

CHAPTER 4: THE ECO ANTI-DIETS

Which came first: the diet or the binge? Don't know; I ate them both.

The Eco Anti-Diet is a food plan that is NOT a diet. A diet is a fixed food plan (one-size-fits-all) that consists of some form of deprivation and depletion. It usually includes a gimmick, fix, or shortcut that eventually backfires. Diets make you *fat* because they don't teach you or your body how to eat. Eventually, diets make your body fat efficient, which means you gain more weight faster and easier than when you began. Do you notice that thin people are always eating and never diet? This is because continuous "grazing" raises the metabolism. The body's vital chemicals and hormones are disturbed—even destroyed—through depleting diets. Starving lowers the metabolism and blood sugar, creating an insatiable urge to binge and sabotage the diet. If you don't eat enough food or sufficient nutrients, your body will shut down, age, and refuse to lose weight. Our bodies are meant to eat. Normally, we should be satisfied and eat a variety of foods.

A *food plan*, unlike a diet, is able to adjust according to your health, preference, and circumstances. Your Eco Anti-Diet food plan is a food plan that is ecologically friendly (mostly raw, live food without animal meat) and made specifically for you and your situation. Eco Anti-Diets may not be the same from one month to the next. The Eco Anti-Diet food plans also include allowed/disallowed treats to prevent deprivation. If you are unable to completely refrain from animal meat or sugar, these treats allow you to wean yourself off them slowly. The Eco Anti-Diets are a simple guideline that doesn't include symptom-chasing (focusing on weight only). HEALTH is the goal. This will enable your body to be in top, efficient shape chemically and hormonally so it can utilize, eliminate, and *burn* the food the way it should. Eco Anti-Diets are rejuvenating and, therefore, anti-aging. Automatically, your byproduct will be weight loss and looking younger. It's important to commit to your Eco Anti-Diet, because it takes the *control, guesswork, and obsession* out of our daily activities. This means there is FREEDOM when you commit to these simple steps and hope that you'll achieve your goal: *health*, which creates the by-product of a beautiful and fit body.

Goal (health) = Byproduct (beauty and fitness)

There is no calorie or fat-gram counting with any of the Eco Anti-Diets. Instead, “intuitive portion rationing” is used because every person has a different appetite at different times. Low calories create a low metabolism and therefore a fat-efficient body. A calorie is not a calorie. A calorie in the laboratory is not the same as a calorie ingested. Substances that contain *no* calories can cause insulin over-secretion, which creates further weight loss difficulties. “No-fat” diets create extreme hunger and an insulin overflow, which sabotages your diet and weight loss. Your foods cause hormone and chemical reactions in your body. Fat has many purposes; it satiates our appetite, triggers vital hormones (that boost metabolism), and blocks insulin. The fats advised in these Eco Anti-Diets (monounsaturated and essential fatty acids) actually lower or replace the “bad” fats (LDL) and raise the “good” fats (HDL). Certain fats are essential for our bodies’ thermogenesis. Our bodies are dictated by hormones, unlike a Petri dish. That is why I stress health as your goal, not the diet or weight loss. The byproduct will be the weight loss if you make sure the foods you eat will help—not harm—your body’s hormone levels and chemical reactions.

These are the seven separate Eco Anti-Diet food plans. Your food plan is determined by the three colors you obtained from your three quizzes (21 Questions, Lifestyle Quiz, and Body Type Quiz).

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DIRECTIONS: HOW TO DETERMINE WHICH ECO-ANTI DIET (food plan) IS BEST FOR YOU:

1) Gather all three colors suggested for you according to your quizzes (21 Questions, Lifestyle Quiz, and Body Type Quiz). Each color correlates to a specific Eco Anti-Diet. The combination of all three of your colors will give you *your very own* Eco Anti-Diet. Your Eco Anti-Diet is the one best suited for you according to all three of your quizzes.

2) Write one X per color that was suggested for you under the column that matches your color. You should have three X's under the three colors suggested from your previous quizzes. You will have a total of three X's, one per color.

3) At the bottom of the color columns is a "total" for your colors. Look at your X's for each color column. If you have two or more X's for one color total, *that is your custom made color*.

4) If you have three different X's (in three different color columns) and no majority, your color will automatically be WHITE.

Example I:

Cindy chose PURPLE for her 21 Questions (answered Yes to 14 of the questions, which means fairly poor health), chose ORANGE for her Lifestyle Quiz (yo-yo dieter), and chose ORANGE for her Body Type Quiz (mesomorphic, soft).

QUIZZES:	RED	BLUE	YELLOW	PURPLE	ORANGE	GREEN	WHITE
21 Questions:				X			
Lifestyle Quiz:					X		
Body Type Quiz:					X		
Total:				1	2		

Cindy's Total has 1 PURPLE and 2 ORANGES. ORANGE is the only color repeated.

Cindy's custom-made color is ORANGE because ORANGE has the majority of X's (two or more) in her total.

Example II:

Tom chose GREEN for his 21 Questions, chose BLUE for his Lifestyle Quiz, and chose PURPLE for his Body Type Quiz.

