

The Big Diabetes Lie

Simple Start Guide

Start Here

TheITMC.com

Welcome! Your New Life Starts Now!

Our team at the ITMC wants to personally thank you for purchasing the **7 Steps to Health** program which is the most complete and the most powerful diabetes reversal program in the world. You are joining a team of over 57,000 people in over 116 countries around the planet who took the challenge and reversed their diabetes forever. Our program is simple yet powerful, and I want to commend you for taking this step forward in your new life which starts today.

We've put a lot of groundbreaking information into our book and we know it might be quite a long read. But we promise it's worth it. You are already ahead of the pack and you will be using the latest scientifically proven techniques that most of the world will only catch up to decades from now.

Since we want you to begin your path to health right away, we have created this easy start up guide so you can begin your healing process before you finish reading the main 7 Steps to Health book.

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Start with these first few steps, and add more as you read through our book. This will ensure the fastest, easiest and most powerful diabetes reversal possible.

This program will address the following:

1. Inflammatory acidosis

Halting this process is one of the most important aspects to activating your diabetes reversal process while completely restoring your health. If you stop this process you can guarantee yourself a healthy future for years to come. Our program ensures this process is completely stopped, which activates your bodies powerful healing potential allowing you to eliminate diabetes faster, and reach your health goals sooner.

2. Deficiencies

The majority of the population is deficient in virtually every single vitamin, mineral and compound. Addressing deficiencies will activate powerful healing processes, restart your body's immune system, and skyrocket your energy levels and wellbeing

3. Detox

This process is absolutely vital for your long term success and for an easy integration into a new way of eating and living. The toxins, undigested material, foreign particles, and heavy metals are not allowing your body to function, gunking up your blood and lymph vessels and creating a toxic environment which is perfect for bacterial, fungal, and yeast infections. This will free up energy, speed up metabolism, activate the healing response and halt inflammation.

4. Exercise

Our routine is simple and easy and all you need to do is walk. No need for workout DVD's or gym memberships, just get your body moving outside in the fresh air. Rain or shine, snow or sleet, you need to get outside at least once a day for 30 minutes (for best results twice a day). This gets your blood flowing to deliver oxygen and nutrients to each cell in your body, gets your lymph flowing to flush out toxins from every nook and cranny of your system, gets your lungs activate for healthy oxygen transport, and helps to stimulate your whole body for detox and healing.

You've just made one of the smartest investments in YOURSELF that you can possibly make.

Here's why:

What you hold in your hands is (in my mind) the most amazing system available for:

- Re-programming your mind for success ...
- Destroying the health and fitness myths that are keeping you from success ...
- Losing weight and getting the body you want ...
- ENDING your struggle with dieting ...
- Empowering yourself to become more active (without being an "exercise freak")
- VASTLY increasing your health, quality of life, and even extending your lifespan
- ...

And overall changing your life ... for the better ... ever created. Sound like hype?

Now, I may be biased because this is my brain-child. It is my life's work. My heart and soul is on these pages and I'm giving it ALL to you.

But I also KNOW this to be true because what you will discover in the pages that follow

- 1.) Has completely changed my life
- 2.) Has changed the lives of 100,000's of my customers all over the world.

First, I'm here for you.

I put my life into creating this program ...

It's the product of decades of self-experimentation, rigorous self-testing, exhausting study, endless research, and a literal "obsession" with finding out WHAT works.

But you have to do your part.

What is your part?

You need to commit to four things. Yup! Just four things and I will guarantee your success:

1. **You must clear your mind of "what you think you know".** Open it up because some of what you're about to discover is TOTALLY different than anything you may have already heard before.
2. **You must go through my entire system.** Read my whole book and the 7 Steps to Health. Whether you read it in one sitting (very easy to do in an afternoon) or you do a chapter a day. Just do it.
3. **You must agree to TRY the system.** As you'll see later, there are three versions of my program: a Minimum, Medium and Maximum version. You can start where you're comfortable ... but ... you MUST start
4. **You must agree to NOT give up!** You will have difficulties. Maybe setbacks. Maybe you fail. It doesn't matter. You must keep moving forward. You need to figure out what works for you ... and ... continually strive towards your goals.

That last point is important.

Some people have tried 1 or 2 things that I'm about to explain ... but ... they've never tried it ALL in the unique methodology that I've designed my program around. When you do that—look out!

Everything will "click" and you WILL get results.

Why? It's simple ...

Everything In This Book Is Designed To Achieve The Maximum Results With The LEAST Amount of Effort.

This is called leverage.

Two concepts you should understand:

1. **The 80/20 rule:** 80% of your results will come from 20% of your effort. The key is to optimize the 20% of what you're doing (or not doing) for maximum impact. Which brings us to ...

2. **Minimum Effects With Least Effort:** What is the LEAST amount of "work" required to achieve the effect we want?

These two concepts have always guided me into finding the MOST effective ways to achieve my goals ... and ... now I'm sharing them with you

So, let's get to it!

Document your transformation and win \$100!

My Shameless Bribe to Get You to Take Action and Improve Your Life ...

Here's a really simple way for you to get yourself in great shape ... and ... make some money in the process.

It's simple:

Take a "before" picture of yourself and record your waist, thighs and hip measurements. Go through my program. Apply it in your life for 8-12 weeks ...

At the end of 8-12 weeks take another "after" picture of yourself. Record your measurements again at this time ...

... And then send those pictures and a report of your progress along with your measurements to our email address: contact@theitmc.com with the subject line: "MY TRANSFORMATION".

That's it!

Each month, I'll pick the person who has had the most amazing transformation and award that person \$100!

So that means you could essentially get to use my whole program ... transform your body and your life ... and ... basically get paid to do it!

All by just making a commitment to yourself to stick to this program and make it work ... sound good?

Great! Then take your "before" picture today before you start reading and don't forget to take all your measurements too.

How to Use This Program ...

Writing this program was REALLY hard because I've been studying health, fitness, nutrition, sports performance and much more for over a decade. That makes it difficult to break things down to the simplest terms.

But I think the organization of this program will help ...

First, I'll start by destroying a number of the Weight Loss Myths that are currently holding you back. This will prepare you for what comes next ...

Then I'll give you the "What to do now" simple routine...

And in the main "7 Steps to Health and The Big Diet Lie Book" give you the in-depth information to give you a foundation understanding of health and disease.

This will show you how to:

- Get your mind right
- Make better food choices
- Become more active
- Exercise correctly
- And my "big secret" to lasting weight loss and health ...

Next, I'll show you how to get started quickly, using either the minimum, medium or maximum approach so you can get started wherever you are in your journey ...

Then I'll close the book out with more helpful tips, answers to common questions, supplement recommendations and more.

Alright! Let's get started!

Myths About Weight Loss

It's time to destroy some common myths about weight loss that are holding you back from reaching your goals. Some of these myths have been around for years, and most people still believe them.

What happens is someone says it ... it gets repeated over and over ... nobody checks the facts ... and ... it becomes "true" even though it's not.

Where appropriate I'll give supporting references if I think it's worth it, but for the most part, I don't want to make this book like a textbook—I want to make it easier to read, etc.. If you want to look for specific studies referenced on all the facts I share with you they are easily verifiable online.

MYTH: You Want to Lose Weight

TRUTH: You want To Lose Fat AND Keep or Build Muscle (Females Too!)

This is the most important thing to note. You don't actually want to lose weight, you want to lose fat ... and ... weight does not matter.

First, it's hard to know exactly how much you weigh at any given time (I fluctuate up to 5 pounds per day depending on the time ... how much water I'm drinking ... whether it's before or after exercise and sweating, etc.).

