

CHAPTER 3:
PHYSICAL TOOLS
Quiz I: 21 Questions (family disease quiz)
Quiz II: Lifestyle Quiz
Quiz III: Body Types Quiz

During my binge days, my tools were very simple. I'd use plastic wrap to sweat my binge off. I'd use a lock on my refrigerator and I'd use a rear-view mirror to remind myself of what my binge left behind: a bigger behind!

Tools are *instruments* that help accomplish your goals. Remember, when *health* is the goal, then it is an automatic byproduct that you will look and feel good. If you are unhealthy physically or mentally, you will continue to have problems or obsessions with weight and diets. Rather than symptom-chasing with a one-size-fits-all *diet* of deprivation, I gave each reader an easy formula according to your lifestyle, body type, and health history. You can change the food plan when needed or desired. I learned early on that one continuous diet eventually stops working because our bodies learn the diet trick or gimmick. Our bodies try to compensate, eventually making any diet backfire. Diets create food allergies and nutrient depletion because diets rarely allow variety. The Physical Tools are reinforced by the Mental Tools. This makes the journey enjoyable, without having to wait for results...they will come.

How did we lose weight? How did we recover from bulimia?

PHYSICAL TOOLS

Let me share the keys to success and the clues to our recovery: Physical and Mental Tools

The **Physical Tools** are composed of three simple quizzes: the 21 Questions, the Lifestyle Quiz, and the Body Type Quiz. Your answers from these three simple quizzes will direct you to your own specially designed food plan. I refer to my food plans as “Eco Anti-Diets” (further discussed in Chapter Four). Eco Anti-Diets are used in the same way as anti-aging (fights aging), antibiotics (fights infections), anti-oxidants (fights free radicals), and anti-viruses (fights computer malfunctions). Eco Anti-Diets fight *bingeing and diets*: deprivation, depletion, depression, and diet abuse. This makes it easy to refrain from sabotaging your food plan. Because Eco Anti-Diets are healthy, they also fight aging (anti-aging). The Eco Anti-Diets are a cleaner and easier way of achieving your weight goals. The Physical Tools are the first part of our research we put together as a formula (quizzes) to give a solution (food plan), for weight and diet issues.

Research=Formula=Solution *to your weight and diet issues*

21 Questions (which determine your health and future)
+ Lifestyle Quiz (and supplement guide)
Body Type Quiz (and exercise guide)
= **Food plan** (specially designed for each person per situation)

The **Mental Tools**, further discussed in chapter five, are a supplement to the Physical Tools. They reinforce a complete lifestyle change to good habits. The Mental Tools are motivational techniques that help you learn to COMMIT to your food plan, CONFRONT the issues you eat over, and REPLACE trigger foods and situations. This will help free yourself from the cycles of dieting and body/weight obsession. In other words it's about FREEDOM.

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The Physical Tools:

The **Physical Tools** are the following three quizzes which will determine which food plan is best suited for you. The first quiz is the 21 Questions, which helps determine your health and family disease history. The second quiz is a Lifestyle Quiz, which will help determine the best description of your lifestyle. The third quiz is a Body Type Quiz, which simply describes your body structure. Each quiz has one final question, which makes a total of 3 answers to the three quizzes. According to your answers (one answer per quiz), you will be assigned a color. When you have finished all three quizzes, you will have a total of 3 colors (one per quiz). All three colors (the combination), will direct you to your own specific food plan.

QUIZ I

21 QUESTIONS: That Help Determine Your Health and Family Disease History

Genetics are not always kind. Neither is my sister. My sister once informed me that the definition of a second-born twin is a “defective clone.” I can deal with that...

21 Questions will help determine where your health status lies and where your health will take you—if you continue with the same health habits. Let’s say that your health habits are similar to your parents. If so, in all likelihood you are on the same health path as your parents, meaning whatever disease they are confronting you will be facing as well. Hereditary factors seem to be more influential if you live the same way (or worse) than your parents and family lived. On the other hand, making radical health changes lessens hereditary traits. Health habit changes, when radical, can be more powerful than genes! *You become your genes when you have poor health habits. Or...you are what you eat when you eat well, but if you eat poorly, you will fulfill your genetic destiny.* The following questionnaire will help clear the way to the right health path in order to improve your overall health.

Your annual checkup should include the following lab work. Discuss the results with your doctor.

1. Your pH balance, which should be near 7.4, and fall between 5.0-8.0.
2. Your ketones reading should be negative, which means you are NOT diabetic.
3. Your glucose should range anywhere from 70-110.
4. Your cholesterol should range anywhere from 140-200.
5. Your HDL (good cholesterol) should range anywhere from 2.0-4.5.
6. Your LDL (bad cholesterol) should range anywhere from 70-130.
7. Your triglycerides should range anywhere from 30-150.

✎ If you don’t fall within these parameters, consult with your doctor. This chapter will help you understand where you are in relation to your health.

The first quiz of the Physical Tools is 21 Questions. You simply circle **Yes** or **No** for each answer. At the end of this questionnaire, you will be asked how many times you answered **Yes** or **No**.

☞ Circle **Yes** or **No** after each question. Decide what best describes you, your health, and your family disease history.
(If you aren’t sure, circle **No**.)

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| 1. Do you or your family have a history of weight related or chronic diseases such as heart disease, diabetes, or obesity in your family? | Yes | No |
| 2. Have you dieted more than half of your adult life? | Yes | No, just lately |
| 3. Do you gain weight easily, particularly in the mid section or get cellulite easily? | Yes | No |
| 4. Do you have a tendency towards sweets and snacking? | Yes | No, not really |
| 5. Would you prefer large protein meals as opposed to sweets and snacks? | Yes | No |
| 6. Do you eat throughout the day? | Yes | No, just at meals |
| 7. Do you mostly eat late at night? | Yes | No |
| 8. Are your eating habits strictly feast-or-famine? | Yes | No |
| 9. When you diet, is your tongue unable to coat? (In ketosis, or when burning fat, the tongue creates a white coating). | Yes | No or don't know |
| 10. When you are under stress or in a heightened state of emotion, do you practice your poor eating habits or drug of choice (compulsive overeating, binging, compulsive dieting, anorexia, over-exercising, bulimia, or BDD)? | Yes | No |
| 11. Do you suffer from bloating, headaches, and mood swings frequently? | Yes | No |
| 12. Do you feel hungry no matter what you have eaten? | Yes | No, never. I am full after a normal meal. |
| 13. Do you get light-headed easily and feel a lack of energy most of the time? | Yes | No |
| 14. Are you susceptible to colds, allergies, candidiasis, and viral infections? | Yes | No |
| 15. Do you constantly have cold feet or cold hands? | Yes | No, never |
| 16. Do you constipate easily or suffer from constant diarrhea? | Yes | No |
| 17. Are you easily depressed or have you lost the desire for things you once enjoyed (sex for example)? | Yes | No |
| 18. Did all diets stop working for you? | Yes | No |
| 19. Do you suffer from insomnia or have trouble getting to sleep? | Yes | No |
| 20. Do you feel worse following exercise? | Yes | No |
| 21. Do you use any stimulants or over-the-counter drugs, including caffeine, cigarettes, or diet aids? | Yes | No |

Warning: You don't have to be the drama queen my sister was. She wheeled herself into the emergency room after answering "Yes" to almost all of these questions.

LET'S DETERMINE HOW MANY "YES" ANSWERS YOU HAVE...

1. *Count your total number of **Yes** answers you circled _____*
2. *If you answered **Yes** to 18-21 of the questions, your health is poor. Circle this color-RED*
3. *If you answered **Yes** to 14-17 of the questions, your health is fairly poor. Circle this color-PURPLE*
4. *If you answered **Yes** to 7-13 of the questions, your health is fair. Circle this color-WHITE*
5. *If you answered **Yes** to 3-6 of the questions, your health is fairly good. Circle this color-BLUE*
6. *If you answered **Yes** to 0-2 of the questions, your health is good. Circle this color-GREEN*

☞ Following the brief answers to the 21 Questions, there are two remaining quizzes (Lifestyle and body type). You will be assigned one more color per quiz, according to your answers. Your three colors (combined), will determine which food plan is best suited for you.

Brief Answers to the 21 Questions

1) If you come from a long line of **chronic diseases in your family history**, you will have to be more diligent than the average person when making your lifestyle choices. You may be prone to hypoglycemia and diabetes. Too much caffeine and saturated fat can be just as damaging to the insulin balance as sugar abuse. Dental problems can be the symptom of a disease or part of the cause of a disease. A compromised immune system forces the body to leech minerals from other reserves such as teeth, hair, and bones. Longtime sugar use also robs the B vitamins. Longtime meat eating creates phosphate buildup, which leeches your calcium. A lack of a few vitamins or minerals can cause disease just as much as the buildup of toxins. Throughout my years, I have experienced that certain types of diets can be more powerful than drugs or surgery, in most cases. I have seen individuals (hygienics or raw-food dieters) who glow because of their healthy diets, while fighting cancer or other life threatening diseases. Children who eat mostly raw plant food are less likely to be hyperactive or have other behavioral problems that are usually treated with medication. Instead of entertaining their

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mouths with food, raw dieters have made food (or the lack of it) their medicine. Because of their alternative eating habits, hygienics and other raw dieters seem to improve nearly any problem they face, including deadly diseases. They believe “*doctors cure disease A by creating disease B.*” Hygienic diets usually consist of live, raw foods and juices. They don’t look for “magical” fixes or cures; instead, they change their lifestyles and choices completely.

2) If you **have dieted more than half your life**, you are not alone. We are a nation that is steadily getting fatter, while being obsessed with diets that fail. If you have dieted over and over, your metabolism will be lower than normal and you may also have an under-active thyroid. You are now more fat-efficient than you were before dieting, because your body is tired of starving. Diets encourage and condone binge eating or poor health choices. You are someone who will have to teach your body to trust that you will not diet anymore. Your body will then learn to eat and burn calories rather than storing them. Your dieting has been like a bad marriage that is in need of a divorce. Don’t repeat the same mistake over and over. The mistake is DIETING!

3) If you **gain weight around the midsection or get cellulite easily**, your food choices are poor, no matter how small your portions are. Gaining weight in the midsection puts you at a greater risk for diseases of your vital organs. Usually men gain weight on the inside, near their vital organs, while women gain on the outside, on their hips (cellulite). This can be deceiving. Gaining weight in the midsection is harder to detect and more dangerous than weight gain elsewhere. This is also a sign that you have poor insulin balance, which can eventually cause hypoglycemia. This may put you at risk for diabetes, when the insulin spills exhaust. Your meals should be small and frequent, consisting of high fiber and low glycemic foods. Glycemic index is the rate sugar enters bloodstream and its effect on your insulin secretion. You don’t have to be “fat” to gain weight in the midsection. It is also a sign of poor tissue quality (tire rim) from poor diet choices or eating one big meal rather than several mini-meals throughout the day. Cellulite does not have to do with weight gain. You can actually lose weight while detecting increasing cellulite. Cellulite has a little to do with genetics but a lot to do with tissue quality. Clean tissue comes from healthy food choices, which smoothes out cellulite better than exercise. There are many theories to cellulite, including poor circulation. Exercise helps circulation. However, high fiber, good fats (EFA oils), and lots of fresh fruits and vegetables (water plus sodium) help bring oxygen to the body’s cells regularly. Cellulite creams, massages, and other gimmicks don’t work or are only temporary fixes. Cellulite is a manifestation of dirty tissue from impure food.

