

FUTURE HEALTH *Now!*

48-Week Total Wellness Program with Carolyn Dean M.D. N.D.



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DR. DEAN'S SEVEN PILLARS OF HEALTH



1
VITALIZING
FOODS



2
PERSONAL
CARE



3
ENERGIZING
EXERCISES



4
SUPER
NUTRIENTS



5
LIVING
SPACE



6
REJUVENATING
SLEEP



7
MIND OVER
MATTER

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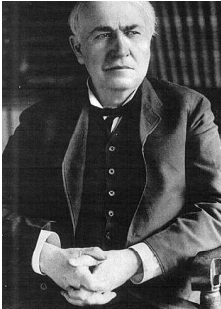
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About Carolyn Dean MD ND

Was Thomas Edison Talking About Dr. Dean?



Thomas Edison

(1847–1931) inventor of the motion picture camera, the phonograph and the first practical, long-lasting light bulb. He is credited as the “man who made the future.”

Thomas Edison said: “*The doctor of the future* will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.” Today’s media repeats Edison’s words calling Carolyn Dean The Doctor of The Future.

Credentials: Dr. Dean’s not only a medical doctor, but also a naturopath, herbalist, acupuncturist, nutritionist, lecturer, consultant and author. Dr. Dean has been in the forefront of health issues for over 30 years.

Education: She graduated from Dalhousie Medical School in 1978, holds a medical license in California and is a graduate of The Ontario College of Naturopathic Medicine — now the Canadian College of Naturopathic Medicine (CCNM) — in Toronto. She served on the board of Governors of the CCNM for six years.

Publications: Dr. Dean has authored or coauthored sixteen books, including *VidaCosta Good Health Encyclopaedia*, *Death by Modern Medicine: Seeking Safe Solutions*, *The Magnesium Miracle*, *The Yeast Connection and Women’s Health*, *IBS for DUMMIES* and *Hormone Balance*.

Media Appearances: Radio, TV and magazines interview her regularly — including ABC, NBC and CBS.

Appointments: Presently, Dr. Dean is Medical Director the Nutritional Magnesium Association. She is President of Hallmark–Dean Academy, U.S., and Hallmark–Dean Laboratory working closely with Danna Hallmark, inventor of a unique functional, computerized, urinalysis lab test. Dr. Dean and Ms. Hallmark teach Laboratory Technician, Wellness Counselor, and Certified Naturopath courses in their licensed school, building a network of practitioners in their National Wellness Project.

Consulting Practice: Dr. Dean also conducts a busy Telephone Wellness Consulting practice assisting individuals with all types of illness at any stage or degree of severity.

Current Status: Dr. Dean lives in Maui with her husband where she visits the beach most days, swims, snorkels and thoroughly enjoys her work and play — most days not knowing which is work and which is play!



Dr. Dean in her home in Maui.

Introduction

Eat Sugar All Day Long Without Gaining Weight

Have I lost my mind? Did I really just say in the headline above that you should be eating sugar all day long? Even while you are sleeping? And that somehow you won't gain weight.

Well, maybe "eating" isn't the right word. "Snacking" is more accurate. But even then... "Process sugar all day long" might be even more accurate.

Processed sugar?! Now you really must think I'm getting way too much sun and it's melting my brain. Please, give me a moment to explain...

You need sugar in your bloodstream 24/7. Without it, you're dead.

But you don't need all that much. In fact, about two teaspoons of sugar at any given time in your blood stream is perfect. But, you must always have that exact amount. Uncontrolled amounts, either too high or too low can be fatal.

Too much and you'll start experiencing blurry vision, a really bad headache, followed by a coma and eventually death. Too little and you can't transport oxygen or fuel your body cells, which will initially result in a wonderful light-headed feeling, then terror, fainting, unconsciousness, then death.

So keeping that delicate balance is of supreme importance to your body.

And the speed at which that sugar must be replenished will change depending on how active you are. When you're sleeping you burn up that sugar very slowly. When you're running your body is processing sugar very quickly.

So, am I suggesting you need to snack all day long, trying to maintain a perfect blood sugar level?

No way. That would be a major pain. It would



Maui Ocean Center. The leaping dolphins are statues.

also be impossible. Just ask a diabetic who takes artificial insulin how hard it is to maintain blood sugar levels mechanically.

Instead I want you to start...

Snacking on Your Liver

Now you must really think I've lost it. "Liver snacks? Yuck! And my own liver,

too? That's sounds like some weird form of auto-cannibalism."

Wait, wait, before your report me to the AMA, I'm not talking about snacking on the organ meat itself (especially your own). Instead, I'm talking about snacking on your liver's natural storehouse of nutrients. One of your liver's most important jobs is to regulate energy in your body: The burning of fat and the balancing of your blood sugar.

Most people's livers aren't doing a good job at this. That's why so many people find their blood sugars are all over the place. They eat a meal and feel good. Two hours later they feel low and need to reach for a snack just to get through the afternoon.

