

# A “Diet” that Works!

(A Six-Month Update)

By Mike Newson

In the past diets have left me literally starving between meals, they required every ounce of will power I had to stay on them. And then after I lost the weight I found that I was actually fatter (although I weighed less) than when I started.

**Why?** Because my body fat percentage had increased. I started this dieting process at 26% Body Fat well over a decade ago, I ended up at 42.5% Body Fat and so heavy that the scales refused to even think about it (over 320 lbs) The only diet that I had ever felt at all energetic with was the Fen / Phen diet, and I think every one has heard how that turned out! The Fen / Phen diet was the last diet I was on, the one that set me up to climb in weight to well over 300 lbs.

The standard High Carbohydrate, Low Fat diets that the current food pyramid suggests left me figuratively dieing between meals (I'd eat and be starving in two hours, or less) and again I lost weight but ended up fatter than before, so when I drifted from the diet --- I, like 95% of the population, rebounded and ended up actually weighing more than when I started.

I recently stumbled across a book called “Protein Power” by Michael & Mary Eades, M.D.’s and for some reason started to read it. I had heard of the Atkins diet, which stressed unlimited protein and don’t worry about the fat! However, I had heard many horror stories about it, as well as a few success stories. But as I read the Protein Power book and they talked about; adequate levels of Protein, not high levels; Insulin resistance and blood serum insulin levels; Hunter-gatherer diets vs. an agronomy based civilization’s high Carb, low protein diet, (with no sugar to contend with.) Such as the ancient Egyptian’s which has left a 3,500 year history of well preserved mummies that show signs of heart disease in their arteries, and folds of skin that tell of a history of obesity... Well it all fell in place with what I had experienced previously.

The basics of the diet is to find out what is the minimum amount of protein you need to support your lean body mass, (around .6 (6/10) grams per pound) and then keep your carbohydrates to 35 grams per day for the first month. After that first 30 days you will move on to a long-term diet of 55 grams of carbohydrates per day, eventually ending up at 100% to 130% of your diet in carbohydrates of what your minimum protein level is.

After a month or so of letting our standard pantry foods deplete we stocked up on protein stuff and plenty of veggies. Thirty days later my body fat had dropped from 42.5% to 34.5% body fat. After some calculation it turned out that I had dropped 35 lbs of fat and had increased my lean body mass a few pounds, I.E. I had

burned the fat and not my lean body mass (which is what burns the fat.) Every time you lose lean body mass you hurt your ability to burn fat, and you get fatter (even if you weigh less) Now three months since we started, (and too much splurging, after that first month) having switched to the 55 grams of carbs, I have lost almost 46 lbs of fat, my fat percent has dropped from 42.5% to 32.5%. I am wearing pants that I could not fit into before, and my belt is seven-notches (7”) smaller than when I started. But best yet is that I am really thinner, and not just a few pounds lighter. Even my belly is now smaller than my chest!

My wife’s weight has not changed all that much since the first month (she lost 15 lbs) but she dropped 3” from her waist, two inches from her hips, and two from her bust. She seems to be gaining lean almost as fast as she loses the fat. But day-by-day her body fat percentage is improving, so she is excited. Maybe it is my imagination, but I think the texture of her skin is improving as well, so I am excited about it as well. (Note: In further research I found that improved skin is a side benefit. Many people stop having headaches that had plagued them regularly for years, skin rashes vanished, their blood pressure dropped to normal)

Yes the first week was difficult, getting used to the changes (like getting up earlier for breakfast), and even the first month felt little restrictive, in general, but nothing like the diets of the past. But now that we are in the long-term phase at 55 grams of Carbs per day it is really very workable. I would not have a problem doing this for life. I can even walk past a doughnut, without breaking out in to a sweat, and having to close my eyes as I walked past it. So I think I may have even broken my carbohydrate addiction.

Breakfast is usually two or three eggs (frequently scrambled with lots of cheese, or a cheese omelet), sausage or bacon, a half a grapefruit, and we have added a slice of toast now that we are in the second phase. I stick to just good old water to drink, but a tea like rose hips or one of the other naturally sweet herbal teas would work well.