QUIZZES:	RED	BLUE	YELLOW	PURPLE	ORANGE	GREEN	WHITE
21 Questions:						X	
Lifestyle Quiz:		X					
Body Type Quiz:				X			
Total:		1		1		1	

Tom's Total has: 1 BLUE, 1 PURPLE, and 1 GREEN. Because he has three different X's for his total (or three different colors), he is automatically the color WHITE. Anyone who has three different X's (in three different color columns) and no majority will automatically be WHITE.

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Mark Your Own Color Chart:

Quizzes:	RED	BLUE	YELLOW	PURPLE	ORANGE	GREEN	WHITE
21 Questions:							
Lifestyle Def:							
Body Type:							
Total:							

Your total has a majority (two or more) X's of _____ color.
 This makes your color _____, which is your own custom-made color.

—**OR**—

Your total has three different X's (in three different color columns) with no majority. Automatically, you are **WHITE**, which is your custom-made color.

YOUR CUSTOM-MADE FOOD PLAN

ECO ANTI-DIETS: These are the seven Eco Anti-Diet food plans choices.

Find your custom-made color below. Right beside your color is your own Eco Anti-Diet.

The color doesn't have any hidden message.

The only object of the color is to direct you to your own Eco Anti-Diet.

- | | |
|----------|--|
| ◆ RED | Eco Anti-Diet 1: <i>The Curb-Carb Corrector</i> |
| ◆ BLUE | Eco Anti-Diet 2: <i>The Veg Metabolizer</i> |
| ◆ YELLOW | Eco Anti-Diet 3: <i>The Garden Tonic</i> |
| ◆ PURPLE | Eco Anti-Diet 4: <i>The Switch 'n' Twist</i> |
| ◆ ORANGE | Eco Anti-Diet 5: <i>The Rock 'n' Rotate</i> |
| ◆ GREEN | Eco Anti-Diet 6: <i>The Appetite Alternator</i> |
| ◆ WHITE | Eco Anti-Diet 7: <i>The Trio Mix</i> |

◆ **ECO ANTI-DIET 1: The Curb-Carb Corrector (Red)**

The Curb-Carb Corrector is a food plan that consists of three meals and two snacks. Eco Anti-Diet 1 is best for people who have an imbalance of insulin from diet abuse or ongoing protein diets. All protein diets rely on the gimmick to use protein, not carbs, for energy, thus creating a low insulin secretion. Insulin secretes during the breakdown of *carbohydrates*. Food plans with little or no carbs create a lazy or dormant pancreas, further impairing the process of carb breakdown. Dieters who use these food plans, particularly extreme dieters, have poor insulin response or balance. This creates a poor reaction to foods with a high glycemic index (foods that raise the blood sugar at a fast rate, affecting the insulin balance). These dieters may also experience hypoglycemic episodes (edema, moodiness, constant hunger, easy weight gain) when they introduce *regular* carbohydrates back in their diets. High-protein diets are toxic, aging, and unnatural. We are meant to eat a variety of carbohydrates—mostly complex carbohydrates (fruits, vegetables, and whole grains and beans). Eco Anti-Diet 1 helps keep the insulin secretion in tact, while slowly incorporating carbs back into the diet. Although Eco Anti-Diet-1 is higher in protein, you should focus on omitting or at least limiting animal meat. Your goal is to train your body to burn “clean” energy from carbs, not meat, which rejuvenates your body. You should let the body *learn* to use carbs the way we are meant to: as energy (to burn calories). It's very important to drink a lot of water on any diet that limits or omits carbs. It is recommended to *drink eight eight-ounce glasses of water per day* two hours after a meal and one half hour before a meal. Keep in mind water can have a diuretic affect (just like meat).

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Try squeezing a little lemon into your water. The lemon's minerals will help retain the electrolytes and replenish your body. A squeeze of orange changes the molecular structure of the water, so it is a little more "soft" or "clean." It is the *natural* sodium in fruits and vegetable that helps plump up skin so it appears rejuvenated.

Pick one out of each category

Breakfast Choices

Protein: 4-8 oz. low-fat dairy yogurt, eggs—1 yolk and 2 whites, protein powder (preferably whey) or 4-6 oz. tofu

Fat: 2-4 oz. nuts/seeds, 2 Tbsp. flaxseed oil or EFA oil, sunflower seeds, almonds, nut-butter, or hempseed (high EFA)

Fruit: handful of berries, 1/3 melon, 1/2 grapefruit or apple

Snack

Protein: 1-4 oz. low-fat dairy, 2-4 oz. tofu, or protein powder (preferably whey)

Fat: nuts, 2 oz. seeds, 1/3 or avocado

Fruit: berries, plum or apple

Lunch Choices

Protein: 4-6 oz. tuna substitute, chicken/turkey substitute, tofu or rice protein

Fat: 2-3 oz. seeds, 1/2 avocado 3 Tbsp. or oil (monounsaturated like olive oil).

