

LIFESTYLE NUTRITION PLAN

A 21st Century
Approach to
Simple, Delicious,
and Healthy
Eating





Dr. Jami West, DC
Abundant life



Your Foundational Healthy Lifestyle Plan for Long Term Sustainable Success



Welcome to Month 1 of the CLEAR Program The Lifestyle Plan is your one stop guide to basic nutrition and healthy eating for health transformation and long term success.

The Lifestyle Plan is our most basic nutritional plan for maximizing health. Individuals that follow this plan have been able to lose weight (if they have any weight to lose), sustain energy throughout the day, balance hormones and increase their level of vitality and quality of life.

As you go through Month 1 of CLEAR, your focus should really be on mastering **“The Four Basics of the Lifestyle Plan.”**

The Lifestyle Plan is totally different from any other nutrition guide out there. It's not a diet and it's not full of a bunch of rigid rules that have no flexibility. It's designed to help you implement lasting changes into your lifestyle in order to promote better health and vitality down the road.

Research shows that nutrient deficiencies and poor nutrition are linked to some of the leading killers such as cancer and heart disease. What most people don't realize is that conventional, processed foods are nutrient depleting and are often full of cancer causing chemicals and toxins.

The Lifestyle Plan is your guide for eating healthy, whole foods to increase your level of nutrient uptake and decrease exposure to harmful toxins.

In this guide, you will learn simple strategies to implement in order to live a healthier lifestyle right now! You're only moments away!

To True Health and Real Results,

Dr. Jami West



DISCLAIMER: PLEASE READ


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THE LIFESTYLE PLAN

By Dr. Jami West

The Lifestyle Plan is our most basic health plan. This is the plan that we should all implement for life if we are to truly live a healthy lifestyle. The typical result you should expect in following this plan as a lifestyle is weight loss (if you have any weight to lose), increased energy, decreased digestive issues and an increased overall quality of life!

The Lifestyle Plan is not a diet, it's a road map to improved health and wellbeing for the duration of your life! It won't limit you to just a few bland foods. It's packed full of variety! But, before we get into what foods you *can* enjoy, we need to share with you a little bit of information about (that you may or may not already know) everyday foods that can affect your health.



If you're kind of nerdy like us and you're interested in the science behind The Lifestyle Plan as well as other powerful information, keep reading. If you'd rather skip to the (grass-fed) meat and (sweet) potatoes jump down to Page 18 and review "The Lifestyle Plan Recap" and review the Food Guide on Page 19.

What You **MUST** Know About...



Sugars

The average American consumes 22.2 teaspoons of sugar each day¹. Could you imagine sitting down at your dinner table, sugar bowl right in front and proceeding to eat 22 teaspoons of sugar? You'd be sick! Actually, the very thought of doing so may make you sick. Yet, many individuals in industrialized nations consume that very amount of sugar each day without even knowing it. This level of consumption leads to more fatigue, weight gain and hormone imbalances. We're about to uncover the truth about sugars in your food.

Why is this important?

Besides the fact that you will pack on fat, increase the aging process and plummet your energy levels, high sugar intake puts you at risk for heart disease, which is still the leading cause of death in the United States and the world according to the Centers for Disease and Control and Prevention (CDC). As you may already know, high sugar intake is a contributing factor of many chronic conditions such as diabetes and obesity. This can be used as even more motivation to move **away** from disease causing factors and move **toward** health promoting, energy boosting factors.

The average American consumes 22.2 teaspoons of sugar EACH day! Other Western industrialized nations such as Canada and the UK are not far behind.

¹ (2009). Curb your sugar intake to lower heart risks. *Health Advisor*, 12 (1): 5.

Secondly, sugar will keep you from losing weight and it will actually cause you to gain weight. Consider this: One soft drink contains 40 to 50 grams of sugar or 10 teaspoons (mainly in the form of high fructose corn syrup (HFCS)). Weight gain from **one soda** can amount to 15 pounds over a one year time period². No wonder 75% of American adults will be overweight or obese by 2015³. England is not far



behind. As of 2004, 67% of men and 69% of women in the UK were overweight or obese⁴.

Unfortunately, trends are showing that our children are following the same path. The research shows that without a doubt there are positive correlations between sugar consumption and weight gain⁵ which puts you at risk for a myriad of other chronic conditions as well as chronic fatigue.

So, what can you do about it? Well, first you need to understand where sugar consumption comes from. Let's start with the most obvious.

