



Rethink Your Health

Welcome

**Please turn off or mute your cellphones.
We will start shortly. Short form.**

Evolving Food Pyramids 3.0



Humans are the only animals that eat according to their philosophy –
i.e. we generally aim to eat what we think/believe is healthy.



Food pyramids aim to give us an idea of what and how much to eat. But who gets to decide what goes on them and what is the impact on your health and wellbeing?

www.lchfdietmentor.com

Mum's Side



Grandad & me



Me aged 9



Mum approx
12yrs

The baker's grandson – 166cm 5'6" Ranged 64-84kg. Thrifty gene.

Dad's Side



Grandparents



1974 - 19yrs



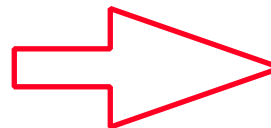
Dad 60ish

My Journey With Food



1978 Lot's of fasting

1976- 2010 Predominantly **vegetarian**. Fat was demonised when I was in Med School '73-'78



1990 a profound experience with some food supplements made me pay even more attention to healthy eating. **Wheat and dairy free**, due to bloating, joint pain & sinus congestion.

Wheat free vegan for 10 years.

2005 in my early 50's overt signs of **inflammation**

Blepharitis

Rosacea

2007 testicular cancer, 52 (emotional?)

2009 **bad blood fat profile.**

Body fat was a constant struggle



2004 - picture of health?



Your Story?



Reality hitting you in the face like it did to me?



Want to perform at your best?

Looking towards your future?



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The Two Lies



1. Animal fat is bad for you.



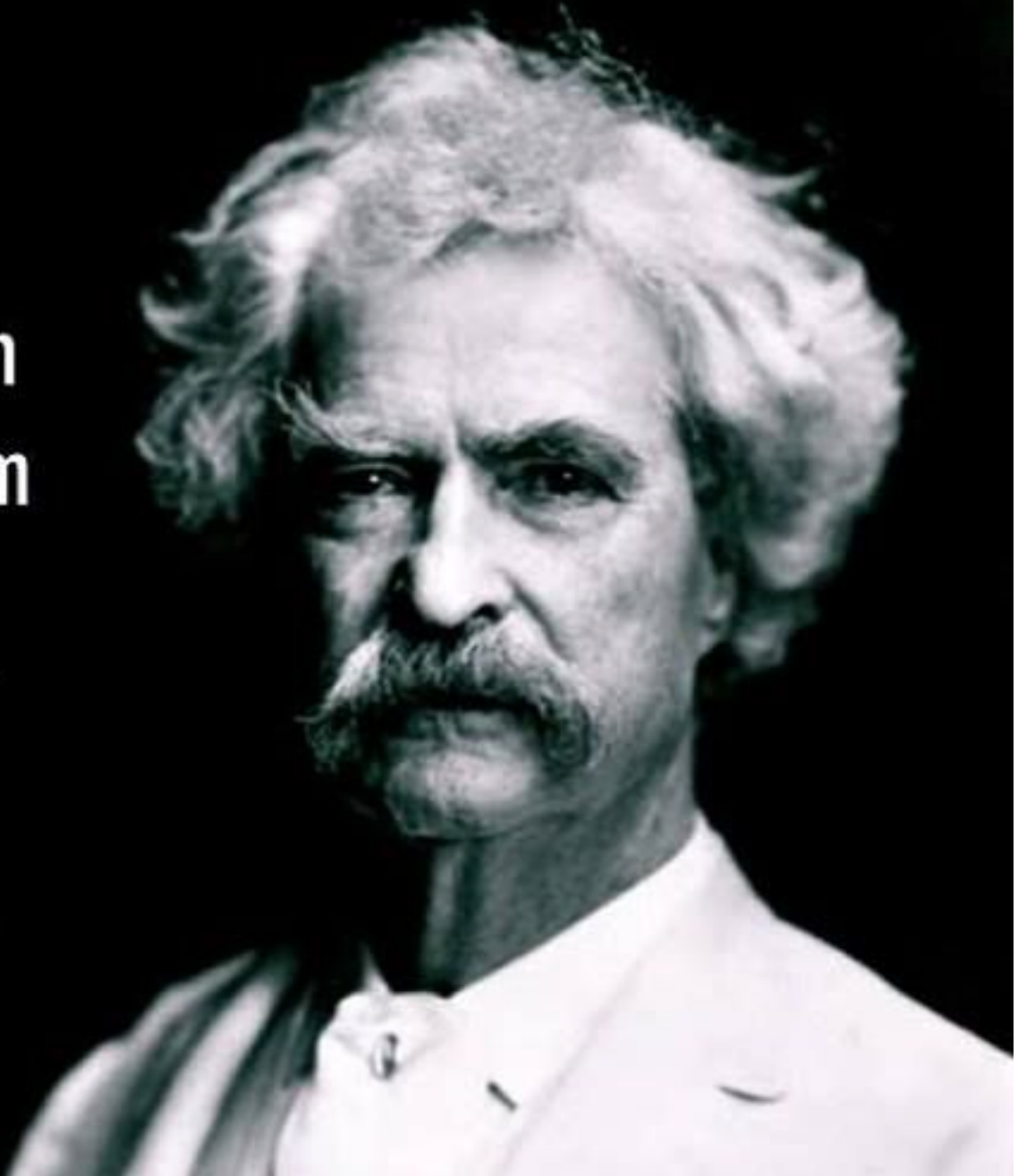
2. You get everything you need in a healthy diet.

We need to do what we can to accept the truth of being continuously lied to and get over it so we can move on.

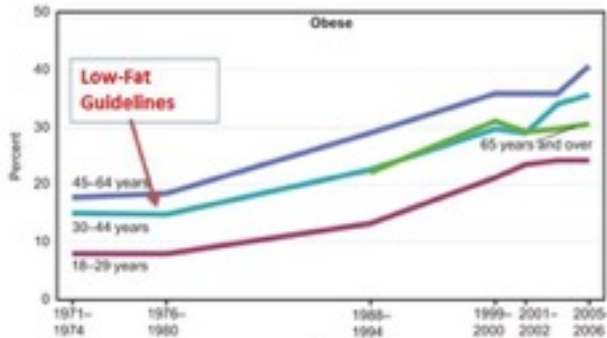
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**"It's easier to
fool people than
to convince them
that they have
been fooled."**

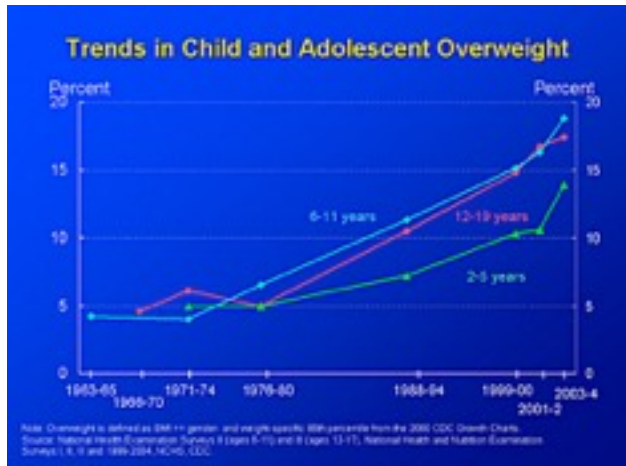
- Mark Twain -



Results of the USDA Food Pyramid?



Source: National Center for Health Statistics (US). Health, United States, 2008: With Special Feature on the Health of Young Adults. 2009 Mar. Chartbook.



Virtual explosion of degenerative diseases

- Overweight & Obese
- Diabetes
- Heart disease
- Hypertension
- Raised cholesterol & LDL levels
- Stroke
- Cancer (immune system dysfunction)
- Auto immune system disorders
- Dementia



<http://www.anzacsite.gov.au/landing/bgrnd.html>

- *The fact is this—**obesity rates in the US** remained stable at around **14% to 15%** from **1900 to 1980**. Since then the obesity rates have skyrocketed with nearly **60%** of the population today overweight or obese. **The spike in obese Americans began and progressed when the government recommended fat reduction in our diets.** Dwight Lundell, Heart Surgeon*

The Challenge is Clear



Chronic disease is on the rise despite trillions of dollars globally being spent.

- N.Z. 17th globally in overall life expectancy
- **Diabetes in NZ**
 - 7% of New Zealanders **over the age of 15** have diabetes
 - 25.5% have pre-diabetes which typically leads to Type II diabetes (therefore the prevalence is likely to go higher than 7%).
 - **The pre-diabetes prevalence increases with age – it was 55% in 55-64 year age group.**

<http://www.nzma.org.nz/journal/read-the-journal/all-issues/2010-2019/2013/vol-126-no-1370/article-coppell>

- **Cancer has overtaken heart & cerebrovascular disease in terms of causes of death in NZ.** <http://www.health.govt.nz/publication/mortality-and-demographic-data-2011>
- **Obesity - NZ 3rd in 2011**

http://www.stats.govt.nz/browse_for_stats/snapshots-of-nz/nz-social-indicators/Home/Health/obesity.aspx



200,000 – to - 20

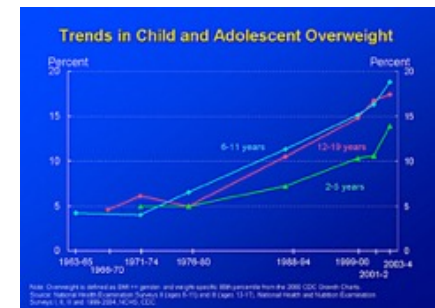


200,000 years since homo sapiens appeared

2m	200,000 years	24:00 hrs
10cm	10,000 years	01:12 hrs:mins
3mm	150 years	00:01:05 mns:scs
1mm	50 years	00:00:21 secs

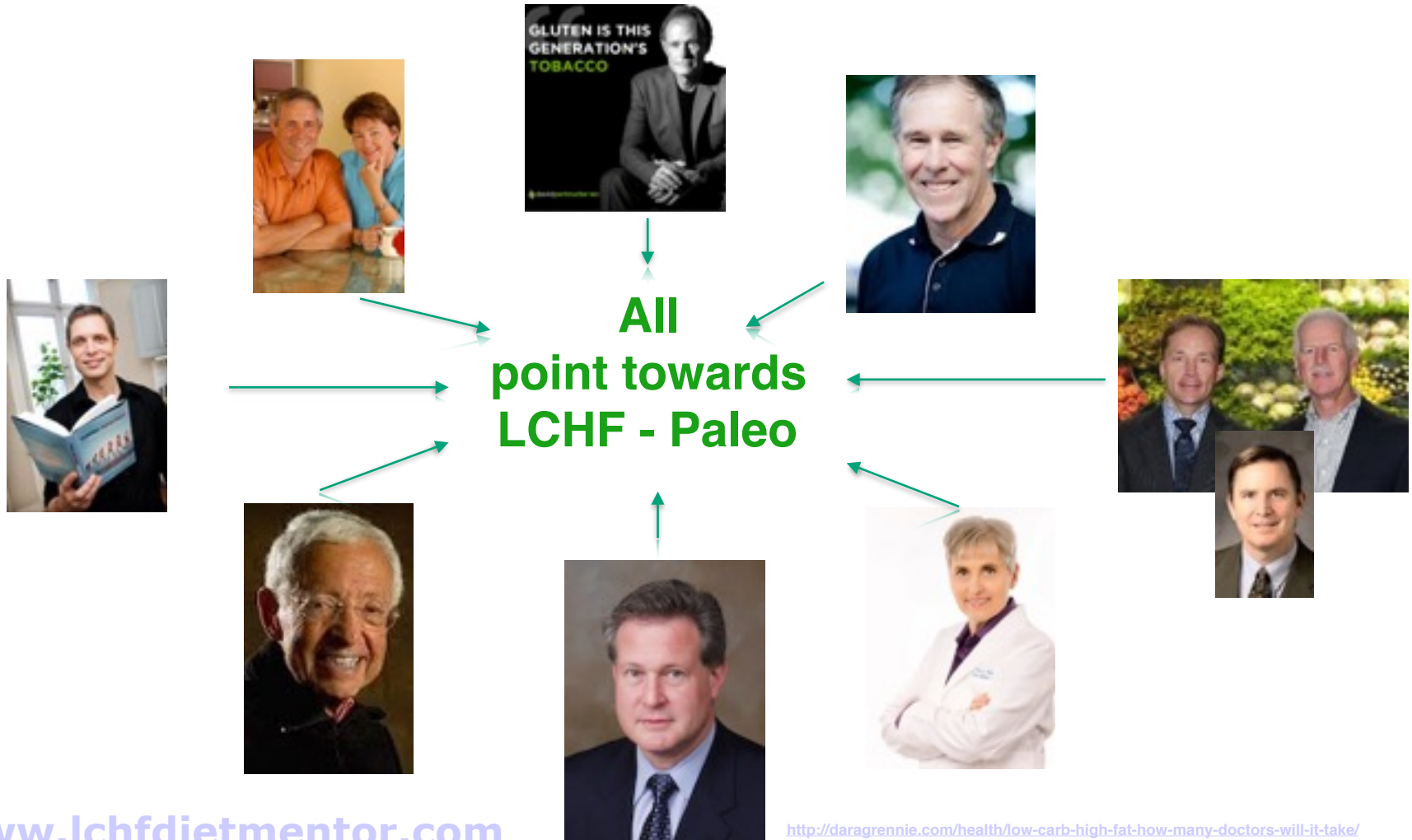


Take any primitive culture and give them the western diet and within **20** years, one generation, they are having the same problems as we are.

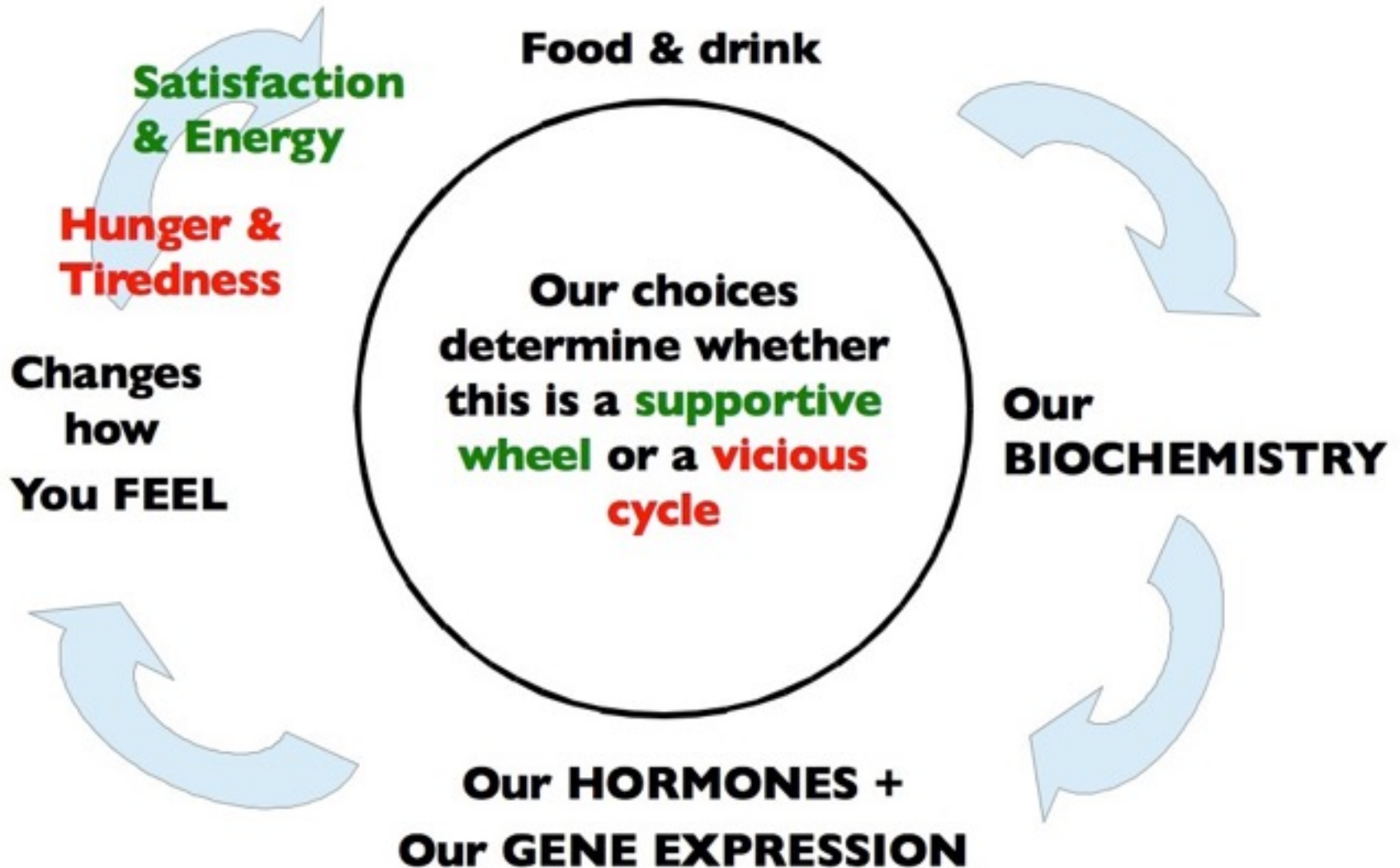


How Many Doc's Will It Take?

Doc's see what happens with their patients. Many get the same diagnosis - they go looking - they find - their life changes - they get passionate - they educate.



Food Fixes



How do you know...

... when you've eaten wrong?

- Bloating
- Still hungry for something
- Food cravings
- Lethargic
- Hyper – tired but wired
- **This is not normal**

... when you've eaten right?

- Feel replete
- Good energy
- Mental clarity
- Which lasts for 3-4 hours and more till you get hungry again
- **This is normal**



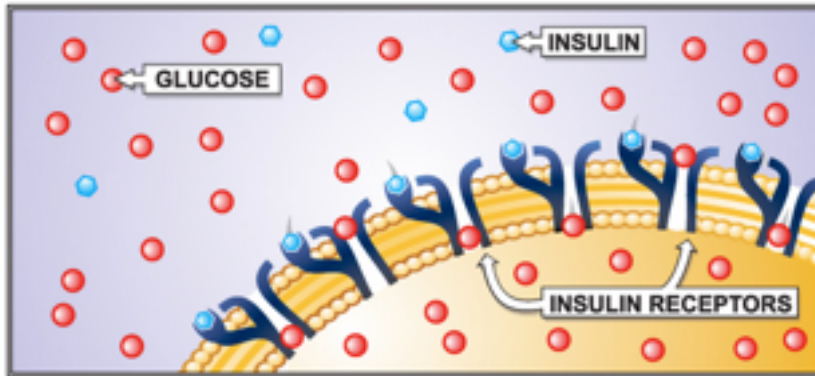
The Goldilocks Principle

Learn to **explore** and **listen** to your body rather than what someone says is healthy.

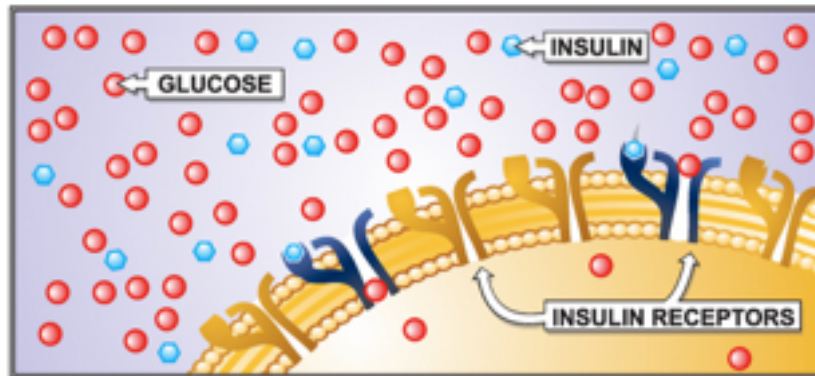
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CHO Induced Insulin Resistance

NORMAL CELL



INSULIN RESISTANT CELL



Insulin Resistance is our body's defensive mechanism against toxic levels of blood glucose.

[Dr Jason Fung](#)

Inflammation – The Fire Inside



Feb 23, 2004

Carbohydrates cause Inflammation

I began to think there was more to inflammation than suspected—that it wasn't just a side effect but in fact, it was the culprit, the cause of cardiac arrest. If that was so, I could save more lives by actually treating inflammation instead of patching the problem.

Dwight Lundell MD

Playing with FIRE!



Sugar acts like shards of glass in our body.

The brain has no pain receptors for inflammation.

David Perlmutter MD *Grain Brain* *The Surprising Truth About Wheat, Carbs and Sugar - Your Brain's Silent Killers*

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What You Gonna Burn?



Carbs?



Fat?

Nutritional Ketosis

Our natural state where we operate best

WHO SHOULD BE ON A KETOGENIC DIET

Put out the fire:)

YES

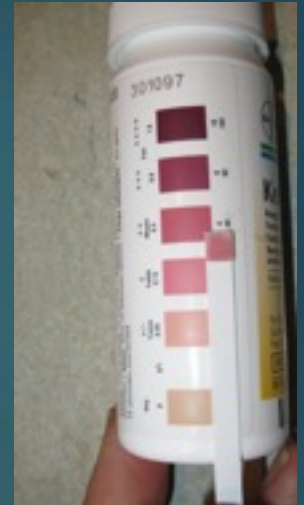
Diabetes
Hypertension
Overweight
High Triglycerides
Metabolic Syndrome
Epilepsy
Disorders of carbohydrate metabolism eg Pyruvate dehydrogenase deficiency, GLUT1 deficiency syndrome

PROBABLY

Neuroprotection- Dementia, Parkinson's, ALS, Brain trauma, Stroke, Migraine, ADHD, Autism, MS
PCOS
Acne
Cancer
Irritable Bowel/ IBD
Autoimmune Disorders
Osteoarthritis
Psych- Bipolar, Schizophrenia etc

NO

Porphyria
Pyruvate carboxylase deficiency
Genetic disorders of fat metabolism



Dr Zeeshan Arain

www.lchfdietmentor.com

Best Carbohydrate Strategy



1. If you haven't got one of the contraindications and want to go into ketosis. **Start with 20 gms a day of CHO.** Once you get stabilised and want to test your CHO tolerance go up 5gms a day week over week. (Phinney, Volek & Westman)
2. Go to a maximum of 60-80 gms a day if you find symptoms don't return. (Dr David Perlmutter)
3. May need to be at 10 gms a day or below.
4. Top athletes "shouldn't need more than 200gms" (Prof Tim Noakes)

What does 20 gms per day look like?



1 cup of cooked
above ground
veggies

2 cups of salad

Meat/chicken/fish/
shellfish/eggs

Broccoli cooked 1 cup - 4 gms

Onion 1/4 cup cooked 5 gms

Mushrooms 1/4 cup cooked 1.5gms

Red pepper 1/4 raw - 1 gms

Celery 1/2 cup - 1 gms

BTT 2.0 - 2 scoops - 7gms

Total 19.5 gms - raw lettuce & spinach

Fibre? Micro biome. Keep PYY up

Phytates? Keep minerals separate

The Main Problems with a LC Paleo or LCHF Diet

Addiction

I Can't!!!! + I Won't!!!!

Severe

Biochemical addiction. 1 day at a time.

Not so severe - may take just a few days to get back on track



The battle for your mind..

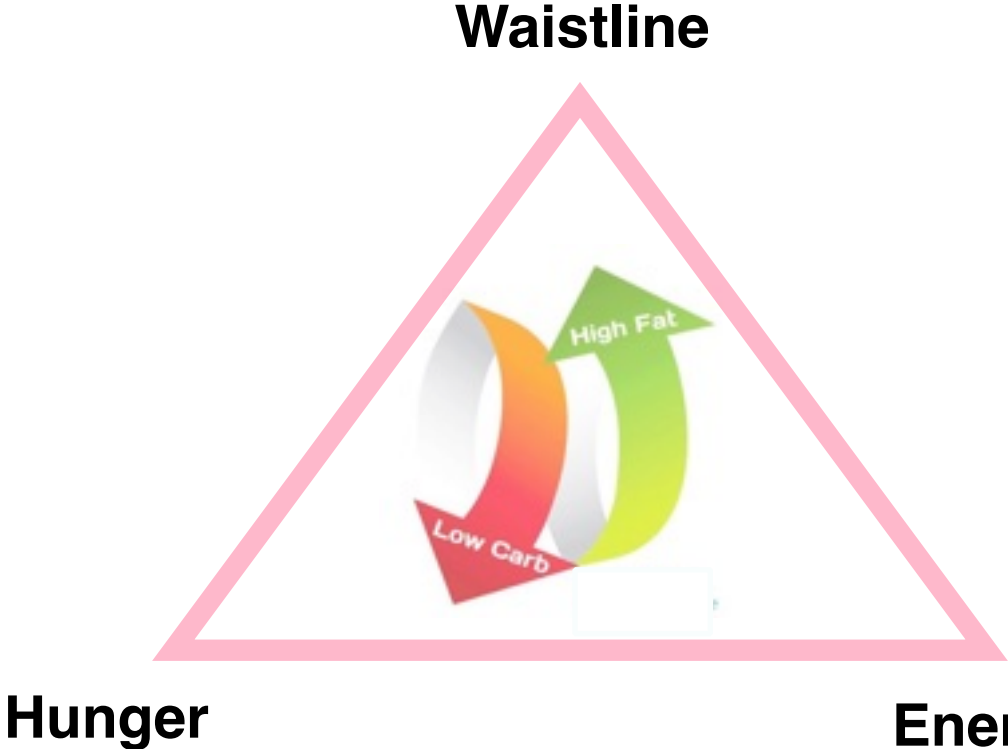
Internal
External

Helplessness
I Can't

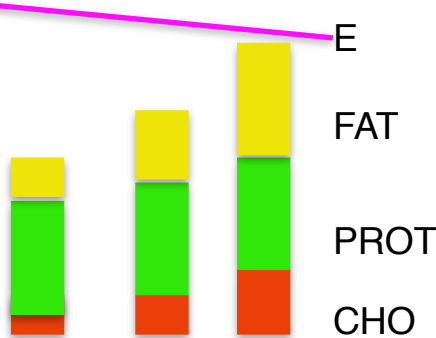
Rebellion
I Won't

The Nutrition Impact Triangle

First week - month
you may experience
Headaches
Fatigue
Dizziness
Heart Palpitations
Irritability
Drink extra water
and salt/bone broth.
Go easy on exercise
70-80% of normal



Increase fats
as your waistline
decreases, you're
coming down to
goal weight and you
get less fat from your
own body



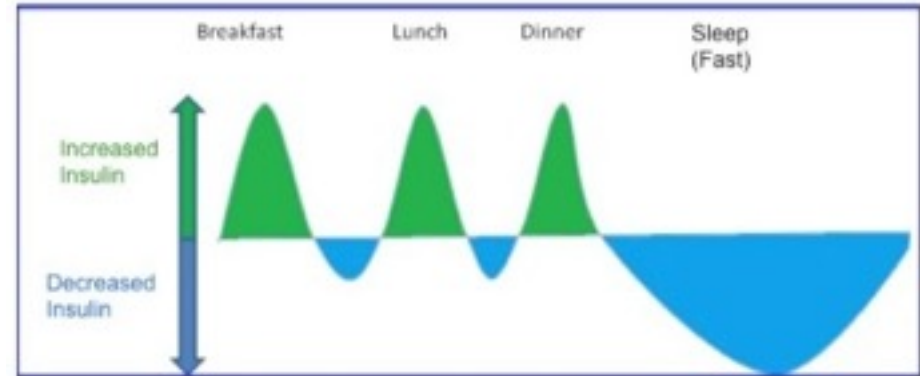
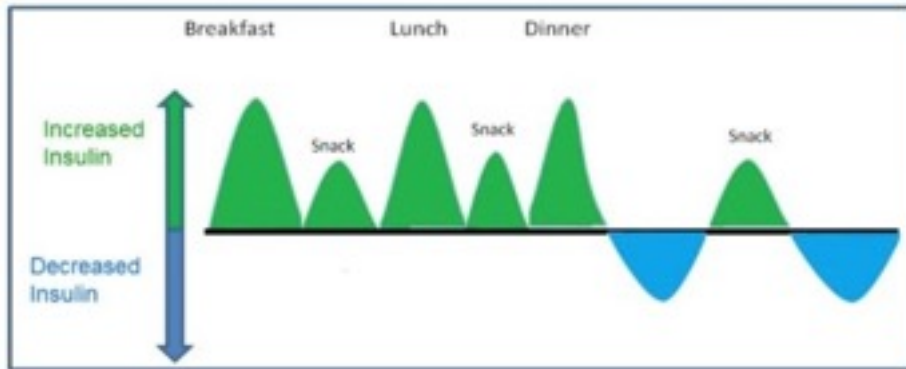
The Goldilocks Principle

Hunger Games - Eat to Satisfaction

If, after a while, you find
you get tired again -
Salt - 1 tspn a day



When To Eat - Fasting



<http://intensivedietarymanagement.com/insulin-works-hormonal-obesity-vii/>

<https://intensivedietarymanagement.com/fasting-a-history-part-i/>

Dr Jason Fung - Nephrologist.

<http://intensivedietarymanagement.com/historic-perspective-obesity-hormonal-obesity-1/>



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The Two Lies



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2. You get everything you need in a healthy diet.

We need to do what we can to accept the truth of being continuously lied to and get over it so we can move on.

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Food = Macro + Micro Nutrients + Water

Macronutrients – *proteins, fats and carbohydrates provide energy (calories)*

Without them we will suffer malnutrition, starvation and death

Quality vs Quantity

Micronutrients – *vitamins, minerals & trace elements. Essential for life*

Without them we would suffer deficiency diseases, a precipitous health decline and death Michael Eades

Our bodies are genetically programmed to continue eating until we consume a bare minimum of micronutrients Steve Gundry

Farmlands Drained of Nutrients

Soil nutrient depletion a worldwide epidemic¹



- Nutrient depletion in soil is leading to a continual decline of nutrients in foods.²
- Humans need essential trace elements...**they are indispensable for life.**²

¹The 1992 Earth Summit in Brazil, ² PubMed PMID: 7022654



Dr. Joel Wallach
BS, DVM, ND

A skilled pathologist, Dr. Joel D. Wallach performed over 200 human autopsies as a graduate student in veterinary medicine. Dr. Wallach was the first veterinarian to be published in scientific journals about an incident of pollution causing deaths in animals on a massive scale. Dr. Wallach was selected as the lead scientist on a 13 year government study comparing the health of animals and people.



After more than 20,000 autopsies on animals and people, Dr. Wallach learned that the same nutritional deficiencies would cause the same diseases **ACROSS SPECIES LINES**, and that there are 900 different diseases that are linked to nutritional deficiencies. His research was published in *The Diseases of Exotic Animals* which became the textbook for veterinarians across the U.S. This book is now recommended for every zoo by the Smithsonian Institute.



Published over 70 times in scientific and medical journals, Dr. Wallach's impact has forever changed veterinary medicine and the health of our animals. Knowing that he could do the same for people, Dr. Wallach earned his degree as a physician while he was simultaneously teaching nutrition at the National College of Naturopathic Medicine.



The author of 14 books and various CDs, Dr. Wallach's world-famous *Dead Doctors Don't Lie* CD has sold over 200 million copies. Dr. Wallach continues to travel the world over 300 days a year giving free health lectures to help people learn that reversing diseases and obtaining optimal health is possible.

90 Essential Nutrients



Plant Derived Minerals
Plus the rest of the 90

[http://drdarag.youngevity.com/
index.cfm/90-for-life/](http://drdarag.youngevity.com/index.cfm/90-for-life/)

Healthy Soil → **Healthy Plants** → **Healthy Animals** → **Healthy People**

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Dr. Wallach's **3 Steps to Health**

step
1

Identify the category (or tissue breaking down)

Use the SELF EVALUATION (next page) to identify what is breaking down. **If you don't have the symptom listed at all, put in a 0. For slight or moderate symptoms use a 2 or 3, and a 4 or 5 if it's a severe symptom.** The total for each category can be used to track your improvements from month to month.

step
2

Use the appropriate pack & dose

Give your body the nutrition it uses to rebuild/repair that tissue/system.

*Supplement your supplements
with a good diet*

step
3

Clean up your diet

Eat the foods that help maximize absorption and avoid the foods that hinder digestion.



Dr. Wallach's 3 Steps to Health

Your Name	Your Phone#
	Your Email

Body Weight	kg/lbs
-------------	--------

step 1 SELF EVALUATION FORM Identify the category

Rate yourself with the numbers 0 - 5 with 0 being 'never' and 5 being 'severe'; the higher the number, the more likely you have a problem in this category.

Start identifying category: never, 0 • rarely, 1 • occasionally, 2 • often, 3 • most of the time, 4 • severe, 5 •

Hard Tissue Category

	Today's Date	30 days	90 days	6 months
a Knee, shoulder, joint, back, neck stiffness				
b Knee, shoulder, joint, back, neck pain				
c Headaches				
d Numbness, foot/arm fall asleep				
e Trouble getting to sleep even when tired				
f Bleeding gums, cavities, dental issues, kidney stones, bone spurs				
g Blood pressure problems				
h Pain killers/medication for any of the above				
Totals ▶				

Blood Sugar Category

	Today's Date	30 days	90 days	6 months
a Cravings for sugar, sweets				
b Get sleepy after meals				
c Excessive thirst or sweating				
d Wake up during the night				
e Blood sugar medication				
f Trouble concentrating				
g Feeling sad or hopeless				
h Difficulty losing weight				
Totals ▶				



Support person	Support Email
Support Phone#	Support Website

Soft Tissue Category

	Today's Date	30 days	90 days	6 months
a Dry or itchy skin, dry cuticles				
b Thyroid or hormonal issues				
c Cracks on your heels				
d Forget things you go to get, can't remember a specific word				
e Trouble breathing, cough, dry throat				
f Tiredness, kidney problems, diuretics				
g Eye or eyesight problems				
h Age spots, blemishes, grey hair, wrinkles, hemorrhoids, varicose veins				
Totals ▶				

Digestion Category

	Today's Date	30 days	90 days	6 months
a Multiple Issues in previous categories				
b Heartburn/acid reflux, antacid*				
c Bloating, gas, smelly gas				
d Constipation, use fiber/laxatives				
e Diarrhea				
f Seasonal allergies				
g Food allergies, stomach/intestinal pain				
h Immune system problems, get sick easily				
Totals ▶				

You should see a reduction in these numbers in your first month of fully using the products. Get the support you need to see significant improvement in the first 90 days.

step 2 Use the Appropriate Nutrient Pak

1. Try our Basic Paks first!

Check the box for the pack that most corresponds to your answers.

<input type="checkbox"/>	Hard Tissue  Healthy Body Bone & Joint Pak 2.0 HSP2.0+Glucosamine & CM Cream	Healthy Body Brain & Heart Pak 2.0 HSP2.0+Ultimate EPA & Selenium	<input type="checkbox"/>
<input type="checkbox"/>	Blood Sugar  Healthy Body Blood Sugar Pak 2.0 HSP2.0+Sweet Eat	Healthy Body Digestion Pak 2.0 HSP2.0+Enzymes & Flora fx	<input type="checkbox"/>

90 Essential Nutrients

As a rule Dr. Wallach recommends 1 pack per 45kg/100lbs of body weight, but for cost savings, some people start with 1 pack and simply add one bottle of Plant Derived Minerals per extra 45kg/100lbs body weight.

If you have symptoms in multiple categories, Dr. Wallach recommends focusing on the category that you're most concerned about, strict adherence to his dietary guidelines and (budget permitting) adding digestive support (i.e. Ultimate Enzymes & Root Beer Belly).

For a package with products from all categories we recommend the CEO Combo Pack, but be aware that with severe digestive issues, you may need to start with 1/2 amounts.

2. Try our Add-ons!

Category		my favorite add-ons
 Hard Tissue	Liquid Gluco Gel For relaxation: Osteo-Mag	
 Blood Sugar	Energy support: Pollen Burst, BodyTrim	
 Soft Tissue	Liver Support: Pollen Burst Plus, Selenium Thyroid support: Ocean's Gold Heart Support: Cardio Stx, Selenium, BodyTrim Hormonal Support: Cardio Stx, XeraFem, XeraTest	
 Digestion	Probiotic: Root Beer Belly, Nightly Essence, Saxi, Ultimate Enzymes Immune Support: Killer Biotic, Oxybody, BodyTrim	

3. Continuing education

The more you educate yourself, the more you become a participant in your own health. Please refer to your support person to clarify which material to read, listen to or look at.

step 3 Clean Up Your Diet

Dr. Wallach's Dietary Recommendations

- Gluten-free (no wheat, barley, rye)
- Oat-free (including "gluten-free" oats)
- Low carbohydrate*
- No high fiber**

* Some 'Gluten free' foods and grains can be high in carbohydrates. Read the labels. Carbohydrates create blood sugar imbalances & feed bad bacteria, which leads to bloating & gas.

** Stewed + steamed vegetables are easier to digest; use magnesium to help with bowel movements.

Dr. Wallach's Good food / Bad food list

"It's not what you eat that kills you; it's what you don't eat!"

GOOD FOODS:

Eggs—Soft scrambled in butter, soft boiled or poached.

4-8, 8 oz. glasses of filtered water each day.
Avoid soft, plastic bottles.

Mixed, Salted Nuts—No peanuts.

Nut Butters—No extra sugar.

Pure Buckwheat (not wheat).

Couscous (Made from pearl millet only).

Beef—Rare/medium-rare.

