

DIETS DON'T WORK, *do they?*

MIKE'S PLAN B... *A daily routine becomes a lifestyle change incorporating not only weight loss, but loss of joint pain, & loss of age itself... What works for me could work for you, read on...*

“we are disgusted with this wretched food!”
Numbers 21:5

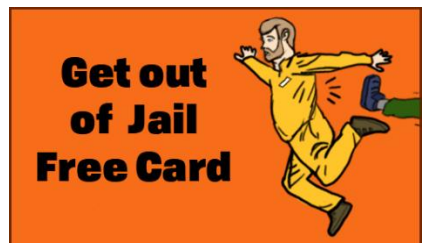
If you want to try yet another doctor-prescribed, “scientifically-proven”, **DON'T EAT THIS, DON'T EAT THAT, WATCH YOUR CALORIES** type of diet, common for the last half century, you're definitely in the wrong place; these diets are typically known as **yo-yo diets**; you're up - you're down, you're starving yourself, food tastes like cardboard, and worst of all, if they work at all, it's temporary, you're back to Ground Zero & you're feeling miserable...



We fear the term “diet”, rightfully so, it has a negative connotation, and for most of us, it means a terrible time of deprivation coming into our lives, as if we have sinned and are now to suffer penitence; as if we've committed a crime and now we're going to jail. But there's two real problems here in my opinion... first and foremost, **modern science has made food too convenient, too cheap, & too addictive** and it's not just the fast food chains that are the culprit... It's most grocery stores and restaurants that serve up the SAD foods (Standard American Diet). Secondly, most diets have restricted calories enough that your body must “defend” itself - it thinks it's starving and begins to store fat and the vicious cycle begins.

NEVER FEAR - MIKE'S HERE (WITH A FREE GET OUT OF JAIL CARD)

Here's a little history on my “jail” experience over a 40-year period, including some well-known fad diets, such as the Atkins Diet (a low carbohydrate diet). I've always used low carbs as my “go to diet” whenever I



needed to lose some weight quickly, but unfortunately, it was always a very temporary weight loss. My best success, ironically, was with what's called "the potato diet" - and I do mention the virtues of potatoes elsewhere in this chapter. Additionally, I have no problem with referring to my daily routine as a meat & potatoes diet; it is delicious, sustainable, and it's worked for my ancestors and me.

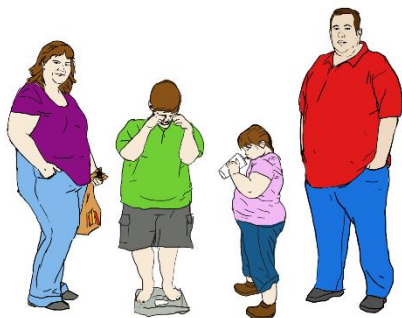
And how about those other TV infomercial ads (think Jenny Craig, Nutrisystem, Weight Watchers, South Beach Diet, etc.) - here's my personal opinion: they are serving up the same **CRAP** (**C**hemically **R**estructured **A**ll **P**roducts), as do the aforementioned grocery stores & restaurants. Not to mention bland taste, as in "tasteless" and devoid of any & all nutrition... that's why they work to some degree... It's so bad you can't eat too much of it... Much more about the CRAP acronym and how it originated in the next chapter.

Diets try to trick our metabolism; and we just can't trick God, our Great Original Designer, can we? But maybe, just maybe, we can learn a valuable lesson as to how our ancestors evolved over the millennia. And, yes, you can substitute the words "evolution" and/or "mother nature" if you feel more comfortable with those terms rather than my preferred acronym "GOD" - it all ends up being the same - who we are today and how we got here. How mother nature made us virtually immune from the modern-day diseases of obesity & diabetes, heart & cancer, Alzheimer's & a plethora of others; at least, that is, until the **modern "dark-age" of ultra-processed food, more chemical than real.**

I will save the science about our ancestry and how we evolved into Homo Sapiens, especially concerning our eating and drinking habits, for a future chapter "THE HISTORY OF FOOD - a layman's perspective". I'm in a hurry to serve up Plan B, and I hope you're ready to eat it up!