SWEET TREATS	
Food	Grams of Sugar (per 100 grams)
White cake with frosting	57 grams of sugar
Chocolate sandwich cookie with crème filling	63 grams of sugar
Marshmallow frosted cereal (what many children have for breakfast)	43 grams of sugar
Glazed French Cruller doughnuts	35 grams of sugar
Coffee liqueur	46 grams of sugar

Can you believe how much sugar is consumed **per 100 grams of food**? A few slices of cake here and there or chocolate cookie snacks at work during the day can do SO much damage—**especially** if you're trying to lose weight. It's not difficult to see why a diet full of sweet indulgences will not help you live reach the level of health that you want to see long term.

² Apovian CM. Sugar-sweetened soft drinks, obesity, and type 2 diabetes.

JAMA 2004;292:978–9.

Mark, V.S., et.al. (2006). Intake of Sugar-Sweetened Beverages and Weight Gain: A Systematic Review.

American Journal of Clinical Nutrition, 84: 274-288.

³ Chen, L., et. al. (May 2009). Reduction in consumption of sugar sweetened beverages is associated with weight loss. *American Journal of Clinical Nutrition*, 89: 1299-1306.

⁴ Allender, S. & Rayner, M. (2007). The burden of overweight and obesity related ill-health in the UK. *Obesity Reviews*, 8:467-473.

⁵ Ludwig DS, Peterson KE, Gortmaker SL. Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *Lancet* 2001;357:505–8.

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Phillips SM, Bandini LG, Naumova EN, et al. Energy-dense snack food intake in adolescence: longitudinal relationship to weight and fatness. *Obes Res* 2004;12:461–72.

Bes-Rastrollo M, Sanchez-Villegas A, Gomez-Gracia E, Martinez JA, Pajares RM, Martinez-Gonzalez MA. Predictors of weight gain in a Mediterranean cohort: the Seguimiento Universidad de Navarra Study 1. *Am J Clin Nutr* 2006;83:362–70.

Schulze MB, Manson JE, Ludwig DS, et al. Sugar-sweetened beverages, weight gain, and incidence of type 2 diabetes in young and middle-aged women. *JAMA* 2004;292:927–34.

Striegel-Moore RH, Thompson D, Affenito SG, et al. Correlates of beverage intake in adolescent girls: the National Heart, Lung, and Blood Institute Growth and Health Study. *J Pediatr* 2006;148:183–7.



A diet full of sweet indulgences will not help you reach the level of health that you want to see long term.

You're probably wondering, "Does that mean I never get to eat sugar, cakes or cookies for the rest of my life?", "Are you going to put me on some extreme starvation diet where all I get to eat is spinach, salad and asparagus?" Absolutely not. There are hundreds of ways to incorporate delicious, mouthwatering foods that will leave you satisfied. You are also not going to be restricted from eating emotionally satisfying foods in the long term.

Now, let's move on to the more interesting information. What foods might you be eating that contain high amounts of sugar and you're not even aware of it? Even foods that most people perceive to be healthy are actually high in sugar and that means that they won't help you lose weight either. Check out the commonly consumed foods and chart below that often contain too much sugar. We call the sugars found in these foods "Hidden Sugars."



Granola Bars



Sugary Salad Dressings



Fruity Drinks and Juices



Dried Fruit

HIDDEN SUGARS	
Food	Grams of Sugar (per 100 grams)
Salad dressing	Up to 38 grams of sugar
Dried apples	81 grams of sugar
Dried bananas	47 grams of sugar
Granola bar	43 grams of sugar
Catsup	22 grams of sugar
Fruit punch drink	95 grams of sugar

It's clear that you could EASILY consume the 22 teaspoons of sugar each day if you are regularly consuming foods such as those above. Some may wonder about the dried fruit. Isn't fruit supposed to be healthy? It depends on the fruit. High glycemic (or high sugar) fruits like red apples, bananas and pineapple contain very high levels of sugar—*especially* when they are dried. These are often popular toppings to salads as well. Isn't it crazy to think that what we would consider healthy foods are actually

causing you to experience regular fatigue or weight gain? Not to mention, that it doesn't add a lot to your total level of health and quality of life.



Fats

Contrary to popular belief fat doesn't make you fat. Healthy fat actually makes you slim, helps to balance hormones and promotes a healthy cellular structure. Fat consumption is largely one of the most misunderstood topics—especially for people trying to lose weight.

We've been told by modern society that fat is bad and if you want to lose weight and reduce the risk of heart disease and other chronic conditions then removing fats from the diet is the best way to go. The popularity of low and reduced fat foods is supposed to "help" us achieve these goals. However, if we drill down to the truth of the matter, we can see that fats are actually *necessary* for your body to function at an optimal level—including losing weight.

Why do we need fats for long term health?