Lunch is a pile of deli meats and cheeses on a single slice of whole wheat bread, or two Burger King Whoppers, but only one half of one bun. Or something similar, but generally lunch is too busy of a time to do much more than just refuel and keep going. So lunch is very boring and repetitive, kind of like --- just put gasoline in the tank to keep moving down the road.

Dinner; grilled fish, chicken, pork chops, steak or roast and sometimes a very small potato, lots and lots of hot streaming veggies, fresh green salad with tomatoes,

avocados and olives. *We only have water to drink*, (Hint: get a water filter, a good one. It really improves the taste.) Or, for a change --- Chicken stir-fry (without rice), I.E. all the stuff that we all love to eat. And if that sounds like I am at less than 55 grams of carbs you are right, --- we found these little lemon bars (7 grams per bar) and small Cream Puffs (5 grams per), cottage cheese and pear is now a desert for us. A frozen berry and melon mix is another nice way to end the day (if at all possible eat your desert before 8:00 PM so that you have several hours to digest it before bed time.) In short we are actually eating more than we did before, (well it feels like it.) I have plenty of energy, I am never hungry between meals, plus it is stuff that I like to eat, and now that the first month is over, we actually feel like we are stuffing ourselves. That little treat has become something to look forward to right after dinner, a small but significant reward for sticking with the system all day.

The next six weeks were bad ones for diets, Easter dinner with the in-laws, wedding anniversary, and a trip out of town for a small vacation, plus several weekends that were so busy that we ate out. Yet, it all fit in. We ended up at one of those buffet places several times during that six weeks, and it was real hard to pass up those fresh hot rolls, and scones (well OK so I had just one (or was it two?), --- with a lot of honey butter.) And the time we went out with the kids to dinner at the new Skippers fish & chips in town (yes I know it is a strange place to take your wife for your anniversary --- but we had, had a fancy dinner at Red Lobster with my parents for our formal anniversary dinner a few days earlier.) and we both OD'd on fish fry again, yes I did sneak a few fries, and I could not pass up on the clam chowder. Once, just to surprise her, right after we finished our first month on this diet, I found a baby sitter and took her out to eat at a new Brazilian grill that just opened. Now that is a restaurant that fits in with the diet! They bring by, hot off the fire, all kinds of meats and carve small portions right onto your plate. We both ate way too much! Yet with all that splurging, we still lost fat. We were careful to select protein rich foods, and kept the carbs down to just a taste or two. In spite of all this we still made a significant adjustment to our body fat.

The secret seems to be in keeping the insulin level low. The few times I splurged and took a large carbohydrate hit, (like that scone!) well a few hours latter I became ravenously hungry. If I stretched out the carbs even though I took in more than I should have, I was never hungry. I suspect that my insulin release over reacts to blood sugar, so that it does not just lower the blood sugar, but sweeps my system clean of it, which triggers the hunger reflex. Which is why on the high Carb diets of the past I would eat and then starve till the next meal.

Proteins are digested in the small intestine, not the stomach, it takes longer to get the energy to your system,

so it is like a time release capsule giving you a little bit at a time over a long period. Reading up on ketones, which is the "bane" of this diet according to the masses, it appears that they are actually the preferred fuel of the heart, brain, and skeletal muscle, even more so than glucose. So keeping the body on the edge of ketoses, but not in ketoses is the optimum place to be, fat is converted by the liver to ketones, which fuels the body with its optimum fuel. Now too many ketones are bad news, such as what happens with Diabetes type I. But a slow steady conversion of fat released from storage keeps your body running in top shape. So too few carbs and you fall of the peak and get too many ketones (bad), to many carbs and you stimulate insulin production (in my case over stimulate) and store the blood sugar as fat (bad) and the body runs on glucose, that you just ingested. You have to walk down the middle of the road. Glucose is the next most favored fuel, after ketones. You want the body to use its fat as fuel, not what you eat in the way of carbs (glucose).

