



How to Lose  
**10 Pounds  
In 10 Days**

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## A Fresh Approach

Cardiologist William Davis, author of *Wheat Belly*, has said, “[Wheat] is addictive—plain and simple . . . You can’t help yourself. You have one bagel; you want more.”

Dr. Davis, who calls wheat “the perfect chronic poison,” explains why the genetically-engineered modern wheat that we eat with increased levels of gliadin is so harmful:

“It’s not wheat. It’s an 18-inch tall plant created by genetic research in the ’60s and ’70s. This thing has many new features nobody told you about, such as a new protein called gliadin. We’re not talking about gluten so I’m not addressing people with gluten sensitivities and celiac disease. I’m talking about everybody else because everybody else is susceptible to the gliadin protein that is an opiate. This thing binds into the opiate receptors in your brain and in most people stimulates appetite, such that we consume 440 more calories per day, 365 days per year.”

This is one great reason why low-carb diets, when instrumented correctly, can tremendously change your life and overall health. In this e-book, you will learn the benefits and drawbacks of low-carb, low-sugar and/or alkaline diets so you will not only understand the importance of managing this regimen correctly, but how to develop an eating plan that supports your total health.

Did you know that the Paleo Diet, a healthy eating craze sweeping the nation, is nothing more than a low-carb eating regimen with a few special rules? The process of ketosis is the linchpin of these and other similar diets. Soon enough, you’ll know the different low-carb diets out there so you can pick the one that’s right for you.

Most importantly, you’ll be empowered with a 10-day food and exercise regimen to help you burn up to a pound a day.

When starting any weight-loss or diet program, please confer with a medical professional beforehand. You may be surprised by unforeseen complications or problems, such as incompatibilities with medications or pre-existing medical conditions.

## Why Try a Low-Carb Diet?

After you understand both the benefits and drawbacks of low-carb diet, you can avoid crash dieting altogether and adapt to a long-term low-carb lifestyle. There are no fad diets to be found here!

Let's begin with the skinny on low-carb eating. In general, grain, wheat and high-carb fruits are cut out. The majority of the carbs we consume today are empty calories like white bread. These turn to sugar in the bloodstream and aren't processed any differently than a can of sugary soda. This increased level of sugar prompts the body to produce insulin, which regulates the sugar and helps transform those simple carbs to quick energy.

Sugar in the bloodstream, called glucose, partners up with insulin to give us the energy we need to do everything from blinking to exercising (hence why marathon runners load up on carbs before a big race—it's like filling up the gas tank before a long road trip). If the body has too little glucose, it causes grogginess and sluggishness. If the body has too much glucose, it is stored in the liver, but once the liver and other storage cells are full, that excess glucose is turned into fat.

The idea behind cutting carbs is that your body will use the stored fat cells for fuel instead of the sugar/carbs. It makes sense to talk about sugar and carbohydrates interchangeably here because, once ingested, all carbs are treated essentially the same. Even complex carbs like brown rice, rye and barley—championed as slower-burning fuels—are ultimately broken down into simple sugars in the end.

If fat is the only available fuel, as in a low-carb diet, that state will kick-start your body into burning fat faster. Let's say your hybrid car was out of gas and running on pure electricity. If carbs are the body's main source of fuel (like the gas in a hybrid), the stored fat is like pure electricity. Cars aren't 100% electric because they aren't as punchy without some gasoline, and the same is true for your body. But, like a hybrid car, you can choose to use almost all fat (electricity) and very little carbs (fuel).

This analogy points to the potential health risks of long-term carb starvation. This is why it's recommended not to eat this 10-day low-carb regimen for an extended period of time. This could have serious health complications, regardless of if you still have hundreds of pounds of excess fat.

### ***What Role Does Insulin Play?***

Insulin is a hormone that helps the body use glucose, its main energy source. But what's important here is that insulin also prevents the body from using stored fat for energy. So less sugar/carbs means less glucose and less insulin, allowing your body to more easily burn fat as energy.

However, when glucose is proportionally higher than the amount of insulin, diabetes results. "Insulin resistance" is a common term in the low-carb dieting community—this basically means pre-diabetic! If the condition is not corrected, it will become necessary to take insulin injections to help the body manage glucose.

Isn't it counterintuitive, then, to eat LESS fruit or MORE meat? Remember that our goal today is to avoid fad dieting at all costs so we'll go over all the key health concerns of the popular low-carb diets soon enough.

This book will teach you about the nutrition of carbs so you can incorporate your knowledge of a low-carb regimen into your lifestyle, not so you can crash and binge. The only way to lose weight safely and keep it off is to make a long-term change to a healthier way of eating and exercising—period!

### ***The Benefits of a Low-Carb Diet***

Here is a line by line explanation of the benefits of reducing your sugar/carb intake:

1. Reverse the severity of diabetes by better regulating your insulin. If diabetics must stay away from sugary foods—and all carbs are basically sugar—it only follows that a diabetic or pre-diabetic would greatly benefit by reducing overall carb intake.

2. *The New England Journal of Medicine* reports that those who eat low-carb diets show healthier cholesterol and triglyceride levels (meaning bad cholesterol and triglycerides went down, while the good ones went up). In the past it was unclear whether improvements in cholesterol and triglycerides were due to losing weight or due to eating fewer carbs. Recent studies now confirm that a low-carb diet without weight loss does improve cholesterol and triglycerides.
3. *The Annals of Internal Medicine* reported that low-carb diets lead to greater weight loss than low-fat diets. Several controlled studies reported that low-carb diets worked about as well as most weight-loss medications, like Orlistat and Sibutramine.
4. Low-carb diets have empirically reported benefits that are not yet confirmed by reliable scientific research: more energy, elimination of compulsive eating, improved concentration, reduction or elimination of sweet tooth, improved gum health, fewer cavities and less extreme emotional highs and lows.
5. Glucose and insulin aren't dumped into your blood in large doses. In other words, you can eliminate the sugar high sensation, which is linked to the ensuing sugar crash and binge eating.
6. Glycemic index refers to how quickly the sugar in the food makes its way into your bloodstream. Low GI foods are best when you want to avoid the addictive sugar rush feeling. *The Journal of the American Medical Association* says that people eating a low-glycemic load diet, which is the type of low-carb regimen used in the South Beach Diet, for example, reported feeling less hungry than those on low-fat diets. Also, on low-glycemic load diets, both systolic and diastolic blood pressure improved along with insulin resistance, creatine protein and triglycerides.

