

outrageous

Miami Mike Diet

"THE OUTRAGOUS DIET"

Called crazy & outrageous because:
Mike's top 10 sustainable foods
includes **BEER + BREAD.**

see pg.17



"Loser"
From:
FAT WADDLING duck



"Winner"
To
Captain Courageous

Join the laundry list
of food groups incl.

Protein Meats & Fish & Eggs

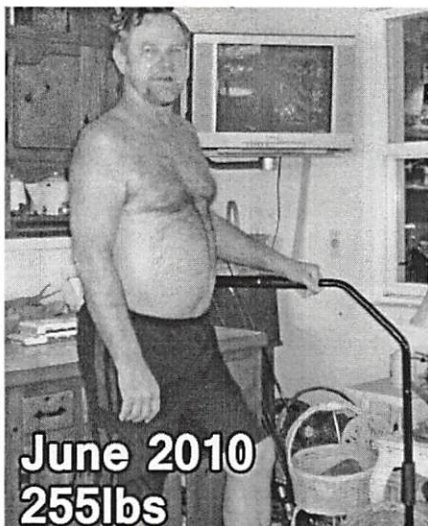
Agribusiness & B & B

Dairy Milk Che

Live longer

How Mike Added 20 yrs
to life expectancy

P. —

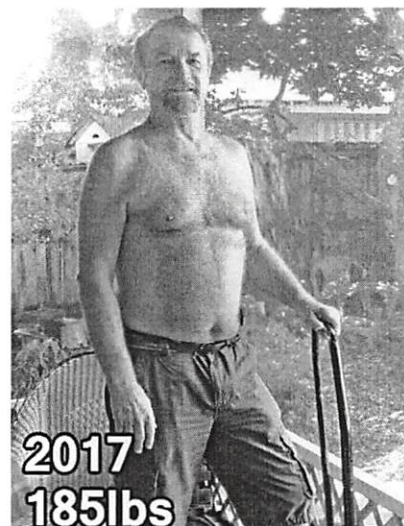


June 2010
255lbs

Age 60

Chron Age 67

DNA 46



2017
185lbs

Age 67

LOSE 70 LBS
WAST 40" → 34"



Saved word Chap 2

In every circumstance and in all things
I have learned the secret of being
well-fed and of going hungry,
of living in abundance and of
being in need.


Philippians 4-12

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A TALE OF TWO LOSERS, and I'll start with me

Bible
&
see 0

"It was the best of times, it was the worst of times," the 1950s, that is, for me looking back; my first 10 years of existence and what I once thought of as pleasant memories of food & drink. I guess they could be called good times. The bad times, the worst of times, were beginning to take shape and it wasn't just with McDonald's franchises... I'm thinking TV dinners and mom in the kitchen, adding an egg to a cake mix, and she calls it "cooking". I'll get back to the food memories in just a moment, but jump ahead with me to my age 60 just eight brief years ago:

Panic button: I hit the button right before turning age 60 (March 2010), and, I must admit I was somewhat depressed; having to give up my three lifetime hobbies: BOATING, BASKETBALL, & MUSIC. It was the joy of fishing and boating, the exercise & competition that was the fun of basketball, and the thrill of music, of playing guitar & singing in front of small crowds. I could not continue my passions, due to the joint pain (Cortisone shots in both knees, spinal decompression for the back, and painful physical therapy for frozen shoulder). I just knew that my condition was a result of at least one of the hobbies, if not all three, and I gave them all up at the same time. I didn't realize until a year later that I was wrong, that my symptoms were a result of my obesity. I had ballooned up to 255 pounds rather suddenly (it had taken just over one year for me to gain 35 pounds or more) from my rather "standard" adult weight of 215-220 pounds. All I knew was that, besides the physical anguish, and mental anxiety, I went from a 36" waist to 40 "and I felt like I was waddling like a fat duck – hence, the picture above with the panic button.

