

Low-Carb Diet

Getting Rid of Insulin Resistance

Safety: this is a diet used for thousands of years by hunter-gatherers. It is safe for everyone. Check with your doctor if you are on medications.

Use this diet carefully if diabetic as you will need LESS medication as your carbohydrates drop. You will need to work with your doctor!

Warning: as with all changes in diet, consult your doctor. Low-carb diets are safe and well researched but medical conditions may prevent you from trying.

We do not take responsibility for health conditions. We are not treating or diagnosing any condition or disease, or prescribing.

My experience

I am 53 years old and decided to try a low-carb diet to feel better. It intrigued me that most of the people experienced the same sense of “awareness and peaceful introspection” similar to what you find by fasting, only on a daily basis.

Before starting this program, I often had a fruit smoothie for breakfast, and ate health food bars during the day, then was ravenously hungry and at a large meal at night. To start the program, I ate a large breakfast consisting of a ground turkey casserole and a lunch of plain yogurt with raspberries and two scoops of protein powder. For dinner I would eat a large salad with avocados.

In three days I was feeling better. To verify results of metabolism change and fat burning, I used keto strips twice a day. It took me six days to find the right foods to go into ketosis (fat burning). My father only took one day.

In 6 days still I felt good but was very tired for about 6 more days. After that, I have never felt better. I no longer had the hypoglycemic symptoms I had for fifty years and felt clear-minded. Now at 30 days, without being hungry or restricting my calories, I have lost 16 pounds, 2 ½ belt notches, and most of my belly! Really, I have never felt better and my wife no longer pokes my belly.

Benefits of the Low Carb Diet

The following benefits may or may not apply to you. Most of these are backed by scientific research (See Paul Bergner on Insulin Resistance).

- Weight loss, especially belly fat
- Cholesterol balancing
- Triglyceride normalization
- Water loss – may reduce edema
- Cancer prevention
- Uterine fibroids
- Appetite control
- Cavities, less sugar equals less cavities
- Mental peacefulness
- Seizure control

Overcoming Insulin Resistance with Low Carbs

Low carb means overcoming insulin resistance. Insulin resistance is when insulin is released on a continuous basis, and it causes many problems. These problems are evident in a big belly, triglycerides greater than 100 and out-of-balance cholesterol (high LDLs, low HDLs).

If left unchecked, over years, other metabolic disturbances such as high blood pressure, cancer, diabetes, hypoglycemia, blood clotting, and more may happen. This is also known as Syndrome X. The belly is only one of the symptoms. Many people have this problem and are unable to get rid of the belly fat.

Reducing carbs rests the pancreas and starts to reverse the damage. Most people feel a difference in 3 days; 30 days will start a new metabolic balance and in 6 months may reverse much of the damage.

Causes of insulin resistance are many. If a person has more than one of these, their chances are greater:

- Carbohydrates, more than 20% of diet
- High glycemic foods – starches, grains, fruits
- Tobacco
- Alcohol
- Stress
- Genetic tendencies
- Caffeine

Ketosis (fat burning) and Keto Strips

Ketosis is when we use fat (as well as glucose) to fuel our muscles and brain. Hunter-gatherer people tend to do this most all the time. Since the advent of agricultural societies, carbohydrates are more common and so are diet-related diseases.

With modern advances since the end of World War II, we now eat more than 150 pounds of refined carbohydrates (sugar) *per year*. These carbohydrates trigger the pancreas to secrete insulin at an almost continuous rate, which prevents fat burning.

Without ketosis we accumulate WAT (white adipose tissue) around our middle. Using keto strips, one can measure their ability to burn fat. Ketosis provides many health benefits as mentioned earlier.

Keto strips are plastic strips that measure fat burning. Urinating on them twice a day will help you monitor your ability to burn fat. I stay in the small to heavy ketone range. Health benefits are achieved from staying in this range. If you are not in that range you are eating too many carbs, not exercising enough, or are too stressed.

The bottle of 100 strips is enough to last almost two months, plenty of time to figure out which foods are best at keeping your body burning fat (in ketosis). It's a sure measurement for success.

Brain Function in Ketosis (fat burning)

Most religions advocate fasting to purify the body and help a person connect to their spirituality. The brain was made to burn up to one third ketones (fat). When this happens, a calm awareness is achieved, not quite a meditative state.

Children shouldn't eat sweets as they go hyperactive and drive everyone around them crazy. Give children less sugar and carbs and they won't drive *you* as crazy. This applies to adults also. Too much sugar affects adults in the same way.

One can achieve this calmness by:

1. Fasting for 2 days
2. Exercise 2 hours straight
3. Low carb diet

Or you may do a combination of low-carb diet and exercise.

Complimentary Supplements

Supplements are important because insulin resistance removes from the body several nutrients which take months to replenish. You don't need all of the following supplements, but may need assistance in choosing or someone to muscle test:

- High-potency B-Vitamin Complex
- Cod liver oil
- Magnesium, increase as needed for constipation
- Zinc
- Manganese
- Chromium
- L-Carnitine
- Trace minerals
- Alpha-lipoic acid
- Antioxidants
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Adjustment Period

There is a classic 14- to 18-day adjustment. This is when your enzymes that utilize fat (ketones) for the cells of your body are increasing, especially the brain and muscles. Most people experience some mental dullness or even depression. This is a temporary condition. Just ride it through. Other symptoms include fatigue, mild to extreme, and this too shall pass. Muscles aches may occur.

Because this diet also helps the body to shed water, make sure you are *drinking* at least 6 to 8 glasses of water a day. Use one to six tablets a day of *magnesium* to avoid constipation. Adjust your magnesium to your own personal level of comfort. When the adjustment period is over, most people feel better than before.

