

Weightloss

Description

To Jesus:

You can save this to a “Health” folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

In fast order, here’s what’s been found most effective for weight loss:

Weight loss drugs-

The new weight loss drugs like Ozempic & Wegovy can help lose up to 15% of body weight over a year & four months, Mounjaro 21%, & Retatrutide 24%. The higher the doses the greater the nausea, diarrhea & constipation. They also appear to increase muscle loss 200% greater than just calorie restriction. Loss of muscle reduces metabolism & increases early death & can cause people to gain all the weight back & more after stopping these drugs for cost, loss of insurance reimbursement, & adverse effects like permanently extremely slowed digestion.

[everydayhealth.com/diabetes/new-obesity-drug-may-work-even-better-than-ozempic-wegovy-and-mounjaro/](https://www.everydayhealth.com/diabetes/new-obesity-drug-may-work-even-better-than-ozempic-wegovy-and-mounjaro/)

MCT oil for energy:

With food or alone, 1/8th teaspoon of MCT oil under the tongue & gums for immediate absorption every four hours. MCT oil is the only fat that increases energy & reduces hunger. It keeps people burning fat energy all day & keeping up mental & physical energy levels whether fasting or not. Ketone esters are more expensive & are used by professional athletes for greater ketone levels. If eventually used (starting with 1/4 ts a day) in place of other fats it can help weight loss.

Popularized by Dave Asprey, often called bulletproof coffee:

Whenever hungry drink coffee or tea with MCT oil (for physical & mental energy). The caffeine & MCT oil both make fasting easier by reducing hunger.

If occasionally still hungry people add unsalted (organic grass fed) butter/ghee &/or a prebiotic as they can both significantly increase fullness on an occasional basis.

Weight bearing exercise-

default watermark

Weight bearing exercise (not aerobic, surprisingly) causes at first slimming as muscle strength increase reduces fat & then helps weight loss & keeping weight off.

Doing weight bearing exercise immediately after eating carbohydrates increases exercise performance, reduces blood sugar & type II diabetes. Adding MCT oil in the food increases exercise performance even greater than after carbohydrate intake alone, often helping athletes shatter their personal athletic records.

Protein

Eating 1g protein for each pound of the targeted ideal weight significantly reduces hunger & also improves athletic performance & weight bearing exercise. Meat, preferably from grassfed animals, &

organic beans (nonorganic beans & lentils have high levels of Roundup/glyphosate an antibiotic used as an herbicide that kills the good bacteria in the gut & appears to increase obesity, heart disease, cancer & diabetes) soaked for 12-24 hours then (sprouted also helps) pressure cooked then refrigerated before eating can be paired with a little organic brown rice to make a complete protein like meat. Organic spelt or triticale (a 10x less inflammatory type of wheat) can also be paired with organic peanuts to provide the protein combination so satisfying in meat.

Daily intermittent fasting/time restricted eating-

Go longer each day from the last food or caloric drink of the day/night to the next time eating, increasing by a half hour each day (like dinner ending 7pm & breakfast starting after 7am). Every hour after 12 hours of fasting increases longevity, reduces inflammation, diabetes & heart disease.

Vitamin D3

Getting blood levels of vitamin D3 to 150ng/ml not only appears to reduce autoimmune symptoms by 95%, many cancers by 80% & viral infections by 90%, but increases sensitivity to fullness chemicals in the stomach & may significantly reduce appetite. One cup of organic baby greens or organic kale daily has the vitamin K1 the body makes into vitamin K2 that takes the extra calcium

absorbed by high vitamin D3 away from the arteries & to the bones to reverse osteoporosis. Natto is a fermented soy that taken on an empty stomach reverses heart disease, diabetes & cancer & has the most vitamin K2. For every 1.25mg/50K of vitamin D3 taken, 1 cup of organic greens or 500mcg/0.5mg vitamin K2. Taking vitamin D3 under the tongue is 2x as fast/strong/long & doesn't need to be taken with fat like oral vitamin D3 ingestion (swallowed). Magnesium makes vitamin D3 2.5x more effective.