Next thing you know they are becoming insulin resistant, still feeling low but having a super-high blood sugar after meals. This happens to people eating perfectly healthy food — including vegetarians, raw fooders and juice feasters.

These are classic signs that your liver isn't working properly. Your liver is supposed to deliver the snacks. After your food finishes digesting it's your liver's job to start maintaining your blood sugar by using calories it stashed away and by burning fat.

And, I do believe, frequent snacking or eating between meals is a big reason why most people's livers are not working properly. And today I'm

going to show you why.

Give Your Liver a Chance

This should really be Nutrition 101 in every school. Instead the information is suppressed (largely for the benefit of food manufacturers). Even most alternative practitioners don't know about it. Which is really strange — all of us doctors understand the basic biological functions of the liver. It's really clear — as you'll soon see — that food snacking can be very detrimental to your health and cause congestion and confusion for your liver.

Whether you eat meat, or you're a vegetarian or a vegan, this week's **Vitalizing Food Pillar** may

contain some of the most important advice you've ever heard about eating. It's not about what you eat — but about how often you eat.

It's so important that I've decided to devote all of Module 10 to just this one strategy. The strategy itself is very simple, but I think it's critical that you understand the "why" behind this strategy.

In fact, I think you'll find this one of the important modules. It's worth a whole's month's membership fee all by itself.

Expect to start feeling a lot more energy, mental focus and better digestion.

Pillar One: **Vitalizing Foods**

Liver Snacks

This week's vitalizing food pillar may go against much of what you've been taught about diet and nutrition. But once you read it through and see the logical argument I make for this strategy — you'll be wondering why this is not common knowledge.

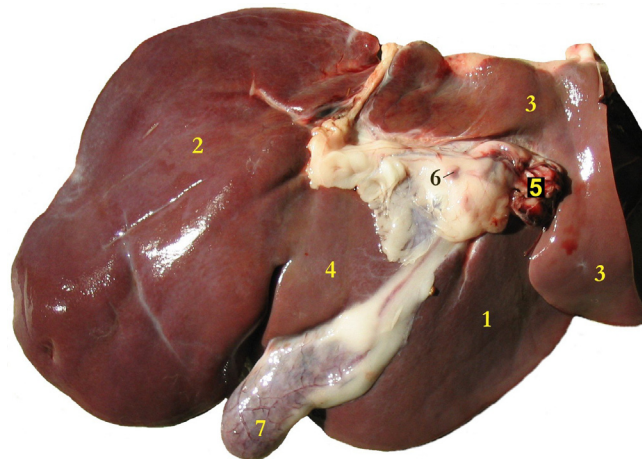
I'm talking about snacking. And unlike what most health gurus teach — I don't encourage it. At least not the kind of snacking that involves putting food in your mouth at frequent intervals.

Some people call it eating many small meals a day. It gained popularity as the hypoglycemic diet. Have six small meals a day instead of three. Or have fruit and nuts in between meals. But it may be doing more harm than good.

How Your Liver Wants to Help You

This is how your body was designed:

1. You eat a meal (takes 15–30 minutes).



Not to worry, this week's Module isn't about snacking on liver jerky or anything like that.

2. You digest and absorb food into your bloodstream (requires about 3 hours).
3. Your pancreas releases insulin to manage the sugar entering your bloodstream.
4. Insulin stores excess calories as glycogen in your liver. In fact, 60% of the calories from any given meal are not used right away and become back up "snacks."
5. Once your liver's storehouse is filled up — the remaining sugar is turned into fat.
6. When your gut has finished absorbing your last meal, your pancreas stops producing insulin. As those levels decline another hormone slowly rises and tells you liver to start slowly releasing the stored sugar into your bloodstream.
7. During waking hours, in the second and third hour after a meal about 60% of you energy will come from the liver's storehouse and the other

40% comes from fat being burned. At night, this reverses, with 60% of your energy coming from fatty tissue.

The problem is most people just cycle between points one through five and only manage point five and six when they are sleeping. And many people eat right before bed thus cancelling out most of their fat-burning opportunity at night.

That's why I recommend you eat less often – not more. Instead of snacking on fruit or nuts... snack on the sugar supply in your liver. And the beautiful thing about your liver is that it will release just the right amount of sugar you need. No more, no less. You won't need any excess insulin. And because you are regularly using up your liver's sugar stores, your body will keep replenishing them and you won't be storing fat. Instead, you'll start burning it.

But Didn't Cavemen Eat Frequently?

You may have heard about our primitive ancestors foraging around in some *Garden of Eden* snacking on the fruit of the trees.

First of all... we know very little about how people lived in prehistoric times. That's why it's called pre-historic. Most of it falls into a "nice theory" category. Recorded history doesn't go all that far back and we are really making sketchy guesses based on archaeological finds — most of which are contradictive.

