soon gain it back because that type of program cannot be sustained long term, but you will be worse off than before you started.

This is because you will lose lean body mass which is so essential in burning calories. Fat doesn't burn calories, so if you lose a lot of weight in a short period and then there is a 99% certainty that you put it back on. When you regain it you will find that your body fat percentage is greater, or in other words your lean muscle mass is less.

#### KEEP THE FOLLOWING IN MIND...

Each time you go on a diet in which you deprive yourself and your cravings remain you will end up worse off than what you would have been had you done nothing. Not only will you have endured the pain for nothing but you have put your body under considerable stress and set up a possible foundation for a host of other illnesses.

You will also have lost lean muscle mass thus setting an even bigger hurdle to overcome for your next attempt.

So, it's steady as you go... Better to take longer and not regress! Experience the sense of wellbeing which comes from taking weight off in a healthy and permanent way. Also, remember that if you are combining your program with some exercise... which you should, that your weight loss may not be as rapid which is OK. It is size that counts and the weight loss may be offset to some extent by increased muscle mass.

## Chapter 13.

# Your Digestive Tract

## The importance of a clean digestive system

You can't expect to normalize your weight if you ignore how critical your digestive system is. There are two main reasons why you should strive to keep your digestive system healthy.

1. Is that a clogged up digestive system becomes your own personal poison manufacturing factory. These poisons find their way into your blood stream and become precursors to a wide variety of diseases.
2. A substandard digestive system sets up barriers for the use of essential nutrients. This is because it becomes difficult for nutrients to pass through the linings of your system if impurities are clinging to the walls.

Most people do not understand just how important their digestive system is in spite of getting plenty of warning signs. They pop antacids and take various other medicines for indigestion and 'reflux' problems and ignore what their body is trying to tell them. Listen to your body and change your eating habits so you don't have these problems.

If you follow the suggestions in this report you should not have a problem.

For now please understand that the bulk of the nutrients in the food that you eat or supplements that you take are absorbed into your blood stream through the walls of your intestinal track... after they have passed through your stomach.

Some of them pass through the walls of the duodenum, some through the jejunum and ileum with the remainder via the walls of the colon. If your intestinal system is polluted only a small percentage will pass through.

## How to keep your digestive system clean and working well.

The short answer is PURE water!

But of course there is more. You need to use the water in the correct way. Here is a simple hint that works well and costs nothing. It is a method that I personally use and so does my family.

Each morning when I arise the first thing I do is drink 2 - 3 cups of WARM water... cold will not 'cut it'. (Note: I usually also add 2 - 3 cloves of fresh chopped up garlic. I know that is not practical for most of you if you have to go to work because it makes you smell like a walking Italian salad for a couple of hours, but its OK for me because I normally spend a couple of hours on the computer each morning before I go to the office.)

Keep drinking the warm water and if necessary drink even more than the three cups until you have an urge to go to the bathroom...and then go immediately. After doing this for a week or so you will be surprised how well everything starts working. Combine this ritual with the low carbohydrate way of eating and you will never need to use a laxative again or have indigestion.

To further improve your digestive systems try to schedule a weekly 24 hour fast. I normally have one each week from dinner time to dinner time. During that period drink only pure water, no fruit juices, no vegetable juices, no tea or coffee, just pure water.

### **What about Probiotics?**

Not really necessary unless you have been on a course of antibiotics in which case they are highly desirable.

## Chapter 14.

### **Dietary Supplements and weight loss**

#### **Is there a pill or potion that will 'melt away the pounds'?**

If there were I can assure you that we would be manufacturing it. But there is no 'honest' pill that can do this. In spite of this the supply of 'weight loss' supplements are the biggest part of the entire dietary supplement business.

None of them work on their own... even the pharmaceutical prescription drugs!

Most of the 'natural' supplements are harmless but some of them including the prescription drugs have the ability to do serious long-term harm to your health. The weight loss business is a multi billion dollar business which is I believe a factor in the suppression of the real truth. Simply put, many people are getting rich from the general ignorance of the public and would very much like for the status quo to remain.

For your information consumers in the US spent an estimated \$34 billion on weight loss programs and products in the year 2000.

