

# The Meschino Wellness and Anti-aging Diet and Exercise Plan

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## Introduction

Now that you have read Steps 1, 2 and 3 carefully, you are familiar with the essential ingredients of a health-promoting diet, the importance of lifelong supplementation, and the options available to you in regards to an exercise plan that suits your particular circumstances. The challenge that now faces you is to incorporate the nutritional principles you have learned into a simple, effective system of eating, to get the lean, fit, healthy, age-resistant body nature intended you to have. This is why I developed the Two Staple System of eating. It gives you an exact blueprint to follow everyday of your life that is a practical, easy-to-follow formula, which allows you to put your nutritional knowledge into action in the everyday life you already know. This simple nutritional system will create a flexible structure, which allows you to choose the foods and recipes that best suit your taste preferences and lifestyle, so that you don't feel deprived and out of sorts with yourself. The key to success is to make this as simple, realistic, and as easy as possible. This is how I have succeeded myself, and the way in which many of my clients have achieved lean, fit, healthy, age-resistant bodies, while still enjoying their daily lives. So lets get started.

### The Two Staple-System

The reality is that you only have to concern yourself with two food staples on this program, protein foods and carbohydrate foods.

Protein foods, as you know, provide the building blocks of your body's structure: its muscles, bone, skin, hair, and nails. They are vital for the optimal performance of your immune system and the manufacture of specialized body proteins. On this program you will consume a low-fat protein selection at every meal (three meals per day) - one low-fat dairy protein selection (at breakfast) per day and two low-fat flesh protein food (lunch and dinner) per day, which will provide you with most of the protein you need. Some additional protein comes from various carbohydrate foods, as I discussed in Step 2 You will also get the bulk of your calcium, vitamin D, iron, and vitamin B12 requirements from these daily protein foods.

The second staple is carbohydrate foods, which are converted by your body into glucose that powers every cell in your body. By not over ingesting carbohydrates and adhering to your exercise program, you will prevent the conversion of carbohydrates into fat. As you have read in Step 2, the right amount of carbohydrate foods can actually help you lose weight, and Category 1, 2 and 3 carbohydrates are high in dietary fiber and other protective nutrients that help defend against cancer, heart disease, macular degeneration, cataracts and other degenerative diseases.

Except for your intake of oils (food preparation, salad dressings etc.), you do not need to formally regulate the portion sizes on this program. You should eat the amount of food that your body tells you it needs, and get the grams of protein you require based up the information presented in Step 1. Athletes, for example, may require twice as many daily calories and twice as much protein as less active people. On the other hand, it is critically important that you don't overeat. Only you know how fast or slow your metabolism is and how much food you can eat without gaining weight. Because I don't know you personally, I can only explain the style of eating you should adhere to each day. I can't tell you the exact quantities of food that are right for you. However, for those of you who need to lose weight I have created an Intensive Weight Loss Version of this program that explains the exact portion sizes you should eat at each meal. I will present this Intensive Weight Loss plan in a moment. For those of you who do not need to follow the exact Intensive Weight Loss Program, your job is to pay attention to your body's responses so you can determine the amount of food, especially carbohydrate foods, you need to feel good and to stay lean.

### Exhibit 3-1

#### Protein Foods

##### Flesh Protein:

Chicken breast (skin removed) turkey breast (skin removed) Cornish game hens, fish, seafood (note that soy products such as tofu and veggie burgers, etc, are alternate choices in this category)

##### Dairy Protein:

low-fat cheese (less than 4% M.F.) plain yogurt (less than 2 % M. F.) milk (less than 2 % M. F.), egg whites, protein shake (whey, egg white or soy-based)

##### Carbohydrates:

Category 1 Carbohydrates – should comprise 40-45% of your carbohydrate intake each day

Category 2 Carbohydrates – should comprise 20-25% of your carbohydrate intake each day Category 3 and 4

Carbohydrates – should comprise 20-25% of your carbohydrate intake each day, with maximum emphasis on Category 3 Carbohydrates (High Fiber Wheat and Grains)

Category 5 Carbohydrates – should comprise no more than 10-15% of your carbohydrate intake each day

#### **The Two Staple System Meal Plan**

With this program, you eat three meals each day. At each meal you must choose a protein staple and surround it with two or three carbohydrate foods. For breakfast your protein staple comes from a low-fat dairy selection. If you are lactose intolerant then I suggest that you find a lactose-free, low-fat dairy alternative or use the protein shake option, as I do on most days. For lunch and dinner you must choose a protein staple from the low-fat flesh protein selections, and surround them with two or three carbohydrate foods. You may also eat between-meal snacks from the list of solution-substitutions, which I will explain momentarily

### Exhibit 3-2

#### Three Meals Per Day:

1. Breakfast: Dairy Protein Meal - one low-fat dairy selection with two carbohydrate selections
2. Lunch: Flesh Protein Meal - one low-fat flesh protein selection with two to three carbohydrate selections
3. Dinner: Flesh Protein Meal - one low fat flesh protein selection with two to three carbohydrate selections



## Adapting The Program For Vegetarians And Those Seeking More Soy Foods

Vegetarians can substitute a number of different soy products for the flesh protein meal, as can non-vegetarians who are trying to include more soy products into their diet (something I encourage). Most soybean products are moderately high in protein, but you should eat them beans, peas and some grain products such as rice, bread, or pasta to get additional protein, at any given meal. Tofu, miso, tempeh, and texturized vegetable proteins are all reasonable sources of protein. If you are a vegetarian be sure to take a multiple vitamin and mineral supplement that includes the recommended daily allowance of vitamin B12 and iron.

Of course, soy milk can substitute for a low-fat dairy selection in the morning.

Keep in mind that even fortified soy milk does not contain the amount of calcium found in cow's milk and is not usually fortified with vitamin D. Therefore, the use of a high potency multi-vitamin and mineral that contains 500 mg of elemental calcium and 400 IU of vitamin D, is mandatory for individuals using these soy substitutes. In many cases further supplementation with a calcium and magnesium supplement may be warranted to acquire the 1000 to 1500 mg of calcium that are required by different genders at various stages in life (see Step 1 for details regarding calcium requirements).

Keep in mind that even fortified soy milk does not contain the amount of calcium found in cow's milk and is not usually fortified with vitamin D. Therefore, the use of a high potency multi-vitamin and mineral that contains 500 mg of elemental calcium and 400 IU of vitamin D, is mandatory for individuals using these soy substitutes. In many cases further supplementation with a calcium and magnesium supplement may be warranted to acquire the 1000 to 1500 mg of calcium that are required by different genders at various stages in life (see Step 1 for details regarding calcium requirements).

### Two Other Components To Track Each Day

As well as making sure you have one dairy-protein meal, and two flesh protein meals, every day, you must keep track of three other things to ensure that your diet is as healthy as possible - oil, water, and fiber.

#### 1. Oils

You should add one to two teaspoons of monounsaturated oil to your diet every day to help get the health-promoting benefits provided by these fats and to acquire the bit of linoleic acid (an essential fat the body needs) from these sources. You could mix olive oil with vinegar to make salad dressings or use it to sauté your vegetables or to brown some chicken or turkey breast etc.

