

The **GIANT**

Experiment with Your Food

By Dr. Al Sears, M.D.



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Dear Health-Conscious Friend,

We are all, including you, dieting. In fact, you've very likely been on an unnatural diet since the day you were born – without realizing it.

I am defining the word “diet” as “the food naturally consumed by an individual or a population.” The food you've been consuming isn't natural. It bears little resemblance to the native diet our ancestors enjoyed for hundreds of thousands of years. Deviating from your natural eating pattern is “dieting.”

This change in your food put you on a risky “diet” with dangerous consequences. The regular intake of these artificial foods has caused a constellation of modern diseases together representing the biggest epidemic the world has ever seen.

In this report you will uncover the lies and deception put out by the Food Industry and what you can do to protect yourself from the long-term health defects of the industries' bigger, fatter, faster more profitable practices.

Stop Dieting Now

You may not associate yourself with cavemen, but your genetic make up is 99.99% identical to your early ancestors and your body reacts in the same way theirs did.

In evolutionary terms, the appearance of processed foods happened in the blink of an eye. Your body simply isn't designed to handle them. For instance, the diet of early man was naturally low glycemic. But today, the foods we regularly consume cause huge spikes in blood sugar, which puts your body in a constant state of stress.

Diabetes has become epidemic. In the last 20 years, the number of worldwide cases has risen from 30 million to 230 million. By 2025, that number is expected to reach 350 million. Diabetes is often a stepping stone to other chronic diseases like high blood

pressure, cancer and heart disease.

The point that you've been dieting since birth is the central idea behind a new book I am writing, *The Doctor's Diet Cure*. After years of researching diets, I've realized that the path to a lean, fat-free and disease-free body is NOT to go on another of the hundreds of diets that others have advocated.

The key is to stop dieting all together.

You must eliminate the rogue foods that have invaded your daily eating habits and simply return to your native diet.

Now you may be thinking ok I will start to make healthier decisions. Before you make that move I will inform you about supposed "health foods" that aren't. Many of the products labeled as healthy are problems, not solutions.

Specifically, there are several new studies linking high fructose corn syrup (HFCS) with a slew of health problems. What does HFCS have to do with the "health food" label? A lot, unfortunately. The vast majority use HFCS as a principle ingredient. It is the first ingredient after water in nearly all non-diet drinks marketed as "healthy" alternatives. This includes Arizona and Sobe teas, popular sports drinks and children's fruit juice drinks. It's in most meal replacement bars and shakes.

Involuntary Corn-Fed Hogs

Food processors began using high fructose corn syrup in the 1970s because it's super-sweet, easy to store and extremely cheap to produce. The consumption of HFCS increased more than 1,000 percent between 1970 and 1990. This far exceeds changes in any other food intake. Today, people who drink soft drinks and processed foods get an extra 300 calories of HFCS a day. ¹

A report this in the *American Journal of Clinical Nutrition* connects HFCS to obesity. The researchers report that body weights in America rose slowly for most of the 20th century until

the late 1980s. At that time, the rate of obesity and related health problems surged.²

A study in the June 2004 issue of the *Journal of Clinical Endocrinology and Metabolism* found that fructose alters the hormones involved in appetite regulation. A drink with the fructose in two cans of soda caused low levels of the hormone leptin. Leptin lets you know that you have eaten enough. It causes high levels of ghrelin, a hormone that stimulates eating. The net result is that your hormones tell you to keep eating.³

HFCS also spikes blood triglycerides increasing risk of heart disease. The USDA implicated HFCS in heart abnormalities. Rats normally live for about two years. However, when fed a high-fructose, low copper diet they died after 5 weeks. Researchers abruptly stopped one of the few human studies of low-copper, highfructose diets when four of the 24 subjects developed heart abnormalities.⁴

High fructose diets cause diabetes. The Human Nutrition Research Center found that fructose reduces stores of chromium, essential for normal insulin function. Fructose can also damage your liver. Your liver is the only part of your body that can metabolize fructose. Animals fed large amounts of fructose develop fatty livers, cirrhosis and alcoholic-like liver damage.⁵

To Avoid HFCS Stick to Whole Foods

High fructose corn syrup is a cause of obesity and diabetes and diseases of your heart and liver. It is not natural to anyone's diet. The only good solution is to avoid it. Since HFCS is in so many of the foods we eat, you may have to put some effort into avoiding it. But it is possible. After all, we only began eating this ingredient 25 years ago.