We could design a supplement for weight loss which would be superior to anything that I have seen on the market and sell more of it than all our other products combined and at higher profits...but we will not do this on ethical grounds because in order to market it effectively and compete with other companies even though our product may be superior we would be forced to 'stretch' the truth which would run contrary to our corporate policy.

Too many people have had their lives destroyed and created heartaches for themselves and their loved ones through the impossible promises of weight loss promoters whether they are selling programs or products. Some products will help but none of them come into a category of a 'magic' pill.

If you have any doubt of what I am saying [click here](#) where you can download a PDF on weight loss advertising. It is a 60 page document prepared by the US Federal Trade Commission. If you are interested you will find it very enlightening. It examines current practices in the industry and exposes many scams.

So, before you part with your hard earned money for a miracle weight loss pill, count to 10 and think very hard. Some of the adverts that I see for these products would be funny if it was not such a serious matter. There is more to it than just the loss of the money, it is the frustration through not getting the promised results and the potential of health damage through following bad advice.

There are however some safe nutrients and supplements that you can take which can be helpful. I will address this issue shortly.

#### **What about fat blockers?**

No doubt that you have seen advertisements promoting 'fat blockers'? The principle behind these is to have them expand in your stomach and 'mop' up excess fat.

I think that they are dangerous as they mop up all fat both good and bad... and you NEED the good fats both to lose weight and stay healthy. As you have now learnt, dietary fat is less of a problem than excessive carbohydrates which starts the mechanism for the PRODUCTION of fat.

Don't be taken in by the advertising hype on these miracle fat absorbers!

## **Will HGH help me lose weight... is it safe?**

The short answer is yes it will contribute but only to a small degree... but ONLY if it is produced naturally by your own body.

HGH is the popular term for Human Growth Hormone. Before I explain how you can raise your own HGH naturally I will first address the subject of HGH in so far as it relates to dietary supplements. HGH is one of the most 'touted' products on the market today and certainly one of the most dishonest.

The first thing to understand is that genuine HGH is only available by prescription, and that it is called rGH which stands for recombinant growth hormone which is a synthetic substance identical to real HGH. Only those people who have been clearly diagnosed with a faulty pituitary gland and can not produce their own HGH should ever take this substance. It is not the 'fountain of youth' as portrayed by many.

HGH was made popular by a study carried out by Dr Daniel Rudman in 1990 (now deceased). He found that older individuals after having regular injections of HGH experienced significant improvements in all the markers of aging including the loss of body fat and also had an increase in lean muscle mass. The popular press latched onto it and the catch cry became that "HGH will turn back the biological clock by 20 years."

What is not widely known is that the original study did not continue and that regressions can take place when the treatment is stopped. So much so that the patient could potentially end up accelerating their aging!

However, the products that are being sold over the counter and through the internet are basically harmless as many of them are just colored water with a minute amount of rGH in them. The FDA in the USA allows a dose equivalent to about 1/10,000th of the injection dose. So, these products won't hurt your body... only your wallet!

Some products promoted as HGH are in fact amino acids which are precursors of HGH. There is some value in these as many people are low on their amino acid intake which is why they feel a benefit. The only drawback with these products is that the majority of them are grossly overpriced.

Just about all these products are promoted by relying on the original study of Dr Rudman. This is dishonest because the study that was done by Dr Rudman was using a totally different substance. It's a bit like trying to compare a banana with a rock!

In support of this statement I should mention that recently The New England Journal of Medicine took the unusual step of denouncing the misuse of a scientific report it published in 1990 about growth hormone. I agree with what they say.

They note "that many marketers are misrepresenting the significance of that report". In their recent article which can be referenced as 'Drazen JM. Inappropriate advertising of dietary supplements'. New England Journal of Medicine 348:777-778, 2003 the following warnings are posted:

1. Although the findings of the 1990 study were biologically interesting, the duration of treatment was so short that side effects were unlikely to have emerged, and it was clear that the results were not sufficient to serve as a basis for treatment recommendations.
2. Growth-hormone injections have not proven safe.
3. Studies that have followed the 1990 report by Rudman et al. confirm the effects of growth hormone on body composition but do not show improvement in function.
4. Amino acid pills marketed as so-called "growth hormone releasers" can't work because they are digested.

