EAT FAT
LOSE WEIGHT

How Smart Fats reset metabolism, stress, hunger and sex hormones for lasting weight loss and radiant health

“Ann Louise was one of the first to warn of the dangers of our infatuation with low-fat diets, and now science has validated her message.”

Ronald Hoffman, MD
Host of ‘Intelligent Medicine’

Ann Louise Gittleman, PhD, CNS
Award winning NY Times bestselling author of The Fat Flush Plan
Introduction

This book is your gateway to a new level of health. Many of you are already doing everything right, you’ve got dieting down, exercise covered, and you even have willpower, but you are still not losing an inch. I wrote this book for you. To give you all the tools you need to give yourself the healthy body you want. I want each of you to lose weight, feel great, and experience the highest degree of well-being, vitality, and radiance possible for you regardless of which diet you are doing now or what you have done in the past.

Hello, I’m Ann Louise Gittleman, PhD, CNS. I am a Columbia University trained nutritionist, an award winning New York Times bestselling author of 30 books, and an advocate of functional and integrative medicine. I am also a wife, stepmother, former music teacher, model and go-go dancer (yes), and, most importantly here, a nutrition pioneer. I have been on the front lines of health and healing for over 30 years. During that time, I have maintained my position against fat-free and low-fat eating. I’ve shown how low fat can make you fat and why the right fats are the key to igniting effortless weight loss. Eating the right fats can crush sugar cravings, stoke energy, promote longevity, and ensure overall good health.

You see, unlike so many others who write about fats today, I was actually there at the beginning of the fat-free, low fat craze. Back in the early 1980s, I was the director of the Pritikin Longevity Center in Santa Monica, California, where fat-free was gospel. I saw firsthand the failed promises and the pitfalls of eating a fat-free/high carb diet. These included weight gain, constant gnawing hunger, and problems with hair, skin, nails, thyroid, and the immune system.

Since the publication of my first book Beyond Pritikin in 1988, I have been a lone voice in the nutrition wilderness condemning fat-free, carb-rich diets. For nearly 30 years, my work has been highly criticized by conventional dietitians, physicians, and journalists. These folks demonized fats, elevated carbohydrates and convinced many others of their own ill-founded beliefs. You can well imagine the mainstream media response to my next book, Eat Fat Lose Weight. The outrage was such that I was even profiled on the prime time news magazine show 20/20.

But just as steel is forged by fire, I have remained true to my beliefs. I have grown stronger, more resilient and more determined than ever to get the truth out about fat. Perhaps you can imagine how gratified—as well as vindicated—I feel today, finally seeing that my message about fats is not only becoming mainstream but is touted as “new news.”

Now that the nutrition world seems to be catching up with me, I’ve decided to revise and update my 1999 classic, Eat Fat Lose Weight. I’ve streamlined all the material with a more cutting-edge approach to fats and their hormone connection. More importantly to you, dear Reader, I have applied my advantage of over 15 years more experience, including expanded research and personal clinical experience.

Throughout my career, I have had the privilege of working with literally thousands of clients from A-list celebrities, singers, songwriters, retired athletes, fashion designers, entire ballet troupes, and men and
women like you and me. I can only say that I wish I had had this guide in hand back-in-the-day when my clients were experiencing their unresolved health and weight loss concerns. I especially needed it when they were doing everything right—and still not losing weight. In all these intervening years, I discovered that hormone imbalance is the most overlooked and underrated culprit, blocking even the most disciplined weight loss efforts. Our hormones govern metabolism, stress levels, hunger, and sex drive. When they’re out of balance, we’re out of balance. Yet, they are ALL brought into balance by the same powerful dietary solution—the Smart Fats!

It’s high time for YOU to get intimate with all the Smart Fats. They deserve a prominent place at your breakfast, lunch and dinner. In Eat Fat Lose Weight you will learn how to fully utilize them for effortless “waist control”. You will learn how to prevent or manage depression, diabetes, heart disease, chronic fatigue, allergies, arthritis, psoriasis, eczema, and low thyroid.

I believe you will be as amazed as I was to uncover a seldom-mentioned secret to weight loss. This is something that modern medicine seems to have forgotten and something that health pioneers of the early 20th century held sacrosanct: BILE. That’s right! The amount of bile your body manufactures is directly linked to how you digest fats AND to the amount of toxins you can safely eliminate from your body. Inadequate bile is connected to a myriad of increasingly common symptoms: the inability to lose weight, dry skin, constipation, depression, chronic fatigue, and hypothyroidism.

Fortunately, all of these conditions are easily remedied. I will show you how—whether or not you still have your gallbladder. One surprising solution may be as easy as eliminating the top three food allergens. You will be just as surprised to learn how metabolism can be derailed by sneaky saboteurs you never dreamed of—like hidden dental infections and the Epstein-Barr virus. You will learn how adrenal fatigue can inhibit your thyroid; how fruit can make you fat; why grain is such a drain; and how copper overload can wreak havoc on sex hormones.

In Eat Fat Lose Weight, I have brought together do-able and delicious Smart Fat tips, tricks, and recipes for lasting weight control. In each section, you’ll find targeted foods, supplements, and lifestyle intervention suggestions. I originally created these for concerned readers as the nutrition columnist for First for Women magazine. I’ve since expanded on that research and made the solutions even easier and more complete. I’ve been able to do this with the emergence of many new Smart Fats like omega-7, pine nut oil, and hemp seed oil. These new fats round out the Smart Fat staple oils: coconut, GLA, fish, flax, cream, and butter. You’ll also find smart sips, seasonings, and sweeteners to complete your culinary creativity.

To be clear, this book is NOT a diet book. It is an essential companion for every other high fat diet whether it is Paleo, Primal, Price, Ketogenic, GAPS, Vegan, or Raw Foods. And, because of the forgotten significance of bile for removing toxins, this book is a primer for any detox or cleanse you are doing—be it a colon cleanse, a liver cleanse, or a green smoothie or juice cleanse. Remember, you can’t achieve optimum health when your hormones are out of whack and your liver and gallbladder are on overload.
As my good friend, the witty and deliciously irreverent pediatrician, the late Dr. Lendon Smith, would have said, “Everybody should read this book, even doctors who are supposed to know everything.”
Part 1: Exposing Big Fat Lies

Let’s be honest. Fat is back big time!

Even *Time* magazine is in on the newly found love affair with fats. “Eat Butter” is prominently declared on the cover of the June 2014 issue with its larger than life delicious golden butter gracing the entire page!

And it’s about time. For over half a century, fat has been terribly maligned and misunderstood in the American diet landscape and our health and expanding waistlines have suffered for it.

While “fat makes you fat” has been the mantra of most diet gurus over the last 20 years, NOTHING could be further from the truth. The right Smart Fats are the #1 secret to fixing your metabolism, stress, hunger and sex hormones for lasting weight loss, vitality and overall wellbeing.

Big Fat Fears

The American public has been brainwashed with a big fat lie—a lie that has been told, retold and told again for well over 50 years. What’s more, this lie has been extended to cover all fats, not just the hydrogenated, overly refined and genetically modified commercial vegetable oils that actually will harm you.

Truth be told, our fear of fats only began in the 1950s thanks to the work of research scientist Ancel Keys, PhD, who conducted the Seven Countries Study in which he cherry picked data to support his theory that fat consumption led to cardiovascular disease. Although considered “pioneering” back in the day, the study was deeply flawed. Yet, the media ran with it and by 1961 even the American Heart Association issued its first anti-fat guidelines. This resulted in the launching of the no-to-low fat diet dictum that—to this very day—many health experts still recommend and rely upon as gospel.

As I wrote in the first edition of *Eat, Fat Lose Weight*, since we as a nation have gone fat-free, we have gotten sicker. Here’s what happened:

1. 65% of the population are now obese.
2. Adult-onset diabetes has skyrocketed and more than tripled in the last 30 years.
3. The incidence of certain kinds of heart disease has increased.
4. Depression has become a widespread epidemic.
5. New health problems have appeared out of nowhere: mysterious low grade ailments such as chronic fatigue, widespread food and environmental sensitivities, leaky gut syndrome, yeast and mold infections, and autoimmune issues.
Thankfully, many other courageous researchers (spearheaded in part by my late friend and colleague, Dr. Robert Atkins) began rethinking the anti-fat dietary guidelines and provided ample evidence and science that the “right” high fat diet was actually healthy and that sugar was the underlying cause for most degenerative disease.