Second, you want MORE lean body mass and less fat. All evidence points to this being the healthiest structure for your body to have. So, if you gain 5lbs of muscle and lose 5lbs of fat, you might weigh the same but you're much healthier.

Third, as we age, preserving and building lean muscle is one of the most important things to do for your health. Sarcopenia (from the Greek meaning "poverty of flesh") is the degenerative loss of skeletal muscle mass and strength associated with aging **(0.5-1% loss per year after the age of 25)**.

Sarcopenia may progress to the extent that an older person may lose his or her ability to live independently.

What's more, Sarcopenia is an important independent predictor of disability in population-based studies, linked to poor balance, gait speed, falls, fracture ... and ... a host of other related metabolic functions.

Therefore, one of the best things you can do to preserve your health is increase your lean body mass and decrease your fat.

Don't worry—if you're a female you will NOT blow up and turn into the hulk (unless you

take

steroids). This is because females have about 10x less of the “male” hormone testosterone. You will only build and retain “good looking” muscle for your sex and body type using the information in this book (you will not get “bulky” or look weird, you will look good!)

MYTH: Calories Do Matter

TRUTH: Calories Don't Matter as Much as You Think They Do

Everywhere you look it's pretty much only about how many calories you eat, and even though generally, if you eat nothing but bean sprouts and iceberg lettuce you will lose weight, but who wants to live on a ration of rabbit food?

Yes, generally less calories means your body will start to burn its own stores, but its not that simple. Someone can eat 4000 calories and never gain weight (you might know that friend of yours who you envy to no end), and someone can eat 7 calories a day and still gain weight.

Your metabolism, your thyroid, your muscle mass, and your food habits all play a much bigger role than just calories. There is also a very interesting phenomenon, I myself am a vegan, and although you don't have to go vegan, most of my clients eat quite a lot of clean food, many times above the caloric intake they usually used to eat, and still lose weight.

It all depends on how fast you want the weight to come off. The more weight you need to come off, the more old habits you will have to sacrifice, its usually that simple. If you continue eating donuts and chips, you will have to run marathons daily to get to your target weight.

The food you eat is about 90% of your results, not the quantity per se, the quality of it.

MYTH: Calories Are All That Matters (“A Calorie Is A Calorie”)

TRUTH: There Are HUGE Benefits to Adjusting Macronutrient Ratios

...

While total calories may seem to be the holy grail of weight loss, when it comes to **FAT LOSS** (remember: fat loss, not necessarily weight loss, is our goal)... there are huge benefits to adjusting your intake of macronutrients (macronutrients = protein, fat or carbs).

While it is true that two identical calorie diets (called “isocaloric” by scientists) will give you the same amount of weight loss, depending on what you eat (macronutrient composition), you will have major differences in:

- **How full you feel (satiety)** which makes staying in a calorie deficit easier.

- **Losing FAT instead of just “weight”** (retaining LBM (lean body mass) while reducing fat mass)
- **Improving your health markers** (blood levels of cholesterol, triglycerides, etc.)
- **Guarding against diseases** (like diabetes, metabolic syndrome, etc.)

I always say, always always, that the **WHAT** is soooooooooooooo much more important than the **HOW MUCH**. You can eat a lot of clean food and virtually never gain any excess fat.

MYTH: Protein Is The King of Macronutrients

TRUTH: BS! Protein Is NOT The King

This one is like some weird mantra that people all over the world have come to use and repeat over and over again.

Do you know how many people suffer from kwashiorkor (protein deficiency) in the developed world? About 0. Central Africa and parts of Asia see a lot of people suffer, but there are virtually no cases in the developed world for anyone, be it a lifelong vegan, vegetarian, or a regular meat eater.

Protein is just **ONE** aspect to an overall healthy life, and we have been led to believe we need about 1.5 grams per pound of body weight (0.8 grams of protein per kilogram). This is way too much, I don't eat nearly that much, and I gain muscle just fine, and I'll tell you why. I usually say, if you drink protein shakes that about 80% of it is feeding your toilet.

Because your body can't even use most of the protein that you eat or drink. Every single protein molecule **CAN NOT** be used as-is by your body. It has to be broken up into its amino acids first (if you think of a chain, the links would be the amino acids, and the chain would be the protein), and only **then** make its own protein to be used by the body.

If a protein has been heated above 42 degrees Celsius or 108 Fahrenheit, it becomes coagulated (think of an egg white that becomes white), and when that protein hits the digestive track, it is no longer able to be broken down fully by the body. The higher the heat, the more the protein coagulates and forms 'clumps' which become toxic waste to the body.

That fried chicken, hot dogs or steak on the grill? About 80% of all that protein is coagulated and disformed, creating waste that the body must get rid of. This is a **BIG** issue that is not talked about in diet circles. All protein is not the same!

The reason we need to eat so much protein is because 80-90% of it is garbage junk that our bodies biologically **CAN NOT** use. You might hear the word “absorbable” but that only means that it passes into the blood stream from the intestines. Meaning all those

clumps of protein waste and coagulated bits now much somehow be eliminated from your body. It's a HUGE endeavor for you organism and places massive stress on its toxin removal systems. Think of pimples, rashes, allergies, low energy; all a symptom of a toxin overload in the body.

You don't need protein, you need amino acids in their pure form, and there is only one food on the planet that has them all in their most pure and bio available form. The absolute best food you need to eat to get your protein needs is **bee pollen**. It is made up of amino acids (the building blocks of protein) which are in their raw form and virtually 100% absorbable and most importantly **usable**. I have a whole chapter in the 7 Steps to Health book about bee pollen, please check it out.

And get this, by weight spinach has more protein than beef. Popeye was on to something. Meat is NOT the best source of overall protein by far.

- Spirulina - **18 grams per ounce**
- Spinach – 12 grams per ounce
- Hemp Seeds – 10 grams per ounce
- Broccoli, almonds, seeds, all have more protein by weight than meat.
- Beef – about 7 grams of protein per ounce (30 grams)

MYTH: Fat Is Bad or “Low Fat Diets Are Best For Weight Loss” TRUTH: The Right Kinds Of Fats Are Essential In Your Diet.

Despite its bad rap, fat has a number of VERY important roles in the body and also helps to increase satiety. This is why fat is an essential macronutrient like protein (meaning if you don't get protein or fat from your diet, you will die).

There is so much misinformation about fat that I have included a special appendix at the end of this book from the Weston A. Price foundation to explain more about fats, but for now, here is what you need to know:

Saturated Fat is not bad for you- it's essential to many body processes—one of the biggest benefits is its necessary for sex hormone production in men and women. To the contrary, they're some of the best sources of fat, but the **“New” man-made forms of fats ARE bad for you ...**

These harmful fats are “trans fats”. Funny enough: we wouldn't have trans fats if there wasn't a lot of misinformation about natural fats, saturated fats, and animal fats being bad for you. They're not. They are good.

Additionally, most everyone knows by now that there are fatty acids called EFAs (Essential Fatty Acids). Most modern people consume too many omega-6 EFAs found in most polyunsaturated vegetable oils but not enough of the omega-3 EFAs found in natural foods.

From 1988 to 2000's — Fat Eating Goes Down — Obesity & Diabetes Goes Up

From 1988 (arguably when the "high-fiber whole grains and low fat" madness started) to 2000 the amount of states with over 35% of people classified "obese" went from only 5 to EVERY SINGLE STATE IN THE UNITED STATES!

The United States now has over 2/3 of its population labeled OBESE! And we're eating MORE low-fat food ... and I would argue ... LESS high-quality protein than ever.

More on this in my main '7 Steps to Health – The Big Diet Lie' book, but the bottom line is that natural fats are good for you, omega 3's are really good for you, and the "new" fats (trans fats) are bad for you.

