

*THE*

# FOOD TIMING DIET

Give your body what it expects and achieve  
a healthy body weight for life

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**PART 1:**  
**Welcome to the**  
**Food Timing Diet**

Forget everything you think you know about foods and dieting.

My name is Mike Adams, the Health Ranger. I'm going to introduce you to the Food Timing Diet. This is the only diet I've seen out there that's completely compatible with human biochemistry. It gives your body what it expects – and that's how it enables you to lose weight so effectively and so easily.

### **I've tried everything: Atkins, low-fat supplements; why don't they work?**

Now, if you've been through the diets out there looking for something that works, you've probably tried a little bit of everything, right? Perhaps you've tried the low-carb diet. Maybe you've tried the low-fat diet. You may have tried diet restrictions and other diets that are based on one food or one type of food. You've tried different supplements, right? You've tried exercising, and you've probably even tried gimmicks. But none of those have really worked for you. And the question is, "Why? These diets were all supposed to work – why didn't they work? At the same time, what's different about the Food Timing Diet that will make it work? Why should I believe that this is going to work for me, Health Ranger?"

Here's why: All those other diets out there are based on ideas and strategies that are incompatible with human biochemistry. What do I mean by that? Your body was not designed to withstand a complete cessation of carbohydrate intake. Your body does need some healthy carbs. If you restrict all fats, that's also not what your body is expecting. That dieting measure is not compatible with human biochemistry. If you eat only three meals a day, you are engaging in a feast-and-famine cycle that's not constructive to the goal of becoming thin. Your body thinks, "I only get to eat three times a day. In between meals, it's starvation. During meals, it's feasting time – time to pack on the pounds." You see, by eating only three meals a day, you are training your body to store fat. You're training your body to think that you're constantly in starvation mode. If you try to lose more weight by extending the time

between meals – by, for example, fasting for one day or skipping breakfast, as many people do, thinking they're going to lose weight – your body says, "I have to store even more fat now, because I'm missing meals. It must be starvation time." These diets don't work because they're incompatible with human biochemistry.

The same idea applies even if you've taken supplements such as stimulants. Metabolic stimulants try to boost your metabolism. Well, you probably realized after a period of time that these just make you hungrier. Sure, they boost your metabolism. But they also make you eat more. So at the end of the day, you end up with the same net number of calories as you had been consuming before taking the stimulants, only now you've spent \$20 on the stimulants. You've also exhausted your adrenal glands by over-stimulating your nervous system. Diets like these are not designed for human bodies. They're designed to sell products. They're designed to sell books, or they're designed to sell gimmicks. But they're not designed to sell your body on the idea that it needs to effectively lose weight. The Food Timing Diet is.

The Food Timing Diet is something I have developed over the last year. It's based on experiments and observations on what really works to control appetite and enable effective weight loss without a whole lot of effort. I used to be borderline diabetic and borderline obese, so I know what it's like to be overweight. But if you've seen photos of me lately lately, you know that I'm pretty thin now. I have fairly low body fat and I'm able to maintain a pretty good amount of lean body mass at the same time. How can you achieve the same? Well, how did I achieve it? Originally, I lost weight the hard way. I lost 50 pounds of body fat by starving myself. It took military discipline. I did lots of exercise, restricted foods and ate very rarely. Yeah, believe me – that was no fun. It was tough to do. It took an iron will for me to pull that off, and I never wanted to do that again.

Moreover, when all of that was over, sure enough, I experienced a bounce-back effect. I started packing on the pounds again once I started eating the way I used to. My body thought that I'd been starving it during that time; truthfully, I was



starving it. I had become pretty thin. I weighed about 170 pounds, or a little bit less than that. I didn't have a lot of muscle mass at that time. So my body reacted by thinking, "Store more fat." Not surprisingly, over a period of a few months I started putting on more body fat. So, I began to search for solutions to find a way to remove that body fat and stay thin for life, but without requiring this ridiculous discipline about restricting foods all the time. In fact, I wanted to eat more. I really enjoy eating. I love foods, and I like to eat with great frequency. I can tell you today that people who work with me and people who know me always comment, "Mike, you eat more often than anybody I've ever met. You're always eating. How do you stay so thin?" I reply, "Ah-ha! The secret is the Food Timing Diet."

I eat every half an hour, yet I stay very thin. I'm not restricting my foods; I'm eating as much as I want, yet I've lost weight and I'm keeping it off. If I would like to, I could even boost the number of calories I consume and put weight on, if I'm in a strength training cycle, for example. You can do the same things, whether you wish to lose weight, maintain your current weight, or add weight. You can adjust the Food Timing Diet to reach those goals without requiring any kind of starvation or drastic measures.



**"I eat every half an hour, yet I stay very thin. I'm not restricting my foods; I'm eating as much as I want, yet I've lost weight and I'm keeping it off."**

**- Mike Adams**

**With the Food Timing Diet, you don't have to be exhausted all the time. You can have peak mental and physical performance. You can wake up highly energized. You can eat 34 meals a day and still lose weight.**

For now, let's return to discussing what else is wrong with some of the other diets out there. Wouldn't you like to relive some of the wonderful experiences you may have had if you were on, for example, a low-carb diet? Wasn't that fun? Remember how terrible you really felt? Remember having all of this fatigue and mental cloudiness throughout the day? Sure – that was tons of fun. That was definitely worth a little bit of temporary weight loss, wasn't it? Well, in all seriousness, I don't think the other diets out there provide a very good way to lose weight. In order to function in society today – whether we're talking about operating in your job, being an effective parent, being an individual in a healthy relationship or just being happy with yourself – I think you need to have a healthily functioning nervous system. You need mental clarity. You can't be exhausted all the time, even if that's a consequence of the only method through which you think you might lose weight.

With the Food Timing Diet, you don't have to be exhausted all the time. You can have peak mental and physical performance. You can wake up highly energized. You can eat 34 meals a day and still lose weight. You can achieve all of these while feeling your best. That's what the Food Timing Diet delivers. It's what I use

today and every single day of my life to maintain weight and exhibit peak-human performance, whether we're talking mental or physical performance. This is the diet for people who want to maintain healthy blood sugar levels, for those who want to have peak-brain performance and mental acuity, and for those who want to have peak-physical performance. This is the diet that delivers those results. So forget about going through some kind of torture system where you feel terrible or feel fatigued. That's what the other diets out there may have delivered, but it's not what this one will. The Food Timing Diet delivers a diet that actually makes you feel good. It makes you feel energized. Some people have told me that it makes them feel like exercising, and I've never heard that before about a diet. Normally, a diet makes you feel like going to bed: "Please, leave me alone. I'm on this diet. I feel terrible – I'll see you next week." If you're on the Food Timing Diet, however, you feel great. You want to be engaged in life. You want to be alert. This method of delivering food, nutrition and calories into your body gives you the opportunity to feel that way from day one.

## **The Food Timing Diet has great features, not gimmicks**

"Okay, it all sounds good," you might say, but I'm sure you also want to learn a lot more about the details of the Food Timing Diet. How does it really work? And what are its features and benefits? I've already told you that this diet is about eating with great frequency. Now, that doesn't mean we eat an entire hamburger with a can of carbonated soft drink beverage every half hour. No. Instead, we eat sensibly every half hour. We'll talk about portions later, and we'll also talk about macronutrient cycling, which is the key to making this diet work. It's all about which foods you choose every half hour. I'll also share with you some fantastic strategies for making this diet work in your life, whether you want to use it at work, at home, while commuting, or anywhere else. There are really some great strategies for being able to accomplish this. But, first, let me tell you about some of the benefits of this diet.

Foremost, there are no gimmicks – there's nothing to buy. I'm not selling you a line of supplements that claim to aid in fat loss despite containing refined carbohydrates and other gimmicky ingredients. There's nothing for sale here other than this information. And this information is guaranteed. If implementing this diet doesn't give you the results that you wanted, you don't pay a dime. There are no physical products, so you won't have to go out and buy a bunch of special foods. You won't have to spend a fortune on supplements and take those every day. You don't have to strap anything around your waist and turn it on and jolt yourself into oblivion just trying to lose weight. This is not some mad-scientist lab experiment here. This is basic, fundamental nutrition and food timing that is 100 percent compatible with the way in which your body was designed.

What else is really good about this diet? It allows you to eat nearly all the types of foods that you already enjoy. You get to choose the foods, not me. I'm not going to give you a list stating that you can only eat from this list. This is not like some of the diet companies out there that say, "Here, you can only eat this today; then Tuesday you can have that; then Wednesday you can have that." That's ridiculous, and it's not customized to your body. In contrast, the Food Timing Diet works with your particular body type and metabolism. I give you information on how you can use body awareness to dramatically improve your results by fine-tuning this system to work in the way that you need it to work. So, this is not a "one size fits all" type of diet. This is a customized diet, and I'll give you strategies on customizing it for yourself.

Another great benefit is that this diet boosts mental performance, and I will explain why and how a little bit later. But for now, I'll give you a short version. The diets that rely on starvation or long periods of time in between meals send your blood sugar levels on a rollercoaster ride. When your blood sugar is high, you feel great, which is why you feel great immediately after drinking a carbonated soft drink beverage. A couple of hours later, however, when your blood sugar plummets, oh do you feel terrible. You feel moody. You definitely don't feel alert. You might

even feel as if you're losing consciousness. Your brain feels cloudy. People normally experience this mid-morning. They have usually had a high-sugar breakfast, and then they went into starvation mode all the way to lunch. Then, right around 10:30 or 11:00, they can't function any more. Their brains are not working right. Well, why is that? I'll show you why here, in The Food Timing Diet. I'll show you how this diet keeps you functioning at peak performance during all hours of the day. This is very important if you want to succeed at work or in any creative endeavor. If you want to be mentally alert, you've got to give your body the nutrition that it expects at the right frequency it needs. I'll show you how to do that in The Food Timing Diet.

With the Food Timing Diet, you never have to starve yourself; you won't experience serious hunger. Now, you will experience mild hunger. If you're not feeling any hunger at all on the Food Timing Diet, it will be because you've been over-eating . If you're stuffing down a cheeseburger every half hour, well guess what? You're not going to lose weight. I will provide you with a method to sense what precisely is the right amount of hunger. There should be a certain number of minutes during which you should be feeling a little bit hungry. But it will

**If you want to be mentally alert, you've got to give your body the nutrition that it expects at the right frequency it needs. I'll show you how to do that in The Food Timing Diet.**

never be so much that it makes you crazy. It's easy to tolerate. I'll show you how to do that in The Food Timing Diet.

It's easy to find foods that you can eat while on the Food Timing Diet. You can easily travel while on this diet, and it's also compatible with work. You can find compatible foods everywhere. I'll show you what to look for, what to buy, and how to make the food portable. Another great benefit of this feature is that it makes this diet quite affordable. You don't have to go out and buy a bunch of special-brand foods or supplements just to be on this particular diet, so it saves you a fortune.

This diet just consists of information. You can implement the diet 100 percent based just on learning this information. Now, I know a lot of diet programs want you to keep buying certain supplements. But if they really worked, then people would eventually come off of those supplements, and a customer would be lost, right? Well, I'm not sure that they'd love for that to happen. They would rather keep people on their supplements for life, saying that if you want to maintain a healthy weight, then you have to keep taking this supplement. Whether it's an appetite suppressant, a metabolic booster, a fat absorber or a carbohydrate blocker, they want you to keep taking those supplements. I'm not against supplements in theory, but I am against the idea that you have to take supplements for the rest of your life just to lose weight. I don't agree with that. I think you can achieve healthy weight loss by designing a system that is compatible with the human body, and that's what the Food Timing Diet is all about. With this diet, you don't need to buy any supplements long term, other than the basic nutritional supplements, of course – whole food concentrates, vitamins, minerals, healthy oils and that kind of thing. I'm a big proponent of those supplements, but you don't have to buy appetite suppressants, nervous system stimulants or any of these other gimmicky weight loss pills for the rest of your life. That's simply not required.

Here's another great benefit: There's not much cooking required for this diet – not much at all. You don't have to sit around and spend three hours every day whipping

up special meals just for the Food Timing Diet. Personally, I don't like to spend time cooking. In fact, I spend perhaps 5 minutes a day cooking – if I could even call it that. Basically, I'm mixing raw ingredients. I'll give you some recipes showing how to mix raw ingredients together to make absolutely delicious meals such as you've never seen before. Believe me, you've never seen this stuff. I have a high-protein, sugar-free pudding recipe that can be mixed up in 60 seconds or less. I have healthy shakes that are sugar-free, but taste like chocolate mint ice cream. They're absolutely delicious, and they give your body all kinds of healthy oils and proteins. I'll show you those recipes in *The Food Timing Diet* as well.

This diet is fantastic for diabetics or anyone who is hypoglycemic or suffering from syndrome X. If you have any kind of insulin resistance, you will love this diet. Why, you ask? It's because this diet controls your blood sugar. The Food Timing Diet is actually an anti-diabetic diet. It never lets your blood sugar level take that roller coaster ride that exacerbates a diabetic condition. On the Food Timing Diet, you'll never go on that roller coaster any more; your blood sugar won't go up and down in huge, wild swings. Instead, your blood sugar will remain steady throughout the day at a normal, healthy level, avoiding the spikes and valleys. If you're a diabetic, you know that being able to maintain a steady blood sugar level is valuable, because the more spikes you have in your blood sugar, the more insulin you need and, thus, the more injections you have to give yourself. As long as they're working with a qualified health professional, I believe that diabetics who are on this diet will discover that they need less insulin.

If you're on the pathway toward developing diabetes, this diet will prevent that from ever happening to your body. If you already have diabetes, this can help you manage or even reverse your condition. In fact, those who combine the Food Timing Diet with some of the diabetes-reversal strategies that I'll discuss later on can actually reverse early stage adult-onset diabetes. After all, adult-onset (type 2) diabetes is a metabolic disease. It's a disease caused by choosing to eat the wrong foods at the wrong frequency. However, always work with a health professional. Don't suddenly

cease to take insulin just because you're on this diet. I do NOT advise taking such an action at all. Please continue to work with a qualified health professional even as you begin the Food Timing Diet.

You know, many people out there are spending tens of thousands of dollars on gastric bypass surgery. That always amazes me. People want to lose weight, and the doctor says, "Well, let's rip out half of your digestive tract. That will cause weight loss." And people say, "Okay!" Can you imagine that? They say, "Please, rip out this part of my body, then I won't eat as much." Well, yes, that's true. But you could also lose 50 pounds by chopping off your leg. That doesn't mean that it's something you should do to lose weight. On the Food Timing Diet, you will notice that your stomach physically shrinks, becoming smaller than before. You see, in our kind of society, our stomachs are overly enlarged, because we stretch them out. We do that by gorging ourselves on meals. We eat so infrequently that by the time we get to a meal, we overeat. We literally stuff ourselves. The usual serving sizes that we have in the United States and other Western cultures are just out of this world. I mean, the human body was not designed to ingest 5 pounds of food in a single meal. Yet, we are served plates full of food at restaurants in amounts that would actually feed entire families in most other countries. We have way too much food in this country. We gorge ourselves, and in doing so we physically stretch out our stomachs. When you're on the Food Timing Diet, however, your stomach will shrink, because you'll never be stuffing your stomach with huge amounts of food during any one meal. Instead, you're eating smaller portions based on timing and macronutrient cycling, as I will discuss in detail. Your stomach will shrink as a result.

Now, why is having a smaller stomach a good thing? If you're ever derailed from the diet – for example, if you ever have a stressful day that makes you think, "I'm going to eat like a complete pig today" – guess what? You won't be able to, because your stomach will have become smaller. You'll start to force some food down, but then you'll say, "I'm stuffed. I can't eat another bite." In other words, you'll have an automatic binge control device. That's right, your now-smaller stomach will prevent



you from bingeing. If you train your stomach to be small, just as you'll learn to do while on the Food Timing Diet, your stomach will prevent you from overeating. Now of course, if you're really determined to overeat on a regular basis, you can stretch your stomach back out just as you had in the past. But if you only binge every once in a while, you'll find that your smaller stomach size limits the duration of your bingeing. It'll keep you under control, even if you can't control your initial cravings. We all binge every once in a while, myself included. But a little bit of bingeing won't interfere with the long-term results of this diet. This, again, is owing to the smaller stomach size benefit. Now, that's a benefit most other diets can't really claim. Most other diets can't claim to physically alter the amount of food your stomach can hold at any one time. But the Food Timing Diet can.

If you're wondering what else is so good about this diet, first realize that people are paying \$40,000 per procedure in order to have a small stomach. So you're saving \$40,000 right off the top just by opting to implement the Food Timing Diet instead of undergoing a gastric bypass. In addition, you get to keep your digestive tract. That's a particularly useful benefit of the Food Timing Diet, as I'll explain.

The Food Timing Diet allows you to eat all the way from the very first moment you wake up to the end of your evening when you're about ready to go to sleep. So there will be no time during which you're awake where you'll think, "My goodness, I'm starving. When am I going to have my next meal?" On this diet, you eat as soon as you wake up. It's the very first thing that you do before anything else – I'm talking about before you brush your teeth, before you take a shower, or even before you put your clothes on if you so choose. You just get something to eat first and start that timer going. The Food Timing Diet has begun. The race is on. Let the day begin. You get to eat every half hour for the entire day. You eat all day, every day – 34 meals until you get ready to go to bed. The only time you're not eating while on this diet is when you're asleep. How's this for a diet slogan: Eat as long as you're awake. Yes, that's right. That's what you'll do on the Food Timing Diet.

**Your body will decide it doesn't need to store extra body fat. It just decides to stay or become thin because food is dependably provided on a regular basis every day.**

So, when you're asleep, you're, of course, not eating. If you happen to wake up in the middle of the night, I don't recommend that you eat then, but you do start to eat from the first moment you wake up in the morning. Now, why is this important? Well, think about it. Many people think they're going to lose weight by skipping breakfast. They think, "I'm going to starve my body in the morning and wait until lunch to eat." So they skip breakfast, and their body thinks, "Seems like another starvation day." By the time you get to lunch, your body has decided to pack onto itself whatever comes down the pipe, thinking, "I didn't get any breakfast, so I must be in starvation mode. I'm going to store some extra energy as body fat just in case something happens down the road." This is what happens when you skip breakfast. However, when you eat from the very first moment that you wake up, your body thinks, "Wow, I'm being treated pretty well. I'm being fed from the very first moment I wake up." Your body will decide it doesn't need to store extra body fat. It just decides to stay or become thin because food is dependably provided on a regular basis every day. Your body won't need to take emergency measures to store extra energy.

So you see, by eating when you first wake up, you train your body to relax a little. You train

your body to believe that you'll consistently provide it with energy throughout the day. Your body will then know that there is no famine or starvation going on. Your body relaxes consequently, and it allows all that extra body fat to just go away. It's true. Your body really makes decisions concerning how much fat to store and how much to let go, based on the behavior that you engage in. Your body wants to survive, so if you choose to starve, your body adapts by storing fat. If you feed your body on a regular basis, however, it will adapt by thinking, "Times are good – let's get rid of this excess body fat. Let's live life and be energetic." Your body will think that it must be spring outside, and that it's time to let the body fat go and become lean and healthy. That's the message you want to give your body. You do that on the Food Timing Diet by eating 34 times a day, starting from the very first moment that you wake up.

The Food Timing Diet requires you to eat carbohydrates. Now, I know some people were on the low-carb diet for a while and maybe lost a few pounds, but they typically felt really terrible while on such a diet. That's what I hear from people. People want carbohydrates, but some have heard that carbohydrates are bad for you, while others have heard that carbohydrates are great for you. Some then, of course, know that there are good carbs and bad carbs. That's my position – there are some carbohydrates you never want to eat. I will name the types to avoid in this program. But there are other carbohydrates you absolutely need. Your brain runs on blood sugar, and your body expects to have certain carbohydrates as a source of convenient energy. The problem with carbohydrates in the past has been more about the timing of when carbs were eaten rather than whether or not carbs were eaten at all. Let me explain this.

You may have heard that all carbs are bad, but I say that some carbs are good if eaten in small portions. So let's say that you take a slice of whole-grain bread, which is a healthy carbohydrate. Some people would say that you shouldn't eat any bread at all. But I say that you indeed can eat bread, but never two slices at once. You should only eat one slice of bread during any given meal. That's the maximum amount of

carbs you want to put into your body at any one time. That's the key. If you eat half a loaf of bread at one time, then you have basically put way too much sugar into your bloodstream. You've issued an insulin response in your body, but you have consumed way too many carbs in a small period of time, and you're overworking the pancreas. So, it's not that wheat bread and whole-grain bread are good or bad; it's the timing that you use to put carbs into your body. In *The Food Timing Diet*, I'll show you how to put carbs into your body. In fact, I will ask you to put carbs into your body, but only on a schedule that makes sense. You never consume carbs on a massive scale, so there will never be a time at which you will eat an entire bowl of ice cream while on this diet. There will never be a time at which you'll stuff yourself with donuts while on this diet. That is not part of any sensible diet. But there will be times – many times – throughout the day when I will ask you to put some bread into your body – or some whole grains, fruits, vegetables like carrots and peas that have fairly high carbohydrate content, beans and legumes, or exotic grains like quinoa. There will be times when I will ask you to put these into your body, because your body needs carbohydrates. For example, if you really love oat bread muffins or even certain types of pastry, bread, or breakfast cereals that contain lots of carbs, you will get opportunities to eat those foods while on this diet. So that's the benefit of this diet: You get to eat all those carbs. You just have to eat them in sensible portions at the right times.

So don't worry. You don't have to give up all carbs to be on the Food Timing Diet. But I'm also not giving you some ridiculous message like "Eat anything you want every half hour!" That would not be an honest diet, because if you were eating anything that you wanted all the time, you'd pretty much be on the diet that everybody else is on right now. That's what we do today. We eat everything we want, right? Those of us who are overweight just eat anything we want. That's not a diet; that's a lack of a diet. A diet should have some structure to it that advises you to eat certain portions and to cycle different macronutrients at certain times in order to get the results you want. If you're willing to do that, you can lose a lot of weight using the Food

Timing Diet and keep it off, while maintaining a healthy, lean body mass. So with the Food Timing Diet, you're only losing body fat, not muscle or lean body mass.

The Food Timing Diet is compatible with every kind of food lifestyle, whether you're a vegan, vegetarian, big meat eater, or you eat kosher foods. It doesn't matter. You can use this diet to achieve your fat-loss goals. This is compatible with every food system out there, no matter what you choose to avoid or consume on a regular basis. If you've studied the blood-type diet, you might want to focus on foods that are good for your particular blood type. You can do that with this program. It's very easy to do, and I'll show you how.

You'll experience a huge boost in your metabolism while on this program. It will take a little bit of time; it won't happen overnight. Within a couple of weeks, however, people start to see a big change. They notice they just have a lot more energy. They also notice (this is very interesting) that they sleep very well. They're able to go to sleep and wake up earlier feeling energized. That's a huge benefit derived from this diet. Why does that happen? Well, there are biochemical reasons for it, as well as hormone-control and hormone-balance reasons. This diet is very healthy for your hormone balance.

**The Food Timing Diet is compatible with every kind of food lifestyle, whether you're a vegan, vegetarian, big meat eater, or you eat kosher foods. It doesn't matter. You can use this diet to achieve your fat-loss goals.**

The bottom line is that you're going to experience incredible energy while on this diet. You're going to feel mentally alert and physically youthful. You'll feel more energetic than you have probably ever experienced (except perhaps when you were a teenager). The Food Timing Diet will revolutionize the way you feel each and every day.

There are more features that are very important. This diet is completely compatible with all of the cutting-edge nutritional information out there. I myself am a holistic nutritionist, and I'm one of the people pushing the envelope of what good nutrition really means. I've incorporated all of that information into the Food Timing Diet. This diet is not an outdated, old-school diet such as what you see in the Food Guide Pyramid, which just says, "Drink a lot of milk, eat a lot of meat, consume a lot of grains, and you'll be fine." You know, that's advice from the 1950s. This is no longer the 20th century. We need new nutritional information based on the new cutting-edge science that's available. What does that science tell us? It tells us that we need healthy oils. We need to get omega-3 oils into our bodies. We need to obtain vitamin D through fish oils. The science tells us that salmon oil and olive oil are good for us. It tells us that macadamia nut oil is really good for our hearts, brains and nervous systems. We've learned that regular foods don't supply enough nutrition. The foods that you buy at the grocery store are depleted of nutrients.

We've learned there are many additives in processed and manufactured foods that interfere with appetite control. I will name those additives in this program. I'll show you which ingredients are contained in the foods you've been eating that have been messing with your appetite. If you've ever found yourself bingeing and experiencing an out-of-control appetite, being unable to stop eating, I'll tell you why that's happening. There is a chemical reason for it, and I'll show you how to instantly avoid that experience from this day forward. That's the kind of information you'll find in The Food Timing Diet. It's cutting-edge information – you won't find most of this anywhere else. The Food Timing Diet is the only place to get it, and I'm happy to report that it is the best nutritional science that we know of today. The

information found here is even beyond what you'll see in most medical journals. It's certainly beyond what you'll see in the mainstream press. In fact, I dare say that this is the nutritional information that they'll be talking about in five years. But you can get it today right here in The Food Timing Diet.

By the way, I use the Food Timing Diet myself. I believe in living according to the same advice that I share with others. My health is in peak performance. If you've read any of my other material on the website, you know that I've been to physicians and have had a complete work up. My naturopathic doctor has pronounced that I am in perfect health. I've posted my blood chemistry, and it just astounds people. This is not being said in order to brag; I have no interest in bragging about this. I'm telling you this to prove a point. If you want a health profile such as what I've posted – an HDL/LDL cholesterol of 62/67, a resting pulse of 48, blood pressure of 105/60, outstanding blood chemistry and outstanding overall health – do what healthy people do. It only makes sense. I've integrated the very best nutritional information and the best weight loss strategies that I've developed into The Food Timing Diet. You're going to learn a little bit about nutrition and whole-food concentrates. You'll learn about the food supply as you learn how to lose body fat by timing your meals and cycling your macronutrients. I put everything I've learned into this program, so that you can benefit from it at many different levels.

The Food Timing Diet works with any level of physical activity. Now, I'm not going to tell you a white lie and say that you can lose lots of weight just by following the Food Timing Diet while sitting on the couch. I don't think that's a smart way to lose weight. It's not a smart way to be healthy. Every weight loss program should be combined with exercise in some form. Now the good news is, it doesn't have to be a whole lot of exercise for you to derive a very powerful benefit. You don't have to sweat it out for three hours a day just to lose some weight. But you do have to get off of your butt and get out there and move for at least five to ten minutes a day at the very least – preferably 20 to 30 minutes a day if you want outstanding results.

Now, you'll still lose about one pound of body fat per week if you stick with this program despite avoiding all physical exercise. If you engage in physical exercise, however, you can double or triple those results. So you can expect to lose two to perhaps three pounds per week. That rate of weight loss is the maximum, and it's a realistic weight loss goal. In fact, experiencing a weight loss rate over three pounds per week probably means that you're starving yourself. You hear about all the diets out there that say, "Lose 10 pounds overnight!" or "Lose 20 pounds in 48 hours!" You're aware of those ridiculous diets. "Drink this drink and you'll lose five pounds in one night." How do they do that? Well, they do that by lying to you. You won't lose weight at those rates unless you are seriously dehydrated, vomiting, suffering from diarrhea, shaving off all your hair, clipping your fingernails, and probably landing in the emergency room for dehydration. If you lose five pounds or – like the crazy ones – eight pounds in one night (I've seen this), you'll have a medical crisis. Those diets are just hype. It's for fools who don't really want to lose weight but want to buy into a false hope of losing weight.

In contrast, the information I'm giving you in The Food Timing Diet is legitimate. The Food Timing Diet really helps you lose weight and helps you keep it off. I know because I've lived it. I've shared it with other people, and they've achieved results. Losing one pound per week is doable. Two pounds per week is doable as well, but it's not necessarily easy. You'll have to exercise, but it's still very doable. Three pounds per week is pushing it, as far as I'm concerned. If you lose two pounds per week, that is outstanding progress. Losing two pounds of body fat per week means that you have about a 7,000-calorie deficit per week. That's a lot. You have to really follow the program and do a lot of exercise to achieve that kind of a calorie deficit. But that's doing extremely well. Imagine, even if you're only losing one pound per week while on this program, you'll have lost approximately 50 pounds in one year. That's not a bad result at all.

If you're really overweight right now, the first few pounds will come off more easily. Let's say that you weigh 250 pounds today. Dropping down to 200 pounds will



be the easiest weight loss you'll ever experience with this program. But if your normal healthy body weight should be 180 pounds, then it's going to be more difficult to come down from 200 to 180 pounds. Those last 20 pounds are the so-called "stubborn" body fat. Your body doesn't want to let go of it. But the Food Timing Diet will show you ways to even get rid of "stubborn" body fat by following the right macronutrient cycling and increasing your metabolism through exercise. You can have low body fat. Now, when I say "low" body fat, what levels do I mean? For men, I mean body fat levels of around ten percent. For women, I mean body fat levels of around 15 to 20 percent. Those are normal, healthy body fat percentages. Certainly, some people have even lower levels. Professional athletes get down to five percent body fat, and that's fine. But those aren't the levels that I'm promoting here. Personally, I've never been down to five percent body fat, and I'm not looking to do that. I like the ten percent range; it gives you enough fat on your body so that you're able to put on some lean body mass. You won't starve yourself every day to achieve 10 percent body fat; it's a very workable number for a male. Similarly, for a woman, 15 percent is pretty reasonable. You're going to look quite thin at 15 percent. Believe me, whatever body fat percentage you're at

**The Food Timing Diet will show you ways to even get rid of “stubborn” body fat by following the right macronutrient cycling and increasing your metabolism through exercise. You can have low body fat.**

right now, if it's over 15 percent, I'm sure you'd be thrilled with the way you'll look at 15 percent. You can get there with the Food Timing Diet.

The Food Timing Diet produces results for only one individual: YOU. Most of the other diets out there really have more than just your individual weight loss interests in mind. They also want to produce results for corporations. Some of the other diets sell a lot of food, so they have a profit motive for keeping you on their diet forever. With some other diets, it seems to be more about shareholder profits or private-company profits than producing weight loss results for you. I'm sure you know which diets are some of the ones I might be talking about here. Some companies out there are just interested in making a buck. In contrast, I'm interested in your learning this information. Use this diet and let it become a part of your life. If you choose, you can use it for the rest of your life, but you won't have to buy a single product from me, the publishing company or from anybody else. I'm not interested in extracting a dollar every day from you. I'm interested in helping you become thin and achieve your goals. If you have a great time while achieving the results you want, then send me a testimonial. That's how you can thank me. Just to hear your success story is the only other thing I want from you besides your commitment. To me, that's huge. It keeps me motivated to share this information with people.

So, I'm not interested in extracting profits from you every single day of your life as some other diet companies are. They hope people sort of move along from one gimmick to the next. "Here's the diet pill of this year," they say. Next year, they'll have a new one. This year it's appetite suppressants, and then something else comes out. People desperately bounce around like pinballs from one diet to the next, hoping they'll stumble across something that shows them how to lose weight. If you've been like many other individuals out there, you've been stumbling around for years, looking for that one thing that would really work. You're thinking now that hopefully this is it. Well, let's do it now. I'm telling you, the Food Timing Diet can work for you. But it's going to take a little bit of effort on your part. It does require some changes in your life.

That's worth mentioning. That is an honest message there, and this is an honest book. I'm telling you up front that this is going to take some changes on your part. You're not going to be able to eat everything you want to eat every half hour. It won't work that way. You're going to have to give up certain things – basically some liquid carbohydrates and some other things that I'll advise you about. Certain food items are not compatible with fat loss at all. So there are some sacrifices that you're going to have to make, and I also encourage you to engage in some form of physical exercise. That is also a realistic message. I'm not out to tell you white lies and send you off with a bundle of information just to sell a book. I have no interest in doing that. I want to give you information that will work for you, and that's why this book is backed by a 100 percent satisfaction guarantee. The Food Timing Diet will work for you, or you won't pay a dime. If you don't get the results you want, you'll have lost no investment whatsoever. What could be fairer than that? Such a guarantee attests to this book's credibility. It means that this is authentic information; this is the genuine stuff. The Food Timing Diet can really help you. If it doesn't, for whatever reason, I don't want you to pay a dime.

Thus far I've discussed the main benefits and highlights of the Food Timing Diet, and I think you've already seen a glimpse of its overall philosophy. The Food Timing Diet is about being realistic about weight loss, making it a part of your life and making it a habit that you actually live with instead of just using it temporarily. Its philosophy is about being natural, being holistic and doing things that are compatible with the human body – with your basic biochemistry – rather than trying to override it or force it to lose body fat in some bizarre and distorted way. The Food Timing Diet is about supporting your health and living in a way that teaches your body it has no need to be in starvation mode. Your body learns that everything's fine and there's plenty of outstanding nutrition coming every waking moment of every day, so there's no reason to store fat any more. When you teach your body in this way, not only will you lose weight, your levels of chronic stress will plummet.

**When you reduce stress by utilizing the Food Timing Diet, your antioxidant levels in your body stay higher, which means that you will be better able to fight off progression of any chronic disease. You will also live a longer, healthier life.**

Let's face it: Starving your body is stressful. Stress depletes nutrients, most notably the B vitamins. Stress also depletes many other antioxidants that prevent chronic disease. So people who are stressed are not only overweight; they're also moving toward many chronic diseases, including cancer and cardiovascular heart disease. When you reduce stress by utilizing the Food Timing Diet, your antioxidant levels in your body stay higher, which means that you will be better able to fight off progression of any chronic disease. You will also live a longer, healthier life. You will have more energy. You will feel better about yourself, because you're finally achieving your weight loss goals. After all that time, you'll finally be achieving the goals you've been hoping to reach. But this diet is not going to do the work for you. Nothing is going to reach out and grab that soft drink out of your hand and pour it down the sink for you. You're going to have to do that yourself. If you insist on drinking soft drinks and eating cake or cookies while on this diet, then you might as well stop reading right now and send this back for your refund. This program will NOT work for you if you continue to eat or drink those types of foods. It simply will not. There are some sacrifices you have to make, but that's what makes this program authentic. That's what lends this program credibility and

shows you that this can really work for you. Implementing this diet will require some changes, but again, the changes are quite doable. I'll show you how to make those changes as painlessly as possible. You're not required to have an iron will in order to get through this program. I don't believe in military discipline when it comes to eating. I rather enjoy foods. I hope that by showing you this system, you can enjoy foods as well.

## **Where did this diet come from? Origins of the Food Timing Diet**

You might ask, "Where did this diet come from? How did you come up with this weird 'eat 34 meals a day' diet, Health Ranger?" I invented the Food Timing Diet, and I'll explain how. I've already mentioned that I had lost weight in the past the hard way. I had starved myself in order to lose 50 pounds of body fat. Yes, it worked – but it wasn't the easiest way to lose weight. After that experience, I began a wild search for any kind of appetite-control supplement out there. I looked at everything. I figured if my problem is that I just have too strong of an appetite, then by controlling my appetite through chemistry, I could lose weight automatically. I looked at everything out there – hoodia gordonii, the joboba active ingredient called simmondson, PYY 3-36 nasal spray, bulk fillers, extra fibers, citrus pectin, fat blockers such as chitosan, carbohydrate blockers like Phase two and sugar blockers such as gymnema silvestra. I mean, I really looked at everything that was available out there. I saw it all and tried it all. The only thing I didn't try is prescription drugs, because I don't believe in prescription drugs. I don't take them and I don't need them. So I didn't take any of the prescription appetite-control drugs out there, and I don't recommend that you do such a thing either. But I spent at least \$1,000 on supplements just for appetite control. What did I ultimately learn from all of this? Your body seems to have numerous mechanisms in place to work around these appetite-control chemicals. Your body wants to eat, and it's going to find a way to do it even if you're taking appetite suppressants. Does this story sound familiar to you? Has anybody else been through a similar experience? You may have experienced this yourself.

Now, I'm a pretty athletic individual. I engage in strength and gymnastics training. I also do martial arts and Pilates. What I found was that any time I engaged in physical exercise, my appetite just went through the roof, whether or not I was taking supplements or appetite suppressants. So, for myself personally, I found that my body's built-in appetite was too strong for any of these supplements to have provided a real benefit. Some of them helped a little bit. The hoodia gordonii tincture was the best; it kind of took the edge off. But nothing shut down my appetite. Nothing turned off my appetite like a light switch. So I began to look for something else. I asked myself a very important question – and this is a question you should also ask yourself if you really want to get the big picture of why the Food Timing Diet works. I asked myself, "When does one overeat? What conditions have to be present for one to overeat?" The answer I arrived at was that I only overeat when I feel incredibly hungry. And I only feel incredibly hungry when I haven't eaten for many hours. "Hmm," I thought, "that's interesting."

I also realized that when I overate, I ate far more than what my body needed. I overcompensated. It's similar to fishtailing your car. If you get out of control on a wet roadway, you fishtail from one side to the other – you're overcorrecting. That's what I was doing with my appetite. I was starving myself for a few hours, then overeating at mealtime. I would then be bloated for the several hours following. To make up for that, I would starve myself for a few hours again until the next meal, and I would overeat again. This was the cycle that I experienced. It was starvation and overeating, one after another, day after day. Meanwhile, I kept wondering, "Why do I have all this body fat?" Well, it was because I was fishtailing my appetite out of control. I was overcompensating on both sides; I was experiencing appetite extremes. You've probably been doing that as well. If you're eating three meals a day, you are putting yourself through an appetite extreme. Three meals a day is far too few for you to maintain effective weight control.

So, I came up with a crazy idea to solve this problem. I decided to do a thought experiment. What if I had plugged into my arm an IV line that dripped into my

body all the nutrients that I needed? What if, every second, it dripped just the right amount of calories, blood sugar and nutrients I needed to be healthy and maintain my current weight? I asked myself, "If that happened, would I ever feel hungry?" The answer was no, I wouldn't feel hungry. If the IV line were dripping just the right amount of calories, just the right amount of energy for the day, there would be no reason to feel hungry. You only feel hungry when your blood sugar's dropping, like when your liver's glycogen stores are being depleted, for example. But if you were dripping just the right amount of nutrients through an IV, you would never feel hungry. I'm not recommending that you do this, by the way. Remember, this is just a thought experiment.

What if, next, you ratcheted down the IV just a little bit to the point where it would drip 98 percent of the nutrition that you need during the day, so that you had a two percent deficit in calories every day. Would I feel hungry on that kind of a system if it were dripping just 98 percent of what I needed? I thought, well, maybe just slightly hungry. But I would never feel hungry to the point where I wanted to overeat, because it would just be a little deficit. My body might notice the difference slightly, but I wouldn't experience those wild blood sugar swings I got by eating three big meals a day followed by three periods of starvation. So, I wondered if there was a diet out there that would supply a steady stream of calories and nutrients to our bodies, while providing just a little bit less than what we needed in terms of calories. So there would be a little bit of a calorie deficit, but we would be getting food frequently – every half hour, for example. That's how the Food Timing Diet came about. You don't need an IV; the whole theory of the Food Timing Diet is that you can use your own mouth and digestive system to accomplish what was being done in the thought experiment. You're feeding yourself on a regular basis, sort of like dripping calories into your system. But you're introducing a small calorie deficit so that you lose about one pound per week, or two pounds per week if you're exercising. The calorie deficit is not enough to drive your body crazy and set off any of its alarm bells. It's not enough to put you into starvation mode. You may not

even notice it. If you have good body awareness, you will notice a little bit of hunger from time to time, but nothing outrageous.

So, that was how the Food Timing Diet came about. I started using it on myself, and I experimented with it – that's how I discovered macronutrient cycling. I established a set of rules outlining how this works. That is what is being shared with you in the Food Timing Diet. I also realized, from taking very detailed personal notes on appetite and macronutrients, that carbohydrates create false hunger. So sometimes, when you feel hungry, it's not due to biological hunger. It's false hunger, or what you might call "hormonal hunger." It's hunger that is a backlash reaction to the over-consumption of refined carbohydrates. So if you eat too much bread in one sitting, or drink a carbonated, sugary soft drink beverage, or drink fruit juice that is a highly concentrated form of liquid carbohydrates, your body is going to overreact and make you feel hungry several hours later. But that hunger is not real; it's false. So an important milestone in the genesis of the Food Timing Diet was noting that false hunger is created by the consumption of refined carbohydrates and liquid sugars. This is why carbohydrates are integrated into the Food Timing Diet with a very specific structure, so that you can avoid false hunger.