The last statement is both true and false. Most of the amino acid 'releases' don't work because of the 'delivery' systems used in most tablets, capsules and liquids. However, they can help when combined with a delivery system that gets the amino acids into the blood stream.

But keep in mind the ability of amino acids on their own to help HGH production becomes very low as you get older unless they are combined with other special substances.

## **Insulin blocks natural HGH production**

It is important for you to also be aware that if you are overweight it is likely that you have developed an insulin resistance. Excess insulin inhibits the production of HGH. So, does excessive dietary fat.

## **How do you increase your production of HGH naturally?**

It's actually easier than what you think.

If you follow the principles outlined in this report you will raise your natural production of this substance. Plenty of good protein helps a great deal.

Also, quality sleep is a big factor which is another reason why you should not eat 2 - 3 hours before going to bed at night as that will not only affect the quality of your sleep but also the production of your HGH.

It has also been found that 24 hour water fasts as I mentioned earlier will give your HGH a boost.

Lastly, but not least is exercise. This will also raise your levels of HGH.

In summary, it is possible to raise your levels just by eating correctly, sensible supplementation for general health and exercise. I know this from personal experience. My level of HGH as measured by IGF-1 is the same as a healthy male in their mid 20's and I am in my mid 50's.

## **Dietary supplements play an essential part in weight loss...**

In a perfect world, there would be no need for dietary supplements! In that same world there would be no need for this special report and indeed there would be no need for a company such as Xtend-Life because we would all be fit, slim and healthy.

Sadly, we do not live in a perfect world... and never will!

The biggest problem that we are all faced with in today's modern world is finding food which will sustain all our bodily systems and keep our body functioning 100% as nature intended.

Of course there appears to be an abundance of food in most western countries but when you examine the nutritious value of most food it is easy to understand why a rather unusual situation exists primarily in the USA. This unusual situation is overweight people suffering from malnutrition.

Hard to come to grips with isn't it? But it is a fact nonetheless. This is because so much of the food that is consumed is devoid of the essential nutrients. For more information about this rather bad state of affairs read our 21st August edition of Xtend-Your-Life called: **Malnourished...with fruit and veges? This will shock you!**

You will find it in the archives section of Xtend-Your-Life by [clicking here](#). The bottom line is that no matter how much effort you put into selecting your food it is nigh on impossible to get all the nutrients your body needs just from food alone. My family and I go to a lot of trouble to source quality food with high natural levels of nutrients but this is often not possible for many people living in big cities.

Even so I am sure that we would not have such a high level of health and well being if we were not sensible users of dietary supplements as well.

Dietary supplements are essential for the good health of everyone and crucial for people who have a weight problem. If you are subject to stress either at home or work your need increases. Also, if you live in an environment in which you are exposed to air pollution or spend time driving on freeways your need for supplementation goes up.

So, what do you need by way of dietary supplements if you want to lose weight?

Basically the same supplements that you need if you wish to promote general good health! Remember what I said earlier... there is no magic pill that will lose weight for you without changing eating and lifestyle habits!

Here is what you need... **THIS IS IMPORTANT...** specific recommendations will be given in the resources part of this report.

1. A high quality 'foundation' supplement. This has to comprise a broad range of vitamins, minerals, amino acids, herbal extracts, enzymes and other specialty nutrients. Your ordinary 'multi' will not do the job. This is because the basic vitamins and minerals are quite weak in comparison to other nutrients and are only a small part of the body's nutrient needs.

Whilst on this subject, don't be fooled into thinking more is better. Many people literally overdose on many vitamins and minerals and create serious imbalances as a result. The types of ingredients are as important as the amount.

NOTE: If you only use just one supplement this is the one that is most the most important for long term reliable weight loss and good health.

2. A high quality fish oil supplement.
3. A high quality calcium supplement. I mention this because recent studies have confirmed the importance of calcium in normalizing weight. For more info on this report refer to our Xtend-15sec-News archives dated the 16th April 2003.
4. You may also wish to add a natural appetite suppressant which will give you an energy boost as well.