MYTH: Low Carb Is the Best For Weight Loss

TRUTH: Low(er) Carbs Are Inevitable When You Cut Out the Junk

There is some truth to this but again, it is the TYPE of carbs not necessarily carbs themselves.

First off, **the simple fact of the matter is carbohydrates are NOT an essential macronutrient.** You can live just fine if you never consume another gram of carbohydrates, your body can create energy from fat and protein, but ... that doesn't make them "evil". They're just not as important.

I go into great detail in my main book, but here is the super simpler rub. A carbohydrate is just along chain of sugars. We can draw a parallel to protein:

- Protein = Carbohydrate
- Amino acids = Sugars

There are three types of sugars = glucose, fructose, galactose. And they are NOT bad in and of themselves, they are bad when they are in their free form, devoid of fiber and micronutrients.

See, every molecule cannot just be assimilated into the body by itself, it is a chain reaction, a myriad of little events that take a molecule of sugar, or amino acid, and move it into the cells to be used.

If you eat "bad" carbs like sugar, white bread, any pastry, or high fructose corn syrup, your body has to use up its own stores of minerals and enzymes to digest the food. This puts a great load on your body to be working overtime 24/7. Soon enough you get organs that start failing (example: diabetes), you get a lack of micronutrients, and your whole body suffers.

When the carb is in its natural form (fruits and veggies) the whole food has all the necessary minerals and micronutrients already present, for its digestion and assimilation, and puts virtually no strain on the body.

1. When you're focusing on eating good "living carbs" in the form of raw fruits, veggies, leafy greens...
2. And, you are eating enough healthy fats...
3. While eliminating "junk" carbs (sugars, processed carbs, grains, etc.)...
4. You'll be eating *Low(er)* carbs automatically.

I don't say "low" carb because there's not a specific "magic" number of carbs that are right for everyone.

The problem with the modern-day consumption of excess carbohydrates is they are all from the WRONG sources: we eat too much man-made, processed junk food. You know the type: they're in colorful boxes and their labels have TONS of ingredients:

- **Refined Wheat Flour** (or bleached or some form of cereal flour)
- **Sugar** (commonly corn syrup, or fructose, maltodextrin, dextrose (glucose), rice syrups (all types), cane sugar, corn sugar, beet sugar, etc.).
- **Refined Vegetable Oils**
- **Hydrogenated Vegetable Fats**

Cereal grains, sweeteners, vegetable oils and other man-made foods have been said to make up a ridiculous 57% of calories consumed in the U.S.!

Can you see the problem here?

This is NOT real food ... and ... your body does NOT treat it like real food. They're not nutritionally dense, so they don't feed your body. They don't fill you up, because they spike blood sugar, and with no nutrition, your body craves more very fast because it recognizes a lot of food, but no nutrition ... and ... they have been implicated in many of the chronic diseases we face in modernized nations.

And to make the connection even easier for you—while providing almost no nutrition—yet they're VERY high in calories and you can consume a LOT of them in one sitting ... and ... still be hungry in a couple minutes.

Let's get an example here, you can create a delicious salad that is HUGE, plenty of greens, nuts, seeds, oils, and it can be about 200-300 calories. Compare that to the average glazed donut also about the size of your clenched fist (about 200 calories) ... but ... everyone knows it's super easy to eat MULTIPLE donuts in one sitting racking up calories, while providing your body with no nutrition (along with spiking your blood sugar into diabetic ranges) so you get hungry almost immediately after.

Now, there is one more important reason that it's good to decrease your intake of carbs.

This is what is called “Advanced glycation end products”, or AGE for short ... and yes ... you can take that acronym VERY literally because these AGEs caused by chronically elevated high blood sugar levels DO cause many of the symptoms we normally consider “aging”.

Advanced glycation end products (AGEs) lead to cataracts, wrinkles, hardened arteries, and damage the neuron connections in the brain (possibly leading to dementia, etc.) among a host of other bad things for your body.

Here are the important points about AGEs you should know:

1. They are found in abundance in older people with chronic illnesses
2. Once they form, they are irreversible
3. They are caused by **chronically high blood glucose**
4. Diabetics have 60% greater blood levels of AGEs compared to non-diabetics (see number 3) and they are responsible for most of the health complications that come from diabetes.
5. **The way to stop the formation of these AGEs is to eat a diet that does NOT constantly spike your blood sugar.**
6. All the “bad” carbs, sugars, etc. (especially WHEAT, which we will cover soon) spike your blood sugar—chronically eating these foods—leads to the AGEs—which leads to disease. Plain and simple.

So, once you cut out the junk in your diet ... because of AGEs and because you want to keep your blood sugar from spiking often or unnecessarily ... you only want to consume “good carbs” at specific times.

So, what are “good carbs”?

MYTH: All Carbs Are Bad

TRUTH: Natural Carbs Are “Good”

This doesn't need to be complicated: If the carbohydrate comes from nature, it's probably ok ...

If you take out all the pastries, cakes, wheat, grains, and excessive breads from your diet – what are you left with? All types of vegetables and a small amount of tubers (potatoes, sweet potatoes, etc.) that are found naturally in nature.

For example, the following are what I and many other diet authors consider “free carbs” and I would go as far as to tell you that they do not even “count” when it comes to

calories! Eat them as often as you like and as MUCH as you like!

LIST OF SOME “FREE” CARBS

- Broccoli
- Spinach
- Mushrooms
- Cauliflower
- Cucumbers
- Pickles
- Green Peppers/Red Peppers/Peppers
- Celery
- Lettuce (and salad “leaves” of all kinds)
- Green Beans
- Squash
- Zucchini

This is a big list of foods that pair well with almost any meal as a “side dish”, You can eat your face off with these, and do only good things to your body. You can literally eat 5000 calories of these foods every day, and still be losing weight.

Now, use your brain here: Just because cane sugar is a “natural” sugar does not mean you can eat tons of it. Poop is natural, mercury is also natural, you don’t want to eat things just because they are “natural. Sugar is still sugar, so you can eat too much. This is something you want to limit quantities of.

Also, be aware of the way food is prepared. A baked potato with organic butter and salt is OK (the fat in the butter will actually lower the Glycemic index of the baked potato) ... but ... French Fries are not because they’re fried in vegetable oils causing dangerous trans fats. More on specific carbs and other food choices later on but for now, to make it simple, only think about eating natural.

MYTH: Shakes, Smoothies and “Meal Replacement” Drinks/Bars Are Good for Fat Burning and Losing Weight.

TRUTH: They Are Unnecessary and Could Make Losing Fat Harder.

99% of your diet should be made up of whole foods. And you should have to **CHEW** 99% of your food. There are a couple reasons for this:

1. **Most meal replacement shakes, bars, powders, etc. have extra calories** in the form of flavorings, etc. to make them taste good.
2. **Food that is liquid is less work for your body to break down and absorb**—this means you burn less calories and they increase your metabolism less when you eat them. Chew your food.

3. Food that is liquid (protein shakes, etc..) compared to solid proteins is less satiating, meaning you will get hungry quicker after consuming a shake, meal replacement drink, etc.. Again, chew your food.

In short: most of these supplements and products are sold under the myth that you need to constantly eat something every 2-3 hours each day to keep your metabolism “in fat burning mode”. That’s not true as you’ll discover later on in this book.

You don’t need them and many times it’s just an easy way to tack on an extra 300-400 calories onto your daily diet and still get hungry later. I’d avoid them 99% of the time.

I never take any protein shakes or bars, the best and absolute cleanest, bio available, and digestible protein is bee pollen/bee bread, hemp seeds, and cedar nuts. If the diet industry could patent bee pollen it would cost a hundred bucks a gram for sure.