The easiest way to eliminate HFCS is to avoid processed foods especially drinks. If you drink bottled or canned juices, teas or "health drinks" consider them the same as soda. They only have

different flavorings and colorings.

Water is the best drink. Stick to naturally occurring whole foods. Satisfy your sweet tooth with berries, whole fresh fruit or a tall glass of natural lemonade. If you do use processed foods or drinks, read product labels for HFCS listings. Now, we'll look at diet foods and drinks.

Diet Soda Makes You Fat?

Avoid sodas...even if they are diet.

Sodas will make you fat. And they lead to other health problems. That “innocent” low-cal diet soda is really danger in a can.

A study published in *Circulation* tracked the diets of men and women for nine years. Those who drank just one can of diet soda a day increased their risk of metabolic syndrome by 34%.

And, just one can of diet soda a day puts you at almost a 10% higher risk of developing metabolic syndrome than eating a diet of fried foods!⁶ Regular soda isn't any better. Another study found that regular soda consumption is also associated with the metabolic syndrome.⁷

Why should this alarm you? Metabolic syndrome is a collection of symptoms that lead to diabetes, heart disease and other chronic diseases like cancer.

If you're like the average American you drink an estimated 56 gallons of soft drinks each year.

You may have metabolic syndrome and not even know it. In fact, the American Heart Association estimates that over 50 million Americans have metabolic syndrome.

Do you have any of these symptoms:

- Excessive fat tissue in and around the abdomen
- High levels of bad LDL cholesterol, low levels of good HDL cholesterol, and high triglycerides.

- **High blood pressure**
- **Insulin resistance or glucose intolerance (the body can't properly use insulin or blood sugar)**

Each one of these symptoms can cause a whole host of health problems on its own.

And if that's not enough reason to stay away from soda, here's another reason...it's also linked to tooth decay and osteoporosis.

Diet soda, although lacking in calories, can be even worse than regular soda. In addition to increasing the risk of metabolic syndrome, it contains artificial sweeteners that put your health even further at risk. I've written about the dangers of artificial sweeteners in the past.

Aspartame, the most popular of these sweeteners can cause:

- **brain tumors**
- **birth defects**
- **diabetes**
- **emotional disorders**
- **epilepsy/seizures**

That alone should give you enough reason to stay away from soda.

Instead drink purified water. For a little added flavor, add fresh orange or lemon slices...even raspberries. I like to give mine a splash of natural fruit juice.

For a change of pace, try iced tea or lemonade. If you like a little extra sweetness try stevia—a natural calorie-free sweetener that you can find in any health food store.

If you drink flavored water as a substitute for plain water, beware.

Flavored water can increase the size of your waistline, and threaten your health.

The problem with drinking flavored water to stay hydrated is that it contains about as much sugar as one can of soda. Drinking just one bottle can significantly spike your insulin levels, promoting insulin resistance and increased fat storage.

Many manufacturers flavor their water with fructose or (even worse) high fructose corn syrup—both culprits behind leptin and insulin resistance.

One study found that fructose affects the hormones involved in appetite regulation. A drink high in fructose caused low levels of the hormone leptin. Leptin lets you know that you have eaten enough. Low leptin causes high levels of ghrelin, a hormone that stimulates eating. The end result is that your hormones tell you to keep eating.⁸

Other studies support this.