It starts with the basics of cellular structure. Do you remember studying cells in biology class? The cellular membrane is made up of what is referred to as a phospholipid bi-layer. Lipids are primarily fats. You have 75 trillion cells in your body and they all need healthy fats throughout the membrane to help for your cells to function at their highest level. When your cells are functioning properly, you can expect:

- To have sustained energy levels throughout the day
- To wake up after a night's rest with high energy
- To maintain a healthy weight with no problem
- To be less prone to hormonal imbalances
- To significantly reduce your risk for chronic diseases like heart disease, diabetes and cancer
- To feel your best and reach your full health potential

The structural basis for all life is comprised of fats. However, not all fats are created equal.

In a healthy cell, the membrane is a fluid mosaic allowing for optimal communication between the cell and the body. When the "good" fats are consumed the inside and outside of the cell can communicate clearly with one another.

In an unhealthy cell, inflammation is present and the cellular membrane becomes more rigid decreasing overall cellular and whole body health often with moderate to severe symptoms such as fatigue, low

energy, weight gain and several other issues. This is what happens when you consume “bad” fats which are then used to build the cellular membrane, which causes inflammation and decreases communication throughout the body.

Inflammation at the cellular level is the root cause of many 21st century diseases. In order to preserve the integrity of the cellular structure (and encourage very high levels of health) healthy fats are essential. Remember, healthy fats help to keep you at a healthy weight and they help to maximize your level of health!



What causes cellular inflammation?

Poor nutrition, environmental toxins, bio-toxins and even psychological triggers like stress can cause inflammation within the body. In the CLEAR Program you will thoroughly address the issue of removing toxins and inflammatory causing agents from your body and environment.

So what are these “bad” fats and where do they come from?

Modern technology has changed the way that foods are processed and delivered to us. While major corporations state that

these advancements are more efficient, it is worth noting that efficiency comes at a price. Efficiency led to the introduction of hydrogenated oils several decades ago.

These oils are efficient for large corporations but they are extremely harmful to the body. Specifically, the partial trans-fat structure of hydrogenated oils is linked to both heart disease and inflammatory indicators within the body⁶. The hydrogenated and partially hydrogenated oils are useful for the food industry because they allow for a longer shelf life for a variety of products. Take a stroll through the aisles of your local grocery and you will find that everything from chips to kids’ breakfast cereals contains hydrogenated or partially hydrogenated oils.

These bad fats cause hormone disruption, gut problems, weight gain, difficulty focusing and depleted energy levels. Think about this, the foods that you eat are the building blocks of how every one of your 75 trillion cells function. If you were to eat a fast food burger and fries, the unhealthy fat from these foods will be used to create the cellular structure of your cells affecting how your cells communicate within your body and how you function as a whole.



Hydrogenated oils and trans fats don’t just hurt you now. Their half life in your body is 51 days! That means it will take 102 days for your body to remove the damaging effects that we’ve been sharing with you! Certain oils are not the only culprit. Refined sugars and sugars from processed grains can cause inflammation at the cellular level as well.

⁶ Rakei, D.P., Rinfleisch, A. (March 2005). Inflammation: Nutritional, botanical and mind-body influence. *Southern Medical Journal*, 98 (3): 303.



What does this have to do with fats?

Your body needs healthy fats to function at an optimal level. Without them, you compromise your health and it is more difficult to maintain weight loss for the long term. Additionally, healthy fats can reduce inflammation at the cellular level, repairing the damage done from eating processed foods and refined sugars over the years.

There are two types of fatty acids that we will discuss: Omega-3 acids and Omega-6 acids. There are several types of Omega 3 acids.

They are:

- α -linolenic acid (ALA)
- eicosapentaenoic acid (EPA)
- docosapentaenoic acid (DPA n23)
- docosahexaenoic acid (DHA)

Omega-6 acids are comprised of *linoleic* and *arachidonic acid*. Both Omega 3 and Omega 6 acids are very important because the body cannot produce them on its own. Omega 3 is especially important because most people are deficient in this important fat. There is controversy regarding the proper ratio of Omega 6 to 3 fats. Our references state that 4:1 is an appropriate ratio⁵.

Unfortunately, the typical diet is severely skewed toward higher Omega 6 ratios. It is estimated that Omega-6 to Omega-3 ratios are closer to 16:1 in most individuals⁵. Omega 6 ratios that are too high can increase prostaglandin E2, which promotes inflammation. Omega 3 ratios, on the other hand, *reduce* inflammation. Therefore, most people will need to reduce Omega-6 consumption, while increasing Omega-3 consumption to help balance fatty acid levels and have an incredible health transformation.