But, for the most part, if we were a bunch of shaggy caveman, we probably were lucky to get one meal a day — no less three. Fruit takes time to gather and we would have plenty of competition from monkeys and other animals. Nuts aren't exactly easy to crack and are rather time-consuming. And, hunting, well, that can be quite the undertaking — especially if all you have is a really sharp stick.

So I would encourage you to look more at our present day biology. That's what I'm going to talk about today. How your body actually stores and releases energy. Whether or not some caveman snacked all day long is of little importance to you today — if biologically your body isn't designed for such a regimen.

2-3 Meals a Day, 4-5 Hours Apart

In general, eat no more than three times a day. Two times a day is fine if you feel okay. Four times a day is only necessary if you are expending a lot of energy (e.g. you're an athlete or dig ditches all day).

Generally, I'd recommend that if you are of normal weight or overweight that you wait five hours after completing your last meal to have your next. So, for example, if you finish breakfast by 7:30am. Don't start lunch until 12:30pm. And have dinner at 6:00pm.

If you can't manage every five hours, try to keep it to at least every four hours. You, ideally want to finish dinner three hours before going to bed. So dinner time is best between 5 and 7pm.

Many people, as I mentioned, do fine with just two meals a day. You may try having a late breakfast and an early dinner. Eat breakfast at 10am and dinner at 4pm. As long as you maintain normal weight, you may find this increases your energy levels significantly.

In the end, how many meals you eat a day depends on how much sleep you need, your lifestyle, your activity level, your work schedule, your weight and your age.

Generally the more active you are, the thinner you are or the more labour you do the less important it is to hit the five hour mark. Four hours is fine.

But if you are overweight then I'd really aim for the five hour mark. It's really only three hours after eating when you begin to burn fat.

What You Can Have In Between Meals

Filtered water, tea or coffee are all fine to consume between meals but water is healthiest. Just don't add any sweeteners, cream or milk. If you like your coffee or tea with cream, milk or honey then drink them with your meals or immediately after. Otherwise, consuming any amount of calories will send a signal to your liver to stop putting sugar into your blood stream and burning fat.

This includes zero calorie sweeteners. Even 

the healthy ones like stevia or xylitol. Even though they don't contain any calories your taste buds can't tell the difference and will shut down fat burning.

No juice. No alcohol. If you drink these — drink them at your meals or 30 minutes before your meals as you would a piece of fruit before your meal (which we talked about in Module 6).

Now, if this sounds like agony that's a clear indication your liver is probably congested already. This shouldn't be a big deal. You can feed yourself with other things: A good book. Focused work. Music. Art. Sports. Social time. Meditation. A recreational project. A good movie. A rubrics cube.

Hidden Benefits

Really, once you get in the groove of two to three meals a day you'll start to think eating every four to six hours is a bit of a chore. You'll be able to...

- * Decrease the time you spend preparing food.
- * Drink more water.
- * Exercise more comfortably without a full stomach.
- * Experience the delight of eating when you are actually hungry.
- * You'll be more productive in between meals and feel a great sense of accomplishment. You won't be wandering into the kitchen or your snack drawer every two hours. Life already offers enough distractions.
- * Less emotional eating. Not having a snack to turn to will help you find better ways to deal with boredom and depression.

Extra Nutrients

You may, however, need to take some type of nutritional supplement with your meals. Our ancestor's pre-industrial revolution lifestyle involved expending and consuming a lot of calories — which means they took in more nutrients. So your body may need more vitamins and minerals than you can derive from sticking to two or three meals a day.

The need to snack constantly may really be the body seeking essential vitamins and minerals — not

calories. Adding a good food-based multi-vitamin, angstrom minerals and/or a superfood powder to your meals may be all you need to get in between meal food cravings under control.

Normal Blood Sugar Levels

Many people experience low blood sugar these days. They eat lunch. They feel refreshed. Two hours later their heads foggy and they are reaching for some form of sugar — whether it's candy or an apple or juice — to boost their energy.

This isn't how we were meant to be. Your body shouldn't be dependent on a constant intake of food to keep it going. That's the liver's job and it's beautifully designed to do just that.

But most of us have been snacking so much our liver has forgotten how to do that essential job. It's too busy trying to keep up with the constant intake of food. It doesn't see any need to contribute to our constantly replenished blood sugar.

But, when allowed to do its job, your liver is much better at regulating our blood sugar. It releases what you need at the right moment — while the food you eat is partly utilized immediately and the rest is conveniently stored away. Your body responds with insulin to stop food from raising our blood sugar levels too high.

So you'll probably find you're much more level-headed once you learn to rely on your liver for snacks instead of your mouth.

Prevent Diabetes

Now a lot of dangerous things can happen when you are constantly eating food.

As I mentioned, food requires insulin to be shunted into our cells. Three hours after eating your insulin levels decrease significantly. But if you continue to eat every two to three hours you're producing a constant demand for more and more insulin.

This can lead to your pancreas becoming resistant to insulin (type 2 diabetes).

