



Love Yourself Lean Program

Phase I Nutritional Program Overview

Program Guidelines and Recommendations

Foods You Should Avoid Most Often

Clogging Food #1 – Sugar

Clogging Food #2 – Wheat

Clogging Food #3 – Dairy

CLOGGING FOOD #2: SUGAR

Sugar is one of the most addictive street drugs known to man. The average person in North America consumes 150 lbs of refined sugar per year! This is astronomical in contrast to the 5 lbs per year consumed by the average person at the turn of the 20th century.

Sugar, especially in its refined state, has many detrimental effects on the body. First and foremost, it is highly acid forming. This means that sugar consumption throws off your pH balance so that your blood and other important become more acidic. The more acidic your body becomes, the greater the likelihood for disease to flourish.

Arthritis, asthma, headaches, psoriasis, cancer, stomach gas, intestinal gas, osteoporosis, heart disease, weight gain, PMS, candidiasis, tooth decay, multiple sclerosis, inflammatory bowel disease, cancer sores, cataracts, gallstones, kidney stones, and cystic fibrosis are all diseases and conditions that are negatively affected by the intake of sugar.

Exclusion of sugar from the diet can improve these and many other conditions markedly. In many cases, a sugarless diet can eradicate the suffering altogether when combined with a well-balanced diet.

But as you may already know, getting sugar out of your diet is not an easy task, and only by having tons of support can you be sure of your success!

Refined sugar is one of the worst poisons you can put into your body. The consumption of sugar suppresses the immune system almost instantly, lowering the body's natural defenses and making it less capable of fighting harmful pathogens.

In total, the consumption of sugar lowers your immune function by roughly 4 hours, with the lowest immune functioning occurring 2 hours after sugar consumption. So, if you find yourself getting sick after the holidays, you know exactly why!

Sugar - The Drug and Fat Promoter

When you consume sugar, insulin is released from the pancreas, causing the cells to take up glucose from the blood and store it in the liver and muscle. A diet that includes sugar goes hand in hand with mood swings. When blood sugar is abnormally high, as it is when sugar is ingested, the sugar acts like a drug, and you become elated.

But once insulin packs the sugar away into the cells, your mood will sour and the brain signals that more sugar is needed to regain the high. This is exactly when you find yourself reaching for a chocolate bar or another sugary treat. When a sugar-free diet is consumed, you will find your moods are even throughout the day, and your body will actually tap into fat as a source of fuel, a process that stops the second you eat something sugary. Since toxins are stored in fat, this is something you want to get rid of!

Sugar = Acid

Sugar is also highly acidic. It upsets the acid-alkaline balance in a way that promotes disease. In order to live your best life, you've got to increase alkaline foods (think green vegetables!) and decrease acidic (think processed) foods!

And remember, just because a sweetener may be natural does not mean it is good for you. So, while the likes of maple syrup and raw honey are better choices than white sugar, it is still a good idea to steer clear of them as much as possible.

Excessive sugar consumption throws the body's pH levels out of balance. The sugar, and the acidity that it creates, provides an internal environment that is ripe for the overgrowth of dangerous yeasts, fungi, and bacteria - ultimately making it much harder to lose weight and maintain optimal health.

In turn, these pathogens feed on the sugar, multiply, and expel toxic wastes that make us feel and look even worse. Because these critters

feed on sugar, our body begins to crave more sugar in the form of sweets, breads, pastas, and so forth. We end up feeding these microorganisms and fuel their growth and place further toxic acid into our body.

As this vicious cycle continues not only do we feed these toxin-producing microorganisms but we also intake huge amounts of calorie-rich, nutrient void, sugar-laden foods. Over time, an excess intake of calories through sugar obviously leads to weight gain (considering everything else remains equal).

The other aspect of sugar that increases toxicity is the fact that as we fuel more and more microorganisms, the toxins they expel create more acid in our blood and pose added stress on our liver.