Vegetable/Fruit: 2 cups steamed vegetable such as broccoli, cauliflower, mushrooms, zucchini; vegetable salad including all greens, onions, tomatoes (w/o carrots, peas, or corn); or fruit salad including melon, apples, berries, and cherries

Snack

Protein: 1-4 oz. low-fat dairy, 2-4 oz. tofu or rice products, or protein powder (preferably whey)

Fat: nuts, seeds (2oz), or avocado (1/3)

Vegetable/Fruit: berries/green apple or vegetable slices (no carrots)

Dinner Choices

Protein: fish substitute, chicken/turkey substitute, 4-6 oz. tofu or rice protein

Fat: 2-4 Tbsp. monounsaturated oil, 1/2 avocado, or 1-2 oz. sliced olives

Vegetable: 2 cups steamed vegetables (w/o corn, peas, carrots) or a large salad (w/o carrots)

Notes

- 1) Eliminate sugar and high-glycemic carbs. It will take at least 4-10 days for your body to acclimate to a “low insulin zone.” It takes 21 days to excrete sugar out of your system. Sugar is addictive and is linked to pain, arthritis, scar tissue, infections, and slow healing. Continue this menu until you lose any edema effect and carb cravings. This way of eating can help prevent possible hypoglycemic reactions. After 21 days, slowly incorporate all varieties of fresh fruits and vegetables.
- 2) Consume no pasta or flour. Your grains and breads can be included gradually after 3-4 weeks. Only eat whole grains (slow cooking) or sprouted breads such as sprouted sweet bread or whole, multi-grain breads.
- 3) Use “broom foods.” These are foods with fiber that “sweep” your system (especially live, raw food, such as fresh fruit and vegetables).
- 4) Don’t weigh or measure your meals after 21 days. Use “portion intuition,” using the palm of your hand for each serving size. Use your palm to create three different portions: one protein and two carbs. Don’t have more than three different foods on your plate.
- 5) It is preferred to have meat or fish substitutes rather than any animal meat. It’s best not to have more than one high-protein serving per meal. Your proteins can vary as well. For instance, instead of tofu there is tempeh. Fish is supposed to be “magical” because of the essential fatty acid, Omega 3. Flaxseed, walnuts, and EFA supplements are a better form of Omega 3. Apparently there is the fish controversy about mercury content and poor fish inspection and regulation. Our polluted waters are a proven problem. If you feel the need to choose fish, limit fish high in mercury, such as tuna or shark. Shellfish (filter feeders) are common sources of food poisoning. Wild fish such as salmon (from Alaska or Montana) is better than farm-raised fish. It’s preferable to eat no more than 9-12 oz. per week. There are better protein alternatives. Regardless, make sure the protein content is close to the carb-gram count. If you insist on animal meat being your source of protein, eliminate red meat altogether and supplement your meals with digestive enzymes and a colon cleanse every few months to help aid the heavy digestion. Eventually wean yourself off of all animal meat so you can achieve optimum health and cleaner calorie usage.

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- 6) All low carb/protein diets create a lack of energy. Make sure the few carbs you do have are mostly raw, fresh fruit and vegetables, as opposed to the “zero-carb-zero-nutrient” snacks. The live enzymes will give you the lift you need.
- 7) Do not use stimulants. You are already putting extra strain your digestive tract by eating heavy protein, particularly animal protein.

◆ **ECO ANTI-DIET 2: The Veg Metabolizer** (*Blue*)

The Veg Metabolizer is a food plan that focuses on *balancing* important hormones and *restoring* critical brain chemicals. This is done by the frequency and portions of the food plan. This diet is best for vegans or people who want vary their nutrient sources. Protein should be primarily plant-derived (without animal products), so the body can be clear of toxins and heavy digestion. It is better to have a lower protein content that is whole and pure, like from nuts and avocados, than highly processed protein alternatives. Instead of relying on a high protein content to block the insulin of the carb breakdown, the Veg Metabolizer’s “grazing” techniques (small mini-meals throughout the day) will help maintain the metabolism and insulin balance. Many experts have claimed that our bodies have never changed since the caveman days. Our ancestors would “graze” in the summers, never leaving more than three hours apart between meals. In the winters, their bodies automatically knew to store fat because of the sparse food. Our bodies eventually learned to save, store, and make fat by secreting extra insulin (for every sparse meal) when we didn’t graze within three hours. It’s the same today. If you eat large meals more than three hours apart (protein or not), your body switches into “winter mode.” This usually creates extra insulin secretion for the next meal, allowing the body to make fat easier. The Veg Metabolizer plan teaches your body to be able to eat *a lot* of calories without gaining weight by using the “grazing” technique our bodies have always known. This also keeps the muscle-building/fat-burning process in tact.

To make a complete protein you:

- ✓ combine beans with: brown rice, corn, nuts, seeds, or wheat
- ✓ or mix brown rice with: beans, nuts, seeds, or wheat
- ✓ or cornmeal fortified with the amino acid L-lysine

Protein and alternatives: It is usually recommended to have 50-60 grams of protein a day. It has been debated and proven that we can survive on 20 grams every other day or less! Protein is derived from many sources other than animals. Instead of meat try soy, rice, wheat, nuts, or “complete protein” combinations like grains with beans. Select from a variety of

different proteins. The body needs variety in order to obtain all the vitamins and minerals needed.

