

# Highlights & Commentary on Dr. Michael Greger's How to Not Diet

The Nutritional Power of Plant-Based Whole Foods

With Bonus Highlights of Dr. Neal Barnard's  
Power Foods for the Brain



R. Nathan Richardson

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Some say they don't like reading nutrition books or following specific health authors; they like reading scientific studies. While that's wise to a certain extent, there's also plenty of bias in the studies, and finding a solid teacher skilled at interpreting, comparing, and vetting them is an invaluable tool. Dr. Greger is one of those teachers you can trust to catapult your nutritional knowledge thanks to a lifetime of meticulous scientific research. In a free society, we don't rely on experts to do all our thinking; we look at various perspectives and then choose. Like a representative republic, we can find those who can be trusted to help us to be informed on important issues without having milled through every last page of research (like they have).

Greger's *How to Not Diet* book, published in 2019, is 608 pages long. This booklet cuts down the original more than 10x, summarizing a few concepts in my own words. This booklet isn't technically a summary of Greger's work since I picked which parts to report based on what was most interesting. Some helpful commentary has also been added, as indicated in the "*Note—...*"

This booklet doesn't cover all the topics of Greger's book, and my writing here may not accurately represent the author's ideas. Please refer to the whole book for the next level of knowledge!

Dr. Greger's book is significant because it cites hundreds of current studies. The book includes a whopping 4,990 citations (all of which can be seen on this page: <https://nutritionfacts.org/book/how-not-to-diet/citations/>). Dr. Greger is a stickler for scientific accuracy and avoids speculation. My notes here point out key principles, so refer to the book to see the details of the studies used to make each claim. Also, visit [NutritionFacts.org](https://NutritionFacts.org) for Dr. Greger's free resources, including studies, videos, and essays on up-to-date nutritional science findings.

# PART 1: MAIN CONTENT



## Topic: Fiber

Fiber is food. We can't digest it, but the microbes that live in us love it.

Most don't get even half the fiber they should.

Meat is contaminated.

## Topic: Water foods

Foods with greater water content cause greater satiation. Processed foods have the lowest amounts of water. Water inside food reduces food intake, but

water alongside food does not. A meal blended into a soup by adding water makes people full faster. If you have water separate, the body separates the water and drains it off, unlike watery food, which remains one mass. With dried fruits, you'll eat much more of them, and the sugar concentration will be higher.



## Topic: Low Glycemic Foods

How quickly foods are digested impacts our metabolic rate. There is a big difference between a jellybean and a kidney bean, though they are both carbohydrates.

Air bubbles in bread increase the surface area and



are digested much faster than pasta. When you chew on bread, it quickly becomes sweet. Your digestive enzymes are acting on it quickly. Not so with pasta.

A high glycemic breakfast such as a sugary cereal leads to kids eating more of a big lunch than a low glycemic breakfast like oatmeal, which breaks down slower.

A low glycemic diet leads to the body burning more calories a day. (Like 80 calories more a day.) This is about the number of calories burned walking a mile or the calories gained in two bites of a donut. There is a higher metabolic rate from lower glycemic foods. People burn more fat with lower glycemic foods.

If you eat low glycemic foods, much less fat will stick to you than high glycemic foods.

Eating lower glycemic foods will help you keep off the weight you lose.

A tip for finding low glycemic foods is to eat natural, non-artificial.

Eating fruit blocks starch-digesting enzymes, which lowers your meal's glycemic load.

Cold starches are slightly lower glycemic than hot starches.

## Topic: Low in Added Fat

The government called for Americans to eat less fat, but nobody did. People continued to get fat. People thought fat wasn't the problem since the government called for less fat, but people were still getting fat. People were still eating more fat, which made them fat.



Overfeeding people with either fat or sugar causes weight gain.

The term "carbohydrates" is very vague. There are very healthy carbs and very unhealthy carbs. If you eat unhealthy carbs, you gain weight, but if you eat healthy carbs, you lose it.

When food is labeled as low fat, people eat more of it, taking in more calories. People overgeneralize specific claims. Cereals often claim to have a certain nutrient, but the food is junk.

The source of fat is usually more important than the amount of fat.

People who lose weight typically walk regularly and weigh themselves regularly.

The national average of calories from fat is currently 34%. People who lose weight usually reduce this by at least 10%.

In Okinawa, Japan, people eat about 6% of their diet as fat.

Lean beef still has half of its calories in fat, while extra-lean beef is about 28% fat by calorie. The

meat our ancestors ate was extra-lean at about 14%.

Eating more than 17% of your diet as fat was impossible. 10% is a pretty good number or regular. But now, this low-fat advertising comes in at 30% fat.

Because of the misleading title "low-fat," many studies testing low-fat diets have failed to show improvement because they weren't low-fat diets.

People often don't know what the diet study tells them to do, so the results are often skewed. Even when diet studies provide people with all the food, they often don't. When the diet requires people to find their food, there's a very low chance that they'll do it. Medication doesn't work if you don't take it, and diet doesn't work if you don't do it.

When doctors tell people to stop smoking, 98% of the time, they don't do it. It takes about 30 attempts to quit smoking.

A study in Hawaii saw people lose 17 lbs in one month by eating unlimited fruits, vegetables, and beans but with a fat content limited to 7%.

Natural foods are inherently low in fat, and these people eat a lot more than usual, but the amount of calories they get is less than usual. Natural low-fat foods have few calories so that you can eat tons of them. The same cannot be said of fat-free cookies. On a typical diet, when people are told to eat less food, they gain weight. On a low-fat diet, eating more food leads to losing weight. Your stomach gets full more quickly.



When people follow a low-fat diet and can eat as much as they want, they are much more likely to stick to it long-term and keep weight off.

If you took in extra sugar by an IV, your body would detect it and dramatically reduce your hunger. But if you do the same thing and put in fat by an IV, your body doesn't recognize it as much or turn down your appetite very much, even when both infusions have the same amount of calories. It also works with food. If you feed people extra sugar calories at breakfast, they won't be as hungry at

lunch. If you feed them extra fat calories for breakfast, they'll still be as hungry for lunch.

Our bodies' detection mechanisms can't pick up on fat very quickly. We are usually done eating before we detect being full.

Nuts have shells that make them slow to access.

Eat a low-fat diet, and you'll burn more calories in your sleep than a high-fat diet.

By eating low-fat, you will spontaneously move more.

Eating low-fat will cause you to flush more calories down the toilet.

It is hard to gain weight on purpose unless you eat lots of fat.

A study of children showed that a high-fat meal deposits nine times more fat on the body than a low-fat meal.

It takes more energy to convert sugar into fat than it

does to have fat stay fat.

Excessive sugars are burned off as extra heat. Not so with excess fats. Of course, you're not doing yourself any favors when you eat tons of carbs in candy.

The body burns energy at about the same power rate as a 75-watt lamp.

The body burns fat at about the same rate as a candle burns. Candles used to be made of fat.

Switching from saturated fat to monounsaturated fat will help you lose weight. This remains true even when you account for the added fiber that naturally comes with monounsaturated fat foods like avocados.

Eating a few eggs a week more than triples the odds of liver disease.

Oils without cholesterol are much healthier.

Coconut oil is healthier than saturated fat oil.

People say coconut oil is healthy, but it's not. Only a small portion of it has something healthy in it. Pacific Islander diets using more coconut made people skinnier than modern Pacific islander diets, but that's because the modern Island diet is heavy in processed meats and eggs.

There are many ways to cook without oil and still have food that does not stick to the pan. One is to saute with various things like lime or water. He lists some more.



## Topic: Sugar

The tobacco industry had a trick of saying, “Don't use too much. We don't advise using too much. If you use too much, it's your dumb fault.” But they do everything they can to make their products addictive. The same goes for lots of food industries.



The packaging of sugary cereals costs 10 times more than the actual cereal.

We avoid confronting the real problem of our health and look for a vaccine against tooth decay.

*Note: the same logic is available for other vaccines. Often, we don't take care of our health, and we're just looking for some quick fix to save us. The Word of Wisdom in D & C 89 gives us an approach to health salvation as being responsible for our nutritional choices.*

Plain sugar is a good way to reduce calories because it contains no nutrients, just calories.

Artificial sweeteners are associated with weight gain. However, studies by the food industry reported less dangerous effects. It is well known that feeding artificial sweeteners to chickens makes them gain weight faster.

Artificial sweeteners mess up the gut biome. Fortunately, when you stop using them, the biome only takes a few weeks to be restored.

One group drank a sugar Sprite soda, while another drank a zero-sugar artificially sweetened Sprite soda. When candy was offered after the soda, the zero-sugar group ate the most candy.

Non-caloric artificial sweeteners trick the brain into wanting more junk.

People who use artificial sweeteners report being less satisfied after eating.

Noncaloric sweeteners make your blood sugar jump later in the day, so the average blood sugar level is the same as those drinking sugar drinks.

If you drink a diet Coke, you're likelier to eat more at your next meal than if you had a regular Coke.

Those who replace diet beverages with water lose weight.

*Note—How did we ever fall for this diet soda trick? It's junk food.*

Some people say a calorie is a calorie. It doesn't matter if it's from a carrot or a soda, but the soda will crank up your appetite.

*Like most scientists, he plugs the millions of years of Evolution diet stuff a few times, but most of these reasons work just as well if you go back thousands of years. In other words, millions of years are not real, and it is not necessary to describe reality. These claims of millions of years ago were usually just claims of a time when food was not artificial.*



Excessive sugars do give comfort. That's part of why a sugar habit is hard to break.

*Note—The time has come to see our toxic food habits in the same way we see drug addiction. It's time to say no to food and drugs. It doesn't take a genius to recognize basic junk foods as being unhealthy and so overwhelming that we are destroying ourselves with them.*

Popular sugar cereals and a single soda can exceed the daily sugar limit.

Fruit facilitates weight loss. People who kept fruit in their diets lost 50% more weight compared to those who got rid of fruit in a diet.

When people go a few weeks without artificial sweeteners and added sugars, they can recognize that foods with those things are overly sweet and undesirable. Most stop craving sugar within the first week of cutting it.

Dopamine is the reward hormone.

Serotonin is the happiness hormone.

Oxytocin is the love hormone.

Endorphins are natural opioids.

Too much dopamine leads to overeating.

Many drugs are from natural foods, which aren't bad, but when certain parts of them are isolated, they become overwhelmingly addictive.

Food makers aim to make us addicted to food in the same way we are addicted to drugs by certain combinations of salt, sugar, and fat.

Sugarcane has been chewed on for centuries, but only when you isolate and manipulate it does it become overwhelming and stimulate pleasure centers so much that it becomes addictive.

Yes, these artificial foods can trigger cravings and make you take more, even though you know the serious consequences.

Not everyone gets addicted to food, but not everyone gets addicted to drugs and alcohol, either.

Some say food addiction isn't a thing because we have to eat. That's ridiculous because we have to eat, but we don't have to eat junk food. It's like saying we have to drink alcohol. No, we have to drink, but we don't have to consume alcohol.

Few people would sit down to enjoy a bowl of sugar or fat lard, but combine them, and you have frosting.

The sweet tooth linked to obesity may be more accurately described as a fat tooth.

Sugar and fat do not occur naturally in the same

food except breast milk.

Speed of absorption increases addiction. This is true for mainstream illicit drugs, and it's also true for foods.

Foods most associated with addictive behaviors are processed.

Much of our sodium comes from processed foods that have it built in.

Giving fast food spread out over time doesn't fix the problem. They still eat the same amount, which is their maximum physical capacity.

There's no difference in taste between a caffeinated soda and a non-caffeinated soda. Clearly, it was added to increase dependence on the drink.

You can change your taste buds by practicing to enjoy healthy food.

The sweetest peach can taste sour compared to these ultra-sweet artificial foods.

Switch to a low-salt diet, and everything will taste

like cardboard at first, but then your taste buds will adapt and be good. The longer people are on a low-salt diet, the more they prefer it.

The average lifespan of a taste bud cell is 250 hours. We get a fresh start every few weeks.

People see you eating a plain vegetable like a sweet potato and think you're some kind of a monk. They say it's good for you, but I can never do that. They don't realize that those taste good when you've trained yourself to like them. The more healthy food you eat, the more it tastes good.

## Topic: Low in Calorie Density

The obesity epidemic is no mystery. We are all consuming more calories.