### ***The Drawbacks of a Low-Carb Diet***

What will you be replacing all those carbs with? WebMD explains it like this:

“These diets generally recommend dieters receive 30% to 50% of their total calories from protein [amino acids essential to the building, maintenance and repair of tissues in the body]. By comparison, the American Heart Association, the National Cholesterol Education Program and the American Cancer Society all recommend a diet in which a smaller percentage of calories are derived from protein.”

A high-protein diet has pretty much the same problems as the Standard American Diet: too much meat, too much cheese, too much fat. Depending on which nutritionist you check with, the recommendations vary. Some advocate a daily intake of 1 gram of protein per pound of body weight; others say as few as 25 grams per day is best. If you go low-carb and increase your protein intake to compensate, you may be taking in more than 5 times the amount of protein your body needs.

Vegetarians have lower rates of chronic disease and morbidity across the board, and that may be because of the negative effects that too much protein can have on the body. A high-protein diet puts stress on the kidneys, which can in time lead to kidney stones and kidney disease. High cholesterol—associated with strokes, cancer and heart attacks—is also a by-product of a high-protein diet. So if you aren't careful in balancing your meals, you can cancel out the good cholesterol benefits associated with reducing carbs.

Don't forget that foods with carbohydrates also contain important antioxidants, fiber, vitamins and minerals. Meat contains potassium, iron and a few other important nutrients, but you may not realize that vegetables—like peas, for example—are often healthier because they are a good source of lots of other vitamins and minerals. Yes, meat provides a complete protein by itself, but other foods when eaten together will cover all the amino acids too. For example, eating beans and rice any time in a 24-hour period will result in complete protein.

Some doctors also warn of the dangers of ketosis, a metabolic state the body shifts into if you eat fewer than 100 grams of carbs per day, as required by any low-carb diet. Yes, ketosis burns fat. However, because this is not a normal state for the body, it can throw

your other systems out of whack. Again, moderation is key.

WebMD also raises these concerns:

“The [low-carb] plans that don’t allow intake of fruits and vegetables are the most problematic. Again, a balanced diet of protein, carbs, and good fats is ideal. The experts say to achieve permanent weight loss you must change your lifestyle. This means following a balanced diet combined with participating in regular physical activity.”

In addition to physical side effects, there can be effects on mood and brain functioning as well. Although Santa Claus isn’t real, there is some truth to overweight people being jollier. Some experts have observed that antidepressants are often less powerful than the effects of low-carb eating. While many low-carbers report fewer mood swings due to reducing sugar crashes, be aware that your unique experience can go one way or the other. *Psychology Today* reports on what they call “Atkins Attitude,” including irritability, tension, depression and rage. Studies have shown that reducing carb intake reduces serotonin in the brain, which is a likely cause of this mood change.

Of course, keep in mind that being on a diet and missing out on many of your favorite foods can already put you in a bad mood. Adding low serotonin levels to the mix may make it too hard for you to follow the diet—even for just 10 days! Plus, the Institute of Medicine of the National Academy of Sciences reports that human brain function is impaired if we eat fewer than 130 grams of carbs daily. That means low-carb diets can make concentrating more difficult and have a negative impact on productivity.

Dr. Judith Wurtzman, author of *Serotonin Power Diet*, has found that eating complex carbohydrates can keep serotonin levels optimal. Complex carbs include brown rice, oats, barley and oat bran. Dr. Wurtzman advocates that anyone starting a low-carb regimen include three snacks that are high in complex carbs per day. Serotonin levels will eventually even out with the slow-burning healthy carbs. While simple sugar and carbs provide a fast and furious high, complex carbs provide longer-lasting, even keel, sustained energy.

LiveStrong.com says, “The key is choosing the right carbohydrates, like strawberries instead of strawberry pie, and brown rice instead of fries.” Even doctors who don't recommend low-carb diets generally still support most of the aspects of these regimens, such as reducing simple sugar intake, eating complex instead of simple carbs, and so on. We'll explore this fine line further when we get to meal planning. Again, please consult with your doctor before starting any kind of new diet regimen.

## All about Ketosis

Ketones are generated when fat is metabolized, whether it comes from something you just ate or your body's fat stores. When the liver has used up its glycogen (fatty acids), ketones begin to elevate. Ketosis is a state in which the body secretes more ketones than it normally does. In dieting terms, ketosis refers to when the body is metabolizing, or "burning," more fat than normal – but really it just means the level of ketones in the blood is elevated.

While some sources say that both the heart and kidneys prefer ketones (derived from fat) to glucose (derived from carbs) as their main source of energy, ketosis can become a dangerous state to the body if the level of ketones get too high. Since some brain cells can only use glucose, carbohydrates can never be completely eliminated from a healthy diet. Ketosis is common with Type I Diabetes, traditional low-carb diets, alcoholism and eating disorders like anorexia. However, a safe, controlled level of ketosis can mean less hunger and easier weight loss.

You may ask at what point does ketosis become dangerous? The body is carefully balanced on the pH scale. The pH scale ranges from 0 to 14, with 14 being the most alkaline and 0 being the most acidic. Seven is perfectly neutral, and the human body's normal healthy range is between 6.0 and 7.5. Ketones are made of acid-related compounds like acetone and acetoacetate, and ketosis becomes dangerous when it pushes the body to be too acidic.

When the body is consistently too acidic, a condition known as acidosis develops. When the body's pH gets too low (acidosis), it leaches needed vitamins and minerals from the bones and organs, like sodium, Vitamin B12, calcium and magnesium. If acidosis persists for months and years on end, it can lead to heart problems, diabetes, yeast infections, premature aging, a weakened immune system, obesity, digestion and hormone problems, kidney stones, osteoporosis, fatigue, cancer and joint/muscle pain.

