Weightloss & Nutrition

Description

To Jesus:

You can use drugs.com or other trusted health sites

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Fatloss & Nutrition

Weight loss drugs-

The new weight loss drugs like Ozempic/Wegovy (semig
everydayhealth.com/diabetes/new-obesity-drug-may-wor

Blindness

Semiglutide (Ozempic, Wegovy) also appears to increa

Risk of Nonarteritic Anterior Ischemic Optic Neuropa
Jimena Tatiana Hathaway et al., JAMA Ophthalmol. Pub

Peptide safety

The peptides like semiglutide appear to be safe. The

Better peptides

Other peptides appear safer & more effective. Retat
Slupp-332 appears to lower fat by 12% within a month

Safepeptides.org

Peptides

Leveluphealth.com/bgl
Limitlesslifenootropics.com/sarah

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Weight loss vs fat loss

Weight loss decreases metabolism & increases muscle

What helps fat loss?

Daily drink smoothie #1

This is #1 for energy & fatloss because when people

Mixing a drink consisting of apple cider vinegar, 1/

It may be best to start with one ingredient daily th

Organic ground flaxseed (tastes like cereal) before

Most important dietary changes-

Only cooking with organic cold pressed coconut oil o

Before refined or cooked seed oils, no few used to d

Anything with nonorganic corn products on the label

Processed grains like wheat & white rice appear to a

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FD&C food colorings- yellow#, red#, blue#- appear to

Most nonorganic grains & beans & lentils before harv

Highest satisfaction foods
Organic beans (especially with a little rice to make

Wheat

Wheat was hybridized & made much more inflammatory.

If wheat is eaten, peanuts/peanut butter (like a pea

Best weightloss treat/dessert

Peanut butter cups or any chocolate & nut helps to

Because it substitutes for high blood sugar & heavy

Sweeteners

Nutrasweet or sucralose/Splenda artificial sweetener

Cold exposure

Spending as much time as possible in the cold, inclu

Saunas, whirlpools, steamrooms

Saunas may be the best heat treatment as they induce

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High intensity exercise (HIE)

HIE burns more fat & gains more muscle than enduranc

Exercise right after eating carbs

Eating carbs at the end of the meal & immediately ex

Mixup workouts

Use free weights one cycle, then machines, then resi

Dutch hormone test of 24 hours

Women can take bioidentical progesterone in perimeno

Cyrex Array 10-90 test for food allergies raw or coo
bengreenfieldlife.com/article/fat-loss-articles/quic

Avoid colas

Colas are so acidic we get stomaches without it that

Weight bearing exercise #2

Weight bearing exercise (not aerobic, surprisingly)

Doing weight bearing exercise immediately after eati

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Enough protein- #3

Eating 1g protein for each pound of the targeted ide

Matcha green tea

Green tea has theanine (calming, deep sleep enhancin

Enough sleep

Using in order of effectivenss a red light, pink noi

Alpha lipoic acid #1 fatloss supplement

We make alpha lipoic acid in our bodies to turn suga

Alpha lipoic acid is the #1 fatloss supplement becau

Chromium #1 supplement while dieting

In one study, people dieting lost 10x more fat & ret

T2 (#2 fatloss supplement)
3,5 diiodo-l-thyronine, or T2, is a bioidentical thy

restartmed.com/t2-thyroid-hormone-lose-weight/
restartmed.com/product/essential-t2/

Blood sugar mediatiors #3 fatloss

Taking these before eating carbohydrates appears to

Apple cider (or red wine) vinegar 1tb in water, drin

Alpha lipoic acid, 600mg before every meal, if take

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Berberine, 500mg before two biggest meals of day (10

Phase 2 white kidney bean extract appears to reduce

Ceylon cinnamon

Ginger

Red hibiscus (sabdariffa) tea

Mulberry leaf

Organic extra virgin olive oil (or even better, oliv

A good mix of supplements from the company below for
yohimbine 1.5mg
Forskolin 50mg (if 100%)
green tea extract if can't have caffeine, or matcha
fucoxanthin or brown seaweed
grains of paradise- paradoxine 15% aframols, 12.5% 6
hesperidin & naringin over 90%, 300mg per day

restartmed.com/fat-burners-for-hypothyroid-patients/
restartmed.com/product/thyroid-fat-burner/

Iodine

Lugol's iodine has all three types & can help the di

Vitamin D3

Taking two 1.25mg (50k) of vitamin D3 a week with a

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L-glutamine (#1 for carb cravings)

Taking l-glutamine, an amino acid in our foods, unde

Ashwagandha, ginseng & other adaptogens mix (#1 for

Adaptogens lower cortisol when to high from stress,

Spirulina (#1 for increasing self control)

Spirulina is the source of all EPA & DHA omega3 fatt

Broccoli & other sprouts

Soak for four hours, rinse morning & evening & in fi

Elderberry to prevent backsliding

1/2 ts of elderberry (tea or cooked) or elderflower

Neural growth & intelligence

Blueberry, lion's mane mushroom, alpha lipoic acid,

Green matcha tea

Has caffeine, theanine, & theobromine for heart & br

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What foods can we eat until stuffed & lose fat?

Carnivore diet- Meat & fat from ruminant animals (co

Organic beans & lentils (nonorganic have Roundup/gly

Any mix of organic potatoes/sweet potatoes with orga

The ketogenic diet's low carbohydrate organic vegeta

Smells (out of sight) that lower hunger:

extra virgin olive oil
garlic
bananas
green apples
fennel
grapefruit
vanilla

Time tested

These have all been shown individually to cause exce
The ketogenic diet, also successful in getting peopl

Fasting

It is often much easier to fast (only water) for 2-3

Daily intermittent fasting/time restricted eating

Daily fasting is ending eating at like 7pm & not eat

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Organic for fat loss

Eating organic to avoid toxins that make concentrati

Dark chocolate/cocoa w no sugar #1 dessert for fatlo

Cocoa or bakers no sugar chocolate melted with nonca

Alpha lipoic acid (ALA)

Alpha lipoic acid 600mg before or with every meal\sn
Lipoic acid helps fat loss, especially at high doses

Berberine

Berberine 500mg (1000mg limit) before two largest me

Turmeric w/black pepper
Antiinflammatory & mood boost

Now Foods sustained release VitB complex after break

Mct oil 1/8th ts or more under tongue every 4 hours
Whenever hungry people drink coffee or tea with MCT
If occasionally still hungry people add unsalted (or
The MCT oil increases metabolism & energy, as it's t

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Organic raw honey

Organic raw honey as a substitute for corn syrup (hi

Allulose, stevia & monk fruit mix has no calories &

Organic ground flaxseed (keep in freezer) tb before

Cold exposure

Wim hof breathing-
Let air out of lungs, hold empty breath while walkin

Fasting 12-18+ hours daily extending by a half hour

Organic raw honey may lower fat & diabetes in place

Antibiotics can lower good bacteria in gut to cause

Avoiding white wheat (best is spelt or farrow) may h

Avoiding corn&soy oils for gmos, polyunsaturated fat

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Only cooking w unrefined coconut oil, grassfed butte

Red light, pink noise, magnesium glycinate, insitol,

Eat lots of low calorie veges w MCT oil at beginning

Vegetable soups

Pureed vegetables in meals add fiber & satiation

Refrigeration of potatoes & rice after cooking reduc

Antibiotics can lower good bacteria in gut to cause

Avoiding white wheat (best is spelt or farrow) to lo

Avoiding corn&soy oils for gmos, polyunsaturated fat

Only cook w unrefined coconut oil, grassfed butter/g

Eat lots of low calorie veges w MCT oil at beginnibg

Vegetable soups

Pureed vegetables in meals add fiber & satiation

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Refrigeration of potatoes & rice after cooking reduc

