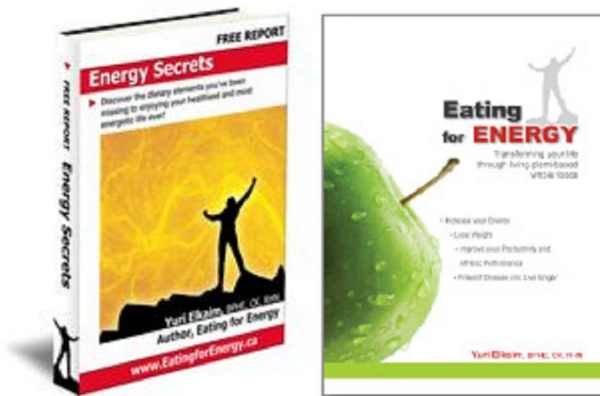


Eating for Energy

"Energy Secrets"

Part 1



What's Acid Got To Do With It?

OK - so you might be wondering what a book entitled "Eating for Energy" has to do with weight loss, right? Well, what you'll discover over the series of these reports is that the way of eating to lose weight is also the exact same way of eating that is going to energize your life and provide you with tremendous health! Just be patient, you'll see what I mean.

So to begin let us ask the question:

"What do pH balance and an acidic diet have to do with weight loss and creating health?"

Eat alive and you will thrive!

Yuri Elkaim, BPHE, CK, RHN

Author, [Eating for Energy](http://www.EatingforEnergy.ca)

Energy Secret #1 - " Acid Makes You Fat"

Simply put, the North American or Western diet is very acidic. From most proteins to many dairy products (especially cheese) to most grains, we take in far more dietary acids than we do alkaline-

forming foods. And this imbalance between acid and alkaline can cause some serious long-term health problems.

You see, when a food is ingested, digested, and absorbed, each component of that food will present itself to the kidneys as either an acid-forming compound or an alkaline-forming one. And when the sum total of all the acid producing and the alkaline producing micro and macronutrients is tabulated (at the end of a meal or at the end of a day), you're left with a calculated acid-base load.

If the diet provides more acidic components, it will manifest as a net-acid load on the body. And if it provides more alkalizing components, it will manifest as a net-alkaline (or base) load on the body.

So why is having a net-acid load, also known as acidosis, bad? Let's discuss why.

Every cell of the body functions optimally within a certain pH range (pH is a measure of the acidity or alkalinity of the body). In different cells, this optimal range is different, however, the net pH of the body has to remain tightly regulated. The blood, the most important tissue of the body, requires a pH of between 7.35 and 7.45, which is slightly alkaline.

If the pH of the blood falls even slightly out of this range, then you die – it's that simple! The stomach on the other hand is meant to be acidic in order to properly breakdown and begin digesting proteins. The stomach is generally at a pH of 2.0, which is highly acidic. One of the reasons that antacids are not recommended (except from your doctor unfortunately) is that they lessen the acidic environment of the stomach.

As a result, the stomach ends up churning and working harder in an attempt to digest protein-based foods. The result – incomplete digestion! Low acid in the stomach also impairs the absorption of several critical minerals especially iron and calcium. So just remember, the blood needs to be alkaline; the stomach needs to be acidic.

One common problem with most industrialized societies is that their diets produce chronic metabolic acidosis. This identifies a state in which the body is chronically acidic. The potential renal acid load (or PRAL, a measure of the amount of acid being introduced through the diet) of our diets is high, meaning we're chronically in a state of high acidity.

While there are a number of disease states that induce severe metabolic acidosis, we're talking a sub-clinical rise in acidity here. Therefore, your doctor probably won't notice the problem. But that doesn't mean that you're in the clear. Your cells will recognize the problem.

So what's wrong with this low-grade chronic metabolic acidosis?

Well, since the body must, at all costs, operate at a stable pH, any dietary acid load has to be neutralized by one of a number of homeostatic alkaline-producing mechanisms. So, although the pH of the body is maintained and your blood tests turn out fine, many cells of the body will suffer. Here are some of the most severe consequences of your body's attempt to maintain a constant pH in the face of an acidic environment:

Increased Fat Storage

When your blood is too acidic your body will find ways of protecting itself from the damaging effects of this acid. Just imagine acid flowing through your arteries and veins. Imagine what that could do the health of the blood vessels. NOT GOOD!

So the body sends signals for this excess acid to be stored in fat cells. When this occurs it becomes much more difficult to lose weight because now your body needs to hold onto the fat because it's acting as a reservoir for all the acid. Get rid of the acid and you'll get rid of the fat!