Since excess acid in the blood will eventually be stored in fat cells, it is futile to further acidify your body if you want to lose weight. Only once you rid your body of excess acid and restore its proper pH balance will you be able to shed excess fat. If fat isn't needed to store acid, then it can more readily be metabolized.

Similarly, if your liver becomes stressed and compromised as a result of having to filter tons of toxins floating through your blood, your weight loss attempts will be in vain. This is because the liver is not only the body's major filter but it also regulates sugar and fat metabolism.

If your liver is not functioning properly then its ability to metabolize sugar and fats will also be compromised. Elevated blood sugar and blood lipid levels are usually the result.

Sugar as a Processed Food Ingredient!

It's not just the refined table sugar that is the problem. In fact, most of our sugar intake comes from hidden and unexpected sources such as processed and packaged foods. Sugar is used as an additive in foods ranging from meat to ketchup to salt. In packaged foods sugar can take the form of glucose, dextrose, sucrose, or the ever-present high-fructose corn syrup.

The way sugar is processed exacerbates the problem. More than 60 chemicals are used in the processing of natural sugarcane's thick beige stalks into the fine, white granular table sugar that we're all so familiar with. Many of these chemicals, including bleaches and deodorizers, are still present in the final product. At the same time, the naturally occurring minerals and vitamins in the sugarcane plant are completely removed. One such mineral is chromium.

Chromium is a critical player in the body's ability to uptake sugar from the blood and into the cells. The fact that chromium is not present in refined sugar poses a problem for sugar uptake and metabolism, which imposes further stress on the body's energy metabolism regulation. This is one of the reasons why refined sugar causes a rapid spike and then crash in blood sugar levels.

Sugar Upsets the Mineral Balance in Your Body

There are so many reasons that sugar is bad news that it's impossible to go through all of them right now. But one reason I want to hit on is the fact that sugar can single-handedly upset the mineral balance in your body.

Sugar upsets the body's chemistry. Sugar consumption increases the rate at which you excrete calcium. And since there is no calcium in the sugar you are eating, your body must forfeit its own calcium reserves, like those of your bones and tissues in order to process the sugar. So, eating sugar on a regular basis (every day) can lead to porous bones and therefore osteoporosis, among other things! The easiest way to combat calcium depletion is to remove sugar from your diet completely.

Minerals in the body will only work in relation to other minerals in the body.

So, if you do not have enough calcium, and decide to take a calcium supplement, your body will not be able to utilize all of the calcium since you do not have the corresponding amount of phosphorus the body needs for balance. Many scientific studies have verified these claims.

Overall, sugar provides no real nutritional value, while wreaking havoc on your blood sugar levels (promoting diabetes and weight gain) and leading to excess caloric consumption. It suppresses the immune system, disrupts normal mineral relationships, compromises the health of your vital organs, and keeps your body incredibly toxic.

Eating even one teaspoon of sugar can weaken your immune system for up to 6 hours. A weak immune system can make you susceptible to everything from the common cold to cancer. If you eat a lot of sugar, our bet is that you are sick often and had a lot of cavities as a child.

Sugar has been refined and does not possess any nutrients whatsoever – just empty calories. This means that the minerals needed to process the sugar in your body are not present, and chromium, magnesium, cobalt, copper, zinc, and manganese must be robbed from your body in order to process the sugar.

Sugar just did not exist in the days of early man, who subsisted on meat, nuts, seeds, fruit, and vegetables, and since our genetic makeup is virtually identical to man hundreds of thousands of years ago, our bodies simply aren't built to deal with the excess sugar that we are now eating.

Even if you are eating 100% fresh fruit, if you are eating too much of it, then you are getting too much sugar. Fruits these days are bred to be the sweetest they can be, and any food that has been genetically modified is a food that your body will not recognize and have a hard time processing.

What Problems are Caused by Sugar Consumption?

Sugar can suppress the immune system

Sugar can upset the body's mineral balance.