Cooking & mixing mashed potato & sweet potato togeth

Adding lots of spices improves satiation

Cocoa or unsweetened chocolate w/honey or allulose/s

Mineral salts- light grey Celtic best, Real salt fro

add mineral salt, sweet (honey or allulose/stevia/mo

MCT oil increases energy & fat loss in place of othe

High vitD3 (50K IU/2x/wk under tongue) w/5000mgX2 (1

Cissus quadrangularis 2.4g 3x/day also bone growth,

Smells (but not sight) \/ hunger, /\ fatloss
Green apples
Bananas
Fennel
Grapefruit
Vanilla
Garlic

Swimming best calorie burn, colder water more fatlos

Smallest, greenest plates

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Keep food out of sight, dirty plates in sight

Tall & skinny glass caloric drinks

Wide glass water

Blue, dim dining room

Eat before shopping

Soup before main entree or as main entree

Cash for groceries

Spirulina w a vegetable increases willpower

Noncaloric drinks only may cause 10-30lbs fatloss

If exercising chromium increases fat lost vs muscle

Use this information as a supplement to your own res
You can use drugs.com or other trusted health websit

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Nutrition and Fat Loss

Water

Water where fluoride is filtered out (Big Berkey-sta
Drinking out of protected glass or stainless steel a
Drinking 16-32oz of water right upon waking up (a st
Drinking water when or after visiting people who are
The number one way to lose fat is to drink at least
Drinking liquids before eating food increases satiat
Drinking water the instant we feel hunger pains can
Drinking cold water increases our metabolism & helps
Drinking water before bedtime may decrease heart att

An R. & â??McCaffrey J. (2016) Plain water consumpti

Carbonated soda often leaves us more thirsty than be

The easiest way to get off pop is to drink a half gl

Drinking 3 quarts of water a day for a person of 150

Eating organic

To find what foods to avoid and the research on the

Eating organic foods appears to reduce cancer by at

Baudry J, Assmann KE, Touvier M, et al. Association

Eating organic avoids the large amounts of the herbi

The nonorganic foods often sprayed with glyphosate (

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Lentils Peas Non-GE soybeans
Non-GE corn Flax Rye and buckwheat
Triticale Canola Millet
Sugar beets Potatoes Sunflowers
Over 100 different crops, most all grains & legumes
According to Monsanto's own research glyphosate is a

According to a review in Ecowatch glyphosate is link

Glyphosate applications in one review were highly co

Genetically modified foods are also linked with obes

(23)
In a study of 168 pigs, with half fed GMO soy & GMO

Some genetically modified foods appear to cause a th

Fares NH, El-Sayed AK. "Fine structural changes in t

[11 Scientific Reasons to Avoid GMO Food]

Sex-dependent impact of Roundup on the rat gut micro
Veronica L. Lozano, Nicolas Defarge, Louis-Marie Roc
PII: S2214-7500(17)30112-9
DOI: https://doi.org/10.1016/j.toxrep.2017.12.005
Reference: TOXREP 498

https://www.organicconsumers.org/news/roundup-causes

Dessicants and Parkinsonâ??s

The two other dessicants sprayed on nonorganic food-

37 references:
https://articles.mercola.com/sites/articles/archive/

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Even the supposedly "inert" ingredients in Roundup a

Farmers are using 100X (10,000%) more herbicides tha

Monsanto used to claim that their PCB's, DDT, and Ag

https://s3.amazonaws.com/media.fooddemocracynow.org/
http://science.naturalnews.com/glyphosate_health.htm

Intestinal and peripheral immune response to MON810
J Agric Food Chem. 2008 Dec 10;56(23):11533-9. doi:
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Monsanto's Sealed Documents Reveal the Truth Behind
Organic Consumers Association
Progressive Radio Network by Richard Gale and Gary N
https://www.organicconsumers.org/news/monsantos-seal

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Genetically engineered crops, glyphosate and the det

Nancy L. et al.
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http://www.ecowatch.com/15-health-problems-linked-to

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http://gmojudycarman.org/wp-content/uploads/2013/06/
http://www.organic-systems.org/journal/81/8106.pdf
A long-term toxicology study on pigs fed a combined
Judy A. Carman et al.

https://s3.amazonaws.com/media.fooddemocracynow.org/

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New Evidence About the Dangers of Monsantoâ??s Ro

http://articles.mercola.com/sites/articles/archive/2
http://www.gmeducation.org/food-and-health/p217607-g
http://www.momsacrossamerica.com/glyphosate_testing_
http://www.gmfreeze.org/news-releases/180/
http://www.npr.org/sections/health-shots/2014/04/30/

responsibletechnology.org

Here are some links to farmers experience who are ne

extension.psu.edu/herbicide-drift-and-drift-related-

scientificamerican.com/article/pesticide-drift/

academic.oup.com/jac/article/76/7/1655/6248211?login

nytimes.com/2013/09/20/business/misgivings-about-how

deepgreenpermaculture.com/2021/04/21/how-to-neutrali

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ncbi.nlm.nih.gov/pmc/articles/PMC9101768/

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PuigbÃ² P, Leino LI, Rainio MJ, Saikkonen K, Salonie

Barbosa da Costa N, HÃ©bert MP, FugÃ¨re V, Terrat Y,

Singh S, Kumar V, Gill JPK, Datta S, Singh S, Dhaka

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GMOs

Altered Genes, Twisted Truth - How the Venture to Ge

FDA covered up own scientists warnings, lied, broke
Massive false information campaign claiming GMO safe
Mainstream media owners have killed GMO stories
The first ingestible GMO caused a deadly epidemic, c
GMO's have found to cause intestinal, liver, & immun
Expert scientists who publish this research are fire
GMO's have never had a consensus of scientists agree
GMO's are unsound in theory- changes of that magnitu
Thomas J. McCabe, developer of the cyclomatic comple

Top ten reasons to label GMO's
http://www.naturalnews.com/049091_GMOs_labeling_food

responsibletechnology.org

How GMOs cause fat gain, muscle loss, diabetes, hear

GMO plants appear to have greatly increased leptins,

Going lectin free has lowered fat in animal studies

Dr. Steven Gundry, Center for Restorative Medicine
https://www.pressreader.com/usa/first-for-women/2017

After three years, organic farms outproduce GMO farm

Foods with the most pesticide/herbicide/fungicide re

If someone wants to ease into eating organic, they c

Toxic fertilizer

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Food grown with compost that has milorganite on the

http://articles.mercola.com/sites/articles/archive/2

Organic to avoid fake food

I exclude all processed grains- anything already coo

Glyphosate/roundup in high levels in almost all nono

Ketogenic diet

The ketogenic diet removes the Roundup/glyphosate so
Organic grains, beans & lentils can be added back in

Ozempic/semiglutude- feelings of nausea, fullness, &
If dietary changes & exercise isn't implemented then
Can cause suicidality, pancreatitis, gastro-intestin
Wegovy- 3% of people alopecia- permanent hair loss
Mounjaro- 6% of people alopecia- permanent hair loss
They all only work temporarily until people start ga

nejm.org/doi/full/10.1056/NEJMoa2032183
delishably.com/news/dangers-of-ozempic

Inflammatory foods

Transfats
Wheat flour (inflammation from wheat gluten & proces
Sugar
Gluten
Processed meats
Grain fed animalsâ?? meat
Alcohol
Heated polyunsaturated fats (unless uncooked & cold
Dairy
MSG
Artificial sweeteners (aspartame/Nutrasweet)
Artificial food additives
BPA in cans & phalates in fast food containers