Furthermore, acidosis leads to higher cortisol levels which in turn disrupts insulin regulation causing yet another signal for your body to retain its fat stores. In many cases, acidosis can also impair the functioning of the thyroid gland (the gland responsible for your metabolism). This may lead to hypothyroidism (under-active thyroid) resulting in a lowering of your resting metabolic rate. The result - a tougher time burning calories and easier time gaining fat!

So the big question is...how do you reduce the acid levels in your body?

The Eating for Energy healthy eating guide explains in full detail exactly how to reduce acid in your body by making simple yet very effective dietary improvements. You'll learn about acid-reducing foods that you may even have sitting in your fridge! The key to starting your weight loss journey is in reducing the acid load in your body - if you don't, your attempt will be in vain.

Eating for Energy

"Energy Secrets"

Part 2

Enzymes, Without Them You...

Enzymes are the key to life! Without them we die. But just how do they affect your body's ability to burn fat?

Energy Secret #2 - "Enzymes Are Your Fat Burning Work Horses!"

Enzymes are truly the key to long-lasting weight loss, health, and vitality! They are not spoken about and are literally tucked away when it comes to the nutritional sciences. However, food enzymes are an integral component of the Eating for Energy program and I'm here to tell you that enzymes are of the utmost importance to your ability to lose weight, health, energy, lifespan, and overall function. Let us first begin by better understanding what exactly enzymes are.

What are enzymes?

Enzymes are proteins that accelerate metabolic reactions in the body. They are involved in every single bodily function from digestion to heart function and even thinking. The 3 main categories of enzymes are:

- 1. Digestive enzymes** – these are enzymes that are secreted by the pancreas and work on food digestion. They include proteases (which digest protein), lipases (which digest fat), and amylases (which digest carbohydrates).
- 2. Metabolic enzymes** – these enzymes are mainly produced in the liver and are involved in every other bodily process outside of digestion.
- 3. Food enzymes** – these are the enzymes that are inherent in living foods.

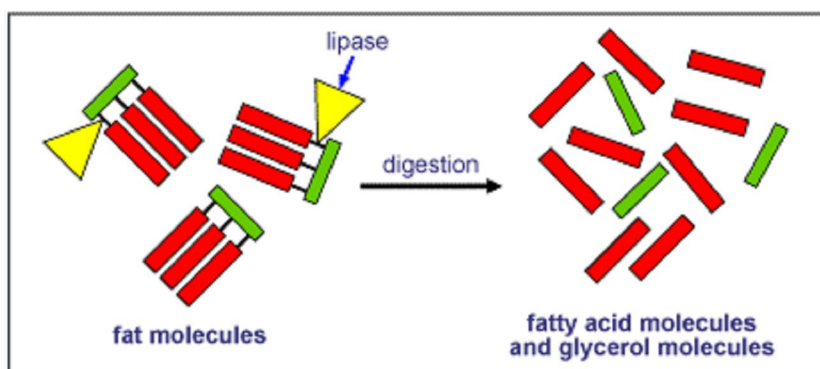
Why are enzymes important? Well, it's quite simple. Unfortunately, as scientific literature as illustrated, each of us is born with a finite number of enzymes. Contrary to popular belief, enzymes are actually used up after completing their functions. Therefore, if you run out of enzymes, you run out of life not to mention fat burning potential.

Dr. Edward Howell, in his classic book *Enzyme Nutrition*, coined the term "enzyme bank account" referring to the body's natural store of digestive and metabolic enzymes. Howell explained that, as with a money bank account, if you make too many "withdrawals", you will eventually exhaust your enzyme supply. This ultimately leads to an inability to burn fat properly, premature aging, disease, and death.

This notion is supported by the fact that the elderly have lower levels of enzymes than those who are younger. Dr. Howell makes reference to Dr. Meyer and his colleagues at Michael Reese Hospital in Chicago, who found that the enzyme of the saliva in young adults was 30 times stronger than in persons over 69 years of age!

The rating of enzyme potential determines not only the length of life, but how effectively the organism can maintain a high state of health and deal with disease. Think about that for a moment. If you are sick, then your body has to do extra work to fend off whichever micro-organism is causing the problem. In order to do this work, your body requires its enzymes to work overtime to get rid of the problem and bring you back to balance. The more enzymes your body has available, the more effectively it can do its job at burning fat (and other fuels) and keep you healthy.

In the following depiction you'll notice the enzyme **lipase**, which acts at various "active sites" on fat molecules to break them down into 3 fatty acids and 1 glycerol molecule. If lipase is not present (or in lesser amounts) what do you think will happen???