The rest of the fat in your diet will come from the small amounts of fat that are present in the low-fat dairy and flesh protein selections, as well as in some of the solution-substitution snacks and treats I will describe shortly.

#### 2. Water

Try to drink at least six to eight glasses of fluids every day. If possible, drink distilled water or water that has undergone a process of reverse osmosis and deionization. You can drink some soda water, mineral water, or water from a deep spring.

#### 3. Fiber

To be healthy, you must satisfy your body's requirements for dietary fiber. As you read in Step 1, you should include two different kinds of fiber in your daily diet: cholesterol crunchers and colon cleaners. Cholesterol crunchers help keep your blood cholesterol levels low, and colon cleaners dilute the effects of cancer causing agents that may be present in the colon and rectum.

It is often difficult to know whether you are eating enough fiber. The Fiber Scoreboard I created (starting on p.\_\_\_\_\_) is your answer to this problem. Using the work of two prominent researchers, Southgate and Anderson, I have reviewed the fiber content of the most common foods containing cholesterol crunchers or colon cleaners. Each food has been given a point value, or score. One medium apple, for example, scores one fiber point, while half a cup of kidney beans scores three points. Essentially one point is the equivalent of 3 grams of fiber.

I strongly recommend that you consume carbohydrate foods that will enable you to attain 8 to 15 fiber points every day. This amount is based on the guidelines set out by the Cancer Society and the Heart and Stroke Foundation. This entails that focus most of your carbohydrate intake on Category 1,2 and 3 carbohydrate choices, as well as using two tablespoons of flaxseed powder per day (as described in Step 2). Additional fiber can be acquired from psyllium husk fiber supplementation. Using a high fiber breakfast cereal, low fat popcorn, beans and peas, broccoli and apples, are also great ways to attain a higher fiber score each day.

These 8 to 15 fiber points constitute your daily prescription for keeping your cholesterol level down, your glucose and insulin levels regulated, and your intestinal tract functioning properly.

You can get these fiber points every day by choosing fiber rich carbohydrate foods and by using flaxseed powder each day, as I strongly advise

To determine the number of fiber points a particular food has, look it up in the Fiber Scoreboard. You will very quickly learn which are the high-fiber foods. At the end of the day, simply add up your fiber points to see how you did.



## Snack, Treats And How To Cheat

The next part of the program is to understand what to do about snacks, treats, desserts, and how to cheat a little without sabotaging your whole wellness/anti-aging campaign. The reality is that virtually everyone is going to indulge in some snack foods or desserts to some degree and this is where things can get a bit messy. From experience with many hundreds of patient over the years I can tell you that most people who are reasonable and wanting to get healthier and more fit, are willing to give up high fat animal products and switch to chicken, turkey, fish, and low fat dairy products. However, when it comes to snacks, treats and desserts, many people lose control very easily and sabotage their whole wellness program. This is an important stumbling block to overcome and so I need to spend some time helping you get connected to the strategy you'll need to beat these cravings. This is the strategy that has worked successfully for my patients and myself.

The strategy is based upon the reality that when it comes to snacks, treats and desserts, and food in general, there are two types of people in this world. There are individuals who experience an overwhelming craving to eat a snack of some kind when they feel a bit stressed, bored, depressed, tired, anxious, upset, happy, sad or just arrive at a place in the day where they feel like they need to take a break, have a bit of a snack, and then they can carry on with the tasks at hand. Understand that this craving has nothing to do with feeling hungry, it is emotionally driven. There is, of course, the second type of person who cannot eat a thing if they are stressed out, anxious, nervous, upset, depressed, etc. These people actually say out loud, "I'm so stressed out an anxious I can't eat a thing, where as most people say, "I'm so up stressed out an anxious I can't stop eating".

Its really amazing when you think about it as it goes to show us that, for some people, eating a snack is somehow emotionally soothing, which drives them to eat a snack in the presence of an emotional trigger (e.g. anxiety) of any kind. In fact, most of us (about 80%) are inclined to behave this way. This means that we crave a snack based on some kind of soothing effect we derive from the intake of food, which has nothing to do with hunger. Those of us, who are inclined to be this way, are not eating because of hunger. Hunger has nothing to do with this process. We are driven to eat a snack of some kind by some inner drive, whereby on a subconscious level we associate the pleasure of eating with a soothing of anxiety, tenseness or some other emotion, or just need the reward of a tasty treat working over our taste buds.

In our faced-paced, time urgency world, most of us feel some chronic stress and anxiety at the very least, and therefore, the daily driving force to soothe or reward ourselves with little snacks and treats at certain points in the day is a common behavior.

The plain truth is that most of us have these cravings each day, and if this your nature then understand that you will always be this way. No diet plan or waving of a magic wand is going to change this aspect of your relationship with food. If, like myself, you are in the 80% of the population that falls into this category, it is important for you to know what you can do in these moment of temptation to prevent yourself from sabotaging your wellness and/or weight loss goals. This best thing that you can do, of course, is realize that you are not really hungry and just not eat anything, and maybe have cup of green tea to get you through the moment.

If you are exercising regularly this will help to strengthen your resolve in this way, but even still, much of the time it is likely that you will give in to the temptation. The next best thing is to eat an apple or a low calorie/high fiber fruit or veggie snack, but this may not work 100% of the time either, as I am well aware. So this means that you have to understand how to not have snacks that are loaded with fat (especially saturated fat), by using solution-substitution snacks, treats and desserts.

For the most part solution-substitution snack foods contain mostly carbohydrate calories. If you are exercising properly then your body can accommodate some of these extra carbohydrates and store them in your liver and muscles' carbohydrate fuel tank (glycogen), provided you don't over do it. If you eat snack foods with saturated fat then the saturated fat will be shipped right to your fat cells, making you fatter and raising cholesterol levels in all likelihood. This is why the following solution-substitutions must be the choices you make in these moments of temptation when you feel like you just can't resist. They are primarily carbohydrate-based and contain little total fat and saturated fat. I admit that they don't taste as good as their high fat counterparts, but you simply have to make the adjustment to these kinds of comfort foods if you hope to win the anti-aging, and wellness game and get the fit, healthy body you want. The four categories of solution-substitution snacks and treats are defined by Ooey-Gooey, Chippy-Dippy, Frozen Desserts, and Bars. Let's take a look at the in-the-moment solution-substitution choices available to you in these categories and how to use them safely.

### Exhibit 3-3

#### Solution-Substitutions:

HIGH-RISK FOODS	SUBSTITUTIONS
<b>1. Ooey-Gooey</b>	Enter your text here...
Cheese Cake, Chocolate Cake,	Angel Food Cake, Muffins,
Apple Pastries, Doughnuts	Pie Without Crust, Fresh Fruit,
	Bagels, Cinnamon Raisin Bread,
	Rice Crackers, Low Fat Popcorn (Less Than 1.5 Grams Fat/3cups),
<b>2. Chippy-Dippy</b>	
Potato Chips, Nacho Chips,	Melba Toast, Low-Fat Biscuits With Salsa,
Cheese Twists, Peanuts	Rice Crackers, Low Fat Popcorn (Less Than 1.5 Grams Fat/3cups),
	Pretzels, Roasted Chestnuts
<b>3. Frozen Desserts</b>	
Ice Cream Sundaes Or	Low-Fat Frozen Yogurt, Sherbets,
Milkshakes	Frozen Fruit Ices,
Note: Do not have these at home. These frozen desserts are items you may choose on occasion if you are out for dinner and everyone else is having a rich dessert and you are feeling a bit deprived. These become your solution-substitutions in these moments.	
<b>4. Bars</b>	
chocolate bars	licorice, jujubes, raisins, gumdrops,
	jelly beans, more nutritional bars
	such as a low fat granola bar or nut-seed bar.
Note: Do not purchase these for your home. Buy these things on the fly during the day so they are not in your home in large quantities to tempt you late at night. This means buying a small handful of jujubes or one licorice stick etc, to ease the craving. Don't load up your home with these tempting sweet things or you will likely over consume them. The best snack to have in your home is low fat popcorn. It is the only one I will allow myself at night, personally.	