Some foods that rate low (acidic) on the pH scale include basically all animal products (meat, eggs, all dairy products except natural yogurt), grains (oatmeal, pasta), fats, beans, corn, coffee and alcohol. Some foods that rate high (alkaline) on the pH scale include most fruits (berries, melon, apples, citrus) and vegetables, particularly leafy greens. The only common alkaline sources of protein are tofu and nuts.

Just as you can take urine tests to measure how many ketones your body is producing, you can also check your body's pH with urine strip tests purchased online or from the store. Also, remember that the body is 70% water; drink more water than you think is necessary while you are dieting or otherwise. Staying hydrated will also keep your body balanced and healthy.

Some sources also say that the body will burn muscle mass in ketosis before it gets around to finally burning fat. To create a safe, fat-burning state, your body must turn away from carbs and towards stores of fat for fuel.

However, if one does not do the proper research in advance and follow the assigned protocols, a low-carb diet can have unwanted consequences. Furthermore, any low carb diet, if maintained for too long, will eventually put strain on the organs and the body will begin to break down. *MedicalNewsToday.com* states quite plainly:

“Experts cannot agree on whether ketosis caused by a low-carb/high-protein diet is good or bad for humans. Some say it is dangerous. While others point to human evolution: during most of the time that humans have existed, we have been a hunter-gatherer species and have lived primarily in a ketogenic state for extended periods.”

In line with the premise of the Paleo Diet, some studies show that after an adaptation period of 15–30 days, the body can live permanently and safely in a ketogenic state. There are many societies around the world today (and more in the past) that live on ketogenic diets. These same studies report that the body does not require a lot of carbs to replenish low glucose stores for energy usage.



## Popular Low-Carb Diets

In this chapter we will explore the different low-carb diets in detail. Before we begin, it's important to note that the major sources of dietary recommendations encourage that carbs make up 50% or more of a balanced diet. The Dietary Guidelines for Americans, for example, recommends 45% to 65%. So if you eat 2000 calories per day, which is on the high end, 900 to 1300 of those calories should come from carbs. This is roughly 250 to 300 grams of carbs daily. This is the starting point to keep in mind when reading over the following diet specifications.

### ***Atkins Diet***

It has been reported that 10 million copies of *Dr. Atkins' New Diet Revolution* have been sold. This is the original low-carb diet, but it is as much a lifestyle choice as it is a diet. That's because Atkins low-carb regimen advocates various phases with different requirements.

Atkins has three nutritional goals for his dieters: 1) to reduce simple, processed carbs; 2) to increase unprocessed food consumption; and 3) to increase vitamin and nutrient supplements. The regimen calls for periodic monitoring of the dieter's cholesterol, insulin, triglycerides and blood pressure as well as regular exercise.

Phase One of Dr. Atkins' plan is basically ketosis, the weight-loss principle of this and most other low-carb diets. During this two-week phase, the Atkins protocol is just 20 grams of carbs per day. Some vegetables and all fruit are banned. The purpose of this phase is to jumpstart the body's fat-burning mode. A sample menu for this phase is bacon and eggs for breakfast, a cheeseburger patty and salad for lunch, and steak or chicken breast with salad for dinner.

Phase Two, which is designed to keep the body burning fat until the dieter's target weight is reached, allows about 40 grams of carbs per day. The first two weeks can be quite challenging, though, and many people give up before getting to this point. The

focus of this phase is to figure out the optimal amount of carbs to maintain the desired weight without gaining anything back. During this phase, meals include an omelet and tomato juice for breakfast, chef's salad for lunch, and meat with selected vegetables for dinner.

About 5 to 10 pounds before hitting the target weight, Atkins dieters transition to eating a maintenance level of carbs. This is how the body transitions out of ketosis. Phase Three actually encourages dieters to lose the last 5 pounds as slowly as possible so the body completely adjusts to its maintenance amount of carbs.

The last two phases make up the ongoing lifestyle of controlling simple carb intake. During Phases Four and Five, maintenance and varying the diet, it's ok to add fruit, soup, potatoes and a few other luxuries like soda here and there.

## ***South Beach Diet***

The South Beach Diet combines the logic of Atkins' low-carb regimen as well as traditional low-fat diets. It does not require counting carbs, tracking calories or monitoring cholesterol and triglycerides. Plus, the South Beach Diet allows for three snacks to eat a total of six times a day. Nutritionists tend to favor South Beach over Atkins as it advocates eating low fat.

Dr. Arthur Agatston, who created the South Beach Diet, also breaks his plan up into phases, much like those of Dr. Atkins. In Phase One, also two weeks long and the strictest, there are no fruits, no alcohol and no carbs from grain—vegetable carbs, however, are allowed. This phase incorporates lean meats, eggs, leafy vegetables and low-fat dairy items.

Phase Two of the South Beach Diet adds only whole grain complex carbs like brown rice, fruit, nuts and red wine. Dr. Agatston recommends adding one new item every few days and watching the body's reaction. The final maintenance phase starts once you reach your target weight. The final phase assumes that you continue to eat low-carb,

low-fat foods based on what you learned in the first two phases, but no foods are restricted.

A sample day on South Beach looks like this:

- Breakfast: Vegetable juice, spinach quiche with low-fat cheese
- AM Snack: Celery stalks with low-fat cheese
- Lunch: Leafy green salad with chicken breast or shrimp
- PM Snack: String cheese and a handful of nuts
- Dinner: Salmon and asparagus
- Late Evening Snack: Dessert made from stevia, fruit and ricotta cheese

## ***Dukan Diet***

This diet book sold 7 million copies worldwide, although it is lesser known than Atkins, South Beach and the Paleo Diet. The Dukan Diet excels at helping dieters keep the weight off with a personalized online weight management system. The Dukan plan, like South Beach, is low-carb and low-fat.