4) If you are **prone to eating sweets and snacking**, most of your problems will be gynecological, if you are female. Sugar, which I include as a drug, doesn’t contain any nutrient value and yet may be considered harmful. I recommend eliminating sugar because it directly affects the endocrine system and inhibits any healing process. The endocrine system consists of all your glands and hormones, all of which are adversely affected by sugar. When you eat too much of sugar, your cortisol, insulin, and estrogen levels become imbalanced, which makes weight loss or detoxing difficult. Eventually cortisol depletion may cause adrenal exhaustion.

Soon insulin depletion may develop into diabetes and estrogen depletion can develop into early menopause. Serotonin (neurotransmitter that relaxes), endorphins (pain, relief), and other feel-good chemicals and hormones become depleted when consuming too much sugar. All cancer patients are advised to omit sugar. Some doctors advise patients to refrain from sugar because it promotes infections. Sugar is also linked to scar tissue and pain. Eating sugar and junk food triggers the body's "bad" eicosanoids, mini hormone-like substances that help dictate every health action directly related to our health and weight. Eating chocolate releases endorphins (pituitary, reduce pain). This is why people some people "use" chocolate to escape, like a drug. Endorphins react like morphine. Junk food also contains trans-fatty acids, which are worse than saturated fat. These hydrogenated fats are similar to the sweeter alternatives. These fake sugars and trans-fatty acids have the same unhealthy effect on the insulin spill in our bodies that sugar does. They also activate the LDL (low density lipoprotein or "bad fat") level to rise. This means you will experience constant hunger, no matter what. This "sweet-and-snack" habit will add to your problems with weight and leak into your future health issues.

5) If you **prefer large protein meals rather than sweets and snacks**, this can be a problem because of the amount of the saturated fat. Men are dictated by testosterone, which makes them usually prefer protein meals. On the contrary, large protein meals will compromise female hormones. Regardless what protein diet you choose, you can still gain weight if you eat too much protein. You should never consume more than 60 grams of protein a day, unless you are an athlete and divide your meals into six mini-meals. Some have done very well with only 20 grams of protein every other day. Protein can be derived from a number of food sources that are not typically known as a protein foods. Certain combinations of grains and legumes can complete a protein. Consuming large amounts of animal protein can eventually cause some type of chronic illness. It takes a lot of energy to digest protein, particularly animal protein. Eating large amounts of protein is very aging. We are meant to graze all day on small meals of mostly nuts and berries. The meat, long ago, was hunted (activity) and naturally obtained. Modern-day meat is processed with chemicals, dyes, and hormones; it is unnatural! Red meat in particular contains dangerous amounts of phosphates that leech calcium. Our lower intestine (colon) is too long to carry and digest heavy meat meals. The meat usually petrifies because it sits in the intestine too long (ferments) or doesn't have enough energy to entirely digest. This is the *precursor* to many diseases. Some say it is better to have large protein meals rather than sugar. It depends on how you want to die. The bottom line is, just like eating a lot of sugar, eating a lot of meat is very unhealthy. I believe it is one of the major causes or promoters of all serious diseases. When arachidonic acid (fatty acid eicosanoid precursor) is eliminated, women will have less pain when dealing with gynecological problems. Arachidonic acid is found in dairy, eggs, and red meat.

6) If you **eat throughout the day** (unless you are bingeing), you have an advantage over someone who skips breakfast or eats primarily at night. This is the trick to raising the metabolism. But if you eat junk food or large quantities throughout the day, your insulin is over-secreting all day. This can cause put you at risk for diabetes. Weight problem or not, continuous eating prevents the body

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from *resting*. Your body's digestion, just like you, needs rest. I never suggest fasting for weight issues. But I do suggest a person fast for *rest* issues. (Fasts should be supervised.) If the body doesn't rest, it can't maintain a healthy weight or rid the body of toxins and free radicals that cause diseases or weight struggles.

7) If you **eat primarily at night**, you probably have a poor metabolism and you're very *fat efficient* (effortlessly clinging to fat). When you fast all day long, your body doesn't want you to lose weight. Instead, it prepares itself for the famine until you feast, so you don't have to starve. Waiting all day to eat late at night causes an insulin overflow when you eat your next meal. This also causes blood sugar drops, edema, and weight struggles. Your body is busy searching and making reserves to counteract this daily fast you're on. Your metabolism lowers every three to four hours, along with your blood sugar. For example, if you were to eat a piece of celery at night, it will use that tiny food source for fat reserves and not for nutrients. If your body has to burn any calories, it will sacrifice muscle, not your fat, because it is in "survival mode". When I compared people who ate one meal at night with people who ate that same nighttime meal plus breakfast and lunch, I found the people with 3 meals lost the same or more weight, than the ones who just ate at night. If you only want to eat one big meal, and perhaps fast the rest of the time, it's best to eat that meal in the first part of the day, not near bedtime when your digestion, metabolism and all your body's chemicals and enzymes are at its lowest performance.

8) If the "**feast or famine" diet** is your type of eating habit, then you are in the midst of or on your way to an eating disorder. I encourage fasting for health issues only, usually under supervision. Fasting (starving) creates weight struggles. It also causes *fat-efficiency* or effortlessly clinging to fat. Spontaneous and enormous meals are never digested properly because your hormones and enzymes were left dormant during your fast. Starving can cause enervation (draining nerve energy). Bingeing will cause physical damage and mental suffering. Our bodies need a variety but thrive on consistency. Throwing your body in and out of ketosis (fat burning at a high rate) can create the same damage as drug abuse. You will experience hair loss, dental and skeletal problems, digestion difficulties, flabby tissue, and so forth. Your body learns to sacrifice your vital tissue and uses it as a reserve rather than the fat. This is the reason why the feast-famine individual has poor tissue quality, no matter how much he or she exercises. Cellulite is created from poor tissue quality.

9) Do you get a **coated tongue**? When you are dieting, have you ever noticed that your tongue has a white, thick coating? This is when you are in the state of ketosis, which is the act of burning fat without burning glucose. This changes the acid/alkaline pH balance of your blood and can ultimately lead some to a coma and death. Usually this can occur in diabetics who lack insulin to metabolize carbs, but it can also affect people who starve (low carbs). The symptoms of ketosis are bad breath; a white, coated tongue; and dark urine. Ketosis is an unnatural and unhealthy state that eventually wears out after dieting over and over. The inability to reach the state of ketosis when dieting long term, is a clue to exhausted adrenals. These dieters actually lose more weight when they *eat*, because their body is too exhausted from starving. If your tongue coats easily

between meals, that is usually a sign that you have rarely dieted. A continuously coated tongue, though you're eating normally, can also mean you easily get sick or may have diabetes. High-protein diets have a tendency to put you in this ketosis state, which is an aging state and a burden on your body.

10) If you **practice your addiction or drug of choice when you are under stress**, you no longer just have a diet problem; you also have a mental disorder to supplement your physical addiction. We are creatures of habits. Using food or diets to deal with stress is training your body to abuse food. This is much like the Pavlovian conditioning, which is when you condition yourself to do something like it is a reflex. This is because you use food or starving as your survival tool and mechanism to deal with outside circumstances with an "inside job." This is much like a drug addict's behavior. Whatever excuse or problem you use your food or diet to deal with, your bingeing, purging, or starving will top your crisis list. Your addiction will creep its way to the top, willing to outdo any other problem you are facing. The usual signals that tell us we are hungry or full will be rewired to accommodate your addiction. That's when all boundaries are lifted, creating compulsive behavior. This behavior is in need of quick recovery before it may develop into a chronic disease. The physical turns mental, turns deadly.

11) If you **suffer from bloating, headaches, and mood swings frequently**, you may suffer from adrenal exhaustion (too much dieting, drugs, or exercising). Or you may be faced with gynecological problems (triggered by coffee, (caffeine), sugar, smoking, and meat). Ironically, the discomfort and stress of your symptoms will further your adrenal exhaustion and imbalance your other hormones. It's a vicious cycle that is usually symptom-chased by drugs/aids, which aggravate your body and mask the symptoms. Extreme exercisers (usually bulimic or anorexic) will fear their bloating, which encourages them to exercise harder. A possible hypoglycemic reaction from symptom-chasing may also occur. Bloating, headaches, and mood swings are originally warning signs or precursors. Edema (bloating) and headaches can also be symptoms of food allergies or a body full of toxins. Drinking water can cause a diuretic effect that helps reduce edema and clear the lymph nodes of toxins. Coffee (especially with caffeine) and chocolate are major culprits of severe headaches, edema, and mood swings. Chocolate raises the endorphin levels, acting like morphine, numbing the pain. Taking drugstore headache remedies has been known to escalate headache problems. A colon cleanse is advisable. Remember, colon cleansers and enemas flush the friendly bacteria out of the lower intestine. Replenish this with acidophilus (in yogurt). Chronic dieters seem to bloat, particularly in the face. This can be from the kidneys overworking or protein deficiency. Protein, like coffee, initially causes dehydration. Long-term protein diets and coffee users eventually suffer from edema and body fluid imbalance. Some doctors also claim edema is swelling of a lymphatic system in search of protein to create antibodies for infections. They claim edema or bloating is a protein deficiency. On the contrary, I believe in the theory that we eat too much protein, particularly meat. Red meat, as other animal protein, carries dangerous amounts of phosphates. These phosphates, which leech calcium and other additives, create symptoms in the same way as coffee (caffeine) and other stimulants do. These additives also hinder weight loss. Whatever the reason, if you don't address the root of your problems and only treat

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the symptoms, then you are allowing the acute diseases to possibly turn chronic. Bloating, headaches, etc., are signals that your body is filled with toxins or food allergies and needs *rest*.

12) If you are **hungry no matter what you eat**, you are most likely a carb addict, which makes an eating disorder very probable. Constant hunger is also a symptom of low blood sugar (hypoglycemia), which can eventually put you at risk for diabetes if you don't change your eating habits. Poor eating habits usually include choosing high-glycemic carbs, which furthers an unending hunger. Using food as your drug of choice when under stress also makes it harder to reach satiation. This stems from chemical imbalances, physically and mentally. Eating the right foods helps correct this. A healthy diet also helps correct your body's signals, so you can reach satisfaction and attain boundaries. You should also address the issues you may be eating over.