## What Happens In Real Life

What I am saying is that, for many us, when we are stressed, upset, or even just tired etc., these feeling and emotional states become the stimulus and we respond by over eating or eating foods we know we should not. Identifying the problem is the first step and then understanding that in between the stimulus and the response, there's a gap – a chance to make a better decision that you can live with. For example, imagine that you are walking down a cafeteria line selecting good food – a stir-fry and a decaffeinated drink. At the end of the line you see a slice of raspberry cheesecake. You're having a tough day. Suddenly, you're immobilized, and you feel anxiety building up. Your inner voice says, "Wait a minute now. You're on this wellness program, eating only low-fat food. You're exercising every day. That's not who you are." And the other part of your brain says, "So what, you're not going to live forever anyway. You've had a tough day. Enjoy yourself. It's only a little piece of cake." Anxiety, conflict, and tension may make you choose the cheesecake. You say, "I'm going to hate myself later for this," but you do it anyway. Afterwards, you beat yourself up – "I can't believe I just did this. I was supposed to be so good, and now I'm so bad."

It doesn't have to be like that. So, here is what you do from now on in the moment of temptation:

- Step back and visualize the saturated fat going into your fat cells and making them larger, raising your blood cholesterol levels and clogging your heart and vascular system.
- Step back and take a deep breath. Breathing defuses the anxiety and your craving.
- Play the game "Let's Make a Deal." In any moment of temptation, there's a gap between the temptation and the action. Use that gap to say, "I know I'm tempted, but I'm going to do something less harmful than I was about to do. Maybe it's not the most health-promoting thing, but it's less harmful. And then, if I still want the raspberry cheesecake, I'll go back and have it. Don't tell yourself you will never have a particular food again as long as you live. You don't need to feel that kind of pressure. Instead, on a moment-by-moment basis, just start making better solution-substitution choices in those moments of temptation and soon it will feel more natural and automatic.

### Joey's Story

Several years ago, Joey broke up with a girl he was living with. He was sad and didn't have any place to turn. So I asked him if he would like to move in with me for a few months until he found a new place to live and got his life back on track, which he did in a short while. I was actually looking forward to the companionship. I set three rules: there would be no smoking, we would eat good food, and we would go to the gym and exercise day. Joey agreed to these conditions and moved in.

Joey was 30 to 40 pounds overweight when our arrangement was made and he had been a friend for many years. I thought this would be the ideal time to get him into shape and improve his health status, as he had been out of shape for some time. He began to follow a gentle aerobic program and to eat the same way I did. We spent many late nights together, eating low-fat, air-popped popcorn while watching reruns of *Perry Mason*. Every day Joey would get on the *Stairmaster* for an average of 30 minutes. Since he didn't like to push himself too hard, he would remain in the lower end of his aerobic training zone. Three months passed, and he continued at the gym. At the end of this period, Joey found that he had lost 36 pounds. What had he changed? He stopped eating high-fat foods – sausages, meatballs, chicken wings and fingers, and butter on his bagels. He eliminated saturated fat from his diet and exercised for at least 30 minutes every day. He focused his diet on healthier carbohydrates. He ate some of the solution-substitution carbohydrates too – jujubes, licorice, and the late-night popcorn snacks – and he did exceptionally well. Joey didn't completely deprive himself by struggling to follow an unrealistic diet plan. Instead, he slowly changed his relationship with food and exercise. As he progressed, he felt healthy, not hungry. He found solutions that worked for him.

### The Evolution Of The New You

The Two Staple System Nutrition Plan I have presented represents a goal that you're working toward, and in time, you will be able to follow it almost flawlessly, but don't expect to be perfect every moment. This is not an all-or-nothing process, but a gradual development of a wellness-oriented lifestyle. Most individuals will begin this program attached to some old habit that may look hard to break in the beginning: bacon and eggs on Sunday morning; cheddar cheese melting over a plate of nacho chips after a baseball game; potato chips and sour cream dip in front of the television;

spare ribs; hamburgers and fries; cheesecake; banana splits etc. They are small addictions that you must overcome if you want to reduce your risk of serious disease and get the fit, trim healthy, age-resistant body that you are shooting for. Just start applying yourself and know that I understand that changing habits takes time. Be prepared for the occasional setback. You may stumble sometimes on the road to success, but don't be too hard on yourself. Just keep trying to change the hazardous behavior to patterns that are more health-promoting and less damaging, each time you shovel a forkful or spoonful of food into your mouth, and that includes finger foods as well. The truth is that you can do it and you will eventually develop an addiction to the healthy lifestyle if you haven't yet experienced it. The Two Staple System Nutrition Plan is flexible enough that you can personalize the plan to your own taste preferences and lifestyle. Just follow the nutrition system as I have described it, choose the exercise program that suits you and very soon you will have internalized it, in that it will become a natural, automatic extension of your life. In the same way that you have a style of dressing, of speaking, or a business manner that you feel comfortable with, your style of how you feed yourself must fit you in the same way. One person may love pasta with tomato sauce, sliced chicken with some vegetables; another may like stir-fried vegetables with chicken or shrimp. Ultimately, you must determine your game plan for the long term. And know that your relationship with food and exercise will continue to improve and evolve throughout your lifetime once you get on track. Just keep thinking your way through it each day. Do your best and you'll be amazed at the degree to which you can develop a healthy, fit, toned, body and becoming younger looking to others and yourself. I guarantee that people will actually tell you that you look younger once you start see the benefits of this program in your life. However, there are no short cuts. That means that you must follow the Two Staple Nutrition Plan as I have outlined it, take all the three lifelong supplements each day you learned about in Step 2 (and the additional anti-aging supplements that are appropriate for your age and gender that you will learn about in Step 5) and adhere to your exercise program 5-7 times per week. Ready, set, go.....

### **The Story Of Mrs L.**

Mrs. L. sold real estate. On her travels around town, Mrs. L. was in the habit of stopping at coffee-and-doughnut shops. Trying to cut down on her daily fat intake, she always intended to limit herself to coffee, which she drank black. Quite often, however, the aroma of the freshly baked doughnuts would tempt her to buy a treat along with her coffee. She knew she would hate herself if she did, yet two or three times a day she found herself caught up in the same pattern.

