



HEALTH RESULTS

EXPLORE, MEASURE & IMPROVE your inner *(metabolic)* health

Health Results *the* Human Diet

7-day Taster Programme

written by Steve Bennett





the Human Diet

We believe what you eat has the power to change everything! Our approach is to focus on foods that we have evolved to eat, we call it the ‘Human Diet’.

This means eating food that could have been recognised by our ancestors; food that is unprocessed or at least minimally processed. For those who have been negatively impacted by consuming a non-human diet (thanks to living in a corporatised world) Health Results is here to help.

Overweight? It's not your fault!

Your human needs aren't being met by the modern diet, which has strayed way too far from our genetic requirements. You have to cut through all of the marketing hype and corporate brainwashing and get back to the natural diet of our species.

Put simply, your diet needs to return to what your body is designed to eat. And to that end, you need to start eating real foods.

Disclaimer. This Human Diet 7-day Taster Programme, contains lots of information and suggestions relating to what to eat, when to eat it, and how to exercise. This information is not advice, and should not be treated as such. It is also the thoughts and research of the author and may not in parts be consistent with the beliefs of Health Results.

You must not rely on the information as an alternative to medical advice from an appropriately qualified professional. If you have any questions about any medical matter you should consult your doctor immediately. If you are on any prescribed medicine whatsoever, you should seek advice from your doctor before following any of the information or suggestions in this book. Even if you are not on medication, if any of the information in this book is very different to your current lifestyle, you should sit down and share the information in this book with your doctor and ask them whether they feel it is appropriate for you. The author disclaims liability for any medical or health outcomes that may occur as a result of following the information or suggestions contained in this book.

It is important to understand that there will be individual variants to arriving at optimal health and you need to uncover the right approach for your own body.

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It's not your fault if you are overweight, fat, or obese.

If you follow the advice in this short book, then you can lose weight for good. There is only one requirement... forget **EVERYTHING** you currently know about how to lose weight! This book focuses on how to lose weight and features principles from my book *Fat and Furious*, combined with the latest findings in how to lose it quickly.

When you eat real foods, you don't need to count calories and you can eat most of the things you like (just a few exceptions). The key is to eat natural, un-processed foods. You'll soon learn to adapt to what works best for **YOUR** body. You won't find a day-by-day meal plan here, instead you'll find a surprising amount of ingredients you can combine and cook any way you like.

Take a look at the Health Results App, which currently has over 600 delicious recipes with more added each week. Additionally, we want to ensure you've loaded yourself with plenty of the right knowledge about food and nutrients; the app is an excellent source of information for this.

Much of what you currently think about food has been shaped by misguided research, bad information, corporate greed, and outdated government advice.

'How is that possible?' you ask. Because the big food giants and pharmaceutical companies spend billions on marketing that is aimed at doctors and the authorities, lobbying snippets of research to prove their goods aren't unhealthy. The result of this is that we have the wool completely pulled over our eyes.

In my book *Fat & Furious*, I mention the apparent magic trick that Derren Brown performed in 2012, flipping 10 coins in a row that all landed on heads.

No clever camera trickery, no special toss, and no loaded coins. But what we weren't to know was that we were only shown his final successful attempt after the camera had been rolling for over nine hours.

The point here is that it's easy to present the results you want to present, if you conduct enough randomised bulk testing and present only the segment of information which supports your claim.

Over the past 60 years, we have been fed inaccurate information from a variety of sources, leading us to become misinformed about food and our dietary requirements. A prime example of how just one piece of research has become responsible for so many things that are wrong with so many diets is the case of Ancel Keys. Back in 1958, he wanted to show that fat was dangerous. He completely distorted his research and it wasn't sugar that came out as the bad guy, it was saturated fat.

In the 1970s, the Sugar Council of America repeatedly ran an advert with the statement, **'If sugar is bad for you why don't you ever see fat kids?'** – seriously, they did! Yet less than 50 years later, globally in 2016, 41 million infants and children were overweight or obese. Each 330ml can of Coca-Cola contains 35g of sugar and has virtually zero nutritional value. In fact, the weight of sugar sold in just Coca-Cola around the world each day is the equivalent to the weight of more than 1000 London buses!



The principle of how to lose weight and keep it off is about realising that evolution takes a long time and that our bodies have not yet adapted to eat the current diet. This may sound crazy, but evolution takes millennia. You will shortly see that the way our distant ancestors ate, fasted, and moved was conducive to a far healthier and more maintainable lifestyle than the one we currently know. If you are overweight, you need to start eating more of what your body is designed to eat.

So, here are more things you might have been led to believe which are all incorrect.

Eat little but often. Wrong! If we don't give our intestines a break they can't complete their repair cycle. Don't beat yourself up if you got this one wrong. In a recent survey I commissioned across the UK with more than 2000 adults selected at random, more than half also believed in the little and often myth. Not surprising, because the huge snack and confectionary brands want you to believe it too!

Eat a 'balanced diet'. I'm not surprised if you abide by this one, because our government recommends a balance of carbohydrates, fat, and protein. But their advice leans heavily toward the very thing that makes us overweight, fat, and obese: carbohydrates. Again, you're not alone. In our recent UK survey, 68% of people believed the same too.

Fasting is dangerous. Wrong! If it was dangerous, our distant ancestors who went from feast to famine would have all died out and you wouldn't be reading this right now. Fasting is undertaken by a variety of different cultures and religions on a regular basis.

Skipping meals and fasting slows down our metabolic rate. Wrong! It actually speeds up your metabolic rate. Do you think if caveman didn't catch any food one day, that Nature would slow down his supply of energy? If so, he'd never catch anything the next day either. It is true that prolonged fasts – those lasting more than three or four days – slow down our metabolism, but we wouldn't normally recommend that anyway.

Breakfast is the most important meal of the day. Wrong! We call it breakfast because it 'breaks the fast'. Because of our circadian body clock (the 24-hour biological clock), the first meal we consume when we wake up causes a bigger insulin surge than if the same meal was consumed later in the day. And insulin surges cause us to pile on the pounds. Once again, you're not alone if you got this one wrong. In our recent survey, 65.5% (2 out of 3) said it was better for you to eat breakfast than not.

Now it's time we get into what makes us fat and what doesn't...

To change your body shape, you simply need to understand some basic facts about food and biology and then act on your new knowledge.

The Human Diet 7-day Taster Programme

This programme is about spending as much time in fat-burning mode – as opposed to fat-storing mode – as possible. Why just seven days and not more? Because within just seven days you will definitely see results. Then it's up to you. You can decide to reintroduce a few more food types or carry on with the rapid weight loss programme. You may also want to enter our 49-day Health Reset programme and really build on the information you discover in this short book.

While many people will say rapid weight loss is bad for you, they're simply misinformed. Besides, this isn't a crash diet, this is kick-starting both a new habit and way of life. Psychology in weight loss is half the battle. After just seven days of experiencing great results, both your level of comprehension and willingness to commit to living more naturally, seeking out whole foods, and going out of your way to avoid packaged foods, fake foods, and other sugar-loaded rubbish will increase.

