Turn Your Body Into A Fat Burning Machine
Simple Steps to a Thin, Sexy Body

Dr. Mark C. Smith
The Good Living Doc
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*Always consult a trusted health professional before altering your diet and/or lifestyle.
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It seems like the whole world is on a diet. Despite that fact, obesity rates are climbing. The information you’re about to read is the same that we’ve been giving to our clients for years with overwhelming success. It has been honed and shaped through decades of experience and scientific research, and will be the last diet advice you’ll ever need if you follow it.

We receive messages every day from people thanking us for the weight-loss system you are about to read. Not only will it help you reach your weight-loss goals, but it can also provide you with better health, boundless energy, and an improved quality of life.

If you like what you read here, please visit our website for more articles about nutrition, weight loss, fitness, and natural solutions for common health issues.
The Hormone-Weight Connection

The weight-loss industry has become so saturated with “experts” and “breakthrough” products that it’s nearly impossible to know how to successfully lose weight any more. There’s a new “miracle” being peddled by daytime TV shows and via the internet almost every week. As long as weight-loss remains a billion dollar industry, opportunistic companies will keep thinking up new strategies for getting into our wallets.

You can recognize weight-loss propaganda by the use of such words as “ground-breaking,” “advanced formula,” and “clinically proven,” which are marketing terms used to fool us into shelling out more of our hard-earned cash in exchange for easy solutions to our expanding waistlines.

*Unfortunately, their tactics are also perfectly legal.*

There are indeed some very good weight-loss programs available, and even a few quality products, but for the most part the industry is just full of unsupported hype and false claims designed to provide various businesses with their own little piece of the billion-dollar weight-loss pie.

*Losing weight is not rocket science. If you want success, you have to give up the notion that your answer lies in a protein powder or one of the “new miracle discoveries” promoted by Dr. Oz every week.*

There are no miracle products out there. Weight-loss solutions aren’t found in some magical elixir extracted from some rare fruit that only grows on a mountaintop in Tibet.

The reason people are overweight is simple:

*We eat too much of the wrong foods.*
I know, you’ve heard that a thousand times, but the truth goes much deeper than you realize, all the way to the core of who we are as human beings.

The main reason obesity is on the rise with no end in sight is because humans have departed from eating food that is aligned with our genetic programming. We are designed to eat foods that our bodies recognize and which contain nutrients we can assimilate easily. When we don’t, the result is *hormone imbalance, a slower metabolism, and increased fat storage.*

The #1 influence on our hormone balance is the food we eat.

**The Dangers in Losing Weight**

When it comes to losing weight, most everyone turns to counting calories. We weigh our food, download smart-phone apps, and become Rain Man at doing math, all so we can stay within caloric boundaries and lose X amount of pounds per week.

While it’s true that burning more calories than you consume will cause you to lose weight, *it’s not a healthy approach.* That’s because we often don’t change what we eat. We just try to eat less.

Rather than eating more fruits and vegetables, leafy greens, fish, and other real foods (which are nourishing to our cells), we simply end up buying “low-calorie” items at fast food restaurants and trying to eat fewer hamburgers, less pasta, and not as many cookies, all the while restricting ourselves more and more until reaching our goal weight.

*The World Health Organization defines a “starvation diet” as anything lower than 1,800 calories per day for women and 2,100 calories per day for men.*

Losing weight accomplishes nothing if you end up destroying your health in the process. *There are plenty of skinny sick people in the world.*

Being overweight does indeed contribute to disease. However, the same unhealthy lifestyle that leads to obesity also leads to illness. If we don’t change the lifestyle that made us overweight, our attempts to lose weight for health reasons will be wasted.
To be truly successful, we have to pair our desire to be thin with the desire to be healthy.

**The Hormonal Reasons We Gain Weight**

Losing weight has nothing to do with counting calories, drinking processed and chemical-laden protein shakes, or finding the right pill or program for you. The amount of chunk around your middle, and the ease with which you lose it, depends entirely on your hormone levels (specifically insulin).

**The higher your insulin levels, the more fat you will store, and the heavier you will become.**

High insulin levels are the result of two things:

1. Eating high sugar/high carbohydrate foods.
2. Eating too much of them at one time.

Here’s how it happens:

Your body uses the food you eat to nourish cells and produce energy. If you consume more than what your body needs at one time, your blood sugar will rise and insulin will be released to store the excess in your liver and muscles as glycogen (for energy). However, those storehouses fill up quickly, and once they’re full, the remainder is stockpiled as fat.