In comparing the Dukan Diet to Atkins, it's easy to see it has many of the advantages of South Beach. With Dukan, there is no calorie or carb counting. It's low-fat/high-protein and relies on natural foods (unlike, say, Weight Watchers). Where Dukan differs from South Beach the most is in its interactive diet coaching program via the official website. The Dukan program is tailored to each individual's specific needs, suggesting meals and interacting daily to boost motivation.

The Dukan Diet is most well-known for its controversial "protein days" where dieters eat no vegetables and no fruit, but can eat almost unlimited amounts of meat and low-fat dairy products.

## ***Paleo Diet***

The Paleo Diet is the latest low-carb craze. Like Atkins, it is a high-fat (or as *ThePaleoDiet.com* says “moderate fat”) diet, although it is touted as largely plant-based. Unlimited low-glycemic fruits and vegetables are allowed, but the official website claims that vegetarian (i.e., truly plant-based diets) are poor sources of vitamins and nutrients, leading to chronic diseases.

Unlike all of the other low-carb diets, the Paleo Diet discourages eating complex carbohydrates like brown rice at any point. It also differs from the other low-carb diets in that it does not involve any stages or rely on a ketosis kick-start to get the body into fat-burning mode. The Paleo diet is non-ketogenic and uncomplicated in that respect.

Like Dukan and South Beach, there is no need to count carbs or fat or anything else. The Paleo Diet allows grass-produced meat (free-range, non-grain-fed beef or poultry); fresh caught (non-farm-raised) seafood; fresh low-glycemic fruits and vegetables; eggs; nuts; seeds; and only the healthiest fats like olive oil and avocado. It does not allow cereal grains, beans, peanuts, dairy, simple carbs/refined sugar, potatoes, salt, processed food or refined cooking oils (bad fats).

A sample day on the Paleo Diet would include a vegetable and shrimp omelet for breakfast (no cheese); a big salad topped with chicken breast, walnuts and olive oil for lunch; and turkey breast with steamed vegetables in marinara sauce for dinner. Snacks will look much like those of the South Beach Diet, minus the low-fat cheese—think veggie sticks, walnuts and berries.

## Vitamins Supplements

Dr. Atkins' "diet revolution" was very adamant about including supplemented nutrients. Studies show that about half of Americans regularly take some kind of vitamins in one form or another. Arguments against vitamins are mainly that they are expensive and/or that they don't really do anything. There are no cancer-causing side effects or degenerative diseases to worry about—taking vitamins or not really just comes down to your personal preference. During your upcoming 10-day diet kick-off, while adding exercising to your routine, why not also add a multivitamin too?

Beyond bolstering your health as you plunge into ketosis, taking certain vitamins may also help you lose weight. For example, all of the B vitamins can assist you in shedding pounds as they pump up your metabolism. Choline also helps metabolize fat. In addition to jump-starting the immune system, vitamin C aids the body in turning glucose into energy.

Vitamin B5 can be one of the most important vitamins to consider on a low-carb diet as it helps keep cholesterol in check. Since many fiber-rich, cholesterol-reducing foods are limited in a low-carb regimen, B5 can help bolster the effects of that. The lack of fiber in a low-carb diet may also lead to constipation; Dr. Atkins recommends flax meal or wheat bran to combat that.

Plus, as you now know, once your body moves into ketosis in the first stage of a low-carb diet, your blood sugar will be in a serious state of change. Chromium polynicotinate helps stabilize your glucose levels for a smoother transition, and a recommended dosage of 300 micrograms a day will keep your glucose and insulin within safe ranges.

Check with your physician before taking a new vitamin. Always stick to the recommended dosages on the bottles because it is possible to overdose on vitamins.

## Caution: Sugar Substitutes

If there is one lesson we should all take from the Paleo Diet, it's that natural food is best. Just like low-fat cardboard cookies were the craze during the low-fat diet era, today's low-carb craze means desserts are now made with sugar substitutes. Therefore, it's important we take a look at the truth about these easy low-carb sugar fixes.

Since you cannot cook with NutriSweet, Equal, or Sweet N Low—used for sweetening beverages like coffee—let's focus on the types of fake sugar that you will most encounter as a low-carb dieter. You may be under the impression that the fake sugars of today are superior to the dangerous, cancer-causing sugar substitutes of the past. Unfortunately, the latest sugar replacements just do better marketing.

When embarking on a low-carb regimen, you'll no doubt find yourself Googling “low-carb recipes.” In those results, it is very likely that you'll find popular desserts like About.com's Low-Carb Chocolate Mousse, which calls for 1 cup of sucralose AND 1 cup of xylitol. That is a lot of fake sugar!

### ***Splenda (Sucralose)***

Splenda portrays itself as the perfect sugar substitute—as sweet as sugar without calories or an ensuing crash. But dig a little deeper and “Splenda has more in common with DDT (an insecticide) than it does with food,” as reports WomenToWomen.com. Because Splenda separates itself from competitors by saying it's made from real sugar, the tendency is that people embrace sucralose unlike any other sugar substitute.

The truth is sucralose was a lab accident that British scientists created in 1976. Were they in the food industry? Nope, they had been searching for a new pesticide compound. Sucralose is said to be similar to table salt or sugar, but independent researchers will tell you it's most similar to chlorine, a toxin. Most pesticides are chlorocarbons, and sucralose is too. Yes, sucralose is sugar, but it is sugar that has

been denatured and processed with chlorine, a known carcinogen.

Because Sucralose is a newer chemical, its long-term effects are unknown. No studies—that's right, zero—have been done on the long-term effects of sucralose on humans. In its short existence, it has been connected to dizziness, numbness, bladder problems, diarrhea, skin irritation and stomach cramping. Research done by Splenda itself shows that it shrinks glands, enlarges organs and causes kidney problems.

## **Stevia**

Stevia is an herb from the Chrysanthemum family, and there are 300 different species of the plant. A substance called stevioside that is found in the leaves makes it taste so sweet. Stevia in its natural form has many benefits. It does not cause a huge rise in blood sugar as does traditional sugar. Plus, it is 200 times sweeter than sugar so very little of it needs to be added to food. But the way it is processed in the factory into a granulated form is cause for concern.

