

## Are You Confused?

Translation = what in the heck am I supposed to eat?

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Low Fat/High Carb... High Fat/Low Carb... High Fat/ No Carb...  
High Protein/No Carb... No Protein/High Carb...  
No Carb/No Fat/No Protein/Just Air... Low Fat/High Jose Cuervo...etc etc etc

As a result of all the 'experts' coming out every week with new nutrition recommendations, I would be confused as well. Now, the hip thing is going back to High Protein, HighFat/Low or no carb, like the Dr. Atkins diet plan from 20 years ago which results in a state of Ketosis via a Ketogenic diet approach. Now, I betcha you are really confused, huh? Take a deep yogic breath from the soft belly and let's explore this.

But first, I got a great idea. I don't get many, so put down the People magazine and turn off Dancing with the Stars and tune in for a minute. What ever happened to BALANCE and MODERATION and the enjoyment of eating wholesome food around a dinner table with family and friends? They have confused you so much you cannot even enjoy eating any longer and are afraid to eat anything. So, you have thrown in the towel, commandeer your vehicle up to Jack's window, give a guy, with a cool pointed hat, some money and he gives you a bag of fake food and you eat it in your car, while texting doing 80mph in the slow lane on the freeway. Now, that is what I call fun. Actually, that is called a drug deal gone bad.

For 30 years I have **NEVER** agreed with low fat diets, high in grain carbohydrate. That is one of the reasons you are as sick as you are. And there are still folks teaching that. Not sound advice. All that subsidized grain via the Governments food pyramid which unsuspecting Allopathic doctors and health teachers bought into has shredded your gut to pieces and placed you into nutrient deficiency or cell starvation and leaky gut or dysbiosis and candidiasis or a raging yeast infection.

The ironic part of all this, is that when I was advising patients to avoid low fat diets high in grain, back then, as I do now, patients would go back to their allopathic doctors and the doctors would call me a quack and advised them stay away from me. Now, those same doctors are writing books that validate my clinical experience, promoting high fat, low grain diets. And they never mention my name as someone who was teaching this 30 years ago. Imagine that? At least they could kick me down some donut money from all those book sales and PBS appearances, don't ya think, dang nabit? When are you going to get it and wrap your arms around the fact that your well meaning Allopathic MD only learns nutrition when they see the money and need an alternate source of it. The real funny part is that usually means they come to the game very late and steal the material from quacks like me. You see the difference between your Allopath and me is that they don't listen to you and as a result they need study after study and more studies to validate the studies before that one before they will figure out what to do. I listen intently to you and you will tell me 80% of what I need to do with you, not 9 billion of your close friends that your allopath treats exactly the

same. My studies are performed with real live people in a real live clinical and athletic setting and individual plans are designed for each 'individual' not 9 billion of your close friends that look nothing like you, act like you, eat like you, sit like you, were born like you, don't have the same genetic make, etc etc etc. Finally getting the picture? My studies are not done on cloned mice. They are done on real live human beings. Imagine that? Gosh, I still love mice though. They are so cute as long as they don't die behind your refrigerator, huh?

**And who says breakfast is the most important meal of the day? Really? Fast forward to the end of this essay if your interest has been peaked about that myth as well. Don't you just love these old wives tales and rumors? So easy to start and so difficult to stop.**

I do not agree with food plans that will place you into a state of prolonged Ketosis via a High Fat & Protein/low or no carbohydrate diet, although, I am a proponent of Good Quality Fat and lots of it. However if you are solely looking to fuel your body with Fat and not Carbohydrates from organic vegetables and fruits, I would suggest you be very cautious and understand what you are doing.

Some studies reveal that fat actually is the primary source of fuel, which I disagree with, as we can store much more fat than glucose, considerably more. And that the brain actually prefers burning ketones over glucose which is debatable. I know one thing for certain, the brain needs fat and lots of it and your brain also needs lots of glucose from carbohydrates from organic veggies and fruits, lots of it.