**Fat Phobia**

It’s a message I have been preaching for a very long time. When *Eat Fat, Lose Weight* first came out 15 years ago, it was absolute heresy in the age of fat phobia. Before it became mainstream, I was the ONLY nutritionist in the country to write about the importance of the right dietary fats—a very unpopular message which flew in the face of all conventional dietary wisdom of the 1980s.

The time has finally come to set the record straight with a newer, updated edition that is more streamlined for today’s audience, thanks to the results from the latest trials which have exonerated fats once and for all. These trials have shown that not only was a high fat diet more effective for weight loss, but also greatly reduced the risk of heart disease and diabetes.

Yes, the science now proves it. A high fat diet is a healthier diet.

I know that many of you have already banned transfats and margarine. You try to avoid refined polyunsaturated vegetable oils like corn and canola. However, before you start slathering on all that butter or coconut oil, and bringin’ home the bacon, it is important to understand that eating all those good fats—what I call the “Smart Fats”—is simply one part of a healthy weight loss equation. You must also learn the keys to making Smart Fats work for you. I will tell you the very best fats to eat and the trick to activating them to burn as your body’s MOST efficient fuel.

Wouldn’t it be great if you could eat all the healthy fats you wanted, properly utilize them and look and feel fabulous in your body? You can!

**What *Eat Fat, Lose Weight* Can Do For You**

This book is your road map back to the Smart Fats that will keep you thin for life with beautiful glowing skin, healthy hair and nails, energy through the roof, a positive attitude and no more sugar cravings!

Some Smart Fats can fix metabolism while others help you deal with stress and rebalance sex hormones. They also singlehandedly boost nutrient absorption and reduce inflammation which is linked to a whole host of conditions you want to avoid—like heart disease, depression, diabetes, arthritis, psoriasis, eczema and attention deficit hyperactivity disorder (ADHD).

You will learn all the tasty tricks to adding Smart Fats into your daily food intake—how to use them in your smoothies, salads, sides, soups and sauces. I’ll even share some ideas for easy desserts with all the Smart Fat trimmings—as well as suggestions for Smart Sips, Smart Seasonings and Smart Supplements.
You will uncover all the very best foods and nutrients that help you digest and assimilate the Smart Fats so your body can efficiently utilize them as the perfect food for maximum weight loss and stress control.

Right now, fats are hot! Look everywhere. Everyone is confirming what I wrote about over 25 years ago—add MORE, not less fat to your diet.

But, there is a lot more to it. If you can’t break down the fats properly or if you have too many pollutants already in your body (as we all do), you will end up in worse shape than when you started. As a matter of fat, simply adding more into your diet, even Smart Fats, isn’t going to get you to your goal if your body cannot digest them.

And it all boils down to bile.

**Bile: Your New BFF**

Bile is an emulsifier—a type of soap for fats. It breaks down the fats into small particles so that your intestines can absorb them. Produced by the liver to the tune of about one quart per day, bile is made from lecithin, cholesterol and bilirubin. It is stored near the liver in the gallbladder. From there, it is transported to the intestines during digestion.

Here’s a NEWSFLASH for you: Bile is not ONLY the real key to the body’s ability to digest and assimilate fats, but it is also a vehicle for removing toxins from your body so they can be flushed out through the colon.

Bile is one of the liver’s premier detox mechanisms so the consequences of inadequate bile go far beyond the inability to lose weight. If the liver can’t clear fats, then it most likely can’t break down hormones or other metabolic waste products either, and you can end up with hot flashes, night sweats, cysts, migraines and depression.

To put it another way, bile is one of the most underrated and ignored methods our bodies utilize to move out toxins. The quantity of bile your body makes is directly proportional to the quantity of toxins you can eliminate.

If you lack enough fiber to escort these toxins out of your body, they can remain (along with bile) in your intestines for too long and are then reabsorbed. This is when toxic overload occurs with poisonous wastes ending up stagnant in your lymphatics and getting stuck in the bloodstream, joints and other tissues.

There is already a 75% bile deficiency by the time allergies, arthritis, and inflammation in joints and muscles develop. By the time cancer or chronic illness is diagnosed, a whopping 90% deficit has already occurred.
If your gallbladder hasn’t been doing its job due to a lack of the right Smart Fats or too much hydrogenated fat or even if your gallbladder is gone, your body loses its ability to adequately regulate proper bile flow. Without your gallbladder, for instance, there is still a steady release of bile from the liver, but it is “mismatched” with the amount of oil or fat you are consuming—whether in quantity or timing. This has a cascading detrimental effect on your digestion as well as absorption of the fat-soluble vitamins (A, E, D, and K) and the essential fatty acids you will read about later.

Moreover, bile can be hampered from doing its job because of a lack of bile nutrients, congestion or even clogged bile ducts which interfere with bile flow and result in less bile production.

Regardless of where the bile is—in the liver, in the gallbladder or in the bile ducts—the principles of manufacturing, thinning and moving bile are the same.

Bile helps to break down ALL dietary fats and ALL fat-soluble vitamins. This is no insignificant task. If you check any decent nutritional textbook these days and research all the symptoms and problems linked with fat-soluble vitamin deficiencies you will find everything from dry skin to indigestion to cataracts and cancer. Bile also acts as a lubricant for your stool to prevent constipation. Who knew?

Just as fascinating, French researchers have found that bile may be connected to our obesity epidemic and hypothyroidism. They discovered that fat metabolism is sped up by the activation of thyroid hormones in the fat cells. Could it be that an imbalance of bile is one of the reasons that hypothyroidism is so rampant today?

**Let Sleeping Gallstones Lie**

Millions of us experience unrecognized signs of poor bile digestion like bloating, nausea, sluggishness, poor thyroid function, constipation, hemorrhoids, and dry skin and hair.

Well over 20 million Americans have known gallbladder challenges while millions more go undiagnosed. Why? They haven’t been able to connect the dots between ALL the seemingly disconnected—but urgent—SOS signals our body is sending out loud and clear.

It is a shame that gallbladder removal has become the most common type of surgery performed in this country, usually due to the presence of gallstones. Gallstones commonly occur because of congested bile due to buildup which results in the precipitation of stones.

Ideally, treatment should consist of making sure the bile is thinned, decongested, and fluid—a major focus of *Eat Fat, Lose Weight*.

For those who no longer have a gallbladder, it is critically important to mimic your body’s natural output of bile by taking an ox bile supplement (also known as bile salts). While you may not be able to duplicate
your body’s remarkable wisdom of knowing just when to release the exact right amount of bile, supplementation with bile extracts can go a long way in maximizing the process and assuring that your fat-soluble vitamins are being absorbed.

Too much bile supplementation can create loose stools, while too little can make for very light or clay colored stools.

**The Allergy Connection**

If you still have your gallbladder but are experiencing frequent gallbladder attacks OR if you have had your gallbladder taken out but still experience pain (what is called “post-cholecystectomy syndrome,”) you should definitely know about the work of allergist Dr. James C. Breneman. He identified food allergies as a primary underlying cause of gallbladder pain.

I discovered Dr. Breneman’s landmark work thanks to a newsletter (Dr. Jonathan Wright’s Health and Healing) written by my personal integrative physician, the brilliant and insightful Dr. Jonathan Wright in 2004 with the enticing headline “The 99.9% effective technique for eliminating gallbladder attacks forever.”

The article brought to light Dr. Breneman’s surprising discovery that gallbladder pain was significantly related to food allergies. In his study from the 1960s-70s of individuals both with and without a gallbladder he found that the major offenders were eggs (92.8%), pork (63.8%), onions (52.2%), chicken and turkey (34.8%), milk (24.6%), coffee (21.7%), and oranges (18.8%). Other foods which accounted for less than 15% of attacks included corn, beans, nuts, apples, tomatoes, peas, cabbage, spices, peanuts, fish and rye.