These specific recommendations will not only help you normalize your weight over the medium to long term but they will also pay you excellent health dividends.

Make sure you refer to the RESOURCES section of this report. You will find specific details in this area.

## Chapter 15.

### **Exercise for good Health and weight loss.**

As I mentioned earlier in this report you don't have to exercise for weight loss. You can lose weight by lying in bed for several weeks ill with little food... but you may not be able to stand up when you get out of bed because your body will be so weak and soft.

Just by following the eating principles in this report will ensure that you will lose weight also improve your health. However, if you want to experience the joy of REAL health then you must factor in some planned exercise.

#### **If you don't use it... you lose it!**

This is an old wise saying which relates to the functioning of your body! When you stop using your body and prevent it from carrying out the tasks that it is designed to do... whether it is simply walking or making love... it will, in part or in whole start deteriorating rapidly!

Your body is not designed to be sedentary! It is a wonderful, highly sophisticated and complex organism which we are fortunate to have the use of. But, it has to be respected and properly maintained. This means not only do you have to give it the correct fuel you must also ensure that it is kept flexible and strong.

As I am sure you know, if you don't use a piece of equipment for some time the moving parts will rust up and the equipment will stop working. Your body is no different. It needs regular rigorous movement combined with RESISTANCE.

**BUT I AM TOO OLD... SO IT'S TOO LATE FOR ME!**

Nonsense! It's NEVER too late. I have seen people 80+ start an exercise program which includes resistance exercise with weights. The results are astounding! My personal observations are borne out by many well documented studies in which remarkable changes have occurred with older people who were considered... past it!

However, if you are a newcomer to exercise start it with caution. Have a check up first with your Doctor so that you understand what your current state of cardiovascular health is, and then begin slowly and build up gradually.

If you have been largely sedentary you may have to be content with a modest walking program initially or, joining the local gym and doing a very modest amount of cardiovascular work followed by just a few light weights.

If you are badly out of shape or quite elderly, don't be embarrassed by going to the gym...you won't be alone and people who are in good condition do respect out of shape people that come to the gym and make the effort. At the gym I go to there is a guy around 50 who would have to be around 350lbs. He has difficulty walking and needs a cane. He comes regularly and he is making great progress. I respect him enormously because he has realized what he must do to regain his health, and he is doing it.

## How much exercise should you do?

Not as much as you may think. I am not an exercise 'nut' so I do the minimum and I keep in really good shape. My program is quite simple. I work out at the gym three times a week on alternate days, generally Mon, Weds and Fridays. I do approx 15 minutes of cardiovascular work 50/50 on the treadmill and rowing machine and then I do 5 sets of exercises with weights.

Total all up time 40 minutes per work out.

On the in between days I go for a brisk walk weather permitting, if not I may go to the gym and do 30 minutes on the treadmill. In the weekends I don't do anything specific other than general outdoor activities.

So, it is not necessary to be a fanatic about exercise for it to be effective. In some ways it's a bit like the hint that I gave you earlier about how much to eat. Look at exercise in a rational way. If you do 3 x 40 minute workouts, plus 2 x 30 minute walks a week you will be doing 3 hours of structured exercise a week out of a total of 168 hours!

**In other words...about 1.8% of your time will be spent in maintaining your body.** Reflect on this for a moment! No matter what your position in life is, I would doubt that you could find any way that you could get such a rewarding return on that time investment...not only in health but in financial terms as well.

Think for a moment of the financial cost of getting sick! Consider what it must be like for those poor souls that start losing their minds at a relatively young age and spend the rest of their days shuffling around in a rest home.

NONE of that is necessary unless you are one of those very rare cases and you are struck by illness through some form of genetic malfunction!

Your future is in your OWN hands, no one else's! If you want to enjoy life to the fullest you must control it yourself and that means making the effort... NOW, not tomorrow or next week...

Sorry to go on so much, but I get so frustrated when I see so much suffering as a result of avoidable ill health because people don't understand the causes! This is much of my motivation in writing this report in the hope that it will help enlighten those people who want to improve their health and well being and bring some real happiness to their life which can only be truly experienced with vibrant health.