After working with her for several weeks, we helped her solve the dilemma. Instead of a doughnut, she would choose a bran muffin. To keep the calories down, she would only eat the top half of the muffin. That was her favorite part anyway! With this one simple substitution, Mrs. L. managed to completely cut doughnuts out of her daily routine.

Let's look at what happened. Once inside a doughnut shop, Mrs. L.'s desire for a doughnut was activated by the aroma. This urge overwhelmed her and she couldn't just walk away. But she was not totally powerless. She learned to step back and make a less damaging choice that still satisfied her craving. It would be better, of course, if she stopped drinking coffee and eating muffins altogether, but until she's ready to make that change, she substitutes a healthier alternative. At least she has made one small step. The pyramids were built of individual blocks of stone. Mrs. L. has added one more block to the structure of her new life. These disease-promoting habits are not something that you can just wish away, but over time, you can overcome them.

### **Starting Recording Your Food Intake And Exercise Activity**

"Record makers are record breakers" is a motto worth remembering. In order to kick start your involvement with the program it is highly useful to begin recording your food intake and your exercise activity each day. Every day, write down everything you eat in a Daily Food, Fiber, and Exercise Journal (see p. \_\_\_\_). You will find it much harder to cheat by sneaking large or small bites of foods that are high in saturated fats, for example, when you have to record your transgressions in black and white. Recording your daily food intake and activity in a journal will give you a sense of power and control over this program and will help you really get started, and stick to the plan as I have outlined it for you. Writing everything you eat down on paper really forces you to be accountable and will very much deter you from cheating in a big way, in those moments of temptation. You will be surprised how powerful this step is once you begin doing it each day. It will really keep you on track, especially in the beginning, when your chances of failing are the greatest. From experience with my own patients I can assure you that you will greatly increase your chance of success by filling out the Food Fiber and Exercise Journal each day, until you feel you can follow the program in a natural way without struggling to do it.

## EXAMPLES OF SOME BASIC MEALS ON THE TWO-STAPLE NUTRITION SYSTEM

### DAIRY PROTEIN BREAKFAST MEALS

#### Meal One

- 8 oz. skim milk
- List Element
- 1 slice toast with 2 tsp. jam
- 1 fruit serving or 8 oz. diluted juice

#### Meal Two

- 8 oz. skim milk
- up to ½ cup high-fibre cereal
- 1 slice toast with 2 tsp. jam
- 1 fruit serving or 8 oz. diluted juice
- no-calorie beverage

#### Meal Three

- Egg white omelette with vegetables
- 1 slice toast with tsp. jam

#### Meal Four

- 3 to 4 oz. low-fat cheese (0-3 percent milk fat)
- 1 bagel or 2 slices toast
- 1 fruit serving or 8 oz. diluted juice

#### Meal Five

- Whey Protein shake with flaxseed powder, 2 ounce of juice and 2 ounces of water, plus ice cubes

### LOW FAT FISH-POULTRY LUNCH AND DINNER MEALS

#### Meal One

- 3 to 4 oz. fish, unskinned chicken, or turkey breast
- 1 vegetable serving
- 1 bread serving (optional)
- no-calorie beverage

#### Meal Two

- 3 to 4 oz. sliced chicken or turkey breast
- 2 slices bread
- mixed-green salad

#### Meal Three

- ½ cup pasta
- 3 to 4 oz. seafood or fish cooked with a tomato sauce of your choice
- mixed-green salad
- 1 bread serving (optional)



## Seven Days on the Meschino Optimal Living Program

Now that you understand the principles of the Meschino Optimal Living Program, you can decide for yourself whether a particular recipe meets the requirements of a healthy diet, and adapt some of your existing recipes to meet the criteria of the program.

To help you further, here are examples of seven different days on the program using some very basic meal ideas.

**DAY ONE**

Fiber Points

Breakfast:

Dairy Protein Meal

Whey Protein Shake:

4 ounces of water,

2 ounces of orange juice,

Ice cubes, and 2 Tablespoons of flaxseed powder (Mixed in a blender)

1.5

Snack

½ to 1 low fat bran muffin or oatmeal muffin

1.5

Lunch:

Flesh Protein Meal Grilled chicken sandwich with vegetable toppings

0.5

Minestrone soup

1.0

soda water with lemon

Dinner:

Flesh Protein Meal

Grilled Salmon

Cooked spinach

2.5

1/2 cup Any Bean Salad

(with oil and vinegar dressing)

2.0

diet soft drink

Snack

3 cups popcorn

1.5

Total

11.5 pts

**DAY TWO**

Fiber Points

Breakfast

Dairy Protein Meal

8-10 oz. low-fat yogurt

1.0

slice one nectarine and add it to yogurt

add 1/2 cup high-fiber cereal to yogurt

add two tablespoons of flaxseed powder

5.0

herbal tea

Lunch:

Flesh Protein Meal

1 tin of water packed tuna

mixed green salad (oil and vinegar dressing)

1.0

whole wheat roll

1.0

mineral water

Snack

2 Plums

1.0

Dinner

Flesh Protein Meal

¼ to ½ roast chicken

1/2 cup brown rice (boiled)

2.0

cranberry juice, diluted with water

Snack – 3 cups of popcorn

1.5

Total

13.0 pts

**DAY THREE**

Fiber Points

Breakfast

Dairy Protein Meal

1 pumpernickel bagel

1.0

3 ounces of low fat cheese (e.g creamed cottage cheese)

1 cup sliced cantaloupe

0.5

Diluted juice with tablespoons of flaxseed powder

1.5

Snack

1 apple

1.0

Lunch

Flesh Protein Meal

1 small tin salmon (water packed)

2 slices whole wheat bread

2.0

Snack

3 cups popcorn

1.5

1 sliced tomato

0.5

1 bowl vegetable soup

1.0

Dinner

Flesh Protein Meal

4 ounces of cooked turkey breast

mixed green salad

1.0

whole wheat roll

0.5

soda water

Snack

3 cups popcorn

1.5

Total

10.5 pts

**DAY FOUR**

Fiber Points

Breakfast:

Dairy Protein Meal

Egg white omelette with green peppers, tomatoes Onions  
and mushrooms

1.5

1 slices whole wheat toast

1.0

diluted fruit juice with two tablespoons of flaxseed powder

1.5

Lunch

Flesh Protein Meal

Sliced turkey sandwich on a whole wheat bun, with  
vegetable toppings

1.0

spring water

Snack

two peaches

2.0

Dinner

Flesh Protein Meal

Pasta prima vera with added chicken

1.5

mixed green salad (oil and vinegar dressing)

1.0

Snack

Small fruit salad

1.5

green tea coffee

Total

11.0 pts

**DAY FIVE**

Fiber Points

## Breakfast

Dairy Protein Meal

8-10 oz low-fat plain yogurt

add 1/2 cup fresh fruit

1.0

add 1/2 cup high-fiber cereal

add tablespoons of flaxseed powder

5.0

green tea

## Lunch

Flesh Protein Meal

1 tin of water packed tuna

mixed green salad (oil and vinegar dressing)

1.0

1 dinner roll

0.5

mineral water

## Snack

1 apple

1.0

## Dinner

Flesh Protein Meal

Poached Salmon in Rosé Wine

steamed rice

0.75

cooked carrots

1.0

1 slice whole wheat bread (plain)