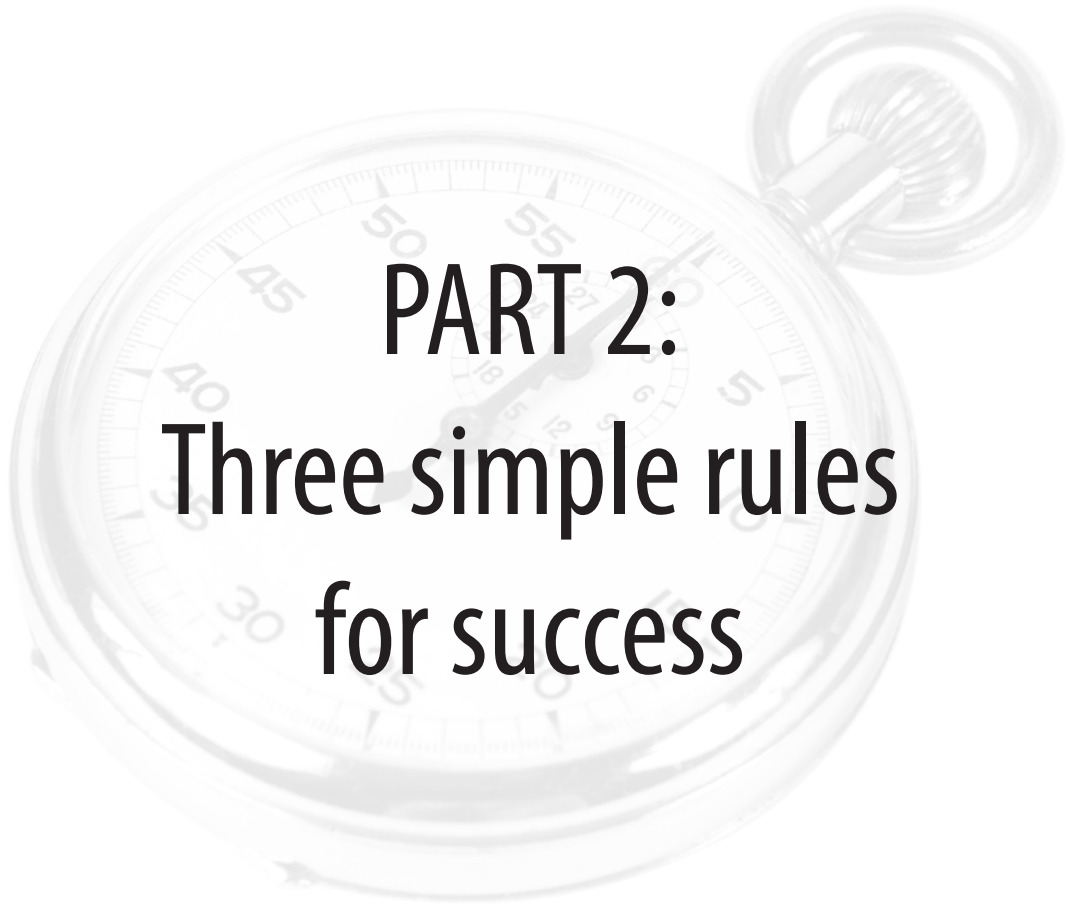
With that knowledge in place, I was able to have the most stable blood sugar, experience the most outstanding peak mental and physical performance, and lose weight without having to feel very hungry at all. That's what you can do with the Food Timing Diet. I knew that my blood sugar was stable because I bought a diabetic kit and read my blood sugar every hour for several weeks. I charted it throughout the day, just as a diabetic would. My blood sugar levels were right around 88 or 90 solidly throughout the day. That indicated to me that this diet was really working well. It helped to stabilize my blood sugar. Diabetics know very well that when your blood sugar goes up into the 150 range or higher, you're going to need some insulin. You might give yourself too much insulin, and your blood sugar plummets down to 70. You'll then have some real problems down in that range, and you'll have to get more sugar into your system. You play this game all day. Even if you're not diabetic,



you're still playing this game. You're just using your pancreas to produce insulin rather than receiving injections.

By using the Food Timing Diet, you avoid that blood sugar rollercoaster ride. You give your body the nutrients it needs at just the right time in amounts that are just enough to let your body know that you're not starving, while being a little bit less than what you require so that your body is able to get rid of body fat.

Those are the fundamentals of the Food Timing Diet. It's what makes this diet work. It is the diet that your body is ideally expecting. It is the diet that your body wants. Your body doesn't want to be in starvation mode; it wants certain types of foods on a regular basis. In the next section you're going to learn the three simple rules of the Food Timing Diet. You're going to learn which foods are free, meaning that you can eat them any time in any quantities you want while on this diet. You're going to learn recipes, food suggestions, which items to avoid and which items to consume. You're going to learn about the foods and ingredients that cause appetite-control malfunctions. You're going to learn how to cycle carbohydrates into your system correctly. You'll get suggestions on how to practice this diet while you're commuting, at work and at home. You'll learn how to really integrate this into your life. Afterward, I'm going to give you some advanced strategies and tips – for example, what to do if things go wrong, what to do if you binge, what to do if you're feeling too much hunger or not feeling any hunger. You'll learn how to fine-tune this diet for your particular body type and metabolism. All of that and more is coming your way in the next section of The Food Timing Diet. I hope this has been a useful introduction.



**PART 2:**  
**Three simple rules  
for success**

In this section, we're going to start getting into the really hardcore details about how to make this work. Now, you'll be glad to know that there are only three simple rules for the Food Timing Diet. If you follow them, you will have success with this program.

**Rule number one: Eat every 30 minutes.** This is the one rule that's really flexible. Eating every 30 minutes may be too much for the average person, especially someone who eats standard, processed foods. Try eating every hour or every two hours if you're more comfortable with that, but for the remainder of the book I will refer to 30-minute intervals for the sake of simplicity. Obviously, it should be noted that all numbers, such as those for caloric intake, are calculated on a 30-minute interval and would change depending on what interval you choose. For example, if I recommend 100 calories of X food, I'm assuming a 30-minute interval, but it would be 200 calories for one-hour intervals, and so on. If you are comfortable with eating every 30 minutes, you get to eat 34 meals a day. Assuming it takes you 60 seconds to wolf down one meal, that means you're never more than 29 minutes away from eating again. Wow! It's a dream come true.

**Rule number two: No liquid carbs or refined carbohydrates.** This could be a tough one for some people. No liquid carbs means you cannot drink sugar anymore. "Oh my God! Does that mean I'm going to have give up that liquid candy known as soft drinks?" Yes. It's true. But I'll show you how to do it. I'll make it easier than you might think. And it's not just soft drinks; it's any liquid carbs. We'll talk about what that really means and how to avoid refined carbohydrates and liquid carbs a little later in this program. You might wonder, "Why is this such an important rule?" The answer is because liquid carbs create false hunger. Remember I talked about that in the first section. False hunger is when you have that appetite that's caused by the fishtailing of your blood sugar and wild blood sugar swings, rather than a biological need. If you eat refined carbohydrates or drink liquid carbs, you will create this effect. So that's a no-no on this diet.

**Rule number three: Cycle your macronutrients.** What do I mean by that? I mean that there is a certain way to eat proteins, fats and carbohydrates based on the clock that gives you their maximum effectiveness, stabilizes your blood sugar, boosts your health and gives you lots of energy throughout the day without adding body fat. So cycling your macronutrients is very important. It's easy to learn – very easy – and you don't have to have a background in nutrition or medicine to figure it out.

Okay, so let's look at each of these three rules in more detail. But remember it's just these big three; they are all you have to remember. Eat every 30 minutes, no liquid carbs or refined carbohydrates of any kind, and cycle your macronutrients according to the schedule that I will outline in this program.

### **Rule Number One: Eat every 30 minutes**

Starting with number one: Eating every 30 minutes. If you sleep seven hours a night, you'll be able to eat 34 meals a day. That's because you would be up and awake for about 17 hours a day; that gives you 34 meals. Wow! Eating every half hour. Now think about it – when do we overeat? When have we done that in the past? We overeat when we go too long without eating. That's when we get really hungry and we feel famished. Or we've been outside exercising or walking around or engaging in some kind of activity. Sometimes we feel like, "Gee, I've worked so hard or I've waited so long that I deserve to gorge myself on all of this food." That's when we overeat. So part of this program here is teaching you how to eat 34 meals a day, but each one of those meals is of a reasonable size - small portions. Remember, this is what shrinks your stomach; this is what gives you just the nutrients you need for the next half hour. This is what makes the Food Timing Diet work.

Remember: If you overeat, you're putting stress on your pancreas and the other organs in your body. If you overeat carbohydrates, you're most notably going to be stressing your pancreas, because it's the organ that has to produce the insulin to lower the elevated blood sugar caused by the carbohydrates. In other words, if you

eat a big meal with a bunch of carbohydrates, you are overworking your pancreas in a huge way. But on the Food Timing Diet, you never stress your pancreas, because you're only eating small portions of carbohydrates. Your blood sugar stays stable, you never experience insulin resistance, you don't stress your pancreas and you don't stress your liver -- in fact, it is a stress-free way to eat. Your body will greatly appreciate this.

Now, when I say eat every 30 minutes, do I actually mean eat every 30 minutes? Well, aside from the fact that some people may feel comfortable with longer intervals, yeah, I do. Here's the trick about eating every 30 minutes: It is actually very difficult to train yourself to eat that often. That's right. We think that we're overweight because we overeat, and so we assume that if given the chance to eat every 30 minutes, it would be easy. We think, "Great, I get to eat every 30 minutes!" But in reality, we forget. Sometimes, unless we have a reminder, we'll go past our interval without eating, and then go a little longer, and then suddenly we're back into the old system of slight starvation, and the longer you go between meals, the more likely you are to overeat. Which, of course, causes that whole blood sugar swing effect, which creates false hunger, which causes you to overeat again, and by that time you're completely out of control. You've lost it, it's a big binge day, mark it off the calendar, try again tomorrow. So in order to eat every 30 minutes, you're going to have to change some habits. In fact, step one is to teach yourself how to eat every 30 minutes, regardless of what portion sizes you're eating. That's right, I'm going to ask you to eat something every 30 minutes. Every 30 minutes of your waking day, put some food into your mouth. At this point, in step one, it doesn't even matter what it is, just as long as you eat every 30 minutes. There are some timers and nice watches out there that will beep every 30 minutes to help you with this program.

When I was doing this myself, I found that I could not stick to the 30-minute program without wearing a watch that beeped every 30 minutes. I just couldn't make it work. I would get involved in writing a book or doing some kind of commentary or surfing the web or something -- and pretty soon an hour had gone by. Then



**You must eat something on your interval consistently on this program to make it work. If your body goes too long without food (more than an hour or so), then your hormones start to change and your whole biochemistry changes. You begin to shift into starvation or conservation mode.**

I'm behind schedule and I have to eat more. You want to eat frequently enough that you don't get your body into starvation mode. You cannot lose weight by eating less frequently. You can only lose weight by eating a smaller amount of calories with the same frequency. In other words, if you want to lose more weight on this program, still eat every half an hour; just reduce the portion sizes that you're eating.

I can't state this with enough strength here. You must eat something on your interval consistently on this program to make it work. If your body goes too long without food (more than an hour or so), then your hormones start to change and your whole biochemistry changes. You begin to shift into starvation or conservation mode. You don't want to do that. And it only takes a couple of hours for your body to kick into that mode. It'll be difficult to reverse that for several days sometimes. So you want to eat every half hour, even if it's a very small portion. Even if it's just pulling out a couple of macadamia nuts out of a zip lock bag or out of your pocket or something just to get you by to the next meal.

It's important to eat every half hour even if you're not hungry. That's right, you heard me say it: Eat even if you're not hungry. You see, part of the problem with the old school diets and the whole idea of eating every day is that

people relied on their hunger signals to tell them when to eat. Let's face it; the hunger signal is not very bright. It's not too swift. It's kind of like having a dog that's not quite with it, and sort of slow to react. This is what your appetite is like, it's way behind the times. Your appetite control system is slow to tell you when you're hungry, and then, when you start eating, it's slow to tell you that it's had enough. The appetite signals that you get are not accurate. They're outdated. It's like reading yesterday's newspaper. It's not going to give you an accurate indication of what's going on in your body right this minute. So I'm saying, don't listen to your appetite control signals to determine when to eat. Instead, eat every half an hour, whether you feel hungry or not. And of course, eat according to the portions that I'm going to be describing in here. Remember – don't rely on your appetite control system, rely on the clock. Use a timer. Eat something every half hour even if you don't think you want to.

## **Rule number two: No liquid carbs or refined carbohydrates**

Okay, rule number two: No liquid carbs and no refined carbohydrates or sugars. Oh my God, what a rule! This is a tough one for some people, because they have been living on these liquid carbohydrates, and, by the way, this is how they got overweight in the first place. People crave carbs. People use soft drinks to actually medicate themselves, because soft drinks alter your brain chemistry. They make you feel good. Those carbs hit your bloodstream, and then they hit your brain, and they make you feel comfortable and good. The problem is, as I mentioned before, they also create this artificial hunger that kicks in a couple of hours later. And at the hormonal level there are all sorts of terrible things going on when you consume liquid carbs. Your body is not designed to run on liquid carbohydrates. It simply isn't. Soft drinks never occurred naturally in our surrounding environment when we evolved. The human body evolved in an environment where carbohydrates were locked up with fibers. Carbohydrates were hard to get. You had to do a lot of exercise and a lot of chewing just to get some carbohydrates. That is the kind of fuel that your body is expecting. When you slam it with these refined, high-density sugars like you find in

soft drinks, or anything containing high-fructose corn syrup, or white flour, instant rice, or even honey, sugars of any kind – it's like pouring jet fuel into the fuel tank of your car. It's a lot higher octane than the engine was designed for.

If you pour jet fuel into your car, what's going to happen? Is it going to make your car run twice as fast? No. It's going to destroy the engine, because it's going to overheat it. And all the parts will need replacing. It's going to disrupt the normal functioning of the system because the engine of your car was not designed to run on jet fuel. The same thing is true with your body. Your digestive system, your pancreas, your insulin regulatory system, your blood sugar control system – these are all designed for carbohydrates that appear in the natural environment. None of them are designed to run on jet fuel. If you slam your body with these liquid carbs, you are pouring "jet fuel" down your throat and you're asking your body to deal with it. And it can't. So it goes into a stress mode, and it has to overproduce insulin. Then it might produce too much, and you'll have a blood sugar swing on the low side, and you end up with hypoglycemia. Over time, if you keep doing this day

### **Artificial sweeteners like aspartame and sucralose may actually promote obesity and weight gain, says research**

Groundbreaking new research published in the International Journal of Obesity reveals that artificial sweeteners like aspartame and sucralose – precisely the kinds of chemical sweeteners found in diet soft drinks or many low-carb food products – may actually promote obesity by tricking the body into thinking that sweet-tasting foods and drinks don't contain as many calories as they really do.

For more information on the dangers of artificial sweeteners and soft drinks, visit [\*\*www.WebSeed.com/Soft\\_Drinks.html\*\*](http://www.WebSeed.com/Soft_Drinks.html)



after day, the cells of your body begin to ignore these hormonal signals to take up sugar from your blood supply and they get insulin resistance. And that, of course, is the pathway to diabetes. Pretty soon, you'll have adult onset type 2 diabetes, and you'll end up on drugs or insulin for the rest of your life. That is a disease caused by consuming refined carbohydrates in mass quantities and abusing the natural systems of your body by pouring "jet fuel" down your throat. That's what causes diabetes. We've seen it in all the research. Soft drink consumption is strongly correlated with diabetes. Anything made with white flour is harmful, as well. If you are eating white bread and pastries and donuts and cake, you are slamming your body with jet fuel, just as if you were drinking refined carbohydrates or liquid sugars.

To make this diet work, you must eliminate this entire category from your diet for the rest of your life. I don't mean just temporarily, I mean you're going to have to give up soft drinks forever. Now you might say, "Mike, I thought you said this was going to be easy. It doesn't sound easy to me." Okay, let me give you a couple of hints on this. It is easier than you think. It may be tough at first to give up the soft drink habit, but once you give it up, it is very easy to stay off of them. In fact, once you get through the addiction part of it, (and there are five sensory addictions that soft drinks have over you – in fact, I've written an entire book about this, called *The 5 Soft Drink Monsters*), you are free of soft drinks for the rest of your life. And you'll never miss them again. I probably haven't had a soft drink since about 1996. It's been so many years, I can't even remember. I can't even imagine drinking a soft drink. You couldn't pay me \$1,000 to drink a can of Pepsi, Coke or Sprite. I wouldn't touch it. The very idea of having that in my body is just so foreign. It is such a destructive product that I would never pour it down my throat.

So, it's easier than you think. It may be a little challenging at the beginning, but it's easier than you think, long-term. The other thing to realize here (this is a big one) is that often we crave these soft drinks, white flour, instant grains, pastries, cookies and crackers because we have nutritional deficiencies. And when we are deficient in certain vitamins and minerals and nutrients, our bodies have out-of-

control cravings. They crave sweets or they crave chocolate. These cravings are easily correctable through good nutrition and through food timing. By following this program, you will be able to experience living day-to-day without having out-of-control cravings for soft drinks in the first place. So, if you think it might be hard to give them up, think again. It's not as hard as you think. Those cravings will go away, and I will give you strategies on how to beat the soft drink addiction for the rest of your life.

For a lot of people, giving up refined carbohydrates and milled grains is a little bit tricky, but there's an easy way to do that, as well. Stop buying white bread, and even some wheat breads, which, by the way, are a nutritional joke because they're not good for you. Wheat bread is usually made in the same manner as white bread. They just mix white flour with a little bit of wheat flour, and then they call it wheat bread. What you need to buy is whole grain bread, or sprouted grains bread. When you go shopping, replace all of the grains that you used to buy – anything that contains white flour – with whole grains or sprouted grains. Ezekiel bread is a fantastic product. It's made from sprouted grains, and this is a great product to eat. You can also find breakfast cereals made with sprouted grains, or at least whole grains. Don't buy any other products ever again that contain bleached, enriched flour. That's white flour. That's processed flour. They've stripped out all the nutrition from the original wheat, and they've taken out all the fiber, all the vitamins and as much as 98 percent of the minerals like magnesium. They've taken all that out of the product, and then they've enriched it with minimum quantities of certain nutrients that are required by law. That's what "enriched flour" really is: Nutrient-depleted flour. If you want enriched flour, get whole grain flour. That's the way nature intended us to eat – whole grains, not isolated parts of the grain, which are sold off as flour and used in most cookies, crackers and food products sold all around the world. You have to get rid of those if you want to have success on the Food Timing Diet because, again, those carbohydrates will cause false hunger. In other words, if you're on this diet, and you're following it closely, and you think you're eating enough calories,

but you're feeling hungry all the time anyway, take a look at what you're eating. It's probably because you've been drinking carbohydrates or consuming refined sugars or refined carbohydrates. That is the number one reason that people don't succeed with this diet. If they're unwilling to make the choices that are required and if they're unwilling to give up those soft drinks, they won't succeed.

You can live life being obese, diabetic and unhappy, and have some soft drinks, or you can choose another path. You can live a life in which you are thin. I mean genuinely thin. You can really lose this weight. You can really transform your physical appearance, your level of energy, the way you feel about yourself and the way other people look at you. This is within your grasp; you can actually accomplish this. But you cannot do it if you insist on drinking soft drinks. It's as simple as that. I like to say things rather bluntly and lay it out for people. This is one of those cases where I'm not holding back: You have to make a choice. And again, if you choose to drink soft drinks for the rest of your life, go ahead and return this manual. I don't want your money. You will not succeed with this program if you want to drink soft drinks.

If you want the results that you deserve; if you truly want to be thin, if you want to lose that excess body fat and be able to look in the mirror and smile, then you can do it with this program. But it's going to take giving up a few things, starting with soft drinks. And I don't mean giving up 90 percent of the soft drinks, just having one beverage at lunch, or having a cheat day once a week where you stuff yourself with everything imaginable. There is no such thing as a cheat day on this diet. Every day is a healthy day. Every day gives you the opportunity to eat lots of delicious carbohydrates. But they just can't be liquid carbohydrates. They can't be liquid sugars; they can't be refined white flour. None of that is allowed. In fact, that is what I really liked about the Atkins diet. Even though I don't agree with the nutritional foundation of low-carb dieting in general, Dr. Robert Atkins was a pioneer in saying that we need to avoid all processed sugars. If we're going to be healthy and lose weight, we have to stop feeding our bodies this rocket fuel. He was

absolutely right about that. He developed these concepts decades ago and endured decades of ridicule from modern medicine saying he was full of hogwash because he said carbohydrates were bad for you. And, as you can imagine, the soft drink industry attacked him at every opportunity.

Even today, the big soft drink manufacturers deny that there are any health consequences whatsoever resulting from the consumption of their beverages. They will fight that tooth and nail, because it's their very survival. They will swear it up and down, and they may even be able to produce distorted scientific studies that say drinking soft drinks is good for you. It can be part of a healthy diet. Well, I'm saying it cannot be part of a healthy diet. Soft drinks cannot be part of a person's diet if they wish to be lean, have a low percentage of body fat, have healthy brain function, have strong bone density, have strong immune system function and to be full of good nutrients that the body needs to function correctly. You cannot drink soft drinks and have those things at the same time. As they say, you can't have your cake and eat it too. Well, in this case, you can't be healthy and consume soft drinks. You can't be healthy and consume cake and donuts and cookies. You have to make a choice. Now, there are things in this program that will help you make that choice much more easily. By getting good nutrition and by timing your foods, you will find that many of the cravings that used to drive you disappear. They literally vanish. That can make it a lot easier for you. But ultimately, you are going to have to make the choice and move forward from this day on.

In rule number two (the no liquid carbs and no refined carbs rule), I want to introduce an important concept. This is a concept that many Western cultures, especially America, find quite foreign. Here it is, it's a simple one: Not every meal has to be pleasurable. People tell me, "I thought every meal had to be this fantastic buffet. I thought that every meal had to be a sensory rollercoaster – that my mouth is an amusement park, and that every half hour or every meal, I'm supposed to stuff something in there that rolls around and touches my tongue and lights up all these pleasure centers in my brain. I thought that's what food is all about."

Unfortunately, they're wrong. That's not what nutrition is really about. Not every meal has to be an amusement park ride. Not every meal has to be this wonderful, pleasurable experience. Every meal isn't. The way I designed this, two out of three meals are quite delicious, quite pleasurable. One out of three meals is pretty much just eating for your nutritional needs. So about a third of the meals you eat are eaten just because that's what's good for you. That's what you need. It doesn't have to be pleasurable to be successful. In other words, don't let your tongue rule your entire body. Don't let that sensory experience in your mouth determine who you wish to be as an entire human being. Your tongue shouldn't rule your mind; your brain should have the intelligence and the maturity to make good decisions about what your body needs no matter what your tongue says about it.

Imagine if your tongue had its own sentience. Your tongue would say, "Feed me, feed me – give me that pleasurable food! Give me that ice cream, because it's got that sweetness and that fat and that texture. Gimme, gimme, gimme! I want it!" It's like having a little child inside; a little kid who wants that ice cream and candy all the time. "Give me my ice cream! Give it to me, give it to me!" That's fine, if you're six years

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old, to live like that. But we are adults. As adults, we shouldn't let the child inside of us run our nutritional programs. It just doesn't make any sense. As adults, we should have the intelligence and the wisdom to make decisions about what we need based on what they deliver to us, what they do for our nervous systems, what they do for our body weight and for our overall nutrition, longevity and disease prevention. We should have the knowledge to put things into our bodies that serve our greater good, not just what creates a pleasurable experience in the mouth. Because think about it, how long do you actually keep that pleasurable food in your mouth anyway? Maybe 20 seconds. If you actually time your foods, most people chew and swallow their foods within just a few seconds. Now, once you swallow that food, it's touching the inside of your body for about 48 hours. That food has an intimate relationship and intimate contact with the inside of your body for the next 48 hours. So if you eat something that's bad for you, like a soft drink or a piece of cake or a cookie, you have just traded 20 seconds of pleasure for 48 hours of nutritional demise. You've given yourself that little peak of pleasure, just a few seconds, but then you've cursed your body to 48 hours of poor nutrition and disease-promoting ingredients. And you did it all because your tongue ruled your life. And that's no longer acceptable. You are an adult. It's time for you and me and everyone out there to start acting like adults. We should decide what we put into our mouths based on what we need and what we understand about nutrition, not based on what kind of a taste bud rollercoaster ride it can deliver. If you want a thrill ride, go skydiving or something. Go bungee jumping. Don't use food as your source of entertainment.

Now I realize this is a foreign concept. I've talked to people about this, and they have said, "Mike, uh, I was taught that every meal is supposed to taste really good, you know? Everything's supposed to taste great." They have what I call "taste inflation," because all the foods out there in the marketplace – the processed foods, the manufactured foods, the restaurant foods – they're all exaggerated. They're hyped up. They're like crack cocaine in food form. They've all been augmented with chemical taste enhancers. That's not what food really tastes like. But as Americans,

we have become used to the exaggerated tastes of all of these foods, because that's what the manufacturers have sold us. It's the extreme foods, and it has led to a situation where most Americans can only taste three things: Salt, sugar and fat. If you ask people what tastes good, they normally name something that's either extremely sweet, extremely salty or extremely fattening, or a combination of those three. Potato chips are high fat, high salt. It's a salty, fatty food. Ice cream is high fat, high sugar, in fact, lots of sugar and lots of fat. Milk fat's right there in the ice cream. A hamburger is little more than high sodium with a lot of chemical taste enhancers. If you go to any restaurant out there other than a natural restaurant, you will find that their soups are absolutely loaded with sodium. Most soups served at restaurants are just sodium bowls. A little bit of water, a lot of sodium, maybe some thickener and a few vegetables to give it some kind of substance. But it's mostly just salt water. That's what they're serving out there as food.

Now, you may be skeptical of this – you may think, "No, that's not true. I taste other flavors." But if you've been following the standard American diet, you're kidding yourself. You have not tasted other flavors. You don't have the taste acuity, because you've been blowing away your taste buds with all the salt and sugar and fat. Until you give up all those excessive, exaggerated, super-hyped, "crack-cocaine" foods, you will never really experience the subtleties of foods and what they taste like. I'm talking about culinary herbs and the bitters in the foods. The green vegetables, all the various plant foods and what they deliver, the wonderful taste in fruits, the taste of clean spring water. I'm drooling as I talk about this. These foods are absolutely delicious in their natural form. We don't need foods to be hyped up and chemically augmented to be delicious. But until we recalibrate our senses, all we can taste is salt, sugar and fat. So, part of what we have to do here on the Food Timing Diet is to get used to the idea that not every meal has to be this huge taste experience. We've got to get used to the idea of weaning ourselves off of chemical taste enhancers like monosodium glutamate. We have to get back to the normal, natural foods so that we can appreciate them as we put into our mouths every half an hour.



**Strawberries, by themselves, are dessert. They are so pleasurable just by themselves. They deliver natural sugars – fruit sugars – from nature to your body. They have complex carbohydrates, together with some fiber and some phytonutrients that fight disease along with some seeds in the strawberry.**

You might think eating strawberries sounds kind of bland. You might think, "Strawberries, well, they should have some sugary, red-colored syrup with them." That's how most people think of strawberries. "Give me that strawberry topping with that sugar sauce!" And to me, that is the most ridiculous thing in the world. Strawberries, by themselves, are dessert. They are so pleasurable just by themselves. They deliver natural sugars – fruit sugars – from nature to your body. They have complex carbohydrates, together with some fiber and some phytonutrients that fight disease along with some seeds in the strawberry. At some point, when you give up all of these processed foods and you start eating real, natural foods, you will enjoy and appreciate strawberries like you never have before. You will be able to put a strawberry in your mouth and say, "Wow! This is a pleasurable fruit. This is the only dessert I want. I can't imagine needing to add any sugar to this strawberry." This will happen naturally. You don't even have to work at it. Once you start eating every half an hour and moving away from processed foods and toward natural foods, this will happen automatically. You will unleash a whole new world of taste experiences, which you are capable of experiencing right now but have missed out on because you've been blasting your taste buds with exaggerated,



hyped up, "crack-cocaine" junk food. That's the reality of what's going on out there. Keep in mind that, for everything I'm asking you to give up here, there's actually something else coming into your diet that is even more pleasurable. I may be asking you to give up soft drinks, but I'm going to introduce you to these desserts from nature that are more pleasurable than soft drinks and healthier at the same time.

You might think, "Well, giving up soft drinks is hard, and I'm not interested in eating strawberries or apples or pears because those seem really boring to me." But what I'm saying is that your sensory acuity will shift once you give up the soft drinks and make it through the temporary transition phase. Then, all of these natural fruits will result in the same pleasurable experience to you that soft drinks used to provide. Therefore, you're not actually giving up anything long-term. You're exchanging unhealthy pleasure for healthy pleasure in terms of your taste. You will be able to enjoy all of these wonderful desserts and carbohydrates offered by nature without any guilt and without adding body fat, without stressing out your pancreas and without any of the negative side effects of processed foods. Not to mention the fact that you'll save a fortune on all of this. You know, fruits are very inexpensive compared to buying soft drinks and processed foods. Fruits are dirt cheap compared to manufactured foods. If you base your carbohydrate intake on fruits and vegetables, you will save a fortune while saving your health and losing weight at the same time. And believe me, these will give just as much pleasure in the long-term as the old things you used to consume to try to get that sensory pleasure. Again, you're not really giving up anything in the long term. You're just recalibrating your sensory acuity to enjoy those things that are good for you. Your tongue will adapt and your sensory experience will shift over time. Now, I agree in the short term it can be a bit challenging, but it's an investment in you. It's an investment for the long-term, and it will pay off within a matter of weeks, or months at the most. You will be able to live out the rest of your life consuming healthy foods and enjoying every single minute of it.

Okay, so are you with me so far? We've covered the first two rules. Rule number one is to eat every 30 minutes. And if you want to make the weight loss component more effective, just eat a little bit less every 30 minutes. But be sure to eat every 30 minutes, regardless of whether or not you feel hungry.

Rule number two is no liquid carbohydrates and no refined carbohydrates of any kind. So no more soft drinks, no more white flour, no more refined-grain pastas and no more instant rice or any of the other instant grains that are really just refined grains. None of that is allowed. No more white bread and no more breakfast cereals unless they're made with whole grains. You've got to switch everything to whole grains or sprouted grains. And you can do that today, thankfully. You can go to the grocery store and you can buy whole grain products, or sprouted grain products. So that's rule number two.

### **Rule number three: Cycle your macronutrients**

Now let's get to rule number three: Cycling your macronutrients. What does it really mean? Well, first, let's define macronutrients. Macronutrients just mean proteins, carbs and fats. These are the big categories of nutrients. Macro means big, so these are just the big categories, as opposed to micronutrients, which would be things like specific vitamins or specific types of fats, like omega-3 fatty acids, or vitamin B12, vitamin E, or magnesium and zinc. Those are the micronutrients. We're talking about the macronutrients here, so you don't have to think about all of the individual vitamins and minerals. You don't need a computer spreadsheet to figure this out. You can do all of this in your head, and it's very easy. Here's the rule: You're going to cycle carbohydrates, fats and proteins. And in each of the meals that you consume during the day, you're going to focus on one of these three. Then you're going to rotate them, and carbohydrates, fats then proteins is the order that you should rotate them in.

Start your day with a carbohydrate meal. That gets your blood sugar going back up to speed, because you've been sort of fasting overnight. You might wake up hungry so you want to get some carbohydrates into your body first thing in the morning. The next meal that you consume should be primarily healthy fats or healthy oils. This gives you blood sugar stability and starts feeding your nervous system to get your brain functioning for the day. It's also good for your heart and your cardiovascular system, and it gives you a healthy form of calories that doesn't blow away your pancreas like refined carbohydrates would. Finally, the third meal of your day should be proteins. It should be a protein focus. And we'll talk about all this in more detail, so you know what to get. The protein focus gives your body more blood sugar stabilization, it boosts the thermogenic effect of consuming proteins and it gives you the building blocks you need to be a healthy individual. You've got to have some proteins. Now, this meal doesn't have to be 100 percent protein, the fat meal doesn't have to be 100 percent fat and the carbohydrate meal doesn't have to be 100 percent carbs. These are just the primary themes of each of the three. Of course, fiber is a part of all three of these meals. Fiber is not something you eat separately; it's a component of all three. When you eat nuts,

**The protein focus gives your body more blood sugar stabilization, it boosts the thermogenic effect of consuming proteins and it gives you the building blocks you need to be a healthy individual. You've got to have some proteins.**

for example, you're eating fiber along with them. When you eat carbohydrates, you should always be eating fiber with it, because you're eating natural carbohydrates, not refined sugars or processed carbs. So, if it's from nature, it has fiber with it, believe me.

Once you've finished this first cycle – you've eaten one meal of carbs, one meal of healthy oils or fats and one meal of proteins – then you just start over and do the whole cycle again. This means every 90 minutes you're coming back around to the beginning and having more carbohydrates. Every 90 minutes you're eating another healthy oil meal or fat-based meal, and every 90 minutes you're eating healthy proteins. This is the secret of the Food Timing Diet. Aside from the fact that you are using this every-30-minute protocol to feed your body the calories it needs without overconsuming and without starving yourself, this is the big secret, this macronutrient cycling. This is what stabilizes your blood sugar levels and gives you exactly what you need to function at peak performance all day long. It's in the cycling. It took a while to come up with this, because I experimented with different sequences. I tried fats first, followed by carbs and then followed by proteins, and it didn't work as well. The blood sugar wasn't as stabilized. This is the pattern that works the best: Carbs, fat and then protein, then repeat as necessary. Make sure you start your day with carbs. And if you can, the best way to end your day is on a protein meal. That will give you the best thermogenic effect while you sleep. You don't want to end your day on a carbohydrate meal if at all possible, so don't make carbs your last meal before you go to bed. Ideally, make it proteins, or the second choice is to make it fats, but try to never make it carbs.

This is where we are so far. You're going to do carbs and then fats and then proteins, and I'll give you items to choose for each of these. You're going to do carbs first thing in the morning when you wake up, and then at the end of the day, you're going to try to finish up with proteins. But if you don't, that's okay too. You don't have to have military discipline in all of this; just make sure you end your day with something other than carbohydrates.

Now notice, when you're cycling these macronutrients, you're never going to eat carbs followed by carbs. That's a definite no-no. In fact, that's one of the big rules of this system. Never consume two carbohydrate-meals back-to-back. You can consume two protein-meals back-to-back without doing any damage; you can even consume two fat-meals – healthy oil meals – back-to-back. But you should never, ever (ever!) consume two carbohydrate-meals back-to-back, because it will generate false hunger, and then you'll spiral out of control and start bingeing. Then the whole day is a complete wreck. Trust me, I've done it myself. You can wreck your entire day by eating two carbs right in a row. Or if, for some reason, you over-consume carbs in one meal, you can also wreck your entire day. So carbs are the one thing that have to be monitored very, very closely. You have to limit the number of calories that you get in carbs, and you have to make sure that you're getting them no more than once every 90 minutes. Also, for some reason you may miss some meals – and this does happen in the real world; we go into a meeting or something, and we can't eat for an hour, or we watch a movie and we're not eating for two hours – but never come back and compensate by eating lots of carbs. Don't eat, say, three carb-meals all in one sitting just because you're making up for it. If you need to make up for lost time, which I recommend you do, you need to make up for that by eating mostly fats and proteins with no more than one carb-meal at a time. Don't overload your body with carbs. This is crucial.

The big issue with fats is the portion size. It is very easy to overeat fats, and I have some great strategies on how to avoid this, such as pulling out the portions beforehand. Human beings tend to eat what's in front of them. In other words, if you have a bag of macadamia nuts in front of you, and you're supposed to eat, for example, only 75 calories of macadamia nuts, it's hard to stop. I mean, these nuts taste really good. You have the whole bag there, and you don't feel physically full. So people tend to just keep on eating those nuts until they've eaten maybe 300 or 400 calories of nuts. That is not a way to lose weight. To eat correctly, you've got to limit the fats to the right portions. For me, that might be 12 cashews, for example, or 10

**If you're going to overeat anything on this diet, make it proteins. Overeat the proteins, because the proteins have a very high thermogenic effect, which means a lot of the proteins are actually converted into body heat, which means that energy is wasted instead of going to your waist.**

to 12 macadamia nut halves. I'll show you how to do this appropriately to get the right portion sizes for you. Keep in mind, when you're eating fats, the portion size is key. You can eat fats back-to-back. You can have a 3:00 healthy oils meal and a 3:30 healthy oils meal if you want to. That's not ideal, but if you had to, you could do that. Maybe you're on the train or you're in the car, and you only have nuts with you. So yeah, you can eat nuts back-to-back. But be sure to stick to the portion sizes.

The proteins group is where you have the most leeway. If you're going to overeat anything on this diet, make it proteins. Overeat the proteins, because the proteins have a very high thermogenic effect, which means a lot of the proteins are actually converted into body heat, which means that energy is wasted instead of going to your waist. It won't create body fat, it'll just make you feel like you're burning up inside. So what? At least you're not storing it as body fat. Proteins are also very difficult to biochemically convert into body fat, so the biochemical pathways that exist in your body are not predisposed to converting protein sources into stored body fat. It's an inefficient chemical pathway. Your body won't use that as a source of fat except as an extreme last resort, so if you're going to overeat anything, make it proteins.

In contrast to that, carbohydrates can be converted into body fat very easily, and so can dietary fats, which is why we have to limit our portions of nuts, healthy oils and other sources of fats. Portion control is very important here, but with proteins you don't have these same restrictions. You can eat a lot more protein. This is why I say if you're going to binge – if you're at a restaurant with people and you've decided you're going to eat until you're absolutely stuffed – order yourself some protein. Act like you're on the Atkins diet for all I care. Just eat a lot of protein or get a lot of greens in your body, like salad, to take up space. But never overdo the carbs, and limit your portion sizes of the healthy oils, as well.

### **Free Foods: Foods to eat any time to fill your stomach**

So that's the third rule, and we'll get into a lot more detail later. I just wanted to introduce it to you here and give you the basic concepts. Now there's one more additional rule; it's not really a rule, it's more like a bonus: Free foods. You may ask, "What are free foods?" These are foods that you can eat at any time in unlimited quantities. Naturally, ice cream is not on this list. Don't send me hate mail; it just doesn't belong on this list. Chocolate bars are not on this list. These "free foods" are foods that basically deliver little or no blood sugar impact to your body. They have very few calories. These are sometimes called negative calorie foods, or things that take your body more energy to digest than they deliver to you. And you can probably guess what some of these are.

Cabbage, for example, is a free food. You can eat all the cabbage you want – have at it! Have a cabbage buffet. Pan-fry that cabbage, without oil mind you, because if you put oil in it, then it counts as an oil meal. Without oil, eat all the cabbage you want. Pan-fry it with water and soy sauce – that's what I do. The reason we have free foods is because sometimes you just want to eat something. You just want to fill your stomach. You want to feel full for some reason. We're all like this from time to time. We have this craving for just a big mass of food down our gullet. Well, when that happens, turn to the free foods. Give yourself the mass that your body is

craving without violating the Food Timing Diet. You sure don't want to binge on carbohydrates. You sure don't want to binge on fats, because that's going to give you way too many calories. For some people, one tablespoon of olive oil is an entire fat meal on this program. You've got to realize how many calories are in fat. It is calorie-dense stuff. So, one tablespoon, that's your meal. If you pan fry cabbage with one tablespoon of olive oil, that counts as a fat meal, because the cabbage is free, but the oil counts. Got me on that? Okay.

Next in the free foods list, we have any of the water-rich green vegetables such as broccoli and celery, for example. These are all free. Bean sprouts are free. Green, leafy vegetables are free. And by the way, just to make life a little bit easier, any toppings or dressings that don't have oils in them and that don't have refined sugars in them are also free, which means you can have all the mustard you want. Oh yeah, mustard and cabbage – there's a free buffet for you right there. We should pig out on that starting today. What else is free? Here's a good one – salsa. That's right. Natural salsa, made with whole tomatoes, without added sugars, is a free food. Remember, any of these condiments, any of these sauces or toppings that have no oils and no refined sugars are free to you. You can eat all of those you want. So if you want an entire meal that's completely free, that doesn't even count as a meal, you can have a huge bowl of salad with some salsa on top. And there's not one calorie in there that I would normally count. So you can eat that as many times as you want. But the minute you start adding dressing to this, or you start having a taco salad by putting in chips, then you've blown it, because those chips are loaded with oils – there's lots of fat in those chips and lots of carbohydrates as well. If you add meat, then you've got your protein in there, and a lot of fat as well. That's a meal. That's not a freebie.

I know some people are going to abuse this and they're going to email me and say, "Hey! It's not working. I've been eating salads all day long and I'm not losing weight." And I'll email them back and say, "What's in your salad?" "It's a taco salad," they'll say. "I have salsa and lettuce and lean ground beef and nacho chips".



### **Phytochemicals in broccoli and cauliflower fight cancer, says new research**

Broccoli is one of the most powerful anti-cancer foods in the world: It contains phytochemicals so effective that if drug companies could patent them, they'd charge consumers a hundred dollars a pill for the same thing you get from a serving of broccoli.

Cauliflower, too, is a powerful cancer fighter. The truth is, cancer is almost entirely preventable through food choice and physical exercise alone. Nature has provided an abundance of healing foods that can prevent and reverse chronic disease, including cancer, diabetes, heart disease and more.