People eat more while watching TV and not paying attention to their eating.

Portion sizes have gone up in recent decades.

People don't always eat a greater weight of food, but they eat more calorie-dense foods, such as cheeses.

One spoonful of oil has as many calories as several cups of berries. The difference is the berries will make you feel full.

One serving of fries has the same calories as four baked potatoes.

A pint of strawberry ice cream has as many calories as 44 cups of strawberries.

You could eat fruits and vegetables multiple times daily and still lose weight because they are mostly water and air.

A stick of butter has a calorie amount of about 100 cups of vegetables.



On a high-calorie density diet, you have to eat four times less food. Getting seconds on a high-calorie diet may add hundreds of calories, whereas getting seconds on a low-calorie diet may only add a couple dozen.

When you eat less calorically dense foods, you'll naturally eat about half as many calories. People report the same satiety doing this.

People lose weight by eating more food if the foods they're eating are not calorically dense.

People who need a low-fat diet can eat as much as they want and still lose weight daily.

People who eat soup are more likely to be skinny.

The more kids are exposed to specific tastes, the more likely they will learn to like and eat them. The best way to get kids to eat their vegetables is by having them eat them. So don't just try to sneak it into the food because they won't live at home forever; they need to learn to identify and enjoy those foods. They need overtly healthy habits, not just covert ones.

Cooking with mushrooms instead of meat gives a similar enjoyable taste and cuts the calories in half.

Popcorn is more filling than potato chips because it has more air. People will eat more crunchy Cheetos than cheese puffs, but both have more than 2,500 calories per pound—worse than straight-up cheese.

Bananas are 20% air, and most of the rest is water. They are about 65% water, so 85% of a banana is water and air—not calories. Apples are even better.

Oatmeal cookies have fiber because of the oats, but when you compare eating fruit to eating oatmeal cookies, the fruit leads to weight loss, and the cookie does not because it is so much denser.

Replace oil with applesauce when baking. (He gives several oil alternative suggestions.)

Chefs can easily make the same food by replacing the oil with similarly tasting ingredients. The only reason they don't is low consumer demand.

Nuts still have a high caloric density, but they'll add years to your life.



Those who have nuts in their diet usually don't gain weight.

Nuts are so potent that you only need a few ounces a week for excellent health benefits.

Eating fruit is correlated with growing taller.

Calories in nuts are protected behind walls, unlike meat.

Two people eating the same amount of calories and the one eating more meat will gain more weight.

It's a classic industry tactic to compare their food products against something unhealthy to make them look healthy.

The Quorn meatless chicken brand is healthier than chicken. People who eat the alternative and not the chicken eat less at subsequent meals.

TMAO levels increase within hours of eating meat or dairy. TMAO are harmful bacteria. Feed a vegan steak, and he doesn't get TMAO because he doesn't have the bacteria to process it.

*Note—Here, we see the benefit of eating meat sparingly, as D&C 89 says.*

You and your grandkids are what you eat.

Two genetically identical plants, one grown in the sun and one grown in the shade, the seeds of the one grown in the sun are more suited to grow well in the Sun: same genetics, different behavior. Epigenetics, or the way the genes are expressed, changes.

Some animals can communicate to their not-yet-born offspring how cold the season is, which triggers the forthcoming offspring to be born with a thicker coat.

Children born during the impression of the Nazis were more likely to be overweight 50 years later because the signals they got from their parents were “prepare to live in starvation.” so they kept weight on more.

Epigenetics is good news, as your lifestyle behaviors can turn genes on or off.

Today, meat can be considered junk food compared to Grandma's meat. The fattest animals are considered prime. Chicken now has a thousand times more fat than a century ago. It used to be 2% fat, but now 70% of its calories come from fat. It's a lot more fat than protein.

Ultra-processed foods are 58% of the United States' daily caloric intake.

Refined grains like white rice white and bread cause weight gain in and of themselves.

Eating whole grain for breakfast will reduce your desire to eat as much, even up to 8 hours later, compared to white bread.

You won't lose weight if you eat whole grains but still eat junk. You have to add the whole grains and cut the junk.

Dr. Greger reviews many misleading studies in which the participants didn't do what they were supposed to or where some flaw rendered the study meaningless. Be very careful about the claims of popular diet studies.

## Topic: Low Salt

Thanks to processed foods we're now getting 10 times more salt than we should. 75% of salt exposure comes from manufactured foods. Salt is injected into chicken.

Higher salt intake is associated with more fat.

Salt is added to processed food to make it more palatable, which makes people eat more. Salt has an addictive quality.



Salt makes you eat more, and it also makes you drink more, and many of the drinks we turn to are full of sugar calories.

## Topic: Low Insulin Index

First, you become insulin resistant, then your blood sugar levels go up, then you're pre-diabetic, then you're diabetic. Most doctors merely prescribe even more insulin, but you need to try to treat the cause of the disease, which is insulin resistance caused by lifestyle changes.

In the first year or so of starting insulin injections, most people gain 10 or 20 pounds.

Exercise, weight loss, and avoiding saturated fats in meat, dairy, and junk food can improve insulin sensitivity.

Reduce insulin spikes by switching out white bread for whole grain.

It's not just junk bread that spikes insulin; it's meat and butter. That's why you need more than just a glycemic index; you need an insulin index.

Meat causes almost precisely as much insulin release as pure sugar. Paleo advocates point out how processed white flour hurts us, but as meat and dairy do the same, they should advocate whole-grain pasta.

Those who eat meat have 50% higher insulin in the blood. Quorn meat-free chicken causes much less insulin.

Eating beans, fruits, and vegetables will help your insulin go down.

Those who live a low-carb diet live significantly shorter lives.

Losing weight by any means will help your cholesterol levels go down, but continuing an



unhealthy diet will set you up for an early death.

Plant protein structure combats insulin resistance better than animal protein.

Diabetes risk decreases significantly even when you substitute a small amount of your protein for plant-based rather than animal-based protein. An intermittent plant-based diet is better than a low-plant diet.

Most people get too much protein, which leads to weight gain. If you give two groups the same number of calories and one with higher protein, the group with lower protein will lose weight.

When you eat animal protein, try not to combine it with high-glycemic foods (like a bun or potato).

We have more bacteria than human cells, most of which are in the gut and colon. Microbes boost our immune systems, balance our hormones, and make vitamins. They can also affect body weight.

Antibiotic residues in meat can affect us. In the US, we prescribe antibiotics far more than in other

countries. Kids in the womb exposed to antibiotics do worse—those on an antibiotic gain about a pound more a month than those without.



There is a 33% greater risk of childhood obesity for kids born cesarean rather than vaginally since the bacteria we start with is from the birth canal. Some have done bacterial seeding for cesarean-birthed children, giving the bacteria to them orally.

Some bacteria can bring calories into the toilet rather than onto your waist.

There are two basic types of gut bacteria. What you eat determines them. One is from animal foods, the other from plant foods. Those in the animal group have a 50 times greater chance of colon cancer. Just two weeks of a changed diet can change the microbiome and make a substantial change even in one day. We are flexible, thankfully, but one state is

much healthier than the other.

Hydrogen sulfide stench from eating meat also damages DNA.

Every generation loses more of our good biome, and some species are going extinct due to chronic bad eating.

Fiber prevents leaky gut. If microbes don't have fiber to eat, they eat the gut barrier, which is associated with weight gain.

Beware of dish soap; be sure to rinse the soap off well. Even dishwasher residue soap is dangerous.

Friendly gut flora microbes go away when we eat poorly.

Flossing helps the microbiome in the mouth.

The 3 Ps for gut microbiome health are prebiotics, polyphenols, and probiotics. Polyphenols are in plants and lead to weight loss.

Bifidobacteria are beneficial. The FODMAP diet

reduces this, so it isn't long-term sustainable. If you must follow the FODMAP diet, limit it to four weeks. You need to get those beneficial bacteria back.

Probiotic supplements aren't harmless. It's a billion-dollar industry, so beware of the popular studies.

Raw fruits and vegetables have both probiotics and prebiotics. For example, sauerkraut doesn't need a starter to ferment.

Scrub fruits and veggies to reduce food poisoning bacteria. The good stuff is inside and won't be washed away.

Fecal transplants were used to treat the sick as far back as the 4th century in China. They have been proven to be very effective therapies for recurring infections.

Fecal donations must be from lean people, or you'll gain weight. When fat people get lean stool implants, they lose weight. But if you don't change your diet, fecal donations aren't a long-term solution.

The gut bacteria of a skinny family is spread, and the whole family is protected against obesity. Some studies suggest being fat can be transmitted like a sickness to another person.

Those who eat more than three servings of vegetables daily lose more weight than those who walk 4 hours a week.

More fruits and veggies are great but cut the junk.

Many bunk studies on veggies and fruits count French fries and fruit juice. Fruit juice leads to weight gain and is a gateway drug to soda.

The time it takes to drink juice doesn't allow your body's defense mechanisms to kick in. Eating an apple is more satiating than apple juice.

Calories in real plant foods are trapped in cell walls. Although a certain amount appears on paper, the calories you absorb are lower than the calories in the food.



Fruits have the sugar fructose, but those who include fruit in their diet lose more weight. Synthetic stuff like fruit juice leads to weight gain. Eating real whole fruit improves blood pressure and blood sugar.

Soda is a liquid candy. Soda or sugar water causes large spikes in blood sugar, so much so that it overshoots the mark, and later, the person can be hypoglycemic. Fruit sugar (not table sugar) slows the release of sugar in the intestines.

Many phytonutrients in fruit, not just fiber, make fruit better than sugar. Cloudy apple juice is much better than clear apple juice, as it has more polyphenols.

Those told to eat more fruits and veggies lost more weight than those told to eat low fat.

People buy junk food with extra income when they subsidize healthy food.

Regular garlic intake leads to weight loss.

Eating your vegetables first causes less blood sugar and leads to eating more of them in general.

Apples at a store can be 10 months old.

Beans help Hispanics live longer. Eating more beans also means eating less meat that is high in cholesterol.

Meals based on plant protein are more satiating than meals based on animal proteins; you'll eat more with the latter.

Meat substitutes don't cause the problems that meat does.

Legumes benefit your metabolism even the next day. This is the next-day effect, which is related to the gut biome.

Even though they make you feel full, 20% of

legumes and beans aren't digested and pass to the toilet.

Bean compounds aren't stable in pill form.

Bogus authors boast of being MDs. An MD is an anti-credential regarding nutrition; the title MD shows everyone that you have little to no nutritional training. Dr. Atkins was an MD, and his stuff was discredited long ago.



Some stuff today goes against whole grains and vegetables, such as the "Plant Paradox" book, whose author makes a lot of revenue from selling supplements. Simply cooking the beans makes them healthy, and uncooked beans are so hard you can't eat them. They say lectin causes inflammation, but it is gone by the time beans are cooked, and those who eat beans have lower inflammation.

Pressure-cooking beans means you don't have to



soak them.

Complete satiation occurs when food is transported by fiber down the digestive tract, so a low-fiber diet will not cause satiation with normal amounts of food.

Low-calorie diets are unsustainable; we don't like being unsatiated.

When it's just plain food without social pressures, people eat the amount they need or lose excess weight.

Obese people have a low ability to detect when they have reached the amount of food they need.

The homeostatic system makes us hungry when we are low. The hedonic drive drives us to eat when there's an opportunity, not an immediate need.

Variation leads to more eating. People eat more when they have several different foods rather than the same amount of only one food. People eat 60% more during a four-course meal than a one-course meal, even when calorie amounts are the same.

Food variety leads people to eat more spiral noodles than regular noodles. People eat more even when there's perceived variety, such as the different colors of M&Ms, which all taste the same.

Sweet and savory foods, like soda with a meal, lead to more eating; it's not just the soda calories.

Mono diets, like eating only potatoes or oats, are quite successful, especially the boiled potato. But of course, this can quickly lead to nutrient deficiencies, so add some diverse, healthy options.

Buy various fruits and vegetables to keep people interested in eating them. Add healthy dipping sauces for even more variety.

Soups are particularly satiating and low in calories.

Some restaurants have halfway good options, but nothing beats home cooking to avoid sneaky salts, sugars, and fats.

Cutting added sugars alone leads to weight loss, then add that with other tips.