The worst culprits in spiking insulin levels (and therefore causing fat storage) are:

1. Processed carbohydrates like grains, pasta, bread, bagels, snack bars, crackers, and cereal.
2. Sugar, artificial sweeteners, food chemicals, and snack foods like soda, cookies, chips, baked goods, and pastries.

*Sugar-free foods will still make you gain weight because they’re typically very high in carbohydrates, as well as other synthetic chemicals and additives which slow down metabolism.*

3. Other processed foods that come in wrappers, bags, and boxes. These are all the foods you find at fast food restaurants and in the aisles of the grocery store, including those items marketed as “low-calorie” or “zero-calories.” More on this in a minute.
As we repeatedly cause our insulin levels to spike by overeating and by making poor diet choices, our cells eventually become insulin resistant. **This is a protective mechanism, not a mistake.**

Overweight people develop type 2 diabetes, high blood pressure, and high cholesterol, not because they’re overweight, but because their diet causes high insulin levels. Another side-effect of this is a decrease in the production of “satiety” hormones which tell us we’re full.

*Those with type 2 diabetes may think their insulin levels are too low and that’s why they have to take insulin either orally or by injection, but that is not the case. Type 2 diabetics have become insulin resistant, making their bodies require more insulin to do the same job as before. Both type 2 diabetes and insulin resistance can be reversed if the right guidelines are followed.*

Over time, when insulin levels remain high because of high carbohydrate and sugar intake, *fat cells become insulin resistant making it nearly impossible for the body to burn fat for energy,* and that destroys your ability to lose weight regardless of caloric restriction or dedication to exercise.
Weight Loss Myths That Should Just Die Already

Let’s be accurate. We don’t really want to lose weight. We want to lose fat. Basically, we want to feel better about our appearance and look good with our clothes off. Simply losing weight doesn’t accomplish this, though. You can starve yourself and lose 10 pounds, but if you reach your goal through deprivation, you’ll also lose muscle and may still not be able to fit into those jeans you wore in high school.

Losing 10 pounds of fat, however, is a different story.

*Your metabolism works best when your body is fully nourished, not when nourishment is withheld.*

Let’s clear up some old and tired fat-loss myths that should have died long ago.

*Fat Loss Myth #1 – Eating Fat Makes You Fat*

If fat made people fat, everyone on a low-fat diet would be thin, except they aren’t. It seems like every food product on supermarket shelves is either low-fat, fat-free, or low-calorie, yet it’s not solving our obesity problems.

The truth is that when fat or calories are removed, *chemicals and fake sugars are added*, and those chemicals wreck our hormone balance, our metabolism, and our health.

*Fat isn’t our problem, sugar is!*

When high cholesterol started becoming a problem, the medical world told us to stop eating fat. Well, people had to eat SOMETHING, so we turned to processed carbohydrates. Pasta, bread, rice, cereal (processed foods that come in wrappers, bags, and boxes), became the bulk of the standard American diet. Since then, we’ve only gotten bigger and sicker, and the trend is continuing to worsen.
Eating more HEALTHY fat, and less sugar, carbs, and grains, will actually help you lose fat. When there is no sugar to burn for energy, the body will burn fat, and the result is effortless weight loss.

I’ll explain this in more detail a little later.

**Fat Loss Myth #2 – I Just Need To Exercise More**

To put it bluntly, you can’t outrun your fork. The gym is where we get toned and strong. The kitchen is where we lose fat.

I hear people say things like this all the time…

“*Ugh! I just ate an entire bag of Doritos while watching a movie. Looks like I have to spend an extra hour on the treadmill tomorrow.*”

And then there’s this one…

“*Eh, I worked out hard today. Let’s get some ice cream.*”

First, just because you burn off some extra calories with exercise doesn’t negate the health effects of eating junk. Second, restricting calories and increasing exercise only results in long-term weight-loss for the most dedicated of dieters. That’s because *the body will eventually fight back against deprivation (starvation) by holding on to the food you eat for dear life.*

You often hear people who do this say in frustration, “I just can’t lose this last ten pounds.”

Weight loss has very little to do with the amount of calories you consume or burn off. It has everything to do, however, with the KINDS of food you eat and how they affect your body. *There is little need for calorie restriction when you eat real food.*

**Fat Loss Myth #3 – It’s Genetic**

The medical world has convinced us that the human body is weak and genetically prone to illness.