For more information on the cancer-fighting properties of broccoli and cauliflower, visit **[www.WebSeed.com/Broccoli.html](http://www.WebSeed.com/Broccoli.html)**

I'll say, "Well, there you go. It's the chips and the beef that count. Didn't you read the ingredients? Pay attention." Everything counts, unless it's on the free food list. So if there's oil in there, it counts. If your sauce has sugar in it, that counts. And most of these salsas, pasta sauces and pizza sauces have sugar in them, and salad dressings have sugar in them. You have to read the ingredients label to find out whether there's sugar in it or not. Believe me, if you just go to the grocery store and buy the popular brands, you're going to be loaded with sugar, you're going to have unhealthy oils, and it will probably have monosodium glutamate in it as well. That's a chemical taste enhancer that plays havoc with your appetite control. So if you go out thinking, "I'm just going to eat salads all day long, I'll have this nice organic salad dressing here." If you bother to read the ingredients, you may find that it is loaded with sugar, so it's creating false hunger. Then you're throwing yourself off and you don't know why. So pay attention to what you're doing. If you're going to

eat a free food, make sure it's really free, which means free of sugar, free of oils, and basically free of calories.

The other thing is whole food supplements: Any nutritional supplements I take, I don't count as calories. Now I know that they do deliver some calories. I know that. But we don't have to be exact about this. We just have to get the basic premise down. A few whole food concentrate pills or supplements, some tinctures, or some Chinese herbs, are not going to throw your diet off. If anything, they're going to help your diet, because they will give you the nutrition your body is craving anyway. Remember how I said before that a lot of times these food cravings are actually caused by nutritional deficiencies? By getting good nutrition into your diet, you're going to eliminate these nutritional deficiencies, which means you'll eliminate the carbohydrate cravings. You'll eliminate hunger swings and you'll make losing weight so much easier. So don't count the calories of nutritional supplements. Just take them. I take a lot of different products, like supergreens products and whole foods products. I take powders and capsules and tinctures and tablets. I take a lot of nutrition, and I don't count any of that. I still do just fine, and I don't gain weight. No one's going to gain weight from taking vitamins. There are not enough calories in them and it's just great nutrition. So take all the vitamins and supplements that make sense for you to get outstanding nutrition. Don't worry about them messing with your diet. Take them any time you want. Of course, I always recommend taking them with meals, but since you're eating every half hour anyway, that's pretty easy. If you happen to think of it a random time, chances are you're only a few minutes from a meal anyway.

It's important to add here, by the way, what is not free in the vegetable world. What are not free are carrots, peas, snow peas or beans – any of the vegetables that actually deliver a fair amount of sugars. Those are not free. Carrots especially. Carrot juice is not free. That has a fairly high glycemic index. Snow peas are not free. Any of these vegetables, along with potatoes or root vegetables (tubers), are not free. The only things that are free are those vegetables that are essentially calorie neutral:

Cauliflower, kale, onions, cabbage, broccoli and celery. These are free because they deliver essentially no net calories to your body. You can eat these all day long. You can eat them raw, you can eat them steamed, fried and baked. When I say fried, by the way, I mean pan or stir-fried Chinese style, I don't mean deep-fried. Deep-fried has no place in this diet. There is no deep-fried in the Food Timing Diet, and I'll explain why later. Stir frying without any oil is the way to get these free foods into your body. You can have these any time you want. You'll find sometimes you want them and sometimes you don't. That's fine; it's totally up to you.

So, those are the three simple rules of the Food Timing Diet. Let's review them very quickly. Rule number one: Eat every 30 minutes whether you need it or not. No matter what your hunger signals say, eat something every 30 minutes. Rule number two: No liquid carbohydrates, no refined carbohydrates. No white flour, no added sugars, no high fructose corn syrup. They create false hunger and will cause you to fishtail out of control. They will ruin your whole day, and they will promote fat storage. Rule number three: Cycle your macronutrients. Start your morning with carbohydrates. Half an hour later, eat some healthy fats. Half an hour after that, consume some healthy proteins and

**By getting good nutrition into your diet, you're going to eliminate these nutritional deficiencies, which means you'll eliminate the carbohydrate cravings. You'll eliminate hunger swings and you'll make losing weight so much easier.**

then repeat the cycle as necessary. Never eat two carbohydrate meals back-to-back, never eat overly-sized portions of fats, and if you do decide to binge, only binge on proteins because those are the ones that have the least negative effect on your weight loss efforts. And remember that not every single meal has to be pleasurable. Your mouth is not an amusement park. Eat according to your nutritional needs, not your sensory desires.

Finally, remember you have lots of free foods to choose from. You can eat cabbage, broccoli, bean sprouts, cauliflower, celery and green leafy vegetables. You can have mustard and other condiments and toppings that are made without oils and without sugars, including taco sauce. You can eat all of that that you want, including whole food supplements and vitamins. None of that counts on the Food Timing Diet. You can have unlimited quantities. You can also drink all the water you want. Water will never cause you to gain weight. It will only help you lose weight. I have an entire discussion dedicated to that later in the book. Drink all the water you want. Water makes you feel full, actually. And since your stomach will be shrinking on this diet, a little bit of water is a powerful appetite suppressant. You'll discover that the minute you start using this diet for yourself.

Those are the three simple rules for success with the Food Timing Diet and in the next section we're going to talk about how to put this into action. How do you really make this work in your own life? I'll give you practical steps and information along with lots of strategies, tips and some action plans, plus a three-phase strategy for transitioning into this without much pain or effort. I'll make this as easy as possible.





**PART 3:**  
**Putting your diet**  
**into action**

So far, we've covered the theory behind The Food Timing Diet, the three basic rules, what you have to do make this work and why you need to eat every half hour in order to lose weight. We've talked about the free foods, and we've talked about macronutrient cycling. So now it's time to get to the actual steps of putting this into play in your own life. This is the fun part. This is where it becomes real. Are you ready? Here we go...

## **Phase one: The Healthy Habits phase**

Phase one is the Healthy Habits phase. This phase is just designed to give you new habits – that's all. It's designed to challenge your old habits. It allows you to break through those old patterns of behavior that aren't serving you very well, and replace them with new habits that will give you the weight loss results you've really been looking for. The Healthy Habits phase is very simple. First, however, keep in mind that this phase is not designed to help you lose weight. I've got to tell you this up front: You won't lose a pound of body fat from this phase alone. This phase is just designed to give you the new habits that will help you move on to Phase two and Phase three, which will help you lose weight and keep it off. Before you get there, you've got to go through the Healthy Habits phase.

So, what do you do in Phase one? It's really simple: Eat something every half hour. Eat anything. It doesn't matter what you eat during this phase, which is why you won't lose any weight in Phase one. If you eat a bowl of ice cream or a nice, juicy cheeseburger every half hour, you're obviously going to pack on the pounds. Now, I'm not suggesting that you do that. You should still eat sensibly. But eat something every half hour. If you eat every half hour for three days in a row, then you have passed Phase one. Until you've done that, you're still in Phase one – you haven't graduated yet. Until you form this new habit in your life, you're not ready for Phase two.

How long should you spend in Phase one? Spend as long as it takes to form this new habit, so that you can pass three consecutive days while actually having eaten

something every half hour without fail. Once you've done that, move on to Phase two. Now, some people will say, "So you're saying that I can eat anything every half hour? That's interesting." Yes! Eat anything every half hour. This is the Healthy Habits phase of the diet. It's designed to give you new habits and get you on the clock. It's designed to get you in the rhythm; the pattern, of eating every half hour to make it a new habit. How do most people approach this? Oh, it's really funny. They say, "Great! This is the first time in my life I've had the permission to eat every half hour without having to feel guilty about it." They run out and buy chocolate bars, ice cream, muffins, all other kinds of desserts and all the stuff they wanted to eat before. They say, "Great. This is part of my Food Timing Diet, you see? I get to eat something every half hour."

When people start out, the first thing they do after waking up in the morning is stuff themselves with some huge portion of something they've been dying to eat. And they feel like they have my permission to do it. So afterward, they have a full stomach. Then, half an hour later, guess what? Oops – they still feel full. They now have to force themselves to eat: "Oh, my God. I have to force myself to eat. It's been a half hour already." So they eat something else. Then another half hour rolls by and they're still full from the huge breakfast they had, but they realize they have to eat again. Suddenly, eating has become something that's difficult. This happens if you eat too large a meal. What you learn very quickly in the Healthy Habits phase is that if you want eating to be pleasurable or even tolerable, then you should be eating sensibly-sized portions every half hour. Don't stuff your face, because you won't be able to eat again in half an hour, and you'll fail Phase one. And don't try to play little sabotage tricks – I know about all of those. You can't fool me. Don't try tricks where you stay on track all day long but miss one meal, then say, "Oh, I have to start all over again. I guess I'll have to eat everything I want to eat, every half an hour for three more days." That's quite a trick, but it doesn't fly.

Your job is to finish Phase one and move into Phase two. If it takes you longer than two weeks to get out of Phase one, then forget it. You don't have the discipline to do



this diet. Send the book back and get a refund. You've got to be able to finish Phase one within two weeks. It shouldn't take too long. Now, I can understand that it might take a week to get used to it. Maybe you need to go out and buy a watch just as I did. I went out and bought a Nike Triax watch from [www.WatchZone.com](http://www.WatchZone.com). You can also check it out at [www.NikeTiming.com](http://www.NikeTiming.com). This watch keeps track of every half hour. It automatically keeps track of time so that I don't have to touch it. It just beeps every half hour, at which time it means, "Hey, it's time to eat." How about a watch that tells you it's time to eat, and it does it every half an hour? Lots of fun, right?

The challenge is that you think you're going to enjoy this and that this is going to be easy – until you actually try it. You then find out that you have to change some habits and that it might take a little bit of effort. This phase introduces you to ideas of how you're going to integrate this with the rest of your life and the people around you. You see, if you've been going out to eat with others, or if you've been having family dinners, or you've always been eating with your spouse, then guess what? You've been eating on their schedule. All of a sudden, you're going to be eating every half hour, which changes the whole picture of your eating lifestyle. How are you going to make this change? Phase one gives you a safe time period during which to experiment with all of that. The best way, of course, is to communicate with the people around you. Tell them what you're doing: "Hey, I'm on the Food Timing Diet. I'm going to lose weight, and it requires me to eat every half hour." The key is to eat sensible portions, avoid all liquid carbohydrates and cycle your macronutrients like we talked about. If you do those things, you can achieve phenomenal weight loss results utilizing this diet. But you've got to follow it; you've got to be able to make this one big change by eating every half an hour. It will take some effort. Phase one allows you to eat anything because I want you to focus on the timing only. I don't want you to worry about what you are or are not supposed to eat, whether you've had carbs already, whether it's time for protein – I don't care about all of that at this point. For Phase one, I just want you to focus on the timing; get used to eating every half an hour.

I've already mentioned the Nike watch. There is another product out there that you can use: The E-Pill Medication Reminder. This is a product that's actually been designed to remind people to take their pills. How much fun is that? You can also buy the device and use it to remind yourself to eat. And it's perfect for that function. It'll alert you every half hour. It's from [www.Epill.com](http://www.Epill.com). It's called the multi-timer or the pocket multi-timer. It's very easy to buy, very affordable, and it works. So, the Nike Triax watch and the E-Pill Medication Reminder are two different devices that can help you remember to eat something every half hour. Now, maybe you're like Star Trek's Mr. Spock, and you can remember exactly every half hour that it's time to eat. If so, that's good for you. I'm envious, because I don't have a brain like that. I can't remember to eat every half hour; I get distracted and involved in projects. Sometimes, an hour and a half can go by before I realize that I'm hungry. So I can't rely on reminding myself mentally, and my experience is that most other people can't, either. To do this effectively, get yourself one of these timing devices. If that means you have to delay the start of this diet, then that's fine. You can order your Nike watch or E-Pill Medication Reminder and wait a few days, or you can just use a kitchen timer or some kind of timing software on your computer. Find a way to make it work, and then begin Phase one. Start eating something every half hour from the very first moment you wake up and all throughout your day until the last moment before you go to bed.

Once you have completed the Healthy Habits phase, you have graduated. It's time to actually start losing weight. Now, let's review. To graduate from the Phase one, you have to follow the 30-minute timing for three consecutive days. Once you've done that, you're ready for Phase two. If you haven't done that yet, stay in Phase one and make it part of your life before moving forward.

## Phase two: The Healthy Choices phase

Phase two is called the Healthy Choices phase. This phase is where you actually start making changes in both the types of food products that you're going to consume and the portions that you're going to consume. You've heard me talk about what the ideal type of food to eat in each of these macronutrient segments is. You're supposed to eat carbohydrates, then healthy oils or fats, then proteins, and cycle those back around again. What about the portions? How much are you supposed to eat? This is where it comes down to some numbers. Remember: You want to have a small calorie deficit so that by the time you've completed 34 meals for the day, you'll have consumed slightly less than what you needed in terms of calories. So you'll burn up a few more calories during your day-to-day activities than the amount you actually consume. Does that make sense? A small calorie deficit means a small incremental weight loss that won't be painful. It won't require you to go crazy and have an iron will to endure terrible starvation just in order to lose weight. I'm not into that method of weight loss. I like weight loss to be as painless and as effortless as possible. The Food Timing Diet is the way to do it.

To calculate the number of meals you'll be eating during the day, take the number of hours that you're awake during the day and multiply it by two, because you'll be eating every half hour. The number of meals per day is typically 34 if you get seven hours of sleep per night. It could be 32 meals per day if you're only awake for 16 hours per day. Then you take the total number of calories you should give yourself per day (I'll give you some ways to estimate this) and divide it by the total number of meals you'll get. Now, don't worry; you don't have to do the math. I'll show you another way to sort of sense what's accurate without doing any math at all. I don't think you should have to whip out a calculator to figure this thing out. There are some easy ways to do it. But let me give you some guidelines of where to start.

If you are a 150-pound adult male, for example, then you might need to eat somewhere around 2000 calories per day. You may need 2200 if you're a little bit

## **DAILY MEAL CALCULATOR**

**To calculate the number of meals you'll be eating during the day, take the number of hours that you're awake during the day and multiply it by two.**

**The number of meals per day is typically around 34.**

## **CALORIES PER MEAL**

**A 150-pound adult male, for example, might need to eat somewhere around 2000 calories per day. 2200 if you're a little bit more active.**

**If you're a lighter person, male or female, then you're going to need fewer calories – maybe down to 1500 to 1600 per day.**

**Now, 2000 calories per day divided by 34 meals per day equals 60 calories per meal. So every half hour, you're going to eat 60 calories. This is a good starting point for most people.**

more active. If you're a lighter person, male or female, then you're going to need fewer calories – maybe down to 1500 to 1600 per day. If you're an active to very active male or you're quite a bit heavier (maybe 180 to 190 pounds), you might need about 3000 calories a day. If you're highly athletic, very heavy and very active, or very muscular, you might need 3500 or even more per day. So this should give you a general guideline of where to start. If you're unsure where to start, just start with 2000 calories per day. Now, 2000 calories per day divided by 34 meals per day equals 60 calories per meal. So every half hour, you're going to eat 60 calories. This is a good starting point for most people.

Again, if you're heavier than usual (more than 150 pounds) or you're highly athletic, then you might want to start with more calories per day – say 70 to 75 calories per meal. I personally eat 80 calories per meal, but I'm a pretty active kind of guy. I'm about 6'1", weigh about 180 pounds, and I do a lot of cycling, jogging and other activities, so 80 calories per meal works for me. You can sort of compare yourself to me. If you're less than 6'1", weigh less than 180 pounds, and you're less active than I am, then you're going to need significantly less than 80 calories per meal. If you're bigger and more active than I am, or if you have huge lean body

mass all throughout your body (maybe you're a body builder), then you're going to need more than 80 calories per meal. You might start at 90 calories or even go up to 100 calories if you're significantly heavier, stronger or you're just a larger person in general. So those are some ideas of where you can start. Now, don't worry; it doesn't have to be exact. Later on, I'll show you how to fine-tune this without doing any hard math by using some basic body awareness. You'll know instantly if you're eating too few or too many calories, and you can then adjust accordingly. So all we need for now is a general starting point of where to begin.

Let's assume that you're eating 60 calories per meal, because that's where most people should begin. So what exactly is 60 calories? When you're eating carbohydrates, how do you know what amount equals 60 calories? Well, the first thing you can do is to actually read the food labels. Every food label tells you how many calories are in each serving of any particular item you buy at the grocery store. If you do that, you will find that most slices of bread have about 100 calories, which means that, for your meal, you will get a little more than half a slice of bread. I know what you're thinking, "Oh, yummy! Half a slice of bread is my meal? WOW! How can I live off half a slice of bread?" Don't forget: You eat every half hour. That's the beauty of this system. You won't feel so hungry once you make the transition to this system. So, what you have to do is start looking through all the foods that you enjoy eating and figuring out what a 60-calorie portion is. You'll need a digital scale to do this. You can eyeball it, but eyeballing is not that accurate, especially when you're eating things like nuts, seeds or other foods that you can't eyeball very easily. You can purchase digital scales at Wal-Mart or K-Mart; they're very inexpensive. I think \$25 will get you a perfectly useable scale. You can then start weighing and portioning out your foods. Now, you won't have to do this long-term, because after you weigh a few foods a few times, you'll automatically know what amount equals your calorie serving. For example, I know how many cashews amount to 80 calories. I can reach into a bag and grab nearly exactly an 80-calorie serving of macadamia nuts. I know what amount of bread equals 80 calories as well. I can look at a variety of seafood,

such as salmon, and know what amounts equal 80 calories. I also know how many calories there are in a tablespoon of vegetable oil, for example. It's usually around 100 calories per tablespoon. So you'll get a sense of how many calories are in the foods around you. Pretty soon it'll be second nature, just like tying your shoes or starting your car. It's very easy to learn this stuff.

So again, the most important part of Phase two is to start consuming the portions of food that are recommended for you. In Phase one, you were allowed to eat anything you wanted every half hour, and you may have overeaten – all of us tend to do that from time to time. You may even have put on a couple of pounds if it took you a long time to get through Phase one (hopefully it didn't). In Phase two, it's time to start limiting portions so that you are eating 60 calories every half hour. You'll eat half a slice of bread, eight almonds, or half a teaspoon of oil dripped over a large salad, for example (my Nike Triax just beeped, telling me that it's time to eat – good thing I front-loaded with some nuts before getting to this point. That's another strategy I'll teach you about later on). So, you can eat a huge bowl of salad, for example, without a problem, but you're going to have to measure the amount of salad dressing that goes on top. Salad dressing is really the source of the calories that you'll get from a salad. You can eat soup as well, but you have to know how many calories you're getting from a certain serving size of soup. If it's potato soup, it counts as a carbohydrate, and it's going to be packed with calories, believe me, especially if there's pasta in there. It may even violate the "no refined carbohydrate" rule, so you've got to watch out for that, as well. The bottom line is that you have to start figuring out and memorizing the meal portions that you are allowed to eat, no matter what type of food it is. And begin at 60 calories per meal if you don't know where to start. Otherwise, you can start at 70 or 80 calories and work your way down or up depending on what you find is appropriate for you.

Something really magical happens when people start doing this, by the way. You have to experience it yourself to really believe it. Because you're eating such small portions, you're going to learn to really appreciate these foods in a way in which

you've never appreciated before. Because it's small, you're going to really value that portion, and you're going to focus on eating that one small amount. You're going to spend more time chewing on that piece of bread or those macadamia nuts, for example. Whatever you enjoy eating, you're going to try to get the maximum nutrition out of it. You do that by chewing on it longer and chewing it very well. You see, when we don't have any limits on how much we eat, we tend to wolf down our food. We tend to swallow most of it without chewing it. When you do have a limit and stick to eating just a particular portion that you've given yourself, and you know that's all you'll eat for the next half hour, then you tend to value it. You tend to eat it very slowly and with intention. You tend to chew it more and try to extract as much nutrition and as many calories as you can out of that food. Limiting your portions makes you recognize the value of foods even more. This is one of the hidden benefits of the Food Timing Diet: It teaches you to appreciate your foods and to eat consciously with awareness. This is what everybody who's into being naturally healthy says – they say to eat with awareness. Don't eat without thinking about it. Don't shovel food down your throat while watching television. That's no way to lose weight. You must eat with intention, with consciousness. By forcing yourself to eat very small portions, you will learn to appreciate foods even more.

Another secret that you learn during Phase two is that your tastes will change and you'll begin to choose healthier foods as you begin to eat healthier portions. This will happen automatically. So as you give up those refined sugars (remember those soft drinks, all that white flour and all those intense tastes), you start switching over to foods that are healthier and more natural and unprocessed. Your tastes will change, and within a matter of a few weeks, you will begin to really enjoy all these foods that you are allowing yourself to eat every half hour. You will begin to find them really pleasurable. Remember how I talked about the strawberries and what a wonderful dessert they are in the last segment? They're absolutely delicious. If you don't think so now, give yourself a few weeks on this diet and you will find them to be extremely delicious. At the same time, you'll never want soft drinks again,

because they don't make you feel good the way that natural fruits do. Natural, unprocessed foods bolster your health, enhance your nervous system function, give you mental clarity and make you feel young and energized.

This diet is all about feeling good and being healthy. Once you experience it, you'll never want to go back to all the old beverages and foods that you used to eat and drink that incidentally made you feel terrible all the time. Why would you ever want to go back to that when this new way of eating is making you feel so good? All you have to do is be willing to eat every half hour, have sensible portions, and be willing to give up those disease-promoting foods and drinks not allowed on this diet. If you can make those choices, then you can create a whole new future of outstanding health for yourself. You can do it. It's very simple to do. It's not effortless, as I've said at the beginning, but it is well within your reach. I think that it's your right as a human being to experience this kind of outstanding human health. The Food Timing Diet is the pathway that gets you there with the least amount of effort possible. Phase two is all about making that transition. It requires some effort on your part, because now you have to actually feel some hunger – just a little bit. It's just a minuscule, annoying hunger that says, "You know, I could have eaten more." You can think to yourself, "I know, but we only have 26 minutes left, then we can eat again!" And your body says, "Okay, I guess I could wait around. Let's find something else to do for 26 minutes." That's the kind of conversation you'll have with your body on a subconscious level. If you do talk to yourself like that out loud, act like you're voice recording so that other people don't think you're absolutely mad while on the Food Timing Diet.

Another important tip during Phase two is to take this transition slowly. Do it slowly, please. If not for yourself, do it for me. Do it slowly, because if you try to change all your foods and portions overnight, it won't work. I know this from experience and from having attempted to help so many other people who haven't been able to make that wholesale change overnight. But you know who are the types of people that this diet works for? They're the people who make small incremental



changes one day at a time. For example, I've talked to many people about drinking soymilk instead of regular dairy milk. By the way, that's not a requirement on this diet; this is just an example. You can drink cow's milk while on this diet if you want; it's totally up to you. I tell people they should give up dairy products and switch over to soymilk. They say, "Great, I'll start drinking soymilk tomorrow." But I tell them, "No, please don't do that."

Here's the way I show people how to switch to soymilk: You should buy regular cow's milk along with soymilk. Have it side-by-side in the refrigerator. When you go to pour yourself a glass of milk or a bowl of cereal with milk, you should pour in 75 percent cow's milk and 25 percent soymilk. You should do that for about 2 weeks, or until you no longer taste the soy. By the end of two weeks, you'll be totally used to it. I ask people if they can do that. They say, "Yeah, I can do that. I can do a 75-to-25 ratio – a little home chemistry there. I can figure that out, no problem." I tell them that that's the way you do it. They come back a few weeks later and say, "I've done what you've told me to try. I don't even taste the soymilk anymore. It just tastes totally normal to me." Next, I tell them it's time to put in 50 percent cow's milk and 50 percent soymilk. I tell them to try that for another couple of weeks and then come back to tell me how it's going. They say, "Mike, I can totally do that. I can do 50/50; it's even easier than a 75-to-25 ratio, because I don't have to remember which part is larger. Great!" They come back in a few weeks and say, "It was no problem. Now it tastes completely normal to me. I'm used to the taste of the soymilk combined with the cow's milk." I tell them they're ready to go onto the next incremental step in completing the transition to soymilk. "Can you guess what that step is?" I ask. "25 percent cow's milk mixed with 75 percent soymilk?" they reply. "Bingo! You've got it. The soymilk is enhancing your brain function already." I say. I tell them to do that for two more weeks, then come back and tell me once that's successful. So they come back a couple of weeks later and say, "No problem. I did it again! I've done it all three times now. I'm drinking 25 percent cow's milk and 75 percent soymilk." Then I say, "Okay, stop. Hold the presses for a minute. This is

not what you're expecting, but I want you to try an experiment." I whip out some cow's milk and say, "Here, this is 100 percent cow's milk. Try drinking this and tell me what it tastes like. They say, "Okay." And they drink some cow's milk, then they spit it out. They say, "That is gross. That is some nasty stuff. I'm not used to that." I say, "Isn't that amazing? Six weeks ago, you were drinking cow's milk non-stop like you were a newborn calf or something. But today, you can hardly stand it. What happened?" They answer, "Well, I guess I got used to the taste of soymilk." I say, "That's right, and now it's time to go 100 percent. So drink 100 percent soymilk and no more cow's milk. That's how you can have a successful transition."

Do you get my point above? You don't transition overnight. You do it slowly, step by step. You give your body and your tongue a chance to adapt. Your body will adapt, trust me. Your tastes will change very rapidly, in fact, as long as you introduce these things with a little bit of stealth. You can't just slam your tongue with something brand new and expect to get used to it – that doesn't work. You have to treat your taste buds with kid gloves. You have to introduce things slowly, get used to them over time, change the portions, do that whole chemistry test, and mix things up a little differently – all the while moving slowly toward the goal that you want in terms of food choice. That's the way to be successful with it.

As another practical example, let's say that you like to eat salted and roasted peanuts. You may think that salted peanuts are pretty healthy, but your body doesn't need heavily salted peanuts that were roasted in peanut oil; they might even contain flavorings, including MSG – and that's a big no-no. So what do you do? Well, first you've got to get rid of the salt taste, but you don't do it overnight. You buy unsalted peanuts, and you mix them in with the salted peanuts at a 75-to-25 percent ratio; 75 percent salted, 25 percent unsalted. You eat that mixture for a few weeks. Then you go 50/50, then 75/25. By then, you're eating mostly unsalted peanuts. Then a few weeks later, you'll be eating 100 percent unsalted peanuts. That's how you switch to unsalted peanuts, which is what you want on this diet. Peanuts are, by the way, outstanding nutrition. They're very high in antioxidants and healthy oils. I strongly

recommend them. They're very good for you, as are all of the nuts. But you've got to eat them in the right portions, and you have to eat them in unsalted, unroasted, raw formats whenever possible. You don't want flavored nuts – you want raw nuts. My personal favorites are raw macadamia nuts. To me, it's dessert. I could eat macadamia nuts all day long, but I have to cycle macronutrients, so I only get to eat them every hour and a half.

So in Phase two, you're actually doing a couple of things. You're controlling the portion sizes so that you're only eating 60 calories every half an hour. You're also switching to the healthier versions of the foods that you've been eating in the past. You're moving over to unprocessed foods while getting away from processed or manufactured foods whenever possible. That's your ultimate goal, because that's what will get you away from those extreme, high-salt, high-sugar foods and tastes. That's why we get you into those foods with the subtleties of nature, with all the variations of taste and phytochemicals and phytonutrients – all the good stuff that nature intended for you to eat. This includes fibers, vitamins, minerals, healthy oils – everything that's supposed to be in the foods that your body was designed to eat. The way you get there is by making those changes



**might even contain flavorings, including MSG – and that's a big no-no.**

one day at a time. You make changes incrementally with faith that your body will adapt. Your taste will change and come along with you. In time, you'll find the tastes that you want. You can train yourself to eat practically anything, really – not that we want to eat strange-tasting stuff. I mean, you want to have enjoyable foods, but you can train yourself to get away from all of those unhealthy foods and get into healthy foods. Believe me, it can be done. I've done it. I used to have the worst diet in the world, it seemed. I used to eat donuts, pizza, cow's milk and Lucky Charms for breakfast every day. I ate tons of sugar. It was a terrible diet – lots of candy bars and fast food. There was one period in my life during which I ate McDonalds every day for lunch two years in a row. Can you imagine that? But I was able to give all of that up, and I don't even miss it anymore, because it's so much nicer to be over on the natural-health side of things.

Natural foods taste so much better, and you feel so much better eating them. You feel healthier and more vibrant. You'll never want to go back to the old way, believe me. If you can get through Phase one and train yourself to eat every half hour, if you can adopt Phase two by eating only a certain number of calories every half hour, and if you can then move toward natural foods and away from processed foods, you're going to experience outstanding results. It will blow your mind. You really have no idea what it feels like to be as healthy as you can be – most likely because you haven't felt that way any time recently. It's hard to know what you're missing. It's sort of like asking a fish, "What is water?" They don't know because they haven't experienced anything else. Well, you can experience something other than what you've been used to. You can experience a life full of energy, no matter what your age or medical history, what background you came from, or what health challenges you've had in the past. You can be healthier in the future and the Food Timing Diet is your pathway to getting there.

A little bit later in this program, I'll tell you exactly what to shift away from and what to move toward, so you can design your own recipes around those tips. Another tip in Phase two, by the way, is to proportion all of your meals so that when you wake

up in the morning, you'll pack your 60-calorie meals in little bags or bowls so that you're ready to roll for the whole day. When that watch beeps and it's time to eat again, you can just run into the kitchen and grab the right macronutrient. It's time for protein. So you grab it, and you're ready to eat – or you have the ingredients on stand by, ready to mix. Have ingredients ready to put into a bowl of cereal or blend into a nice protein pudding, for example. I have a wonderful recipe using unsweetened banana-flavored soy protein, stevia, soymilk and a little bit of fiber. It's absolutely delicious. It tastes like banana pudding, but it counts as protein. What a great recipe – there are no carbs in there at all! I'll share some more recipes like that one with you, so that you have some of the same wonderful recipes that I've developed and used in order to stay on this diet and make it work.

### **Phase three: The Lifetime phase**

All right, with that under our belts, let's move on to Phase three. What is Phase three? Phase three is the Lifetime phase. Phase three is really simple: Keep doing what you're doing. With Phase three, however, comes a philosophy: It is a mental understanding that this is not a temporary diet. This is not something you do for four weeks just because you're getting ready to go on spring break and you want to look good on the beach. This is not something you do temporarily so that you can fit into a \$100 pair of slacks you bought so that you can look good at the office. This is not what you do temporarily to try to get a date, get married, or look good because you're going out somewhere. That's not what this is about. This is about living the rest of your life in a healthy manner and feeding your body from this day forward in a way that's compatible with your biochemistry. This is about maintaining healthy body weight for the rest of your life. It is not for some temporary fix. That's the problem with too many Western diets – they're all about a temporary fix. People want to be fixed, and then they want to go back to the old way. Which old way is that? The old way gave them the results that made them overweight in the first place. People opt for liposuction and they say, "Doc, suck away my fat so that I can go back to the lifestyle that gave me this fat in the first place. Take care of this fat

problem for me. I've got donuts to attend to." Right? That's the kind of philosophy we have here in America: "Fix me! Fix me! Fix me! I want to go back to having my donuts and pizza and avoiding physical exercise." That's what we often say. But that is the wrong philosophy to adopt.

You need to have a lifetime philosophy of health and balance; you need a lifetime philosophy of the Food Timing Diet. If you want to be healthy for the rest of your life (which I assume you do, otherwise you wouldn't be reading this far), then you've got to adopt these healthy lifestyles for the rest of your life. This is not a temporary fix. This is a system that works for your entire life. Or, I could qualify it and say that you should only use this for as long as you want to be thin. Maybe you only want to be thin for six months, and then you'd like to return to your old, heavy and overweight self. Well, that's always your choice. You can always choose to do that. If you want to do that, then consider this to be temporary. You can go back to the old way of eating any time you want, and you will get the same results you got in the past. And you know what those results are? I certainly do. I ate myself into a state of near-diabetes and obesity. I know what it's like. I personally have no desire to go back, but it's a free country. Everyone can do whatever he or she wants. Just be willing to recognize that there are consequences for doing so. If you want to live the rest of your life thin, feel really great, and prevent chronic disease, then stick with the Food Timing Diet for the rest of your life. That's what I certainly intend to do. I've enjoyed this diet tremendously. Maybe it will be improved in some ways – maybe half an hour is not the perfect time for everyone. Maybe some people do better on 45 minutes, or even an hour. Maybe other people need to be fed every 15 minutes like hummingbirds. Who knows? But right now, this is the best diet we have. This is what works, and I'm going to share with you what works today, rather than waiting around for some perfect solution. We know this works today. So put it into place, and you can experience the benefits today and for as many days as you choose to stick with it.

Now, one of the biggest questions I come across is, "Hey, Mike, is there a cheat day on this diet?" For those who aren't familiar with the concept of a cheat day, it is a day when you don't follow any guidelines; you eat whatever you want, you do whatever you want. Usually, it's a Sunday for many people. My answer is: Every day is a cheat day if you don't want to be on this diet. This diet does not have a cheat day. It's totally up to you if you have a cheat day, but if you do, then you're not on the diet. So the whole concept of a cheat day to me is completely irrelevant. It's up to you every single day what you eat. It doesn't matter to me whether you can claim you're on the diet or not on the diet. I just want you to get the best results possible. In order to get those results, you have to stick to the diet. If you take a cheat day and just stuff yourself with banana pudding all day long, there will be consequences. You might undo three to four days of steady weight loss that you had during the previous week. So if you have a cheat day like that, you might only lose half a pound per week.

But feel free to have a cheat day if you want; if it makes you feel good, go for it. I mean that; I'm not saying it facetiously. If having a cheat day gives you the motivation to stay on the diet

**If you take a cheat day and just stuff yourself with banana pudding all day long, there will be consequences. You might undo three to four days of steady weight loss that you had during the previous week.**

because you're looking forward to that Sunday when you can eat what you want, then go for it. I actually encourage you to do it. If it lifts your spirits, I encourage you to do it. I encourage you to do it because I know exactly what will happen. You'll be on this diet for a couple of weeks and your stomach will shrink. Then you'll go have a cheat day. You'll be at some picnic or some buffet or something like that. You will absolutely stuff yourself with everything that you've been dying to eat. If you're like most people, you're going to feel absolutely terrible after that. You may even vomit. If you vomit, let it be a lesson to you. It will teach your body not to do that again. It will leave you with the realization that maybe you're not supposed to stuff yourself with all of that food. So sometimes a cheat day can actually work to your benefit. But most often, you're just going to feel terrible; you're going to feel completely stuffed. In my view, nothing can give you the experience of feeling healthy versus that of feeling sick better than going out and doing this to yourself.

So, in that sense, I encourage you to have a cheat day at some point down the road, just to see what it's like to eat how you used to eat. You'll find that it's not as pleasurable as you thought. In fact, here's an interesting little experiment: Go 30 days on the Food Timing Diet without soft drinks, refined sugars, white flour or any of those liquid carbohydrates. On day 31, I DARE you to do nothing but chug soft drinks and slurp down sugar, cakes and ice cream all day long the way you used to. I dare you to try that experiment just to see what you feel like. Now, I'm joking, of course. It would not be very wise, medically, right? If anybody were to do that, they would feel terrible. They would probably be vomiting. They'd be on the toilet all day, because their body isn't used to that stuff any more. If you were to have a cheat day just to see what it used to be like, you'd experience the contrast.

I know this from personal experience. I cannot eat refined sugar without experiencing some severe effects. Sugar is a poison to the human body. When I used to eat sugar all the time, it had been no problem. Growing up, it was no problem. My school cafeteria would feed me enough sugar to light up a couple of cars just from the bio-fuel energy content of the sugar alone. You get sugar everywhere when you're



growing up; most of us have experienced Halloween when people just hand it out for free. But today, I can't even touch sugar. It's because I eat a completely sugar-free diet. When you've been away from these foods for a long time, then you splurge and expose yourself to them, you will become sick. That's how you will finally learn that the foods you used to eat were poison. That's how you'll finally get the message. If it takes a little bit of pain, vomiting or diarrhea to get the message, so be it. No big deal. We can dust ourselves off, stand up, and move forward. Learning a lesson sometimes is a bit painful. But if you think you can have a cheat day without any of these effects despite my warnings, be my guest – go for it. Just remember, when you're on a cheat day, you're not on the Food Timing Diet. The Food Timing Diet is a system. If you stray outside of the system, you're no longer in it. It's as simple as that. I think the whole idea of having a cheat day while on a diet is sort of silly. Either you're eating in a structured way, and following the system, or you're not. I don't see how a system can allow a cheat day and still call itself a diet. That's just my personal opinion.

## **Review: Doing the Food Timing Diet for you, and no one else**

So let's review where we are in the action steps. This is where the rubber meets the road, so to speak. We had Phase one, the Healthy Habits phase, in which your job was to eat something every half-hour for three days in a row. You were to try to keep doing it until you actually succeeded doing that for three days in a row. You might have needed a watch or a medication reminder. Whatever it was, your goal was just to get it done. Afterward, you graduated from Phase one into Phase two, the Healthy Choices phase. In Phase two, you learned to control portions. It may have been around 60 calories every half hour. It may have been 70 to 80, or it may only have been 50. Your serving size depends on you, and in the next section I'll give you more advice on how to fine-tune this. So for now, it was important to just pick a starting point and move forward. It didn't need to be exact.

Also in Phase two, you were to shift toward unprocessed, natural and raw foods while shifting away from processed and manufactured foods. The goal was to shift toward foods that are closer to their natural form, the way they come from nature, and which aren't polluted with extreme chemicals, taste enhancers, artificial chemical sweeteners, salt, sugar and all of these other additives that are put into processed foods. You don't need any of those. But remember my soymilk-versus-cow's milk example. You're going to take this transition slowly, one food item at a time. If it takes you one year to convert your entire diet to something new and healthy, that's fine. That's a year well spent, because now you have a healthy diet that has become a habit. You cannot change everything overnight; you can't just attempt one big shift in diet, wake up the next day, and suddenly try to eat only healthy items while never touching any of the unhealthy foods you used to enjoy ever again. That won't work. That may last about two days, but then you'll break the system and go back to the old way. You'll be forced to admit, "I can't do it." So don't even try. Make changes in small, incremental steps. Target one food item that deserves a transition to something healthier, such as getting rid of soft drinks or switching to soymilk, for example. Or, you might target salted peanuts or fried snack chips, for example. Just pick one item at a time, and work on that day by day until you've transitioned to something healthier that fits into the Food Timing Diet.

To continue reviewing Phase three, you're going to eat like this for the rest of your life. And you're going to enjoy every minute of it, believe me. You will enjoy the food timing lifestyle because these natural foods are absolutely delicious, and they will make you feel great. They will make you look great. You will be thin perhaps for the first time in your life, or perhaps for the first time in many, many years. You will feel very good about yourself; your self-esteem will skyrocket. The way people look at you will change. Who knows, people might even start to find you attractive. Things may change in your life just because of the attraction you now present to the opposite sex – it's not unreasonable to believe so. Your mental performance is also going to improve dramatically, because we're eliminating all of those blood sugar

swings caused by eating refined carbohydrates and liquid sugars. Once you've eliminated those, your mood, your mental function and your ability to concentrate will improve. All those mental clouds that used to bother you around midmorning or mid-afternoon will be swept away – no more cobwebs in your head. You'll experience mental clarity like you've never had before. All of these benefits are right out there for you to grab; they're within your reach. All you have to do is be willing to apply the principles of the Food Timing Diet and reach your hand out there and say, "Hey, I deserve this. I deserve to be healthy and thin. I deserve to look good, feel good, be energized and be free of chronic disease. I deserve to have no diabetes in my life. I deserve to feel youthful. I deserve all of this." Just grab it and pull it in. Make a commitment to making this happen in your life – that's all it takes. It's within your reach.

Don't believe anybody who tells you that you can't achieve this. Some people around you – friends, relatives, or perhaps medical authorities – may tell you that you can't achieve this. They might say, "You're only obese due to genetics." They can then blame your parents for your current medical condition; and that's unfair to your parents. You may have friends who say,



**All you have to do is be willing to apply the principles of the Food Timing Diet and reach your hand out there and say, "Hey, I deserve this. I deserve to be healthy and thin. I deserve to look good, feel good, be energized and be free of chronic disease."**

"You'll never make it. You can't do this. Yeah, let's see you try." Well, what kinds of friends are they? They are poisonous, false friends. They don't want you to look better than they look, because if you start looking good, they suddenly look bad in contrast. Or, you may have relatives who are talking down to you and trying to steal your power away. They try to discourage you and steal your dream. Did you ever have anybody like that in your life – somebody who tries to steal your dream? They say, "No, you can't do it. It'll never work – won't happen. Nope." The solution for you is to not tell these people. Just implement the Food Timing Diet, but don't mention that you're using it. Just make it a success for yourself quietly in your own life. Isn't it true that you are the only person to whom you have to answer? Let's face it: All of those other people really have no right to judge you. You are the only judge who matters, and it's yourself that you have to live with for the rest of your life. Isn't it true that every day that you wake up, you are yourself? You're not your friend, nor your spouse, nor any family member. So why do you spend so much time trying to figure out what they think? Who cares what they think? Do something that affects what you think. Do something that makes you feel good, so that when you wake up every day you think, "Hey, I'm awake. It's another day. Look! It's me." Do something for yourself so that you feel really happy to have thoughts like, "How wonderful to wake up in this body. It's me again. What a wonderful day!" I know that some of this perhaps sounds a little strange, but sometimes you have to think of life in a different way. Isn't it true that you're the only one that you should be answering to?