## Topic: The Optimal Weight Loss Diet

Liquid protein diets were great, except they killed people.

B12 supplements are essential for vegans.

Low-carb diets like Keto 'don't hold water.' They are low in water, so they cause rapid water loss, which means weight comes off quickly. However, they aren't losing fat, just water. The Keto diet stays alive through exciting initial results, crazy promises, and return customers.

Blood flow diminishes on a low-carb diet.

Low-carb diets are bad for the heart, so recommending them, knowing that heart disease is

the #1 killer, is irresponsible, regardless of whether you can get people to do it.

Just because a weight loss technique is effective doesn't mean it's healthy, like smoking.

A whole food plant-based diet is the most successful and healthy.

Eating a plant-based diet is associated with a 7% drop in obesity risk every year, which can add 20 years to one's life.

To be as slim as a vegan and eat whatever you want, you've got to run two marathons a week for twenty years.

You will eat half a pound more daily in a purely plant-based diet. These are low-calorie-density foods.

People eating plant-based lose weight even when they're not trying.

People can be excited to lose weight initially on just about any diet, but a year later, it's usually back,

and they typically don't stick to the lifestyle.

People on a whole-food diet break this trend and often do even better after the study.

Food advertising tells us that a good life involves using toxic products; they don't tell you about all the deaths and diseases.

Paradoxically, it's easier to eliminate certain foods than to have them in moderation, as is seen with alcoholism. If you want significant results, you need big changes. Success breeds success. Eating right without junk food and in moderation will feel so good that you'll be encouraged to keep doing it.

Whole food plant-based diets are proven to reverse heart disease in most patients.



## PART 2: EXTRA WEIGHT LOSS BOOSTERS

The average person eating a whole food plant-based diet has a BMI in the perfect range. The main thing to do is eat the right food, but this section has some extra tips.



Accountability in a support group helps tremendously. There are free groups like Trevos. The program permanently kicks out anyone who fails to report and meet their goals. It's a once-in-a-lifetime, no-bargaining opportunity.

Evidence shows frequent self-weighing is a safe and effective tool for weight loss. Some scales automatically synchronize with a program that builds a chart for you. You can also work with a

partner for accountability and reporting weight progress.

AMPK is the signal that tells your body to burn stored fat. The most obvious ways to activate it are fasting and exercise. AMPK also leads to mitochondrial biogenesis, so it doesn't just burn more fat; it creates more furnaces to burn fat. On the downside, AMPK also makes us hungry. Several fruits and vegetables also activate AMPK.

Barberries are a tasty, super-healthy food that has been used medically for ages. However, they should not be used during pregnancy and breastfeeding.

Alcohol consumption is associated with many types of cancer.

Vinegar is acetic acid diluted in water. It causes an AMPK boost. People who take vinegar lose weight, and those who take more vinegar (as in one tablespoon versus two tablespoons daily) lose more weight. Vinegar was used as a home remedy for diabetes. It improves blood sugar and insulin responses. It doesn't just slow the stomach emptying because the effect is still beneficial the



next day. Adding vinegar to a meal increases satiety, so you'll eat less.

Don't take vinegar straight; it can burn your esophagus. Even the tablets can get stuck in your throat and do the same. Many apple cider vinegar tablets don't have apple cider vinegar. Also, don't leave vinegar on the skin; it will burn. Two tablespoons a day is the safe recommendation, and it may be better spread throughout the day. Taking it with food is best since it benefits satiety and blood sugar. If you split this two tablespoons a day into three meals, that's two teaspoons a meal.

Many vinegar flavors exist, such as chocolate and strawberry vinegar.



Given the appropriate amount (not too much), yacon syrup can lead to tremendous weight loss. Try it as a sweetener for your oatmeal instead of honey.

Two or three teaspoons of chia seeds in a meal will dramatically increase satiety.

Flaxseed causes weight loss and reduces inflammation. Cyanide is in flax seeds, as are many plants. Our bodies naturally detoxify cyanide, but too much of anything can be harmful.

Cumin is the second most popular spice, after black pepper. It reduces appetite and causes weight loss, and it lowers triglycerides and cholesterol.

Black cumin (also known as black seed) was used anciently in Egypt to heal every disease except death. Take ¼ teaspoons a day.

Saffron leads to weight loss and decreased appetite. A pinch a day is good, but it's expensive.

## Topic: Chronobiology (Natural Body Cycles)

Studies indicate that those who eat breakfast are typically skinnier. Those who eat breakfast tend to

eat more calories daily, but that's not the end of the story. A calorie isn't a calorie; not all calories are equal; the quality and timing matter. All body tissues have their internal clock.

Oatmeal is satiating and causes less eating later. (It also lowers cholesterol, etc.) Breakfast is when people eat whole grains, so it's essential. Adding vitamins to sugary cereals is terrible, giving the idea that they are ok. Sugary cereals would have the consistency of sawdust without sugar.

Those who try to kill themselves in the morning fail much more than trying at night. The body resists poison more during the day.

Those who eat earlier in the day typically eat less overall. Those who eat only one meal daily lose weight when that meal is breakfast, not dinner. Eating at the wrong time leads to weight gain, even when the calories are the same. For humans, the time to eat is during the day.

It's also not uncommon for people who stay up late to eat more junk food, but even controlling for this, it was found that early eaters don't gain as much as late eaters.

Making the main meal lunch rather than dinner helps. We burn more calories to burn the same foods eaten in the morning versus calories consumed at night.

Our cells become insulin-resistant at night, so we don't eat at night. Our ability to tolerate glucose deteriorates as the day goes on. A person's blood sugar can be regular during the day and pre-diabetic later in the day.

If you must eat junk, do so earlier in the day.

Breakfast skippers tend to have more heart disease, premature death, and higher cholesterol.

Even surgical biopsies of cells observe natural rhythms. Even the microbiome has a cyclical rhythm.



The night shift is called the graveyard shift for a good reason. Shifting meals to the end of the day

leads to diabetes; we just weren't designed for food at night. Even if you work a night shift, eating more in the morning than at night is better.

Sleeping during the day doesn't burn as many calories as at night. Staying up late and sleeping on weekends is like jet lag, leading to weight gain. Sleeping with night lights disrupts the circadian rhythm.

Overweight people tend to eat at irregular intervals.

Bright mid-morning light is the best, such as around 8-11 a.m. (Note: Dr. Joel Fuhrman suggests light from 6-9 a.m.)

You can see the Milky Way in a clear night sky. Sadly, light and regular pollution make this possible only rarely.

*Note: How curious it is that we can no longer see the heavens and how that now correlates with our inability to believe in the heavenly realms.*

We all eat more as the days grow shorter, and we eat more in the fall than in the winter. Spend time in the light, and you might avoid weight gain in the fall.

Melatonin can help, but you never know how much it is in unregulated supplements.

Melatonin occurs naturally in bananas, oranges, cranberries (not dried), and cherries (not dried). Pistachios are the most melatonin-rich food.

A proverb says eat breakfast like a king, lunch like a prince, and dinner like a pauper. Another saying says eat breakfast yourself, share lunch with your friend, and give dinner away to your enemy.

Eat dinner at least 2.5 hours before bed. Get at least 7-8 hours of sleep.

## Topic: Eating Rate

The body doesn't recognize liquid calories; they don't make you less hungry. People feel less full after a smoothie than naturally eating the same amount of food. If you want smoothies, drink them slowly.

Warm soup is more filling than cold soup. Eating a bowl of soup takes longer than drinking a smoothie and is healthier.

The way you think about food changes how you digest it. People digested the same smoothies differently when told one was unhealthy and told the other was healthy when they were the same smoothie.

The slower we eat, the more time the body has to process the food and stop eating before eating too much. You'll be more satiated with less if eating slower.

Chewing more also helps. Prolonged chewing is better than just taking frequent eating breaks. Chewing less leads to weight gain. Chew more, and you feel more satiated with less.

Oral stimulation triggers chemicals to be released, not just longer eating times, which is why chewing more helps. It takes 20 minutes to eat the apples you consume in a juice that takes 2 minutes.

## Topic: Gum

Chewing gum increases heart rate.

People feel hungrier when chewing gum with artificial sweeteners.

Gum studies are everywhere; you can't say gum leads to weight loss.



## Topic: Food Texture

People eat more food if it is soft than if it is hard. This is true even when the same food is consumed, and similar consumption rates are considered. It has to do with stomach emptying rates.



Thicker and chewier is more filling. Remember that when making oatmeal.

Processed foods are often easier to eat quickly.

Extend meals to at least 20 minutes to allow natural satiety signals to kick in.

## Topic: Exercise Myths

Most Americans think exercise is as important or more important than what you eat, but the scientific literature says it's a myth that exercise leads to weight loss.

An hour of exercise can be wiped out with 5 minutes of snacking. If you eat chicken legs, you better get on your legs and run 3 miles. It takes walking the stairs of the Empire State Building to burn a single donut.

Typically, 8 weeks of exercising are required to lose a single pound, and maintaining an exercise regimen usually fails.

Some foods are CRAP (calorie-rich and processed).

It's a myth that sexual activity burns many calories. Maybe a fry's worth of calories.

After workouts, people treat themselves for their efforts and cancel the benefits.

Those who exercise for fun overeat less than those who exercise to exercise. So choose fun activities for your exercise.

Caloric intake typically rises to match caloric expenditure. Those who exercise more inadvertently start eating more.



When you exercise less, your appetite goes down. But when you go down less than 700 steps a day, that doesn't apply, and the pounds pile on; we weren't meant to be that sedentary.

Swimming raises your appetite more than other sports, especially when you exercise in colder water. On the topic of cold, walking in the cold and

other cold exercises also increases appetite. A cool shower is invigorating, but a hot one might help with appetite.

Resting metabolic rates account for most of the daily calories burned. Building more muscle mass requires more energy to maintain. You may feel less hungry right after exercising, but over the week, your body will nudge you to eat more to balance things. Regular, frequent exercise can contribute to some fat burning. Long exercise routines are typically not manageable.

Most who maintain exercise choose walking as their exercise.

Overfeeding leads to spontaneous extra movement, such as standing, walking, or small movements. You can burn as many calories as an hour at the gym by subtly moving around more. This is called non-activity thermogenesis (NATG).

Standing burns 3x more calories per minute. Use a crate on a table, etc., to stand more. (Note: stacking books to raise a computer and keyboard works well.) Treadmill desks are great. There's also a machine with two stairs to simulate stair climbing. Fidget chairs don't lead to much fitness. Ball chairs

can be disturbing due to not having a backrest.  
*(Note: I think standing is the easiest of all these methods.)*

Bending the knees sitting cuts off blood flow.

Aerobic exercise should be done before sitting.

Exercise is medicine.

You can't reduce your waistline solely by focusing on abdominal exercises.

HIIT (high-intensity interval training) is great, but few adhere to the regimen.

Peak efficiency for travel is walking. Walking is an easy, safe way to exercise.

The optimal duration for exercise is as long as possible.

Many studies show that more fat is burned when you exercise fasting (as in before breakfast) than when you exercise after eating. Fasting for 6 hours or more is ideal for exercising, so it is best to do it before breakfast. If exercise were a pill to burn fat, it would be effective only before breakfast.

When you have days without exercise, your body balances things out rather than tapping into fat stores as much.

Exercise is a health guideline that is almost universally ignored. Exercise only works if it becomes a lifelong habit.

You'll enjoy (and therefore actually go) walking more if you go with a dog, a friend, or an audiobook/podcast.

Tell the brutal truths about health to people, and they're more likely to take action than if you told them a watered-down soft version.

Any amount of exercise is good, and the more, the better. Exercise adds years to your life and life to your years.



## Topic: Greens

Thylakoids, the site of photosynthesis, improve satiety. Those who eat spinach don't want as much junk food. Thylakoids are in green veggies; the greener, the better.

The body was built to constantly have thylakoids, so eat greens often.

Removing produce from your diet increases kidney stone chances. More meat also increases the chances.

Gregor tries to eat a pound of greens a day.

Excessive tea can cause too much oxalate. A few veggies, when eaten in huge quantities, could also cause excessive oxalate issues.

The dairy industry has had to admit that dairy has no meaningful effect on weight loss.

Those who supplement calcium are actually at greater risk for heart attacks, strokes, and gastrointestinal distress.