Some studies show that stevia, marketed as Truvia and PureVia, may be a carcinogen; however, it has been widely used in South America and Asia for hundreds of years without cause for concern. Again, we recommend following the Paleo logic—stick to natural forms of stevia, such as leaves and extracts.

In Truvia and PureVia, the main ingredient is not stevia but the sugar alcohol erythritol. And other brands, like Sweet Life, contain inulin, a soluble vegetable fiber, as the main additive. This helps naturally cut down on Stevia's sweetness without drastically affecting the purity of the stevia. A great way to use Stevia is in its liquid form. You can water it down to your own liking and ensure its purity and therefore healthfulness.

Some report that Stevia has a bitter aftertaste and do not enjoy it as a sugar substitute. Stevia has also been linked to nausea, dizziness, bloating, numbness, allergic reactions and muscle pain. It is unclear whether these studies were conducted with natural, unadulterated stevia or with processed forms like Truvia and PureVia.

## ***Agave Nectar***

Like stevia, agave is a plant. In fact, it's the plant tequila comes from! Agave nectar is low on the glycemic index, meaning it also does not take its toll on your blood sugar, but it is naturally about 90% fructose. This affects the body in other ways than glucose does. Fructose is the naturally-occurring sugar also found in berries, honey and root vegetables.

If high amounts of fructose are consumed, there can be negative side effects like insulin resistance, liver disease, high cholesterol, reduced activity in the cortical control sector of the brain, persistent belly fat, obesity and an elevated risk of diabetes and heart attacks. As with stevia, moderation is key. Use only the most natural, unprocessed forms of agave nectar available.

## Your 10-Day Plan to Drop 10 Pounds

This plan is based on moderation and keeping things natural. The logic and wisdom from each of the major low-carb diets will be combined to make a safe, effective plan to lose up to 10 lbs. in 10 days. With reasonable meals (no hamburgers without buns, here), this plan is delicious and nutritious, any way you slice it.

Although specific meal ideas are provided below, logistically it can often be easier to have the same breakfast three days in a row in order to make things gentler on your wallet and simpler at the grocery store. Keep things as uncomplicated as possible to give yourself the best chance for success.

Rather than providing a list of foods to avoid and foods that are acceptable, use the list of meals provided to mix and match only foods from these lists. In other words, if you want to make exchanges or tweak recipes, stick within the foods used in the meals provided below—low-carb, low-glycemic, low-fat, alkaline, natural, unprocessed foods.

The Mayo Clinic recommends that the best way to stay healthy on a low-carb diet is by getting the few carbs you will be eating from fruits and vegetables, not from breads, pastas and sugary treats. We've incorporated this philosophy into our meal selections. Again, please consider taking some of the vitamins recommended earlier, and avoid fake sugar. Also, if you're going to make substitutions from the provided meals, carefully consider the pH of your substituted items, not just their carb count.

Here is a helpful chart showing you the pH levels of various foods to help you keep your body balanced during this diet. For your convenience, we have removed any high-carb/high-glycemic items (except melon) that originally appeared on the list.

	Highly Acidic	Somewhat Acidic	Barely Acidic	Barely Alkaline	Somewhat Alkaline	Highly Alkaline
<b>Beans/Veggies</b>		Pinto beans, Lima beans	Cooked spinach, String beans	Tomato, Mushroom, Cabbage, Peas, Olives, Edamame, Tofu	Okra, Squash, Green beans, Celery Lettuce, Zucchini	Asparagus, Parsley, Raw spinach, Garlic, Vegetable juice, Broccoli
<b>Beverages</b>			Black tea	Green tea	Green tea	Herb tea, Lemon water
<b>Eggs/Dairy</b>	Cheese, Ice cream		Eggs, Butter, Cottage cheese	Goat milk, Goat cheese	Breast milk	
<b>Fruit</b>	Blackberry, Cranberry, Prune	Rhubarb	Store-bought fruit juice	Peach, Avocado	Melon, Apple	Watermelon, Lemon, Lime, Grapefruit
<b>Grain Cereal</b>		Rye	Sprouted Wheat Bread	Amaranth, Wild rice, Quinoa		
<b>Meat</b>	Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Coldwater fish			
<b>Nuts/Seeds</b>	Peanuts, Walnuts	Pecans	Pumpkin seeds, Sunflower seeds		Almonds	
<b>Oils</b>				Canola Oil	Flax Seed Oil	Olive Oil
<b>Sweetener</b>	Sugar substitutes		Processed honey, Molasses	Raw honey & Granulated sugar	Maple & Rice syrup	Stevia

Chart Source: [NaturalHealthSchool.com](http://NaturalHealthSchool.com)

Also, consider using alkaline spices in your cooking such as cinnamon, curry, chili powder, sea salt, miso, mustard and ginger. The only alkaline foods on this list that has a high glycemic index rating is melon, meaning the sugar it contains quickly rushes into the bloodstream. For this reason, we do not offer a lot of melon on the menu, but some is ok in moderation.

Additionally, you'll want to know which fruits and vegetables are high in carbs should you decide to make some substitutions. Stay away from raisins (115 carbs), cooked corn (31 carbs), red or white potatoes (31 carbs), bananas (30 carbs), pears (27.5 carbs), grapes (27 carbs), mangoes (25 carbs), cherries (22 carbs), pineapple (21.5 carbs), dates (18 carbs), oranges (17.5 carbs), kiwi (12 carbs), figs (9.5 carbs), beets (8.5 carbs), plums (7.5 carbs) and carrots (5.5 carbs).

