



Month 5 – Video #3

Diet Variation

Diet variation is great for weight loss in general or for continued weight loss if you hit a plateau and refers to varying either your calorie count per day and possibly changing your ratio of carbs, protein and healthy saturated fats.

So one day you may fast completely consuming only water or whey water (whey water would be healthier as it promotes a good environment for the growth of health bacteria in the gut). This could be done one day a week, or several days out of the month usually done in succession over a three to four day period.

Another option is to do what we call intermittent fasting where you limit your calories to 500-800 per day. A great way to do this is to eat a healthy dinner and eat nothing until the next day round 1pm. At that time have a healthy shake, possibly Metabo-Shake or Accell in our store (I also use organic whey protein from FSH. They have a meal replacement product and also one for post work out). The rest of the day would include a healthy snack midafternoon and a healthy dinner. Intermittent fasting can be done on a daily basis. Skipping breakfast seems to work best because it makes you drowsy and want to go back to bed anyway. A healthy dinner will make you a little sleepy at the end of the day when you are winding down and getting ready for bed.

Many times clients will find that following the strict diet we outlined in month one will work well. They will start to lose weight, but at some point they plateau. I let them know to try doing the above as one option. Another method that seems to work is to add a little more carbohydrate back into the diet. Sometimes the body will begin to adapt and think that it may never see any significant level of carbohydrate level again so it will start to store fat again. Once we up their carbohydrate level again, then they see the weight begin to come off again. We need to keep the body guessing so that it doesn't adapt and continues to lose the weight we need, or stay lean once we have achieved our goal.

So in general once we have hit all of the goals we have set out to achieve, I recommend the following.

1. Try and follow the diet strictly and or intermittent fast 5 days out of the week.
2. Have a cheat day one day out of the week where you can carb up a bit. Birthdays come up or friends want to go out so maybe have that glass of wine or piece of pizza or cake you have been craving. I'm not saying go crazy but we have to live life and enjoy ourselves. This program isn't intended to make you miserable. It is intended to get your body into a healthy state, lower blood pressure, lower insulin, thyroid and other hormone resistance and increase your energy levels so that you can live a healthy vital life. You can move this day around from week to week so that you can be flexible on when you want to have your cheat day.
3. Have one day where you do a water fast or a Suero Gold fast (whey water), or do an extended fast once a month for a few days.

Please keep in mind that all of the fasts and protocols that we have available for you to print out are very healthy and healing. You may incorporate those as you see fit once in a while. All will help heal the gut and downregulate inflammation and may help downregulate the autoimmune response.