

The 7 Keys to Weight Loss Success[®]



BUILDING
Your Foundation
to LIFELONG Success

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to Lifelong Success

by
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**The 7 Keys to Weight Loss Success®:
*Building Your Foundation to Lifelong Success***

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Introduction

Special Note: As I began creating all the material for the advanced Weight Loss Success® System I currently use with my patients, it became clear that a review of the basics was needed as well. This book covering the basics of weight loss is my gift to you for taking a stronger interest in improving your health by working towards losing your excess body weight! The “Keys to Success” are an important foundation to always keep in mind during your journey to feeling better and becoming healthier than you are today.

The First Revelation

My journey for the study of what works (and what doesn't work) in weight loss began long before becoming a doctor specializing in weight loss. As I now enter into my 4th decade on this planet, I have become a first-hand witness to the gradual and steady increase in the number of people becoming overweight and obese in our nation.

In fact, the people of the world have watched our nation over the past 20 - 25 years become one of the fattest nations in human history, and the rates of obesity are increasing even quicker in our children. This is a sad legacy to leave to our children and grandchildren. An unfortunate gift to the next generation that includes all the health consequences as well.

It's amazing what you can learn when you observe something from the right perspective. For me, my observation of this increasing epidemic of obesity became even more obvious when I joined the military back in the early 1990's. I noticed that it was rare to see someone who is obese on the military base. There was always the occasional obese non-military employee who just travels to the military base for their day job, but to actually see a person in uniform that was obese was quite unlikely. This observation was repeated when I traveled to Texas for my training to be a medic, and learned my job in the military of how to help those who were injured.

The military has fitness and body weight standards that have to be met each year. After all . . . you can't have a bunch of overweight or obese people in the combat field, or trying to provide security for our nation. If the military allowed this, we would have a much less effective fighting force. It literally becomes an issue of life or death, and overweight and obese soldiers would equal more injuries and death in combat as well as in training.

The military's position is simple. If you fail to meet these standards, then you lose your job. Imagine if these same standards were applied to your success in your own job, or for determining how much you pay to purchase health insurance. This would likely add extra motivation for people to take better care of themselves, and our epidemic of overweight and obesity would maybe decrease.

My point in sharing this observation is that my experience of leaving military training and coming back home to the "real world" was my first big revelation that our society was headed on the wrong path. Imagine the incredible contrast of going from the controlled environment of a military base where it is a rare exception to see someone who is overweight or obese, and then going back home where the exception now becomes the rule.

This experience gives me a glimpse of what people from other countries must see when they travel to the United States. Although their jokes about our fat nation have now become less funny as many countries are now following in our footsteps. This is one of those times where it's not good for a country to be at the leading edge of a trend. Our nation-wide epidemic of overweight and obesity has now become a world-wide concern.

The Second Revelation

My next exposure to the struggles that people face in losing weight occurred when I worked as a Personal Fitness Trainer at a well-known fitness club. People come in all motivated for making a change, only to become disappointed when the results don't appear as quickly as they would like. For many the "work-out" now became work . . . and they wanted out!

This job became another interesting experiment in observation. To see those who were eating healthy and exercising several times a week and actually achieving their goal of weight loss over time. While others were doing nearly the same types of things, sometimes with even more focus and more effort, and not seeing any results.

Clearly there are some other factors involved that made some successful and others fail while focusing on the important basics of diet and exercise. Ultimately, if it really was as simple as just eating healthier and increasing your activity level for everybody, we would not have such large numbers of people becoming overweight and obese.

Even more frustrating was watching those who would exercise and lose weight, only to find they have to work just as hard to keep their weight off. Otherwise, they were destined to start gaining their weight back if they backed off their strict routine. In a healthy and balanced body, a person should not have to work just as hard to keep their weight off as they did to lose their weight in the first place. It simply should not be this hard to prevent their weight from coming back.

So my second big revelation was that there are millions of people who cannot lose their weight, or keep their weight off even when trying hard to eat healthy and exercise every day, because they have things that are out of balance in their body chemistry. These people will not be successful until they've spent some time doing the right kind of investigation into their body chemistry, and then fix these imbalances that are causing their metabolism to slow down and preventing them from losing their excess body weight.

The Third Revelation

After completing my schooling to become a chiropractic doctor, I decided to open my own private clinic. Because of my passion and interest in helping people be successful in losing weight, I opened this clinic promoting only weight loss and this is how I received my initial group of patients and how my clinic got started. I incorporated multiple strategies including: very low calorie diets, appetite suppression, individual and group sessions, detoxification, nutritional balancing of

body systems, hormone testing, and many other strategies to determine what works the best for evaluating the body and helping a person be more successful in losing weight.

An interesting thing happens when you specialize in weight loss. You initially become an expert in the basics of diet and exercise. But for those doctors who truly have a passion for helping people be successful in losing weight, you eventually become an expert at many things that relate to weight loss. For me this lead into an even deeper study of hormones, detoxification, nutrition, thyroid problems, sleep issues, digestive function, blood sugar issues, food allergies, and the function of many other systems within the body.

The human body is complex, and it became a matter of necessity that I learned more than what was taught to me in school. It was necessary so that I could continue to improve on the results for my patients, because I was never satisfied with results that were just “good enough”.

I also felt the obligation to offer my patients a process of losing weight that continues to get better and better over time. This fed into the perfectionist side of my personality. It’s part torture and part pleasure. Torture in knowing that I will never be satisfied, and I will always be thinking about what I can do to make my process of helping others lose weight get even better. Pleasure in knowing that I have given my best to help those who are ready to change.

My third revelation was that all my years of advanced training and experience have resulted in an approach to weight loss that has become so efficient that nearly anyone could follow my process of investigating and balancing their body chemistry from any location in the world. This step-by-step system resulted in the creation of the advanced Weight Loss Success® System I briefly discuss at the end of this book. This system is designed so that it’s truly like having access to your own personal weight loss doctor from either the convenience of your own home, or from a clinic close by where you live with a doctor that I have personally trained in this advanced approach.

The Fourth and Final Revelation

The majority of people who seek my help in losing weight have already put a serious effort into eating healthy and increasing their activity level. They say they've tried every diet, exercise many times a week, and are still not seeing progress. They make a serious push to lose weight for a month or two, only to give up in frustration because they're not seeing results. After falling back into old habits, their goal remains unchanged. They are tired of how they look and feel, and decide to try again.

While I always give specific recommendations for diet and exercise, this is not where many of my patients need my help. They need someone who can help them investigate their body chemistry and discover what is out of balance and working against them . . . resulting in a metabolism that does not allow them to lose their excess body fat as easily as other people are able to.

As I've been doing this highly specialized work in weight loss for many years, I've also started noticing a slight shift in the types of people who seek my help. The kinds of people I would originally see are often the one's who had lost all hope of getting back to a healthy body weight. They tried and failed so many times they were feeling defeated, and were starting to think they were destined to live in a fat body the rest of their life.

As the years have passed, and as I've helped more and more people lose weight, I've begun to see another interesting observation. Patients were starting to seek my help as their first step in getting serious about losing weight and taking control of their health. They had not necessarily tried and failed multiple times, and finally sought my help out of desperation. They were being very proactive. They were making a conscious decision to learn everything they could about how their body and metabolism is functioning before they do the work of eating healthier and exercising, so they can get to their goal of losing weight with less effort and in less time. And this proactive approach worked to their advantage in a huge way!

My final revelation was that not only did this step-by-step system work well for those who have been struggling for years to lose weight and keep their weight off. It worked as well (possibly even better) for those who are just getting started

out in weight loss, and for those who are wanting to make sure they could lose their weight with less effort and in less time by making sure their body chemistry was working with them instead of against them.

An Unpopular View

My last observation to share in the introduction of this book is how our perception of a healthy body has changed over the past two or three decades. As more and more people have become overweight and obese, it has generally become accepted that an overweight body is the “normal” of our society. Even worse is the perception that you can be overweight or obese and still be “healthy” . . . Nothing could be farther from the truth!

An overweight or obese body and a healthy body simply cannot co-exist within the same person. This is a point-of-view that will make me unpopular with some people. Unfortunately, the truth is not designed to be popular. Please understand that it has nothing to do with how beautiful a person is, or the value or worth of a person and the contributions they can make to society.

It simply comes down to a matter of health, and regardless of anyone’s opinion the truth remains that science has proven the more excess weight a person has on their body the more quickly they will move towards disease and death. To state this in terms that may be more meaningful to you – this equals a decrease in not just the length of your life, but also a decrease in the quality of your life and a lowered ability to enjoy everything that life has to offer.

This is the reason that obesity is on the radar, and at the top of the list of concerns for public health agencies. We are already seeing dramatic increases in obesity related conditions such as diabetes, and this trend is only getting worse. The financial burden placed on the healthcare system dealing with obesity related conditions is enormous. While efforts are being made to begin addressing the issue of obesity on a larger scale, I have yet to see the aggressive effort that is necessary from public health and health insurance providers to begin reversing

this increasing trend. Therefore, the epidemic of overweight and obesity is likely going to get worse for many years before we see things improve.

As more attention is being placed on the issue of overweight and obesity don't be surprised if your healthcare provider becomes more upfront with you if your weight is an issue. Please don't be offended, as it is purely a matter of your health. We are simply doing our job by helping you and encouraging you to have the healthiest body you can possibly have, so you can enjoy your family, friends, and everything life has to offer to your fullest.

Taking the time to read this book shows that you are ready to take a step in the right direction. This book does not outline the details of the advanced process I mentioned earlier. That information is better left to the healthcare professionals, and is too technical to be covered in a book like this. Rather, the information in this book is designed to give you a solid foundation on the basics of weight loss to begin the process of losing your weight more efficiently. You can't build anything on a weak foundation and expect it to last. So use the information in this book as your personal guide for success.

This book is based on my years of experience as a Weight Loss Success® Expert while working with people who are in many ways just like you. Some of the information you read may not be what you want to hear. You may not want to read that you will have to give up certain foods that offer you comfort – like a friend you can always count on to be there for you. You may not want to learn that you will need to start exercising and ideally put a little more muscle on your body to increase your metabolism and burn more calories during the day.

The truth is not always popular and what you want to hear. Sometimes it is simply what you need to hear. Important accomplishments in your life rarely come with an easy effort. So I challenge you to get past the thinking about it, and get to the action of doing the work that needs to be done and having a life that is even better than you can imagine!

Weight Loss Success® Key # 1: Motivation

Your most important element for success in losing weight is motivation, but motivation is a tricky thing. Unfortunately, I can't reach into my pocket and hand you or any of my patients and clients a bunch of motivation. Motivation ultimately comes from within.

Everyone is usually very motivated when starting a program they feel confident will help them lose weight. Once the initial excitement wears off and the reality sets in, it starts to feel like work to begin making the necessary changes. With enough time and practice, the changes you make become part of your new lifestyle and it feels less like work and more natural to be eating healthier and living healthier.

Making the transition from working at it every day, to having it become easier over time (maybe seeming effortless on some days), is ultimately where we separate the "Haves" from the "Have Not's". What I mean by this is that I've worked with many people over the years who seem like they are ready to do what is necessary and work hard to finally achieve their goal of losing weight, only to have them fizzle out before the goal is reached. Sometimes falling back into their old and unhealthy habits early on in their program.

What I've learned from working with and talking with these people is that they were more attracted to the "Idea" of losing weight, and all the benefits it would bring to their health and quality of life. But when it came down to the daily effort of losing weight, they were not ready to turn that "idea" into "action". I will often say to my clinic staff that this person was simply "not ready" for success, and the reason that are not ready for success is because they have not created within themselves enough MOTIVATION.

Don't underestimate the power of motivation. It truly is the #1 reason that separates the people who "have" achieved their goal, and those who "have not"

because they are not ready to take action. The same could be said of not just weight loss, but of many other areas of life as well.

Knowing Why You Want to Lose Weight

Anything you can do to enhance your motivation is worth your time. One of the activities I often recommend for my patients when first starting in weight loss is to clearly define all the reasons why you want to lose weight before you begin the process of figuring out how to lose your weight. This can simply be done on a blank sheet of paper, or for your convenience I've included a page in the appendix of this book called "Why Before How".

I recommend taking 5 or 10 minutes without any distractions to clearly define as many reasons as you can think of for why you want to lose weight. Anything you think of is fair game, so write it down knowing that you will likely be the only one that sees this list unless you choose to share it with someone else. Some of the more common reasons people will share with me on why they want to lose weight include:

- Wanting more energy.
- Looking and feeling better about yourself.
- Just overall being healthier.
- Taking the stress off your knees and back.
- Tired of feeling uncomfortable at your current weight.
- You want to fit into your clothes better.
- Spending the money on losing the weight instead of on new clothes as you get bigger.
- Wanting to look a certain way for a wedding, vacation or other event coming up.
- Liking how you look when people take pictures of you.
- Looking better in a swimsuit.
- Feeling more comfortable being intimate with your spouse or significant other.

- You want to set a better example for your kids so they learn to eat healthier and live healthier.
- Keeping up with your children or grandchildren more easily.
- Enjoying life more!

The important thing is to make these reasons personal to you. The more personal your reasons are, the better this activity of writing your reasons down will accomplish the goal strengthening your motivation. If you're not motivated enough to take a little time to write down all the reasons on why you want to lose weight, then you're probably not yet motivated enough to follow through on any program and do the work that is necessary to lose your excess weight.

Hint . . . hint . . . Don't read any farther in this book until you go to the page in the appendix titled "Why Before How". Do it right now before you start making excuses on why you should do it later. Spend at least a few minutes starting the process of writing down all the reasons why you want to lose weight, and keep thinking about it over the next few days.

Understand that what you write down is not set in stone. This is an active document that may change for you over time. You can cross off reasons if they are no longer true, and add new reasons as you think of them. This is an important step in the right direction to becoming one of the "Haves" who are successful in losing weight because you will have created within yourself enough motivation.

The Barriers We Create

There is clearly no shortage of excuses that people will give as reasons why they can't lose weight. Time and money are usually at the top of that list. I understand that time and money can present a challenge, but I can also promise you that the time and money you spend later in life dealing with the health consequences of an overweight or obese body will far exceed any small investment of time and money you spend today to take back control of your

health and begin the process of losing your excess weight over the next few months.

There are many other barriers that people will discuss with me as to why it will be more difficult for them to lose weight when comparing themselves to other people, such as:

- Long work hours
- An unsupportive spouse
- Not having access to exercise equipment
- Not knowing how to exercise
- Not knowing how to choose the right foods
- Not knowing how to cook the right foods
- And many others!

Some of these barriers will be discussed later in this book. Such as, how to make the right food choices, and strategies for getting more benefit from your exercise.

A second activity I recommend you spend a little time doing is writing down all the barriers you can think of that may make it difficult for you to lose weight. This can again be done on a blank sheet of paper, or for your convenience I placed in the appendix of this book a page titled “Barriers to Success”.

Write down as many barriers as you can think of that might interfere with your goal of losing weight. After you’ve completed your list, then start thinking about how you can work around these barriers. The frustration that results from these barriers will ultimately decrease your motivation. Making a plan or strategy now to deal with these barriers will save you from dealing with this frustration, and help keep your motivation at its strongest.

Sometimes we can have a hard time finding a solution to our own barriers for achieving success. If you’re struggling with a specific situation I recommend discussing it with your weight loss doctor, weight loss coach, lifestyle or behavior coach, personal fitness trainer, or anyone else who is helping you with your

weight loss. Even discussing these situations with a friend for a different perspective can be really helpful.

An interesting thing happens when a person's motivation is really strong . . . the excuses you make for not losing weight and the barriers you face seem to melt away, and you find a way to make it happen. Very few things will stop you from achieving any goal when your motivation is high enough!

The illusion of Perfection

As you are making these positive changes to your lifestyle, improving your food choices, and increasing your activity, it's normal for a person to have a bad day every now and then. Just don't allow that bad day to turn into a bad week, and then a bad month, and so on! Remember, the goal is not perfection. Perfection is an illusion that few people ever achieve, and if it is achieved it is usually only for a brief moment. If you are always striving to practice your new lifestyle with perfection, you will likely be setting yourself up for disappointment, frustration, and your motivation will be the first to suffer.

The goal is to simply do the best you can based on the circumstances you are presented with. If you have a bad day (or week), just remember that meeting with your weight loss doctor, weight loss coach, lifestyle or behavior coach, personal fitness trainer, or anyone else who is helping you in your weight loss can help to renew your motivation and commitment to yourself. It's always helpful if you can also surround yourself in the positive environment of like-minded people who are striving to achieve the same goals as you.

If you feel your motivation is suffering, it's a good time to review what you wrote down for your reasons of why you want to lose weight on the "Why Before How" page in the appendix of this book. Determine for yourself if the reasons you wrote are still true, or if you need to make changes to your reasons for wanting to lose weight. If you feel that your motivation is simply lacking (or non-existent), then make sure you talk to your weight loss doctor or someone else about it. Talking through a situation can often help you discover the cause of your lack of motivation (or any problem).

My experience shows that only a small percentage of people can easily lose weight with little effort. The rest of us have to work for it. If it was easy for everybody, then people would simply do it, and we wouldn't have the estimated 60 - 70% of the U.S. population that is overweight or obese. It will be challenging at times, but that's when you need to dig deep within yourself and bring forth the courage and strength to continue on. Don't be afraid to talk with others about your challenges. Maybe you will learn some new strategies to help you through your challenging times by talking with others.

A Challenge to Maximize Your Motivation

It is this supreme importance of motivation in weight loss that lead to my creation of the World-Wide Weight Loss Success® Challenge. This event is designed so that anyone can participate from any location in the world, and there can be many winners in a single Challenge. It's very easy and inexpensive to participate in this Challenge, and the winners of the Challenge can easily win into the thousands of dollars.

The World-Wide Weight Loss Success® Challenge is a 12 week event, and there is a new one starting every 3 months with the start dates of January 1st, April 1st, July 1st, and October 1st. So whenever you learn about the Challenge there is always a new one starting in less than a few months that you can participate in.

I've organized a couple of smaller weight loss challenges in the community where my clinic is located, and I have found this to be an excellent way for people to get motivated to start losing their excess weight. In addition to all the health benefits of losing weight, the simple reality is that it's easier to stay motivated for a longer period of time knowing that you could also win some money if you do well in your weight loss.

I've seen many references as to how long a person needs to repeat an activity in order for it to become a natural part of their new lifestyle. The most common timeframe I've seen listed is 12 weeks. It's no coincidence that this Challenge is created to be 12 weeks (3 months) long. This Challenge is not only designed to help maximize your motivation to achieve greater success in losing your excess

weight, but it's also designed to have you repeat a pattern of increased activity and healthier eating long enough to have these positive behaviors become a natural part of a new and healthier lifestyle.

Remember, once you get past the initial excitement of starting to lose weight, the process begins to feel more like work and at times will feel like a forced effort. You need enough time and practice of eating healthier and exercising to have these changes transition from feeling like work to becoming more natural to you as part of a new lifestyle. The World-Wide Weight Loss Success® Challenge will be a great asset in helping you make this transition into a healthier lifestyle for life-long success.

To learn more about the World-Wide Weight Loss Success® Challenge, go to the official website at www.WeightLossSuccessChallenge.com. I recommend signing-up for the next Challenge even if it doesn't start for a month or two. While it would be ideal to get started on your weight loss right away, signing-up for the next Challenge will make sure you begin the process of losing your excess weight no later than the start date of the next Challenge. People are usually more successful with a deadline, and your deadline to start your journey towards Weight Loss Success® will be the start date of the next Challenge.

Remember: Motivation rules in your success with losing weight. With proper motivation you can accomplish anything, so it's worth your time to do anything that will increase your motivation. Sign-up for the next World-Wide Weight Loss Success® Challenge to keep your motivation at its highest, and to practice your increased activity and healthier eating long enough for it to become part of your new healthier lifestyle for life-long Weight Loss Success®.

Weight Loss Success® Key # 2: Accountability

My clients consistently tell me that one of the biggest benefits to seeking my help is the ACCOUNTABILITY of going to a doctor that specializes in weight loss. They are more likely to stay on track when they've invested a little bit of their time and money into working with a Weight Loss Success® Expert. It's a small investment into their health that pays a huge return of greater success in losing weight.

Not only am I reviewing their progress with the basics of diet and exercise each time I see them, but we are also measuring their body weight, body mass index (or BMI), body fat percentage, lean tissue, and sometimes doing body measurements to see how many inches they've lost in different areas of the body.

