

Your Mission, Should You Decide To Accept It...

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**N=1**

# The Main Instruments Of Mass Destruction?

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Isn't it time we really learned how to best use them?

# Best Carbohydrate Strategy

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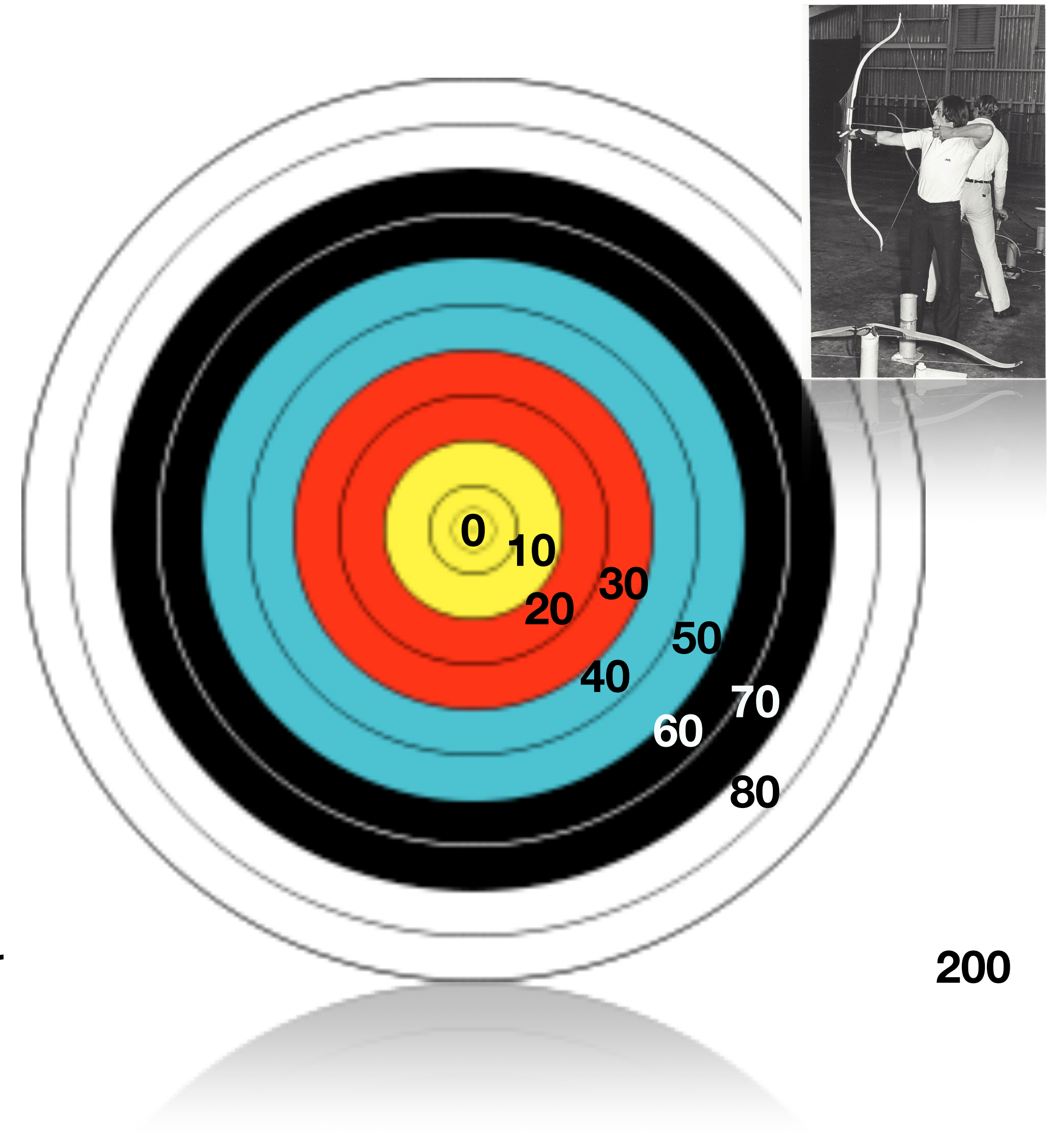
1. No contraindications. **Start with 20 gms a day of CHO.**

2. 10 gms a day or all the way to 0.