When his study participants eliminated their food allergies, they obtained 100% relief. WOW! So, needless to say, if your gallbladder’s acting up, give an elimination diet a try. Or, at least avoid the top three primary offenders like eggs, pork and onions. You know what you’ve got to lose!

The bottom line is you simply must ensure that you will be utilizing all the Smart Fats you will be adding back into your diet—with or without your gallbladder—for the most complete digestion, assimilation and utilization.

**The Stomach Acid Connection**

In addition to trying out an elimination diet, you should also be taking a more up-close and personal evaluation of your stomach acid—meaning, your hydrochloric acid production, or lack there-of. Dr. Wright, who is also an expert on hydrochloric acid, has found that 90% of his patients suffer from too little hydrochloric acid or HCl. (In fact, I was one of them. My diagnosis of hypochlorhydria was officially diagnosed at his Tahoma Clinic in Washington State via the Heidelberg test in which hydrochloric acid secretion is monitored via a special capsule that is swallowed which sends back pH
signals over an hour.)

Low hydrochloric acid levels are dramatically linked to a dysfunctional gallbladder through a cascade of biochemical events. Ideally, food should pass from your stomach into your small intestine, accompanied by a steady flow of bile. If you are not secreting enough hydrochloric acid due to a lack of hydrochloric acid producing nutrients (think sodium, iodine and zinc) OR if you are under stress, the opening to the small intestine, known as the pylorus becomes spastic.

A spastic pylorus keeps the bile from entering the small intestine, so that it backs up into the liver and gallbladder. Meanwhile your poor pancreas, which regulates the release of insulin (more about this later), also suffers from the lack of HCl and bile. The result is not only poor regulation of blood sugar—that can lead to weight gain—but problems with digestion and appetite.

The gallbladder seems to be especially reactive to emotions and tension. This may be due to its association with appropriate stomach acid production which can be hampered by stress. Stress can stop hydrochloric acid production in its tracks. So, needless to say, managing stress is a key defense. Make sure you give yourself enough time to eat slowly and chew your food thoroughly—as your mother would surely say!

Sometimes, HCl supplements containing betaine hydrochloride with pepsin, or apple cider vinegar mixed in water during meals is the solution. Other times, adding more salt, iodine and/or zinc to the diet can do the trick because these nutrients are the precursors to make your own hydrochloric acid. Regardless of which nutritional strategies you try, stress will always need to be managed.

Then, there’s the matter of aging. Most of us, by the time we hit 40 start to experience plummeting HCl levels—often up to 50%. Unless you have esophageal corrosion or irritation, or a hiatal hernia, I would highly recommend a trial of HCl. Besides prompting the gallbladder to secrete fat-emulsifying and toxin-removing bile from your body, it also helps to digest proteins more efficiently, as well as calcium, magnesium and iron.

A most remarkable substance, it acts as a natural antibiotic, your first line of defense against toxic invaders, and sets the stage for the proper pH in your gut. Without this, the beneficial bacteria that comprise your microbiome may become over populated with nasty pathogens rather than friendly flora. Taking probiotics without stomach acid can often result in more bloating by adding additional bacteria that will trigger gas in your stomach and small intestine.

**Bile: The Forgotten Key**

As you must surmise by now, you will not be deriving the extraordinary benefits that Smart Fats can bestow without enough bile.
You will be missing out on the most potent energy source available to the body because gram for gram, fat yields more than twice as much energy as carbohydrates or protein.

Since fat makes up the membrane of every cell in your body, your ability to process fat will affect every part of you! By maintaining strong cell membranes, fats help protect against allergens, bacteria and viruses.

Without proper fat absorption, many things can happen in a cascade of unwelcomed side effects. You will be deficient in utilizing B vitamins for digestion, nerve health, energy and mental well-being. You will be unable to regulate calcium levels in the bloodstream and transport it to the tissues for strong bones and cramp-free muscles. You won’t be able to carry and store fat-soluble vitamins such as A, D, E and K for healthy skin, reproduction and blood clotting. You will be unable to conserve protein to rebuild vital tissues, maintain a normal body temperature, insulate and cushion your vital organs, nerves, and muscles against shock, heat and cold, or seal in moisture for healthier skin, hair and nails.

And that’s STILL not all that happens without proper fat utilization.

As the years go by, you can start to experience chronic dry and itchy skin, digestive upsets, a higher likelihood of constipation and irritability, nervousness and even anxiety.

Convinced? I certainly hope so. These Smart Fats we all so desperately need can boost every aspect of health—especially your brain to encourage clear and calm thinking and focus. The brain is made of 60% fat. If your body is NOT receiving, digesting or assimilating high quality Smart Fats, your cells will be woefully lacking the raw materials they need for high quality brain function.

**Your Body’s SOS Signals**

**What are some of the screaming signs that your body is not properly digesting fats?**

- Queasiness after a fatty meal (impaired bile flow)
- Light colored or floating stools (lack of bile output)
- Nausea (not enough bile)
- Dry skin and hair (lack of essential fatty acids)
- Constipation (inadequate bile for lubrication)
- Constant feeling of fullness
- Inability to lose weight
- Pain under the right rib cage (reflective pain from gallbladder)
- Hemorrhoids (congested liver)
- Varicose veins (pressure from constipation due to thickened bile)
- Pain between the shoulder blades (reflective pain from gallbladder)
- Bloating or gas
- Headache over the eyes (gallbladder meridian passes over this region)
- Bitter taste in mouth, after meals (sign of bile regurgitation)
• History of prescription or recreational drug use (need for more liver and
gallbladder support)
• Sensitivities to chemicals
• Easily intoxicated (need for more liver and gallbladder support)
• Fibromyalgia (sign of liver and gallbladder overload)
• Hypothyroidism (sign of deficient bile to stimulate active thyroid hormone in fat cells)

Also, keep in mind that if you have been following a low-fat or non-fat diet for a while, your gallbladder
has been on vacation. It will need some time to adjust to actually working again the way Mother Nature
intended when adding back the Smart Fats. Simply put, the gallbladder is an organ that requires you use it
or else you will lose it (quite literally in this case).

Sadly, over the last several decades so many of us have been brainwashed to trade in our “bad” saturated
butter for processed margarine or polyunsaturated vegetable oils. The truth is that low-fat diets or diets
filled with these hydrogenated or transfats do not stimulate the gallbladder to release bile properly as only
the Smart Fats can.

Get a Smart Start

It’s time to wipe the slate clean because in the next pages you will be introduced to the various Smart Fats
and learn how they function and help you to reprogram your fat cells to slim, once again!

If you’re going to be adding more Smart Fats to your diet—one to two tablespoons of coconut oil, a
couple of pats of butter, a tablespoon of cream—then by all means, do make sure you’re digesting them
properly.

Smart Tips: Liver & Gallbladder Tune-Up

In the meantime, try some of my personal liver and gallbladder tune-up tricks to set the stage for the most
efficient Smart Fat utilization that will help you lose weight by also balancing your metabolism, stress,
appetite and sex hormones. Please refer to the Smart Supplement section for some recommended brand
names and dosages of specific dietary supplements.

1. Remember, bile is beautiful! For those of you without a gallbladder, with gallstones, or who are
exhibiting signs of poor fat metabolism, a bile extract (known as bile salts) would be my choice to
provide the missing bile to help emulsify fats. There are several bile supplements available on the market
today. An ox bile supplement is considered a daily “must” for those of you who have had your
gallbladder removed. You may also have to supplement with other gallbladder support as well. One
product does not work for every body, so see what works for you and slowly but surely build up
tolerance.
2. **Beets can’t be beat.** Beets thin out and move bile. Beets are chock full of betaine which is a supercharged bile rebuilder. These can be roasted, steamed or taken as beet root powder. Beets can also be grated raw in salads or juiced in a combo along with carrot, celery and cucumber juice. Beet root concentrate can also be taken in a tablet form.

3. **Add some artichokes.** Artichokes are a wonderful bile-producing food and also support overall liver function.