1.0

spring water

Total

11.25 pts

**DAY SIX**

Fiber Points

## Breakfast

Dairy Protein Meal

Protein Shake (see Day One for details)

1.5

2 high-fiber biscuits

1.0

## Lunch

Flesh Protein Meal

Sliced turkey breast

pumpnickel bagel

1.0

small fruit salad

1.5

black coffee

## Dinner

Flesh Protein Meal

BBQ Chicken

mushrooms, artichoke hearts, tomatoes

2.0

mineral water

## Snack

3 cups popcorn

11.0

Total

9.5 pts

## DAY SEVEN

### Fiber Points

#### Breakfast

Dairy Protein Meal

3 oz low fat cheese

melted over an open-faced bagel

1.0

1 grapefruit

1.5

diluted juice with two tablespoons of flaxseed powder

1.5

#### Lunch

Flesh Protein Meal

sliced turkey breast

2 slices whole wheat bread

2.0

tomatoes, lettuce

1.0

1 bowl vegetable soup

1.0

mineral water

#### Snack

2 plums

1.0

#### Dinner

Flesh Protein Meal

Roasted chicken breast

boiled rice (1/2 cup)

2.0

fruit salad (2 cups)

2.0

diet drink

Total

12.0 pts



## The Meschino Intensive Weight Loss Plan

### Introduction

For those of you who are overweight, I have created an intensive phase weight loss plan using the principles of the Two Staple Nutrition System that you are now familiar with. If you need to lose some weight then I recommend that you begin with this highly structured program to ensure that you get the weight loss results that you are important for you to achieve, in terms of your overall wellness and anti-aging status. In addition to wanting your body to look better it is important to get down to an ideal body weight in order to lower risk of many serious diseases. Being overweight significantly increases your risk of heart attack, stroke, high blood pressure, gallbladder disease, adult onset diabetes, breast cancer (over weight postmenopausal women have a 3-times greater risk of breast cancer than leaner women), osteoarthritis, and possibly prostate and colon cancer.

The following weight loss version of the Two Staple Nutrition system will enable you to lose weight without slowing down your metabolism, as is usually the case with very-low-calorie- diets and many high protein diets, which put your body into a state of ketosis. Diets that put you into ketosis facilitate weight loss from your body in much the same way as a cancer patient loses weight. The result is that you break down much of your lean muscle tissue leaving you looking gaunt, washed out and much more frail. With loss of your lean mass, your metabolism slows down very dramatically forcing you to stay on a calorie restricted program for the rest of your life with no hope again of ever eating pasta, rice, bread and potatoes. To the contrary, The Meschino Intensive Weight Loss Plan will enable you to lose fat while maintaining or increasing your lean mass and your metabolic rate, which will make you look and feel very healthy and vibrant and enable you to keep the pounds off once you get down to your ideal weight, while enjoying full range of Two-Staple Nutrition System foods for the rest of your life. So, if you are overweight then lets get down to business and get you started on the road to that will get you the fit, healthy, age-resistant body nature intended you to experience.

## Overview of the Plan

The Intensive Phase of this program provides 1,200 to 1,500 calories per day. In conjunction with the minimum amount of prescribed physical activity (30 min. power walk), most individuals will lose two pounds per week (mostly body fat; approx. 95%). Fluctuations in total body water and other factors may prevent weight loss from occurring in a consistent manner from week to week. Nevertheless, over a the first five-week period a 10-lb. loss of body fat is expected for most individuals.

This program is moderately high in protein, low in fat and provides safe and adequate levels of mostly Category 1. Category 2 and Category 3 carbohydrates, vitamins and minerals, and is based on the principle of the Two Staple Nutrition System. The breakdown of carbohydrates, protein in fat is as follows:

- approximately 50% carbohydrates
- approximately 30% protein
- approximately 20% fat

### A. THE OVERALL DAILY PLAN TO FOLLOW EACH DAY

• Breakfast		High Protein Breakfast Selection*
• Midmorning	Snack	1 Fruit Selection*
• Lunch		1 Flesh Protein Selection* 1 Vegetable Selection* 1-2 Bread Selections*
• Afternoon	Snack	1 Fruit Selection
• Dinner		1 Flesh Protein Selection* 1 Vegetable Selection* 1-2 Bread Selections*
• Evening	Snack	3-6 cups of low fat popcorn

### Other Daily Requirements:

1. 6-8 glasses of fluids per day (8-oz.)
2. High Potency Multiple Vitamin and Mineral
3. Fat Burner supplement - (one caplet taken at lunch and dinner)
4. Minimum 30-minute power-walk each day or aerobic program of your choice (minimum 30 minutes). If you wish to add resistance training that is only a bonus as it will help increase your lean mass and resting metabolic rate.

Note: All selections are described and quantified on the following pages.

### High Protein Breakfast Selections

<b>OPTION 1</b>	Egg white omelet (3 or 4 egg whites) with 1/2 cup of desired vegetables (no butter or margarine - may use small amount of olive oil) Have with 1 sliced tomato
<b>OPTION 2</b>	Egg Beaters - 1 serving size (Can add 1/2 cup vegetables)
<b>OPTION 3</b>	Protein Shake - 1 serving size of Protein powder shake mix (providing 20-25 grams of whey, egg white or soy protein, no more that 6 grams of carbohydrates and less than 2 grams of fat), added to 4-6-ounces of cold water and ice cubes. Add 2 tablespoons of Flaxseed Powder and mix in a blender until ice is fully crushed and shake is creamy-rich.
<b>OPTION 4</b>	Non Fat Yogurt and Cereal or 1% milk or non-fat milk and cereal Choose any non-fat (plain or flavored) yogurt that contains no added sugar (8-oz.) Add any of the following high fiber breakfast cereals (1/3 cup) to non-fat yogurt or non-fat (skim) milk or 1% milk (8-oz.)

### High Fiber Breakfast Cereals (1/3 cup)

- All-Bran
- Grape Nuts
- Bran Buds
- Bran Flakes
- 100% Bran
- Special K
- Fiber 1

### Lunch and Dinner – Meal Formula

At both lunch and dinner, the same meal formula applies:

- 1 Flesh Protein Selection – i.e. chicken breast
- 1 Vegetable Selection – i.e., bowl of minestrone soup
- 1 or 2 Bread Selections – i.e., 1 piece of dry toast

### Guidelines for Lunch & Dinner

Three bread servings are permitted each day. If you have two for lunch, then you must have only one for dinner and vice versa.

If you have cereal for breakfast (Option 4) you are permitted only two bread servings for the remainder of that day.