*This is 100% false!*
The reason this idea became so common is because the advice we’ve been getting for health and weight loss for the last 40 years has been WRONG, so the old standby response became, “Well, it’s genetic and there’s nothing you can do.” This keeps us all stuck in the medical hamster-wheel of chronic disease, prescription medication, and surgery to solve our health issues.

There is not one species of insect, plant, or animal on Earth that passes degenerative illness down to its offspring. We may indeed inherit a predisposition to certain illnesses, but the right lifestyle will keep those genes from ever turning on.

*Only .01% of diseases are categorized as being genetic in nature, and obesity is not one of them.*

Most of the people who believe their weight problems are genetic are simply lacking the right information. This can be extremely frustrating when doing everything conventional wisdom says is necessary to lose weight and seeing no results.

There are many factors in play when it comes to weight problems, such as stress, sleep patterns, prescription drugs, exercise routines, and of course diet, but the body is actually genetically programmed to be lean, muscular, and strong. If yours isn't, the problem is most likely NOT your genes, but the lifestyle signals you’re sending them.

**The Most Important Fat Loss Myth**

At the end of the day, after all the commercials, the gimmicks on TV, and your neighbors selling MLM weight-loss supplements, you cannot sidestep nature.

The body is programmed to function according to certain rules, and you cannot break them for long without dire consequences. You can certainly fool the body for a time, which is why many programs and fads work at first (or at least until the auto-ship program triggers another sale and charges your credit card), but eventually the body adapts to artificial changes and you start moving in the wrong direction again.
Why Diet Foods Make You Gain Weight

When I first met Monica she was about 45 pounds overweight. She had tried every gimmick and program under the sun to get back into her skinny jeans, to no avail. She just assumed her metabolism was slowing down with age, or that her body composition was changing, or that she had a thyroid problem, or that she needed more exercise, but nothing she tried helped her reach her goal.

Monica also had a cabinet full of fat-free foods, a desk drawer full of “all-natural” diet bars, a freezer full of “healthy, low-calorie” frozen dinners, and she spent an hour on the treadmill every day trying to avoid surpassing her 1,500 calorie limit, not realizing all this was part of her weight problem.

The following is a list of reasons diet foods are sabotaging your weight-loss efforts:

**Diet-Food Ingredients That Make You Gain Weight.**

There are hidden chemicals in diet foods that most certainly contribute to weight gain. They are cleverly disguised so there’s less of a chance you’ll find out about them.

If it’s processed, canned, comes in a box, bought through a window, or labeled as being low-fat or low-calorie, there’s almost a 100% certainty it will contain MSG. MSG is also known as **yeast extract and hydrolyzed protein** (among others), and most likely present whenever you see:

- Gelatin
- Soy Protein
- Protein Isolates
- Whey Protein
- Maltodextrin
- Citric Acid
- Flavorings
- Carrageenan
- Others

MSG makes fake food taste real. If it’s in something you’re eating, it means the product isn’t fresh and has synthetic ingredients. This is how fast food restaurants make fake turkey, chicken, and beef taste like real meat.
Why MSG Makes You Gain Weight

MSG is a known neurotoxin, which means it interferes with the function of your brain and nervous system. Have you ever noticed you’re hungry again an hour after eating Chinese food or that “you can’t eat just one” when it comes to that bag of chips? That’s because MSG messes with the receptors in your brain to keep you from feeling full. This way you can keep eating until the bag is empty and you’ll have to buy more.

MSG is also addicting which is why most foods that come in wrappers, bags, and boxes contain it. What food manufacturer wouldn’t want you to become addicted to their products?

Do you ever wonder how researchers do experiments on obesity using laboratory rats? They don’t go out and find obese rats. There are none. They have to MAKE them obese, and they do it by giving them MSG. MSG causes insulin levels to spike (in rats and humans) which causes the body (in rats and humans) to store fat.

Natural Flavors

I want to make a special note about natural flavors because they sound so innocent. Using the word “natural” here (which is an unregulated term) makes unsuspecting consumers think that real oranges were used to add orange flavoring to your orange soda, but that’s not the case.

Natural flavors are toxic chemicals synthesized to trick your brain into wanting more of whatever you’re eating. Food manufacturers are stealthily turning you into an addict against your will.

Artificial Sugar

Low-calorie diet foods and drinks are filled with fake sugars that cause insulin levels to spike. Insulin spikes lead to weight gain and an inability to burn fat for energy.

A study by the University of California at Berkeley reported that people who drank a 20 ounce sports drink every day for a year gained an average of 13 pounds.
“Wait a minute! My can of soda says it’s zero calories! How can that be bad?”