Plus, if you currently suffer from symptoms like IBS, bloating, headaches, depression, anxiety etc, there is every chance these are connected to your diet. You may not be intolerant to something you are currently consuming, but you might well be sensitive to it. Any offending food usually leaves your system within five to seven days and within seven days, any symptoms previously experienced should have disappeared. If you are still experiencing symptoms for more than seven days, then seeking medical assistance is highly recommended.

The Human Diet 7-day Taster Programme does five things:

- Dramatically restricts CARBS (you will soon read why I always abbreviate carbohydrates like this).
- Removes common foods that people are sensitive to.
- Helps detox the body.
- Provides education and awareness for future health.
- Helps seriously lose weight by burning fat.

Is this not just another diet, you ask? That depends on your view of what a diet is. The word 'diet' is derived from the Greek word 'diaita' – meaning 'way of life' – and in this respect it is the ultimate diet!

But it is definitely not the modern interpretation of a diet book. Living our daily lives more naturally is enjoyable and provides a long-term approach to sustainable health. There is no calorie counting or any strict recipe regimen. I also don't believe that one approach to health fits all. We are all biologically different, we all have different genes and we all live different lifestyles. So, once you are past the first seven days, you might want to tweak things and experiment with a few of our guidelines. If you choose to experiment a little and then you start to regain weight or any of your previous ailments reappear, with the insights you're about receive, you should be able to pinpoint the cause.

Introduction

Whilst the topic of weight loss or weight gain could fill thousands of pages, if you want to discover the whole picture and uncover the truth, please join us on the 49-Day Health Reset Programme. This Human Diet 7-day Taster Programme has condensed the essential facts to under 10,000 words. I have endeavoured to keep it as short and simple as possible to be easily understood.

Here are five statistics before we get going:

1

The average adult in the Western world weighs 2.5 stone (15.8kg) more than adults did just 50 years ago.

2

The rate of diabetes is growing at 2% per annum.

3

Two out of three adults in the UK are overweight, and one in three are obese.

4

One in two adults will now get cancer in their lifetime (Cancer Research UK).

5

One in four people will have problems with mental health at some point in their life (NHS livewell).

And talking of the NHS, we believe at Health Results that – **'You can't fix the NHS until you first fix health. And you can't fix health 'till you fix food'!**

I truly believe that the above five statistics are almost entirely down to diet. **How do I know this?** Because I've spent time with tribes in Kenya and Tanzania, communities in the Arctic and travelled through northern Siberia, where I have yet to witness any of these five problems. The absence, I am convinced, is due to their natural diet of real food.

Regular diets fail because they typically focus on calorie counting, which in the long run is boring and impossible to maintain. Many also focus on telling you what to eat and what not to eat, but the fundamental problem is this: they never explain **WHY!**

Unless you really understand the basics of food, then you will never permanently get your weight to where you want it to be. That's why, in the modern world, where we don't have to hunt for our food and it's readily available 24/7, two thirds of the adult population are now fat! Once you understand about food and nutrients, you'll see how you can lose weight by burning fat, through cooking and eating gorgeous, real foods.

The biology of why we put on weight and how to lose it

There are seven critical things to understand about body fat:

1. It is caused by carbohydrates and sugar.
2. It is impossible to 'lose' weight, you have to BURN it.
3. It is impossible to burn body fat when there is sugar in the bloodstream.
4. All carbohydrates (with the exception of fibre) turn to sugar in the body.
5. Excess sugar in the bloodstream is poisonous and detrimental to our health.
6. While sugar does provide energy, it is totally void of any other nutritional benefit.
7. It is not fat that makes us fat, but carbohydrates (OK, this is the first point repeated, but it is crucial you understand it).

Over the next few pages, I am going to explain how carbohydrates alone make us fat. Fat consumed on its own does not make us fat. Protein also rarely does – just be aware that protein can be converted into sugar when consumed in excess.

It's now time to get a glass of water, a cup of black coffee or green tea, switch off your mobile phone and pay attention. If you really want to lose weight permanently, you MUST fully understand the next few pages. It might need reading a few times, but I guarantee it's 100% worth it for the sake of your health. A small investment of your time spent concentrating right now will yield huge results forever and will help prevent you from being part of the 50% of the population who will be obese by 2050 (a prediction made by the NHS).

Understanding macronutrients

Nearly everything we eat is made up of carbohydrates, fats and/or proteins. These three substances are known as macronutrients – derived from the Greek word 'macro', meaning large.

Most natural whole foods are made up of a combination of just two of these macronutrients.

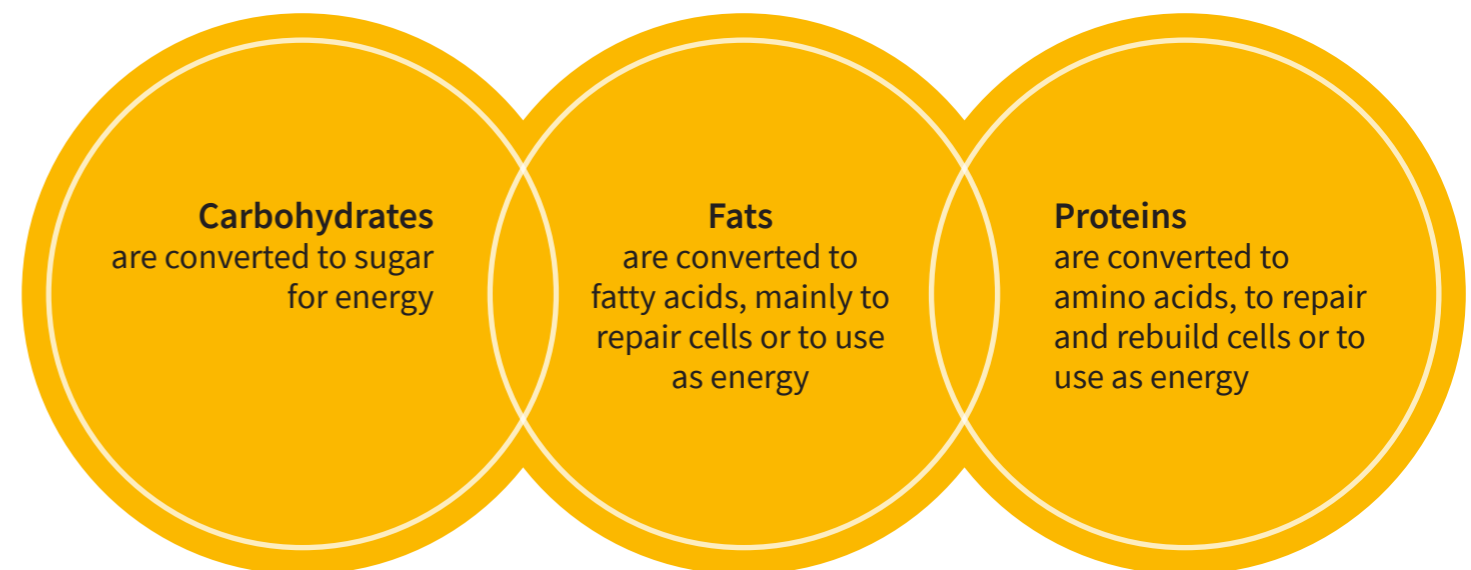
If the food (or drink) is derived from something that once had a face, it is made up of protein and fat - the exception being a small amount of carbohydrate in eggs and milk. If the food came out of the ground, it generally consists of protein and carbohydrates.