This balance of lower carbs and higher protein creates an optimum situation to adjust your body fat content, without stealing from your lean body mass. Now before you start thinking that maybe the less fat you eat the better, consider the omega 3 fatty acids. We need them; in fact the low fat diet that so many people are on is creating a new generation of health problems. So keep them in moderation. But make sure you have the right ones. In fact fish oil containing Omega 3 fatty acids from cold water deep sea sources are so important to cellular health that I would strongly advocate supplementing them. Fish oil containing EPA effectively counteracts the one negative thing that is found predominantly in red meat and egg yolks. Or you can cut out the red meat and eggs. Soy and vegetable sources of protein can work well, but even still I'd still recommend getting more EPA in your diet (EPA; an Omega-3 fatty acid --- eicosapentaenoic acid --- the best source of which comes from fish, visit <http://www.oceanesentials.com> for more information and clinical reports and such.. (Note: at the 6 month point I had my Cholesterol checked it had dropped to 163 from somewhere around 260)

Take some time and think about our ancestors, the Hunter-Gatherer, and what their life must have been like. A spring and summer of vegetables and green foods, supplemented, when they could be opportunistically found with small animals, (even insects) an occasional large animal (and a time for feast) but no or little grains / fruits (carbs) until fall and just at the end of the harvest, almost like a signal to start storing everything as fat, living off of the lean body mass which it no longer needed for the hunt preparing for a somnolent winter, and little food. The bounty of the harvest signaled times of feast and storing that fuel away as fat for the future when it would need that fat for survival.

Those of us with a strong survival mechanism have a very efficient way of storing excess food as fat to get us through those hard long winters. In any case paleontological evidence shows that the hunter-gatherers were tall, had strong bones and healthy teeth --- with the advent of agriculture, man shrunk in height, had weaker bones, and teeth decay. All indications are that when mankind veered away from our ancient hunter-gatherer diet (Some Protein and lots of vegetables, with a small amount of Carbohydrates) into an agrarian diet (lots of carbs {grains,} and occasionally some protein) we had more disease and poorer health.

To give you a different frame of reference this is what Nutritional Wisdom, Inc., a health food store, says about the diet (Quote):

#### **What is a low carbohydrate, adequate protein nutritional structure?**

It is a plan that structures eating choices around the selection of lean protein sources focusing on: fish, soy, poultry, low fat dairy and lean red meats. This diet is high in fibrous, crispy vegetables and fruits such as green beans, cauliflower, broccoli, asparagus, peppers, spinach, lettuces, berries, cherries, grapes, melons - just to name a few. The low carb plan allows, but limits portion sizes of starchy vegetables such as potatoes, carrots, beets, and beans/legumes. Sweets and sugary foods are eliminated with the exception of small portions on occasional "diet holidays". The focus is on healthy choices of fats such as raw nuts, seeds, nut butters, olives, olive oil, nut oils, some butter, fish oils, flax seed meal, while avoiding fats such as trans fats (partially hydrogenated fats), fried foods, excessive saturated fats and margarine that contain trans fats. The focus is to have a protein source at each meal along with the vegetables, fruits and fats as mentioned above.

#### **What are the health benefits of a low carb style of eating?**

A diet such as this will lower insulin levels, which will have a positive influence on many chronic diseases and related health problems. The ultimate goal of a low carb nutritional structure is to lower insulin levels, thereby restoring and maintaining your health and fitness. In summary a low carb nutritional structure allows your metabolic rate to stay high, satisfies your appetite and your lean body mass is preserved.

#### **What can you look forward to by following a low-carbohydrate diet?**

- Lower total cholesterol levels
- Lower triglyceride levels
- Higher levels of "Good" HDL Cholesterol
- Reduced risk of heart disease
- Lower blood pressure
- Decreased incidence of gout
- Lower and controlled blood sugar levels
- Lower incidence of type II diabetes
- Diminished gastric reflux/heart burn
- Diminished incidence of PCOD ?
- Permanent weight loss
- Improved mental clarity

- Sustained physical energy
- Decreased chance of contracting illness and disease and the need for drugs

#### **Who should follow a low carb nutritional structure?**

About 75 percent of the population has some level of insulin resistance and/or related health problem. If you are not happy with how you look, how you feel, if you have a major health condition related to increased insulin levels, then you could probably benefit from a lower carb diet. If you are in the 25 percent that does not have insulin resistance and you are happy with how you look, how you feel and do not have any health conditions, then by all means continue with the nutritional plan that you are following.