“Many of the items we stock in our refrigerators and pantries... aren’t really even food. Just because something edible passes our lips doesn’t necessarily qualify it as nourishment. Few ingredients in these highly processed poser foods are close to recognizable, and most of the additives—such as colorings, flavorings and artificial sweeteners—are ultimately toxic.”—Dr. Myron Wentz, *The Healthy Home*



THE 4 BASICS OF THE LIFESTYLE PLAN



1. Nurture Your Body With Natural Foods

The fact of the matter is that “advances” in food processing have dramatically changed the composition of many of the foods that we eat. As opposed to eating fresh, nutrient dense foods, many people across the world are consuming nutrient depleted highly processed foods.

Processed Food—foods that have been taken through a system or an unnatural method designed to extend shelf life and/or enhance flavors or food textures. The

fact of the matter is that processed foods can cause a myriad of health issues and they can ultimately lead to disease.

Consider the ingredients in a can of conventional cream of chicken soup created by a well-known manufacturer:

*Chicken stock, wheat flour, chicken fat, corn starch, cooked chicken meat, cream, water, salt, margarine (corn, cottonseed, canola, and/or soybean oil, water, color (beta carotene), dried whey, soy protein concentrate, flavor enhancer (**monosodium glutamate**), dried dairy blend (whey, calcium, caseinate, yeast extract, modified starch, flavoring, soy protein isolate, acidity regulator, sodium phosphates), chicken flavor, natural flavoring, product contains wheat products, milk products and soy products.*



Notice that the ingredients contain **Monosodium Glutamate** or **MSG**. This is a known neurotoxin that damages and causes lesions to the hypothalamus⁷. The hypothalamus is responsible for several bodily functions including weight management. In particular, MSG has been known to cause weight loss issues due to its disruption of the hypothalamus.

The majority of food prepackaged products that are readily purchased in the grocery store are processed and they are typically full of chemicals and food imitations that are nutrient depleting. According to the research,

FOOD ADDITIVES TO AVOID

1. Sodium Nitrate—preserves meats (banned in Germany and Norway)
2. Sulfur—preserves dried fruit
3. Formaldehyde—used to preserve frozen vegetables
4. Arsenic—has been found in chicken feed
5. Aluminum—found in conventional table salt and baking powder
6. Propylene glycol—found in many toiletries as well as ice cream
7. *Monosodium Glutamate (MSG)—known neurotoxin that damages the hypothalamus
8. Food coloring—mainly composed of chemicals

⁷ Samuels, J. (2004). The obesity epidemic: should we believe what we read and hear? Retrieved from <http://www.westonaprice.org/msg-updates/298-obesity-epidemic-and-msg>.

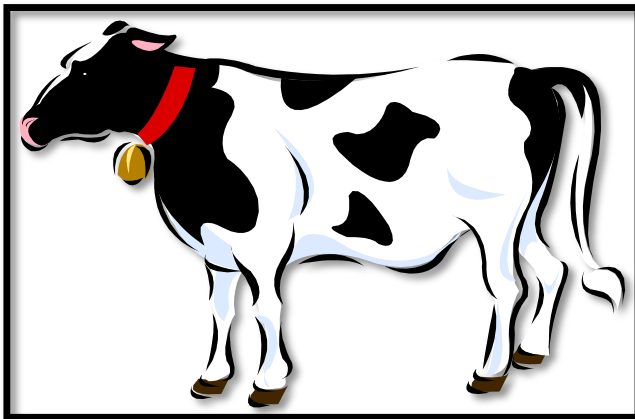


processed foods are contributing to the obesity epidemic as well as the increasing rates of chronic conditions. These processed foods contain virtually no fiber, nutrients or phytochemicals (found in plants). However, they **do** contain very high levels of bad fats, a high glycemic load and high levels of artificial flavors⁸.

We encourage everyone to minimize the intake of processed foods as much as possible. Freshly prepared foods are much healthier and will provide the needed vitamins and nutrients that your body requires each day. However, if you purchase processed food products, be sure to read labels and buy organic whenever possible.

Action Steps:

- ✓ **Read labels** on the foods you purchase. If you can't pronounce the ingredients, don't buy it.
- ✓ **Prepare your meals** using fresh meats, poultry and fish and/or fresh produce whenever possible.
- ✓ **Purchase organic foods** whenever possible to reduce exposure to toxins due to pesticides.
- ✓ As much as possible, **avoid processed foods**. If you must have them due to situational constraints organic is best.



2. Upgrade Your Meats

As you know, Omega-3 fats are important for cellular health and optimal body function. The processing techniques that have developed over the past several years have stripped our foods of these important fats.