It's also been found that frequent eating can confuse your liver and cause it to continue to



secrete stored sugar even when your blood sugar is already high. This may be caused by your pancreas over-reacting with too much insulin and your liver compensating by dumping more sugar. Talk about vicious cycle.

Everything needs a break. Avoiding carbohydrates (including fruit) in between meals may help prevent diabetes more than limiting carbohydrates at meals.

But both tactics are essential. While you don't necessarily need to skip eating starch at meals — you don't want to make it more than one-third of what you eat. Fill up on equal portions of vegetables and protein. And be sure to eat complex carbohydrates which will digest slower and not cause a sudden rise in blood sugar.

Otherwise, eating too many carbs at one time will cause your body to release too much insulin which may in turn trigger your liver to release too much sugar which in turns triggers your pancreas to release more insulin which tells your liver to release more sugar... You get the picture!

Another benefit to Liver Snacking...

Stronger Digestion

Sticking to water and tea in between meals gives your digestive tract time to rest and recharge. It's no wonder people have so much indigestion as they get older. So much pressure is put on all the digestive organs to constantly be pumping out digestive enzymes, hydrochloric acid and bile.

Instead, when you wait four to five hours for the next meal, you give your gut time to replenish. Think of it as a factory. It's either delivering the goods or making new ones. If you keep your organs in constant delivery mode they'll start producing sub-quality enzymes and acids.

Lack of acid and lack of enzymes means your food isn't going to be broken down properly and you're not going to derive enough energy or nutrients.

If we are constantly sending food down the digestive tract it really has no time to "clear the table." When you increase the time between meals the digestive tract will make full use of whatever food you swallow avoiding undigested particles.

A Cleaner Colon

Think about it. A healthy person is not going to experience more than three bowel movements a day. But if you are eating more than three times a day an obvious conflict begins. You have food coming in more often than is going out.

The result is that your colon (large intestine) begins to get backed up. It was designed to take waste in from your small intestine, extract excess water and move it out. This isn't a quick process. And if it's busy with breakfast and you suddenly send down brunch then it has to split its energies between the two.

While, if you eat less often, your colon will be able to do a better job. You'll avoid waste remaining in your colon, caked to the sides of the walls. It's well known that many parasites develop inside the colon because waste isn't properly expelled. This could partly be caused by eating more frequently than your body can handle.

And if you're trying to lose weight you'll be glad to hear that Liver Snacking helps you...

Burn Fat

Many weight loss experts will tell you that you'll burn more fat by snacking. The idea being that snacking stops your body from going into "starvation" mode and refusing to burn fat.

All I can say is that if it works for you, great. But I know of no one, personally, who's lost any substantial weight from snacking.

Instead, frequent eating just tells your body there is no need to burn any fat. It's the opposite extreme. There's a constant supply of food coming in. Usually more than you need. So your body just keeps on storing more away. It would be nice if you could just tell it not to bother — but that would be too easy.

The way it works: You eat food. Excess calories are stored in your liver first. The rest is stored as fat. Then when you need calories your liver dumps its stores and then starts processing fat back into sugar.

But if your constantly eating — this never happens. You just keep on storing.

Now, of course, the other extreme is skip- 

ping meals and going six, twelve or twenty-four hours without. Yes, that will throw your body into starvation mode and make it very conservative about burning fat. But, as long as you're taking in three good meals a day, it's not going to freak out.

Now something you need to know about when you start following a Liver Snacking approach to eating...

A Little Dip

Especially as you get used to life without your mid-meal treats you will experience a little dip. Quite often about 2–3 hours after your last meal and there's no more incoming sugar – you will start to feel your blood sugar drop. This is normal. Use it as a signal to drink a glass of water and you'll feel just fine. Keep in mind that the “dip” you feel is really insignificant. It's not like when a diabetic takes too much insulin — which can be life-threatening. In fact, some people even start to enjoy the “dip” and find it calming. Either way, depending on how often you are used to eating, you'll find it takes your body a little time to adjust.

This dip is a natural signal to your liver to start releasing sugar into your bloodstream. It's only a problem when your liver misses the cue...

Prompting Your Liver

If your liver isn't used to you going without food it may not catch on when it's time to start releasing its sugar stores.

It's sort of like theatre. In Act III, Scene IV, the liver is supposed to come on stage and play its part. But the other actors got full of themselves and didn't give him a chance to perform. It's been like that for so many performances your liver doesn't remember what it's supposed to do.

So you may need to prompt it a little if you start to feel like your blood sugar is dropping between meals. You can do this in two ways:

Mental Prompt: Your liver is located under the bottom half of your right rib cage. When you need it to kick in just start tapping that area lightly with the tips of your fingers, breathing deeply and saying, “Hey, it's snack time.”

Physical Method: Nothing will kick your liver

into gear more than some exercise. Doesn't have to be a lot. 30–60 seconds. Remember our bodies were designed for movement. Blood sugar often drops because our bodies don't see any need to keep the blood sugar up. Try knocking off 12 super-squats (Module 7), running on the spot, doing some push ups or just going for a five minute walk. This should kick your liver into gear and raise your blood sugar levels immediately.