If you said improper fat breakdown you're right!

How do you drain your "enzyme bank account"?

Consuming foods that are void of enzymes such as cooked foods, refined foods, and non-foods all place high demands on our pancreas to secrete more digestive enzymes. According to the *Law of Adaptive Secretion of Digestive Enzymes*, the pancreas will only produce/secrete the necessary amount and type of enzymes required for digesting a particular meal.

Therefore, consuming large amounts of enzyme-void dead foods forces your body to spend more energy on devoting its enzymes to digestion and less energy on producing metabolic enzymes for other bodily functions! This is important to understand and is also supported by evidence that consuming less food can actually help you live longer and healthier. This occurs because less food means fewer digestive enzymes are required. Therefore, more energy can be spent on allowing the body's metabolic enzymes to fend off disease and breakdown unneeded fat reserves for energy.

In fact, for a good part of the 20th Century, European oncologists have included enzyme therapy as a natural, non-toxic therapy against cancer. Almost all of the leading alternative cancer specialists prescribe both food enzymes and concentrated enzyme supplements as primary or adjunct cancer therapies.

One might assume that if pancreatic enzymes are efficacious in treating existing cancers that maintaining a large pool of these precious enzymes in the body would help to prevent cancer from developing in the first place. Epidemiological studies on human populations show that those who eat fresh fruits and vegetables that are loaded with natural enzymes have dramatically reduced levels of cancer, obesity, and other diseases. Whether the high enzyme content of these foods is partially responsible for their anti-cancer effect has not been proven, but the evidence is compelling.

Evidence from the Animal Kingdom!

Animals also harness the power of enzymes in food by burying or covering it, thereby allowing enzyme activity to begin and food to be predigested. That way, animals preserve their own enzyme supply. In fact, animals - and also the people of some native cultures - teach us not only about how to preserve our enzyme supply, but also about disease prevention through efficient use of enzymes.

Although whales have up to six inches of fat keeping them warm, for instance, their arteries are unclogged. Similarly Eskimos, who frequently eat large quantities of fat, are often not obese. Both these groups eat the fat-digesting enzyme lipase in the form of raw living foods.

Cooking of food, particularly if heat is prolonged and over 118 degrees Fahrenheit, destroys enzymes in that food, leaving what is commonly consumed, by the modern person - an "enzyme less" diet. This is how by middle age we become metabolically depleted of enzymes.

The glands and major organs, including the brain suffer most from this deficiency. The brain may actually shrink as a result of a cooked, over-refined diet devoid of enzymes the body so desperately needs. It has been shown that the brains of wild animals are almost always larger in size and heavier than those of their domesticated enzyme-void counterparts. The brains of wild meadow mice are twice as heavy as those of laboratory mice. Even Charles Darwin noted that the domesticated rabbit has a smaller brain than his wild cousin.

If there is enzyme deficiency in the body, the pancreas will compensate and swell – indicating that it have to work much harder. Laboratory mice fed heat-processed enzyme less food have a pancreas two or three times heavier than that of wild mice eating their natural enzyme-rich diet of living food.

Moreover, Dr. Howell found in his research that there is a direct correlation between consumption of dead, enzyme-void foods and obesity in mice. **Mice that consumed cooked dead food diets were almost nearly twice as heavy as mice consuming natural living foods found in the wild!!**

So How Do You Make Deposits into Your "Enzyme Bank Account" To Optimize Your Health While Burning Fat and Staying Slim?

In [Eating for Energy](#) you'll learn exactly how to limit the number of withdrawals and how to maximize the number of deposits you make into your enzyme bank account. I take you by the hand and guide you step-by-step through easy to follow healthy eating habits that will absolutely blow your mind when you see how they will transform your body and energy levels!

For now, here's a sample **recipe** (from the Eating for Energy book) I want to leave with you. It's a breakfast cereal that will get your metabolic engine revved up!

Banana-Pear Cereal

1 banana, chopped
1 pear, cubed
1 date, diced
1/4 cup almonds, chopped
1 tbsp ground flaxseed
1 tbsp hemp protein/flour

Mix all ingredients in a bowl and top with almond milk (grind additional almonds in a coffee grinder, then add water). Absolutely delicious and energizing!

Eating for Energy

"Energy Secrets":

Part 3

You Are What You Digest...Not Just What You Eat!

Have you eaten a meal only to feel absolutely stuffed and fatigued thereafter? I'm sure you have! And that is just one example of how the digestive process can monopolize your energy level, ultimately leading to fat storage.