Note how **EVERYTHING** has protein! This is because protein is the building block of life.

A few exceptions to the two-macronutrient rule are nuts, seeds, milk, and avocados, which feature all three macronutrients. There are also a few foods made of just one macronutrient: table sugar (although it's less a food, more poison) is made up of just carbohydrate; and oils such as coconut and olive are made from just fat.

What do macronutrients do?

In all humans and animals, all three macronutrients can carry out energy-related roles:



Carbohydrates

From this point on, we are going to refer to carbohydrates as **CARBS** – a handy acronym for: **C**arbohydrates **A**re **R**eally **B**its of **S**ugar.

All CARBS, whether they are simple or complex, unrefined or refined, eventually become sugar in the body. Without debating that some are worse than others, we need to understand that all CARBS – even those that are complex and unrefined – will at some point become sugar once digested.

FACT: Carbohydrates are just sugar in disguise

Potatoes, pasta, bread, and rice are all converted to sugar in the body. To our body, sugar is either used as an immediate source of energy, a store of energy, or it is poison! They might be dressed up in fancy packaging and often carry labels with misleading health benefits, but we need to realise our body was never designed to consume them.

There is one exception to the rule though. Our ancestors were designed to eat fruit in the autumn as a means to store body fat for the winter (the fridge hadn't yet been invented). But I believe you are reading this because you want to lose weight, not because you need to pile it on for the winter months! This is why during the Human Diet 7-day Taster Programme, I am actually going to ask you to avoid most fruit, other than the 'fab four berries'. These are blackberries, blueberries, raspberries and strawberries, which contain less sugar and are packed with vitamins and antioxidants. Don't worry, once you are fully adapted, there are plenty of other fruits you can start to reintroduce, as long as they are organic, and consumed in moderation.

Let's not beat about the bush. CARBS fulfil no purpose other than to provide energy or to store energy in the form of body fat. They don't help the body repair or rebuild cells and they possess zero nutritional value. Yes, ZERO! They have zero benefits associated with them. In fact, quite the opposite: once in the body, all CARBS turn to sugar and too much sugar in the bloodstream KILLS!

So yes, CARBS and sugar are a poison. You can't separate CARBS from sugar, they are one and the same thing once digested.

Sugar

Let's look at the three sugar groups. All the sugar groups are a type of 'saccharide' – derived from Latin meaning 'sweet sand'.

Monosaccharide

(pronounced moh-no-sack-a-ride): a single molecule. These simple sugars include glucose (found in fruits and grains) and fructose (found in fruit).

Disaccharide

(die-sack-a-ride): a double molecule. These include sucrose, such as table sugar, and lactose which is found in milk.

Polysaccharides

(polly-sack-a-ride): including glycogen, which is how humans and animals store energy in the liver and muscles. Also starch, which is how plants store energy. The indigestible form of polysaccharides is fibre, which cannot be broken down in the body. There are two forms of fibre: insoluble and soluble. Although a carbohydrate, fibre is non-digestible and is the one exception to the rule about CARBS, as fibre does not have a negative effect on the body. In fact, sufficient consumption is crucial to our health and wellbeing.

It infuriates me that governments and much of the medical profession still recommend a balanced diet to people who are overweight, obese, or type 2 diabetic. This is utter rubbish!

As I've already stated, CARBS serve no purpose other than as an energy source. While the human body must consume fat and protein for survival, the amount of CARBS required to maintain life is ZERO.

The body can survive, indeed thrive, without CARBS. If it couldn't, how did the human race survive through the latest ice age, when little or no CARBS were available? Or how can the Maasai survive when living off nothing but livestock? The Maasai consume virtually no CARBS, except for a little dairy and the occasional orange berry. But I can tell you from personal experience, these berries contain very little sugar and are very bitter indeed. Likewise, the Inuit of Greenland and Canada live off the land and sea, consuming whales, seals, and arctic foxes. Furthermore, I've met people in the remotest parts of Siberia who eat barely anything other than reindeer. Their CARB-free diets not only keep them slender, but athletic and strong too.

Protein

Protein comes from the Greek word ‘**prota**’, meaning ‘**of primary importance**’. All proteins get converted into amino acids inside the body.

Amino acids: There are 22 different types of amino acids, all created from the elements carbon, hydrogen, nitrogen or sulphur.

Our body can make all but nine of these amino acids, and these nine are extremely important for our health. That’s why they’re called the ‘essential proteins’, and we must make sure they form part of our diet. Without consuming these, our body’s ability to repair itself and rebuild cells and organs will be compromised.

Did you know that every five or six years, you and I become an almost entirely new person?! Our skin is constantly being regenerated and our entire outer layer is replaced every single month. Our complete skeleton is regenerated every 10 years or so. Our lungs are replaced every six weeks, our liver in less than six months and our tongue’s 9000 taste buds are rejuvenated every 10 days.

Our body, cell-by-cell, day-by-day, is in a state of continual repair, rebuild or replacement; or at least it should be.

These acts of replacement, regeneration, and rejuvenation are fuelled by one thing and one thing only: what we eat and drink. Hence the saying ‘**we are what we eat**’. If we eat junk food, our new body parts will be created by junk and will not match up to the cells they are replacing, and that’s what causes ageing. Rubbish input equals rubbish output. Or ‘garbage in, garbage out’ (GIGO) as computer scientists say. However, eat the right proteins and fats, and we are going to make some pretty good body parts, lose weight, and delay the ageing process all at the same time.

According to a report in 2007 from the World Health Organisation, the top food sources for quality proteins are eggs, poultry, meat, and fish.

Fats

FACT: Fat does not make us fat!

Fat has been demonised for far too long. It is not the villain. The villain who broke in and messed up your slender body was Mr CARBS.

Whilst what follows below is slightly geeky, it really helps if you can take a little time to understand it.

There are two types of fat inside our body. Fats that are ready to be burned as energy are known as **fatty acids**, and fats that are stored as body fat are known as triglycerides. They are known as **triglycerides** because they are simply three (tri) fatty acids bonded together by glycerol (pronounced gliss-er-roll).

Fat can only enter or leave cells when broken down into the smaller fatty acids. Body fat (the fat we are battling to lose) has been accumulated by too many CARBS and can only be stored as triglycerides, which in turn can only form in the presence of sugar (i.e. glycerol – the glue - can’t form without sugar).

Just as we need to consume those nine essential amino acids in order to survive (as the body does not create them), it is also essential that we consume both saturated and unsaturated fats/oils.

Fats, also known as lipids, are ALL insoluble. Fats and oils are exactly the same thing, but those referred to as fats are normally solid at room temperature, whereas oil tends not to be.