Sugar can cause hyperactivity, anxiety, concentration difficulties, and moodiness.

Sugar can cause drowsiness and decreased energy.

Sugar can produce a significant rise in triglycerides.

Sugar contributes to a weakened defense against bacterial infection.

Sugar can cause kidney damage.

Sugar may lead to chromium deficiency.

Sugar can cause copper deficiency.

Sugar interferes with absorption of calcium and magnesium.

Sugar may lead to cancer of the breast, ovaries, and prostate.

Sugar can increase fasting levels of glucose.

Sugar can produce an acidic stomach.

Sugar can speed the aging process, causing wrinkles and grey hair.

Sugar can promote tooth decay.

Sugar can contribute to weight gain and obesity.

Sugar can cause a raw, inflamed intestinal tract in person's with gastric or duodenal ulcers.

Sugar can cause arthritis.

Sugar can cause asthma.

Sugar can cause candidiasis (systemic yeast infection)

Sugar can lead to the formation of gallstones.

Sugar can lead to the formation of kidney stones.

Sugar can cause varicose veins.

Sugar can contribute to Osteoporosis.

Sugar contributes to saliva acidity.

Sugar can cause a decrease in insulin activity.

Sugar leads to decreased glucose tolerance.

Sugar can decrease growth hormone.

Sugar can change the structure of protein, causing interference with protein absorption.

Sugar can contribute to eczema.

Sugar can cause loss of tissue elasticity and function.

Sugar can increase the body's fluid retention.

Sugar can cause constipation.

Sugar can cause headaches, including migraines.

Sugar can cause and increase in delta, alpha, and theta brain waves, which can alter the mind's ability to think clearly.

Sugar can cause depression.

Source: Appleton, Nancy. Lick The Sugar Habit, 1996.

CLOGGING FOOD #2: WHEAT / GLUTENOUS GRAINS

If you want to get the most out of this 6-week weight loss program you will need to choose to forgo grains for awhile, or at least limit your intake of them for a period. I support a grain-less diet; however, I realize that not everyone is at the same point in their diet and lifestyle, considering the high amount of grain products most of us were raised on; therefore, I thought it best to arm you with the knowledge you need to decide for yourself whether or not to include grains in your diet.

Grains stimulate the growth of yeast, fungi and mold. They are often harvested and then stored in large silos where they will ferment and mold within ninety days if not consumed.

Most grains contain gluten, a protein that has been long known to create digestive upset. Grains that contain gluten are oats, rye, barley, and wheat. Grains that do not contain gluten are quinoa, millet, brown rice, and buckwheat.

Gluten is a protein in these grains that acts like glue in the body. It literally coats the lining of the intestines, impairing proper nutrients absorption and irritating the digestive and intestinal tract.

Have you actually paid attention to how you feel after a meal heavy in grain products – a pasta dish or nans homemade bread?

We're sure that most people have no idea how their foods affect them, but when you pay attention, you may realize that eating these foods makes you feel bloated, depressed, sleepy, fatigued, and/or unable to concentrate.

What about sprouted grains you ask? While sprouting grains takes away the phytates and leave the nutrients more or less available for your body to assimilate, some health professionals maintain that they are still concentrated carbohydrates which can still make you overweight, leave you with low blood sugar, and increase your triglyceride levels to some extent.

My position is this: if you want to eat grains, it is best to eat them sprouted. At the very least, you will decrease the phytic acid and maintain the enzyme content, both of which make grains more digestible.

Grains and grain products, along with sugars and dairy products occupy a far larger percentage of the typical diet than they should.

In general, people are consuming far too much bread, pasta, cereal, and pastries. Add to this the amount of sugar and dairy in the diet and you've pretty much accounted for almost 100% of what people are eating these days – a frightening reality.

While most grain products consumed are refined and processed, you see, simply moving to whole grains may not actually be the answer when it comes to your health. Since the body can only process a certain amount of carbohydrates at a time, eating grains and high carbohydrate meals means that the excess will be stored straight away in the fat cells.