Hibiscus tea helps metabolism and weight loss. It binds to lipase. It has manganese, which is a good thing to a certain amount, so you probably don't consume more than a quart a day.

Dark leafy greens are the healthiest food on the planet.

DMP (dimethyl phthalate) works for weight loss by cranking up metabolism super high, but the line between a healthy dose and a deadly dose is very thin. It's pulled from the market, and those who use it are still dying.

Fat cells are unique in that they can change. A fat cell in the breast can turn into a gland cell. A fat cell can also transform into a fat-burning cell. A fat cell can also turn into brown (baby) (healthier) fat.

## Topic: Cold Temperatures

Being cold can help weight loss.

Thomas Jefferson reportedly used a cold foot bath daily to improve his health. Yes, the cold can boost metabolism.

BAT (brown adipose tissue / brown fat) is activated even in a slightly colder room.

Cold and various foods, including hot peppers can activate brown fat.



## Topic: Hot and Spicy

Those who eat spicier foods tend to gain less weight.

Red pepper supplements don't work as well since the capsules don't open up until late in the digestive tract.



Ginger has long been used for many medicinal things. It raises metabolism and activates brown fat, leading to a decrease in visceral body fat. There's no downside to ginger.



Cinnamon causes weight loss, but get real Ceylon cinnamon, not cassia Chinese cinnamon. If it doesn't say Ceylon, it's probably Cassia.

Menthol-like ice can increase blood flow.

Cannabis smokers tend to be thinner. It was tested successfully for some weight loss, but it also made people want to kill themselves, so it was discontinued. Cannabis is unlike tobacco (it doesn't seem to lead to lung cancer and emphysema). However, it can still lead to addiction, chronic bronchitis, and altered brain development and may increase the risk of schizophrenia.

*Note: it is common knowledge in mental health support groups that schizophrenia is genetic and often dormant until triggered and that one of the main triggers is smoking marijuana.*

Cannabinoid hyperemesis syndrome (CHS) from long-term cannabis use is from cannabis binding to (brain and spinal cord) receptors, resulting in severe vomiting and nausea.

## Topic: Tea

Tea leads to a higher metabolism. Tea can lower cholesterol. Some say it increases lifespan.

*Note: these are insufficient reasons to use tea. Remember the D&C 89 injunction against hot drinks, which the church has long interpreted as (non-herbal) teas and coffee. Various studies show the dangers of teas, such as heavy metal toxins.*

China only recently outlawed lead, so its teas often contained lead from nearby contamination. Of course, it exported its tea everywhere.

Excessive green tea can cause liver problems.

Those who drink milk with tea cancel out many of the benefits, and milk also cancels many of the benefits of berries.

## Topic: Coffee

Caffeine increases metabolism. There are also harmful effects of caffeine, for starters, its addictive nature.

The word coffee came from the word caffeine.

Caffeine raises body temperature, burning some calories, but most people drink it with sugar, canceling the benefits.

9 out of 10 Americans regularly drink coffee.

Coffee disturbs sleep even when drunk 6 hours before sleep.

Though some benefits of coffee exist, there are also risks, such as urinary issues, sleep issues, glaucoma, bone loss, and acid reflux disease.

*Note: Again, Latter-Day Saints have been taught not to drink coffee. We don't know all the reasons for that, but I suspect that it has health benefits in addition to giving us a distinct and separate culture.*

There are over 100 brands of energy drinks: it's a \$50 billion industry. Red Bull drinks raise blood pressure about an hour after drinking them, and they decrease brain blood flow. These drinks also cause sudden fatal heart rhythms. Once cocaine was found in Red Bull, the manufacturers insisted they were just adding it for flavor.

Avoid drinking tea around mealtimes because it can reduce iron absorption.

Low-calorie sweeteners have a bad record. *Note: coffee creamer often has aluminum.*

## Topic: Habit Formation

We make over 200 daily decisions about food-related choices, but we aren't consciously aware of most of them. If we develop good habits, we'll

automatically have many of our dietary choices taken care of.

It is a myth that forming a new habit takes 21 days. Having been put to the test, it takes more like 66 days to become automatic. Building a habit is like uploading software to your brain for a lifelong body hack.



People who are in the habit of eating popcorn during a movie will eat the same amount, whether it is fresh or stale.

It's often easier to quit a bad habit when you're removed from the environment of typical circumstances.

Eating with the non-dominant hand can help you remember to make conscious food choices.

Knowledge is power, but it may not be powerful enough to break a habit. Campaigns promoting knowledge about teenage drug use appear to increase teenage drug use.

*Note: this is a very important and politically incorrect point. You don't want to always bring up the bad stuff. The same goes for sex education for young children. You don't want to get into these difficult topics constantly. You don't want to give them the details of evil. You want to be like Lehi, who knows that the filthy river exists but focuses on the tree of life.*

Change your immediate environment; clear out the pantry!

Moving to a different location can be a big tool for when there's a big problem.

*Note: this is another unpopular truth. It's true that, for example, a kid might still seek out the same bad stuff even if you move him to a new place, but it does increase the odds of giving a fresh start and finding more success.*

The “Dare” program to prevent teenage drug use has not shown any significant benefit.

Teens think they are invincible and don't understand things like heart disease, cancer, etc. So, find ways to teach them about nutrition that aren't just about long-term consequences.

Teens are hypersensitive to any encroachment on their autonomy. Teach them how big food science is deceptive, using techniques to maximize cravings with flavor additives from salt, sugar, and fat. Portray healthy eating as a way to rebel and stick it to the man!

Teens are also sensitive about social justice, so teach them how food companies often target communities to exploit them.

Goals must be specific, describing your action in a particular situation. You can't form a habit of not doing something; you need a positive habit to replace a bad one. Goals need to include when and where you will do the positive thing.

In scientific literature, there's a phrase called the "what the hell effect," where people irrationally eat even more after they eat something they know is terrible. So beware of this tendency when you've got all-or-nothing thinking and rigid goals. One way

to fight this effect is to make an allowance for mistakes of a certain number over a week's time frame, so if you do something wrong in one day, you don't throw it all away. Also, people can better deal with coming up short on positive goals than on negative ones. For example, it's easier to make the mistake of eating a salad every day than in the goal of not eating cookies every day. Another example is if you have a goal to drink a glass of water before every meal; if you miss a glass of water, you're not likely to immediately say, "Well, I missed that glass of water before lunch; I may as well not have a glass of water before dinner as well."

Self-licensing is another problem where making progress makes us think we can indulge more. McDonald's has the famous slogan, "You deserve a break today at McDonald's."

Cigarettes marketed as a healthier version of cigarettes lead to people smoking more of them and holding the smoke longer, so it's worse.

*Note: a similar thing happens with small candy bags; people eat more.*

People often feel that they can do something terrible when they've done something good.



*Note: there is a theme in great literature like Lord of the Rings where people who think they're on the good side try to justify using bad means. It's the tragedy of Boromir, who represents all of us. Of course, his final sacrifice in the end remits much of the tragedy. Another character, Faramir, a saint, refuses to resort to vice to accomplish his honorable goals.*

When you offer people junk food or healthy food, they often choose healthy food, but when you tell them the same choice will be given to them a week from now, it jumps to 80% of the people choosing unhealthy food. We think we can misbehave now and make up for it later. Instead of 50 to 60% making the good choice between the cookie and the healthy snack, you tell them they get the same choice again next week, and it goes to 70 to 80% choosing the unhealthiest snack.

For some people, if you build some allowances into the plan, for example, three of this or that in a month's time frame, you won't get the "what the hell" effect. You won't have to avoid lying to yourself; it can help you not to be too uptight about the diet.

When you've had a hard day and think you deserve unhealthy food, remind yourself that you deserve to be healthy.

Drinking lots of water is associated with successful weight loss.

*Note: I've noticed that healthy people often carry water bottles. Dr. Greger says he carries one wherever he goes.*



About half of overweight people walk around dehydrated compared to normal-weight people. Only about 1/3 of them are dehydrated.

Well-hydrated people burn more fat and retain more muscle. The body responds to high water intake in a similar way to fasting.

Being dehydrated itself can cause weight gain because you'll build up toxic stuff that leads to weight gain if you're dehydrated.

Chlorinated water may help keep water safe, but a lifetime of drinking it leads to bladder cancer, increasing the odds by 25% over 40 years.

One solution is to purify water when it is taken from the source, so you don't have to put as many chemicals in it as some places have done.

Around 40% of Americans filter their water. You have to change your water filter even when it doesn't say so. This is not just for when your water starts tasting bad, and it's not just for the company to make more money by getting you to buy more filters. Bacteria can build up inside the filters, reducing their effectiveness.

Drinking too much water can flush the electrolytes out of your brain. You need about a cup of water every waking hour, and you'll probably drink more if it's cold.

Eating goji berries causes weight loss. Try swapping out raisins for goji berries.

Tomatoes are anti-inflammatory. They have been investigated as blood thinners to replace aspirin.

Turmeric and cumin lead to weight loss.

Nutritional yeast is great for most people.

## Topic: Calorie Intake

They say a pound of fat equals 3500 calories, but that's not the whole story. That would mean 500 calories more or less a day would mean a pound gained or lost that week. But none of this takes into account metabolic adaptation. The body stabilizes. Also, it takes fewer calories to be skinny. You need less when you weigh less; the 3500 rule doesn't consider that. Also, you won't gain weight indefinitely even if you eat excessive calories regularly for the same reasons, so it's more like a bell curve that eventually flattens out than a line that keeps going up or down.



The biggest loser TV show had 85% of the focus on exercise rather than diet, even though the exercise component accounted for less than half of their weight loss.

When you cut calories, your body automatically starts making you more hungry. When you feel like you're eating a certain amount less, you aren't because of the body's adjustment. It's one of the many issues with a calorie-cutting-based diet. Asking someone to eat less is like asking them to breathe less.

Sustainable weight loss isn't about eating less food; it's about eating better.

The body weight planner from the National Institute of Health and the Huntington Weight Loss predictor is good.

Try: Body Weight Planner from the National Institutes of Health (<http://bit.ly/NIHcalculator>) or the Pennington Biomedical Research Center's Weight Loss Predictor Calculator by Louisiana State University (<http://bit.ly/LSUcalculator>).

The NIH one is more accurate. The LSU overestimated the drop caused by physical activity.

NIH requires you to choose a goal and a time frame. The LSU program makes a graph based on simple calorie numbers but doesn't let you change your physical activity amount.

There's a 10-calorie rule. Every 10-calorie drop leads to about a pound of weight loss. It takes about 3 years to settle out. So, 500 fewer calories a day will give you 50 pounds of weight loss, but it's not annual; it's total and takes about 3 years. About 25 pounds off the first year and the next 25 over years two and three. Maintaining the 500-calorie deficit is hard if you eat the same calorie-dense foods. If you eat the same diet that made you fat and eat less, you'll be hungry and have a greater appetite of 45 calories, with a greater appetite per pound you lose. So, if you lose a lot of weight this way, your appetite will become so strong that you'll eat more than the 500 calories you are cutting, and you probably won't notice. The 10-calorie rule tells us you don't cut 10 calories to lose the pound. You have to cut the calories that will respond to the 45-calorie appetite increase, so that's  $45 + 10$ , that's 55 calories you need to cut for the 1 pound of weight loss. That 55-calorie deficit will only net you about a 9-pound weight loss 3 years later rather than the intended 50-pound weight loss. This is why just

cutting back on calories is not the best way.

A slower metabolism can increase the life span. That is why the tortoise lives longer than the hare. Calorie restriction is probably one of the things that lowers metabolism. Calorie restriction has been shown to increase many health categories. You'll have cravings after calorie restriction, but the cravings will decrease if it's over the long term.

In only a few weeks, caloric restriction can lower blood pressure, but it can make you lightheaded from the lowering of blood pressure. Stay hydrated to help combat that.

The way to prevent lean body mass from being lost during caloric restriction is to include exercise. Including exercise also prevents bone mineral loss.

## Topic: Fasting

Fasting is the fast track to weight loss. Religions have practiced it for a long time, including religious leaders like Moses, Jesus, Muhammad, and Buddha. One physician wrote, "He who eats till he is sick

must fast until he is well.”

In 1973, the most extended fast was by a guy who fasted for 382 days, losing 276 lb and keeping it off. He ate only water, vitamins, and minerals and did not consume calories.