Researchers at Purdue University studied the effects of liquid versus solid calories. Two groups of people were fed the same amount of calories over a period of 4 weeks. One group was given jelly beans (solid) and the other was given soda (liquid). The group eating the jelly beans maintained their weight. Those in the soda group gained weight, primarily because they ate far more afterwards than the jelly bean group.⁹

And if you go with a no-calorie option, the threat to your health can be worse.

Many flavored waters contain artificial sweeteners like aspartame and sucralose...both of which are toxic.

The best way to stay hydrated is to drink plain, purified water. But if you need a little flavor now and then, here are a few alternatives:

- Freeze ice cubes with 100%, all-natural fruit juice and bits of real fruit and add to your water for a little flavor.
- Squeeze lemon or grapefruit into your water for zest.

- Drink tea sweetened with stevia (an all-natural, no calorie sweetener) and a dash of lemon.
- Drink green tea.
- Try water with a splash of 100% cranberry juice for a little sweetness.
- Mix lemon-flavored stevia into your water.
- Add some crushed mint, lime and stevia, for a non-alcoholic water “Mojito.”

Junk Bars

Many of the so-called “health” bars out there are also bad for you. If you want real power when you need it, you can do a lot better...

Manufacturers give these bars misleading names like “energy bars,” “power bars,” “protein bars,” or “cereal bars.” But they may as well call them junk bars.

Their makers pack them with salt, fat, and sugar, then “fortify” them with synthetic vitamins and minerals your body can’t absorb. This allows advertisers to call them “healthy, but really they wind up robbing you of energy and strength. They’re just candy bars in disguise.

I’m not exaggerating. Researchers recently compared a popular brand of candy bar and a power bar. They found that although the power bar technically contained more “nutrients,” there wasn’t much of a difference between them. Both were chock full of empty calories.

And don’t be fooled by that good feeling you get after you eat one. They spike your blood sugar levels, giving you a temporary “high”...but that’s not what your body needs. In fact it’s dangerous. Blood sugar spikes mean more insulin. That can lead to insulin resistance, a precursor for diabetes.

And the protein in most of these bars comes from inferior sources like gelatin and collagen.

Apparently, the word hasn't gotten out to the public on this. Americans spend \$1.4 billion a year on "healthy" protein bars. What's worse, a lot of people eat them in place of meals. You're seriously short-changing your health if you do this.

If you are looking for a high quality energy boosting snack, go for good sources of protein such as organic, cage-free eggs, wild fish, and grass-fed beef.

We rate proteins by how complete they are. Complete means they contain all of the essential amino acids in the correct ratios. As you can see from the following list, animal proteins have the best ratings.

Food Protein Rating¹⁰

Eggs 100

Fish 70

Beef 69

Milk 60

Nuts 48

Soybeans 47

Whole wheat 44

Beans 34

Potatoes 34

- **Organic, cage-free eggs are not only a good source of protein, but they contain 13 essential vitamins and minerals, including vitamins E, A, B12, and iron. Eggs also are rich in the nutrient lutein, which protects against thickening of the arteries.**
- **Wild-caught salmon is a good source of natural protein**

and omega-3.

- Grass-fed beef also a great source of protein with vitamins B6 and B12, as well as conjugated linoleic acid (CLA), a key plant-based omega-3.
- If you are looking for a source of this protein that is both high quality and great for on-the-go, both wild-caught salmon and grass-fed beef can be found in jerky. They are perfect to throw in your backpack to take along on a hike. I buy mine at www.grasslandbeef.com.

Moving along, to other “healthier” foods like soy products. Not all soy products are created equal. You are better to avoid some forms altogether.

Many of the soy products you encounter today use non-traditional soy. The soy industry is manufacturing an ever increasing variety of these non-traditional soy products. They are hiding it in places you might not expect. This particular kind of soy can be harmful to your health.

Now, I’ll expose these hidden sources, why you want to avoid them and how to select traditional naturally “processed” soy.

Isn’t Soy Straight from Nature?