What this means if you are overweight, is that you are almost certainly overdoing it on the carbohydrates, and where this is the case, it usually means you are underdoing the vegetables!

So – limit the intake of grains and grain products, add more veggies, and you will enjoy improved health and faster fat loss.

CLOGGING FOOD #3: DAIRY

Dairy products are not to be consumed during Phase I of this program. You will have the option to reintroduce dairy in week 3.

Raw or not, dairy is meant for baby cows. Grown cows do not consume cow's milk, so why do we?!

Milk is the #1 allergen, and the countries that consume the most milk are also the countries with the most osteoporosis and other bone problems.

Calcium can be gotten from other sources and it is really just a marketing blitz to get you to think that you need milk. Although you may want milk due to years of conditioning, you do not need milk!

Once you give up milk you will notice a whole lot of aches and pains let up. And if you have a problem with mucus, then you had better stop the milk this instant! After a few weeks without milk you may never touch the stuff again!

The one thing I tell people straight away in a conversation about dairy foods is to start thinking about what milk really is, and why it exists in the first place. You may be shocked to learn that cow's milk is not fit for human consumption.

Due to constant bombardment from advertisements, billboards, magazines, and even celebrities with their milk moustaches, you probably think you have to drink milk to get calcium and prevent osteoporosis. You may even think you need to drink milk to lose weight!

Cow's milk is the most nutritious food we can think of – for baby calves. The milk you buy has been processed so much that even calves would die if they drank their own mother's milk after it had been pasteurized. It should be downright illegal to promote such disease-inducing "food," but money talks, and it will always drown out our cries for help in this matter.

LACTOSE INTOLERANCE

Lactose intolerance is caused by the absence of the enzyme lactase on the brush border of the small intestine. If lactase were present, it would split the double sugar lactose into two individual sugars, galactose and glucose. This is why lactose-free milk tastes sweeter than regular milk – lactase has been added to break this bond, and there are more sweet particles for your taste buds to taste.

When lactase is not present, lactose is metabolized into hydrogen gas by bacteria in the colon. Lactose intolerance, then, can be quite easily revealed in a simple diagnostic test that measures the amount of hydrogen released when you breathe.

Nearly half of the people in the world are lactose intolerant, which means there is a good chance that you are one of them. The other half, in my opinion, is either ignoring their body's signals of distress, or they simply do not know what is causing their current discomfort. The consumption of milk products can leave you bloated with severe abdominal pain and diarrhea.

My question to you is this:

How long are you going to ignore it?

Milk is the #1 allergen. Every single day we see more people with skin conditions such as eczema, psoriasis, and other skin rashes, and wonder if milk is causing their disease. Other signs that you are lactose intolerant are chronic ear infections, chronic congestion, ADHD, diarrhea, and other problems - just to name a few. Bloating, cramping, and diarrhea are classic signs that what you're eating is not agreeing with you.

If you or your child has any of the above conditions, try two weeks without any dairy in your diet. No milk, cheese, breads, or pastries. Avoid anything that may contain milk. If you want to feel really fabulous, try omitting wheat

as well, as it is the second leading allergen. If you want to test yourself after these 2 weeks, have a glass of milk at breakfast, and pizza and ice cream at lunch. See how you feel.

At the end of the day, nothing else matters but the way you feel. If you are like most people who have no ability to produce the lactase enzyme, you may get extremely ill when you re-introduce dairy into your diet. Listen to your body. It is trying to tell you something very important.

THE CALCIUM QUESTION ANSWERED

Have you ever wondered why calcium has been singled out? When I tell people that I don't drink milk, the first question I'm asked is this: Where do you get your calcium? If you find yourself asking this very same question, ask yourself why you think you need to drink cow's milk to get your calcium! The odds are you've gotten much of your nutritional information from television commercials, or from grade school pamphlets (which are generously provided by the Dairy Council).