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https://www.huffingtonpost.com/2013/03/21/inflammato
https://draxe.com/anti-inflammatory-foods/
http://www.eatthis.com/foods-that-cause-inflammation

Sweeteners

Avoid high fructose corn syrup & sugar

High fructose corn syrup appears in multiple studies

Eating processed foods, anything other than organic
Renee Dufault in the FDA found mercury & lead added
wjgnet.com/2222-0682/full/v11/i4/144.htm
www.iatp.org/documents/not-so-sweet-missing-mercury-
Unsafe at any Meal Renee Dufault

Honey

Raw organic honey lowers fat, blood sugar, & diabete
medicalnewstoday.com/articles/317662
livestrong.com/article/273425-how-to-use-honey-for-w
health.harvard.edu/blog/could-artificial-sweeteners-

Honey and Diabetes: The Importance of Natural Simple
4757893 1942-0900 doi.org/10.1155/2018/4757893 10.1

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Honey can be made from sugar & flavoring so it is be

To get real honey from bees:

Look for organic, raw, local
Rub between fingers- if absorb is real, if sticky is
Microwave or cooktop-carmelize if honey, foam/bubble
Put on paper-sugar water will soak through
Ants avoid honey, flock to sugar
In water honey lumps & goes to bottom, water melts
Honey causes tingling on toungue
Honey makes bread hard
Honey crystalizes over time

healthyfoodhouse.com/studies-show-fake-honey-is-ever

Cinnamon

Cinnamon (Ceylon may be best) reduces blood sugar, b
Ranasinghe, P., Pigera, S., Premakumara, G.S. et al.

Apple cider vinegar & honey
Using apple cider vinegar with honey in meals with v

Stevia, allulose and monk fruit (lo han)

Stevia is a sweetener that has no calories and has b

Stevia helps with diabetes, cancer prevention, fat c

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Allulose

Allulose is a sugar with little calories that at low

Monk fruit

Monk fruit is a natural sweetener that also has no c

theepochtimes.com/health/a-natural-sweetener-that-co
theepochtimes.com/health/navigating-sweeteners-under

Combination

Stevia, monk fruit & allulose are often blended toge

Unfortunately sometimes the sweeteners are mixed wit

http://www.naturalnews.com/048909_stevia_natural_ant

Kobus-Moryson M, and Gramza-Micha?owska A. Direction

Salvador RR, Sotelo MH, Paucar LM. Study of Stevia (

Chatsudthipong V, and Muanprasat C. Stevioside and r

Anton SD, Martin CK, Han H, et al. Effects of stevia

Holvoet P, et al. Stevia-derived compounds attenuate

Not erythritol

Erythritol is a sugar alcohol (fermented sugar) with
A new study associates erythritol with increased blo
reason.com/2023/03/02/be-skeptical-of-the-new-artifi
Ingestion of the Non-Nutritive Sweetener Erythritol,
Marco Witkowski https://orcid.org/0000-0002-6952-503
Arteriosclerosis, Thrombosis, and Vascular Biology V

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Switching from sugar

The way to get used to any new sweetener is to eat a

Nutritional deficiencies

Deficiencies of basic vitamins like Bs, C, D3, zinc,

â??Violent behavior linked to nutritional deficienci
•
Silvia Onmusic

Aspartame (Nutrasweet)

Aspartame is a sweetener in many diet pops & foods t

Monsanto bought the company who owned apartame & wor
rense.com/general33/legal.htm

Nutrasweet (aspartame) has had a dizzying list of da
fda.gov/ohrms/dockets/dailys/03/jan03/012203/02p-031
fda.gov/media/81007/download
fda.gov/media/80995/download

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Aspartame has the most side effects reported to the

Environ Health Perspect. 1987 Nov; 75: 53â??57.
Possible neurologic effects of aspartame, a widely u
T J Maher and R J Wurtman
epilepsy.com/connect/forum-archive/men-epilepsy/diet
naturalnews.com/008952_aspartame_seizures.html
usrtk.org/tag/seizures/
nature.com/articles/1602866
Humphries, P., Pretorius, E. & NaudÃ©, H. Direct and
shop.getmyid.com/blogs/myid-epilepsy-community/fda-p
medicalnewstoday.com/articles/322266#health-risks
magnesiumandhealth.com/aspartame-dangers/
mercola.fileburst.com/PDF/ExpertInterviewTranscripts
health.harvard.edu/blog/sweeteners-time-to-rethink-y

3x strokes, 3x dementia

health.harvard.edu/blog/could-artificial-sweeteners-

In 1996, the FDA's own toxicologist told Congress th
huffingtonpost.com/robbie-gennet/donald-rumsfeld-and

I stopped using it after getting nausea & motion sic

Diabetes

Nutrasweet (aspartame), Splenda (sucralose), and Swe

Suez, Jotham & Korem, Tal & Zeevi, David & Zilberman

A Bitter Aftertaste: Unintended Effects of Artificia
Bokulich, Nicholas A. et al.
Cell Metabolism , Volume 20 , Issue 5 , 701 - 703
Sucralose may cause DNA damage, epigenetic effects,

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Sucralose metabolites are fat soluble & may persist

Some medications may contain sucralose unlabeled.

24 references

New Splenda Studies Confirm Its Dangers September 0
articles.mercola.com/sites/articles/archive/2018/09/

Sucralose (Splenda)

Sucralose (Splenda) may reduce good bacteria in our

Splenda alters gut microflora and increases intestin

Foods that are healthy in smaller amounts

Tiger nuts may help fat loss by their resistant star

Pine nuts eaten before a meal may help fat loss by s

https://articles.mercola.com/sites/articles/archive/

One brazil nut may provide enough selenium for the e

All nuts should be uncooked to prevent their healthy

Spinach, beets, & swiss chard are very healthy but h

Shark, tilefish (Mexico gulf), swordfish, mackerel (

Seaweed has a lot of iodine.

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https://www.treehugger.com/health/pregnant-women-sho

Diet & longevity

In an 18 country study of 135,000 adults, eating fru

The types, quality, & status of the fats (cooked or

Fruit, vegetable, and legume intake, and cardiovascu
Miller, VictoriaDiaz, R et al.
The Lancet
DOI: http://dx.doi.org/10.1016/S0140-6736(17)32253-5

Huge new study casts doubt on conventional wisdom

Eggs & lethal prostate cancer

Eating 2.5 eggs per week may raise lethal prostate c

Am J Epidemiol. 1984 Aug;120(2):244-50.

Diet, obesity, and risk of fatal prostate cancer.
Snowdon DA, Phillips RL, Choi W.

Cancer Prev Res (Phila). 2011 Dec;4(12):2110-21. doi
Egg, red meat, and poultry intake and risk of lethal
Richman EL, Kenfield SA, Stampfer MJ, Giovannucci EL

Eggs & gastrointestinal (esophagus, stomach, colon &

Fourty-four studies of over 400,000 people found can

Eur J Nutr. 2014 Oct;53(7):1581-90. doi: 10.1007/s00
Egg consumption and risk of GI neoplasms: dose-respo
Tse G, Eslick GD.