Despite the marketing as “natural,” soy in its native form is not a food for humans. You cannot eat soy unless you process it first. If you try eating soy without some sort of processing, you won’t like the taste at all. You’re likely to get nausea, cramping abdominal pain, bloating, gas and flatulence. And there are other problems...

Soy has mineral inhibitors.

Of all grains and legumes ever studied, soybeans have one of the highest levels of phytic acid.¹¹ You encounter this acid in the hulls of the bean. It blocks the absorption of essential minerals like calcium, magnesium, iron and especially zinc. The form phytic acid in soy is very resistant to phytic acid reducing techniques, such as

long, slow cooking.¹²

Soy has enzyme inhibitors.

Compounds in soybeans block the action of trypsin and other enzymes that digest protein. Normal cooking does not destroy these “anti-nutrients.” This can cause stomach upset and lead to a chronic amino acid deficiency. In animal studies, diets high in trypsin inhibitors increase rates of diseases of the pancreas, including cancer.¹³

Soy has a clot promoting substance.

Soy has hemagglutinin, which causes clustering of red blood cells. This prevents the cells from absorbing oxygen properly. Hemagglutinin and trypsin inhibitors also act as “growth depressants” in animal studies.

These substances in soy are apparently nature's plan for protecting the soy bean from predation by most animals

The Right Soy Stuff

It is alarming that today, 60% of the food in America's supermarkets contain unnaturally processed soy in some form. Some examples are soy flour, textured vegetable protein, partially hydrogenated soy bean oil and soy protein. Unfermented soy plays a very major role in the average American diet without real awareness of the average American eating the stuff. It's in everything from snack foods and fast foods to cereals and prepackaged frozen meals.

Naturally fermenting soy deactivates the harmful substances. This is something Asian cultures have known for centuries. That's why they eat fermented soy - like miso, tempeh and soy sauce. Eating small amounts of tofu with meat will minimize the mineral-blocking effects of phytates. The Japanese traditionally eat a small amount of tofu or miso as part of a mineral-rich fish broth, followed by a small serving of meat or fish.

Fermented soy, like miso and tempeh - which is 90% of the Asian soy diet - is not popular here in America. Yet soy products are some of the most profitable. So food makers take popular items like ice cream and burgers and turn them into soy ice cream and soy burgers. You should avoid these completely.

The best soy products are miso, tempeh, natto and soy sauce. Begin checking labels of packaged foods for added soy. The best bet for your health, once again, is to choose naturally occurring foods in their natural form as much as possible. For example, you may be deciding to move towards salmon and beef because you have heard about the health benefits. Please read on to be sure you are exposing yourself to the right kinds.

The Giant Experiment with Your Food

A few decades ago, science connected saturated fat such as lard with heart disease. Americans began to stop buying saturated fats. In response, the food industry tried switching to unsaturated fats. But unsaturated fats spoiled easily. The food industry needed a Twinkie to withstand sitting on a shelf for a month.

Food manufacturers found that a process called “hydrogenating, would allow unsaturated fats to have the profitable longer shelf-life. But the hydrogenation process produced trans fatty acids in the oil. Trans fatty acids don’t occur naturally so eating these modern inventions is a huge experiment with unpredictable consequences. Today our diet is full of trans fatty acids. They are in everything from margarine to breakfast cereals, to potato chips.

In 2001, *Lancet* published a Dutch study, which measured the effects of consuming trans fatty acid. Researchers studied the eating habits of over 600 participants. They found that increased trans fatty acid intake was significantly associated with increased risk of coronary heart disease.¹⁴

Yet, the most heart healthy fat is omega-3 fatty acids found in fish. Omega-3s are also essential for proper functioning of your brain.

Is All Salmon Safe to Eat?

Many of you eat fish because it helps prevent heart disease, but did you know there are health risks associated with eating certain types of salmon?

According to a new study published by the journal *Science*, farm-raised salmon contain higher cancer causing pollutants compared to salmon caught in the wild.