Carbohydrates: Try choosing fruits and vegetables before incorporating breads and grains for the initial three weeks. Always select fruits that are in season (in the front of the produce section). In the first three weeks, make apples, grapefruits, berries, and melons your fruit choices. Gradually incorporate sweet fruit after the first three weeks. Primarily eat complex carbohydrates like raw/steamed vegetables with some whole grains, beans, or sprouted bread. Omit or limit pasta and flour. Try spelt, oat, rye, or a vegetable alternative. Mostly use “broom foods, in particular raw foods,” foods with fiber that will “sweep” through your system, Potatoes have a bad rap because they are a high-glycemic food. They are filled with vitamins and eight essential amino acids (complete protein). Try yams or red potatoes (lower insulin) and block the insulin (high glycemic index) with grated cheese or a yogurt/avocado topping. Select from a variety of carbohydrates to obtain all the vitamins and minerals you need.

Fats: Nuts, seeds, olives, avocados, EFA oils, and monounsaturated fats should be your primary fats.

Eliminate or strictly limit: Trans fatty fats, sugar (and alternatives), caffeine, soda, salt, refined carbs, and animal products. Meat, sugar, coffee (caffeine) and other stimulants have been proven to spike insulin or disrupt hormones in some way, which will sabotage your health and weight goal.

Alternatives: In place of the eliminated foods, try flaxseed oil, nut butters, black strap molasses, fruit sweeteners, cinnamon, vanilla, sparkling water with fresh squeezed juices, green tea, licorice root, herbs, sprouted sweet bread with soy, nuts, added and rice replacements. Also, try using apple cider vinegar (helps pH and digestion), lemon ,flax seed oil, herb spices or sun-dried tomatoes on your salads, instead of salt.

High- and low-glycemic index foods: the relative potency of carbohydrates and their propensity to raise and stabilize blood sugar. This means high-glycemic foods affect our blood sugar and insulin.

High glycemic index—dried fruit, bananas, mangos, corn, peas, carrots, potatoes.

Low glycemic index—apples, grapefruit, melon, berries, plums, all leafy greens, cauliflower, broccoli, yams, nuts, seeds, avocado.

Do not omit all high-glycemic index foods. High Glycemic foods are not necessarily bad for you. Some are very good for you, especially compared to some acceptable “low-glycemic foods.” Do, however, watch how you eat these foods—when you eat them and how much. When you are healthy and in shape, you

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won't have a "reaction" to high-glycemic foods (details in Chapter Twelve). High-glycemic fruits and vegetables are fine to eat sparingly, following 2-3 weeks of eating low-glycemic foods.

- 1) Eat at least 6-8 mini-meals per day, never allowing more than 2 hours between meals.
- 2) Eat one protein alternative with one fresh fruit or vegetable per meal for most of the mini-meals.
- 3) Eat no more than 3 different variety servings at no more than 2 mini-meals.
- 4) Eat heaviest or largest mini-meal during the first half of day.
- 5) Eat high-glycemic index foods during the first half of day or with protein that is high in nitrogen (dairy, eggs, tofu).
- 6) Eat fruit meals before 2:00 to 3:00 PM.
- 7) Eat *sprouted* breads and *whole* grains (usually before 4:00 PM with protein).
- 8) Eat variety of proteins and carbs throughout the day. Try not to repeat the same protein or carb.
- 9) Use "portion intuition," using the palm of your hand as one serving.

The object is to replace large meals, eaten a few times a day, with many mini-meals, eaten continuously throughout the day. Learn delayed gratification and remember your next meal is only 2 hours or less away. It is impossible to have true hunger if you eat small mini-meals 6-8 times a day.

◆ ECO ANTI-DIET 3: The Garden Tonic (*Yellow*)

This is a live/raw, detoxing, and healing food plan. The Garden Tonic is a food plan that is meant exclusively for health. It is a completely raw plant-food diet consisting of just fruits, vegetables, avocados, nuts, and seeds. Overcooking and freezing foods destroys enzymes and nutrients. This food plan is meant to rest, clean, detox and heal your body. A healthy body is free to adjust to the appropriate weight. This is the simplest food plan because it's a "pick 'n' eat" plan.

Eat 6-8 raw-food meals every 2 hours as follows:

- 1) Five of your meals should be whole fruits and vegetables.
- 2) One to three of your meals can be fresh juice. Drink 6-8 oz. every 2 hours.