13) If you are **light-headed and lack energy** no matter what you eat, you may either have hypoglycemia or adrenal exhaustion. Hypoglycemia is usually due to poor eating habits. Adrenal exhaustion is usually from mental or physical stress (excess exercising or dieting). Continually choosing high glycemic index foods or foods that trigger the LDL level to rise may create a hypoglycemia reaction (insulin surge). Hypoglycemia and adrenal exhausting affect each other, resulting in an exhausted body. Rest without dieting is important. On the other hand, more activity for the sedentary individual seems to encourage circulation and help balance the body's chemicals and hormones. A good colon cleanse may help as well because the body has a priority system. Your body doesn't enter the fat-burning/muscle-building stage until you have digested and eliminated your meal. Heavy protein meals are stressful on the digestive track, leeching energy and minerals. A body full of toxins exhausts easily. If someone doesn't consume enough carbs while eating a protein diet, he or she will also experience a lack of energy. Constantly being lightheaded can mean a very low metabolism or extremely low blood pressure. Proper diet and exercise can usually help in this case. Weakness can also be a sign of anemia. Anemics mistakenly battle their symptoms by eating large amounts of red meat and taking too many iron supplements. Iron can cause constipation and in large amounts can be very toxic. It's best to derive your iron from clean food sources such as greens and black strap molasses. Rather than eating red meat, try green juice. The chlorophyll has a molecular structure similar to hemoglobin and is a good "blood-builder." Greens are filled with essential nutrients, such as vitamin C and P, which are also important in combating anemia. Sunshine is necessary for natural Vitamin D, which helps the calcium and magnesium absorption, enhancing energy. Foods that are easily assimilated give the body time to rest.

14) If you **get colds, allergies, and viral infections easily**, you have a suppressed or compromised immune system. A suppressed or compromised immune system can be a precursor to or symptom of a chronic disease. There is really no absolute "cure" for these symptoms; they sometimes can be referred to as acute. Other times, they're simply cleansing reactions or detoxing symptoms. Nevertheless, they are symptoms or warnings that your body needs rest and detoxification, before it develops a chronic disease. Some chronic diseases can

develop without any warning. A suppressed immune system usually accompanies candidiasis as well. Candidiasis is usually underestimated. Besides yeast infections, most allergies, rashes, itching, athlete's foot, and dry eyes are initial signs of candidiasis. Protein diets are usually suggested for candidiasis because candidiasis is a fungus in the lower intestine that is caused or provoked by sugar. In other words, almost every carb can aggravate or promote candidiasis. On the other hand, long-term protein diets imbalance the pH balance, making the body extremely acidic. This too can provoke candidiasis. Certain carbs that are low in sugar are best, like lemons and greens. The trick is to eat foods low in sugar but can also be able to rest the body. Meat is tiring on your digestive track. Candidiasis can develop into a serious health risk, like a fistula. Severe allergies can be life-threatening as well. There are various theories why there is a rise in children's allergies. Some claim our environment is too sterile because we are afraid of germs or catching viruses. Others claim we are a society that uses too many antibiotics and other drugs. This may be true, but I believe one of the major contributors to allergies is the ingredients in our food. Unnatural and unhealthy fillers are used because it is cheaper. It's hard to read labeling because ingredients are renamed in such a way that you don't recognize them. Natural and artificial flavors can be tricky because they may include all kinds of allergens. Most people are allergic to wheat (gluten) and lactose (milk sugar). This is because these are hard to digest for most of us. I have known people who have endured long, supervised fasts and then reintroduced the foods that they were allergic to, gradually. It worked like a vaccine. This seemed to work for them as long as they remained on a strictly raw diet. Allergies can also be a symptom of pesticide or environmental poisoning (like mold) or parasites within the body. Severe cases of allergies are usually treated with an antihistamine and epinephrine (adrenalin). Obviously this is not a cure, because many sufferers symptoms become worse as they age. Regardless of the cause or treatment, allergies can be deadly and have been known to cause behavioral changes. If you clean your diet up, you will have more energy so your body can fight or cope with these symptoms, hence building the immune system.

15) If you **constantly suffer from cold feet and cold hands** then you are probably dieting (not eating enough) or you have been a continual, chronic dieter. This poor circulation could be a symptom of a number of things. Usually this is a sign of adrenal exhaustion or hypothyroidism. Diets will only continue to exhaust your body. Adrenalin (epinephrine) is excreted in emergencies. Excess diet stress causes excess adrenalin or cortisol secretion, interfering with weight loss struggles. Eventually, your hormones may become depleted. Epinephrine helps allergies, blood sugar, the heart, and muscles. Cortisol helps with carb and protein metabolism. Cortisol is released at the beginning of the day so we can sleep at night. People under a lot of stress (such as dieters), eventually exhaust their adrenal glands and imbalance their hormones in the same way hypoglycemics may eventually exhaust their pancreas by the over secretion of insulin. Cold feet and hands is also a manifestation of EFA depletion. Essential fatty acids stimulate the mitochondria (cell's motor), which contributes to the thermogenesis of the body. Constantly experiencing cold feet and hands, diet or not, could be a sign of anemia as well. Sunshine helps circulation. Food sources like black strap molasses (iron) and greens (chlorophyll is the best blood-builder) are better than over-exhausting the body with too many supplements.

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16) If you **constipate easily or constantly experience diarrhea**, that can be dangerous. Constipation is both the cause and effect of diseases. Almost 90 percent of Americans have a clogged colon. One of the best ways of determining someone's health (and what they eat), is the way they evacuate. Constipation is usually the sign of a poor diet, drug use, or is a precursor to a chronic disease. It can also be the cause of stress or the lack of exercise. Someone who is healthy, or eats well, evacuates at least once a day, preferable two to three times, or after each meal. Your bowel movements should be soft and light in color. You should *never* strain or "push" a bowel movement. Light and loose stools are the usually a sign of too much sugar and junk food. Very light stools are usually a sign of liver problems. Dark stools are usually the sign of too much protein. Heavy bowel movements are usually a sign of a body full of toxins. Light, floating bowel movements are a sign of too much fiber. Diarrhea is usually a sign of too much sugar. For instance, alcoholics suffer from diarrhea because of the sugar content. Constantly experiencing diarrhea is dangerous because it strips your intestines of friendly bacteria and robs your body of electrolytes, which can cause dehydration. High-fiber foods and Aloe vera is best. Occasionally diarrhea is also a side effect of a medication, a sign of allergies, parasites, exposure to a poison, or a precursor to a disease. When the body overheats (as with the flu), it ferments the food, which causes diarrhea. Constipation is the sign of an exhausted body, which is usually due to an illness, consuming too much protein or junk food, or drug use. I don't believe in symptom-chasing constipation, because it is a sign, not an illness itself. It is true that the buildup of toxins can create or contribute to a disease, but your body has to learn to evacuate naturally without relying on laxatives, colonics, or enemas. Remember the body has a priority system. It has to digest and then eliminate before it heals or loses weight. If you fluctuate between constipation and diarrhea, this could be from laxative abuse or the symptoms of IBS (irritable bowel syndrome). Drug users, alcoholics, or people with food disorders (especially bulimics) experience this problem. Because diarrhea or laxative and enema abuse eventually strips the lower intestine of its friendly bacteria, this vicious cycle (constipation/diarrhea) continues and encourages candidiasis. It's best to eat a diet mostly consisting of "broom foods" that sweep the intestines. Broom foods are usually complex carbohydrates or high-fiber foods. Fiber-less foods sit in the intestine, which causes weight gain and diseases. Complex carbohydrates such as vegetables, beans, and whole grains are your best remedy. Foods high in pectin such as cabbage, apples, and citrus fruits are helpful. Raw fruits and vegetables are best because of their added water content along with the fiber. If you don't drink enough liquids, that will cause constipation. Acidophilus, found in yogurt, is best for replenishing the lower intestine.

17) If you are **desire-less and easily depressed**, it is due to a chemical imbalance, physically and mentally. Usually depression initially stems from a nutrient or chemical depletion. Depression is a form of self-pity which can develop into a self-destructive behavior. Using symptom-chasers or drugs of choice perpetuates the depression cycle. Serotonin, the neurotransmitter responsible for our satisfaction, is triggered by tryptophan, which is abundantly found in carbs. The urgency to overload on carbs (usually the wrong kind) can cause a hypoglycemic reaction. Hypoglycemia, in turn, creates a need to supply the low-blood-sugar drop when eating the wrong foods again, furthering the cycle.

Endorphins, dopamine, norepinephrine, and other feel-good brain chemicals are excreted when we experience pleasure while eating junk food, much like using drugs. The withdrawals of junk food, just like drugs, also cause depression and may further create a hypoglycemia reaction. Moderate exercise is a depression remedy that has no ill side effects. During exercise, endorphins and other feel-good chemicals are released. An endorphin is a hormone excreted from the pituitary that causes the exerciser to feel “high” or “in love.” However, too much exercise has been known to have the same depleting effect on the body as extreme dieting. Detoxing from a sugar binge causes depression as well. Depression may be an estrogen imbalance. Excess or depleted estrogen levels can cause depression and a low libido. The wrong foods stimulate estrogen imbalance. Balance is the key word here. Rather than using food or excess exercise to deal with depression, learn to confront your issues with good recovery assets like therapy or journals. Sunshine penetrates the pineal gland through the eyes and has been known to be the best remedy for long-term depression. A constant PMS feeling could be a lack of progesterone. There are healthy progesterone enhancers, such as wild yam and chaste berry. Exercise enhances the testosterone to help balance the estrogen and PMS depression.

18) If **diets stopped working for you**, then you have hit “diet bottom” and this may be a good sign to stop dieting. My “bottom” (pun intended) was HUGE before I realized that gimmicks don’t work and quick fixes don’t last. At this point your body has become diet savvy, learning every trick in the book. Your body is obviously fat efficient because diets don’t teach your body to burn calories normally. Initially you may have to be willing to gain *some* weight before you lose any, so your body can trust that you won’t diet anymore. Eventually your body will learn to burn fuel the way it should. Hopefully you are at the point that you realize it is not about the food or the diet. You simply have to learn which foods make your body work for you! Foods that are easily digested are then easily eliminated help balance your metabolism. Don’t use outside fixes for inside jobs. All the energy wasted on searching for the right diet should be used for addressing the issues that you ate over.

