

REAL FOOD FOR WEIGHT LOSS...

My hope is that by now you are through the worst of the cravings, detox, and on the other side. In that case you already have experienced the joys of weight management. The goal is health, not weight loss. But there are some perks to limiting sweets and grains.

Weight Loss strategies

1. Increase metabolism: exercise, “building” energy from the increase energy handouts, careful of stimulants.
2. Decrease water weight: not an ideal strategy unless you for some reason are retaining too much water. If you are, the root cause should really be looked at while you decrease water weight.
3. Decrease cravings and stabilize blood sugar
4. Increase heat: this is not ideal for all types of people

Sleep

Those who get less sleep are more likely to be overweight and obese. Lack of sleep increases cravings, decrease metabolism and energy. “Researchers found that when dieters cut back on sleep over a 14-day period, the amount of weight they lost from fat dropped by 55%, even though their calories stayed equal. They felt hungrier and less satisfied after meals, and their energy was zapped.”¹ “These results were echoed in [another recent study published earlier this year](#), in which subjects who slept less than six hours per night had a 32 percent gain in [visceral fat](#), compared to a 13 percent gain among those who slept six or seven hours per night, and a 22 percent increase among men and women who got at least eight hours of sleep each night. This is the type of fat linked to heart disease, type 2 diabetes, strokes and other chronic diseases”² You shouldn’t get less than 8 hours sleep if you are trying to lose weight or maintain weight loss.

MCT oil

This is a part of coconut oil. Pure coconut oil has about 60% MCT oil. MCT oil is absorbed into your bloodstream without bile salts. It can be used quickly and easily by your brain. MCT can increase the amount of carbohydrates you can eat while still remaining in ketosis. It helps you burn more fat and increase mental clarity.³ The caution is that it can upset your stomach without a slow introduction. Start with a tsp. Increase a ½ tsp per day as tolerated.

Probiotics

The bugs inside you have a lot more influence on your body than you think. In a three month period, women dieters that were taking *Lactobacillus rhamnosus* daily found have lost 50% more than the placebo group and maintained the loss better.⁴ *Bifidobacterium* also improves metabolism and reduces belly fat. However *Lactobacillus acidophilus*, commonly found in yogurt, can be helpful in many other aspects such as yeast

¹ “Sleep More, Weigh Less.” *WebMD*, WebMD, 30 July 2016, www.webmd.com/diet/sleep-and-weight-loss#2.

² Mercola, Dr. Joseph. “Sleep More for More Weight Loss.” *Mercola.com*, 20 Oct. 2010, articles.mercola.com/sites/articles/archive/2010/10/20/sleep-more-lose-weight.aspx.

³ Hyman, Dr. Mark. “The Secret Fat That Makes You Thin.” *Dr. Mark Hyman*, 7 Mar. 2016, drhyman.com/blog/2016/02/04/the-secret-fat-that-makes-you-thin/.

⁴ Sanchez, M, et al. “Effect of *Lactobacillus Rhamnosus* CGMCC1.3724 Supplementation on Weight Loss and Maintenance in Obese Men and Women.” *The British Journal of Nutrition.*, U.S. National Library of Medicine, 28 Apr. 2014, www.ncbi.nlm.nih.gov/pubmed/24299712.

infections, may not be helpful with weight loss.⁵ Dr. Mercola considers fermented vegetables the single most important thing you can do for your health. That's a pretty high endorsement for inexpensive DIY probiotics.

Fiber

Dr. Mercola recommends 50 g of fiber per 1,000 calories that you consume for those trying to lose weight. This will be a full time job of eating vegetables. I'm doing a little dance of happiness. I often tell people to at least eat 6 servings a day, but it really needs to be much higher to reach 50-100g! Dr. Terry Wahl recommends 12 servings of vegetables a day. Just to give prospective, brussel sprouts, one of my favorites, has 7g in 2 cups. The focus would be to replace all grains and sugars with vegetables, psyllium seed husk, flax, and chia seeds. Grains promote insulin resistance that will hamper weight loss efforts. Dr. Mercola also continues to say that, "Pre Diabetics who ate 30 grams of fiber per day lost nearly the same amount of weight as those who cut calories and limited their fat intake; they also improved their cholesterol, blood pressure, and blood sugar."⁶ A diet high in healthy fats and vegetables is so much more satisfying and sustainable than a low fat, low sugar diet.