#### **Is there anyone who should avoid the low carb way of eating?**

If you *already* have kidney disease, then you need to be more careful with the amount of protein you eat. Every adult requires at least .6 GMs of protein per pound of lean body mass as a minimal intake per day. This allows the body to maintain itself.

#### **Some Myths regarding low carb diets:**

- *Increased protein causes cancer*  
Insulin is a growth hormone, believed to increase breast cancer and prostate cancer. Zinc is known to decrease cancer (especially prostate) and meats are high in zinc. Insulin being a storage hormone will also store toxins, chemicals and hormones in the fat tissues of the body.
- *Increase protein causes osteoporosis*  
This has more to do with the pH of the body after ingesting food. This nutritional structure stresses the importance of taking in abundant fibrous vegetables and fruits. These foods which are more alkaline in nature balance out the acidity of animal protein foods.
- *Kidneys are stressed from increase intake of protein*  
Truly a myth. If you have existing kidney disease you do need to be more careful about dividing your protein into smaller portions, drink plenty of water and monitor your kidney function with creatinine and micro albumin levels.
- *Lower carb diets will cause muscle wasting*  
Low carb along with adequate protein will allow the lean mass to be healed, repaired and the protein used for the production of hormones, enzymes and other vital components of metabolism. The stored fats will be used as your primary fuel source and the intake of some carbs will be used for glycogen stores and brain function.
- *Essential amino acids and essential fatty acids are taken in through our diet*  
The body cannot produce these on its own. There are no essential carbohydrates that the body has to take in.

#### **More about Protein...**

Next to water, protein is the most plentiful substance in the body.

Protein is the fundamental structural material of every cell in the body. It not only makes up the bulk of the muscles, internal organs, brain, nerves, skin, hair and nails, but also is a vital part of regulatory substances such as enzymes, hormones and blood plasma.

All protein, whether in our bodies or in the food we eat, is made up of building units known as amino acids. These amino acids are joined in unique chain sequence to form specific proteins. There are 22 common amino acids, all of which are vital to human-life and health. Nine amino acids are classified as essential because the body cannot manufacture them. Foods that supply all the essential amino acids are called complete proteins.

#### **Complete protein foods include:**

- Eggs
- Milk
- Cheese
- Meats (beef, pork, wild game, lamb etc.)
- Poultry
- Fish
- Soy based foods

#### **Incomplete protein foods include:**

- Grains
- Legumes
- Beans
- Nuts
- Seeds
- Some vegetables and fruits

#### **What is fat?**

- Most highly concentrated energy source
- Provides essential fatty acids
- Slows the process of digestion
- Decreases hunger between meals

Essential fatty acids must be obtained from food sources since the body can't metabolize them. There are three essential fatty acids: linoleic, linolenic, and arachidonic. These fatty acids serve functions related to tissue strength, cholesterol metabolism, muscle tone, blood clotting, and heart action.

The best sources of cooking oils are from monounsaturated fats. These oils can be heated without damaging their structure. The best choices are unrefined, cold-pressed, extra virgin forms. It is best to store oils in the refrigerator to avoid becoming rancid.

Saturated fat is a more solid, heavy fat, such as meat fats. Saturated fats are of animal origin. Unsaturated fat is less heavy, less dense, such as a liquid oil.

Unsaturated fats are divided into two categories: monounsaturated and polyunsaturated. Monounsaturated fats are olive oil, peanut oil, canola oil (rapeseed), almonds, pecans, and

avocados. Polyunsaturated fats are the vegetable oils: safflower, corn, cottonseed, and soybean. Fats from plant sources are usually unsaturated. Exceptions are coconut oil and palm oil, which are saturated. "Hydrogenation" is a process where unsaturated oils have been converted to a more solid form of fat to increase shelf life. (End quote)

Don't take my word for any of this go check it out yourself. Better yet, try the diet for a month, and listen to what your body tells you by the end of the month. Based on "race," this may not work for you, for example Orientals seem to do better on the high Carb diet. But if you have been struggling or playing the yo-yo game --- try it for a month. If you don't go the full month you won't really know if it is or is not for you. 42~48 days is the real measure. What have you got to loose? (Other than some fat? High blood pressure, headaches...)