19) If you are an **insomniac or have a hard time sleeping**, then you probably have adrenal exhaustion. This can be caused from the stress of excess dieting, excess exercising, or drug and stimulant use, like smoking and coffee (caffeine). When you are enduring a strict diet, the body has a hard time sleeping. You need very little sleep when you eat a diet of low calories and high quality, such as raw foods. Raw-food dieters only need approximately four to six hours of sleep a night because their food is “clean” and easily assimilated. Eating large protein meals wastes digestion energy, causing the body to tire easily. The live enzymes in raw food give a lighter energy, while sugar and meat react like stimulants, creating a false initial energy that eventually drains the body. Cortisol is released primarily in the morning, making it easier to sleep at night. However, excessive dieting and chronic pain creates stress. Excess stress causes excess cortisol to be released mostly in the evening, which disturbs sleep. Continuous stress eventually depletes the cortisol. This can then develop into adrenal exhaustion. Your body compensates and draws from unusual reserves, causing enervation. This will further sleep difficulty. Antidepressants usually disturb sleep patterns. Stimulants,

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drugs, sugar, etc., all add to sleep problems that develop into adrenal exhaustion and enervation. Without starving, choose foods that help the body rest rather than eating a lot of meat or anything that uses too much energy to digest. Eating a big meal before sleep causes nightmares. The inability to sleep causes the aging process to escalate. Rest and sleep have been proven to be the best remedy for all health problems. Women who are unable to carry a pregnancy full-term are advised to get constant bed rest. It is claimed that pregnant women who don't get enough sleep endure harder and longer childbirths. Sleep is not the only way to receive rest. Being free from stress, stimulants, and junk food is also resting. Mental stress is far more draining than most physical stress. A twenty-minute nap between the hours of 10:00 AM and 2:00 PM is a good remedy. One hour of rest or meditation is equal to approximately one half hour of sleep. Sleeping during the day is always disturbed because it interferes with the body's rhythm. Melatonin, the "sleepy" hormone secreted by the pineal gland, is inhibited by sunlight. Good sleeping habits can be developed and reprogrammed as well. Here are some helpful sleep remedies.

- A) Go to bed the same time every night.
- B) Sleep between the hours of 10:00 PM and 8:00 AM.
- C) Engage in anaerobic exercise, which releases HGH (Human Growth Hormone) to help sleep.
- D) Meditate before going to bed.
- E) Eat a light dinner three to four hours before bedtime.
- F) Use the bed exclusively for sleeping rather than for reading or watching TV.
- G) Try calcium rather than drugs or stimulants, or try melatonin *occasionally*.

20) If you **feel worse following your exercise routine**, then one of two things may be happening. You may either be suffering from adrenal exhaustion or you may be experiencing "exercise burnout." Either way, you need to rest. Adrenal exhaustion is caused by the continual excretion of excess cortisol. This eventually causes a cortisol depletion. Exercise burnout is usually from doing the same exercise or routine day after day. A body can grow tired of exercise redundancy in the same way food allergies can be caused by eating the same foods every day. Muscles need rest just as much as your mind. Boredom secretes the wrong chemicals and can sometimes hinder the effect the athlete is trying to achieve. Your body fights predictability. Shake up your routine and try fun and spontaneous exercises or sports. This will help your body release endorphins, causing a "high" and a catalyst for other feel-good chemicals to work synergistically. Most of all, take time off from extreme exercise. If you are an avid aerobic athlete, try anaerobic exercises with different muscle groups. Anaerobic exercise releases your HGH which is responsible for your rejuvenation and retains the muscle-building/fat-burning process. Don't ever exercise after a big meal. It takes about six hours to digest a large protein meal and twenty-four hours to burn off what you just ate. There is no such thing as "exercising off" the meal you just ate. You're actually burning off the previous dinner, twenty-four hours ago, while disrupting the dinner you just ate. Exercise one half hour before a light meal and at least three hours after a large meal. It's best to eat a light snack before any exercise and wait at least an hour before exercising. A junky meal before exercise will cause fatigue and a

possible hypoglycemic reaction (bloating). If you usually exercise in the morning, try evenings or vice versa. Exercise is supposed to help depression and make you feel energized. Otherwise, something is wrong.

21) If you **use any drugs, stimulants, over-the-counter remedies or diet aids**, you could be heading for adrenal exhaustion and a chemical depletion in your body. Our bodies can only recognize what we can digest. It has been claimed that items that cannot be digested (e.g. drugs) are *cloned* by our body in order to be recognized. The body does not perform properly while using a diet aid. Most people who use diet aids eventually gain back their weight and more. Whatever method you used for quick weight loss will be the very reason for regaining the weight back. It's simply biology. Naturally detoxing from any drug or stimulant, including coffee (caffeine), has been known to cause a hypoglycemic reaction, inducing fat reserves. Most female problems are usually related to the abuse of stimulants. Caffeine and diet sodas have been linked to bleeding fibroids. It has also been claimed women who smoke have a higher risk of breast, uterine, and ovarian cancer. Apparently women who smoke experience early menopause. Try to think of your skin as your "emergency organ." You can then realize why accelerated aging or wrinkling is the result of the damage we cause inside our bodies. This is especially true of smoking. So imagine what your insides look like. Stimulants cause your cortisol, estrogen, and insulin to work overtime. Excess amounts of these hormones make weight goals impossible. Eventually cortisol depletion may cause adrenal exhaustion. Estrogen depletion may cause early menopause, and insulin depletion may put you at risk for diabetes. There is a payback for every shortcut used and your health (weight) will be sacrificed. Antidepressants have been known to deplete your own serotonin (neurotransmitter that calms) and norepinephrine (a neurotransmitter that causes emotions and stress). Usually people need to change or raise the dosage of their medication because the body builds up a tolerance and eventually compensates for those unnatural hormone triggers. People using antidepressants or medication usually have problems with sleep. Perhaps this could be from the inappropriate release of cortisol in the evening. Or possibly the body may be secreting epinephrine (adrenalin) continuously, triggered by the drugs. Overmedicating yourself, regardless of the medication, can eventually contribute to chronic diseases such as diabetes. Incidentally most over-the-counter drugs such as asthma medicines, cold remedies, and diet aids, carry ephedra, which is a major cause of adrenal exhaustion and kidney problems. Other over-the-counter drugs carry large amounts of alcohol, which can cause female problems or sugar imbalance. Pseudoephedrine, usually used for colds, can cause difficulties for patients that suffer from diabetes, blood pressure, and heart problems. Adrenal exhaustion is usually heightened by the drugs you are using for their symptoms. This can move an acute symptom into a chronic disease such as kidney and liver malfunction. Drugs may have their purpose, but there is never any guarantee that there won't be side effects or paybacks. Nothing is free. You have to weigh the advantages and disadvantages. All stimulants and drugs are supposed to be used for temporary relief, which masks your symptoms without curing the real problem. **You can't buy health. You have to build it!**

QUIZ II: LIFESTYLE QUIZ

Description and Specially Designated Supplement Guide:

Read each lifestyle description. There is *one* lifestyle that best describes you. The lifestyle you choose is the description that seems to dictate or define your choices and circumstances more than any other. Don't pick the lifestyle you desire but rather the lifestyle that describes you and your circumstances and dominates your life. Below each lifestyle description and supplement guide, there is a color. This will be your second quiz and second color. Following this quiz is the third quiz, Body Type Quiz, which will assign a third color. All three of your colors will determine which food plan is best suited for you.

Which lifestyle description best describes you?

Simply circle the color below your description and exercise guide.

Check with your doctor or healthcare provider.

- Vegetarian?
- Yo-yo dieter?
- Highly active or athletic?
- Sedentary to moderate activity?
- Over-exhausted, in chronic pain, depressed, or very ill?
- Burdened with female problems? (PMS, fibroids, perimenopause, endometriosis, yeast infections, bloating, cramping, cycle irregularity, etc.)
- Overweight, obese, or morbidly obese?
- Anorexic, bulimic, or extremely underweight?

Vegetarians: Vegetarians don't eat any animal meat. Vegans don't eat any animal products whatsoever. My sister and I respect vegetarians and vegans who eat this way because of concerns about animals (or spirituality). Carnivores eat meat. Herbivores eat plants. Omnivores have the ability to eat both. Theories state that, in the beginning of our evolution, we were strictly herbivores. Later, when our ancestors began to eat meat, our bodies adjusted. Back then we mostly ate a diet of nuts and berries and hunted for meat once in a while. Today's meat is not the same. We eat far too much meat and other types of protein. Although many claim the benefits of meat protein, there are the side effects as well. For instance, meat causes aggression and unnatural growth.

I think it's best for humans to eat a plant diet. There are a number of reasons. First, our teeth weren't made for ripping skin like carnivores'. Our saliva is alkaline, unlike a lion that has acid in its saliva in order to break down the meat immediately. Our body actually needs to train itself to produce hydrochloric acid, which helps digest meat. Unlike carnivores, we

get sick at the sight of blood. We also develop ulcers from eating too much animal protein. Our large intestines are quite long, unlike carnivores', leaving meat to putrefy and ferment. It takes at least four to ten hours to digest a meat meal. Sometimes undigested protein is left behind in the intestine for weeks or months, which causes diseases. The growth of tumors is known to be stimulated by saturated fat, derived from animal protein. Red meat in particular contains phosphates (like in soda) that leech calcium. Usually chronic diseases and arthritis are linked to diets high in animal protein. Avid vegetarians, especially vegans, rarely encounter the same diseases heavy meat eaters suffer. Incidentally, it is usually recommended to patients suffering from heart disease, arthritis, or cancer to stay away from red meat. Our cattle (and other animals we eat) are affected by diseases that are passed on to people who eat them. Fish is not inspected properly and is affected by our polluted waters. Farm-raised fish ingest unnatural chemicals. Our animals bred for consumption are either fed unnatural diets they normally don't eat (like corn) for fast weight gain or their diets are pumped up with unnatural ingredients, additives, and hormones. They are also inhumanely placed in small living quarters without any room for movement so they can gain more weight in a short amount of time. Today, when an animal is slaughtered for consumption, it intuitively secretes dangerous "fear" hormones. When a human mother is under stress, she can unintentionally poison her baby by unconsciously secreting harmful substances while breast feeding. Just imagine what kind of hormones the poor animals secrete just before they are brutally slaughtered!

Vegetarians and vegans can derive enough protein from just about any live food. I have found that most of us only need 20 grams of protein every other day, compared to the recommended 50-60 grams per day. Carbohydrates are our true energy source and also contain some protein. Remember it's not the quantity but the quality. Since meat takes too much time and energy to digest, live food is better because it helps the body rest. This makes it easier for the body to find, extract, or make its own B vitamins, iron, and protein for energy. I have witnessed hygienics and fruitarians thrive on *live*, raw food only. They are much healthier, younger, and energetic than most people and are free from medical needs. Children who mostly eat a raw, plant diet are less hyperactive than when they eat foods that aren't in their natural state. People who practice meditation find it easier to lift their chakra level when they refrain from animal protein. For vegans, soy, nut mixtures, and mixing grains with legumes can make a complete protein. Serious vegans don't even use any topical or external animal products.