4. **Load up on lecithin.** Lecithin, from non-GMO soy or sunflower seeds, is one of the primary emulsifying or detergent-like agents in bile. It breaks down fats and makes them easy to digest. It also keeps cholesterol moving through the bloodstream and prevents blockage.

5. **Opt for orthophosphoric acid.** This liquid substance is a natural remedy to help dissolve gallstones and remove blockages, providing relief from discomfort.

6. **Drink hot water with lemon first thing in the morning.** This daily Fat Flush ritual helps thin bile to get it moving. It is also a great way to gently cleanse your liver and detoxify your system.

7. **Enjoy apple cider vinegar.** A miracle in a bottle that cures all sorts of woes, apple cider vinegar contains malic acid, which aids in digestion and thins out bile.

8. **Consider HCl supplementation.** Start at moderate doses as low as 250 mg per capsule and work your way up according to tolerance. HCl is best combined with pepsin, another stomach digestive aid and sometimes is formulated with ox bile for more complete digestion.

9. **Look for lipase.** For most efficient absorption and assimilation of Smart Fats, you might consider adding lipase. This is a digestive enzyme secreted by the pancreas, which breaks down fats and oils into small particles. In my testing, lipase is one of the most highly deficient enzymes for just about everybody.

10. **Try taurine.** This is a very important amino acid commonly deficient in those with allergies and multiple environmental sensitivities. It is required by the liver for the removal of toxic chemicals, drugs and metabolites from the body. It is a key component of bile acids made in the liver. It is commonly deficient in vegetarians because it derived from organ meats and other animal proteins.

11. **Get clear about choline.** While typically used for cognitive improvement and muscular endurance, this vitamin is key for regenerating the part of your liver that makes bile. Choline functions as a powerful emulsifying agent making fats easier to digest. And, it is a most outstanding nutrient to remedy a fatty liver.
Moving Forward

When it comes to weight loss, there are no quick fixes but *Eat Fat, Lose Weight* comes close. I have searched way beyond the conventional answers to uncover the root causes of unexplained weight gain. Hopefully my investigative nature will pay off huge healthy dividends. Many years of hands-on experience and avidly following the latest research studies and diet trends, led me to the insights I will be sharing with you in the following sections. Shall we begin?
Part 2: How Smart Fats Reset Metabolism

Smart Fats are simply one of the BEST and tastiest solutions for stalled weight loss because they go far beyond the call of duty. Alone or with synergistic help from additional vitamins, minerals and herbs, these savvy fats can kick up thyroid function and/or stimulate calorie-burning brown fat (a special tissue that disperses surplus calories for heat instead of fat storage). And, that’s just for starters!

They also reduce the body’s ability to store fat for energy by controlling the enzymes that release fat from the cells into the bloodstream. Many are so satisfying that they enable long-term appetite satisfaction so you are not tempted to overindulge.

The Thyroid Connection

But, first things first. You cannot fix a broken metabolism until you address thyroid dysfunction. After all, your thyroid is the body’s key metabolic driver. With a sluggish thyroid, your body may produce too much insulin and trigger low blood sugar (hypoglycemia), along with intense cravings for carbs.

The thyroid secretes two major hormones, T3 and T4, which regulate the burning of calories for energy. Thyroid hormones control body weight, body temperature, muscle strength, heart rate and menstrual regularity. In fact, the thyroid connection to sex hormone imbalance is not surprising to women in their 30s, 40s, 50s and 60s.

Estrogen-induced thyroid dysfunction mimics underperformance of the thyroid gland. My friend, the late Dr. John Lee, observed that many perimenopausal women exhibit symptoms of hypothyroidism with normal thyroid levels. He theorized that estrogen excess and progesterone deficiency may be the cause. Raising progesterone levels through the use of natural progesterone cream often normalizes thyroid activity without any other treatment.

Furthermore, a diet devoid of Smart Fats but heavy in commercial polyunsaturated vegetable oils also sabotages the production of thyroid hormones. Without enough thyroid hormone, estrogen rises and acts as a fat trap especially as we grow older and progesterone levels take a nose dive.

The actual number of hypothyroid patients is highly underestimated. According to the American Thyroid Association, nearly 30 million Americans have been diagnosed with a thyroid disorder—a number that could easily be much more. I highly suspect, after working with so many individuals for the past three decades, that more than 60% of the population have some degree of thyroid dysfunction but are not being diagnosed properly.

Besides stubborn fat that won’t budge, other low thyroid symptoms include depression, hair loss, poor eyebrow growth—especially the outer third of the brow, aching wrists, fluid retention, constipation, a coarse voice, diminished sex drive, infertility, premature graying of the hair and lack of muscle strength.
This tiny powerhouse regulating metabolism controls the health of just about every organ in the body, including the heart.

That’s why it is so alarming that Hashimoto’s thyroiditis, a type of autoimmune hypothyroidism, is growing by leaps and bounds as is Grave’s disease, another kind of autoimmune condition characterized by hyperthyroidism.

Normalizing thyroid activity is a fundamental “must” if you want to restore metabolism and help your body rebuild itself. Smart Fat supplementation will go a long way in re-establishing equilibrium. But, when it comes to a comprehensive thyroid treatment plan, it is only one of many key factors.

To speed up fat burning and heal the immune system overload that often accompanies thyroid dysfunction, you will have to take into account insidious thyroid thieves like hidden dental or sinus infections, gluten, goitrogens, lack of protein, adrenal burnout, dwindling probiotics, fluoride, bromine and chlorine overload plus several vitamin, mineral and amino acid deficiencies which are necessary to make thyroid hormones work; and then there’s underlying virus, especially Epstein Barr.

No wonder thyroid disease is rampant! There are so very many seemingly diverse factors which are likely to be contributing causes of dysfunction.

**Sneaky Thyroid Saboteurs**

Let’s take a more in-depth overview at how each of these sneaky saboteurs do their damage. Fasten your seatbelts because this promises to be a VERY bumpy ride.

**Hidden Dental or Sinus Infections**

Your mouth is the repository of a tremendous amount of bacteria that can impact different areas of your health. That’s why individuals with a heart condition are recommended to take an antibiotic before a routine dental cleaning. Dentists who practice holistic dentistry and biological dentistry believe that each tooth is connected to an organ. If that tooth has a root canal, is decayed (even under a crown that X-rays don’t pick up), is an implant, or even has been pulled, leaving behind a cavitation (hole in the jawbone), you can experience a whole host of health challenges in the associated meridian line of that tooth. Many unresolved health problems may be associated with the anaerobic bacteria seeping into your system from root canals, implants and cavitations remaining from pulled teeth. ALL of this has to pass through your thyroid! This can depress or accelerate metabolism. Sinus infections can do the same if unresolved.

As the late Dr. Hal Huggins, biological dentist and mercury pioneer told me himself, “How many people know the consequences of housing the 40 anaerobic bacteria in implants, the 60 in root canals, or the eight in cavitations?”
Add to this the heavy metal burden of precipitating mercury and/or copper from high amalgam fillings and you have one lethal mixture that your thyroid is up against.

**Gluten**

Many grains contain gliadin, which is the protein found in gluten and most concentrated in wheat, rye, and barley. Grains are fairly new to the diet—the trail-blazing orthomolecular medicine physician, Dr. Richard Kunin, says it best: “Grains are really Jonny-come-latelies on the nutritional scene. Meats, fruits, beans, nuts and vegetables have had a considerably longer historical alliance with the human gut. Almost as if to make up for lost time, grain has deluged man’s diet and this excess increasingly appears to have something to do with common major and minor ailments.”

Cardiologist and author of *Wheat Belly*, Dr. William Davis, couldn’t agree more. Moreover, to add insult to injury, he suggests that today’s “Frankengrain” is nothing like what went into your grandmother’s bread. Modern wheat contains 10 times more gluten than that of 50 years ago. Today’s gluten is high in gliadin, a protein that is foreign to our bodies. It highly resembles a crucial enzyme known as transglutaminase which is concentrated in the thyroid. As the immune system attacks the gliadin, antibodies also attack the thyroid. The immune system can then go into overdrive, damaging the thyroid, sometimes for up to six months. And that’s all thanks to gluten.