1 bread serving =

- 1 slice of bread
- 1/2 bagel
- 4 soda crackers
- 2 pieces of melba toast
- 2 rice cracker biscuits
- 1/2 of a 4" x 6" matzoh
- 1/2 Kaiser Bun
- 1 small dinner roll

Pasta, rice and potatoes are easily converted into fat, hence they represent a more undesirable food group, during the Intensive Phase of Program. Therefore, have no more than two selections from this food group per week. (i.e., 1 pasta selection and 1 rice selection = 2 selections)

One serving size =

- Pasta 1 cup cooked with tomato sauce
- Rice 1 cup cooked (boiled, steamed)
- Potatoes 1 whole potato (baked, or boiled)

### General Information

- No butter or margarine is allowed. If that seems impossible, then spread a thin layer of margarine on bread products if necessary.
- No Juices, Jams or Jellies permitted during the Intensive Phase of Program.
- Do not drink calories. This includes calories from Juices, Sodas, Alcohol and Sugar added to tea, coffee or espresso. Artificially sweetened beverages are permissible within reason (two servings per day)

### Beverages Allowed Include:

- Water – distilled, filtered, soda water, mineral water, spring water
- Coffee and Tea – limit to 3 cups per day. Use artificial sweetener if necessary and no milk or cream. (Skim or 1% milk is allowed, but use the least amount possible.) Do not factor coffee or tea into your total fluid intake for the day. Green Tea and herbal teas are better choices in the category of hot beverages.
- Diet Sodas – Limit to 2 per day if you consume them.
- Low fat popcorn – Use air-popped popcorn or find a microwave popcorn that contains less than 1.5 gms of fat per 3 cups.

## Oils and Salad Dressings

The preferred oils include olive oil, peanut oil and canola oil. Use the least amount possible (i.e., 1 tsp. = 1 serving size) for a stirfry, to sauté vegetables, to brown meats, in tomato sauces or for salad dressings. Salad dressings should be made from olive oil and choice of vinegar (i.e., balsamic)

## B. FOOD SELECTIONS AND ONE-SERVING SIZES

### Low Fat Flesh Protein Selections

One serving size =

- Chicken: 3-4 oz.
- Turkey: 3-4 oz.
- Cornish Hen: 3-4 oz.
- All Fish: 3-4 oz.
- Tofu, or tofu products such as Veggie Burger: 3-4 oz.

### Vegetable Selections

#### Option 1

*One serving size = One large salad (up to 3 cups) including any of the following vegetables*

- carrots
- peppers
- dark green leafy vegetables
- tomatoes
- broccoli
- cauliflower
- onions
- cucumbers
- radicchio

#### Option 2

One serving size = One serving of any of the following items:

- 1/2 cup cooked carrots
- 1/2 cup of raw or cooked broccoli, cauliflower, Brussels sprouts or cabbage
- 1/2 cup of cooked spinach or other greens (i.e. bok choy, rapini)
- 1/2 cup of cooked zucchini
- 3/4 cup of cooked peppers
- 1/2 cup of beets
- 1/2 cup of cooked asparagus
- 1/3 cup of cooked corn
- 1 corn on the cob
- 1/2 cup of beans, peas or lentils (cooked or dried)

### Option 3

One serving size = Bowl of soup (non-cream, non-milk or non-chowder) - i.e., 1 bowl of vegetable or minestrone soup 1, 1 bowl of pea soup (no ham) etc.

#### **Fruits**

- Apple 1
- Apricot 2
- Banana 1/2
- Berries 1/2 cup
- Cantaloupe 1/2 cup
- Cherries 10 large
- Dates 2
- Figs 1
- Grapefruit 1/2
- Grapes 12
- Honeydew Melon 1/3
- Mango 1/2
- Nectarine 1
- Orange 1
- Papaya 3/4 cup
- Peach 1
- Pear 1
- Persimmon 1
- Pineapple 1/2 cup
- Plum 2
- Prune 2
- Raisins 2 tbsp.
- Tangerine 1
- Watermelon 1 cup

#### **Potato**

One serving size=1 potato with no butter

- You may use low calorie margarine
- No sour cream unless it is non-fat.

#### **Dairy**

One serving size=

- 1 cup (8 oz.) Skim or non-fat milk
- 1 cup (8 oz.) Yogurt made from skim milk or 1% milk (plain, or sweetened without sugar or fruit)
- ¼ cup (2 oz.) Soy cheese or other cheese (less than 4% milk fat or total fat)
- Low-fat cottage cheese (not creamed)
- Egg whites (no yolk allowed) - (3-4)

## Seasonings

All spices and herbs are allowed except those which are sodium-based or which contain sodium (i.e., celery salt, garlic salt, onion salt, are not allowed)

Examples of allowed spices, herbs, flavorings, seasonings:

- Aspartame
- Basil
- Celery seasoning
- Cinnamon
- Cumin
- Garlic
- Lemon
- Morton's salt
- Mustard
- Nutmeg
- Onion Powder
- Oregano
- Parsley
- Pepper
- Rosemary
- Vinegar

## Soups

One serving size= 1 large bowl

- All non-cream and non-chowder soups (i.e., vegetable, minestrone, pea soup) are allowed

## Bread and Cereals

One serving size=

- 1 slice of most bread varieties
- 1/2 of a bagel
- 1/2 of an English muffin
- 1/2 cup of high fiber breakfast cereal is equivalent to one bread serving.

Preferred cereal choices are

- Raw Oatmeal
- Nabisco 100% Bran Cereal
- Grape Nuts
- Bran Flakes with Raisins
- Puffed Wheat
- Shredded Wheat
- Special K
- Wheeta Bix
- All-Bran
- Any other unsweetened cereal with a high fiber content (consult fiber chart.)
- Fiber 1

## Other Bread Product Choices

Each of the following equals one serving:

- 4 soda crackers
- 1/2 of a 4"x6" matzoth
- 2 pieces of melba toast
- 2 rice cracker biscuits (unsweetened)

## Fats and Oils

Each of the following equals one serving:

- 1 tsp of Olive Oil
- 1 tsp of Peanut Oil
- 1 tsp Canola Oil
- 1 tsp of Low Fat (dietetic) Italian dressing

## Beverages

It is recommended that you drink 6 glasses (8 oz.) of water per day:

- 2 before breakfast
- 2 before lunch
- 2 before dinner

Diet sodas, decaffeinated coffee, herbal teas, low sodium soda water (New York Seltzer, Reinharts) and mineral water can be consumed at any time. Limit your intake of caffeinated beverages to 3 cups per day. No cream, no 2% milk, no sugar.

## C. FOOD PREPARATION GUIDE

### General Tips

- Non-stick pans enable you to cook without adding extra fat. If you have ordinary pans, use a non-stick spray instead of greasing them
- Prepare food in ways that don't require added oil. Try broiling, baking, microwaving, or steaming
- Sauté in wine or broth instead of oil

### Low-Fat Protein Foods

- Broil, grill, or steam poultry and fish
- Cook poultry and fish in a fondue, using consommé broth or a clear broth instead of oil
- Poach poultry and fish in clear broth, vegetable juices, or water seasoned with lemon
- Barbecue chicken swordfish, salmon steaks, veggie burger, etc.
- Take the skin off chicken, preferably before cooking it. Choose white rather than dark meat
- When roasting chicken or turkey, baste with broth instead of fatty drippings
- Choose water-packed, not oil-packed, canned fish. Rinse the salt off canned fish
- You can mix tuna or salmon salad with low-fat yogurt or non-fat mayonnaise

### Low-Fat Dairy

- Drink milk with no more than 1% M.F.
- Eat plain yogurt that contains 1% M.F. or less. You can use presweetened yogurt that contains no sugar or added carbohydrate calories
- Eat cheese with 3% M.F. or less. Most solid cheeses are more than 25% M.F. Cheddar, for example, is 32% M.F. and Brick is 29% M.F.
- Try some low-fat cheeses such as low-fat cottage cheese, farmer's cheese, any skim milk cheese, or low-fat cream cheese (2%) or a low-fat soy cheese
- If you really dislike black coffee, use low-fat milk instead of cream or non-dairy creamer.