Juice choices: (fresh, w/o additives)

Carrot, beet, leafy greens, apple (or combo),
Coconut
Grapefruit and lemon,

Green powder (usually green grasses with others and sea greens—"superfoods") preferably with fresh citrus or apple juice

Fresh, diluted fruit juice of your choice with sparkling water

- 3) All five meals should include raw fruits or vegetables, avocado, or nuts and seeds.
- 4) One to two small fruits (1/4 to 1/2 melon) per meal during the first half of the day
Fruit choices:
Oranges, grapefruit, apples, plums, berries, or melon (cantaloupe or honeydew)
- 5) Primarily eat sub-acid or citrus fruits (as in above choices)
- 6) Include dried fruit, bananas, and other sweet fruit sparingly after a month or two of eating raw food.
- 7) Vegetables are preferred for the second half of the day (no more than 3 carrots per day and 2 per meal, except for juice).
- 8) Eat a variety of vegetables that includes greens. "Monoing" (eating one type) vegetables are fine, but not preferred.
- 9) Have 1/2 -1 avocado or no more than 2-3 ounces of nuts and seeds per meal. (4-6 oz. if nuts are sprouted).
- 10) Food combining is preferred but not exclusive:
Fruits are preferably eaten alone.
Melons are eaten separately.
Dried fruit is eaten separately.
Fruits and vegetable are eaten at different meals.
It's best to add your avocados, nuts, and seeds with your vegetables.
It's best not to mix avocados with seeds or nuts.
- 11) Diabetics and hypoglycemics should limit juice replacements to one meal, preferably fresh, green juice with spirulina. Every meal should be primarily vegetables, apples, grapefruits, berries, and honeydew melon. Each meal should be supplemented by 1/2 avocado or 2-3 oz. of seeds or nuts (preferably sprouted).
- 12) For those who need warm food in cold weather, try warm juice (like apple), fresh vegetable soup, or steamed vegetables.

Notes

I find blending vegetables with onions, garlic, tomatoes, and avocado in a food chopper or blender makes a tasty but very clean salad. Eating this way curbs hunger. Meat, sugar, and stimulants (and some spices) create ongoing cravings.

As soon as your meals become less raw and more perverted, then it's better to add protein rather than alter or overeat your raw cleansing foods. It's better to have a small portion of imperfect food rather than too much of diet food. The object of the Garden Tonic is to incorporate "clean" meals in order to heal, rest, detox, and be free from cravings caused by stimulants, overcooking, and fragmented foods.

Fruit that is in season is usually in the front of the produce section and is usually on sale. Don't buy fruit that is not in season. Fruit that is not in season is picked prematurely in order to be shipped from exotic locations. Apples, oranges, and lemons are available year round. Berries are best in spring, and melons are best in summer. Apples' prime season is fall. Peaches and cherries are very seasonal and should only be eaten from about June to August. Grapefruits are best at the end of summer through spring. If a fruit is expensive, that usually means it's not in season and not very tasty.

Finally, my sister and I are at the point that we have "turned raw." We eat live, raw food not only because it is ecologically friendly but because of the health benefits we receive. These benefits are much more than superficial. Eating this way saved our lives. Our eating disorders and poor food choices were killing us. Live, raw food (plant food only) nourished us while *lifting* our food addiction. Feeding our bodies raw medicine adjusted our diet-abused bodies. It takes time to gradually wean off "perverted" foods. You must eliminate animal products and sugar for at least three months before even considering a completely raw diet. Our raw diet has given us our "second chance." I do not recommend a completely raw diet, unless supervised. You should gradually teach the body to accept pure and uncooked foods.

Raw-food plans are our favorite because of the "survivors" we've witnessed. These survivors saved their lives without doctors, drugs, or surgery by radically changing their eating habits. There are groups around the world, that refer to themselves as hygienics, who simply eat *raw* (details in Chapter Two). Hygienics contradict the claim that fasters suffer bad breath. They view fasting as a cleansing process, including the smell of the breath. The pick-and-eat diet is the perfect diet. There are so many variations of the term *raw food*. Some raw dieters claim foods cooked under 105-120 degrees is considered raw. There are those who claim raw cheese and kefir (yogurt culture) is also considered raw. Some raw-food restaurants offer foods with various herbs, oils, spices, and low-cooked foods. However, the raw hygienics that I refer to eat nothing but natural plant foods—*live and raw*—in certain food combinations. They do not add any spices, herbs,

oils, supplements, cooked foods, or “altered” foods—nothing but raw fruit, vegetables, and nuts and seeds that are mostly sprouted.

Most “militant” hygienics began eating this way because they faced a serious medical condition. At one time they were facing death and lost faith in doctors, drugs, and surgery. Or their doctors gave up on them. Some of these “patients” were minutes away from ordering their caskets and turned their lives around 180 degrees with a raw diet. A lot of these “patients” began with a low-sugar juicing regimen in order to detox and heal. The juices were primarily made from green vegetables, beets, carrots, green apples, and coconut. These foods nourished their bodies just enough to “starve” their diseases away. Gradually, they incorporated other whole fruits and vegetables, avocados, nuts, seeds (usually sprouted). In order to sustain an *alkaline* diet, they would mostly use avocados, sprouted seeds, occasional nuts, and spirulina for their protein. They showed great results instantly or some recovered totally, and they look fantastic! Live enzymes are the fountain of youth. Their skin’s collagen is plumped up, which reduces wrinkles. Their eyes are clear and sparkling. Their bodies are tight from clean tissue. They are vitalized from the energy of live, raw foods and rested because the foods are easily digested. It takes a certain type of person to be completely *raw*. It’s a lifestyle not a temporary gimmick diet.