**And here is the real kicker, glycogen from carbohydrates is still needed to help breakdown fat into something the muscles can use. In essence, the idea of utilizing purely fat for fuel is not exactly sound science. But then again, is there any real sound, bullet proof science anylonger? How about this? How about we consider health care as based in science, however practiced as an art? Whoa Nellie, Jethro. That would go against everything those good ole boys at the CDC, WHO, NIH, FDA, AMA, etc. are sayin and any other children masquerading as adults who need cool letters on their lab coats and titles to have some self worth and depth of soul. Ouch!**

Let me be very clear and redundant, you need good quality fat in your diet as it is a concentrated fuel source along with veggie and fruit carbohydrate in all three energy pathways that I have discussed in previous essays. The problem is that you have been eating the wrong fats from the wrong sources. You also need good quality carbohydrates from organic vegetables and fruits instead of carbohydrates from grains. I would caution one to be careful with Ketogenic diets that promote fat as the sole fuel source and neglecting glucose from veggie and fruit carbohydrates. I started playing with Ketogenic diets and Ketosis in the late 1970's in the realm of athletics, with myself as well as with the athletes I coached and am still playing that game. I just recently took an MMA fighter into a 72 hour ketogenic plan to "make weight" while still maintaining a level of stamina and endurance to make it thru all rounds and not "suck air". Look it up. "Suck air" is a medical term. Ya, really.

Without getting too deep into physiology because you are already confused and the physiology discussing ketoacidosis, glucogenesis, ketones,

blood brain barrier, lipid synthesis, leptin, insulin, etc. is beyond confusing, we will get to the point.

I do not agree with folks using a ketogenic diet and moving into ketosis unless they know precisely what they are doing and how they are extremely affecting the physiology. Or they are being guided by a knowledgeable person that can facilitate the benefits of it, as a prolonged state of ketosis may be detrimental to the kidneys. Kidney failure is not a day at the beach. So, to make a possibly very long essay very short, what you need is Balance and Moderation. For those of you that read my "Eat Fat to Live Phat", you know that these folks that have been telling you not to eat fat have done the most to adversely affect our health, especially brain function and systemic inflammation to include neurological. And now you have misguided individuals telling you to go in the opposite direction and go high animal fat and protein/no carb diet. Not wise, by any means.

"Bonking", which is complete glycogen depletion is a dangerous and potentially life threatening state. That is a state of complete glycogen depletion from the lack of quality veggie and fruit carbohydrate{ sugars and electrolytes (minerals) }. You will actually come close to passing out or do, however you can be in a euphoric non-functional space or feeling very disoriented space. I have tested it all. The times I intentionally bonked was from experimenting with the following:

-High grain carbohydrate diet, which many athletes mistakenly adhered to for many years, as I limited veggies and fruits and protein and fat from animal sources. Do you remember the old 'carb' loading days prior to an event? They would actually have pasta and pizza parties on the eve of the event and then pancakes on the morning of. Big mistake, as we know now.

-Very high fat and animal protein diet with no carbohydrate from veggies and fruits hoping I would get enough glycogen out of the meat I was eating because that is what I was told by the experts. Also, a big mistake.

Understand that when you eat wholesome food, many times it contains all the macronutrients of fat, protein and carbohydrate, although the amounts will vary, of course. When I got back to being rational about functional nutrition and training, Balance and Moderation is what worked. Understanding how to incorporate all 3 macronutrients into my training regimen without bonking. If you are someone who does not train then you will most likely not bonk from a Ketogenic diet, however if you are an endurance athlete I would still be cautious of this route. I have tested it and lived the running out of gas. Traditionally, a ketogenic diet was used for brief periods of time 48-72 hours to strip fat or weight reduction, i.e., wrestlers, boxers and bodybuilders. And if an athlete took it too long, they usually ran out of gas toward the end of their event, like with wrestlers and boxers and football players in the fourth quarter or long distance swimming. Many professional bodybuilders will walk off stage after posing and pass out unconscious due to the glycogen depletion and dehydration. BTW, many bodybuilders die of kidney failure, Mr. Ketogenic diet pusher.

