

Clinical Facility  
& Proving Ground

Founder, Formulator,  
Chief Science Officer

R&D and  
Manufacturing Division

# The ARTC Healthy Eating & Lifestyle Reset

**Our Foundation Plan used in  
All of Our Programs including  
Age Reversal, Chronic Pain Relief,  
Gut Restoration, Metabolic Balancing,  
Peripheral Neuropathy, Weight Loss,  
Body Sculpting Programs & More**

Developed by  
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**The Nutrition Ninja Doc**  
[ARTC.health](http://ARTC.health) [MyBodySymphony.com](http://MyBodySymphony.com)

**True health is about BALANCE, ADAPTABILITY, & RESILIENCE.** There are many factors that influence our health and **proper nutrition is one of the most important & fundamental.** Proper nutrition provides both the energy & substances needed for the proper maintenance, repair, and rejuvenation of our bodies. **Exercise is another vital component.** The debate over which of the top two, diet or exercise, is the most important has raged for decades with no end in sight. There really doesn't need to be such a debate or dilemma, they are both absolutely vital. No one can achieve or maintain optimum health without BOTH of these areas being used synergistically.

Perhaps the **third top component involves our mental attitude or mindset.** Good nutrition is vital to produce the neurotransmitters and hormones that help our brains to function optimally. Exercise is vital to maintain proper circulation, nutrient delivery, and brain function. There are many things that interfere with obtaining proper nutrition, exercise/activity, and maintaining a healthy mindset and ultimately, they are all interdependent.

**A simple way of looking at the many potential things that interfere with attaining and maintaining 'True Health' is to examine how our diet, activity, and mindset have changed over the course of our existence on the planet.** Although there is no way to be certain about how our mindset has changed, we can speculate that it has shifted from one of a combined personal & family or tribal responsibility to one that is both much more 'me focused' and 'externalized' at the same time. The 'me' focus is natural, it is at the heart of survival, however, in the past that also meant the survival of your tribe. This 'external' focus is a result of all of the relatively 'newer' technologies that have taken our attention from self and tribe to 'other things.' Everything from books, radio, television, movies, video games, the quest for material possessions, etc., etc., have disconnected us from our true selves and made us into 'human doings' instead of 'human beings.' This is probably not the time or place to open that bag of worms, so I'll just leave it as an interesting observation that in some small way helps to explain why we have gotten so far off of the path of following a healthy, nature-based lifestyle.

**We have a much better sense of how our diet and activity levels have changed than how our mindsets may have changed.** Our modern, advanced technological 'skills & tools' have led us to largely destroy the soil from which all life arose and depends. We have degraded the quality of our food while radically increasing its availability. These have contributed to our current state of **being overfed yet undernourished.**

**Additionally, our application of modern technology has eliminated most of the physical labor and activity that was once required to survive only to make us less likely to thrive.** We are simply not ADAPTED to sit and stare at screens all day. As I sit and work in front of a screen while writing this, I'm not so sure how to change that. What we can and must do, however, is compensate for it by regular & frequent bouts of activity, movement, and exercise.

**Our food is far less nutritious, overly processed, and devoid of the rich nutritional qualities that helped us to thrive as a species. Our current lack of activity and need for physical work has necessitated the addition of exercise to help compensate.**

We are **deluded** into thinking that our modern lifestyles are healthier because we live longer. In reality, that isn't even entirely correct. We certainly do live significantly longer on 'average,' however, that is mostly due to

statistical artifacts related to dramatic reductions in the infant mortality rate and death due to various childhood diseases. In reality, once a person reaches their 40s, their life expectancy is only a few years longer than a similar person a couple of hundred or a couple of thousand years ago.

**The ARTC Nutrition System is focused on enhancing overall health. That includes addressing the premiere health challenges of our time, being overweight, obese, and/or diabetic. It is imperative that we address these issues to have any chance of achieving True Health.**

**Losing excess body fat is no joke.** In fact, it is one of, if not the hardest things, in medicine & health care.

**Why has being overweight, more specifically overfat, become such a major issue?** There are many experts with various opinions as to what the major factors are that have caused the current worldwide pandemic of overweight and obesity, however, there is still no consensus. Not that a ‘consensus’ really matters. **If history has taught us anything, it has taught us that the consensus and conventional wisdom is almost always wrong.** Think about it. Just because the current so-called or self-appointed experts agree does not mean anything other than that they agree. History has shown us hundreds of times how the experts of a given day were completely convinced of X, only to be completely disproven and replaced by Y, after a new discovery or breakthrough. One of our biggest follies is thinking that NOW we have it right because we are so much ‘smarter’ and more advanced than ‘they’ were just a few years or decades before. But I digress...

## **Healthy Eating & Lifestyle Reset**

**Do YOU need a Healthy Eating & Lifestyle Reset? Do we ALL need one?**

Collectively, **we are the sickest & weakest generations that have ever existed on the planet.** Our over reliance on technologies has allowed us to alter our environment rather than properly adapt to it. This has led to a series of metabolic dysfunctions or **mal-adaptations** which have led to widespread increases in chronic disease.

What we need to examine as objectively as possible is simply this. **Are we healthier and happier than our ancestors? Are we more or less adaptable?** Having more stuff is fine as long as that translates into leading a fulfilled life, a life with meaning, joy, and love.

Obviously, we have more ‘stuff’ than our ancient ancestors did but I doubt that most people are healthier, happier, and more fulfilled.

**Our nation and the world continue to face serious health challenges and we are not addressing the causes of most of them.** Most people, including health care providers, are operating under the huge misconception that we are getting healthier. Nothing could be further from the truth although the data is often manipulated to make this appear to be so.

**The death rate from communicable diseases has steadily declined over the past several decades.** That was at least true until this ‘Great Reset’ we find ourselves in. This is not the place to go into depth about why the great reset appears to be artificially driven but that clearly appears to be the case. As a result of the huge spike in ‘classification’ of deaths due to a virus that has not been properly identified and tests that can’t possibly be accurate without such identification, the ‘numbers’ of communicable disease ‘cases’ and deaths will likely jump

in new data reports. Since first writing this a few years ago, the data clearly supports my predictions and are even more interesting... There was NO increased death rate in 2020 associated with the so-called ‘pandemic.’ There was, however, a huge spike beginning in 2021 after the introduction of the so-called vaccines that do not fit the prior definition of vaccine. Yes, I have been and will be branded as a covid denier, not because I say there was no virus, there may have been, but rather because I did not buy ANY of the fake science or political nonsense associated with whatever it was. It, whatever it was, turned out to be less lethal than the flu although the numbers are vastly misrepresented and miscategorized based on useless tests and policies to create compliance with a vaccine that was neither safe nor effective.

Most of the deaths that were attributed to the virus were simply recategorized as such but were actually due to chronic preexisting conditions vs a communicable disease. It is difficult to say if this was done intentionally or not at this point but if it looks like a duck, walks like a duck, and sounds like a duck, it’s probably a duck. You will have to use your own judgement to decide what it is.

Back to the point at hand. **The incidence of chronic diseases as part of the overall Burden of Disease has risen significantly over the past 30 years.** There are many peer-reviewed references and confirmations that are readily available on this with some simple online searches.

**There is a long list of conditions that have seen dramatic rises in incidence over the past few decades** as elaborated on below. They are indicators of our need for a major ‘Nutritional & Lifestyle Reset.’ This program presents an opportunity and a plan for such a reset.

**The incidence of the following diseases, mostly chronic diseases, has skyrocketed.** Childhood Bipolar disorders has increased by over **100 times** since 1990; Fibromyalgia by **77 times**; Autism by **21 times**; Celiac disease by **20 times**; Lupus by **7.8 times**; Hypothyroidism by **7.2 times**; Leukemia by **5.9 times**; Cataracts by **4.8 times**; Sleep apnea by **4.3 times**; Kidney disease by **4.1 times**; Diabetes by **3 times**; Alzheimer’s Disease by **3 times**; Depression by **2.8 times**; Panic disorders by **2.6 times**; Strokes by **2.6 times**; Obesity by **2.6 times**; Non-Alcoholic Fatty Liver Disease by **2.5 times**; Thyroid disease by **2.3 times**; Hypertension by **2.2 times**; Autoimmune diseases in general by **2.1 times**; with additional sharp increases in Erectile dysfunction, Sleep insufficiency, Insomnia, COPD, Asthma, Melanomas, and Irritable bowel disease.

**These dramatic increases in the incidence of all of these conditions help to confirm what many of us already suspected, we are NOT OK,** and it is time for people to understand some of the reasons for it. A toxic, nutritionally lacking diet is a significant part of the problem. **The SAD (Standard American Diet) is perhaps the most important place to begin** as it is a major part of the reason that the US in particular has not made similar strides in improving the health of our population as other wealthy nations in spite of spending far more on what is being presented as ‘healthcare.’

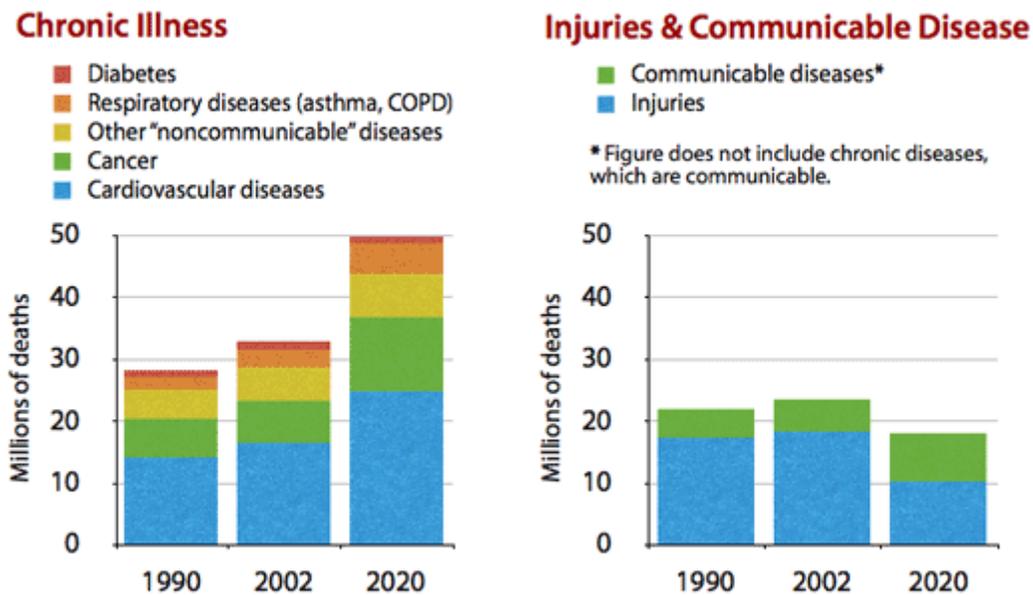
Although the problem goes well beyond the imbalances caused by the SAD (Standard American Diet), that is the most important place to begin fixing things in my humble opinion because **that is where we each have the greatest potential for control.** There are many things about our environment that we cannot control or fix quickly, but **we can control what we put in our mouths! Granted, even that is not an easy thing to do but it is a major control point.** We can’t clean up the environment in a year. We can’t stop climate change in a year (or ever in my opinion), we can only adapt to it. We can’t right all the wrongs being done by those pulling the strings from above, but we can do our best to right the wrongs that take place in front of us.

**What we can do with absolute certainty, however, is control what we choose to put into our mouths each and every day. We can also choose to exercise & become more active, to get out in the sunshine and relatively fresh air. We can learn to breathe properly and take control of our health.** From there, everything else can begin to be resolved as the other issues require sustained effort and focus. We will only be able to properly exert that focus and sustained effort once we take control of and restore our basic biology & physiology. That requires a steady flow of the right nutrients, including oxygen. It also requires reducing and eliminating all the crap that most people shovel into their mouths on a regular basis.

This program is not about politics, but I will say something very briefly about the ‘Great Reset’ that is being forced upon us. Do your own research and do not listen to what the media, government, OR the various polarized groups have to say. They are ALL badly biased with ulterior motives that have nothing to do with getting to the truth. Do your own research. Use your critical thought abilities. Put the pieces together and stop being a sheeple and a collaborator. The lies we are being fed about the pandemic, the great reset, building back better, climate change, transhumanism, gender identity and on and on, are mostly about distracting us. We are like the cats in the videos chasing the laser pointer. WAKE up and think for yourself!

**There are dozens of official organizations, medical journal articles, and websites providing the details about the sad state of both the US and World’s health when it comes to chronic disease conditions, but it can take some work to sift through the data and interpret it. Here are a couple of charts from such sites.**

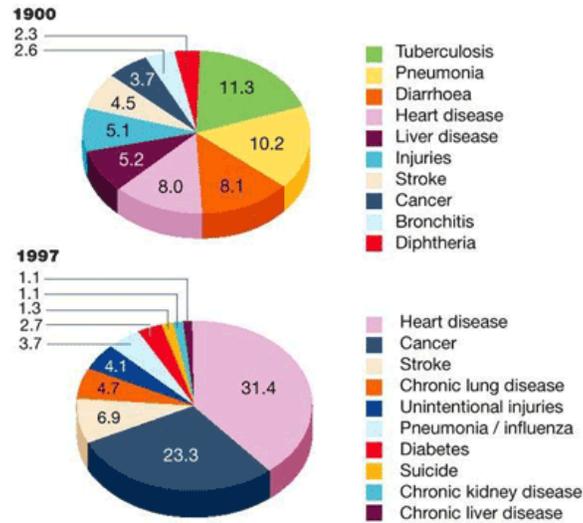
### Annual Global Mortality, by Category



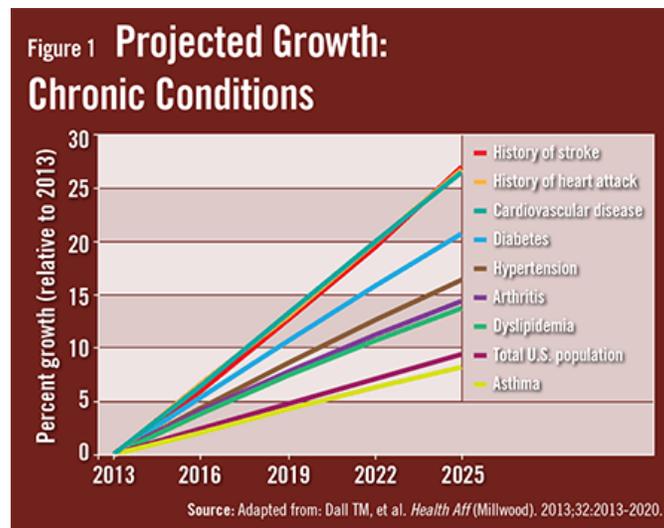
Source: Yach, D. et al. JAMA 2004;291:2616-2622.

This chart clearly shows the increase in chronic diseases from 1990 through 2020.

## The ten leading causes of death in the United States in 1900 and 1997



This chart shows that the increases in the incidence of chronic diseases have been climbing dramatically since 1900. We have shifted from more acute, infectious diseases to chronic diseases.



This chart shows the projections for the expected continued increases in several of the major chronic diseases. Even the experts in the conventional medical arena realize that they are not really doing anything to reverse these trends. They are focused on chronic disease care & management, not on health care and health promotion.

### Back to Weight Gain and the associated underlying metabolic imbalances that are contributing to it

Back to the problem at hand, weight gain, obesity, and the metabolic derangements that both lead to it and result from it. As in most complex problems, there are multiple, interrelated factors that will vary somewhat from person to person. **What we do know for certain, however, is that being overweight, overfat, and obese have become the norm in most modern societies and it is driving the rise in multiple additional chronic health challenges.**

## **Some of the top candidates for contributing to our skyrocketing weight problem include:**

1. Poor lifestyle choices and habits. Eating too much of the wrong foods and being inactive.
2. Highly processed foods.
3. Excessive consumption of refined sugars, grains, & carbohydrate foods.
4. Excessive consumption of HFCS (high fructose corn syrup).
5. Multiple nutritional deficiencies.
6. Disruption of a healthy microbiome including elevated levels of yeasts like Candida.
7. Lack of proper levels of activity and exercise.
8. Excessive levels of stress & cortisol.
9. Altered, ineffective sleep.
10. Food cravings associated with various brain-based food cravings or addictions.
11. Toxins that can contribute to weight/fat gain via several mechanisms.
12. Disrupt to or imbalances of our endocrine (hormonal) system.
13. Elevated fat-soluble toxins that are stored away in fat reserves.
14. Food sensitivities.
15. Leaky gut syndrome.
16. Hypothyroidism.
17. Mal-illumination.
18. Extreme increases in manmade (non-biological) Electro-Magnetic Fields.

**To further complicate matters, our bodies produce over 20 substances related to regulating our ‘energy balance.’ Fat is the body’s primary depot of stored energy.** It therefore has significant survival value during times of food insecurity or famine. Our bodies have developed very intricate systems to help us store energy as fat and once stored, the body simply does not want to give it up easily.

**Anyone that tells you that weight and fat loss is easy, and fun is simply lying to you.** People are such suckers for sales pitches about how easily the weight will melt off with this or that special diet or supplement. Sure, there are easier and better ways to lose fat but ‘easy and fast’ simply do not apply in the vast majority of cases. Excess fat typically accumulates slowly and steadily over the course of many months and years. Losing the excess can be done much faster than it was gained but it does take a concerted effort.

**News flash! Let’s not play games or sugar coat things. That just leads to confusion and disappointment. Losing weight IS controlled starvation.** It may not be what you want to hear, but it is the truth. Why else would your body ‘give up’ stored energy or metabolic reserves? That being said, we can make the process easier and successful, but I hesitate ‘calling it’ EASY or effortless. I don’t want to rain on your parade or burst your bubble since weight loss (ideally fat loss) is an extremely worthwhile endeavor and is quite doable, but I believe it is important to be honest about the difficulty. If a person is convinced that a given diet is going to be easy, they will tend to develop self-doubts and frustration when it turns out NOT to be so easy. In my opinion this leads to many failed attempts and losing fat and getting in shape. People run into challenges and start having a lot of negative self-talk related to what a ‘loser’ they must be since they can’t do a simple and easy thing, like lose weight. The point is that I acknowledge how challenging the process can be and I want you to know that we are here to support you.

At this point **congratulations are in order!** If you've gotten this far, it likely means that you are committed to getting started with a weight loss program or body shaping program.

**This is one of the top & most advanced metabolic balancing (which includes weight (fat) loss) programs ever created (in my humble opinion) and one of the very few that also considers and focuses on optimizing overall health at the same time.** It is also one of the most realistic programs ever in that it does not promise you instant, fun, and effortless weight loss. It will work if you do the work. And, as with any plan, it may require some adjustments and tweaks along the way.

### **The most important factors for your success are the Right Attitude & Commitment!**

It is imperative that you start out with and maintain **the right attitude** to be successful. **Building health, which includes losing fat and keeping it off for over 75% of the population, requires making changes, often significant ones.** The bottom line is that if nothing changes with your Lifestyle, Diet, &/or Activity, then nothing will change with your Body or Health. Choosing to make a transformation requires that you make some changes. There is no magic pill, medication, or supplement that will melt the fat off, although there are many things that can help. Ultimately, it comes down to **proper planning, working on your plan, and persistence.** All of that takes **commitment.** You didn't put the excess fat on in a month and it is highly unlikely that you will get rid of it in a month or two.

### **Goals!**

**What are your health, weight, and appearance goals?** The simple reality of achieving most things of value is that **you must quantify what you want and set a specific goal** as to what and when you will achieve it. Take a few moments right NOW to identify what your goals are with regard to your weight, performance, & appearance. You can refine them in more detail later, so for now just begin with a more general outline or bullet point to give you something to start visualizing.

Virtually every successful coach will tell you that setting goals is an absolute must if you really want to accomplish something specific and significant.

**Goals are a vital starting point required to build a successful plan of action.** I won't say that it's all about goals, but that is where it starts. **A goal plus a burning desire to achieve it, along with a sound plan and commitment will allow you to accomplish just about anything.**

In the process of deciding on and establishing a goal, it's important to identify your **reason** behind wanting to achieve that goal. Without a reason, and a sincere desire, goals have little power. The reason and desire are what motivate you to create a plan and stick to it.

**The bottom line is that if you don't know what you want to accomplish and don't really have a reason for wanting to accomplish it, chances are you won't accomplish it. You will continue to have what you currently have or worse. Unfortunately, without a proper maintenance plan, you aren't even likely to continue to have what you have for very long. Hey, life can be cruel.**

As you know, there are all kinds of programs that you can follow or create. Some are good, while others... not so much. That's why many people consult coaches or experts for assistance.

After 40+ years of working with thousands of patients clinically, I can say that 95+% of all health, fitness, and appearance related goals can fit into just a handful or major categories. Weight loss is the most common one and is often related to the others.

**Interestingly, many of the same nutritional and exercise rules apply to most of the major health, performance, and appearance goals that people have. Interestingly, the amount and types of exercise will actually vary more than the nutrition will.**

**With regard to the nutritional components of a sound program, there are obviously thousands of products out there that are promoted to help you achieve better nutrition & weight loss. Some do help while others are completely useless. Over my 40+ years of working with patients I've identified several of the key components that can really help support a person in achieving their weight loss (and maintenance goals). A number of years ago I shifted my focus from clinical practice to developing superior nutritional products to help people achieve their health goals. Now I straddle both areas and continue developing products while also working with patients directly. This program incorporates several of those products along with some additional products that I have found to be especially helpful.**

**As with most things there are general rules and there are detailed rules. The old saying 'that the devil is in the details,' meaning that the details are the hard part, is very true.** Many people get stuck on making changes due to the complexity of the details. In an effort to help get you going asap, here are some QUICK START suggestions.