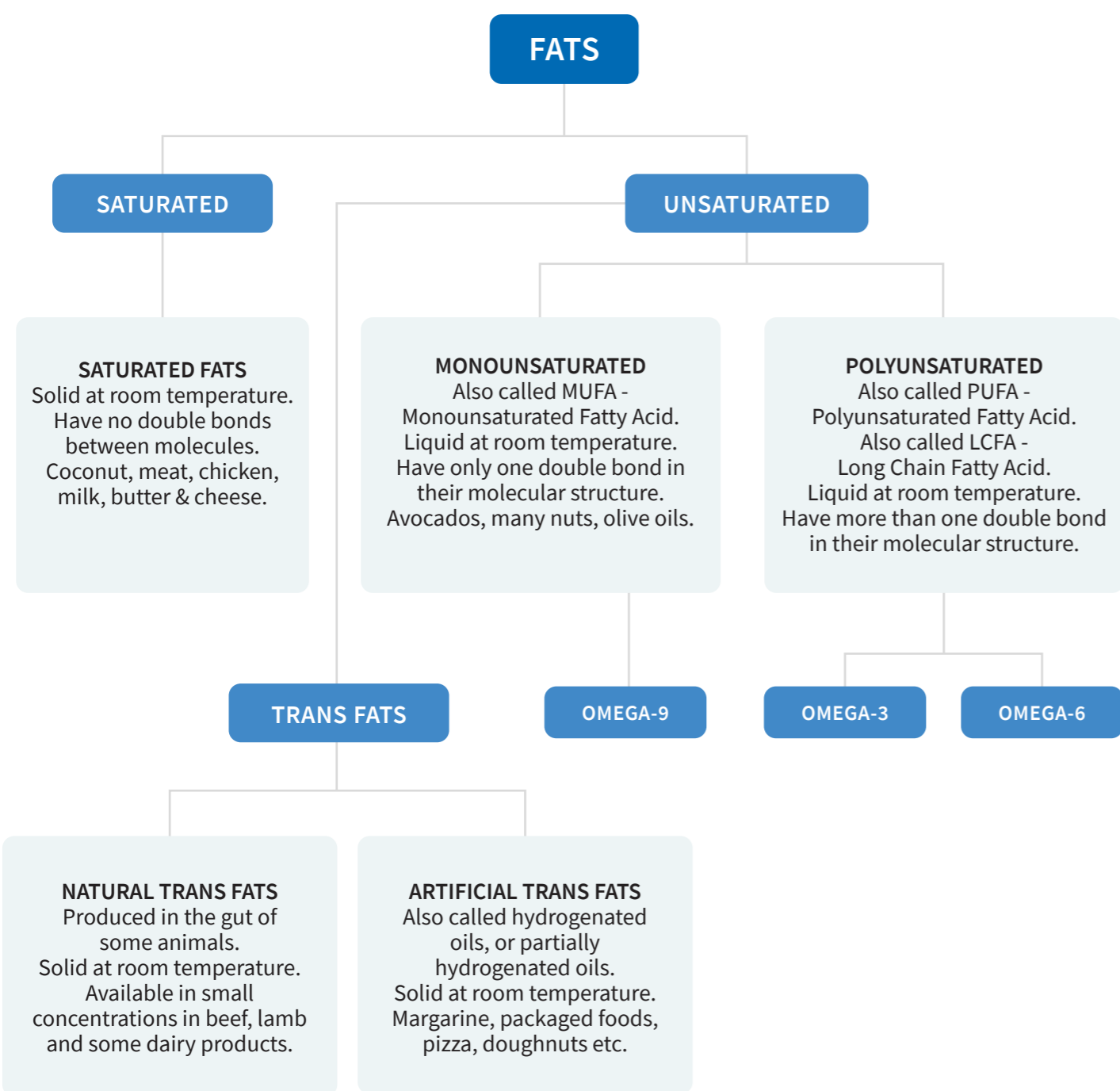
Saturated fats: usually solid at room temperature, have their bonds filled with hydrogen (i.e. they are literally saturated).

Despite all that you have read and heard, saturated fats cannot be bad for us because breast milk – without which many of us wouldn’t be here right now – is rich in saturated fats. So too is coconut oil! For those who haven’t read my book *Fat and Furious*, I worship coconuts for their myriad of health benefits. So, regardless of what the press write, believe me when I say saturated fats can’t all be bad for us.

Unsaturated fats: include the hugely beneficial Omega-3 and olive oil. They're not unhealthy either. These can be further broken down into monounsaturated and polyunsaturated:

Monounsaturated fats/oils (usually liquid at room temperature) have one double bond of hydrogen missing. As long as they are natural, these aren't unhealthy either. They can't be, as all health-conscious individuals will be aware of the many benefits of both avocados and nuts.

Polyunsaturated fats/oils (usually liquid at room temperature) have two missing bonds (I know 'poly' normally means many, but when it comes to fat, it means just two). The hugely beneficial Omega-3 is indeed a polyunsaturated fat/oil.



In principle, fats are incredibly healthy, as long as they are real fats and not manufactured fake fats, which can be very toxic and dangerous.

It is also important to avoid most seed oils (an exception being sesame seed), as the process to extract the oil often includes chemicals. Dr Campbell Murdoch explains, 'Seed/vegetable oils are unsaturated fats. The major issue with seed oils is that if they are eaten in large amounts you can overload on Omega-6. Also, unsaturated fats oxidise much more easily than saturated fats. The oxidation especially happens with heating.'

The health concern should not be whether a fat is saturated or not, but whether it is real or manufactured. Seriously, you don't need to concern yourself with which type of fat you are consuming, as long as you ensure it is real!

Despite their name, vegetable oils are not made of vegetables at all, but from genetically modified corn and soy. This means vegetable oils are actually about as un-natural as you can get and should be totally avoided. In his book *Toxic Oil* – which on the cover states 'Why vegetable oil will kill you and how to save yourself' – David Gillespie writes: 'Vegetable oil makes you exceedingly vulnerable to cancer. Every mouthful of vegetable oil you consume takes you one step closer to a deadly (and irreversible) outcome. Every mouthful of vegetable oil you feed to your children is doing the same to them.'

Summary of healthy fats:

Most fats – whether from meat, coconut or olive oils – are a mixture of saturated, monounsaturated and polyunsaturated oils. In fact, all regular foods we consume that include fats include all three. Nature did this on purpose, because we need all three of the following types of fat:

1. **Saturated** (solid at room temp) = coconut, meat, chicken, dairy.
2. **Unsaturated** (liquid at room temp), monounsaturated type – avocado, most nuts, olives.
3. **Unsaturated** (liquid at room temp), polyunsaturated type - Omega-3, Omega-6.

Trans fats – Be extremely cautious of trans fats. While natural trans fats are produced in the guts of some animals, such as beef, lamb, and some dairy products, the vast majority of trans fats are artificial fats, hydrogenated to make them last longer. If the ingredient list says hydrogenated or partially hydrogenated, then it's NOT a healthy fat and should be avoided! Artificial trans fats or hydrogenated oils are toxic, ugly, and deadly.

We've learnt about essential protein (amino acids), and we've learnt about essential fats (fatty acids). Where are the essential carbohydrates? Have I missed something here? No! They simply don't exist. Contrary to government advice, we do NOT need CARBS. None of them.

So let's get this cleared up once and for all. Fat doesn't make us fat on its own. It's sugar that makes us fat. We can eat as much natural fat as we want and if there is no sugar in the body, it can't create glycerol and therefore we can't store it as fat.

DON'T COUNT CALORIES

HOW POINTLESS IS IT MEASURING CALORIES?! Measuring the calorific value of carbs, protein and fat is like saying 100 American dollars, 100 British pounds and 100 euros are all the same amount of currency. Whilst they are identical mathematically, their actual realisable values are all totally different.