Unfortunately, most vegetarians and vegans don't eat right. They have the misconception that it is healthy to eat *anything* that doesn't contain animal products, including highly processed protein alternatives. Vegetarians and vegans usually eat far too many carbs and the wrong ones as well. Any processed food with a lot of unnatural ingredients cause an insulin

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surge, much like sugar. Overcooking or freezing foods also imbalances your hormones and destroys any vital enzymes. Because vegetarian and vegan diets don't have the correct protein/fat content to block the insulin surge from the carb breakdown, they need to be extra careful about their portions, type of carbs and how often they eat them. It's better to eat pure foods with a lower protein content, such as nuts and avocados, rather than eat highly processed meat substitutes. "Grazing" on pure, whole foods keeps the blood sugar balanced. Everything you need can be supplied by being a strict vegetarian or vegan, but you shouldn't replace animal protein with junk food. Cholesterol problems and fatty production doesn't just come from animal fat. Refined carbs and high-glycemic foods (foods that shoot to the bloodstream faster), enhance the LDL more than most proteins. The good news is that a person eating raw food doesn't need to count fat grams. All the fats in a raw food diet are monounsaturated fats or essential fatty acids. When properly proportioned, the right fat can substitute for protein by blocking insulin. Vegetarians and vegans who mostly eat junk food or highly processed proteins struggle more with weight or edema than individuals who eat mostly animal protein. Vegetarianism is better than most diets, but vegetarians should be very diligent about the kinds of carbs they choose and how they eat them. Contrary to what is usually advised, meat isn't the best way of getting the best energy source, iron, or B vitamins. One of the biggest myths is that anemics need meat, particularly if they feel weak. Not true. Chlorophyll has a similar molecular structure as hemoglobin, making *greens* a better blood-builder. Anemia is also a symptom of a vitamin C deficiency.

Specially Designated Supplements: Sea greens are good protein substitutes (like spirulina) and loaded with the B vitamins, as black strap molasses, are high in iron. Brewer's yeast and bee pollen are an excellent source of energy. Other helpful supplements are B-12, B complex, L-Carnitine (converts stored body fat into energy), L-cysteine (blocks insulin), manganese, bilberry (insulin), copper (red blood cell), alfalfa (blood-builder), wheat germ (B's), barley, and wheatgrass (highest chlorophyll).

Circle this color if *vegetarian* is this is your description: GREEN

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Yo-yo dieter: This dieter has gained and lost weight over and over for years. Welcome to my life! The yo-yo dieter's metabolism is very low, making it easy to get dizzy and light-headed, with a lack of energy. These symptoms, like those of the extreme athlete, are usually signs of adrenal exhaustion. Adrenaline is produced under excitement or fear. Cortisol is released gradually during the day and less at night, making it easier to sleep. During extreme stress, the adrenal glands, which fluctuate the blood sugar level, are overburdened. This imbalances the hormones, making it harder to lose weight and rest. This also causes bloating and mood swings.

Yo-yo dieters usually have low levels of serotonin and endorphins, which makes them turn to certain carbs or sweets. Most of the yo-yo's body chemicals are completely depleted. The yo-yo dieter might experience the same adrenal exhaustion as an athlete, but he or she doesn't have the athlete's high metabolism or muscle mass, which makes it more difficult to lose weight. When someone diets repeatedly, the body learns to become fat efficient. This happens when our bodies sacrifices vital tissue as a survival technique to save fat for the next starvation. Because the yo-yo dieter's hormones and reserves are usually depleted, the body sometimes leeches necessary minerals from other sources such as hair, teeth, and bones. The yo-yo dieter's set-point (where the weight is maintained, regardless) is usually high, making weight gain inevitable. The yo-yo dieter can develop malnutrition and severe food allergies from diet depletion (lack of food variety). In order for yo-yo dieters to overcome these symptoms, they have to reprogram their bodies to eat, without starving. This may initially cause temporary weight gain before the body learns to burn calories properly. Your body will eventually learn to "trust" that you won't diet anymore, which will give you the results you were seeking, without starvation.

Specially Designated Supplements: multi-vitamin/mineral, vitamin C, calcium, B6 (bloating), lecithin (fat emulsifier), sea greens (blood sugar), chromium (glucose metabolism), L-arginine (decreases body fat), CoQ10 (energy), choline and inositol (helps burn fat), zinc (helps immune and insulin), alfalfa, parsley, Aloe vera juice and acidophilus (digestion), ginger (circulation), B5, astragalus and licorice root (adrenal exhaustion), milk thistle (liver)

Circle this color if yo-yo dieter is your description: ORANGE

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Highly active or athletic: Highly active individuals, particularly athletes, burn a lot of calories and need "clean" energy sources. Their dilemma is that they need fuel without unnecessary toxins that may create fatigue or lactic acid buildup in their muscles (cramping). They also need energy without enervation. The athlete can readily goes into ketosis, which may not be healthy. During ketosis, the body doesn't differentiate what reserve it draws from. So if you are burning more calories than you consume, particularly at a low body weight (fewer reserves), your body is going to sacrifice vital tissue. You can see this in extreme athletes. They look drawn and weathered, as if all the minerals have been drained from their faces. Athletes must constantly replenish their electrolytes (vital mineral compounds that maintain the body's fluid balance). A lot of athletes go through "burnout" stress or "hitting the wall." This is when they suffer from adrenal exhaustion or the opposite: excess cortisol secretions and hormone stress. Sometimes, their norepinephrine and epinephrine (hormones secreted by the adrenal medulla) become depleted, which

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further their exhaustion. Epinephrine helps increase muscle function and helps the blood sugar. Norepinephrine helps balance or regulate blood pressure. Cortisol helps with the carbohydrate and protein metabolism. Some athletes will fluctuate between dehydration and bloating because of the stress on their adrenal glands and endocrine system. Athletes get addicted to the endorphin rush (hormone “high” like morphine), making them push themselves beyond pain.

Doctors usually connect a loss of menstrual cycle to extreme exercise, though the exercise actually helps hormonal balance. Female athletes rarely encounter serious gynecological problems, including female cancer, unless they use steroids, stimulants, and a lot of sugar. If a woman is enervated, she may miss her period, usually because of her diet, not because of her exercise routine. When extreme female athletes complain about missing periods, usually they are depleted of essential fatty acids. When I suggest taking primrose, black currant, borage flaxseed, and fish oils, their periods return.

It is a mistake for athletes to supplement their diets with sugar aids or quick energy snacks without nourishment (empty calories). Far worse are athletes who supplement their routines with fuel aids, stimulants or steroids. Their bodies are already under so much stress that any unnatural stimulant or hormone will put their heart and adrenals under too much pressure. This is why some top athletes are in danger of very serious health problems, which usually begin with adrenal exhaustion. Bigger muscles don't make a better athlete. We are creating too much pressure for these “super-athletes.” Society's pressure makes it acceptable to use unnatural means. This is why the athlete's diet and fitness program are their career. Clean carbs (raw) are the most important energy source. Too much meat or sugar can be tiring and makes the body acidic, creating bone fragility (arthritis), hair loss, slow healing, and other health problems.

Specially Designated Supplements: multi-vitamin/mineral, calcium and zinc (helps with cramping), B complex, B5 (stress), vitamin D (bones, heart, muscle), CoQ10 (antioxidant, cell circulation), sea-green and Siberian ginseng (energy), germanium (pain), phosphorus, magnesium and manganese (bones), sodium and potassium (water balance), alfalfa (inflammation), ginger (reduces cramps and spasms), glucosamine, MSM and chondroitin (joints), EFA oils (tissue repair)

**Circle this color if *highly active or athlete* is your description:
PURPLE**

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Sedentary to moderate activity: A sedentary individual is a person who resists exercise or movement at all costs. These individuals may not have a problem with weight, but they do have health problems due to poor

circulation. Sedentary individuals are usually people who have lives that justify their resistance to activity. They *choose* a lifestyle that encompasses their preference for low activity. Usually these people have other addictions they are attending to, like smoking pot, which promotes their sedentary lifestyle. Activity does more than make us fit. It psychologically stimulates the brain for *desire* and *drive*. Sedentary people lack in desire but rely on stimulants for their drive. Exercise naturally raises endorphins (“high” like morphine) and other feel-good chemicals and hormones responsible for metabolism and mental stability.

I would never promote a food plan that enables a sedentary lifestyle, because the Physical Tools need both the food plan and the exercise program to work efficiently. When extremely overweight but active individuals are compared to thin, inactive individuals, the active, overweight individuals are usually healthier. Some diets claim that you don’t need to exercise with the proper diet. Not true. My sister and I tried a “twin experiment.” We compared ourselves to each other. The one of us who lost weight without exercise was compared to the twin who lost weight with exercise. The one who exercised kept the weight off longer. The one who didn’t exercise lost muscle, not just fat. We always called the slim twin who didn’t exercise the “fake thinny,” because it was temporary weight loss. However, there are eating methods that make it easier for the body to assimilate food without having to burn off calories with movement. Raw food (live enzymes) is the best because it conserves energy that is then used for digestion, elimination, and burning fat.

Individuals who engage in moderate activity are usually people who don’t have the time for exercise. These are usually individuals who complain about the “tire rim” around their midsection, even if they do exercise. When they eventually exercise (sometimes to an *extreme*), it will be on certain occasions. People who engage in moderate activity does not need to exercise hard. They need a “clean” diet and consistent activity. It’s better to do twenty-minute workout daily rather than sweat for hours on certain occasions.

Specially Designed Supplements: black strap molasses (energy, iron), multi-vitamin/mineral, vitamin D(muscle, bones), B complex (energy), CoQ10 (energy, circulation), Manganese (raises metabolism), lecithin (energy, circulation), acidophilus and Aloe vera juice (digestion), chromium (glucose and metabolism), choline, inositol (helps burn fat), ginger (circulation), milk thistle (liver cleanser), licorice root (energy, blood sugar levels), garlic (lower blood pressure and good for heart), sea greens (for energy and balances blood sugar), cayenne pepper (circulation), DHEA (fatigue), bee pollen (energy, vitamin B)

**Circle this color if *sedentary to moderate activity* is your description:
BLUE**

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imbalance). Muscles help hold your skeletal structure in place, which lessens pain. That is why any exercise is better than none. Swimming and stretching are good low-impact activities for people with pain.