Skewed Fatty Acid Ratios

Meats like chicken and beef used to be good sources of Omega-3 fats. However, the food industry quickly realized that meat products could be cheaply manufactured by feeding cows grains instead of the grass that they are

created to eat. This changes the fatty acid ratios in the cow leaning much more toward Omega-6 fats than Omega-3. As you know, too much Omega-6 leads to inflammation and can cause weight gain, fatigue and many other symptoms.

⁸ Ludwig, D.S. (2011). Technology, diet and the burden of chronic diseases. *Journal of the American Medical Association*, 305 (13): 1352.

Growth Hormones and Antibiotics

Additionally, it is now widely known that hormones and antibiotics are used in most conventionally processed meats. The hormones are used to fatten the animals and reduce the time from birth to slaughter. However, these hormones have been linked to increased risk for cancer and the early onset of puberty in young girls (also linked to higher risks of cancer).

Antibiotics are used to compensate for the dangerously unsanitary conditions found in many animal farms. As a result, the human body can become resistant to certain strains of bacteria, which can obviously be very problematic⁹. Antibiotics also deplete healthy gut bacteria which causes issues with digestive health as well.

Action Steps:

- ✓ **Buy grass fed beef** whenever possible to consume meats with a proper fatty acid profile.
- ✓ **Buy organic meats and poultry** when available. They are prepared without using pesticides, hormones and antibiotics. If you can't get organic meat at least go for antibiotic-free and hormone-free meats.
- ✓ **If you must buy conventional beef, purchase lean beef.** At least then, you will get less exposure to the skewed fat ratios in conventional cows.

3. Remove Refined Sugars and Grains

Refined sugars are one of the main culprits for the modern world's obesity epidemic as well as the onset of chronic conditions. Sugars also cause hormonal imbalance which can lead to depression, anxiety and fatigue ("food coma").

Diets that are high in sugar are linked to the onset of chronic conditions and can lead to weight loss resistance.

Consider a study of 773 adults that all lost at least 8% of their baseline body weight. After they lost the weight, one group implemented a diet of high glycemic (high sugar) foods, while the other group implemented a diet of very low glycemic foods. Guess which group was less likely to gain the weight back after 6 months? The group on the low glycemic diet.¹⁰ This isn't just about a short term fix. A low sugar diet free of refined



⁹ Antibiotics in your meat: What's the big deal? Princeton University. Retrieved from http://www.princeton.edu/~greening/downloads/antibiotic_table_tent1.pdf.

¹⁰ Larsen TM, Dalskov SM, van Baak M, et al; Diet, Obesity, and Genes (Diogenes) Project. Diets with high or low protein content and glycemic index for weight-loss maintenance. N Engl J Med. 2010;363(22):2102-2113.

grains is a lifetime strategy that you can use to optimize your health for the long haul.

Here are just a few examples of refined sugars and grains that you should do your best to avoid:

REVAMP YOUR PANTRY	
REPLACE...	WITH...
Bleached flour, unbleached flour, conventional all-purpose flour, enriched flour	Almond flour, coconut flour, Paleo flour (Bob's Red Mill)
White sugar, brown sugar, refined syrups, high fructose corn syrup, concentrated fruit juice, fructose, sugar substitutes like NutraSweet and Splenda***	**Stevia, xylitol, raw honey (local preferred), maple syrup, coconut palm sugar
White bread, wheat bread	Mikey's bread, homemade bread with almond or coconut flour
White/Brown/Wild rice	Miracle Rice, cauliflower/broccoli rice
White pasta, brown rice pasta, spelt pasta, etc.	Miracle Noodles, spaghetti squash, zoodles

*Try the “soft” versions of these flours for light and fluffy baked goods and the “hard” versions for heavier foods like baking bread.

**Even though honey, maple syrup, coconut palm sugar, date sugar and Rapadura are natural forms of sugar, if you want to lose weight these need to be used in EXTREME moderation. You need to be consuming 15 to 20g of sugar (or less!) per day in order to lose weight. Stevia and xylitol are your better options.

***We do not recommend the use of artificial sweeteners at all. For the reasons why, please check out the post entitled “**Sugar Substitutes**” in the Resources Section.