1. The phrase “zero calories” is a lie. A labeling loophole allows this term to be used even though it isn’t true.

2. Artificial sugars aren’t found in nature, so the body doesn’t produce any enzymes that can metabolize them. This is how they can put a big fat ZERO in the calories column.

3. When sugar enters the liver, the liver decides whether it should store it, burn it, or turn it to fat. Artificial sugar has been shown to bypass this process and turn directly to fat.

High Fructose Corn Syrup, the most common form of artificial sugar, is the #1 source of calories in the US and has been linked to dozens of diseases including fatty liver deposits, arterial plaques, metabolic syndrome, insulin resistance, diabetes, immune system damage, and obesity.

Trans Fats

These are unnatural fats found in almost all diet foods (look for hydrogenated oils). Researchers have shown that trans-fats cause a redistribution of fat cells to the abdomen and lead to an increase in body weight even when dietary calories are controlled.

So all other factors being equal, if two people are eating the same amount of calories, the one consuming trans-fats (diet or processed food) will gain more weight. Or think of it like this:

If two people are eating 2,000 calories per day, one eating 2,000 calories of lean meat, fish, leafy greens, and fruits and vegetables, and the other 2,000 calories of diet foods and fast food, the one eating the diet foods (even though they’ll be eating much less overall) will store more fat.

The scary part is that the FDA allows the marketing phrase “zero trans fats” to be used even when it isn’t true.
Reasons Why Your Weight Loss Efforts Have Stalled

Vibrant health, a strong build, and effortless weight management are a natural outcome when hormone levels are healthy. However, there are many different lifestyle factors that can impact our hormones and keep us from reaching our goals.

Here are some of the more common reasons you might have hit a plateau with your attempts to lose weight:

1. As we covered in the last chapter, you might be eating too many diet foods. Diet foods are designed to be low-calorie or fat-free because food manufacturers know you’re likely buying products based on these features. What they don’t tell you is that when calories and fat are removed, fake sugars and other chemicals take their place which alter hormone levels, lower metabolism, and increase the rate at which the body stores fat.

2. You’re eating too few calories. Calorie counters assume that if restricting calories will help them lose weight, then restricting a lot of calories will help them lose more weight, more quickly. Unfortunately, the body views severe calorie restriction as starvation and will eventually turn against you, fighting to keep the calories you do eat for dear life.

   Calorie restriction has also been known to lower thyroid hormone levels which slows metabolism.

3. You’re doing too much cardio. Weight loss is not guaranteed just because you spend an hour on the treadmill every day. In fact, long cardio sessions can actually work against you. That’s because your body basically sees exercise as stress, and stress causes the release of a hormone called cortisol which breaks down energy stores for immediate use. Over the short-term, this reaction is healthy and natural, but prolonged increases in cortisol eventually lead to insulin resistance, a decrease in bone density, loss of lean muscle mass, and weight gain.
Studies show that short bursts (10-15 minutes) of high intensity training (like sprints, plyometrics, and bodyweight exercise) increase the fat burning potential of muscle, improve the efficiency with which the body burns fat, and is a more time efficient strategy when it comes to fat burning exercise.

4. You’re stressed out. Any type of stress (physical, emotional, chemical) will trigger the “fight or flight” response. This stress response results in altered hormone levels as the body shuts down all processes not immediately required for survival.

Part of the stress response, as stated above in #3, is the release of cortisol. Again, this is completely normal unless stress is chronic, in which case the result is increased fat storage around the belly and lowered thyroid function.

5. You’re not eating enough fat. It may sound strange, but if you want to lose fat, you have to eat more fat. We have to distinguish between healthy and unhealthy fat, though. Unhealthy fats are the trans fats, omega-6 fats, and processed fats that are used to manufacture processed foods. Healthy fats, on the other hand (fats from fish, organ meats, nuts, coconut, eggs, avocados, olives, etc.), are a necessary part of healthy cellular function.

Contrary to what you might think, healthy fats do not translate into added pounds or increased cholesterol levels.

The consumption of healthy fats instead of sugar actually gives us energy, keeps us satiated longer, and prompts the body to burn stored fat for fuel.
6. **You’re not getting enough sleep.** Lack of sleep is an often overlooked source of health challenges. That’s because our sleep patterns have a big impact on our hormone levels. Poor sleeping habits cause us to gain weight because the biggest spike in fat burning hormones occurs during deep sleep.

