

Dieting

Description

To Jesus:

Successful Dieting

What do we want to lose?

People don't want to lose weight. Losing weight by dieting often reduces muscles as well as fat, and losing muscle makes keeping weight off near impossible by lowering metabolism. Losing fat & increasing muscle is what improves health & longevity & is possible to maintain for a lifetime.

Weight & BMI doesn't account for muscle density. Body fat percentage is a far better measure of health because it indirectly measures muscle density. A body fat percentage for men of 7-19% around 30s, to 21% at 50s, 23% in 70s & for women 14%-27% in 30s, to 29% in 50s, 31% in 70s to avoid early death from heart disease & diabetes. Below 5% for men or 12% for women can suppress hormones & cause health problems.

Bioelectric Impedance Analysis (BIA) is safe & inexpensive but may need to be done daily at the same time (perhaps at wakeup before eating & drinking but after voiding) as a rough estimate for body fat percentage & muscle density that is more inexact the higher the level of obesity. But people at higher levels of obesity know their body fat percentage is too high & don't need an exact count until they lose fat successfully.

barbend.com/what-is-a-healthy-body-fat-percentage

medicalnewstoday.com/articles/body-fat-percentage-chart

healthline.com/health/exercise-fitness/ideal-body-fat-percentage

Weight bearing exercise

Weight bearing exercise increases muscle & loses fat better than any other practice. Rubber straps can be used in the home that are

very inexpensive & can provide every exercise that uses weights in the gym, but without the danger using heavy weights can have. Home exercise equipment can help the timing of exercise to better follow right after eating when blood sugar & energy levels are highest.

Main causes of obesity

Not getting enough protein

When we don't get 1g of protein for every 1lb of our target weight that gives us hunger & carbohydrate cravings. When we don't have enough protein for muscle energy for exercise we don't like to exercise as much & we crave carbohydrates. This is easy to see as those diets that emphasize eating protein & fat until full when having cravings cause the most fat loss.

Which oils cause obesity?

Most everything we've been told about saturated fat is untrue. We were told that refined & partially hydrogenated nut & seed oils were healthy, & that grassfed butter, ghee, lard & organic unrefined virgin coconut oil were unsafe. When eating butter, ghee, lard, & organic unrefined virgin coconut oil for millenia, most doctors never saw any

instance of diabetes or heart disease & rarely cancer in anyone.

When refined & cooked nut & seed oils were introduced diabetes, heart disease, cancer, obesity, depression, anxiety, bipolar mania, schizophrenia all exploded in frequency in the USA. Doctors from the USA used to think that every native population where the USA put military bases were immune to diabetes & heart disease because most of the native doctors had never seen it. After 2 & a half years of native workers eating partially hydrogenated heated nut & seed oils (like Crisco) for one meal a day at the American military base, those native workers started dying at the same rates as Americans from diabetes & heart disease.

Heated polyunsaturated fats

The only oils without polyunsaturated fats are organic coconut oil, butter, ghee, & lard. All other oils have polyunsaturated fat which is fine if organic (avoids deadly & disabling toxins like Roundup/glyphosate, diquat, paraquat, mercury & lead), unheated & unrefined (refining both heats & adds toxins like mercury) but turns to formaldehyde after heating. Formaldehyde is a deadly poisoning causing diabetes, heart disease, cancer, obesity, depression, anxiety, & an exacerbation of bipolar mania, schizophrenia, & autism.

Partially hydrogenated oils like Crisco that were promoted as safe instead of saturated fats were eventually banned for the hundreds of millions of deaths they caused. In their place are GMO corn & soy ~~doused with Roundup/glyphosate, paraquat & diquat that appear to~~

cause Parkinson's, diabetes, heart disease, cancer, depression, anxiety etc. in part by killing the good bacteria in the stomach, like an anti-probiotic.

Did you believe when the medical industry said Crisco was safe & healthy & butter/ghee/lard/organic unrefined virgin coconut oil was dangerous? Do you believe them now that they say the same for Roundup/glyphosate drenched heavily polyunsaturated GMO corn & soy oil?

Sweeteners & weight gain

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High fructose corn syrup (HFCS)

HFCS appears to cause the most weight gain, followed by sugar (GMO beet), cane sugar, etc.

Allulose

The sweetener that may be the best in not causing weight gain are allulose, a no calorie fruit sugar that lower blood sugar & is often paired safely with stevia & monk fruit.

theepochtimes.com/health/boosted-people-more-likely-than-unvaccinated-to-be-infected-study-

5487833?src_src=Health&src_cmp=health-2023-09-09&est=FeZeOGDDqOxNhLIUz8iH9RWBDnOfi7T1ZULiQRYkBDJHd5

Raw honey

Raw honey doesn't appear to increase type II diabetes or weight gain in studies.

