



# FUEL | FAST | THRIVE™

*Fuel your body, fast with intention, and thrive every day.*

## A Long-Term Approach to Changing the Way You Eat

The objective of this program is lifetime health improvement. The side effect is losing weight. So, the goal is to get healthy to lose weight.

*~ According to studies, what percentage of diets fail long term? The answer is an astounding 95%.*

### How is this possible?

Well, any diet plan using low-calorie, low-fat processed foods and/or shakes and bars is short-term sustainable. You are probably not raising your level of health, but instead, you are actually doing the reverse. And, if you really want to roll the dice with your well-being, go the pharmaceutical route. Have you actually listened to the listed side effects of any weight loss drug on a TV commercial? It's ALMOST funny yet truly tragic.

There is so much misinformation on social media and the internet, such as fad diets, supplements, and/or pharmaceutical drugs being the be-all/end-all (i.e. Ozempic!), that it's very difficult to wade through it all to find the truth about diet and nutrition.

### Common sense is no longer common!

To get a different outcome, you will need to choose a new path. Embrace the change. Like my dad always told me growing up, "I can't is not in our vocabulary!". *Trust the process.*

I'm not going to pull any punches, and I'm going to keep it as simple as possible. Eating correctly is easy, but eating a garbage diet is EASIER.

To think correctly about what we put in our mouths, here's how to look at it. Food is fuel and then there is the rest of the stuff that people eat that is simply garbage. If you consume fuel, you are healthier right down to the cellular level. If you shovel in stuff that tastes good with little to no nutritional value, then your life path is going to be far less healthy.



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# Let Me Simplify It

## The problem simplified:

- Eating stuff instead of food (fuel) causing dis-ease in the body that eventually leads to diseases.
- Obesity is a hormonal rather than a caloric imbalance... eating increases insulin, signaling our body to store this food energy as fat for later use. Excessive and persistent high insulin levels results in obesity.
- Sedentary lifestyle

## The solution simplified:

- Eating a diet our body was genetically designed for: Eat real food. If it comes pre-packaged, in a bag or box, and if it has a nutritional label, it should be avoided.
- Fasting
- Move = Exercise

## Recommended books to read:

I have drawn my information from years of reading, going to seminars, and clinical experience since opening my chiropractic practice in 1997. That being said, for those of you who would like to delve deeper into the what's and why's of how dramatically proper eating and intermittent fasting will affect your long-term health, I strongly recommend these books:

- *The Paleo Solution* by Robb Wolf
- *The Complete Guide to Fasting* by Jason Fung, M.D.
- *Healthy Keto & Intermittent Fasting A Simple Overview* by Eric Berg, D.C. (the equivalent to "Eating and Fasting for Dummies")



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## Fuel. Fast. Thrive.™

Our genetics are not making us sick. The culprit is lifestyle choices. I am going to refer to one of my favorite sections in Robb Wolf's book *The Paleo Solution* to prove this point. He is giving an example of a relative scale to represent what we are and are not genetically designed to eat:

If we stood on an American football field (100 yards from endzone to endzone), we could represent a timeline of human history the following way: If we start walking from one endzone to another, we could walk 99.5 yards, and this would represent all of human history except the last 5,000 years or so... 99.5 of the 100 yards.

*~ This is when our genetics were selected for survival in a hunting-gathering lifeway, and we are damn good at it.*

He goes on to say that our genetics are virtually identical to our early human ancestors from more than 120,000 years ago. It was only in the last 10,000 years that we transitioned to an agricultural lifestyle, represented by the last half yard of the mentioned scale. Therefore, our bodies thrive on a diet high in proteins, fats, and carbs from fruits and veggies. The ballooning percent of the population with autoimmune diseases, strokes, cardiovascular disease, dementia, and diabetes is a direct result of diets high in grains, processed foods, and sugar.

**Get your mind right about fasting.** It is not starvation (the involuntary abstention of food). It is not the latest and greatest, but one of the oldest tried and true dietary interventions in the world! Fasting benefits: improve memory and concentration, reduce inflammation, increase insulin sensitivity, decrease atherosclerosis, reduce blood pressure, lower heart rate, and increase fat burning (weight loss).

*~ Our genetics are expecting a vigorously active life. We are born to be fit, so if you do not exercise, your health potential is lowered.*

### Fasting Myths:

As a chiropractor, trust me, I KNOW there's nothing that can negate the truth like a widespread misconception.

**The deer in the headlights response is that it's "just crazy," followed closely by the following:**

Fasting puts you in starvation mode, fasting slows your metabolism, fasting causes nutrient deficiencies, fasting causes low blood sugar (hypoglycemia), and fasting causes muscle loss.

**It's not crazy, and all of the above are completely untrue.**

Sorry, I'm not going to go into scientific details. Refer to chapter 3 in Dr Fung's book, *The Complete Guide to Fasting*, OR go online and find false information supporting the many untruths about fasting and lose any chance of making a positive health change from this powerful method.

**The Program >>**



# THE PROGRAM: 60 DAYS TO A HEALTHIER YOU

## Fuel: Keto is NOT a diet, but a sustainable way of eating properly.

What is the ketogenic (keto) way of eating?

- NO SUGAR, GRAINS, PROCESSED/REFINED FOODS, OR MAN MADE OILS
- 60-70% fat, 20-35% protein, 5-10% carbs
- Healthy fats ( at least one of these included in every meal): avocado, olive oil, coconut oil, ghee, MCT oil, butter, seeds/nuts, full-fat dairy
- Healthy proteins: beef, chicken, pork, turkey, fish, lamb, bison, eggs, greek yogurt (full fat), bone broth protein powder
- Healthy carbs: vegetables, low glycemic fruits = berries (best), pears, apricots, apples, figs, pomegranates, oranges
- The Big Keto Cookbook for Beginners

## Intermittent Fasting

Key things you need to know before diving into intermittent fasting:

- Stay hydrated: drink 8 oz of water right after you get up (before coffee or tea);
- Get a water bottle that you will have with you every day and plan on drinking AT LEAST 32 oz a day; optional - add powdered electrolytes (no sugar added)
- Coffee or tea with any no-sugar creamer (milk, half & half, almond milk) and/or coconut oil or MCT oil is OK in the morning, or anytime you need something during the day
- Sipping bone broth is also an acceptable snack substitute

DAY 1-7:	8-hour eating window
DAY 8-30:	6-hour eating window
DAY 31-60	
Option A:	6-hour eating window, one meal per day (OMPD) 3 days/week
Option B:	6-hour eating window, 36-hour fast 2 days per week
Option C:	3 to 5-day fast @ day 31, then return to A

## Move:

Move more to burn fat faster and build muscle.

- Exercise 4-5 days/week for 30 minutes
- Stretch - plan on stretching after exercise for 10 minutes

Did you know that 95% of diets fail long term? I am not interested in laying out a program with that failure rate, but this is not about me. I have a mirror in my clinic with these words at the top of it, "This is the person responsible for your health." Please take a moment to accept that as an absolute truth. What I'm giving you WORKS if you just do it. The success of this program depends on you, but I'm here to help guide you and show you it doesn't have to be painful.

It's time to decide what you want your future to be. Make up your mind. Instead of "I'll try" let's tell ourselves, "I CAN, I WILL, I MUST!"

### Disclaimer:

This program is not designed for women who are pregnant or breastfeeding or children under the age of eighteen. If you are currently taking medication, you will need to consult with your doctor before starting any health or fitness program.