

WEIGHT LOSS TIPS (also improves energy and health)

I tried many things but what worked very well for me is based on the advice of Dr. Tom Cowan and Nutritionist Alana Sugar. Insulin is what causes weight gain.... So to lose weight do the opposite--- keep insulin as low as possible. You can lose weight quickly.

Do eat:

Good saturated fats, such as cream and butter, which make you feel satisfied and full
Proteins as you like, including beef, pork, poultry, seafood, cheese, eggs, etc
Lots of non-starchy vegetables.

Avoid:

Starches such as grains, breads, crackers, pasta, beans and starchy vegetables like potatoes.
Sugars and sweets (sucrose) ., including juice and sweet sodas, and chemically sweetened soda
Milk (lactose) yogurt , cottage cheese
Don't eat much fruit, (fructose)one piece of citrus if you need, or berries, but not big sweet fruits, like bananas, apples, pears.

Some examples to enjoy:

Cream soups
Nuts, seeds like sunflower seed.
Coffee with cream, but no milk so no café lattes.
Bread that is 100% sprouted is ok. Look in the freezer section.
The only grain permitted is whole brown rice, roasted to tan color in a skillet, then cooked for 45 minutes, one cup rice to three cups broth or water. This makes it digest like a protein.
Breakfast ideas: Eggs with cheese, tomatoes, mushrooms, peppers, onions or rice cooked as above with berries, nuts, and cream.
Lunch or dinner idea: Beef, broccoli with cheese sauce, sautéed tomatoes and onions, salad or begin with a cream soup

--- Eat a healthful lunch and dinner with protein, non starchy vegetables, and fats. Our bodies have an inborn mechanism that prevents us from eating too much fat and protein, according to Dr. Tom Cowan, MD. After all, how many eggs can you really eat? But we have no mechanism to prevent us from overeating carbohydrates. There are three kinds of carbohydrates: sweet (fruits), starchy (grains, potatoes) and non-starchy (vegetables). Eat from the non-starchy vegetable group. Never eat processed food.

---Use the fats your great-grandmother used if she lived on a farm. They were butter, lard, chicken fat, olive oil, coconut oil, depending on where she was from. Eating good fats gives us a feeling of fullness and satisfaction. Put butter on vegetables and enjoy a rich gravy or sauce with foods. Good fats also help our bodies absorb fat soluble vitamins A, D, E, and minerals. To lose weight , avoid too much olive oil.

-- This way of eating helps keep blood sugar steady and insulin levels low; insulin encourages fat storage. Our bodies evolved to slow down our metabolism, if calories were scarce, so don't skip meals. That also prevents blood sugar crashes and hunger.

--- Remove from the house all sugar, cookies, candy, processed boxed cereal, crackers, pasta and breads from the house. The only exception is a minimal amount of sprouted grain bread. You could try Shiloh Farms sprouted spelt flour, which digests like a vegetable. There is a wonderful muffin recipe on the package, however, reduce the sweetener. If you need a cracker for your butter or cheese, make some with sprouted flour, using the recipe in *Nourishing Traditions* by Sally Fallon.

---Conquer food cravings by eliminating the causes. Many people have cravings for sweets and bread, caused by yeast, parasites, bacteria, or fungus. These microbes live on sugar and seem to be screaming for it. A natural health practitioner can suggest probiotics which will increase good bacteria which will kill the bad. For fungus oregano can be very effective. When cravings are eliminated, you will be able to stop eating sugar and bread that feed the bad bacteria, fungus, and yeast.