Test your CHO tolerance - go up 5gms a day week over week. Westman, Phinney & Volek

3. Go to a maximum of 60-80 gms a day if you find symptoms don't return. Dr David Perlmutter

4. Top athletes *shouldn't need more than 200gms* Prof Tim Noakes



**Find Your Personal Carbohydrate Tolerance**

# How To Count CHO content

Google '\_\_\_\_\_ nutrition'

Web Images Videos News Books More Search tools

About 12,300,000 results (0.34 seconds)

## Nutrition Facts and Analysis for Broccoli, raw

[nutritiondata.self.com/facts/vegetables-and-vegetable-products/2356/2](http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2356/2)

The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Vitamin E (Alpha Tocopherol), Thiamin, Riboflavin, ...

## Nutrition Facts and Analysis for Broccoli, cooked, boiled ...

[nutritiondata.self.com/facts/vegetables-and-vegetable-products/2357/2](http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2357/2)

Nutrition facts and Information for **Broccoli**, cooked, boiled, drained, without salt.

## Broccoli - The World's Healthiest Foods

[whfoods.org/genpage.php?tname=foodspice&dbid=9](http://whfoods.org/genpage.php?tname=foodspice&dbid=9)

Overcooked **broccoli** becomes soft and mushy, an indication that it has lost both **nutrients** and flavor. Begin by cutting **broccoli** florets into quarters and let sit for ...

## Broccoli: Health Benefits, Risks & Nutrition Facts - LiveScience

[www.livescience.com/45408-broccoli-nutrition.html](http://www.livescience.com/45408-broccoli-nutrition.html)

Oct 1, 2014 - Your parents knew what was up when they told you to eat your **broccoli**. This verdant vegetable is a powerhouse of **nutrients**. It's reputed to ...

## Broccoli nutrition facts and health benefits - Nutrition and You

[www.nutrition-and-you.com/broccoli.html](http://www.nutrition-and-you.com/broccoli.html)


**Broccoli** is rich in dietary fiber, minerals, vitamins, anti-oxidants and phyto-chemicals that have proven health benefits against prostate, colon, breast cancers and ...

## What are the health benefits of broccoli? - Medical News ...

[www.medicalnewstoday.com/articles/266765.php](http://www.medicalnewstoday.com/articles/266765.php)

★★★★★ Rating: 4 - 21 votes

Oct 2, 2013 - In fact, just a 100 gram serving of **broccoli** will provide you with more than 150% of your recommended daily intake of vitamin C, which in large doses can potentially shorten the duration of the common cold. **Broccoli** is also rich in vitamin A, iron, vitamin K, B-complex vitamins, zinc, phosphorus and phyto-**nutrients**.

Broccoli	
Vegetable	
Broccoli is an edible green plant in the cabbage family, whose large flowering head is used as a vegetable. <a href="#">Wikipedia</a>	
	
Nutrition Facts	
Broccoli	1 spear (about 5" long) (31 g) 0.5 cup, chopped or diced (44 g)
Amount Per	1 cup chopped (91 g)
Calories	31
	100 grams
	1 NLEA serving (148 g)
	1 stalk (151 g)
	1 bunch (608 g)
% Daily Value*	
<b>Total Fat</b> 0.3 g	0%
Saturated fat 0 g	0%
Polyunsaturated fat 0 g	
Monounsaturated fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 30 mg	1%
<b>Potassium</b> 288 mg	8%
<b>Total Carbohydrate</b> 6 g	2%
Dietary fiber 2.4 g	9%
Sugar 1.6 g	
<b>Protein</b> 2.6 g	5%
Vitamin A 11%	Vitamin C 135%

Total CHO

not the

Net/Usable CHO

# Carb Budget

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~~An apple a day keeps the doctor away~~

## Apple

Fruit



The apple tree is a deciduous tree in the rose family best known for its sweet, pomaceous fruit, the apple. It is cultivated worldwide as a fruit tree, and is the most widely grown species in the genus *Malus*. [Wikipedia](#)