The Dairy Industry, looking for a strategy to sell milk, uses the logic that since cow's milk has calcium, and since calcium makes up part of the equation for strong bones, then you must drink milk to get strong bones.

Actually, drinking milk can steal calcium from your bones. The higher your diet is in animal foods; the more calcium is excreted from the body. Let me explain why.

Calcium is the most abundant mineral in your body. And it's a very important part of your bone structure, but it's not the only part. Phosphorus, magnesium, silicon, strontium, possibly boron, and the protein matrix are also part of your bones. And vitamin D is needed for calcium and phosphorus to be absorbed from the digestive tract.

In order for calcium to be fully utilized, magnesium must be present. When magnesium is deficient, high amounts of calcium or vitamin D can lead to soft tissue calcification (think arthritis) or kidney stone formation.

Milk is heavily fortified with calcium and vitamin D, but magnesium is absent.

Since calcium is the most abundant mineral in the body, it is the mineral called upon to maintain proper blood pH. Maintaining proper blood calcium levels is even more important to life than maintaining proper calcium levels in the bones.

If there is not enough calcium in the blood to maintain balance, calcium will be drawn from the bones until balance is achieved. So, if you do not get enough calcium in your diet, your bones will be sacrificed.

The ratio of phosphorus to calcium in the bones is approximately 2.5 : 1, and the best proportions for our diet is currently believed to be about 1:1.

When your diet is high in phosphorus, you will lose extra calcium through your urine. The calcium is filtered out from the blood through the kidneys, and calcium will subsequently be pulled from the bones to restore the calcium balance.

Non-Dairy/Green Vegetable Sources of Calcium

Kelp 1,093

Parsley 203

Turnip Greens 184

Watercress 151

Broccoli 130

Although green vegetables provide a great amount of calcium, sesame seeds are the #1 food source providing a whopping 1,160 mg of calcium/100 g. So, if you're looking for a balanced source of calcium then look at adding more sesame seeds to your diet and plenty of green vegetables too!

PHASE I GUIDELINES

RULE #1: No foods that have *added* sugar of any kind.

No *added* natural sugars (honey, molasses, maple syrup, agave, etc.) Basically, if it has *added* sugar of any kind (natural or otherwise), don't eat it. This includes any and all artificial sweeteners which are not considered part of a clean eating diet anyway. To sweeten your food, use stevia only!

Everything has sugar in it - even toothpaste! Sugar consumption leads to sharp rises in blood sugar levels and excessive insulin release. Chronic high insulin can lead to all sorts of problems like fatigue, abdominal pain, blurred vision, weakness, confusion or unconsciousness. Chronic high blood sugar levels can lead to insulin resistance, obesity, type II diabetes, heart disease, adult-onset blindness, overgrowth of pathogenic bacteria in the digestive tract and many other disorders. Sugar is a completely unnecessary addition to the diet and yet it is difficult to escape. Eliminating all sugar for the next 14 days will normalize blood sugar levels and make you feel more even-tempered and more energetic.

When I say NO sugar, I mean no *added* sugar. The idea is to give up ADDED sugars. So, when you read a nutrition label, look at the actual list of ingredients *NOT* the % of sugar per serving. If sugar is listed in the ingredients, you don't eat it. Period!

What you need to avoid - All table sugar, maple syrup, honey, corn syrup, molasses, cane sugar, evaporated cane juice, date sugar, beet sugar, fructose, high fructose corn syrup, brown sugar, granulated sugar, icing sugar, powdered sugar, agave or xylitol. Watch ingredient labels for anything ending in "ose" (eg. fructose, dextrose), any reference to "cane".

RULE #2: No foods that contain wheat.

Food sensitivities are becoming more prevalent than ever, but unfortunately many people suffering from them aren't aware that they have a problem. Sensitivities can cause subtle symptoms such as fatigue, headaches, digestive issues or skin conditions - symptoms you would

never think are related to the foods that you're eating and so until you remove these foods from your diet, even temporarily, you may never know they're causing you any problems.