Processed foods

Processed foods are any foods not in raw form. There are too many toxic ingredients in processed food material, sometimes hidden like MSG in "natural flavors".

What do the best diets have?

Satiation

The only diets worth following are satiation diets- you eat as much as you want until your body says enough. These diets should eliminate cravings & the need for willpower. The best ones work for years without nutritional deficits that cause cravings.

Health benefits

The best diets show a near immediate reversal of nearly all physical & mental health symptoms like pain, inflammation, diabetes, heart disease, cancer, seizures, depression, anxiety, bipolar mania & depression, schizophrenia, autism & obesity.

No toxins

The best diets avoid poison in or added to foods.

Easy

The best diets make it easy to get to target fat loss & a very health body fat percentage & stay there for the rest of your life.

So with what diets do you feel better physically & mentally than ever before & eat toxic free food & lose a lot of fat effortlessly feeling full all the time with no cravings & have so much energy you want to exercise a lot?

The all organic & grassfed (ruminant animals) ketogenic diet, the paleo diet, the carnivore diet, & the lion diet have all been shown to quickly reverse most physical & mental health problems with no cravings as long as people eat protein until stuffed. All these diets have low or no carbohydrates in their plan. Because eating sufficient protein (1g per lb of desired body weight- 200g if 200lbs) & fat leads to satiation & these diets are protein heavy, people's cravings for carbohydrates are eliminated by eating enough protein & fat. Most people's carbohydrate cravings come from not having enough protein, or not having enough fat in every meal (especially people who eat vegan).

Organic

Eating organic avoids the Roundup/glyphosate, diquat, paraquat, mercury, lead, & toxic herbicides, pesticides, & fungicides added to

food that ruin mental & physical health.

Ketosis

These diets keep people in ketosis, a state where they are burning fat for energy rather than carbohydrates. The benefits is that they don't have the ups & downs of food cravings that people feel after eating carbohydrates, people get to eat delicious food until stuffed, and the result is all of those health benefits- immediate reduction in blood sugar, triglycerides (cause heart disease blockages), cancer (cancer feeds on sugars), obesity (these diets cause very fast & permanent fat loss), depression (often within half a week), anxiety, bipolar mania, schizophrenia, & autism (by avoiding so many of the big triggers- wheat, corn, soy, dairy, eggs, chocolate).

Spices

Spices are encouraged in these diets for their health benefits, taste, & increased satiation. The best may be multispice mixes (sometimes over 20) that make almost every vegetable, meat, bean, & grain taste better.

Adding a small amount of sweet, sour (like apple cider vinegar), bitter like black pepper, Celtic/Real/Himalayan mineral salt, & mushroom mix for savory & unrefined oil for fat makes all meals

taste gourmet.

How to still eat carbohydrates & lose weight

Exercise

People can stay in ketosis in these four diets while still eating carbohydrates by exercising after eating foods with high carbohydrates.

Eat carbs last

If people eat the carbohydrates last in the meal & immediately take a walk or do a high intensity exercise right after, they go back immediately into ketosis. Using up the increased blood sugar before insulin is increased both reverses insulin insensitivity & puts the body back into fat burning. Eating carbs earlier in the meal often has insulin kick in before the meal ends making the person sleepy & have no energy for exercising.

Evening

Eating carbohydrates later in the evening/night appear to reduce ketosis the least.

Potatoes

Since potatoes are a food that creates very high satiety (people eat less food/calories after potatoes than almost any other food), people who have a high body fat ratio eating just potatoes to full satiety have been able to lose a half pound a day on average for weeks to months at a time. They have apparently done it with russet, white, red, gold, purple & sweet potatoes either individually or a mix of different types (mixing & mashing together after cooking, especially a regular & a sweet potato, may increase satiation & deliciousness). So potatoes are proven to increase fat loss (at least when eaten alone) & may be a preferred higher carbohydrate if a person on one of these diets wants to add a higher carbohydrate sometimes without losing the benefits of ketosis.

Cook then refridgerate

Starches like in potatoes & rice are made more resistant (less calories digested) when they are cooked then refridgerated before reheating. So the carbohydrate count is lowered & increases blood sugar less.