### Nutrition Facts

Apple ▾

Amount Per 1 medium (3" dia) (182 g) ▾

Calories 95

	% Daily Value*
<b>Total Fat</b> 0.3 g	0%
Saturated fat 0.1 g	0%
Polyunsaturated fat 0.1 g	
Monounsaturated fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 1.8 mg	0%
<b>Potassium</b> 194.7 mg	5%
<b>Total Carbohydrate</b> 25 g	8%
Dietary fiber 4.4 g	17%
Sugar 19 g	
<b>Protein</b> 0.5 g	1%

Protein 0.5 g

1%


# Carb Budget

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No nuts in the beginning

## Cashew

Plant



The cashew tree is a tropical evergreen tree that produces the cashew seed and the cashew apple. It can grow as high as 14 m, but the dwarf cashew, growing up to 6 metres, has proved more profitable, with earlier maturity and higher yields. [Wikipedia](#)

### Nutrition Facts

Cashews ▾

**Amount Per 100 grams** ▾

**Calories 553**

	<b>% Daily Value*</b>
<b>Total Fat</b> 44 g	67%
Saturated fat 8 g	40%
Polyunsaturated fat 8 g	
Monounsaturated fat 24 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 12 mg	0%
<b>Potassium</b> 660 mg	18%
<b>Total Carbohydrate</b> 30 g	10%
Dietary fiber 3.3 g	13%
Sugar 6 g	
<b>Protein</b> 18 g	36%

# Carb Budget


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Be careful with vegetables

Cooking doubles the CHO content

so 7gms > 14gms

**Onion**  
Vegetable



The onion, also known as the bulb onion or common onion, is a vegetable and is the most widely cultivated species of the genus *Allium*.  
[Wikipedia](#)

**Nutrition Facts**  
Onions ▾

**Amount Per** 1 small (70 g) ▾

**Calories** 28

	<b>% Daily Value*</b>
<b>Total Fat</b> 0.1 g	0%
Saturated fat 0 g	0%
Polyunsaturated fat 0 g	
Monounsaturated fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 2.8 mg	0%
<b>Potassium</b> 102.2 mg	2%
<b>Total Carbohydrate</b> 7 g	2%
Dietary fiber 1.2 g	4%
Sugar 3 g	
<b>Protein</b> 0.8 g	1%

# Carb Budget

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1/4 cup = 5gms

## Blueberry

Berry



Blueberries are perennial flowering plants with indigo-colored berries from the section Cyanococcus within the genus Vaccinium. Species in the section Cyanococcus are the most common fruits sold as "blueberries" and are native to North America. [Wikipedia](#)

### Nutrition Facts

Blueberries ▾

Amount Per 1 cup (148 g) ▾

Calories 85

	% Daily Value*
<b>Total Fat</b> 0.5 g	0%
Saturated fat 0 g	0%
Polyunsaturated fat 0.2 g	
Monounsaturated fat 0.1 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 1.5 mg	0%
<b>Potassium</b> 114 mg	3%
<b>Total Carbohydrate</b> 21 g	7%
Dietary fiber 3.6 g	14%
Sugar 15 g	
<b>Protein</b> 1.1 g	2%

Protein 1.1 g

2%



# Carb Budget

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180ml = 5gms

## Wine

Alcoholic beverage



Wine is an alcoholic beverage made from fermented grapes, generally *Vitis vinifera* or its hybrids with *Vitis labrusca* or *Vitis rupestris*. [Wikipedia](#)

### Nutrition Facts

Wine ▾

Amount Per 1 serving 5 fl oz (148 g) ▾

Calories 123

	% Daily Value*
<b>Total Fat</b> 0 g	0%
Saturated fat 0 g	0%
Polyunsaturated fat 0 g	
Monounsaturated fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 7.4 mg	0%
<b>Potassium</b> 146.5 mg	4%
<b>Total Carbohydrate</b> 4 g	1%
Dietary fiber 0 g	0%
Sugar 1.2 g	
<b>Protein</b> 0.1 g	0%