There are, indeed, studies that indicate we can stay longer in a ketogenic state and achieve benefit from it. Keep in mind, studies are performed for specific reasons to test individual theories and the conclusions do not always mean they will work for you. So, the one size fits all theory is usually a theory

and not a reality. And could potentially be misguided and dangerous. I think these Ketogenic diets are providing information that is way over the heads of the unsuspecting public and that will harm you if you do not know precisely what you are doing. Kidney health is critical and you don't want to play with that. The kidneys are the center of your chi, your energy. Look at someone on dialysis and report back on their energy level. I am talking about a 50 year old person who is active and works, not someone who sits in front of the TV all day and only wakes up to eat or poop. Ah, shucks, heck that is most of America. Oh, well. Never mind.

There are many pure vegan triathletes like Ironman Triathlon champion, Brendon Brazier, that are very successful in their chosen sport and do well on plant based macronutrients. How do the pro high animal fat/protein ketogenic diet promoters explain that? Understand, I am not debating them or even challenging their position for many reasons, as this is not a worthwhile issue for debate. And I have used Ketogenic diets myself. But one explanation is that there are awesome sources of fat from plant based foods like coconut butter, avocado, etc.

Although I am not a proponent of a 100% vegan diet, if it works for someone, who am I to contest that? And I occasionally will go 100% vegan for short periods of time especially if I am cleansing or fasting. And I will certainly use a vegan diet with specific patients depending on their condition and the extent of their dis-ease process. That is what I am referring to as Balance. This elitism that is pervasive in the nutrition world is silly. With all due respect, that usually comes from the 100% vegans and these current promoters of ketogenic diets with little or no plant based carbs. And what works for me may not necessarily work for you. For me, I need animal protein and fat to compliment the macronutrients I get from plant based food and I am certainly not going to contest or challenge an Ironman Triathlon champion regarding their vegan nutrition plan. Notice I said compliment. My nutrition is predominately plant based and I use animal flesh to precisely do that, compliment the feeding of my cells at the mitochondrial level, mostly with Raw whole fat milk and lamb. And that is what you need to understand. When you eat, you are feeding your cells with predominate focus on the mitochondrial bacteria or the powerhouses of the cell. When the mitochondria breath, you prosper, when they suffocate, you start the slow miserable decline into dis-ease. It is all about the Mitochondria. All dis-ease and states of health go back to the Mitochondrial health and function, all of it.

We, all, have been misled by such wrong information for the last 60 years from all the 'experts', particularly the Allopathic Medical System that have told us that grain carbohydrates are important and fat is bad and look where that has gotten you. For those of you that can remember, it was your MD that was suggesting eating Wonder white bread, margarine, non-fat milk, Velveta cheese, non-fat cheese, not to breast feed, coconut oil was bad, eat lots of grains for fiber, smoking, drinking alcohol, getting vaccinated during pregnancy is ok, leeches, etc etc etc. All of that has created illness and now they are backtracking and you still trust them for your health needs. They manage disease with drugs. They do not provide vibrant health advice because they do not study health. They purely study disease and how to manage it with pharmaceutical prescription medication that is destroying the Mitochondria and hence, your health.

We simply need to work together and share information to get to what works for each individual. And that is different for everyone. We are in an exciting time with new and important research and studies into nutrition and fitness that have been sorely lacking. Regrettably, your Allopathic MD has no intention of collaboration because it means losing money to other facets of health care that know health care. That is a fact you need to wrap your head around, or not. It's your life. Just stop running to me after they have placed you so far behind the 8 ball and then when you die, your family says, "oh yes, we tried the naturopathic route and it did not work". Well, what your family forgot is who killed you in the first place. The Allopathic MD's with their chemotherapy prescription they had you on for 10 years, non-stop.