ARE YOU OR YOUR LOVED ONES IN THIS CROWD?

Who we are today (fat & sick for most people) and how to get where we want to be: thin, well, & ageless (TWA). Thinness begets wellness begets agelessness (a.k.a. aging gracefully).



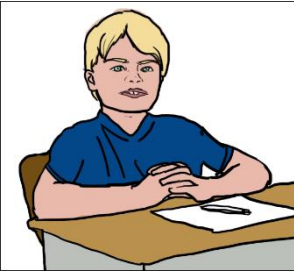
These are the thoughts that occupied me as I turned age 60, the year 2010, and since that time, I've been educating myself on the Internet, reading tons of books, watching all the documentaries, handpicking what could work for me (and most of it should work for you). By the way, I do have a bachelor's degree from the University Florida in English literature (with honors), so I do believe I have developed a mindset and enthusiasm for the subject material in this book; in other words, I am someone who has learned to read and write, hopefully coherently. My objective is to present this material in a short, concise manner; matter-of-fact and straight to the point, as if I'm teaching fifth graders, so please do not take offense; I have plenty of reference materials to check out at the end of this book for those of you who would like to peruse the somewhat tedious, but fascinating science of health & nutrition.

So... maybe you should hear me out and I'll get right to the point and keep it simple...my many years of study on this subject have paid off big time:

I lost 20% of my bodyweight starting 8 years ago, and, most importantly, I have kept it off... a 40" waist to 34 ", and, to my surprise, I've really lost three huge items: **weight, joint pain, and age itself**. I just turned age 68 but my DNA blood results shows a cellular age of 46... I have the personal testimony and the scientific evidence waiting for you on my website (under construction).

DIETS DON'T WORK...DAILY REGIMENS DO... *here's how: my routine starts as a habit (3 weeks) and quickly builds into a lifestyle change within 3 months, because: it's easily sustainable-easy-to-do, and, **why**: no caloric restriction, all food groups eligible for consumption, and most importantly, **DELICIOUS**... Look back to the biblical quote at the top of the introduction and in this chapter... God wants us to enjoy not just rich foods, but rich **juicy** foods! Remember this is a "eat, drink, and be merry" program (Ecclesiastes 8:15). **No more wretched food (no more CRAP).***

Clarification: no caloric restriction means we don't count calories, but because the foods are so satisfying, so fulfilling, it's easy to consume less: all food groups includes everything, yes, even sugar; but again, all foods and drinks must be GOP-sourced.



SUMMARY FOR YOU FIFTH-GRADERS:

diets don't work = diets are BORING + empty stomach nauseous feeling

My Daily Routine = foods are EXCITING + we never go hungry

The word *diet* originates from the Greek, signifying "daily regimen". Regimen is a "systematic course of treatment or training".

Routine sounds normal whereas regimen sounds like work.

So, my program, my regimen, became a routine that I do daily.

My Daily Routine is a designed **plan of action** to become healthy, **first with food choices**; so, yes, let's call it a **lifestyle**. A lifestyle designed around your preferred food groups, times of eating, etc. I originally was going to call this program "Mike's daily routine", but that's not fair - nor logical for that matter - so at the end of three months you should have your own personal "my daily routine" - everyone has different needs, wants, and goals, so start putting the personal touch on the me, mine, & my as described below...

My Daily Routine (MDR) is designed with lots of flexibility... it's an 80/20 system wherein if your healthy choices for food and drink can approach the healthy & sustainable "80% of the time" level, you can do almost anything you want the other 20% of the time; for example, take off much of the weekend: my wife & I eat out every Saturday night and dinner includes the not-so-healthy variety of pizza & subs variety (not organic), followed by Sunday morning, lots of carbs & sugar, but of the organic variety. Every day is a celebration, but especially Sunday...