If emotional hang ups are contributing to your weight gain contact Eldon at [I-Can-Soar@home.com](mailto:I-Can-Soar@home.com) The Circles of Life program which he teaches may be as untraditional as they come. But their effectiveness, at least for me personally, is unbelievable. I gained more in one weekend class than I had in the past decade of monthly seminars, hundreds of books and a mountain of audiotapes on Positive Mental Attitude and Self-Help. Unlike most systems, the tools provided by this class have remained effective long after the class was over.

The original source for the basic diet came from "Protein Power" by Michael & Mary Eades, M.D.'s (which you can find at any bookstore or at <http://www.amazon.com/exec/obidos/ASIN/0553380788/the flirtation eff>) However, I modified it slightly with information that I have gleaned over time and from personal experience.

As an update, after almost 6 months, and having passed the halfway point to my personal goal of 20% Body Fat, (around 65 lbs lost!) and in spite of my repeated attempts to sabotage myself. The diet, or for me a *way of life*, is still very easy to follow, my wife is just days from reaching her halfway point, so it has been effective for her as well, but women seem to go slower than men, but they do get there! Still no "Hunger" (with a capital H,) like I had on previous diets, and we are enjoying what we eat. Carbohydrate addiction is real and can reach out and grab you when you least expect it. You will need to watch out for this the rest of your life. (I know I tried just a taste---, and before I was done I was wolfing pieces of cake down.) Be warned! However, it is getting expensive to keep in clothes, and I have to keep drilling new holes in my belts, but I can live with those problems.

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# Diet Basics

- **Drink Water!**

- At least 8 glasses per day, Sodas do not count! Stay away from even the diet drinks! I'd suggest that fruit drinks, lemonade, and such are no longer part of your permanent diet. Drink water instead. (note: I really think this is key!)
- Drink one glass of water before each meal, and a half a glass afterwards.  
Drink one glass of water before you eat a snack (If you feel hungry between meals the odds are that you are really thirsty, so water first and then snack later --- if you still feel hungry.)
- If your tap water does not have a good flavor -- get a filter, Consumers Report's top choice is found at [quixtar.com](http://www.quixtar.com) (<http://www.quixtar.com> enter *Water Treatment* into the search window.) delivering 1250 gallons / year on one cartridge.
- NO caffeine! One dose of Caffeine stimulates Insulin production for over 18 hours! The reason this diet works is that it lowers blood serum Insulin levels, which also helps with a whole bunch of other health threats, like high blood pressure high cholesterol levels, and diabetes type II.
- NO aspartame! Or as close to none as is practical, it increases your appetite so you eat more, makes you crave sweets, and increases insulin production. Caffeine and Aspartame together pack a hard one-two punch, that takes you out of the game for good!

- **Count your Effective Carbohydrates!**

- An effective carbohydrate (Carbs) is the amount of Carbohydrates less the fiber, in grams.  
(I.E. 5 grams of Carbohydrates and 3 grams of Fiber in a food, equals 2 grams of Effective Carbohydrates.)
- 35 Grams per day, for 30 Days, then 55 grams per day until you reach your goal.
- After you have reached your goal, add Carbohydrates into your diet at a rate of about 5 Grams per day each week until you stabilize. (I.E. 60 grams the first week, 65 the second, 70 the third...) You will probably stabilize at around 100% to 130% of the amount of protein you should consume for your lean body mass. (Remember to shoot for percent body fat, not weight as your goal. Go on how you look and feel!)
- That means NO Sweets, NO Soft Drinks, NO Doughnuts, etc. until you stabilize, and then watch it. You can splurge occasionally, but you may need to go back on the basic 35 Carbs diet for a few days after a splurge.