There are many ways to add accountability to your weight loss program. You can be accountable to yourself by keeping track of your own weight loss on a scale at home, and by recording your daily food intake in a journal. But there is little risk in providing your own accountability, and it's not the best option to achieve long-term success. Truly the best accountability happens when you are having someone else check on your progress.

Even having a friend or neighbor who is also trying to lose some weight become your weight loss buddy is better than just keeping track of things on your own. However, the best accountability will be achieved when you are checking in with a health professional that specializes in weight loss.

This would include one of the doctors I have personally trained in my advanced Weight Loss Success® System, or any other doctor that has a special interest in weight loss. Any other type of weight loss coach, lifestyle or behavior coach, and working with a personal fitness trainer can offer excellent accountability as well.

I strongly recommend that you do both body weight / body fat measurements, and measuring inches around different areas of your body with a tape measure.

I've seen too many people who appear as though they are not making progress based on the weight scale, but it shows in the body tape measurements that their body is making positive changes. To see both perspectives can be very motivating. For your convenience I've included in the appendix of this book a one page guide to taking body measurements.

I recommend weighing yourself no more frequently than once per week. Body weight can change by a few pounds or more from one day to the next based on the foods you eat, and other factors. Weighing yourself every day is a sure-fire way to get frustrated and de-motivated.

The same is true of doing the body tape measurements. Two weeks minimum is needed between body tape measurements to see a significant change for people who are putting forth a lot of effort. I recommend that most people only do the body tape measurements once a month.

So put the scale at home away, and have your weigh-ins be with your Weight Loss Success® doctor, or anyone else who is providing you with effective accountability. This accountability will greatly enhance your motivation and your ability to be successful in losing your excess weight.

Also, if it turns out that you are not making the progress you'd expect based on the amount of effort you are putting into losing weight, it will be much easier to determine what changes you need to make when you are working with a health professional who specializes in weight loss.

Remember: Even though motivation is created from within, accountability can help to enhance your motivation. Therefore, some form of effective accountability is essential to help you stay consistent with your program and see the best weight loss results. Greater accountability leads to greater success!

Weight Loss Success® Key # 3: Keeping a Journal of Food Intake

The foundation for long-term success in any weight loss program has to be the quality of food you are eating. This is not only true for weight loss, but since many other health problems are either caused by (or contributed by) eating poor quality food and eating too much food, this is also the foundation for improving your overall health in general.

I recommend keeping track of your food intake in a separate journal. Either carry it with you, or if it's too inconvenient to keep it with you then place it on your night stand by your bed. Make the commitment to always take a few minutes to record what you ate for the day before laying down to go to sleep. It's a few minutes out of your day that can dramatically improve your chances for success.

Research shows that the simple act of recording your daily food intake can double your weight loss results. That's right . . . I said DOUBLE your weight loss! It's a small investment of your time and energy that can produce big returns in your results.

In my own experience of working with weight loss clients I can say with great confidence that those who do a good job of recording their food intake always do better in their weight loss than those who don't make the effort to write down what they are eating. The exceptions would be those people who are resistant to fat loss due to very poor nutritional status, and thyroid or other body chemistry problems that have significantly slowed down their metabolism.

At minimum you want to write down what you ate for the day and the kind of meal it was (breakfast, lunch, supper, or snack). To increase your own education about food I also recommend tracking your calorie intake for a while. The most accurate way of doing this is to use a measuring cup and a weigh scale. If you're not using them you are going to end up guessing some of the time.

Most people will underestimate their calorie intake when guessing, so if you are not losing weight while doing a lot of guessing or estimating instead of actually counting your calorie intake, you are likely eating more calories than you think. The best option is to go back to measuring for a short while to see what your actual calorie intake is.

I recommend weighing and measuring your food for at least a couple weeks. Keep doing this if you feel like it's keeping you on track better and giving you good results. Many people want to know my recommendations for their daily calorie intake, and the chart below will tell you the lowest you can go in your daily calorie intake without negatively impacting your metabolism based on your height and frame size.

Minimum calorie intake recommendation based on height vs frame size

HEIGHT	SMALL	CalRx	MEDIUM	CalRx	LARGE	CalRx
4' 10"	102-111	850	109-121	950	118-131	1000
4' 11"	103-113	900	111-123	950	120-134	1050
5' 0"	104-115	900	113-126	1000	122-137	1050
5' 1"	106-118	950	115-129	1000	125-140	1100
5' 2"	108-121	950	118-132	1050	128-143	1100
5' 3"	111-124	1000	121-135	1050	131-147	1150
5' 4"	114-127	1000	124-138	1100	134-151	1150
5' 5"	117-130	1050	127-141	1100	137-155	1200
5' 6"	120-133	1050	130-144	1150	140-159	1200
5' 7"	123-136	1100	133-147	1150	143-163	1200
5' 8"	126-139	1100	136-150	1200	146-167	1200
5' 9"	129-142	1150	139-153	1200	149-170	1200
5' 10"	132-145	1150	142-156	1200	152-173	1200
5' 11"	135-148	1200	145-159	1200	155-176	1200
6' 0"	138-151	1200	148-162	1200	158-179	1200

Again in the chart above I showing you the LOWEST amount of calories per day that most people at your height and frame size can go without potentially slowing

down your metabolism. These are averages, and what's listed may still be too low for many people based on activity level and nutritional status.

Some research suggests that anyone going below 1200 calories, regardless of your height or frame size will have a detrimental effect and result in a slowing of the body's metabolism. If you are unsure how low you can safely go with your daily calorie intake, then stick with 1200 calories as the daily minimum initially to see what effect this has on your weight loss. You can always adjust this number up or down a bit later on to see if this improves your results.

I've seen it happen many times that a person is super motivated and wanting to be really aggressive in their weight loss, so they keep trying to decrease the number of calories they eat each day. The problem is if you go too low in your daily calorie intake you will stop losing weight, because your body will slow down its metabolism sensing that you are going into a starvation mode.

The idea is to never starve the body, but to give you general guidelines if you want to be more aggressive in your efforts to lose weight. In addition to determining a lower daily calorie intake, I recommend you also consider feeding your body less food, but more often during the day. I'll talk about the many advantages of this approach when we get to Weight Loss Success® Key # 4.

What is Your Ideal Body Weight?

Many people ask me what is the ideal body weight they should be at for their height and frame size. One of the references I've often seen to answer this question is called the Metropolitan Weight Tables. You can easily find these charts for your ideal body weight by doing a search on the internet for the keyword ""Metropolitan Weight Tables".

While the BMI (Body Mass Index) is more user friendly and has become the standard in how to medically categorize who is healthy, overweight or obese, it is still interesting to see where your weight is at in relation to the Metropolitan Weight Tables.

These tables reveal the "lowest ideal mortality weight" for each height, frame and sex. Meaning . . . the weight range shown for your height, skeletal frame size, and sex is the body weight you should be at to live the longest according to life insurance statistics.

Again, these are averages based on research for being the healthiest and living the longest at your height and frame size. I find in clinical practice that these tables reveal a weight range that is simply too low and unrealistic for many people. More important than using charts and tables as your guide, I recommend listening to your own intuition to determine your goal for weight loss. Pick a weight loss goal that feels realistic, and a lower body weight that you will feel healthy at. You can always change your goal as time goes on.

BMI or Body Mass Index is a much more user friendly guide to determine where your weight is at compared to what is considered healthy. BMI is simply a measurement taking into consideration only your height and body weight. The downside of BMI is that those people who are more muscular will show a higher number when in reality they are probably in better shape and healthier than the average person.

The ranges for BMI are:

Underweight = less than 18.5

Healthy Weight = 18.5 – 24.9

Overweight = 25.0 – 29.9

Obese = greater than 30.0

Morbidly Obese = greater than 40.0

Morbidly obese refers to a person who is so overweight that all their excess fat is likely going to be a direct cause of a health problem that ends up killing them. Not a pleasant thought . . . but the reality is that if you are morbidly obese you are on a much quicker path to disease and death than everyone else you know.

It's easy to find out what your Body Mass Index is. Just ask your doctor, or do a search on the internet for "BMI Calculator" and all you'll have to do is type in your height and weight to immediately find out your BMI.

Other Things to Track . . . Or Not!

If you know that tracking your calories is something you're highly opposed to doing, and it simply won't happen, I understand. It does require a higher level of commitment to take the time to weigh and measure your food on a daily basis. Other tracking methods (instead of recording calories) include tracking your grams of carbohydrate or protein intake.

Notice that I did not say recording fat intake. Although fat has more calories than any other food, too many people have the impression that fat is bad for you. In reality, fat has received a bad reputation. Fat is essential to having a healthy body. Fat makes up approximately 60% of the structure your brain. Fat and cholesterol are what makes up the cell membrane of all the cells in your body. Having a healthy cell membrane will allow the nutrients to easily get inside the cell and waste products to easily get outside the cell. Fat is also the foundation for what will eventually become many of the different hormones your body will produce.

The important thing is to eat more of the good quality fats. By eating mostly bad fats you can literally say that you will end up with poor quality cells, poor quality hormones, and a poor quality brain. More on this, and all other foods, as we discuss Protein, Fat and Carbohydrates as separate topics later in this book.

Some people will record their food intake, but not be completely honest about it. You may not always like what you see, or it may even be emotionally painful or depressing at times, but you MUST be completely honest about what you are eating. It's a pointless exercise if you only record the good foods you are eating, and leave out the bad stuff. It's all part of the learning process, and by keeping a journal you will re-train yourself to develop better eating habits that will last a lifetime.

My last thought on keeping a journal is if your eating is tied into your emotions (often called emotional eating), then instead of only tracking your food choices or calories I also recommend that you start to record how you were feeling and what you were thinking at the time you were eating. Many people eat out of boredom,

stress, depression, or many other emotional influences. Some people find that they tend to overeat when they are in certain situations, or more interestingly only when they are around certain people. Recording your emotional state when you are eating will help you begin to recognize your own destructive patterns of emotional eating, and allow you to better cope with those situations in the future.

Remember: Research shows that tracking your food intake in a journal can help you lose double the weight compared to those who do not keep a food journal. Pick the tracking method (calories, carbohydrates, protein) that will work best for your lifestyle and result in your greatest success. Don't let emotional eating control what you eat . . . take back that control by recording how you feel when you are eating!

Weight Loss Success® Key # 4: Eat Less Food . . . But More Often

Eating smaller meals more often during the day is a simple, but very effective method to increase your metabolism. The best way to explain this is to use the analogy of a campfire. A campfire will burn slowly if you throw a big log onto it only one or two times per day. A better way to get the fire burning hotter is to place smaller pieces of wood on that fire several times per day.

The same is true of your metabolism. By eating only one or two meals per day you are causing your metabolism to be slower, because your body learns that it will need to make those calories last longer to meet your energy demands for the entire day. Your body goes into a mode of conserving its energy until the next meal comes around in 10 or 12 hours, and your body simply does not feel safe in allowing these calories to be burned off as energy quickly and easily.

It's like putting your body into a mini-starvation mode. Even though YOU know your next meal is not days away, your metabolism doesn't have the same luxury of forecasting when the next meal is coming. It only knows what actually happens, and if your metabolism sees a pattern of longer timeframes between meals it will adapt to that situation by limiting your ability to burn off these calories as energy.

This is part of a built-in survival mechanism, so be grateful that your body does this. Otherwise, under times of true long-term starvation you would not be able to survive very long. But since most of us are not living in a survival situation, there's no need for you to be eating as if you are living in one.

By eating less food more often during the day your body will learn that it doesn't need to conserve its energy in the form of calories and body fat. You'll rev-up your metabolism because your body sees a pattern of shorter timeframes between meals, and it learns that it will get a fresh supply of fuel (calories) every

few hours. Your body will return to a mode of feeling “safe” in allowing you to burn off these calories as energy quickly and easily.

This analogy of a campfire is limited, because it doesn't mean the more fuel (calories) you give your body, the hotter the fire (metabolism) will burn. Any overeating of calories beyond what your body will use during the day will result in gaining more fat weight. So the goal is to determine an appropriate amount of food to meet your energy needs, and spreading out the eating of that food to more times throughout the day.

Also, you can add to this analogy by saying there is such a thing as giving the fire the wrong type of fuel so that it burns too hot. The example would be throwing a lot of paper onto the fire to make it burn. The paper will burn hot and very quickly, but then it's gone just as quickly and the fire is out. The same is true of your metabolism and eating sugar and processed carbohydrates. Eating a lot of these foods will give your metabolism a kick, but it's very short lived. Your energy then crashes and you crave more sugar and processed carbohydrates to try to quickly get your energy back and feeling better.

This is part of the vicious cycle that people get involved in with sugar cravings and sugar metabolism problems. The end result is always eating more sugars and carbohydrates than your body needs, and having these excess calories get converted to more body fat.

Many parents are feeding their kids mostly the paper (sugars and processed carbohydrates) to fuel the fire (metabolism) and are setting their kids up for many food and sugar problems as they get older. Along with this comes various health problems, including obesity, insulin resistance, diabetes, hormone imbalances, hyperactivity, ADD and many nutritional deficiencies.

The other advantage to eating less food more often is that it will significantly decrease your hunger and cravings. By always having a supply of food in your system, you will stop yourself from going into a starvation mode and you will rarely even find yourself getting hungry. You want to eat every few hours even if you don't feel hungry, but still stay within a daily calorie range that is right for your body and activity level to make sure you are not overeating.

Some people stumble onto this strategy of eating smaller meals more often during the day by accident after years of attempting to lose weight other ways and failing. I recommend trying out this concept right away to see if it will enhance your weight loss results.

Remember: Fuel the fire of your metabolism by eating smaller meals more often during the day, and you will keep your hunger under control at the same time.

Weight Loss Success® Key # 5: Water, water, water . . . oh . . . and one last thing . . . WATER!

As you can tell, I place a strong emphasis on drinking enough water. Many people will ask me how much water they should drink, and my usual answer is to say “LOTS”. The easiest way to calculate how much water you should be drinking is to take half your body weight, and have this be the number of ounces of water you drink during the day.

This is a general guideline and may need to be increased based on the climate you live in, and your activity level. I recommend drinking a bunch first thing in the morning when you wake-up and keep it going for the rest of the day. I also recommend tracking your water intake in your food journal.

Not drinking enough water can limit your ability to lose your excess body fat. Your body needs to be well hydrated to effectively mobilize your body fat to be used as energy. Therefore, a lack of water in your body will limit the amount of stored body fat that can be reduced and converted into energy.

Water also has other benefits that impact weight loss. The more obvious is that we often mistake hunger for when we are actually thirsty. By drinking a glass or two of water when you start feeling hungry, you may find it will be enough to tie you over until your next snack or meal.

The less obvious benefit is that water can increase your metabolism at the cellular level. Inside the cell is where the action takes place, including energy production. The more water that is inside each cell, the more easily all the cells in your body can produce energy. This equals a higher metabolism. The process by which this happens is actually much more complicated than the simple explanation I've given. Just know that the better hydrated all the cells in your body are . . . the higher and more efficient your metabolism will be.

Water serves another critical function in weight loss. As humans, just like all mammals on the planet, we tend to store toxins in our fat tissue. As we are losing weight and losing our excess fat these toxins will often get released back into circulation. You want to be drinking enough water to help “flush” these toxins out of your system, so they are less likely to get stored in some other area of the body and cause other health problems later on.

This brings up the interesting topic of detoxification in weight loss. Some people will not lose weight because their body has too many toxins, and the body is having a hard time processing and removing these toxins. The body will not let you get rid of this excess fat until it also has the ability to effectively deal with these toxins. The most critical organ involved in dealing with these toxins is the liver. This is one of the reasons that the foundation of our advanced Weight Loss Success® System includes some detoxification of the body . . . specifically providing a lot of nutritional support to the liver while detoxifying and losing weight.

I recommend drinking most of your water (or any liquids) outside of your meal-time. Drinking too many fluids during your meals can decrease the concentration of stomach acid and digestive enzymes that are needed to properly digest your foods.

Remember: Work towards drinking more water. It will decrease your hunger, increase your metabolism, and help you get rid of the toxins that have built-up in your system over the years. Only sip a minimal amount of liquids during your meals, and drink the majority of your fluids outside of your meals for the best digestion!

Weight Loss Success® Key # 6: Take a Good Quality Multivitamin

Taking a good quality multivitamin / multimineral supplement will cover your bases for all the vitamins and minerals you may not be getting through the foods you are eating. Even the person who eats a very healthy diet is still lacking in some nutrients. This is because our food now does not have the same amount of nutrients as it once did.

Our farmland has become more and more depleted of nutrients that are important for our health from constantly farming the same soil over many decades. The quality of the produce you buy at the grocery store, and the quantity of nutrients within that food, comes from the soil it's grown in.

Action is being taken by our government to reward farmers who will rotate their crops and give parts of their farm soil a chance to replenish its nutrient supply before farming it again, but the reality is it's a little too late. The amount of nutrients in our farm soil (and therefore the food you eat that is grown in that soil) is significantly lower now than it was even 50 years ago.

The other issue to consider is the quality of the nutritional supplements you are taking. Many multivitamins are very poor quality. You can pretty much rule out any multivitamins that say you only need to take it once per day. Your digestive system can only breakdown and absorb so much at one time, so there's no way you can breakdown and absorb an entire day's worth of nutrients from one little pill.

I teach my patients and clients that the most important factor to consider when selecting the right multivitamin is what's called the "bioavailability" of the nutrients in that supplement. Bioavailability simply refers to the form of the nutrient that is easiest to digest and absorb to benefit the health of the cells in your body.

For example, many people have learned that there are several forms of calcium you can take as a nutritional supplement to help maintain or increase your bone density. Of the half a dozen or more forms of calcium, there is only one form of calcium that is considered the most bioavailable and therefore the most beneficial for the health of your bones. The same is true for every vitamin and mineral needed for human health. Each vitamin and mineral has its most bioavailable form to offer the greatest benefit to you while taking it in the form of a nutritional supplement.

Make sure you have confidence in the quality of the multivitamin before purchasing and taking the product. If you are not sure what to take, then ask your doctor. Unfortunately, you might find that the doctor you are asking is not well trained in the area of nutrition and supplements. If your doctor tells you that any kind you take is fine, that it doesn't matter, that you don't need to take one, or recommends a multivitamin that you only need to take once per day, then you'll know that doctor doesn't know what they are talking about. You'll need to get your nutrition advice from someone else.

The bottom line is that there is no way you can get the optimal amount of vitamins and minerals your metabolism needs to function at its best from food alone, so everyone needs to be taking a good quality multivitamin. The one I recommend to my patients and clients is the same one I take myself called **Opti-Nutrients**. This is an excellent quality basic multivitamin with all the nutrients in their more highly bioavailable form, and reasonably priced as well. Opti-Nutrients has a small amount of iron added to be taken by those who have tested low in iron levels, and by women who are still having a monthly cycle. Opti-Nutrients without Iron is made for those who do not need the extra iron . . . this typically includes women who are no longer having a monthly cycle, and most men would also take it without iron.

If you want to save yourself the time of researching the quality of all different kinds of multivitamins, then you can easily order Opti-Nutrients or Opti-Nutrients without Iron directly from our clinic through our website at www.HealingChoices.com. At this website click on "Purchase Products" and type "opti" in the search and hit enter. Then scroll down until you find Opti-Nutrients. You can also order by calling our clinic directly at 763-241-5436.

The Mythical Magical Weight Loss Pill

Since we are talking about supplements . . . my patients will sometimes ask me if they can just take a pill that will have them lose weight. The answer is no . . . and a little bit yes! There are products that I refer to as “Weight Loss Enhancers”. I’ve spent some time researching into different nutritional products that claim to help people lose weight.

The one’s that contain stimulants I would avoid, but there are a handful of products that do not contain stimulants and have the research behind them to demonstrate effectiveness and safety while taking them. I mention the weight loss enhancers here because they might encourage your body to lose weight more easily . . . maybe . . . and probably only a little bit easier. We share this information with our patients and clients when they participate in our advanced Weight Loss Success® System.

Regardless of what any nutritional product claims it can do to help you lose weight, the reality is that you can’t rely on a nutritional product to help you lose weight. If this is the foundation for your weight loss program . . . then you are on the fast track towards frustration and failure. The foundation for your success is (and always will be) based on eating good quality food, the right quantity of food, and enough exercise and activity to burn off more calories than you eat during the day.

Remember: For the best nutritional foundation to keep your metabolism functioning better, take a high quality multivitamin. Make sure you are confident in the quality, and that the nutrients are in their more bioavailable form like you would find in Opti-Nutrients.