## **10 Breakfast Menus**

1. *Half a Grapefruit, Hard-Boiled Egg & Green Tea with Lemon* – This is a great breakfast for anyone on the go. Hard-boiling the egg is one of the healthiest ways to eat it as there is no grease or cooking oil. The grapefruit, green tea and lemon are all highly alkaline as well.
2. *Quarter of a Cantaloupe, Scrambled Egg & Herb Tea with Lemon*– This is also a fast, satiating breakfast to pep up your morning. Remember not to add milk to your raw egg before scrambling. Milk contains natural sugars so it's best to avoid it for your 10-day diet.
3. *Peach Apple Protein Shake* – In your blender, crush some ice, then add 2 slices of fresh apple, a quarter of a block of soft tofu, 1/3 cup of coconut milk, a whole pitted peach, and 1/2 teaspoon of vanilla extract. If it's too thick, add some water.
4. *Hemp Protein Shake* – Try Manitoba Harvest Hemp Protein with Fiber as it is the lowest carb hemp powder available and gives you almost double the protein and fiber of flax meal. Unlike most other protein powders, it's 100% organic and has no fake sweeteners or other additives. During this 10-day ketosis kickoff, use

only half a serving (one teaspoon), but switch to a full serving later on as you continue eating low-carb. Add fresh apple, peach and/or cantaloupe. Give it a little water or coconut milk. Top it off with a dash of cinnamon.

5. *Green Raw Food Smoothie* – Ready for the ultimate in healthy breakfast smoothies? Add a small handful of raw spinach, pre-chopped parsley, soft tofu, chopped apple, 2 teaspoons of pre-chopped or softened almonds (soak them in water overnight and you'll get almond milk too), a tiny bit of raw honey for taste, plus water. Some people also like to add cottage cheese for texture.
6. *Half of a Hollowed-Out Cantaloupe Filled with Cottage Cheese* – Check your cottage cheese container, and make sure to eat just one full serving and nothing more. Add a dash of cinnamon to spice it up, or a drizzle of raw honey (no more than a teaspoon) to kill your sugar cravings.
7. *Watermelon Wedges & Cottage Cheese & a Hard-Boiled Egg* – If you like a bit heavier, more filling breakfast, try this combo. Remember to eat just one serving of the cottage cheese.
8. *Fresh Peach with a Green Omelet* - The green omelet consists of shredded, raw spinach (steam for just 30 seconds, if you prefer), 2 teaspoons of finely chopped parsley, steamed chopped broccoli and freshly chopped garlic (optional). Top with a quarter of a fresh avocado. You can't go wrong starting your day off with your greens! Remember to use cooking spray instead of butter.
9. *Apple Wedges with Zucchini-Mushroom Scramble* – An apple a day keeps the doctor away! In your 1- or 2-egg scramble, add grated raw zucchini and a few chopped, raw mushrooms. To give it a little texture, whisk in 2 teaspoons of cottage cheese. Top with a slice of fresh tomato and a tablespoon of fresh goat cheese.
10. *Eggs Topped with Low-Carb Salsa* – In a small bed of fresh, raw spinach, place a 2-egg omelet/scramble (use the above green omelet or zucchini mushroom

scramble, if you like). Then cover with a special alkaline/low-carb salsa consisting of finely chopped tomato, garlic, onion, jalapeño, cilantro, lime juice and salt/pepper. Serve a few avocado slices on the side.

If you have a juicer (or live near a juice bar), making your own morning blend is highly recommended. Definitely use finely chopped parsley in your juicer to get some green in your glass. Also try any of the fruits and vegetables on the alkaline side of the above chart. Squeeze a lime into your juice for an added boost!

## ***10 Lunch/Dinner Menus***

Here are several delicious low-carb, alkaline lunches and dinners. You'll notice all of the breakfasts on our list were vegetarian. That's because our carefully crafted plan keeps you from eating acidic meats so ketosis is safer—low-fat is low risk!

Save the meat for lunch and dinner, although try to stick to just one serving of lean, alkaline meat per day. Tofu and eggs are great alternatives too. If you prefer to add two servings, that's your choice, but keep them as alkaline, low-fat and organic as possible. Along with your hemp protein powder, which can be purchased online or in many health food stores, the other place to splurge budget-wise on this diet will be with the highest-grade, top-quality, free-range, certified organic chicken, turkey and salmon—plus goat cheese!

1. *Marinated Tofu Pita Pocket* – Tofu isn't for everyone, but give this dish a chance to change your mind. Buy a block of firm tofu, cut it into strips, and grill it in a large flat pan with a little olive oil, soy sauce and garlic powder. Cook it slowly on low heat until it's well-done on both sides (to give it a crunchy meat-like texture). Drain with a paper towel until cool. This takes about 45 to 60 minutes in total so you may want to make 2 or 3 blocks of tofu at once and store them for the 10 days—this will save you prep time. Put three marinated tofu strips into one half of a small whole-wheat pita pocket. Add some mustard, a leaf of dark romaine or fresh spinach, fresh tomato and avocado slices, diced celery, mushrooms and/or black olives. The marinated tofu strips will also make a great salad topping.

2. *Boiled Chicken or Turkey* – At the beginning of this 10-day diet, boil a chicken or two turkey legs then keep in the fridge. As with eggs, boiling your meat is the single healthiest way to prepare it. Add chicken or turkey to the pita pocket recipe, or add some to a large spinach or romaine salad with goat cheese, tomato, avocado, celery, mushrooms, olives and toasted almonds slices. Are you ready for the yummiest, easiest salad dressing imaginable? Squeeze a lime or lemon on top of your salad, and then drizzle a small amount of extra virgin olive oil. Sprinkle garlic powder, chopped parsley or other fresh herbs, salt, pepper and any other seasonings you like. You can also make a large batch of this dressing to keep it in a jar ready to go.
  