But, that’s not all the bad news to report, folks.

Gliadin is a shameless appetite trigger. People can consume nearly 400 extra calories per day when it is added to certain food products by manufacturers. Food sensitivities trigger a kind of toxic shock to your system which leads to addictions and binging. Partially digested components of common food allergens function like morphine-containing opioid drugs. They heighten appetite and decrease metabolism.

Gluten-containing foods like bread, crackers, chips and cookies are so highly addictive because of gliadin. Similar to the casein in milk, gliadin has a drug-like effect on your brain.

The gluten in grain probably affects just about everyone in this day and age. The trouble is that nearly 100% of gluten intolerant individuals are unaware of this because gluten’s negative reactions typically occur a good 12 to 24 hours after consumption.

If you decide to give up gluten, you may also want to give up all sugar and yeast, too. These three substances, in addition to dairy, account for about 80% of all food sensitivities. They damage metabolism through an inflammatory response that can pack on 10 pounds or more of water weight and they can make you fat from heightened cravings to reactive foods or hormonal disruption of your metabolism.
Goitrogens
Goitrogens are possible thyroid-suppressing substances found in raw cruciferous vegetables like broccoli, cabbage, Brussels sprouts, kale, soybeans and radishes. They block thyroid hormone production by interfering with the uptake of iodine, a key thyroid mineral.

Lack of Protein
Protein is a wonderful normalizer for overall thyroid function. It acts as an escort to transport the thyroid hormone to all bodily tissues.

Adrenal Burnout
Healthy thyroid function is intimately related to the adrenal glands. They both work synergistically to keep you functioning. When you are under stress, your adrenals secrete cortisol which can block the thyroid’s T4 to T3 conversion. When active T3 is suppressed, more cortisol comes to the rescue to rev up metabolism, creating a vicious cycle. The adrenals can make more cortisol from the hormone progesterone, which ultimately decreases available progesterone for other tasks (which we’ll learn about later). Diminishing progesterone levels trigger the thyroid to pinch-hit to make enough adrenal hormones. Long term, this process creates burnout for both the adrenals and the tired thyroid.

Dwindling Probiotics
Gut flora is also dependent upon your thyroid. At least 20% of thyroid function relies on a healthy amount of quality beneficial bacteria. One strain in particular has been found to protect against the toxicity of gliadin, which is so problematic for thyroid patients. That strain is B. lactis BI-04 and comes from the Bifidobacterium family.

Fluoride, Bromine and Chlorine Overload
These chemicals compete with iodine for uptake in the thyroid, negatively impacting metabolism. They are contained in water, toothpastes, hot tubs, non-organic foods, soft drinks, teas, commercial breads, some medications and brominated vegetable oils.

Vitamin, Mineral and Amino Acid Deficiencies
Nutritional short falls may not be the direct cause of thyroid imbalances but they sure can magnify unpleasant symptoms. The ones I find most lacking are vitamin A, vitamin B complex, vitamin E, zinc, iron, iodine, potassium, selenium and the amino acid tyrosine. Please note that iodine may be contraindicated with those who have Hashimoto’s.

Virus
Viral overload is the last, but by no means, the least underlying cause of thyroid disorders, in fact it may be the most powerful root trigger of all. At least that’s what my friend, Anthony William believes.

He recently wrote a book entitled Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal (Hay House, 2015) which I had the privilege of reviewing and endorsing. His take on viral overload as a precipitating cause of many modern day maladies like fibromyalgia, rheumatoid
arthritis, lupus, Lyme disease, Multiple Sclerosis and so much more is nothing short of enlightening for all of us.

Here’s what Anthony has to say about the Epstein Barr Virus (EBV) and your thyroid:

“Medical communities aren’t yet aware that EBV is the actual cause of most thyroid disorders and diseases—especially Hashimoto’s, but also Graves’, thyroid cancer, and other thyroid ills. (Thyroid disease is also sometimes caused by radiation; but in over 95% of cases, the culprit is Epstein-Barr.) Medical research has not yet uncovered the true causes of thyroid disorders, and it’s still decades away from discovering that EBV is the virus that causes them. If a doctor gives you a Hashimoto’s diagnosis, it really means that she or he doesn’t know what’s wrong. The claim is that your body is attacking your thyroid—a view that arises from misinformation. In truth, it’s the EBV—not your body—attacking the thyroid.

Once in your thyroid, EBV begins drilling into its tissues. The virus cells literally twist and spin like drills to burrow deep into the thyroid, killing thyroid cells and scarring the organ as they go, creating hidden hypothyroidism in millions of women, from mild cases to the more extreme. Your immune system notices this and tries to intervene, causing inflammation; but between EBV’s neurotoxin, viral byproduct, and poisonous corpses confusing things, and with EBV hiding in your thyroid, your immune system can’t tag the virus for complete destruction.

While the above may sound unnerving, don’t let it rattle you; your thyroid has the ability to rejuvenate and heal itself when it’s given what it needs. And never underestimate the power of your immune system.

As a fallback option, your immune system tries to wall off the virus with calcium, creating nodules in your thyroid. However, this doesn’t hurt EBV. First, most of its cells evade this attack and remain free. Second, a virus cell that your immune system successfully walls off typically remains alive and turns its calcium prison into a comfortable home, where it feeds on your thyroid, draining it of energy. The virus cell might even eventually transform its prison into a living growth, called a cyst that creates further strain on your thyroid.

Meanwhile, these attacks against EBV can hurt you if you aren’t eating enough calcium-rich foods. That’s because if your immune system can’t get the calcium to wall off the virus from your bloodstream, it’ll extract what it needs from your bones…which can lead to osteoporosis.

Simultaneously, the hundreds of virus cells that aren’t imprisoned in nodules can weaken your thyroid, making it less effective at producing the hormones your body needs to function. This lack of adequate thyroid hormones, coupled with EBV’s toxins, can in turn lead to weight gain, fatigue, mental fogginess, impaired memory, depression, hair loss, insomnia, brittle nails, muscle weakness, and/or dozens of other symptoms.
Some especially rare, aggressive varieties of EBV go even further. They create cancer in the thyroid. The rate of thyroid cancer in the U.S. has been rising rapidly. Medical communities don’t know that the cause is an increase in rare, aggressive forms of EBV.

The Epstein-Barr virus invades your thyroid for a strategic reason—it’s seeking to confuse and place stress on your endocrine system. The strain on your adrenal glands produces more adrenaline, which is a favored food of EBV that makes it stronger and better able to go after its ultimate target: your nervous system.”

Please don’t overreact and panic because there are many natural therapies that can vanquish viruses. The bottom line about all of this is that you can turn around a damaged metabolism and correct a sluggish thyroid. You will first have to carefully identify the right underlying root cause and then target it with all the appropriate remedies. In the case of virus, this may mean medication like Zovirax (acyclovir) for some individuals. There are also a plethora of time-tested herbal formulas that will help recovery.

Remember that we are all very unique on a biochemical level. Not every strategy will work for everybody so you may want to keep careful tabs on your progress or work with a health care practitioner who can more specifically tailor the recommendations to fit your exact needs. A functional medicine and integrative practitioner would be my recommendation.

**Game ON?**

Then, let’s start to address low thyroid along with all the other reasons behind a metabolic slowdown by looking at an even bigger picture. No matter what the metabolic trigger, there are lots of easy fixes and all of them focus on fats. By creatively using Smart Fats in your everyday diet, you will be utilizing the very best medicine of all—which has never tasted so good!

The Smart Fats that can makeover your metabolism from top to bottom include a select group of saturates and omegas from the -6 and -7 families of fats.

**They include the following oils and foods:**

- Coconut Oil
- GLA (gamma linolenic acid) from hemp seeds and hemp seed oil, spirulina, borage, evening primrose and black currant seed oil
- CLA (conjugated linoleic acid) from safflower oil, grass-fed whey, butter and cream
- Omega-7 (palmitoleic acid) from anchovies, macadamias and sea buckthorn
- Pastured Butter
The Coconut Cure

From a metabolic perspective, coconut can do no wrong. It feeds the thyroid and is the only source of saturated fat that does not require bile to break it down for your body to use it. Coconut oil actually bypasses the gallbladder. This is great news for anyone with a gallbladder condition or fatty liver.