Butter

Salt

Dairy

Fish

Chicken

Pork

Lamb

Rice

Millet

Beans

Quinoa

Corn

Vegetables

Fruit

Coffee

Tea

Green Tea

Red Wine



BAD FOODS:

Oats

Fried Food—Nothing fried! You should boil, broil or bake and never more well done than medium rare.

Oils—Cooking or salad. Yes, this includes Olive Oil! NO OIL OF ANY KIND!

Well Done Meat (Rare or medium-rare is ok).

Deli Meats... No nitrates or nitrites -- Read labels. Tell your butcher NO NITRATES or NITRITES!

NO Carbonated Drinks within 1 hour before, during or 1 hour after meals.

Baked Potato Skins

Wheat

Barley

Rye



Dr. Wallach recommends to NEVER use these 2 medications:

- 1) Cholesterol lowering drugs
- 2) Medication to lower stomach acid

Sometimes we **REPHRASE** the question

Arthritis – Bone & Joint Support

ALS, Parkinsons – Brain Support

Diabetes – Blood Sugar Support

Celiac, Crohns – Digestion

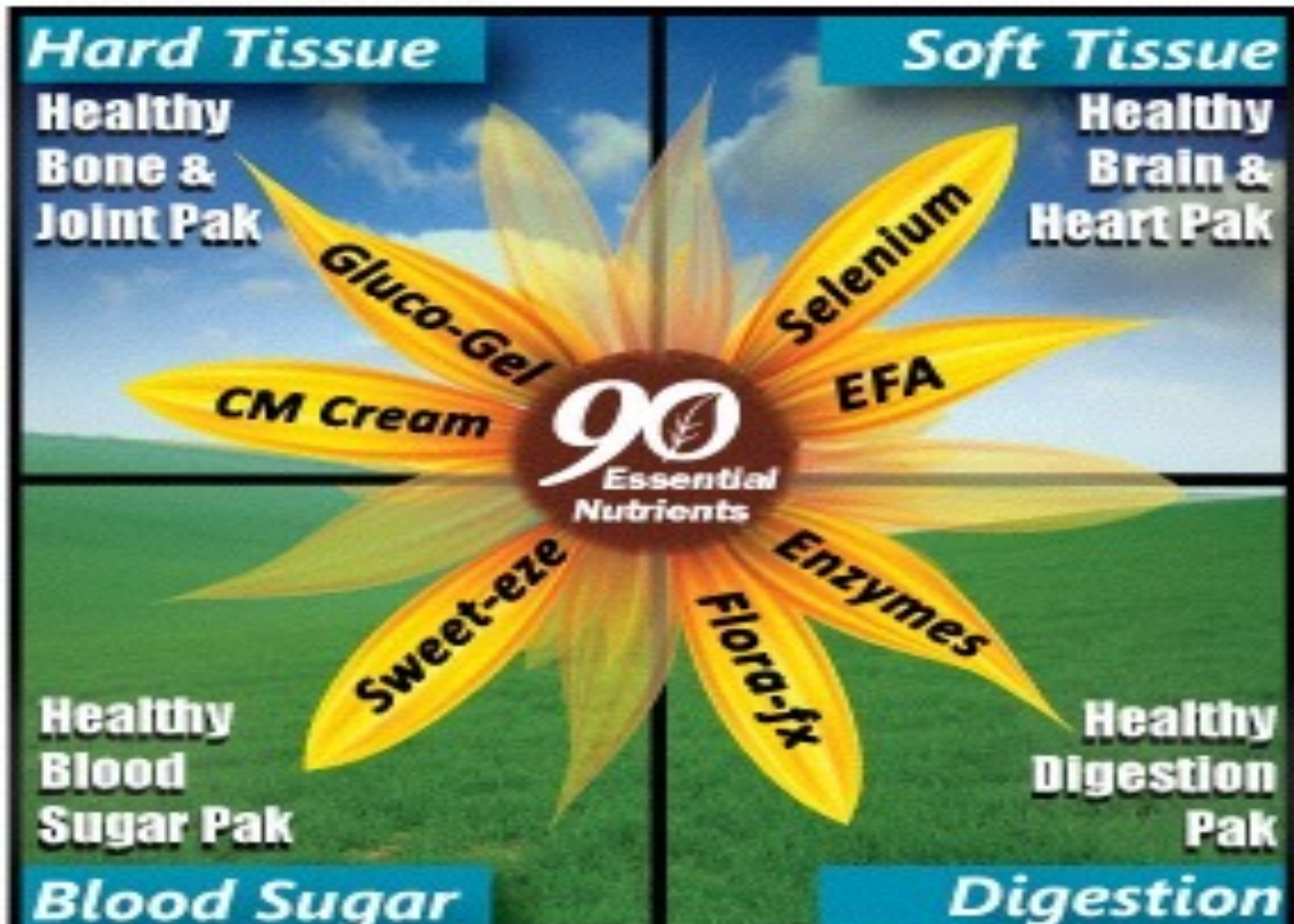
Cancer – Immune Support

Kidney Disease – Kidney Support

Why is this important?



Step 2: Use Appropriate Pack



90 for Life™

- 90 life essential nutrients needed for optimal wellness and health
- Through 40 years of clinical research and discovery
- Confirmed each nutrient deficiency linked to multiple health issues
- Organized the most power "90" nutrients - made them simply available
- The very core of Youngevity philosophy to health - 90 for Life™



90 Essential Nutrients



Dr Joel Wallach

Dead Doctor's Don't Lie

Plant Derived Minerals
Plus the rest of the 90



Healthy Soil ➡ **Healthy Plants** ➡ **Healthy Animals** ➡ **Healthy People**

www.lchfdietmentor.com

90 Essential Nutrients

Other Healthy Body Paks

<http://drdarag.youngevity.com/index.cfm/90-for-life/>



Weight Loss Pak™ 2.0



Athletic Pak™ 2.0



Digestion Pak™ 2.0



Blood Sugar Pak™ 2.0



Bone & Joint Pak™ 2.0



Brain & Heart Pak™ 2.0

Healthy Soil ➡ **Healthy Plants** ➡ **Healthy Animals** ➡ **Healthy People**

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TROUBLE SHOOTING

1. Are you taking the right products?
2. Are you taking the right amounts?
3. Are you absorbing?
4. Have you cleaned up your diet?





Increased Yield: On average growers are reporting a 120% increase in their yield. (Individual results will vary depending on a number of factors including: the number of applications of the minerals, soil and weather conditions.)



Brix in cherries from 14.5 to 19.8

with minerals



without



Jerry W. Murphy

On April 21, 2011 I met Dr. Joel Wallach for lunch in Poplar Bluff, Missouri. Upon reviewing my lab results from 4/14/2011 he then wrote the orders below, BTT 2 scoops 2xda, Osteo FX 1 oz 2xda, EFA Plus 3 caps 2xda, Sweet-eze 2 caps 3xda, Daily 180 3 caps 3xda. D-Stress 3 caps 2xda No!!! Fried Foods, Sugars, Oils, or Mayo Oils, Juice or Fruits, No Wheat, Barley, Rye or Oats.No Processed Foods, No Nitrites or Nitrates. Do Eat- Eggs, Mixed fancy nuts

Before April 21, 2011 and the preceeding six months I was taling 500mg of Metformin 2 caps 2xdaily(2000mg) in addition to 1.2 victoza injectable 1xdaily On April 22, 2011, I stopped all my prescription medication and began to follow Doc's Prescritpiun for health and it worked. Praise God! Today I take no prescription medications, eat healthy and take Youngevity supplements daily and let the results speak for themselves!!!

Jerry W. Murphy BLD, MSMT, MHCA

imwall444@aol.com

Test	Normal	4/14/2011	6/20/2011	7/1/2011	10/21/2011	12/21/2011	3/26/2012
Fasting Glucose	74-106 mg/dl	171	143	104	96	90	79
Hemaglobin A1C	4.2-5.8%HBA1C	7.3	6.5	5.8	4.92	4.86	4.36
Cal. Ave Glucose	74-106 mg/dl	177	167	106	95	88	78
BUN	9-23 mg/dl	28	21	18	16	14	14
Creatinine	0.7-1.3 mg/dl	1.3	1.2	1.1	1.0	0.9	0.9
Blood Presure	110/70	155/95	140/90	135/85	120/80	1115/75	110/70
Body Weight	190 lbs	241	234	218	214	204	199





before



2013.2.24

after



2013.3.13

before

after



2014.5.20

2014.8.20

before

after



2014.5.20

2014.8.28

before



2014.5.20

after



2014.8.20

before



2014.5.20

after



2014.8.20

30 Day Reset



The Fat Of The Land



**The reset/reboot button
for your genes**

Eat when hungry, stop when satisfied
- meat/chicken/fish/shellfish/eggs.

Limit CHO to 5 gms per meal TDS.
Basically 1/2-1 cup of mixed
above ground cooked veggies.
Leafy greens 1-2 cups.

90 For Life - 1 scoop of BTT 3.5 gms.

Butter - fish oils

Water to thirst. 1/2-2 tspn's salt

30 Day Reset Vegetarian

New Atkins For A New You



**The reset/reboot button
for your genes**

Limit CHO to 30 gms per day.
Or 50 gms for more variety and slower
weight loss

Eat when hungry, stop when satisfied -
eggs, cheese, soy products.

Intro nuts & seeds before berries
1/2-1 cup of mixed above ground
cooked veggies.

Leafy greens 1-2 cups.

If drinking 90 For Life need to take that
into account. 1 scoop of BTT 3.5 gms.

Oils - flaxseed, olive, walnut.

Water to thirst. Salt to taste.

30 Day Reset Vegan

New Atkins For A New You

Start on 50 gms CHO per day

Eat when hungry, stop when satisfied - seeds, nuts, soy products, soy & rice cheeses, seitan, pulses and high protein grains like quinoa.

1/2-1 cup of mixed above ground cooked veggies.

Leafy greens 1-2 cups.

If drinking 90 For Life need to take that into account. 1 scoop of BTT 3.5 gms.

Oils - flaxseed, olive, walnut.

Water to thirst. Salt to taste.



**The reset/reboot button
for your genes**

Options?



**It depends
on how serious
you are...**

Acceptance of being lied to

Commitment to exploring and discovering

True appreciation of what your body needs

1. Supplement - choose your pack. ***Supplement your supplements with a good diet***
2. Change your break fast. So you start your day off right and set yourself up to WIN (Winter Is Now)
3. Eliminate wheat and sugar
4. Ketosis < 20 grams a day of CHO
5. Intermittent fasting

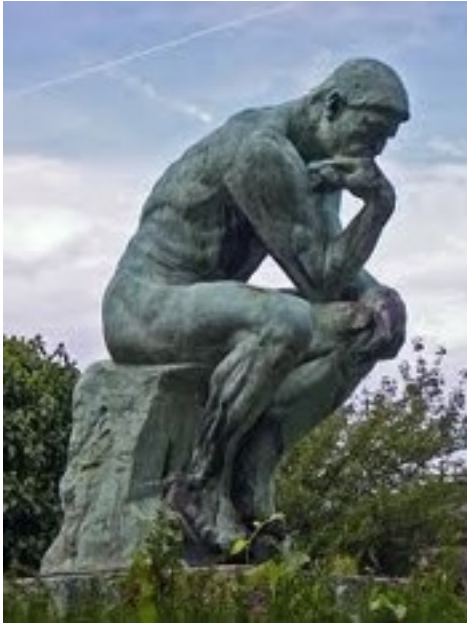


Rethink Your Health

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We will start shortly. Long form.

Evolving Food Pyramids 3.0



Humans are the only animals that eat according to their philosophy –
i.e. we generally aim to eat what we think/believe is healthy.



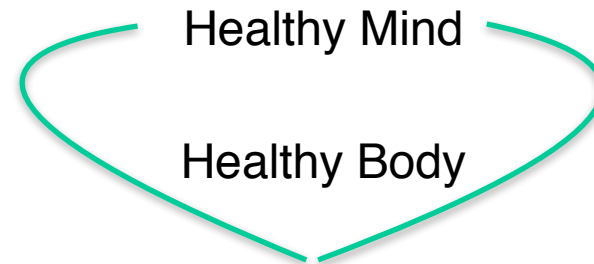
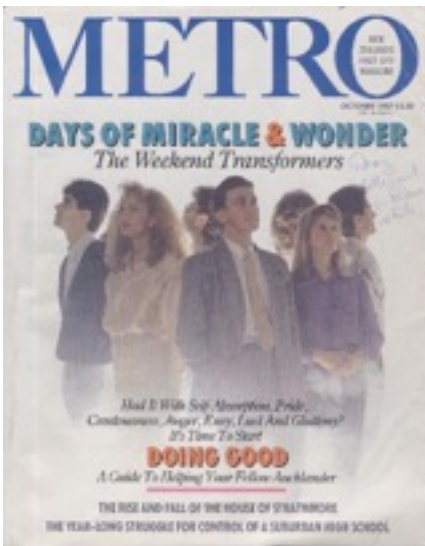
Food pyramids aim to give us an idea of what and how much to eat. But who gets to decide what goes on them and what is the impact on your health and wellbeing?

www.lchfdietmentor.com

About me

Graduated from Otago Medical School 1978 only to find I was happier helping people live healthy lives rather than fixing disease and terrified of hurting people.

Spirit-Mind-Body connection fascinated me.



Simplifying Life's Lessons so you can
LIBERATE yourself.

**Life In Balance, Expanding, Radiating And
Touching Everyone**

Mum's Side



Grandad & me



Me aged 9



Mum approx
12yrs

The baker's grandson – 166cm 5'6" Ranged 64-84kg. Thrifty gene.

Dad's Side



Grandparents



1974 - 19yrs



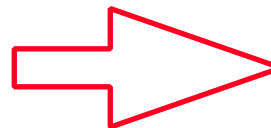
Dad 60ish

My Journey With Food



1978 Lot's of fasting

1976- 2010 Predominantly **vegetarian**. Fat was demonised when I was in Med School '73-'78



1990 a profound experience with some food supplements made me pay even more attention to healthy eating. **Wheat and dairy free**, due to bloating, joint pain & sinus congestion.

Wheat free vegan for 10 years.

2005 in my early 50's overt signs of **inflammation**

Blepharitis

Rosacea

2007 testicular cancer, 52 (emotional?)

2009 **bad blood fat profile.**

Body fat was a constant struggle



2004 - picture of health?



Your Story?



Reality hitting you in the face like it did to me?



Want to perform at your best?

Looking towards your future?



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The Two Lies



1. Animal fat is bad for you.



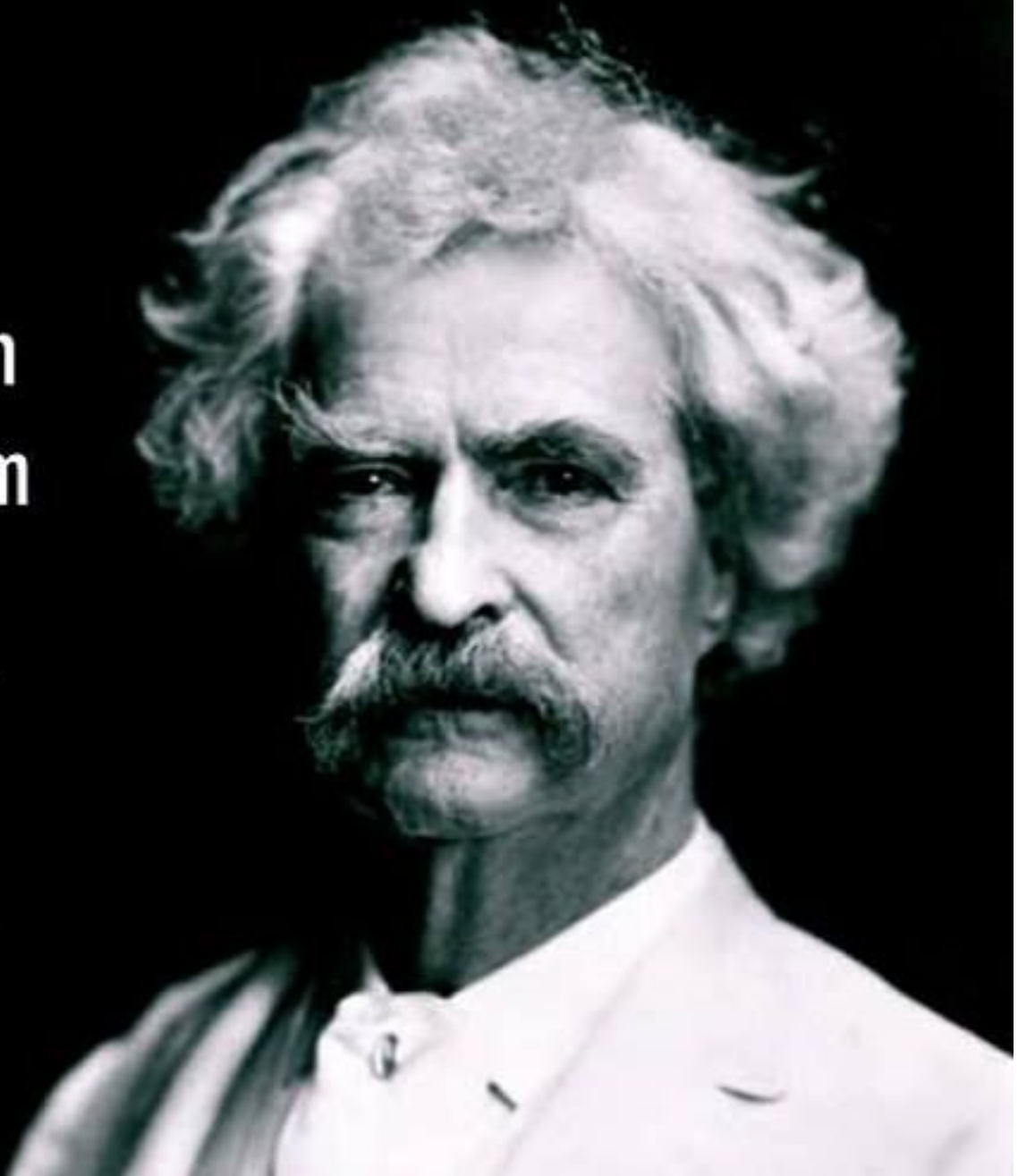
2. You get everything you need in a healthy diet.

We need to do what we can to accept the truth of being continuously lied to and get over it so we can move on.

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**"It's easier to
fool people than
to convince them
that they have
been fooled."**

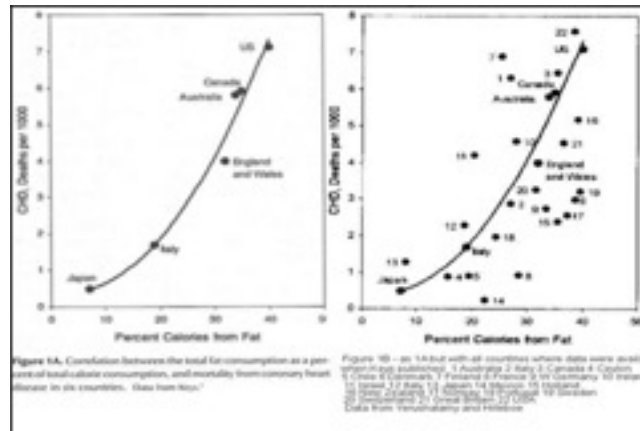
- Mark Twain -



The Devil in Disguise?

Pushed through the diet heart hypothesis, (saturated dietary fat = high cholesterol = arteriosclerosis), that has affected all of us and still hasn't been proven to be true. An 'arrogant bully' who knocked everyone and their toys out of the sandpit.

Epidemiological/Observational vs Clinical Trials



Graph from *Cholesterol Myths*

Changed the world on 33 men not eating their normal diet

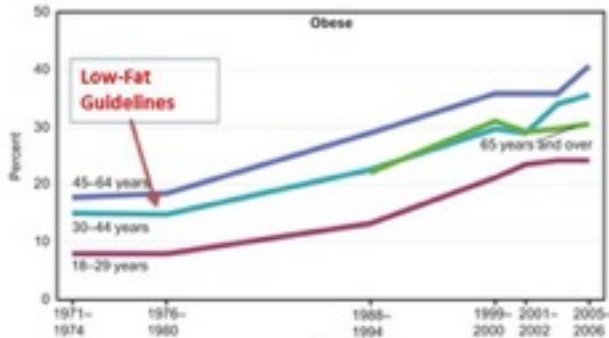
<http://authoritynutrition.com/modern-nutrition-policy-lies-bad-science/>

<http://www.proteinpower.com/drmike/low-carb-diets/jack-lalanne-vs-ancel-keys/>

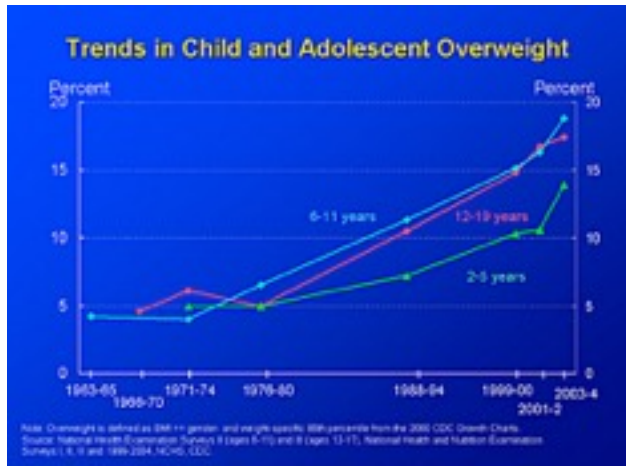
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Results of the USDA Food Pyramid?



Source: National Center for Health Statistics (US). Health, United States, 2008: With Special Feature on the Health of Young Adults. 2009 Mar. Chartbook.



Virtual explosion of degenerative diseases

- Overweight & Obese
- Diabetes
- Heart disease
- Hypertension
- Raised cholesterol & LDL levels
- Stroke
- Cancer (immune system dysfunction)
- Auto immune system disorders
- Dementia



<http://www.anzacsite.gov.au/landing/bgrnd.html>

- *The fact is this—**obesity rates in the US** remained stable at around **14% to 15%** from **1900 to 1980**. Since then the obesity rates have skyrocketed with nearly **60%** of the population today overweight or obese. **The spike in obese Americans began and progressed when the government recommended fat reduction in our diets.** Dwight Lundell, Heart Surgeon*

200,000 – to - 20

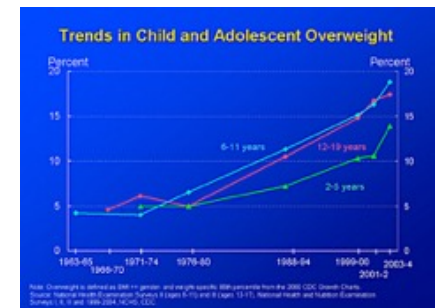


200,000 years since homo sapiens appeared

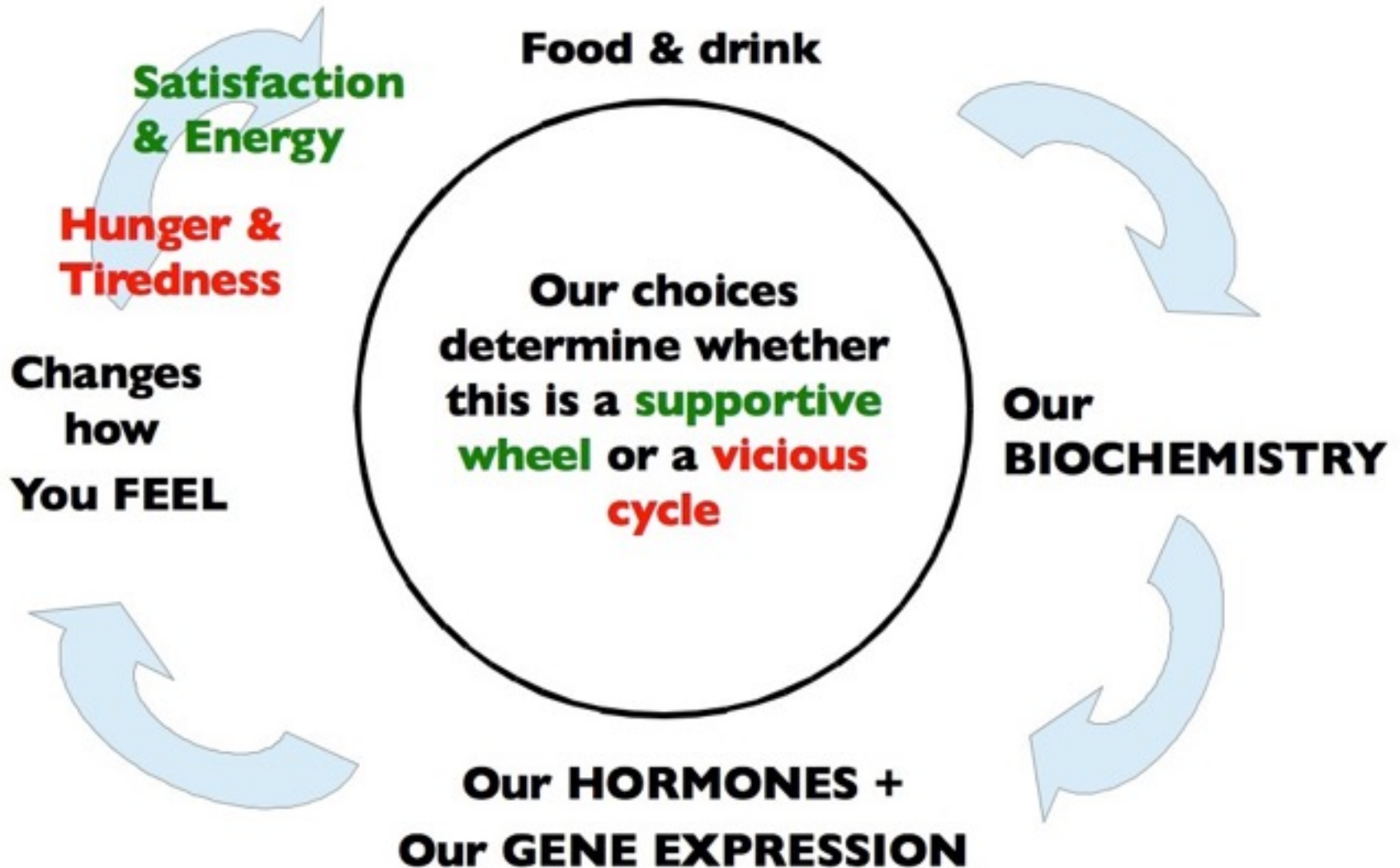
2m	200,000 years	24:00 hrs
10cm	10,000 years	01:12 hrs:mins
3mm	150 years	00:01:05 mns:scs
1mm	50 years	00:00:21 secs



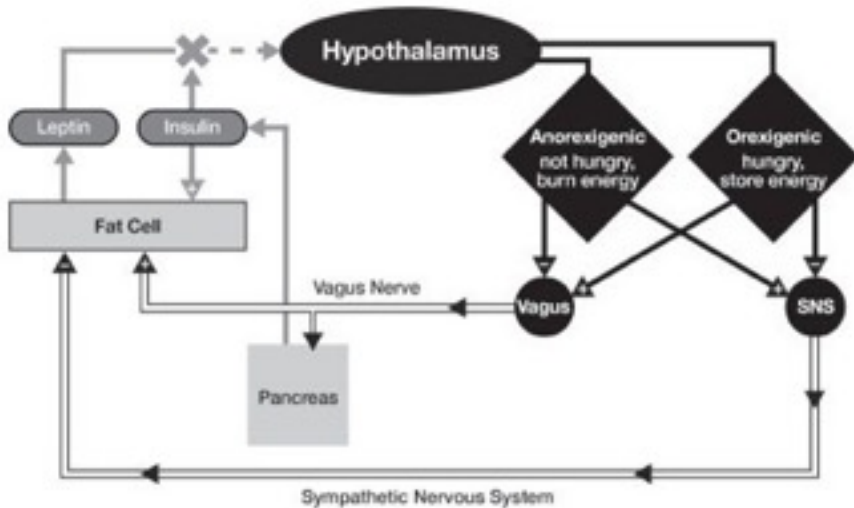
Take any primitive culture and give them the western diet and within **20** years, one generation, they are having the same problems as we are.



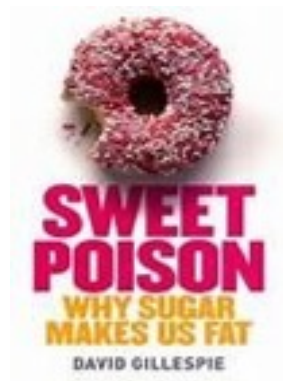
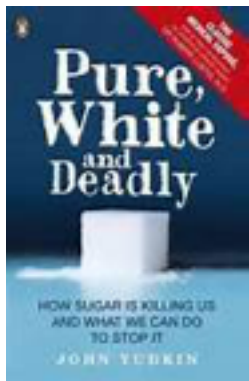
Food Fixes



Get the Insulin Down



Fat Chance – Robert Lustig MD



For almost everyone this is the key, because **Insulin is the fat producing hormone.**
Reduced insulin leads to:

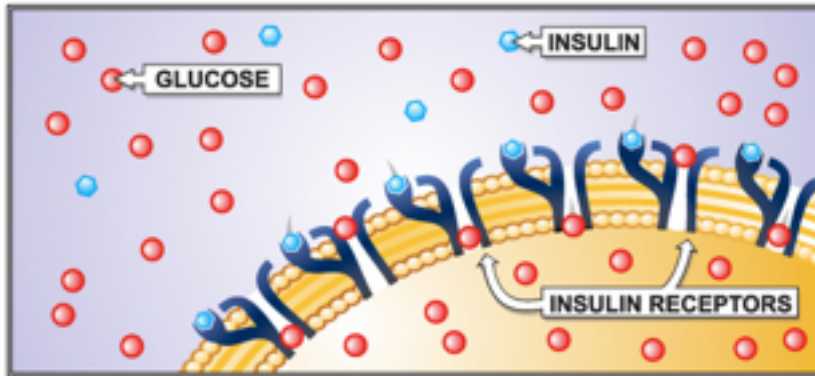
- Less insulin resistance > insulin sensitivity
- Less shunting of energy to body fat
- Increased leptin sensitivity, lower appetite
- More energy to muscles = improved metabolic health & quality of life

HOW to get Insulin down?

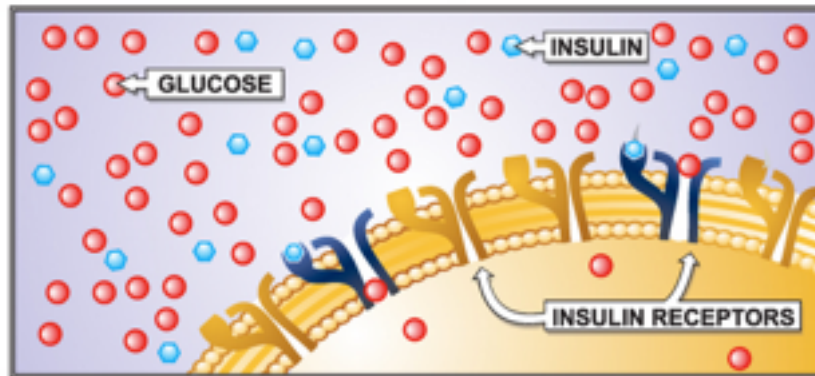
- A. Reduce insulin release** – CHO restriction
- B. Improve hepatic insulin sensitivity** – decrease production of liver fat by:
 - Decreasing fat & CHO together, i.e. sucrose = glucose + **fructose**.
 - Increase fibre by eating whole foods to reduce flux to liver.
- C. Improve muscle insulin sensitivity** – Exercise – Tabata - HIIT

CHO Induced Insulin Resistance

NORMAL CELL



INSULIN RESISTANT CELL



Insulin Resistance is our body's defensive mechanism against toxic levels of blood glucose.

[Dr Jason Fung](#)

Inflammation – The Fire Inside



Feb 23, 2004

Carbohydrates cause Inflammation

I began to think there was more to inflammation than suspected—that it wasn't just a side effect but in fact, it was the culprit, the cause of cardiac arrest. If that was so, I could save more lives by actually treating inflammation instead of patching the problem.

Dwight Lundell MD

Playing with FIRE!



Sugar acts like shards of glass in our body.

The brain has no pain receptors for inflammation.

David Perlmutter MD *Grain Brain* *The Surprising Truth About Wheat, Carbs and Sugar - Your Brain's Silent Killers*

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What You Gonna Burn?



Carbs?



Fat?

Nutritional Ketosis

Our natural state where we operate best

WHO SHOULD BE ON A KETOGENIC DIET

Put out the fire:)

YES

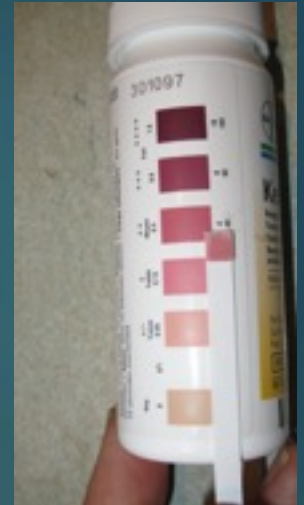
Diabetes
Hypertension
Overweight
High Triglycerides
Metabolic Syndrome
Epilepsy
Disorders of carbohydrate metabolism eg Pyruvate dehydrogenase deficiency, GLUT1 deficiency syndrome

PROBABLY

Neuroprotection- Dementia, Parkinson's, ALS, Brain trauma, Stroke, Migraine, ADHD, Autism, MS
PCOS
Acne
Cancer
Irritable Bowel/ IBD
Autoimmune Disorders
Osteoarthritis
Psych- Bipolar, Schizophrenia etc

NO

Porphyria
Pyruvate carboxylase deficiency
Genetic disorders of fat metabolism



Dr Zeeshan Arain

www.lchfdietmentor.com

Finding the Right Level of Carbohydrate

- A dietary carb level that keeps ketones in the desirable range
- Typically, an adult eating 50 g/d of complex carbs in foods has serum BOHB of 1 mM (nutritional ketosis)
- Some diabetics & insulin resistant individuals find they need to stay as low as 25 g/d carbohydrate to retain good control and weight stability
- A dietary carb level below which you don't convert it into fat



Dr's Jeff Volek & Steve Phinney

Best Carbohydrate Strategy



1. If you haven't got one of the contraindications and want to go into ketosis. **Start with 20 gms a day of CHO.** Once you get stabilised and want to test your CHO tolerance go up 5gms a day week over week. (Phinney, Volek & Westman)
2. Go to a maximum of 60-80 gms a day if you find symptoms don't return. (Dr David Perlmutter)
3. May need to be at 10 gms a day or below.
4. Top athletes "shouldn't need more than 200gms" (Prof Tim Noakes)

Which Medications?



1. Blood sugar medication like insulin



2. High blood pressure medication

How To Count CHO

Web Images Videos News Books More Search tools

About 12,300,000 results (0.34 seconds)

Nutrition Facts and Analysis for Broccoli, raw
[nutritiondata.self.com/facts/vegetables-and-vegetable-products/2356/2](#)
The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Vitamin E (Alpha Tocopherol), Thiamin, Riboflavin, ...

Nutrition Facts and Analysis for Broccoli, cooked, boiled ...
[nutritiondata.self.com/facts/vegetables-and-vegetable-products/2357/2](#)
Nutrition facts and information for Broccoli, cooked, boiled, drained, without salt.

Broccoli - The World's Healthiest Foods
[whfoods.org/genpage.php?name=foodspice&dbid=9](#)
Overcooked broccelli becomes soft and mushy, an indication that it has lost both nutrients and flavor. Begin by cutting broccelli florets into quarters and let sit for ...

Broccoli: Health Benefits, Risks & Nutrition Facts - LiveScience
[www.livescience.com/45408-broccoli-nutrition.html](#)
Oct 1, 2014 - Your parents knew what was up when they told you to eat your broccelli. This verdant vegetable is a powerhouse of nutrients. It's reputed to ...


Broccoli nutrition facts and health benefits - Nutrition and You
[www.nutrition-and-you.com/broccoli.html](#)
Broccelli is rich in dietary fiber, minerals, vitamins, anti-oxidants and phyto-chemicals that have proven health benefits against prostate, colon, breast cancers and ...

What are the health benefits of broccoli? - Medical News ...
[www.medicalnewstoday.com/articles/266765.php](#)
★★★★ Rating: 4 - 21 votes
Oct 2, 2013 - In fact, just a 100 gram serving of broccelli will provide you with more than 150% of your recommended daily intake of vitamin C, which in large doses can potentially shorten the duration of the common cold. Broccelli is also rich in vitamin A, iron, vitamin K, B-complex vitamins, zinc, phosphorus and phyto-nutrients.

Broccoli

Vegetable

Broccoli is an edible green plant in the cabbage family, whose large flowering head is used as a vegetable. [Wikipedia](#)



Nutrition Facts

Broccoli 1 spear (about 5" long) (31 g)
0.5 cup, chopped or diced (44 g)

Amount Per 1 cup chopped (91 g)

Calories 31

100 grams
1 NLEA serving (144 g)
1 stalk (151 g)
1 bunch (608 g)

	% Daily Value*
Total Fat 0.3 g	0%
Saturated fat 0 g	0%
Polysaturated fat 0 g	
Monounsaturated fat 0 g	
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Potassium 268 mg	8%
Total Carbohydrate 6 g	2%
Dietary fiber 2.4 g	9%
Sugar 1.6 g	
Protein 2.6 g	5%
Vitamin A	11%
Vitamin C	135%

Google '_____ nutrition'

Total CHO - Fibre = Net/Usable CHO

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What does 20 gms per day look like?