- **Count your Protein!**

- Get your minimum amount every day for your lean body mass -- around .6 (6/10) ~ .8 (8/10) grams per pound of lean body mass (for example at 6' 2" and big boned I get 100 grams a day, my wife is at about 60~70 grams minimum) Find your body fat using a scale such as the Tanita® Body Fat Monitor/Scale (\$80 at <http://www.quixtar.com> enter Tanita in the search window.) As an alternative most wellness clinics, or your personal Doctor can test you. (I have a limited number of fat calipers on hand, send me \$10.00 to cover postage and such and I'll send you one, if you want to check it by hand.)

- **Fat is OK!** Choose the right types of fat, and keep it low to moderate.

- Don't make a big deal out of the fats, you don't have to count them, but don't go wild either.
- Choose the ones that contain Omega 3 Fatty Acids: Butter! (yes!), Nuts (watch the cashews), Olives, Avocados, Olive Oil.
- EPA/DHA comes from cold-water fish oil, it is proven in clinical studies to reduce heart attacks --- take a supplement like "Heart Health" from <http://www.oceanessentials.com> if you don't have three servings of fish a week. (Around my house we could use their "Brain Health" supplement as well <grin> ...) Plus it counter acts the negative arachidonic fatty acid found in red meat and egg yolk.
- Consider supplementing Evening Primrose oil (<http://www.quixtar.com>) for GLA and Linoleic Acid to shorten or stop plateaus of weight loss, and to compliment the EPA (Also it is very good for women, and their special needs.)
- Meats that contain fats like Bacon and Sausage and such are O.K., but keep an eye on your fats. Don't consume them indiscriminately. (Note: Trim as much fat as possible from red meats.) The Supplement Support Pack from Nutrilite (<http://www.trimadvatage.com>) will help reduce the caloric effect of fats, if you feel that is required. Calories are calories so make your fat calories count on good fats like Olives and Nuts and such.

- **Vegetables are great!**

- Most Vegetables are unlimited, but watch the Carbs!
- Corn, beans and potatoes have a lot of Carbs so hold off on those until after the first 30 days.
- ONE slice of bread contains over 1/3 of your whole days Carbs. Take it easy on things with flour!
- Fruits are good in moderation, some --- like strawberries and melons have very few Carbs, but a lot of flavor.

- **Supplement your micro-nutritional needs!** (Especially during the first 30 days!)

- If you take a vitamin and do not feel more energy, change supplements. The only vitamin that I have ever felt a boost with is Nutrilite's Double X multi-supplement, and I have tried them all, --- well all that I have heard of ....
- You can adjust your vitamin supplementation according to how you feel after the first 30 days, but it is very wise to continue supplementation until after you reach your goal, and are stabilized and on the maintenance diet. Even then I would consider a good high quality supplement considering the high stress environment that we live in. Most of us just can't consume enough veggies to give us the micronutrients that we need for our stressful lifestyles. A good diet, get enough sleep and lower your stress level and you won't need the supplementation, or not as much anyway.