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Eggs & mortality

The Physiciansâ?? Health Study of 21,000 people in 2

Egg consumption in relation to cardiovascular diseas
Luc DjoussÃ© and J Michael Gaziano
Am J Clin Nutr April 2008 vol. 87 no. 4 964-969

https://coloncancerfoundation.org/prevention/expertO

In this review of studies, egg consumption was not a

Egg Consumption and Risk of Total and Cause-Specific
Mazidi M, Katsiki N, Mikhailidis DP, Pencina MJ, Ban

Vegetable oils- Polyunsaturated fats (PUFs) & Monoun

Polyunsaturated fats (PUFs) in vegetable oils (in es

Triglycerides make up 80% of dense small particle vL

Monounsaturated fats (MUFs) in vegetable oils (in la

Medium chain triglycerides (MCTs) in vegetable oils

Ketone esthers may increase ketones more. They are b

Organic, unrefined, uncooked oils may be safest if t

Oils with monounsaturaed fats MUFs can be cooked up

Hydrogenated/Partially hydrogenated oils

Hydrogenated vegetable oils appear to cause a signif

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Animal saturated fats (ASFs)

Animal Saturated fats (ASFs) hold up under cooking,

http://www.dailymail.co.uk/health/article-3574810/Th

http://nypost.com/2017/01/31/eating-vegetable-oils-c

AHA PRESIDENTIAL ADVISORY
Dietary Fats and Cardiovascular Disease: A President
Frank M. Sacks, Alice H. Lichtenstein, Jason H.Y. Wu
Download PDF
https://doi.org/10.1161/CIR.0000000000000510

Plant vs animal saturated fats

Saturated fats in plants appear to often be good for

Teng M, Zhao YJ, Khoo AL, Yeo TC, Yong QW, Lim BP. I
Ranil Jayawardena, Hasinthi Swarnamali, Priyanga Ran
Diabetes & Metabolic Syndrome: Clinical Research & R

Coconut oil/MCT oil

MCT oil, an extract of coconut oil, doesn't appear t

Organic coconut oil has a lot of MCTs (about 65%) an

Coconut oil has been a recent target of articles say

Coconut oil has caprylic acid at 8% (may help agains
It's traditional uses include treating intestinal wo
7.7-15g of coconut oil daily appears to have the mos

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Coconut oil-

May help reduce fat if it completely substitutes for
Appears to have mild to moderate anti-inflammatory e
Appears to reduce pain.
Appears to increase good HDL-C by over 17% and reduc
Appears to be far more stable than polyunsaturated f
Appears to temporarily increase the metabolic rate f
Appears to help retain muscle & increase fat loss du
May have an anti-infective effect if swished around
Appears help reverse liver damage when taken in larg
Appears to protect against hair follicle loss above
Appears to be safe for sensitive or reactive skin ab
Appears to increase infant growth when used as a mas
Appears to increase topical vitamin E absorption abo
examine.com/supplements/coconut-oil/

MCT oil

MCT oil appears to increase energy expenditure vs ot

J Nutr. 2001 Nov;131(11):2853-9.
Dietary medium-chain triacylglycerols suppress accum

Tsuji H, Kasai M, Takeuchi H, Nakamura M, Okazaki M,

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Physiological effects of medium-chain triglycerides:
St-Onge MP, Jones PJ.

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Volume 61, Issue 3, March 2010, Pages 208-212
Medium-chain fatty acids: Functional lipids for the
Author links open overlay panelKojiNagaoTeruyoshiYan

Int J Obes Relat Metab Disord. 2003 Jan;27(1):95-102
Medium- versus long-chain triglycerides for 27 days
St-Onge MP1, Bourque C, Jones PJ, Ross R, Parsons WE

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James E. Galvin

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Laurene Boateng, Richard Ansong, William B Owusu, an

J Invest Dermatol. 2009 Oct;129(10):2480-8. doi: 10.
Antimicrobial property of lauric acid against Propio
Nakatsuji T, Kao MC, Fang JY, Zouboulis CC, Zhang L,

The Journal of Nutritional Biochemistry
Volume 6, Issue 7, July 1995, Pages 362-366
Antimicrobial activity of lipids added to human milk
Charles E.Isaacs, Richard E.Litov, Halldor Thormar

Beta-hydroxybutyrates (BHB)

BHB salts are often used before workouts for the sam

MUF, PUF, & SF content of oils

Macademia nut oil (tastes like butter to me) has onl

70% oleic sunflower oil that has only 4% PUFs, 10%
https://healthyeating.sfgate.com/bad-effects-sunflow

Hard margarine has 6% PUFs, 14% MUFs, 80% ASFs but m

Palm oil has 10% PUFs, 39% MUFs, 52% SFs but is resp

Extra virgin olive oil has 11% PUFs, 75% MUFs, 14% S

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Safflower (high oleic) has 13% PUFs, 75% MUFs, 8% SF

Avocado oil has 14% PUFs, 74% MUFs, 12% SFs.

Almond oil has 18% PUFs, 73% MUFs, 9% SFs.

Mustard oil has 23% PUFs, 64% MUFs, 13% SFs.

Soft margarine has 33% PUFs, 47% MUFs, 20% SFs.

Peanut oil has 34% PUFs, 49% MUFs, 18% SFs.

Rice bran oil has 37% PUFs, 42% MUFs, 21% SFs.

Dark/light sesame oil has 44% PUFs, 42% MUFs, 15% SF

Cottonseed oil has 54% PUFs, 19% MUFs, 27% SFs. If n

Corn oil has 57% PUFs, 29% MUFs, 14% SFs. GMO corn

Soybean oil has 60% PUFs, 24% MUFs, 16% SFs. Soybea

Walnut oil has 66% PUFs, 24% MUFs, 10% SFs.

Flaxseed oil has 66% PUFs, 20% MUFs, 9% SFs. Flaxsee

Borage oil has 69% PUFs, 17% MUFs, 15% SFs. Borage

Grapeseed oil has 73% PUFs, 17% MUFs, 10% SFs.

Safflower oil (linoleic) has 78% PUF, 15% MUF, 7% SF

Hemp oil has 79% PUFs, 12% MUFs, 9% SFs. Hemp oil h

https://nutritiondata.self.com/facts/fats-and-oils/7
https://ratical.org/renewables/TherapHoil.html

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Hydrogenated fats

I avoid anything with partially/hydrogenated fats in

Canola (rapeseed) oil

Canola oil appears to have a poison in it that takes

Agricultural Research Service (ARS) 2011, Types of o
Canola Council of Canada 2011, Food Oil Smoke Points
Wikipedia 2011, Cooking oil, Wikipedia, Online, view
https://articles.mercola.com/sites/articles/archive/

ChartsBin statistics collector team 2011, Fat Compos

Nuts

Eating a handful of organic mixed, raw, unsalted nut

Vegan/vegetarian

If eating vegan for reasons of health or animal empa
raypeat.com/articles/articles/fishoil.shtml

Introducing food to children

What may help is allowing a child to help growing th

Tea and coffee

Tea or coffee without sugar or creme appears to help

EGCG

default watermark

EGCG is found in green tea and available in suppleme

Yashi Mi, Guoyuan Qi, Rong Fan, Qinglian Qiao, Yali

Federation of American Societies for Experimental Bi

Oxalates

Oxalates are salts in some foods that appear to redu

Mercury

The fish that have the most mercury in rough order a

The foods that appear to bind up mercury the best-
Clean Chlorella: 99%
Hemp Protein: 98%
Peanut Butter: 96%
Strawberries: 95%
Cilantro Leaf: 95%
Raspberries: 92%
Cacao Powder: 91%
Wheat Grass: 90%