3. *Quiche* – This classic egg pastry is actually simple to make and will give you excellent leftovers for breakfast, lunch or dinner. To start you'll have to make a low-carb pie crust. You can make several tart-sized crusts (use muffin papers in a muffin tin) or just two big ones to have them ready throughout the 10 days. Mix 2 cups of almond flour, 3 tablespoons of extra virgin olive oil, 2 large eggs, 1/2 teaspoon of salt, and any other seasonings you enjoy, like garlic powder and oregano. The crust will have an almond flavor so if you're not a big fan of them, be sure to season it well. If the dough is sticky like biscuit dough after you mix it, add more almond flour. Knead the dough, and then roll it 1/4-inch thick with a rolling pin. If you are using tart-sized crusts, you can cut the small circles with a cookie cutter. Bake at 350°F (175°C) until the pie shell edges are golden brown (7–8 minutes for tarts and 15–20 minutes for pies). In a bowl, whisk together raw eggs, salt and pepper. Pour the eggs into the pie shell, and add tomato slices, goat cheese, raw spinach, and chopped broccoli, mushrooms and artichoke hearts. On top of the mix, sprinkle paprika. Bake in the oven at 375°F (190°C) for 35–40 minutes. Enjoy!
  
4. *Artichoke with Dip* – At the beginning of the 10 days, buy several artichokes. Simply trim the stems, and boil for about 30–45 minutes (depending on the size). You'll know it's done when the most external leaves start to loosen or fall off. Remove from the water. To eat, simply pull off a leaf, dip the base end in one of

the sauces below, and scrape off the soft artichoke meat with your teeth. The first leaves will not have much edible meat, but as you continue to eat, the leaves will become softer and softer (towards the heart). Dip your artichoke leaves in a low-carb, alkaline olive tapenade of finely chopped green and black olives, roasted garlic, olive oil, salt and pepper. Guacamole also makes a great low-carb, alkaline artichoke dip. Mash two ripe avocados with a fork, and then stir with a spoon until smooth, light, and fluffy. Stir in finely chopped cilantro, tomato and onion. Squeeze 1–2 small limes or half a lemon, and season with salt, pepper and garlic powder to your liking. For a simple dip, go with Dijon mustard or blended roasted garlic mixed with extra virgin olive oil and seasonings.

5. *Baked Salmon & Steamed Vegetables* – If you like salmon, this 10-day regimen will be a walk in the park! Smoked, fresh, grilled . . . anything goes for this delicious diet. First, a de-boning trick: lay the salmon filet over the lip of a bowl to make the bones stick right out for easy removal. Once the fish has been cleaned, place some butter (or olive oil), seasonings and lemon slices on the salmon steak. Wrap it in aluminum foil, and bake at 200°F (95°C) to cook slowly for about 45 minutes. Serve with fresh broccoli, asparagus and squash, all of which can be steamed for just 45–60 seconds. Top the vegetables with your olive oil/lemon juice salad dressing for some extra punch.
  
6. *Salmon Patty & Roasted Vegetables* – Salmon patties are delicious, fast and easy, and after the 10-day plan, you can try tuna patties too. Crumble cooked salmon in a bowl, mix in one beaten egg, and add salt and pepper to taste. Form the sticky mixture into a ball, and then place it into a skillet and press flat with a spatula. Cook until golden brown on each side. To roast the vegetables for a topping, slice raw zucchini, okra, squash and mushrooms to place in a large sealed bag with olive oil, seasonings and minced garlic. Shake well, making sure everything gets evenly coated. Empty the bag contents into a deep baking pan. Place in the oven at 400°F (205°C). Stir the vegetables every 10–15 minutes until golden brown, and remove when tender, about 30–60 minutes, depending on the pan depth and quantity of vegetables. This easy-to-prepare meal is alkaline, and

it's also scrumptious!

7. *Edamame* – You can buy these natural soy beans in the freezer section at your local grocery store. Simply boil the beans in the pods. Then salt, remove the pod shells, and enjoy! Edamame is a fast, easy complete protein. Need a little something extra to turn this snack into a meal? Make a variation on bruschetta, using slices of mozzarella cheese or thick romaine lettuce leaves instead of crackers or bread. Combine equal parts shelled edamame and diced tomato, two stalks of chopped basil leaves, one minced garlic clove, olive oil, and salt and pepper. If you're using romaine, you can add grated mozzarella or pecorino cheese to the spread.
8. *Spicy Chicken Salsa Soup* – This low-carb delight makes a hearty lunch or dinner. Use vegetable or chicken broth, plus the salsa recipe from breakfast recipe #10. Then add cubed chicken (or tofu) pieces and sweet or spicy chili powder. You can also add a can of V8 to the soup base if you want to make it a bit more substantive.
9. *Baked Okra* – Okra may only be available where you live in the summer, so check at your local supermarket. Slice it into small pieces to dip in one whisked egg. Then roll the okra in seasoned almond flour (and, if you like, crushed roasted almond pieces). Place in a single layer on a cookie sheet, and bake at 375°F (190°C) for 15–20 minutes, until golden brown. Baked okra is great to serve with a salmon patty, or to add to a salad like spinach topped with a hard-boiled egg, shredded turkey breast and half a slice of crumbled bacon.
10. *Almond Flour Calzone* – Use the same almond pie crust recipe used for the quiche (lunch/dinner recipe #3). Instead of putting the rolled-out dough into a pie pan, though, you'll turn it into a big pocket for fresh produce. Place whatever's in season—squash, tomato, zucchini, chopped herbs, mushrooms, asparagus or olives—on one half of the dough, leaving at least an inch of dough on all sides. Lightly drizzle the veggie mix with olive oil, add crumbled goat cheese or feta,

and season. Fold the dough over the top of the pile, and press the edges shut with your finger or a fork (like the edge of a pie crust). Brush some olive oil on top of your calzone, and place it in the oven at 350°F (175°C) for 10–15 minutes until golden brown. Make several calzones at once, and freeze for later (either uncooked, par-baked or fully baked). If you have some leftover bruschetta, you can also tuck that inside the calzone—yummy!

11. **Bonus! Shish-Kebabs**– You'll need long metal or wooden skewer sticks for this recipe. Cut all ingredients into large cubes: chicken breast or firm tofu, mushrooms, squash and zucchini. Marinate the vegetables in a bag with olive oil, seasonings and minced garlic (like in lunch/dinner recipe #6), and alternate adding the pieces onto your skewers, along with cherry tomatoes. Then simply BBQ them on your backyard grill, and enjoy.