So make the choice: Make the choice to invest in yourself and choose to make a change in your life. If those other people in your life don't want to come along with that, if they're uncomfortable with it, then forget about what they think; just forget about it. Make the changes for yourself. Do what'll make you feel good in the long-term. Do what makes you healthy, and stop trying to please everybody else. It's not your job to make everybody else happy. Sometimes people are happy when you are overweight, right? It makes them feel a little superior. When you're not attractive,

it's easier for them. So forget about them and invest in yourself. Answer to only yourself. Make the changes that are important to you, and let those other people just observe what's happening. Some day – perhaps just a few months from now – you'll walk into a room and somebody will come up to you and remark, "Wow! What have you been doing? You look just great. You look about ten years younger. Have you lost weight? What are you doing?" Sometimes these are the same people who would have said, "No, it'll never work," if you were to have told them in the past. But you didn't tell them anything this time. Now they're coming up to you and asking, "What did you do?" Do you know what the best answer is to give people like that? "Oh, nothing. I just, you know, took a little walk once in a while. I've been eating some apples and other things." Just tell them, "Nothing. No big deal." Let them figure it out. Let them think about it. They'll go home thinking, "Just what did she do? She looks great. How did she do it? She must have a secret." They'll come up to you again at the next social engagement and ask, "Come on, what did you do?" Tell them, "Oh, nothing. I've just been drinking a little more water, you know ... maybe doing a little Tai Chi." Give them little tidbits. But don't tell them what you're doing, because then they'll attack it. If you say, "Oh, I'm on this Food Timing Diet and I eat every half hour," they'll ask, "What? How could you eat every half hour? What are you eating? Show me! Prove it to me!" And they'll criticize it, because they're jealous of your success.

So, if you want to spill the beans to people, wait until you've achieved phenomenal success with this; the kind of success where you walk into a room and you see people who used to know you but haven't seen you for six months – and their jaws hit the floor. They ask, "Wow! Who are you? Oh, my God! You've lost 50 pounds of body fat. How did you do that?" At that point, there's no more question of your credibility. You've proven your point and have established credibility. At that point, you can say, "I followed the Food Timing Diet, and it works." People will say, "Give me a pen and paper – I've got to write this down. Is there a website?" Then suddenly they're interested, because they see what it has done for you. How

would you like to experience that? Can you feel it? Can you feel what that would be like to experience? It would makes you feel great to walk into a room and have everybody turn your way, and become excited and impressed, and just be blown away. Wouldn't it? They've seen you achieve a miracle that they couldn't even have imagined. That would feel great.

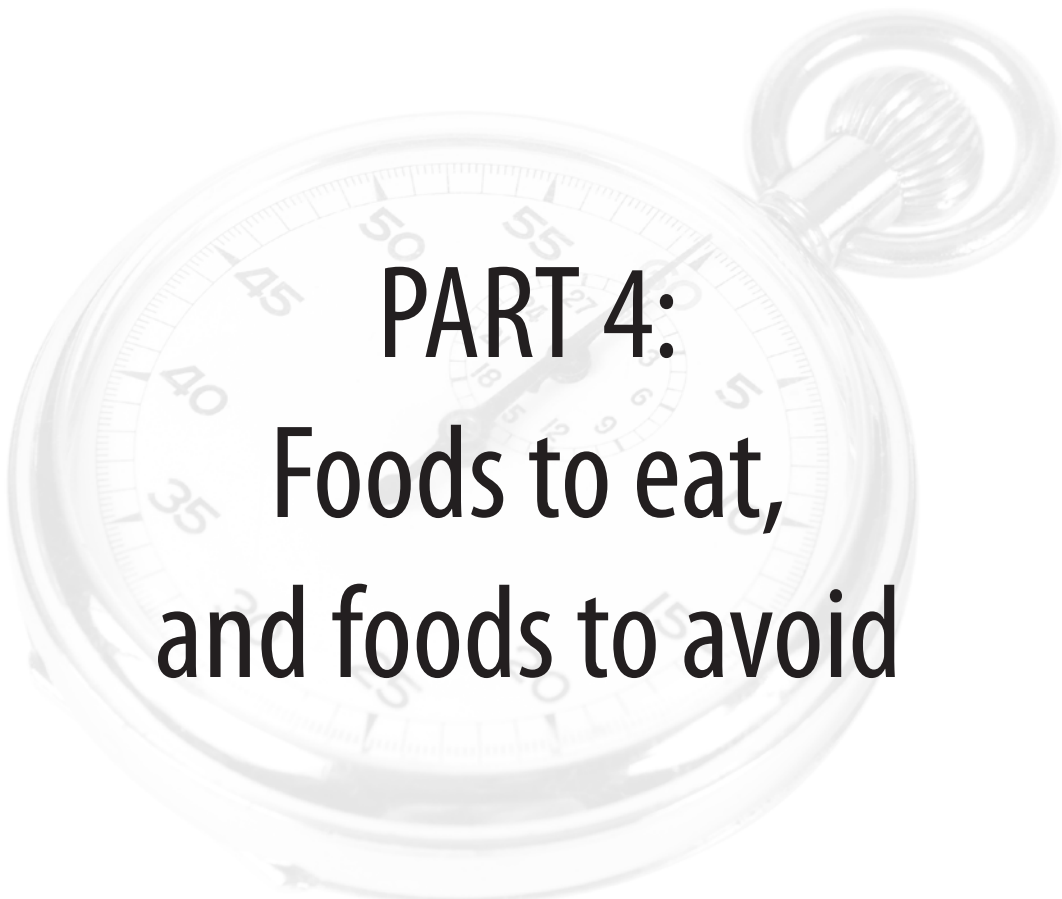
You can experience that feeling; you can make it a reality in your life. I promise you: You can make it work with this system. The downside is that you'll have to make some sacrifices, as we've already talked about. Yes, it's a pain in the rear sometimes to eat every half hour. Yes, they're tiny portions, I admit it. Yes, you have to give up soft drinks, candy bars, liquid carbohydrates, sugar and white flour. Yes, I know; it's a pain in the ass. Let's admit it, it's a pain in the ass to do this sometimes. But so what? Just think about how great it felt to imagine walking in the room and having everybody look at you and be blown away. Think of how great it feels to imagine looking in the mirror in the morning and think, "See how great I look? I feel great, I'm energetic and I don't have these diseases any more. I'm not worried about my health any more." How good does that feel? It feels fantastic. That outweighs any of the sacrifice. It outweighs the effort of weighing out your food and the effort of giving up soft drinks and the effort of giving up white flour. It doesn't even compare.

So yes, there's a little bit of effort here, but the benefits are so powerful and strong, it's worth every ounce of exertion you'll put into this. And remember, it's all for you. You're investing in yourself. No one else benefits and no one else needs to. I don't need to benefit from your progress. There's no corporation out there making money because you're losing weight. You are the only person who's benefiting, and that's appropriate. You should be the sole beneficiary of all of your efforts to make this work. That's what I believe. Every ounce that you put into it should pay off for you personally.

So that's what is in store for you here. That's what you can achieve. It's your right. It's within reach. It won't happen overnight, but it can happen within a period of weeks or months, and it can be sustained for the rest of your life. You can wake up every day for the rest of your life and be really happy about yourself in terms of your physical appearance, your body weight, your health and your mental function. I'm not saying this is going to solve all of life's problems, but at least you won't worry about your weight. That's a big issue for many people. Once that issue is out of the way, many of the other problems tend to sort of solve themselves. Have you ever noticed that? Weight is a big issue, but you can solve it. You can attain positive results by following the Food Timing Diet.

Now, with that little motivation section completed, we're going to discuss the actual foods – what to eat and what to avoid. I'm going to give you some more strategies in the next section. So continue to read to learn all of the strategies and details that you'll need to succeed with the Food Timing Diet. I hope you're enjoying this so far. I'm definitely enjoying sharing this with you, and there's a lot more to come.

**So yes, there's a little bit of effort here, but the benefits are so powerful and strong, it's worth every ounce of exertion you'll put into this. And remember, it's all for you. You're investing in yourself.**



**PART 4:**  
**Foods to eat,**  
**and foods to avoid**



## Carbohydrates

So, let's start with the most interesting category of the three macronutrients: The carbohydrates. This is the area people love the most, and they want to know what is okay to eat and what they should avoid in the world of carbohydrates. Alright, let's talk about what to avoid.

Now, we've covered most of this already, so this is just a bit of review. Also, keep in mind that these lists are not all-inclusive. There are other items that haven't been mentioned here. This is just designed to give you an idea of the type of foods to eat or avoid. Carbohydrates to avoid include all liquid carbs. So of course, soft drinks - we've already mentioned that. But some other liquid carbs that you may not have thought of on the banned food list include fruit juice. That's right - if it's been processed or if it's a fruit punch or some kind of a fruit drink, it's a sugar drink. And it's going to hinder you by creating false appetite. So you must avoid all liquid sugars, including fruit juices.

Other liquid carbs to avoid include sweetened yogurt products. Now, a lot of people think yogurt is a health food, and I always see people at the health food stores buying up yogurt, not really realizing that there's a load of sugar in the bottom of it. It's liquid sugar. Most yogurt sold today is not really yogurt, it's just candy. It's yogurt-flavored candy. In fact, so many foods that used to be good for you are now just candy, including granola bars. A couple of decades ago, granola bars actually were made of granola; today, they're just basically oats, sugar, puffed rice, more sugar and corn syrup. Basically they're just candy bars. So that is something that has to be avoided, especially chewy granola bars, for some reason. When they're chewy, they're more sugary.

Okay, what other liquid carbs do you need to avoid? Well, of course, beer. Alcohol is liquid carbohydrate. You don't want to be drinking that in any kind of significant quantity whatsoever. Now, I know that red wine is good for your heart - it's absolutely



**Refined sugars are something that you need to avoid, as you well know by now. "Refined" sugars means any sugars that have been added as a food ingredient that are not in their natural form.**

true, thanks to some of the phytonutrients found in the skin of red grapes. But you get that benefit in small quantities, you don't need to be chugging a bottle of wine every day just to get some health benefits, saying "Hey, it's good for me." No, that's not what I'm talking about. And there's really nothing in beer that's good for you at all. It's not that it's necessarily bad for you, except if you overdo it. Still, you shouldn't be drinking it due to the calorie content. Alcohol calories are high; it's a dense caloric beverage.

Moving on, refined sugars are something that you need to avoid, as you well know by now. "Refined" sugars means any sugars that have been added as a food ingredient that are not in their natural form. If you take a bite of that apple, that's a natural sugar, so there's nothing wrong with that at all. You can eat all the apples you want on this diet; in fact, you can have all the natural fruits you want. But, if you take the sugar out of an apple, or out of a sugar cane plant for example, and you refine it and process it, then it becomes refined, white sugar. That white sugar is definitely on the "no" list. People say, "Well what about brown sugar? Can I eat brown sugar? Because it's brown, it must be healthy." Oh please, what a joke. Brown sugar is just white sugar that has been colored brown.

It's true! I've done a big exposé on this in the past. Brown sugar is a giant hoax; there's nothing healthy about it at all. Maybe it has a little bit of molasses in it in some of the higher-end brands, but basically it's just white sugar that's been colored brown. Nothing good about it at all. It's also on the banned list.

Other sources of refined sugars or liquid sugars that have to be avoided include some items that are actually fairly good for you in small quantities. These include honey and molasses. Now, I'm a big proponent of molasses. It's a very healthy food. Molasses is extremely high in B vitamins and magnesium and a lot of minerals – it's a very healthy sugar. So it's okay if you want to have it in very, very small quantities. But it's the only liquid sugar that's allowed on this diet. Which means you can't have honey, because it's a liquid carbohydrate. You really shouldn't have much molasses – if you do have it, eat it with a lot of fiber and only have it in very, very small quantities. For example, you could blend up a nice protein drink and put in a little bit of molasses just to sweeten it a bit. You'll get a great nutritional benefits from the molasses.

Alright, just so that I'm not confusing people, we're saying: No refined sugar, no white sugar, no brown sugar, no honey and really no molasses except in very small quantities. By the way, the blacker the molasses, the better it is. Get that blackstrap molasses; that stuff that tastes like road tar. That's got the best nutrition and it's what you want to put in your body.

I'm also saying no fruit juice, no yogurt that has any sweetener and no soft drinks. People say, "Well what about dehydrated cane juice crystals? You see this in a lot of healthy foods. It's not sugar, it's 'dehydrated cane juice crystals'." Okay, so you can call it whatever you want, but it's still sugar. It's still cane sugar crystals. Just because they say it's crystals instead of sugar doesn't make it any less sugary. It's still refined carbohydrates. They squeeze it out of the cane plant, and then they dry it and mix that in with the food – it's still sugar, folks. You can call it whatever you want. You can put a nice pretty hat on a pig, but it's still a pig. Cane sugar crystals are still sugar, and you've got to avoid this if you want to have success with this diet.

Now, I know by now you're saying, "Well, what am I supposed to eat? Jeez! I mean this is crazy. I have to have some carbs. I want that sweet taste. I've got to have something." We'll get to that. There are a lot of carbohydrates that are allowed on this, and in the meantime, if you want sweet taste, use the natural herbal sweetener known as stevia. You can find stevia at health food stores and grocery stores and all over the internet today. Stevia is my number one recommended sweetener. It is allowed in unlimited quantities on this diet. And frankly, I use stevia every single day, multiple times a day. Because I still have a sweet tooth, but I refuse to eat any refined carbohydrates whatsoever. So I use stevia for everything that I want sweet. I mix it in with breakfast cereal, I mix it in with unsweetened soymilk to make sweetened soymilk without sugar, I mix it in with protein drinks to make a nice, sweet protein shake that has no sugars in it whatsoever. You can have all the stevia you want, and it doesn't even count. There are no effective calories in stevia – or at least not enough to worry about. Maybe two or three calories per serving, but that's it. Gee, you burn that waking up and blinking your eyes, you know? So stevia is allowed in unlimited quantities, and that's what you use if you want to sweeten things up. There are some wonderful sources and varieties available today that taste fantastic – much better than they tasted several years ago when it first came out. I first started talking about Stevia in, I believe, 1997. Back then it was pretty freaky on the taste side. It didn't even taste close to sugar. But today, the stevia is much better. A lot of the bitterness has been removed from it, and it just tastes fantastic. Again, that's my number one recommended sweetener. That's what you can use while you're avoiding all of these other refined carbohydrates and processed sugars.

You also have to avoid all refined grains. What are refined grains? Well, they are grains that have been milled or cracked or physically modified to remove all the fiber or remove the germ, to get to what's anatomically called the "endosperm" part of the grain – that's where the carbohydrate is. That's the white part of the wheat berry that is used and ground up to make white flour. It's also the part that really has no nutrition. It just has calories - but not any appreciable amounts of vitamins,

minerals, healthy oils or fiber. So, you don't want to be eating the endosperm of grains; that shouldn't be your nutrition. Yet, that is the primary source of calories for many Americans. Many people rely on wheat products and corn products that have all been refined. You have to avoid these modified, unnatural products on the Food Timing Diet. Instead, you've got to eat whole grains. That's right, and whole grain products are ever more popular, which should make it even easier to find them.

Now, in the category of processed grains, we also include any instant grains. A lot of people are familiar with the product instant rice. They say, "Hey, let's make some rice. Rice is supposed to be good for you. Let's have some 'Instant rice'." Well, you know why it's instant? Because it's not really rice. It's just a rice-shaped piece of starch. It's rice starch; it's not the whole grain. If it were a whole grain, you couldn't cook it in 60 seconds. Whole grain rice takes 20 or 30 minutes to cook. You can't cook it in 60 seconds. So if there's any grain that's instant, it's going to have a very high glycemic index, which means it's going to mess with your blood sugar and cause your appetite to spin out of control. So if it's instant, you can't eat it on this diet. That is, if you want to be successful. So forget about instant oatmeal, forget about instant rice, or instant cream of wheat or any of these other instant grains. Most of them are nutritionally worthless anyway, and a lot of them have added sugars. If you go buy instant oatmeal, you're getting a bunch of sugar combined with a bunch of refined oats. Now do you want some real nutrition for breakfast? Go buy some kashi – that has whole grain barley and wheat, and some other more exotic grains in there. Go get some steel cut oats, or oat groats, and you'll find out what oats really look like. Hey, oats don't grow in nature in little flat shapes. Those are rolled oats. What you think you've been eating all your life as oats are not oats; they are oats that have been flattened. Real oats look a lot like wheat, sort of shaped like a wheat berry. That's real oats. If you boil that for breakfast and eat that, it's good for you. Or if you want some real whole grains that are just fantastic for you, get yourself some quinoa. Quinoa's one of my favorite foods of all. I eat it regularly. It has a lot of

fiber and a very high concentration of protein. In fact, it has a complete protein, so it's ideal for a vegetarian or anyone who may be protein-challenged because they're not eating a lot of animal products. So quinoa is outstanding, but I'm getting too far into my foods to eat list. Let's continue on with what you're supposed to avoid. I get excited talking about all the good stuff out there like quinoa.

Okay, what else to avoid? Pastas. You bet. Forget about that spaghetti, that's just a string of starch. It's just carbohydrates – useless carbohydrates, by the way. There's almost no nutrition whatsoever in any of the noodles out there. Now maybe you can find some whole-wheat noodles, maybe. Those are a little bit better for you, but still packed with carbohydrates. And don't be fooled by noodles that are a little bit green because they have a bit of spinach in them. That doesn't make them any healthier. Spinach that's been cooked and boiled and is present in only very small quantities is pretty much worthless in terms of nutrition. So green-colored noodles are no better for you than white-colored noodles. All of these noodles and pasta products must be avoided on the Food Timing Diet. You can get noodles made out of whole grain quinoa, by the way. Those are good for you; sure, you can eat all of those you want. But the minute you start eating them, you'll discover a difference, and say, "These don't taste like those carbohydrate noodles I used to eat." And they don't really hold together the same way, either. So there's a trade-off, and you'll find that some of the products that you are no longer able to eat don't have really good replacements in the whole grain world. When these foods are made of whole grain, they contain a lot of fiber, and as a result they do not hold together very well. Pasta is a good example of this.

Instant potatoes are also off the list. You can't have instant potatoes if you want to succeed with the Food Timing Diet. Why? Because instant potatoes just turn to sugar right away when you digest them. They are going to mess with your appetite just like instant rice and drinking sugar. This also means, by the way, you can't drink sweetened soymilk products. There's a product out there called "Silk" soymilk that is pretty well known, but Silk has refined sugars in it. I haven't seen unsweetened

Silk. Maybe they have it, but it certainly isn't readily available. Regular cow's milk actually has lower sugar content than Silk. So, just for the sugar content alone, I wouldn't want to recommend sweetened soymilk. I drink soymilk, but I buy unsweetened soymilk and then sweeten it with stevia, and that way I get the best of both worlds. I get to avoid cow's milk products, which cause a lot of stagnation, asthma and phlegm throughout the body, and I get to drink soymilk and get all the antioxidants without all the sugars that go along with soy products. So that's the way I do it and that's the way I recommend you do it.

Let's take a look at the carbs that you can eat. These are on the "yes" list: Any whole grain carbs, including any bread made with whole grains or sprouted grains. There are breakfast cereals now that are made with whole grains. Of course, you want to get those with the very low sugar content, or no sugar if that's possible. You can eat whole grain pastries even, if you want. You can eat breads, muffins or bagels – anything that's made with whole grains and sprouted grains. But make sure that it's ALL whole grains and it's not just a little bit of whole grains mixed in with refined white flour, because that's a little trick that some of these companies try. They say, "Hey, it's a wheat bagel made with whole grains." That's what the package might say. But if you turn to the back and look at the ingredients label, you find out it's 90 percent white flour with 10 percent whole grains. That's a gimmick designed to sell a cheap product to people who are easily fooled into thinking they're buying healthy products. Well, don't be such a person, and don't be fooled by that. Read the ingredients. Make sure that the number one ingredient is whole grain wheat or sprouted wheat or whole grain barley, or something like that. Make sure the number one ingredient is a whole grain ingredient.

Next on the "yes" list, we have, of course, beans and legumes. You can eat all the beans and legumes you want, given that they do not have sugar in them. For example, if you go out and buy baked beans, there's a lot of sugar in them, especially in those Boston-style baked beans. Maybe you didn't know that, but that's part of what gives it the taste. So, you can't eat beans with sugar in them; you've got



**Also on the “yes” list, you get to eat every fruit available. Everything that’s out there is on the “yes” list if it’s a fruit and if you eat it in its natural form.**

to eat healthy beans. There are lots of ways to do this. There are some canned soups that are more natural-oriented. You can also buy beans or legumes yourself and soak them, boil them and put in your own flavorings. It's easy to do. You can buy some other processed bean food products that still are fairly healthy, as long as they don't have high salt content or high sugar content, and, importantly, as long as they don't have MSG. You can't have MSG in any of these foods if you want to be able to control your appetite. That's crucial, and I'll talk about that more a little later.

Also on the "yes" list, you get to eat every fruit available. Everything that's out there is on the "yes" list if it's a fruit and if you eat it in its natural form. So you can eat all the apples you want, but you can't drink apple juice, because it's liquid carbs, right? You can eat all the bananas you want, but you can't drink a banana puree - it's a little bit too intense. It's better if you eat the actual banana. You can eat all the grapes you want, but you can't drink grape juice, because grape juice is actually a very potent sweetener, a very dense form of liquid carbohydrates. But if you eat it as the grape, it's much better for you, because it has a lot of water and a lot of fiber. It takes your body a lot longer to get to the sugars in the grape when you eat the whole



grape, which means it has a lower glycemic index effect, which means it won't stress your pancreas. The result of that is your blood sugar will be regulated and you won't have that false hunger appearing a couple of hours later.

So all the fruits are okay, the only ones I would caution you about are watermelon and bananas because they are fairly high on the glycemic index. So watch your portions of watermelon and bananas, but they're still all okay. I also recommend you try to eat more exotic fruits. The best fruits for you in terms of disease prevention are the berries. Berries are loaded with phytonutrients. The colors in the berries are actually medicinal chemicals. That's why blueberries have been scientifically shown to be much stronger than any statin drug out there in lowering LDL cholesterol without any of the negative side effects of statin drugs. Blueberries are good medicine; they prevent macular degeneration, they protect your nervous system, they protect your cardiovascular system, they enhance longevity – blueberries are a super healthy food. All the berries are healthy – blackberries, raspberries, cranberries, strawberries – again, if eaten in the raw, natural form, not the juices. Acai is another berry that has sort of been gaining popularity recently. There is a long list of berries that are fantastic for your health, like goji berries from Tibet, and I strongly recommend them. So take it upon yourself to try some additional fruits. Maybe you've never eaten mangos before and you want to know what they taste like. Try some mangos. They're very, very good for you. Try to allow yourself the opportunity to get some new fruits into your diet because you'll enjoy them, and they're very good for you.

Whole vegetables are also on the yes list, although there are a number of whole vegetables that count as a carbohydrate. Carrots and peas are two of them. Carrots are fairly high on the glycemic index, so they count as a carb. But you can eat a lot of carrots just to get 60 calories, for example. So you can have a good-sized meal even though you're only consuming 60 calories if you're chewing on carrots. If you combine that with some celery (because celery is a free food, remember?), you can have a whole plateful of celery and quite a few carrots, and that can be one meal, and you'll feel physically full. Now you may not have enjoyed it as much as chowing

down on an apple pie, but then again you will be losing weight and achieving success with the Food Timing Diet. Just remember to count the carrots. Celery is free, and carrots aren't.

Other foods that are allowed include potatoes – I'm talking about whole potatoes here, the real thing. All the root vegetables are okay. They're all carbohydrates; you might be eating turnips for example, or sweet potatoes, or beets even. These all count as carbohydrates, but they're very healthy carbs, and you can eat them in fairly large servings. Just make sure you weigh them, make sure you know what you're getting, so that you adhere to your 60 calorie limit, or 70 calorie limit, whatever it happens to be. But all of these are okay. As you're seeing, the list of "yes" carbohydrates basically includes all sources of carbs that are in their natural form. So, even though this isn't a comprehensive list, it gives you the guidelines. If you're at the grocery store and you're looking at an item and you're wondering, hey, is this on the "yes" list or the "no" list, ask yourself if it looks like that's the way it comes from nature? If it comes from nature that way, it's probably on the "yes" list. Or, has it been refined, and is it in a pretty box? Is it in a plastic package and does it have a long list of ingredients after it? Has it been processed? If so, then it's probably on the "no" list because heavily processed carbohydrates are almost always bad for you.

Unprocessed, non-manmade carbohydrates are in the "good for you" category. That's a good way to ask yourself, too: did Mother Nature make it, or did man make it? If Mother Nature made it – an apple, a cherry or a fruit – then it's good for you. If man made it – a piece of white bread or cookie dough – then it's bad for you. That's right. Trust Mother Nature. She knows what's good for you. After all, your body was designed to survive in the natural environment, in an environment surrounded by fruits, root vegetables, green leafy vegetables, nuts and seeds and organic free-range meat roaming around. That's how you were designed. Your entire DNA points to all of that, and that's what your body is expecting. But if you start feeding it products made by man, that's where things go wrong. Your body wasn't expecting jet fuel, right? It wasn't expecting white bread, refined sugars, carrot juice or grape juice. It

wasn't expecting any of these things. It certainly wasn't expecting granola bars. So stick with what your body is expecting: Foods from Mother Nature.

## Fats and oils

Moving on, we're going to talk about fats to avoid and fats to consume. This is the healthy oils-versus-unhealthy oils segment of the program. So any time you have one of those meals where it's time to eat fats, this is what you need to pay attention to right here.

Let's talk about the fats you should avoid first. There are some scary fats and products out there. The number one scary fat is, of course, trans-fat. And where do you find trans-fat? In all foods that are made with hydrogenated oils or partially hydrogenated oils. So, this is number one on the list. You absolutely **MUST**, I beg you, avoid all foods that contain hydrogenated or partially hydrogenated oils. This oil is so bad for your health. It is a promoter of disease, it causes cardiovascular heart disease, it promotes neurological disorders and it promotes weight gain. It is poison. It will be banned some day. It will be outlawed from the food supply. It's only legal now because the food lobby is very powerful, and the FDA hasn't yet had the courage to stand up and say, "Hey, maybe we should ban ingredients that kill people." So, for now, it's still legal, but you should never eat it, especially if you want to lose weight. This one ingredient makes it very difficult to ever lose weight. The trick though, is realizing that this ingredient is in so many foods and products that it's going to take some real change. It's going to take a little bit of getting used to in order to get this out of your diet. If you've been eating margarine, for example, forget about that. That's history, because hydrogenated oils are the number one ingredient in margarine. That's right – most margarines contain nothing but hydrogenated oil. Vegetable shortening – the stuff you put in cookie mixes and baking mix – is made with nothing but hydrogenated oil. It's just hydrogenated soybean oil. It's brain poison, people. Heart poison. You've got to stop eating shortening. Flat out, that's

something you should quit tomorrow. No need to transition off of that slowly. You should stop poisoning your body right now.

You may be surprised to learn how many foods actually contain this, because if you look at all of the crackers and cookies and baked goods in the grocery store, you'll find that almost every one of them contains hydrogenated oils. Why is that? Are these food companies really evil? Are they trying to poison everybody? No, it's just because these fats make foods taste really good, and when they are hydrogenated, they are stable at room temperature, which means they have a long shelf life, so they don't leak out of the foods. Food manufacturers want products that taste good, are cheap to make and have a long shelf life, and hydrogenated oils fit the bill. They're cheap to make. You just take soybean oil and basically put it in a giant vat, and you bubble through hydrogen gas with a catalyst (which is often nickel), and when you do that, it becomes hydrogenated. There's a chemical interaction that takes place where an extra hydrogen atom gets attached to the molecule, and then it becomes solid at room temperature. At the same time, it makes it a foreign molecule to the human body. There are no hydrogenated oils anywhere in nature, which tells you something. Maybe these aren't natural and maybe they're not good for the human body. In fact, it's true: The human body was never designed to process or digest these oils. That's why they're terrible for your health. They're absolutely terrible. They're poison, and you've got to get them out of your diet, starting right now. That means you have to start reading the ingredients label. You have to look for hydrogenated or partially hydrogenated oils on all the foods you buy. That's the only way you'll know, because the food companies aren't going to tell you. They're not going to put a label on the front of the box that says, "Includes extra serving of brain poison!" Even though that would be true, that's not really going to help sales much. They'd have to have a deep discount on that product before anyone would buy it.

You have to read the labels. Now the FDA will, eventually, required food companies to list trans-fats on the label, so you still have to look for that, too. They're not

going to advertise that on the front. "Now contains enough trans-fats to kill an 800-pound ox!" You're not going to see that listed on the front of a box of crackers, even though it may be true. You have to look for it yourself. So that's step one: Avoid all hydrogenated oils because they are poison. Get them out of your system. That alone will accelerate your weight loss results, enhance your nervous system function, improve your cardiovascular health and lower your bad cholesterol. You will experience so many benefits from that alone that if you read this whole program and did nothing other than avoid all hydrogenated oils for the rest of your life; it would be worth every penny. It would be worth every effort it took to make that change – that's how important that one change is to your health future. But there are other unhealthy oils you want to avoid, as well. Oh, do I dare mention them? Fried foods. Anything that's been deep-fried is off-limits. Oh, no! There go the French fries. There goes that breaded-fish product. You can't have that anymore. You can't eat that "Blooming Onion" at the restaurant anymore. Oh, no! What are we going to do now? No more egg rolls down at the Chinese food restaurant. What are we going to do now? You can't even go to Red Lobster and have fried shrimp any more. Oh my, how terrible life is going to be now. We can't have any of these fried foods, and, on top of that, we've given up hydrogenated oils. I hear some say: "Oh my God! Are we just going to eat stevia for the rest of our lives?"

No, there are alternatives. There are wonderful, healthy oils. We'll be covering those in a minute. But until we get there, remember, fried foods are deadly – they will kill you slowly. Yes, because fried foods also have trans-fats in them, and fried foods have other ingredients such as acrylamides that are highly toxic. They cause cancer. Also, did you know that when restaurants fry foods, they don't use fresh oil each time? No way, that would cost them a fortune. They use the same oil over and over again. They fry several batches of food in the same oil, and that oil gets heated time and time again. It becomes more carcinogenic with each frying. So by the time you get your batch of French fries or onion rings or fried shrimp or whatever it is you're eating, that could be extremely toxic. Who knows how toxic it is? It's some scary stuff.

Fried foods have no place in the diet of any person who wants to either: a) live or b) lose weight. And I assume you want to do both, which means fried foods are off the menu from now on, for the rest of your life. It's true. Fried foods are on the banned food list for the rest of your life. But believe me, you won't miss them after a while. Yes, the transition will be tough, but after a while you won't miss them because you'll enjoy all the healthy foods that I'm about to introduce. So hang in there, we're going to get to those in just a minute.

Fried food, by the way, includes snack chips. Yep, all those old fried snack foods: Those nacho chips, those cheese puffy foods or whatever you have that's fried. Yes, those are on the banned list, as well. They're very high in fat, and they contain toxic chemical substances that aren't even listed on the label and are not required to be listed. They're actually generated as a result of the frying process, so the FDA doesn't consider them to be "ingredients." But they're there, and if you eat them, you will ingest those chemicals, and you will suffer the health consequences as a result.

What other oils and fats do you need to avoid in order to be healthy? Well, here's a fun one – how about animal fats? Saturated animal fats. These are bad for you. If you've been paying attention to the news headlines or any of the research over the last 30 years, you have probably seen at least one article that says red meat will give you colon cancer or that red meat will give you pancreatic cancer. New research is showing just how bad this really is. Processed meats, even if consumed in fairly small quantities, like a couple of slices of baloney a day, will boost your risk of pancreatic cancer by 6,700 percent. We're not talking about a small increase here; we're talking about a huge leap in your risk of pancreatic cancer. The consumption of red meats in general will boost your risk of colorectal cancer and skyrocket the chance of you getting cancer in one form or another. There are a number of reasons this will happen. Some of it is not just because of the fats; it's because of what's in the fats. If you take a bunch of cattle and let them loose onto the plains to go eat some food, normally you're going to feed them grain that has grown in a field on a farm somewhere, right? Some alfalfa, for example. That alfalfa has been sprayed

with pesticides, and because it wasn't organic, that alfalfa may have been grown in soils that contained some heavy metals. So those heavy metals go into the alfalfa, and the alfalfa gets cut down and dried and baled and sent over to the cattle to feed them in the winter. The cattle eat the alfalfa and they ingest the pesticides and the heavy metals. They filter through literally tons of alfalfa every year. Cows eat a lot of grass – they are grass-recycling machines. But they concentrate all of these pesticides and heavy metals, and guess where those go in the cows? If you guessed fat tissues, you are correct. Fat tissues are where all the pesticides and heavy metals end up in the cow. So when you eat red meat or anything containing saturated animal fats, you are eating a potentially highly concentrated form of toxic substances that the cow has filtered out of its environment. It's sort of similar to the way shrimp contain lots of heavy metals. Because they're bottom feeders, they filter through all of the nutrients in the ocean, and so heavy metals like mercury tend to concentrate in them. The same thing is true in cows. Cows are the grass feeders on land, and anything that's in that grass that isn't healthy gets concentrated in the cow tissue, most notably the fat tissues. So when you eat these tissues, you're not only giving yourself all the unhealthy "benefits" of saturated animal fats –



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which include, of course, heart disease and obesity – you're also giving yourself the risk of other diseases such as cancer and neurodegenerative diseases like Alzheimer's disease and dementia. You're consuming pesticides and heavy metals found in the fat tissues.

Scary stuff, huh? This is why I gave up eating red meat years ago, and I wouldn't touch it today. I still eat some other types of meats from time to time, but never, ever red meat. Even if I did eat red meat – and this is what I recommend to those who choose to continue doing so – I would get free-range red meat. I'm talking about organic cows from ranches that are happy places, where they're actually fed fresh grass or organic grains. This is the kind of beef that you should be eating if you're going to eat any beef at all. One hundred percent organic, free range beef. That's the way to go. Forget about that stuff they're feeding to the rest of the population, the stuff that has pesticides in it. Forget about that. If you're going to eat beef, eat healthy beef.

Remember, the bottom line is to avoid all animal fats if you can. That includes pork fat, chicken fat and it especially includes beef fat. Don't let that into your mouth if you can help it.

Now, speaking of fats from cows, what other sources of fat do they produce that we consume as human beings? If you guessed milk, you're right again. Now, milk is an interesting beverage. It is nutritionally profiled for a specific creature: That creature happens to be an infant cow. That's right, infant cows have specific nutritional needs, and what do you know? The milk from their mothers, the bovine breast milk if you will, is perfect for baby cows. It's not so perfect for adult human beings. In fact, something like 70 percent of the people in the world are lactose intolerant. As adults, we should have stopped drinking infant formula years ago. I don't know why so many adults insist on continuing to drink a beverage intended for babies, especially for babies of another species. But hey, that's another commentary altogether.



If you choose to drink milk, at least be aware that it is an animal fat. It's a saturated animal fat, so avoid whole milk, and avoid 2 percent milk. You know what they don't tell you about two percent milk, by the way? You know what the two percent really stands for? They say two percent milk fat, but what they mean is two percent by volume. But if you look at the actual calories, 32 to 35 percent of the calories in milk are due to fat. So the label, if it were based on calories, should actually say 35 percent milk. That's how much fat you're actually getting in that product, because most of the milk is really water, right? In terms of the calories you're getting, it's a lot of fat, about one-third fat. And you don't want that fat in your body because remember, it's an animal fat. If you really knew what goes into the milk, oh my, you'd be shocked. You wouldn't want to drink it anyway. I'm not going to gross you out and give you all the details here. You can read that somewhere else. But cow's milk is not something that well-informed people choose to put into their mouths, for a number of sanitary reasons.

Moving on, we have cheap vegetable oils. You don't want to put that into your diet either. I'm talking about corn oil and sunflower oil. Canola oil is sort of neutral. It's somewhat okay, but not the best. There are healthier oils than canola oil, in my opinion. Corn oil is high in omega-6s, and it doesn't really give you many omega-3s, so it sort of imbalances the essential fatty acids in your diet. Not a great choice. Shift over to olive oil, macadamia nut oil or flax oil; these are much healthier oils for you. Try to avoid those cheap, grocery store oils.

Now this brings us to the section of fats that are good for you. Fats to eat – this is the delicious part. Fats are truly, truly delicious. People who take fats as nutritional supplements always amaze me. They pop a pill of flax oil, and I think, "Wait a minute, don't you want to taste that? Do you know how good that would taste blended into a protein drink with some stevia?" It would make it taste like ice cream, because the fat in there is absolutely delicious. So enjoy your fats. You need healthy fats on a regular basis, so I say enjoy them. Put them into recipes where you get to taste them. They will help make your day just a little bit more pleasurable,

believe me. Don't take them as supplements when you have the chance to taste them. Make them part of your foods.

Include nuts and seeds, of course. All nuts are totally okay on the Food Timing Diet. Cashews, almonds, pecans, macadamias, pine nuts, peanuts – anything you can think of from the nut or seed world, including sesame seeds, is good for you. In fact, it's very good for you. Again, eat these in their raw, unprocessed, unsalted, uncooked forms, and be aware that there are many nut products out there that contain MSG. Those absolutely must be avoided, because, again, MSG will mess with your endocrine system and mess with your appetite control. Get nuts in their raw, unprocessed forms wherever possible, and don't buy those nut mixes that contain little chocolate chips in them, because those are made out of sugar and milk fat, and that's just candy. That's just a nut-candy mix – that's not nuts, that's nut candy. And don't get nuts that are coated with candy, like chocolate-covered nuts. That doesn't count, and you know it. Don't try to fool yourself, that's candy with a nut inside. I'm talking about the actual nuts.

So, what healthy oils and fats are okay? We've already mentioned a few – olive oil, macadamia nut oil, flax oil – and you probably already know about fish oils. Salmon oil is very, very good for you, especially when it's not contaminated with mercury. Be sure to get a good source of salmon – wild harvested salmon, not farm-raised salmon, for example. Similarly, cod liver oil is very, very good for you, but it needs to come from natural sources, too. Nordic Naturals is a company that makes cod liver oil supplements, which are quite good for you, and not too difficult to take. They don't taste fishy at all and they're quite palatable. Any of the plants that have fats are okay to eat; fats from the plant world are really where you want to get your fats. Aside from the salmon oil and the cod liver oil and some other fish oils, you want to get most of your oils from the plant world. So what are some outstanding sources of healthy oils and healthy fats from the plant world?

Avocados. I've got to mention avocados. They are a wonderful, healthy source of fats from the plant world. Avocados are so good for you when eaten raw. Now, a lot of people just equate avocados with guacamole, which is funny because a lot of guacamole products in the grocery store don't even have avocado in them. They just have hydrogenated oils and artificial green colors, and they call it guacamole, but it's not – it's just poison. Anyway, avocados are very good for you, but you can eat them in a way that you may not have imagined - as sweets. Yes. Sprinkle a little bit of stevia on some avocado, or better yet, blend it up in a bowl with some banana protein powder, some avocado and some stevia together with some soymilk or cow's milk, if you choose to drink that. Do that, and you have yourself some delicious, highly enjoyable banana pudding. Yep, banana pudding. And why is it so enjoyable? Because it has the fat content of the avocado, so it's rich and creamy and the texture is perfect. It's got the sweetness from the stevia, it's got the banana flavoring, and it's got the soy protein in there. And it's delicious, it is one of my favorite recipes. You can also blend up an avocado in a blender – just be sure to take out the seed and take off the outside first. Blend up the avocado with some protein powder, some stevia, some soymilk and a little bit of ice and you have yourself an ice cream shake that is absolutely delicious! It will astound you. This is a recipe that I actually borrowed from Asia. It's fantastic, just truly delicious. Sweet avocados. This is the ingredient that you should use to make ice cream recipes all around your house. Use avocado as the fat source, instead of cow's milk as the fat source. The avocado provides healthy oil and gives you all the essential fatty acids you need, plus some additional phytonutrients. It's sort of a green food, too, but without that grains taste. It doesn't taste like wheat grass or barley grass, but it gives you some of the same benefits of all those other green foods. Avocados are one of my top recommended sources of healthy oils from the plant kingdom.