Blood Sugar Balance

Many people think that a "normal" (by allopathic standards) glucose tolerance and A1C is cause for skipping over the importance of blood sugar management. I was a big fan of this idea before my system broke, mostly because I loved sugar. Sweets and carbohydrates were an addiction for me. I had normal numbers, but I got tired if I didn't keep up with a carbohydrate high. There were signs that I couldn't tolerate so many carbohydrates. They were small enough to ignore since the doctor said I had normal levels. That was until I wasn't "fine". I had gestational diabetes. Statistically I now have "three to seven fold higher risk of developing type 2 within five to 10 years."⁷ Did I have a problem before it was diagnosable? Sure I did. The CDC predicts that, "The prevalence of diabetes (type 2 diabetes and type 1 diabetes) will increase by 54% to more than 54.9 million Americans between 2015 and 2030; annual deaths attributed to diabetes will climb by 38% to 385,800; and total annual medical and societal costs related to diabetes will increase 53% to more than \$622 billion by 2030."⁸ Staggering statistics considering that type 2 is essentially preventable and reversible through lifestyle changes. Do most of these 54.9 million people currently have a problem? The answer is yes. In the western world we as a group are eating way too many low quality carbohydrates. Some of those 54.9 million are currently undiagnosed, the others are taxing their bodys while test markers are unable to monitor their looming problem. The bounce in blood sugar is not feasibility testable. The best thing to do is to keep your low quality carbohydrate intake as low as possible. The World Health Organization recommends less than 6 tsp of sugar per day. That may seem like a lot, but given that a medium mocha is over the daily amount, it is quite low for the average American who gets 22 tsp/day. (The average American child gets 32 tsp of sugar/day according to Forbes Magazine.)Vegetables are high quality carbohydrates that will help to balance your blood sugar. Be sure you are getting at least 6 servings or more a day.

Ways to assess your blood sugar balance:

- Do you have extreme sugar or grain cravings if you don't eat them for several days?
- Do you feel jittery after eating a donut, candy bar, or slice of cake? (really any high sugar item)
- Do you get tired after a high carbohydrate meal?

⁵ Wannissorn, PhD Nattha. "Probiotics for Weight Loss and Metabolism." *Selfhacked*, 24 Oct. 2017, selfhacked.com/blog/a6probiotic-for-weight-loss-belly-fat-metabolism/#Mixed_Probiotic_Blends_and_Weight_Loss.

⁶ Mercola, Dr. Joseph. "A High-Fiber Diet Helps Boost Weight Loss." *Mercola.com*, 2 Mar. 2015, articles.mercola.com/sites/articles/archive/2015/03/02/high-fiber-diet-weight-management.aspx.

⁷ Curry, Andrew. "Exploring Why Gestational Diabetes Leads to Type 2." *Diabetes Forecast*, Jan. 2015, www.diabetesforecast.org/2015/jan-feb/exploring-gestational-diabetes-leads-type-2.html?referrer=https%3A%2F%2Fwww.google.com%2F.

⁸ Rowley, William R., et al. "Diabetes 2030: Insights from Yesterday, Today, and Future Trends." *Population Health Management*, Mary Ann Liebert, Inc., 1 Feb. 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5278808/.

- To keep up with your energy do you have to eat one high carbohydrate item after another?
- Do you eat the whole bag of low-quality-carbohydrate items, if you eat just one bite?
- Of course any symptom of type 2 diabetes puts you at risk. [Click here for a list](#)

If you live in America, you are already at risk. Also yes, to any of the above can be the result of a bouncing blood sugar. Remember I said that there is no real test; I meant it. This is very subjective and can't possibly account for all of the signs that bouncing blood sugar may have.

Gurmar

Gurmar or Gymnema is a plant that is apply named "destroyer of sugar." It contains substances that decrease the absorption of sugar, decrease cravings, increase insulin receptivity, and pancreas function. Gymnema can disrupt your ability to taste sweetness which would help with the emotional eating and cravings. If you are on diabetic medication, you need to monitor your blood sugar carefully. Your blood sugar may get too low if you are also taking medication. Also gurmar is a laxative and a diuretic. Be sure to stay hydrated.

Detox

If your body is resistant to losing weight, you may need some more help. First I would be sure that you are on a real food diet that works for your body's needs. That would include adjusting carbohydrate intake, finding any hidden food sensitivities, and balancing hormones. If you have accounted for these, you most likely have a problem taking out the garbage. Not from your house, although that may be true, but from your body.

Detoxification is a trendy topic, but it is rarely done correctly. The subject is quite large and to be done completely it would have to encompass 3 phases, 7 liver pathways, a genetic test, current nutrient panel, and body toxic load test. No over the counter detox is so complete. Releasing toxins from their hiding places can be quite dangerous. It is a very long term process if done safely and correctly. Something you can do is a daily detox tea. In addition, you should be sure your having a full bowel movement each day, drinking at least 8 c of water, exercising regularly, and eating your 6-12 c of vegetables. Limiting toxins coming into your body allows your body to work on the ones already there. If you did all of that, it would still take over a year.

*You must have a daily poop. That's one of your body's best cleaning metachisms.

Daily Detox Tea: [Here is my recipe](#)

Start SLOW! Start with a 2 Tbsp. Increase 2 Tbsp each day if there are no detox symptoms (like fatigue, sudden cold feeling, feeling of dread, headaches...) until you get to a full dose 1c of the bulk decoction.

Bulk Decoction: Four regular servings, Start with a 2 Tbsp of mix! Increase slowly.

½ c dandelion root

½ c burdock root

2 Tbsp milk thistle seeds

1 c astragalus root

2 tsp ginger root (for those that are usually cold)

Simmer in one quart of water for 30 min. Strain and add enough water to make 1 full quart of tea. Use that jar measurements to pour out 1 c of decoction. These are your decocted herbs. Add more water (Depending on how much final product you want, I like 2 c of final drink.) and add leafy herbs to boiling tea-water combo. Let sit for 5 min. Strain. Drink or make hot butter tea if you like.