Alternatives to just coffee

Tea has theanine which helps reduce caffeine jitteriness & can be taken as a supplement. Theacrine (is made by a plant from caffeine) gives the benefits of caffeine without the jitteriness & lasts much longer. If taken with caffeine in the morning & alone in the afternoon reduces need for caffeine through the day & doesn't hurt sleep at night like afternoon caffeine can.

How to eat carbohydrates to stay in ketosis

Eat carbohydrate heavy items at end of meal. Eating carbs like potatoes & rice at the beginning of a meal leads to an insulin dump to deal with the blood sugar rise in the middle of the meal & sleepiness by the end. Eating low calorie vegetables with MCT oil, butter/ghee/coconut oil or uncooked organic olive oil at the beginning of the meal, protein & fat in the middle, then carbs at the end gives a lot of energy at the end of the meal before insulin kicks in to exercise off the blood sugar rise & reverse diabetes & heart disease.

When to exercise

Walk/exercise right after meal before insulin kicks in & makes us sleepy. Even just a quick 1 minute burnout (go slow for the first fifteen seconds) on a bike, a sprint, punches/kicks, or weightlifting takes care of blood sugar without the body needing to use a lot of insulin. One to four \$5 rubber straps from Five Below can be used for any exercise equivalent to \$10,000 of weightlifting equipment.)

One minute of weightlifting (do a set with no weight first as a dynamic stretch) burns a lot of calories for days after & tones the body. At first the body will convert fat to muscle & people look not just thinner but more athletic even without a lot of weight loss. Women's muscles get tone & don't generally get larger when getting stronger, men's muscles usually get bigger.

Sweeteners

Honey with meals may help weight loss in studies, with maple syrup & molasses being next best of natural caloric sweeteners. Any mix of noncaloric sweeteners like Whole Earth with stevia (green packet), monk fruit, erythritol & allulose are in combination sweeter

than sugar. These all reduce diabetes when used in place of sugar/corn syrup/HFCS/dextrose.

Nutrasweet/aspartame/blue packet & Splenda/sucralose/yellow packet appear to increase diabetes & seizures, with Nutrasweet/aspartame/blue packet reported by doctors to the FDA as appearing to cause depression & a lot of neurological disorders.

Cooking with oil

Every meal should have some fat added for fullness, satisfaction, absorption of fat soluble nutrients & for digestion. Only organic coconut oil or grass fed raw organic butter/ghee should be cooked with because all other oils have polyunsaturated fat that become toxic formaldehyde when heated.

Any other oils should be added right before serving & be organic, unrefined, & cold pressed. The worst: soy & corn oil have the most polyunsaturated, are heated during refining, are flooded with (deadly) Roundup/glyphosate herbicide, & if not organic or say GMO free are almost always genetically modified in a way that appears to cause a lot of problems.

MCT oil is the best because it is easier to burn as energy than store as fat & when used in place of all other oils (start with 1/8ts & work up) appears to help weight loss.

Water

Water is the best liquid to drink. Pop is often not nearly as hydrating as water. Drinking a glass of water a few minutes before eating helps weight loss. When we get older we often experience thirst as hunger. Drinking water before a meal keeps us from eating more & more until we get enough liquid in our meal to satisfy our thirst. Drinking a liquid during eating like water not only washes away the taste of the food but can temporarily lower blood sugar, making us feel hungry even after a large meal.

Drinking just 1-3 cups more water than the average helps weight loss by lowering calorie consumption from 68-205 calories, sodium by 235mg, sugar by 18 grams per day

Drinking water before bedtime may decrease heart attacks at night & in the morning and improve sleep depth by reducing nighttime dehydration, after the body adjusts.

