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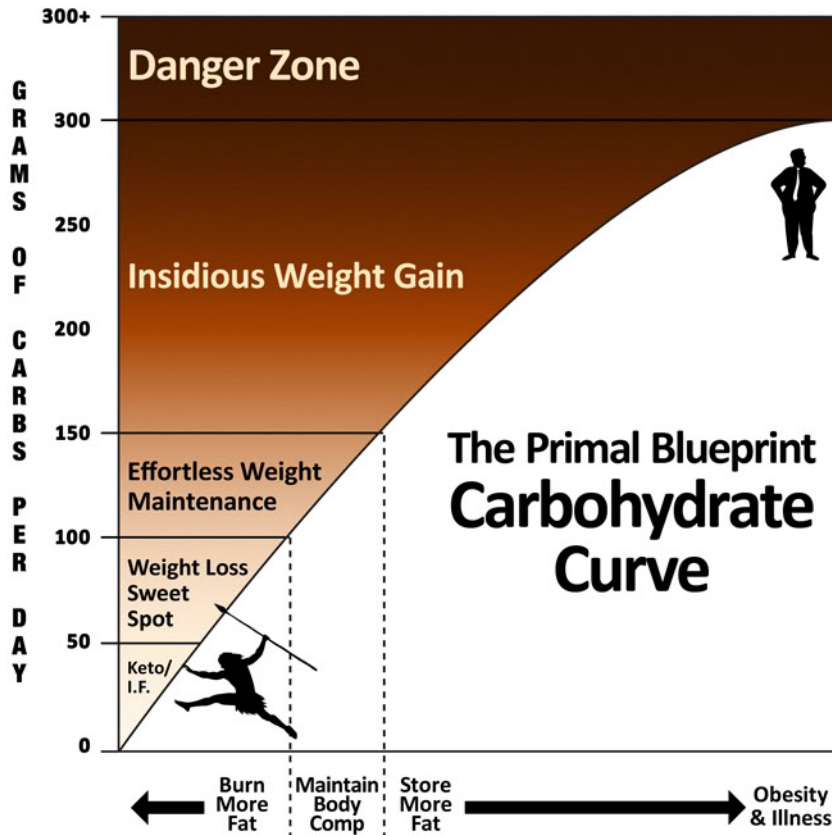
Week 1 Report

John Dixon

April 22, 2019

Not a bad week one really. Your caloric intake is almost 1000 deficit every day. This protocol is not a calorie restrictive diet. First of all that is not sustainable and secondly you body is going to think there is a famine going on, so it's going to store as much energy (fat) as it can and reduce your metabolism (energy) to try and compensate. Net effect you will lose muscle and become skinny fat. I will talk specific solution here soon. Your macro breakdown was 56% fat, 18% carbs and 16% protein. Where we are trying to get here is 65-75% fat, 15-25% protein and 5-10% carbs. The targets I set up where your macros are recorded is my initial attempt at helping you reach these targets. But bear in mind these targets are based on 2500 calories a day not 1500. When you transition to fat burning rather than carb burning (3 to 4 weeks) you will be able to reduce your caloric

intake possibly down to your current levels when you are burning body fat. When we add in intermittent fasting maybe week 4 on the weight loss will go into high gear.



Micro nutrients: Calcium, Vitamin D, vitamin C, Potassium and Magnesium are all too low, I'll add some videos at the end to explain some of the effects. Initially supplementation will help eventually we want to reach a nutritional plan where the micros come from nutrition not drugs.

Ok, so where do we go from here:

One of our primary objectives is to convert you from burning carbs as fuel to burning fat as fuel in the form of ketones. Once converted which will take 3 weeks or so you will then be able to burn your body fat as fuel. At this point instead of your hormones making you hungry telling you to eat more carbs for fuel they will automatically start utilizing fat from your fat stores as energy. This is when the serious weight loss starts. Furthermore you will rarely feel hungry allowing you to burn more fat. Also neural plasticity will kick in and your neural pathways will be encouraging you to eat fats rather than carbs when you are hungry.