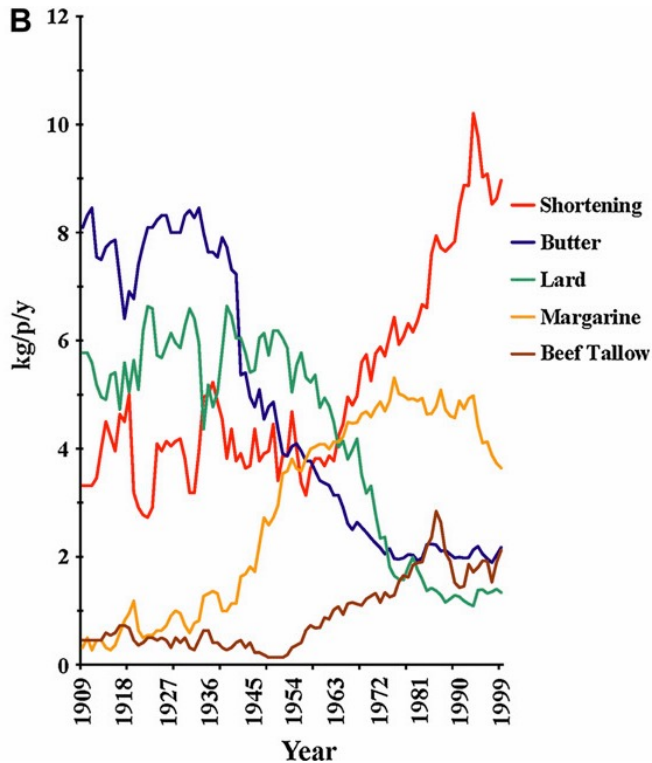
Action Steps:

- ✓ **Start checking labels for sugar content.** Avoid high sugar foods whenever possible and note that anything ending in –ose is sugar.
- ✓ **Keep sugar under 15 to 20 grams per day.** This is especially true if weight loss is your ultimate goal.
- ✓ **Trade in your conventional sugars and sugar substitutes** for natural, healthier sugars using the table above.



4. Ban Bad Fats

Bad fats are more commonplace in society than they have ever been before. Ironically, so is the level of overweight, chronic disease, issues with self-image and overall health. Is there a link? Yes. One of the reasons for the high levels of bad fats is the high increase in the use of vegetable oils. Take a look at the graph below and you will see the changes in fat consumption over the last several decades throughout the United States.



In the Graph B¹¹, notice the decline of butter consumption and the dramatic increase in the use of shortening as well as margarine. Food industry advocates pushed hard for the increased use of these products once they discovered the versatility of liquid vegetable oils. By hydrogenating the oils, scientists found that they could be used in foods to preserve them for longer periods of time.

Prior to these new advances, shortening, lard and margarine were actually composed of much healthier fat components that were beneficial to the body. Modern processing combined with propaganda that butter and all saturated fats cause heart disease catapulted the widespread use of vegetable oils and

THE TRUTH ABOUT VEGETABLE OILS

Vegetable oils can cause the following health problems...

- Damage to reproductive organs and lungs (note the high increase in cancer levels throughout the world)
- Learning disabilities
- Liver damage
- Decreased immune function
- Stunted mental and physical growth in infants
- Abnormal fatty acid ratios in adipose (fat) tissue
- Increased aging and wrinkles
- Polyunsaturated fats (in vegetable oils) can increase cancer rates, heart disease and weight gain

References

Pickney, E.R. & Pickney, C. (1973).
Sherbourne Press, LA pp. 127-131

¹¹ Blasburg, T.L., et.al. (2011). Changes in consumption of omega-3 and omega-6 fatty acids in the United States during the 20th century. *American Journal of Clinical Nutrition*, 93 (5): 950-962.

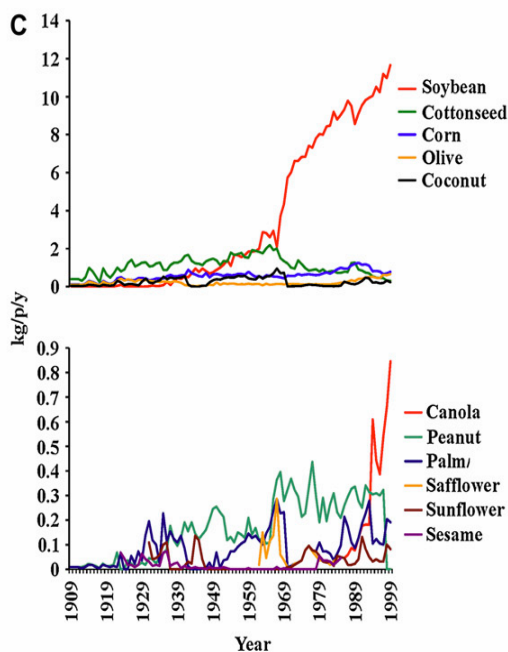
unhealthy polyunsaturated fats. These oils replaced the healthy fat composition that was once found in more traditional forms of healthy fat¹².