7. **You’re eating too many carbohydrates.** The standard American diet (SAD) consists of large amounts of processed carbohydrates that wreak havoc on blood sugar and insulin levels. Over time, fat cells become insulin resistant, which makes it nearly impossible for the body to burn fat no matter how much you exercise or how few calories you consume.

In the next chapter, we’ll begin with the action steps you can take to turn your body into a fat-burning machine. This program is all about diet, but optimal results will be achieved if you make healthy changes in all the above areas.
Turn Your Body into a Fat Burning Machine

With the right lifestyle, you can turn your body into a fat burning machine. It doesn’t require any shakes, pills, or programs, just the right information and the desire to follow it. It isn’t even all that complicated.

Products designed to help you get thin are usually either unsustainable or unhealthy. Crash diets and toxic protein powders do little more than empty your pocketbook and leave you heavier than when you started. There are physiological reasons why you gain back more weight than you lose with these gimmicks, but that is a topic for a future article.

How Your Genes Adapt To Your Diet

Our genes get blamed for just about every physical limitation in human life. It’s an easy-out that requires little explanation and keeps us ensnared in our “symptom relief” disease-care system.


Let me tell you something you may not know...

The human genome hasn’t changed in 40,000 years, but it’s only recently that we’ve seen an epidemic of sickness and disease in the human race. How is that possible if our genes are to blame?

Our genes definitely play a part in our weight, but probably not in the way you’re thinking. Obesity is not caused by some spooky error in your DNA passed down to you from your parents.
Being overweight results from living life in opposition to our genetic programming.

Are You Sugar Adapted?

If you eat a typical American diet filled with processed carbohydrates, soda, and artificial sugar (foods that come in wrappers, bags, and boxes), your genes will change how your body handles food.

In effect, you become “sugar-adapted,” which means you teach your body to burn sugar (glucose) for fuel since there is always an ample supply of it.

*All carbohydrates are converted to glucose (sugar) during digestion which causes insulin levels to spike. Insulin is the hormone responsible for storing excess sugar as fat. The higher your blood sugar, the higher your insulin levels, and the more fat you’ll store.*

Sugar-adapted people typically are overweight, experience noticeable periods of fatigue during the day, and often get cravings for comfort foods or foods that are emotionally pleasing. They have a difficult time with dieting because calorie counting always leaves them hungry. Vegetables and fruits don’t satisfy them. They think a salad for dinner isn’t “real food” and that they need something “heavier” or they’ll “starve” for the rest of the night.

How can you tell if you’re sugar adapted? It’s easy. After a wholesome meal consisting primarily of healthy fats and proteins, such as a salmon filet, some asparagus, and a side-salad, you’re not yet satisfied. You just provided your body with a wonderful array of vitamins, minerals, and calories, yet you still crave that slice of bread, sugary dessert, or can of soda.

Sugar adapted people also sometimes experience blood sugar “crashes” if they don’t eat.
**How does being sugar-adapted make you overweight?**

Since the body has learned to use sugar as its primary energy source, hunger will strike again once insulin has cleared glucose from the bloodstream.

*The body of a sugar-adapted dieter will not only retain the calories it consumes, but it will also be more likely to store fat AND make you crave more sugar and carbs soon after you’re done eating.*

Can you see why getting thin merely by counting calories can be so difficult?

**Become a Fat Burning Machine**

The way to become a fat burning machine is to teach your body to burn fat for fuel instead of sugar. This can be done fairly quickly and easily since our genes are already hardwired this way to begin with.

Fat-adapted people stay thin effortlessly. They get hungry less often, stay satiated longer when they eat, and have plenty of energy. They have few sugar cravings and tend to pine for their favorite nutrient-dense snacks instead. Even during those rare times when sugar and carbs are consumed in excess, their bodies handle them efficiently and resist storing fat.

So how do you become fat-adapted? *By LIMITING sugar, carbs, and grains in the diet and INCREASING your intake of HEALTHY fats.*

1. If sugar is low, insulin stays low.

2. If insulin stays low, there is no fat storage.

3. If there is no sugar to burn for fuel, the body burns fat instead. In essence, you become “fat-adapted.”

**Note:** You should NOT fill your cabinets with processed junk marketed as “low-carb” diet foods. These products are void of nutrition and filled with harmful chemicals.
Also, when you see “low-fat” or “fat-free,” on the label, think CARB-BOMB! When fat is removed, sugar takes its place.

