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The 'Better in 5' Program



40 Secrets to a Perfect Figure

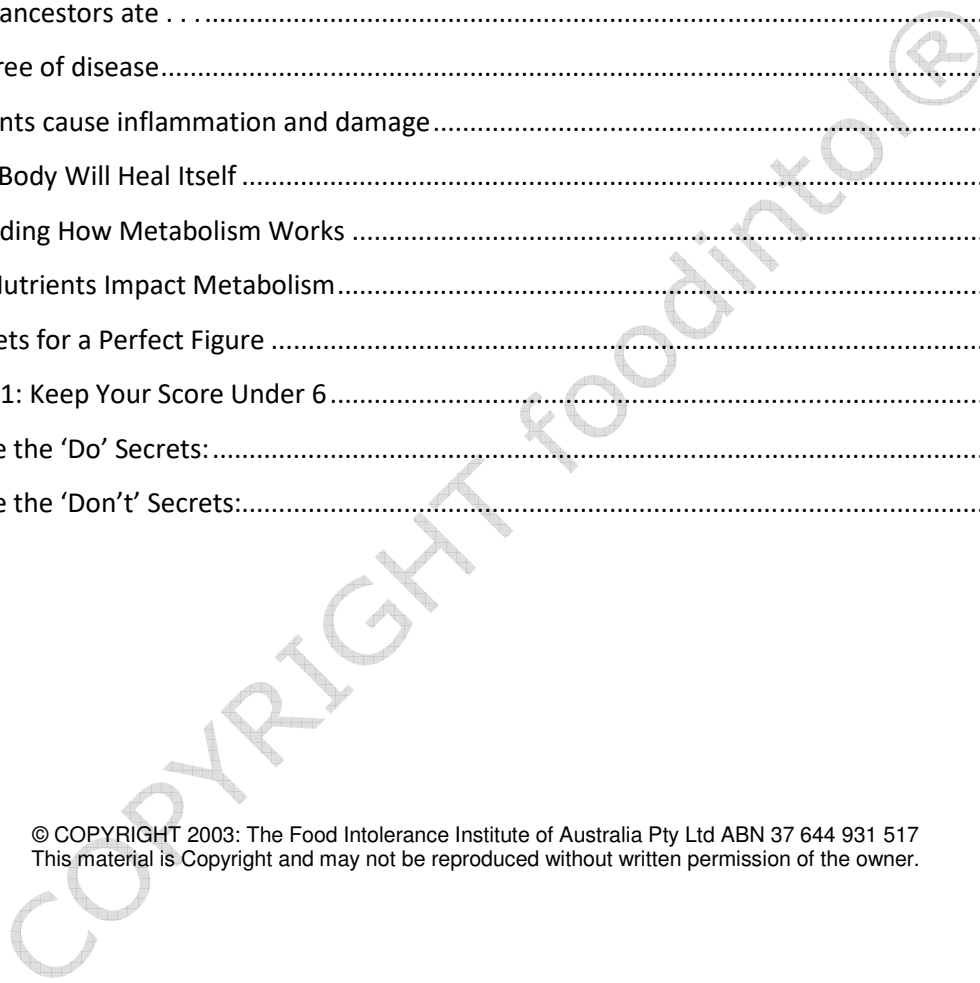


40 Secrets to a Perfect Figure

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About the Author



Deborah Manners is a consumer just like you, who used to suffer with a raft of unexplained symptoms and illnesses including migraine, weight gain, IBS, sinusitis, back ache and miscarriage.

Now she is healthy, slimmer and 17 kg lighter. Her two children are now healthy adults. Back in 1996 she discovered she had a number of food intolerances - after exhaustive research of medical journals in university libraries. This knowledge and her journey back to health changed everything in her life, including her career.

Her passion is to share this knowledge with anyone who wants a healthy body, sparkling mind ... or wants to achieve improved fitness and athletic performance.

Her university studies (Monash University, Australia) included physiology and chemistry majors. These disciplines assisted her original research of medical journals and enabled the high calibre website content about food intolerance. Thousands of scientific papers have been read, digested, sorted and collected together in an easy-to-read format.