The Role of Bad Fats in Heart Disease

Prior to the 1900s and even during the early 1900s heart disease was of little concern. By the time the 50s approached, it was (and still is) the leading cause of death in the United States. The incidence of Myocardial Infarction (MI) was pretty rare in the early 1900s as well, accounting for roughly 3,000 deaths each year during the 1930s. As the 1950s approached, the incidence of MI had risen to account for approximately 500,000 deaths per year. What gives?

“...ultraprocessed products typically emphasize sugar, salt and fat. This high-intensity flavoring, often further enhanced with artificial ingredients, may override endogenous satiety mechanisms and produce behavior akin to addiction.”—Dr. David S. Ludwig, M.D., Ph.D., *Journal of the American Medical Association*

A decline in healthy fat consumption replaced with toxic bad fats is one of the culprits. From 1909 to 1993 vegetable oil consumption increased from 2 grams per person per day to more than 30 grams per day¹². As manufacturers churned out new, chemically engineered fats (such as margarine), increased consumption skyrocketed. Vegetable oils proliferated grocery stores and foods like shortening that used to contain healthy fat profiles, became inundated with cheap hydrogenated oils.



Graph C¹¹ (below) shows the increased use of nutrient depleting Soybean and Canola oils. If you check the ingredients on packaged foods in your grocery store, you will likely find *at least* one of the aforementioned oils—and they are often hydrogenated or partially hydrogenated (hydrogenation is a process that improves shelf life of products and it turns the oils rancid).

In order to promote long term health, there are certain fats that you should avoid whenever possible. See the list below:

¹² Enig, M.G. & Fallon, S. (2000). The oiling of America. Retrieved from <http://www.westonaprice.org/know-your-fats/525-the-oiling-of-america#rise>

- Butter substitutes
- Canola oil
- Conventional shortening
- Corn oil
- Cottonseed oil
- Hydrogenated or partially hydrogenated oils
- Margarine
- Non-dairy creamer
- Peanut oil
- Refined oils
- Safflower oil
- Shortening
- Soybean oil
- Soybean oil
- Squeezable butter
- Safflower oil
- Sunflower oil

The following weight loss and energy promoting fats and oils are healthy and can be enjoyed daily:



- Avocado
- Butter, preferably grass-fed
- Coconut oil
- Fish oil
- Flaxseed oil
- Full fat yogurt
- Kefir
- Olive oil
- Unrefined expeller-pressed oils
- Virgin palm oil

The table on the next page will provide you with a list of foods that you can enjoy on *The Lifestyle Plan*. For the best results throughout the program, consume more low sugar foods (less bread, natural sugars and lower glycemic fruits such as berries as opposed to moderate and high). This will also help you with the transition for Month 2 of the program where you will take your ability to maximize your health through nutrition to the next level.

Action Steps:

- ✓ **Remove harmful fats and oils** from your diet and replace with them with healthy nutrient rich fats.
- ✓ **Avoid trans fat at all costs!** Fast food chains and restaurants reuse frying oils to cut costs. The oils are rancid and fried foods consumed from these locations are *extremely* unhealthy.
- ✓ **Check nutrition facts on packages.** Look for trans fats and other unhealthy fats such as hydrogenated and partially hydrogenated oils. Try not to purchase products with canola oil, soybean or corn oil or other harmful fats.

TIPS FOR COOKING WITH HEALTHY FATS & OILS

Bottom Line: Monitor the Temperature at Which You Prepare Your Foods

HIGH HEAT: Use only coconut oil or PURE olive oil for light frying. Extra virgin and virgin olive oil should not be used over high heat because they are too delicate as oils.

MEDIUM HEAT: Butter can be used over medium heat as well as coconut oil and pure olive oil. Butter is also an excellent choice for baking.

LOW HEAT & NO HEAT: Extra virgin olive oil can be used for sautéing on low heat, but you must ensure that the heat is very low. Flax oil should never be heated and instead should be added to foods after they are already prepared.

BAKING: Butter, coconut oil and pure olive oil can be used in baking. For baking, you can also use shortening, but make sure that it is organic and 100% expeller pressed. Spectrum Organics makes a great version.