The Air Force conducted a study in which a group went on an 80-day fast. It started with 25 people, and nine dropped out. Those who stayed in had great success. They lost between 40 and 100 lb. The first few days involved about 4 lb a day weight loss due to losing water, but after a few weeks, they lost about a pound of straight fat per day.

Even though fasting can't be done indefinitely, it helps give a psychological reset, assisting people to know that weight loss is possible. This may embolden them to make better food choices.

*Note: Religious fasting has long been used to train spiritual willpower and mind over body. It gives people great power, seeing they can do tough things. It enables them to go out and do something only moderately hard but harder than usual.*



*Note: Fasting, of course, is not just a religious thing. It is a health thing. You might say it's part of the Word of Wisdom because it's wise and improves our health and spirituality. Religious and non-religious families alike would do well to incorporate family fasting. Smaller children, of course, cannot fast, and while the older members of the family are doing so, the young ones perhaps could have a simpler diet like bread and fruit.*

Even during a fast, hunger begins to dissipate after 36 hours. Also, after a fast, a person generally has less appetite.

Researchers have been surprised at how easy it is for people to do prolonged fasts. Patience commented on their increased well-being during fasts of up to 200 days. The researchers concluded that long-term fasting is the ideal treatment for extreme obesity.

Fasting initially makes someone grumpy, but a few days into the fast, people report feeling clear, elated, alert, and euphoric. There is a significant rise in endorphins during fasting.

Many people with extreme obesity who do a significant fast and lose a lot of weight gain the weight back later. However, according to weight loss research, 40% keep it off, which is an excellent outcome. These results are far better than the average results of those whose diets are caloric restriction.

Fasting only works long-term if it jump-starts a healthier diet. Those who adopt a whole-food, plant-based diet after fasting are the most likely to keep off the fasting weight seven years later and continue to gain health.

Our brains need blood sugar, so beware that fasting may remove not only fat but also protein, turning the protein into sugar. Avoid this by adding honey to your water when fasting; that will reduce this by 50%. Beware of exercise when fasting because your brain will need more sugar and resort to more protein transformation and consumption as sugar.

After the third week of fasting, the body only gets rid of fat, not lean body mass.



Long-term fasts are impossible without vitamins. In safe clinical cases of multi-month fasting, the patients were given daily multivitamins and other non-caloric supplementation as necessary.

Those who do very long fasts without supplementation have ended up paralyzed with brain damage and other significant problems.

Breaking the fast is the most dangerous part. People coming out of concentration camps starving would die when reintroducing food. It's called refeeding syndrome. Always give thiamine before food to people who have been starving. After 5 days without food, you can be in danger of refeeding syndrome.

Those with advanced liver and kidney failure shouldn't be fasting in the first place. Uncontrolled hyperthyroidism and pregnant women shouldn't be fasting.

Fasting for more than 3 days should be done with supervision, ideally in a live-in clinic. Electrolyte depletion symptoms are hard to recognize until it's too late.

People experience less hunger during a total fast than on a low-calorie diet. However, you can still attain significant and similar weight loss on a low-calorie diet.

Ketones are why hunger can go down during fasting. We usually burn sugar that can switch to burning fat, but that has difficulty getting through the blood-brain barrier. Our brains burn about half a cup of sugar in it. It's about a quarter of the resting metabolic rate—about 50% of the resting metabolic rate of children. Fasting for the long term is only possible because ketones replace glucose as fuel for the brain. Delivery turns fat into ketones, which can reach the brain. When ketones are directly injected into people, even when they're not fasting, they lose their appetites and can experience nausea and vomiting. The presence of ketones makes you feel less hungry on a zero-calorie diet than on a low-calorie diet because you've switched to the fuel source. However, the ketogenic diet is dangerous.

## Topic: Keto Diet

Breast cancer often metastasizes to the liver, which is the primary source of ketone production.

Ketones are very dangerous, and researchers are considering ketone-blocking drugs.

High-fat diets increase breast cancer risk by increasing hormones, inflammation, and oxidative stress. High-fat diets also triple the risk of death from prostate cancer.

The official recommendation for breast cancer patients is the opposite of the keto diet. It is high in vegetables, fruits, whole grains, and legumes and low in saturated fats.

No clinical studies have shown any benefits of the keto diet for cancer.

Low-carb advocates argued that less sugar would mean less insulin, which would mean less fat staying on you. However, this was proven false when it was demonstrated that weight loss slows down on the keto diet compared to a healthy diet.

The initial success of the keto diet on the weight scale is enticing, but most of what they're losing is water, not fat. A problem similar to what can happen in zero-calorie fasting occurs in the keto diet: the body turns protein into sugar rather than fat into sugar. This is why CrossFit athletes who go on a keto diet have their leg muscle mass shrink as much as 8%.

The fat lost on the keto diet becomes negligible because they eat so much. This is the exact opposite of what the keto crowd predicted.

If you cut 800 calories of carbs in a day, you lose 53 grams of body fat. But if you cut 800 calories of fat, you lose 89 grams of fat.

Low-carb diets cause most people to lose lean mass, but you can't tell by looking at the scale.

Less fat in the mouth means less fat on the hips, even when taking in the same number of calories.

Even When the keto diet is used to control seizures, adherence drops by 50% after a few months.

Those who eat low-carb diets live much shorter lives.

Within 3 hours of eating a meal high in saturated fat, even coconut oil, there is a significant impairment in artery function.

Your arteries get worse on the keto diet.

The symptom of diabetes is high blood sugar, but the disease is carbohydrate intolerance. Some keto products brag about bringing down blood sugar, but they're making the problem worse. Even in a matter of days, carbohydrate intolerance goes way up with the keto diet. Having a high-fat dinner the day before you go in for a diabetes test can significantly affect the results. A single high-fat diet meal can worsen carbohydrate intolerance within 4 hours.

See [masteringdiabetes.org](http://masteringdiabetes.org) (*Note: they have highly referenced diabetes suggestions which align with the truth that fat clogging insulin receptors is the root cause of diabetes, which when resolved, heals the diabetic. Their common sense approach allows for eating healthily during and after resolving the diabetes health condition.*)

Helping a diabetic not have high blood sugar by having them on a keto diet is like helping someone in a wheelchair not need their wheelchair because

you're making them bedridden so they can't even get out of bed.

Diabetes or carbohydrate intolerance can be reversed. How you do it is the opposite of the keto diet, which has more than 300 grams of carbs daily—his book *How to Not Die* has more on this.

The keto diet causes acetone breath so that they will fail the alcohol breathalyzer test, and the acetone turns into very toxic substances in the body.

The keto diet causes bone loss. Ketones are acidic and dissolve bones.

Keto helps with seizures, but it's certainly not good for weight loss. Keto procedures are rough on the body, but the alternative, extensive brain surgery, is also rough on the body.

## Topic: Intermittent Fasting

For most of history, people ate one large meal a day, not three meals a day.



When most people fast for 36 hours, they eat only 20% more when they finish the fast than usual, which is much less than if they had eaten both days.

Ending a fast at dinnertime can be less helpful. People are more likely to overeat there than if the fast ended at a different time of day.

A diet of unlimited vegetables leads to weight loss.

*Note: At the beginning of this book, I noted that I am oversimplifying wraps to a fault. Be sure to get the most accurate findings with the actual book.*

Alternate day fasting appears to work.

Meals can tip our bodies out of balance, so blood tests are done fasting. Perhaps we should give our bodies a more extended break between eating.

Not eating from 10 pm-6 am helps in several ways. One is chronobiology. We process food better during the day. Another reason is that we eat more junk food late at night. Also, the 8 hours of not eating are helpful. The body needs breaks from eating.

7<sup>th</sup> Day Adventists live about a decade longer than others. They are slim from being vegetarian.

## Topic: Meal Frequency

Those who eat fewer meals report eating less healthily. Those who are overweight eat fewer calories!

*Note: As a young man in Boy Scouts, I was the only slim one in my pack. We did a merit badge activity where we kept strict logs of how much we ate over a week. I was shocked to see that I ate much more than they did. I was also shocked to see that their food was so terrible. I was still confused about why I was the skinny one despite clearly eating much more than they did, but this confusion was based on the lies we have been taught in nutrition.*



If you eat unhealthy snacks between meals, it's worse than having them with meals.

Distracting yourself from a game can help you confront cravings.

Hearing music can impact metabolisms, leading to a slight calorie burn.

## Topic: Water

When you dive into water, the heart slows down (as a survival mechanism). The same happens when you drink water. This is why drinking water prevents fainting. Strong emotions can cause blood pressure to bottom out, causing fainting. The slowdown is detectable 4-10 minutes after drinking a glass of water. Drinking increases metabolic rate. Those who drink water before meals lose more weight.

The metabolic effect occurs only with pure water; it doesn't work with saline or juice because the body detects osmolarity.

The current count on how many senses we have is 33.

Plain water on an empty stomach is best.

Cold water causes more metabolism increase than room temperature or warm water.

Drinking over 3 cups of water an hour can severely deplete brain electrolytes.

The heart isn't just a pump; it's a gland, too. Stretch receptors on the heart tell it when to release ANF.

Putting the head lower than the feet causes ANF to be released from the blood coming to the head. Doing this for a few hours doesn't have harmful effects.

When ANF goes up, fat burning goes up. It happens when exercising and drinking water. It pools extra blood into the heart. It also occurs when a person lays their head down below the body. Sleeping on a slant for a few hours has good effects, but doing it for months, like astronauts, can also result in losing lean body mass. Slant sleeping also helps build bone mass. You might try putting a few bricks at the foot of your bed and increase gradually. Be careful when standing back up.

## Topic: Negative Preloading

Water before meals leads to weight loss, so you might as well drink the water you would drink anyway before meals.

Alcohol stimulates appetite and loss of control.

Fiber supplements aren't fermented in the gut like whole foods, so they have much less benefit than fiber from whole foods.

Those who eat salad before pasta eat much less pasta. It works better than just preloading with water, as the salad has water and fiber. Eat salad 15 minutes before the meal to give the body time to recognize it. Also, eating a salad before, rather than during, a meal leads people to eat more salad.

Eating an apple before a meal also leads to a lot less eating. The number of calories an apple has depends on when you eat it.

In France, soup is eaten much more than in America; in Japan, it is eaten daily. Those who have soup as a first course at lunch eat much less throughout lunch and even dinner. When a

casserole is served as a soup, people will eat less compared to the non-soup form of the casserole.

## Topic: Sleep Enhancement

We went from candles to light bulbs, decreasing the rest we get at night.

Even a single all-nighter leads to more Alzheimer 's-causing chemicals.

Getting seven hours of sleep rather than six is much healthier, similar to having or not having an exercise regimen.

The link between sleep deprivation and obesity is consistent. For one, those who are low on sleep eat more. Even 2 nights a week of sleep restriction leads to weight gain.

With the same diet, those who slept 8 hours lost fat, and those who slept 5 hours a night lost lean body mass.

A few hours of catching up on weekends is insufficient.

You snooze, you lose.

Sleeping pills lead to triple the chance of dying.

If you have trouble sleeping, train yourself to associate the bed only with sleeping and wake up at a consistent time. If you can't fall asleep within 20 minutes, get up and return to bed. Make the bedroom dark, cool, and quiet. You could use a white-noise app or earplugs and an eye mask.

## Topic: Stress Hormone Relief

There is a connection between stress and weight gain.



Stress is associated with less physical activity.

Most people eat more when stressed, and particularly junk food. Stress dulls the taste of food.

Adrenaline and cortisol are released with stress. Drugs with these have a common side effect of weight loss. Fat cells deep in the belly have a greater density, and the fat from stress is piled on the belly.

Hair shows cortisol levels over time, like the rings of a tree.

Slim women wearing fat suits feel worse and eat more.

Sensual scenes increase cortisol. Exercise reduces cortisol. Watching comedy decreases cortisol.

Yoga brings slight weight loss. Hot yoga doesn't do much better than regular.

Relaxing music reduces stress, and it works better than anti-anxiety drugs. But heavy metal's loud and sudden nature has the opposite effect.

Mindful eating involves slowing down and paying attention to body cues. You eat more while watching TV; even distracted eating with friends leads to more eating. Focus on food's look, smell, and taste; you'll eat less.