### **Quick start Suggestions:**

This will help you get started asap before reading through the entire program. I strongly recommend that you do read the program in its entirety to get a complete understanding of the details and rationale behind it.

1. Decide if you would like to jumpstart your progress by beginning with a 1-3 day fast. Only do this if your blood sugar levels are already fairly stable and you are not prone to bouts of low blood sugar. This is a sign of metabolic inflexibility, and it is best not to challenge your system by rocking the boat right out of the gate. Doing so can sidetrack you from getting going.
2. Review the Elimination Diet list of foods to eliminate and emphasize on page 22.
3. Create your shopping list of foods that you would like to have on hand from the foods to emphasize list and purchase them.
4. Minimize temptations from 'Foods to Avoid' by getting rid of as many of them as possible.
5. Get started! Between any 'jumpstart' fasting days and the following 21 days of the elimination diet you will have ample time to read through the ARTC Nutrition Program.
6. As you reintroduce and test foods that were on the avoid list you can begin adopting your new eating regimen, a 'Nutritional Reset' if you will. Unlike the 'Great Reset' that has been forced upon the world, this one will actually be good for you and will INCREASE your autonomy and control of your life, health, and longevity.
7. Remember, there is more to True Health than the food you consume. Use this opportunity to upgrade those areas as well. Lifestyle modification takes focused effort. Why not upgrade the following areas at

the same time you clean up and upgrade your diet? Exercise & Activity, Mindset & Attitude, Breathing Efficiency, Manage & Reduce Exposure to Environmental Toxins and Manmade EMF. More information on these areas will be added to future revisions. In the meantime, there is a great deal of information already available on each of these, just a google search away.

Now let us continue with some of the details about the various factors that contribute to the various underlying metabolic derangements that lead to most, if not all, of our chronic health challenges.

## **A Review of the Major Factors that Contribute to Weight Gain & Difficulty Losing Excess Fat**

Let's revisit the list from above. Please note that a full explanation of each factor could make up an entire book on its own so the explanations here will be quite abridged.

1. **Poor lifestyle choices and habits.** Eating too much of the wrong foods and being inactive.
  - a. This is pretty straightforward and self-explanatory, so we won't waste time and space stating the obvious.
2. **Highly processed foods.**
  - a. Although a small amount of 'processing' which includes simple things like sorting, cleaning, drying, dehydrating, salting, smoking, fermenting, pickling, refrigeration, bottling, packaging, freezing, and cooking also alters and to some degree damages the food or nutrients they contain, more extreme food processing methods can contribute to complete degradation of any nutritional value. Examples include irradiation, sterilization, pasteurization, high-pressure, high heat, extrusion, freeze-drying, lyophilization, use of a plethora of chemical additives, etc.
  - b. The point is that although many of these processing steps may have been developed for good reasons, there is a price to pay in terms of the quality of the final products. There are many studies that point to potential serious detrimental effects of many of the more extreme processing techniques. The primary benefit from many of these processes has to do with extending shelf life and therefore profits and zero to do with providing nutritious food that supports health.
    - c. The bottom-line recommendation is to avoid highly processed foods as much as possible.
3. **Excessive consumption of refined sugars, grains, & carbohydrate foods.**
  - a. By now most people are aware that the extremely high consumption of refined sugars is a problem. No need to beat a dead horse on that one, minimize consumption of refined sugars.
  - b. Grains are a bit different in that many people still believe that they are healthy & wholesome due to the huge amounts of advertising by the grain and processed food industries. Grains are not inherently bad for us, however, due to the high levels of processing that most of them undergo together with the fact that they are relatively calorie dense and nutritionally depleted leads to the problem.
  - c. Grains are plentiful and there are huge industries that have evolved to take advantage of the inexpensive calories and plethora of different processed foods that they can be used to make. On top of that, most of those foods have even more added refined sugars to lock in their addictive potential.
  - d. Inexpensive, carbohydrate rich grains have played a significant role in helping humankind adapt to challenging conditions and long winters, however, they are no longer needed for those roles. We have numerous other ways to maintain a steady supply of more nutrient dense foods throughout the winter months.

- e. Based on these factors, it is best to minimize the consumption, or completely avoid, all refined sugars, grains, and high carbohydrate foods PARTICULARLY while working to lose excess body fat and regain health.

**4. Excessive consumption of HFCS (high fructose corn syrup).**

- a. HFCS is an example of a highly refined food that can wreak havoc with our bodies and our health. Numerous studies clearly indicate that HFCS has great potential to cause us significant metabolic harm and may, in fact, be one of the primary contributors to the current overweight & obesity epidemic.
- b. Very simply, although fructose is a good thing when it occurs naturally in a plant in relatively small amounts, when it is refined, concentrated, and in high amounts, it is a problem. Additionally, when it occurs in a fruit, the fiber slows its absorption and therefore its presentation to the liver. When consumed in an unnatural, concentrated form as in HFCS (or Agave), it commandeers the liver's attention and the liver shifts all of its focus and resources to process it in preference to the dozens of other things the liver also needs to do. When consumed in the amounts it is currently (since it is added to all kinds of highly refined foods and beverages) it can create a major negative impact on our health AND make losing excess fat virtually impossible.
- c. Robert Lustig, MD is one of the best-known experts speaking out against the use of HFCS. A simple google or YouTube search will bring up his writings and videos on the subject.

**5. Multiple nutritional deficiencies.**

- a. Most people don't realize that, in spite of all our technological advancements and ready access to all kinds of foods all year round, that there would be widespread nutritional deficiencies among the general population.
- b. Although classic malnutrition (protein-calorie malnutrition) is not at all common in modern, industrialized society, several forms of it are rampant. Today we have a situation of being 'Overfed AND Undernourished' at the same time. Overfed with calories, especially carbohydrates, and undernourished with regard to many essential vitamins, minerals, and even quality proteins and fats.
- c. Nutrients work as a team to support the thousands of metabolic processes going on in our bodies 24/7. When one or several of those nutrients are missing or are in short supply, those metabolic processes become deranged. When enough metabolic processes become inefficient or deranged due to missing nutrients, cellular damage follows.
- d. One of the foundational goals of this program is to make sure you're getting sufficient amounts of all the key nutrients so your body's metabolic processes can function as they are supposed to.

**6. Disruption of a healthy microbiome including elevated levels of yeasts like Candida.**

- a. We now know that a healthy microbiome is vital to our overall health. The microbiome consists of thousands of different microbes that live in and on us. And no, we're not JUST talking about the microbes that live in our gut. There are microbes that literally live inside our tissues. Even more amazing, much of our DNA is microbial!
- b. Viruses are also part of us although they are not 'counted' as part of the microbiome since they are not alive. That doesn't change the fact that they are there and that they are supposed to be there. In fact, up to 50% of our DNA is VIRAL DNA. Fifteen percent of that is retroviral DNA. Apparently, viruses are one of nature's ways of providing 'software' updates to living organisms.
- c. Additionally, about 15-20% of our DNA is bacterial and another 15% is fungal in origin.

- d. The key to using the microbiome to our advantage is understanding that it is about balance. We once thought that taking high amounts of specific beneficial bacteria would do the job of creating and maintaining a healthy microbiome but we were wrong yet again. The key is to follow a healthy lifestyle while consuming real foods with sufficient fiber and naturally occurring microbes to allow for constant replenishment of our microbiome.
- e. With regard to weight issues, the research is very clear that various microbial strains support healthy weight while others lead to significant weight gain. One of the more common imbalances has to do with an imbalance where there is an increase in the amount of yeast, *Candida Albicans* in particular, occupies too large a percentage of the gut microbiome.
- f. *Candida* is a yeast-like fungus naturally found in the gut lining. A little is normal and OK, but an ‘overgrowth’ is not. Poor lifestyle habits and consumption of high amounts of refined sugars & grains are two of the major things that cause *Candida* to overgrow.
- g. When *Candida* overgrows it produces all kinds of substances that are toxic and lead to a cascade of deleterious responses including: sugar cravings, reduced thyroid function, liver stress, storage of excess toxins in fat cells (as *Candida* overgrows and produces more toxins, the liver is not able to keep up with detoxifying and eliminating them), increased size of fat cells, and more.
- h. One of the key points to understand is that as *Candida* overgrows due to an imbalanced microbiome, it produces up to 80 different toxins. Many of these toxins are fat soluble so, if the liver can’t keep up with detoxifying them, some will be tucked away and stored in fat cells to reduce the potential harm to the body. These fat cells become particularly resistant to breaking down and releasing stored fat since doing so will also release these toxins. This is one of the causes of ‘stubborn’ fat.
- i. We use a product called Cleanse from Blueprint for Nutrition in the beginning of our program to help kill off the *Candida* overgrowth. This will help to reduce sugar cravings among other benefits.

**7. Lack of proper activity and exercise.**

**8. Excessive levels of stress & cortisol.** Adrenal stress and cortisol are addressed a few times in this list of factors that contribute to gaining excess body fat and the challenges associated with losing it. This mention of stress & cortisol is to help reinforce just how big a role it plays.

- a. Stress is a poorly understood term for most. It indicates a state where the body, mind, &/or spirit are subject to elevated levels of potentially harmful stimuli (stressors) that are activating the body’s ‘stress response’ and thereby ‘over-stressing’ the organism. No wonder the term is confusing!
- b. The key point to take from this is that anything & everything is a potential ‘stressor.’ Even something as important and healthy as exercise is, by definition, a controlled stress placed upon the body to stimulate beneficial adaptation. And yes, exercise is mostly a very beneficial stress or, however, when done improperly and/or beyond the body’s ability to compensate or adapt to it, it then becomes harmful! So, virtually any stimuli that has the potential to support our health, can damage it if applied the wrong way.

**9. Toxins** that can contribute to weight/fat gain via several mechanisms including elevated fat-soluble toxins that are stored away in fat reserves.

- a. There are many sources of toxins in addition to those made by *Candida* as discussed above. We’ve created quite a toxic environment and have dumped tens of thousands of toxic substances into every conceivable place. We have polluted our air, water, soil, food, beverages, cosmetics, and pretty much

everything else so there's simply no getting away from them. The only thing we can do is to become aware of them, minimize our exposure, and optimize our body's ability to eliminate them.

- b. This program together with the eating principles, lifestyle recommendations, nutritional support products are all designed to help your body detox on an ongoing basis. There are also some more intensive detoxification practices that can be added periodically.
- c. Remember, when it comes to weight and losing excess fat, fat-soluble toxins stored in your fat cells can be a major reason that prevents you from attaining the goals you are looking for.
- d. A few of the things that are built into the program to help your body to eliminate toxins include:
  - i. A sound eating system that minimizes blood sugar spikes along with the insulin spikes and inflammation that typically follows.
  - ii. Clean, plant-based protein with fiber and added superfoods.
  - iii. Liposomal Vitamin C.
  - iv. Lugol's Iodine.
  - v. Zinc T&T.

**10. Disruption of & imbalances of our hormonal (endocrine) system.** The endocrine system produces and regulates a series of hormones that in turn helps to regulate our body's several thousand metabolic processes and pathways. Between poor eating & lifestyle choices together with the accumulation of toxins, most people's endocrine system is not working as it should. Here's a very brief overview of the typical problems and imbalances with emphasis on weight issues.

- a. **The adrenal glands** sit on top of the kidneys, they perform numerous vital functions. The function most relevant to weight issues has to do with cortisol production and the fight or flight response.
  - i. The fight or flight response is a major survival mechanism that almost instantly helps to prepare our body to fight or flee to protect our life. As you can imagine it is a powerful response that triggers a chain of physiological reactions that boost blood sugar levels to provide quick energy and prepares our muscles for action. All of that is great if we actually have to fight or flee for our lives. The problem is that, in our modern society, 95+% of the time this powerful response gets triggered, we don't actually have to fight or flee. This leads to elevations in blood sugar and insulin (and therefore insulin resistance) as well as chronic inflammation and muscles that are tight and primed for action.
  - ii. MANY people develop adrenal fatigue and ultimately adrenal exhaustion as a result of this constant activation of the fight or flight mechanism.
  - iii. Most will be helped by following the general principles as outlined below. Others may need and benefit from more specific adrenal support interventions.
- b. **The thyroid gland** is in our neck, it is the master regulator of our body's metabolic rate. The metabolic rate can be thought of as 'how fast' various metabolic processes are happening. Our body temperature is a simple reflection of this. When a person has an elevated temperature (as with a fever or exercise) it signifies that everything is happening at an accelerated rate. When the temperature is below 'optimal' it signifies that things are sluggish and happening at a slower rate.
  - i. The thyroid gland has been found to be harmed, thereby leading to reduced functioning, by a variety of things. Iodine deficiency is the most basic and important factors that leads to suboptimal thyroid function. Many studies have shown that virtually everyone in our society is iodine deficient and that as many as 70+% of the population has some degree of clinically significant under-functioning thyroid activity.

- ii. Note, however, that EVERY gland and tissue of the body also requires Iodine in higher amounts than people are getting. This fact is exactly why salt was ‘Iodized’ about 100 years ago. Iodized salt was the first widespread nutritional intervention ever undertaken and it did help to prevent one of the gross signs of iodine deficiency called goiter, however, it was not nearly enough to properly restore iodine levels to the body.
  - iii. For this reason, our program contains Lugol’s Iodine Solution for everyone. In some cases, additional thyroid support may be warranted.
- c. **The ‘gonads’** are the sex glands, ovaries in women and testicles in men. After the adrenals and the thyroid glands, the gonads are typically the next endocrine gland in line that takes the brunt of the stress caused by our suboptimum lifestyle choices and habits. Few would argue that we as a society are experiencing widespread sex hormone imbalances. Sperm rates have fallen by over 50% over the last few decades while female fertility has correspondingly plummeted. Men’s ability to get and maintain erections is at an all time low while many women have lost interest in and enjoyment of sex. All of these are related to imbalances of the gonads and the various sex hormones that they produce.
- i. The delicate balance between **testosterone, estrogen, and progesterone** (among others) has been disturbed. All of the recommendations in this program will help, however, some may need more specific intervention.
  - ii. In particular, elevated estrogen relative to testosterone is very common in both men and women. Yes, both men and women have both hormones although at significantly different levels. To compound the problem, fat cells make estrogen further complicating and exacerbating things and making losing excess fat particularly challenging for many.
- d. **Additional hormones relevant to weight issues.** The body produces over 20 substances, many of which are hormones, whose functions involve either storing fat or maintaining it. Examples include ghrelin, leptin, adiponectin, insulin, and cortisol. They play complex roles in regulating hunger, appetite, cravings, energy balance, and fat storage. Most significantly, when they are out of balance, they cause increased hunger & appetite, reduced energy levels, and various food cravings.
- i. **Insulin:** This is the body’s master storage hormone. It is secreted when we eat with certain foods causing more release than others. The more the blood sugar spikes, the more insulin will be released. Since most people with weight issues consume WAY too many processed sugars and grains which are among the biggest stimulators of insulin release, most of them become ‘insulin resistant.’ This is the primary underlying mechanism that leads to chronic overweight, obesity, chronic inflammation, insulin resistance syndrome, and ultimately diabetes.
  - ii. **Cortisol:** Although this was already addressed somewhat previously it is definitely worth mentioning again due to its major, complex role in weight issues. Due to our modern, chronically stressed lifestyles in today’s hectic world, cortisol tends to be chronically elevated but eventually declines. A gland can only work so hard. When stressed it will overproduce its hormones as long as it can but eventually becomes depleted and burns out. Adrenal overactivity, fatigue, and eventual exhaustion correlate with elevated, erratically elevated and reduced, and low cortisol levels, respectively. The bottom line is that most people need adrenal support. This program provides all of the basic

recommendations to correct this problem, however, some will need additional, specific adrenal support.

- iii. **Adiponectin:** This hormone tells the body to burn fat for fuel so the more of it circulating in the bloodstream the more you will burn fat whereas low levels are associated with weight gain. Virtually any effective weight loss regimen will cause adiponectin levels to rise over the course of several months which is a good thing.
- iv. **Ghrelin:** This is known as the ‘hunger hormone,’ think ‘Gremlins.’ The more ghrelin you have, the hungrier you are. Every dieter knows the irresistible call of the fridge at night, it is most likely due to elevated ghrelin levels. Ghrelin activates the brain’s reward response when we consume sweet and fatty foods.
- v. **Leptin:** This hormone is supposed to tell the brain that the body is well fed and has plenty of stored energy (fat) and therefore does not need any food at the moment. Unfortunately, as with insulin, many overweight people have developed ‘resistance’ or decreased sensitivity to leptin. Since the brain is not properly responding to leptin, that signal never gets through. This leads to the default mode of reducing energy expenditure and seeking more food to bolster energy reserves. This may be one of the major reasons that many people find strict dieting and losing excess body fat next to impossible.

11. **Sleep challenges.** Restorative, restful sleep is vitally important to both overall health and weight management. Just a few nights of reduced sleep can lead to metabolic changes that are indistinguishable from those of a diabetic. You read that right! Just a few nights of poor sleep can cause your entire metabolism to become severely deranged mimicking that of a diabetic. As you might expect, this may be one of the biggest factors contributing to both chronic health challenges and overweight in particular.

- a. Reduced sleep time and depth increases hunger and appetite for calorie-dense foods that are high in carbohydrates. Obviously, this is quite counterproductive to losing excess body fat.
- b. There are many strategies and products designed to support proper amounts of restorative sleep. We recommend taking a significant dose of magnesium as long as it is a good absorbable form and you don’t overdo it. CBD helps many people to sleep better. There are also numerous herbal formulas that contain things like hops, valerian, and skullcap that have been used for many years to assist with sleep.

12. **Neurotransmitter imbalances.** These are chemical messengers that transmit communications from neurons to other neurons or from neurons to muscles. There are seven major neurotransmitters in the body and they play many diverse roles. They include acetylcholine, dopamine, GABA (gamma-aminobutyric acid), glutamate, histamine, norepinephrine, and serotonin. As with hormones, they can become imbalanced leading to aberrant alterations in nerve transmission and behavior.

- a. All of the general recommendations included in this program help to stabilize and balance neurotransmitter levels and function. As with the other areas discussed, some people may need additional attention and intervention in this area.

13. **Food sensitivities &/or food intolerances.** This refers to situations where certain foods elicit a variety of undesirable reactions by the body. Unlike a food allergy which is a full on, relatively fast immune mediated (Immunoglobulin E) reaction to a specific food, food sensitivities can be related to digestive and/or delayed immune system reactions (mediated by Immunoglobulin G). Food allergies can be life-threatening whereas food sensitivities are not. That does not mean that they are benign either, as they can lead to issues that are quite serious & debilitating. Interestingly, many people develop food cravings

for foods that they are sensitive to. There's speculation that the such foods and the reactions they elicit have a 'brain-based chemistry altering effect that triggers the release of various neurotransmitters that make us temporarily 'feel good' thereby leading to a craving, addition cycle. Amino acids are the building blocks of protein and can be turned into neurotransmitters by our bodies. These neurotransmitters can both directly or indirectly impact our mood, energy, sleep, libido, and ability to concentrate. Recent research also links amino acids to the hunger-stimulating hormone ghrelin. As previously stated, high levels of ghrelin result in amino acid imbalance and contribute to increased hunger and lack of satiety after meals.

14. **Leaky gut syndrome.** When the lining of the gut becomes damaged, a common occurrence, it allows many undesirable substances (like toxins, microbes, partially digested foods, etc.) to get into the blood stream thereby wreaking havoc. Poor digestion and various nutritional imbalances are common and must be addressed for long term success. This program covers all the basics of correcting those issues, however, many people would benefit from a more detailed and specific program designed to correct this common problem.
  - a. I recently developed a new product to address leaky gut. It is a 'next generation' product of one that has been working very well for about a decade called Restore and was recently renamed to Gut Restore. It's active component is aqueous humic substances and the richest source of humic substances is from an amazing substance called Shilajit. Shilajit has been written about for its miraculous nutritious and healing effects for over 5,000 years! It has been referred to as the Fountain of Youth by some of the greatest physicians and healers in history.
  - b. What I did was to combine significant amounts of Shilajit with Naturally occurring Carbon 60 in an aqueous suspension to produce a product I call B.I.G. Restore. The BIG stands for Brain, Immune System, and Gut, although it does so much more than support those three areas. In addition to the aqueous humic substances that are **shown to repair the tight junctions of not only the Gut, but the tight junctions throughout the body such as the Blood Brain Barrier and the Alveolar sacs of the lungs.** It also contains **SBOs (soil-based organisms)**, Fulvates or Fulvic acids, and approximately 90 additional nutrients. The fulvic acids complex with the other nutrients to form ionic complexes making them super assimilable by our cells. To make it even better, if that's possible, I added significant amounts of Naturally Occurring Carbon 60 that also contains 40 minerals and trace minerals.
15. **Malillumination.** Yes, you read that right. We are light sensitive and light dependent. We, and virtually every organism on the planet, save for those at the bottom of the sea, evolved in and are dependent upon exposure to full-spectrum sunlight. Unfortunately, very few of us are exposed to sufficient natural sunlight each day. People spend virtually all their waking hours indoors, behind glass and under artificial lighting. Glass filters out part of the spectrum of natural light and artificial lighting likewise does not provide the natural, full spectrum of light that our bodies need for optimum health. As part of this program, and for your long-term health, it is recommended that you make it a point to spend more time in direct, natural light every day. Start with at least 15-20 minutes at least 3 times a day and increase from there as you are able.
16. **Disruption of our body's Electro-Magnetic Harmony** due to Extreme increases in manmade (non-biological) Electro-Magnetic Fields. In addition to being physical, biochemical organisms, we are also energetic, electromagnetic organisms. We and every organism on the planet evolved under the influence of the **Schuman Resonance of 7.83 Hz.** This is the natural frequency of the planet and all its life forms

that results from the energy entering our atmosphere that then bounces back and forth between the surface of the planet and the atmosphere. All manmade electromagnetic fields are much higher, are of opposite polarity, and contain significant pulses that are disruptive to all known lifeforms including humans. There are thousands of scientific studies verifying this, and although it is not known by or discussed by most health professionals, that does not change the fact that we are adversely impacted by these artificial EMFs. Why aren't we being told about this? Why aren't government agencies that were created to protect us, not doing their jobs? It's very simple, just follow the money.