But how exactly does improper digestion lead to fat storage and energy drainage??

Energy Secret #3 - "Digestion, Digestion, Digestion!"

An under-active digestive system can promote weight gain and inhibits fat loss. When your body is unable to properly digest the food you eat, it is more likely to store it as fat. Food begins its digestive breakdown in the mouth and stomach and continues its path onto absorption in the small and large intestine.

If you eat food and it subsequently just sits in your stomach for hours on end, you will feel bloated, fatigued, and definitely not light and energetic. When food is not digested and absorbed properly, your body interprets this is a signal that no more energy (i.e. food) is needed and the excess is therefore put into storage - fat storage.

Carbohydrates and fats, if unused (i.e. via exercise), are ultimately converted to fat. That's why it isn't advisable to eat a carbohydrate-rich meal late at night, especially if you're not going to be active thereafter. Excess protein on the other hand is not converted to fat but rather is excreted via the kidneys (urine). High protein diets are well known to place "huge" stress on the kidneys for this reason.

When food is not properly digested, it doesn't get absorbed properly because the resulting food particles are too big to pass through the normal pores in intestinal walls. However, what ends up happening is that these larger particles may adhere to the intestinal wall causing inflammation and a widening of the intestinal "pores".

This leads to a condition known as **Leaky Gut Syndrome**, which is characterized by an increasingly permeable intestinal tract where undigested food particles freely enter into the blood stream (when they're not supposed to!). These large undigested particles are then identified by the immune system as foreign and thus elicit an immune or allergic response. That is how food sensitivities and allergies come about. That's something your doctor won't tell you!

When the body becomes sensitive or allergic to particular foods a nasty cascade of events begins which can lead to all sorts of problems including skin disorders, asthma, more allergies, and weight gain.

Bowel Movements and Weight Loss

Undigested foods also stuff you up and reduce the ease and frequency of bowel movements. These foods may become impacted along the intestinal walls, which further makes food transit through the digestive system impaired. If the food you eat is not being eliminated from your body, then it must be going somewhere - it doesn't just disappear. If isn't being eliminated, then it is being stored!

For optimal digestive (and bodily) health you should be passing 1-3 non-strenuous bowel movements each day. Most people I've dealt with are lucky if they pass just 1 per day!!!

If you aren't going regularly then you need to start. There are some very simple things that you can do improve your "transit time" and bowel movement quality and frequency. Bowel movements are one of the best indicators of digestive health. And a lack of bowel movements is a strong indicator that things are not working as they should.

Furthermore, a build-up of un-eliminated feces gives off toxins that circulate back into your bloodstream, placing further demands on your body's most important organ - the liver. The liver is the body's detoxifier and thus filters everything that enters the bloodstream from the digestive tract.

Because the liver is also one of the key fat metabolizing organs, if it is overworked or impaired (due to high filtering or other demands), its ability to burn fat will be hindered. Many people who have weight problems most often also suffer from a "toxic" liver.

In [Eating for Energy](#) you'll learn the exact steps that you need to take to ensure optimal digestive and bowel function. You will learn specific food combining principles to maximize digestion, learn about 2 easy ways to relieve constipation and improve your bowel movements right away, and discover several liver-friendly foods that will ensure your liver stays in fat burning health!

Eating for Energy

"Energy Secrets":

Part 4

Do Calories Really Mean Anything?

Today, I'm very excited because I'm going to share with you an aspect of eating for weight loss that no one else talks about. You will be learning some things that may be total novel to you. Today we'll covering energy balance and metabolism and looking at a better way to measure both!

It's true that 3500 calories is equivalent to one pound of fat but do the calories in different foods affect us in different ways???

Energy Secret #4 - "The Real Energy in Foods"

The ultimate source of energy is the sun. Energy is captured in the chlorophyll in plants, the plants are consumed by animals, (including humans), and the energy is condensed in their tissues. We consume food sources from both plant and animal sources to obtain the necessary energy to fuel all body processes.

Typically this energy is referred to as calories. But let's assume that 2 foods have the exact same amount of calories - does each present a different energy to the body or are they the same? Most allopathic practitioners (doctors, dietitians) only view foods for their nutrient content and energy (in calories) that they yield. For instance, a bagel has roughly 250 calories, and 'x' amount of carbohydrates, 'x' amount of protein, and so forth.

But why is that, 2 foods that have the exact same caloric value affect your body in different ways? Well, we can look at the nutrient profile of the given foods such as their content of fat, carbohydrates, proteins, vitamins, and minerals. This would be looking at foods from a **quantitative** perspective.