Being aware of cravings isn't enough. When temptation is around, people give in more, even if they're mindful. The benefits of meditation are overstated, as is the whole field of experimental psychology.

All top 15 sources of saturated fat are meat, dairy, and junk food.

The fecal matter of a stressed rat given to a relaxed rat stresses the relaxed rat.

Those who eliminate meat, fish, and poultry cope better with stress.

Men who eat meat every day have a decrease in testosterone.

Women's preeclampsia is reduced by not eating meat.

You are what your mother ate. All meat eating in late pregnancy results in fatter babies. Cortisol levels of the baby go up with the mother's meat-eating also. Even the grandchildren could be affected, as the eggs of the unborn daughter can be affected.



## Topic: Wall off Your Calories

Avoid liquid calories. The calories you drink don't register in the body. If you were to eat those calories less, you would be less hungry.

The federal government can't even agree that sugar water is unhealthy.

Those living in poverty are more likely to be obese.

A major tobacco vendor famously said, "We don't smoke that s\*\*\*; we just sell it."

Most fat people have fatty liver disease. Drinking alcohol contributes. The safest amount of drinking is none.

A fruit puree is less filling than whole fruits.

When you eat whole peanuts, twice the amount of fat passes into the toilet compared to eating peanut butter; the oil gets trapped in unchewed fragments no matter how well we chew. The same is true with almonds vs. almond butter, etc.

Puffed cereals cause a higher blood sugar insulin spike. High glycemic foods trigger a metabolic reaction that leads to more eating.

Steel-cut oatmeal has a lower glycemic index than instant oatmeal. Breakfast cereals, even shredded wheat, have a much higher glycemic index. Bread with all the air pockets has a higher glycemic index. Eating puffed cereal can cause people to have about the same appetite at lunch as those without breakfast.

For those eating whole grains vs. blended grains, the whole grains result in larger stools and better feeding of the microbiome. A 1/16 of an inch or 2mm food has about 10,000 plant cells. This is about how small we can chew things. Blending things makes them 1000x smaller. The natural chewing size helps the microbiome more.

A product only needs 51% whole grain to claim whole grain, and the grain structure is obliterated.

Bran and germ are often added to white flour and sugar.

Fiber supplements make more money than real food. Fiber supplements help constipation, but they don't do much else. Fiber supplements won't wall off your calories. Natural foods are surrounded by fiber no matter how much you chew, and the fiber in that way carries the food, allowing the microbiome to feed in a way that fiber supplements don't. The word fiber is related to the words mother and matrix, meaning the delivery method (for food).

Oil and bread are calories without any cell walls. Even whole wheat bread has fiber, but it's not connected to the starch. Whole wheat bread is more filling than white bread and is associated with more belly fat. Bread made with sprouted grains or with added cracked wheat is best.

If you must eat white bread, freezing and defrosting it and toasting it lowers the blood sugar response. Sourdough fermentation also helps, especially if you shorten the final rising time for a denser loaf.

One way to test a loaf's healthfulness is to drop it on your foot and see if it hurts.

Rye berries cause fewer blood sugar spikes than wheat berries.

Pasta has a moderate glycemic index, lower even than wheat bread. Bread particles are often 1000x smaller than pasta particles.

High glycemic foods are associated with rises in IGF1, as happens with meat consumption, which leads to cancer.

Swapping from bread to pasta leads to weight loss.

If you can only make one dietary change, eliminate sugary beverages.

Animals need bones to hold themselves up, whereas plants have cell walls to hold themselves up. You can wall off your calories by eating plant foods. The structure of a plant is essential; it's healthier to eat a whole nut or vegetable than to eat the puree or blended version of that food.

Bread makers add salt, making bread a significant source of sodium, second to chicken for most American adults.

Eating whole grains is good, but eating whole grains with intact kernels is better. For example,

groats are whole, intact oats with their inedible outer husks removed. Groats can be sliced into pieces to make steel-cut oats (Scottish oatmeal). Then, they can be steamed/rolled, which is more processed. Then, they can be powdered (even more processed), which is how most oat cereals are.

Dr. Greger eats a BROL breakfast bowl: barley, rye, oats, and lentils. He mixes them in a 1:1:1:1 ratio and pressure-cooks them with water. Then, he adds greens, mushrooms, cherries, and almonds for flavor. See his *How Not to Diet* cookbook.

You can buy barley oats. Purple barley is the best but is more expensive.











## **PART 3: DR. GREGER'S 21 TWEAKS & DAILY DOZEN**

There's a Dr. Greger's Daily Dozen app. Some say the daily dozen is too much food. The idea is to eat so much good food that there's little room for bad food. Some say the daily dozen doesn't have enough calories, but it's the minimum. Having a bulk of food with lower calories is excellent for weight loss.

From Dr. Gregor's website, here is an infographic on the Daily Dozen

<https://nutritionfacts.org/daily-dozen/>

Dr. Greger's Daily Dozen was developed based upon the best available balance of evidence. Rather than being a meal plan or diet in itself, it is just to be used as a checklist to inspire you to include some of the healthiest of healthy foods in your diet.

<b>Beans</b> Serving: 3 per day  e.g. ½ c. cooked beans, ¼ c. hummus	<b>Berries</b> Serving: 1 per day  e.g. ½ c. fresh or frozen, ¼ c. dried	<b>Other Fruits</b> Serving: 3 per day  e.g. 1 medium fruit, ¼ c. dried fruit	<b>Cruciferous Vegetables</b> Serving: 1 per day  e.g. ½ c. chopped, 1 tbsp horseradish
<b>Greens</b> Serving: 2 per day  e.g. 1 c. raw, ½ c. cooked	<b>Other Vegetables</b> Serving: 2 per day  e.g. ½ c. nonleafy vegetables	<b>Flaxseed</b> Serving: 1 per day  e.g. 1 tbsp ground	<b>Nuts and Seeds</b> Serving: 1 per day  e.g. ¼ c. nuts, 2 tbsp nut butter
<b>Herbs and Spices</b> Serving: 1 per day  e.g. ¼ tsp turmeric	<b>Whole Grains</b> Serving: 3 per day  e.g. ½ c. hot cereal, 1 slice of bread	<b>Beverages</b> Serving: 60 oz per day  e.g. Water, green tea, hibiscus tea	<b>Exercise</b> Serving: Once per day  e.g. 90 min. moderate or 40 min. vigorous
<div>  <b>Vitamin B12</b>  At least 2,000 mcg (µg) cyanocobalamin once each week (or at least 50 mcg daily), ideally as a chewable, sublingual, or liquid supplement taken on an empty stomach.  </div>			

1. Beans: 3 servings daily. Ex: 1/2c. Cooked beans, 1/4c. Hummus.
2. Berries: 1 serving daily. Ex: 1/2c. Fresh or frozen, 1/4c. dried
3. Fruits: 3 servings daily. Ex: 1 medium fruit, 1/4c. Dried fruit.
4. Cruciferous Vegetables. 1 serving daily. Ex: 1/2c. chopped, 1tbsp horseradish.



5. Greens: 2 servings daily. Ex: 1c. Raw, 1/2c. Cooked.
6. Other Vegetables: 2 servings daily. Ex: 1/2c. Nonleafy Vegetables.
7. Flaxseed: 1 serving daily. Ex: 1 tbsp ground.
8. Nuts & Seeds. 1 serving daily. Ex: 1/4c. Nuts, 2 tbsp nut butter.
9. Herbs & Spices. 1 serving daily. Ex: 1/4 tsp turmeric.
10. Whole Grains. 3 servings daily. Ex: 1/2c. Hot cereal, one slice of bread.
11. Beverages. 60oz. Daily. Ex: Water, hibiscus tea.
12. Exercise: once daily. Ex: 90min. Moderate or 40 minutes. Vigorous.

Swap dried fruit for fresh.

Above-ground veggies are higher on the water scale.

Sweet potatoes are better than white, but having a variety is good.

His Daily Dozen app has a feature for weight loss boosters. You can check off boxes of weight loss boosters to use each day.

Fasting works but is dangerous, so doing it for more than a few days without medical supervision is discouraged.

Here is a chart from Dr. Gregor’s website on the 21 dietary tweaks for weight loss:

<https://nutritionfacts.app.box.com/s/qy3q6bbw4i3mr3b3yrhev273mma9p1lw>

<b>At Each Meal</b> 20 <b>Twenty-Minute Rule</b> Servings: 3 per day duration of meals > 20 min.	<b>Water Preload</b> Servings: 3 per day 2 c. cold, unflavored water	<b>Negative Calorie Preload</b> Servings: 3 per day apple, soup or salad, fewer than 100 calories per cup	<b>Incorporate Vinegar</b> Servings: 3 per day 2 tsp vinegar with each meal	<b>Undistracted Meals</b> Servings: 3 per day don't eat while watching TV or using your phone
<b>Every Day</b>	<b>Black Cumin</b> Servings: ½ tsp per day	<b>Garlic Powder</b> Servings: ½ tsp per day	<b>Ginger or Cayenne</b> Servings: ½ tsp ginger or ½ tsp cayenne per day	
<b>Nutritional Yeast</b> Servings: 2 tsp per day	<b>Cumin</b> Servings: ½ tsp with lunch and dinner	<b>Green Tea</b> Servings: 3 per day 3 cups a day, between meals	<b>Stay Hydrated</b> Servings: Once per day urine never appears darker than pale yellow	<b>DefLOUR Diet</b> Servings: Once per day intact grains only
<b>Front-Load Calories</b> Servings: Once per day make breakfast or lunch your largest meal	<b>Time-Restricted Eating</b> Servings: < 12 hour eating window	<b>Exercise Timing</b> Servings: Once per day 90 min, moderate, fasted	<b>Weigh Twice Daily</b> Servings: Twice per day morning and night	<b>Complete Intentions</b> Servings: Once per day track your intentions
<b>Every Night</b>	<b>Fast After 7 p.m.</b> Servings: Once per day the fewer calories after sundown, the better	<b>Sufficient Sleep</b> Servings: Once per day at least 7 hours of sleep	<b>Trendelenburg</b> Servings: Once per day elevate foot of bed 8 inches at least 4 hrs a night	<b>FREE</b>

## **The 21 Dietary Tweaks:**

These are broadly applicable, safe, and proven.

### **Every meal:**

1. Preload with water
2. Preload with “negative calorie” foods. Start a meal with an apple, for example.
3. Vinegar (1-2 tbsp), not taken straight.
4. Enjoy undistracted meals.
5. Eat your meal over at least 20 minutes, which causes lower caloric intake.

### **Every day:**

6. Black cumin  $\frac{1}{4}$  tsp
7. Garlic powder  $\frac{1}{4}$  tsp
8. Ground ginger (1 tsp) or cayenne pepper ( $\frac{1}{2}$  tsp). It could work better in the morning. Stir into water, for example.
9. Nutritional yeast (2 tsp). Bakers, brewers, or nutritional.
10. Cumin ( $\frac{1}{2}$  tsp) with lunch and dinner. Saffron works, too, but it is more expensive.

11. Green tea (3 cups). Don't drink with meals, and it can interact with iron absorption. Try yacon syrup as a sweetener. (*Note- see my comment on this one below.*)
12. Stay hydrated
13. De-flour your diet, so you get capsulated
14. Front-load your calories (eat earlier in the day, as in the saying eat breakfast like a king, lunch like a prince, dinner like a pauper).
15. Time-restricted eating (eat in a specific window, like 12 hours not eating, end the window before 7 pm)
16. Optimize exercise timing (typically before breakfast) (90 minutes is the optimum amount.) Diabetics should exercise after meals to combat blood sugar peaks.
17. Weigh yourself twice a day (like when you get up and when you go to bed)
18. Complete your implementation intentions (as in 'in this situation, I'll do this, not that.') Make three new plans a month to be checked off daily.

Every night:

19. Fast after 7 pm. The fewer calories after sundown, the better.

20. Sufficient sleep (at least 7 hours)

21. Trendelenburg sleep (foot of bed elevated 8 inches (9 inches for a large bed) for at least 4 hours). Don't do it if you have acid reflux, glaucoma, etc.

On the following web page,

<https://thankful2plants.com/obesity/21-tweaks-by-dr-greger/>, Dr. Greger provides quotes for each of the 21 tweaks, which I'll paste here.