This is why we don't calorie count when we eat naturally, as we are only eating what is nutritionally beneficial for our body, which in return helps our body burn fat and lose weight.

Hormones, glucagon, and more

Insulin: the fat-building hormone

When someone asks me what the Human Diet is, I always tell them it is not a diet, it's a way of understanding food and subsequently making the right choices. However, if you are overweight and at risk of developing type 2 diabetes, then feel free to call it the 'HIC diet' or Human Insulin Control diet. Why? Because, as we will shortly discover, controlling our insulin levels is the key to controlling our weight and preventing diseases, especially type 2 diabetes. Please note, if you have type 2 diabetes confirmed, you should always seek medical advice before making any diet changes, especially if you are on insulin medication.

Let's start with a basic understanding of insulin.

Our 5 litres or so of blood can only hold a miniscule 1 teaspoon worth of glucose. So, what happens when you eat say a 12" bread roll, or a big baked potato, or a big bowl of rice, which turns into around 10 to 15 teaspoons of sugar? Where does it all go?

When our blood sugar (glucose) levels are too high after eating CARBS, the pancreas releases a hormone called insulin, which binds to the liver and muscle cells, signalling them to remove glucose (the liquid form of sugar) from the bloodstream and store it as insoluble glycogen (a solid form of sugar). The problem is, depending on our build, our liver and muscle stores combined only hold around 300 to 500g of glycogen, which in terms of calories is just 1200 to 2000, and therefore all excess sugar gets stored as body fat (also known as adipose tissue).

Before we start to look down on insulin, we should remember that the hormone is only doing the job Nature intended! Insulin is one of the most critical hormones in the metabolism of food and our cells are unable to process sugar without it. As long as we don't overload on CARBS, our insulin system will function perfectly - just as it has for more than two million years.

Glucagon: the slender hormone

Glucagon works in the opposite direction to insulin. When our blood sugar levels are too low, the pancreas releases a hormone known as glucagon, to break down insoluble glycogen (solid sugar) to be released into the bloodstream where it can be used as energy: this process is called glycogenolysis. **When all the glycogen has been consumed, guess what?** Glucagon begins to break down our stored body fat and it is only at this stage that we start to burn body fat.

Remember, there is no such thing as losing body fat/weight: we have to burn it.

Now, there is bad news for those of us who like to drink the odd glass of beer, (or in my case, wine). It's not just the empty calories in alcohol that makes us fat. Alcohol inhibits and restricts the release of glucagon. So, even if we have very low blood sugar, alcohol will inhibit glucagon from turning our stored fat back into energy. This is also the reason why we get the munchies when we drink alcohol. As the body can't call on its fat reserves to put sugar back into the system, it tells us to eat more. We eat late night kebabs not because of a lack of willpower, but a lack of energy caused by us restricting the creation of glucagon.

Alcohol deals a double blow. We can't burn fat while it's in the system and because we can't burn fat, our body tells us to consume more food in order to provide energy. Even worse, it's possible the hormone even instructs the brain to eat CARBS so that it can unlock energy more quickly.

Recap of insulin and glucagon

Insulin transports sugar to the fat stores and glycerol welcomes it with open arms. This warm greeting is because it needs sugar to bind fatty acids together to make even more body fat. And Nature wants us to store more body fat as a precaution in case we can't gather or hunt more food in the coming days. Nature does not know about supermarkets, restaurants or Just Eat and Deliveroo home delivery!

No sugar = no glycerol = no accumulation of fat. This is why calorie counting **DOESN'T** work. We could eat copious amounts of healthy fats in a day, and as long as we didn't eat CARBS, our body would find it almost impossible to convert it to triglycerides and we wouldn't put on weight.

How do we burn fat? It's actually quite simple. We need to remove sugar from the bloodstream so our body has to break down glycogen for energy. Once this has all gone, the pancreas will direct glucagon to our rolls of body fat to break up triglycerides back to fatty acids for fuel. It really is that simple.

Recap of glucagon and glycogen

When we eat CARBS/sugar, the pancreas creates insulin to get rid of the excess sugar in the bloodstream and insulin converts glucose which is soluble in the bloodstream to glycogen (which is insoluble in the bloodstream). If the two glycogen stores are full excess CARBS/sugars are converted to body fat.

On the flip side of the coin, if there is too little sugar in the bloodstream, the pancreas creates a different hormone called glucagon which does the opposite to insulin: it informs the liver to convert stored glycogen back to glucose and then stored fat back into usable energy.

They sound ridiculously similar, but it's crucial to remember the difference between glycogen and glucagon:

Glycogen	(pronounced gly-co-jen) – is a type of semi-solid sugar (a starch/polysaccharide) and is the first storage form of sugar in the body. It is stored in the liver and muscles.
Glucagon	(glue-ka-gone) – is a hormone sent to the liver with an instruction to reconvert glycogen to soluble glucose. Glucagon performs the opposite task to insulin.

Insulin and weight loss

When our body's insulin levels are back under control and functioning normally, fat cells will finally release their fatty acids, ready to be burned. And to get our insulin back to functioning normally, simply cut right down on CARBS.

Gremlin vs leptin

Now, armed with a basic understanding of macronutrients and a couple of the most important hormones (insulin and glucagon), it's time to discuss a couple more weight-controlling hormones. And what a closely-related couple they are.

First of all, what is a hormone? In its simplest form, it is a chemical released by one part of the body to deliver a memo, task, or request to a different part.

So, how does the hormone know where to deliver the message? Most biology books suggest the hormone is like a key and that it only opens one lock.

If you often overeat and are overweight or obese, the good news is - it is not your fault at all. One of the guilty parties is a hormone called leptin. After we have eaten a meal, our body is supposed to release this little fella and send him off to our brain to tell us that we're full – to basically tell us to stop eating. Leptin is dispatched from our fat stores with a clear message to say, **'We're stuffed, stop sending us more supplies, we're overcrowded.'**

If something goes wrong with our leptin and it doesn't want to get out of bed and go to work, then we crave food all day and pile on the weight. Not only that, when leptin is having a lie-in, his colleagues in the metabolic department slow down too. It's a double blow for our body. We feel hungry, consume more food, and our slowed metabolism isn't going to use much of it for fuel.

When we eat too many CARBS and other sugars, there is a heightened possibility of developing type 2 diabetes. This is due to fat cells becoming insulin resistant due to a constant bombardment over a prolonged period. Sadly, for those who are overweight or obese, it's the same story with leptin. Over time, as you get heavier and heavier, your body cries out for help and dispatches more and more leptin to the brain in an attempt to rein in appetite and stop us from eating. With so much leptin knocking on the door, the brain refuses to listen. It then doesn't realise that the body has been fed and instead assumes it's starving. As a result, not only do we carry on eating, but the brain also warns the thyroid that we are in a period of starvation and tells it to slow down our metabolism. An unhelpful double whammy! So now, with our slow metabolism, feeling tired and constantly hungry, we sit on the sofa and scoff more foods high in sugar, because they're what will make us feel fuller faster. It's a race to the bottom - in more ways than one!

If you are overweight, there is every chance that your body has become resistant to leptin.

So, how do you get the brain to start acknowledging leptin again? Simply by following our three core beliefs: eat healthy fats, eat protein, and minimise CARBS, sugar and processed foods! The only type of carbohydrate to eat regularly is fibre, which is also known to help repair leptin resistance.