Weight Loss Success® Key # 7: Increase Your Activity and Exercise

You knew this one was coming. I'm sure it will be no surprise to you that both research and my own experience clearly shows that people who make the commitment to increase their level of daily activity and who increase their exercise see better results than those who don't.

Think about activity and exercise as two different things. One is to dedicate a specific amount of time to exercise, and the other is to increase general activity during the day that is not a focused time of exercise. Some people tell me they are more active during the day, but still are not losing weight . . . only to find out they are not exercising. Both are necessary to achieve the best results, and to keep your weight off once you've lost it!

Our society has gradually become more and more sedentary, and this has contributed greatly to the increasing problems of being overweight in the U.S. and throughout many other parts of the world. Technology is designed to make things easier for us with less physical effort. I love technology as much as the next person, but you have to understand that it comes with a cost. This cost includes less physical activity and fewer calories burned during the day. You begin to see why it is so easy to eat more calories than you burn off when you are sitting in front of a computer or TV for much of day.

You can especially see this with the increasing number of overweight children and teens who are now being raised in a world of higher technology. This has resulted in an entire generation of younger people that are less active, or are encouraged to be less active by the entertainment of technology. It's the attraction of technology (combined with high calorie and high sugar containing foods and beverages that offer little nutrition) that is now resulting in the rates of obesity increasing even quicker in our children than the adults.

The bottom line is that the more active you are, the more calories you burn, and the more quickly you will lose your excess weight. This can be changed by doing

more things around the house, and getting out doing more fun things that increase your daily activity. It's most effective to actually make the commitment to exercise several times per week. The best way to exercise for long-lasting weight loss results is to do both cardio and resistance (weight) training. It may seem like a forced effort initially to get out and exercise, but after a couple weeks you will start to notice that you have more energy and are feeling better.

Optimizing Your Exercise

One of the biggest mistakes I would see when I was working as a personal fitness trainer are people coming in and doing the same workout, the same way, using the same weight, for the same number of repetitions, and for the same amount of time . . . every time. Then they would express to me how frustrated they are that they are exercising 3 – 5 times a week and not seeing any results.

You have to understand that with exercise the benefit you get out of it is directly proportional to the effort you put into it. The exercise routine you start with may initially offer some good results with losing weight, but the body has a tendency to adapt to your activity . . . sometimes pretty quickly.

It's unrealistic to expect that your body will continue to change if you keep doing the same old exercise routine for months and months. You will eventually level off from the benefit of doing the same routine. It can be a good way to maintain the progress you made so far, but if you want your body to keep changing and improving you need to also keep updating your exercise routine.

This is what I call Progressive Resistance. Meaning that slowly and carefully you are progressively making the exercise you are doing more difficult over time. This gradual increase in demand will give your body the right stimulation it needs to keep making your metabolism function more efficiently, and give your body the right information to keep improving your muscles.

Never be afraid to add more muscle on your body. Muscle is a very active tissue, and the more muscle you have and the better toned your muscle is . . . the more calories you are going to burn during the day. You will even burn more calories at

night while you are sleeping if you add some muscle to your body. Who wouldn't like to burn more calories while they sleep?

The amount and quality of muscle is also a big factor in determining how long you are going to live, and more importantly your quality of life as you get older. We store a lot of reserves of nutrients and resources in our muscle tissue, so that under times of greater stress or greater illness our body has these reserves to draw upon. We tend to slowly lose muscle mass as we get older, so this means many elderly are more strongly affected by times of greater stress and greater illness because they no longer have the reserves of nutrient and resources to get them through that event.

Never be afraid to work towards adding more muscle onto your body. Your weight loss and your long-term health will be greatly enhanced from your effort!

Timing . . . could be . . . Everything

The timing of when you do your exercise could make a big difference in helping you see results more quickly for losing body fat. You have to understand that in order for your body to switch over to a fat-burning mode, you need to first use up the available sugars that are circulating in your bloodstream and that are stored in your muscles and other areas of the body.

The sugars are the first source of energy supply your body will access to create the energy it needs, because it can convert these sugars into energy very quickly. Once the available sugars are gone, then your body will start tapping into its stored energy (body fat) to create the energy it needs to help meet any demand.

There are two times when these available sugars will be mostly used-up and therefore allow you to switch over to burning your stored body fat more easily. One of those times is first thing in the morning before you've had your breakfast or eaten any food. Assuming you are not getting up and eating during the night-time while you sleep, your body still has to operate all its important functions while you are unconscious and sleeping and it needs energy to keep everything running properly.

The timeframe while you are sleeping is usually the longest time people will go between meals. This is why it's important to eat breakfast . . . to break the fast that has occurred overnight. If you don't eat breakfast you are more likely to throw your body in to the mini-starvation mode I mentioned earlier.

Usually when a person wakes up in the morning they are the most depleted of their available sugars over the 24 hour day. You can take advantage of this sugar-depleted situation in your body by exercising right away in the morning before eating anything, and this will often result in your body switching over to a fat-burning mode more quickly while doing your cardio exercise.

The second time when your body is more depleted of its available sugars is if you are doing both cardio and resistance (weight) training during the same workout. I recommend you do your resistance training first to burn through your available sugars while you are exercising your muscles, so that when you do your cardio at the end of your workout your body is already depleted of its sugar stores. This will again make it easier for your body to switch over to a fat-burning mode more quickly. It's important that you still take 5 or 10 minutes to warm-up and stretch before beginning your resistance training to prevent any muscle strain or injury.

The Most Important Exercise

Choosing the right exercise for you can also be important for your success. If you're doing an activity that you don't enjoy "just to try and lose weight" chances are you won't stick with it for very long. It's important to find an activity or exercise that you enjoy, and would look forward to doing several times per week. This may require you to go outside your comfort zone a little, and be willing to try some new activities.

You might be surprised to find that you really enjoy doing something you've never tried before, and this could be a big boost to your activity and burning calories. So don't be afraid to try that exercise class, or some other new activity. Bring a friend with you if it makes you feel more comfortable to try something for the first time.

This is also where it can be a big advantage to enlist the help of a personal fitness trainer. Not only can they introduce you to new ways of exercising to make it more fun, but more importantly they can make sure you are doing it correctly to get the most benefit. Your technique of exercise is always more important than the amount of weight you can move. Some people are hesitant to start exercising because they are not sure of the right technique or the right way to do it.

The smartest thing you can do to get the most benefit from your exercise, and to make sure your technique is good to prevent injury, is to hire a personal fitness trainer. Even if it's only for a few sessions to get you started on the right path. Many people will continue working with a trainer beyond a few sessions once they realize they will push themselves harder during their workouts with a trainer there to guide them.

While all this talk about activity and exercise is critical to your success, I tell my patients and clients that the most important exercise is the one where you push yourself away from the table once you feel satisfied. Notice that I'm not saying once you feel full, or stuffed. This is because it takes a little time for your stomach to tell your brain that you are full. By eating too quickly you can end up eating a lot of extra calories that you don't need before you are feeling full. So slow down, and chew your food more completely.

Eating until you are satisfied can be especially difficult when eating out at restaurants. The serving sizes of foods, and even the size of the plates, have increased over the years. A smart strategy people will use is to tell the waiter to place half of your meal in a to-go container before bringing the plate to your table. This will help you avoid the temptation to overeat, and may save you some money because you've turned that one meal into two meals.

Remember: Activity and exercise must be increased to more quickly burn off your excess body fat. Take a break from the computer and TV and pick an activity you enjoy, and one that you will look forward to doing several times a week. The one exercise you will always have time to do is pushing yourself away from the table once you feel satisfied!

Bonus - Weight Loss Success® Key # 8: Planning Precedes Success

As the saying goes, “If you fail to plan . . . then you are planning to fail.” Very often the reason a person fails to reach any goal, is because they fail to plan. Think about all the planning and effort people put into developing a career, or getting ready for a wedding, or just going away for the weekend. People take the time to prepare for these things because they want them to go well, not waste their time, and not be disappointed in the results.

This is also true for being successful in weight loss. It needs to be enough of a priority in your life to make a plan for your success. You should put some serious thought into your plan or approach. Your plan will likely be different than other people, because your life and level of health are different. By trying to do everything “on the fly”, you are setting yourself up for disappointment.

I recommend taking an hour at the beginning of the week to plan out your meals and your activity, and to make sure you have the accountability and education you need to stay on track and see the best results.

Sometimes planning far in advance can be difficult. It’s important to have longer-term goals, but if things don’t go as planned don’t get yourself all stressed out and frustrated about it. Know that the most important plan you make is for the current day. Figure out a way to make sure you get in your exercise for the current day. Weight loss is ultimately taking it one day at a time, and making sure you are consistent enough days in a row to create the change you are looking for in your body weight. When it’s important enough to you . . . you will find a way to make it happen!

Remember: A little planning leads to a lot of success. Take a little time to plan for your Weight Loss Success®. Make sure that you at least have a plan for the current day to exercise and eat right!

In summary, the foundation for your Weight Loss Success® should include:

1. Motivation rules in your success with losing weight. With proper motivation you can accomplish anything, so it's worth your time to do anything that will increase your motivation. Sign-up for the next World-Wide Weight Loss Success® Challenge to keep your motivation at its highest, and to practice your increased activity and healthier eating long enough for it to become part of your new healthier lifestyle for life-long Weight Loss Success®.
2. Even though motivation is created from within, accountability can help to enhance your motivation. Therefore, some form of effective accountability is essential to help you stay consistent with your program and see the best weight loss results. Greater accountability leads to greater success!
3. Research shows that tracking your food intake in a journal can help you lose double the weight compared to those who do not keep a food journal. Pick the tracking method (calories, carbohydrates, protein) that will work best for your lifestyle and result in your greatest success. Don't let emotional eating control what you eat . . . take back that control by recording how you feel when you are eating!
4. Fuel the fire of your metabolism by eating smaller meals more often during the day, and you will keep your hunger under control at the same time.
5. Work towards drinking more water. It will decrease your hunger, increase your metabolism, and help you get rid of the toxins that have built-up in your system over the years. Only sip a minimal amount of liquids during your meals, and drink the majority of your fluids outside of your meals for the best digestion!
6. For the best nutritional foundation to keep your metabolism functioning better, take a high quality multivitamin. Make sure you are confident in the quality, and that the nutrients are in their more bioavailable form like you would find in Opti-Nutrients.

7. Activity and exercise must be increased to more quickly burn off your excess body fat. Take a break from the computer and TV and pick an activity you enjoy, and one that you will look forward to doing several times a week. The one exercise you will always have time to do is pushing yourself away from the table once you feel satisfied!

8. A little planning leads to a lot of success. Take a little time to plan for your Weight Loss Success®. Make sure that you at least have a plan for the current day to exercise and eat right!

There can also be other factors that may contribute to your ability to be successful in losing your excess weight, but these “Keys to Weight Loss Success®” are the most important to focus your time and energy on to build the strong foundation you need for weight loss results that will last.

Sometimes this foundation is not enough for a person to be successful in losing weight, and this is when you would need to consider a more advanced approach to your weight loss. But to be successful even when using a more advanced approach you still need to have these “Keys to Weight Loss Success®” as your solid foundation!

**Part II:
The Incredible Power of the
Glycemic Index**

How to Use This Information Wisely

They say confession is good for the soul. It's about to be good for your body as well. So tell the truth: How did you really do on your last diet? I'm betting it wasn't a great success. How do I know that? Just look at the book you're reading right now!

I'm going to clue you in on a secret. You didn't fail on your last diet. Oh, no! Your diet failed you. That's right! And I'm not just making an excuse for you.

Did you know that 95 percent of the diets on the market today fail? So, if you're just coming off that "bad relationship" with your last diet, you're not alone. The road to weight loss is filled with broken dreams . . . and untold pounds gained in futile attempts to lose a few.

Yes, that seems to be the other side effect these diets have on us. Oh, there's that honeymoon period where it looks as if we're going to lose weight – and keep it off. But then suddenly, the honeymoon is over, we reach that dreaded "plateau" where no more weight comes off and then . . .

BAM!

Not only can't we lose any more weight, but we actually gain weight. It's bad enough that we gain back everything we lost, but then, inevitably, we also gain a few more pounds along with it.

Yes, the dreaded yo-yo effect! You're overweight. You lose some. Then gain back even more! Who among us hasn't been there? (Several times over!)

The fact that so many of us have this problem vividly illustrates that this occurs through no fault of your own.

Facing a growing epidemic.

By now, you're probably familiar with the problem. We are in the grips of an epidemic that threatens the very health of not only you and me personally, but

that of the next generation as well. It's called obesity. Unbelievably, over 60 percent of the U.S. population is overweight. That's more than half of us!

But the statistics don't stop there. Nearly, 25 percent of us are obese. That's one person out of every four! We have the dubious distinction of being the heaviest nation on earth.

The sad news is that several other nations are fast on our heels. Ranking second behind us is the United Kingdom. About 58 percent of their citizens are overweight and nearly 20 percent are obese.

But the weight is only an outward symptom. Our weight problem is, in turn, creating serious health problems as well, not the least of which is Type 2 diabetes. At one time, confined to the 60 and over crowd, this form of insulin resistance is now being routinely seen in school children as young as eight or nine. How is this possible?

If you believe that there's nothing that can be done about the nation's weight problem – and your weight problem in particular – think again. Because what I'm about to present will turn everything you thought you knew about weight loss on its ear.

In fact, if you've been searching for a sensible approach to dieting . . . an approach that will last you for a lifetime, and not just get you into that smaller size for your high school reunion or your wedding or your daughter's graduation . . . then I've got great news for you.

Could this really be a permanent weight-loss plan?

More than that, I've got a great weight-loss management system for you. I'm not even going to call it a diet. A diet implies you follow rules for a certain period of time, then go back to your regular eating patterns, keeping your fingers crossed that you'll not gain the weight back.

But a weight-loss management system works for you now and in the future. By learning about this special way of classifying foods, you can begin to lose weight right now! But more than that, you can keep it off for the rest of your life.

And in the process, you can also improve your health and your odds of living a long and healthy life, free from the fear of developing diabetes, heart disease, arthritis and a whole host of degenerative diseases that are associated with the aging process.

The system I'm going to introduce you to is called The Glycemic Index. It's been called the "missing link" in the dieting dilemma. The glycemic index rates foods according to how quickly your body converts the carbohydrates of the foods into glucose (blood sugar). Originally developed for those individuals suffering from Type 2 diabetes, it became obviously clear that it could help the rest of us as well. And that's good news. Why should we wait until our eating habits and sedentary lifestyle condemn us to developing diabetes before we make healthy changes?

As a person desiring to lose weight, you want to choose foods that are low on the glycemic index, those that promote a slow, moderate rise in your blood sugar (or glucose) and insulin levels after eating your meals. This will help keep your hunger at bay. You'll feel fuller longer. But more than that, the slower the conversion, the more efficient your body is at dissolving fat and converting it into energy!

Sounds like a win-win situation!

By contrast, foods that rate high on the glycemic index will cause your insulin levels to spike rapidly following meals. This, in turn, also causes them to crash rapidly several hours later. Not only are you hungry, but you're tired as well. Who isn't familiar with that 3 p.m. sugar crash? This wild rollercoaster ride of insulin eventually contributes to insulin resistance, which is only a few steps away from full-blown diabetes.

But we'll talk about all of that in more detail as we delve more deeply into the glycemic index later in this book.

How to use this Book wisely

I can see it in your eyes. You already have the mouse in hand, or that finger on your touchpad ready to check out the list of foods in the appendix of this book (because you know we've included a small list to get you started on your quest!). That's good! I appreciate enthusiasm like that.

But before you jump farther ahead in the book, you might consider reading all the information in Part II of this book first – The Incredible Power of the Glycemic Index. Get a feel for what the glycemic index really is. Develop a good understanding of how it can help you overcome your battle with weight gain. Learn how it can even help your overall health.

Then keep reading. Because we've provided you with even more information about not only those carbohydrates (that we love to hate), but also about the vital role proteins play in your diet.

But keep reading, even after that. We're throwing you a curve ball here! We're even going to tell you about the secret life of "good fats." If you haven't heard about these, you'll be astounded to learn just how invaluable these essential fatty acids are in, what is soon to become, your new eating lifestyle. And yes, as you may have already guessed, these EFAs – as so many call them these days – can also add quality years to your life.

Once you read through all of that, we don't just drop you off at the corner and hope you can find your way around. No, we'll provide you with a variety of different foods – enough foods, in fact, to help you with every meal – showing you exactly which foods are best for you and which only promote weight gain and contribute to increasing your risk of developing age-related diseases.

**Pardon me, but I need to make
one more point about health . . .**

I understand that you're expecting – and indeed receiving – a book that guides you along a weight-loss program. But I still must add one more point about the role of health and the glycemic index.

In this regard, this book talks briefly about a little known syndrome called Metabolic Syndrome X. While it may sound like the title of a grade B science fiction movie, Metabolic Syndrome X is indeed a serious health condition. I need to emphasize here that it is not a disease or a disorder in and of itself. Rather it is a set of circumstances that your body possesses that may raise your risk of developing diabetes. It is, in effect, a precursor to type 2 diabetes.

If you possess this series of circumstances, there's a fair chance that you may develop a full-blown case of diabetes. Consider Metabolic Syndrome X your sneak preview into a future of multiple health problems.

If you discover, after reading this book, you may actually be one of the literally millions who do possess these conditions, don't panic and definitely don't give up. Because now - armed with the information in this book - you have the remarkable opportunity to change the direction of your health!

Just as with any good mystery, you'll be tempted to skip to the last page of this book to find out "who done it." Only, in this case, you'll be tempted to find out "how to do it." And if that's how you want to begin – then go for it!

But be sure to return to the pages between here and the Glycemic Index Food list, because there's a wealth of information on a new lifestyle and a new way of eating that will produce energy, health . . . and a new, more energetic you. You'll want to learn everything possible to not only attain that new body you've been dreaming of but keeping it thin – and outrageously healthy!

Okay, now you can turn to the back of the book . . . or if you can handle the suspense keep reading from here until you get to the food list. Just be sure to take the study of the glycemic index seriously, and understand how it can be your most trusted friend and guide on your path to a new body, vibrant health and unlimited energy.

The Basics of Smart Eating: The Glycemic Index

Thanks to the most recent scientific research, the glycemic index has revolutionized the way Americans view their diets. And it could become your best friend in any attempt to help you lose weight. But more than that, by learning about the glycemic index you may also discover untold benefits in your health, including reducing your risk of developing Metabolic Syndrome X (a series of symptoms and conditions that may be a harbinger of diabetes), type 2 diabetes, high triglyceride levels, as well as reducing your risk of heart disease.

In a nutshell, you want to choose foods that avoid large spikes in your insulin levels.

The glycemic index is a way to rank foods according to the effect they have on our blood glucose levels. This is especially true in regards to carbohydrates.

A Revolutionary Approach to an Age-Old Problem.

Specifically, the glycemic index measures how much a 50-gram portion of carbohydrates raises your blood-sugar levels compared with a control sample. The control sample they measure against is either white bread or pure glucose.

All carbohydrates cause some temporary rise in your blood glucose level. This is called the glycemic response. This response is affected by a variety of factors, including the amount of food eaten, the type of carbohydrates, the method used to prepare the food, as well as the degree of processing, to name just a few factors.

Each food is assigned a number that ranges from 1 to 100. The highest rating, 100, is the reference score for pure glucose. ***Foods are considered high glycemic index if their score is greater than 70, moderate if it rates from 56 to 69 on the index, and low glycemic index if the score is less than 55.***

The slower your body digests and absorbs the carbohydrates and sugars from the food and beverages you consume, the slower your blood sugar levels increase and the slower insulin is released into your blood stream. This creates an overall healthier effect on your body.

And, if you're a person that wants or needs to lose weight, it's the food that raises your blood sugar levels slowly that you want to eat. There are several reasons for this. First, these foods – many of which you'll discover are high in fiber – will just keep you feeling fuller for a longer period of time.

Any of us who have been on a diet can be thankful for this. The longer we feel satisfied, the less likely you are going to visit the vending machine that keeps tempting you at work, or the bowl of candy at your co-workers desk. When you feel more satisfied you are less likely to make that quick trip through the fast food drive-thru, or grab that bag of chips or candy bar at the gas station on your way home from work or while running errands!

How does the index work?

Your body performs at its best when it's being provided with a constant supply of blood sugar. Any foods that cause your blood sugar to spike and then to crash – or dip low again -- causes a host of physical symptoms in your system leading to some potentially serious health problems down the road.