We can also investigate the quality of the ingredients (if applicable) of the foods. Are there preservatives, fillers, fortifiers, and so forth that are added? An investigation of the ingredients of a particular food (again if applicable) is known as a **qualitative** measure.

I personally prefer looking at the quality of ingredients in foods rather than counting their calories and nutrient contents. When you focus on quality ingredients, the quantity becomes less important. **And who enjoys counting calories anyways?.**

But there's still something more to this story of energy in foods.

We Are Electromagnetic Beings and Foods Either Provide or Drain our Energy

That's right! All living things are electromagnetic. We conduct electricity within our body much as a computer does within its hard drive. Think about it for a moment. When we breakdown food within our body, it must go somewhere to have an effect, right? Well, how does it get to its destination what happens to it when it gets there? The precise are elaborate yet fascinating are covered in [Eating for Energy](#). They're a little beyond the scope of this lesson. But jus remember that all communication in our body occurs via nerve impulses, which are...electric impulses!

But for now I'd like to know that each food is charged! Food is pure energy that has a specific vibration and frequency. We can't see it but we know it's there. The importance of this is that each of the body's cells, organs, and systems also require this electromagnetic vibrational "energy" to perform its function. For instance, the average energy of your core organs such your brain, your heart, your lungs – is 70 megahertz.

Food has the same measurable electrical energy. For example, what kind of electrical charges are available in chocolate cake, in megahertz? 1-3 MHz. A Big Mac has 5 megahertz of vibrational energy. Most vitamin and mineral supplements are 10-30 megahertz – and that's if your body can absorb them. Raw almonds are 40-50 MHz. And there are groups of other foods, which will blow your mind when you see the amount of energy that they provide - well above 90 MHz! You will learn all about them in [Eating for Energy](#).

So can we now better answer our initial question? I think so. Foods definitely do not provide the same energy to our bodies even if they have the same caloric value!

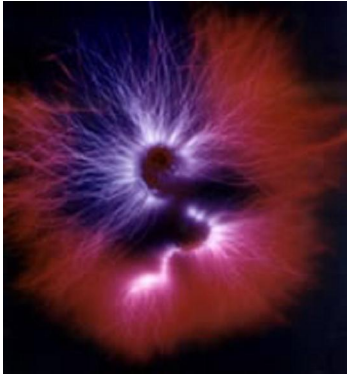
Check this out...



This is a kirlian photograph of a **NON-ORGANIC SPROUT** (a lentil specifically).

Kirlian photography is a method that enables us to see the vibrational energy emanating from living things.

Now check this out...



This is a kirlian photograph of an **ORGANIC SPROUT** (again a lentil).

Look at the difference in energy coming off this "living" food! What a difference. It's unbelievable. And the only difference between the two is that this one is organic.

And imagine what the difference would be if we measured a "dead" food in comparison. It would be night and day.

Here's the best part...the lentils in these pictures yield the exact same 82 calories per cup!

THERE IS OBVIOUSLY MORE TO ENERGY THAN CALORIES!!!

So the lesson is the following...

Vibrational Energy...Means More Enzymes...Which Means Higher Metabolism...Which Means Greater Ability to Burn and Metabolize Fat!!!

Now if you're truly interested in learning the whole story about this energy phenomenon and discovering which foods will give you the energy and thus tremendous fat burning capacity, then you'll want to your copy of [Eating for Energy](#). You will be blown away by the transformation your body will experience following the natural eating guidelines in this book. You will discover that by eating the right foods you'll be able to more and feel more energized; all the while, burning more fat than ever before!

Eating for Energy

"Energy Secrets":

Part 5

The Causes and Dangers of Being Fat!

Why is it that more and more people are overweight and obese nowadays? Yes, it's true that as a whole our society has become less active but there are also a myriad of other factors that influence weight gain and the subsequent onslaught of health problems associated with that. According to Statistics Canada (2004), **60% of Canadians are overweight** with 23% of them being obese (these are slightly **higher for Americans**).

The worst part is that 5% of people who lose a significant amount of weight are able to keep it off for longer than 5 years. Just remember that your habits determine who you are and your ability to achieve your goals - very important to remember!

So what is one of the main causes and subsequent dangers of being fat or overweight?

Energy Secret #5 - "Fat Cells - Yours For Life "

It has been shown that adult obesity can be attributed to 25% genetic origin and another 30% to family cultural factors. Many different factors come into play including life style, exercise habits, psychological and emotional issues, and obviously eating habits and the quality of foods eaten.