- a. There are many categories of manmade EMFs that are harmful to us. They play a very significant role in many of our modern health challenges and weight issues is one of them.
  - b. The categories of harmful EMFs include but are not limited to: 50-60Hz mains current, Computer monitors, ELF (extremely low frequency), Electromagnetic alternating fields, Electrosmog, Electrostatic fields, LFR (low frequency radiation), Magnetic constant fields, Microwaves, Mobile phones – GSM (0.9 GHz), Mobile phones – GSM (1.8 GHz), RF (radio frequency), TV screens, Traction current 16 2/3<sup>rd</sup> Hz – Geopathic stress. Of these, only the last one is naturally occurring, although nevertheless harmful. They mainly occur due to various geological faults and underground water ways.
  - c. Thousands of studies have linked the huge increases in manmade EMFs to the skyrocketing rates of many chronic diseases BUT nothing is being done to address this. All of the main governmental agencies such as the FDA, FCC, NIH, CDC, etc. have been 'captured' by industries who do not want this information to be acted upon. So far, 'they' are winning. Of course, these same industries (Big Telecom, Big Pharma, & Big Utility providers in particular) do not want this information to be made public. Luckily for them, they also have tremendous influence over Big Media so they have been quite successful at keeping this information from being widely reported by the mainstream media. Big Pharma & Big Telecom alone account for over 60% of all advertising dollars paid to the mainstream media.
  - d. What you can do is to start becoming aware of all of these sources of EMG stress. Learn about them and the documented harm that they cause you and your loved ones. Begin to take steps to minimize and mitigate the harmful effects. Start small and handle them one by one. Be more aggressive if you or a loved one is suffering from any condition whose cause is not readily apparent.
  - e. There are approximately 10 different well-documented mechanisms by which manmade EMFs cause harm. There are many books, articles, videos, and scientific papers detailing them. There is an excellent summary paper by Professor Emeritus Martin Paul, PhD that is available online for free. READ IT and take action!
17. Last but certainly not least, we come to **FOOD & MEAL Management**. Amazingly, far too many people are clueless when it comes to the proper way to select, prepare, and portion control their meals. It isn't just the current generation, although in general they are among the worst at these basic skills. The sad reality is that most people are never taught anything about this important topic, so they simply observe the way their parents and restaurants do things. And, since the vast majority of parents and restaurants do a terrible job at properly selecting, preparing, and portion controlling meals, that's what gets passed along.
- a. Is there anyone that has not been influenced by the major fast-food chains? How many kids have not had a 'happy meal,' or some other sub-optimal meal peddled by these harbingers of disease-supporting eating habits?

- b. The reality is that, according to the National Institute of Health (which would be more appropriately named the National Institute of Disease), food portions in America's restaurants have doubled or tripled over the last 20 years! Is it any wonder that people do not know what a proper portion of food or meal size is? The truth is that most of us could get by on, and be much healthier, on about half the food we typically consume.
- c. Although portion and serving sizes are often used interchangeably, there is a difference. A portion is the total amount of food a person would eat in one sitting whereas a serving size is the recommended amount of on particular food. For example, the amount of fish you eat at a meal is a portion which can vary between 3-8 ounces, whereas 3 ounces is the recommended serving size. So, just because a restaurant gives you a 6-8-ounce portion instead of the recommended 3 ounces, it does not mean that you have to eat it at that meal. It also should not dictate the amount that you should eat when making something similar at home.
  - i. We provide a simple mechanical food scale (no batteries to run out and replace) along with measuring scoops and spoons to help you learn and practice proper portion control. This is essential to ensure your ability to maintain your new, healthier weight once you've achieved the fat weight loss goals you've set.

**18. Other Metabolic Monkey Wrenches that can contribute to weight gain & confound losing weight:**

- a. Oxalates
- b. Sphingolipids/Ceramides
- c. Glyphosate
- d. Gluten
- e. Leaky Gut & Brain (already covered)
- f. Chronic Inflammation
- g. Insufficient oxygen delivery to the mitochondria.

**The ARTC Nutrition Program is designed to address many of these factors. Additionally, there are exercise recommendations that are also quite important.**

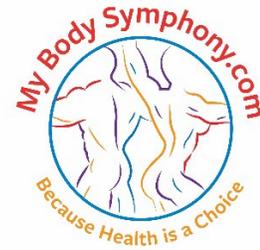
Ideally, we would get all the nutrients we need in sufficient amounts from our daily diet, however, numerous studies have demonstrated that this is not true. As such, we want to eat as healthily as we can and supplement that diet with various key substances that are known to compensate for common nutritional imbalances. That is where our Universal Foundation Nutritional Support Products comes in. It is described on the next few pages.



**Clinical Facility  
& Proving Ground**



**Founder, Formulator,  
Chief Science Officer**



**R&D and  
Manufacturing Division**

## Universal Foundation Nutritional Support Protocol & Products

Over 40 years of study & clinical experience has taught me that the following products should be a part of everyone's Nutritional Support Program. Please note that these are meant to support a sound diet and eating system, not to replace them. \*Note: see the website for any new developments & recommendations.

**Level ONE:** These are **included in all our programs** because a deficiency of any one of them will lead to suboptimal results (and we don't like that!).

1. **Oxygen!** Oxygen is the most vital nutrient & the ultimate 'Panacea!' It is essential for all life as we know it. Inflammation of the tiny blood vessels of the 'microcirculation' RESTRICTS oxygen delivery to the cells as well as waste product removal. Poor breathing practices, poor air quality, and nutritional deficiencies all further exacerbate the problem. That's why we put so much emphasis on PPOT (formerly EWOT), our Trifecta system, optimal breathing, & key supplements. Our goal is to reset the microcirculation via PPOT (Peak Performance Oxygen Training).
2. **Light!** LIGHT is an extremely important nutrient that MOST people are deficient in. We provide light therapy as part of our Trifecta system and have additional light therapy options available. We encourage everyone to get out in the sunshine daily.
3. **Water!** Pure, water with minerals & trace minerals. Most people are chronically dehydrated for numerous reasons. Shoot for a minimum of ½ oz of water per day per pound of body weight, 1 oz per lb. is even better.
4. **Sufficient, Quality Protein:** Most people fail to consume & properly digest adequate amounts of quality protein daily. We make 3 of the best protein products on the Planet. Peak Performance Plant Protein is organic pumpkin seed protein plus 11 added nutrients that normally only occur in red meat. We add them to make Peak Performance more balanced and complete than meat. Complete Meal Mix &/or our basic Pumpkin Seed Protein are also awesome choices.
5. **Healthy Fats including EFAs & MCTs:** For the **Omega 3 'Parent' EFA** (Alpha Linolenic Acid) I recommend using Chia seeds, 1-3 tablespoons per day is plenty. For the **Omega 6 'Parent' EFA** (Linoleic Acid) I recommend **Organic Pumpkin Seed Oil** (we press it in-house). For **MCTs**, we have an excellent, cost-effective product called '**MCT M3 Boost.**' MCT (Medium Chain Triglycerides) are not essential fats but they do support overall metabolism, mitochondrial function, and the microbiome and pretty much everyone can benefit from consuming them regularly.
6. **Lipo-C:** Vitamin C is really much more than just a vitamin, it is the Stress Resistance Hormone that many other species are able to make as needed. It is vital or beneficial for just about everything. The RDA is a joke & most people barely get that. Higher dosages have a long & scientifically documented history for all kinds of things but there's one downside, it can cause major loose stools (to put it mildly). IV Vit C overcomes this but is expensive and impractical. Liposomal Vit C is the only real solution. Considered 8-10X more effective than IV at a fraction of the price.

7. **Magnesium:** Another ‘Panacea’ nutrient, Mg is involved in over 500 different enzymatic reactions AND 80+% of the population is deficient. We have one Mg product currently with a couple of more almost ready so stay tuned. Ideally, consume a minimum of 500-1,000mg of Mg per day **per 100 lbs. of body weight**.
8. **Iodine:** Yet another panacea for anyone that is deficient (which applies to 90+% of the population). Every cell in the body needs Iodine or Iodide (different tissues prefer one or the other). Lugol’s Iodine Solution has worked great for over 190 years so why mess with something with that kind of track record? We make an excellent Lugol’s Iodine Solution.
9. **Zinc:** Another ‘Panacea,’ Zinc is vital to over 300 enzymatic reactions, second only to Magnesium. Almost everyone is deficient. Our Zinc T&T allows you to both test for & treat zinc deficiency at the same time.
10. **RHMEDY:** A nasal rinse that can also be used in a humidifier or nebulizer to enhance hygiene, boost the immune system, & protect against airborne microbes by helping to destroy any that may have made it to your nasal passages & upper airway.
11. **B.I.G. Restore: Brain-Immune-Gut Restore** is one of the most important and beneficial products I’ve ever come up with. It contains two of the most amazing ingredients on the planet, Shilajit and Baobab. Shilajit has a 5,000+ yr. history as a superfood/adaptogen with all kinds of amazing benefits that would take a couple of pages to describe (do a google search). Baobab is literally a superfruit from the Tree of Life! Together they contain 90+ nutrients in extremely bio-available forms. Shilajit contains Soil-Based Organisms (to support a diverse microbiome), Humates/Humic acids (that help to repair leaky guts), Fulvates/Fulvic Acids (that complex with the other nutrients to make them highly bio-available), plus virtually every known nutrient. Baobab is the best-tasting superfood on the planet and contains a wide array of vitamins, minerals, and phytonutrients. They are an amazing combination. The benefits of this product go FAR beyond the brain, immune system, & the gut.

**Next, we have the Level Two tier of Highly Recommended Nutritional support.**

These are also somewhat foundational, but we had to set a line somewhere. The Level One Universal Support products are included in our programs and are built into the program fee. Level Two and other support products are an additional cost.

**Complete Meal Mix:** This was our very first product and it is AWESOME and super versatile. It’s a combination of approx. 30 superfoods in a base of organic pumpkin seed protein powder. It can be used to make great shakes, bars, bites, burgers, cookies, muesli, muffins, pancakes, and more. It tastes great and can greatly simplify and enhance your diet.

**Immune Booster:** This is a liposomal delivery of 12 of the most important immune supporting nutrients. Take it 2-3 times a week to keep your Immune system strong and if you do come down with something bump that up to daily until you are fully recovered. This is an addon for those who want to add an extra boost to the immune system.

**Carbon 60 in Pumpkin Seed Oil:** Possibly the biggest health breakthrough of the century and a major ‘Panacea.’ C60 is a **SUPER Antioxidant & a SUPER Detoxifier** that doubled the lifespan of rats in a landmark study published in 2012. Our C60 is suspended in Organic Pumpkin Seed Oil vs. the more common olive oil. Quite frankly, pumpkin seed oil is far superior. General recommendations are to use between 1 tsp and 1 tablespoon per day, however, even just a few times a week will provide benefits.

**Beets Plus Carrots, Kale & Spinach:** This is an excellent source of dietary nitrates as well as many vitamins, minerals, and phytonutrients.

**Additional Specialty products:**

**Keto Boost:** Ketogenic diets can work extremely well for many people although they can be a bit challenging and unacceptable for others. We provide a Ketogenic option for our programs and have an excellent exogenous ketone product to support those choosing that option.

**Macaroons!** There are several choices. Our macaroon mixes and macaroons are designed as a super nutritious & delicious extremely low carb snack or treat. They can be used multiple ways and are invaluable when dealing with cravings or energy slumps.

**Superfood Macaroon Mix:** This comes in 4 versions; 2 Vegan versions as Coconut Almond or Chocolate; 2 Ovo-Vegetarian (contains egg white protein) as Coconut Almond or Chocolate. Simply mix with the appropriate amount of water and scoop out onto trays to either dehydrate or bake. They are 50 calories each with less than 1 gram of carbohydrate.

**There are several individual Superfoods that can be added  
based on an individual's specific wants & needs:**

**Ashwagandha:** A top **Adaptogen** used for over 3,000 years. Adaptogens help the body adapt to stress by supporting multiple organs and systems including Balanced Blood Sugar; Calmness, Focus, Energy, Thyroid, Brain, Kidney, Liver, Bones & Muscles, Immune, CV, Hormones & Nerves. Also, Anti: Microbial, Oxidant, Inflammatory & Tumorigenic properties.

**Baobab:** The “**King of Superfruits,**” Baobab is the fruit from the “**Tree of Life.**” Recognized for its exceptional nutritional & health benefits for thousands of years. It is one of the most nutritious substances on Earth with many additional benefits. Solid general nutrition, Substantial Anti: Oxidant, Inflammatory, Microbial, Viral, Diarrhea; Pain-Relieving, Bone Building, Boosts Circulation & Protects Liver. One of the highest Alkaline foods available.

**Beets:** The “**Circulation Superfood**” due to its high levels of naturally occurring nitrates which the body converts to **Nitric Oxide**, a master signaling molecule that enhances circulation.

**Maca:** AKA “Peruvian Ginseng,” Maca is a True Adaptogen & Superfood that promotes Homeostasis & Balance while providing many Health & Anti-Aging Benefits. Contains many vital substances. Documented benefits include enhancement of: Memory, Mood & Brain function, Immune function, Sleep, Hormonal system, Energy, Endurance, Performance, Bone density, Connective tissue repair, Libido, Stamina & Sexual Enjoyment (both sexes); Reduces Menopausal symptoms, Blood pressure & anxiety, Maca also impacts the Endocannabinoid system like CBD.

**Moringa:** The “Most Nutrient-Dense Food Known,” containing over 90 different nutrients in significant amounts. Revered for thousands of years by the Ancient Greeks, Romans, Egyptians & Indians, and used extensively in Traditional Medicine. It is reported to be of benefit in over 300 different conditions based on historical uses & scientific studies.

**Turmeric:** The “Anti-Inflammatory” Superfood, many benefits including: Reduces, Controls & Modulates Inflammation; Speeds Wound Healing; Analgesic & Antibiotic; Strengthens Ligaments; Aids in Fat Metabolism & Weight Mgt.

**Additional Magnesium Support:** We have a few in development, in the meantime do the best you can. Shoot for 500-1,000mg of Magnesium per 100lbs of body weight per day.

**Magnesium Drink Mix** (coming soon)

**Magnesium Water** (almost ready)

**Magnesium Baths:** Epsom salts have been around for a LONG time; it is magnesium sulfate. This is a simple, cost-effective way to boost magnesium levels during times of high stress, pain, &/or increased inflammation.

**Chia seeds:** Chia is one of the best and simplest way to get additional plant-based omega 3 fatty acids as well as fiber. It is readily available in any natural food store and most supermarkets these days. Generally, a tablespoon or two per day will do a nice job to supplement your omega 3 EFA intake.

Let us move on to the next part of the program. On the following pages there are overviews of both the nutrition and exercise recommendations for The ARTC Weight Loss Program. Obviously, the amount of food and exercise will vary greatly based on one's current weight, % body fat, lean body mass, sex, age, body and metabolic type, genetics, and goals. So, these are just guidelines and a starting point.

It's also important to point out that most people will not achieve their ultimate goal in 60 days. There are many variables to consider along with a healthy rate of change. Rapid weight loss may be psychologically rewarding but it is metabolically punishing. The bottom line is that it is going to take time and effort. Stick with it, stay committed, keep reminding yourself why you're doing it, and consult with us as you hit sticking points, they are inevitable. Remember, if it were easy to lose weight and keep it off there wouldn't be a 95% failure rate.

**It is time to make some choices that best fit your lifestyle and eating preferences.** Humans are extremely adaptable, in fact, that is one of our defining traits as a species. We can do just fine on one meal a day or six as long as we make the right choices and portion control appropriately. Most people have adapted to the modern norm of three meals a day, however, this is an arbitrary choice that primarily was thrust upon society by those seeking to optimize work performance as the industrial revolution took hold. That doesn't mean that it actually optimizes performance, it is just what they came up with.

So, take some time to consider what might make the most sense for you. Don't worry, you can always try a few different methods out to see which is the best fit for you.

**Here are some of the choices to think about. Please see and use the form designed to note your diet preferences type.**

**One main meal a day.**

**Two meals a day.** Variations include two main meals a day, One main meal and a smaller meal or healthy snack, or Two smaller meals.

The above two can also be done as part of an intermittent fasting or 'restricted eating window' program. These types of eating plans work extremely well for some people.

**Three meals a day.** Variations include the standard three main meals a day, Two main meals and a smaller meal or healthy snack, One main meal and two smaller meals or healthy snacks.

**Four, Five, or Six meals a day.** While this might be appropriate for someone on a bulking program, it really makes little to no sense for someone trying to lose excess fat. The only exception would be someone with poor blood sugar control with a tendency toward hypoglycemia or low blood sugar. Although our goal will be to help them to become more resilient, it may be necessary to eat more frequently along the way. Variations of these are pretty straightforward, one's daily intake simply needs to be portioned into 4, 5, or 6 small meals.

**Preferences based on the origin of the food relative to animal vs. plant based:**

Omnivore, Carnivore, Pescatarian, Lacto-Ovo Vegetarian, Vegan variations.

## **Preferences based on what resonates or makes sense to you:**

Paleo, Keto, Gluten & Grain Free variations.

We can make any of these options work and it is mainly a matter of personal preference as to which a person chooses. They all require that you burn more calories than you ingest for success. Although the concept of calorie as a measure of a food's energy is valid, in many cases it gets quite a bit more complex than that. All food is ultimately 'stored photo-bio-energy' from the sun. Our bodies are able to liberate that energy via a complex system of enzymes. Interestingly, 95+% of that energy is liberated by the most plentiful member of our microbiome called mitochondria. It is an interesting way of looking at it, but it is basically true. The main point is that it is not as simple as calories in vs calories burned. There are many additional variables with varying degrees of importance that can vary significantly from person to person. That is one of the major reasons that diet and other weight loss strategies fail; they fail to take some of those variables into consideration and adjust appropriately. None of us have it all figured out, but it is important to acknowledge our deficiencies in these areas.

**Here is another option for those wanting to 'Go Big.'** We have all heard about fasting, periods of voluntary food restriction. Every major world religion acknowledges it and has used it for various cleansing and spiritual purposes. For with relatively stable blood sugar levels and significant commitment there may be no better way to kick off your new health regimen than a short fast.

**Pre-Phase:** begin with a 2-4 day FAST or modified FAST. Although this may be new to most people, our bodies are well-equipped, and in fact designed, to go without food for days at a time. There is no better way to let your body know that **you mean business this time**. Put it on notice that things are going to be changing and that 'YOU' (your conscious, intentional self) are in charge from here on out.

**If you are metabolically fragile, this is not a good time to begin fasting.** There are many 'health retreats' around the world that offer supervised fasting as part of their programs. Although fasting is not only extremely safe and beneficial it can also be a bit scary for those who are metabolically fragile with erratic blood sugar levels. Much of this is simply a result of lifestyle. If a person trains their body to consume food from the moment they wake up until the moment they go to bed, many of the gluconeogenic metabolic pathways will become quite sluggish. There is a retraining period needed to reactivate them and restore them.

If you are interested in doing this, great; if not, no worries, it is just an option. If you do choose to add a brief fast prior to beginning the Official Elimination Diet, simply do not eat for whatever amount of time you choose. Be sure to consume plenty of pure water, shoot for a minimum of one ounce per pound of body weight per day.

## **On to the Elimination Diet**

**The First 30 Days of your 'New Normal.'** Ok, ok, personally I HATE that phrase but could not resist using it to open the subject and give my humble opinion about it. I believe that the 'New Normal' that the media has been 'PUSHING' so hard is complete crap! It is designed to limit our freedom and foster blind compliance. Our entire so-called government, both political parties, and the media are all completely corrupted and controlled by various forces working to further enslave us (and they've already done a pretty good job of it).

I believe that following any pre-set ideology or rhetoric, other than thinking for oneself and focusing on personal freedom of choice is one of the core issues that have led to our current crises by helping to destroy both individual's and our collective critical thinking abilities.

That being said, your new normal should be whatever YOU choose it to be. I'm hoping that you choose it to be a Healthier, Happier YOU that acknowledges that YOU are in control of your health, happiness, actions, and success.

**I also believe that we are all toxic to some degree and therefore can benefit from an initial 30-day Elimination Diet.** Detoxification is, and should be, an ongoing process and it really helps if we make an effort periodically to reduce or stop dietary irritation and support detoxification. Further, studies have shown that many people regularly consume foods that cause their body irritation without being aware of it. That is why a 30-Day Elimination can be so valuable to kick off any major health enhancement effort. This is optional but highly recommended; there are a few other choices or options that can be utilized as well. For those choosing this option, the details of the 30-day elimination diet follow.