Unfortunately most of us *abuse* foods in order to socialize, seduce, and medicate ourselves. Food, for most of us, is mouth entertainment. Raw-food dieters use it to *live*. They literally eat to live. They enjoy their food because they associate it with all the benefits that their raw food gives them. Their taste buds are not perverted, unlike most of ours, so simple foods taste sweet and juicy. People who eat raw foods have a spiritual philosophy about life. They are grateful and enjoy simplicity, while taking responsibility for any obstacles in their lives instead of thinking of themselves as victims. I have also witnessed individuals who maintained a diet exclusively of fruit or juice. There have been others who ate a diet solely consisting of almonds and oranges. Think that’s impossible? I think it’s impossible that most people eat nothing but chemically altered foods and stimulants! That’s a miracle of survival! Incidentally, raw-food dieters don’t need to worry about the high calorie content or the considerable amount of fat. (Their foods are cholesterol-free and contain no saturated fat.) Their food is easily assimilated, which leaves energy to heal and burn calories and body fat. If someone wants to eat a strictly raw diet, it’s best to research or study about it at a “raw institution,” as we did. These institutions specialize in this and can guide and monitor your health, while supervising your diet.

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◆ **ECO ANTI-DIET 4: The Switch 'n' Twist** (*Purple*)

The Switch 'n' Twist is the combination of two Eco Anti-Diets that are rotated every other day. This diet rotates between Eco Anti-Diet 1 (Curb-Carb Corrector) and Eco Anti-Diet 2 (Veg Metabolizer).

Eco Anti-Diet 4 (Switch 'n' Twist) = Eco Anti-Diet 1 (Curb-Carb Corrector) + Eco Anti-Diet 2 (Veg Metabolizer).

	Eco Anti-Diet 1 (Curb-Carb Corrector)	1 st Day
	Eco Anti-Diet 2 (Veg Metabolizer)	2 nd Day
Eco Anti-Diet 4	Eco Anti-Diet 1 (Curb-Carb Corrector)	3 rd Day
Switch 'n' Twist	Eco Anti-Diet 2 (Veg Metabolizer)	4 th Day
is:	Eco Anti-Diet 1 (Curb-Carb Corrector)	5 th Day
	Eco Anti-Diet 2 (Veg Metabolizer)	6 th Day, etc.

The Switch 'n' Twist is a food plan that offers a wide variety. Variety gives us better vitamin and mineral sources. The same type of protein, carbohydrate, and fat, day in and day out, can create food allergies. The Switch 'n' Twist helps balance the insulin. Switching from a low-carb plan (Curb-Carb Corrector) to a high-carb plan (Veg Metabolizer) will prevent the body from learning the “trick” to any diet. Athletes “carb load” before an event, switching from a protein diet to a carb diet for extra energy. It’s always good to shake up your food plan.

◆ **ECO ANTI-DIET 5: The Rock 'n' Rotate** (*Orange*)

The Rock 'n' Rotate plan is the combination of two Eco Anti-Diets rotated every other day. It rotates between Eco Anti-Diet 1 (Curb-Carb Corrector) and Eco Anti-Diet 3 (Garden Tonic).

Eco Anti-Diet 5 (Rock 'n' Rotate) = Eco Anti-Diet 1 (Curb-Carb Corrector) + Eco Anti-Diet 3 (Garden Tonic).

	Eco Anti-Diet 1 (Curb-Carb Corrector)	1 st Day
	Eco Anti-Diet 3 (Garden Tonic)	2 nd Day
Eco Anti-Diet 5	Eco Anti-Diet 1 (Curb-Carb Corrector)	3 rd Day
Rock 'n' Rotate	Eco Anti-Diet 3 (Garden Tonic)	4 th Day
is:	Eco Anti-Diet 1 (Curb-Carb Corrector)	5 th Day
	Eco Anti-Diet 3 (Garden Tonic)	6 th Day, etc.

Rock 'n' Rotate is a food plan that rotates your eating habits from one extreme (low carb) to the other extreme (all carb and no protein). When diets no longer work, the body is crying for variety and rest. Eco Anti-Diet 1 (Curb-Carb Corrector) will help block the insulin, while Eco Anti-Diet 3 (The Garden Tonic) will help rest and clean the body. Heavy protein every day can be very toxic and tiring on the body (aging). People who lack energy regardless of what they do or eat feel best on this food plan. This is because Rock 'n' Rotate rests the body for one day (without depletion or enervation) and then feeds the body the next.

◆ **ECO ANTI-DIET 6: The Appetite Alternator** (*Green*)

The Appetite Alternator is the combination of two Eco Anti-Diets rotated every other day. It rotates between Eco Anti-Diet 2 (Veg Metabolizer) and Eco Anti-Diet 3 (Garden Tonic).