Here's a brief chronological "food memories" history (I'm just trying to give you a picture of where I was, how I became a fat duck, and where I am now):

3-10-50 DOB, MIAMI FLORIDA


Mid-1950s first memories of food are Dr. Pepper & Moon Pies (I would steal 15-20 cents from mom's pocketbook to satisfy my cravings). Also, a favorite sandwich of mine was peanut butter and syrup, sometimes with a banana slice included.

DP & MP

I quickly graduated to hot fudge sundaes, Cherry Cokes, blueberry pies etc.

1960 @age 10: I remember loving the switch from butter to margarine (a.k.a. trans fat) because it didn't make holes in my Wonder Bread when I spread the margarine.

1963: As an impressionable teenager, I was embarrassed to wear HUSKIES Jeans, then called "dungarees", and to make matters much worse, my brother called me "TB", the abbreviation for "TREMENDOUS BUTT" - not a good nickname for a 13-year-old...

img
→ Left side

1965-1968: A high school growth spurt made me slim again - in addition to my sugar addiction, I had started smoking cigarettes as the "Marlboro Man" at age 16 (beer habit started about this time).

TB
jeans
Black
loafers
white
socks

1971: Age 21, and a newlywed to my wife Peggy, a super-duper wife, loving mother to our three children and a good cook; and I'm not about to blame her cooking for the next four decades of my yo-yo up & down weight gain, but by age 25, I was struggling, again, with weight control. I specifically remember trying the "potato diet", and yes, like a lot of other diets, it worked at first, but, as a significant lifestyle change, it was not meant to be.

1975 – 2008: A variety of diets, but always back to the Atkins diet, a low-carb diet and I would say at 6'0", lean to me was low 200s and then, back-and-forth to 220-225 lbs. and if I could name an average weight, I would say 215 LBS. Also, from age 30 on, I was borderline diabetic, triglycerides over 200 consistently and occasionally spiking to 500, which is a medication-needed level.

2008: Recession in full swing, losing lots of business as a Realtor, age 58, thinking "let it go, let it rip, I'll just eat my way through this mess - WHO CARES?" and in less than two years, I ballooned to 255 pounds – joint ache etc. - as discussed previously.

2010 - **LOSER SYNDROME** sets in big time - age 60, net worth gone, globs of fat replaced dollar bills? And, guess who does care after all? Not only did I feel extremely uncomfortable "wobbling", not only did I lose the capacity for my three hobbies, I am now saddled with extreme pain, physical & mental. So, yeah, I did care again; I needed to pick up the pieces and start over... no other choice but weight loss and exercise.

pool gym later chapter

Thank you, Lord, for once again intervening... I certainly cannot take sole credit for the inspiration I was about to receive...

EAT THIS FISH DINNER 3X
+ NORMANIZE TRI + COHL TG, BT?

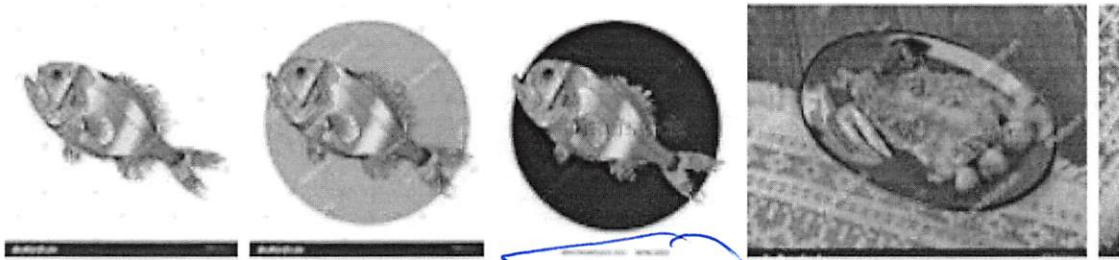
So, About this time, 2010, I was introduced to a fellow parishioner from our church, who we shall call Dr. Win. He does not have credentials that I know of, such as medical doctor or PhD etc., *he* but is a businessman and owner of an oriental food market. His passion is health & healing through food choices, and has counseled thousands of "patients", especially in the realm of alternatives to statins and other medications.