**About the Elimination Diet:** Throughout our lives, we shape our microbiomes with our actions & habits. The foods we eat, how much we sleep, the number of bacteria we're exposed to on a daily basis, our level of stress, and many other variables will determine the state of our microbiome.

If you are struggling with brain ailments, thyroid conditions, hormone imbalances, digestive issues, or anything on the autoimmune spectrum, you need to know that it is not necessary. Your gut health plays a vital role in preventing and reversing these ailments. Knowledge is power, but only if it is applied.

**WHAT DO ALL THESE CONDITIONS HAVE IN COMMON? THEIR CAUSE.**

<b>Clinical conditions such as:</b> <ul style="list-style-type: none"><li>• Emotional imbalance</li><li>• Fatigue</li><li>• Head aches</li><li>• Hormone imbalance including PMS</li><li>• Joint pain</li><li>• Migraines</li><li>• Skin Rashes</li></ul>	<b>Gastrointestinal issues including:</b> <ul style="list-style-type: none"><li>• Abdominal bloating and cramps or painful gas</li><li>• Crohn's Disease and other intestinal disorders</li><li>• Irritable Bowel Syndrome</li><li>• Ulcerative Colitis</li></ul> <b>Respiratory Conditions including:</b> <ul style="list-style-type: none"><li>• Allergies</li><li>• Asthma</li><li>• Chronic sinusitis</li></ul>	<b>Autoimmune Conditions including:</b> <ul style="list-style-type: none"><li>• Chronic Fatigue</li><li>• Diabetes Mellitus</li><li>• Fibromyalgia</li><li>• Lupus</li><li>• Rheumatoid Arthritis</li></ul> <b>Developmental and social concerns including:</b> <ul style="list-style-type: none"><li>• ADD/ADHD</li><li>• Autism</li></ul>
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**So, what is the cause? Leaky Tight Junctions! Most people have heard about Leaky Gut Syndrome. There are two other tissues with tight junctions that are also commonly compromised. One is the Blood Brain Barrier, and another is the lining of the Lungs.**

**Leaky Gut Syndrome (LGS)** is a condition that involves damage to the lining of the small intestine, causing incomplete digested nutrients, toxins, bacteria, and waste to "leak" through the intestines and flood the bloodstream. The foreign substances entering the blood can cause an autoimmune response in the body, including inflammatory and allergic reactions, such as respiratory and digestive issues, headaches, joint pain, skin conditions, and more. Because damaged cells in the intestines may fail to produce the enzymes needed for proper digestion, absorption of essential nutrients is compromised. This creates further imbalances throughout the body which can contribute to various issues including hormone imbalance and a weakened immune system. When substances leak out of the intestines, the liver is forced to overwork to filter them out of the blood stream.

The extra burden on the liver can result in the accumulation of fatty liver tissue. Some toxins may be sent back into the bloodstream when the liver's ability to detoxify fails, and these toxins then reach muscles and connective tissues. Things like stress, too much sugar, a diet low in dietary fiber, excessive drinking, non-steroidal anti-inflammatory drug (NSAIDS) use, and food sensitivities all contribute to leaky gut. Even though leaky gut isn't typically diagnosed in western medicine, that doesn't mean it's not affecting your health. Many health issues related to LGS go undiagnosed, misdiagnosed, or are ignored by traditional medicine. Individuals may be left with frustrating and uncomfortable symptoms and no answers.

**Stage 1 of the Elimination Diet (the first 21 days) entails eliminating the most common offending foods.**

During the first stage, you will eliminate all foods that are known to frequently cause problems for a significant number of people. Even though you may experience some withdrawals, it is important to continue with the elimination diet for four weeks total. Experience and research have shown that this is the minimal time needed to increase the effectiveness of the diet. You may also consider eliminating favorite foods you eat on a regular basis. Constant exposure to a specific food can actually cause you to develop a sensitivity to that food.

In the master list below, foods are labeled and outlined as to whether to eliminate or emphasize them. I chose to present them all on one page which was challenging and appears a bit complex, however, it allows you to print that page and keep it handy as a reference rather than having to consult multiple pages.



**Foods to Avoid & Emphasize on an Elimination Diet:** Many of the foods to be avoided may be quite healthy, they are simply foods that tend to be problematic for some people. An elimination diet is designed to help determine which foods may be 'stressing' your body & metabolism at this time. **A**=Food Allergen, top 14, **O**= high oxalates; **G**=gluten; **H**=histamine elevating; **L**=high in lectins; **Goit**=goitrogen; **N**=nightshade; **S**=sphingolipids. \*Note that there is a LOT of conflicting information out there, unfortunately we have to rely on some if it like everyone else. Re fruits: Although many are healthy and acceptable if your goals include losing fat and you are carb-sensitive, you will want to limit your fruit intake to 1-2 servings a day.

**Fruits to Avoid:**  
Citrus (AH) inc: Oranges, Grapefruit, Lemons, Limes, Tangerines, Dried apricots (O), Figs (O), Kiwi (O), Grapefruit (O?), Kumquat, Plantains (H), Pomelo, Raspberries (O)

**Fruits to Emphasize:**  
Apples (S), Apricots (fresh), Bananas (H), Blueberries, Cherries, Cranberries, Guava, Lychee, Melons, Nectarines, Papaya (H), Passion fruit, Peaches, Pears, Pineapple (H), Plums, Pomegranate, Strawberries (H), Watermelon

**Beverages to Avoid:**  
Alcohol (H), Coffee (inc. Decaf), Fermented Bevs (H), Soda/soft drinks, Tea (Black, White, Green, Mate), Non-herbal teas, Juices with troublesome sweeteners

**Beverages to Emphasize:**  
Purified WATER!, Coconut water, Herbal teas

**Miscellaneous to Avoid:**  
Baked goods, Cocoa, Chocolate (>Ox, H), ALL Candy & Confectionary foods, ALL Junk foods, Sulphur dioxide (A), Sulphites (A), Ready Meals (H), Benzoates, nitrites, food dyes, glutamate

**Veggies to Avoid:**  
Alfalfa (O), Beets (O) Bell Peppers (OS), Collard greens (O), Eggplant (HNL), Mustard greens (O), Okra (O), Olives (HO) Pickled or fermented veggies (H), Potatoes (OLNS), Rhubarb (O), Spinach (HOS), Sweet potatoes (OS), Swiss chard (O), Tomatoes (HOLNS)

**Veggies to Emphasize:**  
Artichokes, Arugula, Asparagus, Avocado (H) Bamboo shoots, Bok Choy, Broccoli (Goit), Brussels Sprouts (Goit), Cabbage (green or red), Carrots but not carrot juice (>Ox), Cauliflower, Celery (A), Chicory, Cucumbers, Fennel, Lettuces, Kale (Goit), Leeks, Mushrooms Mustard greens, Napa, Onions, Peppers (green or red) (NL), Pumpkin, Red radishes, Romaine lettuce, Scallions or green onions, Spaghetti squash (L), Squash (Summer & Zucchini) (L), Water chestnuts Herbs (parsley, cilantro, basil, rosemary, thyme, etc.)

**Carbs to Avoid:**  
The following are (OLGA): Barley, Bran, Buckwheat, Bulgar wheat, Cream of Wheat, Pasta, Rye, Wheat & everything made from the above; Corn & cornmeal (AOL), Kamut, Oats (OA), Quinoa (O), Rice (white & brown) (O), Spelt

**Carbs to Emphasize:**  
Amaranth, Millet, Wild Rice

**Legumes to Avoid:**  
Soy (AOLS), Most Beans (H), Black, White, Great Northern, Chili & Pink beans, Lupin (A), Peanuts (O & L) OK in small amounts: kidney, pinto, adzuki

**Legumes to Emphasize:**  
Black-eyed peas (L) Garbanzo beans (L) (don't overdo), Lentils (L) (don't overdo), Lima beans (L)

**Sweeteners to Avoid:**  
Sugar, Dextrose, Corn Syrup, HFCS, Agave, and pretty much all refined, highly processed sweeteners

**Sweeteners to Emphasize:**  
Stevia, Monk Fruit, Non GMO Erythritol or Xylitol, Coconut sugar

**High Protein Foods to Avoid:**  
Eggs (L?AS), Pork (bacon, hot dogs), Canned meats (spam, anchovies), Deli/Luncheon meats, Shellfish (HA), Mollusks (A), Processed/Smoked Meats (H)

**High Protein Foods to Limit, not Avoid:**  
Chicken (S), Beef (S), Pork (S) (bacon, hot dogs), Veal (S), Turkey (S), Fish (AS)

**High Protein Foods to Emphasize:**  
Pumpkin Seed Protein Powder, Buffalo-2, Wild game-2, Venison-2, Lamb-2, Elk-2 \*note, corn fed meats (L). 2= Unknowns assoc. with those sources.

**Dairy to Avoid:**  
Milk (HAS) All cheese (inc cream cheese and cottage), Butter (H), ghee, Ice cream, Creamers, Chocolate Yogurt (All contain L), Mozzarella & Parmesan are L free

**Dairy Substitute to Emphasize:**  
Coconut Milk

**Nuts & Seeds to Avoid:**  
Tree Nuts (AO) inc.: Almonds, Brazil nuts, Cashews (H), Chestnut, Filberts/Hazelnuts, Mixed nuts, Peanuts (HA), Pecans, Pine nuts, Sesame seeds, Tahini

**Nuts & Seeds to Emphasize:**  
Coconuts, Flax seeds, Pumpkin seeds, Squash seeds, Sunflower seeds Limited amounts of pistachios (A), walnuts (HA), macadamia (A)

**Fats & Spices to Avoid:**  
Margarine, Miso (HO), Parsley (O), Processed oils, Hydrogenated oils Salad dressings, Spreads (mayonnaise, mustard (A), ketchup, relish), Barbecue sauce, Soy sauce (HAL), Vinegars (H) (apple cider vinegar is OK), Cayenne pepper, Chili peppers, Red pepper flakes, Paprika, Turmeric/Curcumin (HO)

**Fats & Spices to Emphasize:**  
Coconut Oil (inc MCT), Pumpkin Seed Oil, Olive Oil, Sea Salt / Himalayan Salt, Fresh Pepper, Garlic, Cumin, Dill, Ginger, Oregano, Rosemary, Thyme



These are the top foods known to impact most people’s health and have been directly traced to many chronic health conditions such as leaky gut syndrome, candida infections, small intestinal bacterial overgrowth (SIBO), eczema, and many more.

The elimination diet can be a bit challenging at first due to the sheer number of foods to eliminate but the point is to TAKE the STRESS off your digestive and immune systems.

This is a tried and proven system that works and can be nothing short of life changing for many people. Give it your best shot and start with the above food categories the first few days to get started.

**Note:** The next couple of pages are abridged version of the foods to avoid and emphasize whereas the previous list is more comprehensive. The more health challenges a person has, the stricter they will want to adhere to the more comprehensive list. For those with no ‘particular’ health challenges, the two abridged lists should work fine.

**Foods to AVOID during the elimination stage:** Although there are many more foods than what are listed on this page, it is a quick visual to help move you toward eliminating the most common offending foods.



**FRUITS:**

lemon, lime, orange, grapefruit, kumquat, pomelo



**VEGETABLES:**

white potatoes, eggplant, bell peppers, tomatoes



**MEAT:**

pork (bacon, hot dogs), canned meat (*spam, anchovies*), deli meat (*sandwich meat*), shellfish (*crab, lobster*)



**CARBS:**

brown rice, white rice, corn, barley, spelt, kamut, rye, oats, all gluten-containing products



**DAIRY:**

milk, all cheese (*cream, cottage*), yogurt, butter, ghee, ice cream, creamers, chocolate



**BEVERAGES:**

alcohol, caffeine (*coffee, non-herbal teas*), soda



**LEGUMES:**

ALL (*unless you're a vegetarian*)



**NUTS & SEEDS:**

ALL (*except coconut*)



**EGGS:**

ALL



**SWEETENERS:**

ALL (*except monk fruit and stevia*)



**FATS & SPICES:**

margarine, processed oils, hydrogenated oils, salad dressings, spreads (*mayonnaise, mustard, ketchup, relish*), barbecue sauce, soy sauce, vinegars (*ACV is ok*), cayenne pepper, chili peppers, red pepper flakes, paprika

**Foods to Emphasize during the Elimination Stage:** Once again, although some of these foods also have some issues for some people, they have a lower chance of causing irritation for most people. **If you are still experiencing distressing symptoms after eliminating the above foods and focusing on these foods, it will be necessary to tighten up further based on the first comprehensive list of foods to avoid & emphasize.**



**Fruits:**

- Apple
- Apricots
- Blueberries
- Cherries
- Cranberries
- Guava
- Melons
- Papaya
- Peaches
- Pears
- Plums
- Pomegranate
- Raspberries
- Strawberries



**Vegetables:**

- Artichoke hearts
- Arugula
- Asparagus
- Avocado
- Bamboo shoots
- Beet greens
- Bok choy
- Broccoli
- Brussels Sprouts
- Cabbage (green or red)
- Carrots
- Cauliflower
- Celery
- Chicory
- Collard greens
- Cucumbers
- Fennel
- Herbs(*parsley, cilantro, basil, rosemary, thyme, etc.*)
- Iceberg Lettuce
- Kale
- Leeks
- Mushrooms
- Mustard greens
- Napa
- Okra
- Onions
- Pumpkin
- Red radishes
- Romaine lettuce
- Scallions or Green onions
- Spaghetti squash
- Spinach
- Squash
- Summer squash (*including zucchini*)
- Sweet Potato
- Swiss chard
- Water chestnuts



**Fats & Spices:**

- Coconut Oil
- Olive oil
- Sea Salt
- Fresh Pepper
- Garlic
- Cumin
- Dill
- Ginger
- Oregano
- Parsley
- Rosemary
- Thyme
- Turmeric



**Meat:**

*(Organic or free range)*

- Beef
- Buffalo
- Wild Game
- Veal
- Venison
- Lamb
- Elk
- Turkey
- Fish
- Chicken



**Beverages &**

**Sweeteners:**

- Fresh Water
- Herbal Teas (Rooibos, peppermint, etc.)
- Stevia
- Monk fruit



**Milk Substitutes:**

- Unsweetened rice milk
- Coconut milk



**Carbs:**

**(gluten-free)**

- Quinoa
- Wild Rice
- Millet
- Amaranth

## **Additional helpful tips for Stage 1 (Month 1):**

 **Please Drink Plenty of Pure Water!** Broad ranges of food like wheat, dairy, and sugar are focal points of elimination in this diet. This means all wheat, dairy, and sugar filled meals are eliminated—which can cause physical, mental, and emotional shock for you. During the elimination process, you may experience detox symptoms, withdrawal symptoms, and hormonal shifts. The elimination diet is remarkably effective but can prove to be challenging. By drinking plenty of water, planning ahead, and making a few contingency plans beforehand, will all greatly increase your chances of making it all the way through.

**Plan Your Meals!** Removal of most of your favorite foods will most likely occur during the elimination diet. It is important to consider what types of meals you will choose to eat during this time. Breakfast can often be a sugary, wheat-filled meal—washed down with a cup of caffeine and dairy. A typical breakfast on the elimination diet on this program will be your Peak Performance and/or Complete Meal Mix morning shake or muesli. These types of changes can be hard to manage at first, but it will pay off. Plan to have foods on-hand that can help you power through cravings for sugary and wheat-filled foods. Cravings are very real; therefore, it is a huge help if you have something healthier to consume instead of something that might not support your goals. So, when you prepare meals, prepare extra meals that can be portioned into appropriate containers and stored for use over the next couple of days as well. Pack your lunch, so you won't be tempted to break your diet. You can expect this diet to be somewhat inconvenient, but it is also very powerful and worth your effort.

**Snacks & Snack Foods:** If snacks are bought at a gas station or convenience store, there is little chance that it will meet the criteria for the elimination diet. A popular choice for snacks is fresh guacamole with vegetables, an apple, fresh or dried fruit, though you can get creative and eat anything on the allowed list. Having some snack food can help you push through cravings for certain foods. Fruits are particularly effective at helping with sugar withdrawals, but don't over-do it. Of course, when this program is paired with a weight loss program, the choices are even more limited.

**Our Keto-Paleo Macaroons are an excellent, super-healthy snack option.**

**Kitchen Prep / Clean Up:** Get rid of all the food you aren't going to be eating once you begin the program—throw them out or give them away if need be but get them out of the house. You will want & need to avoid temptations. The best strategy is not to have tempting foods around. If you have kids, a spouse, or roommates, it can be tricky to get rid of foods without having everyone commit to the elimination diet with you. Using a separate small refrigerator and pantry during the diet may be the next best thing to help you get through this if you live with others. Mini fridges are fairly inexpensive, and you would be more able to commit to only using what you put in it and not being tempted by other items when you go to get something to eat.

**Supportive Supplements:** During the elimination diet, you may experience hormonal changes, surges of energy, energy drops, flu-like symptoms, headaches, dizziness, and even diarrhea. This is a normal sign that your body is finally able to eliminate toxins. These symptoms can still be unpleasant. This is why we have given you the specific nutritional supplements discussed elsewhere.

**Prescription Medications:** Isolating the causes of your chronic health symptoms is the goal of the elimination diet. If you are taking medication for these symptoms, you should not plan on stopping them during the diet as doing so could upset the apple cart. Consult your prescribing physician to let them know your plans and discuss

weaning off any medications that are not absolutely essential. They may be on board and adjust, but don't count on it. The vast majority of doctors do not understand nutrition or an elimination diet's ability to reduce your need for various medications. There is also a strong bias to keep people on medications once placed on them for various reasons. The elimination diet should not be considered a 'treatment' or 'cure' for anything although it can and will help just about everything & anything that ails a person. It is just that the conventional medical establishment exists in a very 'pro drug' intervention mindset and anything that disrupts that training or system just isn't appreciated or tolerated by the 'powers that be.' Use the information and any health improvements that you experience from the elimination diet as fuel in your discussion with your physician to make appropriate changes to your current medication regimen. My general rule is 'the fewer the medications a person is on, the better, less is more, none is the best.' The elimination diet experience will help you to see how foods can cause symptoms that are usually treated with prescription medications. Use this information to potentially wean yourself off them.

**Family & Friends:** Let your family know what you are doing and apologize in advance for any stress it may cause them but be clear that this is about you taking control of your health. Personally, I don't think there's anything to apologize for since this is about taking positive actions to enhance your health. If possible, do the elimination diet with your spouse, roommate, or a close friend. Not only does 'misery love company' but it will be an awesome bonding experience and provide a significant shared experience that you can both appreciate and joke about for many years to come. Approach the elimination diet with the knowledge that most people will not understand what you're doing, and you may not be able to convince them of its value but that is their loss. Having someone else share this experience with you can make things so much more comfortable and will greatly amplify your chances of success since you will be doing it together. You'll want to avoid tempting situations while on the elimination diet. It's best to let your loved ones know you may not be joining them at the bar/restaurant or going out to eat with them for the next month—and it's nothing personal. Of course, you could choose to join them and be prepared with healthy options that are on your elimination diet. There is nothing wrong with using such situations to flex and exercise your will power and self-determination! In such cases it is vitally important to anticipate the temptations that will be presented and have a plan on how you will deflect and deal with them.

### **Here are Some Things to Expect During Stage-1**

Each person will react differently while on the elimination diet. Everyone has different issues with which they deal, and the foods that bother some will not bother others. However, the initial stage of withdrawal is common among almost everyone. If you have ever quit smoking, quit drinking, or given up any addictive substance—the withdrawal symptoms of the elimination diet can be very similar. A quick note about addictions and dependence. Addictions and dependence are not the same thing although both can be quite strong and powerful. **Addictions are psychological** and can occur with anything that we become psychologically-dependent on. **'Dependence' really refers to physical dependence.** For example, we are all physically dependent on breathing, drinking water, and eating food. A drug addict's body will also become physically dependent on a drug due to the drug's effects on various receptors and neurotransmitters (among other possible mechanisms). **'Addictions' involve being psychologically dependent** on something (it could be anything) that a person cannot stop doing or otherwise control despite knowing that that thing is harmful. **Dependence connotes a physical dependence** on something, it can also be almost anything.

So, the point is that when we eliminate certain foods, we may experience psychological &/or physical withdrawals. The physical withdrawals have to do with that food regularly being relied upon to provide some physically stimulating or activating action. The psychological withdrawals have to do with that food regularly being relied upon to provide some psychologically stimulating, activating, or comforting action. Was that helpful or TMI?

### **Sugar Withdrawal & Mood Swings:**

Since most people eat what is known as the typical **Standard American Diet (SAD)**, which is full of sugar and refined carbohydrates and numerous other questionable substances, enhanced withdrawal issues can be experienced. Your body, your gut-bacteria, and your brain are all use to getting mega doses of glucose and ‘fast but short-lasting’ energy. Depriving yourself of these compounds can turn you into a sweet fiend that craves any source of sugar and carbs to satisfy your cravings. Complex carbs like wild rice and sweet potatoes will offer you some solace, however, be prepared for the first week of the elimination diet to be fairly unpleasant if you regularly consume fast energy sources. Be aware of this, plan ways to deal with it, **STAY CALM & CARRY ON!** BTW, do you know the origin of that saying? If not Google it, I think that you’ll be surprised at its origin.

Getting through this can provide enormous health benefits that will stay with you for years. SO, JUST DO IT, you’ll be glad that you did.

**The Nightshades:** The following are members of what is known as the nightshade family of plants. An additional member, referred to as the ‘deadly’ nightshade is Belladonna. The rest of the nightshade family are not deadly however they do seem to cause negative reactions in some people. For this reason, they are avoided during the elimination stage of the diet.