Regardless of your situation or predisposition it is always important to claim 100% responsibility for your life and your health. You have the power to change and alter your body in anyway shape or form, all that is required is a **consistent application of result-producing habits!**

Two major factors predicting who is at risk for obesity include:

1. Adults with a low basal metabolic rate (strongly familial but can be altered)
2. Obese infants of obese mothers

One of the ways in which obesity can develop is related to fat cells. Specifically, how many of them you have and how large they are..

Fat cells differ from other cells in the body in that they are greedier and more elastic than most other cells. They can hold up to 62% fat, while other cells contain only about 20% fat.

An average weight person will have 25-35 billion fat cells, while an obese person may have 100-150 billion! In response to weight gain (and an acidic body), fat cells puff up like tiny balloons to store extra fat. Like balloons, there is a limit to their capacity but when this limit is reached a stimulus occurs resulting in the production of even more fat cells. Once fat cells have been produced, they remain in the body for life and can only be removed surgically.

It's important to remember that only during certain times in your life can the actual number of fat cells increase. Conversely, the size of your fat cells can change throughout your life. As you'll see shortly, women are unfortunately more susceptible to gaining fat and being overweight.

There are several **times during the life cycle when the body is receptive to the accumulation of new fat cells**. Keep in mind that these periods of time can shape who you are for the rest of your life! So be sure to make the proper food and lifestyle choices.

1. **INFANCY (first 2 years of life)**

The first time after birth when additional fat cells are produced is during infancy, especially during the first two years of life when the growth rate is explosive and the need for calories is high. If there is a family history of obesity, it is wise to restrict non-essential fats.

Parents beware! What you feed your child during this stage can set them up for great health and a lean body or it can predispose them to bad habits, sickness, and an easy accumulation of fat. Please do the right thing! Follow the principles laid out for you in [Eating for Energy](#).

2. EARLY ADOLESCENCE (10-11 years of age)

In females, the body begins laying down extra fat to produce the contours of the adult woman. This is vulnerable time for fat gain since most teenagers tend to consume large amounts of processed foods loaded with sugar and bad fat.

3. PREGNANCY

During pregnancy there is a tendency to synthesize a significant number of fat cells. In fact, the first hormonal changes that occur with pregnancy redirect the mother's metabolism to fat storage and fat use, saving the carbohydrates for the developing fetus.

NOTE: Aside from pregnancy, the time between adolescence and menopause is not a natural period of fat cell number expansion.

4. POST-MENOPAUSE

The final period of possible fat cell accumulation is after menopause. Studies show that 65-75% of menopausal women involuntarily gain weight. This may be due to a lack of progesterone and the consequent estrogen dominance that causes weight gain.

Yo-Yo Diets and Fat Accumulation

There is a controversy about whether fat cells can be added as a result of yo-yo diets. One theory is that starvation and "crash" diets may cause an increase in fat cell number. There have also been reports that liposuction from one area of the body can lead to fat cell gain in other areas. The body will find ways to balance itself out! Once fat cells are formed they do not disappear with weight loss. When you lose weight they simply shrink in size, thus reducing the amount of body fat.

Thus, learning to maintain healthy eating practices is the best strategy to avoiding weight gain as you age.

Dangers of Being Overweight/Obese

Obesity is defined as having a bodyweight over 20% of "standard" weight, or when body fat exceeds 30% of body weight in women and 25% of body weight in men. The desirable body fat (not BMI) range is 18-28% and 12-16% for women and men, respectively.

Being overweight/obese is correlated with pretty much every disease imaginable. It obviously shortens your lifespan as well. According to the National Institutes of Health, someone who is only 10% above their ideal weight has a 5-15% likelihood of not reaching their life expectancy. Someone who weighs 100% above their ideal weight is a whopping 1,100% likely of not reaching their full life expectancy!

Other diseases related to being overweight include:

1. **Type II Diabetes** - enlarged fat cells, which then poorly bind and poorly respond to insulin.
2. **Asthma** - more likely to develop asthma the heavier you are.
3. **Bone and Joint Disorders** - excess pressure on hip, knee, and ankle joints.
4. **Heart Disease** - increases in serum cholesterol and triglyceride levels
5. **Gall Bladder Stones** - increased cholesterol content in bile
6. **Hypertension** - the heavier you are, the harder the heart has to pump to circulate the blood.
7. **Various Cancers** - estrogen produced by fat cells and excess energy intake may promote tumor development.

Is it really worth suffering any more? If you've been struggling with excess weight for some time now, then it's time you try something that is different than what you've been doing.