It is a rich source of medium chain fatty acids (MCTs) that really can improve the efficiency of your thyroid and boost metabolism over 50%. The MCTs in coconut oil are fast burners that create a most efficient food fuel not only for your thyroid but also for your brain where it can aid cognitive function. In fact the MCTs produce ketones, substances your body produces when it breaks down fats for energy, which can play a major role in treating Alzheimer’s and other neurodegenerative diseases.

At least two studies document the effectiveness of coconut oil on belly fat burn for both sexes. Both received a daily dose of two tablespoons of coconut oil for a period of 12 weeks. At the end of the study, both men and women evidenced a reduction in waist circumference while the women also saw their HDL cholesterol levels rise.

This newly-revived ancient oil which has become so wildly popular has very few drawbacks. It does seem however, to work best for those that have an A blood type due to the presence of dietary lectins (protein-based antigens) in other blood types. When it is not tolerated well, it may be due to this type of allergic response as lectins can disrupt digestion, impair immunity, and create agglutination of blood cells.

Still in all, coconut oil has been proven to be not only safe but extremely effective at targeting abdominal fat in both men and women. With just the addition of two or more tablespoons of this delicious Smart Fat to your diet, it can reduce your belly fat and elevate your good HDL cholesterol levels. Many clinical studies have demonstrated an increase of 12 to 36 pounds per year for lasting and delectable weight loss with a Smart Fat addition of daily coconut oil intake.

As a rich source of lauric and caprylic acids, coconut functions as a marvelous anti-viral, anti-fungal and anti-parasitic food.

Before we move on, let me also say a word about red palm oil, because I know you are probably curious. Although it has a Smart Fat composition even more impressive than coconut oil in some respects, I am not recommending red palm oil, in spite of its stellar carotenoid content, due to the environmental, ethical and moral implications and controversy surrounding its manufacture.

Smart Tips: Boost Metabolism and Heal Your Thyroid

1. Rule out thyroid-impacting dental and/or sinus infection. Find a biological dentist who can do a thorough examination of your mouth with a low-level radiation panoramic X-ray. Since many biological dentists also specialize in mercury-free dentistry, have the dentist check your mouth for mercury and/or high copper amalgam fillings as well as for conflicting metal interference in your mouth. Many offer a
biocompatibility blood test which assesses the most suitable dental materials, crowns, glues, and cements for your unique system. Check out the International Academy of Biological Dentistry and Medicine online at iabdm.org to find a practitioner in your area. Check with a local Ear, Eyes, Nose and Throat specialist for sinus issues.

2. **Substitute coconut oil whenever you can to nourish the thyroid.** Use the oil and all coconut derived products like full-fat milk, cream, and unsweetened coconut in cooking, smoothies and desserts. Make macaroons your sweet treat. There are many novel ways to get coconut in your diet. Adding it to your morning cup of coffee or tea will energize you from the get-go.

3. **Get your thyroid checked.** If you can’t get a full thyroid panel with a TSH, T3, T4, and T7, then do consider a hair mineral analysis. The calcium to potassium ratio that is revealed on that test can tell volumes about the functioning of your thyroid and how it might be contributing to your weight loss plateau.

Typically those with hypothyroidism have too much calcium in relationship to potassium. And those that need to rev up their thyroid may need more potassium-containing foods and/or supplements. Excessive amounts of calcium from dairy foods or supplements tamp down thyroid activity. In contrast, potassium can speed up thyroid activity. So load up on potassium-rich spinach, squash, salmon and avocados. By balancing the thyroid gland alone and supporting your mineral balance, you can expect to finally jump off that weight loss plateau!

4. **Give up gluten.** Completely eliminate gluten-containing grains from your diet to naturally reset thyroid hormone production. Wheat, rye, spelt, kamut, couscous, triticale and barley should be avoided. Gluten-free alternatives are millet, brown or wild rice, taro, teff, buckwheat, quinoa and amaranth. Instead of flour, consider using arrowroot or tapioca for thickening.

If you are really serious about weight loss, you should also eliminate all other reactive foods—primarily foods containing sugar and yeast, both of which often accompany gluten.

5. **Power up on protein.** Consume at least 20 grams (as found in three to four ounces of fish, poultry, or meat, a serving of whey or vegan protein powder equating to 20 grams, about three eggs, and four ounces of fermented soy). Protein boosts metabolism by up to 25% for about 12 hours. They are the tissue and muscle builders par excellence.

6. **Cook cruciferous.** Since raw cruciferous veggies (cabbage, kale, Brussels sprouts, and cauliflower) contain possible thyroid-interfering goitrogens, your best bet is to cook them. With regards to soy products, only consume fermented GMO-free soy products or GMO-free lecithin, which does not contain the goitrogenic element.

7. **Address the adrenals.** Well-nourished adrenal glands will help to support a weakened thyroid, so do consider adrenal glandulars which contain the RDA/DNA blueprint for regeneration (see Resources). In addition, or if you are vegan or vegetarian, try adaptogenic herbs like rhodiola and ashwaganda. Good old
fashioned pantothenic acid, which I learned to revere thanks to Adele Davis’ books that I voraciously read when I was in college in the ‘70s, is a long forgotten godsend for worn out adrenals and the inability to cope with stress. It can help to balance the adrenal’s output of cortisol, a major fat-promoting hormone covered in more detail in the Stress section. In general, 500 mg up to four times daily, either alone or in conjunction with the other adrenal nutrients—can make a huge difference in energy levels. So can more sea salt.

8. Pop some probiotics. High probiotic-containing foods like yogurt and kefir contain millions of friendly bacteria, but a well-balanced probiotic with a variety of different strains including the gliadin protecting B. lactis BI-04—will contain billions of probiotics. This is just what you want to populate your microbiome. The right strains and numbers of friendly flora will support thyroid function and many other immune-enhancing processes.

9. Avoid fluoride, bromide, and chlorine like the plague. Without sufficient iodine to kick them out, these three chemicals can stockpile in your body and impede thyroid function. So become a diligent label reader. A good water filtration system which blocks fluoride and chlorine may be essential for home use. (See Resources for my pick.) About 2-3 mg of the trace mineral boron can help to neutralize fluoride.

10. Seriously consider supplementation of vitamins, minerals and amino acids that are thyroid friendly. Some of these nutrients help the inactive T4 hormone convert to the more activated T3 while others support overall gland functioning. Typically, integrative practitioners will suggest daily totals of 50 mg of a methylated B complex, 25,000 IU of Vitamin A, 400 IU of Vitamin E, 45 mg of zinc, 18 mg of iron, 200 mcg of selenium, 500 mg or more of tyrosine. There are also a variety of whole food sources which will naturally provide all these nutrients, but most likely not in the high enough therapeutic dosage that a tired thyroid needs to heal.

When it comes to iodine, it is important to keep in mind that iodine is able to restore balance whether the thyroid is high or low, although in the case of Hashimoto’s, iodine may not be recommended.

While the recommended daily intake (or RDI) of iodine for adults is 150 mcgs per day there are many benefits to taking more, especially for women. In higher amounts iodine acts as an adaptogen, a substance that increases the body’s ability to adapt to stress, and plays a significant role in treating the thyroid as well as preventing such disorders as polycystic ovary disease, fibrocystic breast disease, sleep apnea, diabetes, cardiac arrhythmia, hypertension and hormonal imbalances. Iodine can also increase your stomach acid levels, which will improve your digestion.

I like a supplement called Iodoral which combines 5 mg of iodine with 7.5 mg of potassium iodine for a total 12.5 mg of iodine. Although this may seem like too much of a good thing, it has done wonders in turning up the metabolic fires of many hypothyroid sufferers.
The typical iodine sources that I used to recommend would be sea veggies like hijiki, wakame, Kombu and nori. However, since Fukushima I no longer recommend them because I simply can’t be assured that radioactive residues, let alone mercury, is not an issue.