\*Note: Virtually all plants produce some substances that can be irritating or toxic when consumed in high amounts. Most, if not all plants, make various ‘pesticides’ that help to repel insects that would otherwise devour them. The concept of having a diversified diet is to help provide a variety of nutrients and to help minimize overconsumption of specific, potentially toxic substances. Our bodies can easily deal with some naturally occurring plant toxins but excessive amounts (as well as many synthetically produced, manmade) toxins can

challenge even the healthiest of us. BTW, caffeine is an example of a plant pesticide.

# NIGHTSHADE SUBSTITUTIONS

This chart contains substitutions for some of the most common Nightshades.

 White Potatoes	 Eggplant	 Bell Peppers	 Tomatoes	 Cayenne Pepper, Red Pepper Flakes, Paprika
↓	↓	↓	↓	↓
 Cauliflower	 Mushrooms	 Celery	 Beets	 Ground Black Pepper
 Sweet Potato		 Radishes	 Carrots	 Ground White Pepper
		 Zucchini		

## Daily Regimen During the Elimination Diet:

### Early morning or shortly after rising:

<p><b>Purified Water or Coconut Water</b> (BAI brand is a great choice)</p> 	<p><b>Big Restore: 1 Tablespoon</b></p> 	<p><b>Lugo's Iodine: 5-10 drops</b></p> 	
<p><b>Zinc T&amp;T: 1 Tablespoon</b></p> 	<p><b>Lipo-C: 1 Tablespoon</b></p> 	<p><b>Baking Soda: 1/4 to 1/2 Teaspoon</b></p> 	<p><b>Apple Cider Vinegar with Mother: 1 Tablespoon</b></p> 

**Add & Stir the above in water and drink over the first 30-60 minutes after rising. You can add Erythritol &/or Stevia if desired.**

**Morning shake: Combine the following in a shaker or blender; add several ice cubes and 3-4oz of berries if desired, blend, drink and enjoy!**

<p><b>Purified Water or Coconut Water</b> (BAI brand is a great choice)</p> 	<p><b>Peak Performance Plant Protein: One Serving</b></p> 	<p><b>Healthy Fats: Pumpkin Seed Oil, MCT M3 Boost &amp; Chia Seeds; 1 Tablespoon of each</b></p> 
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**Meal 1:** Eat a LIGHT balanced meal using your shopping list with emphasis on elimination foods.

**Meal 2:** Eat a LIGHT balanced meal using your shopping list with emphasis on elimination foods.

**Evening:** Get in another Tablespoon of Lipo-C. If you really feel the need for something more, you can have an additional Shake.

## Stage 2 of the Elimination Diet Protocol begins on Day 22: Food Reintroduction, Testing, & Recording

This stage involves reintroducing foods to identify the specific ones that affect you negatively. After the first three weeks of the elimination diet, you will begin reintroducing one food group at a time, one day at a time. It is best to **begin with whatever foods you are craving the most** since they are likely the ones that are affecting you the most. It is highly likely that you will notice all negative effects from this food within the first 3 hours after eating as some can take up to 72 hours. Under normal circumstances, this can make it difficult to determine what foods are actually causing reactions in you.

That is why we advise using the ‘**Coca Pulse Test**’ using the pulse oximeter we provide. It is a simple way to discern food issues. While an elimination diet with careful, monitored reintroduction of foods one category at a time is the gold standard for identification of offending foods, it requires diligence to properly complete the process. Muscle testing (aka kinesiology) and EAV (electroacupuncture according to Voll) are other methods (energetic methods) that also have great value; however, these approaches are not easily reproduced and depend upon the skill of the person doing the testing and doing so under the right conditions. Another way to test for sensitivities are via various lab analyses; these can be pricey, and all have degrees of false positives and false negatives (inaccuracies). Fortunately, pulse reading is quick, easy, reliable, and free.

**HERE’S HOW IT WORKS:** Note, there are numerous versions of this and the original requires multiple readings over several hours. We do not find that method very practical or productive due to poor compliance. Therefore, we have adopted a simpler, modified approach that appears to work quite well for the vast majority of patients. First, we’ll provide an overview of the process then a more detailed procedure.

Set the food to be tested out on a plate along with your food testing reintroduction form, sit and relax for several minutes to allow your pulse rate to settle to a resting level. You can use a pulse rate monitor or check it manually. In either case, check it for a full 60 seconds. Record your resting pulse rate.

Next, place one food or ingredient in your mouth, you can chew it or just leave it on your tongue but do not swallow it. Measure your pulse after the food has been in your mouth for at least 30 seconds the exact same way that you measured your resting pulse and record it next to the food on your test sheet.

It is recommended that you spit that food out once the pulse has been assessed.

Finally, compare that pulse to your resting pulse rate and record whether it is positive or negative.

If your pulse **increases or decreases by 4 or more beats per minute**, the food is considered to be a stressor to your nervous system and therefore has caused an alteration in your heartbeat. Record it as positive which means that you REACTED to it. Therefore, that food should be avoided for an additional 60-90 days before being retested. Note, some methods set 6 as the cut off and only count it as positive if it has increased.

You can test additional foods, but it is best to wait an hour between tests and only continue if your resting pulse rate has returned to the pretest level. The reason that the tested food is spit out and not swallowed is to minimize the potential recovery time following positive reactions thereby allowing for the testing of multiple foods in a single day. If a reaction producing food is swallowed, its effects can last for several hours up to a few days. Testing is only accurate once your body has regained proper homeostasis which in this case is assessed via resting pulse rate.

Immunologist Arthur F. Coca, MD, developed this invaluable technique in the 50s and his book on the technique was published in 1956. The method’s validity and usefulness have been verified in tens of thousands of patients over the past 60+ years, however, no controlled studies have been performed nor are they likely to be. No company stands to benefit from funding a study on a test that is free. Since it has not been ‘verified’ by the self-appointed critics of ANYTHING and everything that is not ‘blessed’ by the establishment, you might

encounter negative reviews of the Coca Pulse Test. Please realize that those self-appointed critics and experts typically have ZERO training in or understanding of anything outside of the purview of conventional, so-called ‘modern’ medicine which has brought us to be one of the sickest nations on the planet, with the highest incidence of chronic diseases ever seen. Just saying...

### **THE COCA PULSE TEST WITH THE PULSE OXIMETER:**

Using the pulse oximeter supplied with the program makes it much easier than doing this test manually. Just place the pulse oximeter on for 60 seconds, then test foods and look for changes.

#### **The Coca Pulse Test in Detail:**

1. Take a reading of your pulse in a relaxed and seated position. Do not perform this test after a meal or physical exertion or with anyone standing over you as these things will cause your pulse to become artificially elevated.
2. Set out one or more single ingredient foods or beverages to test. Example: Day 22 Fruit. Set out the citrus fruit you would like to test.
3. The number of pulse beats counted in one minute is your resting pulse rate (normal pulses average from 60 to 100 beats per minute). The pulse can differ from your left to right side, so read the pulse on the same side for the entire testing session. Gently regulate breathing being sure to breathe through your nose, not through your mouth. The pulse is variable in a healthy person, therefore, to establish your resting pulse rate, measure it for a full 60 seconds to get your one-minute average.
4. Now, moving slowly (rapid movement triggers pulse variation), place the test ingredient on your tongue and chew or roll it around for 30 seconds. Do not swallow.
5. Read your pulse on the pulse oximeter for a full 60 seconds. If the food stresses you, your pulse will increase or decrease. A pulse shift of **four or more beats per minute** indicates a sensitivity or allergy to that food. The greater the pulse variation, the more toxic the food is to you.
  - a. Some people want to understand how the food can affect your system so quickly. The short answer is ‘no one knows for sure,’ however, we do have some good ideas. Our mouths are loaded with sensors, that’s pretty obvious. Our ability to taste things is an example of this. Taste provides our brains with a great deal of information that we are not conscious of, and our brain knows what foods cause stress or reactions on a subconscious level. This effects the autonomic nervous system and is reflected in the alteration of heart rate & rhythm.
6. **If you react to the food**, spit it out and rinse your mouth with water. If there is no reaction and/or if you wait until your pulse has returned to your resting pulse rate, you may continue to test other ingredients.
  - a. If you have a positive reaction, you may need to wait at least an hour before testing another food. Some people may not stabilize until the next day so be sure to confirm that your pulse is back to the pre-test resting rate before proceeding with the next food.
7. **NOTE:** The Coca Pulse Test may not be effective if you’re taking medications that control your heart rate such as calcium channel blockers or beta-blockers. Continue stage two until you feel confident that you have paired all your symptoms with specific food types. Most people discover that when dairy, wheat, and sugar are reintroduced, they find the cause of most or all of their symptoms. This is the order you should reintroduce your foods.
8. For additional help, use your reintroduction food sheet (in addendum).

## **Suggested Reintroduction Food Schedule:**

**Day 22:** Fruits – test your favorite citrus fruits then additional favorite fruits.

**Day 23:** Vegetables – test your favorite veggies.

**Day 24:** Carbs - Test corn, brown and white rice only. Even if corn is negative (non-reactive) wait until after stage 3 to reintroduce it.

**Day 25:** Nuts & Seeds - test your favorite nuts and seeds

**Day 26:** Legumes and Lentils -test your favorite beans, peas and lentils even if following a vegetarian diet, test individual sources of your protein. One may react more than others.

**Day 27:** Meat/Eggs - test your favorite meats and eggs. \* Wait until after phase 3 to reintroduce pork, shellfish, processed meats, and eggs even if your test was negative.

**Day 28:** Dairy - test your favorite dairy foods. \* Wait until after phase 3 to reintroduce dairy (cheese, milk, yogurt, butter etc.)

**Day 29:** Fats and Spices - test your favorite fats and spices. \* Wait until after phase 3 to reintroduce fats and spices (mayo, BBQ sauces, ketchup, soy sauce, etc.)

**Day 30:** Beverages and Sweeteners - test your favorite sodas and beverages. \* We encourage only to test coffee, non-herbal tea, and sodas sweetened with healthier, more natural sweeteners like Erythritol, Xylitol, Stevia, Monk fruit, honey, and maple syrup. We encourage you to stay away from those until after phase 3 as well.

\*The reason we are asking you to wait until after Phase 3 to reintroduce certain foods even if you test negative is because most of those food items are eaten on a regular basis and in such abundance in many people's everyday diet. Your digestive system will benefit from an extended break from corn, eggs, dairy, and gluten. Pork, shellfish, deli meats and processed foods tend to carry toxins, so we suggest waiting until after Phase 3 as well. As far as coffee, tea, & soda, they tend to have caffeine and highly processed sugars, so we suggest waiting until after phase 3 to reintroduce them in your food plan (although you would be better served to permanently eliminate them from your diet). We also encourage you to completely stay off sugar-laden soda and processed foods for the remainder of your life. Grains are extremely important to address and many people will not want to hear this, however, many refined grains (especially those containing gluten) are best avoided long term for several reasons. The way many of them are grown, processed, and otherwise 'altered' and modified, has made them far from optimal for our bodies to utilize without placing excessive burdens on our digestive and immune systems.

\*To clear some possible confusion, we would like you to test all the foods that you want to reintroduce. If you get a positive reading (4 pulse point variation up or down from resting heart rate) you will need to stay away from that food for a minimum of 60 days before re-testing. If you get a negative reading (pulse point variation less than 4) you can reintroduce the food. Please remember even if you test negative for a food and it falls under

the category to stay away from until after phase 3, you will need to still avoid that food item. Additionally, there may be foods that you test negative to that still may not ‘support’ your overall health & goals. You also have to consider its impact on your weight and long-term health.

**Coca pulse test results sheet:** copy or print additional sheets as needed

Food:	Date	Time	Resting Pulse	Pulse w/ Food	+ Rx	AVOID this food	No Rx	Food OK
<b>Fruits: Start with citrus then, then go to your favorite fruits one by one.</b>								
<b>Veggies: Start with your favorites and go down the list of those eliminated.</b>								
<b>Carbs: Test corn*, brown and white rice.</b>								
<b>Nuts &amp; Seeds: Start with your favorites.</b>								
<b>Legumes, Lentils: Test your favorite beans, peas, and lentils.</b>								
<b>Meat, Fish, and Eggs*: Test your favorites.</b>								
<b>Dairy*: Test your favorite dairy foods.</b>								
<b>Fats &amp; Spices*: Test your favorites.</b>								
<b>Beverages and Sweeteners: Test your favorites.</b>								

*Note: for these categories, even if a food tests as non-reactive, avoid readding them until phase 3.								

**Reintroduction of Foods**

It is common to find that some of your favorite foods may be giving you the most trouble. The elimination diet is challenging, and it is ultimately a great learning tool that will help you to gain better understanding of the impact of various foods on your health. Regardless of how much effort you put into sticking to its guidelines, you will only benefit long term if you apply the lessons you learn during the testing & reintroduction stages. It is important to reintroduce the food groups one at a time by using the Coca method. This will ensure an ability to gauge the effect of each individual food accurately. Writing everything down and referring to it in the future will help you power through any cravings for foods you no longer eat.

The elimination diet is one of the easiest (ok, so it isn't THAT easy) and most effective ways to get some simple insight into personal health. We do realize that the Coca method may be more than some are willing and able to do. If you feel that this applies to you there are food sensitivity lab tests that can be used. A typical comprehensive panel will cost approximately \$500.

If you run into numerous foods that cause reactions during the reintroduction phase, depending on how long it takes your body to regain balance (indicated by your pulse), it may take an few additional days to get through all of the foods you'll want to test. If that's the case, please DO NOT rush through the process. Reintroduction of reactionary foods can undo many of the benefits achieved during the elimination phase.

**More Daily Regimen Health Upgrades:**

The following things can be added to your daily regimen as you are able. It can be extremely challenging to change your daily regimen under the best of conditions. Therefore, for most, it is often best to add just one or two things at a time until you have them down before attempting more. Some people, on the other hand, do better if they make all the changes at once. Only you know which type you are.

**Get outside in the sunlight!** Sunlight is the missing nutrient in most modern human's lives. WE literally evolved with our entire bodies being stimulated and regulated by full-spectrum sunlight. It is only since the late 1800s that artificial lighting came into existence that led to major changes in our normal daily rhythms. This time-period also correlates with many other technological advancements and aberrations in how humans live, however, there is a strong case to be made that MANY of our modern ills are associated with "Mal-Illumination" as much as "Malnutrition."

**Spend a minimum of 10-15 minutes out in the sunlight shortly after waking** without glasses or contacts (which distort the light spectrum). Allow the sunlight (even if it's cloudy or partially blocked by building, etc.) to enter your eyes and hit as much skin as possible (yes, there are light receptors in the skin as well).

**The benefits are enhanced by grounding your bare feet (and/or hands) with the earth.** Walking on sand, dirt, grass, and even concrete helps to "ground" you by allowing the transfer of electrons from the earth into your body. If the ground is moist it's even better!

## Consider a Restricted Eating Window / Intermittent Fasting schedule

**We evolved over vast amounts of time without refrigerators or pantries! Food was not always available and three meals a day was not the norm, far from it.** It was very typical for humans to not just survive, but to thrive, on MUCH less food than we tend to consume for the past 50+ years. Just as with most animals that still live in the wild, eating was never guaranteed. There were regular & frequent stretches of ‘fasting’ & ‘intermittent fasting.’ In fact, that was the norm and our metabolisms adapted to that extremely well. It should be clear to any objective observer that we have NOT adapted to the current norm of regular & frequent feedings with highly processed foods. That’s unless you consider obesity, diabetes, and widespread chronic disease to be adapting!

It always cracks me up to listen to many of the current health gurus out there. The ‘bio-hackers’ that think they are the first people to think about modifying various things to enhance health, just absurd. Coining a new word doesn’t make them unique or innovative, just trendy. And how about the Paleo mania? There have been numerous iterations of what we think might have been a Paleolithic diet for well over a century. The latest one appears to be more about rationalizing eating lots of animals more than anything to do with true health. If you stop and think for just a few moments you’d realize that there are only a few valid principles to a Paleo regimen. One is to eat very little food overall and to practice systematic undereating and periodic fasting. The other is simply to avoid all refined and processed foods. Perhaps a third would be to walk, run, forage for food in the fresh air and sunshine (or rain) for several hours a day. A fourth would be to go to bed shortly after the sun goes down and rise around sunrise.

Here are some additional thoughts regarding Intermittent Fasting or a Restricted Eating Window and your daily activities.

**The ideal time to do your resistance workout** to take full advantage of the various hormonal and other messenger responses associated with an intermittent fast is **on an empty stomach** (i.e., prior to your first real meal of the day, the macaroons don’t count). Many people who are not accustomed to intermittent fasting may think that they’ll have no energy, but this is a fallacy. Our ancient ancestors had to run, chase, hunt, forage, and fight with an empty stomach. Our bodies have plenty of stored energy in the forms of glycogen and fat to fuel a marathon at virtually any time. The problem is that since so many people have chosen to eat every few hours, their metabolic & enzymatic breakdown pathways have become “sluggish” which makes them feel weak and/or light-headed. It also makes them much more metabolically ‘fragile.’

**To build up your metabolic resilience** it is desirable to be able to function (including performing physically and mentally) on an empty stomach. As noted in the section describing the benefits of intermittent modified fasting, this stimulates a wide array of very beneficial responses by the body. Those responses actually magnify one’s ability to perform, heal, repair, add muscle, and lose fat.

**Additionally, for those looking to burn the most fat,** 20 or so minutes of cardio after the resistance training should provide the greatest benefits since much of one’s glycogen will have been depleted by the resistance training thereby helping your body shift into a more efficient fat-burning mode. It is generally better to do the cardio after the resistance training as many people will tend not to push as intensely on the resistance training if they do the cardio first.

There are MANY well documented benefits associated with intermittent fasting. The list and explanations are truly impressive and there's a great deal of information and documentation available elsewhere so go ahead and google it. I personally like to condense things and place the highlights into tables for easy reference, so that's what I'll do for you here.

<b>Documented Benefits Associated with Intermittent Fasting and Modified Intermittent Fasting</b>	
<b>Target</b>	<b>Explanation</b>
<b>Blood Sugar</b>	<b>Fasting reduces blood sugar and insulin levels while improving insulin sensitivity;</b> this dramatically reduces the risk of diabetes, insulin resistance, and therefore obesity as well.
<b>hGH</b>	<b>Fasting significantly increases hGH (human growth hormone levels) (up to 5X).</b> Increased hGH enhances protein synthesis, muscle repair and building, internal organ repair, function and reserve, all while reducing body fat. There are many additional anti-aging benefits associated with increased hGH levels, such as: enhanced energy levels; improved sexual performance; regrowth of heart, liver, spleen, kidneys (and other organs that tend to shrink with age); greater heart output and lower blood pressure; reduced cholesterol with higher HDL and lower LDL; increased exercise performance; improved kidney function; stronger bones; faster wound healing; younger, tighter skin; and hair regrowth.
<b>Metabolic rate</b>	Contrary to conventional wisdom, <b>short term fasting actually increases one's metabolic rate</b> (longer term fasting = starvation, which has the opposite effect).
<b>FIAF</b>	Fasting increases <b>FIAF (Fasting Induced Adipose Factor)</b> which blocks LPL (lipoprotein lipase) leading to the blocking of one of the body's main messages to store fat. This leads to increased fat breakdown and burning.
<b>mTOR</b>	Fasting temporarily suppresses the body's production of <b>mTOR (Mammalian Target of Rapamycin)</b> which leads to significant increased production of mTOR when feeding resumes. The net result is much higher total levels of mTOR in spite of the reduction during the fast. <b>Increased levels of mTOR stimulate protein synthesis</b> (i.e., recovery from exercise, building muscle, healing an injury). Interestingly, exercise has a similar impact on mTOR as fasting so the combination of fasting and exercise has a synergistic effect.
<b>Appetite</b>	Also countering Conventional Wisdom, <b>fasting actually enhances appetite control</b> via multiple mechanisms such as modulation of the following hormones and messengers: insulin, PPY (pancreatic polypeptide), Leptin (the satiety hormone - rebounds upon feeding), Anandamide, NPY (neuropeptide Y), alpha-MSH (melanocyte stimulating hormone), Obestatin, and improved blood sugar regulation as noted above.
<b>Ghrelin</b>	Fasting or an empty stomach <b>increases Ghrelin</b> production which stimulates appetite. Many feel this is a negative BUT increased Ghrelin is also associated with: <b>increased hGH</b> (which stims muscle development and fat burning), <b>improved learning and memory, and has anti-anxiety and anti-depressant effects.</b>
<b>Cells</b>	Fasting has been <b>shown to reduce both inflammation and free radical damage</b> at the cellular level.
<b>Heart Disease</b>	<b>Fasting reduces several risk factors associated with heart and blood vessel diseases</b> including: Blood pressure, Total and LDL Cholesterol, Triglycerides, Blood Sugar, Insulin, and inflammation.
<b>Brain</b>	Fasting has been <b>shown to enhance brain health, learning and memory while reducing anxiety and depression.</b>
<b>HSPs</b>	Fasting both <b>increases the production of, and activates, Heat Shock Proteins (HSPs).</b> These are extremely beneficial in helping the body to adapt to a wide variety of stressors. Their main

	functions involve stabilizing, facilitating the synthesis of, folding, assembly, export, transport, turn-over and regulation of proteins. Hot and cold therapies also increase HSPs.
There are many variations of how fasting or modified fasting can be performed. There is general agreement, however, that shorter and intermittent fasting provides the greatest benefits with the least risk of complications or negative effects. Some recommend a total fast (except for water) for a day or more while others recommend fasting 16-20 hours of the day. I strongly encourage you to experiment and find the protocol that works best for you, the long-term health benefits can be very significant.	