Protein 0.1 g

0%

# Carb Budget

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1 sq Lindt 90% = 1.25gm

1 sq Lindt Arabica = 4.9gm



# What Does 20 grams Of CHO Per Day Look Like?

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1 cup of cooked above ground veggies  
2 cups of salad  
Meat/chicken/fish/shellfish/eggs

Broccoli cooked 1 cup - 6 gms  
Onion 1/2 cup cooked 5.5 gms  
Mushrooms 1/4 cup cooked 1.5gms  
Red pepper 1 raw - 4 gms  
Celery 1/2 cup - 1 gms  
Spinach 2 cups - 2 gms

Total 20 gms

# What Does 50 grams Of CHO Per Day Look Like?

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**From 20g/d increase 5 gms a day till reach CHO tolerance level**



Broccoli cooked 1 cup 6 gms  
Cabbage cooked 1 cup 10 gms  
Peppers 1/2 cup 7gms  
Onion cooked chopped 1/2 cup 5.5 gms  
Mushrooms 1/2 cup 3 gms  
Spinach raw 1 cup 1 gms  
Blueberries 1/2 cup 10 gms  
Almonds 16 nuts 5 gms  
Chocolate 2 squares 7.4 gms  
Wine 180 ml dry white/red 5gms

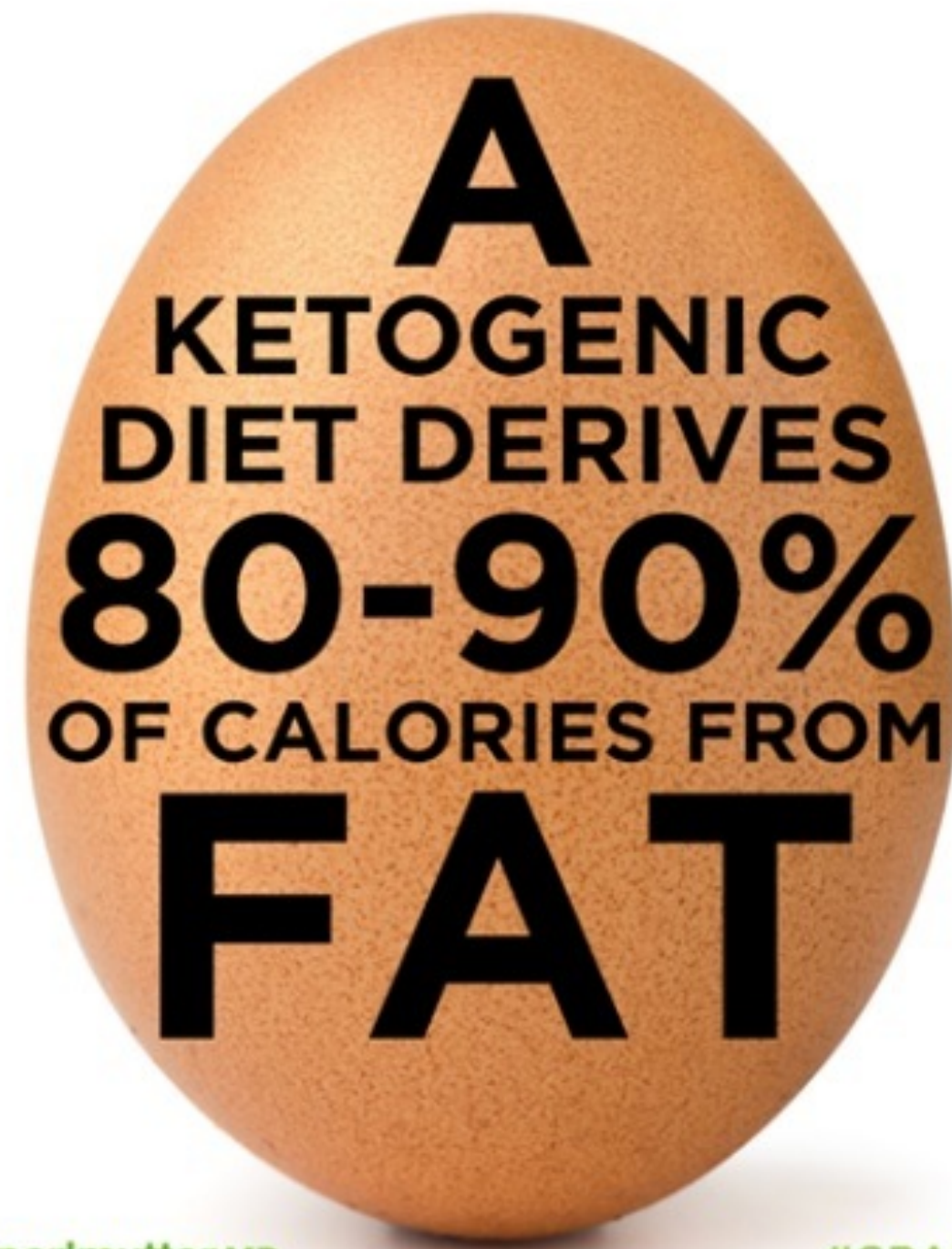
**Total 59.9 gms**

# What Do You Replace With?



David Perlmutter, M.D.  
Yesterday

Unfamiliar with a ketogenic diet? Here's what it means.



davidperlmutter MD

#GRAINBRAIN

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## Healthy Fats

Animal fats  
Fish oils

Plant Oils?  
Seed vs Fruit  
Olive Oil?  
Coconut Oil?

Butter?



Grass fed beef, wild fish,  
free range chicken.  
Eat to Satisfaction.

Eliminate seed oils &  
trans fats

# What Do You Eat on a < 20g Carb Diet?

## EAT AS MUCH AS YOU WISH OF THE FOLLOWING FOODS:

**Meat:** beef, lamb, veal, pork, ham, bacon or any game meat (rabbit, moose, venison)

**Poultry:** chicken, turkey, duck, pheasant or other game birds

**Seafood:** any fish or shellfish including but not limited to salmon, halibut, cod, oolichan, crab, prawns, clams, oysters, mussels, squid, octopus, any smoked, dried