Today, you will learn the health risks associated with eating farmed salmon. You'll see how to reduce your exposure to these harmful pollutants. And, I'll show you how to tell the difference between farmed and wild salmon.

The Worsening Problems of Farmed Salmon

I have preferred wild fish over farmed raised for some time but just this month researchers in the *Science* article added more conclusive evidence. They report “Risk analysis indicates that consumption of farmed Atlantic salmon may pose health risks that detract from the beneficial effects of fish consumption.”¹⁵

Higher levels of pollutants develop when farmed salmon eat contaminated fishmeal. Ingesting these pollutants may lead to a higher risk of developing certain types of cancer, and may harm developing brains in pregnant women.¹⁶

Companies raise farmed salmon in net pens off the coasts of Canada, Chile, Norway, and Scotland. They are Atlantic salmon raised in crowded conditions and injected with chemicals. Multinational corporations operate salmon farms. This fish is a product of the same food processing industry that gave us trans fatty acids and Mad Cow disease.

Before you decide to change your diet, consider wild salmon a different kind of animal. They have proven beneficial in preventing heart disease. Fisherman harvest wild salmon. Wild salmon are ocean-harvested during the summer season (May to October) and

kept frozen during the off-season.

Wild salmon is high in omega-3 fatty acids and low in mercury. It reduces artery and cardiovascular disease, improves brain functioning, maintains skin and emotional balance, and contains less saturated fat than farmed salmon.¹⁷

How Do You Know the Difference?

Currently, food producers are not required to label salmon as farm raised. There are ways you can find out.

- **Ask for wild salmon at your grocer's seafood counter.**
- **Buy Alaskan salmon. That will guarantee it is wild. Farmed salmon is Atlantic.**
- **Artificial colorants are often added to farmed salmon. Federal Law requires stores to tag those with a "color added" label.**¹⁸

If you do choose to eat farmed salmon, to reduce your exposure to harmful pollutants, try the following:

- **Trim the fat from the fish before cooking.**
- **Choose baking or poaching over frying. These cooking methods allow PCB-laden fat to melt off the fish.**
- **Eat farmed salmon no more than once a month.**¹⁹

Better yet, here are some tasty varieties of Alaskan wild salmon you might like to try: Alaskan sockeye salmon, Alaskan silver salmon and Alaskan king salmon.

Alaskan salmon contain no antibiotics, hormones, or artificial colorings. They are rich in omega-3 fatty acids and natural antioxidants that benefit the heart.

Not All Meats Are Created Equal

There's new evidence that the meat you buy at the drive through

or the grocer might not be the same quality that we grew up with. The problem is you probably don't recognize the difference. And that puts your health at risk and increases your chances of developing type 2 diabetes.

The Great Change from the Hamburger Mom Made

I've seen many patients completely reverse heart disease and diabetes. For example, L.R., tossed out his Lipitor and was able to stop taking insulin just by following *The Doctor's Heart Cure* eating program which includes red meat.²⁰

But, you should know there are several fundamental differences between the meat you should eat and the food you'll get at the drive through or even in the freezer at your local grocery. Let me explain.

When you buy red meat from a freezer or from a fast food restaurant, you're buying a new kind of meat. Most of the cattle used in the modern food industry receive antibiotics and are fed grains instead of grass.

When you combine that with the additives, preservatives, and trans fats that food processors add to the meat you have a lethal combination. The new studies showing processed meats put you at risk for many adverse health effects, including increased insulin resistance and full blown diabetes doesn't surprise me.²¹⁻²²

Keep Your Insulin in Check and Prevent Diabetes - Buy Organic

Wild game, wild fish, free ranging organic chicken, and organic grass-fed red meat do not contain chemicals, antibiotics, or hormones. When you buy these organic products straight from the butcher or meat section of your local market, you are getting fresh, unadulterated, healthy protein.

More grocery stores are adding organic and free range meat to their selections. If your local supermarket doesn't carry it ask the

head butcher to order grass-fed organic meat. I did.