**Alternate plan using an Intermittent Modified Fasting Protocol:** Utilizing ‘intermittent fasting’ AKA a ‘restricted eating window’ can significantly enhance the fat shredding process by activating important metabolic pathways, MTOR and FIAF.

There are several variations that can be used for intermittent fasting or a restricted eating window, here are a few.

<b>Intermittent Fasting Schedules:</b>	<b>Eating Window per day</b>	<b>Fasting Period per day</b>
Intermittent fasting uses a model of fasting most of the day, typically 16-20 hrs. with food intake restricted to the eating or feeding window of 4-8 hours	8 hrs. a day 6 hrs. a day 4 hrs. a day 2 hrs. a day	16 hrs. a day 18 hrs. a day 20 hrs. a day 22 hrs. a day
<b>Fasting Schedules &amp; Variations:</b>	Weekly:	1, 2, 3 days a week
Classic fasting was done mainly using Just water although some limited that too.	Monthly:	1, 2, 3+ days a month
Later variations used juice fasting or Modified protein sparing fasts.	Alternate Day Fasting ‘Monk’ fast: 36 hours.	Water Fasting Protein sparing modified fast Fasting Mimicking Diet

Spend a little time thinking about your schedule and see what might make the most sense for you if you were to incorporate some form of fasting into either your regular health regimen or weight loss program. Once you decide, schedule your first fast or intermittent fast and make appropriate plans to carry it out.

As listed above, there are several options to choose from. It also makes a great deal of sense to change things up regularly to replicate what would likely happen under real-life Paleo/Primitive/Ancstral times.

Periodically, you might fast for 1-3 days, perhaps once a month or more. You might fast on alternate days one week out of the month, Sunday, Tuesday, and Thursday, for example. This could be done as intermittent fasts as well, choosing the eating window that makes the most sense for you and your schedule. The combinations are endless.

### **Why some adopt a new leaner lifestyle...**

We have all had times when we are especially motivated to look our absolute best. For many that means getting leaner (reducing body fat and enhancing muscle definition). Looking fit, lean, and muscular has become the new sexy for both men and women. Of course, it has always been sexy but now people realize that they don’t have to be body builders to look great, in fact there’s even a trend in bodybuilding with several new categories that are moving away from maximum size toward a bit slimmer, leaner, fit-looking physique. Of course, even those categories have gotten a bit carried away and all are ‘hormonally-enhanced.’

For those of us not genetically predisposed to being that way, it takes some serious effort and a change in lifestyle, but it is attainable with the proper vigilance. So, whether it be looking your best for a special event or wanting to be lean and muscular all the time, this program will help you get there and stay there. All but those especially gifted will likely need to continue following some aspects of this program on an ongoing basis (or repeating the program periodically).

It's important to point out that different people have different genetic backgrounds which have significantly contributed to their body type and metabolic type. Not everyone may be able to get super lean and ripped but everyone can make major steps in that direction. Do not let slow progress get you down, just stay focused and keep making slight modifications until you find what works best for you and your metabolic type.

Extra effort is always required to achieve our leanest, most defined state. The primary goal here is to lose as much body fat as possible while minimizing muscle loss.

**The Keto Option:** I would be remiss not to mention Ketogenic Diets as they are undergoing another rebirth and stint of popularity. The reality is that they can be quite healthy and useful for many people at least for a while. In fact, when you think about it, our ancestors likely spent a significant amount of time in various stages of ketosis since they did not have ready access to all sorts of food 24/7/365 as we do today.

Ketosis is a completely 'NORMAL' metabolic process that our bodies shift to in varying amounts as needed when food and carbohydrates are limited. Perhaps the thing that has made it appear to be so healthy and special is the simple fact that people no longer enter significant ketosis without specifically working to do so (with the exception of diabetic ketoacidosis).

So, YES, Ketosis and Ketogenic Diets can be utilized quite productively by many, AND it is not a panacea. Nor is it, in my humble opinion, something to strive to be on, and in ketosis, all the time.

A ketogenic diet is really a lot simpler than most keto diet books and gurus make it out to be. All you have to do is cut down on the number of carbohydrates and protein while emphasizing health fats.

**Spilling ketones in your urine is a simple way to confirm that you are in fact burning fat for fuel BUT all bets are off when taking exogenous ketones.**

There have been numerous companies promoting the use of exogenous (supplemental) ketones for weight loss. Spoiler alert, taking exogenous ketones actually shuts fat-burning down temporarily! Exogenous ketones can be of assistance as an alternative energy source AND to ease the symptoms associated with shifting into a state of natural, nutritional ketosis JUST do not overdo them. We actually make an exogenous ketone product for those very reasons but just want to be clear about how to properly use them.

So, for those interested in following a Ketogenic regimen here's what you need to know.

**You must restrict your carbohydrate & alcohol intake fairly strictly.** Limit carbs to 50-100 grams a day until you achieve ketosis, then experiment as to how many carbs you can handle and remain in ketosis by monitoring your urinary ketones a few times a day.

You must limit your protein intake since any protein in excess of your bodies needs can be converted into glucose or stored. Shoot for ½ gram of protein per pound of body weight per day. Monitor your urinary ketones

and IF you are limiting your carbs as recommended and you are not able to stay in ketosis, it likely means that you are consuming too much protein. Adjust your protein intake to maintain a state of ketosis AND your muscle mass. The simple way to monitor your muscle mass is by assessing your strength during your workouts.

If you are maintaining or increasing in strength, then you are maintaining or adding muscle. If you are not maintaining your strength, then you are losing muscle. It is basically as simple as that.

**Restrict carbs & protein, emphasize healthy fats. Monitor urinary ketones & strength. Adjust as needed.**

**Transition Phase:** Periodically, you will want to EASE out of the restricted eating program to confirm that you are able to stabilize at your new weight and level of leanness. That does not mean that you should go back to your previous eating system that was obviously NOT working for you, but it does mean testing how much food your body can function on on a sustainable basis. You will determine what kind of new eating pattern makes the most sense for you now that you realize that the SAD (Standard American Diet) of three ‘square meals’ a day plus a snack or two is NOT ideal or sustainable. In fact, the SAD is the antithesis of a healthy Ancestral diet.

Based on what you learned about your body over the course of your journey to a new, leaner, more resilient you, establish your new daily eating regimen and begin following it. During this time, it is vital to continue checking and tracking your weight, key circumferential measurements, body fat, and strength.

Measure/Monitor, Adjust/Tweak/Modify, Repeat. Via this process you will continue to learn how your body and metabolism operate while continuously enhancing your overall health, metabolic resilience, vitality, and longevity.

Next, we will go into more detail about exercise.

**Exercise Recommendations:** Yes, it is possible to lose weight without ‘exercising’ BUT I do not believe that it can be done properly or healthfully. Losing weight without proper muscular stimulation invariably leads to loss of some muscle which is the last thing anyone should want to do from a health perspective not to mention from a long-term maintenance perspective.

<b>Goal:</b>	<b>Exercise Recommendations:</b> Exercise is a controlled stress we place on the body to stimulate adaptation and improvement; low to moderate amounts enhance healing and the immune system, whereas too much too soon, can have the opposite effect. There is a huge difference in the amount of exercise that one person can tolerate and derive benefit from vs. someone else.
<b>ARTC Specific Exercise Recommendations:</b>	
<b>EWOT! Exercise with Oxygen Therapy</b> is, in my opinion, the most important exercise or therapeutic intervention that anyone could do. It benefits virtually every single metabolic process known by increasing tissue, cellular, and mitochondrial oxygenation while helping to restore and reset the proper diameter of the body’s microcirculation. The microcirculation accounts for over 90% of the circulatory system, it is where the ‘rubber hits the road’ so to speak. All nutrient and waste product exchange takes place in the microcirculation.	
<b>Cardio:</b> If you are already doing regular cardio, increase it by 10-20% initially, then bump it another 10% every 5-7 days as needed.	
<b>HIIT:</b> Adding a session of High Intensity Interval Training can really help boost results but be sure to scale it to your current fitness level. Since the main goal is to shed fat HIIT can help you jump to the next level as it increases fat-burning metabolism for up to several hours after a session. One or two short to moderate	

duration HIIT sessions every other day would be ideal. Doing HIIT daily is a bit too much to recover from for the vast majority.

**Resistance:** Three to five+ times per week commensurate with your current fitness level and whether you opt for a full body or split routine. When shredding fat, some do better with full body workouts while others do better on split routines (different body parts on different days). Strive to increase your reps and/or weights every 5 days.

**hGH and Testosterone boosting exercises:** Both Growth Hormone & Testosterone can dramatically enhance one's ability to recover from an illness or injury in addition to adding muscle and losing body fat. If you would like to, and have proper equipment and guidance, add one of these exercises 2-3x/week (some might benefit from and be able to handle them daily but they would be the exception). Do 3-4 sets of 8-12 reps with 70% of your 1 rep max weight on squats, leg press, or deadlifts (only do one of these). Additionally, your HIIT will also boost testosterone levels.

**Flexibility:** Stretching commensurate with your current and desired flexibility. For most people flexibility training should be incorporated either at the end of one's workout or in the evening for an estimated 10-15 minutes.

**Misc.: Drink lots of pure water:** that is one of the best and most effective general health restorers and fat shredding recommendations there is. Most people are marginally and chronically dehydrated. The general recommendation is to consume from 1-2oz. of pure water per pound of body weight each day for optimum hydration and fat burning. It also helps preserve muscle.

**Either a vibration platform or rebounder** would be a nice adjunct that can be done several times a day if available. Either one will stimulate overall circulation, oxygenation of the tissues, metabolism, and lymphatic circulation/detoxification. Using one of these several times throughout the day will help to counter sitting or standing in one place for most of the day which is counter-productive to shedding fat.

**Saunas** (esp. far infrared saunas) can be a nice adjunct to a fat shredding regimen due to their ability to stimulate one's overall metabolism and activate HSPs (heat shock proteins). HSPs have numerous benefits to healing via their ability to enhance protein stability, folding, transport, etc.

**Cold Plunges / Cryotherapy / Cold Showers:** There are several ways to use cold as a constructive stressor to stimulate your body's natural restorative responses. There are cryotherapy chambers that use liquid nitrogen to cool you down for about 3 minutes or you can simply put cold water and 10-20 lbs. of ice in a bathtub (or even taking a cold shower). All will work to enhance fat-burning (among other positive metabolic responses), as unpleasant as they may sound.

**Soaking** in the ocean or a hot bath of Epsom Salts are also great adjuncts to general health, getting back in shape, and may enhance fat burning. The body can absorb needed minerals (magnesium in particular) via the skin and there is also a general calming, relaxing, and restorative effect that supports healing and overall metabolism while reducing stress (which triggers higher cortisol levels that interfere with fat loss).

**Breathing exercises** have been used and promoted for thousands of years to aid the body in enhancing oxygen uptake and eliminating toxins (primarily CO<sub>2</sub>) via the lungs. Both of these processes are helpful to a general health restoration and fat burning program. There are many variations to choose from including recent YouTube sensation Wim Hof's version, Patrick McKeown's [The Oxygen Advantage](#) (the top book I've read on proper breathing), and the latest best book on the topic by John Nestor called [Breathing](#). There is also an excellent breathing course available online at [Breathing.com](#).

### **Intermittent Modified Fasting:**

As mentioned above, incorporating intermittent modified fasting into your intensive (and regular lifestyle) offers many benefits (see below). I urge you to experiment for yourself with different lengths of intermittent

fasting. Based on my research, I recommend shooting for between 16-20 hours of fasting or modified fasting on your intermittent fasting days. This cuts the “feeding” window down to 4-8 hours which is plenty of time to get in all the nutrients that your body needs.

**Meals: Here is a List of ‘Recommended’ Foods to Build Your Meals from: \*Note, there may be some foods on here that may not be ideal for some metabolic types, etc. Those are best identified as you do the Elimination Diet and Coca Pulse test upon reintroduction of those foods.**

<b>This list categorizes foods by the predominant macronutrient content and lists which foods are appropriate for various dietary ideologies. Additionally, a general guideline is provided regarding the typical serving size for each category.</b>				
<b>Dietary Ideology</b>	<b>Quality Protein: 1-2 Palm sized portions as appropriate for you. (see below)</b>	<b>Veggies (lower-carb): 1-2 Fist sized portions, as appropriate for you. (see below)</b>	<b>Higher Carb Content Foods 1-2 “Cupped hand” sized portions, as appropriate for you. (see below)</b>	<b>Healthy Fats 1-2 Thumb+ sized portions, as appropriate for you. (see below)</b>
<b>Omnivore (Everything is OK)</b>	Meat, poultry, fish, seafood, eggs, milk and milk products, beans, seeds, nuts, grains, all protein powders.	Alfalfa sprouts, arugula, asparagus, bamboo shoots, bean sprouts, beets, Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, Chinese cabbage, Chinese spinach, cucumber, eggplant, fennel, garlic, green onions, greens (beet or collard greens, dandelion, kale, mustard turnip), hearts of palm, jicama, kohlrabi, leeks, lettuce (endive, escarole, romaine, or iceberg)	<b>Fruits:</b> (ranked from lowest to highest glycemic load): Limes, Strawberries, Apricots, Grapefruit, Lemons, Cantaloupe, Guava, Nectarines, Oranges, Pear, Watermelon, Blueberries, Peach, Plum, Apples, Pineapple, Kiwi, Mango, Cherries, Prunes, Bananas, Grapes, Figs, Dates, Raisins. Of course, there are many more to choose from, just don’t overdo them.	<b>Whole or the pressed oils from:</b> avocado, coconut, olive, Seeds (chia, flax, hemp, pumpkin, sesame, or sunflower (although I don’t recommend sunflower or canola oils); Nuts (Almonds, Brazil nuts, Cashews, Coconut, Hazelnuts, Macadamias, Peanuts (some classify as a legume), Pecans, Pistachios, Soybeans (also a legume),
<b>Paleo (No grains, beans or dairy)</b>	Meat, poultry, fish, seafood, seeds, nuts, some protein powders.	garlic, green onions, greens (beet or collard greens, dandelion, kale, mustard turnip), hearts of palm, jicama, kohlrabi, leeks, lettuce (endive, escarole, romaine, or iceberg)		
<b>Pescatarian (No meat, but allows fish and seafood)</b>	Fish, seafood, eggs, milk and milk products, beans, seeds, nuts, grains, protein powder.	beans, mushrooms, okra, onions, parsley, peppers (green, red, yellow, orange, banana, jalapeno),	<b>Roots and Tubers:</b> Carrots, Sweet potatoes, Beets, Onions, Yams, Parsnips, Turnips, Potatoes, Rutabagas, Cassava, Squash, Beets.	
<b>Lacto-ovo Veg. (allows eggs and milk products)</b>	Eggs, milk and milk products, beans, seeds, nuts, grains, some protein powder.		<b>Grains</b> (from “healthier to less healthy”): Whole oats, Amaranth, Quinoa, Millet, Wheat berries, Barley, Rice (Wild, Brown, White), Rye, Triticale, Couscous, Wheat (flour, bread, pasta).	

<b>Vegan</b> (exclude all animal products)	Beans, seeds, nuts, grains, plant-based protein powder.	purslane, radishes, rapini, rhubarb, rutabaga, sauerkraut, scallions, sea veggies (dulse, kelp, wakame, etc.), shallots, snow peas, spinach, summer squash, Swiss chard, tomatoes, turnips, water chestnuts, watercress, and zucchini	<b>Beans and Legumes</b> (ranked by protein; highest to lowest): Soybeans, Peanuts, Black beans, Pinto beans, Chickpeas, Kidney beans, Lentils, White beans, Split peas, etc.	Walnuts, etc.); Milk and Milk products (butter, cheese, yogurt, etc.), Eggs.
<b>Gluten Free</b> (excludes gluten grains)	Meat, poultry, fish, seafood, eggs, milk and milk products, beans, seeds, nuts, non-gluten grains, some protein powder.		<b>Junk Carbs:</b> Refined sugars, syrups and sweeteners; Candy; Most cereals; Most snack foods; Most cookies and cakes; Refined flours; Jams and preserves; Bread, toast, bagels, thick pizza crust; Soft drinks; Alcohol (may have some nutritionally redeeming properties).	<b>Unhealthy Fats:</b> Rancid, Hydrogenated, Transfats, Over-heated

**Portion size:** Many authors make this much more complicated than it needs to be. Remember, there are huge variations in people’s metabolisms, digestive efficiency, size, activity level, microbiome, etc. Some people need and can handle several times as much food as others. The portion guidelines suggested above (in the second row of above table) are based on your body size (or actually your hand size).

If you are a smaller person, then 1 portion may be sufficient; if you’re a larger person (or very active), then 2 portions or more may be appropriate. The bottom line is to monitor how you feel, your weight, your circumferential measurements, how your clothes fit, and your progress; if things are moving in the desired direction, then keep consuming the recommended portions. If things are not going as hoped and planned, simply decrease or increase the portion size as appropriate and keep monitoring. Remember that it takes an average calorie deficit of 500 calories per day for seven days to lose one pound of fat.

**Making Meals:** Many books and programs go into great depth with specific recipes, etc. That’s great for some people but in my opinion most of it is filler to make the book or program look more impressive. I prefer to teach eating principles and let the individual be creative with modifying those basics to their specific taste preferences. Of course, we will provide a recipe section as well for those who really like that kind of thing.

The basic idea is to learn how to put together a healthy, nutritious meal that tastes good, quickly, and conveniently. A meal has to meet all of those criteria to be sustainable in my opinion.

**Quality Protein:**

I believe that quality protein is the foundation of most good meals. Of course healthy fats and carbohydrates are also important but protein is the limiting factor in most diets.

**Choose your preferred protein source based on your personal beliefs.** Here’s a list broken down by ideological categories: ex: ecological, ethical, health, pleasure, convenience

**Omnivores (people who eat everything):** Meat, poultry, fish, seafood, eggs, milk and milk products, beans, seeds, nuts, grains, protein powder.

**Pescatarians (people who eat fish and seafood but not meat or poultry):** Fish, seafood, eggs, milk and milk products, beans, seeds, nuts, grains, protein powder.

**Lacto-Ovo Vegetarians (people who eat eggs and milk products but not meat, poultry, or seafood;** note there are also **Lacto-Vegetarian** who eliminate eggs and consume milk products as well as **Ovo-Vegetarians** who eliminate milk products and consume eggs): Eggs, milk and milk products, beans, seeds, nuts, grains, protein powder.

**Vegans (people who eliminate meat, poultry, fish, seafood, eggs, and milk products):** Beans, seeds, nuts, grains, protein powder.

Whatever your preference is fine from a nutritional perspective. What protein sources you deem acceptable is a personal choice and you can lead a long, healthy life with any combination if done properly.

### **Healthy Fats:**

Many of the protein foods also come along with fats which may be healthy, neutral, or harmful depending on several variables (how the animal was raised and how the meat, poultry, fish, or seafood was prepared). In the case of the plant-based fats, seeds and nuts in particular, as long as they haven't been over-heated, the fats/oils will generally be quite healthful.

### **Additional fats that one might add include:**

**Oils:** avocado, coconut, olive, pumpkin seed, sesame, peanut, walnut, etc. (I don't recommend canola or sunflower oils); **Food sources of healthy fats include** almonds, avocados, butter, chia, cashews, coconut, peanuts, other nuts (filberts, hazelnuts, macadamia nuts, pecans, walnuts).

**Top Recommendations:** Use pumpkin seed oil as your main oil for most things as it is an excellent source of Parent omega 6 essential fatty acids. Use whole or fresh ground Chia seeds as your main source of Parent omega 3 essential fatty acids.

**The ratio** of omega 6 to omega 3 EFAs should be between 1-2 parts omega 6 to 1 part omega 3. Most people have heard that we get WAY too much omega 6 compared to Omega 3, however, this isn't necessarily true. The vast majority of omega 6s consumed are from cooked or processed foods which means that those EFAs have been altered or damaged. Therefore, they really don't count in terms of supplying 'Parent' omega 6 Linoleic Acid. The Parent form is what the body uses about 97% of the time it needs an EFA, while converting the other 3% to a 'Derivative' form for specific applications as needed. The same applies to omega 3 EFA Alpha Linolenic Acid, which is the Parent form. If either EFA has been altered or damaged via any form of processing or spoilage your body simply won't be able to use it so it doesn't count in terms of providing for your daily needs.

### **Carbohydrates:**

**Vegetables (relatively non-starchy):** There are many varieties of vegetables that are great for us. They contain a wide array of nutrients (albeit in fairly small amounts) in addition to macronutrients (mostly carbohydrates

and fiber). Here's a partial list to choose from: alfalfa sprouts, arugula, asparagus, bamboo shoots, bean sprouts, beets, Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, Chinese cabbage, Chinese spinach, cucumber, eggplant, fennel, garlic, green onions, greens (beet or collard greens, dandelion, kale, mustard turnip), hearts of palm, jicama, kohlrabi, leeks, lettuce (endive, escarole, romaine, or iceberg) beans, mushrooms, okra, onions, parsley, peppers (green, red, yellow, orange, banana, jalapeno), purslane, radishes, rapini, rhubarb, rutabaga, sauerkraut, scallions, shallots, snow peas, spinach, summer squash, Swiss chard, tomatoes, turnips, water chestnuts, watercress, and zucchini

**Starchy Foods** (can be vegetables or grains that have a significantly higher proportion of carbohydrates in the form of complex chains): Rice (white, brown, yellow, etc.), grains (wheat, oats, corn, rye, barley, millet, quinoa, sorghum), peas, potatoes, sweet potatoes, cassava, taro, plantains, green bananas, beans (the following beans are also relatively high in protein: lima beans, kidney beans, black-eyed peas, chickpeas, black beans, white beans, pinto beans), corn, cornmeal, cereals, wheat, baked goods, pasta, spelt, amaranth, kamut, oats, quinoa,

**Fruits** (significant amounts of simpler carbs with some fiber and phytonutrients):

The above are not exhaustive lists but cover most of the foods in each category. Many of them are likely unfamiliar to most people, don't worry, there's no need to learn about and use all of them. Just focus on those you like and try some of the others when the opportunity arises.