In fact, this sudden rush of sugar is one of the major causes of type 2 diabetes, which is being diagnosed in epidemic proportions in our country right now!

You're probably more familiar with the effects of the glycemic index on your body than you realize. When your blood sugar drops too low, your body responds by causing a general tiredness, what we have come to call the "sugar crash". For many of us, it happens shortly after lunchtime. Around three o'clock in the afternoon seems to be one of the favorite times for this to knock us down. Starting to sound familiar to you now?

We try to fix this feeling of fatigue and lethargy by eating a snack – and usually an unhealthy one at that. Many of us turn to a candy bar. And this does indeed

solve the problem . . . at least momentarily. But that candy bar only serves us to raise our blood sugar levels too quickly once again. And you now know what's about to happen next . . .

Crash!

Your blood sugar levels will only rapidly fall once again. Indeed, we've literally created our own vicious cycle of causing our blood sugars to bounce between highs and lows throughout the day. By choosing foods low on the glycemic index, we provide a situation that is ideal for a slow and constant release of glucose into the bloodstream. The result is that we have a sustainable supply of energy all day long. The rises and dips of our blood sugar levels become a thing of the past.

So . . . what factors determine the numbers that we find on the glycemic index? Several primary factors go into creating this ranking system: the structure of the simple sugars in the foods you eat, the amount of soluble fiber in the foods, the fat content of the food and its protein content.

All complex carbohydrates – (think grains, breads, and vegetables here) – cannot enter the bloodstream as they are. The molecules are just too large. So your body and digestive system breaks them down into chemically smaller substances called simple sugars.

Your body uses two types of carbohydrates. The first type is called a complex carbohydrate. These are most commonly found in natural foods. Composed of long chains of sugar molecules, the liver gradually breaks down this food into the shorter glucose molecules which the brain can use for fuel.

You can think of complex carbohydrates as the “time-released capsules of sugar.” These are, for the most part, the foods that rank low on the glycemic index. Complex carbohydrates are whole grains, fruits and vegetables.

Simple carbohydrates explained

By contrast, the other type of carbohydrate is classified as simple. Consider this a quick injection of sugar into your bloodstream. These are the carbs that spike

your glucose and insulin levels and then bring them down quickly again. Eating simple carbohydrates may satisfy you momentarily, but you'll be hungry again shortly after eating them.

All carbohydrates are composed of only three different types of sugar. Each one of these sugars possesses a different molecular structure, and that is what ultimately determines how quickly the sugar enters into your bloodstream. Glucose is the most common of the three sugars. The other two are fructose and galactose.

Foods that naturally contain glucose are grains, pasta, bread, cereals, starches and vegetables. The sugar fructose can be found in fruits for the most part, and galactose is the sugar that is naturally occurring primarily in dairy products.

Each of these three sugars is quickly absorbed by your liver. But of these, only glucose can be released directly into the bloodstream. This is why glucose-rich carbohydrates – the breads and pasta – seem to race from your liver back into the bloodstream. The other two sugars take longer because they must be first converted into glucose before they can get into your blood.

Of the other two sugars, fructose takes the longest to convert. You'll notice this reflected in the glycemic index of most fruits. Their numbers tend to be low.

The second factor involving the glycemic index is fiber. Fiber, by the way, is the non-digestible portion of a carbohydrate. It really has no direct effect on your insulin. But fiber does play an important role in the digestion process, because it slows the rate at which sugars get absorbed into your bloodstream. So the higher the fiber content of a carbohydrate, the longer the sugar takes to gain entry into your blood. And that's a good thing.

And yes, the converse is true: if you were to take the fiber content out of these foods (as found in a lot of highly processed foods), the sugars would wind up in your blood much quicker. Keep in mind as we talk about glycemic index that fiber prevents a flood of carbohydrate and sugar absorption from pouring into your bloodstream too quickly.

When is fat good?

The third component affecting the glycemic index is the fat content of food. Like fiber, fat acts like a brake on the absorption process. But beyond that, fats just make food taste better. Probably the most boring diet in the world is fat-free, as you probably already know!

Fats also are essential in signaling your body to quit eating. This, as you might expect, is vital to any weight-management program. The fat that you eat causes your body to release a hormone called cholecystokinin (CCK).

Stored in the stomach until notified by the presence of fats, this hormone is responsible for informing the brain that you're satisfied. Just as there are good and bad carbohydrates, there are varying degrees of fats as well. And we'll talk more about that in the next chapter.

The final factor that helps us determine the rate at which glucose gets absorbed into the blood is the protein content of the food. When it comes down to satisfying your hunger pangs – especially for the long haul – protein seems to have the upper hand over both fats or carbohydrates. Surprised?

Proteins make you feel fuller -- and for longer periods of time. Not only that, but protein also helps you stay alert. But beware – again we have the good guys and bad guys of the protein world. One of the major criticisms of the Atkins diet is that many who adhere to it, don't discriminate between good protein and bad protein. You'll always want to choose lean protein, whether it's fish, beef, chicken or plant-based protein.

In the next chapter, we'll talk more about some good choices of protein.

Why is slower better?

Good question!

First, you need to know what happens when a carbohydrate enters your bloodstream quickly. The first step in this process is the response of the

pancreas. It responds by secreting not just a little insulin – but high levels of this important hormone. Basically, this is what the body was designed to do, because this hormone helps to lower your blood sugar levels. But at the same time insulin is a powerful fat-storing hormone, and it also tells your body to store more fat and prevents you from getting rid of your excess body fat. The longer these higher levels of insulin stay in your bloodstream to deal with all the sugars, the longer it will take you to get rid of your body fat!

That's exactly why eating an excess of high-glycemic carbohydrates not only makes you fat, but keeps you fat! Now, you're beginning to see the big picture.

Here's a quick overview of what's high and what's low:

As we've stated, fructose is also a slow-moving sugar. So just about all fruits – with the exception of bananas and dried fruits – are low on the glycemic index. So are all vegetables that are abundant in fiber (the exceptions here are carrots and corn!) Higher on the glycemic index are just about all grains, starches and pasta.

But more than the obvious symptom of gaining weight, continually eating foods high on the glycemic index confuses your system. It's much like the fable of the little boy who cried wolf. And I'll show you why.

Every time you eat a food that's ranked high on the glycemic index, your body is producing insulin – and a good deal of it – in response to the glucose in your system. Glucose can't travel anywhere in your body, and get inside your cells to be used as energy, without being personally escorted by insulin. The two go together like peanut butter and jelly!

If your body does not make enough insulin, or if your system is not able to use the insulin present (as in insulin resistance), the cells cannot use the glucose. So where does the glucose go? Absolutely nowhere! It just hangs around in your bloodstream, which eventually sets your system up for diabetes.

**Another way to measure glucose:
The glycemic load**

The glycemic index is a tool that measures the rise of a specific amount of carbohydrates – usually 50 grams. This is all well and good for most foods. But when we're talking about some vegetables, the amount of the food needed in order to accumulate 50 grams of carbohydrates is beyond what any one person would eat – even if you love veggies.

Take broccoli, for example. To properly assess the glycemic index of this food would require 16 cups of steamed broccoli – a bit much even for the most enthusiastic of broccoli lovers among us.

Because of this glitch, you'll find that more values have been determined for grains, starches and fruits than for vegetables. And this is where the term "glycemic load" comes in. Perhaps you've heard this term mentioned if you've looked into the glycemic index before.

It's simply another way to determine the rise in glucose levels. It's a calculation combining the number of grams of insulin stimulating carbohydrates times the glycemic index for that particular carbohydrate. No need to get too wrapped up in understanding this calculation. Just know that the lower the glycemic load, the lower the insulin stimulation is for that food.

In some ways, it's a more accurate measurement. Consider this. One cup of apple and one cup of broccoli both have similar glycemic index ratings. Yet, if you calculate their glycemic load, you'll discover that the apple generates more insulin – about six times the amount – than the single cup of broccoli does.

If you decide to investigate the glycemic loads of foods, you'll want to keep any one meal below the 3,000 mark. If you're eating low-density carbohydrates, this should be no problem at all. If, however, you're emphasizing large amounts of grains and other starch-based carbohydrates, this may be difficult to do.

Here's a good rule of thumb to remember when you're looking for foods with a low glycemic load. The more the food has been processed, the higher (for the most part) the glycemic load will be. For example, boiled beans have a much lower glycemic load value than the same amount of canned beans.

And then if you put the beans into soup and boil them, the load number actually skyrockets. That's because the cooking breaks the cell walls of the bean, making it easier for your body to digest the food into the simple sugars.

And that's why many nutrition experts advise that you choose carbohydrates from high quality vegetables in order to maintain a healthy insulin response.

Insulin resistance: A serious problem.

Insulin works differently in your body if you're overweight or obese. The extra fat tissues actually make your body resistant to the natural actions of insulin.

This means that your muscle, fat, and liver cells are not properly utilizing the release of the insulin. As you eat too many of the foods that are high on the glycemic index (those that quickly bring glucose directly into your bloodstream) your pancreas tries hard to keep up by producing ever-increasing amounts of insulin.

But this just produces a flood of insulin molecules in your bloodstream, and they really don't have anywhere to go after a while. The longer your cells get bombarded by these higher levels of insulin, the more likely they will become desensitized to their effect, and this leads to the effect of your cells becoming "resistant" to the effect of insulin . . . called insulin resistance.

With your cells becoming resistant to the effect of insulin, your body now has a harder time getting the sugar to go inside your cells to be used as energy. Imagine having lots of sugars floating around in your bloodstream, but your cells can't use it as energy. Your tiny little cells are essentially starving for energy to function and keep your body working well for you, but they can't because the

sugar just keeps passing by these cells and it becomes another hit against your metabolism. Do you suppose that as your cells are starving for energy, this could also make you feel like you are starving and result in you eating more often than you need to? This happens all the time!

And this is where the real havoc is being played out. Unknowingly . . . slowly but surely . . . you're damaging your system because excess sugar is toxic to the body. And one of the end results just may be the development of Type 2 diabetes.

How do we know that excess sugar is toxic to the body? When people become diabetic and have excess sugar floating around in their bloodstream for long periods of time, and that excess sugar eventually begins to damage your cells, nerves and blood vessels.

The worst case scenario is that people lose their vision, kidneys go into failure, and they start having their toes, or whole sections of their feet or legs surgically amputated because the cell damage is too extensive. The cells in your body are not designed to handle this constant bombardment of excess sugar, and the cells become damaged much the same as if they were exposed to a chemical toxin or a poison . . . the damage just happens more slowly!

In 2008 the National Institutes of Health estimated that nearly 23.6 million people have diabetes, and about ¼ of them don't even know it. They estimate at least another 57 million Americans have "pre-diabetes". They state that diabetes is conservatively estimated to be the 7th leading cause of death in the US. The shocking part of this statistic, however, is that within the last 10 years this rate has increased by nearly one third. You may think that diabetes is no big deal – that it can be treated easily with insulin or other medication. But treatment doesn't mean cure.

If the potential consequences of diabetes itself doesn't concern you – to include possible amputation of your toes or a leg, and the very real possibility of damage to your vision, or kidney damage resulting in dialysis several times a week to keep you alive – then perhaps some other associated health conditions may surprise – and concern you! Individuals who have Type 2 diabetes are also at increased risk for developing heart disease, obesity and even cancer.

And it's really not surprising that eating according to the glycemic index may help control your Type 2 diabetes. This low glycemic index diet was originally formulated specifically for those individuals who suffer from diabetes.

Two glucose storage locations.

The body stores excess glucose in two locations: your muscles and your liver. If the glycogen is stored in the muscles, your brain can't use it. The glycogen being stored by the liver, though, can be broken down to be sent back to the bloodstream to maintain adequate blood sugar levels for your brain.

The liver has a very limited capacity to store glycogen-derived carbohydrates; so limited in fact, that it can be depleted within 10 to 12 hours. So it's essential that the glycogen reserves be maintained continually.

But what happens when you eat too many carbohydrates? Elevated glucose levels are serious. More serious than you may initially think. Even if the levels don't get high enough to be classified as diabetes, the high level can still interfere with the proper functioning of your body.

Scientists are recently recognizing a combination of symptoms that work together to warn you of the future possible development of diabetes in your body. It's called the Metabolic Syndrome X . . . also sometimes referred to as Metabolic Syndrome or Syndrome X. The combination of conditions (which could be prelude to type 2 diabetes) include the following:

- Elevated blood pressure
- Elevated level of triglycerides
- Low level of high-density lipoprotein (HDL) – the good cholesterol
- Obesity
- Resistance to insulin

All of these conditions work closely together. Metabolic Syndrome X is a stunning example of how our bodies' processes are all interdependent.

For one thing, increased insulin raises your triglycerides levels, making you at a greater risk for heart disease and strokes. It also impedes the workings of your kidneys which, believe it or not, can lead to a raised level of blood pressure.

Glucose and your brain.

Your brain loves glucose. Are you surprised? Your brain, in fact, is a “virtual glucose hog.” In fact, glucose is the main fuel used by your brain cells and nervous system. It’s no wonder that it consumes more than two thirds of the sugars circulating in your bloodstream while you’re resting. In order to satisfy this need, your body continually converts carbohydrates into glucose.

Your brain uses glucose all throughout the day, but it uses even more of this sugar when you think. Imagine that! Have you ever noticed that when you’re busy studying something, or working on some project that demands long periods of concentration, you can become physically tired. It’s not just your imagination. Your body is rapidly burning up glucose during this extended mental activity.

Recent research shows that prolonged concentration actually does drain glucose from a vital area of the brain associated with memory and learning. Now you’re beginning to get a clear idea of just how critical this blood sugar is for proper brain function.

Neurons, those brain cells that communicate with each other, are constantly in need of energy. This is because they’re always in a state of metabolic activity.

That doesn’t mean you have to continually eat in order to feed this little piggy of a brain. Carbohydrates that your body doesn’t use immediately following a meal are stored in the form of glycogen – which is a long string of glucose molecules linked together.

Feed your brain right!

Just how vital is food to your brain function? If the results of several studies are any indication, food – in particular the proper carbohydrates – are extremely vital.

According to Dr. Carol Greenwood, professor, scientist and researcher . . . eating “foods high in carbohydrates can improve memory within an hour after ingestion in healthy elderly people . . . “

In one study, Dr. Greenwood had a group of healthy senior citizens eat a bowl of cereal with milk and a glass of white grape juice for breakfast. A control group only drank water.

Twenty minutes later the two groups were tested. Those who ate the cereal had the better memory. Their memory was so good in fact that they could remember 25 percent more than those who only drank water.

So here are the results of a study showing that eating when you first wake up in the morning can aid your memory. Eating carbohydrates, though, seems to spark longer-term memory benefits than either fats or proteins.

Dr. Greenwood explains how this shows the importance of eating breakfast which include nutritious (healthy) carbohydrates, those that contain plenty of fruits, vegetables and whole grains. Donuts and pastries, she states, shouldn't be eaten first thing in the morning (but if you do, at least you now have an excuse when you mess up at work before you eat again later in the day!)

Glycemic index and cravings.

You can make the glycemic index work to battle your cravings as well. And when you're trying to lose weight, this may be among the most exciting news you'll be reading in this entire book.

And don't try to deny it! According to recent research it appears that if you're a woman, you experience cravings about 10 times throughout a single day.

The most common times, it appears, for these cravings to pop up are at 10 a.m. and 4 p.m. Interestingly, though, these cravings correspond almost exactly to your low blood sugar levels, as well as your low levels of serotonin. If you're not familiar with this substance, it's one of the chemicals that propels women to eat.

Apparently, according to the latest research, low levels of serotonin produces such a strong drive to eat that it's really quite difficult to overcome. Research performed at the Massachusetts Institute of Technology's Clinical Research Center uncovered this truth when it uncovered a relationship between carbohydrates in the brain and weight loss. Dr. J. Wurtman, lead researcher of the study, along with his colleagues, demonstrated that eating carbohydrates high on the glycemic index raised the levels of serotonin in the brain.

The results also demonstrated that women suffering from premenstrual syndrome eat too many carbohydrates and consequently gain weight. Others overeat when they're depressed or angry in an effort to balance these serotonin levels.

What triggers men's food cravings?

This is in contrast to men, who don't seem to be affected by low levels of serotonin. But that doesn't mean they don't succumb to cravings. It's just that their cravings are triggered by the testosterone hormone. Men eat (according to this same research) to raise their levels of testosterone.

If the trigger for overeating is different from women, so are the types of food. Men crave high-protein foods, like hamburgers, ribs and steaks.

When you choose foods that release glucose into your bloodstream slowly, it will mean that you won't be hungry again for a while. Foods like oatmeal, brown rice, pasta from whole grains and a variety of vegetables will not only help with those pesky cravings, but it will also help make losing the fat much easier.

Now that you understand a little more about how the glycemic index works and what the consequences are to your body, we can clue you in on some of the secrets of smart eating in order to make the index work not only for your weight loss program, but for your energy level and overall good health as well.

Smart Eating Revealed: Carbohydrates, Proteins and Good Fats

I see you standing there with knife and fork in hand, ready to start this fabulous new eating plan. But wait! This isn't the chapter where you get to start eating. Not yet. This is the chapter in which we *still talk* about various food choices, like proteins and good fats, in addition to those carbohydrates.

But not to worry. You'll get your chance to start your new eating habits soon. First, we're going to talk about the importance of the three macronutrients your body needs for good health: carbohydrates, proteins and fats. As you'll recall from the previous chapter, each of these influences the rate glucose enters your bloodstream.

There's been an entire mythology that's grown around the macronutrients. Each of these carries with it its own world of half truths, rumors and wishful thinking . . . but few of us really know the truth about these essential building blocks of good nutrition.

It's time to "bust" through the myths to dig deeper. It's time to reveal the truth. Once you understand what's really going on with these parts of your diet, then you'll have a firmer grasp of how the glycemic index works – and more importantly – how you can, with very little effort, put it to work creating abundant good health and weight loss.

Carbohydrates: More than meets the eye!

Carbohydrates. In many circles they've definitely received a "bum rap." People blame "carbs", as we've come to affectionately call them, for all the evils of health and weight problems these days.

Indeed, some carbohydrates do cause untold health woes with your body. And some carbohydrates do play havoc with your weight. But, you're about to learn a universal truth about carbohydrates. ***Not all carbohydrates are created equal.***

Some carbohydrates can actually work with your system not only to help make weight loss easier, but to help you keep it off.

Some can actually help you avoid, for as long as possible, those diseases we most often associate with the aging process: diabetes, heart disease, arthritis and even cancer.

But you need to know which ones. And that's exactly what the glycemic index is all about. By using this simple rating system, it not only helps you to avoid cravings throughout the day, you can intelligently choose foods that can keep you feeling fuller for a longer period of time.

Carbohydrates are broken into two types: simple and complex. We've already touched on these briefly as we initially talked about the glycemic index. But now we're delving into these ideas a little bit deeper.

Knowing the difference between the "good" and "bad" carbohydrates can either make or break your weight-loss management efforts.

Carbohydrates: Your true energy source.

Carbohydrates are your body's primary source of energy. And while there are foods that are higher than others in carbohydrates, just about every food you eat possesses at least some of these energy-promoters. But yes, you'll find them especially in whole grains, vegetables, fruits, legumes and even some dairy products.

Your body converts these carbohydrates into glucose, a natural sugar. In time, the glucose dissolves in your bloodstream then travels to those parts of your system that need the energy. The two major areas of your body that use the

most glucose are your brain, as we spoke about briefly in the previous chapter, and your muscles.

As the fuel for your energy-delivery system, you can see that carbohydrates play a vital role in the healthy functioning of your body. But more than that, foods rich in carbohydrates also contain an abundance of nutrients and essential building blocks of health as well; including vitamins, minerals, and antioxidants, which medical science now believe help to keep a host of degenerative, age-related diseases at bay.

Simple carbohydrates are so named because their chemical composition is rather simple. Foods known as simple carbohydrates are composed of only one or two sugars. For example the sugar that you might use to sweeten your coffee or tea is a “simple sugar.” It’s composed only of cane sugar.

Similarly, other foods classified as simple carbohydrates include candy, various syrups and soda pop. These foods – because of their non-complicated composition - are broken down quickly by your body.

But these are not the only foods that are considered simple carbohydrates. Fruits are also classified as simple carbohydrates, as is milk. Even though they break down quickly and enter your bloodstream fast, fruit and milk are much better for your system than the white refined cane sugar, soda pop and other junk foods.

To be called a complex carbohydrate, a food must have at least three sugars in it. Grains, breads, pastas, oatmeal and rice are good examples of complex carbohydrates.