To encourage your body to burn fat as fuel you need to give it more fat and less carbs so it has little alternative but to convert. If you try to do this too quickly you will experience what's called keto flu which can last 3 days or so. So you need to start replacing carbs in your diets by fats slowly over the next week or so.

Also your protein is a little high and the body converts protein it can't utilize for it's normal bodily requirement to glucose further adding to the insulin problem. So replacing some protein by fat is also a good idea.

So how do we move forward? Well, let's start here: cut out all grains, bread, pasta, cakes, cookies muffins etc. Cut out all sugar not just added sugar, you can't do this completely but not eating any processed food is a good start and only eating low glycemic index fruit, i.e. berries. Bananas, melon, grapes, mango are all examples of high glycemic index fruits, these fruits have the worst type of sugar, fructose, and it goes without saying stay away from high fructose corn syrup products. Try and cut out legumes, primarily beans, and peanuts. Ideally no alcohol, the order from good to bad is: spirits, wine, beer. Cut out starchy vegetables primarily those that grow underground like potatoes, sweet potatoes are the lesser of evils. Cut out bad fats, that would be inflammatory Omega 6 fatty acids. Everything in restaurants are cooked with them, all processed foods are loaded with them including commercial salad dressings. Stay away from GMO products that's all corn and wheat products and soy products also. Avoid regular milk.

So what can you eat? Whole food, that is: anything without a food label. Meat preferably grass fed, fish preferably wild caught not farmed. Vegetables lots of them, berries, nuts (specifically macadamia, pecans, walnuts, almonds brazils), coffee, tea, whipping cream or half and half. Avocados, eggs, bacon. Keto coffee including butter/ghee, MCT oil and whipping cream if required. Dark Chocolate 85%. Kombucha, plus other fermented products like, sauerkraut, Kimshee, nutritional yeast, whole fat Greek yoghurt. Bone broth, lemon water. Lots of olive oil. While this may sound restrictive, believe me after a while you begin to really enjoy this way of eating, even crave it. Try and stick to three meals a day no snacks. If you must snack, go with nuts or dark chocolate. Don't touch anything "low fat" or processed like "bars".

Whole 30 allows you to eat potatoes and no cheese or more specifically dairy, I recommend the opposite with the exception of commercial milk products. By eating a much higher fat diet you will be more satiated and will not feel the need to snack between meals. Eventually maybe 3 to 4 weeks in we can move to intermittent fasting. The combination of healthy nutritional ketosis and intermittent fasting is the ultimate weight loss formula.

Conventional wisdom based on flawed scientific trials, big pharmaceutical and big food manufacturers funded trials with biased conclusions have led to the catastrophic Standard American Diet now known to coincide with the pandemic non contagious metabolic

disease crisis the western world is struggling with today, causing approximately 75% of premature deaths, reduced quality of life and decreasing longevity. I won't bore you with pages of clinical, medical, and scientific data to support these claims, but at least 50% of my Primal Health Institute Coaching certification addressed these issues. The Standard American Diet calls for 300g of carbs a day and no saturated fat and it's the greatest cause of premature death on the planet. The FDA are in cahoots with big pharma and big food, lobbyists and politicians to allow lots of poisons and toxins to be considered safe in food labels. They are all getting rich on the back of the degenerating health of the nation. The cure for cancer has been known for close to 50 years, but anybody that dares to go public with it will end up in a very bad place, it's all about the money.

So as you may be concerned about too much saturated fat in your diet based on conventional wisdom as described above, I have attached a video that should put your mind at rest.

<https://youtu.be/I5F0dh1uolQ>

These videos address micro-nutrient deficiencies

Magnesium: <https://youtu.be/m3DvyRrJDYE>

Potassium: <https://youtu.be/epNcLy6knx4>

Vitamin D: <https://youtu.be/-FKS7C5BcbE>

This final video talks about the dangers of calcium supplements:

<https://youtu.be/YWf2KRylwec>

Feel free to contact me with any questions. I am here to help, it's what I do these days so no problem.