Ghrelin is the opposite of leptin. This hormone is the one that informs us that we are hungry. Ghrelin is essentially our **'hunger hormone'**. Before we eat, he runs around screaming to be fed. But after we have eaten, he is sent to the bedroom to wake up leptin and tell him to go to work. What seems to happen when we are overweight is that our ghrelin never goes to sleep. It might slow down the requests for food a little bit while we are eating, but it seems to be ever-present.

Most people go and eat as soon as they hear ghrelin demanding to be fed, but if we can resist its demands, wonderful things start to happen inside our body. First, we kick-start our automated repair process, begin to fight inflammation (which is one of the biggest causes of modern disease) and stimulate human growth hormones (HGH). What's best is Mr Ghrelin gets a little angry when we don't listen to him, so recruits more and more of his ghrelin family to assist him in trying to get us to eat. And the more ghrelin there is in our body, the more good it does us.

As you will read in many articles at Health Results, for many people there are great gains to be had by skipping breakfast. One scientific reason for this is that our body creates a lot of ghrelin after a good night's sleep, and if we can resist its calls for food and exercise in this fasted state, our health will reap the benefits.

If I had to sum up how to live healthily in 30 words I would say:

Your hormones leptin and ghrelin control your feelings of fullness (satiety) and hunger. To help these work properly, you should avoid processed foods and sugars, intermittently fast, and move more.

Ketosis

You will have gathered by now that we believe processed CARBS and other sugars to be pretty evil stuff (especially for those trying to lose weight). All forms of CARBS, including wheat, grain, potatoes, rice, pasta etc, get turned into sugar once inside our body. Then Nature dispatches insulin to the rescue, carrying these poisonous sugars off to your fat deposits for storage as a future source of energy. However, the only time you can ever access this fat store is when there is virtually no insulin in your bloodstream. When insulin is limited and when you restrict the supply of new energy, you enter a state of what is known as **'ketosis'**. Here, the body produces ketones (turning your stored fat into a usable energy source) to replace the lack of sugar in your bloodstream.

How do we get into a state of ketosis?

We ensure our diet is rich in quality fats and very low in CARBS!

An analogy would be like knowing that diesel engines aren't good for the environment, so we modify our car so it can run on electricity. Ketosis is a metabolic state where we are burning ketones (stored fat) for fuel, rather than burning glucose. And by the way, it's a truly wonderful and exhilarating free ride once you eventually get there.

Where do ketones get produced?

While insulin is created by the pancreas, ketones are produced by the liver. Just like a powerful motorbike that has been sat in the garage for too long, if you have been eating a diet high in CARBS, it might take a while to kick-start your ketone machine into order. But once it fires up you begin to feel like a completely different person.

On a normal calorie-controlled diet, if you manage to burn more than you consume, whilst you might lose a little weight, you will most likely feel sluggish and irritable. If you are still eating CARBS and processed foods, albeit fewer of them, your body will still be using sugar as energy and only dipping into your fat store after its sugar supply becomes completely exhausted. I describe it as the body in a state of confusion – it doesn't know which way to turn.

To your body, using CARBS for energy is as simple as opening the breadbin in your kitchen. It requires minimal effort. The food supply might not be the cleanest or the healthiest, but it is easily accessed. But to use your own fat, it's like having to make a trip down to the basement to open the freezer. The food here is safer, but it's a pain to keep going up and down the stairs to get it. What you need to do is tell your brain that the breadbin is not going to be filled up again. You need to tell it to stop looking there for fuel and to go and fetch all the food from the freezer downstairs and put it in the fridge right next to the breadbin, which is going to remain empty.

This conversion normally takes around 7 to 14 days of severely restricted CARB intake for the body to understand how to enter ketosis without effort. For some it might take as long as six weeks if they have really damaged their metabolism through many years of CARB abuse.

It's unlikely that most people will enter ketosis during this 7-day Taster Programme, and therefore it's normal to feel a little fatigued or light-headed (make sure you are drinking plenty of water). But once you have become keto-adaptive, rather than relying on the 2000 to 2500 maximum calories that our body can store in the form of glycogen, then - depending on your weight - you will instead be provided with exclusive VIP access to around 40,000 to 100,000 calories, which are just sitting there waiting to be discovered! I know which fuel tank I would rather be able to access. But remember, it takes a while for the body to know where to look.

Ketosis, ketones, ketogenic, and ketoacidosis – the differences:

Ketosis	as described above, a metabolic state where we burn ketones for fuel, instead of glucose. Burning fat, losing weight, and feeling great too!
Ketones	a type of fuel in the body.
Ketogenic	an eating lifestyle where we eat very small amounts of CARBS (almost exclusively green ones and fibre), moderate protein, and consume lots of organic, healthy, and delicious fats.
Ketoacidosis	often and easily confused with ketosis, but they are absolutely not the same thing. Ketosis is a natural state the body reaches through a ketogenic diet. Ketoacidosis is a dangerous medical condition that mostly happens to people with type 1 diabetes who forget to take their insulin.

Ketosis is a natural metabolic state we were designed to do!

The CarboCoaster effect

If you start your day with a CARB-loaded breakfast of cereals and fruit juices, or toast, you jump on what I call the **CarboCoaster**.

As I keep mentioning - all carbs are converted to sugar, and any excess sugar in the blood is bundled up with insulin and stored as body fat. This can happen so quickly that shortly after a CARB-loaded meal, we feel hungry again. We call this the CarboCoaster.

The CarboCoaster works like this. We eat a McDonald's burger and the body converts the bread roll to sugar. Our brain summons insulin to quickly grab any excess sugar, which to our body is pure poison, and stores it as fat. Because the bread roll is now no longer in circulation, we feel hungry again, so consume another. The CarboCoaster effect is enhanced because blood sugar levels keep getting topped up and then depleted quickly after the hiding the sugar. This rollercoaster only happens with CARBS and other sugars. There is no FatoCoaster or ProteinoCoaster, just the dangerous, highly addictive, adrenalin-rushing, body-crushing, high-speed CarboCoaster. As a nation, we need to get off this ride as quickly as we can as it is making us hungry, sick, and very obese!

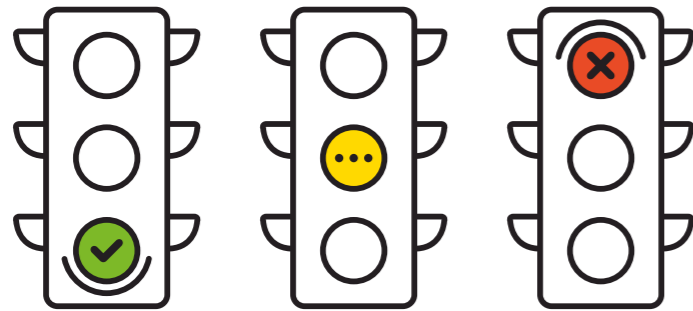
SEVEN things to do on this 7-day Taster Programme

1 Learn the basics about macronutrients

Congratulations - if you have read and understood this far: you already have this one nailed. Just six more steps to go...