When I was obese at age 60, I was eating three times a day, just at the wrong times and definitely consuming the wrong food. I had skipped breakfast for most of my adult life; a typical large lunch would be around 12 noon, dinner around 6 PM, and a pretty hefty snack very late evening. So, basically those were my three meals a day & I think everyone knows how bad it is to eat late night.

To be continued... Look out for next Sunday's 3 PM email...

I gradually introduced GOD FOOD into my daily regimen, into *my* daily routine.

I started a new breakfast venue, and, to this day, I still have basically the same weekly routine that I did seven years ago: for convenience and speed, 4-5 days a week, I have organic cereal with full-fat whole milk, preferably raw milk which is grass-fed. I drink a lot of coffee which starts well before breakfast time and, of course it's organic, procured from Whole Foods. I have light caffeine by mixing a bag of caffeinated with a bag of decaf and using spring water when I'm out-of-town. I have a whole house filtration system at home and use the heavily-filtered municipal water when I'm at home.

1-2 days a week I will have pastured eggs fried in raw butter (I use only coconut oil or butter to cook with); one piece of toast, usually Dave's Killer Bread - organic & thin-sliced. The 7th day, Sunday, of course, I celebrate with a toasted waffle - organic Whole Foods frozen section - organic maple syrup and pastured bacon or sausage. This is really a "thank you Lord" moment on a Sunday morning with a combination of the fat, sugar, and salt flavors... the "big 3" of the flavor enhancers.

TIP: I keep a frozen mug in my freezer for the whole milk that goes so well with the toasted waffle. Just as a cold glass enhances the flavor of a beer with your pizza or whatever, the frozen mug & milk combination works with pancakes and waffles, as well as with most sandwich type lunches (think grilled cheeses and P&J for example).

SPECIAL NOTE: I think this is an opportune time to discuss my unique **CHEAT TO EAT** philosophy (also known as mitigation) and how it affects my daily regimen, my routine. A quick Google search defines mitigation as "the act of **mitigating**, or lessening the force or intensity of something unpleasant". Let's keep it simple and use Webster's pocket dictionary definition of **mitigate**: "**make less severe**". So, for example, let's look at the negative effect of sugar in my daily routine and how I can mitigate or lessen that negative effect.

how to make the nasty effect of sugar less severe:

Originally, I tried organic cereal without sugar, and, as you might guess, it tasted like cardboard; and, yes, organic cane sugar will have less negative impact on your health than the processed “white stuff” in most of the cereals out there, but, I can also **mitigate** the negativity in 2 easy ways: #1 use **JUST LIKE SUGAR**, 0-carbs, 0-calories, and three simple ingredients: chicory root, orange peel, & vitamin C (readily available at Whole Foods or Amazon). #2 using raw milk in states that allow the sale of raw dairy. If not using raw dairy, always use full-fat milk. When you see the words low-fat or “no fat”, run away from it as fast as you can (these items are always laden with processed sugar-look at the label).



The next addition to my cereal & milk is ground flaxseed. Initially, I obtained ground flaxseed from Whole Foods and later the seeds themselves and ground them myself (much healthier & much more effective). Start slowly if you use this source of fiber; let your system get used to it; a little sprinkle to start with and gradually build up over a month or so to the equivalent of a full tablespoon. I have a container ready of powdered, ground flaxseed for sprinkling on cereals, toast, salads, etc. and, as with coconut oil, you'll want to start slowly and listen to your body as it builds tolerance. Fiber makes you regular; fiber fills you up.

So, my new routine became three regular meals (more examples are described below) - breakfast at 10, lunch at 2, and dinner at 6 PM, what I refer to as a **10-2-6 schedule** which I still adhere to today. I also introduced a new “snack” item (sunflower seeds), described in detail below.