(Khan Win)

I spoke with him about my high triglyceride levels and asked for suggestions. He explained to me that I probably have a "fatty liver" and that the fat layer I have around my liver could be discharged in a bowel movement during a three day span, while eating a certain fish dinner three nights in a row. I was to have approximately 16 ounces of Orange Roughy (I got mine in the frozen food section of Publix) each night for three nights with the only side of a large organic green apple and nothing else; it could be fried, baked, or grilled and I was to have nothing else to eat at night for those three evenings. I was to look for an oily discharge in my stool between the second and third day of this process.

Sure enough, there it was on the second night or third day, I don't remember which; this was seven years ago, and, although it may sound like a very squeamish site to you, I was ecstatic. I had taken a blood test the previous week that showed a triglyceride level of 208. Trusting in the good "Dr." at this point, I just knew a new blood test would show vastly improved levels, which

Images for orange roughy fish image Shutterstock



→ More images for orange roughy fish image Shutterstock

The Miracle of Orange Roughy

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is exactly what happened, a new reading of 115. Virtually cut in half, virtually overnight! By the power of food!! Food alone, and how do I know this? If I had not taken the blood test, I might've thought the discharge was from the oil or fat of the fish, and not from my own liver!

The power of food! It still gives me goosebumps as I write this, how great is the power of food, and I had not even gotten to the best part of the regimen: GOD FOOD!

FYI: a couple of worthy footnotes: Orange Roughy tastes good, but I did, indeed, use a little lime, salt-and-pepper, but no other food, except the large organic green apple. I still drank beer those nights, but, had to forsake my beloved sunflower seeds. My cholesterol levels vastly improved also. Utilizing my God Food regimen, my lipid levels, as well as my triglycerides, improved on a regular basis with a "best score" of 84 on the triglycerides about two years ago. Then, for some unknown reason, my triglycerides approached 200 again (maybe it was the beer); I did the Orange Roughy thing again, and, of course, it worked again! The oily discharge! (only this time I took pictures). Again, a rather graphic picture is not for the squeamish out there, but it's on my website ~~MMD~~.com.

I also show the math on my website if you'd like to try the ^{recipe} program: if you're 300 pounds, for example, 19 ounces of fish, and, maybe two normal size organic green apples should suffice. At 200 lbs. 13 oz. of fish should be your choice.

Bottom line: if you're like me, you will lose about 2 pounds of the nastiest fat in your body - it's wrapped around your liver like a snake and, among other things, it is my understanding that it prevents absorption of vital nutrients, including vitamins and prescription drugs. Check with your health care practitioner, see what he or she thinks, show them the results of your blood test, and don't forget the picture!

Okey-dokey then, so we have Revelation #1 (EFLF), #2 Orange Roughy cleanse, now #3, the movie food Inc....

Now, looking back since 2010, I read a lot of other books like the ^{be} coconut ketogenic diet by (author) and even Joe Macola new book and, yes, there's a lot of them and they're all real good, but Mary Enig is a classic "one-of-a-kind". I feel the same way about the fish recipe... How many dinners out there are there that can revolutionize your life? It's in a class by itself also... I feel the same way about the classic foodie movie that I came upon in 2010 (FOOD INC).

There are indeed other movies and documentaries that I suggest you watch, in particular, FOOD MATTERS, and the brilliant, entertaining series by National Geographic: THE HISTORY OF FOOD.

Here's just a few reasons I consider ^{to be} food Inc. in a class by itself: Oscar-nominated for best documentary, featured on Oprah, and a #1 selling DVD on Amazon.

How about this for an opening line to a movie:

"the way we eat has changed more in the last 50 years than in the previous 10,000"

OR
miracle

Food
Inc
image