Working Out

Now, if you do have an intense exercise session — eating a little fruit or juice before or after may be fine. The work out is going to accelerate your metabolism so much that it may not even interrupt fat burning.

You may, at least, want to have some fruit or juice with your workout until you get used to living off your liver. Eventually, though, you may find that your intense workout times are when you feel least in need of snack. Just be sure and drink plenty of water.

Oftentimes physical activity will just send a message to your liver to release more sugar and to burn more fat — eliminating hunger.

Fruit Before Meals

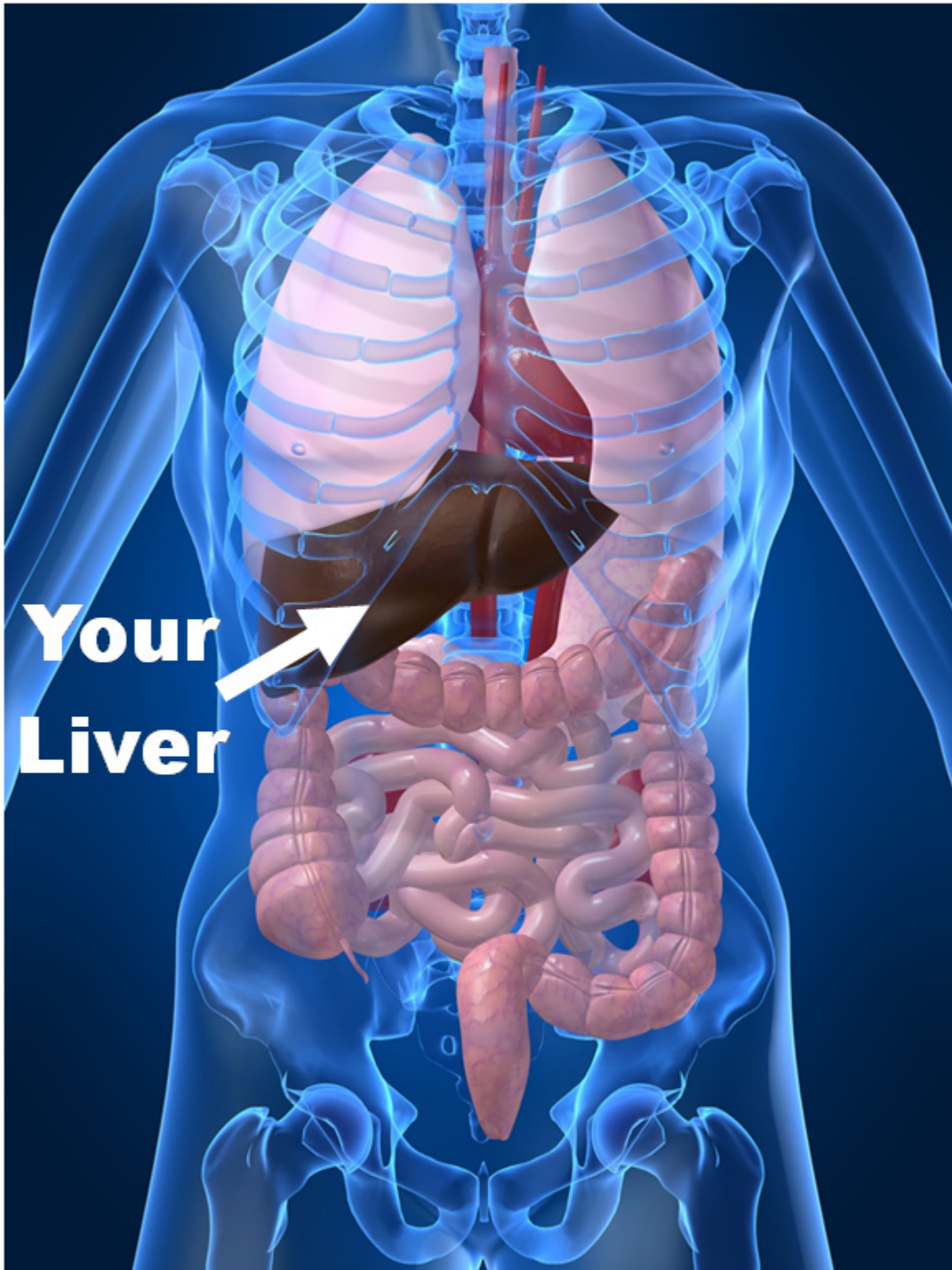
Now, even though I say you shouldn't snack in between meals... I think you should have a snack before your meals. Just a piece of fruit. 15–30 minutes before you eat your main meal.

Fruit digests very quickly. It'll be out of your tummy by the time you sit down to eat. Fruit was really meant to be eaten alone — evident by its quick digestion time and incompatibility with other foods.