Some vegetables can be incredibly good sources of complex carbohydrates as well. Broccoli, for example, is a great source of complex carbs. Just about all kinds of legumes, like kidney beans and black beans, are rich sources of this vital fuel.

Low-carbohydrate diets. Do they work? Are they safe?

For awhile, the low-carbohydrate diet was all the rage. I'm sure you remember. Popularized by experts such as Dr. Robert Atkins, it seemed like the entire nation had sworn off eating any form of carbohydrates for a while. Dieters stampeded to the buffet table loading their plates with a pile of proteins and shunning the whole grains, pasta, and cereals.

Specifically, this type of diet recommended that you eat more protein to offset this lack of carbs. In fact, many diets recommended a minimum of 30 percent protein and upwards of 50 percent of your daily foods from proteins.

By restricting your carbohydrate intake, your body enters a different metabolic state called ketosis. In this state, your body burns its own fat in order to get fuel instead of the carbohydrates that it normally burns. While your body is in this state of ketosis, you feel less hungry and you naturally eat less than you usually do.

While this sounds great, there is a downside to this process. Ketosis isn't without its potential problems. It can create some adverse side effects in the form of some health issues – like kidney problems.

In addition to kidney problems – that in extreme cases may lead to kidney failure – you may also notice that your cholesterol levels are rising. This is especially true if, as part of this diet, you're eating a lot of red meat. The ketones your body produces on a no-carb diet are also cardio-toxic . . . meaning that ketones can damage your heart tissue.

Low-carbohydrate diets in which the majority of the calories eaten come from protein force your body to excrete more calcium than you normally would through your urine. After an extended period, this can increase your risk of osteoporosis and kidney stones.

High protein, low carbohydrate diets may also increase your risk factor for cancer. While you're busy eating those proteins, you're also not eating enough of those wonderful complex carbohydrates, like fruits and vegetables. And these foods contain an abundance of phytonutrients and antioxidants that provide your body with natural protection from cancer and other degenerative diseases.

And all these dangers don't even begin to detail the health risk of ketosis itself. While your body is in ketosis, it burns a substance known as ketones. The ketones your body produces on a no-carb diet are also cardio-toxic . . . meaning that ketones can damage your heart tissue. And these ketones may eventually cause some organs to fail. Although the no-carb diet can have you lose weight, it turns out that no-carb is not so smart!

Proteins: The multi-purpose macronutrient.

Say the word protein to a person and it immediately conjures up several images, that of red meat . . . dairy products . . . and maybe even those protein shakes body builders love to take.

Inevitably, these images are accompanied by thoughts of saturated fats floating everywhere – and especially throughout your blood stream.

But, despite current myths, not all proteins are high in fats. We need to finally realize that we need protein, but good lean protein (and don't worry, there's plenty of lean protein from which to choose). If carbohydrates are the fuel your body uses for energy, proteins are the key to your maintenance and growth of every part of your body.

Our bodies need protein in order to build strong muscles, healthy skin and keep our internal organs functioning properly. Proteins are also in demand as they travel throughout your bloodstream as a variety of enzymes . . . enzymes help drive the chemical reactions that take place in your body.

Proteins, by the way, are the only food source of nitrogen. They are also the only way our bodies can get the eight essential amino acids. These amino acids are called “essential” because your body cannot make them internally. So we must get them from our diet.

If carbohydrates provide our systems with the fuel we need to convert it to energy, proteins keep the maintenance of our bodies in top running order. In many ways these two types of foods go hand in hand.

Consider, as an example, your immune system. Your antibodies are made from proteins. We’re all well aware that antibodies are essential to fighting and resisting diseases and infection. If your immune system is running low, you’re at a greater risk for contracting even a simple cold.

Not only does your body need proteins in order to keep your hair, skin and nails nourished, but proteins are used in healing and repairing injuries.

Two forms of proteins

Proteins come in two forms: complete and incomplete. Complete proteins are derived from animal sources or meat. Beef, chicken, fish and a host of dairy products are prime examples of complete proteins.

In contrast, an incomplete protein is one that comes from plant foods. These can be found in grains, nuts, vegetables, or legumes. They’re called incomplete because they only provide your body with a limited number of amino acids, not the full complement of 22 amino acids your body needs to function properly on a daily basis.

Everyday we eat an array of both complete and incomplete proteins, ensuring that our bodies receive all the amino acids necessary for healthy maintenance and proper functioning of all of our organs.

In fact, some of our most common meals instinctively combine both complete and incomplete sources to ensure our bodies receive a full array of this vital

macronutrient. When we eat bread with cheese or cereal with milk, we're automatically creating a complete protein.

And don't think you really need to eat your bread and cheese or even your cereal and milk at the same meal. Recent studies show that as long as you eat the pair sometime throughout the same day, your body still gains the benefits.

Sources of protein.

Not sure what foods are good sources of protein? Here are a few examples along with a rough serving:

Food	Amount of Protein
Tuna – 6 ounces	40 grams
Salmon – 3 ounces	23 grams
Milk- 8 ounces	8 grams
Yogurt – 8 ounces	10 grams
Cheddar Cheese – 8 ounces	87 grams
Egg – One	6 grams
Cottage cheese – 4 ounces	14 grams

How much protein does your body need?

That's a slightly more complicated question than you might think. The amount of protein your unique body needs depends on two main factors: your age and weight.

It's easy enough to determine though. Basically you're going to take your weight and multiply it by a pre-determined number based on the information provided below. If you're an adult who:

Exercises little, multiply your weight by 0.4

Exercises regularly multiply your weight by 0.5

Is an athlete, multiply your weight by 0.8

Uses body building to create muscle mass, multiply your weight by 0.7

If you're a growing teenage athlete, multiply your weight by 0.9

This means if you're a 150 pound person who exercises little the amount of protein you need for a day is 60 grams. If you're an adult who exercises regularly your protein requirements total 75 grams for the day.

Welcome to our "Fat Phobic" Society

If myths have built up around both carbohydrates and proteins, a mountain of myths have attached themselves to fats. So much so, that we are (without a doubt) a "fat-phobic" society.

But that doesn't change the facts on this macronutrient we love to hate! Even though they're much misunderstood, fats continue performing some impressive tasks to promote our good health.

Perhaps, Dr. Barry Sears said it best in his book, ***The Zone***, when he explains the importance of these macronutrients to our continued good health: "You have to eat fat to lose fat!"

Now there's a contradiction for you. But you don't have to take my word for it. Indeed, you don't even need to take Dr. Sears word for it either. Let's take a quick look at a scientific trial that left the medical community more than a little puzzled and you'll see exactly what we're dealing with.

We knew it half a century ago, But never really listened

Indeed, more than 50 years ago, groundbreaking research showed the importance of fats in the process of weight loss. But, it seemed no one cared to take this research seriously enough to either continue studying it or acting on it. Had we paid closer attention, perhaps our society today could have bypassed that

whole “low-fat” diet craze, saving many of us from the heart break of continued weight gain. Just read the following results from a research project!

As early as the 1950s, Drs. Kekwick and Pawan at the University of London published what was to become a landmark study on the subject. They placed patients on a low-calorie diet - a thousand calorie diet to be exact. Pretty darn low, right? Despite this restrictive calorie intake, the diet was high in fat. The individuals undergoing this trial experienced significant weight loss.

So? You say. That’s not so surprising given the low amount of calories they ate. But just wait until you read the rest of the study.

The researchers then placed these participants on the 1,000 calorie diet, but this time 90 percent of their calories came from carbohydrates. The individuals experienced no significant weight loss, even though they ate the same amount of calories as before. Hmmm. What’s going on here?

Let’s check out another research project. Dr. Frederick Benoit, of the Oakland Naval Hospital in California, tested seven men. Each of these gentlemen weighed between 230 and 290 pounds.

Initially, the doctor placed the participants on a fast. That’s right. They ate absolutely nothing. Theoretically speaking, nothing could possibly make your weight drop faster than a good fast right? Well, that’s what one would think anyway!

Indeed, they did lose weight. On average, the men lost 21 pounds in a mere 10 days. And this sounds pretty cool. (I can see people running to sign up for this plan!) But wait . . . because the story definitely doesn’t end here.

Dr. Benoit then placed the participants on a 1,000 calorie diet. This diet contained very little carbohydrates, some protein, but a great deal of fat. What happened? You guessed it. They lost weight. Nearly 14 pounds on average. But more importantly, they lost very little muscle, just about a half a pound each.

Now we're into the realm of half-truth and wishful thinking. The half truth is that you can eat any types of fat you'd like and your health will still remain optimal. And the wishful thinking is that your fatty strips of yummy bacon is finally a weight loss wonder food.

Calm down! Neither of those is true. The fact of the matter is that just as there are good carbs and bad carbs, good proteins and bad proteins . . .

Ah! Now you're beginning to see the big picture by filling in the blanks. There are indeed good fats and bad fats as well!

And what distinguishes one from the other. Boy, am I glad you asked that!

Fat: A nutrient in disguise

It may have surprised you to read at the start of this chapter that fat is considered one of the three macronutrients we need for good health. And it's true. It surely is a nutrient just as vitamin C and iron are nutrients. The continued, healthy production of your cell membranes, in fact, depends on your continued consumption of fats.

Not only that, but fats are needed in order to create compounds called eicosanoids, which resemble hormones. Your body requires these eicosanoids for the proper regulation of many of the daily functions of your life – like your blood pressure, your heart rate, blood vessel constriction and blood clotting. Even the general functioning of your nervous system depends on a healthy supply of these eicosanoids.

Not convinced of their importance yet? Then, would it surprise you to learn that these essential compounds also work with proteins to keep your hair and skin healthy?

And if you really dig down into your body you'll discover that even your vital organs are dependent on the eicosanoids. And they keep your body insulated as well.

But for the moment, you're probably most concerned with another amazing talent they happen to be equipped with: they keep you feeling satisfied after you've finished that delicious meal.

**More, however,
Is not better!**

Now, I really don't expect you to run out and drink a half-gallon of olive oil. More is definitely not better. But you do need a moderate amount. And when you start severely restricting your intake of fats – especially the good ones – then you run into problems.

You know all too well that when you eat large quantities of food that contain unhealthy fats (and we'll be talking more about exactly which ones these are in a moment) you're placing yourself in danger of increasing your odds of developing not only obesity, but heart disease as well.

Consumption of unhealthy fats may also increase your risk of certain forms of arthritis, increased inflammation and diabetes . . . and that's only the tip of the iceberg.

When it comes to fat, there are two kinds: saturated and unsaturated.

I could just as easily cut to the chase and tell you about the specific type of polyunsaturated fat called Omega-3 and why your body requires it, but that would be doing you a slight disservice.

You also need to know about the *unhealthy* varieties and why you should stay away from these as much as possible!

Saturated fat: The villain of fats

Yeah, you could look at saturated fat this way! It's definitely the bad guy, no matter which way you slice him! Saturated fat is found, for the most part, in animal products. It's the type of fat that is in red meat, poultry and even butter and whole milk.

And saturated fat is the substance that's implicated in raising your blood cholesterol levels, as well as increasing your risk of developing heart disease.

But, they're easy to recognize. At room temperature they solidify. Bacon fat is a great example of this. Some of you may remember how your grandmother actually saved the fat from the bacon. When it was hot, she poured it into a container. When it cooled to room temperature it solidified. Then she would spoon it out to use again when she needed to fry something else! Lard and butter are also examples of saturated fat.

Just about all the health experts agree, by the way, that saturated fats should compose no more than 10 percent of your total calories for the day. That means if you eat 2,000 calories a day, you should consume no more than 20 grams of saturated fat.

Unsaturated fat: By far the better choice

Compared with saturated fat, unsaturated fat is, indeed, the healthier of the two. And depending on the type of unsaturated fat you eat, this category of fat can actually help you improve your overall health, lower your risk of developing certain diseases – and as we have seen . . . even help you lose weight!

I'm betting you may have picked-up on my choice of words by stating "the type of unsaturated fat you eat." Yes . . . within this category we can find several types of fats. First, let's examine monounsaturated fat. It stands in contrast to the saturated variety, because at room temperature it remains a liquid. Only if you

place it in the refrigerator for an extended period, you may find that it begins to solidify.

Oils rich in monounsaturated fat include olive, peanut and canola. You can find several nutritious foods containing this type of oil as well; most notably avocados and just about all varieties of nuts.

That brings us to the next category of unsaturated fat: the polyunsaturated kind. You recognize these immediately because not only do they stay in a liquid state at room temperature, but they also remain liquefied in your refrigerator as well. For this reason, you find these mostly in a variety of vegetable oils: corn, safflower, sunflower, soy and cottonseed.

Omega-3 fatty acids: A healthy boost to your system

But now, there's still one more category of fat we need to cover. And actually it's a sub-category of polyunsaturated. It's called Omega-3. No doubt, you've heard about it. It's making quite a stir in some health circles lately.

This type of oil is mostly found in seafood, especially in salmon, halibut, shrimp and snapper. But you can find it in several other types of foods as well. Omega-3's can be found in flaxseed, walnuts, tofu, and winter squash.

The health news regarding the Omega 3's is exciting. They seem to be able to help a great variety of our ills, from heart disease to bipolar disorder. And while no single supplement or nutrient can ever be considered a panacea, Omega-3 fatty acids appears that it could be an overall boost to your general well-being.

As of yet, we've not talked about the deadliest of the fats: trans-fat. I didn't place it in the category with unsaturated or saturated. And for good reason, trans fatty acids are purely man-made fats. That's right!

They've been in the news quite a bit the last several years. Let's just say that no one has anything good to say about this deadly fat. Yes, deadly! Did you know

that each year some 30,000 premature deaths can be traced back directly to the consumption of trans fatty acids. That's frightening!

What makes trans fatty acids so deadly?

The substances in this fat actually interfere with the metabolic processes of your body. And to add insult to injury, your body has no natural defense mechanism in place to help protect itself against these very unnatural fats.

Trans fatty acids are used in many restaurants to fry foods in. Not only that, but they're also used in a wide variety of packaged snacks to help create a longer shelf life.

How are trans fatty acids made?

The creation of trans fats occur when oils are solidified during a process called partial hydrogenation. The oil is heated and hydrogen bubbles are then passed through it. During this period, the fatty acid acquires a portion of the hydrogen, which causes the oil to be denser than it normally would be.

Margarine, by the way, accounts for nearly one quarter of all the trans fats we consume today. If you're eating margarine to avoid the fats found in butter, you're doing your body a grave injustice. Most margarine is actually twice as bad for your health as butter is. Some types, however, now come in trans fat free varieties.

Even though you need to eat fat to lose fat, you really do need to discriminate when it comes to the types of fat you consume. Omega-3 fatty acids, are by far, one of the most powerful health tools we've discovered in a long time. Not only that, it now appears that this type of fat can also play an important role in keeping your hunger under control and feeling satisfied on your weight loss program.

Along with proteins and fiber, healthy fats play an important role in keeping your insulin and glucose levels in balance. In the coming chapters, we'll learn how to

use these natural substances to “flip the switch” on your glucose-making machine. You’ll soon be choosing the right foods that will help you keep those levels well under control! And you can be sure your body will thank you for that – not only with a seemingly-effortless drop in pounds, but with an increased functioning of your systems, and renewed energy as well.

Becoming a Smart Eater: Investigating the Glycemic Index

Now we're ready to delve a little deeper into the workings of the glycemic index. No, you won't need that knife and fork yet. Just relax, we'll get to the eating part of this diet . . . eventually.

The glycemic index separates food into three separate categories, all based on how quickly they make your insulin level rise.

Rapidly inducing the glucose level.

Once you begin to study this new way of rating foods, you'll notice some rather surprising findings. I'm guessing you're probably currently eating at least one food that you consider healthy and good for your body that may indeed be high in glycemic index and spiking your insulin levels.

Let's get right to the point and talk about the first category on the GI ranking system: those foods that rapidly induce your glucose level. Right from the start, you're in for a startling revelation.

Do you eat those rice cakes that became wildly popular about a decade or so ago? You know, they come in countless flavors now. Dieters ate them like candy because of their sweetness and their lack of fat (and now we're beginning to see just why they might not be good for us!)

Well, they're one of the worst offenders of raising that glucose level off the map! Foods, as we've noted, are ranked on a 0 to 100 index, with 0 being the slowest in inducing your insulin and glucose release and 100 being the fastest. So where do the rice cakes fall? At a whopping 71! Wow! That *is* high.

So, now the question is asked. How many times did you choose rice cakes over the ice cream the rest of the family ate for dessert? Hmm, I thought so. So do you want to know the ranking of ice cream? This way you can see how you fared

by choosing the rice cakes. Ice cream – this is regular ice cream with the “fat” – ranks a 61. And fat-free ice cream averages out at about 50.

So you think you’re eating healthy . . .

Did you think you were eating healthy today when you had that bowl of corn flakes for breakfast? Surprise! It ranks up there on the glycemic index. It earns a stunning 83 out of 100. But don’t even bother reaching for those other cereals; it doesn’t appear any of them are much better. Rice Krispies have a ranking of 82. Puffed wheat comes in slightly lower, but is still considered high, at a 74. And even Golden Grahams at 71 on the glycemic index are rapid inducers of insulin.

The real surprise may be that watermelon – that All-American summertime food – ranks an astounding 72, even though many of us would consider it a healthy treat!

Potatoes, too – whether you fry them or bake them – end up spiking your insulin levels. In fact, baking only makes the situation worse. A baked potato is rated an 85 on the list, where French fries come in at 75. Yes, they’re still high! (This, though, is a perfect example of how fat used to make French fries can help slow the absorption of glucose! Unfortunately, the fat in this instance usually isn’t the healthy kind!)

Can’t resist that baguette at your local bakery? If you plan on following the glycemic index, it appears that you may just have to learn to say no. It ranks 95 out of 100 on the index!

And not surprisingly, you’ll find plenty of junk foods listed here – filled with calories, void of nutrition and just waiting to enter your system and spike your insulin and glucose levels! Pretzels – considered by many on a low-fat diet to be a safe alternative to other junk foods – rates an 81 on this index. Corn chips, by the way, come in at 74.

In addition to these curious quirks, are some no-brainers. For example, doughnuts weigh in at a hefty 76 on the index, as do waffles. But your white, refined rolls don’t fare well either ranking a 73.

Medium inducers of glucose

These are foods that rank from a 56 on the glycemic index to a 69. And, here again, you discover a natural array of foods – many of which you’ve no doubt been eating because you considered them healthy.

Oat bran and brown rice ,for example, both are borderline medium glycemic foods with a ranking of 55. But that’s also exactly where popcorn pops in at and spaghetti – wheat variety no less – tops off at as well.

Mangoes –even though they’re a fruit – are a medium inducer of insulin with a ranking of 56.

Wild rice can get your insulin moving moderately fast with its GI ranking of 57.

And for all of you who’ve been eating those bran muffins, thinking you’re doing your body healthy . . . well, you “sort of” are. A muffin comes in at 62 . . . just two points better than that gooey macaroni and cheese you try to avoid. Just think. Macaroni and cheese is easier on your glucose and insulin than watermelon! What is this world coming to, anyway?

Not only that, some candy bars rank BELOW watermelon!

Let’s revisit those potatoes again – only this time let’s prepare the veggie a little differently. We’ve finally found a way to keep our insulin down as we eat them. If they’re served as mashed potatoes, they’re in the “high” range of the medium inducers, but still better than eating it baked. If you steam your potatoes, though, the ranking falls to a 65. It’s still on the medium range, but we’re making progress.

Any food in the medium range of the glycemic index should be eaten in moderation.

Low inducers of insulin.

“Okay”, you sigh (Yes . . . I can hear the deep exhale of defeat all the way over here!) . . . what’s left? Don’t look so glum. Did you really expect to be able to eat ice cream, baguettes and French fries all day long?

Plenty of foods rank low on the glycemic index. In fact, it’s in this category you’ll find some of the healthiest and most filling foods.

Got a yearning for yogurt? Low fat, unsweetened yogurt ranks low at 14. Peanuts rank at a healthy 15. So help yourself to a serving of nuts. And one of the most attractive aspects of peanuts are the healthy oils you find in them!

And look at this list of vegetables that all come in at 15.

- Artichokes
- Asparagus
- Broccoli
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans . . .

Shall I continue?

Not only are these absorbed very slowly by your body, they’re all abundant sources of phytonutrients and antioxidants. These veggies not only help keep you on the right track with weight loss, they are high in nutrients and can also help lessen your odds of acquiring a wide range of degenerative diseases as well.