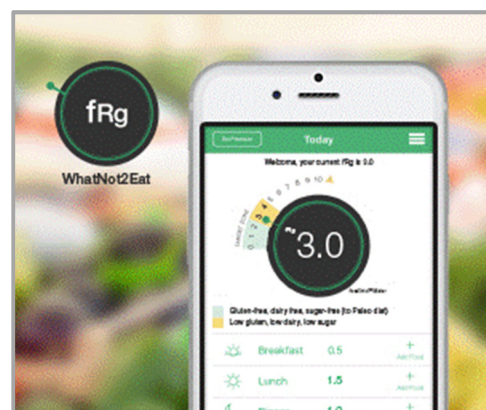
The Food Intolerance Institute (foodintol.com) attracts more than 3,000 visitors a day and has helped tens of thousands of people worldwide to become well by 'switching a few foods' in their diet.



What is Your Perfect Figure?

Download **WhatNot2Eat** from the App Store.
>> An essential part of your 'Better In 5' Program.

Do you have to look like a movie star – or are you happy to focus on a few bits to improve? Before you begin this program - think about what you want to achieve and make sure you have a realistic goal.



Make sure you are aiming for *Your Perfect Figure* – not someone else's idea of a Perfect Figure. Make a promise to do this *for yourself* – not for some other person.

The *glitterati* work hard to look gorgeous for the cameras a few times a year: twice a day at the gym, long jogging sessions, fasting, self-prescribed supplements, medications, cosmetic surgery and dangerously low nourishment.

Well – we don't guarantee *Perfect Figure Secrets* will get you to Hollywood! But we do know from many years of experience that people who avoid AntiNutrients get control of their body's metabolism, that they become much healthier and that they feel more energised and motivated.

Our Member Survey results speak for themselves: <http://www.foodintol.com/food-intolerance-survey-2012>

It solves a problem they thought was unsolvable. Many who are overweight lose pounds. And many underweight folk slowly gain.

❖ *There has never before been a health program that can do this*

In addition – because we have had more than fifteen years of helping people - we have gleaned some *vital and surprising facts* about losing and gaining weight. (*Having hundreds of grateful clients writing to you every month about their progress gives you a mountain of information and insight on health and food issues!*)

Add to this our years of researching the medical journals on how the human digestive system evolved from our prehistoric ancestors – and cannot process many Modern Foods. We realised we had a **whole library of tips and secrets** we could pass on to others which would enhance their results and take them to their goals faster.

So we gathered everything together and created *40 Secrets to a Perfect Figure*.

Eat as our ancestors ate . . .

One major principle of the 'Better In 5' Program is that it *approximates* many aspects of the Hunter-Gatherer diet and lifestyle – from the Paleolithic Old Stone Age.

We have DNA and digestive systems that are 99% the same as humans from **two and a half million years ago** - when they hunted and gathered foods for survival.

Naturally - after 2.5 million (2,500,000) years – Paleo people's digestive systems *were perfectly adapted* for processing the available foods.



From fossil evidence we know there were no chronic diseases like diabetes, tooth decay, arthritis or osteoporosis back then. These and other so-called *Diseases of Civilisation* like colitis, heart disease and cancers all appeared almost two and a half million years *later* – when farming began.

. . . to be free of disease

Fossil evidence from the era *right after farming began* (the Neolithic era, only 10,000 years ago) shows how **diseases only appeared when grass grains and cow's milk started being used as foods.**

Before farming - people ate what they could hunt down and gather:

- MEAT: they hunted small animals and birds
- FISH: They speared or captured fish
- CRUSTACEA & SHELLFISH: They gathered these from the sea and rivers
- LEAFY VEGETABLES: They gathered vegetables, especially above-ground leafy ones
- FRUITS: They picked berries, fruits, nuts and seeds
- Occasionally there were birds' eggs and *very occasionally* - honey

Now look at the differences with today's diet. The following groups contain all the AntiNutrients which cause your symptoms – and lead to disease:

- Grains from grasses like wheat, barley
- Dairy foods. (Think about it . . . to get milk you need to have a tame cow.)
- Refined sugar . . . (except once a year – a little honey, maybe)
- Pulses (dried legumes like beans and peanuts)
- Nightshades: capsicum, chilli, eggplant, tomatoes, potatoes

So there was no bread, pizza, crackers, pasta, cookies, candy or cake. And there was no milk, cheese, yoghurt, cream, butter or ice cream. These 'Modern Foods' have only been around since farming began ten thousand (~10,000) years ago. . . . very recently in human terms!