or plain canned fish or seafood (not cured with sugar), roe and roe-on-kelp

**Eggs:** whole eggs (do not eat whites without yolks)

## LIMIT THESE FOODS UNTIL THE DIABETES IS IMPROVED OR ELIMINATED:

**Salad Greens:** 2 cups a day. Any leafy vegetable including lettuce or other salad greens, parsley, spinach, the tops of green onions, sprouts, fiddleheads, seaweed. (If it is a leaf—you can eat it.)

**Vegetables:** 1 cup (measured uncooked) a day. Vegetables that grow above the ground, including asparagus, beet greens, bokchoy, broccoli, brussel sprouts, cabbage, cauliflower, celery, chard, Chinese cabbage, cucumber, eggplant, green beans, kale, leeks, mushrooms, peppers, spinach, string beans, squash, tomatoes, turnips, wax beans and zucchini.

## YOU MUST EAT VEGETABLES EVERY DAY.

**Cheese:** 4 ounces a day. Includes hard, aged cheeses such as Swiss, cheddar, mozzarella, Monterey jack, Gruyere, goat cheese, bleu, feta and soft cheeses such as cream cheese, brie and camembert. Avoid processed cheeses, cheese spreads or cheese foods such as Velveeta.

*I treat obesity the same way I treat diabetes.*

Dr Eric Westman

DIET TABLES

TABLE I

Foods under this Table may be used freely under direction.

FRESH MEATS	INTERNAL PARTS	EXTERNAL PARTS
1. Beef	1. Brain	1. Feet
2. Lamb	2. Heart	2. Ears
3. Mutton	3. Kidneys	3. Tail
4. Pork	4. Marrow	4. Mouth (used for salad in Germany)
5. Veal	5. Sweetbreads	
	6. Tongue	

POULTRY	GAME
1. Capon	1. Canvasback Duck
2. Chicken	2. Grouse
3. Duck	3. Prairie Chicken
4. Goose	4. Plover
5. Guinea Chicken	5. Quail
6. Pigeon	6. Redhead Duck
7. Squab	7. Venison
8. Turkey	8. Wild Duck
	9. Wild Turkey

DRIED, CURED, SMOKED, AND SALTED MEATS

- |          |                        |
|----------|------------------------|
| 1. Bacon | 3. Ham                 |
| 2. Beef  | 4. Sausage (home made) |
|          | 5. Tongue              |