**Best Food Choices for Reprogramming Your Genes**

If you want to become fat-adapted, it might sound strange, but you **have to eat more fat while limiting carbohydrates**. Of course, those fats should be healthy fats, fats that are naturally found in real food.

**Organ meats, beef, poultry, eggs, nuts** *(macadamia, walnuts, hazelnuts, almonds, pecans), seeds, coconut and coconut oil, avocados, olives and olive oil, and fatty fish *(tuna, mackerel, herring, trout, sardines, and salmon), are foods you should regularly include in your meals.*

These are certainly not the only foods you should be eating, but trying to eliminate fat from your diet is only sabotaging your efforts. Make sure you’re also getting appropriate amounts of leafy green veggies, and fruits that are low in sugar like berries, stone fruits, lemons, and limes.

See the next chapter for more specific guidelines.
The Basics of the Real Food Diet

The key in losing weight and keeping it off is in eating food that nature provides. If it grows from a tree or a plant, or is something humans typically can hunt down, it’s something that the body will understand.

Your body knows exactly what to do with an apple because an apple is made of the same stuff as humans. A cupcake, on the other hand, not so much.

Fake food, or food that comes in wrappers, bags, and boxes, is food that is made in a factory, and IS NOT made from nutrients the body recognizes. For that reason, we don’t process them well, and our bodies respond to them as if they are toxins.

This does not promote either a thin waistline or a healthy body.

5 Essential Steps to a Real Food Diet

Our goal should be to reach a 90/10 real food diet. This means that 90% of our food choices should be whole, from the Earth, and unprocessed. The other 10% we reserve for fun and for times when we can’t eat real food (travel, social functions, etc.).

Making the transition from a Standard American Diet (SAD) to a 90/10 diet can be difficult, however. Carbohydrates and sugar, which are the main staples of the SAD, have been scientifically proven to be as addicting as cocaine, which can make breaking the SAD habit very hard and very unpleasant for some.

A real food diet that is low in carbohydrates and sugar will cause epigenetic changes which result in boundless energy, effortless.
weight management, and better health overall.

If you’re not one of those people who can suddenly overhaul your entire life in a day, here are the most effective initial steps for switching to a real food diet gradually.

**Step 1: The Purge**

This is the first concept I introduce to anyone wanting to change their life with nutrition. It’s drastic, so not everyone can do it. If you can’t do the purge, then start with the “half-purge,” explained below.

The purge involves going through your cupboards and pantry and throwing out all the processed food in wrappers, bags, and boxes. If it doesn’t rot eventually, it’s not real food. Examples are bread (yes, even whole grain), pasta, bagels, breakfast & snack bars, cereal, chips, crackers, microwavable popcorn, and all other such fake food.

The refrigerator/freezer also has to be gutted. Ice cream, frozen dinners, frozen pizzas, waffles, microwavable breakfast sandwiches, etc.

*If it’s not in your house, you can’t eat it, and if you’re truly serious about changing your body and your health, the purge eventually must happen.*

If you’re overcome by an irresistible craving for your favorite snack, force yourself to leave the house to get it. Even then, only buy enough for one sitting, not five days worth.

The Half-Purge: For those who feel the purge is too drastic, the half-purge is much easier, and should be your first step. Make a list of everything in your cupboards, pantry, and refrigerator (everything processed) that you could live without eating for the rest of your life and not care, and eliminate those first.
Step 2: Add More Real Food

If you’re transitioning slowly to a real food diet, don’t begin by immediately thrusting yourself into tortuous deprivation. The thought of never again eating the foods you love is often the most daunting idea of all, followed by some highly typical excuses:

“I want to enjoy my life.”

“Everything in moderation.”

“Food is supposed to be enjoyed.”

And to these I say...

“Being disease-free is more enjoyable than pleasing your taste buds for a few seconds.”

“Everything in moderation is a phrase used by those not fully committed to change.”

“Healthy food CAN taste good.”

When you’re truly ready to eat differently and lose weight, there simply are no excuses. However, step 2 doesn’t involve excluding the foods you love just yet. Instead, begin eating more real food (especially leafy greens) with each meal. If fruits and vegetables normally comprise 0-25% of your plate, increase it a little each day. Eventually, you want your entire plate to consist of whole, unprocessed foods that were grown by the Earth.

Step 3: Begin Limiting Carbohydrates

It’s not uncommon for someone eating the SAD to consume over 300 grams of processed carbohydrates per day. This excessive carb intake leads to obesity and a myriad of diseases like cancer, insulin resistance, type 2 diabetes, thyroid problems, high cholesterol, osteoporosis, heart disease, rapid aging, and many other problems.