### Every meal:

1. Preload with water. "Cold water boosts your metabolism. Have two cups before each meal to also help you feel more full." — Dr Greger

2. Preload with 'Negative Calorie' foods. "Just changing the order in which you eat your foods can have a meaningful metabolic impact. Starting each meal with an apple, light soup or salad may also later reduce your appetite for other, high-calorie-density foods." — Dr Greger

3. Incorporate vinegar (2 tsp with each meal).  
"Flavor meals or dress a side salad with two teaspoons of vinegar, as it has been found to assist in weight loss." — Dr Greger
4. Enjoy undistracted meals (no TV or phone).
5. 20-minute rule. "Studies have demonstrated that boosting the amount of time food is in our mouths can lower caloric intake, so extend meal duration to at least 20 minutes. Choose bulkier, harder, chewier foods and take smaller, well-chewed bites." — Dr Greger

Every day:

6. Black cumin. "Trials have found that a quarter teaspoon of black cumin powder every day also appears to reduce body mass index." — Dr Greger
7. Garlic powder. "Studies have found that a daily quarter teaspoon of garlic powder can reduce body fat." — Dr Greger
8. Ground Ginger and Cayenne Pepper. "Trials have found that ¼ teaspoon to 1 ½ teaspoons a day of ground ginger decreased body weight. It can be as easy as stirring the ground spice into a cup of hot water. Alternatively, adding a half teaspoon of red

pepper powder into your daily diet can also help burn fat." — Dr Greger

9. Nutritional yeast. "Two teaspoons of brewer's, baker's, and nutritional yeasts contain a type of fiber called beta-glucan, and trials have found it can facilitate weight loss." — Dr Greger

10. Cumin (½ tsp with lunch and dinner). "A half teaspoon of regular cumin at lunch and dinner has been shown to help lose weight." — Dr Greger

11. Green Tea. "Drink three cups daily between meals (waiting at least an hour after a meal to not interfere with iron absorption). During meals, drink water, black coffee, or hibiscus tea mixed 6:1 with lemon verbena." — Dr Greger

*Note: the Latter-day Saints have proscriptions against Green Tea and coffee, and, for better or worse, I encourage them to adhere to these proscriptions. For one, the science of these drinks is controversial, and contaminants are often present. For two, the benefits of religion, particularly temple worship, outweigh the supposed benefits of a few particular foods.*

12. Stay hydrated. "Have nine cups of unsweetened beverages daily for women — which would be taken care of by the green tea and water preloading recommendations — or 13 cups daily for men. (If you have heart or kidney issues, don't increase fluid intake without first talking with your doctor.) Avoid diet, fizzy drinks — they may be calorie-free, but their artificial sweeteners are associated with increased weight gain and abdominal fat over time."  
— Dr Greger

13. De-flour your diet. "Whole grains are better than refined grains when trying to lose weight. But eating intact whole grains — such as muesli, brown rice, and solid beans — rather than those that have been powdered is also beneficial in feeding our good gut bacteria with starch. Instead of buying boxed breakfast cereals, make oatmeal out of whole, intact oats." — Dr Greger

14. Front-load your Calories. "There are metabolic benefits to distributing more calories earlier in the day, so make breakfast (ideally) or lunch your largest meal of the day." — Dr Greger



15. Time-restrict your Eating. "Confine eating to a consistent daily window of under 12 hours in length." — Dr Greger

16. Optimize Exercise Timing. "Ninety minutes of moderately intense activity daily is also the optimum exercise duration for weight loss. Anytime is good, but there may be an advantage to exercising at least six hours after your last meal, so typically before breakfast, before a late lunch, or before dinner if you've had an early lunch." — Dr Greger

17. Complete your Implementation Intentions. "Change your existing bad habits to good ones, or establish new good habits, using implementation intentions. Instead of vague self-promises to "do our best," these are specific if-then plans. For example: "If I get hungry after dinner, I will eat an apple." — Dr Greger

18. Weigh yourself Twice a Day. "Regular self-weighing is considered crucial for long-term weight control." — Dr Greger

Every night:

19. Fast after 7 pm. "Because of our circadian rhythms, food eaten at night is more fattening than the same food eaten earlier in the day." — Dr Greger

20. Get sufficient sleep.

21. Experiment with Mild Trendelenburg. "Try spending at least four hours a night lying with your body tilted head-down six degrees, towards the [Trendelenburg position](#) by elevating the posts at the foot of your bed by eight inches, as this pulls more blood into the heart and encourages it to release a fat-burning hormone. Ask a GP first about this — do not attempt it if you have any heart or lung issues, acid reflux, or problems with your brain or eyes. And be careful when you get out of bed as it can make you feel light-headed."

— Dr Greger

## Conclusion

What you eat over decades counts, so find a sustainable diet.

The Standard American Diet is easy, but it kills us more than anything but cigarettes. Slightly harder diets are much safer. Deadly diets shouldn't be tolerated.

A diet centered around plant foods is what the evidence indicates, even though some see it as impractical or unrealistic, as the Sugar Association calls the idea of reducing sugar intake.

When deciding how many fruits and vegetables to recommend for daily intake, US dietary guidelines instructed to be ambitious but not to recommend so many as to be “regarded as threatening.” Rather than patronizing the public, why don't we tell the truth instead?

10 out of 14 of the current US Dietary Guidelines Committee have financial conflicts of interest with meat, dairy, and processed food companies.

The best foods aren't expensive things companies can make money on.

The best diet for weight loss is also the safest, cheapest, and most sustainable.

## **Bonus: Highlighting Dr. Barnard's Power Foods for the Brain**

A Brief Nutritional Guide



About Dr. Barnard

Neal Barnard, MD, FACC, is an **Adjunct Professor of Medicine** at the George Washington University School of Medicine in Washington, DC, and **President** of the Physicians Committee for Responsible Medicine.

See <https://www.pcrm.org/about-us/staff/neal-barnard-md-facc>

### About this Book

These are highlights from the book, but they do not cover all the concepts. They are written in my own words and based on my understanding and may not accurately represent the author's intended message. Some parts have been moved around and placed outside their original chapter for topical convenience, and chapter titles have been abbreviated. Don't miss the entire book for a deeper wealth of health wisdom!

Visit RichardsonStudies.com for the free PDF of this booklet. A paperback of this booklet is available at minimal printing cost on Amazon.com.

# Introduction: Are You Helping Your Brain with Food?

Little adjustments to our daily routine can make a difference in memory and learning.

Enjoy these tips from Dr. Barnard on how to sharpen your intellect.

Don't let your food fight against your efforts to learn!

Some of the topics in this book include: Toxic Metals, Harmful Fats & Cholesterol, Vitamins, Mental Exercises, Physical Exercise, Sleep, Medications, Menus, Cravings, & Limiting Animal Products.

This summary booklet will help launch you into a healthier life and whet your appetite for further studies.

## Toxic Metals

We need very few metals; when we eat animals, we ingest all the metals they ingested, and they have ingested all the metals from the other animals they consumed. Breakfast cereals also are fortified with too many of these metals. Vegetables, beans, and whole grains have plenty of metals, etc. Vegetarians get plenty of copper and zinc. This has surprised the researchers, and they're having to change their narrative, as they used to warn vegetarians that they might not have enough copper and zinc. It's those who eat animals that often have excessive levels. Nutrition from plant sources is the safest way to stay in the healthy zone.

Aluminum is in tap water.

Aluminum pots get aluminum in your food.

High aluminum counties have 50% greater rates of Alzheimer's. The link between aluminum and brain damage has been downplayed in the past, but new research confirms that not only is it toxic, but the levels you encounter from tap water and the use of

everyday items are not good. Controversy remains, but error on the side of caution.

The simpler the food, the more confident you can be in it. Foods from the produce aisle have only one ingredient. Avoid pizzas full of fat and cholesterol.

Lobsters and crabs have tons of metals, as do other animals.

Get aluminum-free baking soda; don't let aluminum foil touch acidic foods. The longer soda sits in an aluminum can, the more dangerous it is.

There's a lot of aluminum in tea.

A reverse osmosis water filter gets rid of aluminum.

There are other ways we take metals into our bodies. Standard antiperspirants contain aluminum, which passes through the skin and into the bloodstream. Mercury tooth fillings might also increase the amount of mercury getting into the brain.

If you have an ulcer, the best treatment is an antibiotic, not an antacid, as bacteria cause ulcers.



It is wise to get a supplement containing only vitamins, not minerals, since people go overboard on the minerals. You need some copper, iron, and zinc but no aluminum.

Avoid excessive copper, iron, and zinc; you don't need any aluminum. You avoid most of these metals on a plant-based diet and get the small amount of copper, iron, and zinc you need without the excess in animal products. If your multivitamin has copper, zinc, and iron, like most multivitamins, get a healthier one at a health food store. Try a B complex multivitamin. If you are eating plenty of fruit, vegetables, and nuts, you only need a B12 supplement.

Don't use aluminum or iron cookware. Beware of eating out because you may not know what cookware was used. Aluminum is often used in cheese toppings on pizzas and in single-serve coffee creamer or salt packets.

Bottled spring water is safer than tap water unless your tap water is tested and is free of aluminum or if you're using a reverse osmosis purifier, which

removes aluminum. Avoid aluminum cans, including soda and beer cans.

## Harmful Fats and Cholesterol

People in the blue zones (where people live the longest) often eat little to no meat and dairy.

In a study with hundreds of people, those who didn't eat meat were 1/3 less likely to get Alzheimer's. The more saturated and trans-fat you have every day, the more likely you'll get Alzheimer's.

HDL carries cholesterol away, so if you have very low cholesterol, it's not necessarily bad to have low HDL.

Vegetables like broccoli have omega-3 fat ALA, which the body converts into the essential DHA. If you want, you can get a DHA supplement. Try to get the vegetarian version derived from algae rather than the other kind derived from fish.

Omega-3 supplements and fish oil supplements don't help prevent Alzheimer's; however, slimmer people have less risk of Alzheimer's.

Fish is more like beef than broccoli. It's primarily fat; there's some good fat, but it's about 80% bad fat and cholesterol. Some studies show that fish is good because it's better than other animals, but it is not a main staple in the blue zones.

The Mediterranean diet is pretty good if you skip the fish and oils. Many people do well on this diet because of the increased veggies.

Use a body mass index calculator to see if you're in a healthy weight range. The healthy range of BMI is 18.5 to 25.

*Note: I recall that blue zones are lower on that spectrum, at 23. Dr. Fuhrman talks about how our expectations have lowered, and a truly healthy BMI is more like 23 at the top.*

If you need to lose weight, don't bother counting calories. Eat more vegetables, fruits, legumes, and whole grains. Avoid animal products and oily foods, and your weight will adjust itself easily.

When you lose weight, your blood flows better, so your heart doesn't have to work so hard, and your blood pressure will decrease. Potassium also lowers blood pressure.



## Vitamins

Vitamin E is an antioxidant that protects against free radicals. Free radicals attack the brain. While other body cells will reproduce, brain cells will not, so protect your brain.

Getting vitamin E in food rather than pills is ideal, partly because pills usually only have one form of vitamin E. Nuts and seeds are a great source of vitamin E. Peanuts. Cashews have more saturated

fat than other types of nuts and seeds. To avoid overeating nuts and seeds, use them as an ingredient, not a snack.

Folate, B6, and B12 are very important.

The following was learned in a study of 20,000 people over 6 years: 1) Eating an apple daily can cut your stroke risk in half. 2) Sweet potatoes reduce heart problems. 3) Orange fruits and vegetables from the beta carotene reduce heart problems.

Some have suggested that some amount of wine helps; it could be to counteract unhealthy foods. Those who eat healthily do not benefit from wine. Even one drink of alcohol a day increases a woman's risk of breast cancer.

Some have suggested the benefits of caffeine. It is controversial, and there are known dangers.

Dr. Benjamin Spock, who ate healthily and recovered his health in his 80s, was tempted by a steak at a restaurant. After eating it, he lost energy and couldn't sleep well. He also learned that dairy is not important for children.

## Mental Exercises

Bilingual people don't get cognitive problems until 5 years later than others. The more languages you speak, the better. What counts is actively using those foreign languages, not just taking a class on it once upon a time.