Coconut Granola Cereal: 89%
Barley Grass: 89%
Acai Berries: 88%
Wheat Flour: 86%
Nori Powder: 85%
Hawaiian Spirulina: 83%
Blueberries: 83%
Mangos: 73%
Ground Mustard: 72%
Tropicana Orange Juice: 54%
Corn Pops Cereal: 53%
Brown Rice: 53%
Suja Carrot Orange Juice: 34%
Beets: 20%
Sunny D: 20%
Suja Apple Cucumber Juice: 10%
Zeolites: 9%
Sucralose: 3%

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[10 Foods That Can Endanger Your Pregnancy]

http://www.naturalnews.com/044339_dietary_mercury_he

Milk

Milk appears to be one of the worst sources of calci

Milk intake and risk of mortality and fractures in w
BMJ 2014; 349 doi: http://dx.doi.org/10.1136/bmj.g60
BMJ 2014;349:g6015
Karl MichaÃ«lsson et al.

http://www.bmj.com/content/349/bmj.g6015

Calcium absorbtion

64% of the calcium in brussels sprouts is absorbable

Calcium absorption from kale.
Heaney RP, Weaver CM
Am J Clin Nutr. 1990 Apr;51(4):656-7.

https://books.google.com/books?id=ishlcmQuatoC&pg=PA

Acidity and osteoporosis

Far more important than calcium, as long as we get 3

This explains why African Bantu women living on 350m

Meat eaters appear to have more than double the oste

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Food acidity

Acidic foods:

Spaghetti
Corn flakes
White rice
Rye bread
White bread
Whole milk
Lentils
Beef
Pork

The foods with the greatest acidity:

Parmesan cheese
Processed (soft) cheeses
Hard cheeses
Gouda cheese

Cottage cheese
Brown rice
Rolled oats
Whole wheat bread
Peanuts
Walnuts
Salami
Luncheon meat
Liver sausage
Chicken
Cod
Herring
Trout
Eggs

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Alkaline foods:

Apricots
Kiwifruit
Cherries
Bananas
Strawberries
Peaches
Oranges
Lemon juice
Pears
Pineapple
Peaches
Apples
Watermelon
Celery
Carrots
Zucchini
Cauliflower
Broccoli
Green peppers
Tomatoes

Eggplant
Lettuce
Green beans
Onions
Mushrooms
Mineral water

The foods with the greatest alkalinity:

Spinach
Wheatgrass
Barleygrass
Sprouts
Cucumber

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Summary

Eat alkaline foods, especially those with the greate

Baking soda

Taking 1/4ts to 1/2ts of baking soda on an empty sto

Robbins, J 1987, Diet for a new America. HJ Kramer &
http://foodmatters.tv/articles-1/the-truth-about-cal

Milk and obesity, cancer, and diabetes

Cows in the USA are allowed to get recombinant growt

Removal of Bovine Insulin From Cow's Milk Formula an
Vaarala O et al.
Arch Pediatr Adolesc Med. 2012 Jul 1;166(7):608-14.

Relation of Time of Introduction of Cow Milk Protein
Marcia F. Goldfarb
J, Proteome Res., 2008, 7 (5), pp 2165â??2167

DOI: 10.1021/pr800041d

Gone off
Linda Geddes
New Scientist
Volume 227, Issue 3031, 25 July 2015, Pages 33â??37

Type 1 Diabetes Causes
What leads to the development of type 1 diabetes?
Daphne E. Smith-Marsh PharmD, CDE | Reviewed by W. P
endocrineweb
http://www.endocrineweb.com/conditions/type-1-diabet

The beta-casein A1 protein variant of cow's milk may
Diabetologia. 1999 Mar;42(3):292-6. PMID: 10096780

The consumption of cow milk A1 beta-casein is associ
N Z Med J. 2003 Jan 24;116(1168):U295. Epub 2003 Jan

Cow's milk protein antibodies are a risk factor for
Diabetologia. 1998 Jan;41(1):72-8. PMID: 9498633

Insulin-free whey-based cow's milk formula is associ
Arch Pediatr Adolesc Med. 2012 Mar 5. Epub 2012 Mar

Lower consumption of cow milk protein A1 beta-casein
Ann Nutr Metab. 2006;50(3):177-83. Epub 2006 Jan 10.

http://www.greenmedinfo.com/toxic-ingredient/cow-mil

Environmental and genetic factors could both be resp
Fri, 01 Oct 2010
http://www.diabetes.co.uk/news/2010/Oct/environmenta

Problems with processed foods (that you buy read to

Swallow This: Serving Up the Food Industry's Darkest

default watermark

JoannaBlythmanWriting.com.
150 enzymes are added to make dull processed food ta
Much of processed food is cheap substitutes that mim
Only safe sounding names are put on the label- not t
Now using synthetic biology

Berberine at 5-10mg/kg in

Reverses depression & anxiety via MAOI better than c

Berberine May Ease Symptoms of Anxiety and Depressio

default watermark

Analysis by Dr. Joseph MercolaFact Checked. May 18,

articles.mercola.com/sites/articles/archive/2023/05/

media.mercola.com/ImageServer/Public/2023/May/PDF/be

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19, 20 Archives of Iranian Medicine 2016 Mar;19(3):1

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Magnesium

Magnesium supplementation may help migraines, heart

What type of magnesium?

Magnesium citrate may help constipation.
Magnesium taurate may help blood pressure, cholester
Magnesium malate & magnesium chloride may help fibro
Magnesium glycinate may help anxiety, stress, and in
Magnesium carbonate may help heartburn, reflux, cons
Magnesium L-threonate may help memory & learning.
Magnesium sulfate may be very highly absorbed.
Magnesium oxide may be poorly absorbed.
Magnesium glutamate & aspartate may increase blood s

http://www.herbs-info.com/blog/the-best-and-worst-fo
difference/

Mushrooms

Mushrooms have beta glucans and help against cancers
Many mushrooms have a mild toxin, agaratine, that is
Roupas, Peter, et al. "Mushrooms and agaritine: A mi
SchulzovÃ¡ V, HajslovÃ¡ J, Peroutka R, Gry J, Anders

How to get kids to eat new foods

1. Get kids cooking! Children who help cook heal
2. Serve fresh vegetables whenever possible, wit
3. Take your children grocery shopping and let t
4. Serve vegetables (including green salads) as
5. Cook vegetables lightly. The best methods are
6. Perk up vegetables with seasonings other than
7. Make a colorful plate. Be creative in present
8. Serve lots of raw vegetables. Donâ??t ask kid
9. Gardening is fun! Like cooking, itâ??s fun to

default watermark

Making Vegetables a Hit with Kids
9 Tips for Getting Kids to Eat Veggies
Michael F. Jacobson â?¢ January 26, 2016
Posted in How to Diet.
http://www.nutritionaction.com/daily/how-to-diet/mak

Boys gain much less fat with more meals/day.

fat gain

Antibiotic usage

Antibiotic use in 2nd & 3rd trimester is associated

Solution:

As antibiotics are used to fatten up animals for mea

Wheat

Our older wheats like spelt were eaten safely for ce

www.WheatBellyBlog.com
http://bottomlinepersonal.com/healthy-whole-wheat-is

default watermark

Humans can't digest & break down this much gluten of

Spelt
Spelt is wheat with a softer type of & less gluten,

There are a lot of gluten free products to experimen

http://betterbreads.net/
https://grainstorm.com/pages/modern-wheat

Corn & soy

Not only do people often have problems with corn & s

GMO corn has been found to have 91 metabolites & 117

http://www.naturalhealth365.com/gmo-genetically-modi

Microwave popcorn

Microwave popcorn often has an unlisted ingredient i

Organic air popped popcorn or stovetop with organic

Alcohol

Alcohol significantly reduces the amount of fat burn

Fruit juices

Fruit juices increase obesity like orange, sweetened

Smoking

Smoking during pregnancy leads to lower weight babie

Sleep

default watermark

Sleeping less than six hours (with naps) or more tha

Television

Watching more than 2 hours of television a day is as

fat loss aides

Phone coaching

In one study of 940 people, personalized health advi

Obesity, 2/2017 as reported in Consumer Reports On H

Breakfast

Breakfast should have the most carbohydrates of the

Resveratrol

A potent antioxidant, resveratrol is touted for anti

The best source of resveratrol in the diet for fat l

Akeredolu A. & Kashaf, S. Does vinegar have health b
Cunningham E. & Marcason W. Is it possible to burn c
Kondo, T. et al. Vinegar intake reduces body weight,
Kondo, T et al. Acetic acid upregulates the expressi
Ostman E, Granfeldt Y, Persson L, et al. Vinegar sup
Tomoo K., Mikiya K., Takashi F. & Takayuki K. Acetic

http://www.fitnessrxwomen.com/nutrition/healthy-eati

Glucomannan

default watermark

Glucomannan is a fiber that comes from the root of a

Shirataki noodles are made from glucomannan and have

Arvill A, Bodin L. Effect of short-term ingestion of

Chua M, Baldwin TC, Hocking TJ, Chan K. "Traditional

Chen HL, Cheng HC, Wu WT, et al. Supplementation of

Chen HL, Sheu WH, Tai TS, et al. Konjac supplement a

Doi K. Effect of konjac fibre (glucomannan) on gluco

Gallaher, DD, et al. A Glucomannan and Chitosan Fibe

Gallaher, CM. et al. Cholesterol Reduction by Glucom
vol. 130 no. 11 2753-2759

GonzÃ¡lez Canga A, FernÃ¡ndez MartÃnez N, SahagÃºn A

Keithley J, Swanson B. "Glucomannan and obesity: a c

Loening-Baucke V, Miele E, Staiano A. "Fiber (glucom

McCarty MF. Glucomannan minimizes the postprandial i

Reffo GC. Glucomannan in hypertensive outpatients: p

Reffo GC, Ghirardi PE, Forattani C. Double-blind eva

Signorelli P, Croce P, Dede A. Clinical study on the

Sood N, Baker WL, Coleman CI. Effect of glucomannan

Staiano A, Simeone D, Del Giudice E, et al. Effect o

Vita PM, Restelli A, Caspani P, Klinger R. Chronic

Vuksan, V et al. Beneficial effects of viscous dieta

Vuksan V, Jenkins DJ, Spadafora P, et al. Konjac-man

Venter CS, Kruger HS, Vorster HH, et al. The effects

Walsh DE, Yaghoubian V, Behforooz A. Effect of gluco

Yoshida, M et al. Effect of plant sterols and glucom

default watermark

Vegetables

Eat more organic vegetables per day, especially adde

A very easy way to add vegetables is to put them int

Put high calorie food away out of sight. Put vegeta

What type of cooking preserves vitamins the most? Wh

Pressure cooking appears to retain more vitamins (90
Pressure cooking also appears to deactivate the phyt

Is Pressure Cooking Healthy?

Srivastava, S. and Khokhar, S. (1996), Effects of Pr

Bishnoi, S., Khetarpaul, N. & Yadav, R.K. Plant Food

Plant Foods Hum Nutr. 1995 Feb;47(2):125-31.
Effect of home processing on ascorbic acid and beta-
Yadav SK, Sehgal S.

Galgano, F., Favati, F., Caruso, M., Pietrafesa, A.

Bishnoi, S. & Khetarpaul, N. Plant Food Hum Nutr (19

Food Chemistry Volume 32, Issue 1, 1989, Pages 9-17
Antinutrients and protein digestibility (in vitro) o
Anita Kataria, B.M. Chauhan, Darshan Punia
https://doi.org/10.1016/0308-8146(89)90003-4

Food Chemistry Volume 70, Issue 1, July 2000, Pages
Effect of domestic processing methods on the starch,
Rosario Sagum, Jayashree Arcot,
http://doi.org/10.1016/S0308-8146(00)00041-8

Meat Science Volume 37, Issue 1, 1994, Pages 103-113
Observations on some chemical and physical character
1. Syed Ziauddin
https://doi.org/10.1016/0309-1740(94)90148-1

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How To Eat Grains

http://www.klzh.ch/downloads/acrylamid_2.pdf

https://www.nestleprofessional.us/documents/nutripro
https://nutritionfacts.org/video/best-cooking-method

What foods help against the most types of cancers?

Kale has the most nutrients, double most others & 50

In a head to head test of Boston, endive, radicchio,
Garlic also tested very high against cancers. Garli
D. Boivin, S. Lamy, S. Lord-Dufour, J. Jackson, E. B
    â?¢
https://nutritionfacts.org/video/1-anticancer-vegeta

default watermark

Wheat, oats & grains

Soaking whole grain flour or oats in acidic medium (

How To Eat Grains

Exercise

Exercise (like walking) immediately before or after

How to eat

If the carb foods are eaten first, insulin kicks in

Organic brown rice for carbo-loading

Eating organic cooked brown rice can increase athlet

Rice and longevity

Eating brown rice appears to increase longevity, lik

Reducing arsenic by 80%

Rice can have arsenic in it. Brown basmati from Cal
https://www.sciencedirect.com/science/article/pii/S2

Stimulating all of the taste buds

default watermark

The first thing to do is to cook without any spices.

Then adding a little bit of sour (vinegar), sweet (s

Soup

Vegetable, bean, and lentil based soups without crea

Soup alternative

When soup is not used, adding pureed vegetables to a

Meat alternatives

The reason we crave meat is because it has three ami

Rice and bean have LIV in large amounts like meat do

Eating cooked rice can increase athletic performance

Probiotics

Taking probiotics daily if you don't eat all organic

The wrong bacterial in the gut appears to prevent fa

Gut Microbial Carbohydrate Metabolism Hinders Weight
MuÃ±iz Pedrogo, David A. et al.
Mayo Clinic Proceedings , Volume 93 , Issue 8 , 1104

Breastfeeding

Babies who are breastfed have lower hospitalization,

Hot peppers

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People who put added 1/4 teaspoon of chili pepper to

Consumption of spicy foods and total and cause speci
Jun Lv et al.
BMJ 2015; 351 doi: http://dx.doi.org/10.1136/bmj.h39

Foods that increase metabolism and may make you feel

Pepper, onions, and mustard (sugar free recommended)

Lemon juice- many people swear by adding a little un

Matsumoto, T., Miyawaki, C., Ue, H., YUASA, T., MIYA
Janssens, P. L., Hursel, R., Martens, E. A., & Weste
Lejeune, M. P., Kovacs, E. M., & Westerterp-Planteng

http://www.bodybuilding.com/content/4-spices-that-en

Cold potatoes or rice

When potatoes or rice have been cooked, then allowed

Beans & lentils

Beans and lentils are high in fiber & some beans can

Fiber

Freshly ground organic flaxseed, glucomannan, psylli

October 2013 Volume 37, Supplement 4, Page S71
The Impact of Flaxseed Lignan Complex Consumption on
Douglas E. Barre
DOI: http://dx.doi.org/10.1016/j.jcjd.2013.08.218

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Chokeberries

Eating chokeberries is associated with fat loss.