Remember those warning signs we posted on bananas and carrots as spiking your insulin levels. Bananas earn a 54 on the glycemic index. Now while these guys rank much higher than 15 like those veggies listed above, or the 38 of an apple,

it's still within the low range (even if it is the upper limits). So that still makes a banana a better choice than a bowl of corn flakes.

Yes, carrots rank higher than many vegetables, but . . .

And yes . . . those carrots. They rank 39. So if you really love carrots – or it's the only veggie you eat – don't allow this ranking (which is still a pretty good ranking on the glycemic index scale) scare you off!

This is only the tip of the iceberg when it comes to healthy foods from which to choose. A more complete list of foods can be found in the appendix starting on page 115. Keep in mind that any food that's listed as low can be eaten daily – and just about as much as you want (especially if the food is also low in calories!). One of the exceptions is peanuts. Even though the glycemic level is low, and the fat content is healthy, peanuts do have quite a few calories.

Foods that are moderate inducers of insulin and glucose should be eaten in moderation. You certainly don't want to indulge in them daily, but only you can decide how often you can eat them. That, of course, would depend on your current state of health. If you have Metabolic Syndrome X, you'd probably want to eat them less frequently than a person who doesn't have that set of symptoms.

Now let's just look at these foods from a little different angle. We're going to take the categories of food, explain why they need to be included in your diet – even if only in moderation or occasionally – and place them in general terms on the glycemic index.

We're going to start with the breads and cereals group. This group creates confusion for everyone. As a whole, they rank in the medium, or even high range, on the glycemic index; yet take a look at that government sponsored food pyramid. They form the basis of that pyramid. In fact, according to the government, we should be eating upwards of seven servings of these. Now are you totally confused?

The importance of whole grains.

You've heard it over and over again for many years now. Choose whole grain over white bread. The mantra is drilled into you. And you know you should, but do you really know why?

Once you realize why whole grains are better for you, you'll not only be more aware that *you should eat them*, but you'll be insisting that you eat an abundance of them daily.

To truly understand the importance of whole grains in your diet, we have to take a short trip back in history.

Whole grains: A natural part of our evolution of eating

For literally thousands of years, the grains we ate as part of our natural evolution came straight from the stalk. Really, our ancestors pulled the grain straight off the stalk. When they ate grains in that fashion they enjoyed – and benefited – from the “total package” of the grain. This meant that they received the goodness of all the vitamins, healthy fats, fiber, and minerals.

But what our ancient ancestors didn't know when they pulled the grain was the additional benefits it contained, like the phytochemicals, plant enzymes and hormones.

Our ancestors, in eating the grains straight from the stalk, received the goodness of all of the three natural layers of grain. Grains in their natural form contain a tough, fibrous outer layer called bran. This portion protects the inside of the plant, called the kernel.

This kernel is securely housed inside what's called the endosperm. The interior of the grain houses the starchy endosperm, which is assigned the task of providing stored energy for the germ, the seed's reproductive kernel. The germ is a valuable part of the grain because it houses an abundance of the vitamins,

minerals and unsaturated fats which make these grains so vital to our good health.

Then our ancestors learned how to grind the grain. The invention of the industrialized roller mills in the late 19th century changed how we ate grains. The milling process strips away the bran from the germ. This makes the grain easier to chew, digest and to store without the need for refrigeration (which is needed to keep the healthy oils from turning rancid.)

But, processing the grain also pulverizes the endosperm, which changes it from a small, solid nugget into literally millions of tiny bits.

Refining the wheat, additionally, makes the flour fluffy, which in turns gives us those decadently delicious light, airy breads and pastries.

Refining wheat means lost fiber

Ah! But, no progress comes without a price, and in this instance we pay a price in the form of lost nutrition. The milling and refining processes strip more than half of the wheat's content of B vitamins, as well as 90 percent of the vitamin E content.

But that's not all. Milling and processing destroys virtually all the fiber content of the wheat as well.

We call the grains that have gone through these extensive processes refined grains. These contain some complex carbohydrates, but those that haven't gone through the refinement process *are even better sources of complex carbohydrates.*

Whole grains are healthier for you – and have a lower ranking on the glycemic index -- because their bran and germ are still intact. This makes them great sources of fiber as well. Fiber, by the way, is the portion of the plant-based food that your body doesn't digest. It's this fiber that makes your food digest slower and gives it the good ranking on the glycemic index.

But, before you get too enthusiastic about whole grains, you need to realize that the vast majority of whole grains rank in the medium range on the glycemic index. If you're ever faced with a choice of fiber from veggies and fiber from grains and cereals . . . you've guessed it, choose the fiber from veggies!

Choose whole grains

When choosing grains, it only makes good sense (and good health) to choose the whole grains. We'll have a list of some of them in the appendix at the end of the book along with their glycemic ranking. In the meantime, here's an overview of the types of grains you should be selecting to create your optimum weight-loss program:

- Barley
- Buckwheat
- Bulgur (cracked wheat)
- Millet
- Whole-grain bread, pasta, and crackers
- Brown rice
- Wild rice
- Oatmeal
- Popcorn

Even if you don't know the exact number of these foods on the glycemic index, you know they won't rank high. The fiber content of these foods ensures that they are at least in the medium range of the glycemic index. You won't want to eat these foods daily (as much as the food pyramid suggests), but you can eat these in moderation.

By contrast, the following foods are considered "refined" grains. They contain far less fiber and have a higher – and less desirable – glycemic ranking.

- Corn flakes
- White bread
- Couscous

- Enriched macaroni or spaghetti
- Grits
- White rice
- Pretzels

These foods, as we've already noticed rank pretty high up there in inducing your insulin levels. You'll want to eat these with much less frequency, or ideally not at all to achieve the best results in weight loss.

Got protein? Here's how to make sure.

Protein itself has a zero rating on the glycemic index scale. That pretty much means you can add it liberally to your meals (as long as you watch out for that pesky caloric content!)

They all rank zero because the glycemic index ranks carbohydrates. But it's not a bad idea to add protein to your carbohydrate choices as well, and I'm sure you realize why.

You probably recall the importance of protein once you start following the glycemic index. Protein helps puts the brake on the absorption of glucose. It slows down the rise in insulin that occurs when you eat any form of carbohydrate.

This means that if you add some protein to a food that ranks high on the index, you can blunt that spike in insulin and glucose; and by adding protein to foods that are naturally low, you're making an already healthy process even better.

It also contains another benefit. Protein keeps you feeling full long after you eat it! In fact, Dr. Mehmet Oz, author of *You: On a Diet*, and a regular guest on *Oprah* and now a host of his own TV show recommends that you include some type of protein with breakfast every day. He recognizes that this will help keep the munchies at bay later in the day!

So, if you're going to snack – and we all need to at times – you'll want to consider adding some protein to those snacks! That way you're ensuring that you're helping to slow that rise in glucose. And you're making sure you won't be reaching for those potato chips (with that whopping high ranking on the glycemic index) ten minutes later!

If you find that you aren't getting enough protein through your daily meals, snacks fortified with protein will help to fill in that gap! Adding a protein bar or protein shake into your day can also be an effective tool to make sure you are getting the protein your body needs.

When choosing proteins though, you need to keep in mind that you should always choose low fat. Let's face it, a slice of turkey and a slice of bacon both supply your body with protein. But the bacon won't exactly win you any "dieter of the year" awards, now will it? Bacon, as well as red meats, contain some of the less healthy fats for your diet.

Here are some easy ways to increase your protein consumption – and relatively painlessly at that – just short of stuffing yourself with more meat (of course, that's always an option. Just make sure it's low-fat meat!)

Putting the brakes on glucose Adding protein to your snacks!

Blend a cup of milk and yogurt with your favorite fruit to make what many call a "smoothie." Any low glycemic index fruit will do, but consider strawberries first. Berries contain an abundance of antioxidants and phytonutrients that have been shown to help improve your health in general.

Add some shredded cheese or some cottage cheese to your salad. An ounce of hard cheese, like cheddar, contains approximately seven or eight grams of protein. Cottage cheese contains about 15 grams per cup.

When you snack, add protein. If you feel as if you're not receiving enough protein, don't eat that apple by itself. Top it off with some peanut butter. Two

tablespoons of peanut butter contains about 8 grams of protein. The apple has a glycemic index of roughly 38. If you add peanut butter to that, the glycemic index level should drop even more.

If you find yourself munching on a cookie or a piece of cake, add a glass of milk with it. That gives you an additional 8 grams of protein. And it slows the rapidity of the insulin flowing through your bloodstream. (Besides it just tastes wonderful that way!)

Of course these recommendations for dairy don't work for the millions who are sensitive or allergic to dairy products. So you might have to look into the dairy substitutes that come from soy or almond usually found in the natural foods sections of your grocery store.

Like fish . . . Boy are you lucky.

Especially if you like tuna or salmon. Because these two foods just happen to be abundant in Omega-3 fatty acids. If you recall from an earlier chapter, fats – just like protein and fiber – are an excellent way to slow that spike in your insulin levels.

Your new eating strategy for a slower rise in your glucose level is relatively easy. Eat fish at least twice a week. At the same time, these fish-oriented meals are among the best to include your “indulgence” foods. You know, those foods you've already identified as moderate or high on the glycemic index, and can only be eaten every now and then anyway.

That's right! We realize everyone needs to indulge. That's why many of the diets today fail you miserably. They don't take into account the need to “break the rules” now and then and enjoy some “forbidden fruit.” Fish contains the perfect combination of protein and healthy fats that can help slow the conversion of carbohydrates into glucose.

**Fruits and vegetables:
Wow! Look at those low numbers**

It's true, you know! If you plan on using the glycemic index as a guideline for a new eating plan, it certainly does look like fruits and vegetables are going to become the mainstay of your new eating lifestyle.

Just look at that list! The low end of the scale is filled with just about every fruit and vegetable imaginable. In some ways, this might surprise you. For many years there has been a school of thought that people trying to lose weight – and especially those who have been diagnosed with diabetes – should avoid eating fruit.

These experts cited the naturally-occurring fructose – a form of sugar – that all fruits seem to have an abundance of as the reason. After all, fructose is a simple carbohydrate – and we've already noted that simple carbohydrates can spike the glucose level. So what gives?

Even though, as we mentioned earlier, it contains a short and simple molecular structure, your body still needs to go through a few steps before it can actually convert it into the type of sugar that it can use, glucose.

Eating fructose-containing fruit is actually a great technique to avoid those hunger pangs. While this sugar is a simple carbohydrate, it's also much sweeter than table sugar. This makes them not only good choices to add to a breakfast meal, but they make ideal between meal snacks as well.

Another fad that has made the rounds for dieters is juicing. While initially viewed as a great way to “drink your fruits”, it has come under increasing attack of late. Many health experts complain that when you juice, you lose the natural fiber content of fruit.

Technically, the GI ranking for a fruit juice is nearly the same as for the fruit itself. But you may want to go easy on the fruit juice. Why? If for no other reason, it's easy to drink more juice – and calories – than you originally had planned. At

minimum, you may want to consider mixing a fiber powder or protein powder (or both) back into your freshly made fruit juice to slow down the absorption of the fructose. Remember, too, that the rich fiber content of whole fruit is what makes it so filling. Juice just doesn't pack the same wallop on your hunger pangs.

Fruits to approach with caution

Actually for all the "bad press" some of the fruits get for their GI ranking, you only need to be careful with a few of them. One of these is the banana. Or you may want to eat it in combination with another fruit. Many individuals love bananas with a good old-fashioned peanut butter sandwich. This, too, could be a good choice. The protein and healthy fat content of the peanut butter will help to slow the rise in glucose caused by the banana. Just be sure to make your sandwich with low-glycemic bread.

Watch out for watermelon and pineapple. These are favorites of many people, but there's no way around it, they both rank high on the index. Watermelon ranks an astounding 72 while pineapple rates at the upper limits of the medium portion of the glycemic index with a 66.

Choose your fruit wisely and choose fruit over fats and starches – and you should experience unbounded success on your new eating adventure.

Now we come to my favorite topic: veggies. And there are no better sources of nutrition – and by far no lower foods on the GI than green, leafy vegetables. But more than this, these veggies are also rich in vitamins, minerals, phytonutrients and antioxidants. Just about everything your body needs to keep it running at top form, and to keep many of the most common degenerative and chronic diseases from striking your health.

The exception to this is the carrot. It ranks in the medium range of the index. But don't cross it off your list completely because of this. It contains a host of healthy nutrients as well.

The keys to success when it comes to the carrot is not to overindulge in them and don't eat them with other foods high on the glycemic index. In fact, they're the

perfect vegetable to eat with protein, especially fish. Both the protein and the healthy fats in the fish help to reduce that unwanted spike in glucose levels.

Bravo for beans!

Hurray for nuts!

Need I say more about these two closely related class of foods. Beans have a high fiber content which make them absolutely marvelous for the dieter. In fact, you might call them nature's secret weapon when it comes to dieting – especially if you're following the broad outlines of the glycemic index.

Beans have an additional hidden benefit that no one seems to talk about much. They have a natural ability to re-balance your cholesterol levels, thanks to their water-soluble fiber content. And thanks to their fiber content, you'll find that beans fill you up and keep you full.

And to top all of these marvelous advantages off, they're also rich in protein (another reason for their low rankings on the GI). In fact, certain beans – soybean, kidney bean, lentil and chickpea --- are bursting with so much protein that some nutritionists consider them more a meat than a legume.

Low GI Doesn't Necessarily Equate with Healthy

As you you've already probably noticed, just because a food is low on the glycemic index, doesn't automatically make it a healthy choice. In your excitement at discovering the benefits of this new style of eating, you may mistakenly think that.

The list, for example, has several foods which we can definitely classify as junk foods – nutritionally void and highly caloric – which don't spike your insulin levels as you might think. Just look at this list of foods with a glycemic index ranking of less than 40, but you really don't want to eat these every single day – or even more than once a month or every six weeks, if you're trying to lose weight!

“Junk Food”	GI Rating
Chocolate Cake	38
No Bake Egg Custard	35
Sara Lee Premium Ice Cream	37
Chocolate Milk (with sugar)	34
M & Ms with peanuts	33
Pizza Supreme	30
Egg Fettuccini	32
Nestle Drink Strawberry Mix	35
Fructose	19

High GI but healthy!

You’ve encountered some foods that are unusually low on the glycemic index, but are nutritionally unsound to eat every day. You’ve probably already noticed that some foods which otherwise appear to be healthy choices rank rather high on the glycemic index. While you want to be careful eating these, they still are nutritionally good for you. Don’t avoid these altogether, but simply eat them carefully and in moderation!

So what types of foods are we talking about? Here are just a few:

Healthy Food	Glycemic Index
Nabisco Shredded Wheat	83
Brown Rice	87
Baked Potato	85
Boiled Potato	101
Parsnips	97

How to Flip the Switch: Making Low GI food choices

Wow! We've digested quite a bit of information in these pages. But I believe it's well worth it. Because armed with all this knowledge about the glycemic index, fiber, fats, proteins, carbs and everything else food related, you've learned more about why your insulin levels can take you on a roller coaster ride.

But more importantly, you're learning about the vital tools - tools that have been at your disposal all along - that can help you change the roller coaster ride into something that more resembles a slow and more even ride . . . with fewer ups and downs in your blood sugar and insulin levels.

Now, still with knife and fork in hand, you're ready to put some of this knowledge to use. It's time to "flip the switch." Make the natural workings of the glycemic index work for your weight-loss program and good health - and not against it.

This chapter is written to help give you some practical advice. Some of the ideas outlined here may already have occurred to you, while some may provide you with the insight to send you eating in the right direction . . . hopefully for the rest of your life.

Either way, these are great ideas for implementing the glycemic index into your daily life, and hopefully into the daily habits of your family. With the growing epidemic of childhood obesity, you can never, *EVER* start soon enough at teaching your children (hopefully by example) what good eating habits really are!

Today's as good of a day as any day to flip the switch: Use the glycemic index to lose weight and keep diabetes and other degenerative diseases from causing problems for you later in life.

**Flipping the Switch:
Fruits and vegetables - The mainstay of your new eating plan**

That's right! If you haven't paid much attention to these two categories of food before, then you're probably way past due at giving these marvelously healthy foods a try. I know that every person who has ever been on diet has envisioned the need to eat what seems like "rabbit food." Yes . . . you know what I mean . . . living on lettuce, munching on mangoes, gobbling grapes by the handful.

Dieters seem to think that this is the most boring way to go. Today, I'm challenging your taste buds by convincing them that these so-called "rabbit foods" are some of the healthiest, tastiest foods on the planet. And indeed they are. When you eat them for life, you're really not condemning yourself to a lifetime of boring foods. Rather you're nourishing your system with the fundamental building blocks of life – the very foods your body has been craving.

**Here's a challenge:
Noticing your energy level**

Eating according to the glycemic index means many of your choices will naturally be drawn from the fruits and vegetables category. In fact, according to Dr. Jennie Brand-Miller, Kaye Foster Powell and Joanna McMillan-Price, the authors of ***The Low GI Diet Revolution***, you should incorporate a minimum of seven servings of fruits and vegetables into your diet daily.

By the way, that's two more servings than the U.S. government recommends. These servings, they recommend, should be divided into at least two servings of fruit and five of vegetables. A serving size equals one medium-sized piece of fruit, or in the case of vegetables, a half cup of cooked or one cup of raw veggies.

But the most amazing aspect of consuming an abundance of fruits and vegetables is the amount of energy these foods can provide you. You'll be delighted with the new-found vibrancy you have. Go ahead! I dare you to eat more fruits and vegetables and tell me you don't feel immensely better.

While you're eating these powerhouses of energy, you'll also be providing your body with untold benefits when it comes to your health. Entire books have been written on the health-related benefits of phytonutrients, micronutrients and antioxidants of fruits and vegetables. But let me just list a few here to give you a glimpse of how you can be transforming your body from the inside out when you indulge in these healthy, natural foods.

Some health benefits explained

Ever hear of beta-carotene? It's called the "precursor" of vitamin A. That means your body needs it to form this nutrient. Vitamin A is not only essential to good eye health, but it's also important for keeping your skin healthy. Scientists now believe that a diet rich in beta-carotene may even mitigate the damage caused by excessive exposure to the sun's ultraviolet rays.

So what foods should you be eating to give you this protection? In addition to the obvious choice of carrots (even though they rank as one of the higher veggie choices on the index!), try incorporating more apricots, peaches, mangoes, broccoli, and sweet potatoes into your menu.

Everyone's well aware of the awesome health-giving power of vitamin C. It's a water-soluble antioxidant that some nutritionists call your "personal bodyguard." This vitamin protects your cells from the damage caused by everyday environmental pollutants as well as the damage that "just occurs" as part of the normal aging process. Some of the foods high in vitamin C include peppers, oranges, kiwi, and cantaloupe.

The two above examples demonstrating the benefits of fruits and vegetables would be great in and of themselves. But there's still one more point I must make. And it involves something called anthocyanins. You've probably never heard of these things, yet they go to work for you everyday!

Anthocyanins are the purple and red pigments in such fruits and vegetables as blueberries, peppers, beets, and eggplant. They function much like antioxidants at maintaining good health. You want to make sure you eat foods like these on a regular basis as well.

Flipping the Switch: Selecting low-GI breads and cereals

If you're not careful, you'll discover you're reaching for foods in this category that are high on the index. Your choices should be from "mixed-grains" foods. Some of the better choices include mixed-grain breads, sourdough, traditional rolled oats, cracked wheat, pearl barley, as well as select varieties of rice. All of these foods have slower digestion and absorption rates, which means they'll fill you up and keep you satisfied for quite a long period of time.

When choosing breads, some selections are definitely better than others. Whole-grain breads are your best choices. These breads usually are chewier than the soft, white bread you may be used to eating. But they are, by far, nutritionally superior. The best choices here are those breads baked with whole cereal grains, including barley, rye, oats, soy and cracked wheat. If you can find breads that contain seeds, like sunflower or linseeds, then chose these breads.

Ever hear of pumpernickel bread? It's a specialty bread that contains 80 to 90 percent whole and cracked rye kernels. It contains a dense texture. Because of this, you'll notice it comes in very thin slices. You may want to sample this bread to see if you like it (or can learn to like it). It has an incredibly low glycemic index for bread at 41.

Sourdough bread: A solid, low GI choice

Sourdough bread is also a healthy choice. The bread is made from a very slow and deliberate fermentation process of yeasts, which produces a buildup of organic acids. (It's these acids, by the way, that give the bread its distinctive taste!)