11. Don’t be a victim of virus. Coconut comes to the rescue again. The purified lipid extracts derived from coconut oil turn out to be a virile virus killer. Look for products called Monolaurin or Lauricidin. The amino acid l-lysine can stop the virus from replicating along with a diet that is low in lysine’s antagonist amino, arginine. That means you will need to limit all nuts, seeds and chocolate for the time being to avoid too much arginine at the expense of anti-viral lysine. Herbal viral remedies include cat’s claw (processed without the TOA chemical), lemon balm, lomatium, osha, and/or olive leaf extract. These are all available in either tinctures or capsules. Look for tinctures preserved with non-GMO grape alcohol or grain-free alcohol. Some individuals do very well with colloidal silver—especially the advanced nano-based ones now on the market.

GLA - The Fat Burning Multitasker

The essential GLA (gamma linolenic acid) is not just your ordinary Smart Fat. Distinctively different than thyroid-targeting coconut oil, GLA is a multi-tasking essential fatty acid that activates brown fat to effortlessly burn calories from heat. Our bodies needs to get GLA from foods because we cannot manufacture this essential fatty acid without an outside source. GLA has proven benefits to ignite a slow metabolism and is a healer for PMS, bloating, depression, diabetic neuropathy, morning stiffness, and skin conditions like psoriasis and eczema.

As far back as the 1980s, many studies focused on GLA as a natural aid to weight reduction. They were published in prestigious medical journals such as the New England Journal of Medicine. These reports documented GLA’s definite promise in the battle of the bulge.

Prostaglandin power

GLA regulates metabolic functions all the way down to the cellular level, helping the cardiovascular, immune, and reproductive and central nervous systems through its prostaglandin pathways.

Prostaglandins are short-lived hormone-like substances that regulate metabolic processes throughout the body. They were discovered over 60 years ago in the prostate gland, hence the name “prostaglandins.” Today, prostaglandins are included in a larger group of hormones known as eicosanoids.

So profound is the ability of the essential fats to transform themselves into these substances that the 1982 Nobel Prize in medicine was awarded to scientists in prostaglandin research.

Prostaglandins can only be made from two essential Smart Fats, GLA, an omega-6, and EPA, an omega-3 fat. These two are the direct prostaglandin building blocks. Together they form an unbeatable
combination and ideally should be consumed in a one-to-one ratio since so many overweight individuals are GLA deficient based upon essential fatty acid testing.

**All That And Fat Burning, Too!**

Our Smart Fat produced prostaglandins have far reaching implications. They control inflammation, blood clotting, blood pressure, tumor growth, brain function and allergies. They soothe the skin, promote healing and regulate water loss. Their natural anti-inflammatory properties reduce pain, swelling and redness. They are burned off much more quickly than other fats and their biochemical structure easily permeates cell walls, making them flexible and less rigid and stiff, thereby inhibiting overeating because of more rapid satiety. Other GLA attributes include stellar skin protection to moisturize internally and diminish symptoms of eczema and psoriasis; reduction of excess inflammation and alleviation of morning stiffness; support of healthy cholesterol and relief of PMS, perimenopause, and menopausal symptoms; and alleviation of hangover and substance abuse symptoms.

The series one prostaglandins created from GLA are believed to regulate many aspects of metabolism. GLA-induced prostaglandins regulate brown fat by acting as a catalyst to either turn it on to trigger calorie burning or turn it off to trigger calorie conservation. Prostaglandins are also connected to a metabolic process referred to as ATPase. ATPase is also known as the sodium pump, a biochemical process necessary to keep the right amount of potassium inside cell walls and too much sodium out.

GLA-rich substances like black currant seed oil, by means of prostaglandin activity, control the sodium pump, which in turn revs up metabolism.

When GLA is in the diet, it operates as a remarkable fat-burning agent when it triggers brown fat calorie burning and the sodium pump. Brown fat is also known as brown adipose tissue or BAT. It gets its color from the many fat-burning mitochondria it contains. It only comprises 10% or less of total body fat, yet it can burn one-fourth of the calories burned by all other fat tissues combined. In a similar way, GLA can stimulate the sodium pump to use up to nearly 50% of the body’s total calories.

In 2009 a flurry of new studies about fighting fat came out that were heralded as the “newest obesity theory,” claiming that brown fat was a potent regulator of metabolism and weight. The research said that brown fat was deficient in overweight people and was primarily activated by cold.

I remember shaking my head about this new obesity theory because I had written about brown fat back in 1988 in connection with GLA! Since the new research, the scientists completely overlooked the role of GLA, which stimulates brown fat activity, through its prostaglandin pathways.

And while omega-6s as a whole have gotten a bad rap, their reputation is not quite justified. The issue is that GLA’s raw materials, the linoleic-acid containing safflower, sunflower, soy and corn oil, are possible, but not always probable, precursors. Possible—because under ideal conditions they should easily be converted into the powerful prostaglandins that have all the healing and metabolic benefits.
The problem is that these typically refined and processed oils are further blocked from converting into the biologically potent prostaglandin, which make them biologically worthless to the human body. A number of dietary and lifestyle conditions like a lack of enzymatic cofactors such as niacin, B6, vitamin C, magnesium and zinc as well as the presence of transfats, excessive saturated fats, or alcohol in the diet, impairs the delta-6-desaturase enzyme charged with the transformation process. (The same metabolic suspects, by the way, are in play which can impair the transformation of the omega-3 alpha-linolenic acid into EPA.)

Since food sources cannot always convert into GLA on their own, you are much better off taking GLA in supplemental form from borage, evening primrose or black currant seed oil with two exceptions: hemp seed oil (not marijuana but from the same plant) and spirulina, a blue green microalgae. Hemp seed oil contains “pre-formed” GLA with a perfect blend of omega-3s.

If you prefer to take a supplement, my recommendation is the GLA from black currant seed oil. Because of all the pre-formed GLA sources, it is the best balanced with omega-3s as part of its makeup. Perhaps most interesting of all is the hypothesis that GLA, like other fatty acids, has the potential to elevate levels of serotonin, the “feel good” brain chemical which contributes to the feeling of fullness. By elevating serotonin, you will feel calmer and satiated sooner. So not only does GLA have the ability to increase the body’s metabolism and burn fat, but it may also work as an appetite suppressant as well.

**Smart Tips: GLA**

Want to know how to get more GLA in your life for a metabolic kick?

1. **Nibble on hemp “hearts” (seeds) and drizzle hemp seed oil.** Hemp is a great tasting source of balanced omega-6 and omega-3, and also contains vitamin E. Nutty and full of flavor, the hemp seeds are great snacks and make a smoothie nice and creamy. The oil is perfect over veggies and salads. Besides spirulina, which can be taken as a supplement or sprinkled in powder form in a smoothie or green drink, hemp seeds and oil are the only direct pre-formed food sources of thermogenic GLA.

2. **Take supplements of ready-made GLA.** Found in black currant seed oil, borage or evening primrose oil for stronger GLA power, I recommend 360 to 900 mg daily.

**CLA – The Tummy Fat Blaster**

CLA (conjugated linoleic acid) has profound fat loss and healing benefits. CLA helps reduce body fat while retaining lean muscle mass, a ready-made innate calorie burner. It is also considered a necessary fatty acid for both cell growth and as a building block for cell membranes.
To date, there are over 500 published studies on this previously unrecognized nutrient. The first human clinical trial using CLA was conducted in 1997 in Norway. It was a 90-day double-blind clinical study that showed a stunning 20% decrease in body fat, with an average loss of seven pounds of fat in the group taking CLA. These results were achieved without a single change in dietary habits, establishing CLA supplementation for the first time as a simple, effortless weight loss tool.

In addition to the ability to reduce body fat, CLA has also been shown to increase lean muscle mass. In this same study, although participants lost body fat, they experienced very little change in overall body weight due to the increase in lean muscle mass. The end result was a stronger, healthier body.

CLA is also a powerful tool for anyone who finds themselves with weight gain over the holidays. In 2006 researchers studied 40 healthy but overweight subjects over a period of six months. Over the holiday season, the placebo group displayed a greater rate of weight gain; while the CLA group showed significantly reduced body fat of around 2.2 kg over the six month period.