MCT oil

MCT oil is the only oil easier to burn as energy than store as fat. Adding oil to foods can make us sleepy. MCT give energy & improves endurance & athletic performance. Adding MCT oil before serving (uncooked) keeps people in ketosis & provides increased energy for the exercise after eating the potatoes/higher carbohydrate. Normally the body stops burning fat when blood sugar levels rise from eating carbohydrates. Only with MCT oil can people have high ketones & high blood sugar to energize exercise. Pro athletes take MCT oil in every meal or every four hours by itself for an unlimited amount of mental & physical energy all day rather than be exhausted by the high demands of professional athletic training.

Mustard, onions, hot peppers

Mustard, onions, & hot peppers all increase metabolism & give more energy for exercise after the meal. Adding them to the high carbohydrate food should give even more energy for exercise, lowering back down blood sugar & return to fat burning. Because mustard is usually made without sugar & can have zero calories &

increases metabolism it is a true negative calorie food that enhances fat loss when added to any/every meal.

Daily fasting

Daily (intermittent) fasting of 14-20 hours significantly improves staying in ketosis after eating high carbohydrates as well. People note when they last ate & wait a half hour longer each day until eating again until waiting 14-20 hours in between becomes easy (as long as they drink enough noncaloric liquids).

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How to avoid sweet & processed food cravings?

Eat chocolate instead (unless have autism & sensitive to foods).

Chocolate, when no sugar is added, cleans out the arteries & helps to reverse heart disease as long as it is not Dutched/alkalized. Since allulose fruit sugar w/stevia & monk fruit has no calories and lowers blood sugar, when it is mixed with cocoa & with no sugar baker's chocolate (melted in double boiler) then frozen in a small ice cube tray & eaten frozen, chocolate/cocoa can be sipped/eaten to satiation because of the benefits to the heart & the low calories per sweet tooth satisfaction benefit.

Upgrade by adding carob & powdered hazelnut for the strongest fudge taste ever! Superchocolate!!!

Nothing stops sweet tooth cravings or allows people to say no to cake & cookies like being able to eat an unlimited amount of low carb chocolate for its health benefits!

Staying in / returning to ketosis fast after eating a high carbohydrate

So reheating a potato & sweet potato mashed together with mustard, onions, & hot peppers & MCT oil eaten at the end of dinner then exercising right after & waiting 14-20 hours before eating again may avoid reducing the health benefits of the ketogenic, paleo, carnivore and lion diets and make them a lot more fun!

How to eat vegan & get the same benefits

Staying in ketosis while eating no animal foods would follow the same guidelines as above. Since brown rice (white rice usually has mercury added in USA & China study showed people died early if ate white rice & lived longer if ate brown rice) is usually paired with beans for a complete protein that also has high branched chain amino acids (BCAAs) for exercise energy, the key is eating reheated brown rice at the end of dinner/late meal, exercising right after, & waiting 14-20 hours until eating again.

We can reduce by 80% the amount of arsenic in rice by soaking at least 4 hours, then heating to a boil, draining, then boiling again, draining then boiling again with just the right amount of water. Or boiling once with a lot of water for ten minutes, draining, then boiling/pressure cooking it the last time.

Beans have lectins & phytic acid that are removed/neutralized by soaking for half a day (or boiling & draining) then cooking in a pressure cooker. People can then try one type of bean at a time to see which ones their body likes the most & mix them for increased nutrition. Drinking a glass of water (not pop) then eating beans first in a meal also significantly slows digestion, increases fullness & reduces hunger & cravings, lowers blood sugar rise & can help fat loss a lot. In the paleo, ketogenic, carnivore & lion diet when people are hungry or feel carb cravings they are told to eat fatty meat until satisfied or even stuffed. Beans work the same way. The protein in beans satisfies like meat does as long as brown rice is eaten sometime in the same day.

Another complete protein with enough BCAAs to stop hunger & is a peanut butter sandwich. Since modern wheat is 10x more inflammatory than older wheats, organic whole grain spelt (tastes better than modern wheat) bread or flour can be used with organic peanuts or peanut butter to serve as the protein combination. The peanuts have such a low glycemic load (total amount of blood sugar increase)- 1 – they help to mitigate any blood sugar rise from the spelt, as does the spelt being whole grain rather than processed (raises blood sugar very quickly). It can be paired with raw honey or fruit preserves w/ a little raw honey or allulose/stevia/monk fruit blend (no calorie fruit sugar that lowers blood sugar) to help stay in ketosis.

Upgrade the peanut butter sandwich by adding organic mixed nuts on top of a thin spread of peanut butter. Nothing tastes better than a mixed nut sandwich!

What else increases fat gain?

Insomnia

Getting six to eight hours sleep is essential for fat loss. Any more or less can increase hunger & fat gain.

Stress

Stress can increase fat gain & hinder fat loss.

Category

1. Uncategorized

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