4 Easy Ways to Go Organic...

Going organic is a good idea... Organic foods are higher in nutritional content, from vitamins and minerals to antioxidants.

They're also free of pesticides, hormones, antibiotics, and other toxins that cause hormonal imbalances, many kinds of cancer, birth defects, and other serious illnesses. But organic food isn't always easy to find and the labels can be confusing.

To make it easier for you, I have a few suggestions...

1. Know What the Labels Mean

Trying to figure out which foods are really "organic" can be difficult because there are so many different labels. Anything carrying a seal 100% Organic means the food contains only organically produced ingredients. It must carry contact information for a USDA certifying agent; it usually bears the "USDA Organic" seal.

If the label says Organic, it means 95% of the ingredients that went into making the food are organic. The remaining 5% must be on a national list of accepted ingredients. These products also have to contain contact information for the independent, USDA-regulated certifying agent.

Made with organic ingredients means the food contains at least 70 percent organic ingredients. They also have to provide the certifying agent's contact information. But the remainder of the ingredients aren't necessarily organic. And they can't carry the "USDA Organic" seal.

Foods with less than 70 percent organic ingredients may include any organic ingredients on the ingredients list only. They also aren't allowed to carry the "USDA Organic" seal.

2. Buy Local

Farmers' markets are popping up in a lot of communities

these days. Look for one near you. Locally grown produce is often more nutritious than store-bought, simply because you're getting fruits and vegetables that are in season, and they don't need to be transported over long distances. That means they've ripened closer to harvest, which makes a big difference in nutritional content.

3. Avoid These Hazardous Foods

- **Milk:** Commercial cattle are pumped full of hormones and antibiotics. They eat grains laced with pesticides. And they're simply diseased animals. All of that stuff gets concentrated in their milk. The USDA performed analyses of commercial milk in 2004 and found pesticide residues in all samples tested.²³ Organic milk is readily available in most supermarkets. Make this a priority purchase.
- **Peaches/Apples:** These two fruits contained the highest concentration of pesticides of 45 kinds of produce the Environmental Working Group, a non-profit consumer health organization. They used the USDA's own analysis to rank food safety. Avoid commercial versions of these fruits. Even washing won't offer you (or your children) enough protection.²⁴
- **Peanut Butter:** Kids love it. Unfortunately, more than 99 percent of peanut farmers use conventional farming techniques in this country, including fungicides and other toxins.²⁵ So skip the Skippy – it's bad for you and your children.
- **Imported Produce:** Many fruits and vegetables out of season in our hemisphere are in season in South America. Blueberries, tomatoes, grapes and other produce often come from Chile, Argentina, or Peru during the winter months. Steer clear of them. Many have far more pesticides and other dangerous chemicals than domestic varieties.

4. Explore Your Options

Here are a few web sites to find out where you can get healthy, nutritious foods. If you're interested in finding grass-fed beef (which I strongly recommend over commercial beef), check out www.localharvest.org and search for healthy ranches according to your zip code.

The Environmental Working Group also offers sound advice and information on food safety: www.foodnews.org. They offer a great list of fruits and vegetables and the amount of pesticides they contain, along with free guides and news updates.

You can also look for a farmer's market near you. Use this web site hosted by the Community Alliance with Family Farmers: www.caff.org.

So, Which Foods Can You Eat Guilt Free?

What should you eat?

You hear a lot of bad advice mixed with disguised commercialism leading you in the wrong direction about what to eat. It turns out that the worst foods are also the most profitable.

This interest constantly distorts the science. Truth is that simply following the most common diet advice is enough to trigger diabetes.

To prevent diabetes you have to ignore most of the common advice and follow an opposite strategy. You can prevent it. And if you have diabetes, you still have options. It's not a lifelong condition without a cure. You can use a few easy-to-follow steps to turn the tables on this disease that already afflicts 20 percent of Americans over 60.