2 What to eat

For seven days, try to only eat the foods listed green on the traffic light system, which follows these seven points (p.30). For seven days please ensure they are organic (my book *Fat & Furious* goes into more detail about why organic is essential). We have cut out fruits that are heavy in sugar such as apples and oranges (you can reintroduce these once you reach your desired weight). We have included cheese, milk, and eggs, but if you are suffering from illnesses such as IBS and want to find out what is causing it, then I would recommend you don't eat these during the 7-day Taster Programme.



Low-Carbohydrate Diet
Traffic Light System (p.30)

3 Eat just two or three times a day

No snacking. Eating 'little but often' is very unhealthy and definitely not what our bodies were designed to do. Especially if snacking includes CARBS.

Remember it is impossible to BURN FAT when there is sugar in the system. Let's repeat it again, as it is fundamental to understand how to lose weight: you cannot burn fat when there is sugar in the system.

Here is the body's preference for fuel:

- It burns sugar first, not just because it is easy to burn, but because it's poisonous and needs to get rid of it.
- Secondly, it burns glycogen, because this is also a form of sugar, albeit a complex sugar (polysaccharide).
- Finally, it will turn on body fat. While fat is in fact the preferred source of fuel for many parts of the body, it's harder to access. View it as the body leaving the best until last.

In such a small booklet we won't get into the benefit of fasting, but if you get chance, now might be a good time to read up on the numerous health benefits of fasting, which I detail in my book *Fat & Furious* and we go into great depth during our 49-Day Health Reset Programme. One of the reasons I haven't mentioned fasting here is that until you stop craving sugar, fasting is just miserable. But once you kick the sugar addiction, fasting is not just easy: many (including me) actually find it enjoyable too.

4 Get a good night's sleep

There is now plenty of research to suggest that if we don't get at least seven hours of sleep, our body will struggle to lose weight. So, on this 7-day Taster Programme, there's no getting up early to go jogging. Just get as much sleep as you can.

5 Eat coconut, coconut oil, and MCT Oil

It might have been a while since you have burnt your own body fat for fuel and believe it or not, the longer you are burning your endless supply of CARBS, the longer it takes for your body to remember how to burn its stored fuel.

There are several supplements you can take that turn you into a fat-burning machine, but one of the most effective fat-burning triggers is coconut oil. Coconut is a saturated fat and also an MCT (Medium Chain Triglyceride). It sometimes gets bad press because it is a saturated fat. But you now know that saturated fats aren't evil: we wouldn't exist as a human race if that was the case.

MCTs (especially MCT 8) are the fats that just keep on giving! When consumed they turn almost immediately into fuel, help the body convert body fat into energy and suppress hunger. Although we don't count calories when living naturally, it's interesting to know that MCTs have a lower calorific content than other fats. Not only are they low in calories and provide almost instant energy, they actually help the body burn its own fat stores in a process called 'thermogenesis'.

MCTs are so good for our body that they are starting to be used in treatments for cancer, obesity, Alzheimer's, Parkinson's, and other diseases. Coconut oil is made up from a mixture of 4 components: c6, c8, c10, and c12. But it's the C8 component that is the superstar at helping to get you into ketosis. Yes, coconut oil is excellent in its own right, but the C8 extract is just AMAZING!

While it's slightly more expensive than coconut oil, C8 is the cream of the crop to help push us into ketosis, as C8 most readily turns into ketones. Research suggests C8 turns into ketones on average five times more than coconut oil. You can usually buy C8 or MCT extract as a powder or oil.

Flash idea for coconut oil - put a teaspoon of C8 in your morning black coffee for a great kick-start for the day (take a look at my AK47 Coffee in our Health Result App).

6 Drink plenty of water

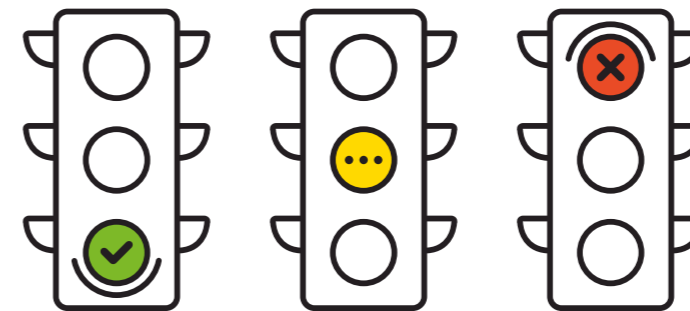
The best water is natural mineral water supplied in glass bottles, or filtered tap water. What is least healthy is bottled plastic water and I'll explain why. Drinking from one-time use plastic bottles is not as healthy as you might think. Some of the toxins from the plastic can leach into the water and potentially harm your body. The main culprit is a compound called BPA (bisphenol A), which the European Food Standards Agency (EFSA) have already banned from being used in polycarbonate infant feeding bottles. But as yet, neither the UK's Food Standards Agency nor the EFSA have banned it from being used in ANY other products, from food packaging to disposable water bottles.

7 Ignore Mr Ghrelin

Unless you are on any prescription medicine (in which case you should not undertake any programme without seeking medical advice), ignoring the hungry hormone ghrelin should do you no harm at all. You might feel a little light-headed at times, and until you get used to the tummy rumblings they might feel a little strange. But if either of these happen, just congratulate yourself on boosting your immune system and taking back control of your weight. If they get too uncomfortable, then rather than reach for a CARB snack, take on board a little coconut. The fast-acting MCT will give you an almost instant energy boost, without any danger of it ending up in your fat stores.

Low-Carbohydrate Diet Traffic Light System

Making it simple to personalise a
low-carbohydrate diet



Use the traffic light system in this resource to follow a low-carbohydrate diet. The majority of the food you eat should come from the green lists. These foods are lower in carbohydrate.

The protein and fat content of foods are also included. Use this information to personalise your food choices for your specific needs.

In this resource:

Sheet 1: Foods that are higher in protein and/or fat

Sheet 2: Foods that are low or very low in protein and/or fat

Sheet 1: Foods that are higher in protein and/or fat

Eat mostly from the green lists to keep carbohydrate intake low. With a low-carbohydrate diet, most people can eat as much protein as they like. Some people may need to limit their fat intake to achieve their weight loss goals (see triangles).

Enjoy			
Higher protein content	Egg white		
	Non-oily fish	Crab (white meat)	King prawns
	Shrimps	Scallops	Venison
	Standard prawns	Squid	Tripe
	Lobster	Chicken & turkey (light meat)	Quorn
	Shell fish		
	Mussels	Chicken & turkey (dark meat)	Liver
	Ham	Rabbit	Heart
	Lean beef	Kidney	
	Lean pork		
Higher fat content	Gammon	Beef steak	Pheasant
	Back bacon (fat trimmed)	Pork	
		Poultry with skin	
	Whole eggs	Crab (brown meat)	Duck
	Half fat cheddar	Ham, gammon	Oxtail
	Oily fish	Lamb	
	△ Cheese	△ Fatty cuts meat	
	△ Bacon	△ Tongue	
	△ Most nuts	△ Pate	
	△ Cream	△ Sour cream	
△ Crème fraîche	△ Olives		
	△ Lard	△ Olive oil	
△ Fats		△ (Avoid vegetable oils)	
△ Butter	△ Dripping		