1 cup of cooked
above ground
veggies

2 cups of salad

Meat/chicken/fish/
shellfish/eggs

Broccoli cooked 1 cup - 4 gms

Onion 1/4 cup cooked 5 gms

Mushrooms 1/4 cup cooked 1.5gms

Red pepper 1/4 raw - 1 gms

Celery 1/2 cup - 1 gms

BTT 2.0 - 2 scoops - 7gms

Total 19.5 gms - raw lettuce & spinach

Fibre? Micro biome. Keep PYY up

Phytates? Keep minerals separate

What does 55-60 grams of CHO look like over a day?

From 20g/d increase 5 gms a day till reach CHO tolerance level



Broccoli cooked 1 cup 5 gms
Cabbage cooked 1 cup 5gms
Peppers ½ cup 2.3gms
Onion cooked chopped 1/4 cup 5.3 gms
Mushrooms ½ cup 2.3 gms
Sauerkraut ½ cup 5.1 gms
Spinach boiled 1 cup 3.1 gms
Blueberries 1/3 cup 5.7 gms
Almonds 25 nuts 5 gms
Chocolate 2 squares 7.4 gms
BTT 2.0 - 2 scoops 7 gms
Wine 120 ml dry white/red 5gms
Total 58.2 gms

What do you replace with?

David Perlmutter, M.D.
Yesterday

Unfamiliar with a ketogenic diet? Here's what it means.



Healthy Fats

Butter
Animal fats
Fish oils

Olive Oil?
Coconut Oil?

Omega 3 - anti inflammatory
Omega 6 - pro inflammatory

Grass fed beef, wild fish, free range
chicken

Eliminate seed oils & trans fats

<http://daragrennie.com/80-90-fat-in-a-lCHF-ketogenic-diet/>

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The Main Problems with a LC Paleo or LCHF Diet

Addiction

I Can't!!!! + I Won't!!!!

Severe

Biochemical addiction. 1 day at a time.

Not so severe - may take just a few days to get back on track



The battle for your mind..

Internal

External

Helplessness

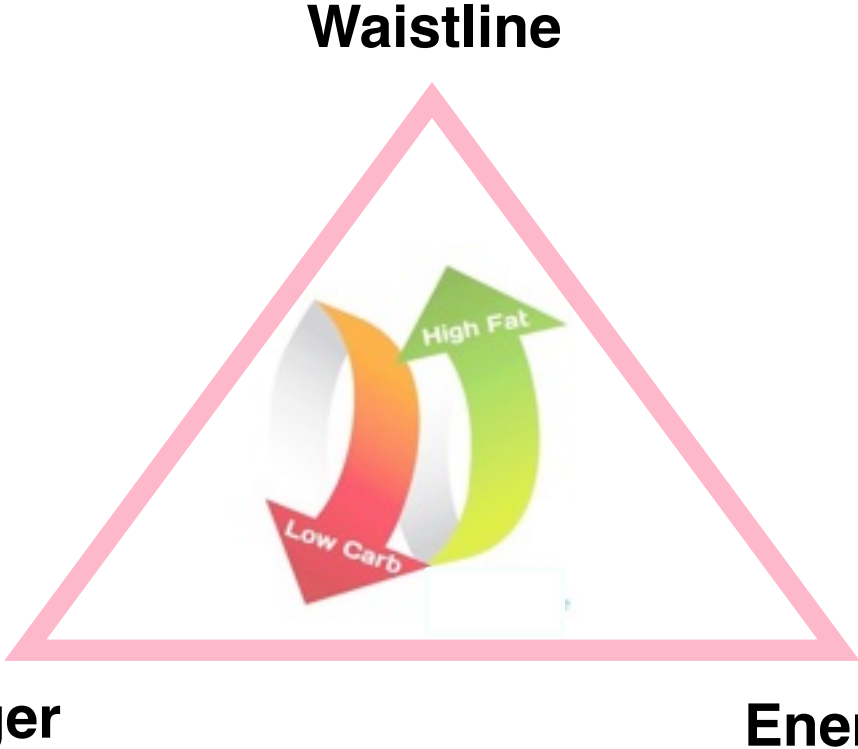
I Can't

Rebellion

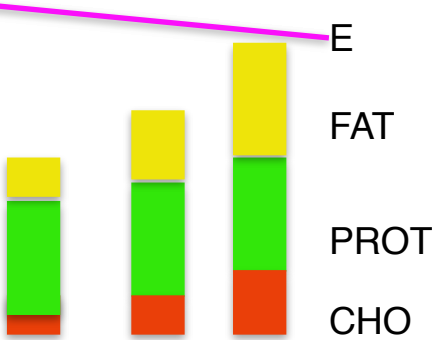
I Won't

The Nutrition Impact Triangle

First week - month
you may experience
Headaches
Fatigue
Dizziness
Heart Palpitations
Irritability
Drink extra water
and salt/bone broth.
Go easy on exercise
70-80% of normal



Increase fats
as your waistline
decreases, you're
coming down to
goal weight and you
get less fat from your
own body



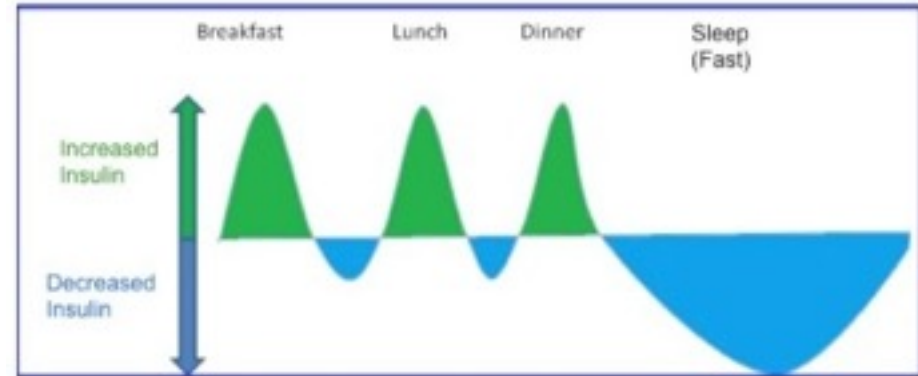
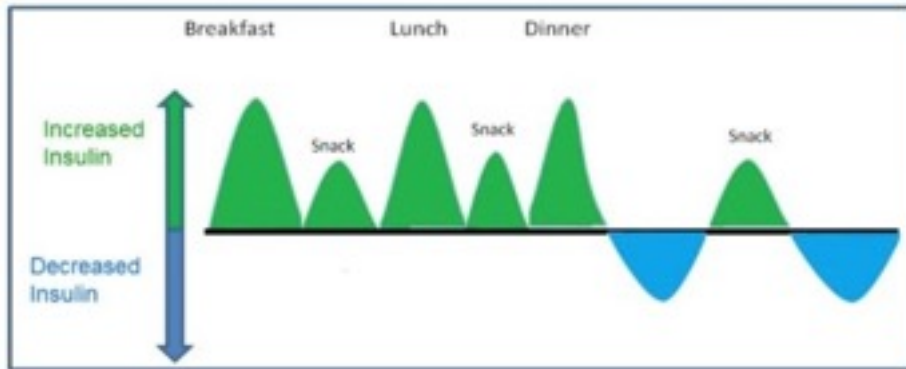
The Goldilocks Principle

Hunger Games - Eat to Satisfaction

If, after a while, you find
you get tired again -
Salt - 1 tspn a day



When To Eat - Fasting



<http://intensivedietarymanagement.com/insulin-works-hormonal-obesity-vii/>

<https://intensivedietarymanagement.com/fasting-a-history-part-i/>

Dr Jason Fung - Nephrologist.

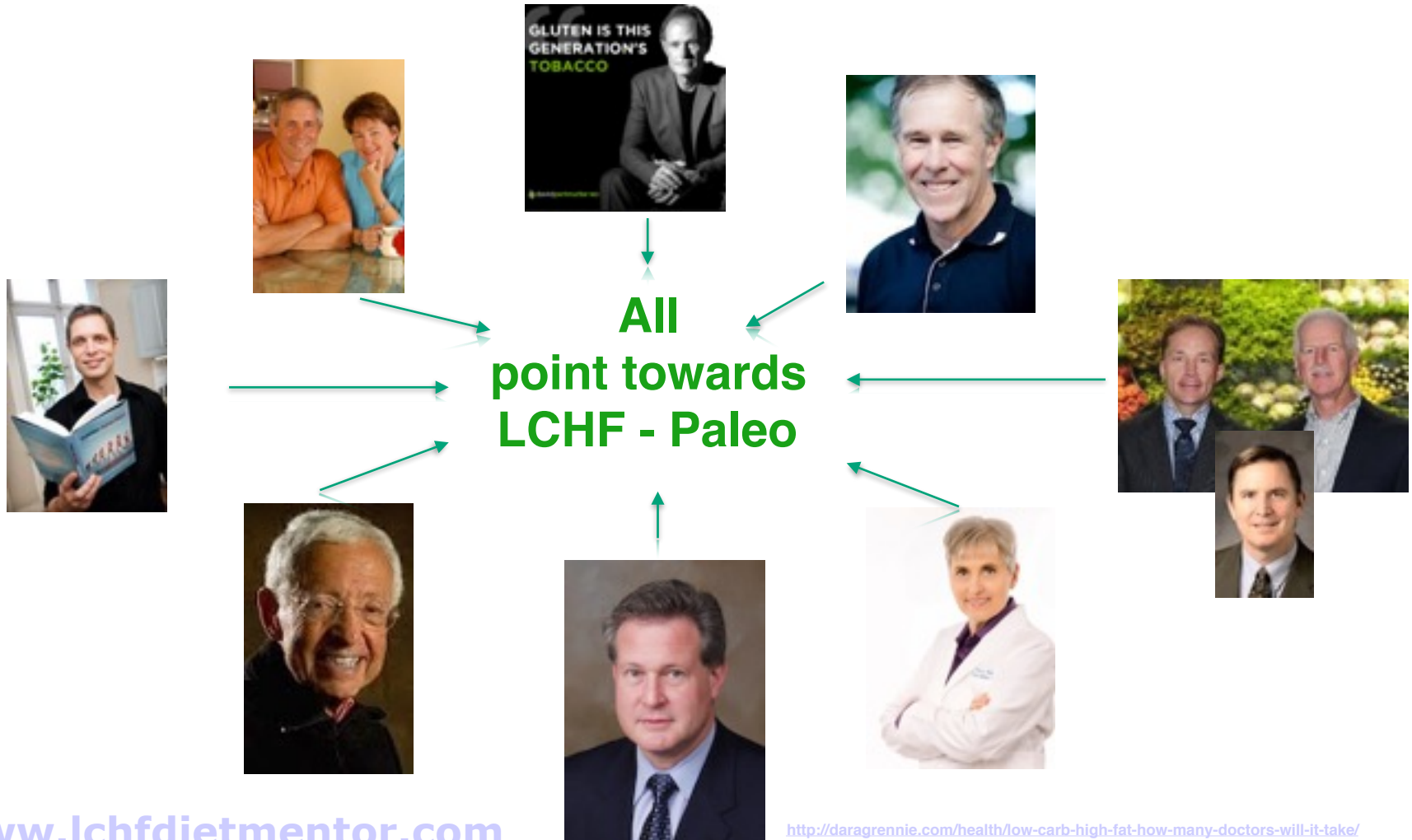
<http://intensivedietarymanagement.com/historic-perspective-obesity-hormonal-obesity-1/>



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How Many Doc's Will It Take?

Doc's see what happens with their patients. Many get the same diagnosis - they go looking - they find - their life changes - they get passionate - they educate.



Going Mainstream



Are you next?

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The Two Lies



1. Animal fat is bad for you.



2. You get everything you need in a healthy diet.

We need to do what we can to accept the truth of being continuously lied to and get over it so we can move on.

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Food = Macro + Micro Nutrients + Water

Macronutrients – *proteins, fats and carbohydrates provide energy (calories)*

Without them we will suffer malnutrition, starvation and death

Quality vs Quantity

Micronutrients – *vitamins, minerals & trace elements. Essential for life*

Without them we would suffer deficiency diseases, a precipitous health decline and death Michael Eades

Our bodies are genetically programmed to continue eating until we consume a bare minimum of micronutrients Steve Gundry

Farmlands Drained of Nutrients

Soil nutrient depletion a worldwide epidemic¹



- Nutrient depletion in soil is leading to a continual decline of nutrients in foods.²
- Humans need essential trace elements...**they are indispensable for life.**²

¹The 1992 Earth Summit in Brazil, ² PubMed PMID: 7022654



Dr. Joel Wallach
BS, DVM, ND

A skilled pathologist, Dr. Joel D. Wallach performed over 200 human autopsies as a graduate student in veterinary medicine. Dr. Wallach was the first veterinarian to be published in scientific journals about an incident of pollution causing deaths in animals on a massive scale. Dr. Wallach was selected as the lead scientist on a 13 year government study comparing the health of animals and people.



After more than 20,000 autopsies on animals and people, Dr. Wallach learned that the same nutritional deficiencies would cause the same diseases **ACROSS SPECIES LINES**, and that there are 900 different diseases that are linked to nutritional deficiencies. His research was published in *The Diseases of Exotic Animals* which became the textbook for veterinarians across the U.S. This book is now recommended for every zoo by the Smithsonian Institute.



Published over 70 times in scientific and medical journals, Dr. Wallach's impact has forever changed veterinary medicine and the health of our animals. Knowing that he could do the same for people, Dr. Wallach earned his degree as a physician while he was simultaneously teaching nutrition at the National College of Naturopathic Medicine.



The author of 14 books and various CDs, Dr. Wallach's world-famous *Dead Doctors Don't Lie* CD has sold over 200 million copies. Dr. Wallach continues to travel the world over 300 days a year giving free health lectures to help people learn that reversing diseases and obtaining optimal health is possible.

Doc Wallach



Epigenetic - Deficiency

www.lchfdietmentor.com

Doc Wallach




Epigenetic - Deficiency

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United Nations Award

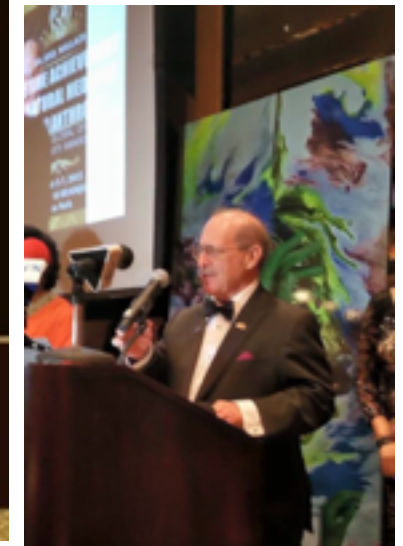


RENOWNED NATUROPATHIC DOCTOR AND FATHER OF LIQUID MINERAL
TO BE HONORED AT THE 3RD G.O.D. AWARDS AT THE UNITED NATIONS



DR. JOEL WALLACH
**LIFETIME ACHIEVEMENT
ON NATURAL MEDICINE &
PHILANTHROPY**
3RD ANNUAL GLOBAL OFFICIALS
OF DIGNITY AWARDS
August 5-7, 2015
UNITED NATIONS HEADQUARTERS
New York

THE DOCTOR OF THE FUTURE WILL GIVE NO MEDICINE BUT WILL INTEREST
HIS PATIENTS IN THE CARE OF THE HUMAN FRAME, IN DIET AND IN
THE CAUSE AND PREVENTION OF DISEASE. ~ THOMAS EDISON



Doc Wallach



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Dr. Wallach's **3 Steps to Health**

step
1

Identify the category (or tissue breaking down)

Use the SELF EVALUATION (next page) to identify what is breaking down. **If you don't have the symptom listed at all, put in a 0. For slight or moderate symptoms use a 2 or 3, and a 4 or 5 if it's a severe symptom.** The total for each category can be used to track your improvements from month to month.

step
2

Use the appropriate pack & dose

Give your body the nutrition it uses to rebuild/repair that tissue/system.

*Supplement your supplements
with a good diet*

step
3

Clean up your diet

Eat the foods that help maximize absorption and avoid the foods that hinder digestion.



Dr. Wallach's 3 Steps to Health

Your Name	Your Phone#
	Your Email

step
1

SELF EVALUATION FORM

Identify the category

Rate yourself with the numbers 0 - 5 with 0 being 'never' and 5 being 'severe'; the higher the number, the more likely you have a problem in this category.

Start identifying category: never, 0 • rarely, 1 • occasionally, 2 • often, 3 • most of the time, 4 • always, 5 •

Body Weight _____ kg/lbs



Hard Tissue Category

	Today's Date	30 days	90 days	6 months
Fill in the date	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
a) Knee, shoulder, joint, back, neck stiffness	_____	_____	_____	_____
b) Knee, shoulder, joint, back, neck pain	_____	_____	_____	_____
c) Headaches	_____	_____	_____	_____
d) Numbness, foot/arm fall asleep	_____	_____	_____	_____
e) Trouble getting to sleep even when tired	_____	_____	_____	_____
f) Bleeding gums, cavities, dental issues, kidney stones, bone spurs	_____	_____	_____	_____
g) Blood pressure problems	_____	_____	_____	_____
h) Pain killers/medication for any of the above	_____	_____	_____	_____
Totals ▶	_____	_____	_____	_____



Blood Sugar Category

	Today's Date	30 days	90 days	6 months
a) Cravings for sugar, sweets	_____	_____	_____	_____
b) Get sleepy after meals	_____	_____	_____	_____
c) Excessive thirst or sweating	_____	_____	_____	_____
d) Wake up during the night	_____	_____	_____	_____
e) Blood sugar medication	_____	_____	_____	_____
f) Trouble concentrating	_____	_____	_____	_____
g) Feeling sad or hopeless	_____	_____	_____	_____
h) Difficulty losing weight	_____	_____	_____	_____
Totals ▶	_____	_____	_____	_____



Hard Tissue



Soft Tissue



Blood Sugar



Digestion

90⁴ Nutrients Categories

Support person	Support Email
Support Phone#	Support Website



Soft Tissue Category

	Today's Date	30 days	90 days	6 months
a) Dry or itchy skin, dry cuticles	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b) Thyroid or hormonal issues	_____	_____	_____	_____
c) Cracks on your heels	_____	_____	_____	_____
d) Forget things you go to get, can't remember a specific word	_____	_____	_____	_____
e) Trouble breathing, cough, dry throat	_____	_____	_____	_____
f) Tiredness, kidney problems, diuretics	_____	_____	_____	_____
g) Eye or eyesight problems	_____	_____	_____	_____
h) Age spots, blemishes, grey hair, wrinkles, hemorrhoids, varicose veins	_____	_____	_____	_____
Totals ▶	_____	_____	_____	_____



Digestion Category

	Today's Date	30 days	90 days	6 months
a) Multiple Issues in previous categories	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b) Heartburn/acid reflux, antacid*	_____	_____	_____	_____
c) Bloating, gas, smelly gas	_____	_____	_____	_____
d) Constipation, use fiber/laxatives	_____	_____	_____	_____
e) Diarrhea	_____	_____	_____	_____
f) Seasonal allergies	_____	_____	_____	_____
g) Food allergies, stomach/intestinal pain	_____	_____	_____	_____
h) Immune system problems, get sick easily	_____	_____	_____	_____
Totals ▶	_____	_____	_____	_____

You should see a reduction in these numbers in your first month of fully using the products. Get the support you need to see significant improvement in the first 90 days.

step 2 Use the Appropriate Nutrient Pak

1. Try our Basic Paks first!

Check the box for the pack that most corresponds to your answers.

<input type="checkbox"/>	Hard Tissue  Healthy Body Bone & Joint Pak 2.0 HSP2.0+Glucosamine & CM Cream	Healthy Body Brain & Heart Pak 2.0 HSP2.0+Ultimate EPA & Selenium	<input type="checkbox"/>
<input type="checkbox"/>	Blood Sugar  Healthy Body Blood Sugar Pak 2.0 HSP2.0+Sweet Eat	Healthy Body Digestion Pak 2.0 HSP2.0+Enzymes & Flora fx	<input type="checkbox"/>

90 Essential Nutrients

As a rule Dr. Wallach recommends 1 pack per 45kg/100lbs of body weight, but for cost savings, some people start with 1 pack and simply add one bottle of Plant Derived Minerals per extra 45kg/100lbs body weight.

If you have symptoms in multiple categories, Dr. Wallach recommends focusing on the category that you're most concerned about, strict adherence to his dietary guidelines and (budget permitting) adding digestive support (i.e. Ultimate Enzymes & Root Beer Belly).

For a package with products from all categories we recommend the CEO Combo Pack, but be aware that with severe digestive issues, you may need to start with 1/2 amounts.

2. Try our Add-ons!

Category		my favorite add-ons
 Hard Tissue	Liquid Gluco Gel For relaxation: Osteo-Mag	
 Blood Sugar	Energy support: Pollen Burst, BodyTrim	
 Soft Tissue	Liver Support: Pollen Burst Plus, Selenium Thyroid support: Ocean's Gold Heart Support: Cardio Stx, Selenium, BodyTrim Hormonal Support: Cardio Stx, XeraFem, XeraTest	
 Digestion	Probiotic: Root Beer Belly, Nightly Essence, Saxi, Ultimate Enzymes Immune Support: Killer Biotic, Oxybody, BodyTrim	

3. Continuing education

The more you educate yourself, the more you become a participant in your own health. Please refer to your support person to clarify which material to read, listen to or look at.

step 3 Clean Up Your Diet

Dr. Wallach's Dietary Recommendations

- Gluten-free (no wheat, barley, rye)
- Oat-free (including "gluten-free" oats)
- Low carbohydrate*
- No high fiber**

* Some 'Gluten free' foods and grains can be high in carbohydrates. Read the labels. Carbohydrates create blood sugar imbalances & feed bad bacteria, which leads to bloating & gas.

** Stewed + steamed vegetables are easier to digest; use magnesium to help with bowel movements.

Dr. Wallach's Good food / Bad food list

"It's not what you eat that kills you; it's what you don't eat!"

GOOD FOODS:

Eggs—Soft scrambled in butter, soft boiled or poached.

4-8, 8 oz. glasses of filtered water each day.
Avoid soft, plastic bottles.

Mixed, Salted Nuts—No peanuts.

Nut Butters—No extra sugar.

Pure Buckwheat (not wheat).

Couscous (Made from pearl millet only).

Beef—Rare/medium-rare.

Butter

Salt

Dairy

Fish

Chicken

Pork

Lamb

Rice

Millet

Beans

Quinoa

Corn

Vegetables

Fruit

Coffee

Tea

Green Tea

Red Wine



BAD FOODS:

Oats

Fried Food—Nothing fried! You should boil, broil or bake and never more well done than medium rare.

Oils—Cooking or salad. Yes, this includes Olive Oil! NO OIL OF ANY KIND!

Well Done Meat (Rare or medium-rare is ok).

Deli Meats... No nitrates or nitrites -- Read labels. Tell your butcher NO NITRATES or NITRITES!

NO Carbonated Drinks within 1 hour before, during or 1 hour after meals.

Baked Potato Skins

Wheat

Barley

Rye



Dr. Wallach recommends to NEVER use these 2 medications:

- 1) Cholesterol lowering drugs
- 2) Medication to lower stomach acid

Sometimes we **REPHRASE** the question

Arthritis – Bone & Joint Support

ALS, Parkinsons – Brain Support

Diabetes – Blood Sugar Support

Celiac, Crohns – Digestion

Cancer – Immune Support

Kidney Disease – Kidney Support

Why is this important?



step
2

Use the Appropriate Nutrient Pak

Start with the basic nutritional package below for the appropriate category. All packages include the Healthy Body Pack 2.0 plus 1 or 2 additional products.

As a rule Dr. Wallach recommends 1 pack per 100 lbs. of weight, but for cost savings, some people start with 1 pack and simply add one bottle of Plant Derived Minerals per extra 100 lbs.

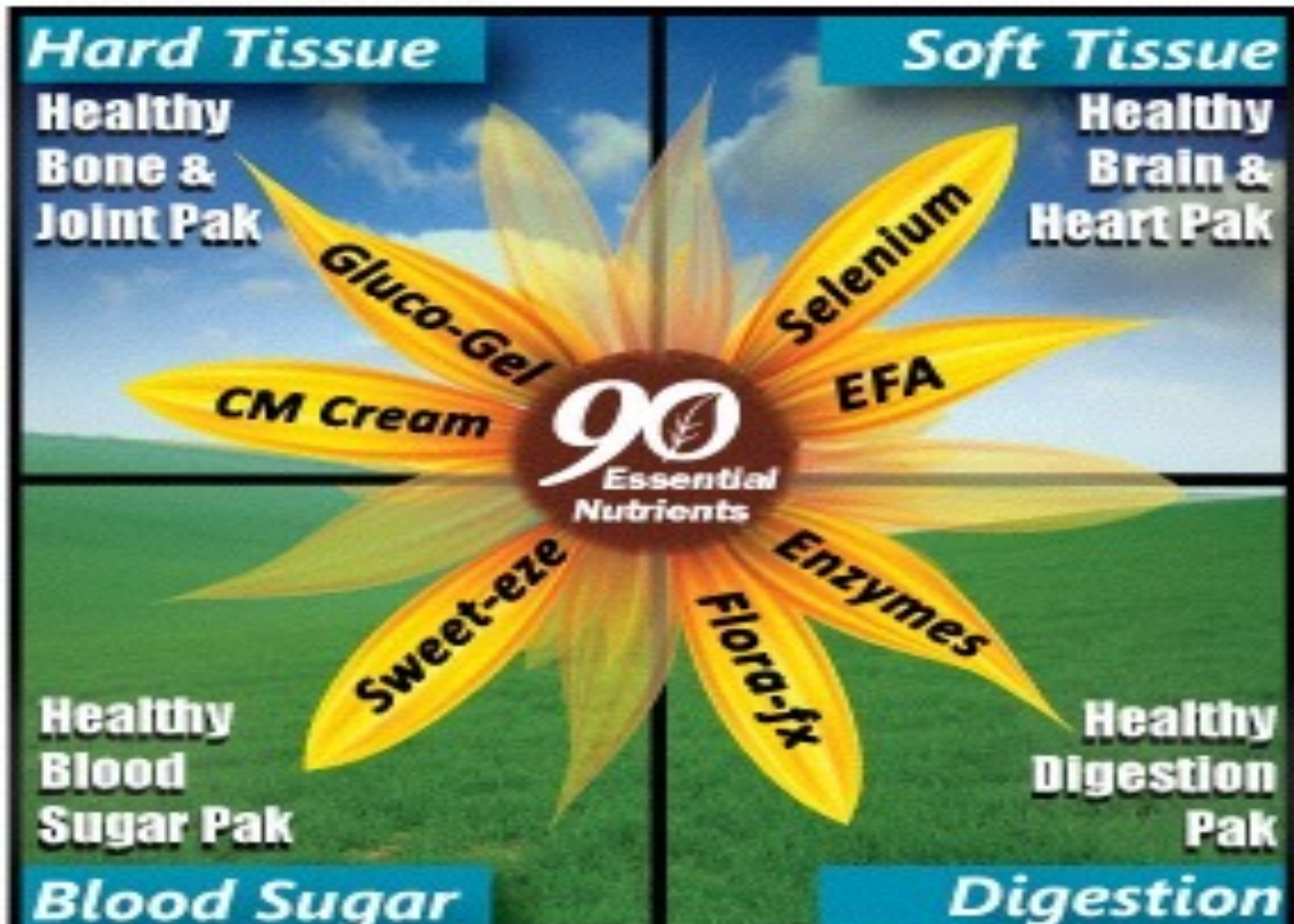
For additional support, refer to some of the add-on products below. You can also refer to the Advanced Product Training materials and weekly webinar.

1. Try our Basic Paks first! **OR** CEO combo pak for all 4!

Check the box for the pak that most corresponds to your answers.

<input type="checkbox"/>	<p>Hard Tissue</p>  <p>Healthy Body Bone & Joint Pak 2.0 HSP2.0+Glucosamine & CM Cream</p>	<input type="checkbox"/>	<p>Soft Tissue</p> <p>Healthy Body Brain & Heart Pak 2.0 HSP2.0+Ultimate EFA & Selenium</p> 	
<input type="checkbox"/>	<p>Blood Sugar</p>  <p>Healthy Body Blood Sugar Pak 2.0 HSP2.0+Sweet Eze</p>		<input type="checkbox"/>	<p>Digestion</p> <p>Healthy Body Digestion Pak 2.0 HSP2.0+Enzymes & Flora fx</p> 

Step 2: Use Appropriate Pack



90 for Life™

- 90 life essential nutrients needed for optimal wellness and health
- Through 40 years of clinical research and discovery
- Confirmed each nutrient deficiency linked to multiple health issues
- Organized the most power "90" nutrients - made them simply available
- The very core of Youngevity philosophy to health - 90 for Life™



All supplements are not created equal



Most mineral supplements are derived from elemental minerals (8%-12% absorbable)

Plants can convert elemental minerals into more usable forms

Youngevity's 90 For Life supplements include plant derived minerals from an exclusive multi-million year old mine (up to 98% absorbable)

When it comes to getting results, absorbability means everything.



90 Essential Nutrients



Dr Joel Wallach

Dead Doctor's Don't Lie

Plant Derived Minerals
Plus the rest of the 90



Healthy Soil ➡ **Healthy Plants** ➡ **Healthy Animals** ➡ **Healthy People**

www.lchfdietmentor.com

90 Essential Nutrients

Other Healthy Body Paks

<http://drdarag.youngevity.com/index.cfm/90-for-life/>



Weight Loss Pak™ 2.0



Athletic Pak™ 2.0



Digestion Pak™ 2.0



Blood Sugar Pak™ 2.0



Bone & Joint Pak™ 2.0







Brain & Heart Pak™ 2.0

Healthy Soil ➡ **Healthy Plants** ➡ **Healthy Animals** ➡ **Healthy People**

www.lchfdietmentor.com

2. Try our Add-ons!

* G.H. =Good Herbs

category	suggested add-ons	my favorite add-ons
 Hard Tissue	Liquid Gluco-Gel Fucoid Z	
 Blood Sugar	ACT, Body Trim, Mineral Caps, Plant Derived Minerals	
 Soft Tissue	Glutathione Support Imortalium Thyroid Support Oceans Gold Pollen Burst Plus	
 Digestion	Digestion: Saxi (absorption) Root Beer Belly, Colon-fx Immune Support Killer Biotic, Oxybody, Zinc-fx	Hormonal Support: GTO (Cardio Stx), XeraFem, XeraTest

TROUBLE SHOOTING

1. Are you taking the right products?
2. Are you taking the right amounts?
3. Are you absorbing?
4. Have you cleaned up your diet?



Results with grasses (rice, lawns, etc.)



with minerals

without

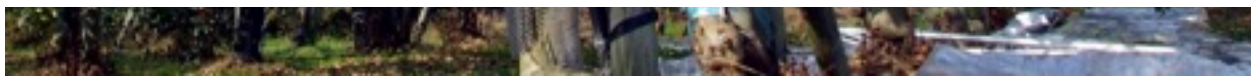




Increased Yield: On average growers are reporting a 120% increase in their yield. (Individual results will vary depending on a number of factors including: the number of applications of the minerals, soil and weather conditions.)



Yield: Produce tends to be bigger, with more fruit or vegetables per plant than before.





Brix in cherries from 14.5 to 19.8

with minerals



without



Results with Corn

Brix without 13.4



Brix with minerals 17.6



Results with Grapes

Brix without 18.8



Brix with minerals 22.3



Even better flavor!

Jerry W. Murphy

On April 21, 2011 I met Dr. Joel Wallach for lunch in Poplar Bluff, Missouri. Upon reviewing my lab results from 4/14/2011 he then wrote the orders below, BTT 2 scoops 2xda, Osteo FX 1 oz 2xda, EFA Plus 3 caps 2xda, Sweet-eze 2 caps 3xda, Daily 180 3 caps 3xda. D-Stress 3 caps 2xda No!!! Fried Foods, Sugars, Oils, or Mayo Oils, Juice or Fruits, No Wheat, Barley, Rye or Oats.No Processed Foods, No Nitrites or Nitrates. Do Eat- Eggs, Mixed fancy nuts

Before April 21, 2011 and the preceeding six months I was taling 500mg of Metformin 2 caps 2xdaily(2000mg) in addition to 1.2 victoza injectable 1xdaily On April 22, 2011, I stopped all my prescription medication and began to follow Doc's Prescritpiun for health and it worked. Praise God! Today I take no prescription medications, eat healthy and take Youngevity supplements daily and let the results speak for themselves!!!

Jerry W. Murphy BLD, MSMT, MHCA

inwall444@aol.com

Test	Normal	4/14/2011	6/20/2011	7/1/2011	10/21/2011	12/21/2011	3/26/2012
Fasting Glucose	74-106 mg/dl	171	143	104	96	90	79
Hemaglobin A1C	4.2-5.8%HBA1C	7.3	6.5	5.8	4.92	4.86	4.36
Cal. Ave Glucose	74-106 mg/dl	177	167	106	95	88	78
BUN	9-23 mg/dl	28	21	18	16	14	14
Creatinine	0.7-1.3 mg/dl	1.3	1.2	1.1	1.0	0.9	0.9
Blood Presure	110/70	155/95	140/90	135/85	120/80	1115/75	110/70
Body Weight	190 lbs	241	234	218	214	204	199





before



2013.2.24

after



2013.3.13

before

after



2014.5.20

2014.8.20

before

after



2014.5.20

2014.8.28

before



2014.5.20

after



2014.8.20

before



2014.5.20

after



2014.8.20

30 Day Reset



The Fat Of The Land



**The reset/reboot button
for your genes**

Eat when hungry, stop when satisfied
- meat/chicken/fish/shellfish/eggs.

Limit CHO to 5 gms per meal TDS.
Basically 1/2-1 cup of mixed
above ground cooked veggies.
Leafy greens 1-2 cups.

90 For Life - 1 scoop of BTT 3.5 gms.

Butter - fish oils

Water to thirst. 1/2-2 tspn's salt

Offal is Awesome



Most prized part.

Reacquaint yourself with liver.
Lamb's fry

The most nutrient rich food

I sautéed this for 3-4 mins in 1 tspn
of butter and added more once
cooked

Plus a generous sprinkling of Celtic
Sea Salt

Paprika, rosemary & thyme

30 Day Reset Vegetarian

New Atkins For A New You



**The reset/reboot button
for your genes**

Limit CHO to 30 gms per day.
Or 50 gms for more variety and slower
weight loss

Eat when hungry, stop when satisfied -
eggs, cheese, soy products.

Intro nuts & seeds before berries
1/2-1 cup of mixed above ground
cooked veggies.

Leafy greens 1-2 cups.

If drinking 90 For Life need to take that
into account. 1 scoop of BTT 3.5 gms.

Oils - flaxseed, olive, walnut.

Water to thirst. Salt to taste.

30 Day Reset Vegan

New Atkins For A New You

Start on 50 gms CHO per day

Eat when hungry, stop when satisfied - seeds, nuts, soy products, soy & rice cheeses, seitan, pulses and high protein grains like quinoa.

1/2-1 cup of mixed above ground cooked veggies.

Leafy greens 1-2 cups.

If drinking 90 For Life need to take that into account. 1 scoop of BTT 3.5 gms.

Oils - flaxseed, olive, walnut.

Water to thirst. Salt to taste.



**The reset/reboot button
for your genes**

Do you have symptoms of **Vitamin M deficiency?**

What would you do if **Funds** were unlimited
and you enjoyed perfect **Health** and owned
your **Time**?



Consider the benefits...



*Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*

Robert Frost

Until you've had enough, change is challenging.

Once you've had enough, change is a delight.

You don't have to wait, you can decide you've had enough right now:)

So you can take the path to a healthier tomorrow, today

Quality AND Quantity

90% of cells change in 90 days so effectively a new you.

Convince your genes you are worth having around

**It's not what happens in the first 30 days.
It's what happens or doesn't happen in the next 30 years that matters.**

Options?

Acceptance of being lied to

Commitment to exploring and discovering

True appreciation of what your body needs



1. Supplement - choose your pack. ***Supplement your supplements with a good diet***
2. Change your break fast. So you start your day off right and set yourself up to WIN (Winter Is Now)
3. Eliminate wheat and sugar
4. Ketosis < 20 grams a day of CHO
5. Intermittent fasting

All slides.

**From earlier presentations
Evolving Food Pyramids 1.0
& 2.0**

**I've left them here for
reference and FYI**



Rethink Your Health

Welcome

Please turn off or mute your cellphones.
We will start shortly.

Evolving Food Pyramids 3.0



Humans are the only animals that eat according to their philosophy –
i.e. we generally aim to eat what we think/believe is healthy.