When you mix fruit with other foods that take three hours to digest the fruit spends too long in your small intestine. Because fruit is composed of very simple sugars they will begin to ferment causing gas and bloating.

I'll go into more depth about this in a future module. And we did talk about it in Module 6. I just want to make sure that you don't end up with indigestion by eating fruit in the middle of a meal — if you had previously been eating fruit as a snack in be-





Most people haven't a clue where their liver is. It's important as this is where your body stores sugar to be used as energy on demand. Observe how our rib cage protects the liver.



tween meals. If you can't eat fruit 30 minutes before meal, at least eat them first.

And you don't necessarily need to have fruit before each meal. Some people do better with just one piece of fruit a day. Look at where your ancestors lived. If they came from a northern country it's very unlikely they ate fruit more than once a day. Maybe a stewed apple from the barrel for breakfast. They also would not have access to sugar cane. Because of such ancestry, your tolerance for the sugar in fruits may be very low.

On the other hand, if your ancestors are from a tropical country, fruit may be an important part of your diet.

Make Sure You Eat Substantial Meals

Now, in order for you to not feel like you are starving to death on three meals a day you need to make sure you actually eat a "meal." In other words — unless your metabolism is very slow or you have a lot of fat to burn off — a smoothie may not cut it.

I recommend you make sure each of your three meals has at least a good serving of protein and good serving of fat or oil. These add bulk and slow down the digestion. Depending on your metabolism you may also need to have some starch like brown rice, quinoa, rolled oats or spelt. The more wholegrain the better (if you're not gluten sensitive) because it will break down slowly and not cause a sudden rise in blood sugar.

In other words, you need to eat balanced meals. Some vegetables, some protein, some carbohydrates and some fat. This could be as simple as rice with goat cheese, butter and some steamed vegetables. Or a salad with a nut pâté dressing wrapped in a wholegrain tortilla.

The most important ingredient for keeping your blood sugar stable in between meals is probably the fat. As long as you don't have any weight problems you can be as liberal as you prefer. Just make sure it's healthy fat. If you are trying to lose weight then still have some fat — just keep it down to a teaspoon or so per meal.

The Importance of a Healthy Liver

You can live without your kidneys (on dialysis). You can live without your pancreas (with insulin and enzyme supplements). You can live without your colon, your gall bladder, your appendix... But there's just no substitute for a healthy liver.

In addition to storing sugar, it helps detox your bloodstream, manufactures proteins, produces bile and synthesizes essential hormones.

So by bringing your diet into harmony with your liver's natural rhythm you will be improving its overall health. And the liver is one of the most resilient organs in your body. It takes a lot of abuse to permanently damage it.

Cheating

We all like to cheat and it's probably a good idea. Stick to eating only at meals 80–95% of the time. But, let's say, one day a week, if you want to snack, go for it. Especially if you are out and active. Maybe you're at a picnic or an amusement park or on a day trip with the family. Or maybe you're at the movies and want to have some popcorn.

Just don't be surprised if you find yourself enjoying the calm feeling produced by your liver regulating your blood sugar and snacks just aren't as important anymore.

Make It Happen

1. Make sure each meal contains adequate amounts of fat, protein, vegetables and complex carbohydrates.
2. Allow four to five hours in between meals.
3. Don't snack after dinner or before bedtime.
4. Do some exercise if you feel hungry in between meals.
5. Drink plenty of water in between meals.
6. Snack on your liver's storehouse of sugar and burn body fat.



Questions and Answers

I'm diabetic and taking insulin. Should I still avoid snacking?

Okay, if you have an insulin reaction — where you overdosed on insulin and your blood sugar has dropped too low — you do need to take in some simple sugars, ASAP. Follow whatever protocol your doctor has advised.

While your liver will kick in and dump sugar into your bloodstream it may not happen fast enough or in large enough quantities. A healthy pancreas would never dump that much insulin to your body so your liver is not prepared for it.

Your liver also might overreact and put too much sugar into your bloodstream while you can better regulate it by drinking a half cup of juice every fifteen minutes.

Just do your best. You should find limiting yourself to eating two or three times a day will help regulate your blood sugars and better judge how much insulin you need with your meals.

If you are taking long-acting insulin you may want to consider an insulin pump which avoids the insulin spikes of long-acting insulin.

I feel starving in between meals. 4-5 hours feels like eternity.

This is an indication your liver is not functioning properly. You most likely have a congested liver. It's not able to produce sugar for you on demand because it's been clogged up handling too frequent an intake of excess calories.

Traditionally this only happened to alcoholics. Today, however, we are seeing it in teenagers living off junk food and Big Macs.

If you are consuming a lot of sugary foods — start cutting back.

Reduce the time between meals to four hours. If even four hours is a stretch for you, then start with three. Have four meals a day if you need to. Work your way up to three meals, four hours apart. It may take three to six months for your body to adjust. Especially if you're in your forties and have been snacking since you were weaned.