- Use a top quality Vitamin from *vegetable sources* such as Nutrilite's Double X, (a multi-vitamin and mineral supplement with phytonutrients and herbs <http://www.nutrilite.com>)! Vitamins like One a Day and such do nothing for you; if you are not going to supplement, increase your Vegetables by double! (But keep an eye on those Carbs.) Consider Calcium / Magnesium and Vitamin C at a minimum. Many herbs and such can help with bone density loss and other problems.
- Keep an eye on your Potassium levels as the diuretic effect of the diet can lower your potassium levels too far. Morton Un-Salt (Potassium Chloride) is a good choice to help keep the potassium levels up. Or if you use a Water Softener use Potassium Chloride to recharge the water softer.
- The Supplement Support Pack (<http://www.trimadvantage.com>) contains "ingredients that help process sugars and carbohydrates more efficiently, reduce fat and increase lean muscle mass." It also helps with appetite control.
- **Deserts!**
  - Fruits like Melons, some berries and such, but keep an eye on the carbs and have desert well before bedtime. Carbohydrates affect the release of Human Growth Hormone (which is helping to correct the Fat / Lean body mass problem) by suppressing its release an hour after you go to bed.
  - <http://www.trimadvantage.com> has an Orange Drink that can be made with ice into a smoothy. This makes a great tasting desert with 15 grams of protein, but only 4 grams of Carbohydrates and 6 grams of Fiber (a negative two Carbs?).
  - Cut the Chocolate Mint or the Fudge Protein bar up into chocolate kisses for a desert (<http://www.trimadvantage.com>)
  - Aspartame, if misused, can have extremely negative side affects, especially when combined with caffeine; it is best to stay with natural sweeteners like fructose and such. Even sugar is better --- in moderation.
- **Snacks!**
  - If you are hungry, EAT! --- hunger causes binges. Drink water first, as most likely you are thirsty rather than hungry, (80% of Americans are sub-clinically dehydrated, and just 2% dehydration can affect your thinking.) If after a drink you are still hungry --- eat a snack, chew on some Jerky, eat some string cheese, piece on the chocolate mint or fudge protein bar (<http://www.trimadvantage.com>) --- low Carb / high Protein stuff.
- **Sleep!** 8 Hours worth.
  - Preparation for the diet should include getting eight hours of good sleep every night for one week before you start. The first week will leave many people tired and exhausted as the body switches from Carbohydrate burning to Fat burning mode. Plus good sleep habits increase the natural release of Human Growth Hormone (HGH), which builds the lean body mass essential to creating a lasting change of body composition. HGH is released after the first hour after going to sleep and during the 4<sup>th</sup> stage of sleep (that last hour of REM sleep). Too many Carbohydrates in the blood stream will suppress the first release, and insufficient sleep will prevent the second release from happening. Dr. James B. Maas, author of *Power Sleep*, states that "Between the seventh and eighth hour is when we get almost an hour of REM [rapid eye movement] sleep, the time when the mind repairs itself, grows new connections and puts it all together. REM sleep occurs about every 90 minutes, and the periods of REM sleep get longer as the night progresses. If you're a six-hour sleeper, you're missing that last, important opportunity to repair and to prepare for the coming day."
  - HGH is also released one hour after exercising --- so NO carbs after exercise. Eat a Protein bar (<http://www.trimadvantage.com>) instead of carbs before/after exercise. (Also good for a quick meal on the run, or to give a chocoholic a fix.)
  - HGH release stimulators are now available, but they are expensive (around \$70 a month <http://www.vitamincart.com/Pro-hGH/ProHgh.htm>) and their safety has not been adequately proven. However, early clinical studies indicate that it is more effective than HGH shots, which created huge gains in lean body mass and a general shift in metabolism towards a more youthful period in your life.
- **Exercise!**
  - Lift weights; try to build your lean muscle, rather than just aerobic exercise. If your body fat percentage is not corrected your weight will remain unstable. This is a MUST! If you are just starting an exercise program consider crawling on all fours to start with. Crawl 15 seconds a day and increase it by 5 seconds a day --- when you can crawl without raising your heart rate, until you can crawl for say 5~10 minutes --- without raising your heart rate. Then start your weight lifting and aerobics program. If your nervous system is not in shape to begin with it will take a lot more exercise to get in shape, so get the nervous system in shape by crawling first. If you have to stop and think about how to crawl, or your heart rate elevates when crawling contact Eldon at [I-Can-Soar@home.com](mailto:I-Can-Soar@home.com) he has a system than can help you re-coordinate that right / left brain activity in just a few hours.
- **Fiber**
  - Shoot for at least 25 grams of fiber per day.
  - Remember Carbohydrates are counted as Carbohydrates minus Fiber. I.E. 3 grams of Carbohydrates and 2 Grams of Fiber means that you only count 1 gram of Effective Carbohydrates (Carbs).

Some of the sites require a password to enter. However, anyone can shop the sites by registering for free, (The access code, to allow you to create your own personal account is, 2169527.) However, if you plan on spending more than a few hundred dollars a year, consider a membership – similar to the way Sam's Club and Costco works. Details are on the site (click where it says USA in the visitor area) **Questions?** Feel free to write me --- [mike@newson.com](mailto:mike@newson.com)