MYTH: Cardio Is the Best Way to Burn Fat

TRUTH: Cardio Is the LAST Thing You Should Do to Burn Fat

When most people think of losing weight or burning fat, they think they should hop on a treadmill, cardio machine, take up jogging, or some other form of aerobic training.

But the truth is, cardio is the last thing you want to do to burn fat!

First: no amount of exercise will burn the fat off your body if your diet is not correct. That’s why most fitness pros in the know say your diet is 80% or more of getting “in shape”. That’s true. Second: Even when it comes to burning fat, cardio isn’t the best way to do it.

Unlike walking (which is healthy for everyone to do) long, slow cardio is the absolute worst thing you can do if you want to lose fat and you want to lose it fast. Here are 3 BIG reasons why:

1. Cardio or running doesn’t burn much fat. One cardio study found that 300 hours of cardio per year helped men lose only 6 pounds, while women only lost 4 pounds. So that’s about 50 hours of cardio per pound of weight lost at BEST! (*Reference: Obesity 15:1496-1512, 2007*)

2. Cardio burns precious muscle too. Burning healthy, lean muscle will give you the “Skinny Fat” look ... where you have no muscle tone ... and just look skinny and out of shape. Just take a look at a marathon runner and compare that physique to a world-class sprinter. In fact, none of us want to lose weight, right? We want to lose FAT. That’s the goal!

3. Cardio makes you hungry and can cause you to over-eat. Another study found SOME folks start eating MORE when they start cardio workouts and believe it or not, these folks ended up gaining weight on a cardio program!

Also, because most people think they're burning a lot of fat (even though it can take 50 hours of cardio to burn 1 pound of fat) they eat more because they think it's OK. Big mistake! (*Reference: International Journal of Obesity 32: 177-184, 2008*)

Third: my system is developed to get you the MOST results in the least amount of time ... that's why ... cardio is not a prominent part of the system.

In fact, the people who lose the most weight do very small amounts of cardio! In fact, many people over-eat because they over-estimate how much fat they're burning.

Focus first and foremost on diet!

1. Eat more living, raw, bio available food
2. Exercise using resistance training of high intensity interval training
3. Replace the junk foods with healthy foods

I ate using the methods you'll see in this book. This took care of the calorie deficit needed for weight loss. For exercise, I focused only on getting stronger with resistance training—which kept me healthy and retained my LBM (lean body mass). That being said: if you're the rare type of person who likes to do cardio—then do it. I won't stop you. Just make sure you don't let it:

1. Drain your motivation
2. Drain your energy
3. Make you think you can eat more—keep your diet tight!

I personally think everyone should walk more. It has been proven that even a little walking (like as little as two 20 minute walks with the dog per day) can really add up to fat loss and greater health over time (one study showed an average of 16 extra pounds of fat burned in one year just from 40 minutes of dog walking daily!)

But the point is—cardio should be the last thing you should do if you want to get rid of fat and stay lean for a lifetime. First is diet, second is resistance training, and LAST is cardio (if at all).

It's generally unnecessary except in extreme cases where you want to get below 10% body fat levels (for men) or below 20% (for women)—this is “Bodybuilder ripped” territory with a full six-pack abs and veins popping out of your arms and even some muscle striations showing through with certain muscles ... *and even then* ... it is easier for to just tighten up diet rather than add in extra workout days and drain all the energy, time and motivation.

MYTH: Whole Grain Is Good for You

TRUTH: Grains Are TERRIBLE and Create Disease

If you're like most people, the following may seem a little hard to believe ... but ... every single word of it is true ... and ... it's in your best interest to take this to heart and apply it in your life (and the lives of anyone you care about) as quickly as possible!

Here's the story: Since fat became the villain in the American dietary system—"healthy whole grains" have been promoted as the basis of the "healthy diet". They say they're heart healthy. They say they give you energy. They say they're good for your cholesterol. They say a lot. All of it is a lie.

Whole grains ... specifically WHEAT along with most every other grain ... are the worst thing you can eat.

Even worse: wheat has become a part of nearly every man-made food in modernized nations ... so ... it's in almost everything making it VERY hard to avoid. But if you do avoid it (along with most every other grain) then you will be removing one of the most toxic substances from your diet.

There is a very thorough book called "Wheat Belly", written by a cardiologist named Dr. William Davis (Rodale Books, 2011) that is a great read on all of this. And if you feel like reading over 300 plus pages to convince yourself of what I'm about to tell you ... *then* ... I suggest you do it.

If you want the short and simple reasons why you should stop eating wheat and other grains then keep reading.

Reason #1: Wheat is NOT wheat anymore. Since the 1950's, scientists have been messing with the structure of wheat to make it easier to grow in large amounts. The version we have today has never been tested to see if it is fit for human consumption ... and as we are learning ... this genetic Frankenstein wheat is definitely bad for us.

Reason #2: Two slices of whole grain wheat bread spikes blood sugar higher than table sugar. That's not good. It sends your blood sugar soaring into diabetic ranges ... hopefully you know why that's a bad idea. Now, think about how many times most people eat grains like this – toast with breakfast, lunch is a sandwich, dinner has bread or rolls as an appetizer—no wonder so many people suffer from chronically high blood sugar. (And no wonder diabetes is soaring through the roof ... and ... people are showing all the symptoms of AGEs as we get older).

Reason #3: Removing wheat from your diet often equals a 400 calorie per day deficit in your diet. This statistic is directly from the "Wheat Belly" book—but it bears mentioning because wheat is in everything and because your cravings go down when removing it from your diet—you can easily eat less.

Reason #4: Wheat increases small LDL particles. I'll quote the Cardiologist who wrote "Wheat Belly" here to explain why this is so important to note:

"The most flagrant cause for heart disease that's rarely talked about is small LDL particles. I've watched small LDL particles explode over the last 15 years. It has become not just common but the dominant pattern we see now in virtually everybody. I'll see maybe a handful of people a year who don't have it, and they're all young, slender, premenopausal females who are marathon runners. Everybody else has at least moderate-to severe degrees of LDL.

There are only two ways to get small particles, the flagrant kind that causes heart disease. One is genetically determined; the other is carbohydrate. I used a very simple line of reasoning. The foods that trigger the LDL pattern the worst, once removed, give you the most extravagant benefits. If wheat raises blood sugar and triggers small LDL particles higher than almost all other kinds of foods, let's see what happens when I took the wheat out of the diet of those with small LDL and high blood sugars.

Patients would come back with much lower fasting blood sugars and weight loss, but I'd also hear stories about how their asthma improved. Leg swelling decreased; mood and depression improved. Other forms of arthritis and inflammatory diseases improved. Crohn's Disease improved. Acid reflux went away. At first, I thought: "This has to be a coincidence. Why would this have anything to do with eliminating wheat from your diet?"

But it became such an incredibly consistent pattern. I do this every day, and I heard patient after patient telling me very significant stories of success, how they were feeling better, looking better, more slender, ridding themselves of medications. It was clear that it was very specific to the wheat. That set me on this course. It all came from this effort to reduce blood sugar and small LDL."

Reason #5: Wheat contains amylopectin A, which is more efficiently converted to blood sugar than just about any other carbohydrate, including table sugar. Again, just two slices of whole wheat bread spikes your blood sugar higher than table sugar. Dr. Davis makes the extreme example in his book: *"Aside from some extra fiber, eating two slices of whole wheat bread is really little different, and often worse, than drinking a can of sugar-sweetened soda or eating a sugary candy bar...The GI of a Snickers bar is 41—far better than whole grain bread."*

Reason #6: Wheat is addictive—maybe as bad as heroin—and triggers food cravings. Yes, this is scary, but true. Wheat is HIGHLY addictive ... and ... triggers cravings. As bad as heroin? I'll let the good doctor explain again:

"National Institutes of Health researchers showed that gluten-derived polypeptides can cross into the brain and bind to the brain's opiate receptors. So you get this mild euphoria after eating a product made with whole wheat. You can block that effect [in lab

animals] by administering the drug naloxone. This is the same drug that you're given if you're a heroin addict; it's an opiate blocker ... a drug company applied to the FDA to commercialize naltrexone, which is an oral equivalent to naloxone.