[Eating for Energy](#) will hold your hand and show you the exact step-by-step nutritional strategies that you can (and must) fit into your life. Following the principles in this book will not only shed pounds of unwanted fat off your body but will promote tremendous health since it is based on natural foods. No gimmicks, no drugs, no pills.

Learn the eating secrets that keeps nature's animal fit and free of obesity and disease. It's time to stop the insanity!

[CLICK HERE](#) to get started with Eating for Energy.

Eating for Energy

"Energy Secrets: Part 6

Healthiest and Most Effective Weight Loss Diets

Why is it that more and more people are overweight and obese nowadays? Yes, it's true that as a whole our society has become less active but there are also a myriad of other factors that influence weight gain and the subsequent onslaught of health problems associated with that. According to Statistics Canada (2004), **60% of Canadians are overweight** with 23% of them being obese (these are slightly **higher for Americans**).

The worst part is that 5% of people who lose a significant amount of weight are able to keep it off for longer than 5 years. Just remember that your habits determine who you are and your ability to achieve your goals - very important to remember!

Energy Secret #6 - "Lifestyle...Not Diet...is the Key "

I'm sure you'd agree that the health of the Western world is a sad state of affairs! We're overwhelmed with a plethora of dieting books and told that one way of eating is better than the next. I feel your frustration.

Who do you believe?

One thing is for sure - those who are most successful at anything in life have developed **lifestyle habits that propel them towards their goals**. The key to long lasting healthy weight loss is in developing empowering lifestyle habits that begin with nourishing your body (not depriving it) of foods that energize and sculpt it.

But in the meantime, let's see what nature and science have to say.

Obesity, diabetes, cancer, cardiovascular, osteoporosis, arthritis, etc... These are all diseases that affect an overwhelming majority of our population.

Do you fall into any of these categories? If so, you need to take action now. If not, you still need to take action now to maintain great health and to prevent to onset of these "man-made" diseases.

A recent study in the *American Journal of Clinical Nutrition* showed that there is growing awareness that the profound changes in the environment (e.g. in diet and other lifestyle conditions) that began with the introduction of agriculture and animal husbandry approximately 10,000 years ago occurred too recently on an evolutionary time scale for humans to adjust to.

In conjunction with the discordance between our ancient, genetically determined biology and the nutritional, cultural, and activity patterns of contemporary Western life, many of the so-called aforementioned diseases have emerged.

In particular, the difference between food staples and food-processing procedures introduced during the Neolithic era ("The Stone Age" - 8500 BC) and the Industrial Revolution (late 18th century) has fundamentally altered 7 crucial nutritional characteristics of our ancestor's diets:

- 1) **Glycemic load** - how a food's sugar content affects the body's insulin response
- 2) **Fatty acid composition** - types and quality of fats
- 3) **Macronutrient composition** - proportion of fats, carbohydrates, and proteins within a food
- 4) **Micronutrient density** - quantity of mineral, vitamins, and phyto-nutrients within a food
- 5) **Acid-base balance** - is the food acid or alkaline-forming in the body?
- 6) **Sodium-potassium ratio** - more foods are now higher in sodium (making them more addictive)
- 7) **Fiber content** - newer processed foods have lower fiber content.

These changes have evidently not been to our benefit! The evolutionary collision, of our ancient genetic make-up with, the nutritional qualities of recently introduced foods underlie many of the chronic diseases of Western civilization.

What the Research Says...

There's no shortage of diets to choose from to drop excess weight, but they differ widely in quality and health benefits, researchers say. An illuminating recent study published in the *Journal of the American Dietetic Association* gives us some more insight.

For overweight and obese adults it's important not only to shed pounds, but to do it by eating heart-healthy foods, said Dr. Yunsheng **Ma of the University of Massachusetts medical school in Worcester**, and director of the study.

After analyzing eight popular diets, he and his team found that the diets that included high amounts of fruits, vegetables and fibre and small quantities of artery-clogging types of fat were best.

"Obese people already have a higher risk of heart disease," Ma said in an interview, adding that it is particularly important that they make heart-healthy diet changes that can be kept up for the long haul.

One of the more significant findings was that **The Atkins** diet, a high-protein, low-carbohydrate diet, came at the **bottom of the list**, mainly because of its more liberal attitude toward red meat, saturated fat and trans fats, and low amounts of fruit and fibre.

The researchers used a measure called the Alternate Healthy Eating Index (AHEI) to judge the quality of the widely used diet plans.

They picked six of the diets from the New York Times bestseller list and also included the Weight Watchers plan, as it is the largest commercial plan in the United States, as well as the U.S. government's 2005 Food Guide Pyramid, since it offers diet guidelines to all Americans.