Food pyramids aim to give us an idea of what and how much to eat. But who gets to decide what goes on them and what is the impact on your health and wellbeing?

www.lchfdietmentor.com

Evolving Food Pyramids 3.0



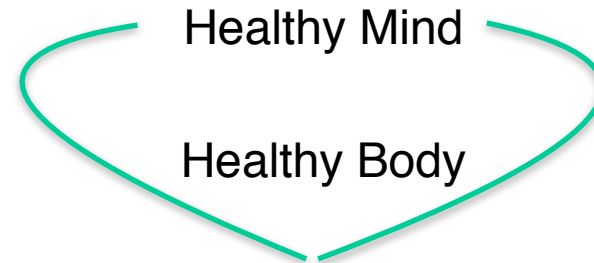
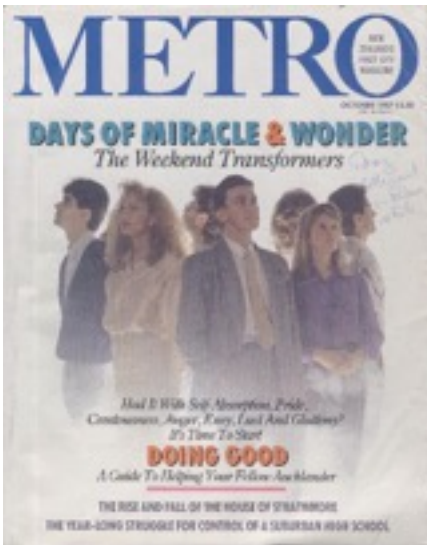
Powerpoint available at: <http://daragrennie.com/evolving-food-pyramids/>

Relax, take in the key points & choose some action steps

About me

Graduated from Otago Medical School 1978 only to find I was happier helping people live healthy lives rather than fixing disease and terrified of hurting people.

Spirit-Mind-Body connection fascinated me.



Simplifying Life's Lessons so you can
LIBERATE yourself.

**Life In Balance, Expanding, Radiating And
Touching Everyone**

Mum's Side



Grandad & me



Me aged 9



Mum approx
12yrs

The baker's grandson – 166cm 5'6" Ranged 64-84kg. Thrifty gene.

Dad's Side



Grandparents



1974 - 19yrs



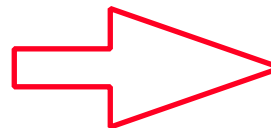
Dad 60ish

My Journey With Food



1978 Lot's of fasting

1976- 2010 Predominantly **vegetarian**. Fat was demonised when I was in Med School '73-'78



1990 a profound experience with some food supplements made me pay even more attention to healthy eating. **Wheat and dairy free**, due to bloating, joint pain & sinus congestion.

Wheat free vegan for 10 years.

2005 in my early 50's overt signs of **inflammation**

Blepharitis

Rosacea

2007 testicular cancer, 52 (emotional?)

2009 **bad blood fat profile.**

Body fat was a constant struggle



2004 - picture of health?



Your Story?



Reality hitting you in the face like it did to me?



Want to perform at your best?

Looking towards your future?



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Aims



Hopefully, you'll find the presentation helpful for you. I believe, when looking at ideas, we need to clarify what we believe in relation to them and if they make sense to us it's best to then 'make the decision right' to go ahead and explore them so that we can determine for ourselves if the ideas are truly helpful for us or not.

1. Review what's happening to the food pyramid
Latest research from selected sources to give you an understanding of the impact on your body of everyday food.
Recommendation for a healthier food pyramid that you can apply now.
- What to eat, how much to eat and what not to eat.
 - I also recommend you read the authors yourself for further clarity.

The Emotional Guidance Scale

Where am I now? Which way am I heading?

1. Joy / Knowledge / Empowerment / Freedom / Love / Appreciation
2. Passion
3. Enthusiasm / Eagerness / Happiness
4. Positive Expectation / Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration / Irritation / Impatience
11. “Overwhelm”
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred / Rage
20. Jealousy
21. Insecurity / Guilt / Unworthiness
22. Fear / Grief / Depression / Despair / Powerlessness

Abraham-Hicks Book - [“Ask and It Is Given”](#).

Aims

- To help you move up the emotional guidance scale around looking after yourself by introducing you to reputable sources and giving you specific guidelines
- Food is so much about complacency and creature comforts
- We need to stop it
- Get real
- Take the steps we need to take
- Share it with others
- Reverse the statistics
- **Read this right through, get the main points and come back to visit the links (in light grey font) for more understanding**

The Emotional Guidance Scale

Where am I now? Which way am I heading?

1. Joy / Knowledge / Empowerment / Freedom / Love / Appreciation
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Abraham-Hicks Book - [“Ask and It Is Given”](#).

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I believe, when looking at ideas, we need to clarify what we believe in relation to them and if they make sense to us it's best to then **'make the decision right'**, so we can go ahead and explore them and determine for ourselves if the ideas are truly helpful for us or not.

The Two Lies



1. Animal fat is bad for you.



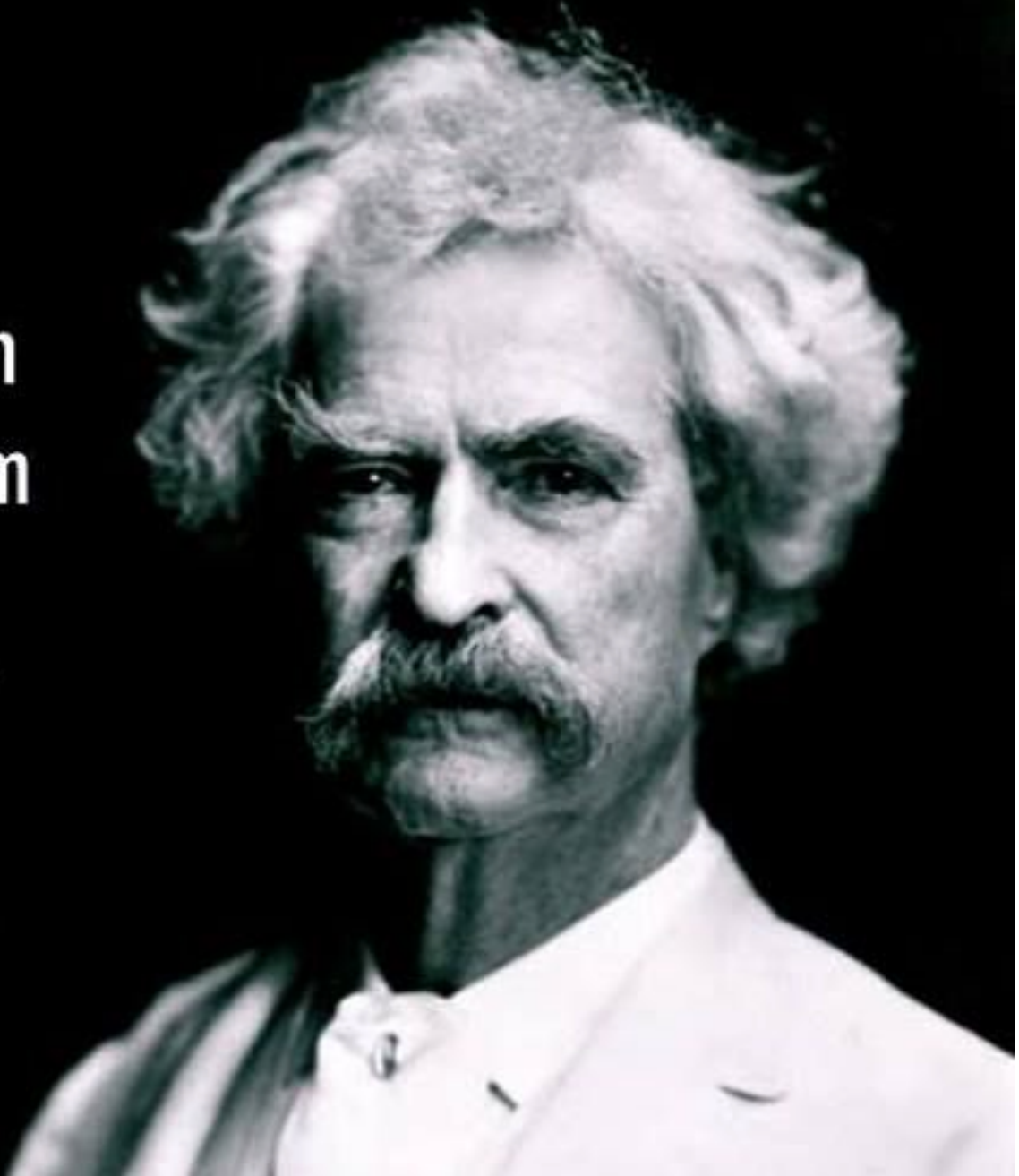
2. You get everything you need in a healthy diet.

We need to do what we can to accept the truth of being continuously lied to and get over it so we can move on.

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**"It's easier to
fool people than
to convince them
that they have
been fooled."**

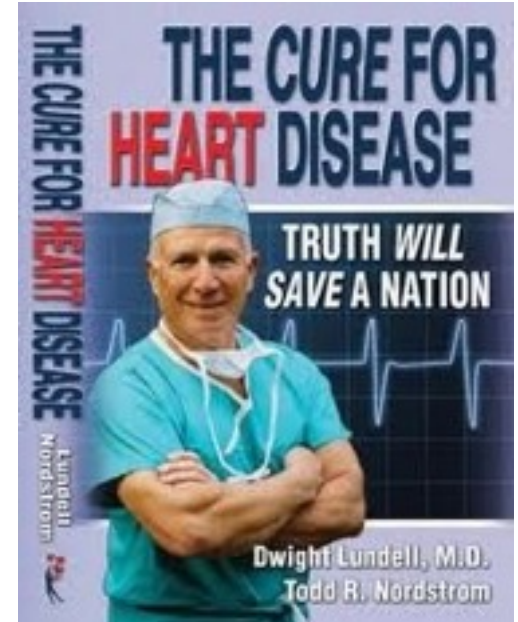
- Mark Twain -



Research is Skewed...



...to the bias of the person doing the research.
Even well meaning people.
Then add marketing & political lobbying to that and you get major “nutritional information wars”.



Some examples to read: [Calories aren't equal](#)

[Low Fat Claims](#)

[Low Fat Claims 2](#)

[China Study](#)

[China Study 2](#)

“It is difficult to get a man to understand something, when his salary depends on his not understanding it.”

—Upton Sinclair



Evolving Food Pyramids



The BIG Question is ...

When doctors disagree,
where does that leave
YOU
and me?

Do Doctors Disagree?

Dr Barry Marshall



Scepticism that stomach ulcers could be caused by bacteria.

Had to try it on himself to provide proof of the theory as they couldn't infect dogs.

<http://www.radiolive.co.nz/Dr-Barry-Marshall-Australian-physician-Nobel-Prize-laureate-winner/tabid/506/articleID/13721/Default.aspx>

<http://www.helico.com/>

www.lchfdietmentor.com

Do Doctors Disagree?



http://nobelprize.org/nobel_prizes/medicine/laureates/2005/marshall-autobio.html

- Rewrote the text books.
- It was a story that was 100 years in the making
- As you will see later there are parallels with our understanding of healthy eating

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Moral of the Story



Put yourself under the microscope and put it to a personal test. **One meal at a time.**

If it makes sense to you, try what I'm going to suggest, pay attention to whether you feel better, body fat starts disappearing and your blood tests improve and go on from there.

Where does that leave you and me?

You and I don't have 100 years to wait.



Don't get me wrong, I'm not anti-medicine. But I am very pro- looking after yourself

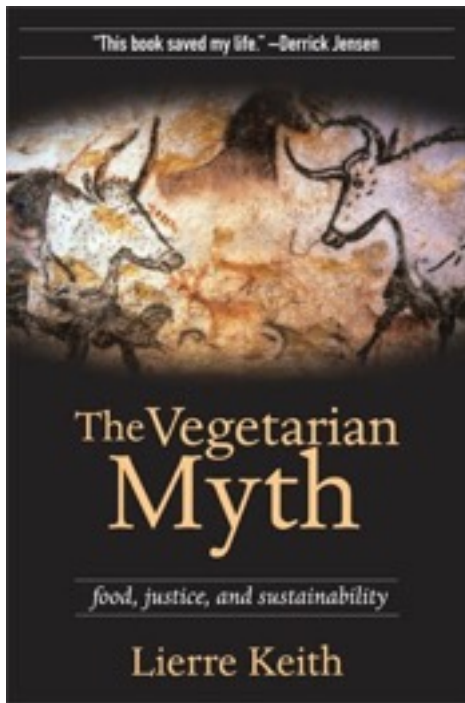
Responsibly Aware

Knowing we are responsible for our own health and wellbeing.

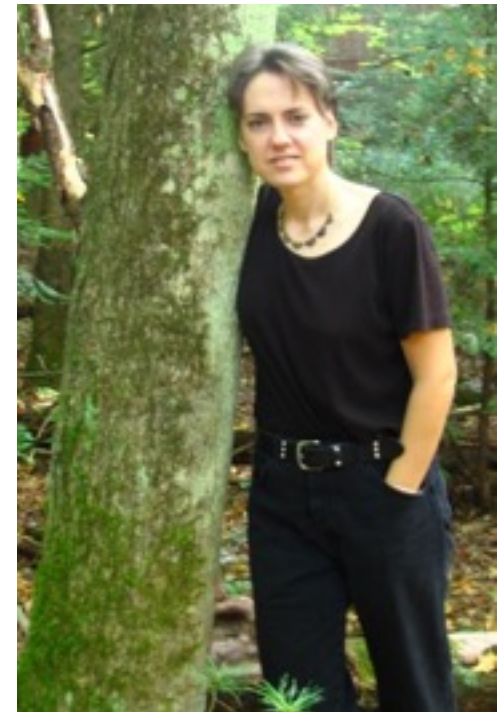
On the lookout – where is the leading edge?

Paying close attention to the cues our bodies give us.

Your Philosophy Can Be Dangerous to Your Health



If you want to learn from Lierre Keith who destroyed her body with 20 years of vegan eating. Very emotive and enlightening.



<http://www.lierrekeith.com>

Is there any doubt?



That we need to do something?

But what?

Do you agree that there's a lot of confusing information out there?

1955 – I was born and President Eisenhower had a heart attack.

The beginning of the attack on fat.

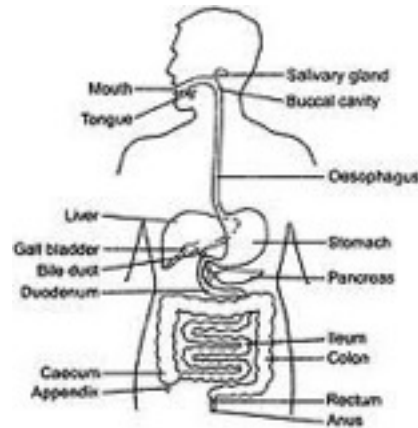
*The goal (with public health education) was to alter our diet for the better. Instead, we've laid waste to every nutritional hypothesis, lost the public's trust, and **killed countless millions in the process.** We will be suffering the aftermath of this Battle Royale **for generations to come.** Robert Lustig MD*



Refer to [Gary Taubes www.nusi.org](http://www.nusi.org)

Or [Nina Teicholz WSJ](#)
if you want the whole story.

Why is it?

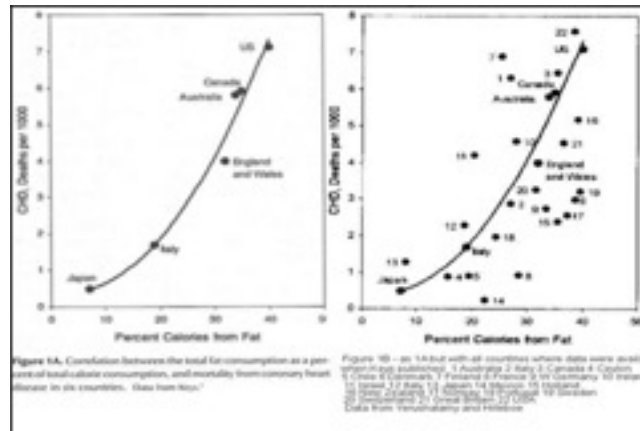


That we can put a man into outer space or into the deep ocean but there is confusion about what to put inside???

The Devil in Disguise?

Pushed through the diet heart hypothesis, (saturated dietary fat = high cholesterol = arteriosclerosis), that has affected all of us and still hasn't been proven to be true. An 'arrogant bully' who knocked everyone and their toys out of the sandpit.

Epidemiological/Observational vs Clinical Trials



Graph from *Cholesterol Myths*

Changed the world on 33 men not eating their normal diet

<http://authoritynutrition.com/modern-nutrition-policy-lies-bad-science/>

<http://www.proteinpower.com/drmike/low-carb-diets/jack-lalanne-vs-ancel-keys/>

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What is food?



1. **Macronutrients**

Proteins

Fats

Carbohydrate

– building blocks + energy.

2. **Micronutrients**

Vitamins

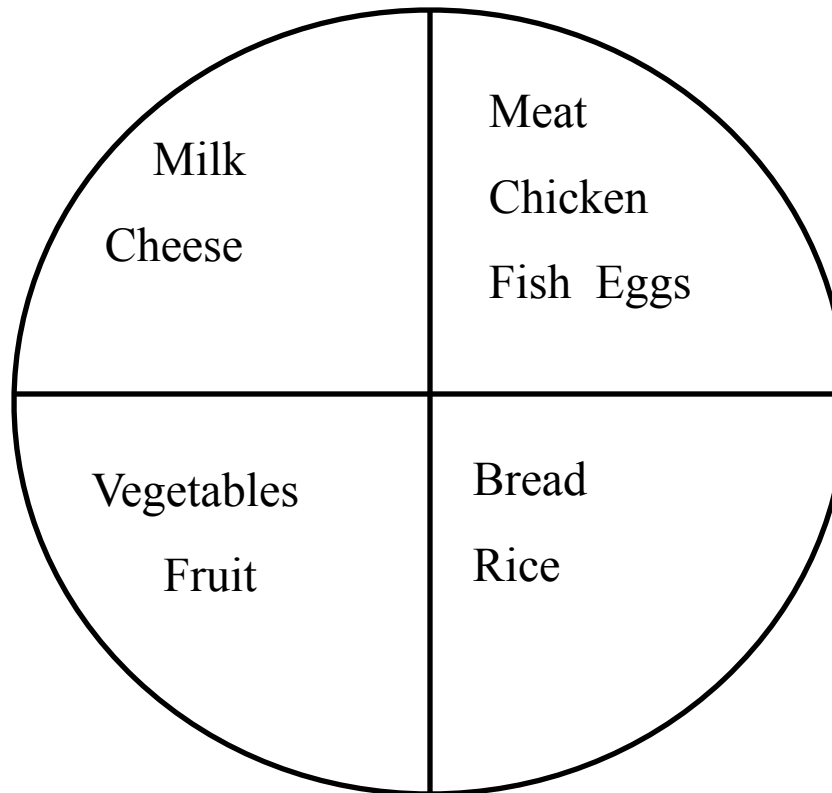
Minerals

Phytonutrients

– zero energy but essential to life

3. **Water**

Before the Pyramid

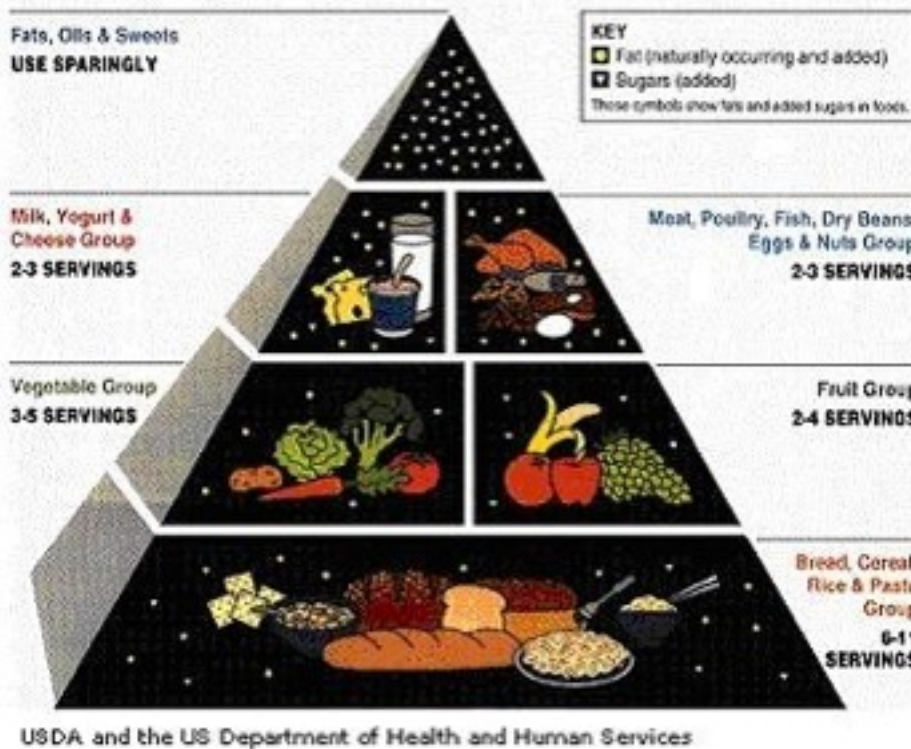


1956

"Meat" & dairy
were 50% of our
diet.

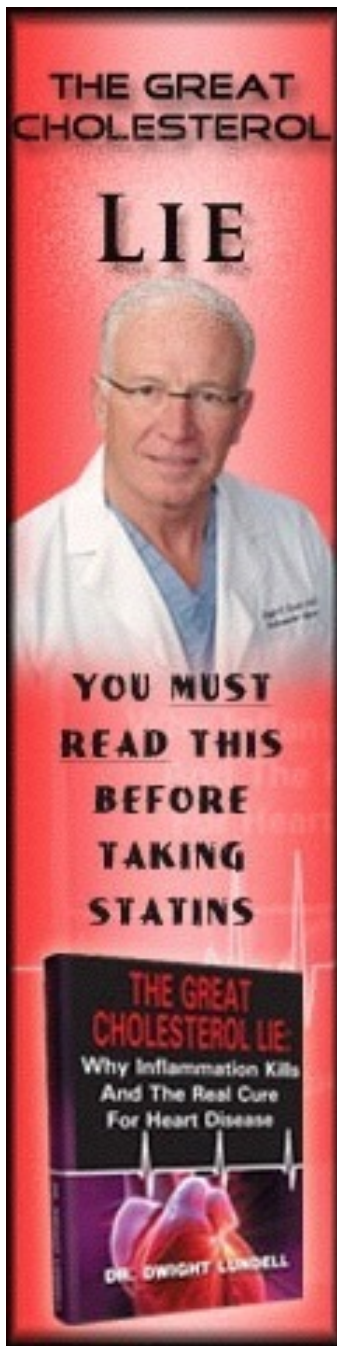
Grains were only
 $\frac{1}{4}$.

USDA Food Pyramid



1977 5th year medicine, final exams & McGovern Report/**Dietary Goals** that culminated a few years later in the Food Pyramid

Fat's and by default, **proteins**, were **'demonised'** and we replaced them with various forms of carbohydrate and other simple sugars to make up for lost calories and taste.



Dwight Lundell

Stopped being a heart surgeon to help people understand what to eat.

“The dietary recommendations made by the USDA Food Pyramid are as distant from what we are genetically designed to consume as the space shuttle is to Paleolithic man.”

[Discover more in Dwight's ebook](#)

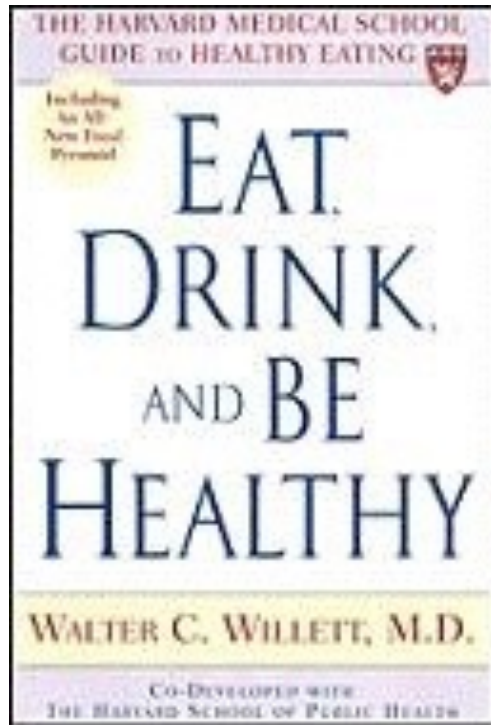
Sylvain Lee Weinberg, MD - Journal of American College of Cardiology 2004



*“The low-fat diet heart hypothesis has been the subject of controversy for nearly 100 years. The low-fat high-carbohydrate diet promulgated vigorously by the National Cholesterol Education Program, National Institutes of Health and the American Heart Association, since the Lipid Research Clinics (LRC) primary prevention program in 1984, and earlier by **the US Department of Agriculture Food Pyramid**, may well have played an unintended role in the current epidemics of obesity, lipid abnormalities and Metabolic Syndromes.*

- *This diet can no longer be defended by appeal to the authority of prestigious medical organisations or by rejecting clinical experience and a **growing medical literature suggesting that the much maligned low-carbohydrate-high protein** may have a salutary effect on the epidemics in question.”*
- <http://content.onlinejacc.org/cgi/content/abstract/43/5/731>

Harvard's thoughts?



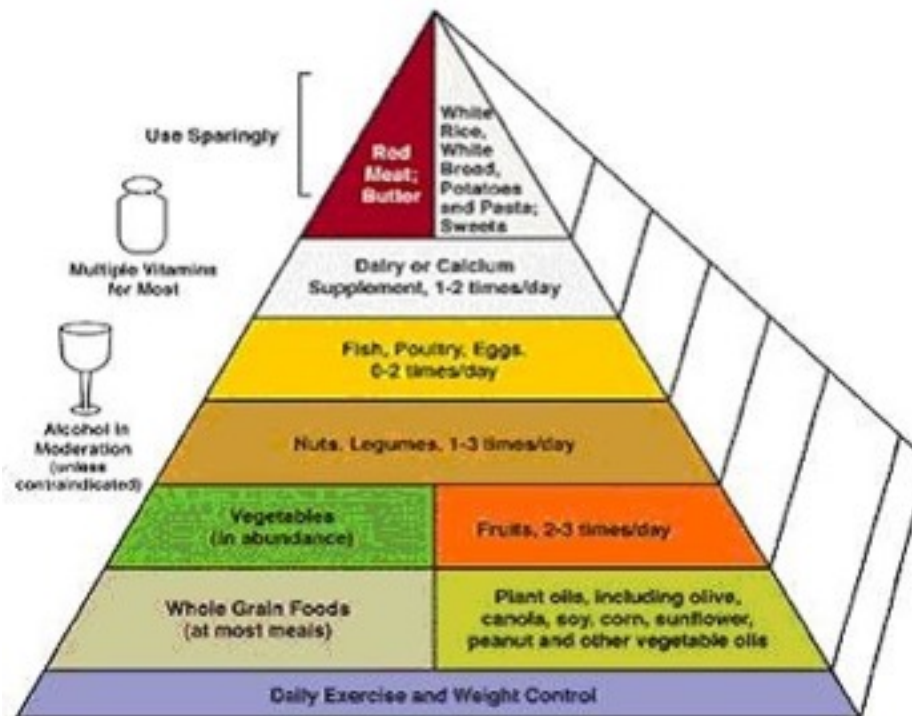
Amazon link

<http://www.hsph.harvard.edu/nutritionsource/>

- “Unfortunately, the information embodied in this pyramid doesn't point the way to healthy eating.
- Why not? Its blueprint was based on shaky scientific evidence, and it hasn't appreciably changed over the years to reflect major advances in our understanding of the connection between diet and health.
- A panel of experts now at work revising the USDA's pyramid could create a newer, healthier guide. But that would be a surprise, given that it comes from the branch of the U.S. government responsible for promoting American agriculture, not health.”
Walter C. Willett, MD

Harvard's

Healthy Eating Pyramid



THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



Ancient Egypt

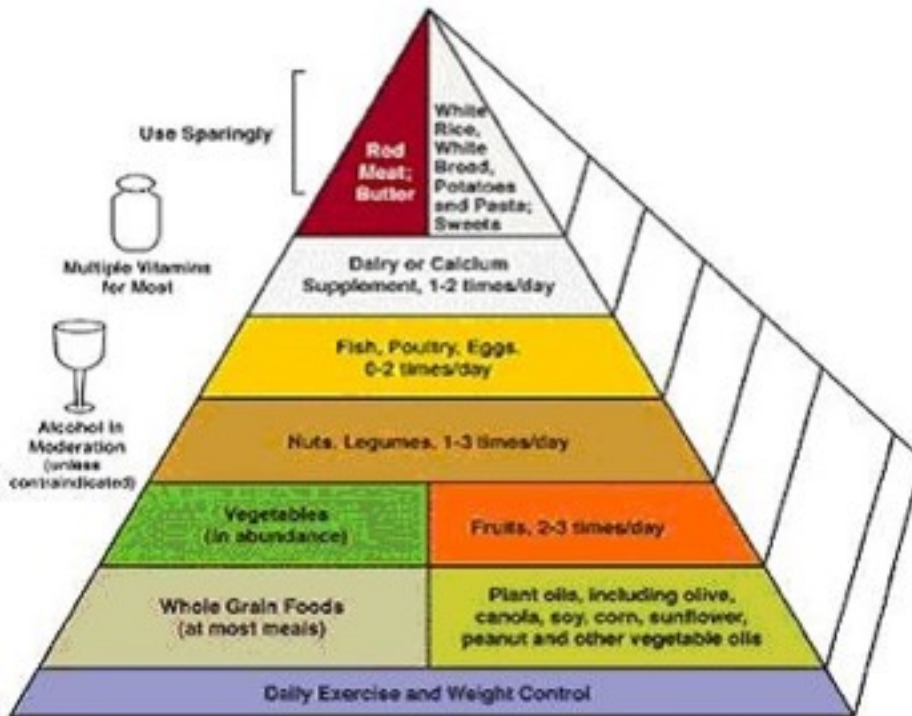


“Bread, cereals, fresh fruit and vegetables, some fish and poultry, almost no red meat, olive oil instead of lard and goat’s milk for drinking and to make into cheese – a veritable nutritionists nirvana.” (Staple - wheat and barley – coarse ground whole meal flatbread. Grapes, dates, jujube, melons, peaches, olives, pears, pomegranates, carob, apples, nuts. Garlic, onions, lettuce, cucumber, peas, lentils & papyrus. Honey for sweetener. Olive, safflower, linseed and sesame oils

Yet ancient Egyptians were plagued with the same diseases as us. Arteriosclerosis, heart disease, overweight, arthritis, gum and tooth problems. The drawings could very well have been the first spin doctoring we succumbed to.

Harvard's c.f. Early Egypt

Healthy Eating Pyramid

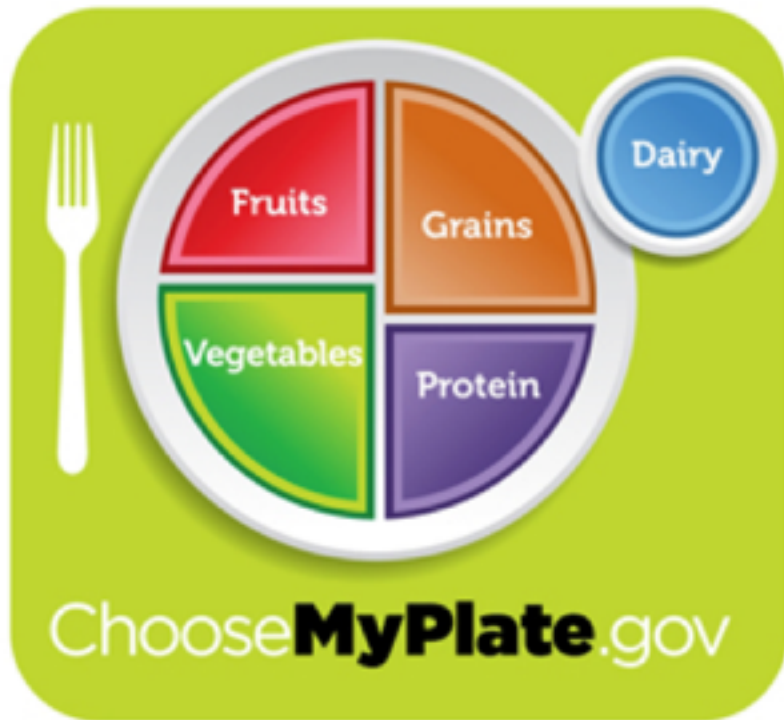


Ancient Egypt

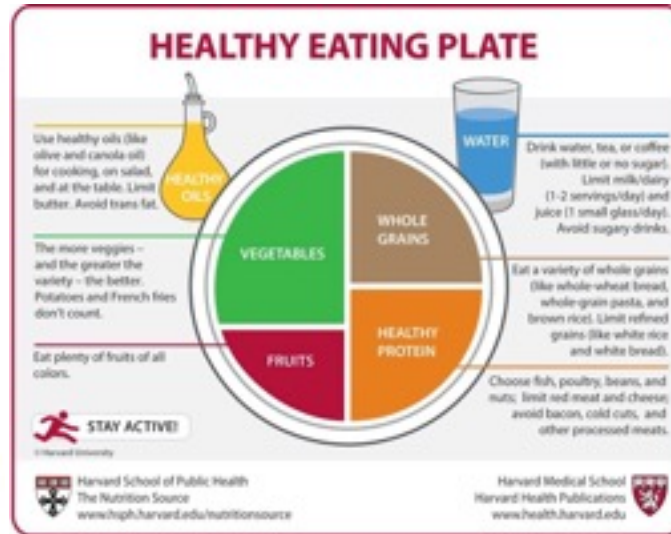
“Bread, cereals, fresh fruit and vegetables, some fish and poultry, almost no red meat, olive oil instead of lard and goat’s milk for drinking and to make into cheese – a veritable nutritionists nirvana.”
Eades

(Staple - wheat and barley – course ground whole meal flatbread. Grapes, dates, jujube, melons, peaches, olives, pears, pomegranates, carob, apples, nuts. Garlic, onions, lettuce, cucumber, peas, lentils & papyrus. Honey for sweetener. Olive, safflower, linseed and sesame oils)

USDA My Plate



USDA MyPlate - Any Better?



History of Restricted CHO



- **1825 essay Jean-Anthelme Brillat-Savarin “Preventative or Curative Treatment of Obesity”**

• *“Now, an antifat diet is based on the commonest and most active cause of obesity, since, as it has already been clearly shown, it is only because of grains and starches that fatty congestion can occur, as much in a man as in the animals; this effect... plays a large part in the commerce of fattened beasts for our markets, and it can be deduced, as an exact consequence, that a more or less rigid abstinence from everything that is starchy or floury will lead to the lessening of weight.”*

Science behind Carbohydrate Restriction

It's just taken 165 years (1825-1990) for the science to explain Jean-Anthelme's comment:

*“...as it has already been **clearly shown**, it is only because of grains and starches that fatty congestion can occur...”*

History of Restricted CHO



Banting's "Letter on Corpulence" 1869

- So fat he couldn't tie his shoes & could only walk downstairs backwards.
- Results from physician's recommendations delighted him so much he produced his letter, which had many reprints.
- **So popular the idea of dieting was originally called 'banting'.**
- <http://www.lowcarb.ca/corpulence/>
- "Banting" making a resurgence. Particularly in South Africa (Prof Tim Noakes)

History of Restricted CHO

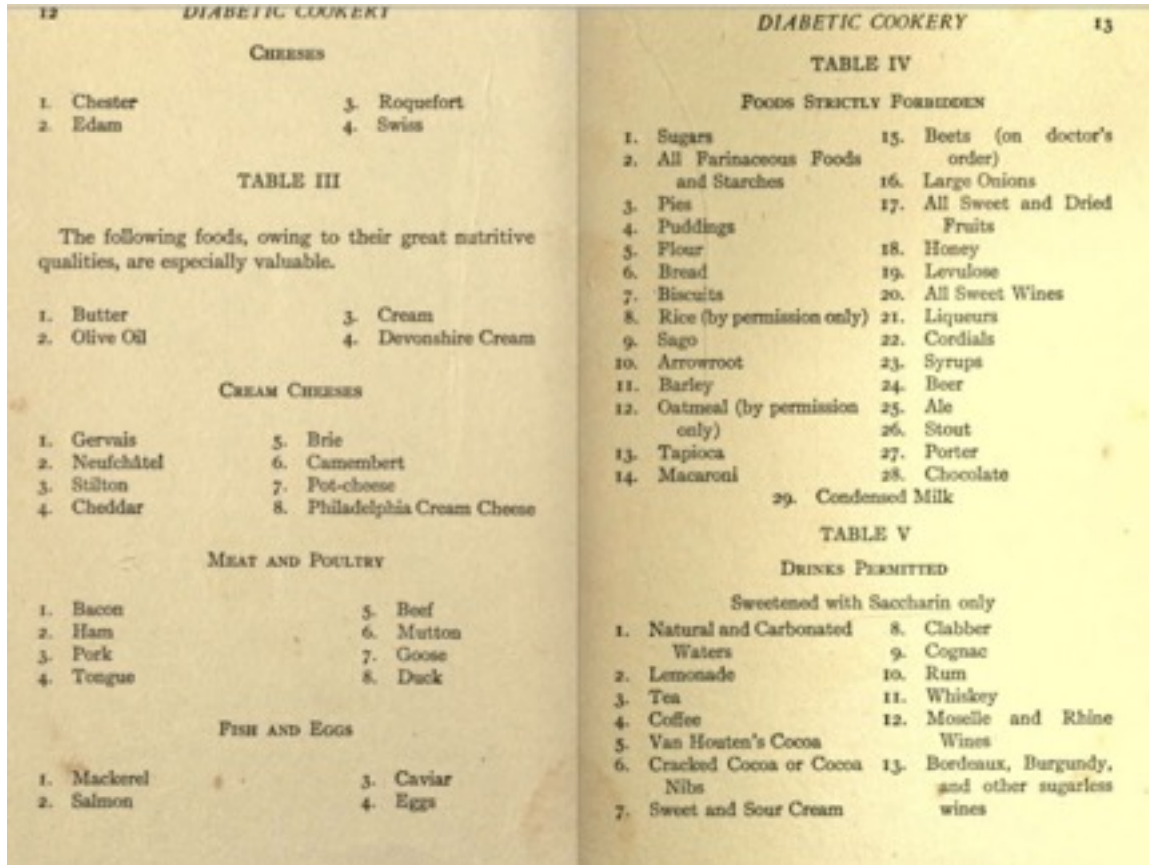


Stefan Amundsen

- Lived with the Eskimos
- Clinical trial to prove you could live on solely animal/seafood alone when vitamins were being discovered and the emerging science of nutrition was promoting vegetables and fruits

The Fat Of The Land

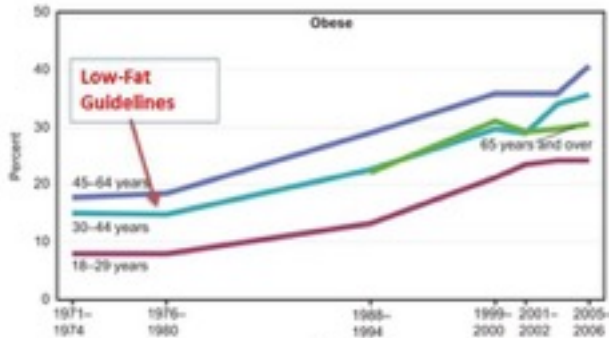
History of Restricted CHO



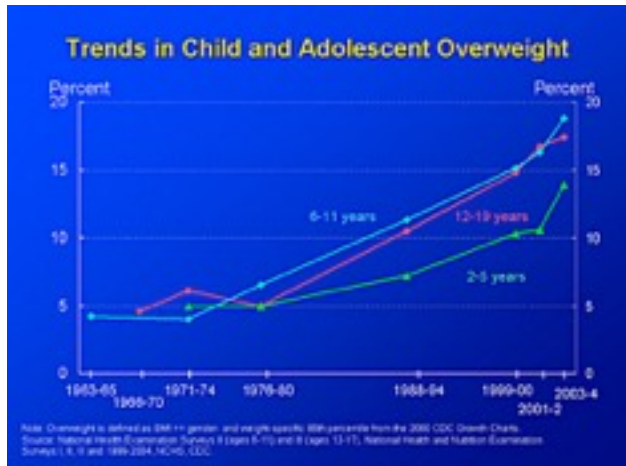
Diabetic Cookery 1917

<https://archive.org/stream/diabeticcookeryr00oppeiala#page/n0/mode/2up>

Results of the USDA Food Pyramid?