The Lifestyle Plan Recap



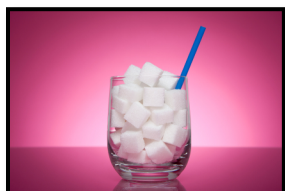
1. Nurture Your Body with Natural Foods

- Prepare your meals with fresh, healthy produce (veggies and fruits) and fresh meats and poultry
- Buy organic produce whenever possible
- Check out Lifestyle Plan Recipes in the “**Month 1**” section of CLEAR for meal ideas



2. Upgrade Your Meats

- Choose organic and grass fed beef whenever possible
- Choose organic and free range poultry & eggs whenever possible
- If organic is not available go for antibiotic-free and hormone-free
- If conventional meats are your only option, choose leaner cuts of meat to avoid toxic fatty acid ratios
- Choose wild caught fish whenever possible (see the “**Guide to Healthy Fish**” in the Resources Section for more details)



3. Remove Refined Sugars and Grains

- Avoid the refined sugars and grains on page 14
- Replace your refined sugars and grains with the substitutes listed on page 13
- Check the ingredients on products. If it ends in -ose, it's most likely a refined sugar



4. Ban Bad Fats

- Avoid the bad fats mentioned on page 15
- Remove pantry products containing bad fats (it's okay if this is a gradual process but the sooner you do this, the better your health will be)

THE LIFESTYLE PLAN FOOD GUIDE

<p>Healthy Proteins</p> <p>Choose raw (not roasted for nuts and not pasteurized or homogenized for milk/cheese) grass fed, free-range, cage-free, and no hormone added sources whenever possible. AVOID farm raised and Atlantic fish whenever possible.</p>	<ul style="list-style-type: none"> • Beef (Grass Fed) • Chicken and Turkey (free-range) • Cold Water Fish – Salmon, Sardines, • Game Birds – Pheasant, Duck, Goose • Lamb • Mahi-Mahi, Mackerel, etc. • Raw Cheeses • Venison
<p>Healthy Fats</p> <p>Quick Tip: To avoid bloating, indigestion, and gas avoid combining simple carbohydrates with proteins (ex: steak and potatoes, bread and cold cuts).</p>	<ul style="list-style-type: none"> • (Paleomeal or Whey Cool) • Almond Butter • Avocado • Butter • Canned Sardines • Cashew Butter • Coconut Milk, Oil, and Spread • Coconut or Flakes • Cod Liver Oil • Eggs (Antibiotic free and free range preferred) • Flaxseed Oil and Flaxseeds • Full Fat Plain Yogurt • Full Fat Raw Milk and Kefir • Grass Fed Meat • Hemp Oil • Lydia's Organics Crackers • Olive oil, Olives • Raw Cheeses • Raw nuts & seeds and their nut butters: Almonds, Brazil Nuts, Cashews, Flax, Hemp, Pecans, Pine Nuts, Macadamia, Pumpkin seeds, Sesame, Sunflower, Walnuts, etc
<p>High Fiber Vegetable Choices (Good Carbs!)</p>	<ul style="list-style-type: none"> • Arugula • Asparagus • Bamboo Shoots • Bean Sprouts • Beet Greens • Bell Peppers • Broadbeans • Broccoli • Brussel Sprouts • Cabbage • Cassava • Cauliflower • Celery



High Fiber Vegetable Choices and Carbs (Good Carbs!))	<ul style="list-style-type: none">• Chayote Fruit• Chickory• Chives• Collard Greens• Coriander• Cucumber• Dandelion Greens• Eggplant• Endive• Fennel• Garlic• Ginger Root• Green Beans• Hearts of Palm• Jalapeno Peppers• Jicama (raw)• Kale• Kohlrabi• Lettuce• Mushrooms• Mustard Greens• Onions• Parsley• Radicchio• Radishes• Shallots• Snap Beans• Snow Peas• Spaghetti Squash• Spinach• Summer Squash• Swiss Chard• Tomatoes• Turnip Greens• Watercress
High Fiber Starchy Vegetable Choices and Carbs	<ul style="list-style-type: none">• Artichokes• Barley• Beans• Black Beans• Black Beans• Buckwheat Groats (kasha)• Bulgar (Tabouli)• Carrots• Chick Peas (Garbanzo)• Cowpeas



	<ul style="list-style-type: none">• French Beans• Great Northern Beans• Kidney Beans• Leeks• Legumes• Lentils• Lima Beans• Mung Beans• Navy Beans Yellow• Okra• Pinto Beans• Pumpkin• Semolina• Split Peas• Squash• Sweet Potato or Yam• Turnips• White Beans
Fruit Choices	<p>Low Glycemic Index:</p> <ul style="list-style-type: none">• Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries) <p>Medium Glycemic Index:</p> <ul style="list-style-type: none">• Apples• Cherries• Fresh Apricots• Grapefruit• Kiwi fruit• Lemons• Limes• Melons• Nectarines• Orange• Passion Fruit• Peaches

	<ul style="list-style-type: none">• Pear• Persimmons• Pitted Prunes• Plum• Pomegranates• Tangerines <p>High Glycemic Index (only eat in moderation)</p> <ul style="list-style-type: none">• Banana• Grapes• Mango• Papaya• Pineapple• Watermelon
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