And it works; apparently, it blocks the pleasurable feelings you get from eating wheat so people stop eating so much. In clinical trials, people lost about 22.4 lb. in the first six months. Why, if you're not a drug addict, do you need something like that? And of course there's another option, which is to cut wheat out of your diet. However, and this is another argument for classifying wheat as addictive, people can experience some pretty unpleasant withdrawal symptoms."

Reason #7: Wheat contains gluten and other anti-nutrients. Gluten (which I'll talk about later) causes low level inflammation in EVERYONE. Even those not diagnosed with celiac disease or as "gluten sensitive" and you're best to just avoid it entirely.

There are also a TON of things known as "anti-nutrients" in wheat which essentially block the absorption of the vitamins, minerals and other micronutrients that your body needs to be healthy.

Reason #8: Wheat causes excess acidity in your body. Our bodies are meant to be in a more alkaline state. Adding wheat to the "native diet" of animal meats and vegetables increases the acidity levels in our bodies. Not only is this bad for overall health, but an overly acidic diet will eventually show itself as bone fractures (something everyone over the age of 50 needs to be aware of.)

Reason #9: Wheat has been linked to a host of health problems ... and ... removing wheat improves the health of people with these problems.

Here's just a partial list:

- Gastrointestinal problems
 - Schizophrenia
 - Cohn's disease
 - Acne and other skin conditions/rashes
 - Premature hair loss (evidence points to this)
 - Gynecomastia ("man boobs")
 - Visceral fat deposits (the "hard" and deadly fat in belly fat covering organs)
 - Insulin Resistance
 - Diabetes, prediabetes and metabolic syndromes
 - Premature aging conditions caused from excessive AGE (Advanced Glycation End Products)
- And yes, there is much, MUCH more ...

Are You Convinced Yet?

If you're convinced by now to take wheat and other grains out of your diet, then you're smart. If

you need more convincing ... well ... just go ahead and do your research.

Here's a hint: don't take the information you need for your health from the people who are going

to make the most money telling you "grains are good for you!" (The USDA, Government agencies, and everyone else who profits from the super-high consumption of wheat in industrialized nations.)

The Method

I highly recommend you read the full “The Big Diabetes Lie” book, there’s a lot of groundbreaking information in there. But I promise it's worth it. You are already ahead of the pack and you will be using the latest scientifically proven techniques that most of the world will only catch up to decades from now.

Since we want you to begin your path to health right away, we have created this easy start up guide so you can begin your healing process before you finish reading the main 7 Steps to Health book.

Start with these first few steps and add more as you read through our book. This will ensure the fastest, easiest and most powerful weight loss possible.

How Should You *REALLY* Eat For Health?

It is simple really ...

Our ancestors were primarily hunter-gatherer types of people. Recent research revealed that it was 90% gatherer and less than 10% hunter. So most of the time we ate what grew on trees and from the ground. If you couldn't gather it from the woods/ground ... or ... you couldn't catch/kill it ... then you didn't eat it.

Before you start thinking I'm just “prejudiced” in my belief that the hunter-gatherer diet is optimal for human health, let me say there's plenty of research to back up this opinion.

Researchers have found skeletons of people from 2 million years ago and determined their genetic makeup is virtually identical to ours. And the move from hunting and gathering to farming only happened about 10,000 years ago. Keep in mind that even though 10,000 years is a very long time for you or me, it's actually only 1/2 percent of the time span humans have been on this planet.

This change turned out to be essential to the progress of civilization, science, and technology but not so good, in many ways, for human health. Since our bodies are very similar to those of our remote ancestors from millions of years ago, it makes sense that they still require the same sort of nourishment to stay well.

They also didn't have access to food 24/7. Sometimes they would have to go without food for days, even weeks. And recent research revealed that fasting for period of time is actually incredibly beneficial for the body.

NOTE: At this point some people will question:

“Don't we live longer now? If so, how can eating like our ancestors be good for us?”

Yes. Those things are all true, but before you blame it on the food, consider some of the following factors:

The MAIN reasons we live longer are that we have MUCH less women dying during childbirth, and we're not hunting wild animals with sticks and stones and not constantly attacking other tribes or exposing ourselves to as many "natural dangers". In Paleolithic times, there were no antibiotics, so more people died very young of infectious disease.

Life was physically much more strenuous and, in many cases, more dangerous, and there were no hospitals and no surgeons. Infection and accidents killed many at a young age. But if you exclude infection and trauma, those who survived were "genetically programmed" to live just as long as any of us today.

Of course, there are no exact statistics available for 2 million years ago. But even as recently as 150 years ago, it wasn't uncommon for women, mostly between the ages of 18-25, to die during childbirth. That'll definitely bring down the life-span averages! And many children living in the crowded, unhygienic cities of the 1800s died of infectious diseases, further lowering average longevity. But for those surviving childhood and childbirth, longevity was very close to what it is today.

Technology has increased our lifespan ... but ... not our health, at least in regards to the food we are eating on a daily basis.

Researchers have also carefully observed the health of "modern cave people": people who today still follow the hunter-gatherer diet pattern. Among these people, there's virtually no cardiovascular disease, hypertension, diabetes, cancer, osteoporosis, or obesity. Here's one such enlightening study to prove how powerful eating like this is ...

Switching to A More "Natural" Diet Like This GREATLY Improves Your Health – In Just 10 Days!

A New Study (<http://www.ncbi.nlm.nih.gov/pubmed/19209185?dopt=Abstract>) has revealed that switching to a "Paleo" style diet will give you outstanding health benefits **in as little as 10 days ...**

Researchers at the University of California San Francisco School of Medicine performed a study in which nine non-obese sedentary, healthy individuals consumed their usual diet for three days, then ate foods with more potassium and fiber for seven days, and then consumed a Paleolithic type diet which included lean meat, fruits, vegetables and nuts, and excluded grains, dairy and legumes, for 10 days.

The researchers found that when compared to the baseline diet, the participants showed significant reductions in blood pressure, plasma insulin, total cholesterol, low-density lipoproteins (LDL) and triglycerides from the Paleolithic diet.

As you read the main book, you will realize why a primarily eating a 'living' food diet creates such incredible health in the body.

I go into great detail about meats and animal products in the Accelerated Total Health System which I hope you had a chance to add to your package. In general I always say to replace meats with seafood.

Food to eat:

Fish and seafood

- **Fish:** sardines, salmon, flounder, catfish, perch, herring, whitefish, haddock, mahi mahi, cod, Pollock, halibut, anchovies (*These fish have relatively low mercury content. Whenever possible look for deep sea fish not farm-raised as this lowers the chance of mercury contamination.*)
- **Seafood:** Scallops, crab (king, tanner, Dungeness), spiny lobster

Vegetables

Most of the produce in supermarkets is commercially grown, so it's probably been exposed to various amounts of pesticides or other chemicals, we'll talk about organic stuff in a moment. But for now, I've listed the groups of produce below in order from "least likely to be contaminated" to "most likely."