Feeding sugar, stimulants, or a lot of red meat to a tired, sick, or depressed body is the worst thing you can do. This causes the body to become acidic, which worsens bone fragility (arthritis) and health problems. There are many complications and restrictions when dealing with the over-exhausted or the very ill. This is because a suppressed immune system is left open to all other diseases. Ill people are in need of rest and yet they are the ones who have a difficult time sleeping. Burdening their bodies with more symptom-chasing drugs makes it worse. If you can't sleep, there is a reason. If you take something for insomnia, you are only addressing the warning sign of something worse going on. Insomnia in the sick or exhausted is usually caused by excess cortisol being released in the evening, rather than the early part of the day. Too much sugar, meat, and stimulants may cause excess insulin, cortisol, and estrogen to secrete. This creates edema, insomnia, depression, constant hunger, and weight issues. Eventually, the insulin surge (hypoglycemia) may develop into diabetes (insulin depletion). Cortisol and estrogen depletion eventually may cause adrenal exhaustion and early menopause. Most drugs initially cause a hyperglycemic reaction that then may develop into a hypoglycemic reaction. "Hyper" means high levels and "hypo" means low levels of blood sugar. Hypoglycemia causes high levels of insulin to secrete (the culprit of diseases) as well as mood swings, bloating, and weight gain. Low levels of serotonin trigger depression and make rest impossible. Sleep is one of the four times we secrete our natural human growth hormone (fat-burning/muscle-building process, rejuvenation). The other three times are during fasting and protein diets (ketosis) and anaerobic exercise. Kids who experience seizures are advised to eat a protein diet. It is believed the insulin that sometimes triggers seizures stays intact when eating a protein diet. This theory also claims the high level of ketosis caused by a protein diet "burns" foreign objects and residue because of the absence of carbs.

Using of drugs or too many supplements will cause the buildup of a tolerance and will act to exhaust a compromised or suppressed immune system. Most over-the-counter drugs such as asthma medicine, antihistamines, cold remedies, and sleep and diet aids contain ephedra or alcohol. This will compromise your endocrine system, particularly if you are female. Cold remedies that carry pseudoephedrine can cause problems for diabetics and patients who suffer blood pressure and heart difficulties. The stimulant or drug might have its advantages, but it may also cause severe adrenal exhaustion and potential kidney and liver malfunctions. The body recognizes everything as either a food or a poison, including supplements. A tired body recognizes non-foods as foreign objects, which tires the body. When detoxing from drugs or stimulants, a hypoglycemic reaction can

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☒ The over-exhausted, depressed, or for the individual that is very ill or has chronic pain: Most people in today's society are burdened with stress and "bite off more than they can chew." This can make someone tired, sick, achy, and very depressed. You have to target every angle of your life in order to "get your life back." It's important to manage your time, be introspective, and make lifestyle changes for your health before these symptoms turn chronic. Depression is a form of self-pity that can turn self-destructive. Depression is usually the result of an unhealthy body, mentally and physically. Instead of targeting the root of the problem, most people usually symptom-chase their exhausted, sick, and depressed body. Find out *why* you are tired, depressed or sick. Are you sleeping enough? Are you doing too much? Are you putting cheap fuel in the vehicle that runs your life? Are you constantly worrying about things you have no control over? There is a whole separate world of alternative medicine and health methods that most people never hear about. These practitioners treat the whole body and the root of the problem, without symptom chasers. They have a far greater success rate than most people realize. I had to diligently search and research this on my own, because society is into quick fixes and putting "Band Aids" on gapping wounds. The overwhelming recovery success rate of alternative medicine won me over. My sister and I now believe that conventional medicine is not the only option. It seems that most doctors symptom-chase by curing disease A by creating disease B. Alternative health methods are finally being revealed to the public, validating their success rate. In many cases proper diets have displayed better results than most drugs for many health problems, including mental illnesses like bipolar disorders, hyperactivity in kids, gynecological problems, fatigue, and many chronic illnesses. This also supports the conclusion that a poor diet agitates pain and illness and may be the cause of diseases as well.

Chronic pain, such as back pain, is more prevalent than ever. I believe it correlates to the weight gain epidemic our nation is experiencing. Usually muscle pain stems from or is heightened by the byproduct of lactic acid from sugar metabolism. (This is diet related.) Joint pain is usually from sugar leeching alkalis and leaving calcium deposits. Patients suffering from arthritis are usually recommended to eliminate sugar and red meat. Pain is a warning sign, not a sickness, but it can contribute to an illness. Symptoms include insomnia, depression, poor circulation, stiffness, moodiness, the possibility of becoming addicted to pain medication, or substance abuse. Continual pain, such as back injuries, causes scar tissue. The buildup of toxins (from a poor diet and drugs) and the absence of exercise worsens pain and builds scar tissue. Sugar, drugs (including pain medications), and a lot of red meat worsens these symptom cycles. A diet high in EFA oils and greens helps lubricate joints and detox the body. Excess cortisol is secreted when experiencing continuous pain. This also makes it hard to sleep and sometimes causes an urge to overindulge in junk food (insulin

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happen. This furthers the body's exhaustion, bloating, and anxiety and may trigger many other conditions, particularly while sleeping.

We are the only species that eats when it is sick. Many times the sick or tired person overeats in search of energy or to combat depression. This is someone symptom-chasing these feelings with food. It's not *what* we eat but what we *don't eat* that makes us well! Sick or tired people have low serotonin levels (hormone responsible for fulfillment and satisfaction). Other feel-good brain chemicals and hormones like dopamine and endorphins are also depleted, which creates a greater depression. This is when people turn to foods containing tryptophan (which triggers serotonin) or antidepressants. Antidepressants have been known to have an effect on the adrenals, liver, and immune system. Antidepressants are supposed to trigger the body's serotonin, norepinephrine, and/or epinephrine (adrenal hormones which cause stress/emotions). But eventually they also deplete your own chemicals and hormones, making the depressed and tired individual turn to such things as chocolate, carbs, or substance abuse.

Many depressed or exhausted people are anemic. You should not feed an exhausted body red meat. Instead, try healthy alternatives that give you energy without the tiring effects, like sunshine. Iron should come from food sources like blanched almonds or black strap molasses. Chlorophyll is a powerful blood-builder because it has similar molecular structure to hemoglobin. People who suffer from asthma or allergies (candidiasis) should try omitting dairy, meat, sugar, and usually wheat.

Most importantly, sick people should focus on foods that are easily assimilated and digested. Rest is the key. The body has a priority system. It first digests; then it eliminates, and only after that does your body heal and burn fat. A good colon cleanse frees excess energy used to digest foods that have fermented in the lower intestine. A tired or sick body cannot endure some fad diet, much less overeat. Raw food is usually the best medicine for sick or tired people because there isn't a better medicine than live enzymes. Most tired bodies have allergies. Common allergies are usually a form of candidiasis and are claimed to come from poor digestion and a low immune system, due to exhaustion. When the body is well-rested (detoxed), most allergies disappear. However, a tired or sick body is overwhelmed with excess insulin, the culprit of weight gain and exhaustion. This leaves the body wide open to more diseases. Severe cases of allergies are treated with epinephrine or antihistamines. This is not a cure because most sufferers' symptoms worsen as they age. Allergies have been said to be from our unnatural ingredients, which are confusing because of their misleading labeling. They are cheap fillers. Severe allergies have been linked to hot flashes, aggressive tantrums, or strange behavioral changes. I have known some sufferers who overcame their allergies by fasting long term and then gradually reintroducing the allergens into the body. This worked for them almost like a vaccine, as long as they continued eating a clean and

raw-food diet. Some claim our environment is so “germ-phobic” in its excess use of antibiotics that it has created a sensitivity to foods and the environment. I think the rise in allergies proves that most people practice years of corrupted diets and poor eating habits that have created these new symptoms. We then pass these “symptom traits” onto our kids. The more we symptom-chase our tired or sick immune systems with drugs and stimulants, the more tired and sick we become. The drugs and stimulants only mask or numb the symptoms we take them for.

I believe a tired or sick body should be free from drugs and stimulants as much as possible to let the sophisticated body figure out what to do on its own. It’s ridiculous to pretend to be a pharmacist to the body, because it is so complicated. What appears to be a deficiency can actually be an overabundance. Most people who take antacids for stomach problems don’t realize they may have a lack of acid. Many times natural doctors recommend apple cider vinegar, which can help balance the stomach acid. When taking unnatural remedies, remember nothing is free from side effects or lasts forever. Weigh the advantages and disadvantages and research alternative methods. We think that we must use every drug or supplement to heal our bodies. On the contrary, when the body is clear and rested, it can usually create what it needs or heal on its own. Incidentally, mental work (stress) takes twice as much energy as physical activities. There’s a fine line between treating a body and leaving it alone. You need to be completely detoxed in order to listen to your body’s intuition.

Specially Designated Supplements: folic acid, black strap molasses (iron, calcium, magnesium), raw garlic (antibiotic effect, immune, blood cleanser), multi-vitamin/mineral, zinc, vitamin C, vitamin E, B complex, B5 (stress), fennel seed (digestion), ginseng (energy), ashwagandha (herb for adrenals), glucosamine, MSM and chondroitin (joints), cayenne pepper, lemon and milk thistle (liver, circulation), ginger (blood cleanser), kombucha (helps combat diseases) and green tea (high anti-oxidants), melatonin (body rhythm, rest) maitake mushroom (immune), lecithin (energy, liver), wheat germ and vitamin E, alfalfa (energy, digestion), chamomile (insomnia, stress), Irish moss, horsetail ((kidneys and bladder), red raspberry leaf (blood tonic), club moss (diuretic), chickweed herb (healing agent), echinacea and astragalus (immune), goldenseal and red clover (like antibiotic), gotu kola (depression), fennel seed (gas), apple pectin, ginger (bowels, candidiasis, nausea), kava kava (depression, urinary tract), licorice root (adrenal, depression), saw palmetto (stimulates appetite), skullcap (sleep), tea tree (gargle for colds, topical for sores, and candidiasis), Aloe vera juice and acidophilus (digestion, candidiasis), CoQ10 (anti-aging, cardiovascular), white willow (natural “aspirin”), St John’s Wort (antiviral properties), ginkgo biloba and peppermint (depression), digestive enzymes and colon cleanser

Circle this color if *over-exhausted, depressed, or very ill* is your description: WHITE

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☒ Female problems—PMS, perimenopause, endometriosis, fibroids, bloat, cramping, yeast infections: Estrogen, the female hormone, is stored in fat. This is why females with gynecological problems usually have a hard time with weight. A surplus of estrogen and a deficiency of progesterone (which balances the estrogen) causes PMS, edema, painful cramping, weight gain, irregular cycles, and depression. Sometimes the hormone imbalance leads to other health issues such as endometriosis and fibroids, sometimes cancer. Excess estrogen triggers insulin spills (hypoglycemia), which causes bloating and irritability. (Lemon helps edema.) An estrogen surplus also creates unbearable food cravings. The blood sugar levels are imbalanced as well, because all the hormones work synergistically. How do women usually deal with these symptoms? By eating sweets or taking medicine. Women usually prefer chocolate for several reasons. Chocolate raises endorphin levels (reduces pain and induces positive emotions) and triggers serotonin (neurotransmitter and hormone that satisfies and calms). This can cause an addiction to sweets, which worsens gynecological problems. Certain sweets mimic or triggers excess estrogen, as do certain drugs. Meat, dairy, and eggs contain arachidonic acid (fatty acid eicosanoid precursor), which induces cramping pain and PMS.