Pulses appeared around 10,000 years ago – and nightshades ~ 300 years ago when Spanish and Portuguese explorers brought them into Europe from South America.

Dairy foods have really only been *freely available* to the last few generations - since refrigerators became household items, about 100 years ago.

❖ *HOWEVER - a species takes hundreds of thousands of generations to fully adapt to new foods.*¹

So ten thousand years *is not nearly long enough*. That's why many of us do not have the right digestive equipment to properly digest these 'AntiNutrients'.

AntiNutrients cause inflammation and damage

We may be able to *partly digest* AntiNutrients – but that's where the trouble starts. It leads to protein fragments which our immune systems do not recognise as 'friendly' – and that triggers an automatic response.

The most common response is *inflammation* – and it can happen anywhere in the body.

- Inflammation in the joints leads to **rheumatoid arthritis**
- Inflammation in the skin leads to **eczema or psoriasis**
- In the membranes of the brain - **headache and migraine**
- Inflammation in the breathing passages leads to **rhinitis, sinusitis**
- Inflammation in the intestine – **colitis, Celiac disease, Crohn's**

You may also suffer interrupted function and actual tissue damage:

- In the lungs – **congestion, breathing difficulty, pneumonia**
- In the ovaries or testes – **infertility and miscarriage**
- In the pancreas – **pancreatitis (even diabetes)**
- In the thyroid gland – **thyroiditis and disruption of metabolism**

¹ At twenty years per generation – one hundred thousand generations needs twenty thousand (20,000) years; and two hundred thousand generations needs forty thousand (40,000) years. Even then adaptation would have only just begun.

How Your Body Will Heal Itself

When you reduce AntiNutrients in your diet - your body heals itself naturally. It's like you have been continually ingesting a slight poison for years – and then you stop.

If properly treated - the brilliant human body can recover from all kinds of abuse!

All we need to do is remove the poisons from our diet.

Imagine you were caught up in a mustard gas attack of World War I – but were only slightly affected. You would have absorbed some of the gas and become ill. But once removed from the danger and into fresh air - your body would have gradually processed and eliminated the 'foreign' substances over a few days. The brilliant human body heals itself!

Another example of this type of healing is when a long-term smoker gives up cigarettes. Gradually across the next few weeks and months he/she starts to smell and taste foods – because the toxins which deadened their senses are being eliminated from their bodies. Importantly – there are no new episodes of damage . . . so all kinds of other healing happens too.

Similarly – just by **finding out your food intolerance** you can remove troublesome products from your system – and your body will start to recover *naturally*.

When we reduce AntiNutrients ...

- Metabolism is gradually rebalanced – and your normal figure returns
- We avoid *chronic diseases like diabetes, cancers and rheumatoid arthritis*
- If you already have a diagnosis - *disease progress stops* (e.g. if already pre-diabetic) – and in some cases healing begins²

² Banin et al. <http://www.ncbi.nlm.nih.gov/pubmed/12434905>

Understanding How Metabolism Works

This is a unique ebook –
because whether you wish to lose weight or gain it –
these principles apply to both.

If you think that sounds strange, remember this:

- Your **metabolism** drives your *use of energy* and therefore - your figure. Most cases of unwanted weight change (slow gains or slow losses) happen when your body's metabolism is not working properly
- And a poorly functioning metabolism is frequently a consequence of 'foreign' things like AntiNutrients in the blood stream. The most common of these are unrecognised proteins from your ***inability to fully process certain foods (food intolerance)***.
- Therefore – when you *regain control of your metabolism* (by removing troublesome foods from your diet) – ***you regain control of your figure:***
 - If you are underweight – you will slowly gain
 - If you are overweight you will slowly lose
- . . . and all **without** counting calories, weighing foods or doing strenuous exercise. It's a totally *natural* recovery.
- ❖ Therefore - the *most important thing to start right away* is to begin reducing AntiNutrients . . .
by learning how to make better food choices.



How AntiNutrients Impact Metabolism

Metabolism is the process by which food is converted into energy so you can live and breathe and work. Your metabolism is driven by a small organ in your throat known as the **thyroid gland**.

We now know from clinical studies that the thyroid is one of the organs of the body that can be affected by the presence of ‘foreign’ proteins (e.g. from gluten or dairy products) – substances your immune system does not *recognise*.