## Fat-Burning Exercises

This section is short and sweet because any kind of exercise you do will burn fat in one way or another. Aerobic or anaerobic—doesn't matter. The most important factor is that you find an activity or style of movement that gets you sweating and puts a smile on your face.

If you're going to buy all the ingredients at the store and go to the trouble of making your own almond flour dough, you'll have the motivation to follow through with this part of the 10-pounds-in-10-days concept. Plus, the recipes from the last section are going to be so healthy and delicious, you'll be surprised how motivated you're going to be to get exercising. Without a sugar/carb-heavy gut, you'll be eager to go out for a jog and enjoy the crisp outside air filling your lungs.

If you have not been exercising lately, start gently, and build up as your body adjusts to the movement. Just like this plan doesn't coddle you by promoting fake sugars and low-carb desserts, the exercise section isn't going to promote walking as exercising.

These starter exercises are recommended if you're out of shape:

- Jog for at least 5 minutes, preferably 10. Don't waste your time walking for 45 minutes when you can get double the benefit from jogging for 1/4 of that time.
- Take a Zumba or aerobics class and complete every activity. If you can't do the proper form of the specified exercise, jog in place or do jumping jacks. Make no excuses to stop moving.
- If your knees or other body aches prevent you from doing high-impact activity, do 30 minutes of hard bicycling or swimming without resting.
- Lift weights for 30–45 minutes twice a week. Do 3 sets of 8–10 repetitions each, resting only 30–45 seconds between each set. If you do not time your resting periods, you will not get a good caloric burn or reach the muscle fatigue you need

to get stronger.

## ***Circuit Training***

This is the best no-gym-needed exercise regimen. You can tailor it to fit the areas you need to work the most. You'll need a kitchen timer or to set up a free timer on your laptop or smartphone.

Pick 3–4 heart-pumping exercises (jumping jacks, high knees jogging in place, jumping rope); 3–4 weight exercises (bicep curls, lunges with dumb bells, bench press); 3–4 core-strengthening exercises (the plank position, crunches, laying on your back holding your legs 6" off the floor); and 2–3 exercises to suit your individual needs. If you're working on improving your posture, add a couple exercises for your lower back and core. If you want to focus special attention on firming your buttocks, add some squats or bridge raises.

Have a total of 10–12 exercises prepared. Do each exercise for 20 seconds without resting between each one, and then rest for one minute and have a sip of water, Repeat the cycle for 25 seconds per exercise, rest for 2 minutes, and then repeat the cycle for 30 seconds. This boot camp-style training will get you on top of your game in no time. No expensive gym membership or equipment needed!

Again, check with your doctor before beginning a new exercise routine. Always stretch out, warm up and cool down properly. Drink a full glass of water before and after exercising, and rehydrate as needed throughout. Do your exercise routine every other day. On rest days, be sure to stretch out for at least ten minutes, especially in areas where you're feeling sore.

If you notice any muscle strains or experience ongoing pains, ice the affected area for 5–10 minutes once an hour. Before exercising, heat the sore muscles with a heating pad for 5–10 minutes, and gently stretch the area out. Follow with ice immediately after. If you need extra support, buy an ankle or knee brace. Use Icy Hot, and soak in a hot

bath with Epsom salts. If you can afford it—or have a supportive partner—get a massage.

## Putting Your Health First

Now is the time in which you will say to yourself, “I need to get to the store and buy tofu, goat cheese, salmon, eggs and almond flour so I can have my food prepped and ready this weekend to start the diet on Monday.” Or maybe you’re thinking, “*Mehhh . . . sounds like a lot of work. It’s going to be expensive. Tofu tastes like cardboard anyway.*”

Set aside those little details about the steps you’ll need to take, and decide once and for all if you are ready to do something about your weight or not. Will you reach deep down for your self-control, or stick to the safe, comfortable, couch potato SAD (standard American diet)? If you won’t change now, then when?

In the classic *Seven Habits of Highly Effective People*, author Stephen Covey explains this way of looking at your to-do list, which applies to your decision today. He calls it his Time Management Matrix. He says there are four categories of things to do: important things, unimportant things, urgent things and not urgent things. Where our lives continually suffer is with not urgent yet important activities like planning for retirement and losing weight.

	<b>URGENT</b>	<b>NOT URGENT</b>
<b>IMPORTANT</b>	<ul style="list-style-type: none"><li>– Crises</li><li>– Deadline-driven projects</li></ul>	<ul style="list-style-type: none"><li>– Planning for retirement</li><li>– Losing weight/getting in shape</li></ul>
<b>UNIMPORTANT</b>	<ul style="list-style-type: none"><li>– Interruptions (doorbell or phone ringing)</li></ul>	<ul style="list-style-type: none"><li>– Recreation</li></ul>

Because the need to lose weight is not physically knocking on the door or calling you on the phone right now, it can wait, right? Many overweight people wait until their doctors tell them to lose weight before they start exercising or eating healthy. That's because

when the doctor says, “You have a problem,” losing weight immediately moves into the urgent category.

But there’s no need to wait until that day to reprioritize your health. Find ways to consciously move exercising and clean eating to the urgent column. You can choose an in-your-face method like posting goals (or reminders of potential consequences) on the fridge and bathroom mirror, or do something as small as taking a moment to notice just how tired you are when you climb a flight of stairs.

Now that you know about the 10 pounds in 10 days challenge, will you accept?

### ***Secret to Weight-Loss Success (Free Video!)***

Inspirational stories are a crucial component to every weight-loss regimen. Learn how these secrets have helped thousands of people melt away one to two pounds of stubborn body fat every single day.

You might be pretty surprised at how they’ve done it. . . I know I was!

For these people, finally getting a flat belly had nothing to do with genetics. It had nothing to do with dieting AND nothing to do with crunches.

So how did they get trim, firm stomachs with lousy genes, no ab exercises and not a single weird diet? You’ll have to watch the video to find out!

Check it out now: <http://www.betteryoubydesign.com/go/3weekdiet>