In order to thrive, be happy and healthy, we require a healthy and happy digestive system. This means removing anything that hinders our health and wellness. By taking a break from foods that hurt us, the body gets the opportunity to heal and be well.

Gluten represents one of the most common foods people have difficulty with. You've probably noticed that more and more people are learning they are intolerant to gluten whether it is a wheat allergy or total gluten intolerance, referred to as celiac disease. The proteins in wheat, not just gluten, but also wheat germ agglutinin, can have detrimental effects on the digestive system when consumed. Many people react to this ingredient without even realizing it and because it is so widespread in the food chain, we're bombarded with it daily. By eliminating this problem ingredient, you are allowing your digestive system to rest and repair, resulting in optimal health and wellness.

What foods you need to avoid - All sources of wheat including breads, cereals, pasta, pastries and other baked goods. Gluten is also found in barley, rye, oats (although you can find "gluten-free oats" in health food stores), spelt, kamut, couscous and bulgur. Also watch food labels for these ingredients as well as "graham" or "malt."

RULE #3 – No Dairy

Dairy continues to be a controversial topic when it comes to fat loss. Just Google dairy and fat loss and you'll get many mixed reviews on whether you should/or need to cut our dairy to optimize fat loss.

After a decade of coaching clients, here are my expert thoughts on why you **SHOULDN'T** be consuming dairy when on a fat loss program.

Dairy is high in sodium. A diet high in sodium can lead to Hypertension (High blood pressure) which we know is the silent killer. It can also lead to obesity which, in turn, may lead to a host of dietary diseases. It can

also cause you to retain more fluid, which won't help you if your goal is to see the scale go down.

When trying to burn fat it is important to eat foods that do not spike the blood sugar level. The glycemic index is a great way to measure which foods will spike blood sugar and by how much.

Although dairy is low on the glycemic index (which is what most people go by), it is high on the insulin index (which most people ignore). There are at least two key studies showing that the low glycemic index of dairy does not correlate with a low insulin response. In fact, the insulin response is quite high! One study found that it was similar to white bread! I believe milk sugars to be worse than dextrose, glucose and maltodextrin.

Also, in case you are not aware, human beings are the only animals that consume another animal's milk. Therefore, we do not digest cow products efficiently, which can lead to bloating, gas, IBS, constipation and a slow metabolism.

Goats milk is the closest to humans' milk and therefore I suggest you try to substitute for goat based dairy products when we reintroduce dairy back into Phase II of your program

My overall nutritional philosophy is not based on food restriction but one of moderation. However, I know that you want and need to see a big jump start in your fat loss at the beginning of the program, so I have removed dairy only in Phase I to help you optimize your fat loss potential.

You will have the option to reintroduce dairy again in Week 3 – Phase II. My goal here is NOT to make you afraid to eat certain foods, but rather to help you better understand that there is a time and place to limit certain foods for optimal health and fat loss. It is unrealistic for you to think that you can eliminate them forever.

RULE #4: Enjoy One LYL Green Smoothie Per Day

RULE #5: High Protein, High Fat Breakfast

The first meal of the day programs your metabolism for the rest of the day!

Starting your day with a high-protein, healthy fat breakfast leads to greater sense of fullness, and less overeating during the day. This doesn't mean that I want you to cut out your morning carbs completely for the entire program. But it *does* mean I want you to rethink the high-sugar, high-carb breakfast that used to be considered the epitome of health (i.e. orange juice, toast, bagels, cereal, etc.).

Have a breakfast that is built from protein and healthy fat prevents many of the dangerous symptoms of metabolic syndrome.

Metabolic syndrome is a constellation of symptoms that includes abdominal obesity, high blood pressure, insulin resistance and high triglycerides. It frequently leads to full-blown diabetes, and even when it doesn't, it puts you at significant risk for heart disease.