OK, I'll get off my 'soap box' and move on...

## Chapter 16.

### **Being overweight affects your sex life.**

As you probably know the incidence of both male and female sexual dysfunction is increasing steadily. I am confident that should a study be carried out looking at a correlation between sexual dysfunction and being overweight that it would be found that the increase of sexual dysfunction would match the steady increase in obesity over the last three decades.

This is easily explained by a number of biological reasons, the main ones being:

- As you put on weight your cardiovascular health deteriorates along with the ability for the heart to pump blood through the arteries. This has a direct impact on the ability of men to have sexual relations or, for women to enjoy it.
- Insulin resistance has a direct impact on your hormonal cascade which in turn has an effect on your levels of HGH and testosterone.
- Because of the many side effects of being overweight, among them chronic fatigue, the libido in both men and women is virtually destroyed.
- And if that is not enough, if being overweight results in your requiring medication of some sort such as a beta blocker for high blood pressure then your love life is in REAL trouble.

So, that's another reason to implement what you have learnt in this report.

## Chapter 17.

### The next step!

Now you know what you must do to lose weight and regain your health you need to take action and make it happen. Don't be like the majority of people and put it off until tomorrow... because we all know that tomorrow never comes.

Start today!

#### Step One

Read the report again! You will find that you will pick up a lot more information on the second reading. I know it's a bit of a chore but you will be pleased that you made the effort.

#### Step Two

Immediately begin with the simple principles outlined in this report which are:

- Avoid refined and processed foods.
- Avoid sugars of all types.
- Increase your intake of quality protein and DECREASE your carbohydrate intake.
- Start taking quality supplements immediately to ensure that you do not have any nutrient deficiencies. Details of recommended products following this chapter.

#### Step Three

Buy a book which explains in detail the steps that you need to take to effectively put the eating principles of this report in place. You need a specific guide which examines the various food options and gives charts of foods and where they rank on the glycemic index.

I may prepare a report at a later time which covers these points but I don't have the time to do so in the short term. I would recommend that you buy both the following books and take the best out of both of them and apply them to yourself.

- The X Factor Diet by Leslie Kenton.
- Dr Atkins New Diet Revolution by Robert D Atkins, M.D.





## Chapter 19.

### Summary.

Well, this pretty well wraps up this special report. I sincerely hope that you apply the principles that it contains. It is well researched and supported by many years of personal experience. It is truly possible for you to lose weight and regain vibrant health no matter what your age or condition.

Of course, like any worthwhile endeavor in life you will have set backs on the way, but that's normal. Just pick yourself up and keep on going. You will get there in the end, and when you do you will not only be better physically but you will also be stronger mentally and enjoy a sense of wellbeing that you may not have had before in your life.

I have spent all my life working hard with more than my fair share of successes... and failures. I have enjoyed monetary success and have experienced the feelings associated with making a mistake and losing it all and having to start all over again.

But, in spite of all these life's experiences I was in my 50's before I began to realize the real value of life and health and that nothing in the world can match the feeling of wellbeing which comes from possessing vibrant health. Money takes a very poor back seat to this feeling. I know as I have experienced both.

When your health is excellent, nothing is impossible, no task is too hard and everyone around you benefits...most of all your family.

For your sake and those around you, have a hard look at your health, make sure your priorities are right and live your life to the fullest. I truly hope that you take to heart what you have learnt in this report.

Please remember that I am not a health practitioner... and as such I am not practicing with your health! What I have conveyed to you are basic principles of nature... which at the end of the day... you can't beat.

Good luck and good health,

*Warren Matthews*

**Important notice: All material provided within this special report is for informational and educational purposes only, and is not to be construed as medical advice or instruction. No action should be taken solely on the contents of this publication. Consult your physician or a qualified health professional on any matters regarding your health and wellbeing or on any opinions expressed within this report. The information provided in this report is believed to be accurate based on the best judgment of the author but the reader is responsible for consulting with their own health professional on any matters raised within. The author takes no responsibility for any of the actions of any reader.**