Source: National Center for Health Statistics (US). Health, United States, 2008: With Special Feature on the Health of Young Adults. 2009 Mar. Chartbook.



Virtual explosion of degenerative diseases

- Overweight & Obese
- Diabetes
- Heart disease
- Hypertension
- Raised cholesterol & LDL levels
- Stroke
- Cancer (immune system dysfunction)
- Auto immune system disorders
- Dementia



<http://www.anzacsite.gov.au/landing/bgrnd.html>

- *The fact is this—**obesity rates in the US** remained stable at around **14% to 15% from 1900 to 1980**. Since then the obesity rates have skyrocketed with nearly **60%** of the population today overweight or obese. **The spike in obese Americans began and progressed when the government recommended fat reduction in our diets.** Dwight Lundell, Heart Surgeon*

The Challenge is Clear



Chronic disease is on the rise despite trillions of dollars globally being spent.

- N.Z. 17th globally in overall life expectancy
- **Diabetes in NZ**
 - 7% of New Zealanders **over the age of 15** have diabetes
 - 25.5% have pre-diabetes which typically leads to Type II diabetes (therefore the prevalence is likely to go higher than 7%).
 - **The pre-diabetes prevalence increases with age – it was 55% in 55-64 year age group.**

<http://www.nzma.org.nz/journal/read-the-journal/all-issues/2010-2019/2013/vol-126-no-1370/article-coppell>

- **Cancer has overtaken heart & cerebrovascular disease in terms of causes of death in NZ.** <http://www.health.govt.nz/publication/mortality-and-demographic-data-2011>
- **Obesity - NZ 3rd in 2011**

http://www.stats.govt.nz/browse_for_stats/snapshots-of-nz/nz-social-indicators/Home/Health/obesity.aspx



The main instruments of mass destruction?



Isn't it time we really learned how to best use them?

www.lchfdietmentor.com

Who's YOUR Best Friend?



So how do we treat our body? Like our best friend? Like a garbage tip? Like a partner you don't care about? Like a recalcitrant, stubborn child? Like a wicked devil?

3 main problems I see

1. It didn't cost you anything
2. It's highly adaptable less with age UNTILL!
3. Taste buds & reward centres - hand to mouth disease

Have you overwhelmed it and it's crying out for you to pay attention.

Learn your body's love language

What food it need to feel loved so it can give you the best of what it can?

Your Body's Love Language?

The language of love for your body?

How fat, protein & CHO does your body love?

What veggies and fruit does it love?

What minerals make it hum?

What supplements make it sing?

How do you know when you've hit the right note?

Your body will respond with:

Improved energy - physical, emotional & mental.

Decreased hunger.

Easier weight management.



[5 Love Languages - Gary Chapman](#)



www.lchfdietmentor.com

Watch out for Mr Smiley



Mr Smiley comes in various guises:

1. Complacency – She'll Be Right
2. Symptoms – Drugs – I'm Fine!
3. The thought - *A little bit of this won't hurt.*

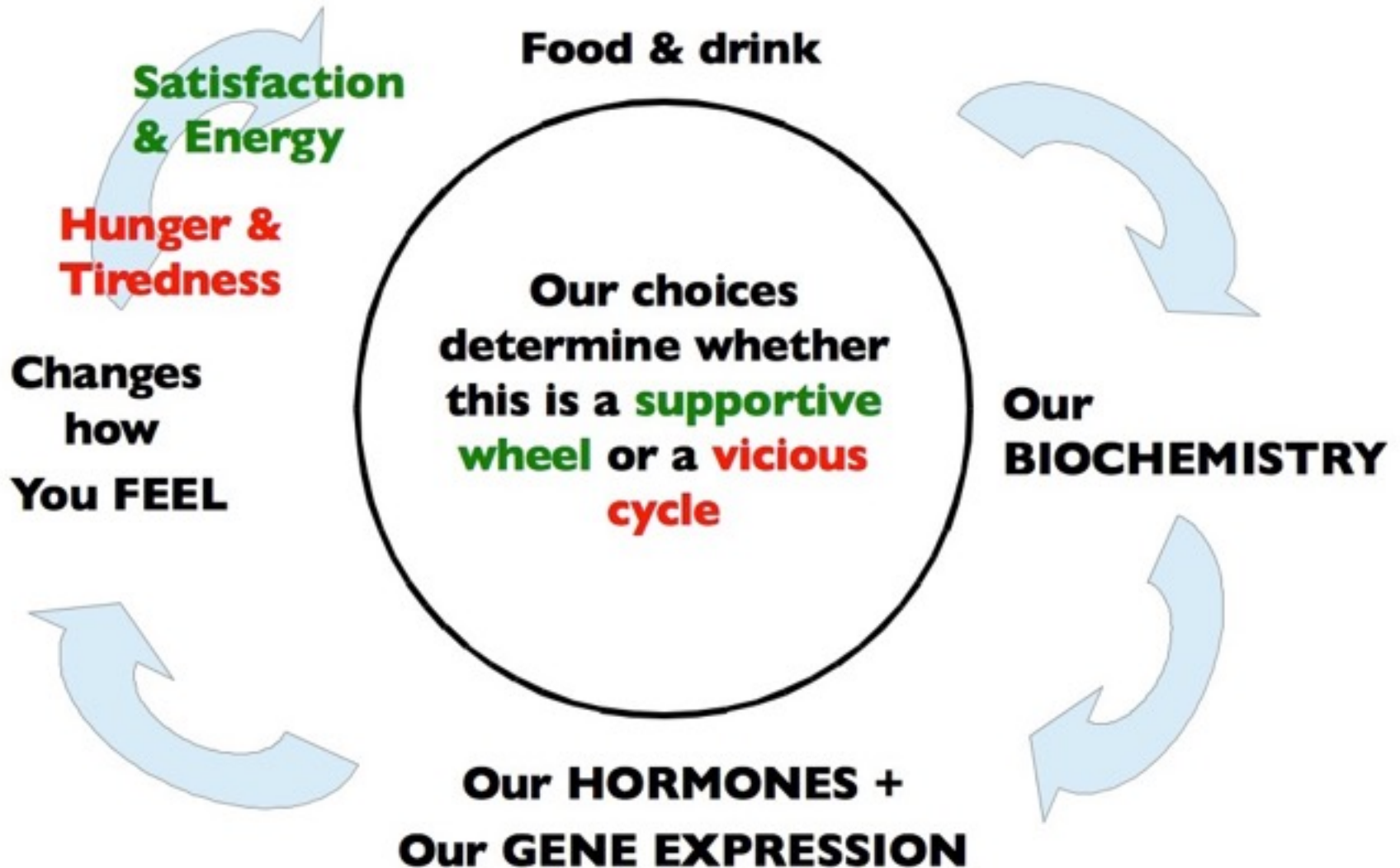


Yeah, RIGHT!, to all of those



How good can you handle feeling:~)?

Food Fixes



How do you know...

... when you've eaten wrong?

- Bloating
- Still hungry for something
- Food cravings
- Lethargic
- Hyper – tired but wired
- **This is not normal**

... when you've eaten right?

- Feel replete
- Good energy
- Mental clarity
- Which lasts for 3-4 hours and more till you get hungry again
- **This is normal**



The Goldilocks Principle

Learn to **explore** and **listen** to your body rather than what someone says is healthy.

www.lchfdietmentor.com

You and Your Genes



Is it all in the genes?

Are you using your genes as a reason
to feel helpless or to be
empowered?

Learn to listen to what your genes are
trying to tell you about food and work
with them by listening to your body.

www.lchfdietmentor.com

Epigenetics

Genotype - which genes you have.

Phenotype - how your genes express in a particular environment.

***Beyond calories, fat, protein and micronutrients,
we now understand food is a powerful epigenetic modulator
– meaning it changes our DNA, for better or for worse.***

David Permlutter MD

Same Genes



Different Environmental Factors

www.ichfdietmentor.com

200,000 – to - 20

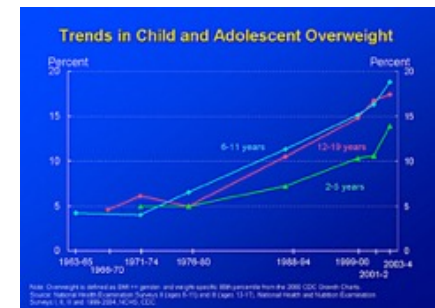


200,000 years since homo sapiens appeared

2m	200,000 years	24:00 hrs
10cm	10,000 years	01:12 hrs:mins
3mm	150 years	00:01:05 mns:scs
1mm	50 years	00:00:21 secs



Take any primitive culture and give them the western diet and within **20** years, one generation, they are having the same problems as we are.



Hunter Gatherer vs Agricultural

Paleopathologists can identify which culture, remains are from.

For 700,000 years we
got 75% of calories
from meat

(meat, fat, nuts &
berries)

Tall, strong, well
formed bones,
sound teeth



8-10,000 years ago
we get 25% of
calories from meat
(predominantly grain
based)

Skeletal signs of
malnutrition,
stunted growth and
tooth decay

American Indian Studies



Claire Cassidy - “Indeed, we are only now, as we come out on the other side of what might be called ‘Agricultural-superiority ethnocentrism’, in a position to realise the fatal bargain we, as agriculturalists seem to have made.” <http://www.proteinpower.com/drmike/low-carb-diets/nutrition-and-health-in-agriculturalists-and-hunter-gatherers/>

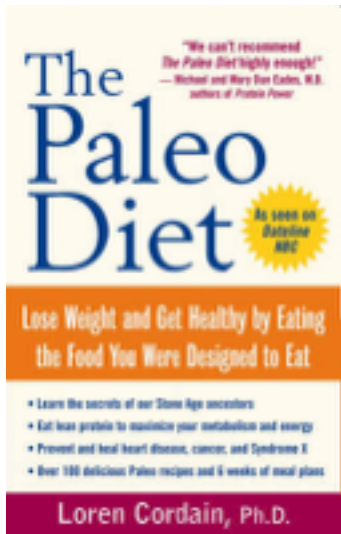
Aboriginal Studies



Professor Kerin O'Dea "... all of the metabolic abnormalities of Type II Diabetes were either greatly improved (glucose tolerance, insulin response to glucose) or completely normalised (plasma lipids) in a group of diabetic aborigines by a relatively short (7 week) reversion to traditional hunter-gatherer lifestyle."

<http://onlinelibrary.wiley.com/doi/10.1111/j.1440-1681.1991.tb01412.x/abstract>

The Paleolithic Twist

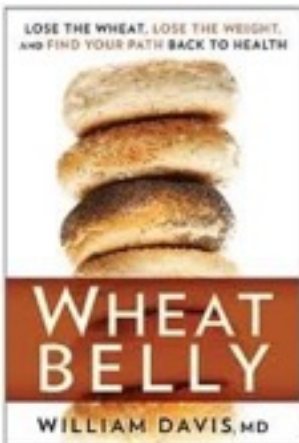


Grains and dairy are nutritional lightweights when compared to calorically matched samples of *lean* meats, seafood, fresh fruits and vegetables.

Hence inclusion of these food groups into the diet will make the **diet less nutritionally dense** by reducing its vitamin, mineral and phytochemical content.

Additionally **dairy products and milk in particular** (whether whole, skimmed or fermented) is highly **insulintropic** and has been demonstrated to cause **insulin resistance** in children while simultaneously increasing free IGF-1, a risk factor for many epithelial cell cancers (**breast, colon and prostate**).

Wheat is perhaps the worst of all grains. Recent work from Alessio Fasano's group has shown **wheat increases intestinal permeability in all people** — not just celiac patients. **A leaky gut likely promotes chronic low level inflammation which drives cardiovascular disease, cancer and autoimmune diseases.*** Loren Cordain *emphasis is mine.



[Dr Cordain's paper in the AJCN](#)

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The Leaky Gut

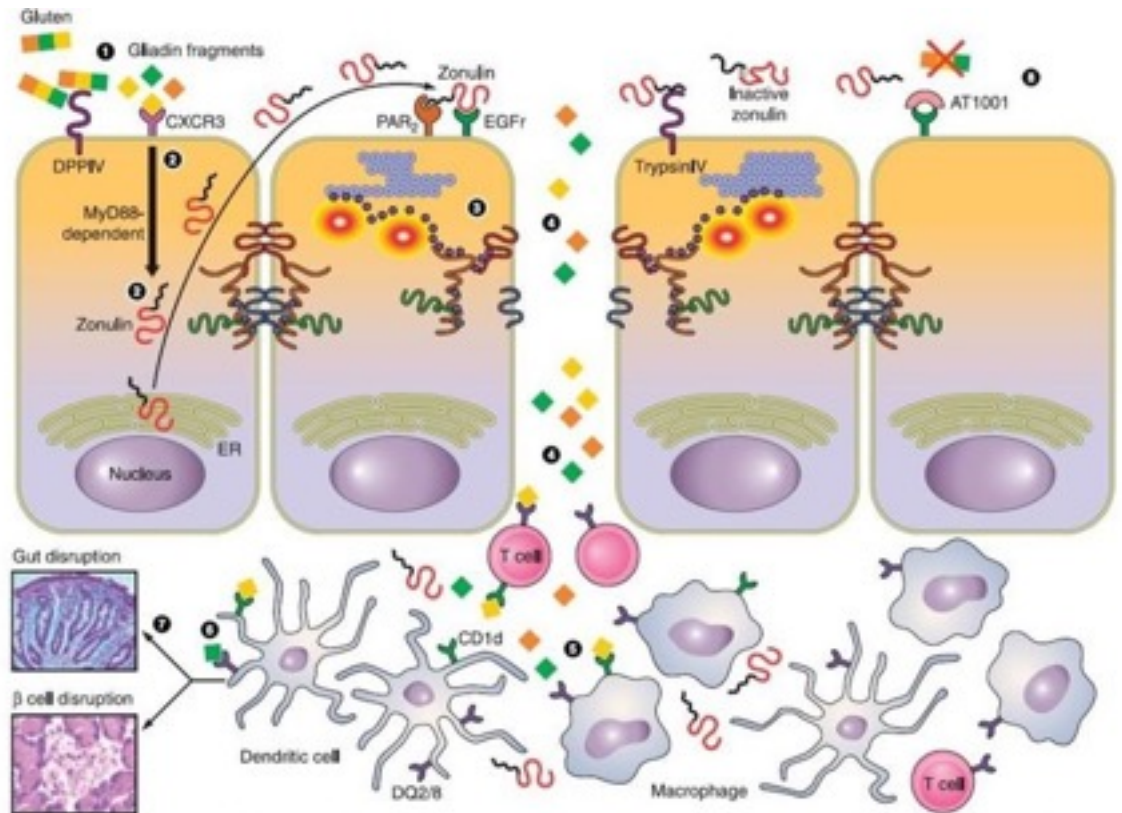
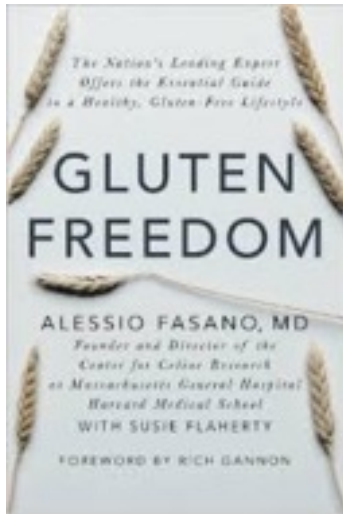


FIG. 14. Mechanisms of gluten-induced zonulin release, increased intestinal permeability, and onset of autoimmunity. The production of specific gluten-derived peptides by digestive enzymes causes CXCR3-mediated, MyD88-dependent zonulin release (2) and subsequent transactivation of EGFR by PAR₂, leading to small intestine TJ disassembly (3). The increased intestinal permeability allows non-self antigens (including gluten) to enter the lamina propria (4), where they are presented by HLA-DQ₂-DR molecules (5). The presentation of one or more gluten peptides leads to abrogation of oral tolerance (switch to Th1/Th17 response) and a marked increase in peripheral immune responses to gluten. Furthermore, gluten-loaded dendritic cells migrate from the small intestine to mesenteric and/or pancreatic lymph nodes (6) where they present gluten-derived antigens. This presentation leads to migration of CD4⁺ CD8⁻ γδ and CD4⁺ CD8⁺ αβ T cells to the target organ (gut and/or pancreas) where they cause inflammation (7). Implementation of a gluten-free diet or treatment with the zonulin inhibitor AT1001 (8) prevents the activation of the zonulin pathway and, therefore, of the autoimmune process targeting the gut or pancreatic β-cells.

[Alessio Fasano MD](#)

www.lchfdietmentor.com

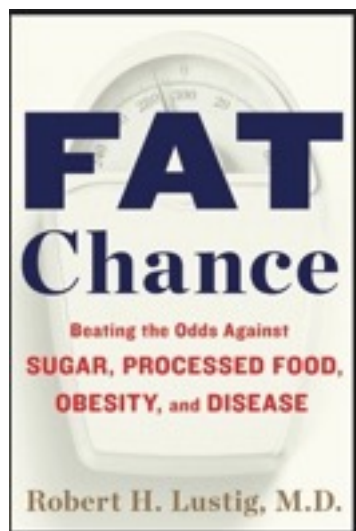
Reader's Digest article on Statins



“Cardiologists say that nobody in today’s Western society has a cholesterol as low as it was designed to be; in comparison to hunter gatherer communities and animals, our collective cholesterol level is through the roof.”

November 2009

Get Your Hormones Working For You, Not Against you



Robert H. Lustig, MD. Paediatric Endocrinologist, Professor of Clinical Pediatrics

If anyone understands hormones someone who specialises in childhood obesity should.

Get the insulin down

Get the ghrelin down

Get the PYY up

Get the cortisol down

Diet will work for 60-70% of the obese population.

The remainder, 30-40% of obese or 5% of total, will need more intervention

95% of the population a change in diet will remove the visceral fat

One more word on sugar



*Robert H. Lustig, MD. Professor
of Clinical Pediatrics*

It's worth coming back and
spending the hour and a
half to listen to this.

I don't think it's the one
problem he thinks it is
But it's worth taking action
on.

Eliminate added Fructose

["The Bitter Truth"](#)

University of California Television

Sugar – the Bitter Truth



*Robert H. Lustig, MD. Professor
of Clinical Pediatrics*

Hepatic fructose metabolism leads to all the manifestations of metabolic syndrome

- Hypertension
- De novo lipogenesis, dyslipidaemia & hepatic steatosis
- Inflammation
- Hepatic insulin resistance
- Obesity
- CNS leptin resistance which promotes continuous consumption

Fructose is a chronic hepatotoxin so there is no regulation.

Alcohol is an acute hepatotoxin so it gets regulated

**Sugar – glucose + fructose, is
CHO & Fat together**

Who's Your Worst Enemy?



Liver Fat

We **overload the liver mitochondria** with all the CHO's we ask it to process, particularly **fructose**. Table sugar is 50% fructose.

Visceral Fat

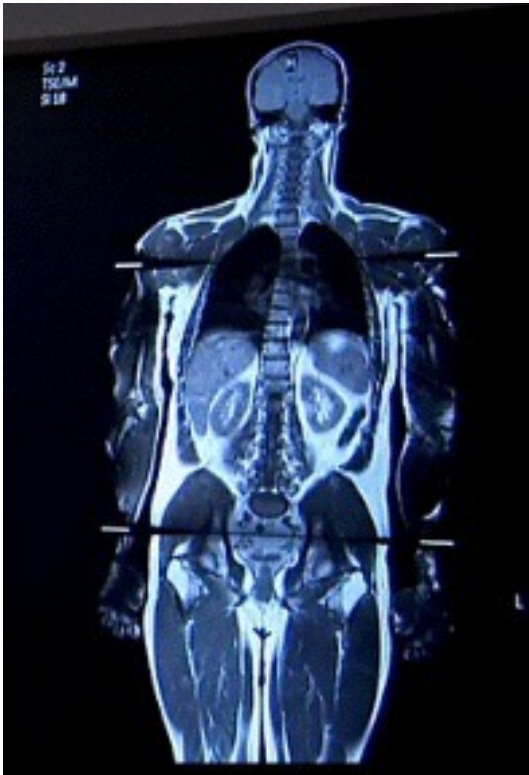
*Is very **active and toxic**. Among other things it secretes chemicals that increases inflammation throughout your body and it governs your metabolism by decreasing adiponectin (fat burning hormone), leading to MORE storage of visceral fat. Ultimately leading to heart disease, cancer, stroke, arthritis, type 2 diabetes.*

(Alzheimer's Dementia – type 3 diabetes) Dr Travis Stork M.D.

***Visceral fat is the fulcrum on which your health teeters.** Dr Robert H. Lustig, M.D.*

TOFI

Thin Outside Fat Inside



Dr Jimmy Bell, [London MRI scans](#)

Visceral Fat affects most* of us.

You can be a normal weight and have your organs swimming in 4-5L of visceral fat.

...translates into the difference of about fifteen years of life. Dr Robert H. Lustig, M.D.

***In relation to metabolic syndrome**:**

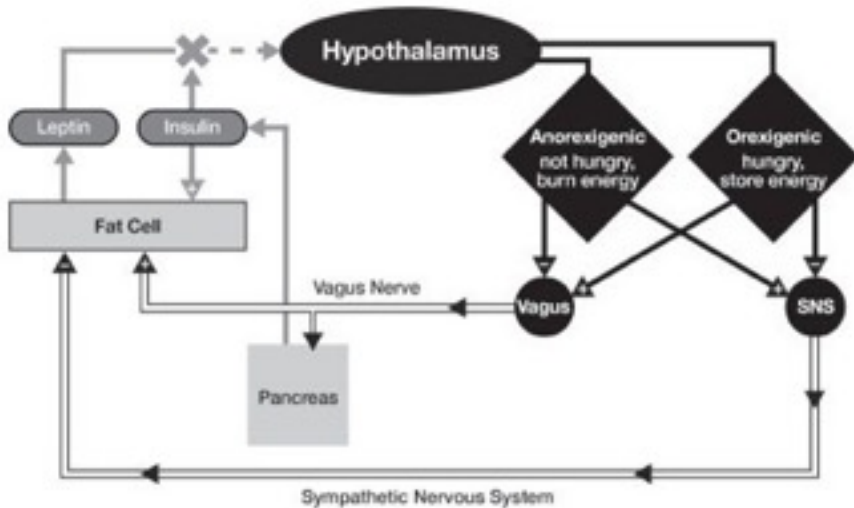
20% Obese are healthy. 80% unhealthy.

40% of normal weight people are unhealthy.

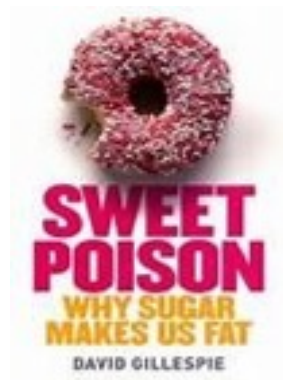
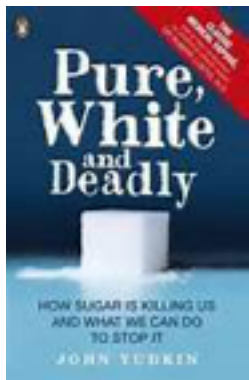
Waist measurement is the main sign of insulin resistance and of visceral fat.

** cluster of chronic metabolic disorders including obesity, type 2 diabetes, hypertension, lipid disorders and cardiovascular disease.

Get the Insulin Down



Fat Chance – Robert Lustig MD



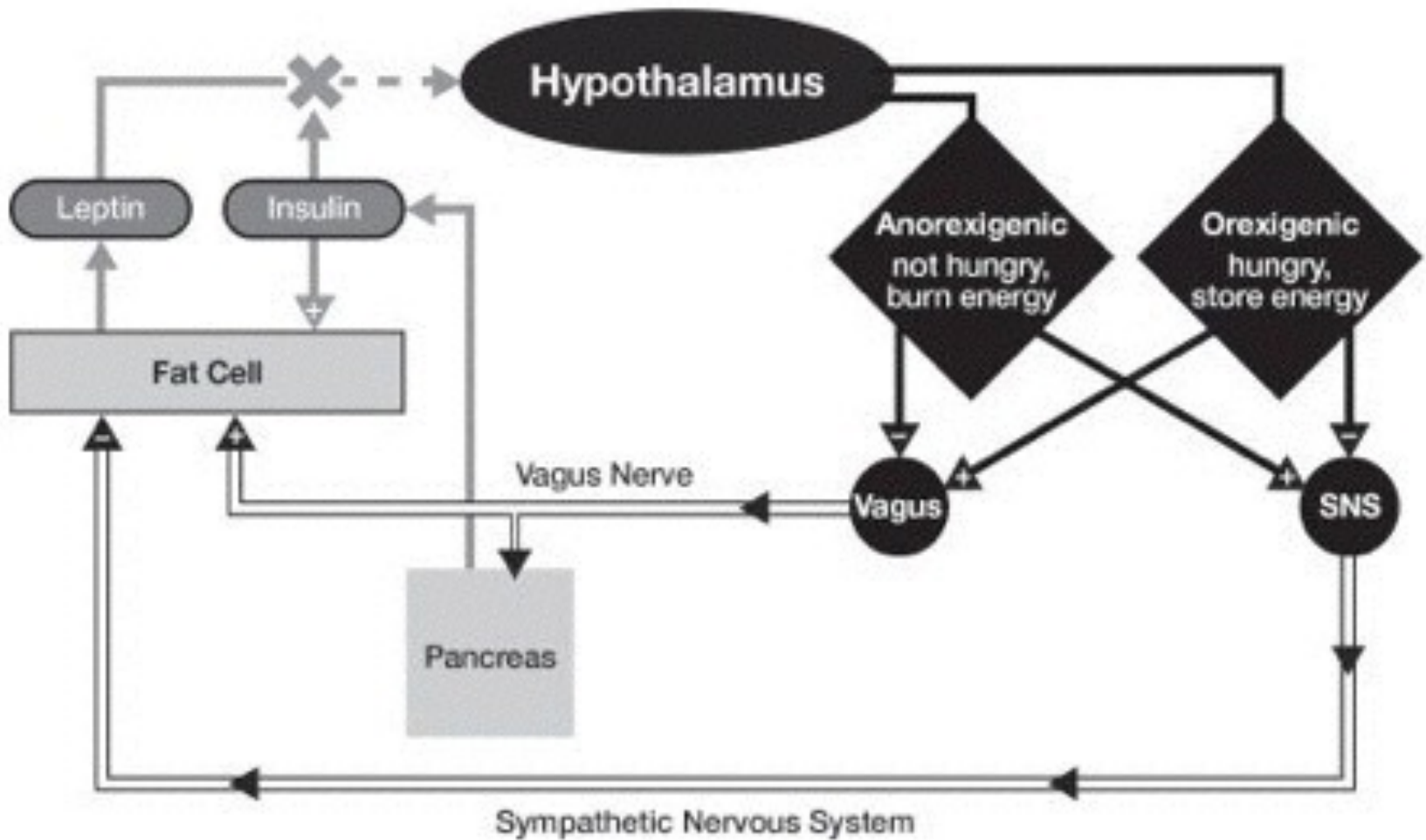
For almost everyone this is the key, because **Insulin is the fat producing hormone.**
Reduced insulin leads to:

- Less insulin resistance > insulin sensitivity
- Less shunting of energy to body fat
- Increased leptin sensitivity, lower appetite
- More energy to muscles = improved metabolic health & quality of life

HOW to get Insulin down?

- A. Reduce insulin release** – CHO restriction
- B. Improve hepatic insulin sensitivity** – decrease production of liver fat by:
 - Decreasing fat & CHO together, i.e. sucrose = glucose + **fructose**.
 - Increase fibre by eating whole foods to reduce flux to liver.
- C. Improve muscle insulin sensitivity** – Exercise – Tabata - HIIT

Get the Insulin Down



Fat Chance – Robert Lustig
MD

Influence of Food on Insulin & Glucagon

Master hormones of human metabolism. Chart from "Protein Power"

Type of Food	Insulin	Glucagon
Carbohydrate	+++++	no change
Protein	++	++
Fat	no change	no change
Carbohydrate & Fat	++++	no change
Protein & Fat	++	++
High Protein Low Carb	++	+
High Carb Low Protein	+++++++	+

Roles of

Insulin	Glucagon
Storing	Burning

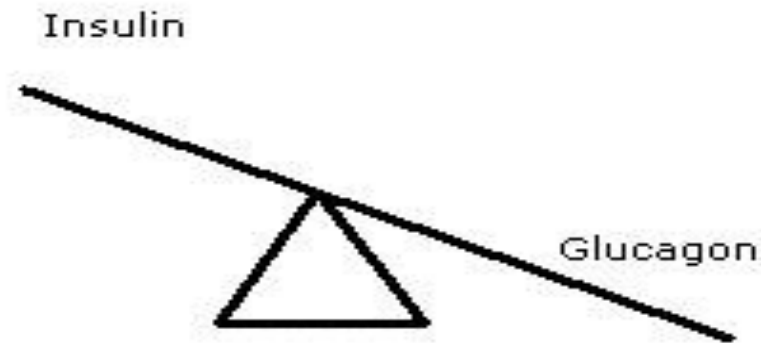
- | | |
|--|--|
| <ul style="list-style-type: none"> • Lowers elevated blood sugar - - - - - • Shifts metabolism into storage mode - - - - - • Converts glucose & protein to fat- - - - • Converts dietary fat to storage - - - - - • Removes fat from blood and transports it into fat cells - - - - - • Increases cholesterol production - - - - - • Makes kidneys retain excess fluid - - - - - • Stimulates growth of arterial smooth muscle cells - - - • Stimulates the use of glucose for energy - - - - - | <ul style="list-style-type: none"> • Raises low blood sugar • Shifts metabolism into burning mode • Converts protein and fat to glucose • Converts dietary fats to ketones and sends them to the tissues for energy • Releases fat from fat cells into the blood for use by tissues as energy • Decreases production of cholesterol • -Makes kidneys release excess fluid • Stimulates the regression of arterial smooth muscle cells • -Stimulates the use of fat for energy |
|--|--|

Insulin Glucagon Seesaw

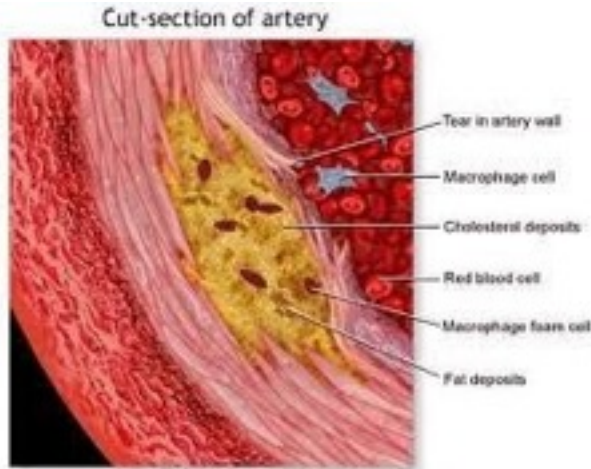
“Elevated Blood Pressure, Elevated Cholesterol & Triglycerides, Diabetes, Obesity are all symptoms of high blood sugar and insulin resistance. By treating the symptom we are missing the problem – chronically elevated insulin & insulin resistance.”

Dr’s Michael & Mary Eades MD

High Carbohydrate Diet



The Way to Control Insulin/Glucagon levels



And therefore the amount of inflammation in your body.

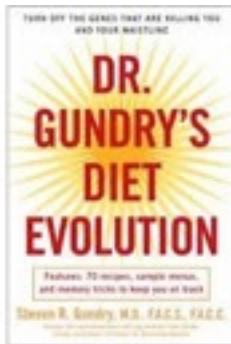
Is by the choice you make of the foods you eat.



Get the Insulin Down

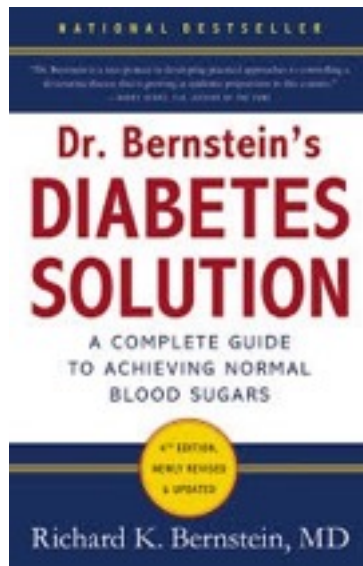


Insulin holds the key to most chronic diseases. As a growth hormone, if elevated, insulin stimulates the growth of cancer cells, thickening of the linings of blood vessels and joints, and acceleration of all aging processes, to say nothing of directing the body to manufacture fat



Dr Steven Gundry – Heart Surgeon

If you have Diabetes



*Finally, much of what I will cover in this book is in **direct opposition** to the recommendations of the American Diabetes Association and other national diabetes associations. Why?*

Because if I had followed those guidelines, they would have killed me long ago.

[Richard Bernstein MD](#)

www.lchfdietmentor.com

Inflammation – The Fire Inside



Feb 23, 2004

Carbohydrates cause Inflammation

I began to think there was more to inflammation than suspected—that it wasn't just a side effect but in fact, it was the culprit, the cause of cardiac arrest. If that was so, I could save more lives by actually treating inflammation instead of patching the problem.

Dwight Lundell MD

Playing with FIRE!

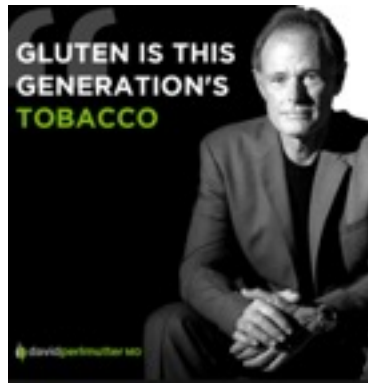


***Sugar acts like shards of glass in our body.
The brain has no pain receptors for inflammation.***

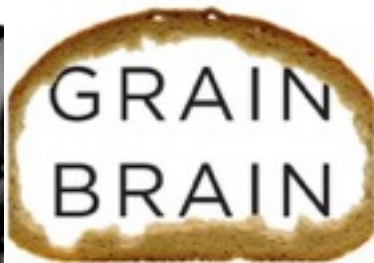
David Perlmutter MD *Grain Brain* *The Surprising Truth About Wheat, Carbs and Sugar - Your Brain's Silent Killers*

www.lchfdietmentor.com

Grain Brain



The Surprising Truth About Wheat, Carbs, and Sugar—Your Brain's Silent Killers



DAVID PERLMUTTER, MD
Author of The Better Brain Book
WITH KRISTIN LOBERG



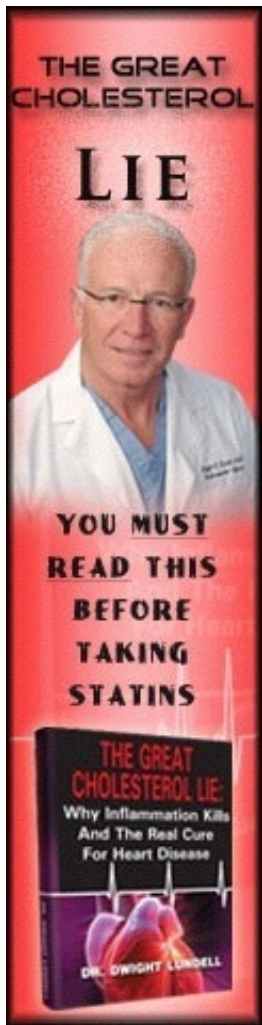
Carbs are destroying your brain.