### Breakfast Cereals

- Choose cereals that are unsweetened and high in fiber. Some good brands and types are Kelloggs All-Bran, Post Grape Nuts, Bran Flakes, Bran Buds, 100% Bran, Shredded Wheat, Special K, Wheeta Bix, Quaker Puffed Wheat or Puffed Rice, oatmeal, and muesli.

### Bread (3 servings per day, maximum)

- Choose bread that is high in natural fiber but low in fat: whole wheat, pumpernickel, rye, whole wheat bagels, and pita
- Toasting bread increases its fiber content
- Don't butter your bread. you should also try to avoid margarine, unless you really must
- Avoid egg breads and bread products that are high in saturated fats

## Fruit

- All kinds of fruit are good for you
- The best cholesterol-lowering fruits are apples, peaches, pears, plums, nectarines, the white rind of citrus fruits, blueberries, strawberries, raspberries, mangoes, and papaya
- Anti-cancer fruits are those with lots of vitamin C or beta-carotene. Citrus fruits and kiwis have the most vitamin C. Orange fruits, including cantaloupe, apricots, peaches, nectarines, oranges, mangoes, and watermelon, are highest in beta-carotene.

## Vegetables

- Cruciferous vegetables include Brussels sprouts, cabbage, turnips, cauliflower, and broccoli. They are good anti-cancer foods
- Vegetables high in beta-carotene are also good anti-cancer foods. Carrots, squash, eggplant, and other orange/yellow vegetables, broccoli, spinach, and dark green, leafy vegetables are all high in beta-carotene.
- Try vegetables raw, steamed, broiled, microwaved, marinated, or stir-fried
- Salads are healthy way to eat vegetables. Spinach salad, chef's salad, and mixed green salads, tossed with a light olive oil and vinegar dressing, are the best options. Shredded cabbage, seasoned with a light olive oil and vinegar dressing, is a tasty alternative to lettuce
- Try flavored vinegar to add variety to your salads

## Peas and Beans

- If you are using canned peas or beans, put them in a strainer and rinse with water to get rid of the excess salt and oil
- If you are cooking dried beans yourself, completely cover them with cold water overnight. The next day, drain them and cook in fresh water until they are tender
- Peas and beans are perfectly balanced foods. Most are 60 percent complex carbohydrates, 15 percent protein, and 25 percent fat – precisely in tune with your genetic dietary requirements

## Pasta

- Use light (low-fat) tomato sauces. Sauté vegetables in water or olive oil to add to the sauce. Green peppers, red peppers, mushrooms, onions, and zucchini are all excellent choices. Add clams, mussels, scallops, or chicken to your tomato sauce too, if you wish.
- Bottled tomato sauces with meat are also high in fat. Go to the refrigerator section of the grocery store and buy a fresh marinara sauce and add your own fresh vegetables. The vegetables will improve the taste, add vitamins, and dilute the fat content.

## Potatoes

- Bake or boil potatoes
- Add no butter or margarine
- You can use low-fat yogurt, low-fat sour cream if necessary

## Rice

- Steamed or boiled
- Brown rice is best

Note: Pasta, Potatoes, Rice – Don't consume any of these more than twice per week

## Oils

- Use olive oil for salad dressings or for sautéing vegetables
- Use peanut oil for stir frying
- Vegetable oil sprays (such as Pam®) are acceptable substitutes for vegetable oils

## Snack Foods and Desserts

- Unbuttered popcorn is a good snack food. Popcorn made in an air popper has the least amount of fat. Most microwave popcorn is high in fat. Choose microwave popcorn that contains less than 1.5 grams of fat per 3 cups

## **Beverages**

- Every day, you should drink six to eight glasses of water. Distilled water, spring water, low-sodium mineral water and soda water are all good choices
- Bottled water should be ozone-treated to help prevent bacterial growth. The best water is either distilled or has undergone reverse osmosis and deionization
- Keep your intake of caffeinated beverages to a minimum. Three cups of coffee a day should be your maximum. It's best to drink it black. You can use non fat or 1% low-fat milk and artificial sweeteners if necessary.
- Try herbal teas or hot water and lemon as an alternative to coffee or regular tea. Green tea is also a good choice.
- Diet drinks that contain aspartame are the most acceptable soft drinks, but don't overdo it (2 servings maximum per day)
- Avoid all beverages sweetened with sugar
- Beware of high-sodium drinks. They make your body retain sodium and water, creating a bloating effect

## **Dining at Restaurants**

- Ask for your meal to be prepared with less fat than the chef would normally use. In Chinese restaurants, for example, ask the waiter to reduce the amount of oil used for stir frying
- When traveling by plane, call ahead to request a low-fat meal or go for the vegetarian option
- Salad bars are filled with high-fat extras, such as bacon bits, egg yolks, olives, and potato salads. Avoid these foods, concentrating on the fresh vegetables.

## **D. SAMPLE DAY**

### **Breakfast**

- 3-egg-white omelet with mushrooms, green peppers and onions served with sliced tomatoes
- 1 cup of black coffee with sweetener

### **Midmorning Snack**

- 1 nectarine
- soda water

### **Lunch**

- broiled skinless chicken breast
- bowl of vegetable soup
- 1 dinner roll
- 1 diet coke

### **Afternoon Snack**

- ½ cup cantaloupe slices
- mineral water

### **Dinner**

- 4 oz. grilled swordfish
- one large mixed salad with olive oil and vinegar dressing
- spring water

### **Evening Snack**

- 3-6 cups of low-fat microwave popcorn
- 2-3 glasses of soda water

## **Multi Vitamin and Mineral**

### **Fat Burner Supplement**

- 3 Capsules

### **Exercise**

- 30 minute power walk after dinner

## **E. THE FOOD, FIBER , AND EXERCISE JOURNAL**

### **– KEEPING TRACK OF YOUR SUCCESS**

It is important for you to record the foods you eat, the fiber you consume, the supplements you take and the physical activity and exercise you perform each day. By writing it down, you will be more inclined to be faithful to the program. This type of self-monitoring has been shown to be a powerful key to long-term weight loss success. Additionally, it gives you the opportunity to track your success and ensure that you are meeting all the daily requirements of the Meschino Intensive Weight Loss Plan.

This process is vital to your success. Refer to the Food, Fiber, and Exercise Journal on page\_\_\_\_\_.



## Fat Burning Supplements Can Speed Weight Loss

### SOME PEOPLE HAVE MORE TROUBLE THAN OTHERS LOSING WEIGHT

It's well established that some people gain weight more easily than others and have a more difficult time losing excess weight. Animal research and human twin studies reveal that genetic factors can play a role in the susceptibility to weight gain problems. However, in the past decade, a number of intervention trials with overweight subjects have revealed that three naturally occurring nutrients, when taken at optimal doses, can facilitate weight loss, even in subjects with genetic predisposition to weight problems.

These three metabolic fat-burning conditioning agents help the body overcome the resistance to fat-burning that is frequently encountered in overweight subjects.