The glycemic index of this bread is 52, making it a great alternative to the more processed and refined breads that line the grocery store shelves. And if you have a family member who absolutely insists on white bread, you may be able to appease him with the sourdough. By the way, it makes a great slice of toast!

Think about choosing stone-ground or whole-wheat breads. These are low glycemic choices because of the method used in milling these products. They've been milled from the entire wheat berry – the germ, endosperm and the bran). This particular process slowly grinds the grain with a burr stone instead of the high-speed metal rollers other bread use.

In this fashion, just about all of the wheat berry is retained. In addition to coming in lower on the glycemic index, these types of breads are also rich sources of a variety of B vitamins, zinc, iron and of course dietary fiber!

Rye bread. In fact, any type of bread that is made with whole-kernel rye should be on your shopping list (you are making a list while you're reading aren't you?). And speaking of shopping, you can buy rye flakes and use them just like you would rolled oats. Cook them for cereal or even sprinkle them over bread before you bake it!

The dos and don'ts of pasta and noodles

We're a nation of pasta-lovers, there's no doubt about it. And if you choose wisely you can ensure that the pasta you love for supper tonight, won't be floating aimlessly as glucose through your blood as you settle in to enjoy the movie later in the evening.

One of the tricks to keeping the GI low is by pairing your pasta with foods that are naturally high in the good fats and eating plenty of vegetables with it. Serve your family pasta in a good spaghetti sauce, or try making it with olive oil.

But make sure that you serve a protein with that pasta as well. Fish is a great choice! Not only does the protein found in fish help to slow the insulin response but fish is a good source of Omega-3 fatty acids – another wonderful selection to decrease that spike in glucose levels.

And for the lowest possible rise in these levels, cook the pasta only to al dente – keep the fettuccini firm! Overcooking only increases the GI ranking. But

remember, pasta can still raise your insulin levels if you eat too much. You might be disappointed to know that you shouldn't eat more than a cup at a sitting. You'll be woefully disturbed (if you like pasta as much as I do) to discover how small a portion this really is!

You may even discover that what kind of pasta you choose actually influences its GI rankings. It appears, according to the latest research, that the thicker the noodle, the lower the ranking. This could be simply because it's more difficult to overcook the thicker varieties.

When you're searching for noodles, it's time to get adventurous! Think East! In fact, think (and buy) udon, Hokkien and rice vermicelli. These are all types of Asian foods and, when compared to Western versions, rank lower on the glycemic index.

Or look into the Lungkow bean thread noodles . . . these guys come in on the glycemic index at a low 33. That makes them a great food to have on hand for "anytime eating!" The key to the low ranking is the fact that they're made from the mung bean!

You'll recognize this variety in your local stores because they usually are sold in bundles wrapped in cellophane. The noodles themselves are shiny and thin. Preparing them is easy too! Soak them for 10 minutes in hot water. You then add them to your meal – they're great with any stir fry dish or even in a salad!). And they're delicious too, absorbing in most instances, the flavors of the other foods they're with.

Flipping the switch: Learning to love legumes

What the heck is a legume anyway? . . . I'm sure many of you are asking. And I can answer that in one word: beans. Indeed. Pick a bean, any bean - Chickpea, Kidney bean, Lentil - even the peanut is technically considered a legume (I'll always think of it as a nut, though!).

Legumes come in low on the glycemic index – low enough that you should think about substituting these at meal time for the standard potato. Beans offer a whole new approach to preparing familiar meals.

Use some type of bean as a side dish to a great fish dinner or even with some grilled meat! And the new combination will keep your family from complaining about eating the same foods night after night.

Legumes are also rich sources of vitamins and minerals. When you eat these beans, you're nourishing your body with an abundance of B vitamins, as well as folic acid, iron, magnesium and zinc. Not bad for a bean!

To make full use of a beans insulin leveling properties, try to eat them twice a week as a main meal. Bean soup makes a great meal. But you can always experiment with a variety of beans. Or just go online and see what recipes are available that your family may like!

You don't have to lack for variety when you choose beans, either. The chickpea, for example, whose glycemic index ranking comes in at a healthy 28, has long been popular in Mid-East recipes and an array of Mediterranean dishes. These can be purchased dried or canned.

How about the lentil?

Similarly, you may want to take a taste of the lentil. If you've never eaten it before, you may be pleasantly surprised. With a glycemic index of 26, you'll find this bean rich in not only protein and fiber (which help to explain its low GI ranking), but a variety of B-vitamins as well.

The lentil itself is almost bland tasting. Some have described its flavor as "earthy." They are at their best when you pair them with onions, garlic and some of your favorite spices! Lentils make a wonderful bed for grilled fish or meat. (Now there's a nice low GI meal for you!)

Soybeans have been in the news lately as a great food for women who are hitting menopause. But don't let this news stereotype this food for you. It's actually an abundant source of B vitamins, fiber, iron, and zinc for everyone – young or old, male or female.

Even among the legume family, their GI ranking of 14 make them one of the lowest choices possible. And the fat content of soybean is mostly derived from the healthy polyunsaturated version.

Beyond a low GI rating, the true health properties of soybeans are only now being discovered. Because of their rich phytonutrients and phytoestrogens, they seem to play an important role in helping balance blood-cholesterol levels, as well as lowering your chances of developing cancer.

Flipping the Switch: Indulge in fish and seafood

The benefits of fish go well beyond its zero ranking on the glycemic index. The real benefit of this underrated food lies in the health-giving properties it has.

We already know that the Omega-3 content that some fish have will help to slow the insulin response of carbohydrates. But the regular consumption of fish has been known to help reduce the risk of coronary heart disease, provide improvement in the moods of individuals balancing blood-fat levels (especially those triglycerides), and even helping to boost your immune system response. Indeed, just one serving of fish a week may be all it takes to lower your risk of experiencing a fatal heart attack by 40 percent! Wow!

The best sources of Omega-3 fatty acids are the oily fish varieties. You can recognize these by their dark-colored flesh and their strong flavor. But don't fret if you can't get fresh. We're not all lucky enough to live on the coast! Try canned salmon as well. While the Omega-3 content may not be quite as abundant, it's still plentiful. You can also eat sardines, mackerel and even tuna in order to acquire the health-giving properties of Omega-3 fatty acids.

Flipping the switch: Enjoying poultry, eggs and *lean* red meat

Not a single food listed above has a glycemic index ranking. That's reason enough to enjoy these foods. But as members of the protein family of foods, they can help to slow the release of glucose into your bloodstream.

Red meat has certainly taken a beating lately. But from an overall health perspective you certainly shouldn't keep it out of your diet altogether. Red meat (and you can find plenty of lean choices at your supermarket) is a superior source of iron . . . in fact . . . it's one of the best!

Your body uses iron to fuel it. By making sure you have iron, you're ensuring that you have energy levels sufficient enough to get you through the day – and then some.

You can eat lean meat two to three times a week. These meals can be especially nutritious when you accompany them with a salad or some vegetables. All you really need to meet your daily requirement is three and a half ounces.

The egg is also a protein source that's been much maligned over the years. But as a good source of protein, you'll find it extremely useful as you lose-weight basing your choices on the glycemic index. Don't be afraid to eat a couple of eggs once or twice a week.

Making smart glycemic choices for breakfast.

It's really not hard to make healthy, low GI food choices for breakfast. If you are choosing cereals for breakfast you'll want to stick with the high-fiber cereals, such as bran flakes, shredded wheat or oatmeal.

If bagels are your passion first thing in the morning, be sure to purchase the whole-grain variety. Avoid eating the "plain" bagel. The same goes for an English muffin. There's now a great "hearty grain" English muffin you may be able to find

at your local grocery store. These contain nearly twice the fiber of a regular English muffin.

Instead of buying that Danish pastry or stopping at Krispy Kreme Donuts on your ride into work in the morning (even if that Krispy Kreme light is on and you can get a free donut) reach for a multi-grain muffin instead.

And if you just must have that morning breakfast cereal that's a little farther up on the GI, then consider sweetening it not with table sugar, but with some fruit. Berries are a good choice. The fructose found in berries is vastly sweeter than the taste of refined table sugar.

One of the advantages of eating fruit, as we've already seen, is its natural ability to keep you fuller, longer! You may be able to head off those mid morning hunger pangs when you add some fruit to your cereal.

Keep in mind that in the United States we are programmed to think that breakfast equals only cereal or toast with orange juice. In many countries, the foods they eat for breakfast are what we might typically eat for an evening meal. Fish, salads, meats and vegetables are part of a healthy breakfast in many countries. The reality is food that is good for you, is also good at any time of day! So don't be afraid to change your eating routine and have these healthy "later in the day" foods as part of your breakfast.

You'll be amazed at how these small changes – which don't really feel as if you're sacrificing any flavor or enjoyment – can help you lose weight and provide you with more energy.

Confused about breakfast cereals? No need to be!

At first glance it can make your head spin. For example, Kellogg's Frosted Flakes rate a 55 on the glycemic index. While not low glycemic index, it's well within the medium range which should make them an OK choice to have on a rare occasion according to the glycemic index. (There are still choices far healthier than Frosted

Flakes.) Yet, what many of us adults choose over those sugary flakes are the much more sensible corn flakes. But it turns out the glycemic index for this is 72. Go figure!

And therein lies a lesson. Checkout the entire index (at least scan it quickly) before you assume that certain foods are automatically “the bad guys” of the index.

So what kind of cereals can you eat for breakfast and be sure you’re not overloading your pancreas. Let’s start with barley. You might not know this, but barley is one of the oldest cultivated cereals, and it’s one of the most nutritious. But even beyond this, it possesses a high fiber content. By now you’re well aware that high fiber equates with a lower glycemic index ranking.

For breakfast, buy barley flakes and rolled barley, which have a delightfully delicious nutty flavor (to wake up those taste buds in the morning) and can easily be cooked into a cereal.

By the way barley – especially pearl barley – makes a wonderful ingredient in soups, stews and even pilafs.

Smart glycemic index choices for lunch.

Instead of making sandwiches with refined white bread choose multi-grain and whole grain breads instead. Search the grocery stores in your area for breads and rolls that have plenty of fiber.

White bread has a glycemic index ranking of 70. You might recall when we first start talking about glycemic index in this book, the index itself was created using white bread as the standard by which all foods were compared. White bread is refined; it’s stripped of its fiber.

Your body digests whole-grain and whole-wheat breads much slower, which means they have a much lower glycemic index. In fact, on average two slices of whole-grain bread have a medium ranking on the index. Whole-grain bread has a coarser texture and it will keep you feeling fuller for a lot longer period of time.

In fact, don't be afraid to expand your culinary horizons when it comes to the various types of grains. Ever have brown rice? It's glycemic index ranking places it in the medium range, which means you can eat it occasionally in moderation. And it makes a great substitute for white rice, which has been refined, effectively giving it a higher and less desirable GI ranking.

Other great substitutes for refined grains include the following:

- Kasha
- Wild rice
- Quinoi
- Bulgur
- Whole-wheat tortillas

Trying to add some whole grains even to your protein selection? Here's a great tip. Add cooked brown rice or whole-grain bread crumbs to your ground meat or poultry. Not only will this give the meat extra body, but it will also provide you with some fiber to help keep you satisfied and feeling full longer.

Learn to check the label.

Indeed, the one vital habit you'll need to adopt as you progress on the glycemic index lifestyle involves reading. Reading the food labels, that is.

The first item you'll want to check on the nutrition facts label is the fiber content. The more fiber a food has, the more likely the glycemic index ranking is moderate to low. On average, you can equate a higher fiber content of the food with a greater amount of whole grain in the product.

It only makes sense that you'll want to choose foods whose labels assure you that the product is made with whole-grain ingredients. In addition to the points we've already made, there are still several other ingredients to look for.

The labels of foods that aren't particularly low on the glycemic index may try to fool you. "Multi-grain" sounds like it should be low on the glycemic index ranking.

But this isn't always the case. Check out the fiber content on the food label before you purchase it. If a food is "stone-ground", it doesn't necessarily mean it's a good choice either from the perspective of fiber content or its ranking on the glycemic index.

Check out the types of sugars.

That's right! After you're finished surveying the nutritional label, read the list of ingredients. Food manufacturers are quite adept these days in their attempts to hide the true amount of simple sugars in their foods. And as you'll readily recall, simple sugars break down quickly and are converted to energy rapidly. They may fill you up, but that's only a fullness that is short-lived.

Because the sugars are so easily digested, the energy you receive from these will be converted quickly, leaving you hungry quicker than you can say, "Pass me that Hershey Bar!" Examples of simple sugars you may find on the ingredients label of manufactured foods include sucrose, high-fructose corn syrup, honey and molasses. And here's a tip. Just because you've found one of these sugars on the ingredients list – don't stop reading.

Very often, manufacturers include two or more sugars in smaller amounts so it appears that the food doesn't have as many simple carbohydrates. You can find all of these sugars we've just mentioned in an "alleged" healthy granola bar. You could be spiking your insulin level unintentionally, and even think you're eating healthy in the process.

Flipping the switch for snacks

No, you don't have to give up snacks when you're eating according to the glycemic index. You just need to change your snacking habits some. Actually, you'll discover with a little imagination and some changes in habits that snacking with the glycemic index in mind is far easier than you'd ever imagine.

The one change you'll need to make in your snacking habits is giving up those chips and other foods made with simple sugars and bad fats. But remember, there's a whole world of other snack options out there!

Just imagine snacking on meat and cheese rollups for example. This food is far more satisfying than the nutrient-deficient junk foods many of us normally eat. Roll up a thin slice of meat of your choice with a slice of cheese, and you can even wrap this up in a lettuce leaf (spinach leaf would be the best choice). Another satisfying snack is a cup of low glycemic index fruit – your favorite, of course – with a fresh cup of tea!

Think home-made snow cones! Ah, but not your usual ones. For this treat, you'll have to invest in one of those snow-cone makers you find at a kitchen store, but it's oh so worth it. Normally, it's best to eat fruit rather juice, but there are always exceptions.

Fill the container of the snow-cone maker about one-third full with an unsweetened juice. Top this with water and then freeze. Then, when you want a snow-cone just let your new kitchen appliance work its magic.

Eggs. Ever thought about munching on eggs? Try a pickled egg. If you don't know anyone who can make a good pickled egg, you may have to visit a delicatessen to get these. You may also be able to find these eggs at some grocery stores as well. You'd be surprised at how filling just one of these eggs is!

If pickling an egg isn't your style, then try just a plain hard-boiled egg. You'd be smart to keep a few hard-boiled eggs in the refrigerator at all times.

Ummmmm . . . Chocolate. Dark chocolate that is. When you're craving a snack, even a small square of dark chocolate can make you feel better (take it from a confirmed chocoholic!) But don't chew it. Allow the square to melt in your mouth! You'll feel as if you're really treating yourself.

One of the great aspects of eating according to the glycemic index is the wide variety of foods you might eat normally just during a regular meal can be eaten as a snack – and nobody really looks at you weirdly. Well, at least most people. If

you like tuna, then use this as a snack. You can eat some tuna plain or even mix it with a small amount of mayonnaise.

Nuts!

What's your favorite nut? Go right ahead and have some! It makes little difference if they are pecans, almonds, hazelnuts, peanuts, macadamia nuts or peanuts! Check out the serving size on the package to see exactly how many you can have, since some nuts are higher in calorie content than others!

Their low GI rating is no doubt due to the abundance of polyunsaturated and monounsaturated fats they contain. And when it comes to making you feeling fuller longer, they've got some tremendous lasting power.

Nuts, by the way, are one of the richest sources of vitamin E. Combine this with their natural selenium content and you have a powerhouse of an antioxidant working in your favor! Selenium also has the ability to guard against harmful ultraviolet rays that may damage your skin, and is necessary for optimal thyroid hormone balance.

Don't think you can sit and eat a handful of nuts? Well, there are ways to get around that problem! You can try just using more nuts when you're preparing family meals. Toss some cashews in with that stir fry meal or sprinkle walnuts or pine nuts over a salad. But don't limit this creativity to just your entrees. Consider adding almond-containing granola to a fruity dessert.

Think about using nuts in different forms as well. You can use a hazelnut spread on bread. Or even substitute peanut butter or almond butter for regular butter on your toast in the mornings!

Here's a great hunger-buster snack: one slice of high-fiber whole-grain bread and peanut butter. If that doesn't satisfy that hunger pang, add an apple to it.

Or for a late night snack, substitute an apple with peanut butter on top instead of those chips. For an occasional "decadent" snack (one your kids are sure to love), take peanut butter, spread it on the apple, and then top it off with just a smidgen

of caramel dip. You can find this in your grocery store. And while caramel dip may be high on the glycemic index, you or your children are only eating enough to get the sweet taste!

Don't want to eat them alone? Then mix these nuts with a few of your favorite kinds of seeds and some dried fruits . . . and Viola! You've got a great-tasting homemade trail mix!

Not convinced about nuts yet? When researchers study groups of people who live to be 100 years or older, one of the common findings they see in these "centarians" is that they regularly incorporate nuts and seeds into their diet on a daily basis. So there's never been a better time to go "nuts" for nuts!

Get imaginative: Apple and peanut butter

And while we're speaking of nuts, why not try some kind of nut butter on a slice of fruit. Even a half of tablespoon of peanut butter – or if you're allergic to peanuts, almond butter – on a two-ounce slice of apple or pear! The glycemic load of this snack is low.

But wait! Before we leave the topic of nuts, we've got to talk about another study. Let's just title this "Nuts and Weight Loss." Want to eat less at your next meal? Well, who doesn't? If you're trying to lose those extra pounds, you'll take that weight loss almost any way you can.

Then simply eat a handful of nuts about a half hour before you eat dinner or lunch. The healthy fats of these foods, according to a recent study, releases a hormone call cholecystokinin – abbreviated CCK. This hormone, as we've discussed earlier, is released when the fat of the nuts connect with the wall of your small intestine. This event tells your body that you're not as hungry as you thought you were!

And the beauty of this (as this study found) is that you don't need to eat a lot. Only 70 calories of a nut is all you need. If you choose walnuts it would be about

six of them, or 12 almonds. If you prefer peanuts, about 20 of these make 70 calories.

For a snack don't forget about avocado! When you snack on this you also are eating some of the really healthy Omega-3 fatty acids. Take one half of an avocado and cut it into cubes. Mix this with some lime juice, salt and then – if you'd like it spicy – sprinkle some chili powder over it.

Or forget all the preparation involved in that and just eat your avocado with a spoon (after you remove the pit, of course!) If you like, fill that “hole” left by the pit with salad dressing.

Eating Out: Yes, it is possible!

If you believe that your days of enjoying a dinner, lunch or even breakfast at your favorite restaurant are now ending, you're in for a pleasant surprise. Even though you're eating from the constraints of the glycemic index (which really aren't all that confining), you'll see that you can find meals and combine foods to eat without deviating from the glycemic index and sacrificing your goal of losing weight.

The first thing you'll notice as you scan through a restaurant menu is that the feature foods probably match those on the glycemic index. These are often the meats, fish and poultry. With their protein composition and zero glycemic index, these are easy enough to choose. Your only concern here is if they are prepared in a healthy manner. You want to avoid fried meats, fish or poultry, and stick with baked or grilled. You also want to choose the leanest meats possible. The healthiest way to eat your chicken is grilled. Choose boneless, skinless chicken whenever possible.

Similarly, just about every meal in a restaurant includes a serving of vegetables. Before ordering you may want to ask your server what type of veggie is being served, so you're not faced with cooked carrots with even higher entries on the glycemic index. And very often you can even find fruit on the menu. This last

choice is more prevalent for breakfast, but it may also be available at any meal. If you don't see it listed, it never hurts to ask. You'd be surprised how many foods you can actually order from a restaurant that are not on the menu. The practice of ordering something that is not on the menu is so common that there's even a term for it called "Off menu." Never be afraid to ask.

You'll probably find most of the time "off menu" ordering isn't even necessary, especially if you decide to stick to the basics. Let's run through a basic dinner or lunch. Start with ordering your entrée. While you may have to show some restraint, you certainly will find a variety of choices.

Dining out is much easier than you can imagine

You may be surprised too at what you really can eat comfortably. Check out the salads, the protein entrees and even sandwiches. Don't be afraid of those sandwiches. Specialty breads are becoming ever more popular. More restaurants, for example, are serving sourdough bread than ever before.

And if you must order a meal and you feel one of the foods is a bit higher than what you'd like, make sure you have some good lean protein or some healthy fats.