And not just unhealthy carbs, **but even 'healthy' ones, like whole grains, can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more.**

Dr. Perlmutter explains what happens **when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol**, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at **how we can take control of our "smart genes" through specific dietary choices and lifestyle habits**, demonstrating how to remedy our most feared maladies without drugs.

www.lchfdietmentor.com

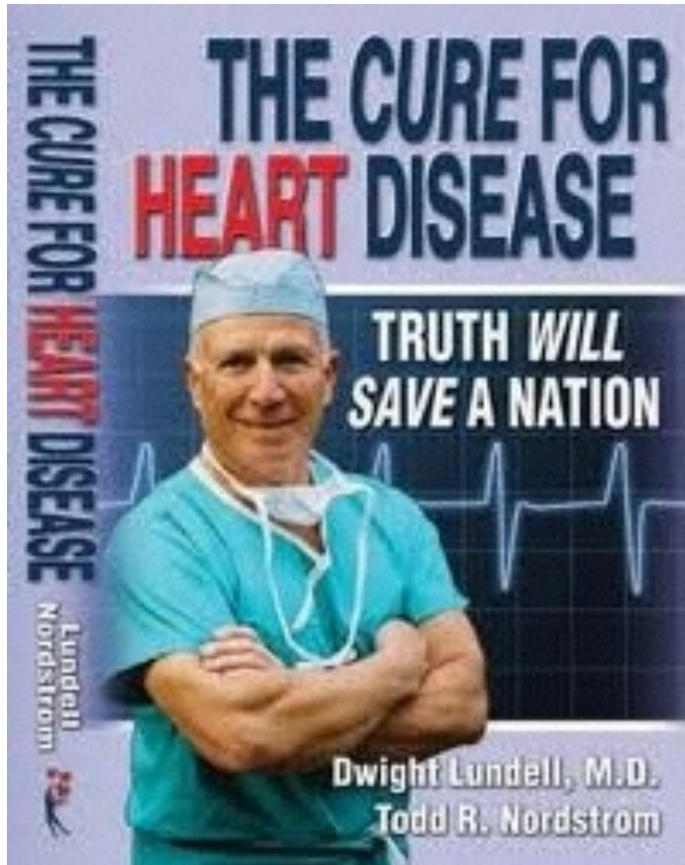
Dwight Lundell MD



- ‘Yes, there’s a cure for heart disease but let me be clear—I cannot cure heart disease but you can. Anyone and everyone who reads this book will be able to save more lives than I ever could as a heart surgeon.
- As you begin to change your perspective and fight this battle, friends, family members, co-workers and our culture in general will try to sabotage your newfound perspective and freedom from disease.
- We face this current epidemic of heart disease because people don’t challenge the information they are being given. I want you, the reader, to question this book, to question everything. The facts are the only things that are real and with the facts, we can all win this war of heart disease. We, you and me, as a culture, need to get accustomed to challenging all information.’

[*Discover more in Dwight's ebook*](#)

Inflammation – The Fire Inside



“The sad thing about inflammation with regard to heart disease is that we can’t see the lump or redness when it’s inside the body.

We don’t know it’s there but it’s there. I’ve seen it inside every single surgical patient I ever treated. The process is the same and the battle is the same—just in a different location.”

[Discover more in Dwight's ebook](#)

Inflammation – The Fire Inside

- “Soon you’ll begin hearing words like *interleukin 6* and *tumor necrosis factor alpha*. These are inflammatory chemicals that cause the liver to produce C-reactive protein. C-reactive protein is the easily measured marker of inflammation in the blood. Very soon it will become one of the most publicly visible terms used in the media when they discuss health, longevity, wellness and disease. Soon every physical examination will test for C-reactive protein. It will become a primary indicator of many diseases including cancer, Alzheimer’s, heart disease, diabetes, and stroke.
- Recent research has demonstrated that C-reactive protein binds with leptin, which is the hormone that is produced by fat cells that tells your body to stop eating. But, when C-reactive protein binds with leptin, the brain no longer recognizes leptin which means you’ll continue to eat, and eat more.”

[Discover more in Dwight's ebook](#)

Inflammation – The Fire Inside

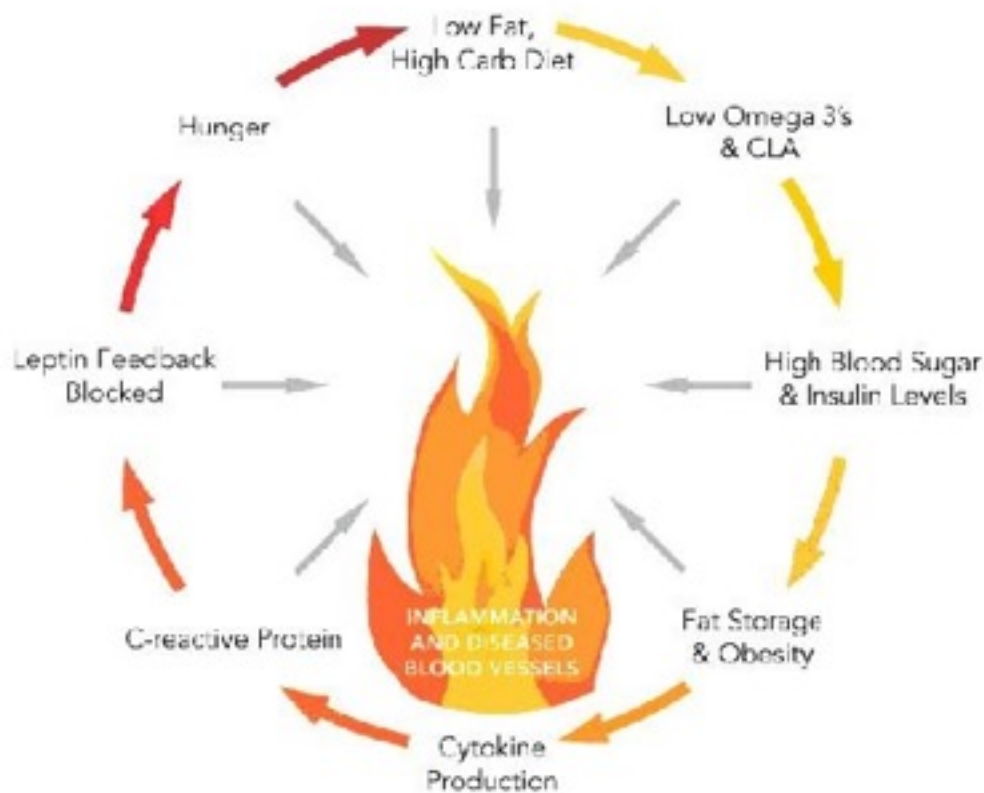


Image from [Dwight's ebook](#)

“It becomes a vicious cycle and once the cycle starts, the choice you had early on at the grocery store becomes less of a choice—now it’s an impulse to feed the fire. It starts with excess simple carbohydrates and the wrong kind of fats. It creates inflammation, obesity, unresponsive cells, and interruption of normal physiological control mechanisms—more eating, less satisfaction and one huge health crisis.”

Diseases related to Obesity

“Inflammation is the common factor in almost all.” Dwight Lundell

“Arthritis

Osteoarthritis

Rheumatoid Arthritis

Cancers; Breast, Oesophagus, Gastric Cardia,
Colorectal

Cardiovascular disease

Carpal Tunnel Syndrome

Chronic Venous Insufficiency

Day time sleepiness

Deep vein thrombosis

Type II Diabetes

End stage renal disease

Gall bladder disease

Gout

Heat tolerance disorders

Hypertension

Impaired immune response

Impaired respiratory function

Infections following wounds

Liver disease

Low back pain

Obstetric and Gynaecological complications

Chronic pain

Pancreatitis

Sleep apnoea

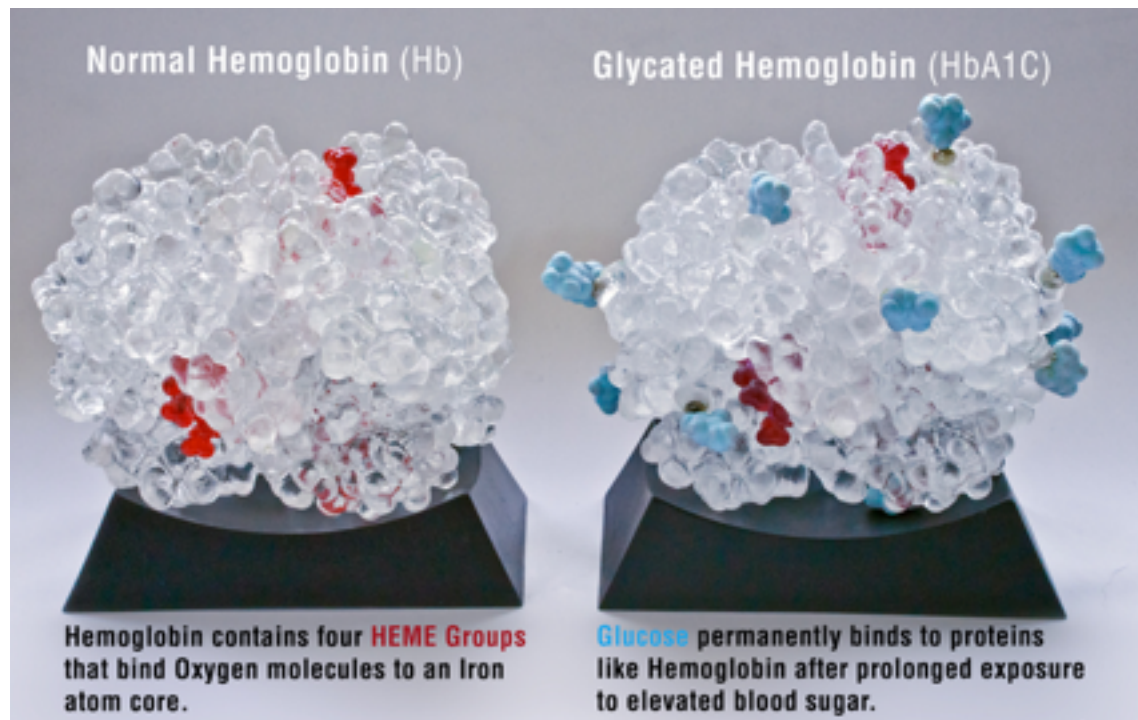
Stroke

Surgical complications

Urinary Stress Incontinence”

AGEs & Inflammation

Advanced Glycation End products



Red blood cells last 120 days - HBA1C - a marker of how much is glycated

<http://biologicmodels.com/protein-models/glycated-hemoglobin-hba1c/>

<http://www.sciencemag.org/content/258/5082/651.abstract>

Which Blood Tests?

MELBOURNE PATHOLOGY
LOW CARB DOWNLOADER

Interpretation of blood fats

- 30 years ago
 - High cholesterol, Triglycerides unimportant
- 20 years ago
 - Bad cholesterol (LDLC), Good cholesterol (HDLC)
- 10 years ago
 - Modified LDL atherogenic
 - Oxidised, Glycated, Apo(a)/Lp(a), Small Dense LDL
- Today
 - Triglycerides are important!
 - Move away from LDLC: Non HDLC = LDLC + VLDLC

MELBOURNE PATHOLOGY
LOW CARB DOWNLOADER

Conclusions

- Blood tests for carbs
 - HbA1c
 - average glucose
 - HbA1c \geq 6.5% Diabetes
 - HbA1c $>$ 5.6% CVD risk hyperinsulinaemia
- Blood tests for fats
 - Fasting Trig $<$ 1.0 mmol/L
 - Body is using fat
 - Trig $>$ 1.5 mmol/L
 - Small dense LDLC
 - Low HDLC
- Other tests
 - ALT
 - Fatty Liver
 - Urate
 - Susceptibility to carbs
 - Troponin
 - Damage to heart

<http://daragrennie.com/evolving-food-pyramids/which-blood-tests-are-important/>

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Nutritional Ketosis

Our natural state where we operate best

WHO SHOULD BE ON A KETOGENIC DIET

Put out the fire:)

YES

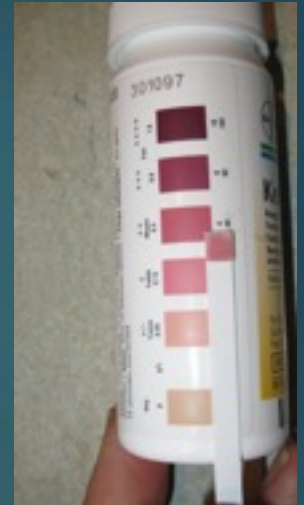
Diabetes
Hypertension
Overweight
High Triglycerides
Metabolic Syndrome
Epilepsy
Disorders of carbohydrate metabolism eg Pyruvate dehydrogenase deficiency, GLUT1 deficiency syndrome

PROBABLY

Neuroprotection- Dementia, Parkinson's, ALS, Brain trauma, Stroke, Migraine, ADHD, Autism, MS
PCOS
Acne
Cancer
Irritable Bowel/ IBD
Autoimmune Disorders
Osteoarthritis
Psych- Bipolar, Schizophrenia etc

NO

Porphyria
Pyruvate carboxylase deficiency
Genetic disorders of fat metabolism



Dr Zeeshan Arain

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Ketosis a key for longevity?

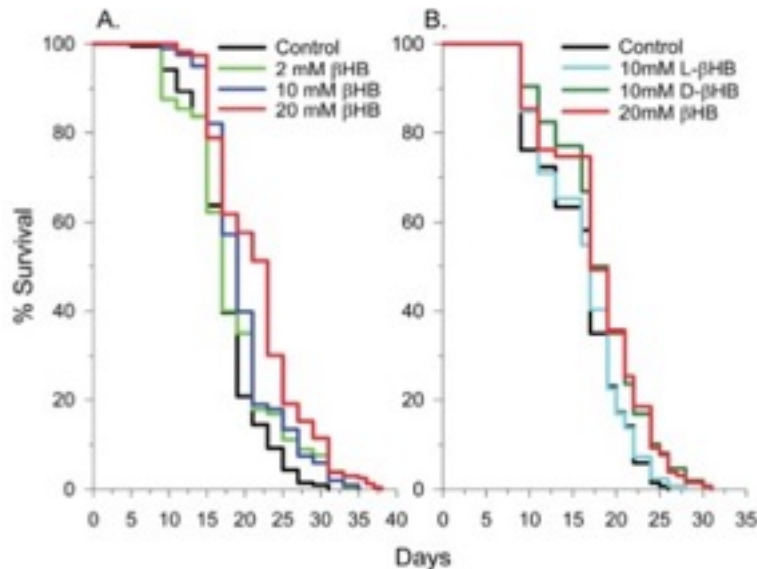


Figure 1. D- β HB extends the lifespan of N2 *C. elegans* worms. **(A)** Concentration dependency of β HB-mediated extension of lifespan. **(B)** D- β HB, but not L- β HB addition led to lifespan extension. When no D or L prefix is present, β HB refers to DL- β HB.

<http://www.impactaging.com/papers/v6/n8/pdf/100683.pdf>

D beta hydroxybutyrate increased mean lifespan by 26% *C.eleganz*.

Our data support the hypothesis that BetaHB treatment will likely be useful in the treatment of many human aging-associated disorders.

1. Ketones 3x ATP as glucose
2. Turn on body's own anti-oxidant production. e.g. glutathione.
3. Reduce inflammation.

Finding the Right Level of Carbohydrate

- A dietary carb level that keeps ketones in the desirable range
- Typically, an adult eating 50 g/d of complex carbs in foods has serum BOHB of 1 mM (nutritional ketosis)
- Some diabetics & insulin resistant individuals find they need to stay as low as 25 g/d carbohydrate to retain good control and weight stability
- A dietary carb level below which you don't convert it into fat



Dr's Jeff Volek & Steve Phinney

Best Carbohydrate Strategy



1. If you haven't got one of the contraindications and want to go into ketosis. **Start with 20 gms a day of CHO.** Once you get stabilised and want to test your CHO tolerance go up 5gms a day week over week. (Phinney, Volek & Westman)
2. Go to a maximum of 60-80 gms a day if you find symptoms don't return. (Dr David Perlmutter)
3. May need to be at 10 gms a day or below.
4. Top athletes "shouldn't need more than 200gms" (Prof Tim Noakes)

What You Gonna Burn?



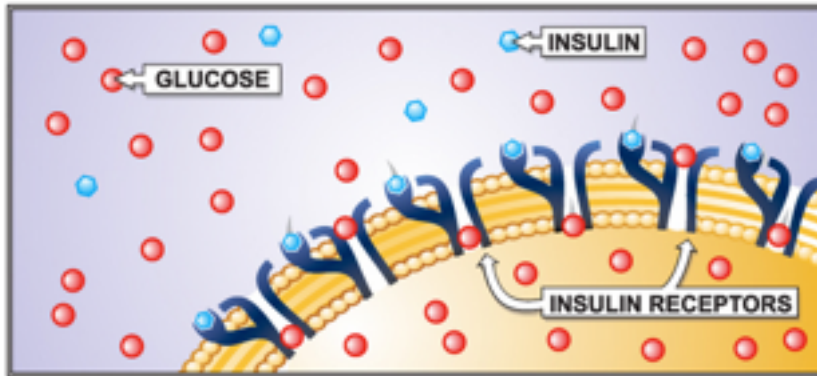
Carbs?



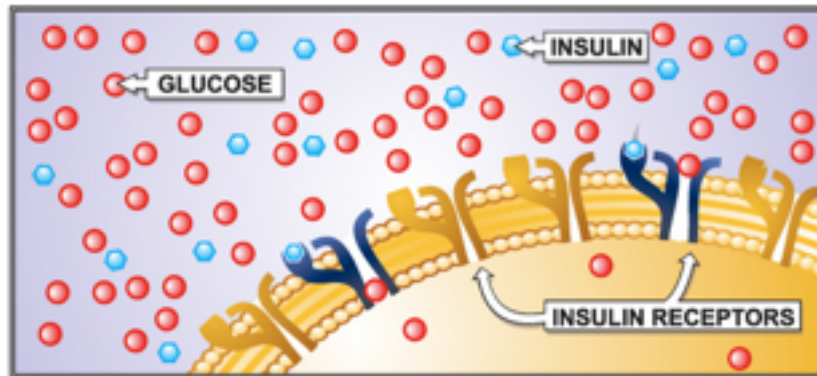
Fat?

CHO Induced Insulin Resistance

NORMAL CELL



INSULIN RESISTANT CELL



Insulin Resistance is our body's defensive mechanism against toxic levels of blood glucose.

[Dr Jason Fung](#)

Which Medications?



1. Blood sugar medication like insulin



2. High blood pressure medication

How To Count CHO

Web Images Videos News Books More Search tools

About 12,300,000 results (0.34 seconds)

Nutrition Facts and Analysis for Broccoli, raw
nutritiondata.self.com/facts/vegetables-and-vegetable-products/2356/2
The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Vitamin E (Alpha Tocopherol), Thiamin, Riboflavin, ...

Nutrition Facts and Analysis for Broccoli, cooked, boiled ...
nutritiondata.self.com/facts/vegetables-and-vegetable-products/2357/2
Nutrition facts and information for Broccoli, cooked, boiled, drained, without salt.

Broccoli - The World's Healthiest Foods
whfoods.org/genpage.php?name=foodspice&dbid=9
Overcooked broccelli becomes soft and mushy, an indication that it has lost both nutrients and flavor. Begin by cutting broccelli florets into quarters and let sit for ...

Broccoli: Health Benefits, Risks & Nutrition Facts - LiveScience
www.livescience.com/45408-broccoli-nutrition.html
Oct 1, 2014 - Your parents knew what was up when they told you to eat your broccelli. This verdant vegetable is a powerhouse of nutrients. It's reputed to ...


Broccoli nutrition facts and health benefits - Nutrition and You
www.nutrition-and-you.com/broccoli.html
Broccelli is rich in dietary fiber, minerals, vitamins, anti-oxidants and phyto-chemicals that have proven health benefits against prostate, colon, breast cancers and ...

What are the health benefits of broccoli? - Medical News ...
www.medicalnewstoday.com/articles/266765.php
★★★★ Rating: 4 - 21 votes
Oct 2, 2013 - In fact, just a 100 gram serving of broccelli will provide you with more than 150% of your recommended daily intake of vitamin C, which in large doses can potentially shorten the duration of the common cold. Broccelli is also rich in vitamin A, iron, vitamin K, B-complex vitamins, zinc, phosphorus and phyto-nutrients.

Broccoli

Vegetable

Broccoli is an edible green plant in the cabbage family, whose large flowering head is used as a vegetable. [Wikipedia](#)



Nutrition Facts

Broccoli 1 spear (about 5" long) (31 g)
0.5 cup, chopped or diced (44 g)
Amount Per 1 cup chopped (91 g)
100 grams
Calories 31
1 NLEA serving (148 g)
1 stalk (151 g)
1 bunch (608 g)

	% Daily Value*
Total Fat 0.3 g	0%
Saturated fat 0 g	0%
Polysaturated fat 0 g	
Monounsaturated fat 0 g	
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Potassium 268 mg	8%
Total Carbohydrate 6 g	2%
Dietary fiber 2.4 g	9%
Sugar 1.6 g	
Protein 2.6 g	5%
Vitamin A	11%
Vitamin C	135%

Google '_____ nutrition'

Total CHO - Fibre = Net/Usable CHO

www.lchfdietmentor.com

<20 grams CHO per day



When?

- Body fat more than 20% for men or 25% for women
- High Blood pressure
- High cholesterol & TG's & low HDL
- Type 2 Diabetes
- Glucose Intolerance
- * If pregnant or on medication to control cholesterol, blood pressure, fluid retention or blood sugar don't attempt this without your doctor in the loop.
- Stay on this till medications markedly reduced or eliminated and down to below 20% for average man or 20-25% for average woman.

What does 20 gms per day look like?



Broccoli cooked 2 cups - 8 gms

Onion 1/4 cup cooked 5 gms

Mushrooms 1/2 cup cooked 3gms

Red pepper 1/2 raw - 2 gms

Celery 1 cup - 2 gms

Total 20 gms - raw lettuce & spinach
unlimited

Fibre? Micro biome. Keep PYY up

Phytates? Keep minerals separate

Auto Immune Protocol



In addition, if you have an autoimmune condition, you should completely avoid:

- **Eggs** (especially the whites)
- **Nuts**
- **Seeds** (including cocoa, [coffee](#) and [seed-based spices](#))
- **Nightshades** (potatoes, tomatoes, eggplants, sweet and hot peppers, cayenne, red pepper, tomatillos, goji berries etc. and spices derived from peppers, including [paprika](#))
- **Potential Gluten Cross-Reactive Foods**
- **Fructose consumption in excess of 20g per day**
- **Alcohol**
- **NSAIDS** (like aspirin or ibuprofen)
- **Non-nutritive sweeteners** (yes, all of them, even [stevia](#))
- **Emulsifiers, thickeners, and other food additives**

<http://www.thepaleomom.com/autoimmunity/the-autoimmune-protocol>

www.lchfdietmentor.com

What does 25 & 30 gms per day look like?



85% 3.7 gms per 10 gms

Cooking doubles CHO content

Broccoli cooked 2 cups - 8 gms

Onion 1/4 cup cooked 5 gms

Mushrooms 1/2 cup cooked 3gms

Red pepper 1/2 raw - 2 gms

Celery 1 cup - 2 gms

Blueberries 1/3 cup 5.7 gms

Chocolate 70% plus 1 square - 5gms

Total 30.7 gms (raw lettuce and spinach unlimited)

(FYI - dry wine – 4-6gms/4oz/120ml)

(almonds 1 gm for 5 nuts)

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55-60 grams CHO per day



A normal blood pressure reading

120
—
80 mmHg



When?

Less than 20-25% body fat

No symptoms - normal blood pressure, cholesterol & blood lipid, no glucose intolerance or type 2 diabetes.

www.lchfdietmentor.com

What does 55-60 grams of CHO look like over a day?

From 20g/d increase 5 gms a day till reach CHO tolerance level



Broccoli cooked 1 cup 5 gms
Cabbage cooked 1 cup 5gms
Peppers ½ cup 2.3gms
Onion cooked chopped 1/2 cup 10.6 gms
Mushrooms ½ cup 2.3 gms
Sauerkraut ½ cup 5.1 gms
Spinach boiled 1 cup 3.1 gms
Blueberries 1/3 cup 5.7 gms
Kiwifruit 1 whole 8.8 gms
Walnuts 1/2 cup 3.5 gms
Chocolate 2 squares 7.4 gms
Total 54.9 gms

The Main Problems with a LC Paleo or LCHF Diet

Addiction

I Can't!!!! + I Won't!!!!

Severe

Biochemical addiction. 1 day at a time.

Not so severe - may take just a few days to get back on track



The battle for your mind..

Internal
External

Helplessness
I Can't

Rebellion
I Won't

Kids In A Candy Shop



Our genes are like kids in a candy shop

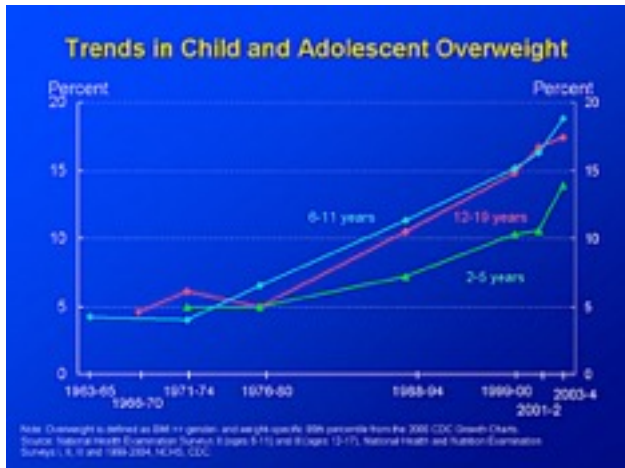
What is good for them (surviving through winter) is not good for us. Winter never comes now.

We have the first generation of kids that are expected to have a shorter life span

We can see what our genes can't

They need our help

When we can see that there is hope



What do you replace with?

David Perlmutter, M.D.
Yesterday

Unfamiliar with a ketogenic diet? Here's what it means.



Healthy Fats

Butter
Animal fats
Fish oils

Olive Oil?
Coconut Oil?

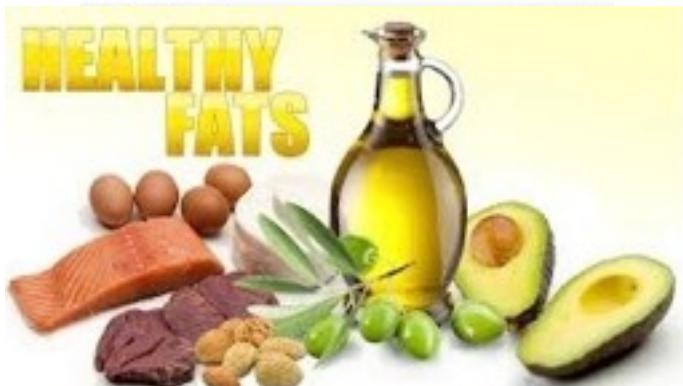
Omega 3 - anti inflammatory
Omega 6 - pro inflammatory

Grass fed beef, wild fish, free range
chicken

Eliminate seed oils & trans fats

<http://daragrennie.com/80-90-fat-in-a-lCHF-ketogenic-diet/>

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How Much Protein Do You Need?



Depends on:

1. your lean body mass (LBM) and
2. how much exercise you're getting.

Your Lean Body Mass is the main metabolically active part of you. You want to maintain and nurture it for lots of reasons – fat burning, improved immunity etc.



How to work out your LBM

Weight
– Body Fat%
= Lean Body
Mass

- Using “Protein Power”,
[Best price in NZ](#)
[Amazon](#)
- an [online calculator](#)
- or someone local to find out your body fat %.
- Subtract that from your total weight to get your Lean Body Mass

How much do you exercise?

Chart from Protein Power

- **1 Sedentary.** If you get no physical activity whatsoever your protein need will be 0.5gm per pound of lean body mass. **Sedentary = 0.5**
- 2 Moderately Active.** If you are average in physical activity, devoting 20 or 30 minutes to exercise two or three times per week, your protein need is 0.6 gm per pound of lean body mass. **Moderately Active = 0.6**
- 3. Active.** If you participate in organized physical activity for more than 30 minutes 3-5 times per week, your protein need is 0.7 gms per pound of lean body mass. **Active = 0.7**
- 4. Very Active.** If you engage in vigorous physical activity lasting an hour or more five or more times per week, your protein need is 0.8 gms per pound of lean body mass. **Very Active = 0.8**
- 5. Athlete.** If you are a competitive athlete in training, doing twice daily heavy physical workouts for an hour or more, your protein need is 0.9 gm per pound of lean body mass. **Athlete = 0.9**

**Lean body mass x activity category number = daily minimum protein need
divided by 3 = grams per meal.**

Main thing is to not eat less than that per meal. More is ok.

How much protein?



Easy reference point

Palm size & thickness.

Three times a day. MINIMUM.

1/2 a palm for snacks

You can work it out in detail but this will generally do fine.

Too much will stimulate insulin and make leptin invisible, like CHO's. Plus natural incretin hormone effect will increase insulin.

e.g. My Personal Protein Need

Weight

-Body fat %

= LBM

LBM x 0.7 Active

= 75gms per day

= 25gms per meal as
a minimum for
maintaining my LBM

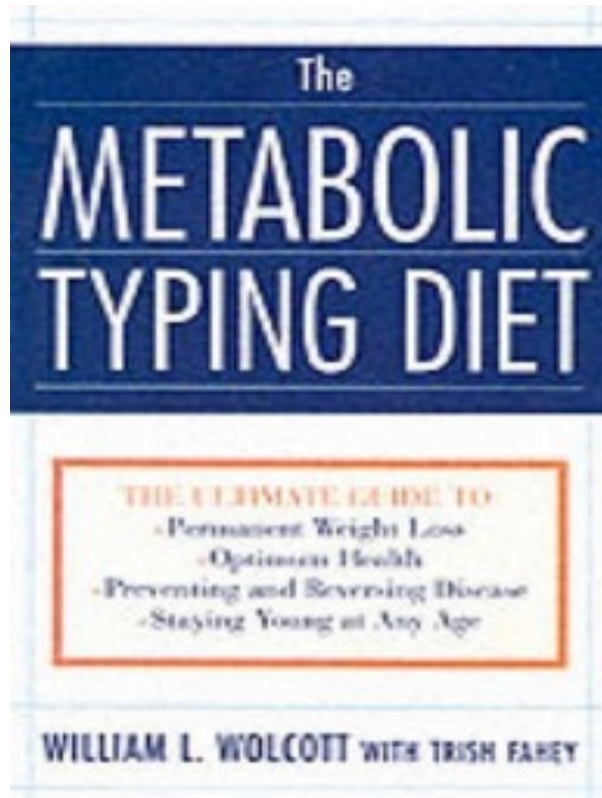
25 gms per meal looks like:

- 2 eggs + 36 gms salmon = 25 gms
- 2 scoops of AminoCharge and 1 egg = 24gms
- 100 gms of some form of meat, chicken or fish = 25 gms protein
- 5/8ths of a cup of tofu = 25gms

Snacks

1/2 protein (12.5gms) + restricted
carbs (30-55gms per day total)

Metabolic Typing



Getting the right fuel mix
(Protein/Fat/Carbohydrate)

And the
Right Protein
For your Type
Genetic Basis

What type of protein is best
for you?

[Amazon](#)

ziwi.co.nz

Metabolic Typing

1-----2-----3-----4-----5-----6-----7-----8-----9

Protein type-----Mixed Type-----CHO Type
Red meats(purines)-----Either-----Chicken
Oily fish-----Either-----Lighter fish
Full cream dairy---Either---No or low fat dairy
Salad/Veg after-----Either----Salad/Veg before
Less fruits-----Either-----More fruits
Don't Find it easier to be vegetarian

**True vs Functional Type (we may have forced our bodies to adapt)
Can take time to restore balance.**

History of Restricted CHO



Stefan Amundsen

- Lived with the Eskimos
- Clinical trial to prove you could live on solely animal/seafood alone when vitamins were being discovered and the emerging science of nutrition was promoting vegetables and fruits

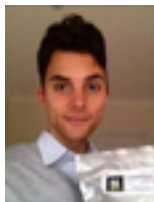
[The Fat Of The Land](#)

Zero Carb

Eat Meat. Drink Water.

Zen, and the Art of Zero-Carb Living

Search



Healing Brain Cancer with a Zero Carb Ketogenic Diet by Andrew Scarborough

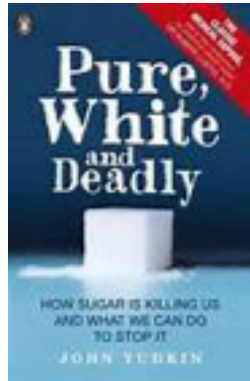
Two and a half years ago, at the age of 27, I was working as a personal trainer and was physically very active. However, I was forced to stop working towards the end of 2012 because I was experiencing...

- Adaptation
- Alcohol
- Beef
- Beverages
- Bone Broth
- Coffee Enemas
- Dry Fasting
- Interviews
- Ketosis
- Original Human Diet
- Pemican
- Pork
- Resources
- Salicylates
- Salt
- Testimonials
- The Bear
- Vitamin C
- Welcome!
- Zero Carb

[Zero Carb Zen](#)

www.ichfdietmentor.com

Common Factors in Diets That Work



1: **Low sugar intake.** Remember sugar is fat (fructose) & carbohydrate (glucose) together as fructose is metabolised in the liver and is a chronic hepatotoxin,

2: **High fibre intake.**

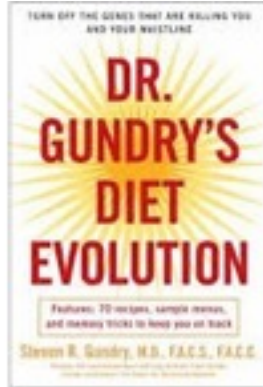
Go to town on those two things and you'll have a much easier time losing the belly/visceral fat.

Beyond that Robert suggests the most important thing that your food choices need to depend on, is **your insulin profile.**

1. The **low GI** diet works best for those who's pancreas releases the most insulin – drug induced or cancer related.
2. **Low carb** diets work best for those with the most insulin resistance.
3. Except for the 1% whose insulin resistance is caused by a genetic variation, familial hypercholesterolaemia. In which case **high carb, low fat** is best.



Turn Off Your Killer Genes



Aim to communicate with your genes so they work for you not against you. Your 'current instructions' to your genes come from the foods you eat.

Winter Is Now (WIN) vs Store Fat For Winter

Phase 1 turn off killer genes (i.e. snow plough)

STOP the destructive process. Stay on this till down below BMI 30. If diabetes or metabolic syndrome stay on till bloods normalise.

Wk 1-2: Palm size lean protein and low CHO vegetables three times a day + ¼ cup of nuts (walnuts & pumpkin seeds) for snacks x 2

Wk 3-6: as above + add back black and blue and red too blueberries, currants, cherries, plums, seeded red grapes. apples/oranges/avocados/tomato (no tropical), max 2 servings a day. 1/2 cup grain/legume not bread of any form. if weight loss slows or reverses back to phase 1

Phase 2 reverse the damage and rebuild your health. Gradually reduce protein & increase amount & variety of veggies. By end of 6 weeks meat should be 1/2 a palm.

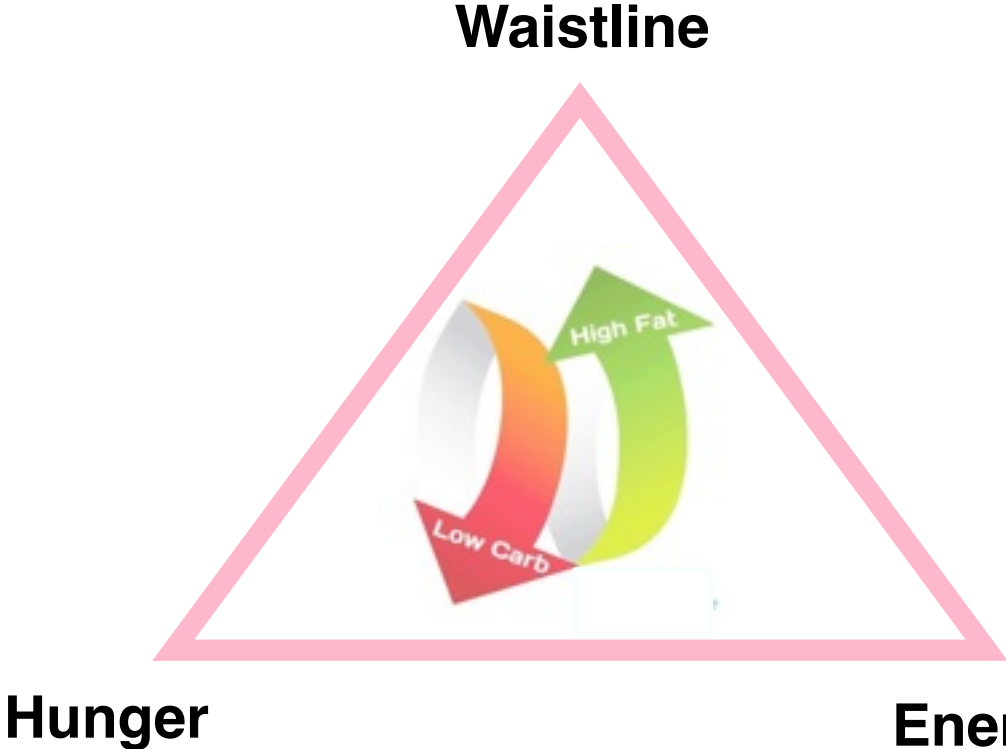
Genetic lipid problem – add CoQ10 & niacin.