FRESH FISH

1. All Fresh Fish
2. Shad Roe
3. Frogs' Legs

SMOKED, DRIED, AND CURED FISH

- |              |              |
|--------------|--------------|
| 1. Anchovies | 6. Sardelles |
| 2. Cod       | 7. Sardines  |
| 3. Eels      | 8. Sprats    |
| 4. Herring   | 9. Sturgeon  |
| 5. Mackerel  | 10. Caviar   |

SHELL FISH

- |             |             |             |
|-------------|-------------|-------------|
| 1. Clams    | 3. Oysters  | 5. Shrimps  |
| 2. Lobsters | 4. Scallops | 6. Terrapin |
|             | 7. Turtle   |             |

ANIMAL AND VEGETABLE FATS

- |              |               |
|--------------|---------------|
| 1. Butter    | 4. Crisco     |
| 2. Drippings | 5. Olive Oil  |
| 3. Lard      | 6. Wesson Oil |

MILK PREPARATIONS

1. Sweet and Sour Cream
2. Cream Cheeses (See Table III)
3. Parmesan Cheese

VEGETABLES

- |                         |                 |
|-------------------------|-----------------|
| 1. Jerusalem Artichokes | 7. Kohlrabi     |
| 2. Asparagus            | 8. Young Onions |
| 3. String Beans         | 9. Sauerkraut   |
| 4. Beet Tops            | 10. Sorrel      |
| 5. Brussels Sprouts     | 11. Spinach     |
| 6. Cucumbers            | 12. Squash      |
|                         | 13. Swiss Chard |

# 30 Day Resets

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# 1 Month

**The reset/reboot button for your genes**



# 30 Day Reset ZC Carnivore

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**The reset/reboot button  
for your genes**



[The Fat Of The Land](#)



Eat when hungry, stop when satisfied.

2 grams of fat to every gram of protein

Ruminants primarily, fish & eggs

Water to thirst.

Salt to taste.

# 30 Day Reset LCHF

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Eat when hungry, stop when satisfied - meat/  
chicken/fish/shellfish/eggs.

Limit CHO to 5 gms per meal TDS. Basically 1/2-1  
cup of mixed above ground cooked veggies.

Leafy greens 1-2 cups.

Increase Healthy Fats.

Water to thirst.

Salt to taste



# Offal Is Awesome

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Most prized part.