*If you’re going to count something, quit counting calories and start counting carbs.*
To maintain weight, most people need to eat about 100-150 grams of TOTAL carbs per day. For weight loss, that amount should be lowered to 50-100 grams. For rapid weight loss and to reverse disease, 20-50 grams of total carbohydrates per day is ideal.

Note: Get your carbs from fruits and vegetables, not cereal and bread.

Don’t be surprised if you experience intense sugar cravings, severe energy fluctuations, and other strange symptoms (often called the “low-carb flu”) during this phase. It usually lasts a few days to a few weeks, and is the result of your body switching gears to burning fat for fuel instead of sugar.

Step 4: Find Healthy Snacks

SAD eaters are big-time snackers. They drink soda regularly, eat chips and popcorn while watching TV, and typically have a sweet dessert after dinner. In fact, sometimes they skip dinner completely and go straight for the dessert!

It’s easy to avoid junk during the day. It’s after their evening meal when people slip. So always have healthy, real food snacks available.

Other options are vegetables and hummus, apples and almond butter, berries and Greek Yogurt, and leftovers from your real food dinner.

Step 5: Start Cooking at Home

The main excuse people make for not cooking at home is time. They’re so busy with life, work, and family, that spending an hour in the kitchen every night is just not feasible.
Although a lack of time is the #1 excuse, failure to plan is the #1 reason. If you aren’t prepared, you’ll be much more likely to drive-through or toss a frozen pizza in the oven when you’re tired and hungry, but it takes the same amount of time to cook a chicken breast and a side of asparagus as it does a frozen pizza.

Planning is a necessity when you have a career and/or kids who are involved in sports and other activities, so prioritize daily meals as though they’re just as important as everything else. The key is to keep it simple.
Diet Hacks To Keep Weight Loss On Track

The diet industry thinks we’re stupid. They prove it every day with headlines like, “Lose Belly Fat Like Crazy with this One Simple Trick,” which is utterly ridiculous, of course. And then there are the commercials that promise six-pack abs without dieting or exercise, illustrated by fitness models who claim to be just like you while mentioning “clinical studies” which we’ll never see.

And you can have it all for FREE!!! “Ahem, (mumbling) just pay shipping and processing on our auto-ship program.”

Such ads attract eyeballs and make sales, however, so they aren’t likely to disappear any time soon.

The #1 Way to Lose Weight

If you can get this next sentence into your head, it will change your life forever… Ready? I’ve said it once before...

The best way to lose weight is to get healthy.

End of story, but getting healthy (and thereby losing weight) requires that we change what we’re putting into our mouths rather than just eating less. It demands a transformation of lifestyle, as well as commitment which endures long after the motivation to fit into our skinny jeans is gone.

Even if you’ve made a rock-solid promise to yourself, the process of change is a slow one for most people, involving many setbacks and slip-ups along the way until a new lifestyle replaces the old.

With that in mind, here are a few diet hacks to keep you on track while you’re transforming your life and health.

Note: If you were looking for a guide for losing 10 pounds in 10 days, this isn’t it. If you’re still entertaining ideas like that, you’re not serious about losing weight in a healthy way.
1. Don’t keep food in your house that you’re trying to avoid.

You can avoid many common pitfalls if, every time you crave sugar, treats, or junk food, you make yourself get up, put on your shoes, and drive to the grocery store to buy it. This way, there are many points between home and the store in which you can stop yourself.

Maybe it’ll be too cold to go out, maybe you won’t have the $10 to spend, or maybe you’ll suddenly find some self-control, but it’s much harder to change your mind if the junk is only a few feet away.

If you do end up making the trip, only buy a single serving. You’ll eat it, and then it’ll be gone, and there won’t be any for tomorrow. Add another level of security by making yourself go for a walk or do push-ups before you leave.

2. Eat something good before eating something bad.

This works for kids, so it’ll work for adults, too. Make a rule:

If you want a cookie, you have to eat an apple first. If you want a soda, you have to drink 8 ounces of water first. Two things will happen when you do this:

1. Sometimes you’ll skip eating anything at all.

2. Other times, you’ll eat some junk, but you’ll already have a belly full of fruit (or whatever) and will be less likely to over-indulge.

3. Eat the healthy foods you LOVE when you’re hungry.

If you like omelets, vegetable stir-fry, pistachios, smoothies, chicken kabobs, apples with almond butter, etc., then eat these when you get cravings instead of junk food, regardless of whether it’s 11 a.m. or 9 p.m. If you’re looking to satisfy your taste buds, always choose real food over something from a box or bag.