Of course, if you have a normal body weight and are doing a lot of activity (e.g. you work on a farm) you may need four meals a day every four hours — and there's nothing wrong with that.

But if you're just sitting in an office and feeling starved three to four hours after eating a big breakfast — something is wrong.

Try adding a little lemon juice to your water. This will help decongest your liver. Milk thistle will also help. If you drink a lot of alcohol — try cutting back and only drink with your meals.

And remember to eat a "square" meal with fats, proteins, vegetables and starch. Especially make sure you eat a high protein breakfast. Pouring some milk on cold cereal won't cut it. Try scrambling some eggs or have a protein shake. Aim to fulfil 33-50% of your protein needs at breakfast. You may be surprised how much this helps.

I'm so used to eating frequently because it stops me from feeling depressed. What should I do?

Eating, especially sugar and starches, sets off pleasure centers in the brain. I wish I could tell you to eat cookies all day and be happy. But we know what happens... Your energy crashes. You get fat. You get indigestion. You get sick. And you'll feel more depressed — except when you're eating. But you can't eat all the time.

So you need to get your pleasure from other places. Pleasure and survival are closely linked. Two of the things humans find most pleasurable are eating and sex. Eating and sex are essential for the survival of the species. But you can't be eating and having sex all day.

The same pleasure centers can be activated by exercise. And the after effects last longer. I'd encourage you to not go for more than thirty minutes without some form of exercise. Doesn't have to be strenuous, break a sweat exercise either. A few super-squats. Some stair climbing. 12 wall push-ups.

Remember, our ancestors were always exercising. Before modern inventions everything from



growing food to doing laundry involved far more physical exertion than we know today.

Otherwise, you need to fill your life with fulfilling activities, projects and goals. I'll talk more about this in future Mind Over Matter modules. Practicing meditation, EFT (Emotional Freedom Technique) and backwards walking (Module 2) should help increase your sensitivities to life's pleasures. One of the problems with snacking — especially on sweets — is it dulls your senses.

The only other point is to make sure you are getting enough sleep. You may find getting to bed an hour earlier or taking an afternoon nap might make all the difference in the world.

Should children avoid snacking?

Absolutely. Save them from the bad habit. Of course, if your children are very active with lots of sports they may be better off with four meals a day — four hours a part. This is rarely necessary and often difficult to pull off as children need ten or more hours of sleep a day — but for active teenagers it may be appropriate.

If your children seem to be experiencing energy troubles I'd recommend increasing the amount of fat in their meals. It's so easy to add some butter or oil to a meal without overloading their stomachs. One tablespoon of butter has as many calories as half a cup of rice. And fat burns slowly. So it makes a compact fuel source for you and your kids.

Most food marketed to kids is purposely low fat. It's even portrayed as being healthy. Yet all it does is leave your kids feeling hungry and wanting more food in two hours. It's great for selling junk food but doesn't help your children.

The publisher of *Future Health Now!* was feeding his two year old son five to six meals a day up until about a year ago. He switched to just three meals a day and noticed many improvements in his son's behaviour. His son had a lot less gas. He wasn't as moody. He never even asked for a snack.

At first he would be quite anxious when meal time finally did roll around — but now he's in no particular rush. He does like to eat immediately after waking up in the morning and does eat fairly close to bedtime. But that is difficult to avoid because young children need twelve hours of sleep a night. Otherwise, he finishes his breakfast by 8:30am at the latest. Has lunch around 12:30 or 1pm. And eats dinner around 5:30pm. He's asleep by 8pm at the latest.

Of course, very young nursing or formula-fed babies should be fed as often as they demand it. In fact, I don't think you have a choice in the matter.

I can't get to sleep at night without a snack. What should I do?

There are a ton of complex biological reasons why the body may have become dependent on food in order to relax and go to sleep. This can be one of the most difficult eating times to overcome. Taking a melatonin supplement (see Module 3) may help get you past this period.

Otherwise, you may need to take a very small piece of fruit in order to convince your body to let you go to sleep. E.g. Half an orange. 6 grapes. A single date. You may find it goes down better if you cook the fruit (stewing half an apple, for example). Eating half a banana, very slowly, might work and has been known to help people sleep.

Eventually, though, as your liver decongests the need to eat after dinner should vanish. It could take three to six months. So just do your best in the meantime and you'll benefit for the rest of your life.

I'm into bodybuilding and we usually eat six meals a day. I've read it's necessary to build muscle and burn fat. What say you?

Well, keep in mind, I'm not teaching you how to bench press 300 pounds here. That falls under the "extreme fitness" category and is a whole different ballgame. I'm not even sure if extreme weight lifting is "natural" — so in order to accomplish such feats you may need to follow an unnatural diet.

That said there are plenty of body builders who do fine on three meals a day. One commented, after switching back to three meals a day that he felt more satisfied, still kept up with his routine and was happy to not feel like a "psychotic eating machine."