Cocoa & the heart

Organic cocoa has theobromine and has been found in

http://www.life-enhancement.com/magazine/article/279

Cocoa flavanol consumption improves cognitive functi
Daniela Mastroiacovo et al.
The American Journal of Clinical Nutrition, Volume 1

Cocoa and the brain

Eating dark or sugar free chocolate appears to incre

Appetite
Volume 100, 1 May 2016, Pages 126-132
Chocolate intake associated with better cognitive fu
Georgina E.Crichton, Merrill F.Elias, Ala'aAlkerwi

https://doi.org/10.1016/j.appet.2016.02.010

J Psychopharmacol. 2010 Oct;24(10):1505-14. doi: 10.
Consumption of cocoa flavanols results in acute impr
Scholey AB, French SJ, Morris PJ, Kennedy DO, Milne

Smit, H.J., Gaffan, E.A. & Rogers, P.J. Psychopharma
Methylxanthines are the psycho-pharmacologically act

https://www.washingtonpost.com/news/wonk/wp/2016/03/

Non Dutch/nonalkalyzed cocoa & chocolate only

default watermark

Dutching/alkalyzing cocoa can reduce its health & he

When mixing cocoa for a chocolate drink, avoid milk

Cocoa increases hdl, slows LDL oxidation, cleans art

Besides cocoa sweetened with your choice of stevia,

Making your own chocolate

Organic cocoa powder (nondutch/nonalkalized is healt

Sugar free chocolate bars can be made far cheaper by

Chocolate can help fat loss

A small piece of dark and especially sugar free choc

Supplements that help fat loss

Vitamin D3

When people are low in vitamin D3 (below 50ng/ml), t

Kidney Bean Extract (KBE)

KBE stops some starch (carbohydrate) absorption in t

Celleno L, Tolaini MV, D'Amore A, Perricone NV, Preu

Layer, P., et al. â??Effect of purified amylase inhi

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Brugge, W.R. and M. S. Rosenfeld. â??Impairment of s

- American Journal of Gastroenterology 82, 8 (August,

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Layer, P., et al. â??Effects of decreasing intra lum

- On carbohydrate tolerance in normal subjects and pa
- Gastroenterology 91, 1 (July, 1986) 41-48.

Dangers of weight loss supplement blends

Newer weight loss supplements may contain oxilofrine

http://www.consumerreports.org/health/weight-loss-su

Ginseng and the adaptogens take stress away after a

Green tea

Hydroxycitric acid

Acetyl-L-carnitine

Cissus quadrangularis

Cissus quadrangularis 2.4g 3X/day reportedly decreas

examine.com/supplements/cissus-quadrangularis/

Alpha lipoic acid

Alphalipoic acid 600mg once up & before every meal a

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(The 4-hour Body)

Garcinia Cambogia (CG)- lacking evidence

A meta-analyis done in 2010 of studies on CG found v

The Use of Garcinia Extract (Hydroxycitric Acid) as
Weight loss Supplement: A Systematic Review and Meta
of Randomised Clinical Trials
Igho Onakpoya et al.
Hindawi Publishing Corporation
Journal of Obesity
Volume 2011, Article ID 509038, 9 pages
doi:10.1155/2011/509038

Prescription drugs that may help fat loss

Metformin

Metformin is a prescription drug that lowers blood s

Naltrexone (Revia)

Naltrexone for alcohol addiction has a 78% success r

The equivalent for binge eating would be for the per

Naltrexone at large daily doses has been found to re

Ther Clin Risk Manag. 2012; 8: 219â??241.
doi: 10.2147/TCRM.S25574
Pharmacological management of binge eating disorder:
Susan L McElroy, Anna I Guerdjikova, Nicole Mori, an
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3363296

Bupropion (Wellbutrin)

Bupropion is an antidepressant that often causes fat

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Naltrexone & bupropion (Contrave)

Naltrexone and bupropion have been used in combinati

Billes SK, Sinnayah P, Cowley MA. Naltrexone/bupropi

https://www.endocrineweb.com/professional/endoscan/2

Topiramate (Topamax)

Topiramate is an anticonvulsant used to prevent seiz

If topiramate alone or in combination doesn't work q

Ther Clin Risk Manag. 2012; 8: 219â??241.
doi: 10.2147/TCRM.S25574
Pharmacological management of binge eating disorder:
Susan L McElroy, Anna I Guerdjikova, Nicole Mori, an
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http://www.rxlist.com/topamax-side-effects-drug-cent
https://www.drugs.com/sfx/topiramate-side-effects.ht

Sodium oxybate

Sodium oxybate has been used for people with narcole

Ther Clin Risk Manag. 2012; 8: 219â??241.
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Pharmacological management of binge eating disorder:
Susan L McElroy, Anna I Guerdjikova, Nicole Mori, an
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3363296

Stimulants

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Stimulants used for people with ADHD may help with b

americanaddictioncenters.org/food-addiction-treatmen
foodaddictioninstitute.org/for-professionals/assess-
webmd.com/mental-health/eating-disorders/binge-eatin
foodaddictsanonymous.org
psychguides.com/guides/food-addiction-treatment-prog

Phentermine (Adipex-P)

Phentermine is a stimulant like drug that primary lo

https://en.wikipedia.org/wiki/Phentermine
https://www.drugs.com/sfx/phentermine-side-effects.h
http://www.webmd.com/drugs/2/drug-4151/phentermine-o

Topiramate & Phentermine (Qsymia)

Topirate & Phentermine are combined in the drug Qysm

https://www.drugs.com/mtm/phentermine-and-topiramate

Antidepressants & food addiction/eating disorders

In one meta-analysis, antidepressants that were stud

Ther Clin Risk Manag. 2012; 8: 219â??241.
doi: 10.2147/TCRM.S25574
Pharmacological management of binge eating disorder:
Susan L McElroy, Anna I Guerdjikova, Nicole Mori, an
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3363296

Norepinephrine reuptake inhibitors (NRIs) & food add

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One meta-analysis reported that the NRIs atomoxetine

Ther Clin Risk Manag. 2012; 8: 219â??241.
doi: 10.2147/TCRM.S25574
Pharmacological management of binge eating disorder:
Susan L McElroy, Anna I Guerdjikova, Nicole Mori, an
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3363296

Prescription drugs either ineffective or with high s

Sibutramine (Meridia) may lower fat some but increas

American Journal of Cardiovascular Drugs
October 2010, Volume 10, Issue 5, pp 321-334
Date: 20 Aug 2012
Cardiovascular Risk-Benefit Profile of Sibutramine
Professor AndrÃ© J. Scheen

Orlistat (Alli/Xenical) stops the absorbtion of fat,

Effects of Orlistat on Fat-Soluble Vitamins in Obese

Jennifer R. McDuffie et al.
Pharmacotherapy: The Journal of Human Pharmacology a
Volume 22, Issue 7, pages 814â??822, July 2002
DOI: 10.1592/phco.22.11.814.33627

The Safety Profiles of Orlistat and Sibutramine: Res
Michael J. Perrio et al.
Obesity
Volume 15, Issue 11, pages 2712â??2722, November 200
DOI: 10.1038/oby.2007.323