- Broccoli, brussels sprouts, cauliflower, green onions, onions
- Potato, pumpkin, squash, sweet potato/yam
- Artichoke, asparagus, beets and beet greens, cabbage, carrots, collard greens, dandelion greens, eggplant, endive, kale, kohlrabi, lettuce, mushrooms, mustard greens, parsley, parsnips, peppers, purslane, radish, rutabaga, seaweed, squash, swiss chard, tomato, turnips and turnip greens, watercress
- Bell peppers, celery, cucumbers, spinach (*These are the vegetables most likely to be contaminated, so you might want to consider buying organically grown, at least for these.*)

Fruits

- Avocados, bananas, grapes (U.S. grown), plums, watermelon (*These are the least likely to be contaminated.*)

- Blackberries, blueberries, boysenberries, cassava, cranberries, figs, gooseberries, grapefruit, guava, honeydew, kiwi, lemon, lime, lychee fruit, mangoes, nectarines, oranges, papayas, passion fruit, pears, persimmons, pineapple, pomegranates, raspberries, rhubarb, star fruit, tangerines

- Apples, apricots, cantaloupe, cherries, grapes (Chilean), peaches, strawberries (*These are fruits most likely to be contaminated, so, like bell peppers, celery, cucumbers, and spinach, you might want to consider buying organically grown versions.*)

Nuts and seeds

- Flaxseed and walnuts (They have the best omega-3/omega-6 fatty acid ratio.)

- Almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds (*although healthy, nuts have a lot of calories, be careful of this because it's easy to eat TONS without thinking.*)

Oils

- **For cooking:** extra-virgin, cold-pressed olive oil for low heat. Macadamia nut oil, coconut oil and butter for higher heat. (*go for REAL butter, organic grass-fed is the best. Never use margarine or synthetic butters.*)

- **Salads, other uses:** walnut, flaxseed, olive, avocado

Beverages

- Water: filtered or as clean as possible
- Tea: green, black, all other herbal teas
- Coffee: black or with organic grass fed, preferably raw, milk or cream (*may include no calorie sweeteners*).
- Small amounts of Wine, beer, and alcohol (Alcohol is a toxin, and a neurotoxin, it destroys the cell membrane making cells clump together and eventually die, every glass of alcohol destroys millions of cells and brain cells)

Sweeteners

- **Minimal to no calories:** stevia, small amount of good quality organic local raw honey (*it's best to use any sweetener sparingly*).

PLEASE NOTE:

Even though organic is best. I understand it can also be costly. Therefore, ***I suggest***

first trying to just eat the “right” foods. Don't worry at this point that it's not organic. Don't feel like you can't “afford” to be healthy!

This is a big mistake many people make—don't put off getting started just because you can't afford 100% organic! Yes, that would be “ideal” but in reality, you must work with what you can do!

You can also only go “half organic” if you have the budget because certain foods are more likely to be less wholesome or contaminated if not grass fed or organic. A good example would be high-fat protein sources like nuts, seeds, seafood. This is because many toxins (like with humans) are stored in the fat cells of animals, so the fattier cuts of these animals are more likely to be contaminated.

The most important thing to do is to focus on the “right” foods—instead of thinking “this won't work” because you can't go 100% organic right away.

Don't Worry About Perfection

Here's the main thing: You don't have to worry about being perfect and eating healthy foods all the time. There's no need to stress out over this.

Just attempt to eat healthy 80-90% of the time and you'll do fine.

That means you could take an entire day off each week to indulge in some “forbidden food” you really enjoy ... or relax a little when eating out a restaurant or other social occasions ... or some other event once or twice per week.

The KEY is to eat healthy MOST of the time ... and ... only “cheat” a small amount of time. (I will cover “cheat meals” later in the book.)

Do that and you'll maintain health and low body fat easily.

Foods You Should NOT Eat ...

Of course, there are also some things you'll have to give up. The list isn't outrageous—there are far *more* foods you can eat.

Yes, this may take some getting used to. Many of us were raised on diets made up of large quantities of these foods. I understand that it won't be a change you can make overnight. And that's OK. The key is to gradually reduce your intake of these foods over time and eventually it will become a way of life.

That said, avoid these foods:

- **All dairy products**; all products containing pasteurized dairy ingredients.

Some limited exceptions to this rule:

If you can find a local farmer that will allow you access to RAW unpasteurized milk then you can consume more dairy. The site: <http://www.rawmilk.org> will be helpful in this regard.

Related to this: any raw cheese products (which are surprisingly easier to find than other raw dairy products) are generally ok.

Keep in mind though: dairy still gives a LOT of people problems, so cut it out for a few weeks, see how you feel then gradually bring it back in—one food at a time (raw cheese for instance) to see how you feel.

- **All cereal grains**, (Our non-farming ancestors simply didn't eat them.)
- **All legumes** (beans, peas, etc.)
- **All unnatural and high salt foods**. Salt was a relatively rare commodity during all prehistoric times and even during most of "recorded history." This list includes bacon, deli meats, ham, hot dogs, ketchup, olives (canned), most pickled foods, pork rinds, processed meats, salami, salted nuts, sausages, canned and/or salted fish and meat, and nearly all commercial salad dressings. ***Alternatives for most of the foods on this list are the organic foods that say "nitrate free" where you can eliminate most of the health dangers of these.***
- **All soft drinks**. My personal opinion is that a diet soda every once in a while will not hurt anyone though, just drink more water, etc..
- **All fruit juices** Eat the whole fruit instead and get the benefits of the natural fiber of the fruit and the way it was meant to be consumed!
- **All sugar** and sugar-containing candies.

Another side benefit of the hunter-gatherer diet is ...

You Will Be Automatically Eating Gluten-Free ...

Gluten is found in grains and, like dairy, gives a LOT of people problems. In fact, it gives everyone problems because it causes low-level inflammation throughout your body ... *but* ... only a small percentage of people are "very gluten sensitive" and know for a fact that they should avoid these foods.

The rest of us are in a constant state of low-level inflammation when we consume gluten and we're slowly damaging ourselves over time. **Some researchers believe this is why autoimmune diseases develop as we age because the chronic low-level inflammation eventually overwhelms the body and we start manifesting diseases (I tend to agree).**

The bottom line is: we are ALL gluten sensitive and will do best without consuming it.

Why? In the most simplistic terms gluten is actually a protein in grains with one specific purpose – to fight your body when you eat it. Without getting too technical, here are some of the reasons why anything with gluten in it is BAD for you:

Damages Gut Lining: if your gut lining is damaged, you will not absorb nutrients properly. **Impaired digestion** from damage to your gut ... extreme cases are called “leaky gut” syndrome and this ... **Causes low level inflammation** ...

So it's in your best interest to totally eliminate gluten from your diet ... or at the very least cut down how much you eat of it. For example, here are foods high in gluten that will give you health problems:

- Wheat
- Breads
- Barley
- Cereals
- Rye
- Crackers
- Farina
- Croutons
- Graham flour
- Pasta

As you can see, NONE of these foods were found in the hunter-gatherer diet and just eliminating these foods will give you dramatic health and weight loss benefits immediately.

If you eliminate all gluten from your diet, by simply following a hunter-gatherer/paleo type diet, then you will see incredible health benefits. I guarantee it. And you can try it yourself. If you try just 30-days of sticking to this way of eating – religiously—you'll see great benefits.

WARNING: You only need to be exposed to gluten once every 10 to 15 days to keep your gut lining irritated and damaged ... so ... to give this a proper trial you should remove all gluten containing foods from your diet for at least 30-days.

(That means: no cheat meals for a period of 30-days so you can see how your body reacts when you reintroduce gluten containing foods).

