



Richard Doyle (Be Lean For Life Coach)



Week 4 Report

Joe Watkins

March 22, 2019

Your caloric intake this week has been consistent with the previous 3 weeks so for the time being I am going to assume that is normal for you. I did reach out to my professional community as I promised, and I had a couple of plausible responses. The most plausible being that over many years of eating this way your body has adapted to that as the norm. Secondly, the thyroid gland is a primary component of metabolism control. Some people with thyroid problems have issues with a low metabolic rate. Typically the symptoms would be lethargy, lack of energy etc. You don't strike me as somebody with any problems in that regard, and typically at your age if you had thyroid problems there would be other symptoms. I know some people with thyroid problems and for the most part they are medicated and have specific dietary needs. So I'm going with the first option for now unless I learn anything different going forward. I think you still have room to reduce carbs and proteins more and increase fats.

Your Calcium, Potassium, and Magnesium are less than optimal which also seems to be a trend. I've sent you videos on those in the past, so you have information at your fingertips if you want to try and advance those numbers up a little.

For the record, I struggle in these areas too. I have largely solved the Potassium issue by introducing a product called "No Salt" into my diet. It tastes like salt but is loaded with potassium rather than sodium. I put it in coffee, bone broth, and on salads etc. Magnesium for the moment I use supplements as I still haven't figured out how to do that naturally. Calcium is a perennial problem for me that I'm still working on. Cheese helps a lot but I don't really want to be eating cheese every day.

Your Omega6/3 ratio is pretty good, it could be a little lower but it's well below the 20:1 ratio maintained by the general population eating the Standard American Diet.

As we discussed earlier in the week Intermittent Fasting, or some version of I think would be beneficial. It will help you increase your blood ketones some, and probably enough to get your GKI into the therapeutic ketosis bracket. However, the major benefit of IF in your case would be triggering autophagy. I will attach a video or two on the topic for your perusal.

I also found an interesting video on Carbohydrates, as in, the best ones to eat. I've attached that also.

By sending you these videos I am trying to provide you with as much knowledge as possible to address any problems you may have. You will obviously decide for yourself whether or not you want to try out these protocols. Should you choose to do so I am here to coach you through the process.

I am going to England next week, but I am anticipating similar availability as if I were here in Texas. I'll be five hours ahead so timing may be a little different.

No Carb/No sugar foods: <https://youtu.be/EWPKatbiNqA>

Autophagy:

<https://youtu.be/rDzlbkyr5QQ>

<https://youtu.be/0La7oHefSq8>

Autophagy cancer specific:

<https://youtu.be/cjNuUz1CWb0>

<https://youtu.be/WnK1FgxflWM> Scientific – very good