Olive oil is good for you, as a cooking element, but also as a salad dressing. For example, the following meal would count as an oil meal: A huge bowl of salad with about a tablespoon of salad dressing made with healthy oils with no MSG and no

sugars added. That would be an oil meal, because the salad is free, but the oil in the salad dressing counts. It's primarily an oil source of calories at that meal. So salad is really an oil meal. You could also have a salmon salad – put some baked or grilled salmon on top of that salad. Basically, that's a little bit of protein and a little bit of fat. You could count that as either a fat meal or a protein meal. It's up to you, so there's a little bit of flexibility there.

One other really wonderful source of fats from the plant world (you're going to love this one, but remember you've got to limit this, and you can't have this at every meal) is chocolate bars. Oh, yeah. But I'm not talking about candy chocolate bars, I'm not talking about that garbage you find at the grocery store that says it's a chocolate bar but actually contains nothing but a little bit of chocolate flavoring and some sugar and some milk fat. I'm talking about the real, gourmet chocolate bars with 70 percent or more cocoa content. That's what I'm talking about, with a little bit of sweetener in it. These bars will taste a bit bitter, and that's how you know it's good, healthy chocolate. If it tastes super-sweet, it's not good for you, and you're getting far too much sugar content, believe me. Healthy chocolate bars are bitter; they're gourmet chocolate bars. They tend to be expensive. That's because real cocoa costs some money. It takes some resources to get it into that chocolate bar, so you're going to pay for it. You might pay \$3 to \$4 for one of these bars, but it's worth it. You know how good chocolate tastes, and the cocoa nut oil also happens to be very good for you. So look for chocolate bars made with cocoa oils rather than milk fats because you don't want milk in your chocolate bar, and you don't want any more sugar than is necessary. Since you want to minimize the sugar, eat these sparingly. These can count as both a combination of fat and carbohydrate for your meal. Also, when eating chocolate bars, be sure to get some fiber at the same time, otherwise you could suffer some glycemic index effects, because these sugars really shouldn't be allowed on this list. This is one of those exceptions just because cocoa is so good for you. Cocoa is a rainforest herb; it's a healing plant. It's grown in the Amazon, and it's very common in South America and throughout Peru. It is an anticancer

herb, it truly is. It has a number of antioxidants and a number of phytonutrients. I'm including this on the list because it's so good for your health and because it's good to get this into your body from time to time. It's also helps to cleanse and detoxify your liver. Go ahead and have some from time to time, but don't buy those popular chocolate candy bars. They're just garbage. You've got to buy the gourmet chocolate bars. Look for 70 percent or more cocoa content listed right on the bar.

## Proteins

Next we have proteins. Proteins to avoid and proteins to eat. Proteins to avoid – that should be pretty easy. Processed meats, right? Unless you really want pancreatic cancer. Avoid red meat, unless you really enjoy having colon cancer. Avoid smoked meat because those are going to give you esophageal cancer. Smoked meats are really bad for you. They will also promote colon cancer. Avoid jerkies, because almost every popular jerky product out there has MSG in it, and MSG will mess with your appetite. Avoid any proteins made from whey protein or milk products. They will have casein in them. Casein is a protein that's very prominent in cow's milk. It is very difficult for human beings to digest, and this is part of the reason why people have so much trouble



**Avoid any proteins made from whey protein or milk products. They will have casein in them. Casein is a protein that's very prominent in cow's milk. It is very difficult for human beings to digest, and this is part of the reason why people have so much trouble digesting dairy products.**

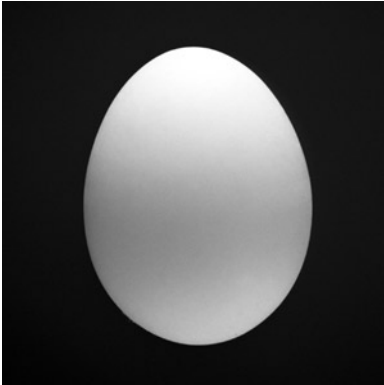
digesting dairy products. Let's face it; the digestive tract of a cow is a little more robust than that of a human being. I mean, they have four stomachs – we only have one, and ours doesn't want casein in it. So avoid casein. Now, this may be difficult in some cases, because, for example, a lot of people go out and start buying soy cheese, thinking, "Hey, great, I'm going to stop buying that animal product cheese (which by the way is on the "no" list because any cheese is saturated animal fat) and instead, I'm going to buy some soy cheese." Well, have you ever read the ingredients on soy cheese? I have. One of the primary ingredients (usually not the number one, but one of the top ingredients) in soy cheese is milk protein, casein. It's listed right there on the label. Believe me, go to your grocery store, go to your health food store, look at all the soy cheese products on the market, turn them over, and you will find casein listed right there on the label. I did a whole story on this. It's deceptive advertising, I think, for soy cheese makers to claim that they're the alternative to cheese when they include milk proteins in their own products. So you have to learn to read labels to do this right.

What other forms of protein should you avoid? Well, the milk proteins, again. Liquid milk. Any milk products. These are proteins that should be avoided. So basically, proteins that come from animal sources should be severely limited if not completely eliminated from your diet. Animal proteins are not going to engender a lot of health, and you don't really need animal proteins to be healthy. I'm a strength trainer, I'm highly athletic and I have pretty good lean body mass. I eat hardly any meat at all, certainly no red meat, just small amounts of other meats. You do not need meats to get adequate protein; you can get plenty of protein from the vegetable world, and that's where your proteins really should come from, from a nutritional standpoint. Now, I'm not necessarily advocating vegetarianism, and I'm not even talking about the philosophy of vegetarianism or animal ethics or anything like that; I'm just talking about basic nutrition, basic health. The good stuff happens to come from the plant world. The dangerous stuff that boosts your risks of disease and makes it harder to lose weight comes from the animal world. That's just the

bottom line truth on this, regardless of my own personal positions on vegetarianism. I mean, I'm not technically a vegetarian myself. I'm certainly not a vegan. So this is not about the philosophy, this is about your health.

Now, we've got to talk about what to eat. What proteins are very, very good for you? I already mentioned plant proteins, so soy is of course one of the top choices. But it's not your only choice. And soy sometimes can be a little bit difficult for people to get used to. They have to sort of ease their way into soy. A little soymilk here and there, maybe a bit of tofu now and again, and over time they get used to it. That's great. But you can also eat beans and legumes, and you can get proteins from lots of vegetables – especially the dark, leafy green vegetables. Did you know if you juice broccoli for example, and pour that juice into a cup, you'll have more calcium than you have in a glass of milk? Not to mention a good amount of protein, as well.

You can get protein supplements, too. Now, this is something that I depend on quite heavily. I eat a lot of protein powders throughout the day, and my favorite is a protein powder called Rice Protein, made by a company called NutriBiotic. This is available at any health food store, and you can find it on the internet – just search for NutriBiotic Rice Protein. These are unsweetened proteins, and they're available in a variety of flavors, including mixed berry and chocolate. They don't have any sugars or refined carbohydrates in them, and they're absolutely delicious. You can mix them in with breakfast cereal, you can mix them up with the avocados and stevia that I mentioned earlier, you can blend them into drinks or you can just mix them together with macadamia nut oil and make sort of a chocolate peanut butter taste that serves as a meal. It's quite delicious. You can do some very creative things with protein powders. Just avoid whey protein, because whey is, of course, derived from milk products. Whey protein will have that hard-to-digest casein in it. I don't recommend whey products to people because, again, it comes from cows. You'd do much better to get rice protein, soy protein or proteins from other natural sources in the plant world.



**Eggs are quite good for you, and they can be a wonderful part of the Food Timing Diet. So feel free to use eggs as appropriate.**

**Personally, I don't get too concerned about the cholesterol content of eggs. There's nothing wrong with a bit of cholesterol from time to time, and, in fact, the egg yolks have healthy oils in them.**

Nuts and seeds are also a good source of protein. If you choose to eat meat – which is fine, as long as you go with free-range organic meat – it is also a decent source of protein. Fish, of course, can be very good, too. Again, make sure you're getting wild harvested fish, because you don't want farm-raised fish. Make sure you're getting good quality fish from trusted sources. Also, eggs are very, very good for you, especially free-range eggs from free-range chickens. You want eggs from happy chickens. That's what you want to eat. And eggs are a great source of protein. I'm not a vegan, as I already mentioned, so I eat a lot of eggs. I eat the egg yolks, I eat the egg white – I eat the whole egg. Eggs are quite good for you, and they can be a wonderful part of the Food Timing Diet. So feel free to use eggs as appropriate. Personally, I don't get too concerned about the cholesterol content of eggs. There's nothing wrong with a bit of cholesterol from time to time, and, in fact, the egg yolks have healthy oils in them. I'm not worried about cholesterol from eggs; the things that really cause high cholesterol are eating fried foods and eating a lot of hydrogenated oils or saturated animal fat from red meat and milk products and things like that. I don't think you're going to get high cholesterol from eating healthy eggs. Egg whites, of course, are a fantastic source of protein. You can eat them



boiled or you can get isolated egg white liquids, or you can even get egg white powder and use it that way. Egg whites are another great source of protein.

So, this should give you a general idea of all the sources of protein that are available out there. There are many, and as with the other macronutrient groups here, the basic guideline is: Eat those proteins that come from nature and that are unprocessed and unrefined. Avoid those proteins that are heavily refined, heavily processed or that come from animals that have been raised in artificial conditions. Again, it's the same theme – trust nature and don't trust food corporations that are just out there to make a profit, regardless of what happens to your health when you eat their products. Trust nature. Nature has the answers for your health, and nature will help you lose weight on the Food Timing Diet. Stick to those foods and food ingredients that are unrefined, unprocessed and essentially designed for the human body. This is what your body expects to eat on a regular basis.

That should give you a general guideline of what to eat and what to avoid. Remember, this is not a complete list, so you'll need to explore this on your own a little bit. But you have the guidelines, so you can go to the grocery store now, shop around and buy what's good for you, and avoid what's bad for you to help you lose weight on this Food Timing Diet. Remember – you're going to be eating quite a bit of food on this diet, so you might as well make it healthy. You might as well prevent chronic disease, or even help reverse diseases at the same time that you're losing weight. Why not be healthy AND thin? You can do them both together by sticking to this diet.



**PART 5:**  
**Controlling your hunger**

In this section, we're going to start off talking about how to control your hunger. We've talked about this a little bit throughout the program, especially about MSG, or monosodium glutamate. This is a substance that you never want to put into your body ever again, for a variety of reasons, not the least of which is the fact that it's considered an excitotoxin, which means it overexcites the nerves in your body. It passes through the blood/brain barrier and actually kills brain cells. This is based on the work of Dr. Russell Blalock, author of several books on excitotoxins, including one appropriately titled, *Excitotoxins*.

## **You MUST avoid MSG**

So, this is important information to note, but there is another part of this information that may be even more important to you in terms of losing weight. In experiments with lab rats fed high doses of MSG, researchers found the rats' endocrine systems became imbalanced to the point that they could no longer control their appetite. These rats automatically overate, they became obese, and they found it impossible to lose weight. The same thing happens in human beings, and I believe that MSG consumption is one of the major causes of obesity in the United States and throughout the industrialized world. Because MSG interferes with normal endocrine system balance, it causes people to overeat and it disrupts normal, healthy appetite signals. Unfortunately, MSG is found in so many foods and beverages and snacks, you'd be amazed. You've probably been consuming it in mass quantities all of your life.

Now, how do you stop consuming MSG? You do it by reading nutrition labels, the same way you stop consuming refined sugars or hydrogenated oils. You've got to start looking for MSG on the labels, and if you do that enough times, you'll get a pretty good idea of what foods they are found in. MSG is found in most snack chips, flavored potato chips, flavored nachos and that kind of thing. They're found in all of the gravy mixes and sauce mixes, but they're also found in places that you might not expect, such as in canned soups. That's right, most canned soups have MSG in them. Salad dressings are typically loaded with MSG, too.

You see, this is not just an ingredient that's found in Americanized Chinese food; it's found in grocery store products in every grocery store throughout America and throughout the industrialized world. This ingredient is almost everywhere, and some products, believe it or not, are actually pure 100 percent MSG! They're called "flavor enhancing" products, sold in salt shaker containers that you sprinkle onto foods. It's sort of like sprinkling poison on your food, except it's just a slow-acting poison. What person in their right mind would put poison on their food? Yet people do it every day when they sprinkle MSG on their foods.

Now, I know that there are many defenders of MSG out there, mostly companies that sell it and food companies that use it. They say, "Oh, it's perfectly safe, just like every company says." Every fast food company says their foods don't cause obesity. Every soft drink company says their products are perfectly safe, they can be part of a healthy diet and they don't promote disease, obesity or diabetes. Of course, the glutamate societies and the monosodium glutamate groups, say there's nothing wrong with this ingredient, either. And they like to point out it's found naturally in seaweed or tomatoes. Well, let's talk about that.

Sure, there's a little bit of free glutamate in tomatoes, but it's a very tiny amount in a very big plant. Now, when you extract an ingredient, refine it and then concentrate it, it becomes a very different substance than what was found in the normal plant. For example, crack cocaine, most of you would agree, is not natural, right? Crack cocaine, though, comes from a plant – the coca plant. And if you chew on coca plants or drink coca leaf tea, you are not a crack addict. Right? You're just drinking some tea. But if you refine it, if you extract it and process it and condense it and then put it in a form that's easily absorbed, then it becomes crack cocaine. And then it's a drug. The same thing is true with monosodium glutamate. The small amount found naturally in tomatoes is not harmful. It is not a threat to the health of your nervous system or to your body weight, for example. But when you take MSG and synthesize it in a lab, and concentrate,

refine and crystallize it, and make it highly absorbable, then you change it. It becomes the crack cocaine of chemical taste enhancers. That's MSG.

Now, a lot of food companies realize that more and more consumers are wising up. People aren't buying products that contain MSG any more. People are looking for it on the label. They don't want MSG, they've heard it's bad for them and they know it causes migraines. They know it can promote neurological disorders and all kinds of other problems, so they're avoiding it. What do the food companies do? Do they say, "That's great, let's take MSG out of all of the foods?" No, of course not. That would be too honest. The food companies instead find ways to put that ingredient into foods without listing MSG on the label. How do they do that? They find other ingredients that they can put in the food that contain a high amount of MSG, but that don't sound like MSG. So you read the label – first ingredient, second ingredient – and you go through the whole list, and you say, "Hey, good, no MSG. It must be MSG-free." So you buy that product and you take it home and eat it and, sure enough, you get a migraine headache. Sure enough, your appetite's out of control. What's going on here?

**What do the food companies do? Do they say, "That's great, let's take MSG out of all of the foods?" No, of course not. That would be too honest. The food companies instead find ways to put that ingredient into foods without listing MSG on the label.**

What's going on is they put an ingredient in that food called "yeast extract." That's right, yeast extract. Sounds harmless, doesn't it? Sounds like something you might use in a loaf of bread. But, in fact, it is just a code word for a highly concentrated form of MSG that food companies rely on to fool consumers into buying foods that contain MSG. The food companies want MSG in their foods because it masks the bland taste of their products. It makes food taste exciting because it overexcites the nerve endings in your body, including the nerve cells on your tongue. But while it does wake up the flavor of various foods, no doubt about it, it also overexcites and damages nerves throughout your nervous system. So, this is a dangerous ingredient, and you don't want it in your body.

The funny part about all of this is that a lot of the health food companies that make vegetarian foods and veggie burgers and things like that use foods that are loaded with yeast extract. They claim on their labels that these foods are "100 percent natural." They claim that this is a replacement for red meat and that red meat is unhealthy. They say, "Here, eat this vegetarian food." But if you actually read the ingredients, you find out that this vegetarian food is loaded with chemical taste enhancers that promote obesity, imbalance normal hormone function and damage the nervous system. This is supposed to be healthy? Give me a break. I'd rather eat free-range beef than this garbage; this "vegetarian," chemically-enhanced, packaged food crap. But that's what's out there. I know because I've done an analysis of these foods and I've talked to some of these companies. And they insist, "No, no, our food's 100 percent natural." I say, "But what about the MSG?" They say, "Oh, well, that's a naturally-occurring ingredient."

Yeah, right. I guess you could walk around the planet and pick up anything from the Earth – arsenic, lead, cadmium, mercury – stick it in a veggie burger and still claim it's 100 percent natural. Found in nature? Hah! Look for "yeast extract" – that's one way that food companies try to fool consumers. Don't be a fool – avoid any product that contains MSG or any product that contains yeast extract. Be careful, though, food companies use more words than just yeast extract to hide MSG in

their products. They also use other terms, like "autolyzed vegetable protein" or "hydrolyzed vegetable protein." That sounds interesting. What is autolyzed, and what is hydrolyzed? Why do these things need to be "-lyzed" at all? Well, I say they are -lyzed because they are LIES about MSG. They all contain MSG. These are just different ways for food companies to trick you into thinking their products don't contain any MSG. But don't fall for the tricks. Only buy products that have none of these ingredients. No MSG, no yeast extract, no autolyzed yeast extract, no hydrolyzed vegetable protein, none of that stuff. And watch out, they'll come out with new words soon because as soon as people learn about these gimmicks, they'll change the words and they'll come out with something new. You have to watch out for these companies; they're really tricky.

Okay, so that's step one in controlling your appetite: Never eat MSG. You will find, by the way, if you've been consuming MSG – and remember, it's in many foods, and it is so prevalent in the market that you've probably been eating it in large quantities – when you stop eating it, you're going to experience some phenomenal, positive results. You'll be quite amazed to find out how easy it is to control your appetite when you stop consuming MSG, and that will make your progress on the Food Timing Diet all that much easier. Suddenly, you'll be able to stick to the diet, because now you're not out of control due to these chemical taste enhancers, which are actually excitotoxins.

## **Never eat two carbohydrate meals in a row**

The next tip is to never eat two carbohydrate meals in a row. Now, we already talked about this, but I wanted to give you a little bit more detail on it. If you eat two in a row, you're going to mess with the normal blood sugar cycle that has been constructed for you by this macronutrient cycling system. You have to go with carbs and then fats and then proteins, and then go back to carbs in order to let your blood sugar stabilize. If you do a carb meal and then a carb meal, you're going to start to have that fishtail effect. You'll have your blood sugar swinging up and down like

a rollercoaster, and you usually won't be able to level it out until the next day. So, don't eat two carbohydrate-meals back-to-back, and you will avoid the false hunger that's associated with that. You'll also avoid the mood swings. You'll avoid being crabby, because low blood sugar really makes people crabby. It's always good not to be crabby, right? Maybe you can convince some other people around you to eat this way, and they can be less crabby, too. That way you can share the diet and everyone benefits. Just never eat two carbs in a row. If you're going to binge, if you really want to eat a large quantity of something, or you need to eat two of something in a row, make it proteins, or choose from the free foods. Again, you can binge on those free foods all day long. Act like you're a rabbit, and eat a couple of pounds of celery. It'll do you some good. Tell you what, it'll get your bowels moving, that's for sure. Get some fiber cruising through there, that'll help you out. There's nothing wrong with a little celery – it kind of works as a digestive broom. And don't peel those fibers off the celery, eat them! It's sort of like dental floss for your large intestine. That's right, it's getting gruesome, so let's move on.

## **Exercise and the Food Timing Diet**

The next thing is to be ready to experience some serious hunger after engaging in exercise or strength training. If you go out and you play basketball for an hour and a half, and you didn't eat anything during that hour and a half, you're going to feel hungry. You're going to feel really hungry because you missed three meals, and then you burned a bunch of calories at the same time. You may have burned 500 or 600 calories. You are way behind at that point. So what do you do?

Well, you can do a couple of things. You can front-load before you go out and play basketball by eating an extra round of everything. You can have an extra serving of carbs, proteins and fats all at once, in one meal before you exercise. You can also catch up after you exercise. But remember, when you catch up; never eat more than one carb meal at a time anyway. You can load up on proteins and fats after the basketball game, to sort of make up for lost time, but never load up on carbs. That



way, an hour and a half later, you'll be back on schedule again, and you will have burned some extra fat because of your physical activity. This is a huge benefit of the Food Timing Diet: It allows you to really burn the calories for exercise rather than just compensating by eating extra food in the next meal. You see, normally, when people eat three meals a day, if they have a big exercise segment sometime between those meals, they're really famished by the time they get to the next meal, and they're a lot more likely to overeat. But with the Food Timing Diet, because these guidelines are in place, you're not going to overeat. You're going to eat just enough to get you back on track, and you'll actually burn those exercise calories. Every hour you spend exercising will produce weight loss results and fat loss results. You will eliminate body fat on this diet, no matter what exercise you're doing - swimming, walking, hiking, pogo-stick jumping, hackey-sacking, juggling. Whatever suits your fancy, you'll be able to do it and lose some body fat from doing so.

If you engage in strength training, I have some special advice just for you. That's right, from me to you – from one strength trainer to another. I engage in a lot of strength training, and I have learned the hard way that if you wish to actually increase your lean body mass, then you've got to engage in some pretty high-intensity exercise, right? Short duration, high intensity – that's what builds lean body mass. That's what makes your muscles stronger and larger. To build muscles though, you've really got to eat. You've got to eat a lot. If you're on the Food Timing Diet, you're not going to build a lot of muscle mass if your calorie intake is too small. What I do is cycling, or periodization, as I sometimes call it. I might go a week where I'm engaged in heavy strength training, and during that week, I'm eating anything I want at any time I want. I don't even pay attention to the Food Timing Diet; I eat massive quantities of everything I feel like eating. And I'll pack on 10 or 15 pounds that week easily, but it's not all muscle mass, of course. A lot of it is body fat, and a lot of it's body weight. I pack on a lot of pounds. Then, when you're ready to slim down a bit – and again, you might do that for a whole month, not just a week – you go back to the Food Timing Diet, you eat every half an hour on the schedule, and then you start



**Remember, you can do all other exercises right along with the Food Timing Diet, no problem – cycling, jogging, swimming, yoga, whatever. That’s all fully compatible.**

shedding the extra glycogen, the extra body fat, and you'll slim down a little bit, but hopefully you'll be able to retain a lot of that muscle mass you worked so hard to get during the strength training phase, the "bulk-up phase," as they say in the body building circles. Don't assume you can do strength training and stay on the Food Timing Diet at the same time.

You can work out and stay on the Food Timing Diet with no problem. You're just not going to build a huge amount of muscle mass, because you need to eat a lot more. I know guys that are eating 5,000 calories a day during the muscle mass training phases. That is a lot of food – I'm not sure I could physically put that much food in my mouth. I don't know how to do that. I mean, even when I'm pushing it, I can only get about 4,000 calories a day, but, again, that's only for someone who is engaged in really intense strength training. I'm talking about intense leg presses, chest presses, using a lot of big muscles, feeling the burn and feeling ravishing hunger a couple of hours later – that's what I'm talking about. For most of you out there, if you're not engaged in really heavy strength training, this section is irrelevant. Remember, you can do all other exercises right along with the Food Timing Diet, no problem – cycling, jogging, swimming, yoga, whatever.

That's all fully compatible. It's just that strength training places such high demands on your body, and requires so much extra caloric intake, that strength training is not compatible with this on a day-to-day basis. You have to cycle back and forth to get the results you want.

## **Appetite control**

Okay, what about appetite suppressants? People ask me about this quite a bit. They say, "Can I really take some pills and turn off my hunger? That'll make it really easy to be on the Food Timing Diet, won't it?" Not exactly. But let's cover them anyway. There is, of course, hoodia gordonii, the succulent from South Africa that claims to turn off your hunger like a light switch, but there are a couple of problems with hoodia. Now, I've used this and I've recommended it in certain circumstances, and there are a couple of sources that are pretty good for hoodia. But the problem is, as I uncovered in an investigative article that was published on [newstarget.com](http://newstarget.com), there's a lot of fake hoodia out there, a lot of counterfeit stuff. There are con artists selling ground up leaves and sawdust as hoodia, and that's not going to help you lose weight. It won't turn off your appetite, it will only make you broke. So, who to trust? Well, just check out my articles – go to [newstarget.com](http://newstarget.com) and search for "hoodia." Read my articles, and you'll find out the real story on hoodia. Remember, I don't sell this product, and I don't make any money from selling this product, so I'm giving you the real, unbiased story. I'm telling you where to get it and where not to get it.

Next is the PYY nasal spray. There's a lot of excitement about this. It's supposed to be released as a drug called Accomplia. PYY is the name of a certain appetite control hormone that your stomach actually produces in response to a large consumption of food mass. This hormone is then picked up by your endocrine system, which then turns off the hunger signals. So this is a naturally-occurring hormone that a couple of drug companies are trying to turn into a prescription drug to turn off people's appetite. It's being developed by a company called

NasTech, because it's a nasal spray, and it's being co-marketed by Merck, the Big Pharma company that brought you all sorts of other popular prescriptions I've had very few good things to say about.

A lot of people are putting a lot of faith in this PYY nasal spray, and they can't wait for it to come out. There's this entire mythology being built up around this PYY nasal spray. They think, "Not only is it going to help me lose weight, it'll help me stop smoking." And some people claim it'll help you kick the alcohol habit, too. What a great product! It'll eliminate all your sins, break all your bad habits and help you lose weight, too. You don't have to do anything except snort this nasal spray. Well, the reality, probably, is that it doesn't do even half these things. There is no clinical study yet that backs up any of that stuff, as far as I'm aware. Now, it doesn't mean it won't someday prove to be effective for one or more of those things, but right now we're sort of in a wait-and-see mode. Don't pin your hopes on some future drug that may not even be safe for human consumption. You should work with what you have now, and what you have today is the Food Timing Diet. It works. It's the easiest way to lose excess body fat and keep it off for the rest of your life. You don't have to get a prescription and you don't need to depend on expensive drugs that you have to snort on a regular basis to get the desired effect. Chances are, even this PYY nasal spray won't do the trick in the way people hope it will, because the body's appetite regulation systems are quite complex. They are redundant, in fact. You can block one chemical pathway of hunger, and you find out that the body has four more. They've been looking for this holy grail in the pharmaceutical industry for decades, trying to find a magical, miracle weight loss pill, because it would be a multibillion-dollar pill, maybe even a trillion-dollar pill. Who wouldn't want to lose a little bit of weight, easily, safely, without having to exercise and without having to change their habits? That is the mythology surrounding this Accomplia drug. That's the mythology people want to believe in, but I'm here to tell you, it probably won't pan out. Don't pin your hopes on something like that. Work with what you know works today. The Food Timing Diet really works. It's realistic, and you don't have to

keep paying for it, pill after pill, month after month, making some pharmaceutical company rich. Make yourself wealthy and healthy and wise instead by using the Food Timing Diet. Eat the way we've talked about in this program, and you can get the results you want without being a druggie.

Some people take some fiber supplements to fill up their stomach before they eat a meal. Is that a good strategy? Well, in theory it sounds great, but in practice, people generally forget to do this. It can also tend to stretch their stomachs out a little bit more, because they take the pill, it expands in their stomachs and then they go ahead and eat the entire meal anyway. Suddenly, they're super-stuffed, and they've expanded their stomach, so the next time they go to a meal and they don't have a pill, then they're likely to eat even more because their stomach has been stretched out. Remember, the stomach is a flexible muscle. You can stretch your stomach just like you stretch other muscles in your body. Your stomach literally gets bigger, and then you're likely to overeat at some occasion when you don't have these pills with you. So I don't find them to be very effective at all. Now, if you have the kind of discipline that it takes to take these pills before each and every meal, they might work for you. If that works, that's great. But I just don't find that it works for very many people.

Lastly, on controlling your hunger, here are a couple of really powerful tips. Number one, any time you feel hungry, drink some water first. Drink an 8-ounce glass of water. That's right, just chug it on down, because water will make you feel full. A lot of times, we tend to misinterpret signals of thirst as being hunger signals when we're actually just thirsty. If you drink some water, your hunger signal will often vanish, just like that. You'll be hydrating your body – which is very good, because most of us are chronically dehydrated – you'll be lubricating your joints and you'll be giving your body the water it needs to function well, boost immune system function, boost nervous system function, boost digestion and even boost weight loss. You need water in your system to let go of the body fat. So just drink some water. You'd be amazed how often this works, really. If you feel hungry, and you

think you need to eat something, drink eight ounces of water and wait five minutes, and then see if you still feel hungry. If you do, then yes, maybe you really had a biological need for some food at that point. But often, you were just thirsty, or you just wanted something in your stomach because it feels familiar. So just drink some water – often. That is the best appetite suppressant of all.

Another strategy is to use stevia to feed that sweet tooth craving you have. You know that sweet tooth craving, whenever you feel like you've just got to have some sweets? Give me that sugar! Give me that donut! You know what I'm talking about. You can get the sweetness without the carbs, without the calories, without the blood sugar swings and without the nutrient-depleting characteristics of refined sugars by using stevia instead. I use this all the time. I eat stevia on a regular basis, almost every single day. And it's because I still have a sweet tooth. Unfortunately, I was raised on a diet that had a lot of sugars in it, and a lot of refined carbohydrates. So I grew up expecting a lot of sweet food, and I still expect it as an adult. But I know enough now that I don't want to feed myself those sugars. I don't want those carbohydrates in my body, but I still crave the taste. For me, I can't even eat a salty meal without following it up with something sweet. So if I ever eat a salty meal, I have to sort of mix up a glass of soy milk with stevia in it, and that satisfies my dessert craving, you know that sweetness craving that says, "Yeah, the meal's done now because I've had dessert." If you grew up in a family that taught you to eat the same way, then this is a great strategy that you can use, because we always expect dessert, after being raised by families where dessert was just a regular part of life. You know, in many families it's supposed to be three courses to a meal. First you have the salad, then you have the meal and you drink your milk with it, and then you have dessert. That's a system that's been passed down from one generation to the next, because it's tradition, but not because it makes any nutritional sense. It doesn't make any nutritional sense; it's nonsense. But, if that's what you're used to, you have to find ways to work around it. Stevia's one of those very effective ways.

## Fine-tuning the Food Timing Diet

We've covered appetite control now, and with those strategies in place, you can keep your appetite within reason. Next, I'm going to talk to you about fine-tuning the Food Timing Diet to get the results that you want without getting too hungry, or without gaining weight because you're eating too much every half an hour. Here is how to fine-tune it. This is the secret part of the Food Timing Diet. Shhhh! Don't share this with anybody, because this is what really makes it work. Alright, first, we have to figure out body awareness. We've got to increase our body awareness, because this is how we're going to measure what we're feeling. This is our yardstick for whether we're eating too little or too much. What do I mean by body awareness? I just mean being in touch with what's going on inside your body, in terms of blood sugar, in terms of your heartbeat and your level of hunger. All it requires is tuning in, just being quiet for a moment and listening to your body, and asking your body, "Hey, how do I feel? Do I have high energy or low energy? Do I have good mental clarity or is it all distorted and cloudy? Do I feel sleepy or wide awake?" And, "Do I feel hungry or full or somewhere in between?" These are answers you need to get from your body. Your body is the best measurement tool of all. I mean, think about it – your tongue is a chemical sensory array that is far superior to any lab equipment that has ever been built by any human being or scientist anywhere in the world. Your tongue and your nose combined are highly delicate lab equipment. These are chemical sensors, and they're very accurate. Nature can build some really cool stuff. If you go to other animals, dogs have a sense of smell that's far more powerful than ours, and eagles have eyes that are far more sensitive than ours. I mean, nature can build some pretty outrageous equipment, some very impressive stuff, and you have a lot of that in your body right now. So if you just learn to tune in to your body, your body can give you a lot of information about what's going on inside. You've just got to learn to listen. Stop ignoring all the messages from your body, stop trying to mask them or medicate them and start listening to them.

For example, a signal of hunger could have a couple of different meanings. It could be an emotional hunger, it could be false hunger caused by eating too many carbohydrates earlier in the day, it could be hunger due to intense physical exercise or it could be just a basic biological need for calories. You need to be able to determine the difference between those hunger signals. It could also be just dehydration, as we just talked about. So there are lots of different ways to interpret hunger signals. Most people, though, when they feel hunger, just slam their bodies with some food, in an effort to shut that signal off. People think, "Feel hungry? Swallow something." Boom! It's gone. No more hunger. People say, "Oh, knee hurts? Go get some pain killers." Wham! Slam those painkillers down your throat and you don't have to hear that pain signal any more. People go to great lengths to ignore their body's signals. They try to shut their bodies up. They don't want to be bothered by this information. I'm saying listen to this information – it's good information. It can help you make wise decisions on a day-to-day basis, and even an hour-to-hour basis, about what's going on in your body and what your body truly needs.

Another thing that you can sense in your body is the thermogenic effect. This is really interesting to sense. If you can sense this, it tells you that you're really getting good at listening to your body. When you eat a lot of carbohydrates, plus a lot of nuts and a lot of proteins, all in a row, you're going to have the thermogenic effect in your body. This is where your body has more calories than it needs, and it actually starts heating up inside because of the exogenic effect of the chemical reactions breaking down and assimilating these foods. To put it in layman's terms, you're going to feel some heat – that's right, heat, right in your core, coming right out of your stomach. This is the thermogenic effect. If you can feel it, and if you can distinguish between times when you're having that versus when you're not, then you have some good body awareness going on.

When you're on the Food Timing Diet, on a regular daily basis, you will rarely have a thermogenic effect, because you will rarely have more calories than you need. You're supposed to have just a little bit less than you really need each and every day,



so the thermogenesis won't be turned on. This is a good clue. It means that if you can listen to your thermogenic effect, if you sense it kicking in, you know, you've eaten too much. You've had too much protein, carbs or fats, and it's time to scale back a little bit. So, that's one signal to tell you when you've eaten too much. Here's another way to do this – I want you to rate your hunger at every half-hour interval, just in your own head, on a scale of one to 10. One means you're full, you're completely full, and you don't have any hunger at all. Ten means you're starving, and you've got to eat something or you feel like you're going to die. Five means you're a little bit hungry, sort of medium hunger. Three or two means just a slight bit of hunger, and you could eat something but you don't need to. Six or seven means hunger's pretty serious, but you're not going to die, you're just aggressively hungry. At eight, you're really hungry, and you're ready to eat. So every half hour, you can rate your own hunger from one to 10.

### **Using your “hunger barometer”**

Now, here's how to use this information to know where you should be. Let's say that you eat at the top of every hour. We'll use noon as the example here. At noon, you're going to eat something, you're going to eat something again at 12:30, and you just ate something half an hour ago at 11:30. So, right now, it's noon, and it's just about time to eat. Take your hunger pulse. Ask yourself, how hungry do I feel from one to 10? You should feel, if you're doing this correctly, about a five. You should feel moderate hunger when it's time to eat, when that half an hour is up. You should feel it. If you feel a one or a two, which means you're not really hungry, then you're eating too many calories every half hour. If you feel an eight, nine or a 10 – really aggressive hunger – it means you're not eating enough. You need to eat more, or you're going to lose a lot of lean body mass along with your body fat, or you're going to fail with the diet, because it's going to get too difficult. You should feel about a five at the top of the hour.

Then you eat 60 calories, or maybe 70 or 80, whatever it is for you. You eat your meal, and for the next 10 minutes, and 10 minutes only, you should feel fairly satisfied. Your hunger should be about a two, where you feel like, “Hey, I’ve eaten something, that’s great. I’m not going to die, I’m doing just fine. I’ve got some food in my stomach, and the calories are kicking in.” You’re never going to feel completely full, so it’ll never be a one. It might be two if you eat some fruits or vegetables, because fruits and vegetables take up a lot of space in the stomach and make you feel quite satiated. But it shouldn’t be a five or a six, for example, for that first 10 minutes because that means you haven’t eaten enough. You should have some feeling of getting some calories into your body, some feeling of your blood sugar coming back up to a functional level for the first 10 minutes after you eat that meal.

All right, for the next 10 minutes, from 12:10 to 12:20, what do you feel? At that time, you should feel about medium hunger. From 12:20 to 12:30, you could feel medium hunger or a little bit more than medium hunger. You could feel hunger up to a six, maybe a seven on the outside edge, but if it’s an eight, you’re too hungry. And you never want to get too hungry on this diet.

Again, dividing up the half hour into thirds, you’re going to have the first third where you feel like, “Hey, I’ve eaten some food, I feel okay.” During the second third, you’re sort of in the middle. “Yeah, you know, I could eat something ...” The final third of that half hour, you’re going to feel some hunger, but it’s not hunger that’s going to drive you crazy. It’s not the kind of hunger where you feel like you’d rather die. It’s manageable hunger. Now, what do you do with all of this? Here’s what you do. If you never feel any of this hunger for that entire half hour, you’re eating too much. You should, at the very least, feel some hunger during that last 10 minutes. If you don’t feel any hunger at all, you’re eating too much, and you need to lower your calorie allotment for each half hour. On the other hand, if you’re feeling nothing but hunger, even from the very first minute, and through the first 10 minutes and through 20 and 30 minutes – if you’re feeling hungry through the

whole darn thing – you're not eating enough. You need to eat more. Or, you're suffering from false hunger that's been caused by overeating carbohydrates earlier in the day. So, if you ever experience that, you should know, that's what caused it. You ate too many carbs earlier in the day.

You don't have to do all this crazy math, you don't have to figure out your resting metabolic rate, your lean body mass and multiply it by your activity level – you don't have to go through all of this math just to find out how much you should be eating or not eating. All you really have to do is listen to your body. Your body will give you all the answers you need. If you don't feel any hunger at all during each half hour, you're eating too much. And if you feel famished toward the end of that half hour, you're eating too little. “Just right” means you feel fine during the first part of that half hour, but you feel hungry during the last part of that half hour – not overpowering hunger, just medium hunger. That's when you're just right; when you're eating the right amount of food. That's how you know what you need.

Now remember, all of this advice is for people who want to lose body fat. Once you actually get down to the weight that you want to keep for the rest of your life, then you want to boost these numbers up a little bit. You want to eat more, of course, to maintain weight. Because if you keep eating like you did eat, you're going to keep losing weight. There is a point where you've lost enough body fat, and it's time to maintain your weight or maybe even pack on some lean body mass through physical exercise or strength training. And in those scenarios, of course, you need to munch a lot more. You've got to put some more calories down that gullet and give yourself the building blocks you need to either maintain or build extra body mass.

Here's another wonderful strategy you can use; another body awareness tip. When you wake up each morning, how you feel in terms of hunger from one to 10 gives you a great indication of whether or not you've lost weight that night, and whether or not you're eating the appropriate amount of food. When you're doing this correctly, when you wake up, you should feel pretty darn hungry. You should feel about a

**You could burn as much as a third of a pound of body fat in one night if you had a lot of physical activity the day before, and you stuck to the Food Timing Diet all day long.**

seven or even an eight. You wake up, and you feel like eating. You rush into the kitchen, you grab that first meal, and you feel a lot better. But if you wake up and you don't feel hungry at all, oh my – then you haven't lost any weight over the last 24 hours, I guarantee you. You've overeaten the night before. If you wake up and you're not hungry, you're feeding yourself too much. You're not going to lose weight. When you wake up, you should feel some hunger, absolutely. That's a good way to know if you're making progress on this diet. If it's just a little bit of hunger, then you're making just a little bit of progress. If it's a lot of hunger, you're making a lot of progress. You could burn as much as a third of a pound of body fat in one night if you had a lot of physical activity the day before, and you stuck to the Food Timing Diet all day long. You do that for one week, you've lost just slightly over two pounds of body fat - that's how you can lose two pounds a week on this program. But to lose two pounds a week, you're going to be waking up hungry every single day of that week, and again, if you're not waking up hungry, you're not losing body fat.

When you're on the Food Timing Diet, the only time you're not eating is when you're not awake. This sleep zone is really a fasting zone. Those eight hours of sleep, or whatever you get,

is when you're fasting. But your body is still using up calories. Unfortunately, or fortunately in terms of body fat loss, your body doesn't have the glycogen stores that it needs to power itself during the night, even with the lack of food coming in. So it has no choice but to start breaking down the body fat and turning that into useable energy while you sleep. This, by the way, is one of the great benefits of the Food Timing Diet. You are literally losing weight while you sleep. I never mentioned that up front because it sounds like such a gimmicky thing – "Lose weight while you sleep!" You know, it sounds like you can do anything you want during the day and lose body fat at night. But in fact, on the Food Timing Diet, you are losing body fat at night. That's when the best fat-loss results kick in, which, by the way, is why you don't want to end your day on a carbohydrate meal – because going to sleep with a carbohydrate meal interferes with the action of breaking down body fat. So you'd rather end your day on a protein meal, and then sleep for seven or eight hours (I'm a big proponent of a good 8 hours of sleep). You'll wake up the next morning a third of a pound lighter in terms of body fat, and you'll be pretty darn hungry. That is a sign of success with this program.