And if anything is not recognised as ‘friendly’- your body assumes they are *unfriendly invaders* (just as viruses and bacteria are invaders). Immediately your immune system jumps into action to defend you from this perceived threat to your health. And the most common result is *inflammation* at the site where it found the invaders.

Now - inflammation may sound fairly low-key and non-threatening – and in many cases you don’t actually feel anything at all³ and have no symptoms. But the consequences can be far-reaching.

The thyroid gland can be affected.

- **Normally** - if you need energy for running or jumping or some other activity - the instruction from your thyroid is to “Burn” energy.
- And **normally** – if no extra energy is needed for the moment - the instruction from the thyroid is to “Store” energy – and it is laid down as fat deposits.

Now imagine that **your thyroid** is *not working properly* – because of inflammation. In other words – imagine some AntiNutrient is interfering with it.

- It might give out the instruction to “store” when it should be saying “Burn” energy. Of course your body would lay down a little bit of fat rather than spend calories . . . and if it happened constantly - you would gradually *gain weight* inappropriately.
- Or – it might give the instruction to “Burn” energy when it should be saying “Store”. If this happened all the time – you gradually *lose weight* inappropriately.

So if your thyroid is ‘muddled’:

- you can gain weight without overeating
- or you can find yourself unnaturally thin - even when eating plenty of calories

³ This is why food intolerance is missed so often. The effect (symptoms) can be unnoticeable until it has been going on for a long time and your doctor diagnoses disease. Long-term inflammation is the basis of most chronic disease.

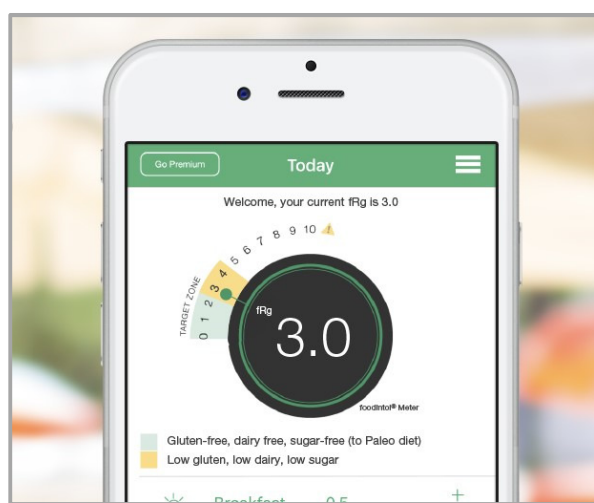
Forty Secrets for a Perfect Figure

Apart from the Number One Secret which is vital (otherwise the other secrets won't work nearly as well) – use these secrets as you like. Please note - the more secrets you observe – the more control you will have of your metabolism, and the better your results will be.

Remember – unless noted otherwise, all these secrets apply whether you want to lose weight or gain it.

Secret #1: Keep Your Score Under 6

It's easy to start Reducing AntiNutrients! ... Just choose foods with low rankings.



All food rankings are AVERAGED for the day.

So you can choose a *higher ranking food* sometimes – and balance it out with a low-ranking choice later!

The results will change everything! It is knowledge you will use for the rest of your life.

Plus 39 more Secrets:

Here are the 'Do' Secrets:

2. ONCE A WEEK WEIGH-IN: Track your weight every seven days as indicated in the Detection Diet Journal. Not more frequently, not less frequently.
3. EAT THREE MEALS EVERY DAY. Don't skip meals and don't eat extra meals
4. EAT PROTEIN AT EVERY MEAL – including breakfast (See Meals Guides in the Complete Guides for suggestions)
5. PROTEIN FIRST MOUTHFUL: always begin every meal with a good mouthful of the protein. This signals your metabolism that food is plentiful and it's okay to burn fat normally.
6. EAT VEGETABLES AT EVERY MEAL – including breakfast. Doing this sends a good signal to the metabolism.