1 Simple Rule for Easy Fat Loss: Avoid “White” Carbohydrates

Still having difficulty with understanding which “carbs” are healthy and which aren’t? Here’s a simple rule: avoid any carbohydrate that is — or can or could have been — white. (Yes, that means “wheat” foods. Many of these are just colored with molasses and they are NOT healthier bread. Not to mention, wheat is another huge “food” that many people have problems with, when they don’t even know it (Go back and read the info on avoiding wheat if you’re not convinced!). Remember the one simple rule: avoid any foods that ARE or COULD BE white.)

Do not eat the following regularly:

- **Bread**
- **Rice (exception below)**
- **Cereal**
- **Pasta**
- **Fried food with breading**

If you avoid eating anything white, you’ll be safe.

The ONE and ONLY exception to this rule is potatoes and rice. They have some nutritional benefits and potatoes were found naturally (in small amounts) in the original hunter-gatherer diet. White rice is included because unlike whole grain rice or other forms (which contain antinutrients similar to wheat)—white rice is a relatively “clean” source of carbs.

Again though, these spike insulin levels because they are fast digesting carbs. That’s why, like I said before, I do NOT recommend eating potatoes every single day. Follow these rules when eating them:

Eating them with the skin is best (I LOVE the taste, some people don’t. Try it)

Eat them only 2-3x per week. (*The best time to eat them is after a resistance training workout.*)

Eat them with your favorite toppings: butter, salt, spices (any spice mix without anything you can’t pronounce), and or cinnamon for yams/sweet potatoes (*The fat in these toppings will lower the Glycemic Index of the potato—reducing insulin spikes—making them less likely to cause blood sugar problems/fat gain.*)

The same goes for rice. Rice is such a calorie dense carbohydrate, that I would only recommend it for hard-training athletes who need extra carbohydrates because they are exercising 10-20 hours per week (that’s a minimum of 2 hours of exercise per day in addition to full-time job, etc.). There is no gluten in rice or potatoes so they are good “clean” carbs for hard training athletes.

This One Simple Rule Takes Care of Most Everything ...

Here's why: If you don't eat any white carbohydrates, what are you left with?

Think of a meal in most any sit-down restaurant, there is usually:

1. A protein (always go for seafood!)
2. A vegetable or salad
3. A starch

If you simply remove #3, "The Starch", which is usually a white-based carbohydrate then you will easily lose weight.

NOTE: Most every restaurant follows the above rule of 3 to create their dishes and meals. All you have to do to make restaurant food healthy to eat is say the following phrase:

"Instead of the <INSERT NAME OF WHITE STARCH> can I have <INSERT MORE VEGGIES OR PROTEIN OR SALAD>?"

That's it! Do that and you can make almost any restaurant meal healthy for you and help you lose weight.

For example:

The restaurant you're at has a Chicken and pasta dish with side of assorted vegetables.

You simply tell the waiter: *"Instead of the pasta can I just get extra vegetables?"* Bam! That's it. Seriously. It's THAT easy to make 100% sure you're eating healthy. If you're starting to feel deprived at this point, remember ...

There Are Plenty of "Free" Carbs Too!

And these carbs can be eaten with any meal and prepared (literally) thousands of ways. The following are what I and many other diet authors consider "free carbs" and I would go as far as to tell you that they do not even count when it comes to calories!

- Broccoli
- Spinach
- Mushrooms
- Cauliflower
- Cucumbers
- Pickles
- Green Peppers/Red Peppers/Peppers

- Celery
- Lettuce (and salad “leaves” of all kinds)
- Green Beans
- Squash
- Salsa (made naturally, no artificial ingredients)
- Zucchini

That’s a big list of foods that pair well with almost any meal as a “side dish” that you can eat your face off with and do no damage and only good things to your body.

You can sauté these carbs ... add seasoning ... fry them (only in healthy fats such as coconut oil or butter that don’t oxidize at high heat) ... and much, much more! You can even eat many of them raw (like cucumbers and salt for a snack).

The possibilities are really endless and it’s just getting used to eating in a new way ... NOT ... a lack of choices that will hold you back.

We Aren't Very Active Anymore (And it's KILLING Us)

Compared to our hunter-gatherer ancestors ... it's obvious we're not that active anymore. Technology has removed many of the dangers of living and we're at an all-time high level of comfort.

We don't have to search for food.

We don't have to find shelter every night.

Many times, we don't have to clean, cook, or even prepare our food—there's fast food options, quick-dinners, microwavable meals, etc. — making it all too EASY to overeat—ALL the time. Plus, instead of doing manual labor for a living, like most of the industrialized world has been doing for the past couple hundred years (working in factories, etc.), technology has made our work easier.

The majority of us sit on our butts all day long—either at a desk ... or a computer ... or in some type of similar situation.

What's more: when most of us get home, the first thing we do is plop down on the couch for MORE sitting ... maybe some snacking ... eat dinner ... more snacking ... and ... more sitting. Is it any wonder we're not as lean, fit and healthy as we want to be?

Why It's Important to Be Active—Even If You Exercise (Because You Might DIE!)

A new study published in the American Journal of Epidemiology shows that exercise by itself won't lead to a long, happy, healthier life ...

The American Cancer Society's Cancer Prevention II study between 1992 and 2006 studied **53,440 men and 69,776 women** who had NO history of heart attack, stroke, cancer, emphysema or any other lung disease and determined that there's a DIRECT link between sitting and death rate.

One of the key measures Researchers recorded was the amount of *activity time* and amount of *sitting time* of each of the participants.

The results were interesting ...

Men who sat more than 6 hours per day were **18% more likely to die** sooner than those who sat only 3 hours per day.

For the Women the results were even worse. Those who sat 6 or more hours per day

were **37 % more likely to die sooner** compared to women who sat only 3 hours per day.

Here's the SHOCKING part ...

The death rate did not change when exercise and physical activity was added into the lifestyles! That's why it's important not to fall back on exercise as your "excuse" for leading an otherwise unhealthy lifestyle ...

When you compare the numbers to those who sat on their butts without exercise, and those engaged in activities there is a 94% higher death rate for men and 48% for women. The researchers concluded at the end of the study:

"The time spent sitting was independently associated with total mortality, regardless of physical activity level. Public health messages should include both being physically active and reducing time spent sitting."

The bottom line? The more active you can be in your daily life, the better your chances of living a healthier, longer life!

The good news is it's NOT that hard to be active ... *AND* ... as I've said before, the additional payoff is that you're going to get much leaner, much faster!

All you have to do is go about your daily life with a certain "idea" in mind, and that idea is called

...

"NEAT" or None Exercise Activity Thermogenesis.

Non-Exercise Activity Thermogenesis (NEAT) is basically any movement that isn't intended as exercise. You can burn an extra 100-150 calories an hour by increasing NEAT.

So all you have to do is, choose more things in your daily life that have you moving around more and, some of these things ... (like an AWESOME activity I'll tell you about in a minute) ... EVERYONE LOVES doing

Some Ideas to Increase Your NEAT:

- **Stand** –Standing around burns 50% more calories than sitting ...
- **Pace** –Pacing burns even more than standing ...
- **Fidget** – Studies show lean people fidget about 150 minutes a day more than obese people do. This type of low-grade activity (tapping feet and fingers, twirling hair, gesturing while speaking, etc.) can burn 350 calories a day, which translates into 10-30 pounds a year!

- **Eat Spicy** –Adding 5g of Tabasco sauce to any meal can raise your metabolism by 12-20 % for up to two hours after you're done. This is caused by capsaicin – the nutrient that makes chili peppers hot. Or you can just add spicy spices to your food.
- **Drink Cold** — If you drink 8 glasses (64 oz) of ice-cold water in a day, you'll burn 70 more calories than if you drank 8 glasses of a body temperature beverage.
- **Keep it cold** —I like hot weather, but, if you keep it cold—you'll burn more calories. You can get a 3-7% increase in calories burned from your body warming itself (similar to the principle at work when drinking ice water).