My patients have used this plan to:

- Return blood sugar to healthy levels
- Lower blood pressure

- Lower risk of heart disease and stroke
- Prevent retinopathy, which causes thousands to go blind every year
- Boost energy, lose weight and more.

Most people believe that diabetes begins with high blood sugars. High blood sugar is a symptom of diabetes. But it's not the cause.

The major problem in adult diabetes is excess insulin. Insulin is the hormone that your body uses to move sugar from the blood into the cells where you burn it for energy. Diabetes begin to overproduce insulin.

Here's how it happens:

- Your blood sugar spikes from foods that are high carb and high glycemic.
- You produce more insulin to move sugar into cells, which will use it for energy.
- Your cell's receptors become less sensitive to insulin.
- You develop both elevated insulin and blood sugar levels.
- Your body compensates by producing more and more insulin.
- Your body becomes resistant to insulin—we call this condition insulin resistance.

The medical industry's response—to focus on lowering blood sugar—is appropriate for immediate care. But this ignores the cause – the insulin problem. Sometimes drugs make the cause worse by stimulating even more insulin production.

The problem is not like children with inborn diabetes who can't produce enough insulin—the problem in environmental or adult diabetes is too much insulin. When you have too much of any hormone, your body reacts by making your body less sensitive to it – as a way of protecting itself. But over time, your body will lose the

ability to respond altogether.

Too much insulin in the blood:

- **Converts excess carbs into fat stores causing you to gain weight.**
- **Triggers the production of triglycerides, a risk factor for heart disease.**
- **Lowers HDL (good cholesterol), which increases your risk of heart disease and other diseases.**
- **Impairs your body's sodium balance, which raises blood pressure.**
- **Damages your kidneys.**
- **Damages your vascular system contributing to heart disease, retinopathy (eye damage), and neuropathy (nerve damage).**

To reverse the symptoms of diabetes, start by simply reverting to the foods you're meant to eat and avoid the ones you weren't. Get back to your native diet.

Your ancient ancestors ate lean protein and vegetables. They ate fruit and nuts and seeds when these things were available. These are all low on the glycemic list meaning they cause less insulin production.

You can use the glycemic load as your guide. A food's glycemic load is a measure of how much insulin you will make in response to an average serving.

Foods with a glycemic load under 10 are good carbohydrate choices—these foods should be your main source of carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate affect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes—eat these foods sparingly.

All meats, fish and poultry score a zero. These are the real

“guilt-free” foods. Try making protein the focus of each meal. A good old-fashioned steak won’t raise your blood sugar and the protein will help you handle insulin better, build muscle and repair tissue – all essential for the prevention of diabetes.

Rebuilding Healthy Thinking about Food

Ask yourself, do you think more about good food to eat or more about what you are supposed to avoid? One perspective leads to fulfillment and satisfaction, making you likely to eat less. The other leads to guilt and regret and a propensity to eat more.

First, think about good food to eat:

- Eat more protein. Eggs from free range chickens and grass-fed beef or bison are my favorites.
- Eat more vegetables and fruits.
- Eat more nuts and seeds.
- Enjoy a bit of chocolate now and again. A glass of wine most days won’t hurt either.

Next, how to eat:

- Don’t skip breakfast.
- Make dinner an event. Plan the meal. Invite the family. Set the mood. And enjoy each other’s company as much as you enjoy the meal.
- Chew. Slow down and savor the meal.
- Pause. Set your fork down between bites.
- Pay attention. When you feel comfortable and not hungry, decide to be done.
- Think about your favorite foods. What are the things that make you really feel good when you’re eating them? Don’t deprive yourself of those foods. If they aren’t healthy, just treat yourself occasionally.

Eating healthy is as simple as eating the foods you were built to eat. Having a healthy attitude toward food is as simple as enjoying the foods you eat, taking your time to taste them, and not worrying over the meal in front of you as you eat.

To Your Good Health,

A handwritten signature in black ink that reads "Al Sears, MD". The signature is written in a cursive, flowing style.

Al Sears, MD

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