An R. & McCaffrey J. (2016) Plain water consumption in relation to energy intake and diet quality among US adults, 2005–2012. J Hum Nutr Diet. 29, 624–632 doi: 10.1111/jhn.12368

Hydrogen water

Hydrogen water appears to reduce inflammation & improve healing of most all disorders.

Water vs pop

Carbonated soda often leaves us more thirsty than before we drank it, from the carbonation, the intense acidity, and the high sugar content. The high acidity is very addicting, because to prevent it from making our stomach acid too high our body lowers stomach acid just on the thought or sight of pop, which then makes our body crave the pop to get back to the right acidity. That's why drinking pop often settles the stomach, a problem that goes away after withdrawing from pop.

The easiest way to get off pop is to drink a half glass of water before opening the pop. The body gets its thirst quenched so people then often nurse a can of pop for half a day, rather than drink one after another in a futile attempt to quench their thirst with just the pop. After a while the body recognizes its the water they crave, not the pop.

Switching from sugar

The way to get used to any new sweetener is to eat a couple bites of food unsweetened before every meal. It will immediately resensitize taste to the new amount & type of sweetener used as the freshest memory will be of the contrast between the unsweetened food and the new sweetener, not between the old sweetener & the new sweetener.

Also the amino acid glycine (best with magnesium for deep sleep) appears to reduce carbohydrate cravings for people addicted to sweets.

Refrigeration

Refrigerating after cooking starchy carbohydrate rich foods like potatoes & rice increases resistant starch & decreases the amount of calories available in the food.

Nuts

Pine & tiger nuts may increase weight loss. Eating a small amount of uncooked mixed nuts before or in the middle of meals appears to aid in weight loss.

Milk

Drinking organic raw whole milk appears to lead to much lower weight than drinking skim/1%/2% pasteurized & homogenized nonorganic milk.

Whole foods

Eating whole organic foods appears to keep people much leaner than nonorganic processed foods. Adding a little bit of salt, bitter

(pepper), sweet, sour (vinegar), fat, & savory/umami flavor to every meal makes them taste better than any expensive gourmet restaurant food.

Savory/umami flavorful foods include mushrooms, tomato paste, parsnips, organic tamari, many peppers, etc.

Wheat

Modern wheat is highly inflammatory & appears to cause over 15% weight gain. Eating the older wheats like spelt, triticale, farrow may help weight loss & overall pain & inflammation.

Alcohol

Alcohol usage appears to increase weight gain & disrupt sleep depth & memory (kills neurons). Mixes of kava, chamomille, valerian, lemongrass, etc appear to give the same pleasurable & anxiety lowering benefits as alcohol while improving cognitive function.

Fruit juices

Fruit juices appear to cause diabetes & obesity, especially when given to infants. Unsweetened lemon juice or grapefruit juice added to water in the morning appears to increase weight loss. Adding a little organic fruit juice to flavor water appears to be the healthiest usage.

Sleep

Sleeping less than six hours (total including naps) or over nine hours appears to increase weight gain & mortality.

Exercising & tv watching

Exercising for a minute every hour / at the beginning of every new video/tv show appears to increase weight loss. Because watching favored video is pleasurable, people can often exercise for much longer. But because video is so captivating the exercise should be started before the video.

Foods that increase weight loss

Hot peppers, mustard, ginger, grains of paradise (lemon pepper), cardamom (sweet) & onions all increase metabolism & can

decrease weight. Red wine vinegar has no calories & has resveratrol which increases weight loss. Green tea & especially purple “green” tea has EGCG which helps weight loss.

Chromium

Chromium helps to increase the amount of muscle retained during dieting & increase fat loss.

Glucomannan

Glucomannan is from a root & has many times more fiber than any other foods & no calories. In pill form taken with water it expands & makes the stomach feel full & leads to lower calories ingested & weight loss.