Phase 3 turn on the longevity genes – hormetic effects

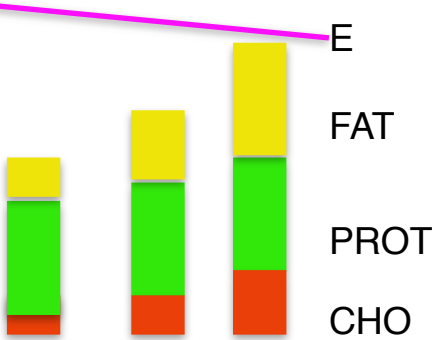
Can always go back to snow plough if you need to.
Depending on initial weight can do this in 90 days.

The Nutrition Impact Triangle

First week - month
you may experience
Headaches
Fatigue
Dizziness
Heart Palpitations
Irritability
Drink extra water
and salt/bone broth.
Go easy on exercise
70-80% of normal



Increase fats
as your waistline
decreases, you're
coming down to
goal weight and you
get less fat from your
own body



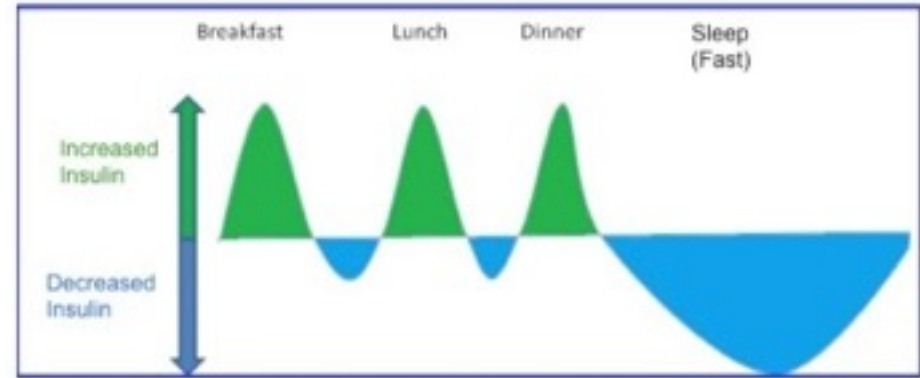
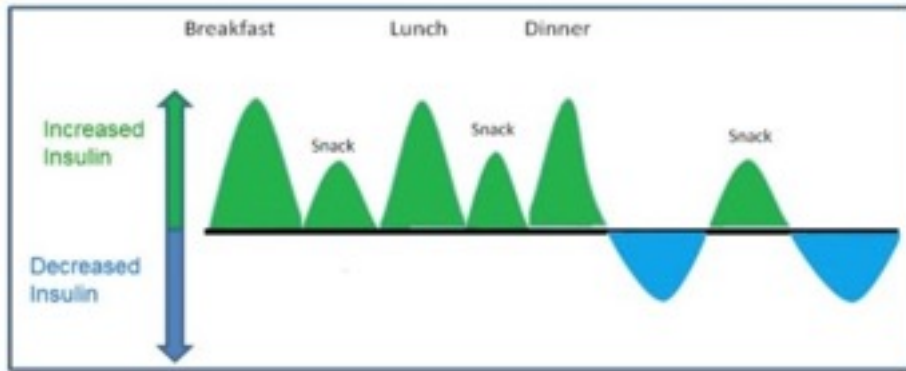
The Goldilocks Principle

Hunger Games - Eat to Satisfaction

If, after a while, you find
you get tired again -
Salt - 1 tspn a day



When To Eat - Fasting



<http://intensivedietarymanagement.com/insulin-works-hormonal-obesity-vii/>

<https://intensivedietarymanagement.com/fasting-a-history-part-i/>

Dr Jason Fung - Nephrologist.

<http://intensivedietarymanagement.com/historic-perspective-obesity-hormonal-obesity-1/>



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Intermittent Fasting

2 days out of every 7. E.g. Monday and Thursday

Women – 500 cal* a day in one or two meals

Men – 600 cal* a day in one or two meals

One day a week for maintenance

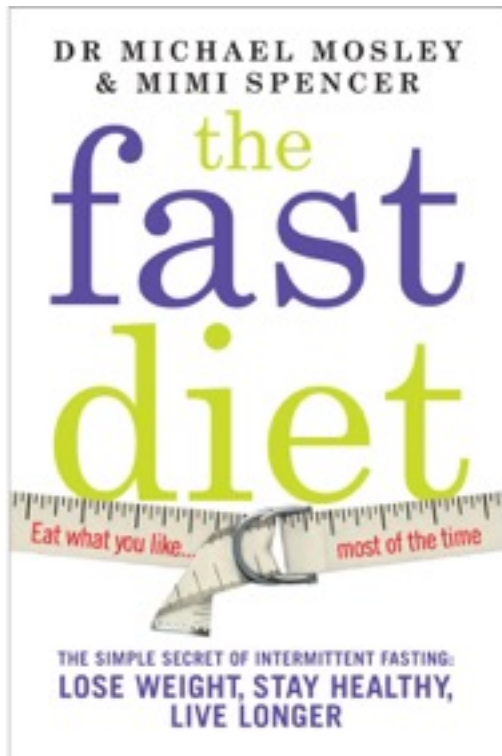
Other versions:

David Perlmutter in Grain Brain recommends starting with a 1 day water fast plus 1-3 day water fasts every quarter.

3 meals a day. Eating to satisfaction. No snacks.

Eat within an 8 hour time window so you have 16 hours downtime each day. Or just eat one meal a day.

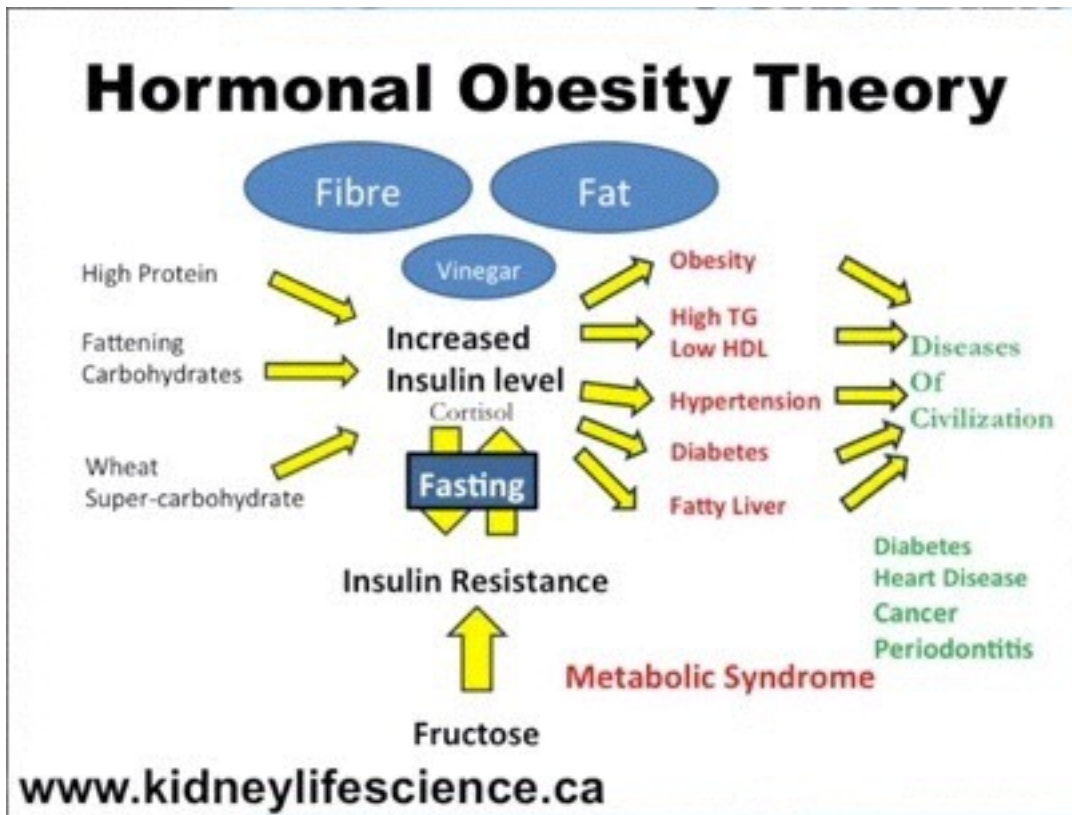
*Calories from fat, protein and low cho veggies and fruit.



<https://intensivedietarymanagement.com/fasting-a-history-part-i/>

www.lchfdietmentor.com

Hormonal Obesity Theory



Dr Jason Fung

Nephrologist.

<http://intensivedietarymanagement.com/historic-perspective-obesity-hormonal-obesity-1/>

www.lchfdietmentor.com

Get the Ghrelin Down



The HUNGER hormone - stomach

Drives you to eat sugar & starch.

HOW?

Eat Breakfast – particularly protein breakfast within an hour of waking.

Curb nighttime eating - 3-4 hours before bedtime. More insulin resistant you are the pattern will be to not be hungry in the am, skip breakfast and eat extra at night.

Omega 3-6 balance nut & seed snacks

Increase greens

Seasonal – clock gene affects ghrelin & leptin

Sleep

You'll eat less food in any given meal

Get the Cortisol Down



Stressed?



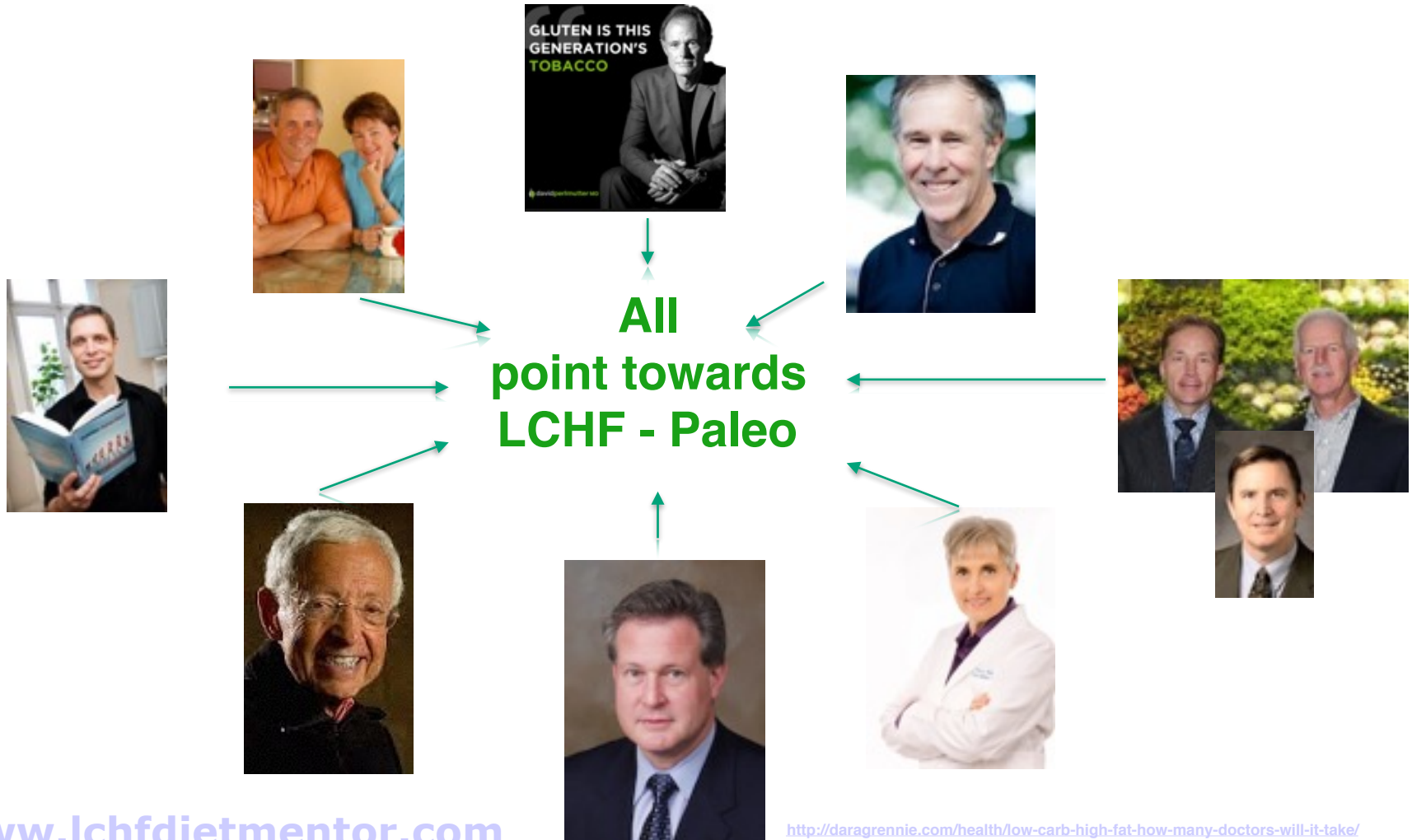
The STRESS hormone – adrenal glands short term friend (tiger) long term enemy. **Triple whammy – drives visceral fat, insulin resistance & increased eating.** Stress eating one of biggest challenges. It's our response that matters. This may have genetic and prenatal components. Vicious cycle in the amygdala. Willpower alone won't cut it.

HOW?

Exercise – increased cortisol immediately but reduces it throughout the day. Tabata/HIIT – run like that tiger is after you. - by burning off fat in the **liver and muscles it improves insulin sensitivity in both.**

How Many Doc's Will It Take?

Doc's see what happens with their patients. Many get the same diagnosis - they go looking - they find - their life changes - they get passionate - they educate.



Going Mainstream



Are you next?

www.lchfdietmentor.com

The Two Lies



1. Animal fat is bad for you.



2. You get everything you need in a healthy diet.

We need to do what we can to accept the truth of being continuously lied to and get over it so we can move on.

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Food = Macro + Micro Nutrients + Water

Macronutrients – *proteins, fats and carbohydrates provide energy (calories)*

Without them we will suffer malnutrition, starvation and death

Quality vs Quantity

Micronutrients – *vitamins, minerals & trace elements. Essential for life*

Without them we would suffer deficiency diseases, a precipitous health decline and death Michael Eades

Our bodies are genetically programmed to continue eating until we consume a bare minimum of micronutrients Steve Gundry

To Supplement or Not To Supplement?



If Shakespeare were alive
today -

would this be the
question on his lips?

To Supplement or Not To Supplement?



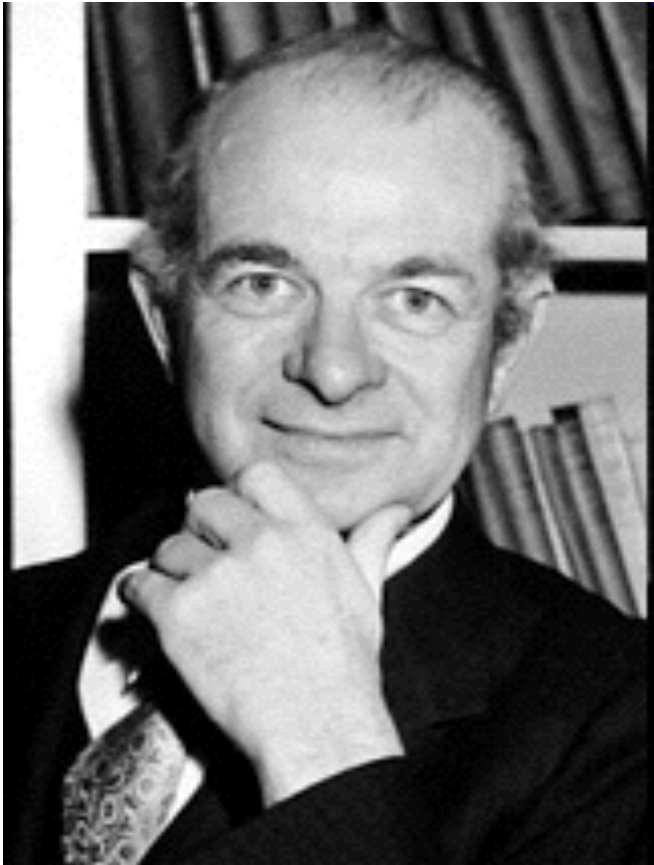
If Shakespeare were alive today
would this be the question on
his lips?

RDA = recommended
minimum requirement to
avoid deficiency diseases.
Not about optimal nutrition.

Two schools of thought but all
the ones that are thinking
more laterally are
unanimous as to the need
for supplementation.

Only question is which ones.

Linus Pauling



- Double Nobel Prize winner
- *“You can trace every disease to a mineral deficiency”*

Farmlands Drained of Nutrients

Soil nutrient depletion a worldwide epidemic¹



- Nutrient depletion in soil is leading to a continual decline of nutrients in foods.²
- Humans need essential trace elements...**they are indispensable for life.**²

¹The 1992 Earth Summit in Brazil, ² PubMed PMID: 7022654



Dr. Joel Wallach
BS, DVM, ND

A skilled pathologist, Dr. Joel D. Wallach performed over 200 human autopsies as a graduate student in veterinary medicine. Dr. Wallach was the first veterinarian to be published in scientific journals about an incident of pollution causing deaths in animals on a massive scale. Dr. Wallach was selected as the lead scientist on a 13 year government study comparing the health of animals and people.



After more than 20,000 autopsies on animals and people, Dr. Wallach learned that the same nutritional deficiencies would cause the same diseases **ACROSS SPECIES LINES**, and that there are 900 different diseases that are linked to nutritional deficiencies. His research was published in *The Diseases of Exotic Animals* which became the textbook for veterinarians across the U.S. This book is now recommended for every zoo by the Smithsonian Institute.



Published over 70 times in scientific and medical journals, Dr. Wallach's impact has forever changed veterinary medicine and the health of our animals. Knowing that he could do the same for people, Dr. Wallach earned his degree as a physician while he was simultaneously teaching nutrition at the National College of Naturopathic Medicine.



The author of 14 books and various CDs, Dr. Wallach's world-famous *Dead Doctors Don't Lie* CD has sold over 200 million copies. Dr. Wallach continues to travel the world over 300 days a year giving free health lectures to help people learn that reversing diseases and obtaining optimal health is possible.

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United Nations Award

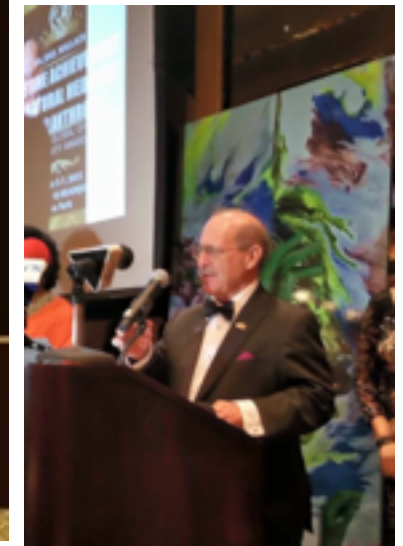


RENOWNED NATUROPATHIC DOCTOR AND FATHER OF LIQUID MINERAL
TO BE HONORED AT THE 3RD G.O.D. AWARDS AT THE UNITED NATIONS



DR. JOEL WALLACH
**LIFETIME ACHIEVEMENT
ON NATURAL MEDICINE &
PHILANTHROPY**
3RD ANNUAL GLOBAL OFFICIALS
OF DIGNITY AWARDS
August 5-7, 2015
UNITED NATIONS HEADQUARTERS
New York

THE DOCTOR OF THE FUTURE WILL GIVE NO MEDICINE BUT WILL INTEREST
HIS PATIENTS IN THE CARE OF THE HUMAN FRAME, IN DIET AND IN
THE CAUSE AND PREVENTION OF DISEASE. ~ THOMAS EDISON



Those Missing Elements

*It's not just what we're eating that's killing us.
It's what we're not eating.*



Dr Joel Wallach

Soil Scientist, Vet,
Comparative Pathologist
& Naturopath

Dead Doctor's Don't Lie

Plant Derived Minerals



Healthy Soil → Healthy Plants → Healthy Animals → Healthy People

www.lchfdietmentor.com

Doc Wallach



Epigenetic - Deficiency

www.Ichfdietmentor.com

Dr. Wallach's **3 Steps to Health**

step
1

Identify the category (or tissue breaking down)

Use the SELF EVALUATION (next page) to identify what is breaking down. **If you don't have the symptom listed at all, put in a 0. For slight or moderate symptoms use a 2 or 3, and a 4 or 5 if it's a severe symptom.** The total for each category can be used to track your improvements from month to month.

step
2

Use the appropriate pack & dose

Give your body the nutrition it uses to rebuild/repair that tissue/system.

*Supplement your supplements
with a good diet*

step
3

Clean up your diet

Eat the foods that help maximize absorption and avoid the foods that hinder digestion.



Dr. Wallach's 3 Steps to Health

Your Name	Your Phone#
	Your Email

Body Weight	kg/lbs
-------------	--------

step 1 SELF EVALUATION FORM Identify the category

Rate yourself with the numbers 0 - 5 with 0 being 'never' and 5 being 'severe'; the higher the number, the more likely you have a problem in this category.

Start identifying category: never, 0 • rarely, 1 • occasionally, 2 • often, 3 • most of the time, 4 • severe, 5 • >

Hard Tissue Category

	Today's Date	30 days	90 days	6 months
a Knee, shoulder, joint, back, neck stiffness	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b Knee, shoulder, joint, back, neck pain	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
c Headaches	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
d Numbness, foot/arm fall asleep	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
e Trouble getting to sleep even when tired	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
f Bleeding gums, cavities, dental issues, kidney stones, bone spurs	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
g Blood pressure problems	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
h Pain killers/medication for any of the above	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Totals ▶	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Blood Sugar Category

	Today's Date	30 days	90 days	6 months
a Cravings for sugar, sweets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b Get sleepy after meals	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
c Excessive thirst or sweating	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
d Wake up during the night	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
e Blood sugar medication	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
f Trouble concentrating	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
g Feeling sad or hopeless	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
h Difficulty losing weight	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Totals ▶	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



Support person	Support Email
Support Phone#	Support Website

Soft Tissue Category

	Today's Date	30 days	90 days	6 months
a Dry or itchy skin, dry cuticles	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b Thyroid or hormonal issues	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
c Cracks on your heels	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
d Forget things you go to get, can't remember a specific word	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
e Trouble breathing, cough, dry throat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
f Tiredness, kidney problems, diuretics	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
g Eye or eyesight problems	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
h Age spots, blemishes, grey hair, wrinkles, hemorrhoids, varicose veins	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Totals ▶	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Digestion Category

	Today's Date	30 days	90 days	6 months
a Multiple Issues in previous categories	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b Heartburn/acid reflux, antacid*	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
c Bloating, gas, smelly gas	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
d Constipation, use fiber/laxatives	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
e Diarrhea	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
f Seasonal allergies	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
g Food allergies, stomach/intestinal pain	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
h Immune system problems, get sick easily	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Totals ▶	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

You should see a reduction in these numbers in your first month of fully using the products. Get the support you need to see significant improvement in the first 90 days.

step 2 Use the Appropriate Nutrient Pak

1. Try our Basic Paks first!

Check the box for the pack that most corresponds to your answers.

<input type="checkbox"/>	Hard Tissue  Healthy Body Bone & Joint Pak 2.0 HSP2.0+Glucosamine & CM Cream	Healthy Body Brain & Heart Pak 2.0 HSP2.0+Ultimate EPA & Selenium 	<input type="checkbox"/>
<input type="checkbox"/>	Blood Sugar  Healthy Body Blood Sugar Pak 2.0 HSP2.0+Sweet Eat	Healthy Body Digestion Pak 2.0 HSP2.0+Enzymes & Flora fx 	<input type="checkbox"/>

90 Essential Nutrients

As a rule Dr. Wallach recommends 1 pack per 45kg/100lbs of body weight, but for cost savings, some people start with 1 pack and simply add one bottle of Plant Derived Minerals per extra 45kg/100lbs body weight.

If you have symptoms in multiple categories, Dr. Wallach recommends focusing on the category that you're most concerned about, strict adherence to his dietary guidelines and (budget permitting) adding digestive support (i.e. Ultimate Enzymes & Root Beer Belly).

For a package with products from all categories we recommend the CEO Combo Pack, but be aware that with severe digestive issues, you may need to start with 1/2 amounts.

2. Try our Add-ons!

Category		my favorite add-ons
 Hard Tissue	Liquid Gluco Gel For relaxation: Osteo-Mag	
 Blood Sugar	Energy support: Pollen Burst, BodyTrim	
 Soft Tissue	Liver Support: Pollen Burst Plus, Selenium Thyroid support: Ocean's Gold Heart Support: Cardio Stx, Selenium, BodyTrim Hormonal Support: Cardio Stx, XeraFem, XeraTest	
 Digestion	Probiotic: Root Beer Belly, Nightly Essence, Saxi, Ultimate Enzymes Immune Support: Killer Biotic, Oxybody, BodyTrim	

3. Continuing education

The more you educate yourself, the more you become a participant in your own health. Please refer to your support person to clarify which material to read, listen to or look at.

step 3 Clean Up Your Diet

Dr. Wallach's Dietary Recommendations

- Gluten-free (no wheat, barley, rye)
- Oat-free (including "gluten-free" oats)
- Low carbohydrate*
- No high fiber**

* Some 'Gluten free' foods and grains can be high in carbohydrates. Read the labels. Carbohydrates create blood sugar imbalances & feed bad bacteria, which leads to bloating & gas.

** Stewed + steamed vegetables are easier to digest; use magnesium to help with bowel movements.

Dr. Wallach's Good food / Bad food list

"It's not what you eat that kills you; it's what you don't eat!"

GOOD FOODS:

Eggs—Soft scrambled in butter, soft boiled or poached.

4-8, 8 oz. glasses of filtered water each day.
Avoid soft, plastic bottles.

Mixed, Salted Nuts—No peanuts.

Nut Butters—No extra sugar.

Pure Buckwheat (not wheat).

Couscous (Made from pearl millet only).

Beef—Rare/medium-rare.

Butter

Salt

Dairy

Fish

Chicken

Pork

Lamb

Rice

Millet

Beans

Quinoa

Corn

Vegetables

Fruit

Coffee

Tea

Green Tea

Red Wine



BAD FOODS:

Oats

Fried Food—Nothing fried! You should boil, broil or bake and never more well done than medium rare.

Oils—Cooking or salad. Yes, this includes Olive Oil! NO OIL OF ANY KIND!

Well Done Meat (Rare or medium-rare is ok).

Deli Meats... No nitrates or nitrites -- Read labels. Tell your butcher NO NITRATES or NITRITES!

NO Carbonated Drinks within 1 hour before, during or 1 hour after meals.

Baked Potato Skins

Wheat

Barley

Rye



Dr. Wallach recommends to NEVER use these 2 medications:

- 1) Cholesterol lowering drugs
- 2) Medication to lower stomach acid

Sometimes we **REPHRASE** the question

Arthritis – Bone & Joint Support

ALS, Parkinsons – Brain Support

Diabetes – Blood Sugar Support

Celiac, Crohns – Digestion

Cancer – Immune Support

Kidney Disease – Kidney Support

Why is this important?



step
2

Use the Appropriate Nutrient Pak

Start with the basic nutritional package below for the appropriate category. All packages include the Healthy Body Pack 2.0 plus 1 or 2 additional products.

As a rule Dr. Wallach recommends 1 pack per 100 lbs. of weight, but for cost savings, some people start with 1 pack and simply add one bottle of Plant Derived Minerals per extra 100 lbs.

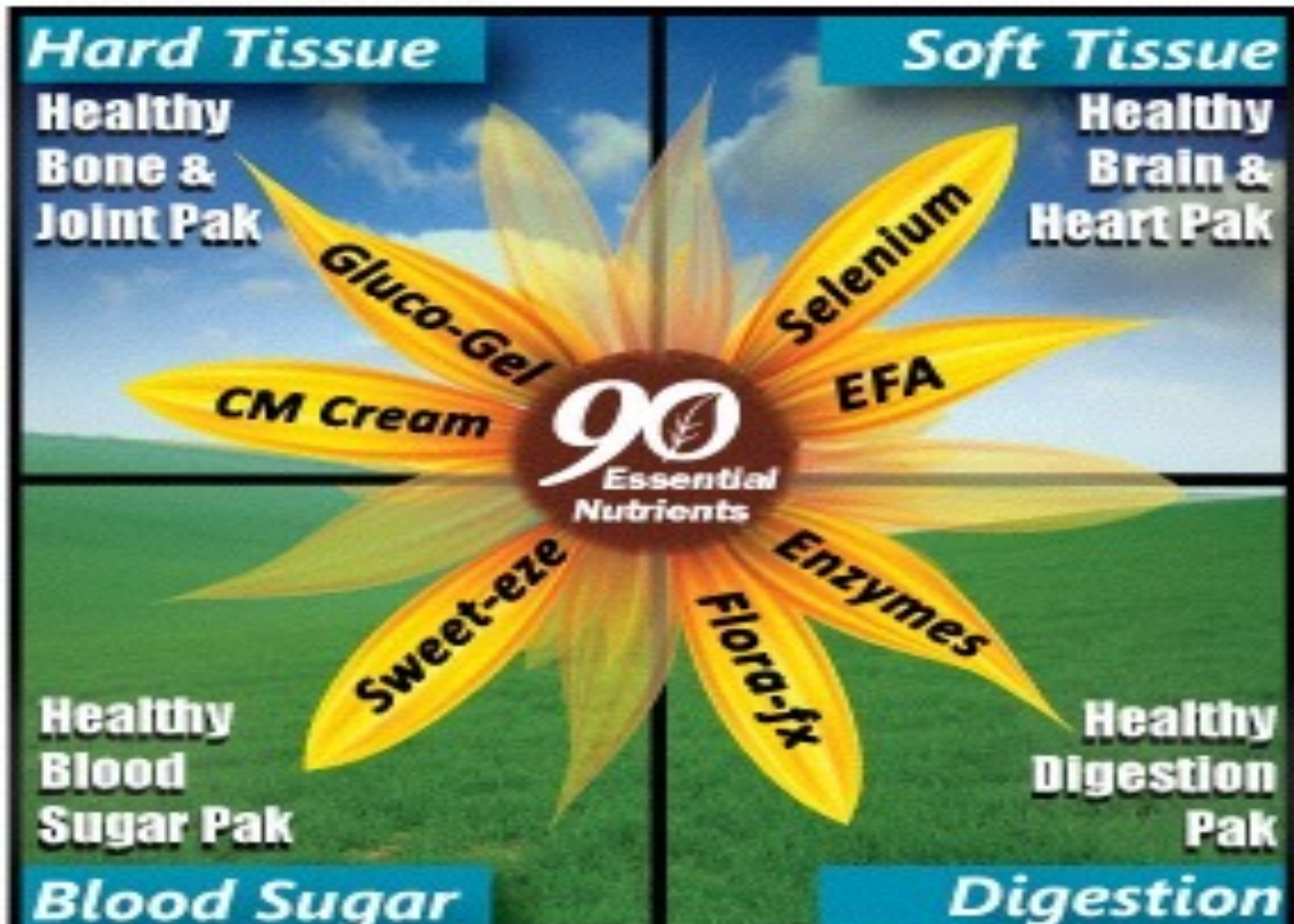
For additional support, refer to some of the add-on products below. You can also refer to the Advanced Product Training materials and weekly webinar.

1. Try our Basic Paks first! or CEO combo pak for all 4!

Check the box for the pak that most corresponds to your answers.

<input type="checkbox"/>	<p>Hard Tissue</p>  <p>Healthy Body Bone & Joint Pak 2.0 HSP2.0+Glucosamine & CM Cream</p>	<input type="checkbox"/>	<p>Soft Tissue</p> <p>Healthy Body Brain & Heart Pak 2.0 HSP2.0+Ultimate EFA & Selenium</p> 	
<input type="checkbox"/>	<p>Blood Sugar</p>  <p>Healthy Body Blood Sugar Pak 2.0 HSP2.0+Sweet Eze</p>		<input type="checkbox"/>	<p>Digestion</p> <p>Healthy Body Digestion Pak 2.0 HSP2.0+Enzymes & Flora fx</p> 

Step 2: Use Appropriate Pack



90 for Life™

- 90 life essential nutrients needed for optimal wellness and health
- Through 40 years of clinical research and discovery
- Confirmed each nutrient deficiency linked to multiple health issues
- Organized the most power "90" nutrients - made them simply available
- The very core of Youngevity philosophy to health - 90 for Life™



All supplements are not created equal



Most mineral supplements are derived from elemental minerals (8%-12% absorbable)

Plants can convert elemental minerals into more usable forms

Youngevity's 90 For Life supplements include plant derived minerals from an exclusive multi-million year old mine (up to 98% absorbable)

When it comes to getting results, absorbability means everything.



90 Essential Nutrients



Dr Joel Wallach

Dead Doctor's Don't Lie

Plant Derived Minerals
Plus the rest of the 90



Healthy Soil ➡ **Healthy Plants** ➡ **Healthy Animals** ➡ **Healthy People**

www.lchfdietmentor.com

90 Essential Nutrients

Other Healthy Body Paks

<http://drdarag.youngevity.com/index.cfm/90-for-life/>



Weight Loss Pak™ 2.0



Athletic Pak™ 2.0



Digestion Pak™ 2.0



Blood Sugar Pak™ 2.0



Bone & Joint Pak™ 2.0



Brain & Heart Pak™ 2.0

Healthy Soil ➡ **Healthy Plants** ➡ **Healthy Animals** ➡ **Healthy People**

www.lchfdietmentor.com

Get Some Leverage

*Give me a place to stand and
with a lever I will move the whole
world.*

Archimedes



**When your body needs
a little help**

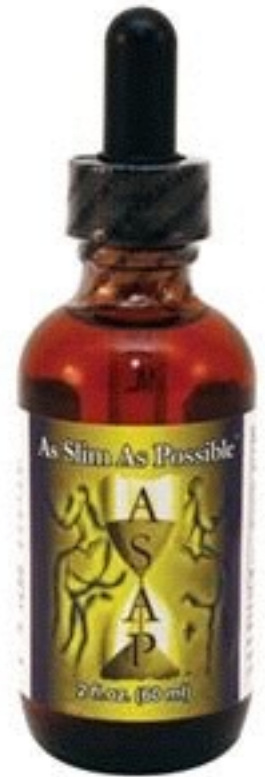
ASAP™

**As Slim As Possible
As Soon As Possible**

contains a proprietary blend of protein fractions and amino acids to support the release of adipose fat stores so your body can use them as fuel.†

Evens the playing field.

† statement not evaluated by any government body







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y.com/
90forlifestore/
en/as-slim-as-
possible-asap-2](https://drdarag.buuygy.com/90forlifestore/en/as-slim-as-possible-asap-2)

www.lchfdietmentor.com

2. Try our Add-ons!

* G.H. =Good Herbs

category	suggested add-ons	my favorite add-ons
 Hard Tissue	Liquid Gluco-Gel Fucoid Z	
 Blood Sugar	ACT, Body Trim, Mineral Caps, Plant Derived Minerals	
 Soft Tissue	Glutathione Support Imortalium Thyroid Support Oceans Gold Pollen Burst Plus	
 Digestion	Digestion: Saxi (absorption) Root Beer Belly, Colon-fx Immune Support Killer Biotic, Oxybody, Zinc-fx	Hormonal Support: GTO (Cardio Stx), XeraFem, XeraTest

90 ESSENTIAL NUTRIENTS ARE THE CORE!



**HEALTHY
START PACK**



Beyond Tangy Tangerine

EFA Plus

Osteo-fx Plus

By Blake Graham, Copyright TNT 2014

3. Continuing education

The more you educate yourself, the more you become a participant in your own health.

Advanced Product Training

No. 1 Recommendation

by Blake Graham

1. Nutrition in Medical Journals
2. The Best System of Medicine
3. What We Should & Shouldn't Eat
4. Three Steps to Health
5. The Core: 90 for Life
6. Inevitable Product Issue
- 7-Identify the Category: Hard Tissue
- 8-Identify the Category: Soft Tissue
- 9-Identify the Category: Blood Sugar
- 10-Identify the Category: Vitamin
- 11-Identify the Category: Mineral
- 12-Identify the Category: Omega-3
- 13-Youngevity 90: Basic Training
- 14-Foodshopping & Substitutes
- 15-Home Training Course - CD Library
- 16-Advanced Strategy: Good Herbs
- 17-Advanced Strategy: Hard Tissue
- 18-Advanced Strategy: Soft Tissue
- 19-Advanced Strategy: Blood Sugar

▲ Advanced Product Training
by Blake Graham

3. Continuing education

The more you educate yourself, the more you become a participant in your own health.

Product Information

- ✓ What Makes Youngevity Unique CD
- ✓ Healing is Easy CD
- ✓ YGY Audio Catalog CDs (3)
- ✓ Quality, Quality, Quality CD
- ✓ Selenium CD
- ✓ From the Stillroom BOOK

Digestive (& Hormone) Information

- ✓ Cerial Killers CD
- ✓ Why America is So Sick CDs (2)

Other Health Information

- ✓ Divine Magnificence of Nutrition CD
- ✓ Seeing is Believing CD & more!