In conjunction with the Two Staple Nutrition System and exercise, they can help to speed up metabolism, enabling your body to burn more calories while at rest. Unlike ephedra, these three fat-burning nutrients are completely safe and produce no undesirable side effects at recommended levels of intake. The fat-burning trio of metabolic conditioners I am referring to include:

- Chromium
- Hydroxycitric Acid (HCA)
- Coleus Forskohlii

### **CHROMIUM: *Blocking the Conversion of Carbohydrate to Fat***

One of the most frustrating aspects of being overweight is that your body tends to more easily convert carbohydrates into fat, and stores that fat in your fat cells. Thus, the fatter we become the easier it is to gain even more weight. The reason for this involves the hormone, insulin, and the mineral, chromium. Let's discuss the role of insulin first.

As a person gains body fat, the cells of their body become less sensitive to the effects of the hormone, insulin. As a result, the pancreas must secrete higher and higher levels of insulin in order to overcome this widespread insulin resistance. Insulin is needed to help the cells of the body extract glucose (carbohydrate sugar) from the bloodstream. In turn, higher levels of insulin encourage the liver to convert carbohydrates into fat, following a meal or snack containing carbohydrate foods. In turn, these newly formed fats are shipped to your fat cells, contributing to weight gain and increased body fat.

So it really becomes a Catch-22 situation for an overweight person. Even a low-fat diet alone doesn't get results because your body is conditioned to convert carbohydrates into fat due to high levels of circulating insulin.

**How Chromium Can Help:** It has been known for sometime that insulin requires the presence of the mineral chromium in order to maximize its effect on body tissue. Studies demonstrate that, when supplemented with 200-400 mcg of chromium, the amount of insulin secreted is significantly reduced because body tissues become much more sensitive to the influence of insulin. Most diets contain only 25-50 micrograms per day. To optimize insulin sensitivity, levels of 200-400 mcg of chromium are required. Only through supplementation is it possible to ensure chromium intake in this range.

As insulin sensitivity increases with the help of chromium supplementation, insulin levels drop down, reducing the tendency to convert carbohydrates into fat. Endurance exercise also helps to increase insulin sensitivity and lowers circulating insulin levels. Thus, regular exercise and chromium supplementation are a powerful combination in body fat reduction and insulin regulation.

**Chromium Also Elevates Metabolism:** Chromium and exercise can also increase your metabolism, speeding up the rate at which your body burns fuels at rest. By aiding the action of insulin, chromium helps to increase the delivery of protein (amino acids) to your muscles. If you exercise regularly, more protein gets laid down inside the muscle, increasing muscle tone, definition and lean mass. As your lean mass increases, your body burns more calories each minute of your life as muscles burn up a lot of calories even at rest. As a result your metabolism speeds up, allowing you to eat more calories without gaining weight.

Together, regular exercise and chromium supplementation help block the conversion of carbohydrates into fat and facilitate an increase in lean mass, tone, definition and metabolism. Studies using chromium supplementation have confirmed its effects on body fat reduction and increases in lean mass.

### **HYDROXYCITRIC ACID (HCA): *The Natural Appetite Suppressant with no Side Effects***

Another effective metabolic conditioner that aids in weight loss is hydroxycitric acid (HCA), a naturally-occurring appetite suppressant that is found in the rind of the garcinia cambogia fruit.

Traditionally, its use has been as a food additive and condiment in many dishes native to the countries in which it grows (i.e., Southeast Asia).

Toxicity studies have shown that HCA is an extremely safe dietary supplement, with no reported toxicity at recommended intake levels.

Studies on human subjects have demonstrated remarkable weight loss results at doses of 750 mg to 1500 mg.

**How Hydroxycitric Acid Works:** The available research indicates that HCA inhibits the key enzymes that convert carbohydrates into fat. As a result, the liver shunts carbohydrates to its carbohydrate fuel tank (Glycogen stores). As the carbohydrate fuel tank fills up, nerve signals travel from the liver to the brain that stimulate appetite suppression. Simply stated, you feel full, content and stuffed. So it's really a double benefit:

- Blocking the conversion of carbohydrate into fat is a major benefit, as most overweight individuals have higher insulin levels, which promote the conversion of carbohydrates into fat, and
- Triggering nerve signals that suppress appetite, thus reducing the tendency to overeat.

Best of all, appetite suppression occurs in a natural way, not by drugs or ephedra – which are known to have life-threatening side effects—acting directly on the central nervous system. Some studies involving subjects taking 750 mg of HCA per day have revealed a weight loss of almost 20 lbs. in just 8 weeks, even in patients who had reached a weight loss plateau on a prior two-month diet plan. Available research indicates that HCA has a high degree of efficacy in blocking the conversion of carbohydrate into fat and in safely suppressing appetite, and thus is a safe and effective supplement for those who wish to burn fat and lose weight safely.

### **Coleus Forskohlii**

Coleus forskohlii is a member of the mint family and is recognized in the world of herbal medicine as the only plant source of the diterpene compound known as forskolin. What makes forskolin so important is its ability to stimulate the synthesis of cyclic adenosine monophosphate (AMP), which among other outcomes, triggers the release of fat from fat cells and speeds up metabolism by increasing thermogenesis (the rate at which the body burns calories at rest, emitting it as heat to the environment.) The other agent known to produce a similar effect is ephedrine and its adrenaline-like sister compounds, which are known to have dangerous side effects. Unlike ephedrine, forskolin does not stimulate the nervous system. It is able to increase the release of stored fats, elevate metabolism and increase lean mass by increasing the synthesis of cyclic AMP, without stimulating the central nervous system. Thus, forskolin gives you all the fat-burning benefits as ephedrine without the risks or side effects. Clinical trials involving overweight human subjects have demonstrated that supplementation with a standardized grade of coleus forskohlii can help patients lose up to 10 lbs. in just 8 weeks. Subjects also increased their lean mass, which further speeds up the resting metabolic rate.

Forskolin may also have a modulating effect on thyroid function as it has been shown to have a mild thyroid stimulating action, which may also help to explain its effectiveness in helping overweight subjects increase their metabolism and thermogenic activity. It is thought that many overweight patients with slow metabolisms may suffer from a sub-clinical, under active thyroid problem that is not detectable using standard blood tests. Supplementation with coleus forskolin may help to overcome that barrier to weight loss in concert with its other fat-burning properties. Forskolin is an extremely safe and non-toxic supplement that can be used to aid in body fat reduction and lean mass gains.



## Summary

In conjunction with a proper nutrition and lifestyle plan, these 3 ingredients have been shown to be safe, effective, and act in a synergistic manner to help patients reduce their body fat and increase metabolism. As such, I routinely recommend the inclusion of a dietary supplement containing these three metabolic fat-burning conditioning agents to my weight loss patients and to the health practitioners with whom I consult on this subject. The product I recommend contains the following ingredients per capsule:

Chromium – 66.7 mcg

Hydroxycitric acid – 333.4 mg

Coleus Forskolin – 66.7 mg

I suggest taking one or two capsules, three times per day with meals during the weight reduction period. A maintenance dose of one or two capsules per day can help to maintain weight loss on an indefinite basis.

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