△ If weight loss is desired some people may need to reduce these foods

Enjoy some			
Higher protein content	Tofu		
	Soya		
Higher fat content	△ Greek yogurt (plain)	△ Pumpkin seeds	△ Peanuts
	△ Houmous	△ Melon seeds	△ Cashew nuts
	△ Avocado	△ Sunflower seeds	△ Pistachio nuts
	△ Coconut		

Enjoy in smaller amounts		
Legumes	Lentils Chickpeas Green Peas	Beans (aduki, mung, pinto, blackeye, haricot, red kidney)
Dairy and alternatives:	Quark Fromage frais Yoghurt	Cow's milk Soya milk
	Dark chocolate (80% or greater cocoa)	

Four things NOT to do on the 7-day Taster Programme

1 Don't eat CARBS

The only exceptions are the ones listed in the approved foods above. For seven days, you absolutely need to avoid anything on this list, or made of any of the following ingredients:

Barley	Packaged Food (including meals and snacks)
Bread	Pasta
Cakes	Potatoes
Cookies/Biscuits	Processed Foods
Chocolate	Rice
Cereals	Rye
Corn	Spaghetti
Fizzy Pop	Sweets
Flour	Vegetable Oils
Grains	Wheat
Oats	

2 Don't eat a 'balanced diet', just eat quality fats and protein

I find it extremely frustrating how even though virtually everyone's aware that sugar is responsible for the obesity issues in our society, the government still recommends a balanced diet, simply promoting the reduction of calories to lose weight. It's totally nonsensical and it just doesn't work. If you want to lose weight, then don't balance your diet, but stick to the guidelines above.

3 Don't jog, or do cardiovascular exercises, or take long bike rides

There is a whole section on effective exercise at Health Results, dedicated to which exercises are healthy and those which are not. But for now, this book is dedicated to losing weight. And to that extent, I am going to focus on some very quick basics.

Firstly, in this 7-day Taster Programme, try and do as much standing up and not sitting down as possible. Then try and walk as much as you possibly can. Simply put, I want you to MOVE MORE.

But DON'T go jogging or on any long bike rides. Why? Because at this point, you are probably not yet an efficient ketone-burning machine. And therefore, if you burn lots of calories quickly, your body will want to replace them with CARBS and of course that's exactly what we are trying to avoid.

I know this might sound crazy, but for 20 years I jogged two or three times a week and the whole time I was overweight and at times even obese. By moving more and adapting my fitness regime to cut out long, exhaustive jogs and switch to weight training and short jogs, plus lots of walking, I lost weight, built muscle mass, and got fitter!

4 Don't Drink Alcohol

In this 7-day Taster Programme, we can't drink alcohol as this inhibits the pancreas from creating glycogen, which is needed to turn your body fat back into energy. Once you are fully living naturally, you should find you can add in the odd drink or two... or you may decide to cut the booze out completely!

Living a Natural Life

Let's compare two different people. We'll call one HIC (Human Insulin Controlled) and the other DUG (Doesn't Understand Grub). Don't get me wrong, Dug cares passionately about eating healthily. This is because his body fat per cent is 29.5%, making him technically obese, and he's determined to change this by sticking to a low-calorie, reduced-fat diet. OK, so Dug is actually me seven years ago!

HIC was taken from my log over the past two days. You can log all of your food, diet, exercise etc, by downloading the free Health Results App. Please note, as I am not currently on the 7-day Taster Programme you will notice a couple of glasses of wine mentioned!

HIC Human Insulin Controlled	Dug Doesn't Understand Grub
HIC wakes up after a good night's sleep (a good eight hours), energised, and ready to enjoy the day.	Dug wakes up to the sound of his alarm, but had a terrible night's sleep because of the toxins floating around in his body.
HIC had egg and bacon for breakfast yesterday, but today doesn't feel hungry so skips breakfast and goes to work. As a preventative measure in case he feels hungry later, he puts a spoon of coconut oil in his coffee.	Dug sits down to his morning ritual of a huge glass of orange juice, cereal, and finishes it all off with wholemeal toast. He honestly believes he has had a healthy start to his day.
HIC has a few glasses of water and some black coffees throughout the morning, as well as taking his multivitamins and a few other natural supplements.	The CarboCoaster effect of Dug's snack makes him feel hungry again so he drives to his local snack van. He decides to be healthy so orders a jacket potato with baked beans and low calorie fizzy pop.

HIC Human Insulin Controlled	Dug Doesn't Understand Grub
Throughout the afternoon, HIC drinks a few glasses of office tap water, which he serves through his filtered water jug. He also enjoys a few of his favourite herbal teas.	Dug rewards himself for the fact he has been eating healthily all day (after all, in his opinion he has been careful about his choices) and has a mass-produced chocolate bar as a treat. He isn't overly concerned, because he truly believes you should eat little and often.
HIC gets home and he and his wife, who is also very HIC aware, sit down to a starter of prawns and avocado, which he serves in a homemade live yoghurt and herb sauce. His starter is followed by a homemade chicken curry, created with coconut cream, vegetables, and natural spices. And rather than putting it on rice, HIC serves it on a bed of organic spinach leaves. Since HIC and his wife enjoyed a couple of glasses of red wine the night before, tonight he decides to opt for a herbal tea formulated for a good night's sleep.	Dug gets home and he and his wife, who is also concerned about weight, sit down to a starter of ciabatta bread with dip for starters, followed by homemade sweet potato chips (because they've heard they are healthy) which are fried in vegetable oil and a pre-prepared breaded cod from the supermarket (after all, fish is healthy), and bowl of salad with croutons. Today Dug found an organic beer, enjoying several throughout the evening.
Just before bed, HIC and his wife take a magnesium supplement, spray their pillows with lavender, and brush their teeth with 100% natural toothpaste.	Later in the evening, just before bed, after a day of being super-healthy, they both feel hungry, so have a quick snack of some low-calorie, low-fat biscuits with a low-calorie hot chocolate.
HIC and his wife have a great night's sleep.	Sadly, Dug and his wife have a terrible night's sleep.

Final thought

Just like I tell my friends who want to stop smoking – not to see it as giving up but escaping – we must feel the same way about CARBS, junk food, and toxic packaged food.

You're not giving anything up, you're instead escaping the corporate trap of addictive sugar and toxic-infused, mass-produced rubbish.

Once you have kicked the sweet tooth syndrome into touch, your new treats become whole natural foods, flavoured by herbs and spices. You'll see from the recipes you will find on the Health Results App, that you can still enjoy puddings and snacks, but preferably only those made with 100% natural ingredients. Recipes include raspberry protein brownie bars, coffee banana bread, energy balls and my premier recipe, spaghetti bolognese.

To live healthily and happily, I believe your focus should be 80% in the kitchen (what you eat), 10% correct movement, and 10% lifestyle. With diet being by far the most important of all, this is why this 7-day Taster Programme focuses solely on learning about foods. Once you have rid your body of toxic CARBS and sugar, you can use the rest of this website to find out how to take advantage of the other 20%.

Give up the CARBS, processed foods, and other sugars for just seven days and see what happens. Once you have started, I promise you that you just won't want to stop.

Next steps

Your next recommended read would be my Spoonful of Sugar booklet - it's FREE here at Health Results. Or, sign up for the 49-Day Health Reset Programme: Health Results offers the first 14 days for FREE. Then, if you like to continue with the rest of the RESET, it's offer for less than half the normal price!