Reacquaint yourself with liver. Lambs fry

The most nutrient rich food

I sautéed this for 3-4 mins in 1 tspn of butter and added more once cooked

Plus a generous sprinkling of Celtic Sea Salt

Paprika, rosemary & thyme

# Autoimmune Protocol

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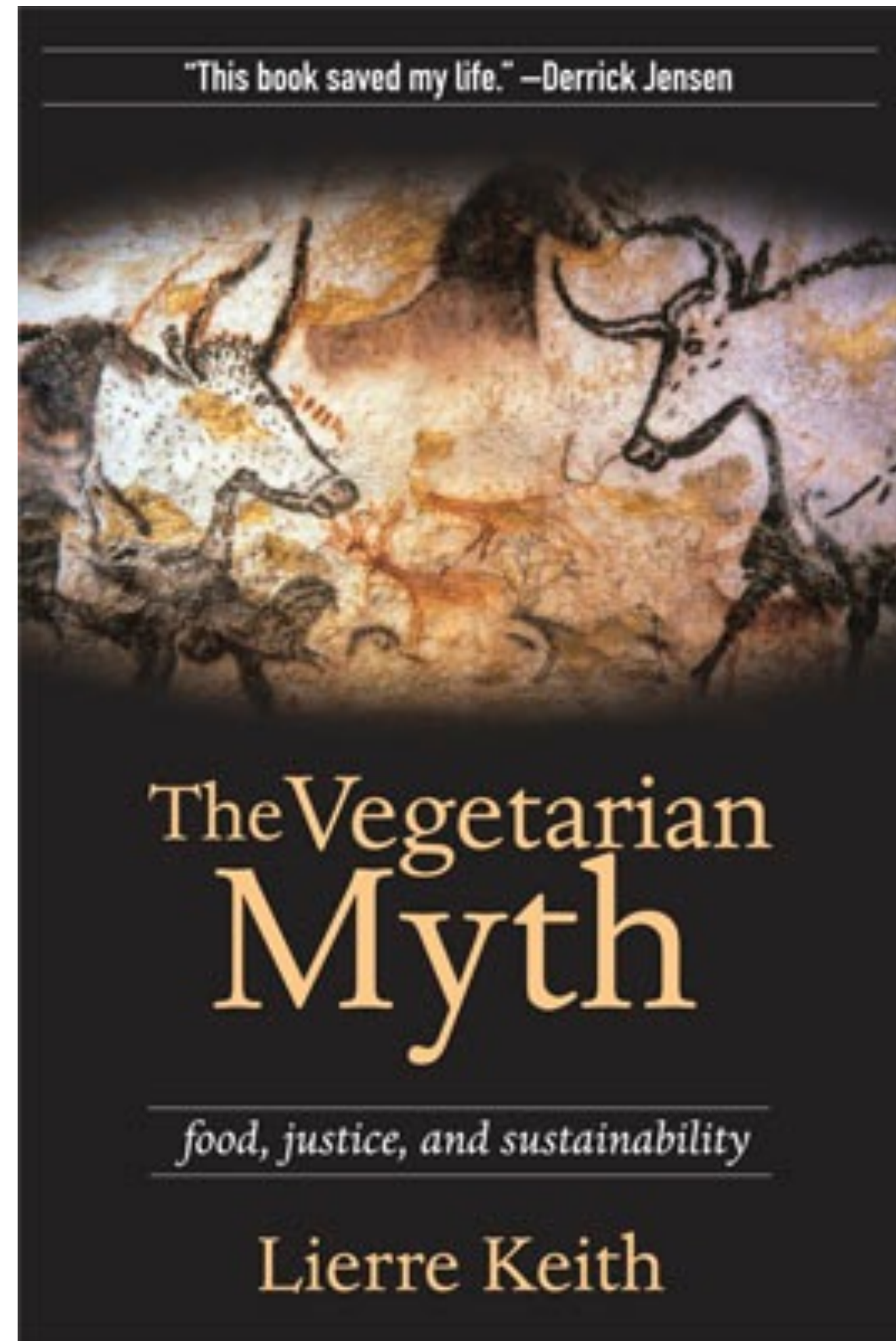


In addition, if you have an autoimmune condition, you should completely avoid:

- [Eggs](#) (especially the whites)
- [Nuts](#)
- [Seeds](#) (including cocoa, [coffee](#) and [seed-based spices](#))
- [Nightshades](#) (potatoes, tomatoes, eggplants, sweet and hot peppers, cayenne, red pepper, tomatillos, goji berries etc. and [spices derived from peppers, including paprika](#))
- [Potential Gluten Cross-Reactive Foods](#)
- Fructose consumption in excess of 20g per day
- [Alcohol](#)
- NSAIDS (like aspirin or ibuprofen)
- Non-nutritive sweeteners (yes, all of them, even [stevia](#))
- Emulsifiers, thickeners, and other food additives

<http://www.thepaleomom.com/autoimmunity/the-autoimmune-protocol>

# Your Philosophy Can Be Dangerous To Your Health



If you want to learn from Lierre Keith who destroyed her body with 20 years of vegan eating.

Very emotive and enlightening.



# 30 Day Reset Vegetarian

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## [A New Atkins For A New You](#)

Limit CHO to 30 gms per day.

Or 50 gms for more variety and slower weight loss

Eat when hungry, stop when satisfied - eggs, cheese, soy products.

