

It's Not Just About the Food!

Module 4 Hand Out...

Module 4.1: Mind

A friend of mine responded to my fb post about this course with: "Tell me it's not about eliminating gluten and sugar..... I am interested otherwise."

"Fat doesn't make you fat; Sugar makes you fat." J.J. Virgin "The Sugar Impact Diet"

"Our caveman ancestors did in fact eat fruit, but not every day of the year. We haven't yet evolved to be able to handle the copious amounts of fructose we consume today - especially when we get our fructose from manufactured sources. - David Permuter, MD - "Grain Brain"

The fact is eliminating sugar in all it's forms including grains... is quite simply to give your body a fighting chance to reset and heal.

The story of Mr. Wright. and the Lemon test... YES! The power of your mind is AMAZING!

Mind over matter only goes so far. You can imagine defying gravity all you want but see how your self hypnosis to fly works after you jump off the Empire State Building. (That's why the SMART goals you set back in Module 1 have "realistic" as one of the main criteria).

That said, if if you keep eating sugar in all it's secret forms, you will still continue to screw up your fat burning furnace.

Here's an analogy: burning sugar is like trying to heat your house with pine kindling. It has a good flame up factor. But unless you keep putting your little pine kindling pieces in to the fire on a constant basis it basically runs out of fuel...

With Sugar you are dumping fast "Energy" into you system and it can only process so much. so it takes the extra that it can't use right away and stores it as fat...

The problem with the carb burning habit is that you never actually get to burn the stored fat.

When you stop dumping carbs into your system and transition to healthy proteins, Non-Starchy vegetables and healthy fats, your body begins to get in the fat burning habit... and if you don't happen to have any food coming in for a few hours, it's all good, it turns to your "warehouse" of Energy and starts pulling it from there.

Does that make sense?

It's all very complicated and scientific but I wanted to give your unconscious mind something to grasp and hold, a clear picture to begin to use your powerful imagination to turn down the carb cravings and transition to foods that you body is actually designed to burn...

I can hypnotize you to walk on the ceiling but it's not actually going to happen in this dimension. So I could try to hypnotize you to keep doing exactly what you are doing and somehow miraculously start dropping the weight. But I think we will get better results if we focus instead on sensible, sustainable food choices that will give us real world results.

4.2 Menu

Here's a list of all the secret sugars I promised you:

The many names for Sugar:

Agave	Golden sugar
Barley Malt	Golden syrup
Beet Sugar	grape sugar
Brown Sugar	High-fructose corn syrup
Buttered Syrup	Honey
Can juice crystals	Icing sugar
Cane sugar	Invert Sugar
Caramel	Lactose
Carob syrup	Malt syrup
castor sugar	Maltodextrin
confectioners sugar	Maltose
corn syrup	Maple Syrup
corn syrup solids	Molasses
date sugar	Muscovado sugar
demerara sugar	Panocha
dextran	Raw sugar
dextrose	Refiner's syrup
diastatic malt	rice syrup
diastase	Sorbitol
ethyl maltol	Sorghum syrup
Fructose	Sucrose
fruit juice	Sugar - (duh)
fruit juice concentrate	Treacle
galactose	Turbinado sugar
glucose	Yellow sugar...
glucose solids	

The many names for artificial sweeteners:

acesulfame potassium
Alitame
aspartame
Aspartame-acesulfame salt
Cyclamate
Isomalt
Neohesperidin dihydrochalcone
Nutra sweet
saccharin
splenda

sucralose...

Source: "JJ Virgin's Sugar Impact Diet"

According to JJ Virgin (who's book I discovered AFTER I already implemented almost the exact plan in my own diet), there is an ideal ratio of "food on your plate".

The target idea is to have approximately a 1/4 of your plate be healthy fats and 1/4 lean, grass fed, free range, organic meats, about 1/3 of your plate be leafy green veggies (the non starchy ones) and a very small percentage in fruits, whole fruits, low glycemic index fruits.