Addition of orlistat to conventional treatment in ad
Behzat Ozkan, Abdullah Bereket, Serap Turan, Sabiha
European Journal of Pediatrics
December 2004, Volume 163, Issue 12, pp 738-741

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Betahistine

Betahistine (Histalean), long used for dizzyness & n

PW01-261 - Betahistine (Histaleanâ?¢) safely mitigat
    1. Barak, J.H. Albeck
DOI: http://dx.doi.org/10.1016/S0924-9338(10)71574-1

Acute effects of betahistine hydrochloride on food i
Asem H Ali et al.
Am J Clin Nutr December 2010
vol. 92 no. 6 1290-1297

Effect of histaminergic manipulation on weight in ob
N Barak et al.
International Journal of Obesity (2008) 32, 1559â??1

Smells that have been shown to lower hunger are espe

extra virgin olive oil

garlic
bananas
green apples
fennel
grapefruit
vanilla

Garlic breath can best be covered with apple, lettuc

Swimming & fat loss

What exercise increases fat loss the most? Swimming

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STEVEN LECKART
HOT TREND: TAPPING THE POWER OF COLD TO LOSE WEIGHT
https://www.wired.com/2013/02/ff-cold-weight-loss/

Cold thermogenesis

Sleeping, sitting, or exercising in the cold is a ty

Other strategies that have been shown to help fat lo

Using as many of these strategies as possible should

Drink water before meal, none during to avoid washin

recording calories

adopting modest goals

joining a support group

sitting down instead of walking when eating/snacking

serve food in the kitchen then put it out of sight f
leave dirty plates, especially if they have shells o

use smallest plates & bowls & spoons & cups, and kee

tell people they are getting a large portion

green plates increased eating of healthy green foods

taller glasses for caloric drinks, wider glasses for

eating room blue

dim lights

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avoid low sugar/fat labels

less variety

no fancy names, dull ones instead

buy small

no meat

wrapped treats are eaten less than unwrapped treats

small packages of food

food & treats kept out of sight & inconvenient to ac

high calorie foods that look plain & little variety

eat before shopping for food

pay for groceries with cash

Spirulina EPA & DHA omega 3 fatty acids

Some fish oils have EPA & DHA fatty acids that help
raypeat.com/articles/articles/fishoil.shtml

How to lose 10-20 lbs without eating less

Our hunger is surprisingly not satiated by drinks th

Am. J. Clin. Nutr. 2013. doi:10.3945/ajcn.112.048405

Pop, both sugar & diet with aspartame (Nutrasweet) o

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Consumption of sugar sweetened beverages, artificial
Fumiaki Imamura et al.
BMJ 2015; 351 doi: http://dx.doi.org/10.1136/bmj.h35

Gain weight by â??going diet?â?•
 Artificial sweeteners and the neurobiology of sugar
Qing Yang
Yale J Biol Med. 2010 Jun; 83(2): 101â??108.
PMCID: PMC2892765

Saccharin and aspartame, compared with sucrose, indu
Fernanda de Matos FeijÃ³a et al.
Appetite
Volume 60, 1 January 2013, Pages 203â??207

http://articles.mercola.com/sites/articles/archive/2

The Paleo diet

It's good points are avoiding wheat & white rice, da

Diabetes 33: 596,1984.
Eur. J. Clin. Nutr. 62: 682, 2008.

Eur. J. Clin. Nutr. 63: 947, 2009.
Diabetologia 50: 1795, 2007.
Cardiovasc. Diabetol. 8: 35, 2009.
JAMA 293: 43, 2005.
2009. Engl. J. Med. 360: 859, 2009.
Ann. Intern. Med. 153: 147, 2010

12-20 hour diet

The 12 hour diet works like cutting calories or fast

The 12 hour diet is the latest research on food rest

I've tried this & lost ten pounds in a couple weeks,

I tried it & didn't experience any hunger in the mor

The reason I & the mice lost weight without hunger i

A big trick to cut carb cravings is to eat the low c

L-glutamine powder

Many people who have diabetes especially crave sugar

fitrecovery.com/how-to-stop-alcohol-cravings-l-gluta

Cell Metabolism Volume 20, Issue 6, p991â??1005, 2 D
Time-Restricted Feeding Is a Preventative and Therap
Amandine Chaix, Amir Zarrinpar, Phuong Miu, Satchida
DOI: http://dx.doi.org/10.1016/j.cmet.2014.11.001

Cell Metabolism Volume 15, Issue 6, p848â??860, 6 Ju
Time-Restricted Feeding without Reducing Caloric Int
Megumi Hatori et al.

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http://fitness.mercola.com/sites/fitness/archive/201

The other reason this helps fat loss is because we a

Losing fat, not muscle

Chromium appears to help prevent muscle loss from di

Lifting weights & doing high intensity aerobic exerc

3 Diet Pills That Really Work (Safe, Too)
Published January 1, 2015 Publication Bottom Line Pe

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Wim Hof breathing

The Wim Hof method- no longer feel cold/hot/stress/a

Wim Hof is a Dutch man who learned to become immune

In this link is an explanation of how to do this his

http://highexistence.com/the-wim-hof-method-revealed

Here is the simplified one minute a day version-

If you have a heart or lung condition ask your docto

What I found important is heavy breathing for oxygen

Wim Hof recommends exercising during the breath hold

After I did this once for one minute I was able to b

I have tested myself by being very comfortable after

One funny thing about the ability to endure cold- my

Conscious control of cold & heat

Wim Hof suggests paying attention to how the body fe

Control of stress

I and others have found that our stress levels have

Autoimmune responses

Wim Hof & the people he trains have been able to kil

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http://www.paddisonprogram.com/wim-hof-reversing-aut
http://www.medicaldaily.com/natural-inflammation-tre
https://www.newscientist.com/article/dn26102-three-w

- Science Said You Couldnâ??t, but Now itâ??s Prove

- Wim Hof Method: New Hope for Autoimmune Disease &

Cold exposure?

So I suspect that we get many of the benefits even i

Conscious control over internal temperature

What Wim Hof's suggestion of the extreme cold exposu

Migraines

Here's how the method may help prevent migraines. I

3dayheadachecure.com/blog/can-the-iceman-freeze-migr
3dayheadachecure.com/blog/10-reasons-why-the-wim-hof
reddit.com/r/migraine/comments/3s7jwb/hyperventilati

Parkinson's

Here's one man's experience with the Wim Hof breathi

livingflow.net/reversing-parkinsons-disease-wim-hof-

Jiaogulan

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Jiaogulan, an Asian herb, appears to lower stress, b
Yang, J., et al. (2023). Gynostemma pentaphyllum (Th
(2023, May 19). Jiaogulan: Uses, Side Effects, & Mor

White kidney bean extract

White kidney bean extract blocks alpha-amylase sugar

Celleno L, Tolaini MV, D'Amore A, Perricone NV, Preu

Layer, P., et al. â??Effect of purified amylase inhi
•
MAYO Clinic Proceedings 61, 6 (June, 1986) 442-447.

Brugge, W.R. and M. S. Rosenfeld. â??Impairment of s
•
American Journal of Gastroenterology 82, 8 (August,

Layer, P., et al. â??Effects of decreasing intra lum
•
On carbohydrate tolerance in normal subjects and pa

- Gastroenterology 91, 1 (July, 1986) 41-48.

Sauna

Using a sauna for 20 minutes at least twice a week a

Category

1. Nutrition
2. Uncategorized

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August 22, 2021
Author
biggs

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