With that understanding, it makes a lot of sense to realize why people don't lose weight when they decide to skip breakfast. You see, a lot of times people wake up hungry, and they think, "Well, I'm just going to skip breakfast, and then I'll lose a whole bunch of weight before lunch rolls around." But what are they really doing? They're teaching their body that they're starving, because they've just completed an eight-hour fast. They haven't had any food for 8 hours. And they wake up hungry, and then they decide to go another four or five hours – suddenly they're on a 12-hour fast. What does their body do in such a case? The body says, "Emergency! I've got to store some body fat next time I get a hold of some, because we are starving. Store fat! Store fat! Store fat!" That's what your body is trained to do if you skip breakfast, and that's why I say the very first thing you should do when you wake up is to eat something. Eat a carbohydrate meal. That will get your blood sugar back up, and it will train your body that even though it made it through that eight-hour

fast all night long, things are okay now. It's not going to starve. There's no need for your body to turn into starvation mode to try to hold onto calories. You want to train your body to let go of calories. That means you've got to give it calories and make it feel safe. Treat your body like a pet that's afraid of the lightning. You have to sort of comfort that pet; you have to let it know everything's okay, that there's no problem here. Here's the food, life is going to be fine. When you can comfort your body like that, it's never going to raise the alarm bells, and it won't slip into fat storage mode, meaning that you'll be able to watch that body fat melt away night after night, knowing that you're having fantastic success with the Food Timing Diet, because you're tuned in to your body. You know you're having success when you wake up and you feel that seven on the hunger scale. You know you're having success every half hour when you feel that five on the hunger scale, right before you eat. You know you're having success when, even though you're eating over 30 meals a day, you're still losing body fat. That's success, and listening to your body is the way to do that.

## **Boosting your sensory acuity**

I'm going to give you a few more tips on how to boost your sensory acuity so that you can listen to your body even better. These are some great tips – you won't find this information anywhere else. If you think about our sensory acuity, it is closely tied to our innate intelligence. The more complex things that we can sense, and the more subtleties that we can become aware of, the more intricate and interrelated our neural patterns become in our lives. In other words, having strong sensory acuity actually makes you smarter. Now, what can you do to improve your sensory acuity? The number one thing that you can do is to stop overpowering your senses with perfumes and tastes and salts and sugars and things that blast your senses and tend to numb them. The number one thing is the perfumes. We, in American society, tend to abuse fragrance products left and right. It's absolutely crazy, and because of that, we become desensitized to them. We can't smell the cologne we're using anymore, we can't smell the perfume we're using, and almost all consumer products

are loaded with these perfumes. Shampoos are loaded with so much perfume that I can't even walk down the shampoo aisle without feeling a major headache these days. I've become so sensitive to these chemicals that I can't even get near them. We've got aftershave products, we've got deodorant products, hand soaps, shower soaps – you name it, everything is scented, including your dryer sheets, laundry detergent and dish detergent. All of these contain toxic chemical fragrance products that are toxic to the liver and are carcinogenic.

Despite their toxicity, the FDA allows these products because they assume these aren't products you eat, so therefore they must be safe. In fact, they harm you in other ways. They harm you by dulling your senses. They actually make you stupid. You know how you can prove it to yourself? Just find some older person walking down the street, coming into the office, who is loaded with perfume. Usually it's an older woman, by the way. I don't mean to be sexist about this, I'm just observing. Usually it's an older woman, and she's had that perfume going for a good couple of decades, and she has no clue that you're not supposed to use half a bottle a day, right? You can smell this woman from 20 feet away. I can probably smell her from 60 feet away, because I don't use any fragrance products, and I'm super-sensitive. I can't even get near these people. So have you ever noticed that these people tend to be kind of dull? They're not too sharp, not too bright. Why do you think that is? It's because they've dulled their senses by abusing them with these fragrance products. They're so dull that they can't even smell their own fragrance any more – that's why they keep using more and more, because in their mind they're still using the same amount. They're just using however much it takes to get the same potency of perfume. But it's an ever-increasing amount, because it's sort of like smoking crack – you get addicted, and you've got to have more. Perfume is just like that – you keep using it, you've got to use more each and every day. And then pretty soon, you're using so much that you become an air pollutant. You're actually harming the environment of the people around you. You're causing asthma when you walk around offices. That's what these people need to be told. That's why, in

**Please, throw out that brand-name shampoo that you can smell a mile away. You're rubbing that into your scalp and putting all those toxic chemicals directly into your blood stream. That's insanity.**

my office, I have a no-fragrance rule. Nobody wears fragrance if they work for me. It's not allowed, because this stuff makes people dull, and it annoys me.

My point is that if you want to boost your sensory acuity, stop using fragrance products. Get rid of those scented dryer sheets. You don't need perfume on your clothes, do you? Are you that kind of person that you need to put perfume all over your clothing? You don't need perfumes in your laundry detergents; get some natural detergents that are perfume-free. Stop using cologne and perfume all over your body every day. If you want to be attractive to the opposite sex, get healthy. No artificial fragrance is going to make you smell so good that people want to go out with you or marry you; you need to get healthy. That smell is not going to make any difference, believe me, if you're an unhealthy person. You need to get healthy, because that's going to have a much greater effect. Forget about all that perfume and cologne. It's overrated. Aftershave, deodorants, shampoo – please, throw out that brand-name shampoo that you can smell a mile away. You're rubbing that into your scalp and putting all those toxic chemicals directly into your blood stream. That's insanity. But it happens every day, because people don't know any better. I



often joke with guys. I say, “You know guys, you're such sissies, you put perfume in your hair. What is wrong with you? And you put perfume all over your clothing. You're such a sissy, and you're an infant too, because you're drinking an infant formula known as cow's milk – grow up! Be an adult, be a man and stop using perfume on everything. Just smell like a normal human being for a change!” I don't have a lot of male friends anymore.

But you know, this is true. Sensory acuity is very, very important. If you want to be healthy, you've got to tune into your body. And if you want to tune into your body, you have to stop blasting it with this sensory overload. The best way to do that is to stop with all the perfumes. At the same time, stop with the chemical taste enhancers, stop with the MSG, and stop with the high-salt soups and snack chips. Forget about all that overpowering sugar stuff – the soft drinks and the carbonated beverages and all those cookies and candies. Forget about all of that. If you get that out of your life, you're going to be literally more intelligent. Your nervous system will work at a much higher level of performance. You will be sharper, you will have an improved memory, you will have better cognitive function at every level, and the people around you will notice it, too.

I also can't overstate the importance of silence. Sometimes it's important to just turn off everything. Don't have any music or anything on, no sounds, no smells and no sights. Have a little bit of silence; listen to your own body. Listen to yourself breathe, listen to your heartbeat, pay attention to your hunger. Listen to your own mind, watch those thoughts race through your head and ask yourself, “Hey, where did that come from? Where's it going?” And then stop asking yourself those questions, because those are new thoughts. You end up chasing yourself all around your head that way. But have some silence, tune into your body and your mind. This is how you build sensory acuity. Now I know you might think, “What does this have to do with weight loss?” Well, it has everything to do with weight loss, because you have to tune into your body. Your body is a measuring instrument. If you are too blown away with all of these overpowering sensory pollutants, then you

won't be able to listen to your body. Your body might be screaming at you with an important message like, "Feed me!" or "I've had too much food." And you'll miss it because you can't hear anything. You're deaf because you've been overpowering your senses all your life. But you can stop now. You can change your body, and you can boost your sensory acuity. You can regain all of this acuity. You can gain new appreciation for the subtleties of taste and smell in the natural world around you. You can actually smell the roses and all the other flowers, and pick up those scents, if you have sensory acuity. But not if you're using brand-name shampoos and laundry detergents, dryer sheets, perfumes and colognes, because then, the whole world smells pretty dull. All you can smell are those few overpowering scents that you've chosen to introduce into your life.

The world isn't dull. The world is fascinating. It's absolutely brilliant. It is abundant with smells and sights and sounds and experiences, and if you have sensory acuity you can let all of that in. You can have success with the Food Timing Diet; you can boost your intelligence, and, frankly, boost your enjoyment of living life from this day forward. That's what sensory acuity is all about, and that's why it's good to learn to listen to your body.

In the next section, we're going to cover how to make all of this work at home, at work or on the road, and give some more practical advice on how to put the Food Timing Diet into practice in your own life.

I hope you've enjoyed this section on controlling hunger and sensory acuity, and fine-tuning the Food Timing Diet to make it work for you. I hope it's been interesting and fascinating for you, because it certainly has for me.





**PART 6:**  
**The Food Timing Diet**  
**in the real world**

In this section of the book, we're going to talk about how to make this really work in your life; whether at home, at work, commuting, visiting with friends or eating out at restaurants. No matter what the situation, there is a way to make the Food Timing Diet work. Being on this diet doesn't mean you have to be some hermit living off in the forest, without any contact with humanity. You can actually integrate this with the rest of society, even though – it's true – other people will think you are strange. They'll wonder how it is that you can be losing weight while it appears that you're eating all the time. Go ahead and let them wonder. Let them observe you with a sense of awe and bewilderment, because you will be losing weight, despite eating every half hour.

I receive this comment all the time: "Hey, Mike, why is it that you're always eating? And how do you stay so thin when you're always eating? How do you do that?" I respond, "Hey, read the book," because I get tired of explaining it to every person individually. Most individuals who listen to my explanations don't really want to use it anyway – they're just curious. It's almost like a conversation piece: "Wow, how do you eat every half hour? Why are you always putting food in your mouth? And you still stay thin? How does that work?" But they don't really want to know. It's sort of like saying, "Wow, your hair looks good today. What products do you use?" So, what? I want to spend time with individuals who really want to put this to use – individuals such as you, because if you've gone this far in the program, you're obviously serious about this. So let's get right to the strategy, shall we?

## **Pre-portioning your meals**

Tip number one for making this work in the real world is to pre-portion all of your meals. Get that digital scale out in the morning and calculate. Let's assume you're going to eat 33 meals during the day, just as an example (because it's easy to divide by 3). That means you're going to have 11 meals of each type. You're going to have 11 meals with carbs, 11 meals with fats or healthy oils and 11 portions of healthy protein, plus all the unlimited free foods that you want – there's no charge for those.

My advice, after working with this system for quite a long period of time, is to pre-portion your meals in the morning so that you know what you're going to eat during the day. At the very least, if you can't pre-portion your meals, plan your meals and portions when you can. Perhaps you do plan to eat lunch at a restaurant somewhere, or perhaps you have an engagement with friends in the evening. You don't need to have food made in advance for those situations, but there are times during the day when you're going to need pre-portioned meals. For those occasions, you portion out your meals and place them into little zip-lock bags or plastic food containers that you can find at any store, such as Wal-Mart, K-Mart or any buyer's club. You get these containers and dish out the food. So you say, "I have 11 carbohydrate meals to consume today. What do I wish to eat?" Eleven meals – that's a lot. Normally, what I do is dish out some fresh fruit. I'll take some strawberries, raspberries, blueberries (I love these) or grapes, and I'll have at least four or five portions of fruit throughout the day. I will also include some whole grains or sprouted grains. Sometimes I'll take an oat bran muffin – yes, believe it or not, a muffin (it's low sugar). I'll divide it up into 80-calorie portions (for me, one portion is one-fourth of an oat bran muffin – those are big muffins). I will plan to have one muffin spread out over four carbohydrate sections, so I'll put those portions into four different containers.

Shortly after waking up, and after I've eaten my first carbohydrate meal, I start planning my meals for the day. It's really easy to do, and it doesn't take much time at all. I mean, think about it – how much time does it really take to stuff a slice of bread into a plastic bag? Not long at all, especially once you get used to the portions. You won't have to weigh everything long-term. Granted, the first week, this takes a lot of time. But after you get past that, you'll realize what the serving sizes are supposed to be, and you'll be able to do that long-term with no problem. Now, it's really easy to portion out the nuts and seeds. You can put those in containers very easily. It's also easy to portion out the carbohydrates; you can put fruit in these containers. You can put breads or grains in these containers, no sweat; it's very easy to do. What about the proteins? That's the tricky part. You don't want to put a piece of fish in a zip-lock bag and carry it around all day, just waiting to eat it after it's

been sitting in your warm pocket for eight hours. You might have to just plan for that. You say, "I'm going to keep this salmon in the refrigerator until I'm ready to eat it." That's a perfectly sane plan. You just make a plan for it – you plan to eat it, you portion it out and then put it back in the fridge, no problem. Or you take it with you in a little thermal lunch box that you can take to work and keep it cool in there. You should definitely adhere to all food safety requirements.

You can also pre-mix powders. This is one thing I personally do. This is a great tip right here; it's very easy to do, and it's proved very successful. I pre-mix powders into 80-calorie portions. So, I'll take some soy protein powder (usually some flavored powder), or I'll take some rice protein powder, and I'll mix it in with some superfoods. I like Jenny Lee Supergreens, Earth's Promise, Berry Green – there are a lot of them out there that I buy and consume on a regular basis. I'll mix them together into a powder, and I'll put this powder into a Tupperware-like container. All I have to do afterward is put that into a glass of water, maybe add some stevia, mix it and drink it. That's my protein meal.

It's very easy to do this in just a few minutes every morning. You can pack up all the food you'll need for that entire day. Typically, all these meals fit into one lunch box. If you happen to wear cargo pants, you can probably fit it all in your pocket; it doesn't take up that much space. Now, I'm not saying that it's something that you should do, especially if you're working in an office. You don't want to walk in with a backpack full of food, but you should be able to bring some food. Hopefully, your office has a policy that allows you to snack on some healthy foods during the day; it's very important if you want good brain function. If they want you to perform as an employee, they need to allow you to have these healthy foods during the day to energize your brain and energize your nervous system. If it's necessary, you can explain that to them: "By letting me eat these foods at work, I'm giving you better work performance, so let me do it. I promise not to make noise with it. And no potato chips – I'm not going to be crunching away back here and annoying other people." So that's one easy way to do it.

One really interesting thing that occurs when you pre-portion all of your meals and carry them with you is that something happens psychologically. You no longer worry about where your next meal is coming from. Now, I don't know if you've had this experience, but this is something that I suffered from for many years. I was always afraid of not having enough food. Really – I was truly afraid of it. I don't know why. I never grew up in an environment where I was facing real starvation or anything. I mean, yes, I went through public school, and they do sort of trap you in classrooms where you can't eat anything until it's lunchtime. They then only give you a few minutes to eat, and then they trap you in more rooms for the rest of the day. So maybe that's where I became afraid of the idea of not having food. But when you're afraid of not having food, you tend to overeat once you get it. You tend to overeat because, consciously or subconsciously, you're afraid that you might not have food again a couple of hours later. That fear drives us to overeat. I still do this when I travel, because I don't like to eat much on airplanes. So if I'm getting ready to board an airplane, I will intentionally overeat beforehand, just to make sure I'm covered for that entire flight. I certainly don't want to eat the food they give you during the flight – it's the worst stuff you can put into your body. It contains all the toxic ingredients. So I plan ahead, and I eat ahead of time. But you see, just the concept that there's going to be scarcity causes us to overeat. When you carry your meals with you, you no longer have that fear. There's no longer that concern about scarcity. You're able to just sort of relax, knowing that it's okay to feel hungry for a few minutes, because that next meal is only a few minutes away. That next meal is right beside you in the lunchbox or in that food tote bag or whatever you carry it in. It's right there, and you have all the calories you need for the entire day in that bag. So there's really nothing to be afraid of – this is a huge tip.

Also, another reason you want to pre-portion all of your meals ahead of time is that you're going to overeat when you're faced with a meal that hasn't been pre-portioned. Psychologically, we're driven to eat what's in front of us. If someone gives you a plateful of food, you will tend to consume that entire plate, regardless of



whether it's 200 calories or 600 calories. This has been confirmed over and over again in a number of clinical tests and research studies. People will eat what's put in front of them. If you put a loaf of bread in front of yourself, you are likely to eat several slices or maybe even the entire loaf. But if you just give yourself half a piece of bread, then that's what you're going to eat. So by portioning your meals out ahead of time and only reaching into the bag to get the meal that you need for this half hour, you are far more likely to stick with this program and only eat what you're given. I know this because the times when I've gone awry on this diet – when I've eaten more than I was supposed to eat – were the times when I had food that was not pre-portioned in front of me. I made that mistake many times before I finally got to a system that worked.

The system that works is to pre-portion your foods. It doesn't work to bring an entire loaf of bread in your bag. You need to actually pull the pieces out and have them in separate zip lock bags – that's what works. If the entire loaf is there (I've done this before), you just start reaching for one piece after another. Believe it or not, after strength training and doing gymnastics, I've actually eaten an entire loaf of bread – an entire loaf of sprouted grains. Cinnamon raisin

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flavor, I believe it was. It's not that difficult to eat an entire loaf if you feel really hungry and you have not pre-portioned it out with discipline. I mean, we're all human, and we can all make mistakes. What I'm saying is, you can avoid those bingeing mistakes by keeping your food in separate containers so that there's at least a barrier – you can't automatically reach for another piece; you have to make a real effort to go find the bag, open it, and reach in there. There's a psychological barrier. And you can't fool yourself either. You can't say, "Oh, I lost count ... I don't know how many I ate, let's eat another one just to make sure." You can't play these little psychological games that we all play when we're trying to get some more food. The human mind is very creative, and it spends a substantial portion of that creativity figuring out either how to find a mate or how to get more food – and it's very good at both, by the way. We can fool ourselves to do both of those things. So keep that in mind. Give yourself the discipline barrier by putting your food into extra storage containers and portioning it out so that you only get what you need for each half hour.

Remember also (this is an important tip) that beverages count as foods. If you're drinking a glass of milk, that's a food. It's liquid, but it's

still food, and it still counts as calories. And if it's not skimmed milk, it counts as fat, by the way. If you're drinking fruit juice, that definitely counts. If you're drinking tea, it only counts if you have sweeteners in it. You can drink all the tea you want for free, unless it's sweetened. If it's sweetened, as most teas are, then it counts as sugar. So think about what you're drinking. And if you drink alcohol or beer, that definitely counts. You can't just go out and try to avoid accountability on this program by drinking all your calories and saying, "I didn't eat anything, I just drank it all." It does count; it most definitely counts. Even lemonade counts. Now, if it's zero-calorie flavored water, that's okay. But don't drink anything that has artificial chemical sweeteners in it, because, just like MSG, artificial sweeteners will mess with your endocrine system. It will also make it difficult to lose weight, because it wreaks havoc on your appetite-control signals. If you want a sweetener, use stevia, my number one choice for healthy, natural, plant-derived sweeteners.

## **Following the Diet at work, and food smuggling**

Next, we're going to explore how to make the Food Timing Diet work at your work. How do you do this when you have a job? I'm going to suppose that you have a desk job, since many of us do. Hopefully, it's not a type of job such as a school teacher, for example, in which case you really can't eat during class because you're teaching all of your students not to eat during class. Hopefully you have a job where you have a desk or a cubicle, or some way to sneak off to the restroom and get a little bit of food at a certain time when the half hour is up. Hopefully, you can manage this. If you can't, you'll have to be a little bit creative and work out some other ways. But here's how you do it if you have a desk job. First, if your employer has a policy of allowing you to bring foods in, then just bring them in. But don't be blatant about it, but put it in the food bag or in a thermal food container. Put that on your desk and just quietly reach in every half hour and take care of your nutritional needs. It's no big deal. Don't make a fuss about it, and don't make a lot of noise, because if you do, people are going to start wondering what you are doing. They want answers, so they're going to ask a lot of questions, and then you'll have to start explaining

why you're eating every half an hour. People are then going to make up all kinds of reasons why it won't work. They'll tell you all those reasons and waste your time and make you feel bad at the same time. So forget about that. Just be natural and don't draw attention to yourself.

Now, what if your employer doesn't allow food for some odd reason? Maybe they don't allow a lot of food on the floor. Maybe it's more of a blue-collar job. Maybe you have to go to the break room to get food, and they don't allow you to do that except for every three to four hours, for example. What do you do? Well, I'm here to train you in how to become a food smuggler. They don't have the right to tell you that you can't eat every half hour, especially since it's what your body needs to be healthy. You need to be able to eat something every half an hour. So, you have to become a food smuggler at times. Obviously, one method is to wear clothes with a lot of pockets like cargo pants, or a blazer with inside pockets. Get the pants from Tilly's, which is a company out of Canada that makes hats and a lot of very comfortable clothing made out of cotton and hemp. Tilly's clothing has many pockets, including some secret pockets. If you can't wear clothing with many pockets on it, you can put food in your purse or a pouch, or whatever else you can carry around with you without drawing a lot of suspicion.

You then make sure that you are carrying high-density nutrition. Under these circumstances, you're not going to be carrying fruits around as your carbs, since fruits take up a lot of space. You want high-density carbohydrates – something like bread, or maybe even something a little denser than bread, such as figs. Figs offer pretty high-density carbohydrate nutrition. You might even go with something like a food bar; one of my favorites is called the "Organic Food Bar," and they have one called "Green Foods." It's absolutely delicious, and it's high-density nutrition. I think a single bar contains 300 calories, which means that you can carry this puppy around, and if you're on the 60-calories-per-half-hour diet, you can get five carbohydrate meals out of a single food bar. Five! Think about that; one little bar can give you five meals – that's high-density nutrition. That's how you smuggle

foods into work. You make sure it takes up very little space while keeping you fed for a long period of time.

Now, in the healthy oils category – this one is easy – nuts are high-density oils. It only takes a few nuts to give you 60 or 70 calories, and it's very easy to smuggle nuts in – just place them in your pockets. Put them in zip lock bags, hide them on your body, stuff them down your pants – who cares? Just get them in there, because you need this food every half an hour, and I'm training you to be a food smuggler. Now, I'm not training you to get fired from your job. Don't email me and write, "I got fired! I was taking your advice and I got caught with cashews down my pants." Don't email me with silly stuff like that. It's your job to figure out how to keep your job. I'm just giving you ideas on how to be a food smuggler. If they don't allow food, maybe you should find a new job that's more consistent with the lifestyle you wish to lead. Don't get yourself in trouble over this, but do be creative. Try to find a way to make it work, but don't blame me if you get caught with food. Yes, it's just like getting caught with your hand in the cookie jar, except in this case, you're actually eating something that is good for your nutrition.

Okay, so nuts are easy to smuggle – no problem there. But it's a little more difficult to smuggle actual protein sources. You don't want to put cooked shrimp in your pockets for very long, believe me. I've tried it; it didn't work out very well. Well, cold shrimp is okay, but after six or eight hours, it's not the kind of shrimp you'd like to be eating. Also, you don't want to be keeping meats in your pockets for a very long period of time. You need some other sources of protein.

The best source of protein – when you have to smuggle food in somewhere – is tofu: The really firm, flavored tofu. You **MUST** read the labels of tofu, though, because most tofu products are made with genetically modified organisms (GMOs). Check and double check to make sure the tofu product you choose is non-GMO. If you can't find any non-GMO tofu, then you can substitute rice protein, free-range eggs (hard boiled ones) or organic, free-range meat. Obviously, though, those

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last two still present the problem of becoming essentially inedible after they've been in your pockets for a while. Now, there are some brands of non-GMO tofu that I really enjoy. There is a company that makes a honey-sesame tofu. There's another company that makes a soy-flavored tofu and a Thai-flavored tofu. You can get these in plastic, rectangular packages. One square of tofu is enough – I believe it is good for 160 calories. So you can get almost three protein meals out of a single square of tofu. And these tofu packages are easy to pack into your clothes; they're easy to smuggle onto an airplane or into your work. There's nothing wrong with carrying a little extra tofu around, as long as it's non-GMO. Heck, you could even smuggle it into a movie theater, if you so desired, and actually eat something healthy during the movie, rather than cramming down popcorn and soft drinks.

Tofu is the easiest protein source to smuggle, in my experience. So, now you have all three categories covered in terms of being a great food smuggler. You have the carbohydrates in the food bars, such as the Organic Food Bar. You have the healthy oils in the form of nuts. You have the proteins in the form of non-GMO tofu. But remember, you don't want to be eating these three things at every single meal

every single day. So, if you are at a job where you literally have to smuggle things in, you're going to have to get creative and come up with more answers and solutions that I haven't even thought of yet. Whenever you have the chance, have some variety. When you are at home, don't be eating the foods that you need to rely on at work. When you are at home, give yourself the opportunity to make some more delicious, wonderful-tasting meals. Have some different types of breads, carbohydrates and fruits. Have some different types of healthy oils. Fix yourself a really large salad, for example, with an interesting salad dressing. As for proteins, give yourself some pan-fried or baked fish on weekends, or have some organic meat, if you enjoy that. Roast up a big hamburger with some mustard spread on it, and eat that – without the bun, of course (the bun counts as a carb). So when you have the freedom to do more with your food, definitely take advantage of that and do more with it. This will help eliminate boredom. The last thing you want to happen is to get bored with these foods. Of course, you will get bored if you keep trying to eat the same thing over and over again, so you've got to have some variety to make this work.

## **The Food Timing Diet on the commute and at restaurants**

What about commuting to work? Oh, isn't that a fun part of life? Personally, I'm not into commuting. I moved to a city where I have a very short commute (I think it's about six minutes). But if you live in a city where you have to commute, and it's a necessity of life, then you've got to cover your food needs during that commute. What's the answer? Same deal – you prepare all the portions you need, and you put them in your purse, your backpack or your food container, and you carry that with you to work. Maybe the food is in your car; maybe it's in the seat beside you on the subway or on the train, or whatever you're using to commute. You just reach in there on schedule, and eat what you need to eat based on the schedule you've set out for yourself. It's no big deal; it's easy to accomplish. Once you've invested that time in the morning to prepare your meals for the day, you are all set thereafter. You can have your meals anywhere – it doesn't matter if you're flying on a corporate jet, if you're on a subway train, if you're stuck in traffic, if someone takes you out

to a movie or if someone invites you over for dinner – it doesn't matter. You are covered; you've got your meals covered for the day. More often than not, you will find some supplementary sources of food throughout the day. Someone might ask, "Hey, would you like to come out for lunch with us?" So you go out and have a salad with some dressing on top. That counts as your oil, so you don't need that oil serving that you had in your food bag for the day, right? So you'll probably come home at the end of the day with a little bit of extra food that you can use the next day. That's perfectly fine, and it happens to me all the time. People always want to go out to eat, you know? "Mike, come on out to eat! Let's talk about something." I say, "Great!" I like to eat salads, by the way, with some salmon or grilled shrimp on top, when I'm eating at restaurants.

What I said above leads into the whole restaurant segment here. What do you do when you're dining with others? Well, of course, like I already mentioned, eating salads is the easiest way to stay compliant with the Food Timing Diet, even if you're eating at a restaurant or at someone's house, or if you are just eating out with friends somewhere. Salads are an easy solution. However, you might ask, "Well, what if I really want to celebrate with my friends and I want to have a big meal? We're going out to some place special and we're going to order all kinds of food. What do I order then?" Well, I'd say, binge on proteins. As I said before, if you're going to eat a big meal, make sure it's a big portion of protein. Try to get some salad stuffed in there too at the beginning so that you don't overeat nearly as much. Avoid those rolls that they bring out before dinner. Avoid any of those breads, and don't order dessert. You're going to be stuffed by the time dessert comes around anyway, believe me; your stomach will have become smaller due to this diet, so you won't be able to stuff yourself the way you used to. In fact, you'll most likely order too much food. You're going to order what you think you can stuff into your stomach, then you're going to find out it doesn't work.

Now, if you're crazy enough to go into the restroom and purge your dinner just to make room for something else, then you have an illness, and I would recommend



reading a different book, not a diet book. Don't treat yourself that way; believe me, the dessert is not worth it. You can go home and you can whip up the most delicious avocado protein shake with stevia and soymilk that blows away any dessert you can order out there. And you can still eat chocolate bars on this program. You're not going to die from a lack of desserts, believe me. You're going to be perfectly fine. Life is okay, even without that huge, honking dessert from Denny's. You don't need it to survive, and your stomach's going to be full anyway. Your stomach's going to be so full that you may think you need some gastric enlargement surgery. "My stomach's too tiny." Maybe you can swap with someone else who wants a smaller stomach. That's an idea for a profitable surgical clinic right there. We should launch one, what do you think?

## **Traveling with the Food Timing Diet**

All right, moving on, what do you do when you're traveling on an airplane? Basically, don't rely on the airline's food. That food is the worst stuff in the world, because it has to sit around on the runway at high temperatures and in the galleys of the airplane for weeks at a time. This stuff is terrible for you; have you ever read the ingredients on the food they give you? It's like the who's who list of disease-causing chemicals. There's cancer-causing sodium nitrite and MSG, which causes nervous system disorders. There's hydrogenated oils, which cause heart disease. There are artificial colors in there, which cause the symptoms often attributed to Attention Deficit Hyperactivity Disorder (ADHD). There are so many dangerous and unhealthy ingredients in those foods that, frankly, I'm amazed more people don't just drop dead from flying. I know that some people do, but I'm amazed that more don't, because some of that stuff is pretty darn toxic. I say, ignore all that food, unless you're flying first class and you're getting some fresh food from somewhere.

Just bring your own food. Do what I do: While everybody else around me is scrambling around for a tiny little bag of peanuts, licking their fingers and pulling out these peanuts one at a time, asking, "Can I have your bag of peanuts? Are you

going to eat that? Can I have another one? Please, flight attendant, give me another bag of peanuts." I pull out a 2-pound bag of pecans, and I start munching away. People become pretty envious – "Wow, he's got a huge bag of pecans. We only have these little tiny bags of salty peanuts. What are we going to do?" I say, bring your own pecans; bring your own food. That's right – you can be the king of food on the airplane, just by having a little bit of forethought. Bring the good stuff. You can have your own private little buffet right there and make everyone around you envious. They may have a better seat than you do; they may not be sitting directly in front of the screaming baby, but they don't have the 2-pound bag of pecans, the tofu and high-density carbs in the form of figs or the Organic Food Bar. They don't have any of that stuff. So, while they're eating their disease-promoting ingredients, you're having a good time. That's a great way to fly. And when you land, you'll feel great, because you haven't eaten all these poisonous ingredients. You've been eating the same stuff you eat every day. So you arrive at your destination feeling just as good as when you left. That's a great travel tip right there; take it to heart.

Here's another travel tip that's handy in case you're going to travel for an extended period of time. Let's say you're going to spend two weeks in China, or you're going to visit Europe and spend a few weeks there. It's kind of difficult to bring several weeks of food all in your carry-on baggage or stuffed into your pockets. You can't do it. Believe me, I've tried. It's rather difficult to pull that off, so you have to start prioritizing. What are you going to bring, and what are you going to count on being able to buy when you get there? The easiest thing to buy, anywhere in the world, is carbohydrates. You can find that anywhere, and thanks to some of the more health-oriented grocery stores and health food stores today, you can normally find healthy grains and healthy carbohydrates just about anywhere. Certainly, you can find fruits just about anywhere. Rule number one: Don't pack carbs – except for the carbs that you need on the airplane to make all the other passengers feel envious. But don't pack carbs for the long term, because you won't need them. You can "re-carb" at your destination, no problem.

The second aspect of this extended-travel tip is regarding the healthy oils. Should you carry a bunch of nuts, almonds, and pecans? Should you bring all that with you? Is it worth it? Or can you find them at your destination? Well, this is sort of a fifty-fifty proposition. You can certainly find nuts at your destination, but they might be heavily salted nuts, or they might contain MSG. They might not be the nuts that you ultimately want to eat. I'm not just talking about nuts here; you also might want to bring along salad dressing, for example. Normally, you can find some salad dressings at your destination. If you're visiting someone who's nice enough to take you to the grocery store, you can usually manage to find some salad dressings that don't contain sugar or MSG.

Don't fret too much about the oils, although I do tend to bring all the healthy nuts with me – the pecans, almonds, cashews and macadamia nuts. I find it especially difficult to find macadamia nuts anywhere in the country or around the world. For some reason, macadamia nuts are just not that popular – I think it's because they're a bit on the pricey side. I bring those nuts with me and load them up. I also flavor some of the other nuts; for example, if I have a bag of mixed nuts, I'll throw in some lemon concentrate and a little bit of stevia. It makes this really nice, tart, somewhat sweet, lemony nut mixture. I'll bring that with me, and it tastes delicious. If you want to do something else that's kind of fun, you can take a bunch of unsalted, raw peanuts, and you can mix in a little bit of peanut oil or olive oil, throw in some Cajun spices or some cayenne pepper, and mix that up. It turns out nice and red, and a little bit oily. You can throw in a bit of vitamin C powder or lemon juice as a preservative, put that in a plastic bag and whip that out on the airplane. Oh yeah, people will be real envious then. "What? You have Cajun peanuts, and we're eating this garbage back here out of these little foil bags? How did you do that?" So bring that with you if you want a real taste experience at 30,000 feet.

Now, what about the proteins when you're traveling? Do you need to pack up all the proteins and bring those with you, too? Do you need to slap a piece of salmon under your hat and get on the airplane to get proteins? No, you don't need to do this. You

can normally find fish and other proteins just about anywhere. The only thing you may want to consider bringing with you are the protein powders. I do this. Any time I travel, I pack up a bunch of nutrabiobic-rice protein powders and some soy protein powders. I also pack up all those supergreens I mentioned – the Jenny Lee Supergreens, the Alive supplements from Nature's Way, the Earth's Promise green food supplement and a lot of other supplements. I take all of that with me, because I have no idea what's available at the destination. Now, I know I can buy fish or meat there, but I bet I can't get unsweetened, chocolate-flavored rice protein there. So that's something you definitely want to take with you.

I should also mention that, while you're traveling, you've got to bring your stevia. Get the highly concentrated form of stevia that you can get in a plastic bottle (it's a powder, not a liquid) and bring that with you. You've got to have the stevia while you're traveling. When you're at a restaurant eating with the friends you're visiting, for example, and they're putting all of this sugar and all of these chemical sweeteners into their coffee and tea, you're dipping in some stevia powder. Just a tiny bit goes a long way. You'll be enjoying a delicious, sweet cup of coffee or tea without any of the glycemic effects of sugar and without ruining your diet, by the way, because it doesn't count as calories when you're drinking tea, remember? And it's sweetened with the stevia, but it doesn't count as carbohydrates, sugars, or even calories. So you're having a great time. Your friends are across the table poisoning their body with sugar or all of these artificial chemical sweeteners that you find at restaurants, and they're not doing themselves any good. And you might want to share the news with them, say, "Hey, try this stevia. Check this out. This is pretty good." They might say, "Yeah, that sounds good. By the way, you've lost some weight. What have you been doing?" And that's when you have to make a choice – do I whip out the Cajun peanuts, and show off the Food Timing Diet here? Or do I keep my mouth shut and just let them wonder what I'm doing to lose weight. Maybe they'll think it's just the stevia. "That's right," you could say. "I've just given up sugar; I've been using stevia, and that accounts for all the weight loss you're seeing here." They'll

believe it, and they'll want some stevia, too. So you might want to bring two bottles in case they steal yours.

All right, what about defensive supplements when you're traveling? This is a topic I've written an entire report on, called "Defensive Supplementation." There are a couple of important things that you can bring with you when you're traveling to defend yourself against the evil foods that you might run into. Let's say that you got up late when you were supposed to go to the airport, and you forgot all of your food. Oh my God, what are you going to do now? Your pockets are empty, you don't have healthy sources of protein, carbs or healthy oils, and you're starving. You're stuck there in the airport, and you've ordered some fried fish for some reason. What are you going to do to protect yourself from the, shall I say, disastrous health effects of fried fish purchased at any airport anywhere in the world? You're going to take some chitosan. Chitosan is a commonly available nutritional supplement. It's a fiber made from chitin, which is the shell, or the hard matter, of crustaceans in the ocean. Chitin has a unique physical property – it absorbs oils of any kind. So if you take chitosan before you eat that ugly fried fish, it's going to absorb some of the unhealthy oils that are in that food, and it might just save you from a nutritional train wreck. It might also make you feel a lot better about two hours later.

Some people use chitosan as a weight loss supplement, but I don't think that's very wise. Chitosan is not something you want to use all the time. Why? Because it absorbs ALL the oils, right? So if you're eating macadamia nuts and you take chitosan at the same time, you're doing yourself no good whatsoever, because the chitosan is absorbing the oils from the macadamia nuts, but those are the oils that you want – the healthy omega-3 fatty acids; the essential fatty acids that are important for healthy nervous system function. If you're eating healthy fish, you'd want the EPA and DHA oils getting into your bloodstream. You want those oils, so what are you taking chitosan for? Chitosan is designed to block unhealthy oils; it's a defensive supplement only. I don't consider it a weight loss supplement; I consider it protection against evil foods. So if you're out partying with friends,

and you happen to eat some deep-fried chicken wings, or some french fries, or if someone offers you something with fried oils in it, and for some odd reason you don't have the willpower to say no, and you put it in your mouth, chew it up, and swallow it anyway, take some chitosan. It will protect you. It won't negate the total effects, and it's not an excuse to go out and chow down on fried foods, but it will help you a little bit, and it's definitely something you should bring with you when you're traveling.

Another item you may want to bring with you when you're traveling to help defend you against the evil foods is activated charcoal. Don't panic. I know you're thinking, "Wait a minute! Activated charcoal? Isn't that the stuff they use in water filters?" Yes, it is used in water filters because it absorbs all the toxic substances – the heavy metals, pesticides, chlorine and other substances. It absorbs them (technically, it adsorbs them) from a chemical perspective, and it binds with them and allows them to pass through your digestive tract, so that your body cannot absorb them. So if you're out traveling, and you have food of questionable nutritional value – maybe fried foods with acrylamide in them, some fish that you suspect might be from the Gulf of Mexico (which is the water-borne mercury capital of the world) or maybe you just have something that you don't really trust – then you'd want to take some activated charcoal beforehand. It's a fantastic defensive supplement. Sometimes, I take activated charcoal and chitosan together, because I'm really not sure where this food came from. Now, of course, you'll learn a lesson soon. You'll stop saying "yes" to friends who are trying to force-feed you unhealthy foods. Sooner or later, you'll learn that your body doesn't want that stuff. You'll pay the price once or twice, and then you'll figure it out. I'll let you imagine what that might involve, by the way.

That wraps up this section discussing how you can use the Food Timing Diet at home, work, while traveling and commuting, and when dining with others. Hopefully, those are some good, solid tips that you can use.

## Observing your results with the Food Timing Diet

Let's talk about the results that you can expect to achieve from this program and explain in a little more detail why these results are what you're shooting for. Rule number one regarding results: Throw out that bathroom scale. Don't weigh yourself every morning. It's meaningless; it truly is meaningless. I stopped using scales years ago. Instead, I now use a fat caliper, which is a caliper that measures the thickness of your skin together with the fat underneath it, the subcutaneous fat. This is the only reliable way to tell how much body fat you're losing or gaining. Just measuring your weight doesn't mean a thing. You can go up or down in weight easily four or five pounds a day just based on water retention and how much glycogen you have stored in your body at a particular time. So, it doesn't mean anything; in fact, it can mislead you. You may believe that you're making great progress when, in actuality, you've only lost water weight. Or, you may think you haven't lost any body fat when, in fact, you've lost a third of a pound of body fat while having gained two pounds of water weight. The scale says that you've gained weight, but you've actually made some great progress. You just won't know it if you're using the scale.



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So, forget about the scale – throw that sucker out, and I also don't trust those electronic body fat analysis scales that blast a little electric signal through your body and then determine how much body fat you have. I've used these, and they are totally inaccurate. I've had these scales tell me that I have 29 percent body fat, when I actually had 10 percent body fat. These scales are way off the mark. I think they're especially off the mark for people who have very high bone density and a lot of lean body mass, but even if you don't have that kind of physical characteristic, it could still be way off. It's not a scientific way to measure your body fat. Buy yourself a body fat caliper. You can go online and search for them, they're fairly affordable – they should cost well under \$20.

You should only measure your body fat with the caliper once a week. Don't go crazy and start pinching your body fat every day and asking, "Did I lose any today? How about today?" It doesn't happen that fast, folks. To really notice a difference, you've got to give it some time. Week by week is the way to do this. So, how much body fat will you lose in one week? Well, in terms of the number of millimeters of body fat that are captured by that caliper, not a whole lot; fat gets distributed all over your body. You're going to lose about one pound a week if you're doing this correctly and not engaging in very much physical exercise at all. One pound a week – that's about a 500 calorie-a-day deficit, or approximately one-seventh of a pound each night. It's not a whole lot of weight. One-seventh of a pound is not much. But that's what you'll lose in terms of body fat when you're on this diet.

Now, what if you engage in some physical exercise at the same time? Then you may double your results. You can lose up to two pounds of body fat each and every week. That's some pretty aggressive weight loss. Really, that's major. That means you're having phenomenal results. In one year you could lose over 100 pounds of body fat, which is phenomenal. And it's not medically dangerous; you're not doing anything radical here. You're certainly not starving yourself, right? You're certainly not giving yourself unbalanced nutrition. You're eating from all the food groups, you're eating every kind of food that the body wants, and you're eating natural foods. You're giving



yourself outstanding nutrition. So you're not compromising your health in any way whatsoever, yet you're still losing two pounds per week. That's phenomenal. But just so you know, in order to lose two pounds a week, you are going to be edging up a little bit higher on that hunger scale. You're going to have days in which you wake up and feel like, "Whoa! I'm hungry. Great morning – let's go eat!" You're ready to run to the kitchen and get some food because you're losing two pounds per week. When your body is burning off one-third of a pound of fat in one night, it's going to feel hungry the next day. If you find that you can't handle losing two pounds a week because it's just too much hunger, then don't worry. Even if you're losing only one pound of body fat a week, that's fantastic progress. That means you're on track. You're doing the right thing, just keep on doing it.