Flaxseed

Organic freshly ground or frozen after grinding flaxseed has the next most fiber, & along with sulfur rich foods like vegetables or MSM supplement appears to be very effective against many different types of cancers, especially hormonal cancers like prostate, breast, & ovarian cancers.

Vegetables

Adding organic dark leafy greens & low caloric vegetables to meals satisfies the body's need for nutrients & decreases calories consumed.

Eating organic for weight loss

To find what foods to avoid and the research on the health effects of GMO foods, visit responsibletechnology.org

Eating organic foods appears to reduce cancer by at least 25% in one study. The largest benefits appear to be for postmenopausal breast cancer (21%), lymphomas, and non-Hodgkin lymphoma (73%) in the study.

Baudry J, Assmann KE, Touvier M, et al. Association of Frequency of Organic Food Consumption With Cancer Risk: Findings From the NutriNet-Santé Prospective Cohort Study. *JAMA Intern Med.* 2018;178(12):1597–1606. doi:10.1001/jamainternmed.2018.4357

Eating organic avoids the large amounts of the herbicide glyphosate that causes obesity, as well as lowering exposure to countless other herbicides & pesticides in conventional foods. Glyphosate appears

to kill the good bacteria in the stomach via the shikimate pathway, including the bacteria that keep us slim. Cattle & animals killed for meat have been injected with antibiotics for many decades because it causes them to fatten up heavily, as the antibiotics kill the good bacteria in the gut like glyphosate, Nutrasweet/aspartame/blue packet sweetener, Splenda/sucralose/yellow packet sweetener & other chemicals do. Many imported foods are grown in countries that use pesticides, herbicides & fungicides that are banned for use by farmers in the USA for toxicity. Some of these can cause weight gain and cancer, diabetes, and heart disease like glyphosate does.

Over 100 different crops are sprayed with glyphosate/Roundup before harvesting, having high amounts when ingested.

According to Monsanto's own research glyphosate is associated with adenoma cancer in the pituitary gland, glioma tumors in the brain, reticular cell sarcomas in the heart, malignant tumors in the lungs, salivary mandibular reticular cell carcinoma, metastatic sarcomas of the lymph gland, prostate carcinoma, cancer of the bladder, thyroid carcinoma, adrenal reticulum cell sarcomas, cortical adenomas, and basal cell squamous skin tumors.(20)

According to a review in Ecowatch glyphosate is linked to ADHD, Alzheimer's, birth defects, autism, brain/breast/prostate/lung cancer, celiac disease, chronic kidney disease, colitis, depression, heart disease, hypothyroidism, inflammatory bowel disease, liver disease, Lou Gerigh's disease, MS, nonHodgkins lymphoma, Parkinson's, infertility, miscarriage, stillbirth, reproductive problems, and respiratory disease.(21)

Glyphosate applications in one review were highly correlated with hypertension, stroke, diabetes prevalence, diabetes incidence, obesity, lipoprotein metabolism disorder, Alzheimer's, senile dementia, Parkinson's, multiple sclerosis, autism, inflammatory bowel disease, intestinal infections, end stage renal disease, acute kidney failure, cancers of the thyroid, liver, bladder, pancreas, kidney and myeloid leukemia. GE corn and soy planted in the US were correlated with hypertension, stroke, diabetes prevalence, diabetes incidence, obesity, lipoprotein metabolism disorder, Alzheimer's, Parkinson's, multiple sclerosis, hepatitis C, end stage renal disease, acute kidney failure, cancers of the thyroid, liver, bladder, pancreas, kidney and myeloid leukaemia.(22)

Genetically modified foods are also linked with obesity, digestive problems, elevated antibodies & T cells that trigger allergies and asthma, cancers, thyroid disorders, lower IQ, ADHD, autism, behavior problems, depression, anxiety, schizophrenia, IBS, heart disease, obesity, diabetes and other autoimmune reactions in animal studies.

Category

1. Uncategorized

Date Created

November 2022

Author

biggs