Too much sugar or estrogen causes candidiasis. Gynecological problems and candidiasis go hand in hand. Candidiasis is a fungus in the lower intestine brought on or enhanced by sugar and/or antibiotics. It's also a sign of a very weak immune system and a precursor to a possible chronic disease. Women think candidiasis is simply a yeast infection and treat it by symptom-chasing it with popular over-the-counter medications or prescription drugs. The yeast infection is a warning sign that your immune system needs rest and your body needs a clean diet. Although protein diets are usually recommended for candidiasis, this can also offset the alkalinity of the body, making it too acidic. Acidity can agitate candidiasis and other health problems. Candidiasis can sometimes manifest as a rash, athlete's foot, dry eyes, itchiness, infection, irritations, or allergies. It can become as extreme as a fistula.

Estrogen excess has been the blame for the rise in endometriosis, fibroids, cycle irregularity, excessive bleeding, and some female cancers. Estrogen is abundant in some of our foods as well. For instance, products like soy carry phytoestrogens (plant estrogen). This plant estrogen is very good for you in moderation. Phytoestrogens can help women through menopause or bone loss when they experience a depletion of estrogen. During perimenopause, phytoestrogen in moderation can bind with your own excess estrogen and help balance it. There are also various toxic forms of estrogen that are formed artificially. These are very harmful to women and men. When you microwave something in plastic, harmful estrogen residue is excreted. Some claim smoking pot causes an unnatural estrogen surplus. All poisons and pesticides found in our food and water leave an estrogen-based residue, emasculating all male animal species as well.

Women rarely connect their problems with weight, bloating, depression, candidiasis, memory loss, or abdominal pain to their imbalanced hormones. This is why they simply continue to symptom-chase disease A and cause disease B. Incidentally, women athletes rarely encounter serious gynecological problems (with the exception of possibly missing “cycles” due to diet, stress, or stimulants). The testosterone levels are increased during exercise, helping the estrogen balance. Testosterone is responsible for an increased libido, which is the opposite effect when there is estrogen dominance. Taking synthetic hormones or steroids can put you at risk for serious gynecological complications or problems such as fibroids, tumors, or cancer.

A lot of women use birth control pills, which put the body into a state of fake pregnancy. This can eventually develop into early menopause. Smoking and other stimulants also cause early menopause. Women who eat a lot of sugar or use stimulants usually have severe perimenopausal symptoms. Symptoms of perimenopause can be experienced ten years before menopause. Perimenopause is the opposite of menopause. It happens when there is a surplus of estrogen in the body, which is one of the main culprits of cramping, bleeding, fibroids, and tumors. Continually secreting excess estrogen eventually develops into early menopause. Women who eat live, raw foods and don't rely on birth control pills continue their periods longer than most without harsh symptoms. They attribute their “diseaseless” body and sound memory to the mere fact of maintaining their regular cycle. A woman's cycle helps release toxins as well. During perimenopause, if you want to help maintain your natural rhythm and original cycles, which ensures better health, try researching bioidentical hormones. Some are sold at various health food stores. Certain bioidentical hormones can help with some side effects of female problems as well. Osteoporosis is inevitable when there are gynecological problems, because of the estrogen imbalance, calcium loss, and vitamin B deficiency. Animal protein, such as red meat, carries phosphates that leech calcium. Calcium deficiency is the root of all diseases. Dairy products are not really your best source of calcium because of the difficulties they cause with digestion. Your best sources of calcium are from soy, leafy greens, blanched almonds, and black strap molasses. Fasting on fresh green juices with flax oil a few days prior to a painful cycle has been successful for many sufferers.

Specially Designated Supplements: lemon, calcium, vitamin E, B complex, primrose, black currant, borage and grapeseed oil (EFA), flaxseed, hempseed and fish oils (Omega 3), Don Quai, soy, phytoestrogen and black cohosh (estrogen), natural progesterone cream, chaste berry and wild Yam (progesterone precursors), B6 (bloating), sea greens (hormone balance), alfalfa (hormone balance), licorice root (both estrogen and progesterone, depression), Omega 3 (tissue healing), black strap molasses (calcium and iron), bioidentical hormones

Circle this color if *female problems* are your description:
ORANGE

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☒ The overweight, obese, or morbidly obese: I've never known an extremely overweight person who took kindly to the term "obese," let alone "*fat*." Rude or not, this is a serious condition. If you don't know if this term applies to you but you or others have questioned it, then you should confront it before your poor health confronts you. It's really difficult to put a real number on what true obesity is. People's bodies have different structures, genetic make-ups and proportions of muscle mass. Supposedly, anything 20 pounds under normal weight is underweight. *Overweight* is considered 20-25 pounds above normal weight. *Obese* is defined as 30 pounds or more over normal weight. Using body mass index (BMI), 25 pounds or above is considered overweight; 30 or higher is considered obese; and 40 or higher is extremely overweight. Someone who is 100 pounds overweight is considered morbidly obese. Compared to our weight gain epidemic, those numbers appear very low. Obviously, if your weight prevents you from living life like others, including breathing properly, then you are on your way to being obese. Exceptions aside, this extra weight is usually the cause of all your medical problems. Yes, some medical problems and medications cause weight gain, but the original problems usually originated from poor eating habits. You are most likely hypoglycemic or diabetic. Type II diabetes, once considered an "adult disease," is now prevalent among children as young as ten years old. This is usually diet related. Therefore, it can be corrected with early detection and diligent health choices. Obesity is usually a combination of genetic predisposition and learned behavior (poor choices). Regardless of the reason for the excess weight, obesity becomes a disease and the behavior associated with it is considered compulsive overeating. (This will be discussed further in Chapter Nine.)

For some overweight individuals, simple education and changing poor habits can help. However, compulsive overeating is not about the food. It's about the underlining issues: imbalanced hormones and missing chemicals (from a poor diet) that cause and continue a self-destructive lifestyle. The overeating and weight-gain cycle is hard to break because of the mental stress—feelings of hopelessness and isolation. Obese individuals have a food addiction much like a drug addict. For example, endorphins (hormones that react like morphine) are released when one overindulges. Dopamine (neurotransmitter that causes a "high" sensation) is released in anticipation of eating the food. Hormones like leptin and PYY336 give us signals that we are full. Both hormones are dormant or depleted in the overweight individual. (Leptin located in fat cells also helps increase energy.) On the other hand, obese individuals have an overabundance of the hormone ghrelin, which signals hunger in the brain and sometimes tells the brain to supply the body with extra fat. There's a link between sleep deprivation and obesity. The hormone ghrelin over secretes around 11:00 PM, giving way to "midnight munches." Other hormones, such as leptin, don't work properly when the body doesn't receive enough sleep.

Sleep deprivation causes cravings for salty and sugary foods as well. Serotonin comes from tryptophan and helps satiation. It is triggered by carbohydrates, like grains. Obese individuals turn to food in order to comfort their missing chemicals. Chocolate raises endorphin levels as well. When you are overweight, cortisol (the stress hormone) over-secretes, causing more weight gain. Obese individuals usually have a depleted level of norepinephrine (hormone in adrenals), which causes a lack of energy and desire as well. These symptoms cause the obese individual to return to the only behavioral pattern he or she knows: eating to numb the pain and escape shame.

The worst thing you can say to someone obese is to simply diet. As if that person didn't know! That makes him or her feel weak and ignorant, which is not the case. Most overweight individuals have struggled with weight since puberty. Once they started to starve (dieting), that promoted their binge habits. Starving causes fat efficiency, or easily clinging to fat. Once someone is overweight, the body retains that memory and every fat cell in the body is screaming for more food to fulfill that "blueprint." Like a drug, it takes more food each time to reach satiation. Eventually, there is no feeling of fulfillment, which causes a destructive behavioral pattern of eating until becoming sick or unconscious. Obese people lose control over their own behavior. Willpower has nothing to do with it. They need help. Diets are the worst remedy. That's the only time obese individuals develop a poor metabolism. If an obese person has rarely dieted, that person's metabolism is still in good shape. He or she will respond well to a diet of hearty meals, without any deprivation. Obese individuals should avoid trigger foods and trigger circumstances that will set off their compulsive behavior. They must reevaluate their relationship with food and stop using it like a drug. They need replacements for both binge foods and escape methods. There is always a replacement. Don't use outside fixes (diets) for an inside job (issues). Target your food plan with a recovery program. Gastric bypass and other surgical weight loss means are considered controversial. The risks are high and the guarantee is not one hundred percent. I know people who opted for the surgery and regained their weight. There is a 1 percent chance of complications, including death. There seems to be recent claims that hormone balance is restored, mysteriously, after the surgery. For instance, ghrelin (appetite hormone) and PYY336 (hormone signal's you feel full) have been known to return to normal in patients who have undergone gastric bypass.

Specially Designated Supplements: vitamin C (metabolism), CoQ10 (energy), L-Glutamine (lessens carb craving), L-Carnitine (fat deposits), L-Phenylalanine (appetite suppressant), L-Tyrosine (antidepressant and less appetite), potassium (energy and sodium balance), fennel (removes fat, appetite suppressant), pectin (slows absorbing after meals-good for diabetes), guar gum (curb appetite), oat bran and rice bran (lowers cholesterol), psyllium seed

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(intestine cleaner), maitake mushroom and copper (diabetes), cayenne and Aloe vera (digestion), bilberry (insulin), juniper berries (diuretic, blood sugar), parsley (digestion, thyroid, bloating), red clover (appetite suppressant), garlic (lowers blood pressure, digestion)

Circle this color if *overweight or obesity* is your description: RED

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☒ Anorexia, bulimia, or severely underweight: These individuals are much like the exhausted and very ill individuals because they are so depleted of vital nutrients. Unlike the exhausted and very ill, who need to rest their digestive tracts, the anorexic and bulimic must become accustomed to eating food consistently. The brain chemicals are misguided and the hormones are imbalanced. Although I always emphasize that it's not about the food or the numbers on the scale, a food plan is necessary to help take the obsession away and to replenish the missing chemicals that trigger the disease. The worse thing you can tell anorexics and bulimics is they need to gain weight in order to get well. Those are the wrong words. (Further details are Chapter Nine.) Incidentally, it is impossible to gain excess weight if you eat healthy. The object is to obtain a healthy body so it can function properly. This creates less stress, mentally and physically. Their fear of fat isn't real. The fat and body misperception is caused by imbalanced chemicals in the brain, sometimes triggered by certain foods or the lack of food. Usually anorexics have an abundance of serotonin, which creates anxiety about food. Bulimics usually have a hormone imbalance as well, such a lack of CCK, a hormone that signals fulfillment. I would tell someone who wants to gain weight the same thing I would tell someone who wants to lose weight: Use a food plan that allows the body weight to adjust organically. Anaerobic exercise is better than eating junk food, for someone who wants to gain weight. Junk food causes flabby tissue or cellulite, even without weight gain. Someone considered underweight is 20 pounds or more below normal weight. Hollywood makes being underweight seem the norm. If you are naturally underweight without drugs or starving, then your health is usually good to above normal. If you have a sudden and enormous amount of weight loss, that is a health concern. It is sometimes the symptom of parasites or poisoning, a precursor to a serious disease, or a sign of an eating disorder.