Now, here's another tip when it comes to your rate of success with body fat loss. If you're on the two-pounds-per-week program, and you're making some progress, you just may come up on a day when your body reaches a breaking point – I call this "hitting bottom." Your body may put out this incredibly strong signal that says, "I've got to eat, man. Give me some food! I've got to get some food, give me some more today!" Sometimes there's a day like that, and your hunger will shoot up to about a nine or even a ten. You'll find that, if you start eating, you get even hungrier. The more you eat, the hungrier you get. You'll find that you can even stuff your entire stomach with all the food you can find, and you'll still feel hungry. Now what kind of a day is this? What's going on? Is this a problem? No, this is not a problem. This is a normal human reaction to sustained calorie deficit. This is a day when your body is sort of giving you a choice. It's asking, "Do you want to keep on with this calorie deficit? If you do, I'm going to put out some alarm bells, and I might shift into fat storage levels. If you don't, I can reset the whole hunger signal system so that you can continue on tomorrow and not feel hungry any more. But today, you've got to eat something." That's what your body is telling you.

Personally, what I do, and what I recommend to others, when you have a day like that, when that appetite is just slamming you, and you're at a 9 or a 10 on the

hunger scale, just go with it. I say stuff your face with every piece of food you can find. Just make sure it's all natural and unprocessed. And no liquid carbs. So the same rules apply as before, but you're eating massive quantities of food for one day only. I mean massive quantities. I do this, and I've still managed to stay quite thin. From time to time, you have to reassure your body that you're really not starving. If you've been losing two pounds a week, and you've done this for one or two weeks in a row, then you've dropped maybe four pounds of body fat. Your body is going to notice. It's going to say, "Hey, wait a minute now. I saw this body fat slipping away during the night; I noticed that. You can't fool me. If you don't feed me some more food, I'm going to go into starvation mode. I'm going to force you to store some body fat. Give me some food now!" And when you do give your body the food that it's asking for at that particular moment, then it sort of resets the appetite control system. It resets it, starting the next day, at a point from which you can continue on with the diet without any problem. Some people call this "cycling of carbohydrates," "calorie cycling" or "diet periodization." There's a lot of scientific basis for why this works. Basically, you're stuffing yourself for one day and telling your body that things are okay. It's going to reset that appetite control system so that you can continue on with the diet the next day and the following week without raising too many alarms in your body.

You've got to remember: Your body is wise. It's trying to save your life, and it thinks that living is correlated with calories. It thinks that if it doesn't get you enough food, that you're both going to die. Really, that's what your body thinks, because that's the environment in which it evolved. You've been hardwired for all of this. Every once in a while you have to assure your body that there isn't some kind of famine spreading across the land. You have to assure your body that things are really okay. Sometimes, when you wake up and you have that outrageous hunger and you've hit rock bottom, you've just got to go with it. That's what I suggest. Now, don't take this as an excuse to stuff yourself with pizza and ice cream – that's not what this is about. And if you try that, by the way, you'll have a very uncomfortable evening.

Rather, this is about giving yourself lots of calories during that particular day. It's about giving yourself all the calories you need to reset those endocrine system signals. That's what you need to do; you've got to stuff yourself just for that one day to get this done right.

If you find yourself doing this every other day, then that's not really owing to the signal. That's a false alarm. You're just using this loophole to stuff your face. That's not what this is about. This is maybe a once-a-week type of situation. And I don't even call it a "cheat day" because it's not a planned day. It's something that you have to pay attention to. It's something that you do when your body tells you it's time. This comes back to that body awareness issue again. It shouldn't ever happen more than once a week. If it's happening twice a week, then maybe you need to have a little more tolerance of the hunger in the morning, or maybe you're trying to be too aggressive with the weight loss and you're not feeding yourself enough every half hour. So, go back to the section on body awareness and fine tuning the Food Timing Diet to work with the number of calories you need. Remember, you should feel some hunger at the end of every half-hour segment. You should feel ready to eat food at the next half hour, but you shouldn't feel an overpowering sense of

**You've got to remember: Your body is wise. It's trying to save your life, and it thinks that living is correlated with calories. It thinks that if it doesn't get you enough food, that you're both going to die. Really, that's what your body thinks, because that's the environment in which it evolved. You've been hardwired for all of this.**

**If you're having this outrageous hunger more than once a week, it probably means that you're being too aggressive with the calorie restriction on this diet.**

hunger, and you shouldn't feel completely full for the following half hour, either. That's how you fine-tune this. Again, if you're having this outrageous hunger more than once a week, it probably means that you're being too aggressive with the calorie restriction on this diet.

## **Advanced tips and strategies**

Moving on to the advanced tips and strategies. This is how to make the Food Timing Diet even more effective, so pay attention to this section, because this is good stuff.

**Tip number one:** If you want to accelerate your results (I actually touched on this earlier), do not change the frequency at which you are eating. Instead, reduce the portions you are eating.

**Tip number two:** If you do reduce the portions you're eating, and you're just starting out on this diet, realize that those portions are going to be very easy to make smaller for the first few days while you're burning through that extra glycogen that's been stored in your muscles and your liver. After that glycogen is gone, however, it's going to be a lot harder. The hunger will go up. So, you may have to adjust the calories you're eating every half hour upward a little bit to give yourself a more tolerable level of weight loss.

That extra glycogen storage is just energy that's stored in a water-soluble format throughout your body, and it's only a temporary system. It only stores a few thousand calories. Burning through that is fairly easy. Many of the hunger signals that your body puts out don't kick in until the glycogen is gone. Once the glycogen is gone, you still haven't lost any body fat at that point. You may be five pounds lighter on the scale, because you've eliminated five pounds of water that was tied up with the glucose, but you haven't lost any body fat. At that point, the hunger is really going to kick in. In fact, this is why most people fail on traditional diets. It's because they starve themselves for a few days and lose all the glycogen. They get on the scale and think, "Great! I'm five pounds lighter. This diet is really working. I guess I can eat more now." Then they binge for an entire day. But they haven't lost any fat at all. When they binge for the entire day, they just rebuild all the glycogen stores, so that the next day, they're five pounds heavier again. They ask, "How did that happen? Why am I five pounds heavier? I weighed five pounds less yesterday, and I know I didn't eat five pounds of food." No, you didn't, but you drank five pounds of water and food together that's now been stored in your body in the form of glycogen. That's what happens.

Remember, if you're on the Food Timing Diet and you're burning through the first few days, you may find it very easy to be aggressive with this, very easy to lower your calories down to even 50 every half hour. But once you hit the bottom of that glycogen storage, you're going to feel some hunger. So you may need to shoot those calories just a little bit – edge them up to 60 or 70; something a little closer to your maintenance level, so that you get the desired calorie deficit without driving yourself crazy with hunger.

Let's discuss another advanced tip/strategy. What happens if you binge? What do you do afterward? Let's say that you went crazy and ate an entire loaf of bread. I've done that – I'm not proud to say it, but I have managed to stuff an entire loaf of bread into my body all at one time. Now what do you do? Do you then make up for it by going six hours without eating? My answer is no. I say, return to your normal

schedule as quickly as possible, even if you've overeaten. Just reduce the portions slightly. So if you've eaten an entire loaf of bread, you should still eat again at the next half hour. Just eat smaller portions for the next few hours. But don't have a starvation time gap, because then that puts your body back into starvation mode, and you'll be back into that whiplash effect where you're eating too much food all at once, then not enough food for several hours, and then you're likely to eat too much food again later in the evening. Forget that! Just get back on track as quickly as you can. Even if you've binged, don't punish yourself by starving yourself. Don't try to make up for it by eating nothing for the next eight hours. Don't try to go through an entire day of fasting just to say, "Alright, I'm going to punish myself for eating too much food." Don't mess with any of that, because it doesn't help you out. Just get back on track. Eat those healthy oils and those healthy proteins and eventually come back around to those carbohydrates, even if you binged on a bunch of carbohydrates. Stay on track as best you can.

What do you do if you know you're going into a movie or a meeting, and you won't be able to eat for two hours? I say, frontload. Frontload your diet by consuming ahead of time what you're going to need to burn through during that meeting. For example, if you're going to have a two-hour meeting, that might mean you're going to have four separate meals that you're going to plan for. Four meals – you're going to eat those four meals ahead of time. But remember, you're never going to want more than one carbohydrate meal at a time. So you can have one carbohydrate meal and three of something else. You might have two portions of protein and one portion of fats, or two fats and one protein. So you see how you're putting this together? You're going to have four meals altogether, one carbohydrate portion, two fats and one protein. You're going to eat that before your meeting, and then you're going to live on that during the meeting. As soon as you're out of the meeting, guess what, you go right back to the carbohydrates and start to cycle all over again. That's what you do if you know in advance that you're not going to be able to have access to food. Just frontload, do the best you can, and never eat more than one carbohydrate at a time.

I'll have some more advanced tips to share with you in the next segment of this program. I'll have some really good tips that will dramatically improve your results on the Food Timing Diet. But just what we've covered here already is very powerful. Everything you've learned up to this point can really help you succeed with this program. I've discussed methods to get back on track if you get off-track; I've shown you how to use this at home, at work, and while commuting; and I've taught you the art of smuggling food into your job, which hopefully won't get you fired. I've also shared some tips on dining out with others, eating at restaurants, or eating on the airplane and how to make other air travelers envious of your giant food portions. I've also talked a little bit about what results to expect and how to fine-tune this diet to make sure you're getting sustainable weight loss without driving yourself crazy with an overly-aggressive weight loss regimen.



**PART 7:**  
**Advanced weight loss**



What a coincidence that you are reading this, because I was just writing a story about you – and in this story, you were taking a journey of transformation. You were taking one step at a time, putting one foot in front of the other. As you took this journey that involved weight loss, you were losing weight, and you were at first thinking that it was just you who was transforming, but then, as you took each step forward and moved through the world, you found that the world transformed around you at the same time. So just as you were changing inside, and you were changing your views about yourself and experiencing progress on this journey, you were finding the whole world changing at the same time.

The world is a reflection of what we carry inside of us. As we change, so does our experience of the world around us. I think it's really wonderful that you can join me again for this segment of the Food Timing Diet, because I was just writing this story about you. And I have to ask, why don't you finish that story? You have it inside you. You can author this story, and you know how I know that? Because if you've gone this far into this program, if you've put up with me, my sense of humor and my ranting for six chapters, you definitely have what it takes to succeed with this program. You have it inside you. You have the discipline to make this work. There's no question about it at this point. If you've made it this far, you CAN complete this journey, and you can be successful with it.

Losing weight is never really a destination. It's a daily journey; it's something that we make part of our everyday lives. You're going to need to follow healthy eating patterns for the rest of your life in order to maintain a healthy body weight and healthy brain function. The Food Timing Diet is one way to do that; it's not the only way, but it is a fantastic way. It can be a great starting point for you to use as a template, and down the road you may wish to experiment with it, change it here and there and make it work for you, but it is a fantastic starting point. It is a template that is proven to work. It's something that's compatible with your biochemistry. And it's something that we know can take you down that journey to achieve the weight loss that you've been dreaming of for all these years. So pick up that pen and

write the rest of your story. Let's continue on with the strategies you'll need to put into that story, shall we? Okay, here we go.

This segment involves advanced tips for weight loss as part of the Food Timing Diet. What else can you do to lose weight successfully?

### **Getting outstanding nutrition for success**

We're talking about nutrition. You've got to have outstanding nutrition if you want to convince your body to let go of some body fat. Think about it. When you don't have sufficient nutrition (and believe me, if you're just eating the standard foods, and you're not taking really potent nutritional supplements, then you definitely do not have enough nutrition), your body is in "holding on" mode. Your body is trying to grasp, and avoid letting go of, any nutrients that it manages to get. It needs those B vitamins and the vitamin D and the fat-soluble vitamins like vitamin E. It needs those minerals; especially those trace minerals that you don't normally get – the chromium and selenium, and even macrominerals like magnesium and calcium. Your body is holding on to everything because it doesn't have enough. Your body is broadcasting this message of scarcity, not having enough of the things it needs in order to be healthy. Part of the effect

**When you don't have sufficient nutrition, your body is in "holding on" mode. Your body is trying to grasp, and avoid letting go of, any nutrients that it manages to get.**

of this holding on is that your body also holds on to body fat. That's right – your body holds on to everything it can get its hands on, including calories. What you want to do to assist your weight loss results with the Food Timing Diet is show your body that it has plenty of everything. Remember, that's the foundation of this diet in the first place: Convincing your body that it has enough food, so it doesn't need to go into starvation mode. But you also need to convince your body that it has enough nutrition, and then it can let go of the fat and it can let go of the cravings. This is one of the first things that you will experience when you start giving yourself adequate nutrition (or even superior nutrition if you dare) – those cravings will fade away.

I was shopping at Trader Joe's just the other night, and the cashiers like to chat with me a lot, because they think that the things I buy there are rather interesting. I was buying all this unsweetened soymilk and these sprouted grain products, and the cashier said "Hey, you don't have any desserts here, don't you ever crave anything sweet?" And I said, "No, I don't crave anything sweet. And in fact I can't remember the last time I ever craved any sweets at all." And it struck me, because his reaction was: "Sure, right, I don't believe you. You've got to have that ice cream on Saturday, don't you?" No, it's true; I do not crave sweets at all. Never, ever, ever. I can't remember the last time I did. And what strikes me as really interesting about that is because it's so unusual in the world out there, but yet it's such a fundamental part of my body awareness and my diet that I can't even imagine having to bother with experiencing those cravings any more. So of course, if you have carbohydrate cravings, you've got to be wondering, how do I get rid of those cravings? I don't like those late night binges on ice cream and Oreo cookies and apple pies, or whatever it is that you binge on. How do you get rid of that? The answer is through nutrition. I've written an entire book on this called, "The Seven Laws of Nutrition." But let me break it down for you, and make it really simple for part of the Food Timing Diet, so you can get the information right now.

The bottom line is: You cannot get adequate nutrition through foods. There's no way; you'd have to eat 10,000 calories a day just to get basic, fundamental nutrition. So, forget that. It won't work. Foods are for calories, not for all the nutrients that you need. In order to get the nutrients, you have to supplement with smart supplements, meaning: Don't go out and buy isolated vitamins and minerals; don't get a bottle of vitamin C or a bottle of calcium. That's not the way I get nutrition, and that's not the way I recommend anybody else get it, either. The way to get nutrition is to consume superfoods or whole-food concentrates. You can get these in powder format, where you can mix them in with drinks and make a delicious green shake (I do that all the time). You can get them in capsules so you can just swallow them and be done with it, or you can get them in tablets. Tablets are a little bit difficult to digest, especially if you have a weaker digestive system, so make that a last resort. But I know a lot of people can't stand the taste of some of these superfoods, so tablets can be quite convenient.

Now, you might ask, "Okay, what do I buy? What do I get?" Well, there are a lot of supplements that are very, very good on the market right now. Rather than mention them right here – because they could change, and I usually have new favorites that come along all the time – let me just give you a web page that you can go to that will always have my recommendations. It is <http://www.truthpublishing.com/foodtimingdiettips.html>. I will list my current recommendations there. You can also check out my "A-list" on [www.NewsTarget.com](http://www.NewsTarget.com). Just go to any feature article, and you'll see the Mike Adams A-list. The list has the top-recommended superfood supplements that I'm really happy about. Right now, there are at least four or five items on that list, and remember, I don't make money from any of these companies, I don't get any kickbacks or commissions, and they haven't paid me to be listed there. None of that funny money stuff is going on around here. These are products that I personally use and I recommend simply because they're great products. Not because I get paid, because I don't. So, take advantage of these and get this good nutrition into your body; your weight loss results will accelerate, and your cravings will begin to fade away.

It may take some time before those cravings completely disappear. You may have to spend a few weeks or even a few months giving yourself outstanding nutrition before those cravings are completely gone. It may take some time, but be patient with it – your body will adapt. You will make progress on this journey if you just stick with it the same way you've stuck with it so far. Keep sticking with it, and you will achieve the results that you have in mind.

From a nutritional standpoint, there are a couple of other important advanced tips that I would love to share with you here. One is that, for some reason, a lot of people who are trying to lose weight don't want to eat enough healthy oils. They don't want to eat enough fats. They think that fats make you fat and that somehow sugars don't make you fat. So, they avoid all the healthy fats and they consume lots of carbohydrates, and as a result they end up with essential fatty acid deficiencies. They end up gaining weight and having obesity, diabetes and hypoglycemia because of all the sugar consumption. This is why I have made consumption of healthy oils one of the foundations of the Food Timing Diet. You've got to get these healthy oils into your diet; you really do. There's nothing wrong with eating fat. All those messages that we were told by doctors and medical associations and so-called nutritionists and dieticians in the 1970s and especially the 1980s, who said, "Don't eat any fat if you want to live! Avoid all fat; it's good for your heart if you eat no fat whatsoever," were wrong. Those people were way off the map. They were so far wrong that today I'm sure it's embarrassing to even be one of those people, because, as we know today, you have to have healthy oils in your diet in order to have a healthy weight, healthy nervous system, healthy heart and so on. The Mediterranean Diet backs this up; everything you read about the Mediterranean Diet reinforces this scientifically proven idea. There's really no question about this other than in the minds of people who haven't kept up with the latest research. If you go to a doctor, and he says, "Eat less than 10 grams of fat a day," that's a pretty good sign that you need to fire that doctor and find yourself someone who's actually up-to-date; someone who's keeping tabs on the trends in nutrition and health. This idea has been around a

while. You've got to be way out of date to think that the low-fat diet is the way to go. You have to have healthy fats to lose weight.

Speaking of healthy oils, one of the nutritional supplements I'll recommend by name here is called Tonalin. It's CLA (conjugated linoleic acid), and CLA is a fatty acid that assists with weight loss and the preservation of lean body mass. This has been clinically backed up by numerous studies; the brand name for this product is Tonalin, and you can find it all over the internet, and it's something that I really do recommend. It's something that I personally take in rather small quantities; I think I take about a gram a day, which is not a huge amount. Other people can take four or five grams a day. I've seen people take more. This is something that can assist with your fat loss efforts. Now again, this is not a magic pill. This won't take over your diet and automatically deliver results if you're not willing to do the other things that are necessary. This is not a magic bullet, but this is something that can assist you.

Chromium, which is a trace mineral that many people are deficient in, is another important mineral that can assist you. It is very important in terms of controlling blood sugar, because it helps potentiate insulin, which means it helps insulin act more strongly in your body. In essence, it actually helps your cells become more sensitive to insulin, so it fights insulin resistance. Now, chromium is very easy to get and relatively inexpensive; you can get it in the typical form of chromium picolinate. It's something that you should take with good direction, because it is possible to overdose on this mineral if you just keep taking pill after pill. So, take only the right dosage, which I think is 50 to 100 micrograms, but be sure to check that out with your own physician or naturopath before taking this supplement or any supplement that I recommend in this program.

Another item that has now been proven to help with weight loss is green tea. That's right, green tea – who would have thought? While green tea is a potent anti-cancer herb, it's also a weight loss herb, and it boosts athletic performance at the same time. This is a very potent herb, and it's something that has been consumed traditionally

throughout Asia for literally thousands of years. Now it's coming to America, and more and more people in the Western world are finding out the benefits of green tea, and they're using it as part of their weight loss program. I strongly recommend green tea, and I know it has a little bit of caffeine in it, but it's a different form of caffeine than straight isolated caffeine or coffee caffeine. In green tea, it's a milder effect. I recommend drinking green tea on the Food Timing Diet because it's good to get more water into your body, for one thing, and it's good to have the taste of green tea and get used to things that aren't so sweet and extreme all the time. Americans describe green tea's taste as being rather bland. I find that rather interesting, because I think green tea has a complex taste that is subtle but deep at the same time. It's something that can really be appreciated if you have sensory acuity. But again, if you're used to drinking soft drinks, orange juice drinks, fruit punch and all that other garbage out there, then of course a glass of green tea without sugar in it is going to taste pretty bland.

Use this as a gauge – if you can get used to the taste of green tea, then you are building sensory acuity. If you have to, you can put a little stevia in it to sweeten it up a little bit while you're finally transitioning away from all of those



**I recommend drinking green tea on the Food Timing Diet because it's good to get more water into your body, for one thing, and it's good to have the taste of green tea and get used to things that aren't so sweet and extreme all the time.**

extreme tastes into something that is more subtle; something like green tea. Now, if you don't like the taste of green tea, you can take it as capsules. There are a variety of companies offering it in capsule form now. You can also take it as a tincture, which I think is a great way to take medicinal herbs. I strongly recommend lots of different tinctures, depending on the context and depending on the person. But green tea is something that you can definitely take with the Food Timing Diet. Now remember, because there's caffeine in it, it is a nervous system stimulant. Don't go crazy and swallow huge mouthfuls of green tea – that's not the idea. And always be sure to check with your healthcare professional so that you have a margin of safety in taking this supplement. Remember, if you have a weak heart, you probably don't want to be taking caffeine at all. So keep that in mind and, again, use common sense, and work with a healthcare professional with this supplement or any supplement that I recommend.

Speaking of recommended supplements, I have to mention a new carbohydrate blocker from Swanson Vitamins ([www.swansonvitamins.com](http://www.swansonvitamins.com)) called the C-120x. This product is a very potent carbohydrate blocker in a very tiny tablet. One tablet can block up to 120 grams of carbohydrates. This is the best thing I've seen on the market in terms of blocking carbohydrates, and shows none of the crazy side effects of other products, including unwanted gas. This product can smooth out the insulin curve if you are the type to indulge in processed foods, but you obviously will not achieve the Food Timing Diet's optimum results if you do, even with C-120x.

## **Keep hydrated: Water is key to the Food Timing Diet**

You'll notice that, in the discussion about green tea, I mentioned water. This is perhaps the second most important substance that you need to consume on the Food Timing Diet – just water. Plain water. First of all, in case you haven't already figured this out, water counts as no calories. It's a totally free food. Okay, it's not really a food, it's just water, but it is good nutrition. You need water in your body to stay alive. In fact, as I'm about to explain, you need water in your body to lose



weight, and here's why: Remember that "holding on" theory I talked about in terms of nutrition? The same thing is true with water consumption and your state of hydration versus dehydration. Most people mistakenly think, "Hey, I'll just drink no water at all, and then I'll shrivel up and look thin. Yeah! And I'll weigh five pounds less tomorrow because I don't have any water in my body. How about that?" Some of these crazy diets are actually supposed to work this way. They basically dehydrate your system through diuretics or other various means; they drain all the water out of your body. For the short term, sure, you may look a little thinner. You may look a little shriveled up. But that is not the look you're going for. That's not the long-term way to support your health and really lose body fat. When you lose water weight, you haven't lost any body fat anyway, so it's not doing you any good long-term; it's just a short-term tactic.

Frankly, it's also an unhealthy tactic because dehydration actually promotes body fat. Your body learns that it's in a famine state again. If you're dehydrated, your body figures, "Oh, I've got to hold onto everything I can get." If you don't give yourself enough water, your body will store extra body fat and try to store water, and it will go into a dehydration-management mode, which, by the way, takes water out of your lungs and constricts the capillaries in your lungs and causes the symptoms that doctors often diagnose as asthma. While dehydrated, it's difficult to breathe because your body has produced histamines trying to conserve water. I've done a whole series of articles on this. Dehydration leads to a lot of problems that are misdiagnosed as diseases. Why? Because your body has to conserve water, you must have water in your blood and in your brain – if you don't, you will die. Your body knows this, even if you don't. Your body will do everything possible to conserve enough water and make it available for your blood supply and your brain. It will even strip water out of other organs in your body, including your lungs, kidneys, liver, pancreas, spleen and so on. When that happens, your health starts to deteriorate. Frankly, one of the main reasons people are so unhealthy in the Western world is that they don't hydrate themselves. They just don't drink enough water.

**When you drink a soft drink beverage, you lose water as a net result over a period of time. You don't gain water. And that's why you feel thirsty again half an hour later, and you have to drink another one.**

They end up drinking a lot of beverages like soft drinks that actually deplete their body's water. It takes you more water to process a can of soda than you get out of that can of soda. When you drink a soft drink beverage, you lose water as a net result over a period of time. You don't gain water. And that's why you feel thirsty again half an hour later, and you have to drink another one. What a great way to sell soft drinks – make people dehydrated. That's what they actually do.

In contrast to all of that, if you actually consume sufficient quantities of water, your body will begin to relax again. Literally. It will relax. Inflammation will go down in your joints, heart, liver and all the organs of your body. The histamine production will stop. Your lungs will open up again; you'll be able to breathe again very easily. Symptoms of asthma can disappear, constipation can go away and stagnation throughout your body can vanish because you're hydrated now. You can flow again. Your white blood cells move around more easily, and your blood becomes less viscous. Your lymph fluid moves around more easily through the lymph system, which is of course very important for immune system function, for fighting cancer or getting rid of all those dead bacteria, dead parasites and dead

viruses that you no longer need in your body. Extra hydration is great for your kidneys as well – it helps fight kidney stones, and it helps lubricate your kidneys and elimination systems. Extra water helps with everything, including losing weight. Again, when your body's flowing, your body says, "Hey, you know what? Times are pretty good. I have enough food and I have enough water. I think I can let go of some of that body fat. I don't need that. We're not having a terrible winter coming up where we have to sit in a cave and store up body fat for three or four months. Nope, times are good. There's lots of food coming every single day. I've seen it. And there's water coming every single day, too, I get water every few hours." This is sort of the conversation – the energetic conversation – that your body is having with you, perhaps at an unconscious level, but maybe at a conscious level if you're really tuned in with high body-awareness and have high sensory acuity. Your body will literally tell you things.

To summarize this section on water, I say: Drink more water to lose weight. I know that if you haven't heard any of this before you might think that it sounds contradictory. "How can I lose weight when I'm drinking more water? It makes me look puffy," people say. Puffy? It makes you puff up like a water balloon, is that what you think? Well, how are you going to lose body fat if you don't give your body what it needs to make it feel comfortable and safe? You've got to give it food and water. That's the only way it's going to let go of that excess body fat. When you're two months down the road, and you've dropped another 15 pounds of body fat, you're going to look much thinner no matter how much water you drink, because you can't drink enough water to look like 15 pounds of body fat, right? What you're trying to do is lose body fat, not look like a shriveled up prune through dehydration. Let all the other people be dehydrated if they want, because that's a short-term gimmick that's bad for your health and reduces longevity. It's a terrible strategy for trying to look thin. Give yourself plenty of water. I drink a lot of water every single day; in fact, it's the only beverage I drink other than teas and soymilk. I make soymilk shakes with nutrients, but I don't really consider that a beverage; I

consider that a meal. That's my food. The only drinks I consume are water and tea. It's true. I don't drink any alcohol, I don't consume any soft drinks, no fruit juices and no punches. I don't drink any of those drinks with sugar, of course. There's no need to – water is the only beverage that I crave, and I do crave pure water. And when I crave it, I chug it. That's right, listen to your body and give it what it needs, which is lots of water.

## **The diet of your ancestors, and the most important weight loss secret of all**

Speaking of giving your body what it needs, I'm about to share with you one of the most powerful strategies for weight loss you've ever heard. I'm willing to bet you a bottle of water you haven't heard this anywhere else. This is very, very powerful, and it has nothing to do with foods or calories or water consumption or supplements or prescription drugs or exercise. This is something else entirely, and it may be something you've never heard before. I'll get to it, I promise – but I have to sell this first, because this alone is worth the entire price of this program, it really is. It's that good. In fact, at one point I was considering writing an entire book just on this strategy.

To introduce this strategy, I have to explain to you a little bit about your ancestors. I know I talk about your ancestors a lot. I have good things to say about them, because they knew what they were doing. But think about it – your ancestors had a tough time. Life was not easy. They didn't have the corner buffet to go fuel up on, right? Food was hard to come by and very difficult to get. And your ancestors lived in harmony with the seasons. They knew when it became spring, it was time to go out and invest the energy necessary to get a lot of food. They harvested those berries and roots and leafy vegetables, and if they could catch an animal, they'd get that, too. They knew that spring was the time to go out there and get things done. They knew that summer was a time to continue harvesting. They knew to find water sources, because they'd start to dry up in the summer. They knew to make sure they had plenty of water available, and to keep on harvesting the food, to build up

energy, muscle mass, bones, nervous systems and feed the children. These are the kinds of things that your ancestors did during the summers. When the fall would come, things would start to change. Suddenly the food was becoming a little scarcer. Your ancestors were scrambling, really scrambling – they were trying to find the last bits of food, because things were starting to turn cold. The fruits and berries were almost gone. Vegetables were more difficult to find. The leaves were turning; it was getting cold outside. There might be some water available, but it wasn't as plentiful as it was in the spring, that's for sure. Times were tough.

Then, winter arrived. Almost no food was available during the winter. Now water might be easy to come by if you don't mind eating snow, but even that takes body energy to melt the snow and bring it up to body temperature. Winter was a huge challenge for survival, and a caloric challenge because it was a matter of making it through the winter with enough calories to get all the way to the spring. Do you know what our bodies have developed in order to get us through the winter? Of course, I'm talking about the storage of body fat. When your ancestors went out during the summer and the fall, they would eat up all of these foods. Maybe they could find a bunch of nuts and they could get some animal fat. Your ancestors even ate bone marrow, by the way, which was an outstanding source of nutrition for them. They would store up all of this food and pack it on as body fat. This was a survival tactic to get through the winter. How did the body know what time of year it was? The human body is tuned in with the sun and even the moon. I mean, think about it – all women know that menstrual cycles are the exact same length as the lunar cycle, right? There is a connection between the two. There is a connection between the sun and the Earth, the tides respond to the gravitational tug of the moon, and I'm here telling you that the human body responds to the changes in sunlight duration caused by the seasons. This isn't a strange idea; plants do it all the time. If you have a strawberry plant, the way the strawberry plant knows that it's done producing berries for the season is when the days get too long. Suddenly it's into summer and the plant will stop producing berries (unless it's an everbearing type of strawberry,



**You can tell your body that it's spring by doing one thing – getting lots of sunlight. That's how you convince your body that it's time to shed the body fat.**

in which case it has a different timing system in it). But plants pay attention to the sunlight duration. They know exactly what season it is based entirely on how much sunlight is hitting them for that day. They know, and animals know this, too. Animals know when it's time to store up for winter – just ask any bear that has made it through a couple of winters. That bear knows what's going on. If you look at animals out in the wild, they are very much in tune with their environments. They know what season it is, and they know exactly what they're supposed to do during that season. And I think your body does, as well.

I know, by now you're thinking, "Stop talking in riddles, Mike. Get to the point!" Here's what I'm saying. You can tell your body that it's spring, which is a time to get rid of excess body fat, a time to be thin and energetic and have high metabolism, a time of expending a lot of energy. You can tell your body that it's spring by doing one thing – getting lots of sunlight. That's how you convince your body that it's time to shed the body fat.

The book that I was about to write, which I may write some day, is called "The Sunshine Diet," and it talks about losing weight through sunlight exposure. It talks about how sunlight resets your body's clock, and if you have enough

sunlight for enough hours of the day (it doesn't have to be on your skin for every hour, just in your eyes, or at least visible for a long period during the day), then you can convince your body that it's spring and that it's time to lose weight. Now if you think about it, most people in Western society are doing exactly the opposite. They are training their body that it's winter, right? It must be winter, because they don't get any sunlight at all, and they spend all their days in office buildings where there's no natural sunlight, and they spend all the rest of their time, including their weekends, in front of the television, sitting at home, where there's no sunlight. When people get sick we stuff them into hospitals and nursing homes where there's no sunlight. So, people aren't getting sunlight, and their bodies think it's winter. And what do you do to survive in winter? What did your ancestors do for hundreds of thousands of years to survive winter? They said, "Store up the body fat! It's time to fatten up. We've got to survive this winter." When you stay out of the sunlight, and when you slap on sunscreen every time you go outside, and you don't get those ultraviolet, healing rays that your body needs and your skin depends on, then you are training your body to think that it's winter. And it might be winter for 10 years straight if you live the Western lifestyle and don't get any sunlight. When it's winter, your body wants to store fat, and it's got to store fat. It's desperate to store fat. It's about survival.

Now, how on Earth can you lose weight if your body is in fat-storage mode all the time? If you've convinced your body that it's winter, and it must be a long winter, because it's been that way for several years, then how do you think your body's going to let go of that body fat? This brings me to the most astounding action item in the entire Food Timing Diet, which is: If you will just get sensible exposure to ultraviolet radiation, if you'll just get some sunlight on your skin on a regular basis, you will automatically change the hormonal balance in your body, you will reset that clock and you'll teach your body that it's spring. Your body will automatically start letting go of that fat-storage survival system. It will automatically start shedding pounds. It's true, but this information is not taught out there because

nobody makes any money selling you sunlight. Nobody can bottle it up, patent it and put it in a prescription pill. If they could, they'd charge \$100 a pill for sunlight – it's that good for you.

At the same time, vitamin D is produced in your skin in response to sunlight exposure. Vitamin D prevents prostate cancer, breast cancer, osteoporosis and osteomalacia (which is an advanced degenerative state of bone density), schizophrenia, depression and I'm saying it prevents obesity. That's how it does it: Your body pays attention to the timing of sunlight. Your body knows this even if we, as a civilization, have forgotten it. And the truth about this is right there in front of us. The plants do it, and plants don't even have a fraction of the nervous systems we do. We're far more intelligent and far more complex. The plants have figured this out; a simple strawberry plant knows what season it is. The animals have figured this out; I think we've figured it out, too. Our bodies know it even if we don't intellectually. Our bodies know what season it is.

So again, get some sunlight – you will greatly accelerate the results of this program by getting a sensible amount of sunlight on your skin. In fact, when I lost 50 pounds of body fat, even though I didn't know about the sun's effect on weight loss at the time, it turns out that I was outside every day. I was getting lots of sunlight on the upper half of my body every single day that I was exercising. And I think that this was one of the reasons I was able to drop 50 pounds of body fat. Now again, sunshine alone won't make you thin. You can still eat your way to obesity even if you have a nice tan. I'm not saying that sunshine is the miracle pill for weight loss. I'm saying that sensible exposure to sunshine can dramatically accelerate your weight loss results because of the way our bodies respond to light exposure. This theory really isn't that outlandish. You may have heard of something called seasonal affective disorder. We know what that is in society. Doctors readily admit it now. They denied it for decades, but now they admit that lack of sunlight causes depression, it causes people to have mood disorders and it causes brain chemistry imbalances. Now they



know that. Of course, they want to treat it with drugs. But the obvious treatment is sunshine. Get some sunshine!

What if you don't have sunshine? I'm serious. What if you live in Seattle, or you're up there in the great white North, and you just don't get a great deal of sunshine? What do you do about it? Okay, dermatologists are going to want to slap me silly for saying this, but I believe it to be true: Visit a tanning salon – not to get a tan, just to get some ultraviolet light. Just get a reasonable amount; don't overdo it. It could only be five to 10 minutes a day. Get this sunshine onto your skin, or this artificial ultraviolet light if you can't get the real thing. That's one of the best ways to use a tanning salon. And remember: When you do all of this, whether it's artificial light or regular sunlight, make sure you are engaging in outstanding nutrition. You **MUST** have a high consumption of antioxidants if you want to protect your skin from sun damage. Ultraviolet light will damage your skin if you're not prepared for it nutritionally and if you get excessive amounts.

Dermatologists are right about the sun being able to damage your skin, but they're wrong about what really causes skin cancer. It's not the ultraviolet radiation causing the skin cancer, it's the widespread nutritional deficiencies that are the primary cause – because if you have good nutrition and a high antioxidant count in your body and in your tissues, you will not get sunburned like you used to. I know this from personal experience, and I've talked to many other people now who've experienced this on their own. I used to burn very, very easily. In just 20 minutes under the sun, I would be beet red. Today, because of the outstanding nutrition that I pursue and the fact that I take powerful antioxidants including astaxanthin, which I call the sunshine nutrient because it acts as an internal sunscreen, I can actually go out boogie boarding in the Pacific Ocean or off the island of Hawaii with no sunscreen whatsoever in the middle of the summer for three hours straight and not get burned. And I'm a white guy. Now, that's some intense sun for a white guy with no sunscreen. Most people would say, "You are insane. You're going to get burned

and you're going to give yourself skin cancer." And I say, "Absolutely not, because I have outstanding nutrition; the best nutrition of anybody on this entire beach that I can see." When you have great nutrition, sunlight is your friend, not your enemy.

I think it's amazing how we've been trained to be fearful of the sun in this country. It's almost like doctors want people to think the sun will kill you. How ridiculous is that? The sun, by the way, is the only source of life on this planet. Without the sun, we would all be dead. There would be no ocean life, no microbial life, no animals, no plants and no human beings. Without the sun, none of this would exist. The sun is the bringer of life, and our ancestors lived under the sun. Do you think they slapped on some Coppertone before they went out chasing buffalo and hunting for berries? I don't think so. I think they just had decent nutrients and they weren't eating all these nutrient-depleting foods like we are today – soft drinks, white flour and all of these products that are very bad for us. They didn't have those. They had a decent level of antioxidants because they ate a lot of raw foods. They had better nutrition than we do, in a sense. They didn't have the calories that we do, but I'll bet you they had better berries. They had better access to organic foods with lots of nutrients in them, because they were foods from virgin soils, not this over-farmed crap we get at the grocery store.

Our ancestors lived under the sun. They didn't live under fluorescent lights in cubicles; they weren't watching TV in their shelters and caves. They were getting sunshine. It takes a real distortion to convince an entire population that the sun is evil. It takes a really warped mind and a warped sense of medical science. But they've done it. And they've done because they want everybody to buy sunscreen. That's right, they want you to keep buying sunscreen. "Slap it on, and cover your child with it too," they say. "Because otherwise you'll get cancer and die." They say the sun is so evil. "Flee the sun!" I say, the sun is not only your friend, the sun is your healer and the giver of life to this planet. Without the sun, none of us would be here. We should really honor the sun and use its gifts to help us heal, be healthy and, in this case, to help us lose body fat. The sun can truly be a weight loss aid.

So, that's the short version of the Sunshine Diet book that I may write some day – you just got the whole thing in outline version. That's the basic premise of it. If you're into plants and gardening, you already know that plants pay attention to sunlight and the duration of sun during the day. If you don't know it, and this is the first time you've heard this, look into it a little bit more. Check it out on Google or go to a local nursery and ask around. Ask a botany expert, "Hey, do the plants really pay attention to the duration of sunlight, do they know what season it is?" And it's not just temperature that they're paying attention to; it is actually how much light they get during the day. Your body has the same mechanism.

## **Dieting potholes: Things that will mess you up**

All right, let's move on to the next section here. I call this section "Things that will mess you up." Yes, there are things that will interfere with your success with the Food Timing Diet. I want you to succeed with this diet – I hope that's clear by now. That's why I'm sharing all this juicy stuff with you. I really do want you to succeed with this. Not just because I want you to be a happy customer, but because I actually do care about helping people becoming healthy, and losing excess body fat is one important part of being healthy. If you can be successful with this, maybe you can turn on a couple of other people to the idea of being healthy with this – just share the information with them. Teach them about the Food Timing Diet after you've achieved success with it. Help others, the way that this information is hopefully helping you right now. Pass it on! I strongly encourage you to do so. I won't consider you a pirate, I promise – share the good news.

So, what are the things that will mess you up on this diet? We've mentioned some of these from time to time, but let's review them very quickly. Number one: Excitotoxins, or MSG. MSG will totally throw you off. I've already mentioned this many times. It will mess with your appetite-control system; it will make it impossible to stop eating. It will make hunger your worst enemy, so you HAVE to give up MSG to be successful on this diet. In fact, if you're going along on this

diet for a couple of weeks and you're finding it difficult to stick to, you might want to check out whether you're still eating MSG or yeast extract or any of these other hidden forms of monosodium glutamate. You cannot eat MSG and be successful on this diet at the same time.

The next thing that will mess you up on the Food Timing Diet is liquid carbs. I've got to drill this home again, because liquid carbs are on the banned food list for the Food Timing Diet. No soft drinks, no fruit drinks, no fruit punches, no beer (because that's potent liquid carbohydrate right there). You can't have liquid carbs. No cotton candy, either, by the way. You might think, "It's not liquid. It's kind of cottony; maybe it has fiber in it." No, it doesn't, actually. It has no fiber – it's just fluffed sugar, okay? No cotton candy on this diet, which brings me to the third point: No refined sugars. I've already talked about that. But think about it – if you have refined sugars, it's going to mess up your appetite control. It will unbalance your normal hormone system. It will make you hungry by creating false hunger a couple of hours later, and that's going to throw you off for the entire day. On this diet, you cannot eat refined sugars, milled flour products or refined carbohydrates of any kind.