Eco Anti-Diet 6 (Appetite Alternator) = Eco Anti-Diet 2 (Veg Metabolizer) + Eco Anti-Diet 3 (Garden Tonic).

	Eco Anti-Diet 2 (Veg Metabolizer)	1 st Day
	Eco Anti-Diet 3 (Garden Tonic)	2 nd Day
Eco Anti-Diet 6	Eco Anti-Diet 2 (Veg Metabolizer)	3 rd Day
Appetite	Eco Anti-Diet 3 (Garden Tonic)	4 th Day
Alternator is:	Eco Anti-Diet 2 (Veg Metabolizer)	5 th Day
	Eco Anti-Diet 3 (Garden Tonic)	6 th Day, etc.

The Appetite Alternator is a food plan that concentrates on balancing the hormones and chemicals one day and resting the next. People who need to fast (to rest and detox) but shouldn't do so long-term (usually because of adrenal exhaustion or blood sugar problems) should try this food plan. The Appetite Alternator is low in high-protein foods on both of the alternating days. Too much protein, particularly in animal products, is very tiring on the digestive system and causes health problems. The Appetite Alternator is one step closer to an exclusively raw diet, which is rejuvenating and healing. People seem to use spices and alter their foods because they've become accustomed to eating the same foods day in and day out. This corrupts our tastes buds, eventually making the diet more about spices or overcooked food rather than meals that benefit us. When you eat raw every other day (The Garden Tonic), food tastes sweeter because you have "cleaned out" on that day. It's not what we eat that makes us healthy, but rather what we don't eat. Eco Anti-Diet-6, The Appetite Alternator, trains the body to enjoy simple and less "perverted" foods. It's not a "feast-or-famine" food plan, but rather an "energize-or-rest" food plan. All bodies need rest and variation.

◆ **ECO ANTI-DIET 7: The Trio Mix** (*White*)

The Trio Mix is the combination of three Eco Anti-Diets rotated in a certain order. It rotates between Eco Anti-Diet 1 (Curb-Carb Corrector), Eco Anti-Diet 2 (Veg Metabolizer), and Eco Anti-Diet 3 (Garden Tonic) in the specific order suggested. The Trio Mix uses Eco Anti-Diet 1 (Curb-Carb Corrector) as the main Eco Anti-Diet and rotates each of the other two Eco Anti-Diets: Eco Anti-Diet-2 (Veg Metabolizer) and Eco Anti-Diet 3 (Garden Tonic).

Eco Anti-Diet-7 (Trio Mix) =

- Eco Anti-Diet-1 (Curb-Carb Corrector)
- + Eco Anti-Diet-2 (Veg Metabolizer)
- + Eco Anti-Diet-3 (Garden Tonic)

	Eco Anti-Diet-1 (Curb-Carb Corrector)	1 st Day
	Eco Anti-Diet-2 (Veg Metabolizer)	2 nd Day
	Eco Anti-Diet-1 (Curb-Carb Corrector)	3 rd Day
Eco Anti-Diet 7	Eco Anti-Diet-3 (Garden Tonic)	4 th Day
Trio Mix is:	<i>(repeat the same order)</i>	
<i>(in this order)</i>	Eco Anti-Diet-1 (Curb-Carb Corrector)	5 th Day
	Eco Anti-Diet-2 (Veg Metabolizer)	6 th Day
	Eco Anti-Diet-1 (Curb-Carb Corrector)	7 th Day
	Eco Anti-Diet-3 (Garden Tonic)	8 th Day, etc.

The Trio Mix is a food plan that can be good for *anyone*. Regardless of your health or diet problems, this food plan targets all areas of all health problems. Although all three Eco Anti-Diets are in this food plan, it is Eco Anti-Diet 1, The Curb-Carb Corrector, which is rotated every other day with the other two. That means you will eat raw (Eco Anti-Diet-3, The Garden Tonic), every fourth day, not sooner. This food plan may help food allergies, adrenal exhaustion, and diet boredom. Long-term dieters usually sabotage their diets because the body and the mind get bored with ritualistic or daily food plans. The Trio Mix makes this different for the person who gets stuck or obsessed about a certain food, food group or diet. The body becomes diet savvy if you don't incorporate a variety of foods and shake up the way you eat them. If you explore all types of foods, your body will respond very well. How else can we discover or solve a deficiency without trying other foods and food plans?