7. FIVE HOUR BREAK BETWEEN MEALS: If you finish breakfast at 7.30 am – try not to begin lunch until 12.30 pm. If you *finish your lunch at 2 pm* – don't eat again until at least 7 pm.
8. ONE HOUR TO EAT: it is vital to finish your meal *within one hour of starting*
9. FINISH EATING TWO HOURS BEFORE SLEEPING: For example - if you normally go to bed at 11 pm – finish eating by 9 pm.
10. Drink 1 litre (2 pints) of plain filtered water every day. All other drinks must be ***in addition to*** the water.
11. NOTHING BETWEEN MEALS – not even milk coffee or fruit juice. You may have water or unsweetened watery drinks (e.g. black coffee, tea or herbal tea **without sugar, milk, soymilk or additive**). Also - no chewing gum, no mints, no lozenges, no confectionery. These send a wrong signal to your metabolism.
12. HAVE ONLY **ONE TYPE OF PROTEIN** at each meal. (e.g. don't have ham and eggs in the same meal; don't have chicken liver with bacon.) Also watch out for Chinese "combination" meals where there may be e.g. pork and prawn together. Only one type of protein at each meal. (This is how your prehistoric ancestors would have eaten. When they hunted and killed an animal – there was only one type of protein in front of them – not a smorgasbord.)
13. AVOID PULSES AS PROTEIN– While pulses do contain protein, our bodies are not as well adapted to them as other protein sources. Minimise your consumption of these – because they contain Anti Nutrients. Pulses include lentils, peas, peanuts, soy beans, chickpeas, lima beans, red beans etc. Eat these once a week only.
14. EAT SEEDS EVERY DAY - Seeds were an important part of the prehistoric diet. Have them sprinkled on your meals:
 - Pepitas (pumpkin seeds) – 1 tablespoon/day
 - Flax seed meal (linseed meal) – 1 tablespoon/day
 - Sunflower seeds – 1 tablespoon/day
 - Sesame seeds – 1 tablespoon/day (or tahini – 1 TEAspoon/day)
15. OLIVE OIL: have one tablespoon/day on your vegetables or salads. Even though you are selecting lean meats – we still need some fats and oils.

16. HAVE FISH FOUR TIMES PER WEEK. There are twenty one meals every week – have fresh seafood or fish for at least four of them. Remember - canned tuna, herring, sardines or salmon are great foods.
17. EAT TWO PIECES OF FRUIT PER DAY⁴. They must be **an apple** – and any other fruit.
18. ENJOY VARIETY: Eat a wide variety of foods – not just your favourites. Try two new **FRESH foods** per week. (Have you had these recently: calamari, lamb tongue, chicken liver, mussels, crab, endive, parsnips, swede, snow peas, okra, bokchoy, aubergine or celeriac? What about custard apple, dragon fruit, kiwi, pineapple, persimmon?)
19. EAT YOUR STARCH ALLOWANCE: **Eat only 2 small serves per day**⁵ of some kind of starch. Examples of a single serve are:
 - i. Half cup of cooked rice, or starchy vegetable (peas, pumpkin)
 - ii. Two small slices of Gluten-free bread
 - iii. Gluten-free crackers
20. STOP ALL SUPPLEMENTS - unless prescribed by your medical doctor. These may contain things you are trying to avoid.
21. STOP ALL MEDICATIONS – unless prescribed by your medical doctor. These may contain things you are trying to avoid.
22. STOP ALL PROBIOTICS – unless prescribed by your medical doctor. These may contain things you are trying to avoid.
23. RESTRICT ALCOHOL to two standard drinks per week. Alcohol is certainly ‘Modern’ – and can mess up your metabolism.
24. GENTLE EXERCISE: three times per week for 20 – 30 minutes: e.g. walk more than usual in good walking shoes or running shoes. Great for a sluggish metabolism. (Remember - if you were running about every day hunting for and gathering your food – you would stay fit!)

⁴ Take care with fruit if you have fructose sensitivity.

⁵ Yes, this applies to those trying to gain weight, as well as those trying to lose! It's about sending the right signals to your metabolism.

Here are the 'Don't' Secrets:

25. **DON'T HAVE ARTIFICIAL SWEETENERS:** no diet sodas or sugarless soft drinks, no non-sugar sweeteners in your coffee/tea, no sugarless chewing gum. These contain a cocktail of chemicals – and often also sorbitol. These impact your small intestine and muddle your metabolism. *A little regular cane sugar is fine!*
26. **DON'T EAT BETWEEN MEALS:** This even applies to those trying to gain weight. Eating between meals sends a wrong signal to your body's metabolism.
27. **DON'T FAST:** Fasting muddles up your metabolism and contributes to your problem.
28. **DON'T EAT BREAKFAST CEREAL - EVER:** Our caveman prehistoric ancestors did not have any grains and were fit and free of disease. Even if you think you are not grain intolerant – many humans are not yet adapted to fully digest grass grains – and the 'silent symptoms' can lead to chronic disease. . And they disrupt your metabolism. Eat protein and vegetables for breakfast: eggs, spinach, avocado, green beans, ham, mushrooms, left-over roast meat ...yum!
29. **DON'T EAT DAIRY FOODS:** Three quarters of the world's population (yes, 75%) is dairy intolerant⁶ - even if they don't realise.
- **REMEMBER:** Your prehistoric ancestors ate ***no dairy whatsoever*** and survived well for 2.5 million years – with no disease! Despite constant exhortation from dairy food manufacturers about the need for “3 serves a day” to get enough calcium – we really don't need dairy. There is plenty of calcium in many other foods.
 - *One point three (1.3 billion) Chinese can't be wrong! There has been no dairy in the traditional Chinese diet for thousands of years . . . And the Chinese don't fall down with osteoporotic broken bones, do they?*
 - Unfortunately the recent addition of dairy to Asian diets – in the last few decades as they emulate Western ways - has seen a huge rise in the incidence of chronic diseases like diabetes, obesity and osteoporosis.
30. **DON'T EAT FATTY FOODS:** No fatty meat or deep-fried battered foods – whether you want to lose weight or gain. Our prehistoric ancestors had few fats – so we are not fully adapted to process them properly. They meddle with your metabolism. Why not lightly fry a food in a small amount of oil.

⁶ Swagerty et al. *Am Fam Physician*. 2002 May 1;65(9):1845-1851. <http://www.aafp.org/afp/2002/0501/p1845.html>

31. **DON'T EAT SPICY FOOD.** In moderation only: Chili, curry and capsicum (peppers) are notorious for causing Leaky Gut⁷ – a direct pathway to disrupted metabolism. Peppers, chili, pimiento, paprika all belong to the Nightshade family and carry many AntiNutrients.
32. **DON'T ADD SALT TO YOUR MEAL- & BEWARE SAUCES:** There is usually enough salt naturally in foods already. Most sauces are laden with salt. Try fresh herbs or herbal seasonings.
33. **DON'T EAT CONFECTIONERY⁸:** Candy is mostly sugar (and often derived from grain) – or artificial sweeteners – both of which **mess with your metabolism.** Avoid them. Have a piece of fruit, a drink of water or herbal tea instead.
34. **AVOID 'HEALTH FOOD SHOP' PRODUCTS** like vitamins, supplements, concentrates, extracts, juices, protein powders, whey powder, energy bars and the like. Stay out of these shops – they sell products whose benefits are unproven – and are laden with chemicals and things 'foreign' to our systems. Find everything you need in the Fresh Section of your supermarket or farmers' market.
35. **DON'T TAKE MUSCLE BUILDING PRODUCTS:** They are generally milk-based powders – and *concentrated* versions - which interfere with your metabolism.
36. **DON'T USE FAT BURNING OR METABOLISM BOOSTER PRODUCTS:** These certainly interfere with your metabolism in a totally unnatural way. Get control of your metabolism *naturally.*
37. **NO "SUPER FOODS":** Avoid anything called a Super Food. These are all "Modern Foods" and very difficult for our systems to digest (*despite what the marketing tells you!*) For example:
- No Hemp milk
 - No Acai berries
 - No Wheat grass
38. **NO BREAD & BUTTER WITH MEALS:** This is one of the western diet's worst habits.

⁷ Leaky Gut – Damage done to your small intestine by inappropriate foods <http://www.foodintol.com/leaky-gut-inflammatory-disease>

⁸ Yes, this applies to those wanting to gain weight as well as those trying to lose!

- 39. DON'T EAT SNACK FOODS – EVEN WITH YOUR MEAL:** These are generally 'Modern Foods': starchy or grain-based with too much salt/sugar/fat - and mess up your metabolism. Choose treats from the Meals suggestions page:
<http://www.foodintol.com/meal-suggestions-a-whole-new-lease>
- 40. AVOID FOOD ADDITIVES:** Like vegetable gums, colours, preservatives, emulsifiers, humectants, artificial flavours and chemicals. Many of these are represented on food labels as **NUMBERED INGREDIENTS** (e.g. 415, 403 etc.) ... **avoid them.** Our ancestors certainly never had these and were free of diabetes, rheumatoid arthritis, heart disease and osteoporosis.
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