Dehydration will seriously mess you up on the Food Timing Diet. We just talked about that. Dehydration will slow your results, if not halt them completely. You've got to have enough water to make your body feel comfortable and safe, so that it can let go of body fat. So drink lots of water. Make water your only beverage, or maybe green tea if you like that. Some other teas are healthy, as well – black tea or white tea – maybe we'll have other colors here soon. Drink tea or water, but get lots of water into your body if you want to have success with the Food Timing Diet.

The next item that will mess you up is inadequate consumption of fats and oils. Remember how I said that some people are afraid to eat fats when they're on a diet, because they think that fats will make them fat? Well, it's not true – it's actually refined sugars that will make you fat, and sensible consumption of healthy fats and

oils will actually give your body the nutrition it needs. It will support hormone balance, it will support healthy nervous system function, and it will support your body's desire to let go of excess body fat; it really will. So be sure to get lots of healthy oils into your diet. You should be getting it once every 90 minutes on this diet. You're getting some form of healthy fat one out of every three meals.

The next item that will mess you up is dining out with friends all the time. I know this from personal experience, and I'm sure you can imagine this is the case, too. If you spend a lot of time eating at restaurants with friends who tend to pig out a lot, which may be what got you into this overweight situation in the first place (that's definitely something that I used to do), then it's going to be very difficult to stick to the Food Timing Diet. You've got to make some changes. I don't mean to avoid these friends; I mean to find a way to work with them so that they respect your diet. You can still go out with them, but consume your foods, and maybe you can ask them to be polite enough not to pig out on that giant quarter pound piece of chocolate pie right in front of you. Ask your friends for a little bit of help with temptation. If your friends are chowing down on soft drinks and desserts, the temptation may just be unbearable. If you're feeling that little bit of hunger, and maybe in the early stages of the diet, you still have those carbohydrate cravings. The temptation may be too much. To avoid this, don't create situations where the temptation is there. You might have to just say no to some of those dining-out parties for a little while until you get through the transition and you are solidly on the Food Timing Diet, and you've made it a habit in your life.

Here's a common mistake people will make and mess up their Food Timing Diet: Trying to boost results by starvation. After three days of success on the program, they think, "Great, I'm losing about a pound a week, but I'd like to lose five pounds a week. That means I need to eat one pea every half hour for the next three months." This sort of insanity invades our minds when we have this incredible desire to get thin. And sometimes we're not realistic about what it takes. "I will feed myself one cashew every half hour for the next three weeks, and then I'll be on track for that

**You have to give yourself sufficient calories. The idea here is to just eat slightly less than what you need during the day. The Food Timing Diet is all about making weight loss tolerable.**

high school reunion party." Right, we think really weird thoughts sometimes when we're expecting reunion parties.

Don't starve yourself. Forget about that plan. You're not going to be 15 pounds lighter by eating one pea every half hour or one cashew every half hour. You've got to give yourself enough nutrition so that your body doesn't go into starvation mode. You have to give yourself sufficient calories. The idea here is to just eat slightly less than what you need during the day. The Food Timing Diet is all about making weight loss tolerable. I don't want you to suffer. I don't want you to starve yourself, and I don't want your body slipping into starvation mode. I definitely don't want that, because that's not pleasant at all. I want you to have fun with this diet, and I want you to be successful with it. That means you must eat every half hour, and you must eat reasonable portions so that you feel a little bit of hunger, but not overpowering hunger. I don't want you to try to starve yourself to the point where it might be medically dangerous. And I certainly don't want you losing lean body mass or bone mass. I don't want you losing any of that on this diet. I just want you to lose body fat, and the way to do that is to just eat slightly less than what you need. Keep your body humming along in

terms of a high metabolism (because you're getting food every half hour), where you have plenty of water, you have plenty of sunshine, you have plenty of nutrition and your body feels relaxed. Your body feels like everything is safe and it's okay to let go of some body fat. That's the way to get the results you want.

Another thing that will mess you up on the Food Timing Diet is if you start eyeballing all the portions but you have a little bit of portion inflation going on. Admittedly, I've been guilty of this in the past, which is why I recommend using a digital scale. If you measure out 60 calories worth of almonds, for example, and you figure that's eight or nine almonds. And then you stop measuring them and you just start reaching in and grabbing what you think is eight or nine almonds. A month later, if you look into your hand, you will find that you've been grabbing maybe 15 almonds. This happens to everybody – it's our way of subconsciously cheating and getting more food. We all do this. To avoid doing this, you actually have to check yourself every once in a while and make sure that you're not cheating on the portions. It's good to remeasure and recalibrate, and make sure you remind yourself what 60 calories looks like. Here's a 60-calorie piece of fish, here's a 60-calorie group of almonds or cashews or macadamia nuts, and here's 60 calories worth of carbohydrates, bread or fruit. You've got to remind yourself what that looks like from time to time, otherwise it can sort of slip away from you, and you'll end up on the 70-calorie diet or the 80-calorie diet. Before long, you're on 100 calories every half hour and you're not feeling any hunger at all. You're not really on a diet anymore, you're just on an eat-very-often plan, and you're gaining weight, and that's not what you want to do.

You might want to review those points, because those are the things that can mess you up on this diet, and those are the things to watch out for. These are red flags from my experience that I'm sharing with you. I don't want to just give you the recipe and say, "Hey, here's the formula, go have fun." I want to give you the pitfalls, too. Here are the things to watch out for. These are the things that I've run into, and a few other people have run into from time to time, as well. But if you are aware of

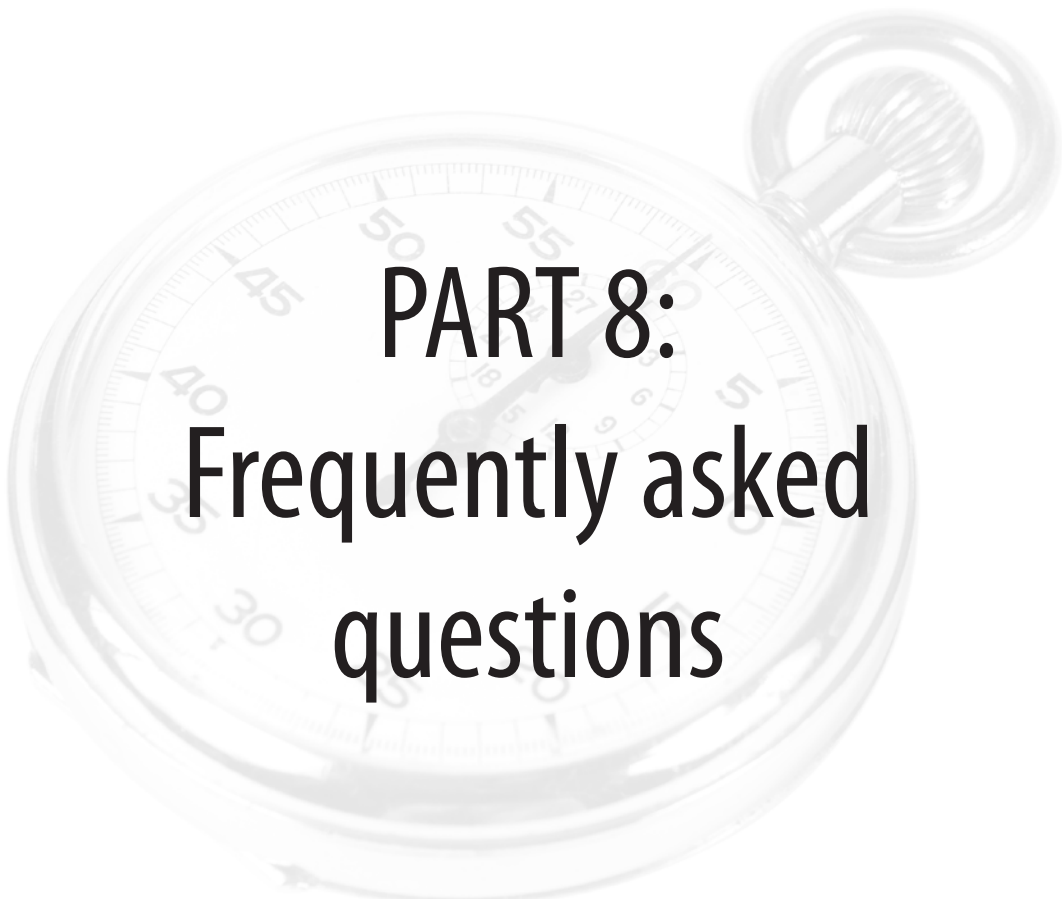
them, you can overcome them. You can make plans to work around them. You can make plans to make the Food Timing Diet a success despite the little challenges that might arise from time to time.

So, in this section we've covered advanced tips for making the Food Timing Diet work even better. We've covered nutrition and various nutritional supplements. I've talked about water consumption and how important that is for you. I've also shared with you the secret of the sunshine diet, how your body actually pays attention to sunlight and how you can use that to convince your body that it's spring. It's time to let go of all that excess body fat, and it's time to go out and frolic in the world. That's what you want your body to think. Get lean, man! Come on out of the cave; the winter is over, the spring is here, the sun is out – let's go out and gather some berries together, shall we? That's what you want your body to think. I've also covered things that will mess you up. Those are little obstacles that you can avoid or watch out for while you're on the Food Timing Diet.

In the next section, I'm going to cover some questions and answers, because we're just about through with this program. You've made it this far, and there's only one more section to go. Great job! That tells me that you definitely have the dedication to make it through the Food Timing Diet program, to make it work in your own life and to get whatever results you wish to achieve on this program.







**PART 8:**  
**Frequently asked  
questions**

## **"Why are there other diets out there that say I can eat anything and lose weight?"**

The answer is: Because they don't work. Do you need to know any more than that? I mean, look, I could make a book that says, "Lose weight by eating ice cream every 10 minutes!" Yeah, lots of people would buy it; it would be a bestseller. But would it work? Of course it wouldn't. That doesn't mean it wouldn't get a lot of publicity, and make somebody really rich and famous, but you know what? I don't enjoy putting information out there that doesn't work. I like to give you information that actually works, even if it has to tell the truth and even if it takes some discipline. I don't put anything out there that's just a gimmick. Everything I share with you is designed to help you succeed. And that means that this book will never be as popular as some of those other books out there, because the Food Timing Diet actually requires you to use some effort. I know it's tough. It requires some changes in your life. Yes, sometimes it's an obstacle; sometimes it's challenging. It takes some doing. But I figure you're tired of the gimmicks. You want the real story; you really want to lose weight. This is how you really do it. I'm not interested in selling you some gimmick. I don't want to just send you some paper or some electronic file and take your money and say, "Goodbye," like some of these other authors seem to be interested in doing.

You can write any book that has a nice sounding title, and it'll sell well if it promises weight loss. "Lose weight by thumping your temple every hour" - that's right, that'll work. "Lose weight by smelling dog hair." Okay, maybe that one wouldn't sell too well, but how about this: "Lose weight by drinking soda every 15 minutes." Oh, that would sell really well. "Lose weight with this magic pill!" Yeah! It's a magic pill! Take this pill and you'll never be fat again. You've heard that one, too. Well, none of these are really true. They're all just myths. People buy myths. Myths sell really, really well. Just look at the sales of the pharmaceutical industry. Most of that is just complete scientific nonsense, and it sells really well. Anyway, to answer the question,

the reason the other diets tell you you can eat anything you want is because they flat out don't work. And you already know that, so let's move on to the next question.

### **"What do I do if I've had a food malfunction?" What's a "food malfunction?"**

That's when you go crazy and you pig out like you're 16 years old again. That's where you sit down at an all-you-can-eat buffet and you decide to find out what kind of diameter you can stretch your stomach to be. And you try to stuff as much food as possible down your throat like you're in some kind of a hot-dog-eating contest. This is a "food malfunction." When this happens, or I should say, when you choose to do this for whatever reason, what do you do? How do you get back on track? This really happens, and yes, I've had food malfunctions myself. I already shared with you my deep, dark secret about eating an entire loaf of sprouted grains cinnamon raisin bread in one sitting. And that's no easy task, even when you're as big as I am and you have an appetite as big as I do, because I don't have a very large stomach, because I follow the Food Timing Diet myself.

Okay, you've had the food malfunction, you're already feeling guilty. My first piece of advice is: Don't feel guilty. Just forget about the guilt. Instead, get back on track as quickly as possible. You see, the tendency, when people have a food malfunction, is to say "Alright, I'm going to punish myself by starving myself for the next 10 hours. I'm going to make up for that binge. That's right, I'm going to make up for it by starving myself, and then I'll be back on track." That doesn't work, because then you're following the old way of eating, which was overeating and then starving, and then overeating and then starving. You want to break that cycle, not encourage it. Believe it or not, I say, after bingeing, get back on the half hour schedule as quickly as possible. That's right, even when you're absolutely stuffed because you've consumed an entire chicken, go ahead and put something else in your body 30 minutes later. It doesn't have to be big; it could be just two cashews or whatever you can manage to stuff down your throat. But get back on track; force yourself to eat something every half hour even if it's a small portion. That's the way you'll stay on the system

here and make progress long-term. Now, I know it doesn't sound intuitive. You would think that you have to make up for the binge. But I'm saying that actually you're going to punish yourself a little bit by forcing yourself to eat after that binge. That'll teach you a lesson; next time you'll leave room and next time you won't fill your stomach up like a hot air balloon. Next time you'll think about what's going to happen 30 minutes from now, when you have to eat yet again. Getting right back on track helps you realize how to take control of the situation, and it helps eliminate the binges in the first place. The food malfunctions won't happen as frequently when you know you're serious about getting back on track afterwards.

### **"Can I eat every 60 minutes instead of every 30 minutes?"**

This is one of the most common questions I get on the Food Timing Diet. And I say yes, absolutely. Do what works for you. This all depends on your sensitivity to carbohydrates, basically, and how well your body regulates blood sugar. You may be shocked to hear this, because I've just seven chapters teaching you about the Food Timing Diet and talking about eating every half an hour. Remember, though, I mentioned the diet was a bit flexible, and some of you may be more comfortable with an hour. The reason I'm saying that is because it really does depend on the person. Some people metabolize carbohydrates in a different way. Some people have a pancreas that works in better harmony with the blood sugar levels that they're taking through their diet and the insulin sensitivity of the cells in their body. Some people just regulate blood sugar more easily. Some people are better at it than others.

I'm not being generalist here, but I tend to find that those of Asian descent have the best blood sugar metabolism and regulation – Asian descent meaning Japanese, Chinese, Korean and so on. I'm not sure why that is; it's just something that I've observed. Now, people who are white, black, Hispanic, Aleutian or any other ethnicity, in my experience, are not able to metabolize carbohydrates as well or control their blood sugar as well. So, if you are Asian, especially, or if you have

some Asian blood in you, then you might consider going to a 60-minute schedule instead of a 30-minute schedule, and figure out if that's going to work. You have to experiment. And of course, if you eat every hour, you're going to eat twice as much every hour. So that means you're going to have twice as many calories, but I still recommend you cycle the macronutrients. So every hour you would have double the carbs, the next hour you would have double the fats, and the next hour double the proteins. Now for everybody else, this probably won't work very well, especially if you are a Caucasian person. I've found that people who are Caucasian just don't have good blood sugar regulation, and the half hour schedule works much better for us than going to a 60-minute schedule.

I also have to mention American Indians. Anyone of American Indian descent needs to be on a 30 minute schedule, because American Indians are very susceptible to hypoglycemia, metabolic syndrome, diabetes and various blood sugar imbalances. So, again, unless you're Asian, it's probably best to stick with the 30-minute schedule, and even if you are of Asian descent, you should experiment with it, and make sure the 60-minute schedule works for you. The key is to check out what works for you, use that body awareness to make sure it is working for you, and if you're feeling false hunger or you're feeling too much starvation on this cycle because you're eating every hour instead of every half an hour, that's a sign that you need to go to a 30-minute schedule. So, you have my blessing, basically, to customize this diet; to make it work for you in a way that's really ideal for your biochemistry, your genetic makeup and your lifestyle. So, make it work for you. A 30-minute eating schedule is just the starting point for this. It's just the template. It doesn't mean you have to stick to 30 minutes to make it work.

### **"I'm a diabetic. Is this diet safe for diabetics?"**

Well, in fact, this is the BEST diet for diabetics. There is no other diet that I've ever read (and believe me, I've seen them all) that is going to give you better blood sugar regulation than the Food Timing Diet, because it requires you to eat every half an

hour, it's based on healthy oils and proteins, which stabilize blood sugar levels, and it has a lot of guidelines surrounding carbohydrates. Basically, you're not going to be eating any refined carbohydrates – no liquid carbs, no refined sugars, no white flours and so on. Additionally, you're going to be eating carbs only once every 90 minutes. This is the blood sugar stabilization diet, really. This is the glycemic stabilizer, if you wanted to give it another name. I call it the Food Timing Diet, but if you're diabetic, you could call it the anti-diabetic diet, or the insulin-control diet. There is no diet that even comes close to the insulin-regulating ability of this diet. This is an outstanding diet for diabetics. In fact, I think that if many type-2 diabetics were on this diet, they would find that their diabetes would start to vanish. They would find their need for insulin decreasing dramatically. But remember – I always have to put this disclaimer in here – don't just go on this diet and start tossing your insulin. That's crazy. You have to work with a healthcare professional to make sure that you can get off your insulin safely. Get your blood sugar measured. Speak with a health professional and use this diet, and be sure to communicate with them to tell them that you've adopted this new method of eating. They will be thrilled. They will be absolutely ecstatic to find out that you're avoiding all refined sugars and carbohydrates, you're eating every half hour and you're taking in healthy oils and proteins. They will be ecstatic. Don't be bashful; let them know what you're doing. This will be a great boost to your health as a person with diabetes or a person with any blood sugar imbalance, such as Syndrome X or hypoglycemia, for example.

### **"What if I truly cannot eat every 30 minutes because of my job or other demands? What do I do?"**

Well the answer is, do the best that you can. You may have to eat ahead of time for a 3-hour segment, for example, or maybe you have a 4-hour job - maybe you work at a call center and you're taking phone calls constantly, and you really can't eat during that time. You can't get on the phone and make eating noises in customers' ears. That is not going to fly. So what do you do? Well, you load up, but you load

up with very low-glycemic index foods. That's the tip here. You want slow-burning carbohydrates in your stomach, combined with oils and combined with high-quality proteins to give you that sustainable energy for the next three hours without creating a backlash of false hunger that happens after you've eaten refined carbs. So in this case, you're going to eat the lowest glycemic index carbs that you can find. And if you supplement with fiber during that meal, by the way, that will slow the effective glycemic index of these foods even further. What do I mean by that? Well, for example, if you were to eat a bunch of carrots, they have a certain glycemic index (GI). I think they might be around 65 or something on the GI scale. So let's say carrots are 65 or 70, and then you happen to take a lot of fiber together with those carrots. Then you're going to lower the effective index of those carrots by mixing them with fiber in your stomach. So with that fiber, you might be able to lower those carrots down to about 45 instead of 65 or 70, or whatever they happen to be. So, for example, white bread is typically considered to be 100 on the glycemic index scale. So if you ate white bread and then consumed a lot of fiber, such as psyllium husk fiber, or other insoluble fibers at the same time, you could reduce the effective index of that white bread down to something like 60 or 70, perhaps, depending on how much fiber you eat. Healthy oils will also reduce the effective glycemic index; so get lots of oils with those meals. That will slow the conversion of carbohydrates into blood sugar, which means stable blood sugar, no false hunger, and, by the way, peak performance at your job. And that's what you're looking for, right? You want a way to get through the day, while still doing a good job.

### **"Is it true that you will pay me \$250 for a success testimonial?"**

Yes, it is absolutely true. I will pay anyone \$250 for a testimonial, together with a before and after photo that Truth Publishing can run in conjunction with this book. So, if you're getting great success with this, and you don't mind sharing the news with others, send us your information and we'll send you a cashier's check for \$250 if we decide to use it. Maybe you want to show off all the progress you've made, or maybe you just want to tell the world, "Hey, I did it. I'm a success story with



the Food Timing Diet. I want to help inspire others." And of course, if it's a good testimonial, we will definitely use it, absolutely. We're ready to send out checks to anybody who wants to participate in the testimonials program. That should give you a good incentive, by the way, to have a lot of success. This doesn't mean you need to look like a supermodel to send in your photo. We're realistic people. I mean, in the real world, supermodels are not really that healthy. Being that thin is actually a little freaky. In the real world, people have waist sizes that are 36 inches; if you're a man, it's not an unusual waist size. You don't have to have this super slim look to send a photo. You just have to be able to show some progress. Hey, if you went from 250 lbs to 180 lbs, that's big-time progress. If you take one of those photos where you have that pair of pants that you're holding out 2 feet in front of you, that's great. "Hey, look! This is what I used to wear. Now I'm thin because I'm on the Food Timing Diet." You can actually get paid to succeed on this diet.

### **"How long do I have to follow the Food Timing Diet?"**

This is a common question I get, and I have a sort of sarcastic answer: Only as long as you want to be thin. Okay, maybe that's not a fair answer, but I'm serious about it. This is not a temporary situation here. This is not something you do for a couple of days, and lose the pounds, and then you go back to the old way of living. In a sense, this is really not just a diet; it's a lifestyle. It could be called the Food Timing Lifestyle, but probably no one would buy it, because people want a diet. They want to know, "How do I lose weight now?" But this really is a lifestyle; so you follow it for the rest of your life. Of course, once you lose the weight you wanted to lose, and you get down to a healthy body weight, the level of body fat that you're looking for; then you can up the calories a little bit and go into the "maintenance phase." And if you find that you're gaining weight a little bit, maybe you're putting on half a pound a week, and a month later you've gained two pounds, it's time to put those calories back down a little bit. Take five or ten calories every half hour away from your diet and you'll be back on track. So this is really a lifestyle, not a temporary fix.

## **"How can I learn more about nutrition?"**

Here, I've got to plug another book I've written called *The Seven Laws of Nutrition*. If you don't already have it, check it out. It's a very affordable book, it's downloadable and you can find it over at [www.truthpublishing.com](http://www.truthpublishing.com). It's an outstanding book that gives you the fundamentals of nutrition, and really explains what you can do with good nutrition. It tells you what's possible in terms of health and disease prevention, obtaining peak-human performance, eliminating chronic pain in your body and many other things, just through nutrition. It explains it in a way that no one else has ever explained it to you, I guarantee you. It's the same kind of style that I use for all my material; it's not academic and it's not going to bore you. In fact, I try to make it as entertaining as possible, while simultaneously giving you outstanding information that you can use in your life right now. So check out "*The Seven Laws of Nutrition*."

## **"What if I can't find foods to eat on this diet? What do I do?"**

I can't find anything to eat." Okay, I was asked this by someone, and I said, "You've got to be kidding me!" The world is full of carbohydrates, fats and proteins. Just look around. Every grocery store is full of them. And they say, "But you gave me all these things I can't eat." Okay, so there used to be 10,000 things you could eat, and I took away 5,000. So, what? Now there's still 5,000 different things that you can eat. You can find these foods. It's not that difficult. Now, you may not be able to shop at your favorite brand-name consumer grocery store any more. You might have to go to a health food store for some things from time to time. You might want to get into a little bit of gardening and actually grow some berries, if you can. They're so good for you and they're so easy to grow. I mean, heck, I grow them here in the desert. We grow berries, and they're organic and outstanding. And of course, my berries have extra nutrition in them because I feed the plants great nutrition. Even if you don't grow your own foods, you can find these foods anywhere in the country and anywhere in the world. You just have to be willing to look. If you can't

find them, you're not looking hard enough. You're not opening up your eyes. These healthy and natural foods are all around you. You've just got to be willing to go beyond the normal habits of grocery purchasing that you may have been living with for the past X number of years.

### **“Does ice cream count as a carbohydrate or a fat?”**

I actually got this question and I said, "Ice cream counts as a food malfunction, okay?" This is not one of the allowed items on the list. This is not good nutrition. This is a total binge. But, from a technical standpoint, I would count it more as a fat than a carb, but that's immaterial when you consider that it is loaded with refined sugars, and it's loaded with saturated animal fat. It's one of the worst things you can eat. It's terrible for you in terms of your health. Now, if you want something that tastes like ice cream but is good for you, use my avocado-stevia shake recipe. I'll give it to you again right here, just to remind you. This is even more delicious than ice cream, in my opinion. And I've given this to people and they've said, "Wow, I never knew that you could make it taste this good. It's really good." Here's what you do: Buy a nice, ripe avocado and you put the avocado meat (everything but the skin and the pit) into a blender. You put in some stevia, some soymilk (or you could use some cow's milk instead if you haven't made that transition) and a banana if you want. Then you put in some ice and blend it in a good, strong blender. Afterward, you have a wonderful green-tinted banana-and-avocado-flavored sweet "ice cream" shake, with delicious fat texture. And all with zero guilt because this shake is completely good for you. It is outstanding nutrition. It gets my thumbs up, 100 percent. You can eat this for every meal if you wished, and you'd still be doing yourself a big favor in terms of health, because you have the healthy oils from the avocado and you have the healthy proteins and fats from the soymilk. You've got stevia in there, which has virtually no calories, and it has no glycemic index, so there are no refined carbs in it at all. Plus you've got the ice, which gives you more water and better hydration for your body. Hey, this is the perfect food.

If you want to make your shake a little bit healthier, throw in a teaspoon or a small amount of a green foods product like Garden of Life. Miracle Greens is another company out there, along with Earth's Promise from Enzymatic Therapy. Just find some green foods product and put them in a little bit at a time – don't overdo it, because you'll choke. You'll go, "Whoa! All I can taste is spirulina." So just do a little bit at a time until you get used to it over a period of weeks or months, and then you can add more and more as you like. You can have this highly delicious, super-nutritious ice cream shake that tastes evil but is actually very, very good for you. If you're craving ice cream, don't try to justify eating actual ice cream – eat the healthy stuff. Make your own avocado shake. Or use other oils, like macadamia nut oil. As long as you get the fat and the sweetness in there, you'll have that texture, and your tongue will think you're eating ice cream.

### **"Why should I eat first thing in the morning? What's that all about?"**

People ask me this a lot. The answer is, because you don't want your body to go into starvation mode. If you wake up and don't eat, then your body figures, "Well, there must not be any food around." Then it goes into that starvation mode. So you've got to eat as soon as you wake up. Put some calories into your body. That's why I recommend eating carbohydrates as your very first meal. This will bring your blood sugar up from the eight-hour fast that you've had all night and get you functioning for the day without overloading your system with extra carbohydrates. Now, when most people have breakfast in Western societies, and especially in America, they have a terrible breakfast. It's just one of the most atrocious nutritional patterns that you could follow. This breakfast of processed meats, bacon or sausage, is loaded with MSG, sodium nitrite and sodium. It causes high blood pressure, colorectal cancer, pancreatic cancer and saturated animal fats cause heart disease. I haven't even mentioned the other ingredients in breakfast; like the margarine with the hydrogenated oils, the sugary syrup on top of pancakes made with white flour, which cause diabetes, obesity and blood sugar imbalances. The list just goes on and on. No wonder people are so ill in this country. Instead, when you wake up, do

yourself a health favor and eat a healthy meal first thing in the morning. Make it one of your half-hour portions of carbohydrates. That's the best way to get going. And then, half an hour later, you're on to the healthy fats. This puts you right on schedule from the very first moment you wake up.

A related question to number 11 is, "Why should my last meal of the day be protein?" Well, it doesn't have to be protein, it's just better if it is protein, and here's why: You don't want to go to sleep on a stomach full of carbs, because that's likely to set up a fat-storage situation at night. You don't need those carbs when you're sleeping, you really don't. You only need slow-burning fuels like fats or proteins. So it's better to go to bed on fats or proteins than carbohydrates, but it's not absolutely necessary. It's just better this way. So it's not a huge deal; just follow it if you can.

This next question falls in the "ridiculous questions" category, but you never know what people are thinking, so I figured I would throw this one in here. Someone once asked me;

### **"Should I wake up and eat every 30 minutes during the night?"**

I don't know where people get these strange ideas. No is the answer. The Food Timing Diet is talking about what you do when you're awake, okay? This is not the interrupt-your-sleep-and-stuff-your-mouth-with-something-every-half-an-hour diet. Only bodybuilders do things that crazy. There are bodybuilders who will wake themselves up every couple of hours and stuff some plain yogurt down their throat just to keep protein in their bloodstream every hour of the night. That's extreme. And of course, you get terrible quality of sleep if you're waking yourself up all the time. And that alone is unhealthy. It creates stress. Remember, I want your body to be relaxed. I want your body to realize everything is okay. There are no problems in the world. It's got enough food, enough water, enough sunlight and enough sleep. Let yourself sleep very soundly. Just eat when you're awake. That's all there is to it.

## "I'm not losing weight. What am I doing wrong?"

All right, this is the troubleshooting section of the diet. There are a couple of things you can do. First, check your portions. Are they a little bit larger than they should be? Maybe you need to inch them down a little bit. Try eating five or 10 fewer calories every half an hour. Next, what about your hunger levels? Are you tuned in to your body through body awareness? You should be feeling a little bit of hunger at the end of every half an hour segment. If you're not feeling that hunger, then you're not losing weight. You need to reduce your calorie intake. Also, remember, if you wake up, you should feel some pretty strong hunger every morning if you've lost weight. If you're not feeling that hunger in the morning, you probably haven't lost any weight that night. Now, what if all that's fine, but you're still not losing weight? Maybe it's a nutritional issue. Perhaps you need some more vitamins and minerals in order to give yourself the nutrition that your body requires so that it can feel comfortable in letting go of the excess body fat that you have. You might need nutrients to prevent the cravings that you could be experiencing. Magnesium is a big one for that. Get enough magnesium in your body, and those cravings for sugar tend to fade away. Make sure you're taking superfoods or superfood supplements and whole food concentrates. Get lots of outstanding nutrition in your body on a regular basis if you want to have success with the Food Timing Diet, or if you just want to be healthy, period. If you just want to prevent chronic disease, that's a good thing to do.

The next thing to check is your water intake and your exposure to natural sunlight. Remember the whole discussion about water and sunlight. You've got to get plenty of water into your body. Don't be afraid of gaining weight from water. I guarantee you it is chemically impossible for your body to convert water into body fat. It doesn't happen. It cannot happen. It doesn't work that way. It violates the laws of both the Universe and physics. You can drink all the water you want without gaining a single ounce of body fat. So be sure to drink plenty of water on this diet. Remember, most people are chronically dehydrated. The next thing to check

is your sunshine exposure. You've got to get sunshine on your skin on a frequent basis. You need that ultraviolet light in order to tell your body that it's no longer winter. You've got to give your body the signal that it's spring outside; it's time to shed the excess body fat and run around looking for food. Get plenty of sunshine, and your body fat will tend to vanish more rapidly than you have ever experienced before in your life.

### **"What fast foods or restaurant foods can I eat on this diet?"**

Well, let's start at the top: Big Macs are definitely out, for a number of reasons. But what can you eat? Well, of course, you can eat salads. And you just count the salad dressing. But watch out: A lot of salad dressings have MSG in them. A lot of salad dressings are loaded with sugar or corn syrup. In fact, if you read the ingredients on them, you'll find this out for yourself. So those should be avoided.

You can also eat at natural-food gourmet restaurants that make everything from scratch. They use fresh salad greens, they don't make anything from a mix, and they're not some chain store. These places are very good; just watch out for the portions. So load up on a salad, but don't eat their breads or carbohydrates, because you're probably going to overeat at a restaurant, right? That's the voice of experience talking right there. So, be sure to load up on the proteins and fats in those restaurants and not on their carbohydrates.

Now, I'll admit that it is kind of difficult to eat at restaurants and stay on the Food Timing Diet, because restaurants are structured for you to show up, eat this huge meal, and then get away so they can serve someone else. "Get out of here! Get out of that table! Come on; leave me a tip and leave! We've got to get another customer in here." So, it's not designed for someone on the Food Timing Diet. I mean, your idea of the Food Timing Diet would be to go in and nibble on something every half an hour and maybe stay for a while. They're not really into that at restaurants, I've noticed. They want you to order stuff, for some reason. So, when you're there, do

the best you can and then get back on track with the Food Timing Diet when you're not at the restaurant.

## **"Where do I start?"**

Sometimes people get a little overloaded with all this information. I know it's a lot to absorb, and sometimes people will go through all the information first before taking any action steps at all. They want a whole review; they want to intellectually understand the information first. There's nothing wrong with that. But then, by the time they get through it, they're sort of confused, and they say, "Where do I start? Can you just give me some simple guidelines on where to start with this?" Here it is: Start eating every half an hour, no matter what you eat, no matter what the portion sizes are.

Remember, this is phase one, the "healthy habits" phase. This is just the phase where you're going to create new habits in your life of eating something every half an hour. It doesn't even matter, really, what it is, or how large of a portion it is. It's just eating something every half an hour. That's where you start. Once you've got that mastered, and you've done that for three days successfully, then you move on to the phases where you're selecting better foods and you're controlling the portion sizes. And my advice on all of this is, as I mentioned before, to take it step by step, one day at a time, one food item at a time. Transition slowly. Because when you do, this will last a lifetime. It'll be much easier to succeed with, and it'll stick with you for the rest of your life – which will be extended, by the way, since you're on the Food Timing Diet. You'll be healthier, and you'll be around longer. That's one nice benefit right there, isn't it? Read the book, and gain 10 years. I wish it were that simple. I wish we could really look into a crystal ball and tell. Unfortunately, we can't, but we do know that being healthy is correlated with longevity. And losing excess body fat, getting outstanding nutrition, eating healthy oils and proteins and limiting your consumption of refined carbohydrates and processed foods is indeed strongly correlated with being healthy. This way of life is correlated with the absence



of disease, the absence of chronic pain and all those other metabolic disorders out there that I'm sure you don't want to experience in your lifetime.

So, that's where you start. Just create new habits. Take this one step at a time. Don't try to jump in and do everything at once because it gets too confusing that way. You know, it took me literally years to develop this system – years of experimentation to find out what really works and to understand the insulin response in the human body and to really understand the nature of various foods. I've spent over 5,000 hours at this point, studying nutrition and the causes of disease, and the causes of health. And none of this that I've shared with you here in the Food Timing Diet was obvious to me two years ago. None of it was. Nobody came along and handed me this information and said, "Hey, here's how you do it." I had to develop this, and it took some time. There were a lot of mistakes and a lot of dead ends in that process. It took some time and a lot of experimentation. And it's going to take some time for you, as well. Of course, you have the benefit of having this information in your hands right now. It's worth a fortune; it's priceless information. It would take you years to figure this out on your own, and it's going to take many years for the medical establishment to finally come around and realize that this works. They may never realize it. So you have something very valuable. My advice is to put it to work. But don't be discouraged if it takes months to get results, because sometimes that's what it takes.

I think it's better to make small, incremental improvements one day at a time. Take baby steps. It's better to do that and actually have long-term success, than to get your hopes up and dive full-force into something that turns out not to work anyway. You see, I'd much rather you have incremental improvement on the Food Timing Diet and have something to show for it 12 months down the road, than to fool somebody into thinking they've lost 8 pounds in one night, and then 12 months later, they're just as heavy as they were to begin with. And that's the way most diets work – or fail to work, as the case may be. I'd rather see you succeed

long-term, even if it takes longer up front. And that's definitely the case with the Food Timing Diet: It does take time. I mean, if you think about it, even if you get the results that I'm describing here, very reasonable results are one pound a week or two pounds a week tops. That's not a lot of weight loss; you're not going to see this overnight. This is not a 48-hour miracle diet, because there is no such thing, other than vomiting (which is unhealthy for a host of reasons). There's just no such thing. This diet works because it is realistic and because it makes a promise that is authentic. Because it's based on reality, not based on hype or some snazzy new title to try to sell you a book, just to take your money and run. This diet really works. But it also means it's going to take some time, so you have to have some patience with it; you have to stick with it. You have to do your part. If you want to get the results, you've got to pitch in your 50 percent as well, and that comes in the form of effort. If you do, you can make this work.

I know it's tough sometimes, I know. And there will be days that you won't follow this diet well at all. There will be those days. I've had those days, too. And actually, that should be a good thing to hear, because I've managed to stay quite thin and in quite good shape, even at the age of 35, even with family history of relatively high body fat. I've managed to stay thin on this diet, even though I've made mistakes, even though I've eaten an entire loaf of bread in one sitting, even though some days, when I'm lifting weights, I'm just pigging out as much food as I can get my hands on. I'm stuffing myself every 20 minutes sometimes, and not small portions, mind you, big portions. Big chunks of carbohydrates and oils. I'm chugging cod liver oil, I'm putting a lot of food into my body every once in a while. And still I manage to stay thin on this diet, because the diet works. It changes your metabolism. It teaches your body to let go of excess fat. It teaches you that you're not in starvation mode, that there is no emergency out there. That's how the Food Timing Diet really works.





# PART 9: Conclusion

## Congratulations for investing in your health and yourself

Lastly, to wrap this up, I just want to thank you for investing in yourself, and for having the courage to go through this program. You know, it's very easy to sit around and get overweight and do nothing about it. And it's very easy to blame everybody else in the world for our own health problems. It's easy to complain about our doctors and complain about how much it hurts with our aches and pains and whatever we happen to have. It's easy to be a victim. And most people in society are more than happy to play the victim role. But for some reason, you've decided not to do that. You've decided to take charge of your health outcome. You have the courage, and you've found that inner strength to stand up and say, "I'm not going to be a victim. I'm not going to blame everybody else any more. I'm going to do something proactive about my body weight, I'm going to get a system that works and I'm going to apply it." And I applaud you for doing that; I really do, sincerely, genuinely, from the bottom of my heart. I applaud you for it. You deserve recognition. And by the way, you'll be recognized. As you have success with this program, people will recognize your success. They will be envious and they will be amazed. You'll have that experience where you walk into the room, and people who haven't seen you for six months just say, "Wow! What have you been doing? You look great. Tell me your secret!" You'll have that experience. But you've got to stick with this program to get that experience.

You deserve a huge pat on the back just for getting this far. Frankly, I feel honored to be able to share this with you, I really do. I feel a closeness with any person who's willing to go through this program and read this information and make a genuine effort to make it part of their lives. I really appreciate that. Thank you for taking the time, and thank you for giving me this venue to share this information with you. At the same time, I'm always committed to giving you the best information I have. So, even though this diet may change down the road, as of this moment, this is the best information available. I've given you everything I know on how to make this diet work for you. In fact, this whole program was supposed to be only half this length,

but I wanted to give you more. I wanted to give you every detail I could think of that would help you be successful with this program. That's my commitment to you, and I appreciate your commitment to making this work, as well. And really, it's a commitment to you, because no one else really has anything to do with it. It's all about you. This is a personal journey; it's an investment in yourself. And as you succeed with this, you're the only person who benefits from it, and you're the only person who needs to benefit from it. Nobody else needs to. You're not doing this to make your neighbor thin. You're doing this to help yourself lose weight, to be healthier, more vibrant, more energetic, more youthful or even more attractive, perhaps. You're doing it for all the right reasons, and it's all about investing in yourself. You deserve it.

I've done a whole section on this in the past, but we spend too much time in our lives trying to please everyone else, and not enough time healing ourselves. This is really a healing journey. This is about healing you in many different ways and on many different levels. It's about healing yourself. You not only have the body fat, but you've got everything associated with that – the emotions, the relationship issues, the self-image and self-worth issues. This is a deep, deep issue, and the Food Timing Diet can help you work through all of those issues on many different levels, because this isn't just about food or body fat. This is about adopting a new philosophy of self healing and self worth that will carry you forward in this life with a whole new perspective on the way the world really exists around you.

I wish you the greatest success with this program, and once again, I thank you for giving me the honor of sharing this with you. We're all students of the Universe, in a sense; we're all students of Mother Nature. None of us know everything, but it's indeed an honor to be able to share what we do know with each other.

## About the Author



Mike Adams is a holistic nutritionist with more than 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *How to Halt Diabetes in 25 Days* and many other books available at <http://www.TruthPublishing.com>.

Adams is also the creator of the popular *Honest Food Guide*, a free downloadable nutritional guide found at <http://www.HonestFoodGuide.org>. In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at [www.NewsTarget.com](http://www.NewsTarget.com).

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at [www.NewsTarget.com/AdamsHealthStats.html](http://www.NewsTarget.com/AdamsHealthStats.html).

# *THE* FOOD TIMING DIET

Lose weight for good without feeling hungry or spending any money on specialty foods, useless products or harmful diet pills.

If you've tried everything to lose weight and haven't succeeded, the Food Timing Diet is for you. Unlike other plans that try to sell you false hope and impractical advice, the Food Timing Diet teaches you to work with your body's natural biochemistry. On the Food Timing Diet, you shed excess fat without depriving yourself. In fact, you have to snack all day long for this plan to work.

The Food Timing Diet offers sane solutions to weight loss. Instead of feeling light-headed, exhausted and irritable like you do on some diets, the Food Timing Diet will actually improve your energy level and mental clarity. Even better, this diet curbs your desire to binge on unhealthy food.

There are no products to buy and no dangerous drugs – just smart strategies for everyday eating. This is why the Food Timing Diet is one diet that you can actually stick to for life.