**Flavoring Options: Sweeteners:** I'm a big fan of both Xylitol and Erythritol (sugar alcohols), as well as, Stevia and Monk fruit. Honey, molasses, and/or maple syrup are also fine depending on how your metabolic type responds to concentrated sweeteners and when they are consumed. Of course, be sure to buy the best quality of each that you can. It's highly recommended that you avoid the following like the plague: refined sugars (except on rare occasions), artificial sweeteners, HFCS, and Agave (super-high in fructose).

**Herbs, Spices and other flavoring additions:** Use a variety of herbs and spices to flavor your meals as desired. You can use them individually or find some that are already blended to your liking. Here are some common ones:

Sea salt, black pepper, and many spice blends such as: Ms. Dash, Cajun spices, Italian spices, taco spices, etc.

**Spices by ethnic food type:**

**Italian:** basil, fennel, garlic, hot pepper (Pepperoncino), onion, oregano, parsley, bay leaves, sage, rosemary, thyme, etc.

**Mexican:** Chili powder, cilantro, cumin, garlic, onion, oregano, paprika, crushed red peppers, etc.

**Thai:** Chilies, cardamom, shallot, Siamese ginger, common ginger, sweet basil, holy basil, lemon grass, turmeric, lime, cinnamon, spring onions, Kaffir lime, pepper, cloves, lemon scented basil, mint, nutmeg, cumin, Pandanus leaf, cassia tree, garlic, coriander/cilantro, curry powder, sesame seeds, etc.

**Indian:** Cardamom (green and black), clove, cassia bark, black pepper, cumin, coriander, nutmeg, mace, mustard seeds, fenugreek, turmeric, saffron, etc.

**French:** The Fine Herbs (tarragon, chives, chervil, parsley); More robust French herbs (oregano, marjoram, rosemary and thyme); Persillade (parsley and garlic); Herbes de Provence (marjoram, rosemary, thyme, oregano and lavender); nutmeg, tarragon, saffron, Bouquet Garni (typically sage, parsley, thyme, bay leaf and peppercorns).

**Japanese:** ginger, orange peel zest, Sansho Japanese pepper, sesame seeds (black and white), Shichimi togarashi (Japanese seven spice blend), wasabi, soy sauce, etc.

**Recipes: (there are many additional recipes on the website: [MyBodySymphony.com](http://MyBodySymphony.com) and more will be added regularly so please check back on the website for new recipes)**

**Healthy Shakes / Smoothies: you can incorporate one or more of the Body Symphony products into your smoothie including:** Complete Meal Mix: Protein + Superfoods; Low-Carb Superfood Macaroon Mix, Pumpkin Seed Protein, Peak Performance Plant Protein, and Pumpkin Seed Oil.

**There are literally hundreds of variations!** Here's the basic recipe: Combine the following in a blender: 4-6 ice cubes, 8-12+ oz. of the liquid of your choice (almond or coconut milk recommended), 1-2 scoops of Complete Meal Mix (hereafter referred to as CMM), blend and enjoy. Adding a serving of frozen fruit really takes it up a notch.

**My ultimate (daily) Smoothie:** put 5-6 ice cubes and ½ - 1 frozen banana in the blender, add almond milk (I use unsweetened vanilla), then add 1-2 scoops of **Complete Meal Mix** (Coconut Almond is my favorite) plus 1 scoop of **Low-Carb Superfood Macaroon Mix** (hereafter referred to as Mac Mix; I like both the coconut almond and chocolate and tend to alternate them) + 1 scoop of **Peak Performance Plant Protein** (hereafter referred to as P4) plus a couple of tablespoons of **Pumpkin Seed Oil** (hereafter referred to as PSO) and blend. You can vary the flavor and flavor combinations by which flavor(s) of each product you use. Or you can use either the Unflavored-Unsweetened, or Naturally Sweetened-Unflavored Mix and add sweeteners and flavoring as desired.

**Chocolate Shake / Smoothie:** 5-6 ice cubes, ½ - 1 frozen banana, 1 scoop of one or more of the following: Chocolate CMM, Chocolate Mac Mix, and/or Chocolate Pumpkin Seed Protein or Peak Performance Protein plus a tablespoon of Pumpkin Seed Oil. Personally, I like to add a scoop of all three since this is one of my main meals of the day.

Alternately you can make a Chocolate Shake using any of the Unflavored mixes of CMM, P3, P4, or Mac Mix, depending on what kind of nutritional profile you're looking for, and adding a tablespoon of powdered cacao

(along with ice and a frozen banana). Since cacao is a bit bitter, you may want to add some additional, healthy sweetener (especially if you're using the Unflavored-Unsweetened versions of the products).

**Strawberry Smoothie:** 5-6 ice cubes, ½ - 1 cup of frozen strawberries, 1 scoop of one or more of the following: Unflavored-Unsweetened or Unflavored-Naturally Sweetened CMM, Mac Mix, and/or Pumpkin Seed Protein or Peak Performance Protein plus a tablespoon of Pumpkin Seed Oil. Personally, I add a scoop of all three since I live on this stuff. If you use the Unsweetened CMM and/or P3/P4, you'll probably want to add some healthy, natural sweetener.

**Peanut Butter Smoothie:** 5-6 ice cubes, ½ - 1 whole frozen banana or other frozen fruit, 1 tablespoon of your favorite peanut butter and 1 scoop of one or more of the following: Unflavored-Unsweetened or Unflavored-Naturally Sweetened CMM, Mac Mix, and/or Pumpkin Seed Protein or Peak Performance Protein plus a tablespoon of Pumpkin Seed Oil. I add a scoop of all three since I live on this stuff. If you use the Unsweetened CMM and/or Pumpkin Seed Protein or Peak Performance Protein, you'll probably want to add some healthy, natural sweetener.

**Mango Smoothie:** 5-6 ice cubes, ½ - 1 cup of frozen mango chunks, 1 scoop of one or more of the following: Unflavored-Unsweetened or Unflavored-Naturally Sweetened CMM, Mac Mix, and/or Pumpkin Seed Protein or Peak Performance Protein plus a tablespoon of Pumpkin Seed Oil. Personally, I like to add a scoop of all three since I live on this stuff. If you use the Unsweetened CMM and/or P3/P4, you'll probably want to add some healthy, natural sweetener.

**Superfood Meals, Snacks, and Treats: (bites, brownies, burgers, cookies, cupcakes, muffins, frozen desserts, muesli, pancakes, other add-ins.**

**Ultra-Low Carb Superfood Macaroons:** Simply add water to the mix to achieve a thick batter-like consistency, scoop them out onto a baking or dehydrator sheet and bake or dehydrate. Baking at 300 degrees for about 5-8 minutes or dehydrating at 118 degrees for 3-4 hours is about right. We find that there are a number of variables (such as the amount of water added, the humidity, and oven temperature variations so it is best to determine the optimum cooking and dehydrating times based on your individual circumstances and preferences.

**Detox Soup:** There are quite a few variations on this. The basic idea is to make a nice, healthy, nutritious, good-tasting soup that you can use while detoxing that will actually support the detox process while satisfying the desire to eat.

Simply choose a half dozen or more non-starchy veggies from the following list, chop them up and put them in a large pot with pure water, heat it up and let it simmer for a several hours. Season it as you'd like (avoiding the use of any toxic seasonings like MSG). Then store the concoction in a covered container in the fridge and heat up a bowl as desired. I'll underline my favorites. I also add some pumpkin, pumpkin seed protein, tempeh, beans, and/or eggs when I feel the need for more protein with it (depending on my workout schedule).

Arugula, asparagus, bamboo shoots, bean sprouts, beets, Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, Chinese cabbage, Chinese spinach, cucumber, eggplant, fennel, garlic, green onions, greens (beet or collard greens, dandelion, kale, mustard turnip), hearts of palm, jicama, kohlrabi, leeks, lettuce (endive, escarole, romaine, or iceberg) beans, mushrooms, okra, onions, parsley, peppers (green, red, yellow, orange, banana, jalapeno), purslane, radishes, rapini, rhubarb, rutabaga, sauerkraut, scallions, sea veggies (dulse, kelp,

wakame, etc.) shallots, snow peas, spinach, summer squash, Swiss chard, tomatoes, turnips, water chestnuts, watercress, and zucchini.

**Detox Support Drinks:** This section is mainly for those seeking to “Detox” a bit. It can be done in conjunction with this Program.

There have been many “detox” drinks promoted over the last several years and beyond although the science behind them is sometimes lacking and documented studies to support them either weak or non-existent. In theory, there is some justification for using one or more if for nothing more than to enhance your mental focus on what you’re trying to accomplish. Drinking a special concoction can certainly help to remind you and engage your subconscious in assisting and enhancing your attempt to detoxify your body.

The entire “detoxification” process is simply focused on helping your body’s natural detoxification processes that are already working 24/7. The most important thing we can do to assist it is to stop polluting it with more toxins than it would normally encounter and generate from normal metabolism and a health, clean diet. That being said, it doesn’t hurt and could help, to periodically do a detox.

Here are some signs and symptoms that may be associated with excess toxins in your body (note, there are other things that can cause them as well): Constipation, bloating, gas, headaches, fatigue, aches and pains, nausea, belly fat, skin problems, food cravings, low energy, bad breath, mood swings.

There are several major benefits often promoted in association with detoxification, they include: Reduced inflammation, enhanced energy (some won’t experience this until after the detox), digestive support, enhanced bowel elimination, enhanced kidney / urinary elimination, weight loss, cleansing the liver, improved skin health and appearance.

**Detox Drink #1:** Pure Water! That’s right, simply drinking pure water (not tap water but something that is truly purified) is perhaps THE BEST detox substance on the planet. Most people simply don’t get enough of it and are chronically dehydrated. Shoot for 1-2 ounces of water per day per pound of body weight depending on your environment and activity level.

**Detox Drink #2:** Add one or more of the following to your water and allow to steep at room temperature for 3-5+ hours (obviously overnight would work so it’s ready in the morning). Mint leaves (a handful), 1-2 cups of cubed watermelon, one lime sliced into wedges, one lemon sliced into wedges or the juice squeezed into the water, sliced cucumbers (1 cucumber), vinegar (apple cider vinegar is the one most suggested probably due to its milder taste but any vinegar will work), cayenne pepper (1/8-1/4 teaspoon), pure maple syrup (1-2 tablespoons), sliced strawberries (1 cup), rosemary (fresh or dried), cinnamon (a teaspoon), slices from ½ apple,

**Detox Drink #3:** High dose buffered vitamin C drink and lemons and/or lime. Start with 12-16+ ounces of pure water, add 1 tablespoon of powdered ascorbic acid powder (vitamin C), add 1 teaspoon of sodium bicarb (be sure to buy one that is aluminum-free), it will fizz when you add the sodium bicarb (that’s the vitamin C being converted into sodium ascorbate which is one of the best forms of buffered vitamin c for absorption), add the juice of 1 lemon and/or 1 lime (adjust to your taste preference), you can add some stevia and/or erythritol to sweeten it if you’d like. This provides 15 grams of buffered vitamin C plus numerous additional phytonutrients

and bioflavonoids. \*Caution: This isn't meant to scare you, just to caution you. Higher doses of vitamin C can and will cause major bowel elimination that can be explosive and difficult to control. Talk about a major colon detox! The point is, to be careful when you're first getting used to this detox drink as it can work very well and very quickly if too much is consumed too quickly. In integrative medical circles, high dose vitamin C to bowel tolerance has been used safely and effectively for several decades. Just be cautious and ease into this and stay close to a restroom until you find out how your body reacts. There is a huge variation in how much vitamin C it will take to cause this effect (the more deficient and or challenged, the more it will be tolerated without loose stools simply because the body in need will absorb it much quicker). Some people are much more sensitive than others.

**Detox Drink #4** (recommended by Josh Ashe, ND): 12-16 oz. of warm or hot water; 2 tablespoons of apple cider vinegar, 2 tablespoons of lemon juice, ½-1 tablespoon of ground ginger, ¼ teaspoon of cinnamon, 1 dash of cayenne pepper, 1 teaspoon of raw, local honey (optional).

**Detox Drink #5:** Water and watermelon or cucumber plus lemon or lime and mint leaves. Take a large glass jar or pitcher and fill it halfway with pure water (I recommend using 1-2 liters of water initially and the adjusting based on how strong you'd like the drink to taste), add about a cup or so of diced watermelon and/or one thinly sliced cucumber, add the juice and wedges of one lemon and/or lime, add a handful of fresh mint leaves, finally add the rest of the water and allow it to steep (sit or infuse) at room temperature for several hours (overnight works well). When you're ready to drink it add ice if desired and drink over a few hours. Rationale: watermelon (or cucumber) are believed to help the body flush out toxins due to their citrulline content. Citrulline is an amino acid shown to help the liver and kidneys eliminate ammonia (a toxic by-product of normal metabolism). Lemon or lime juice contains nutrients and phytonutrients that help to simulate and regulate the GI tract, can help with constipation, gas, heartburn symptoms, stimulates bile production, and thins bile allowing it to flow better. Mint leaves, in addition to adding to the overall nice flavor, is believed to enhance digestion, improve bile flow, and relax stomach cramps.

**Detox Drink #6:** Green drink (there are hundreds of variations, here's an overview): Place some spinach, cucumber, collard greens, and/or any other green veggies into a blender and add enough water to allow it to blend into a drink. Add some lemon and/or lime and any of the herbs or spices listed elsewhere in this section and some ice as desired. A scoop of either Superfood Protein + Complete Meal Mix or Pumpkin Seed Protein would also be a great idea.

A simple online search will lead you to more detox drink recipes than you can shake a stick at. Some are better than others of course so try as many as you'd like until you find a few favorites then use them periodically or regularly based on how you feel and your preference. Always remember that pure water is, and always will be, the best overall detox and hydration drink.

**Various reported detoxifiers:** Mint (>AOs, invigorating, soothes stomach and indigestion, improves flow of bile in GB, detox, anti-microbial), rosemary (anti-inflammatory, AO, detox, enhances GB fun and microbiome, boosts nutrient absorption), ginger (AO, AI, digestive support, helps relieve constipation, bloating and GI issues, has a warming effect), vinegar (long history of medicinal uses, mostly unconfirmed via controlled experiments; however, it has been shown to have an anti-glycemic effect (lowering blood sugar and Glycemic Index of foods when consumed together) the anti-glycemic property was demonstrated even in those with IR or DM-2 (including increased insulin sensitivity), promotes satiety; Green tea (AO, AI, <BP and cholesterol... gen

health); charcoal – food grade (absorbs toxins, decreases gas and bloating, settles the stomach); diatomaceous earth – food grade only (absorbs toxins), parsley, cilantro, beet roots or greens, virtually any green leafy vegetable, berries, most vegetable juices, and many other foods, superfoods (spirulina, chlorella, sea veggies, etc.), herbs, and spices. Complete Meal Mix, Organic Pumpkin Seed Protein, and Peak Performance Plant Protein are all loaded with key nutrients that support ongoing digestive, eliminative, and detoxification processes (quality protein, fiber, healthy fats, vitamins, minerals, and lots of phytonutrients).

\*AO = Anti-Oxidant; AI = Anti-Inflammatory; GB = Gall Bladder; BP = Blood Pressure

### **More Recipes:**

#### **Salads! Hundreds of wonderful variations.**

**Super-Salad #1:** Spinach, mushrooms, onions, tomatoes, halo orange slices, avocado, cranberries, shredded coconut and pumpkin seeds. You can also add: goji berries, raisins, 3 or 5 bean salad, feta, goat, or blue cheese crumbles, sliced hardboiled eggs, or any other protein you'd like.

Avocado Egg Salad: use one avocado for every 4-5 hardboiled eggs. Mash them up and mix them together. Add spices as desired. I like Ms. Dash, mustard and/or Sriracha, black pepper and sea salt.

Guacahumus: Simply combine mashed avocado with humus and spices as desired.

Tuna salsa salad (for those of you that eat fish): Simply mix canned tuna with your favorite salsa instead of mayonnaise. You can also add some mustard and spices as desired.

Tuna avocado salad: Replace mayonnaise with mashed avocado to make a much healthier version of tuna salad.

### **Addendum:**

#### **Exercise suggestions and routines:**

**Cardio:** There are many different exercises that can be performed to support the cardiovascular system. The basic idea is to do something to increase your heart and breathing rates significantly (this is best done using the larger muscle groups). Most commonly the target increase in heart rate is based on a percentage of one's theoretical maximum heart rate (220 minus your age). Most would agree that you will have to achieve at least 50% of your maximum heart rate for the activity to benefit your cardiovascular system (composed of your heart, blood vessels and lungs). There have been numerous studies attempting to correlate various percentages with specific benefits such as fat burning, aerobic training zone, etc. Overall, the ranges are as follows: 50-70% of maximum calculated heart rate for maximum fat burning during the exercise; 70-80% of maximum calculated heart rate for maximum cardiovascular benefits. Please realize that these are just guidelines based on various assumptions, they are not written in stone. In reality, HIIT sessions (which will cause heart rate to fluctuate from the 50% to 85+% of maximum) are currently believed to produce the best results in terms of both net fat burning and cardiovascular endurance.

From a survival perspective, a person needs to be able to run and/or otherwise exert themselves under various challenging situations. Whether that be being chased by a predator or chasing a prey, you can be sure that it requires some serious effort. To accommodate the increased work-load this causes, the heart has to beat faster

and the lungs have to process more air. So, the essential component of exercise that stresses (exercises) the cardiovascular system is exertion. Obviously, this is somewhat relative to one's current level of cardiovascular health and fitness. That's why a percentage of one's calculated maximum heart rate is used instead of absolute workloads.

A person that has been sedentary for some time, or is significantly overweight, may push their heart rate into the 50% of max range by simply walking. Someone in good shape might need to climb stairs or run at a good pace to create a similar increase in their heart rate. **The point is that cardio exercise must be individualized.**

So, **intensity** is typically measured by how much your heart rate increases. It doesn't matter that much whether it is done by running, walking, climbing, biking, swimming, rowing, dancing, drumming, calisthenics, or some other means. All will stress or exercise the cardiovascular system. Some people advocate checking heart rate regularly or wearing a heart rate monitor. This may be helpful for some but isn't necessary. A simple way to monitor your intensity is to see if you can carry on a conversation. Most advocate that you should be able to have a conversation and finish your sentences. If you can't, you may be exceeding what many consider to be the sweet spot (around 70-80% of max heart rate) for maximum fitness benefits.

**Sweating** also provides good feedback. Generally speaking, sustained cardio exercise at a reasonably intense pace will produce sweating within about 5 minutes. Sure, this will vary significantly based on the individual, the activity, one's fitness level (more muscular and fit people will tend to sweat quicker) and the environmental conditions (temperature, humidity, air flow) but sweating is one of the keys. If you don't break a sweat with significant exertion, then something may be off (you may be dehydrated or hypothyroid).

**As for duration**, most experts agree that 20 minutes or more of sustained activity is about right for best results.

Finally, there's **frequency**. Most would agree that an absolute minimum of three times a week is required to see benefits. Ideally, I'd recommend 5-7 times per week depending on your overall workout regimen and recovery capabilities. Cave people didn't have days off.

Of course, as you get fitter, the intensity, duration, and/or frequency of your cardio exercise should continue to increase up to a point. There will typically be an amount of activity where you'll reach a plateau that is right for you (both in terms of productive benefits and sustainability). Too much intensity, duration, and/or frequency can tax one's recuperative abilities and lead to increased risk of injury and somewhat of a reversal in health benefits. Too little of one or more of these variables could lead to one not receiving the desired benefits. Finding the perfect balance for you is the art, it must be adjusted based on the other things going on in your life (overall stress, sleep quality, nutritional status, time availability, etc.). Remember, this is about health, fitness, and quality of life not how much cardio you do a day.

### **Getting started with cardiovascular exercise:**

Perhaps the best place that anyone can begin is with walking. Walking is absolutely one of the most basic and essential components to our survival. Simply get up and start walking at a moderately fast pace for as long as you can sustain (within reason). Obviously, wear comfortable, appropriate footwear and clothing.

The next logical progression is running or using some piece of cardio conditioning equipment to increase the workload (depending on what is available to you). Try different activities and if possible rotate

from one to another to prevent boredom and injuries. Here are a few options: walk or run up hills or inclines (this is easier to do using a treadmill), row a boat or use a rowing machine, ride a bicycle or stationary bike, dance, take an aerobics class, use the elliptical machine or stair climber, swim, or play a sport... but do something regularly!

**Intensity:** One of the key things to consider with regard to your Cardiovascular / Endurance type training is the intensity. By definition, this exercise is done at an intensity that is sustainable for at least 15-20 minutes at a time without creating a significant oxygen deficit. This is best monitored via two methods: Heart Rate and ability to carry on a conversation. The basic idea is to work hard enough to tax or stress your heart and respiratory system to stimulate adaptation / improvements, yet not so hard as to be unable to keep up.