Set your dining-out sites on the salads. Even with salads, though, there's a trick to eating out. Choose vinegar or a vinaigrette dressing. And I'm not talking just for taste or for calories sake.

Research shows that when you include vinegar in a meal it actually blunts the glycemic response by 20 to 40 percent. Think about this the next time you order a salad with your meal!

Just say no to the potato

Say no to the potato. While this is a no-brainer if it's French fries, it really is true no matter how the potato is prepared. You can always ask to substitute for a different vegetable instead.

If you feel the meal that's being offered is too large, then perhaps your dining partner will share an entrée with you. If not, then decide right at the start that you're not about to eat the entire meal. Like I mentioned earlier, ask the waiter to place half your meal in a to-go container for you, or ask them to bring a take out box right away with your meal. Then divide your meal in half, and "hide" half of it in the box for a later meal!

If you just can't say no to dessert, then share one piece of something scrumptious with someone else. Also, remember to blunt the high spike in glucose that this dessert may cause by ordering a glass of low-fat milk with it. Ask for a take out box for the dessert, and take it home with you to nibble on for the next few days.

You see, flipping that switch to make the glycemic index work for you really isn't all that difficult. In fact, in some ways, you'll even look forward to these changes. Let's face it, an eating pattern that allows you to indulge in low-fat ice cream every now and again actually sounds like something we can live with.

When you add a wide variety of nuts to your meals – and desserts – you'll discover that your taste buds are awakening to a whole new world of eating. A casual dessert suddenly transforms itself into a gourmet treat with just the sprinkling of some crunchy cashews or pecans! If you can't resist and just have to have a taste of that ice cream, add some nuts to it! This way, you don't feel as if you've totally abandoned your new eating system, which indeed, you haven't. Knowing the tricks to occasional indulging, keeps that frustration level under control.

Think back to past diets. The moment that ice cream touched your lips you probably scolded yourself. But no more! You can have a taste of the ice cream, and know that with some proteins and good fats added to it, you've not completely ruined your day! How cool is that!

And these are only the tip of the iceberg. I've provided you with only a small fraction of the delicious changes you can add to your eating patterns. You won't even realize you're dieting when you learn how to flip that glycemic index switch to work with your body – and not against it.

Eating Healthy For Life

Now, you can pick up that knife and fork and begin to eat – that is if you’ve stocked your kitchen pantry and refrigerator with all the right foods. You should be feeling pretty confident right about now. Just look at you, actually looking forward to starting a new weight-loss management plan.

And yes, perhaps that phrase is a mouthful: weight-loss management plan. But you really can’t call your soon-to-be new habit of eating according to the glycemic index a diet. A diet, after all, implies that you change your eating habits for a short pre-determined period, only to return to old habits once you’ve lost the weight you want.

And with the glycemic index that’s just not the case. Because the index shows you an entirely new way of eating – a method of choosing foods that will serve your weight-management and health needs for life.

And that’s exciting. Think of it! Finally you can be able to get your weight under control, and at the same time possibly prevent some of the serious health problems that affect so many people in our overweight and obese nation.

With just a little planning, a little discipline and a few simple changes in habits, you can begin to create a better and healthier you!

Use the glycemic index To improve your odds against diabetes

It still isn’t too late to change the direction of your health. If you start today by eating foods that have a low GI ranking you can begin to re-direct your body to function properly . . . like it did when you were younger.

Just think about the benefits! Starting a new eating plan may not only help you drop those stubborn pounds that refuse to leave your hips and waistline, but at the same time you gain peace of mind that you are likely preventing some of the most troubling diseases that affect our society.

It is perhaps the most revolutionary approach to eating that's ever been devised. By enjoying a wide range of foods – and combining the proper categories of groups together – you can begin putting the brakes on your runaway insulin levels.

The Glycemic Index: Never feel hungry again!

The glycemic index is a marvelous tool. It presents a weight-management system that actually puts you in control of the foods you eat, the amount you eat, and exactly how and when you'd like to eat them. And when you don't feel deprived by having a variety of good tasting foods to choose from, you're much more likely to stay with the system.

If you're tired of dieting only to discover that when you stop you gain what you've lost and more back, then you owe it to yourself to try eating according to the glycemic index.

Not only will be you surprised at how easily the pounds can come off. But you'll be pleasantly surprised at how they stay off as well. And when you eat for your health, you'll also be surprised at the amount of energy you'll have. Finally, yo-yo dieting can be a thing of the past!

**Part III:
When the Basics
Don't Work**

A More Advanced Approach to Weight Loss Success®

Imagine the frustration of eating really healthy for two or three months, or exercising several times a week for 5 or 6 months, only to never see numbers go down on the weight scale. For many people reading this book there is no imagination needed. You may already be living this unpleasant reality.

I'm amazed at some of the clients that initially consult with me who have been plugging away at trying to lose weight for many months, and are only now getting frustrated due to poor results. It's certainly not for a lack of effort. Some of them are professional dieters, and already have loads of experience with exercise . . . so it's also not for a lack of knowledge of these important basics.

So why is it that a person can seemingly be doing everything right and still not be successful in losing weight? This is the problem I'm solving every day with the weight loss clients I see in my clinic. It's a problem that has no single solution, because the answer is slightly different for each person.

There are millions and millions of frustrated and demotivated people walking around who have tried and failed so many times to lose their excess weight, they now feel they are destined to live in a fat body the rest of their life.

You probably know a few of these people. It may not even be that person that needs to lose 100 pounds or more, it can easily be someone who is simply trying to lose that last 10 or 15 pounds to finally have their body looking the way they want.

They are often the people who will try to piece together any motivation they have left and make a serious push to eat right and exercise . . . only to have that motivation sucked right out of them after a month or two when they don't see results for all the effort they're putting into it. A little while later their goal remains unchanged, they are tired of how they look and feel and decide to give it another try.

They may even see some decent results while working hard, but then the weight comes back just as quickly when they deviate from their strict routine. And so begins the life and times of the professional dieter.

It's a depressing scenario that plays out every day, and these "weight loss challenged" people come from all walks of life and all locations around the world. So just know that you are not alone (even though you may feel alone at times in this struggle), and the number of people who share your same struggle easily numbers into the millions.

There is Better (and Smarter) Way!

It's the frustration and failure to lose weight that most often results in a person seeking my help. These people have tried and failed to lose their weight enough times to know that there is something else going on that is making it seem impossible to lose their excess weight.

When a person is trying hard but unable to lose weight, or if they can lose weight but the weight quickly returns, it becomes much more likely that there is something out of balance in their body chemistry that is slowing down their metabolism.

The unfortunate reality is that they will likely continue to struggle (possibly for the rest of their life) until they've spent a little time doing the right kind of investigation into their body chemistry to determine what is out of balance and working against them . . . resulting in a slower metabolism and a body that is resistant to getting rid of its excess fat.

Many times people will tell me that they've had blood testing done and everything looks normal, but then I find they almost never have the more in-depth testing and investigation that is needed. People usually need this more comprehensive investigation to really have confidence about what is going inside their body. It's this information that tells us what needs to be fixed in their body

chemistry to improve their metabolism and get their body in a much better fat-burning mode.

This comprehensive evaluation includes a detailed investigation into many areas of function to include: liver function, thyroid function, blood sugar control, candida (systemic yeast) issues, quality of sleep, the effects of stress, other hormone balance, digestive function, sometime includes identifying food allergies, and always includes the basics of diet and exercise.

Gathering enough detail about how these (and other systems) are functioning at one time allows us to create the “big picture” about what’s going on inside your body. Then we can move forward with a lot of confidence about what needs to be done to fix any imbalances to get you back on track to Weight Loss Success®.

Following this advanced approach has allowed me to get many people back on the path to success in losing weight and keeping their weight off. And not just for people in the community where my clinic is located. Thanks to the help of technology it has become easy for me to work with people at a distance who live in many different countries around the world.

I do want to emphasize that the advanced Weight Loss Success® System we use for investigating and balancing the body chemistry is not a quick fix solution to your weight loss struggles. There simply is no “quick fix” for the millions of people who are facing this kind of struggle in their weight loss. If you are looking for an easy quick fix, then this is probably not the right solution for you.

If you’re looking for a process that will effectively investigate your body chemistry and help you identify the source of why you’ve been struggling to lose weight, knowing also that it’s still going to take a little time to balance your body chemistry to get back on track and become successful with losing weight again, then our advanced Weight Loss Success® System may be the perfect option you’ve been looking for.

If this more advanced approach to weight loss is something you would like to explore to help get you back on track to Weight Loss Success®, or if you are just getting started on your journey towards weight loss and you want to make sure

that your body chemistry is working with you instead of against you for easier success in losing your excess weight, then I encourage you to contact our clinic via the contact information in the “About the Author” section of this book. We will try to connect you with a doctor in your area that has been trained in this advanced approach.

Keeping Your Body Moving Well for Weight Loss Success®

One of the unfortunate consequences of exercising and becoming more active can be an injury or strain of various areas of the body. Many people can have lingering injuries from decades ago due to car accidents, playing sports, or just the wear and tear on your body from daily life.

Combine this with the stress on your body from sitting at a computer all day at work, or the repetitive movements many people find themselves doing while at work or home, and people are often suffering from aches and pains even before beginning their exercise program. The thought of exercising and potentially aggravating problems areas is a real concern for many, and for some it prevents them from even doing exercise and becoming more active.

Can a person lose weight without exercise? Yes. Usually this means they have to be even more strict on the diet side of their program. Without exercise the results will usually happen more slowly, and it can be hard to stay motivated for the long-term when your progress is too slow.

By far your ability to lose weight will happen more quickly by incorporating regular exercise into your program. That's why it's listed as one of the "Keys to Weight Loss Success®". So what can you do when your movement is limited by a sore neck, a shoulder that hurts when raise your arm above your head, a low back that aches even when you're doing nothing, or other muscle or joint issues? The answer is simple . . . chiropractic care!

Most people don't consider chiropractic care because they often don't understand how it will benefit them. Understanding chiropractic care is easier than you think. The easiest way to explain chiropractic care is that it helps to restore normal movement to the body.

When the joints or muscles are restricted in their movement, they will prevent your body from moving the way it was designed to move. This limitation in movement can prevent you from doing your exercise to the full extent you need

to see the best results in your weight loss program. For some, it may prevent them from doing any exercise because the pain and restriction in movement will hurt too much if they were to try and exercise.

One thing is for certain . . . with 206 bones, approximately 360 joints, and over 600 muscles in the human body . . . your body is designed for movement. Movement through exercise can improve circulation of your blood and lymphatic system, improve your immune system and benefit many other systems as well. Without proper movement you cannot have the healthy body you were designed to have!

It's no coincidence that the number one reason people go to their local chiropractic doctor is because they are hurting and cannot move their body normally due to the pain and restriction of movement. Chiropractic care can be highly effective in improving (often eliminating) the pain and a lack movement you are suffering with.

This is not just my opinion. Research is not only proving that chiropractic care is one of the most effective treatments for back pain and other joint problems, it's also proving to be one of the most cost effective treatments as well.

Chiropractic care is also excellent for helping you maintain good posture and balance. Good balance and posture are critical for determining how well your body is going to work for you as you age. What is one of the best ways to prevent elderly people from falling and breaking their hip or causing other injuries? You guessed it . . . good balance and posture!

When it comes to keeping your body moving well so you can exercise properly for the best results in weight loss, and for having a body that functions well for you as you get older, one of the smartest things you can do is seek the help of your local chiropractic doctor.

One of the easiest ways to find a licensed chiropractic doctor in the United States that is near where you live is to visit the website of the American Chiropractic Association (ACA) at www.ACAtoday.org. Click on "Find a Doc" and then type in your city or zip code to find one near you.

About the Author

Dr. John W. Larson, DC, DCBCN graduated in 1997 from Northwestern Health Sciences University with his Doctor of Chiropractic degree, and later became Board Certified in Clinical Nutrition. He helps people with a variety of health conditions using the power of diet and nutritional therapies. He is the clinic director of Healing Choices® – Natural Healthcare located in Elk River, MN. He is a Weight Loss Success® Expert, and also the creator of the advanced Weight Loss Success® System.

For any questions regarding the information in this book, or to inquire about how the advanced Weight Loss Success® System might be of help you in achieving more success in your effort to lose weight, please contact Dr. Larson through his clinic by one of the following:

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Appendix

Glycemic Index Food Chart

The following charts provide you with just a portion of the foods and their values on the glycemic index. For your convenience, I've presented this information in two forms – and two separate charts. The first is presented below. The rankings are categorized by the type of food.

If you're looking for a specific food, this makes it fairly easy for you to find a specific type of bread or a particular kind of cereal.

In the next chart, the foods are divided by the actual index value, starting with the lowest and working up to the highest. This can be handy if you're planning meals. In this way you can view what range of foods are best to choose from.

Low Glycemic Index food (55 or less)

Medium Glycemic Index food (between 56 and 69)

High Glycemic Index food (70 or greater)

Food List	Rating	Food Glycemic Index
Bakery Products		
*Pound cake	Low	54
Danish pastry	Medium	59
Muffin (unsweetened)	Medium	62
Cake , tart	Medium	65
Cake, angel	Medium	67
Croissant	Medium	67

Waffles	High	76
Doughnut	High	76
Beverages		
Soy milk	Low	30
Apple juice	Low	41
Carrot juice	Low	45
Pineapple juice	Low	46
Grapefruit juice	Low	48
Orange juice	Low	52
Breads		
Multi grain bread	Low	48
Whole grain	Low	50
Pita bread, white	Medium	57
Pizza, cheese	Medium	60
Hamburger bun	Medium	61
Rye-flour bread	Medium	64
Whole meal bread	Medium	69
White bread	High	71
White rolls	High	73
Baguette	High	95

Breakfast Cereals		
All-Bran	Low	42
Porridge, non instant	Low	49
Oat bran	Medium	55
Muesli	Medium	56
Mini Wheats (whole meal)	Medium	57
Shredded wheat	Medium	69
Golden Grahams	High	71
Puffed wheat	High	74
Rice Krispies	High	82
Cornflakes	High	83
Cereal Grains		
Pearl barley	Low	25
Rye	Low	34
Wheat kernels	Low	41
Rice, instant	Low	46
Rice, parboiled	Low	48
Barley, cracked	Low	50
Rice, brown	Medium	55
Rice, wild	Medium	57
Rice, white	Medium	58

Barley, flakes	Medium	66
Taco Shell	Medium	68
Millet	High	71
Dairy Foods		
Yogurt low- fat (sweetened)	Low	14
Milk, chocolate	Low	24
Milk, whole	Low	27
Milk, Fat-free	Low	32
Milk, skimmed	Low	32
Milk, semi-skimmed	Low	34
Ice-cream (low-fat)	Low	50
Ice-cream	Medium	61
Fruits		
Cherries	Low	22
Grapefruit	Low	25
Apricots (dried)	Low	31
Apples	Low	38
Pears	Low	38
Plums	Low	39
Peaches	Low	42
Oranges	Low	44

Grapes	Low	46
Kiwi fruit	Low	53
Bananas	Low	54
Fruit cocktail	Medium	55
Mangoes	Medium	56
Apricots	Medium	57
Apricots (canned in syrup)	Medium	64
Raisins	Medium	64
Pineapple	Medium	66
**Watermelon	High	72
Pasta		
Spaghetti, protein enriched	Low	27
Fettuccine	Low	32
Vermicelli	Low	35
Spaghetti, whole wheat	Low	37
Ravioli, meat filled	Low	39
Spaghetti, white	Low	41
Macaroni	Low	45
Spaghetti, durum wheat	Medium	55
Macaroni and cheese	Medium	64

Rice pasta, brown	High	92
Root Crop		
Carrots, cooked	Low	39
Yam	Low	51
Sweet potato	Low	54
Potato, boiled	Medium	56
Potato, new	Medium	57
Potato, tinned	Medium	61
Beetroot	Medium	64
Potato, steamed	Medium	65
Potato, mashed	Medium	70
Potato, micro waved	High	82
Potato, instant	High	83
Potato, baked	High	85
Parsnips	High	97
Snack Food and Sweets		
Peanuts	Low	15
M&Ms (peanut)	Low	32
Snickers bar	Low	40
Chocolate bar; 30g	Low	49
Jams and marmalades	Low	49

Popcorn	Medium	55
Mars bar	Medium	64
Table sugar (sucrose)	Medium	65
Corn chips	High	74
Jelly beans	High	80
Pretzels	High	81
Dates	High	103
Rice cakes	High	77
Soups		
Tomato soup, canned	Low	38
Lentil soup, canned	Low	44
Black bean soup, canned	Medium	64
Green pea soup, canned	Medium	66
Vegetable and Beans		
Artichoke	Low	15
Asparagus	Low	15
Broccoli	Low	15
Cauliflower	Low	15
Celery	Low	15
Cucumber	Low	15
Eggplant	Low	15

Green beans	Low	15
Lettuce, all varieties	Low	15
Peppers, all varieties	Low	15
Snow peas	Low	15
Spinach	Low	15
Young summer squash	Low	15
Tomatoes	Low	15
Zucchini	Low	15
Soybeans, boiled	Low	16
Peas, dried	Low	22
Kidney beans, boiled	Low	29
Lentils green, boiled	Low	29
Chickpeas	Low	33
Black-eyed beans	Low	41
Chickpeas, tinned	Low	42
Baked beans, tinned	Low	48
Kidney beans, tinned	Low	52
Lentils green, tinned	Low	52
Broad beans	High	79

Foods with a low GI value

Yogurt low-fat (sweetened)	14
Peanuts	15
Artichoke	15
Asparagus	15
Broccoli	15
Cauliflower	15
Celery	15
Cucumber	15
Eggplant	15
Green beans	15
Lettuce, all varieties	15
Low-fat yogurt, artificially sweetened	15
Peppers, all varieties	15
Snow peas	15
Spinach	15
Young summer squash	15
Tomatoes	15
Zucchini	15
Soya beans, boiled	16
Cherries	22
Peas, dried	22
Milk, chocolate	24
Pearl barley	25
Grapefruit	25
Milk, whole	27
Spaghetti, protein enriched	27
Kidney beans, boiled	29
Lentils green, boiled	29

Soya milk	30
Apricots (dried)	31
Milk, Fat-free	32
Milk, skimmed	32
Fettuccine	32
M&Ms (peanut)	32
Chickpeas	33
Rye	34
Milk, semi-skimmed	34
Vermicelli	35
Spaghetti, whole wheat	37
Apples	38
Pears	38
Tomato soup, tinned	38
Plums	39
Ravioli, meat filled	39
Carrots, cooked	39
Snickers bar	40
Apple juice	41
Wheat kernels	41
Spaghetti, white	41
Black-eyed beans	41
All-Bran	42
Peaches	42
Chickpeas, canned	42
Oranges	44
Lentil soup, canned	44
Carrot juice	45
Macaroni	45
Pineapple juice	46
Rice, instant	46

Grapes	46
Grapefruit juice	48
Multi grain bread	48
Rice, parboiled	48
Baked beans, canned	48
Chocolate bar; 30g	49
Jams and marmalades	49
Whole grain	50
Barley, cracked	50
Ice-cream (low- fat)	50
Yam	51
Orange juice	52
Kidney beans, canned	52
Lentils green, canned	52
Kiwi fruit	53
Pound cake	54
Bananas	54
Sweet potato	54
Potato chips	54

Foods with a medium-high GI value

Oat bran	55
Rice, brown	55
Fruit cocktail	55
Spaghetti, durum wheat	55
Popcorn	55
Muesli	56
Mangoes	56
Potato, boiled	56

Pita bread, white	57
Mini Wheats	57
Rice, wild	57
Apricots	57
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Danish pastry	59
Pizza, cheese	60
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Ice-cream	61
Potato, canned	61
Muffin (unsweetened)	62
Shortbread	64
Rye-flour bread	64
Apricots (canned with syrup)	64
Raisins	64
Macaroni and cheese	64
Beetroot	64
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Black bean soup, canned	64
Cake , tart	65
Potato, steamed	65
Table sugar (sucrose)	65
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Why Before How

Before you can learn HOW to lose your excess body weight, you must take the important step to define WHY you want to work towards a healthier body weight. On this page take some time and serious thought into WHY you want to lose weight. List as many reasons as you can think of, and attach additional pages if needed. You are the only one who will see this page so get real and get personal with your reasons.

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Barriers to Success

We all face barriers to achieving our goals, and these barriers can come from every aspect of our life. The first step in overcoming your barriers are to clearly identify them. Put some serious thought into what may be your barriers to achieving your weight loss goals. There is no limit to the number you can write, so use additional pages if needed.

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