Eco Anti-Diet Notes:

✓ *All Vegans can follow any of the Eco Anti-Diets without sacrificing their way of life. Wherever it suggests dairy, eggs, cheese, or other animal products, Vegans can substituted soy, rice, grains, beans, nut proteins, or any other non-animal protein replacements.*

✓ *Sample menus are in Chapter Twelve for all the Eco Anti-Diets.*

✓ *Make sure all meals are eaten in a quiet environment, away from distractions. (e.g. TV, highly emotional conversations, and video games). Be sure to sit down for each meal, rather than eat on the run (in the car, making dinner, etc.). When you enjoy and respect your meals, your food works for you and digests properly. Snacking at a movie theater is not a planned meal; it's entertaining your mouth. Instead, practice to be aware of your eating habits and portions. Eating in front of a mirror has been proven to help people make conscious and better meal choices.*

✓ *There is no such thing as “blowing” your Eco Anti-Diet. The Eco Anti-Diets are guidelines that help you attain your goal without the need to binge. I never suggest “perfect” dieting. This is about progress, not perfection. Just for today, make sure your food plan is better than yesterday. Each day you will be closer to a toxin-free body so your body can perform better. Moreover, I encourage allowed/disallowed treats (further discussed in Chapter Five, Mental Tools). Allowed/disallowed meals are an occasional treat (not on your food plan) that replaces one of the meals on your food plan. If you have a sudden craving for a sugar treat or animal protein, allowed/disallowed treats will help you gradually wean yourself off of bad habits. If your allowed/disallowed treat is preplanned for a certain time, in a certain amount, it will lift the shame, compulsion, and obsession that usually drives dieters to sabotage their diets. The motive is to learn to eat with some type of commitment and refrain from bingeing, without feeling deprived. The weight will eventually drop off.*

✓ *Only weigh and measure your food in the first twenty-one days. Gradually begin using portion intuition with the help of the palm of your hand. Do not weigh or measure yourself, as well. There are some who insist on monitoring their fat percentage. A popular method to determine body fat is the fat-percentage method, using the water or pinch test. Others use BMI (body mass index). Still many claim this is fairly inaccurate because it does not consider your body type. The latest preference is to measure the waist area. This will determine your health risks. However, all these measuring methods can still be obsessive. (Further details of these instructions are in Chapter Teh.) It's not about the weight and food (symptom). You want to learn to commit to your Eco Anti-Diet, which will release the obsession. The Mental Tools in Chapter Five will help you figure out what you are eating over. The byproduct will be the appropriate weight loss.*

THE ECO ANTI-DIETS

✓ *Eco Anti-Diet 1 is the only low-carb food plan that endorses high-protein alternatives. My sister and I do not eat animal products. We do not endorse eating animal meat whatsoever. However, certain individuals have a harder time omitting animal products, including poultry and fish. For them it is best to gradually omit (limit) animal meat from their diets. Remember, our object is health, and through our experience and research, animal protein (especially red meat) has been linked to many serious medical problems that eventually hinder weight loss.*

✓ *Eco Anti-Diet 3 should never be chosen by itself. Fasting is not recommended, unless supervised. (Fasting long term is considered fasting four or more days in a row.) Eco Anti-Diet 3 is not for people with weight problems or eating disorders, unless they incorporate it with one of the other Eco Anti-Diets on the alternate days. A daily raw-food diet is a lifestyle that must be introduced gradually, after attaining long-term recovery. Combining Eco Anti-Diet 3 with the other Eco Anti-Diets, allows the body to clear and clean itself so you are able to heal and achieve the proper weight you are meant to be.*

✓ *Eat no later than three or four hours before bedtime. Sleeping with a stomach full of food causes digestion problems, which further disturbs your sleep (causes nightmares).*

✓ *Don't drink liquids with meals. When you drink liquids with a meal, it disrupts the digestive enzymes. If you eat a meal of at least one raw food, such as a fruit or vegetable, you don't need to drink any liquids. Always drink water (at least eight eight-ounce glasses per day two hours after a meal and one half hour before. If your food plan has at least one live, raw food at every meal, you don't need to drink eight glasses of water a day, unless you need to.*

✓ *It's best to omit or at least limit use of alcohol and stimulants (like caffeine and sugar). It's silly to try to determine the carb or calorie content of "drugs." The body recognizes all indigestible substances as a poison. The body then "clones" the poison. The symptom of this "cloning" gives the stimulant effect, which wears off or puts strain on our bodies. Our bodies are dictated by hormones. All indigestible substances affect our bodily functions. Caffeine is used as a stimulant, appetite depressant, and diuretic. This may eventually cause hypoglycemia. When you drink coffee, (especially with caffeine), the insulin overflows, searching for glucose to burn. If you must drink coffee, add cream or soy milk to help block the insulin surge. But in the long run, all stimulants may eventually exhaust your adrenals and other bodily functions, which cause weight loss difficulties. That is why I stress health first, not weight loss.*

✓ *Pregnant women should always check with their doctors and not be restricted to any rigid food plan. The excess insulin spillage causes edema and*

constant cravings. Just because a pregnant woman may crave something sweet and sour does not mean she has to turn to pickles and ice-cream. There is always a healthy alternative for every craving. Pregnant women should use their intuition and remember they are also eating nutrients for their child. It is a myth to think pregnant women have to eat for two. The normal weight gain expectancy is only about twenty-five to thirty pounds, which is equal to approximately an extra couple hundred calories per day. Many pregnant women can't believe how much their appetite increases. Usually they forget that the absence of their medication (like antidepressants) and stimulants also causes the appetite to increase. I have noticed that pregnant women who rest, eat "clean," and exercise (low impact) up until they give birth have the easiest child births.