The general formula regarding heart rate monitoring is to subtract your age from 220 (that gives you your theoretical maximum heart rate) and multiply that number by 50-80%. Most studies show that you have to achieve at least 50% of your theoretical maximum heart rate to derive benefits. As one becomes more fit, the percentage you'll need to work at to continue improving will go up. Most shoot for 70% of max for 15-20 minutes as the goal.

**HIIT: High Intensity Interval Training.** As discussed above, there will come a point in your cardio training when you plateau. At some point there are diminishing returns in terms of how much time one can devote to cardio training vs. the benefits and being able to properly recover. That is exactly why HIIT was developed.

HIIT takes cardiovascular training to a whole new level and packs major benefits and rewards in the process. It is simply taking any cardio exercise and performing it at a much higher, unsustainable intensity for a relatively short time followed by a rest interval and then repeating it. There are hundreds of variations and no one is necessarily the best, so play around with them and vary them over time to find a sustainable combination for you.

**The research is quite clear, HIIT provides some serious benefits including:** enhanced fat-burning, increased metabolic rate (for up to 10-72 hours), increased muscle mass, increased concentration of myofibrillar nuclei (muscle hypertrophy partly depends on this), increased testosterone levels, increased hGH (human growth hormone) by up to 700% during and for several hours after, increased enzyme levels of fat-burning enzymes (oxidation of fats), reduction in fat-producing enzymes, an increase (by up to 50%) in the specialized proteins that transport fat into the mitochondrial (to be burned for energy), increased mitochondrial biogenesis (the formation of new mitochondria), protects muscle from breakdown, enhances endurance, and more.

Many of these adaptive responses and benefits are a result of creating an oxygen deficit during the high intensity intervals. The complete recovery takes much longer than the allotted resting time. The increased metabolic activity that helps your body to adapt and recover creates what is known as the "after burn" or EPOC (Excess Post-exercise Oxygen Consumption).

As with any other type of exercise there are recommended starting points and progression ladders. Since the intensity should be high (which is what makes it unsustainable) the main variables are the length of the high intensity vs. rest cycles.

**Here are some suggested guidelines to get started with HIIT:**

**Level I:** Begin with a work to rest ratio of 1:4 for a total of 10-15 minutes.

Begin with 15-30 seconds of high intensity exercise followed by 60-120 seconds of rest respectively; then repeat until you have reached your desired ending time of 10-15 minutes.

Once you can perform that reasonably well (est. it will take about 2-3 weeks) then go to the next level.

**Level II:** Modify the work to resting ratio to 1:2 for a total of 12-17 minutes.

Begin with 15-30 seconds of intense exercise followed by 30-60 seconds of rest and repeat until you've reached your desired ending time of 12-17 minutes.

Once you adapt to this (after another 2-3 weeks) go to level III.

**Level III:** Bump up the work to rest ration to 1:1 for a total of 12-18 minutes.

Begin with 20-60 seconds of intense exercise followed by the same amount of rest and repeat until you've reached your desired ending time of 12-18 minutes.

Once you can successfully complete this regimen, go to level IV if you'd like to turn up the intensity even more.

**Level IV:** Increase the work to rest ratio to 2:1 for up to 20 minutes. This will put you at a fairly elite level of HIIT.

Begin with 30-60 seconds of intense exercise followed by 15-30 seconds of rest respectively. Repeat until you've reached your desired ending time.

Here's another simpler way to vary the intensity based on one-minute cycles:

Easier: 15-20 seconds of work alternating with 45-40 seconds of rest.

Moderate: 30 seconds of work alternating with 30 seconds of rest.

Harder: 40 seconds of work alternating with 20 seconds of rest.

**\*Cycling HIIT:** Let's face it, HIIT is hard to do and in spite of its many benefits it may be best to cycle it by taking a rest from it periodically. There are no hard and fast rules on this yet. Pay attention to your body and how it is responding to your overall diet and exercise regimen. Use HIIT based on your body's responses to it. For some people, that might mean just using HIIT a couple of times a week or alternating one week or month on and one week or month off.

### **Resistance Training:**

As you might imagine there are thousands of exercise regimens so this section, as with the others, is just a starting point.

The first decision to make, after you've completed your goal setting, is the number of resistance training sessions you will be performing each week. This will help to determine what kind of "split" you'll follow.

Some people like to work the whole body 2-3 times per week while others choose one of numerous splits (where you split the workouts to focus on one or two body parts at a time). A full body workout 2-3 times a week is fine when you're just getting started as it will take some time before your intensity and resistance load reaches a level where doing the full body will tend to be too much. Please note, however, that with sufficient intensity and resistance, even one to two workouts per week will continue to produce positive results. Very few people will choose to push themselves that hard each workout in my experience.

There are simple upper and lower body splits, and there are complex splits where you might work a single body part each day. There is no single ideal approach that works best for everyone. Exercise routines, and one's ability to adapt to them, vary greatly from person to person. Additionally, it is believed to be best to vary your workouts fairly regularly (perhaps changing routines every 3-5 weeks) to enhance the body's ability to adapt to varied stressors (thereby making it stronger and more adaptable).

### **Some suggested exercises per body part:**

**Legs:** They are what allow us to move about our environment, our transportation system at the most basic level. Squatting down and standing up, walking, running, jumping, lifting and carrying things are key survival functions that rely heavily on our legs. To maximize our survival chances, maintaining our leg strength and flexibility are crucial. The basic movements include extending and flexing the knees, extending and flexing at the hip, lateral movement of the leg (called adduction when the leg is drawn into or across the center and abduction when the leg is moved away from the center), rotation of the leg and foot (which occurs mostly at the hip and to a much lesser extent at the knee), extension and flexion of the ankle, and lateral bending of the ankle.

Some of the above movements are simple and occur at only one joint while others are complex and involve multiple joints. There are benefits to both single joint and multiple joint exercises. When an exercise is performed where either the foot or hand (depending on whether it is a lower or upper body exercise) remains stationary under a load it is considered to be a closed kinetic chain exercise (or simply closed chain). By their nature, such exercises tend to be more complex and multi-joint. The opposite are open kinetic chain exercises (or open chain) where the movement tends to be much simpler and isolated (only one joint is moving). Although there is a trend toward emphasizing closed chain exercises, open chain exercises are also quite valid and useful. The take home message is to be sure to always include one or more closed chain exercises per body part as they are more complex movements that foster integration of multiple muscles and joints.

Leg extensions, leg curls, hip adduction, hip abduction, squats (many variations), lunges, leg presses, calf raises (straight and bent legged), deadlifts (both straight and bent legged).

**Chest:** Although it gets a lot of attention since its right up front and in our faces (so to speak), the chest or pectoralis muscles have a very limited number of movements.

Push-ups, bench presses (flat, incline, or decline), flies/flys (several variations using dumbbells, cables, or machines; flat, incline, or decline), internal rotations of the humerus (upper arm) with a cable or dumbbell, and dips.

**Back:** Just as chest gets lots of attention, the upper back is often neglected (since it's not in our faces). Developing strong upper back muscles is every bit as important (if not more so) than chest. We tend to do a lot more pulling than pushing.

Pull-ups, pull-downs (several variations), pullovers, rowing (several variations), straight arm extensions, arm adductions, reverse flys...

**Shoulders:** Our shoulders are the key to being able to utilize our arms and hands to interact with the world. The shoulder joint has more motion than any other joint in the body which makes it quite complex and prone to injury.

Presses, lateral raises (several variations), external rotation of the humerus, front raises (aka shoulder flexion), and cleans (lifting a barbell from below the floor or below the waist, to the shoulders) are examples of the primary shoulder exercises.

**Arms:** There's more to arms than biceps curls. The arms are the primary way that we interact with the world. They need to grasp, grip, flex, extend and rotate.

Curls (several variations), triceps extensions and presses (several variations), wrist curls and extensions, wrist rotation.

**Core:** This is most commonly thought of as ab work but there's much more to it than that. Your core is your body's foundation, you can't build a strong, resilient body on a weak core. Let's break the core up into the key functions of the core: stability, flexion, extension, side-bending, rotation. I also group hips into core although it obviously is crucial to leg strength and stability as well. It doesn't really matter where you categorize them as long as you work them. As you can see, there's a lot more to it than sit-up or crunches.

Abdominal flexion (several variations), lateral flexion, torso rotations, back extensions, hip extensions, hip abduction and adductions.

### **Some sample splits and routines:**

**Full Body Workouts** (typically performed 2-3 times per week depending on how well you recover and your time availability). Choose one to two exercises for each major muscle group. Compound or complex (closed kinetic chain) exercises are best to focus on when doing full body workouts as they work multiple muscle groups. Take this into consideration to make sure all body parts are worked in a relatively balanced fashion.

**Upper and Lower Body Workouts** (typically performed 3-4 times per week; either both two times per week or one of them two times and the other one time depending on which area you'd like to work more):

**4 day split** (ex: Monday, Tuesday, rest on Wednesday, Thursday, Friday, rest on Sat and Sun): Chest and Back; Legs; Shoulders and Arms; Core:

Alternate 4 day split: Chest and Triceps; Legs; Back and Biceps; Shoulders and Core

**5 day split** (ex: Monday, Tuesday, Thursday, Friday, Saturday, rest on Wednesday and Sunday): Chest and Abs; Back (upper and lower); Shoulders and Glutes; Arms and Abs; Legs

### **Quick Start Suggestions:**

Starting anything new and different requires time and effort. It is vital to ‘strike while the iron is hot’ and take action immediately to avoid losing motivation and momentum.

That is the purpose of this Quick Start Suggestion Sheet. It will help you get started right away, even before reading through and digesting the entire program. Do read the program in its entirety to get a complete understanding of the details and rationale behind it. In fact, it is recommended to read through it once a week while you’re on the program.

#### **Now let us dive in and get going!**

1. Decide if you would like to jumpstart your progress by beginning with a 1-3 day fast. Only do this if your blood sugar levels are already fairly-stable and you are not prone to bouts of low blood sugar. This is a sign of metabolic inflexibility and it is best not to challenge your system by rocking the boat just as you are getting started.
2. Review the Elimination Diet list of foods to eliminate and emphasize on page 22. Print it out so it is easy to access at any time including preparing your shopping list.
3. Create your shopping list of the foods that you would like to have on hand.

4. Minimize temptations from the 'Foods to Avoid' list by getting rid of as many of them as possible. If they are in the house, they will tempt you and wear down your will power.
5. Get started immediately!
  - a. If you decided to fast for 1-3 days start right NOW or within the next 24 hours. That will immediately free up time allowing you to read through the program.
  - b. Not fasting, then dive into the Elimination diet within 24 hours. Spend an hour going over the pages that detail the Elimination diet (beginning in the middle of page 20). Make your shopping list, set your official start time, commit, and DO IT.
6. Follow the 21 days of the Elimination Diet as strictly as possible. This will result in a significant, steady weight loss in virtually everyone. Some of that will be fat and some of it will be water weight as inflammation is reduced throughout your body.
  - a. In the unlikely event that you are one of those rare individuals that needs to put weight (muscle) on without losing fat, no worries, just increase your food intake.
7. As you reintroduce and test foods that were on the avoid list you can begin adopting your new eating regimen, a 'Nutritional Reset' if you will. Unlike the 'Great Reset' that has been forced upon the world, this one will actually be good for you and will INCREASE your autonomy, control over your life, health, and longevity.
8. Remember, there is more to True Health than the food you consume. Use this opportunity to upgrade those areas as well. Lifestyle modification takes focused effort, why not upgrade the following while you clean up and upgrade your diet? Exercise & Activity, Mindset & Attitude, Breathing Efficiency, Manage & Reduce Exposure to Environmental Toxins and Manmade EMF.



**Foods to Avoid & Emphasize on an Elimination Diet:** Many of the foods to be avoided may be quite healthy, they are simply foods that tend to be problematic for some people. An elimination diet is designed to help determine which foods may be 'stressing' your body & metabolism at this time. **A**=Food Allergen, top 14, **O**= high oxalates; **G**=gluten; **H**=histamine elevating; **L**=high in lectins; **Goit**=goitrogen; **N**=nightshade; **S**=sphingolipids. \*Note that there is a LOT of conflicting information out there, unfortunately we have to rely on some if it like everyone else. Re fruits: Although many are healthy and acceptable if your goals include losing fat and you are carb-sensitive, you will want to limit your fruit intake to 1-2 servings a day.

#### Fruits to Avoid:

Citrus (AH) inc: Oranges, Grapefruit, Lemons, Limes, Tangerines, Dried apricots (O), Figs (O), Kiwi (O), Grapefruit (O?), Kumquat, Plantains (H), Pomelo, Raspberries (O)

#### Fruits to Emphasize:

Apples (S), Apricots (fresh), Bananas (H), Blueberries, Cherries, Cranberries, Guava, Lychee, Melons, Nectarines, Papaya (H), Passion fruit, Peaches, Pears, Pineapple (H), Plums, Pomegranate, Strawberries (H), Watermelon

#### Beverages to Avoid:

Alcohol (H), Coffee (inc. Decaf), Fermented Bevs (H), Soda/soft drinks, Tea (Black, White, Green, Mate), Non-herbal teas, Juices with troublesome sweeteners

#### Beverages to Emphasize:

Purified WATER!, Coconut water, Herbal teas

#### Miscellaneous to Avoid:

Baked goods, Cocoa, Chocolate (>Ox, H), ALL Candy & Confectionary foods, ALL Junk foods, Sulphur dioxide (A), Sulfites (A), Ready Meals (H), Benzoates, nitrites, food dyes, glutamate

#### Veggies to Avoid:

Alfalfa (O), Beets (O) Bell Peppers (OS), Collard greens (O), Eggplant (HNL), Mustard greens (O), Okra (O), Olives (HO) Pickled or fermented veggies (H), Potatoes (OLNS), Rhubarb (O), Spinach (HOS), Sweet potatoes (OS), Swiss chard (O), Tomatoes (HOLNS)

#### Veggies to Emphasize:

Artichokes, Arugula, Asparagus, Avocado (H) Bamboo shoots, Bok Choy, Broccoli (Goit), Brussels Sprouts (Goit), Cabbage (green or red), Carrots but not carrot juice (>Ox), Cauliflower, Celery (A), Chicory, Cucumbers, Fennel, Lettuces, Kale (Goit), Leeks, Mushrooms Mustard greens, Napa, Onions, Peppers (green or red) (NL), Pumpkin, Red radishes, Romaine lettuce, Scallions or green onions, Spaghetti squash (L), Squash (Summer & Zucchini) (L), Water chestnuts Herbs (parsley, cilantro, basil, rosemary, thyme, etc.)

#### Carbs to Avoid:

The following are (OLGA): Barley, Bran, Buckwheat, Bulgar wheat, Cream of Wheat, Pasta, Rye, Wheat & everything made from the above; Corn & cornmeal (AOL), Kamut, Oats (OA), Quinoa (O), Rice (white & brown) (O), Spelt

#### Carbs to Emphasize:

Amaranth, Millet, Wild Rice

#### Legumes to Avoid:

Soy (AOLS), Most Beans (H), Black, White, Great Northern, Chili & Pink beans, Lupin (A), Peanuts (O & L) OK in small amounts: kidney, pinto, adzuki

#### Legumes to Emphasize:

Black-eyed peas (L) Garbanzo beans (L) (don't overdo), Lentils (L) (don't overdo), Lima beans (L)

#### Sweeteners to Avoid:

Sugar, Dextrose, Corn Syrup, HFCS, Agave, and pretty much all refined, highly processed sweeteners

#### Sweeteners to Emphasize:

Stevia, Monk Fruit, Non GMO Erythritol or Xylitol, Coconut sugar

#### High Protein Foods to Avoid:

Eggs (L?AS), Pork (bacon, hot dogs), Canned meats (spam, anchovies), Deli/Luncheon meats, Shellfish (HA), Mollusks (A), Processed/Smoked Meats (H)

#### High Protein Foods to Limit, not Avoid:

Chicken (S), Beef (S), Pork (S) (bacon, hot dogs), Veal (S), Turkey (S), Fish (AS)

#### High Protein Foods to Emphasize:

Pumpkin Seed Protein Powder, Buffalo-2, Wild game-2, Venison-2, Lamb-2, Elk-2 \*note, corn fed meats (L). 2= Unknowns assoc. with those sources.

#### Dairy to Avoid:

Milk (HAS) All cheese (inc cream cheese and cottage), Butter (H), ghee, Ice cream, Creamers, Chocolate Yogurt (All contain L), Mozzarella & Parmesan are L free

#### Dairy Substitute to Emphasize:

Coconut Milk

#### Nuts & Seeds to Avoid:

Tree Nuts (AO) inc.: Almonds, Brazil nuts, Cashews (H), Chestnut, Filberts/Hazelnuts, Mixed nuts, Peanuts (HA), Pecans, Pine nuts, Sesame seeds, Tahini

#### Nuts & Seeds to Emphasize:

Coconuts, Flax seeds, Pumpkin seeds, Squash seeds, Sunflower seeds Limited amounts of pistachios (A), walnuts (HA), macadamia (A)

#### Fats & Spices to Avoid:

Margarine, Miso (HO), Parsley (O), Processed oils, Hydrogenated oils Salad dressings, Spreads (mayonnaise, mustard (A), ketchup, relish), Barbecue sauce, Soy sauce (HAL), Vinegars (H) (apple cider vinegar is OK), Cayenne pepper, Chili peppers, Red pepper flakes, Paprika, Turmeric/Curcumin (HO)

#### Fats & Spices to Emphasize:

Coconut Oil (inc MCT), Pumpkin Seed Oil, Olive Oil, Sea Salt / Himalayan Salt, Fresh Pepper, Garlic, Cumin, Dill, Ginger, Oregano, Rosemary, Thyme

## **Suggested Reintroduction Food Schedule:**

**Day 22:** Fruits – test your favorite citrus fruits then additional favorite fruits.

**Day 23:** Vegetables – test your favorite veggies.

**Day 24:** Carbs - Test corn, brown and white rice only. Even if corn is negative (non-reactive) wait until after stage 3 to reintroduce it.

**Day 25:** Nuts & Seeds - test your favorite nuts and seeds

**Day 26:** Legumes and Lentils -test your favorite beans, peas and lentils even if following a vegetarian diet, test individual sources of your protein. One may react more than others.

**Day 27:** Meat/Eggs - test your favorite meats and eggs. \* Wait until after phase 3 to reintroduce pork, shellfish, processed meats, and eggs even if your test was negative.

**Day 28:** Dairy - test your favorite dairy foods. \* Wait until after phase 3 to reintroduce dairy (cheese, milk, yogurt, butter etc.)

**Day 29:** Fats and Spices - test your favorite fats and spices. \* Wait until after phase 3 to reintroduce fats and spices (mayo, BBQ sauces, ketchup, soy sauce, etc.)

**Day 30:** Beverages and Sweeteners - test your favorite sodas and beverages. \* We encourage only to test coffee, non-herbal tea, and sodas sweetened with healthier, more natural sweeteners like Erythritol, Xylitol, Stevia, Monk fruit, honey, and maple syrup. We encourage you to stay away from those until after phase 3 as well.

\*The reason we are asking you to wait until after Phase 3 to reintroduce certain foods even if you test negative is because most of those food items are eaten on a regular basis and in such abundance in many people's everyday diet. Your digestive system will benefit from an extended break from corn, eggs, dairy, and gluten. Pork, shellfish, deli meats and processed foods tend to carry toxins, so we suggest waiting until after Phase 3 as well. As far as coffee, tea, & soda, they tend to have caffeine and highly processed sugars, so we suggest waiting until after phase 3 to reintroduce them in your food plan (although you would be better served to permanently eliminate them from your diet). We also encourage you to completely stay off sugar-laden soda and processed foods for the remainder of your life. Grains are extremely important to address and many people will not want to hear this, however, many refined grains (especially those containing gluten) are best avoided long term for several reasons. The way many of them are grown, processed, and otherwise 'altered' and modified, has made them far from optimal for our bodies to utilize without placing excessive burdens on our digestive and immune systems.

\*To clear some possible confusion, we would like you to test all the foods that you want to reintroduce. If you get a positive reading (4 pulse point variation up or down from resting heart rate) you will need to stay away from that food for a minimum of 60 days before re-testing. If you get a negative reading (pulse point variation less than 4) you can reintroduce the food. Please remember even if you test negative for a food and it falls under the category to stay away from until after phase 3, you will need to still avoid that food item. Additionally, there may be foods that you test negative to that still may not 'support' your overall health & goals. You also have to consider its impact on your weight and long-term health.

**Coca pulse test results sheet: copy or print additional sheets as needed**

Food:	Date	Time	Resting Pulse	Pulse w/ Food	+ Rx	AVOID this food	No Rx	Food OK
<b>Fruits: Start with citrus then, then go to your favorite fruits one by one.</b>								
<b>Veggies: Start with your favorites and go down the list of those eliminated.</b>								
<b>Carbs: Test corn*, brown and white rice.</b>								
<b>Nuts &amp; Seeds: Start with your favorites.</b>								
<b>Legumes, Lentils: Test your favorite beans, peas, and lentils.</b>								
<b>Meat, Fish, and Eggs*: Test your favorites.</b>								
<b>Dairy*: Test your favorite dairy foods.</b>								
<b>Fats &amp; Spices*: Test your favorites.</b>								
<b>Beverages and Sweeteners: Test your favorites.</b>								
*Note: for these categories, even if a food tests as non-reactive, avoid readding them until phase 3.								