The AHEI evaluates a diet's potential heart benefits based on factors such as the amount of fruits, vegetables and fibre, and the ratio of heart-healthy polyunsaturated fats to cholesterol-raising saturated fat.

The top score went to the *(can't state the name)* diet, a **low-fat, largely vegetarian plan**. The diet, is intended to prevent and treat heart disease, so its high score -- 64.6 out of a possible 70 points -- is not unexpected.

The Atkins plan and some other low-carb, high-protein diets, including the Weight Watchers High-Protein option, were deemed less heart-healthy.

Surprisingly, Ma said, the U.S. government's Food Pyramid landed in the middle. Although the Pyramid was revamped in 2005, it still falls short of the top-ranked diets for fruits, vegetables, fibre and limits on "bad" fats, Ma added.

The researchers did not advocate any one particular brand of weight-loss plan. But, according to Ma, people who are trying to lose weight should look to the components of the top-scoring diets (i.e. low fat and vegetarian) to help fashion a heart-healthy weight loss, eating plan

What's interesting is that [Eating for Energy](#), although not yet selling on the New York Times Best Seller list resembles the diet that was chosen as #1. However, Eating for Energy takes weight loss and healthy eating to the next level!

There truly is nothing like this book on the market.

If you are serious about finally losing weight - but in a healthy and sustainable manner - then [Eating for Energy](#) may well be the most influential book on healthy eating you'll ever read.

Here are **testimonials** from 3 very well respected authorities to back my claim:

From a New York Times Best Selling Author and Success Coach, and a Medical Doctor:



*"In a world filled with dubious diet books, **Eating for Energy** identifies the proven steps that will lead to abundant health, a fit body, and radiant energy. It is easy, understandable, inspiring, and applicable. It's the **best tool to come along in years.**"*

Raymond Aaron

New York Times Best Selling Author of Chicken Soup for the Parent's Soul

*"Medicine today should encompass a multidisciplinary approach to health promotion and health prevention. Yuri Elkaim Eating for Energy e-book **tackles heath promotion** from the most basic building blocks of life, namely, diet. Healthy dietary lifestyle choices serve to increase one's energy, productivity and prevent disease. Yuri's e-book sheds light on dietary choices in a comprehensive, yet **simplistic approach**. Everyone can benefit from his knowledge and insight into healthy eating.*

I highly recommend reading this book."

Dr. Danny Grossi, BSc., MSc., MD

Clinic Director

Toronto Regional Pain Management Center

And... From a Naturopathic Doctor

*In his book, "Eating for Energy", Yuri has a natural way of explaining nutritional concepts in a way that makes them easy to grasp. His enthusiasm and passion for nutrition is matched only by his passion for fitness, and it truly shows through his writing style - this makes "Eating for Energy" not only educational, but also a **fun and exciting read!***

*As a naturopathic doctor, I see a wide range of health concerns in my practice ranging from severe skin conditions to digestive disorders to chronic inflammatory diseases that are aggravated or even caused by unhealthy eating. The "Eating for Energy" 12-Week Meal Plan and huge compendium of healthy and tasty recipes provides a **complete and effective program to transition** people to a lifestyle of healthy eating that will lead to many positive health ramifications.*

*I highly recommend "Eating for Energy" to **anyone who is interested in losing weight and bettering their health through diet** and has not found a resource that provides them with the motivation and education to do so."*



Makoto Trotter, B.Sc. (Hons), N.D.

Naturopathic Doctor

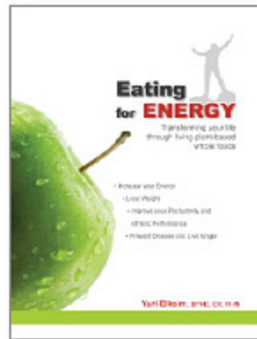
Clinic Director

Zen-tai Wellness Center

You deserve great results! You deserve to look and feel your best. I am grateful for being able to do my part in helping you achieve weight loss and great health.

Please do yourself a favor and...

[CLICK HERE](#) to get started with Eating for Energy.



P.S. Time is running out on the e-book's special offer. [Eating for Energy](#) has been selling faster than we could have hoped for (which is great) and there are only a few more spots left to get the e-book at 40% OFF.

So don't wait any longer. Start losing weight today!

What do you have to lose besides some unwanted pounds? [ORDER HERE](#)

Thank you for reading so far and we hope you've learned good things to improve your health and loose weight the efficient way!

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