New Media Libraries

1. *Product & Health*
2. *Business Building*

www.yteamtools.com



step

3 Clean up the Diet

Dr. Wallach's Dietary Recommendations

- **Gluten-free (no wheat, barley, rye)**
- **Oat-free (including no "gluten-free" oats)**
- **Low carbohydrate**
- **No high fiber** (stewed + steamed vegetables are easier to digest, use magnesium to help with bowel movements.)

Please refer to the Good Food/Bad Food list below for additional recommendations.



GOOD FOODS!

Especially Organic + Non-GMO

- Eggs
- Dairy (unless allergic to it)
- Salt
- Butter and Lard
- Meats
- Vegetables (stewed or steamed)
- Fruits
- Nuts and Nut Butter (except for peanuts)
- Beans
- Clean Water
- Anti-oxidants



BAD FOODS

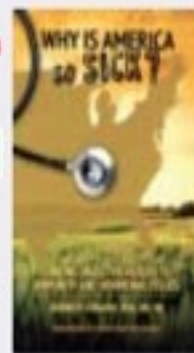
- Fried Foods and Most Oils
- Nitrates and Nitrites
- Well Done/Burnt Meats
- Carbonated Drinks
- Skins of Baked Potatoes
- All GMO foods
- High Fructose Corn Syrup



Tools For Digestion



Why is America So Sick?



Our Recommendations:

1. Cerial Killers
2. Clean Up Your Diet
3. Audio Catalog 2
4. Why Is America So Sick? CD/book (advanced education on digestion)



Tools available at YTeamTools.com



TROUBLE SHOOTING

1. Are you taking the right products?
2. Are you taking the right amounts?
3. Are you absorbing?
4. Have you cleaned up your diet?



Good Foods - Bad Foods

HEALTHY **Body**
CHALLENGE
BY YOUNGevity™

Dr. Wallach's
Good Food and Bad Food List



"It's not what you eat that kills you; it's what you don't eat!"

GOOD FOODS:

Eggs—Soft scrambled in butter, soft boiled or poached.

4-8, 8 oz. glasses of filtered water each day.
Avoid soft, plastic bottles.

Mixed, Salted Nuts—No peanuts.

Nut Butters—No extra sugar.

Pure Buckwheat (Don't wheat).

Couscous (Made from pearl millet only).

Beef—Rare/medium-rare.

Butter

Salt

Dairy

Fish

Chicken

Pork

Lamb

Rice

Millet

Beans

Quinoa

Corn

Vegetables

Fruit

Coffee

Tea

Green Tea

Red Wine



BAD FOODS:

Oats

Fried Food—Nothing fried! You should boil, broil or bake and never more well done than medium rare.

Oils—Cooking or salad. Yes, this includes Olive Oil! **NO OIL OF ANY KIND!**

Well Done Meat (Rare or medium-rare is ok).

Deli Meats... No nitrates or nitrites — Read labels. Tell your butcher **NO NITRATES or NITRITES!**

NO Carbonated Drinks within 1 hour before, during or 1 hour after meals.

Baked Potato Skins

Wheat

Barley

Rye



www.lchfdietmentor.com

Results with grasses (rice, lawns, etc.)



with minerals

without

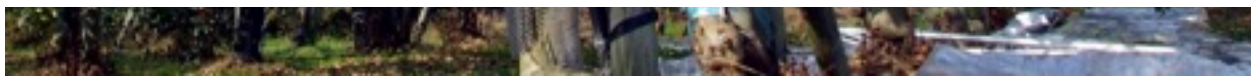




Increased Yield: On average growers are reporting a 120% increase in their yield. (Individual results will vary depending on a number of factors including: the number of applications of the minerals, soil and weather conditions.)



Yield: Produce tends to be bigger, with more fruit or vegetables per plant than before.





Brix in cherries from 14.5 to 19.8

with minerals



without



Results with Corn

Brix without 13.4



Brix with minerals 17.6



Results with Grapes

Brix without 18.8



Brix with minerals 22.3



Even better flavor!

Jerry W. Murphy

On April 21, 2011 I met Dr. Joel Wallach for lunch in Poplar Bluff, Missouri. Upon reviewing my lab results from 4/14/2011 he then wrote the orders below, BTT 2 scoops 2xda, Osteo FX 1 oz 2xda, EFA Plus 3 caps 2xda, Sweet-eze 2 caps 3xda, Daily 180 3 caps 3xda. D-Stress 3 caps 2xda No!!! Fried Foods, Sugars, Oils, or Mayo Oils, Juice or Fruits, No Wheat, Barley, Rye or Oats.No Processed Foods, No Nitrites or Nitrates. Do Eat- Eggs, Mixed fancy nuts

Before April 21, 2011 and the preceeding six months I was taling 500mg of Metformin 2 caps 2xdaily(2000mg) in addition to 1.2 victoza injectable 1xdaily On April 22, 2011, I stopped all my prescription medication and began to follow Doc's Prescritpiun for health and it worked. Praise God! Today I take no prescription medications, eat healthy and take Youngevity supplements daily and let the results speak for themselves!!!

Jerry W. Murphy BLD, MSMT, MHCA

inwall444@aol.com

Test	Normal	4/14/2011	6/20/2011	7/1/2011	10/21/2011	12/21/2011	3/26/2012
Fasting Glucose	74-106 mg/dl	171	143	104	96	90	79
Hemaglobin A1C	4.2-5.8%HBA1C	7.3	6.5	5.8	4.92	4.86	4.36
Cal. Ave Glucose	74-106 mg/dl	177	167	106	95	88	78
BUN	9-23 mg/dl	28	21	18	16	14	14
Creatinine	0.7-1.3 mg/dl	1.3	1.2	1.1	1.0	0.9	0.9
Blood Presure	110/70	155/95	140/90	135/85	120/80	1115/75	110/70
Body Weight	190 lbs	241	234	218	214	204	199





before



2013.2.24

after



2013.3.13

before

after



2014.5.20

2014.8.20

before

after



2014.5.20

2014.8.28

before



2014.5.20

after



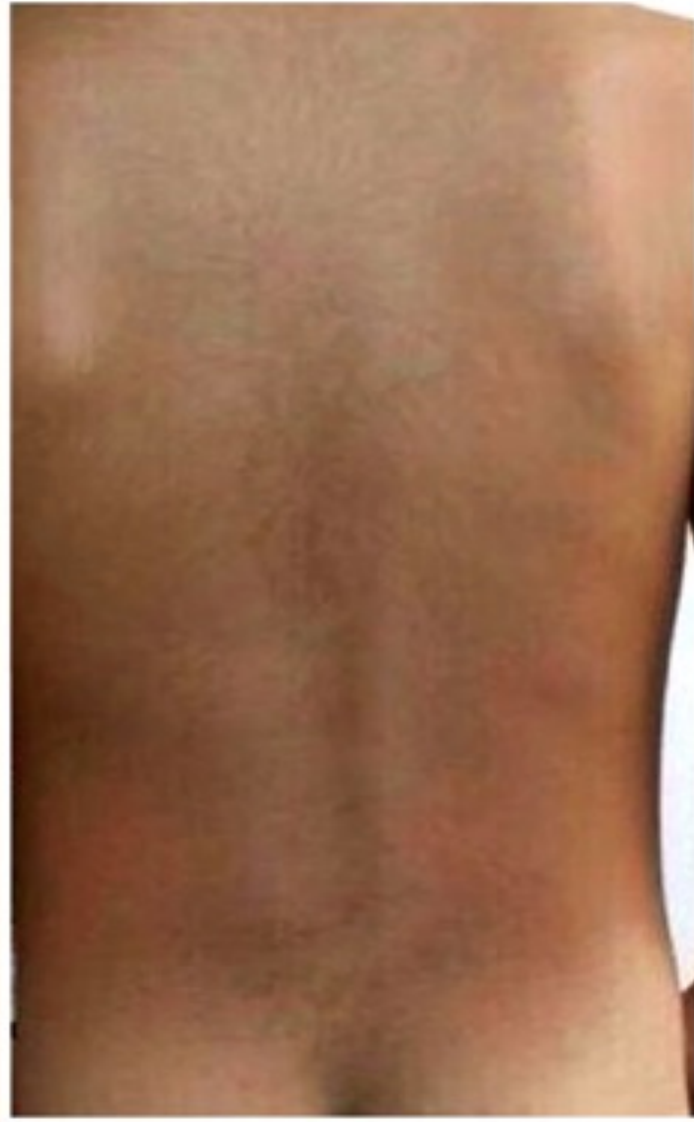
2014.8.20

before



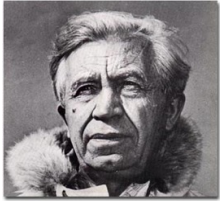
2014.5.20

after



2014.8.20

30 Day Reset



The Fat Of The Land



**The reset/reboot button
for your genes**

Eat when hungry, stop when satisfied
- meat/chicken/fish/shellfish/eggs.

Limit CHO to 5 gms per meal TDS.
Basically 1/2-1 cup of mixed
above ground cooked veggies.

Leafy greens 1-2 cups.

If drinking 90 For Life need to take
that into account. 1 scoop of BTT
3.5 gms.

Butter - fish oils

Water to thirst. 1/2-2 tspn's salt

Offal is Awesome



Most prized part.

Reacquaint yourself with liver.
Lamb's fry

The most nutrient rich food

I sautéed this for 3-4 mins in 1 tspn
of butter and added more once
cooked

Plus a generous sprinkling of Celtic
Sea Salt

Paprika, rosemary & thyme

30 Day Reset Vegetarian

New Atkins For A New You



**The reset/reboot button
for your genes**

Limit CHO to 30 gms per day.
Or 50 gms for more variety and slower
weight loss

Eat when hungry, stop when satisfied -
eggs, cheese, soy products.

Intro nuts & seeds before berries
1/2-1 cup of mixed above ground
cooked veggies.

Leafy greens 1-2 cups.

If drinking 90 For Life need to take that
into account. 1 scoop of BTT 3.5 gms.

Oils - flaxseed, olive, walnut.

Water to thirst. Salt to taste.

30 Day Reset Vegan

New Atkins For A New You

Start on 50 gms CHO per day

Eat when hungry, stop when satisfied - seeds, nuts, soy products, soy & rice cheeses, seitan, pulses and high protein grains like quinoa.

1/2-1 cup of mixed above ground cooked veggies.

Leafy greens 1-2 cups.

If drinking 90 For Life need to take that into account. 1 scoop of BTT 3.5 gms.

Oils - flaxseed, olive, walnut.

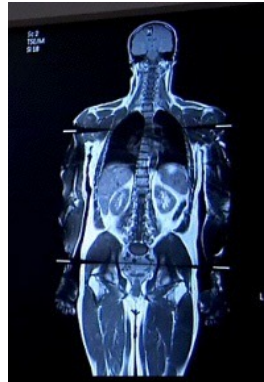
Water to thirst. Salt to taste.



**The reset/reboot button
for your genes**

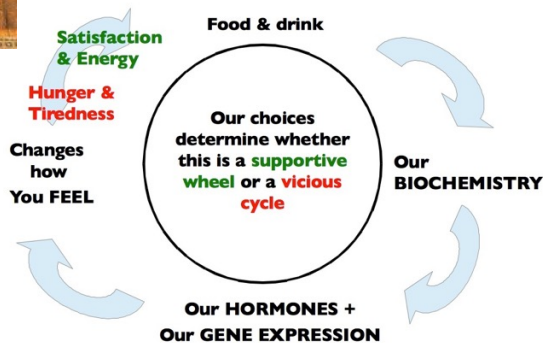
Summary Recommendations

EFP 3.0



1. Massively reduce or eliminate sugar + reduce CHO. Switch to lots of high fibre, low CHO veggies
2. Replace those calories with healthy fats.
3. Protein for breakfast – turn on the WIN
4. Re-mineralise - 90 For Life
5. Get some added leverage - ASAP™
6. Exercise
7. Support - Mentoring

Food Fixes



Using A Food Diary

Weekly Food Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Break-fast							
Lunch							
Dinner							
Snacks							
Carbs							
Water							
Exercise							

www.evolvingfoodpyramids.com

Some people do better if they track their intake.

Write down what you have for meals and snacks

List grams of carbs per day

Tick off the glasses of water

Note what you did for exercise

Make notes about how you feel from one meal to the next

Download from the picture above or from here
<http://daragrennie.com/weekly-food-diary/>

www.lchfdietmentor.com

Options?



1. Supplement - choose your pack
2. Change your break fast. So you start your day off right and set yourself up to WIN (Winter Is Now)
3. Eliminate wheat and sugar
4. Ketosis

Acceptance of being lied to

Commitment to exploring and discovering

True appreciation of what your body needs

Consider the benefits...



*Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*

Robert Frost

Until you've had enough, change is challenging.

Once you've had enough, change is a delight.

You don't have to wait, you can decide you've had enough right now:)

So you can take the path to a healthier tomorrow, today

Quality AND Quantity

90% of cells change in 90 days so effectively a new you.

Convince your genes you are worth having around

**It's not what happens in the first 30 days.
It's what happens or doesn't happen in the next 30 years that matters.**

LCHF Paleo & LCHF Diet Mentor

<http://daragrennie.com/7-weeks-to-a-healthier-happier-you/>



Leadership: If you want to get from A to B as fast and safely as possible, it really helps to have someone who has been on the journey, who knows where the pitfalls and the shortcuts are, to lead the way.

Focus: Without bringing your attention consistently into focus on the right path it's so easy to get lost in the jungles of distracting information out there.

Follow Up: There are no results in life without follow up. Good follow up helps us to become more accountable to ourselves.

Steerage: Having someone who can see where you are going off track and steering you back to the path that will help you create **sustainable change**

027 504 7280

darag@daragrennie.com

www.lchfdietmentor.com

***Simplifying Life's Lessons
So you can LIBERATE yourself***

Life In Balance Expanding, Radiating And Touching Everyone

Pass it on



Governments aren't going to help us in a hurry

The media isn't either

So it's up to us.

We can get the message out there

And contribute to changing lives

Put it to the test

Pass this information on to the people you love and care about and the people you think would benefit from knowing about it. EvolvingFoodPyramids.com

I believe we can reverse the statistics and remember – it's **one meal at a time.**

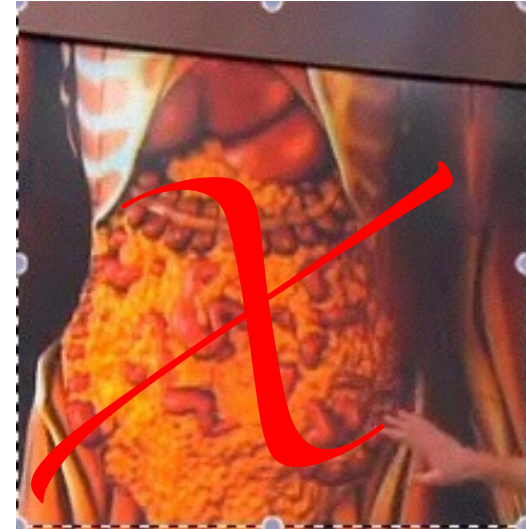
If you are seeing this first on a webinar you will get this power point by email so you can review it and explore further.

If you got the power point first email me at darag@daragrennie.com for the next webinar.

Evolving Food Pyramids 2.0



**How To Eat
To Reduce
Liver &
Visceral Fat**



*Do you feel like you're fighting a losing battle with food and your weight?
Learn who your allies are, so you can win, not just the battle
but the whole war and live in peace and satisfaction.*

Dr Darag Rennie MBChB

www.daragrennie.com www.lchfdietmentor.com

www.evolvingfoodpyramids.com



Overview

My Story

Art and science of healthy eating, so you can have some understanding and simple guidelines to go home with



Your questions and challenges

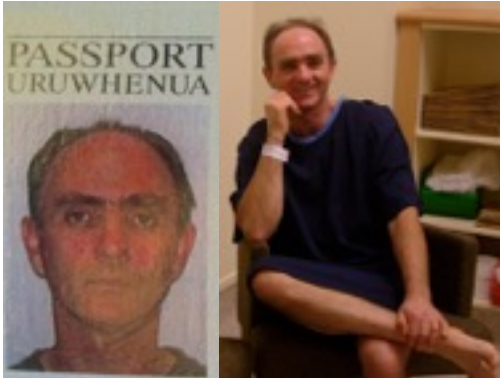


Invitation – 7 Weeks to a Healthier, Happier You

www.lchfdietmentor.com



My Journey With Food



30 Jan to 30 April 2013

Cursed or blessed? Appreciation & acceptance

I ate some humble pie and dived back into the literature

2010 Made the leap to a hunter-gatherer diet

Got my blood fats back to normal within months.

2010 – 2013 Still had challenges with cravings and body fat going up and down.

Tighter yo-yo. 63-67kgs

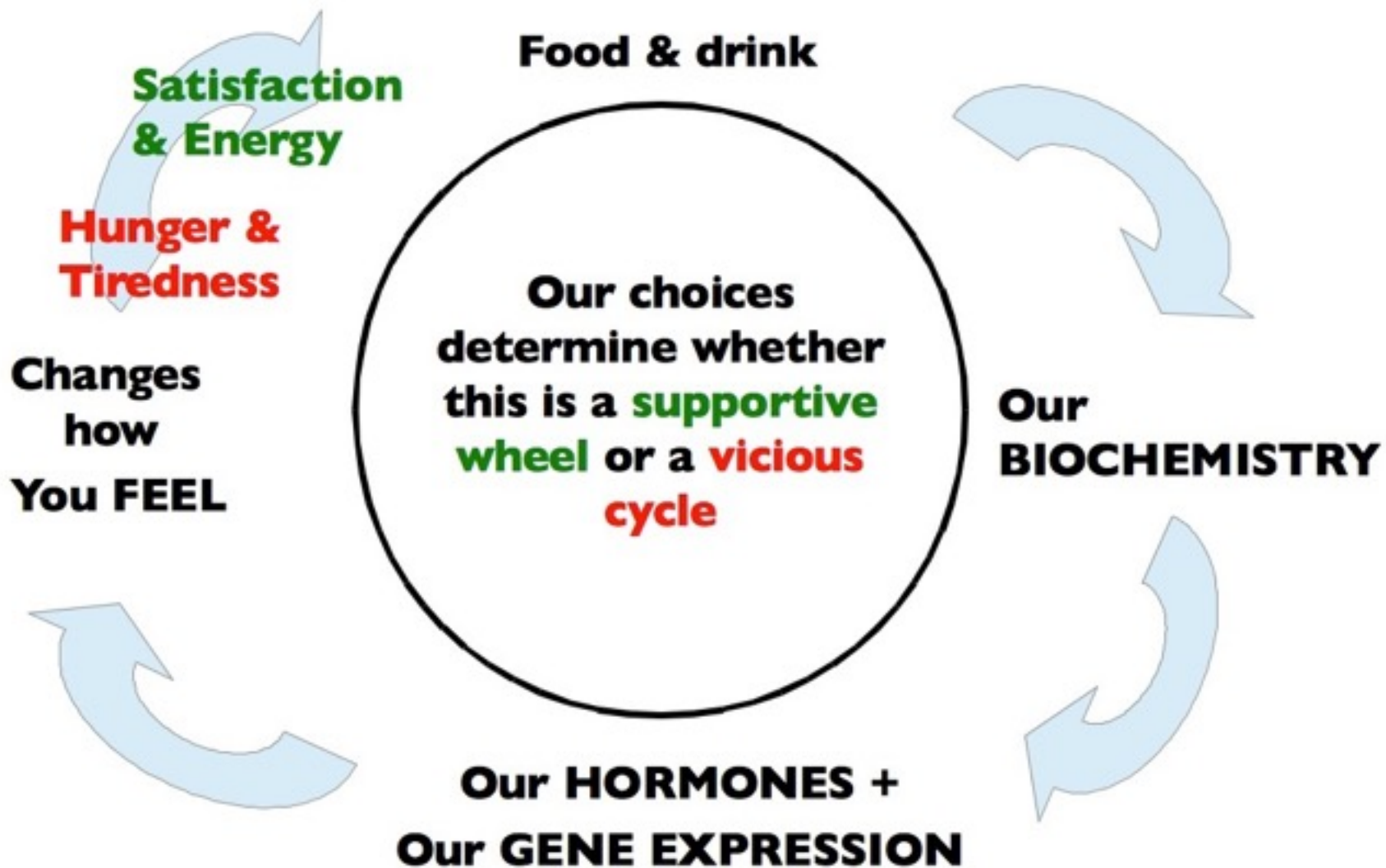
2013 I added in some leverage. 66.6 to 61.8kgs in 3 months

2014 Increased healthy fat intake. Reduced the leverage

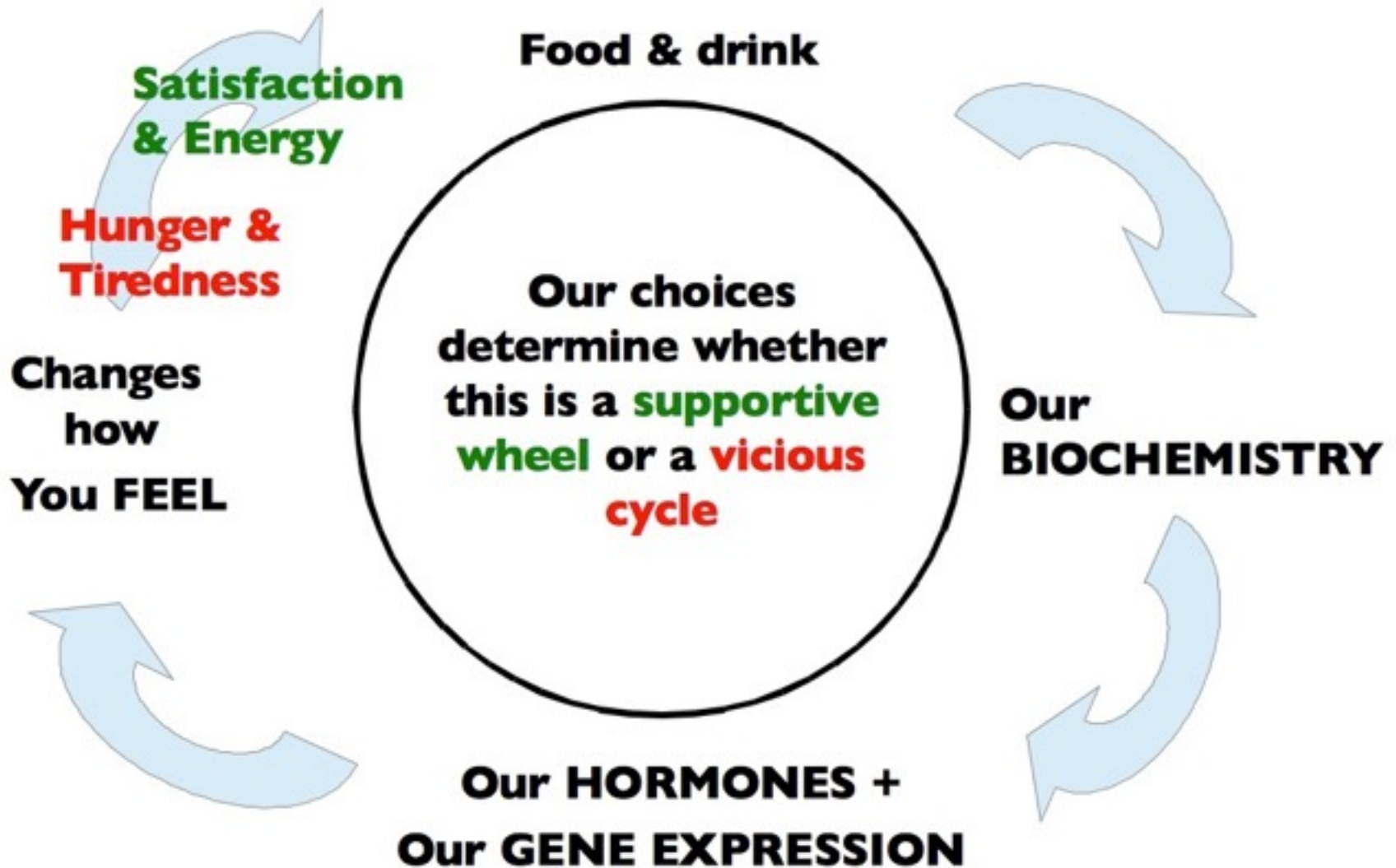
2015 Added 90 for Life (had been on another mineral product for 15 years)

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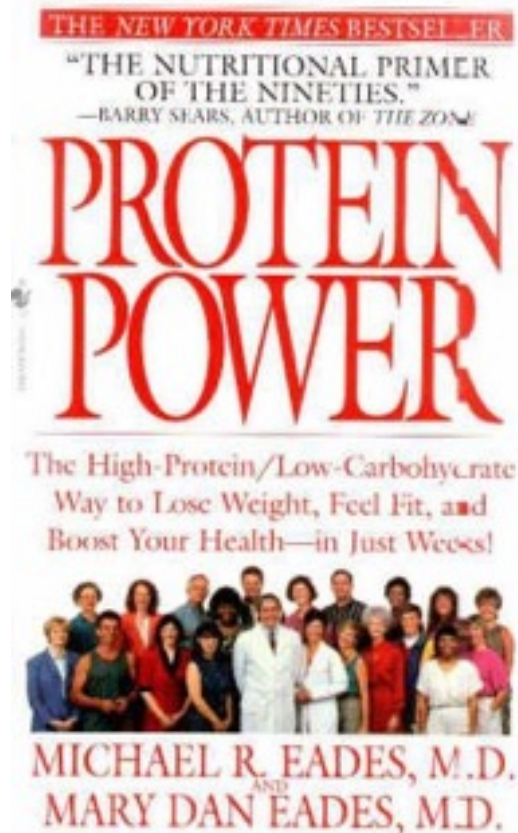
Food Fixes



Food Fixes



Dr's Michael & Mary Eades MD



[Best price in NZ](#)
[Amazon](#)

Tied historical, current epidemiological "the study of what is upon the people" & direct experimental evidence together to show that:

“Elevated Blood Pressure

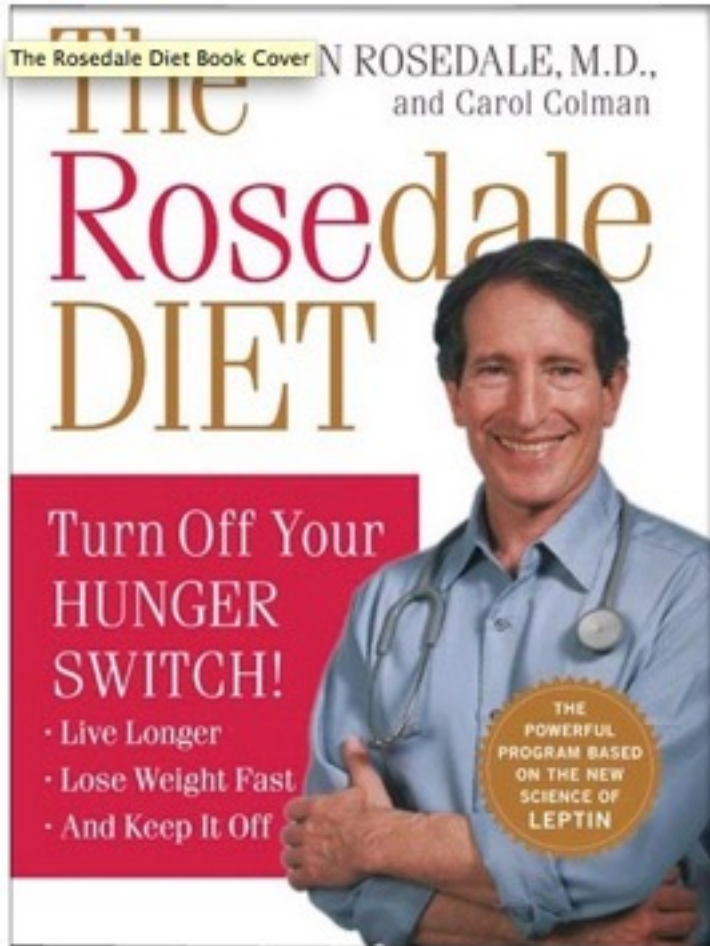
Elevated Cholesterol & Triglycerides

Diabetes

Obesity

- are all symptoms of high blood sugar and insulin resistance. By treating the symptom we are missing the problem – chronically elevated insulin & insulin resistance.”

Get the Leptin Down



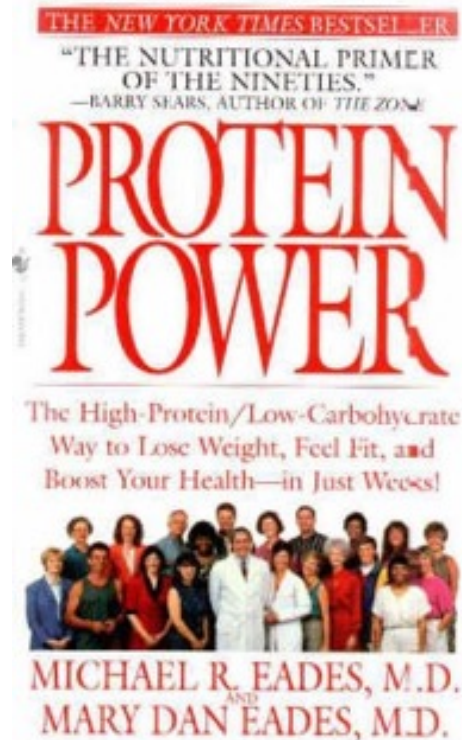
Ron sees Leptin as the main hormone to get down.

Unless leptin is brought down to a healthy level, losing weight and keeping it off will be an insurmountable challenge. Low fasting insulin levels mean that leptin is able to do its job and that your body won't sabotage your weight-loss efforts by making you constantly hungry.

More important, leptin levels are a bellwether as to how well a person is ageing. If their leptin levels are high, it bodes ominously for their health, and that bodes poorly for longevity.

Dr Ron Rosedale MD

So Where To From Here?

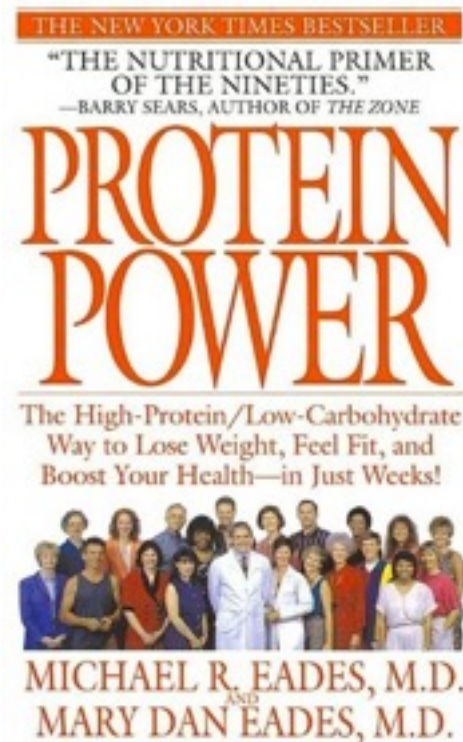


I've researched many books and the first one that gave me clear protein and carbohydrate amounts was this one.

Plus I've added a paleolithic twist to it.

[Best price in NZ
Amazon](#)

How Much CHO?



1. Eating adequate protein for lean body mass & exercise levels.
2. Carbohydrate restriction
<30gms CHO per day till down to ideal body weight
<55 gms CHO per day to maintain.
Others put this at <20gms to 60-80gms.

Get the PYY Up

The **SATIETY** hormone – in small intestine. **Peptide YY(3-36)**

HOW?

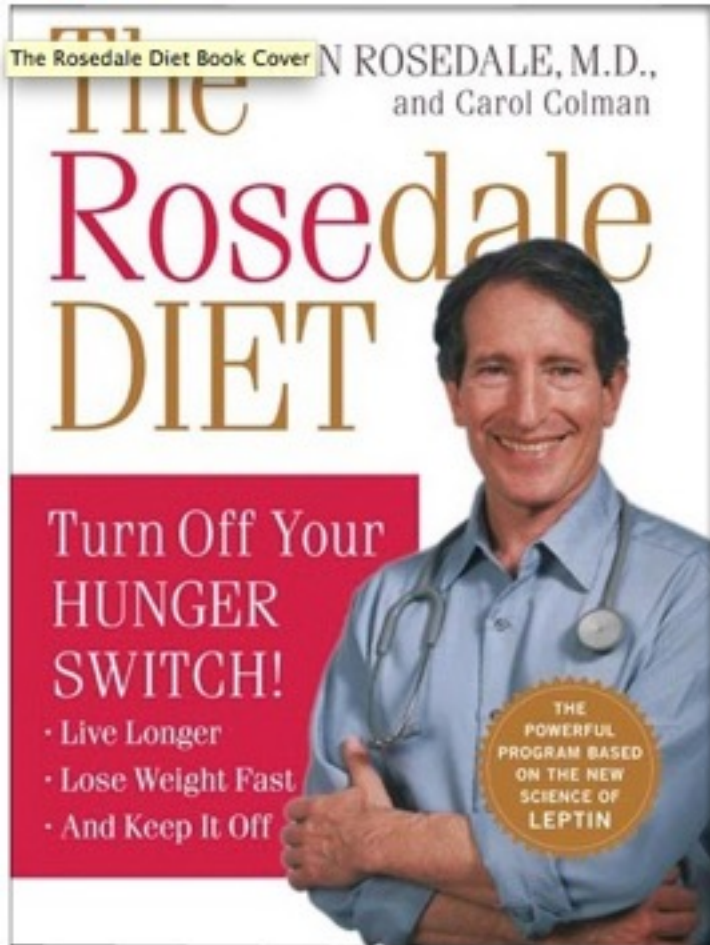
Eat Appropriate Portions – Japanese
“Eat till you are 80% full”

Wait 20 mins before seconds – allow
your food to travel down further to
activate the PYY.

Eat more fibre – to speed up the time it
takes to get there.



Get the Leptin Down



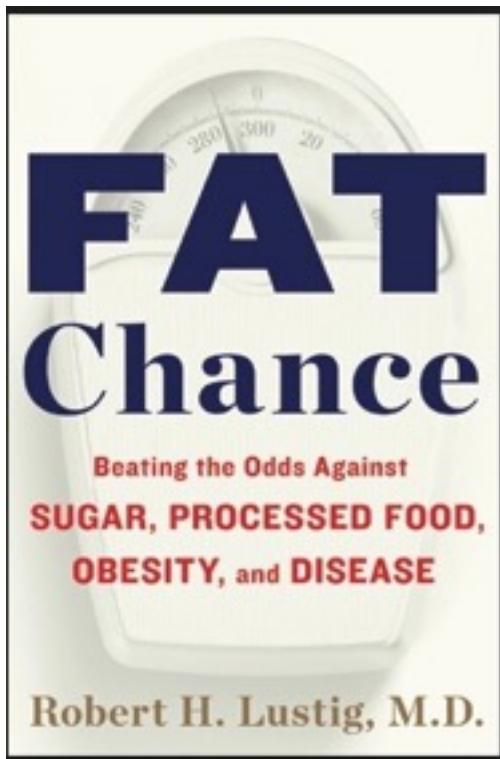
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Dr Ron Rosedale MD

Diet Review



The Low Fat Diet – bad idea for 99%

The Atkins Diet – watch you don't get lazy. Is it the CHO or the sugar that makes the difference?

The Vegetarian/Vegan Diet – may need supplements*

The Traditional Japanese Diet - good*

The Mediterranean Diet - good*

The Ornish Diet – confusion on healthy fats, can morph into low fat

The Paleolithic Diet - good

The Low Glycaemic Index Diet - add low fructose and you have **South Beach Diet** which also gets a thumbs up

*Emphasis on traditional not modern adaptations

90 Essential Nutrients



Plant Derived Minerals
Plus the rest of the 90

[http://drdarag.youngevity.com/
index.cfm/90-for-life/](http://drdarag.youngevity.com/index.cfm/90-for-life/)

Healthy Soil → **Healthy Plants** → **Healthy Animals** → **Healthy People**

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Food Friends & Foes

Foes

Sugar, grain, legumes, high carbohydrate vegetables, high carbohydrate fruits

Omega 6 rich and hydrogenated oils

Overly processed meats

Friends

90 For Life

Low carbohydrate above ground vegetables and a few low carbohydrate fruits

Omega 3 oils, butter, extra virgin olive & coconut oil

Grass fed and wild meat, chicken, eggs & fish



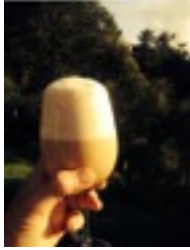
**End the battle within
so you can win the war**

**Let go of the Hunger Games
Play the Eat to Satisfaction Game**

My Day



Breakfast Salmon or bacon, veggie & egg/ 2 bacon & 2 eggs. Or 3 egg virgin egg nog.



Lunch Salad, protein and oil
Metabolism Support occasionally

Snacks 1/2 protein or 1/4 cup nuts & seeds. Fruit occasionally



Dinner Salad & low cho veg, protein and oil

Water throughout 2-3L

Often skip 1 meal.



Sally's Day

Breakfast Bacon/lamb chop & avocado

Lunch Greens, protein and oil

Snacks Salami & Avocado
Chocolate. Fruit occasionally

Dinner Salad & low cho veg, protein and oil

Water

**More often than not
skips a meal**



What Questions or Challenges do YOU have?



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