So, what do you do? I'll tell you what, the last thing I am going to do if I am training is wakeup and have bacon, eggs, cheese, steak, etc. I am going to juice veggies and eat fruit and/ or have my high density nutrient drink with good quality fat like coconut butter, raw whole fat milk, etc. If you think you are going to perform well on a high fat/protein animal based meal sans carbs from veggies and fruits, good luck and let me know how that works out for you. And I don't mean sitting in a recumbent bike for 30 minutes 3 days a week, as you text. That is not training. That is a warm up, if that.

**And here is my favorite....."Kick start your day with a whey protein shake". That is complete rubbish. Anyone that tells you that does not understand human physiology and how to fuel the 3 energy pathways of the body or they are just ripping you off and they know it. Protein is not a fuel source and you do not "kick start" your day with protein especially whey which is, once again, a waste product of the dairy industry and very detrimental to your health. Refer back to my "Weighing in on Whey" essay. And you buy into it because all you care about is weight loss, the easy way and they prey on your laziness. You should kick start your day with my High Density Nutrient Drink and watch what happens. And please, once and for all, can we tell these whey protein pushers to go away and not come back. Geesh. Shameless self promoting charlatans. And I ain't going to apologize for my outspokenness because they are destroying your health. You want to destroy your kidneys, "kick start" your day with a whey protein shake.**

At the end of the day, the reason they can lie to you is because you want the easy way out weight loss gimmick, that never works. It's on you, not them! They are just tryin to make a buck off your laziness. You are lazy and you want the magic pill. It does not work that way. I ain't playin a game here, folks. You are being lied to. They are destroying your health and they don't care because of the money you throw at their feet like pearls at the feet of swine.

**And what is up with all the 'experts' telling you not to eat fresh organic fruit? That is absolute, complete, undeniable, fantastic insanity and flat out rubbish. Refer back to my 'Brown Shuga Daddy' essay on sugar. Sugar is not sugar and fructose is not fructose.**

Now, first and foremost, you need to slow down with your code 3 lights and sirens lifestyle and start eating your self prepared meals at home and not in a strangers restaurant with 100 of your new found friends with loud music and cell phones at the table. And you wonder why you are sick? Since when are you

that important that you need to be texting while you are eating and you wonder why you are sick? Even my homeboy J.C. did not text when he was turning water into wine. Just like when you train, you must allow your body to focus and it cannot focus on digestion, assimilation and elimination while you are shoving fake food into your mouth and senselessly texting. I love it when folks visit us at the beach and ask where is a cool place to eat, "at the Beach", and I say, "I don't know, because we do not eat out, we eat at home". They look at me like I am some sort of strange distorted mutant. Actually, that fact is not debatable. Hey, it took many years of hard work to mutate to the level of strange and, more importantly, awareness and consciousness. Now, there is a novel idea.

I don't care how great the reputation of the restaurant is or how many stars it has or what Yelp says, it never will be as healthy as shopping for your own real food, preparing the meals yourself and eating them in a relaxed environment, at home. It is also considerably cheaper to eat home than to continually eat out. The other issue is that you have no idea the cleanliness of the restaurant's kitchen or hygiene of the prep-cook or the chef. You have no idea of how long the food has been stored and at what temperatures or the quality. Tasty fresh cheap sauces can make spoiled food taste good. Remember that. You more likely will find this in "spoon up type" food restaurants like Chinese, Indian and Mexican. The restaurant business is a perishable product industry and they survive on slim profit margins and cutting corners are the norm. Not all, but many. Go out back of the restaurants and watch the cook or food server having a smoke. Do you really think they wash their hands? In fact a recent study revealed that a large percentage of people you extend your hand to have traces of fecal matter on their hands from not washing their hands. And here is one more factoid for an evening of 'eating out culinary extravaganza'. Think twice about sending your meal back to the cook because you don't think it was prepared properly. It just might come back with his saliva in it. Ya, really. What time is that dinner reservation at the local Chow Hound Buffet?