4. Eliminate any food you can go without and not care.

Also known as the “half-purge.”

You may not really be hungry for a bowl of fried shrimp and Lucky Charms, but you’ll devour one if you’re desperate enough (just ask my college roommate). If you’re going to cheat, make it count, and satisfy the craving instead of just reaching for anything because you’re bored.
5. **Change one thing at a time.**

Don’t try to overhaul your entire diet in a day. Such an approach rarely works. Focus on achieving one small change at a time. Start with the easy stuff and tackle the more difficult adjustments later.

6. **Don’t reward yourself with food.**

You’re not a dog, so don’t reward yourself with treats after a few successful days. As long as you have this kind of relationship with food, you’ll never reach your goals. Make your reward health, vitality, and a long life.

7. **Keep a food diary.**

This is not for counting calories, carbs, or carrot sticks. Its purpose is to keep you conscious of the decisions you’re making. Write down everything you eat BEFORE YOU EAT IT.

This will provide you a moment to pause and consider what you’re about to do, and give you a chance to change your mind.

8. **Watch yourself eat.**

Although cruel and unusual at times, this technique works. Eat all your meals in your underwear (or naked) in front of a full-length mirror. Most of us are unaware of how we chew, swallow, and generally consume our food. This practice will make you aware very quickly, and keep you mindful of every bite.

9. **Eat protein and healthy fat rather than carbs.**

Your body begins producing appetite suppressants the moment you put food in your mouth.

Carbohydrates trigger the smallest release of appetite suppressants. Protein produces the most, followed by healthy fat. This is why you still feel hungry after you eat a banana, but not so much after a steak.

10. **Plan ahead.**

This is 80% of your success or failure.

The difference between those who slip and those who don’t is often in their willingness to plan. If you haven’t prepared for lunch, you’re more likely to make a
bad decision when your stomach starts to growl. You’ll head to the drive-through or mosey on over to the vending machine because you’re “starving.”

If you already have something healthy to eat, ready and waiting, you’ll have to invent a different excuse to chow down on that Snickers bar.

Keep in mind that these diet hacks should not be permanent. They are short-term solutions you can use to avoid snares and hang-ups on your way to completely transforming the way you eat. Remember, it’s a marathon, not a sprint, and one which never ends.
Do Weight Loss Shakes and Supplements Work?

In our search for easy weight-loss solutions, leagues of desperate people are searching for the right supplement or shake to magically give them the edge they need to succeed in losing weight. Let me make something perfectly clear...

*There is absolutely ZERO scientific evidence showing that ANY weight-loss supplement or shake can boost your metabolism, block fat absorption, or any other purely unsupported marketing claim companies make.*

Believe me, if you follow the advice in this eBook, there is no need for magic or miracles. The magic and miracles are in the food you’re genetically designed to be eating.

If any supplement or shake is incorporated into your weight-loss efforts, it should be used ONLY to nourish your cells while you’re making the transition to a healthy lifestyle and 90/10 real food diet. They should NOT be used to restrict calories or artificially alter body processes in any way.

All weight loss shakes and supplements should be made from FOOD and should be free from preservatives, colorings, fillers, GMOs, artificial sugars, flavorings, and artificial fiber.

There are a few such products we recommend when our clients ask. They are:

- **Raw Protein**
- **Raw Fit**
- **Perfect Weight Multi**

We also have found, after an exhaustive search, a suitable “grab and go” snack bar made with truly all-natural ingredients and organic nuts. You can read our review of [Pure Bars here](#).
Further Reading

This eBook will certainly get you on the right tract, but when it comes to fitness, health, and weight loss, ongoing education will keep you motivated and excited about the changes you’re making.

We encourage you to read more about some of the concepts presented here with the following articles.

6 Ways to Lower Cholesterol Without Drugs
Healthiest Nuts for Snacking
Beat Your Sugar Cravings in 30 Days or Less
7 Reasons Why Exercising for Weight Loss Fails
Is Drinking Alcohol Part of a Healthy Lifestyle
5 Junky Breakfast Foods You Probably Think are Healthy
A Natural Approach to Low Thyroid Hormone
10 Minute Exercise Routines for your Busy Schedule

Good luck on your quest for good living. Please visit us on our various social media pages listed at the beginning of this guide.

See you soon!

Dr. Mark (Good Living Doc)