We can remember unrelated things by connecting them through mental images. When you meet someone and learn their name, you can't just toss it aside, thinking you'll remember it later. You need to link it to something.

See the book *Remember Every Name Every Time: Corporate America's Memory Master Reveals His Secrets* by Benjamin Levy.

See the book *Use Your Perfect Memory: Dramatic New Techniques for Improving Your Memory* by Tony Buzan.

Toxic foods and excess fat can destroy your memories.

Give your brain stimulation by reading, puzzles, word games, math games, and social interaction.



## Physical Exercise

Those who exercise are far less likely to have Alzheimer's and strokes. Regular exercise increases brain cells and grows your brain. Exercise protects us against the brain shrinking that comes with old age.

Exercise a brisk walk for a short time, then increase the time. It's more about keeping your heart rate up than distance. Don't push it so hard that you can't talk or breathe.

If you can make exercise social, that dramatically helps; companionship is a significant part of what makes physical activity fun. You're more likely to do it if people are expecting you.

Put exercise on your schedule so it happens—treat it like a doctor's appointment you won't miss.

Exercise is like an antibiotic—taking one dose doesn't help much. Yoga and Pilates are flexibility exercises that help decrease pain. (*Note: I'd say Pilates is much better than yoga.*) Aerobic exercise is best for brain and heart health. Strength exercise strengthens muscles and bones.

Exercise is an antidepressant, about as effective as medication.

You can't out-exercise a bad diet; the exercise won't eliminate the cholesterol. Even if you're too out of shape to exercise, you can lose weight from a good diet.

*Note: I know many people who know little to nothing about nutrition and insist exercise is the only way to lose weight. It's a good start, but*



*exercising without proper nutrition is like putting a Band-Aid on an injury that gets reopened daily.*

Cortisol from stress interferes with memory.

## Sleep

People who go to bed earlier are skinnier.

Things you learn during the day are solidified at night as you sleep. Turn off the lights at 10:00 p.m. and let your brain repair. However, many sleeping medications wipe out memory.

Protein foods will keep you awake, so have less at dinner and more at breakfast. Alcohol also makes for a rough night's sleep.

Stretching before sleep, like animals, improves sleep.



## Medications

Doctors give patients Versed after a colonoscopy; it makes them forget the whole procedure even if they were awake during it.

Only when you stop the medication does your memory gradually return.

Taking an antidepressant (like Xanax) or an allergy medication that blocks acetylcholine can cause build-up and block way too much. Even antidepressants that don't affect acetylcholine affect memory.

Statins (to lower cholesterol) like Lipitor are the most prescribed drugs, and they can cause heart, liver, memory, and brain problems.

New drugs come on the market every year, but their full range of side effects is often not known for several years after that. Investors understand that the big money is in medicines used for life, so they're focused on developing those.

Manufacturers of drugs for ailments such as cholesterol and diabetes are not required to disclose that consumers wouldn't need their drug if they followed a plant-based diet.

If you suspect a gluten sensitivity problem, go without gluten for a few weeks to test it and see if your symptoms disappear. Eliminating gluten will not benefit you if you don't have gluten sensitivity.

*Note—I recall that there may be issues with wheat products treated with pesticides, so eliminating gluten means eliminating the pesticides. Scripture says wheat is the staff of life (Doctrine and Covenants 89), so hopefully, you can find healthy wheat products.*

Women going through menopause often experience temporary difficulty in concentration and difficulty in learning, but these return to normal in time.

Hormone replacement therapy increases the risk of dementia, stroke, and cancer.

Long-term alcohol use destroys memory.

Even briefly, a lack of oxygen to the brain can cause significant memory loss.

Chemotherapy makes your brain cells not work as well; it can be more dangerous to brain cells than cancer cells.

People with diabetes are at higher risk of stroke and Alzheimer's. Those with blood sugars in the diabetic range are 74% more likely to develop dementia, and those with sugars in the pre-diabetic range are 33% more likely to develop dementia. The best diet for diabetes is a plant-based, animal-free diet low on oils and focusing on foods low on the glycemic index.



## Menu

A healthy diet won't just help you lose a few pounds. It will dramatically change your life, reverse diseases, and stop the need for medication.

People often eat the same bland foods: meat, potatoes, and corn. When we start eating plant-based foods, we discover the variety of nature's blessings.

The healthy BMI range is 18.5 to 25. People who eat meat daily average 28.8. The average BMI is 27.3 for people who eat meat less than once a week. People who ate no meat but the occasional fish were thinner still. Those who left out all meat and fish but still had dairy were thinner. The only group

in the middle of the healthy weight range were those who skipped animal products altogether.

Narrowed arteries can open again when we change our lifestyle. Cruciferous vegetables cleanse the blood.

Bitter food can become delicious when you mix some sour with it. Lemon juice on salads and green vegetables is good. And there are many fat-free salad dressings.

If the fruit sticker (PLU code) starts with an I, it's organic. If it begins with any other number, it's conventionally grown. If it starts with an eight, it is genetically modified.

When you have a bunch of bad fats, the omega-6s compete with the omega-3s, so the omega-3s from the vegetables can't turn into the DHA you need.

Cut your fruits and vegetables into bite-size pieces in a bowl, and you will be much more likely to eat them that way. Serve nuts too, but a small handful (about one oz.) is all you need daily.

Limit oils in cooking. Steam vegetables to add flavor without fat. Sauté in vegetable broth or water instead of oil. You can even sauté them in a dry pan. Baked is better than fried. If you're getting a pre-made frozen meal, get the ones with less than 3 grams of fat per serving.

For a vitamin-rich diet, eat vegetables (especially green leafy vegetables), beans, and fruits, with some nuts sprinkled on your salad.

When taking Warfarin, a blood clot preventer, people often are told to avoid eating vegetables. The real goal is to keep the number of vegetables you eat steady so your doctor can give you the appropriate dose.

Lowering your cholesterol is good for your brain and your heart. Some foods help to lower cholesterol, such as oats, but don't use instant or quick oats. Use the old-fashioned or steel cut. Add cinnamon, bananas, strawberries, or other fruit. Don't use cow milk if you want creamy; let them cook in the water first or use almond milk or soy milk.

Beans and barley lower cholesterol again due to the soluble fiber. Soy, almonds, and walnuts also help lower cholesterol. Some margarines have this effect as well. Those who eat almonds and walnuts regularly have lower cholesterol.

You need carbohydrate-rich vegetables, beans, and grains to live long. Carbs only have four calories per gram compared with nine calories per gram in fats. Carbs get a bad name because we tend to combine them with greasy, fatty foods like cookies, pies, and cakes. It's the stick of butter or shortening that gets you high calories. *(Note: 1 stick of butter has the calories of 100 cups of vegetables.)*

Brown rice has lots of fiber, but the fiber is mainly gone when the outer layer is removed and turned into white rice. The same is true with wheat when it is refined into white flour. You want whole grains with their natural bran.

Most fruits have a low glycemic index and do not spike blood sugar. Also, choose low-glycemic-index yams and sweet potatoes rather than white potatoes. Puffed cereals have a high glycemic index. Go for oatmeal and bran cereal.



At sandwich shops, skip the meat and cheese and use a vinaigrette. At pizza shops, skip the meat and cheese and keep the veggies.

Do a three-week health food challenge using healthy foods, and you will see the results. *(Note: This is like Daniel's test. The wise will see the benefits and keep the habits.)*

There is shelf-stable tofu, which will last longer than the water-based.

The US government recommends a B12 supplement for everyone over 50, and it's best for everyone, any age, any diet. Beware of multivitamin supplements, which have lots of heavy metal minerals. If you need a DHA supplement, choose non-fish.

Get 20 minutes of direct sunlight on the skin daily for the amount of vitamin D needed. If you are indoors most of the day, take a vitamin D supplement.

*Note: Dr. Fuhrman says the morning sun from 6-9 is the healthiest time for skin exposure due to the type of rays at that time.*



## Cravings

When people are high on drugs all the time, you can't communicate with them; they're in their own world.

The guy named Epstein, who was in charge of managing The Beatles so they did not do so many drugs that they couldn't perform, fell into the drugs himself.

Dopamine is what you get from all drugs and alcohol. Drugs give dopamine in such high doses that it makes people uninterested in everyday life, uninterested in food, sex, etc.

Today's foods are designed to be less like foods and more like drugs. Our cane sugar is pure, extracted, unnatural stuff. It's the same with chocolate - they extracted cocoa butter and combined it with butter and sugar, which became an unnatural, addictive food. These become irresistible, like heroin in small amounts.

Opiates from cow milk trigger dopamine release. Cheese is concentrated casein and delivers a higher dose of morphine. Cheese has more saturated fat, cholesterol, and sodium than steak.

Even though cheese and wine taste and smell bad, they trigger dopamine, so we keep returning for more.

Some people's genes require more dopamine than usual to feel normal. But no matter what genes you have, you can get addicted to food because people are designing it to be addictive.

*Note: Remember, D&C 89 says wicked people are conspiring against us and urges us to be very selective in our diet. It says to focus on fruits, vegetables, greens, and herbs. It should not be*

*difficult to understand that we must avoid highly processed foods. D&C 89 also says to use meat only sparingly, if at all. Many religions have long spoken in favor of limiting the use of meats, and now science is catching up to that true health principle that religions have taught for so long. God's goodness is seen in His revelations, which help us long before we discover them ourselves. The wise listen to God and don't wait for man to catch up with what God has already revealed.*

Comfort foods give opiates and dopamine. No one ever went to a convenience store at 9:00 p.m. to buy cauliflower. Don't get comfort from your food. Absolute comfort comes from developing friendships. Exercise also triggers dopamine naturally, so you will be less likely to turn to dopamine foods later in the day if you've exercised.

*Note: In 'How to Not Diet,' Dr. Gregor points out that milk is the only food in nature with sugar and fat in high concentrations together. Babies need to be drawn in a powerful way to keep coming back for more development, but if you aren't a baby, you don't need to mess with milk.*

Many people imagine they can have certain unhealthy foods occasionally. Still, it's easier if you set rules for yourself not to have unhealthy foods at all so they aren't teasing you. In theory, a little won't hurt, but each dose triggers more dopamine rush that reinforces the desire for it. Smokers know that teasing yourself with small amounts is more challenging than quitting. Moderation stokes the fire rather than letting it go out. We have been tricked into believing that we should have moderation in everything.

*Note: Once a person is well acquainted with the health benefits of eating right, doing so comes naturally, and food choices become obvious. The temptation to eat a halfway diet disappears when we learn the truth.*

# Bonus Lecture Highlights: Veganism for Health by Dr. Barnard

Highlights from 6+ Ways a Vegan Diet Can Improve Your Health, from the Exam Room Live, Physicians Committee, Dr. Neal Barnard

<https://youtu.be/hUSNz70LqGc>

Arteries open up, erectile dysfunction goes away, heart attack goes away, stroke goes away.

White blood cells don't function well in a greasy oil environment, so if you're not eating animal products, you're not getting all that oil, grease, and fat, so your body can better fight off the common cold and other sicknesses.

Less Alzheimer's.

When you lose weight, it stays off. You're learning quality, not quantity.

It's ideal for weight loss. You don't have to count calories; your foods will naturally trigger you to want fewer calories.

The bad saturated fat is in meat and dairy.

90% of people who are using Lipitor to decrease their cholesterol don't need it if they're not eating all that cholesterol in animal products.

Once you go plant-based, you stop craving junk food.

# No Need for Diet Confusion

Dr. Greger's work is jam-packed with studies to ensure the highest quality science supports his recommendations. Dr. Greger uses around 5,000 references in his 609-page book. In this booklet, you'll see some key principles and recommendations based on that research.

You don't have to wonder what the best diet is for health. Research consistently shows that a whole food plant-based diet (the commonsense diet) is ideal for all forms of health.

Some major topics of this work include fiber, water foods, low glycemic foods, low added fat, sugar, calorie density, low salt, low insulin index, and the optimal weight loss diet. Some secondary topics treated include chronobiology, eating rate, exercise myths, greens, temperatures, hot drinks, habit formation, fasting, keto, meal frequency, water, negative preloading, sleep enhancement, stress hormone relief, and walling off calories. Greger's famous Daily Dozen and 21 Tweaks are also presented.

Bonus highlights of Dr. Neal Barnard's Power Foods for the Brain are also included.