Specially Designated Supplements: brewers yeast, bee pollen, EFA oils, flax seed, primrose, black current, borage, fish oil, folic acid, black strap molasses (iron, calcium, magnesium), sea greens (B source and helps blood sugar), raw garlic (antibiotic effect, boosts immune, blood cleanser), multi-vitamin/mineral, zinc, vitamin C, vitamin E, B complex, B12 (increases appetite, helps hair growth and quality), B5 (stress), fennel seed (digestion), lecithin (energy, liver), wheat germ and alfalfa (energy, digestion), chamomile (insomnia/stress), Irish moss, horsetail

(kidneys and bladder), red raspberry leaf (blood tonic), chickweed (healing agent), echinacea and astragalus (immune), goldenseal and red clover (like antibiotic), skullcap (sleep), tea tree (gargle for colds, topical for sores, and candidiasis), Aloe vera juice and acidophilus (digestion, candidiasis), CoQ10 (anti-aging, cardiovascular), St John's Wort (antiviral properties), ginger root, and peppermint (appetite stimulants), bioidentical hormones.

Circle this color if *anorexia, bulimia, or severely underweight* is your description: BLUE

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👉 Please note that certain supplements may cancel another supplement's effect—or worse, interfere with your medication. Always check with your healthcare provider no matter how natural or innocent a supplement may appear. In addition, I do not endorse taking mega amounts of supplements. In some instances, herbs have had some questionable results. At one time my refrigerator looked like aisle seven at the health food store. My hope was to replenish ALL depleted nutrients with 5,000 supplements, hoping that would cure my FAT. It only complicated my health and left me with expensive urine. If needed, some of these supplements (below the lifestyle description) may work well under certain circumstances. Hygienics or raw-food dieters do well without any supplements. Though I try not to repeat anything daily, my standard supplements are:

Garlic, cayenne pepper, lemon, garlic, sea greens (chlorella, kelp, spirulina), flaxseed, green tea, Aloe vera juice, tea tree oil, and barley grass.

Quiz III: BODY TYPE QUIZ:

What body type are you?

What workout and sport is best for your body type?

My sister Shane and I were supposedly born with an ectomorphic body structure: tall and thin. (It's been so long we barely remember). However, years of yo-yo dieting made us fluctuate between mesomorphic and endomorphic. There were brief moments that we were ectomorphs (for a five-minute photo shoot), but we would binge right back into our usual "endo-meso" body type. Motivational techniques (such as Mental Tools) were helpful. They helped us learn to accept our bodies' transition, instead of trying to starve our way back to an ectomorphic body type.

There are basically three types of body structures. Some individuals may fit exactly into one of the three; others might be a crossover combination of two or all three of the body types. Most people are prone to *one* body type with several attributes of another. The three major body types are endomorphic, mesomorphic, and ectomorphic. Realizing your body type makes it easy to achieve a healthy set point as well as your weight goal. The preferred exercise guide is below each body type. After deciding which body type best describes you, circle the color below your body type description. This will be the third color you have chosen and the last of the three Physical Tools Quizzes. When you finish with this quiz, continue to the next chapter, Chapter Four: Eco Anti-Diets, to determine your food plan. Your three colors will help you decide which food plan (Eco Anti-Diet), is best suited for you according to your colors.

Circle the color below the body type (and exercise guide) that best describes your structure.

 *Check with your doctor or healthcare provider.*

1) Endomorphic is a body type that basically has a heavy body structure. Usually endomorphs are short and stocky, sometimes curvy. Their bone structure is usually "thick." More times than not, they have slower metabolisms and a lack of energy. They tend to gain weight easily and in the shape of an apple. The weight gain is usually on the inside near their vital organs, which usually means poor insulin balance or response. Because of this, they have more weight-related diseases than the other two body types. Their problems with weight usually begin at puberty or younger. Endomorphs blame their family disease history because they think it's all about genes. They usually accept their body structure but continue poor eating habits. It is a mistake for endomorphs to desire an ectomorphic body type. Their genetic make-up will fight this goal. In the process, endomorphs gain more weight from their diet failures and become fat efficient through unrealistic diet habits.

Endomorphs are usually people who overeat or starve. Normal eating habits are not the norm. Endomorphs can be very healthy and fit if they follow a healthy lifestyle. Competing with ectomorphs will further the cycle of starving and bingeing. Diet deprivation is the worst thing an endomorph can do. This will cause the body to bounce back to its set point, plus gain more weight following every diet to compensate for starving.

***Workout and sport preference:** Endomorphs would do best with both anaerobic (without breath) and aerobic (with breath) exercises. The aerobic exercises enhance the fat-burning/muscle-building process. The anaerobic exercise focuses on muscle mass, which raises the metabolism. Anaerobic exercises release the CCK hormone which makes you feel full. It also releases HGH, which also triggers the fat-burning/muscle-building process. Endomorphs who hit a plateau need to switch exercises and shake up their routines. Try aerobic exercise one day and hardcore resistance training the next. Our muscles have a memory. Just as our bodies can learn to out-trick an unvaried diet, our bodies can also grow tired of the same exercise day after day. A lot of trainers prefer resting a muscle group for twenty-four hours. This is why trainers prefer switching exercise programs and target specific body areas on alternated days. Good examples of sports for endomorphs are cross-country skiing, power walking, and stair climbing.*

Circle this color if an endomorphic body type best describes you:
RED

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2) Mesomorphic is a body type that is basically somewhere between endomorphic and ectomorphic. *Meso* is borrowed from the Greek language, pertaining to “the middle.” Of the three body types, mesomorphs tend to be more athletic. A mesomorphic body type will often be of a medium build and medium height and will usually have a muscular frame, more often than not. Mesomorphs can be considered “thick,” but are not fat. They are usually athletically inclined and appear sturdy. Mesomorphs gain weight easier than ectomorphs, but not as easily as the endomorphs. They gain weight on the outside of their bodies, such as the hips and thighs, or gain it evenly, unlike the endomorphs. Their weight gain could possibly appear pear-shaped or be evenly distributed, hence thick. Because mesomorphs usually retain good muscle mass, their metabolisms are higher than the endomorphs. Mesomorphs’ insulin response can go either way. Mesomorphs can eat large meals without worrying, if eating proper foods. The mesomorphs who are prone to eat high-glycemic foods (foods that shoot to the bloodstream too fast), refined carbohydrates, trans-fatty acids, or foods that trigger LDL tend to struggle with weight gain, no matter how active they are. This is when a mesomorph can become bulky; muscle is built beneath their fat.

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Workout and sport preference: *Mesomorphs do best with aerobic exercises or certain anaerobic exercises such as sprinting. Keep in mind that some claim anaerobic exercises use up your reserves before you burn fat. That is why aerobic is very important to achieve a lean, well-defined body. Again, mesomorphs will never achieve (nor should they try to achieve) an ectomorphic body type. When mesomorphs starve below their set point (their normal weight point), I consider this a “fake skinny” because it will be impossible to maintain. Mesomorphs regain lost weight (and more) when they return to normal eating. Good examples of sport exercises for mesomorphs are court sports, bicycle racing, or mountain biking and sprinting stairs.*

Circle this color if an extremely muscular mesomorphic body type best describes you: GREEN

Circle this color if a soft mesomorphic body type best describes you: ORANGE

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3) Ectomorphic is a body type that is basically a slim body structure. Ectomorphs are usually tall with a small-to-medium bone structure and a good or high metabolism. They usually have a healthy insulin balance or response (the ability break down carbohydrates). Ectomorphs don't gain weight easily and they don't have much of an appetite. Ectomorphs sometimes complain that they need to gain weight. This may sound cruel to someone who struggles with weight gain, but it can be just as frustrating. Ectomorphs' health and genetic health history are usually fair to good. In some cases, ectomorphs can transfer into another body type if they continuously practice poor eating habits. This will cause excess insulin spills, which makes weight gain inevitable. Usually ectomorphs graze continuously and eat what they want. If someone is thin because of starvation, that doesn't make that person ectomorphic. Starving is temporary weight loss. An ectomorphic body type is naturally thin. You can usually identify an ectomorph by a small wrist and long fingers. When ectomorphs gain weight, they have the luxury of relying on their genetic memory, which makes weight loss easy, returning them to their normal body weight in no time. There are exceptions. Some ectomorphs who are entering perimenopause or are dealing with post-pregnancy or gynecological problems can suddenly gain weight. However, most ectomorphs struggle to gain weight. When they do gain weight, it seems to be mostly in their midsection. Ectomorphs who eat junk food to gain weight are usually the ones with a “spare tire” around their waist area or cellulite. This is because poor food choices make poor tissue quality. Junk food is never distributed evenly throughout the body. Cellulite may have nothing to do with excess weight. It's usually the result of poor tissue quality (and circulation) from food toxins and substances (such as stimulants).

An ectomorph's diet should be as healthy as the other two body types. Just because you are thin does not mean you have a "free ticket" to poor health choices. When health is the goal, the weight will naturally adjust to what it is supposed to be. Overeating or eating fattening foods creates flabby tissue or sometimes weight loss, especially when you are sickly. Unhealthy, slim bodies can't gain weight in the same way an unhealthy overweight body can't lose weight. Gaining weight is a normal or "allergic" symptom to poor health choices and habits. If someone has very poor health habits and remains slim, other symptoms of poor health will manifest (such as dental problems, hair loss, skin eruptions, frail nails, or problems with the vital organs). Continual poor health choices will not go unseen. It's best to target your overall health.

***Workout and sport preference:** Ectomorphs do well with anaerobic exercises, particularly isometrics and weight training. Anaerobic exercises release human growth hormones, helping them sleep and build muscle tissue. Exercise (with a healthy food plan) is the proper way of gaining weight (clean tissue). Good examples of sport exercises for ectomorphs are resistance training, yoga, and stretching classes.*

Circle this color if a muscular ectomorphic body type best describes you: PURPLE

Circle this color if an underweight or soft ectomorphic body type best describes you: BLUE

☞ ***Exercise options for all body types:***
(Chapter Ten: Barbicise)