Get back to BALANCE AND MODERATION. Many times when folks stop eating grain carbohydrates and move into more veggie and fruit carbs, they will feel hungry. Very common. So, simply replace the bad grain carbs wheat, soy and corn with some good fat like whole fat raw milk/cream, coconut butter and/or oil, avocado, raw whole fat aged cheese(not yellow), cashews or other nuts, hemp seed and oil, unsalted raw butter, beans, etc. And that don't mean goin to Maaco-Donalds and ordering an egg and cheese biscuit, yo. It means taking the time to make your meals and not depend on someone else to do it for you. Although, once I hit that lottery, I be throwin my cooks apron away for good! I be hirin me one of those chefs on the Create channel. Do ya think 50 million will be enough to bring Ming on board?

Eat wholesome organic food from clean sources, lamb, wild caught fish, free range chicken, grass fed beef, pasture fed eggs, raw aged white cheese, raw whole fat milk and do not forget plenty of carbohydrates from organic vegetables heavy in deep green leafy vegetables, lots and lots of em. Chard, collard greens, mustard greens, rapini, etc. And fruit, especially berries. Blueberries are great for stabilizing blood sugar.

Finally, I would caution anyone, to be thoroughly redundant and wordy, to not simply adhere to a Ketogenic diet. The 'experts' are claiming that because of

the hunter-gatherers, we only need fat for fuel. In reality we need fat and glucose from plant based foods as well as animal flesh. Try using fat as your sole source of fuel sans plant based glucose and let me know how you feel. Fuzzy might be one of the words you use to describe how you feel. Cranky might be another. Irregular might be another. Bad breath, due to ketone production, might be another.

The Ketogenic diet will allow you to lose weight, for sure, because you are in fat burner mode as opposed to sugar burner mode which is what most of you are in which is why you are overweight and sick and tired. Every patient that I ever saw go on Dr. Atkins diet years ago gained all the weight back and more. The Big Idea is Balance and Moderation and using all wholesome foods to your benefit and learn a lifestyle nutritional plan instead of diets. Diets do not work. Lifestyle nutritional plans do with an occasional cheat day once a week or less depending on your situation. Eating should be a pleasurable event. And the reality is that you will vacillate thru fat burner and sugar burner depending on your level of activity and nutrition and where you are in your life. Just like your PH will fluctuate. So relax and don't buy into the elitism and insanity of the newest and greatest thing and all the so called experts. Here is a news blast for ya'll.....there are no experts. Be consistent, balanced and outrageously extra-ordinarily ordinary. Which is perfect.

Lastly, when you eat breakfast you are "breaking the fast", correct? My question is, what fast? Since when do you need to eat every 1 or two hours? Oh ya, I forgot, your MD told you that 30 years ago. Wrong information from the wrong person.

Show me the non-skewed studies that show breakfast is the most important meal of the day. I am waiting. Well? In fact, some studies show that skipping breakfast can improve your insulin sensitivity to facilitating the burning of fat for fuel, more efficiently. As I illustrated, in past essays, intermittent short term fasting as well as long fasting is important to move you from a sugar burner to a fat burner and for overall wellness. Unless you have an adrenal or diabetic issue, fasting is an important tool in your quiver for health. Fat is a slow burning fuel, which allows you to be satiated longer. That is why all those folks that bought into these low fat high grain diets are all overweight and obese, because they are in constant sugar burner mode which is a fast burning fuel, so they eat more often and copious amounts. And now, they are addicted to all those grains (sugar) and cannot stop without serious withdrawal symptoms. Remember, all those government subsidized grains, including whole grains, turn into sugar in the body and have glycemic index ratings higher than some junk foods like chips, candy, ice cream, etc. Sugar is a drug and they like you addicted to drugs. If they did not, then why are they allowing Allopathic MD's to drug America into the abyss of dis-ease?

*'in a time of universal deceit, telling the truth becomes a revolutionary act' – orwell*