I saw **IMMEDIATE RESULTS**... about a pound per week when I first started... it may not sound like much to you, but I was excited; I felt as if I was “on to something”. Of course, when you’re that big & overweight, as I was, it’s pretty easy to lose weight initially, no matter what you’re doing, but, my gut feeling was that this new routine was pleasantly “doable”, real easy & very effective, all in a short period of time. I realized

that *losing weight slowly means losing it for good, very likely forever!*

Yes, my friends - be patient - there's good scientific reasons for this.

Recent notes about lunch and dinner & introducing "nightly snack":

3-3-18... I enjoyed a scrumptious lunch with virtually no carbohydrates - BISON cheeseburger with lots of onions (& no bun), sides were a hard-boiled egg and a couple of dill pickles, and I was feeling very full, but already thinking ahead for preparation of dinner at 6 PM. My first two years into the routine I always had a snack of Organic,



Roasted & Salted Sunflower Seeds in the shell - virtually every night along - with, as I previously mentioned, a pretty good amount of beer... this might be a good



time to mention that a 6-pack of Miller light is a lot less carbohydrates (@20) than one healthy slice of pizza (30), so guess which carbs I'm choosing. *Special note*: until very recently, the only non-organic items I consumed on a regular basis were beer & wine. I now enjoy an organic red wine with dinner called **releaf** and my nightly beer is **Amstel Light**, a non-GMO imported product (both readily available at Total Wine).

Dinner tonight will be lots of pork chops, spiked with pork rub & paprika, air-baked french fries, corn on the cob, and a tossed salad with Italian dressing and extra vinegar on it for me - I like to make extra big portions for a second meal or at least an extra lunch for myself - I'm the cook in this household and I cook abundant amounts for future meals and/or if company stops by. Lastly, dessert will be a single serving of dark chocolate - handmade with three simple ingredients: cacao, maple syrup, & coconut oil. More information is available in the recipe section.

I'm providing enough details for these couple of meals for you to realize that the GOP acronym (grass-fed, organic, pastured) has been fulfilled.

The "diet" portion of my daily routine will typically include a lot of sandwich/soup/salads for both lunches and dinners, with typically either Dave's Killer Bread (thin-sliced usually) or rye bread purchased directly from the farm or bakery (the fiber in rye bread is fat-soluble, the best kind for you).

Dinners will be primarily a “meat & potatoes” style dinner with egg noodles or rice substituting for the potatoes occasionally. As I will mention repeatedly, the fat & protein in quality meat and fish will satisfy your hunger for longer periods of time, and if you’re anything like me, your blood bio levels will improve dramatically. Oh, and outside the more sugar tea have I mentioned that it’s also extremely delicious?

Potatoes, as well as other starches, have gotten too much of a “bad name”, as they are invariably white in color and high in carbohydrates. I beg to differ, as far as not good for you. Properly prepared, and properly sourced, (remember STP? **Source, Taste, Preparation**), this food group (potato is actually considered a tuber) definitely has its unique advantages...not only do they taste good, *they will keep you full longer*, and have very impressive mineral & vitamin content. A medium-size potato is less than 110 calories, no fat, no sodium, & no cholesterol with lots of potassium, vitamin C and B6, as well as fiber, magnesium, and antioxidants. Does that sound bad for you?



I mentioned air-baked french fries, a family favorite. I purchased an air fry device (T-fal Actifyr) from Bed Bath & Beyond using their 20% ubiquitous coupon for a net price of \$200 and it has faithfully lasted us 7 years now and it’s extremely easy to use. Originally, I would sprinkle a little coconut oil onto the fries for additional flavor, but soon found that it was not necessary...

By the way, active fry is good for stir-fried meats and vegetables as well as much more... Adults and kids alike love my version of “meat & potatoes”. You will see more details in the recipe section of this book, as well as other methods of preparation.

This concludes chapter 1 and the introduction of Plan B. Plan B means cooking for yourself and the importance of establishing three timely meals a day and a light snack. I have a lot more shortcuts than mentioned in this chapter so, again, never fear-Mike is here with a lot more suggestions coming up next Sunday 3 PM email...

