

THE BOTTOM LINE to IMPROVE & MAINTAIN HEALTH

Eat a LOW INSULIN STIMULATION DIET

#1 Eat whole foods and eliminate processed foods

#2 Avoid all sugars and starches

#3 Eliminate polyunsaturated oils and trans fats

#4 Do not fear good fat, including saturated fat

#5 Loose fat if you are overweight

(the most effective program is the very low carb metabolic therapy)

#6 If you are eating carbs, always eat your protein 10 minutes before you eat your carbs
It will decrease your insulin secretion by 15-25%

#7 limit your daily food intake to a 6-8 hour window. Eliminate snacks between meals to keep insulin levels low for 16-18 hours/day (This is called "Intermittent Fasting")

#8 Exercise is great (DO IT).....however its effect on fat loss (weight loss) is small in the long run

#9 Lower your fasting Insulin levels (below 5-8 mIU/L) and HgA1c (below 5.5):
Lower Triglycerides to below 100: Increase your HDL to above 70

#10 Reduce Stress in any way possible and get 7-8 hours of sleep/night

Please let your doctor know what you are doing, especially if you are taking medications!