Exercise

Exercise is critical for a healthy body. It takes less effort than you think. Of course the more exercise you do, the more carbs you can have, as the muscles use the carbs. Important: If you are out of shape start slow and check with your doctor.

The most efficient way to exercise is three 10-minute sessions at least four hours apart. It can be as little as a brisk walk. Taking it to the next level of 30 to 120 *seconds* of all out effort within the 10-minute walk (run) has been shown to increase fat burning up to 50%. Even if you do a 15-minute brisk walk a day, it will benefit your ability to burn fat.

Sweeteners

There is no need for artificial sweeteners as there are natural sweeteners available. Stay away from artificial sweeteners and diet soda (in fact, all sodas). They are made with chemicals and stress the liver. Don't sweeten with honey, corn syrup, maple syrup, rice syrup, or any other sweetener; this will put you out of ketosis.

Good sweeteners are: stevia, which comes in several nice flavors; xylitol tastes better than sugar but will loosen your stools; erythritol will not bother the stools. I use natural sweeteners to sweeten my lemonade so I don't feel guilty at all.

Proteins

Protein should be 25% of your diet in calories, up to 35 grams per meal. More than 35 grams per meal will trigger insulin as effectively as carbohydrates. The best proteins are fish, chicken, turkey, tofu, soy protein, hemp protein, rice protein, and egg whites. Foods high in protein are eggs, yogurt and dairy products. Dairy should be used sparingly as it also contains carbohydrates. Use pork and beef very sparingly; they are high in uric acid. Also, sparingly use whey protein because it triggers insulin easily.

Fats

Fats and oils should be 60% of the calories of your diet. Keep your oils healthy. Fats have over twice the amount of calories per gram as carbohydrates or proteins. Science has proven that fats do NOT promote heart disease or unhealthy cholesterol. Cooking with oil is alright as long as they don't smoke. Saturated fats, including butter, are not bad for us, but are not as healthy for us either. It has been a myth that has been around for a long time.

Good fats include: olive, coconut, flax and fish oils, nut butters, raw nuts, and avocados. Those that are so-so are peanut butter, butter, cheeses and cottage cheese. Not so good are roasted nuts and roasted nut butters.

Carbohydrates

Although carbohydrates are not technically needed to sustain life (National Academy of Science acknowledges this), society is addicted to them. Here, the diet should be 15% calories carbohydrates in the form of vegetables, which supply valuable vitamins and minerals and fiber.

Suitable carbs are vegetables and green juices; unsuitable carbs are sweets, candies, sweeteners (honey, sugars, etc.) most common snacks (processed), starches, potatoes, rice, grains, pastas, and juices.

The Ideal Ketogenic Diet

60% FATS • 25% PROTEIN • 15% CARBOHYDRATES

- Exercise as described
- Sleep 8 ½ hours
- Reduce stress
- Eliminate tobacco, alcohol, coffee, and caffeine

Sample Foods

Breakfast - Pick any one of the following:

- Casserole made with meat
- Scrambled eggs
- Sausage (I use chicken or turkey)
- Omelet with veggies
- Turkey bacon
- Sardines (rich in calcium and healthy fats)

I *also include* a shake in water with 1 tablespoon of psyllium husk, 1 scoop protein powder, green supplement powder and Stevia for flavor, and take my supplements.

Lunch

- Chicken salad
- Plain yogurt with 2 scoops of protein powder
- Roasted chicken
- Cooked veggies with olive oil

Dinner

- Salad (preferably green, red, or romaine lettuce) I use a whole head for a gigantic salad
- Low carb salad dressing (add extra olive oil)

Add optionally: avocados, tomatoes, cucumbers, radishes, chicken, tuna, etc.

Snacks

- Nut butters from a spoon
- Raw nuts
- Raw veggies
- Lemonade sweetened with stevia or xylitol

Eating out Low carb

Eating out is simpler than you think. Just eat protein-rich food with vegetables. Eat more salads without bread and croutons. For example:

- Chicken salad: remove the croutons and eat the chicken and lettuce.
- Burgers: remove the buns and enjoy the pickles, meat and cheese. (Limit fast foods.)
- Steak meal: trade potatoes for vegetables.

The Low-Carb Diet

There are three phases to this diet. It is designed to help people who are addicted to carbohydrates, and will help them work into the change gradually. Phase I is important for reducing sugar cravings and getting you used to eating a large protein-rich breakfast. Phase II is designed to increase your nutrition and continue to reduce carbohydrate cravings *and* show some weight loss. Phase III eases you into ketosis where you will get the full health benefits and belly fat loss.

Phase I: Starting the low-carb diet

This phase can last three weeks or as needed. Start by weighing and measuring yourself. You may also want to start with a blood test for cholesterol and triglyceride levels.

- Start reducing carbohydrate cravings by using:
Chromium (200 mcg, 2 twice a day)
Dave's Sugar Cravings (2, 4 times a day)
- Eat a large high-protein, fat, and vegetable breakfast.

Phase II: Adding supplements and exercise

In addition to Phase I, do this for another three weeks:

- Add high-potency multivitamin (Alive by Nature's Way) each day.
- Use magnesium tablets, increasing as needed, to avoid constipation.
- Go for three 10-minute brisk walks a day, or do 30 minutes of exercise each day.

Phase III: Go low carb for the other meals

In addition to the previous two phases previous:

- Eat low carb for the other two meals of the day.
- Use other complimentary supplements as needed (mentioned earlier).
- Incorporate keto strips and use them and use them twice a day. Write down your results with a daily log of keto strip results and weight.
- Weekly take your measurements.

Retest your cholesterol and triglycerides in a blood test at 3 months to 6 months. Be aware of the adjustment period as described earlier. It doesn't last too long.