If you have any questions regarding this section that are not covered above, please email me at help@drCarolynDean.com.

Until Next Week...

Why Paradise Put on the Pounds

You'd think I'd have immediately started losing weight moving from fast-paced, fast food New York City to Hawaii — but that's not true. I started gaining weight. How could I not with all these exotic fruits and nuts everywhere? A little snack here and a little one there and next thing I knew... I was snacking all the time.

It's no wonder Adam and Eve got kicked out of Eden for snacking on an apple.

Yes, mangos and macadamias are better than a Snicker's bar. Yet even fruits and nuts or the wonderful Maui POG Juice (passion fruit, orange, guava) cancel out the metabolizing power of your liver. Since writing this lesson I hunkered down and stuck to water between meals — which I kept at least four hours apart but aim for five. I immediately noticed my digestion improved dramatically.

And it's not like you can't still have the fruits and nuts. Just at meals times.

Remember the Days When We Would Feel Guilty Eating Between Meals?

Eating meals together has been a cornerstone of families and communities for all of recorded history. Today many families don't even have regular meals times. The day becomes a series of snacks. A granola bar for breakfast. Can of pop and donut mid-morning. A slice of pizza at noon. A muffin after work. Some reheated wonder from the freezer in the evening. Cereal before bed.



The first humans lived in perfect health until one day Eve said, "Hey Adam, you feel like a snack?"

Nothing substantial. All empty calories that burn up quick. Everybody on different schedules. Everybody's scared they might be hungry for more than 10 minutes. And TV ads also do a good job of reminding them they are hungry.

You can't help but wonder if snacking has something to do with the breakdown of the family in modern society. People who still believe in eating regular meals are now in the minority. Most kids are living off microwave dinners.

Seven Pillars in One

So I really hope you can put Liver Snacking to the test and send me an email with your results.

Many people may find it the "missing" piece to their dietary puzzle. A lot of times people get frustrated trying to eat healthy because it feels like... well they are always eating or always preparing food. Really, nothing can be more OCD-producing than having to go have yet another snack.

Even though I put this strategy under the "Vitalizing Food" Pillar of my Seven Pillars of Health — it really does apply to all the Pillars as you'll see below. So it makes sense we did a whole Module just on this subject:

* **Pillar Two — Personal Care:** If your liver is backed up from too frequent eating it's going to have trouble processing toxins properly. A toxic liver usually results in poor skin health, bad breath and body odor.



- * **Pillar Three — Energizing Exercise:** One of the reasons people have trouble exercising is because they just don't feel like they have enough energy. Or they lose steam quickly. This may be partly due to the fact their liver is congested and it can't flood their bloodstream with the extra sugar it absolutely needs during an intense workout.
- * **Pillar Four — Supplements:** As human beings we evolved getting much more exercise than most of us experience today. Our ancestors used to do manual labour from sunrise to sunset. This meant they ate more food and took in more nutrients. If we ate that much we'd get fat. While we don't need the calories that six meals a day offers — we still need the nutrients. So eating less but using superfoods and nutritional supplements is really the key and gets rid of those between meal cravings.
- * **Pillar Five — Living Space:** As I mentioned above, eating regular meals and avoiding snacks can bring a greater sense of unity to a family or other living arrangements.
- * **Pillar Six — Rejuvenating Sleep:** Not snacking after dinner will do wonders for your sleep. If you eat before bed you create one of two scenarios: Either it takes you a long time to go into a deep sleep because your body is still working on digesting your food. Or your body shuts down digestion and the food begins to ferment inside your gut causing gas or bloating that disturbs your sleep later on in the night.

- * **Pillar Seven — Mind Over Matter:** When your liver is maintaining your blood sugar levels properly you are able to concentrate for long periods of time. Reaching for even a piece of fruit while you are studying or working on an important project will just cause a sudden rise in blood sugar and then a major dip now that your liver has shut itself off.

So eat two or three well balanced meals a day. Have a piece of fruit 15–30 minutes beforehand. And let your liver take care of the rest.

Coming Next Week...

In Module 11 I'll be showing you...

- * Now that you're avoiding snacks I want to make sure you don't end up overeating at meals as a result. So next week I'll share with you my best strategies for eating just the right amount — not too much nor too little. Avoiding a full stomach allows you to fully absorb calories and nutrients from your food.
- * One of the most important stretching exercises you can do for your lower back. (It will also help your neck if you add a few extra twists).
- * Why most underarm deodorant can lead to mental problems and cancers. (I'll show you a less expensive alternative that is perfectly safe).

Until then.

Carolyn Dr. Dean

Feedback...

I'd love to hear what you thought of this module. How did it help you? How could it be better? What was the most important point you got out of it? And, above all, let me know about the **results** you get from **applying** the strategies in your life. If in the process of implementing these ideas you come up with new ones, variations or improvements — I'd love to hear about them and might include them in a future edition of the module (with credit). You can email me at help@drCarolynDean.com