Doing Chores Can Get You Leaner Too!

These figures are estimated based on a person weighing around 150 pounds doing the activity for 30 minutes. You will burn more or less depending on your weight and the amount of effort you put into the cleaning chore.

Moving around furniture – Burns about 225 calories.

Scrubbing floors - Burns 189 calories.

Washing the car – On average burns 153 calories.

Making the bed – 94 calories.

Dusting - About 120 calories.

Cleaning windows - Around 153 calories.

Vacuuming - - You are looking at 84 calories.

Washing dishes – Burns 76 calories.

Ironing clothes – 190 calories.

Shoveling snow - A whopping 288 calories.

Laundry - My least favorite burns 72 calories.

Raking leaves – 171 calories.

Mowing the lawn - 162 calories.

Surfing the internet – 60 calories.

Washing Windows – 144 calories for 30 minutes.

Gardening - About 162 calories.

Pulling weeds – 177 calories.

Mopping the floor – 140 calories.

Grocery shopping while pushing a cart – About 126 calories.

Watering outdoor plants – About 120 calories.

Cleaning gutters – 160 calories.

Walking the dog around the neighborhood – 147 calories.

Making dinner – 90 calories.

Playing outside with your children – 180 calorie.

Picking up trash and throwing it out – Around 120 calories.

A MORE FUN Way to Burn Calories — That EVERYONE Loves!

Have sex. Seriously.

“Aerobically, a half-hour romp in the sheets burns approximately 150–200 calories and sometimes even 350 calories if you are really frisky,” says Ms. McCloskey. “This is roughly the equivalent of briskly walking, running, or lifting weights for thirty minutes,” she says. “My husband and I have sex about eight times per week. You do the math.” (Kerry McCloskey, Author of the book “The Ultimate Sex Diet”)

The Point Is, you need to be more active!

Don't sit on your butt all day. Don't lie on the couch.

When you're working: Get up from your desk and move around a little bit.

In fact, this will even make you more productive. Work in “Chunks” of time – usually 30 minutes or so is a good amount. Set a timer or note the time on the clock, focus on one chunk of “work” for 30 minutes and when those minutes are up, you stop and take a break. I promise you if you work in 30 minutes to 1 hour “intense focus” chunks of time, and get up in between for a quick walk around the office—you'll find your quality and speed of work increasing!

In fact, I recently moved into a new place where I have my own “home office”. One of the first things I did is I bought a cheap treadmill from a local lady off of craigslist.org. I then put a small little board on the “handrails” of the treadmill to form a makeshift “walking desk” that I can set my laptop on and trot along around 2.0 mph – walking while I'm working! The point is: find ways to be active!

Go for a walk. Play with the kids. The dog. Your lover ... whatever Just get up, get moving and you will start burning more calories without additional workouts or dieting!

Start with these first few steps, and add more as you read through our book. This will ensure the fastest, easiest and most powerful diabetes reversal possible.

BEFORE YOU BEGIN

I highly recommend you do 3-5 session of colonics (hydrotherapy). The flushing of your large intestine will give you immediate results. Other than fasting, colonics is my go-to procedure for overall wellbeing, and it will help you drop 3-5 pounds of festering waste from your intestines.

Search for your local colon hydrotherapy or colonics clinic near you and do this procedure! It will give you incredible results on day 1.

MORNING

- Drink a glass of baking soda with water first thing in the morning (take half a teaspoon of baking soda, pour a little boiling water on it and mix until it stops

fizzing, then pour 500ml/17oz of warm water and drink). Baking soda is a powerful alkalizer improving blood, lymph, digestion, and metabolism.

- 15 minutes later drink another glass of warm water.
- 15 minutes later drink a third glass of warm water with 5 drops of 3% hydrogen peroxide (for more information on hydrogen peroxide please refer to chapter on hydrogen peroxide in 7 Steps to Health book).
- 15-30 minutes later drink a large green smoothie (spinach, banana or other fruits in a 50-50 proportion, meaning half of the smoothie is made of spinach and the other half is fruits, along with water, stevia or raw honey to sweeten, and any other fruits or berries to your liking blended in a blender).

DAILY FOODS AND SUPPLEMENTS

- 68 oz/2 liters of clean filtered water daily.
- 5-10 grams of vitamin C, 800 IU vitamin E, 10000 IU vitamin D, 1000-5000 milligrams (mg) of EPA and DHA omega 3 (all compounds divided and spread as evenly as possible into 2-3 portions throughout the day with meals).
- 3 tablespoons of flax or hemp oil daily taken by itself, in salads, smoothies or any other way you wish.
- 3 tablespoons of bee pollen taken by itself, in water, in salads, smoothies or any other way you wish.
- A good probiotic and prebiotic (can be found in your local health food or vitamin store).
- Attend a sauna or infrared sauna twice a week for at least 30 minutes to sweat out toxins (make sure to sit or lie on the bottom bench where the temperature hovers around 60 degrees C/140 F).
- Walk vigorously every day for 30 minutes, rain or shine.

POWERFUL TIPS

- You may eat your regular meals throughout the day, but the main rule to the 7 Steps system is you must have a big salad made of spinach and other leafy greens along with other vegetables, spices, oils, and/or nuts before each meal (the leafy greens taking up at least half of your salad, or 200 grams at the minimum). And before each snack have 2 fruits. A simple google search yields hundreds of delicious salad recipes as well as various sauces and dips you may add to them. The key is to make your salads tasty and delicious, so experiment and have fun!
- Your meals should be primarily fruits, vegetables, nuts, seeds, gluten free grains, and some seafood in as close to an 80-10-10 proportion as you can (80 carbs, 10 fats, 10 proteins). To visualize this; if you picture you plate a clock. From 12 to 9 will be salads/vegetables/fruits, and the rest is protein and oils such as seafood/nuts/seeds/oils.
- Do not eat anything before 8 am. After 8 pm only eat salads and vegetables.
- If you have a chance to sun tan, spend 10-15 minutes with at least 80% of your skin exposed directly to sun's rays. Make sure the light is not blocked by glass or windows, as that blocks the necessary wavelengths to create vitamin D within your body.

- If you go to a restaurant, always order a large salad with your meals.

SHOPPING LIST

- Spinach, bananas, and other fruits for your morning smoothie.
- Leafy greens and vegetables for your salad. You may experiment with spices, balsamic vinegars or grated nuts.
- Flax oil and hemp oil.
- Bee pollen.
- Vitamin C, Vitamin E, Vitamin D, Omega 3 (EPA and DHA) and a good pre and pro biotic.

Vitamins and other supplements can be found in your local health food store.

THINGS TO AVOID AT ALL COSTS

- Pasteurized milk and milk products (for more information please see the section on milk in the 7 Steps to Health book)

Substitute pasteurized milk (all milk sold in stores is pasteurized), with raw milk from your local farmers or food co-op. Please visit <http://www.realmilk.com/real-milk-finder/> to find a raw milk provider near you.

- Zero calorie sweeteners and foods (except stevia which is completely natural and derived from leaves), and sugar (substitute with stevia, or good quality local honey)
- Gluten and gluten containing foods (substitute with gluten free whenever possible). Gluten free grains include: corn, millet, quinoa, brown rice, buckwheat, oats, sorghum, teff, amaranth, popcorn, montina. You may have 2 cheat days during the week when you can have gluten containing foods.
- Substitute all meats with seafood (all meats including beef, chicken, lamb etc.)

We would love to hear from you. Send your questions or testimonials to contact@theitmc.com

We wish you success and happiness on your path to health!

The ITMC Team

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