Intro nuts & seeds before berries

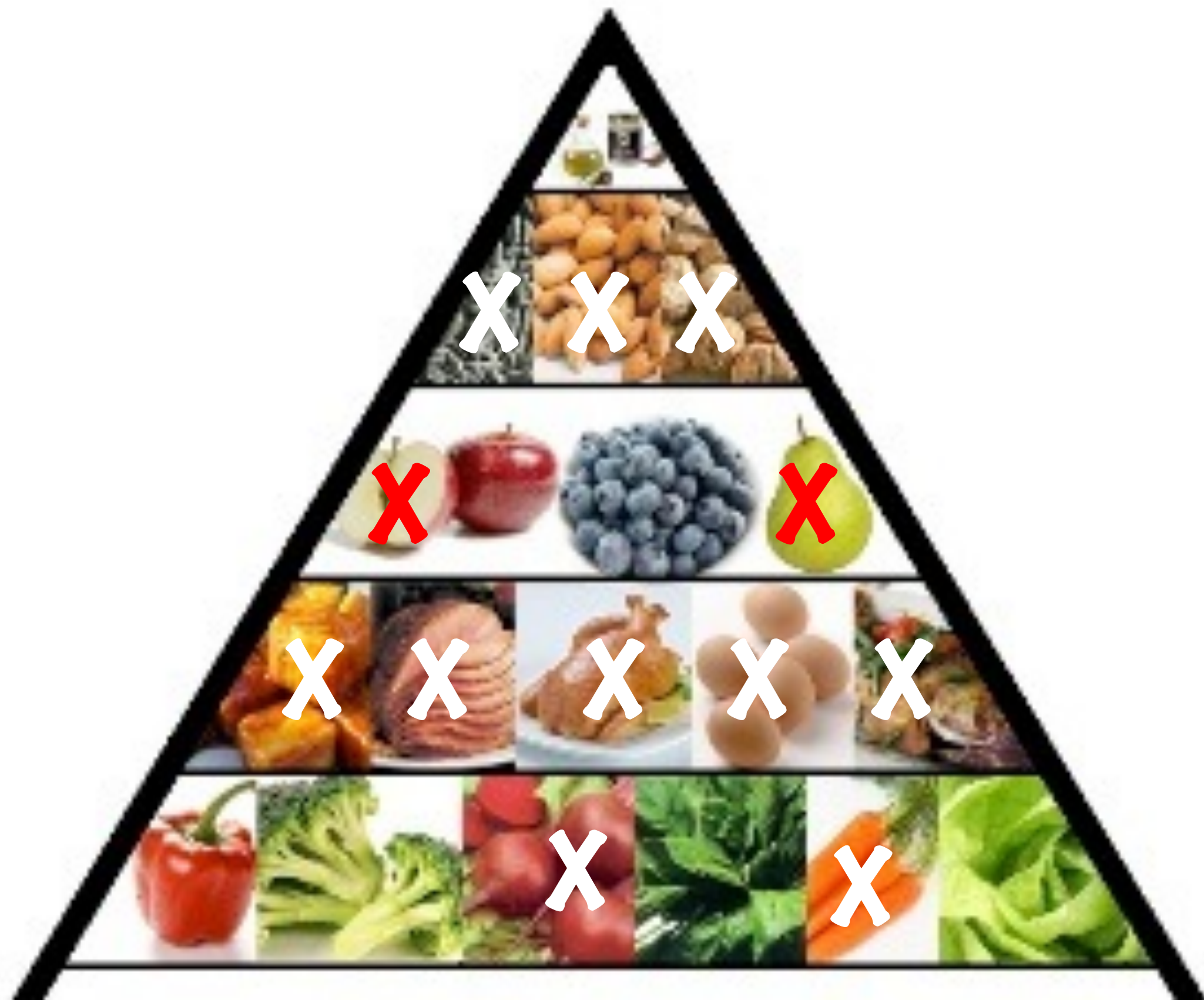
1/2-1 cup of mixed above ground cooked veggies.

Leafy greens 1-2 cups.

Oils - flaxseed, olive, walnut.

Water to thirst.

Salt to taste.



# 30 Day Reset Vegan

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## [A New Atkins For A New You](#)

Start on 50 gms CHO per day

Eat when hungry, stop when satisfied - seeds, nuts, soy products, soy & rice cheeses, seitan, pulses and high protein grains like quinoa.

1/2-1 cup of mixed above ground cooked veggies.

Leafy greens 1-2 cups.

Oils - flaxseed, olive, walnut.

Water to thirst.

Salt to taste.