CLA occurs naturally in grass-fed dairy foods—especially cream, butter and full-fat cheese. It is also found in beef and lamb. Before the 1970s, Americans got plenty of CLA by eating these Smart Fat-filled foods. Today we are getting next to no CLA because livestock is rarely grass-fed anymore, which decreases CLA levels by about 80%.

To compound this deficiency, over the past 70 years many misguided Americans on low- or no-fat diets have stopped eating these dietary sources of CLA.

While adding grass-fed dairy and meats back into your diet is highly recommended for a variety of health reasons, there are other ways to get more potentized CLA into your body. Science has been able to create CLA from the linoleic acid found in sunflower and safflower oils. Today CLA is available as a convenient dietary supplement.

**Cellulite be gone!** Did you know that biopsies of cellulite demonstrate that unlike fat in most other areas, the fat within cellulite is actually inflamed? This type of inflammation speeds up the breakdown of collagen and contributes to that puckered-up, orange peel look we all dread. Studies also show that CLA increases strong and healthy collagen and prevents fat cells from accumulating even more fat and swelling up. And, both ultrasound and visual examination has proven that CLA can markedly reduce the appearance of cellulite.

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**Smart Tips: CLA**

Want to increase your CLA to rev up metabolic rate?

1. **Eat CLA-rich grass-fed beef and pastured butter and cream.** Also be on the lookout for grass-fed, non-denatured whey.
2. Consider CLA supplements from conjugated safflower or sunflower oil. I recommend 3,000 mg daily. But, just be careful. With many of my clients, you lose weight so quickly you will go down a pants size or two in no time!

GLA vs. CLA: What's the difference you ask?

GLA (gamma linolenic acid) and CLA (conjugated linoleic acid) are both important fatty acids that will help burn fat to promote weight loss, and help control appetite to prevent weight gain.

They can be taken individually or as a duo to help break down fat.

- GLA raises your metabolism by stimulating brown fat (adipose tissue) in the body to burn calories for energy.
- CLA especially targets visceral fat (found deep within the abdominal area) and is helpful for burning belly fat while increasing lean muscle mass.

Meet Omega-7 – The New “Kid” on the Block

Make way for omega-7. It is the latest powerhouse Smart Fat which some day may rival coconut in popularity. Studies from Harvard, The Cleveland Clinic, Hawaii and Japan have suggested that omega-7 is a force to be reckoned with. This awesome omega can be found in its most biologically available form in anchovies, while sea buckthorn is the highest source of a vegan omega-7. Macadamia nuts and macadamia nut oil are not far behind. Research suggests that anchovies or their highly purified, pharmaceutical oil may be your best bet of all.

According to some rather compelling studies, this previously unrecognized omega ignites effortless weight loss even more than comparable omega-3s. Out of 400 fatty acids studied for regulating lipid metabolism, omega-7 was the most active. Omega-7 dramatically improves heart health and insulin sensitivity and reduces a fatty liver.

In fact, when researchers from Harvard observed omega-7 interact with fat cells in a petri dish, they found that omega-7 acts like a fat burning signaling agent to fat cells—which can become inactivated because of age, stress, or environmental toxins.

It elevates satiety hormones over 25% and can decrease food intake almost as much.

Stubborn fat doesn’t have a chance now that omega-7 has arrived!

This one-of-a-kind fatty acid also quells cellular inflammation. While this is a benefit not unlike other omegas, the results of omega-7 supplementation make the others pale in comparison. Inflammatory
markers like C-reactive protein can fall within 30 days by nearly 75%. Now that’s something to write about!

Besides revving up fat burning, purified omega-7 has an impressive reputation of also reducing levels of fat and triglycerides in the blood, which make it such a boon for cardiovascular conditions.

In one month-long study, test participants who supplemented with 210 mg of purified omega-7 per day demonstrated a moderate increase in the “good” HDL cholesterol, a drop in the “bad” LDL cholesterol and a nearly 20% decrease in triglycerides.

**Smart Tips: Omega-7s**

So how can you add the rising superstar omega-7 into your diet?

1. **Aim for anchovies.** They pack big flavor into a tiny fish. You can use anchovies to add flavor to sauces, salad dressings, pasta and soups. Anchovies are filled with omega-3s which lower inflammation, as well as boost metabolism. Anchovies are also the fish with the least amount of mercury that are safe to consume. Check out my Party Pate recipe to see how to creatively hide the strong taste of anchovies into a yummy dip. Oh and don’t forget that a traditional Caesar salad dressing is typically made with anchovies, too.

2. **Buddy up with Barlean’s Heart Remedy Oil.** Just one teaspoon of Barlean’s delicious berry flavored oil contains the study-backed dose of 210 mg of purified omega-7. This oil can be creatively used in no-cook recipes like vinaigrettes, parfaits and pies. Who would ever guess that it contains purified anchovy oil?!

3. **Munch on macadamias and cook with macadamia nut oil.** Macadamias are seriously satisfying and a small amount goes a long way. These were the nuts that my late friend, Dr. Robert Atkins used to nibble on when he was in his office, his radio show on WOR, or on an airplane.

   The macadamia nut oil fires up your metabolism while packing an amazingly rich taste at the same time. This oil can stand serious heat, up to 400 degrees F, and serves up considerably more antioxidants than any other cooking oil I know of. It is great for making popcorn or stir-frying some veggies, all the while helping you achieve your weight loss goals.

4. **Shore up with sea buckthorn seed oil.** This exotic oil can be taken as a dietary supplement in softgels or in liquid form to boost metabolism. Well known in China, Russia and Europe as one of nature’s most incredible healers, sea buckthorn has the highest source of natural carotenoids like beta carotene and zeaxanthin, lycopene and lutein. It is exceptionally high in medicinal antioxidants. Used topically, sea buckthorn oil can aid mouth ulcers, rosacea, eczema, and burns. It has widespread applicability for gastrointestinal health by reducing inflammation. In general, it is a powerful collagen enhancer and heals skin by calming down redness.
Butter – The Better Margarine Substitute

Butter sure is better—but ideally should be from grass-fed or better still, pasture-raised animals. Butter derived from these cows is much higher in nutrients than butter from grain-fed cows raised in conventional feedlots. The grains used in feedlots are typically corn-based and are spliced with genetically modified organisms (GMO). The cows stockpile toxins and pesticides like dioxin in the fat tissue. Therefore, when you consume non-organic grain-fed dairy, you are likely dining on pesticides and herbicides from the cow’s feed.

Grass-fed assures you that the cows at least have not been fed grains—which reduces the probability of GMOs—a good thing. Organic butter that is pasture-raised is the highest in nutrients, because it means that pesticides have not contaminated the soil the grass is grown in.

With organic pastured butter, you will be getting the purest natural source of CLA—which is also contained in higher quantities in cream from organic pastured cows. So, while you enjoy the delicious taste of butter in your food, you are also ingesting one very stable Smart Fat that holds up well in the frying pan or in the fridge. Its rich CLA stores will target your tummy fat while preserving lean muscle mass.

This “X Factor” Smart Fat is the ideal substitute for just about all transfat laden margarines and shortening which clog up arteries, accelerate aging, may cause cancer and block vegetable oils from converting into metabolism raising prostaglandins.

When I dropped the “butter is better” bombshell with the publication of my first book in 1988, most people were still in disbelief. They were so thoroughly indoctrinated with the anti-fat message of the decade. I distinctly remember one particular lecture in my hometown of West Hartford, Connecticut. When I began explaining how the transfats in margarine could create heart disease and even cancer over time, you could have heard a pin drop in the room of 350 women. They were visibly shaken. No wonder, the audience were all members of my mother’s Hadassah group and were Jewish women who never mixed meat with butter at a meal because of kosher dietary laws. Margarine was a staple on their dining tables—as it was in my home for nearly 30 years!

In case any of you need more convincing than the *Time* magazine cover story, below are other great reasons to include pastured butter into your diet:

Butter, like other saturates including cream, is needed for energy storage, to cushion organs against shock and to insulate vital tissues against the cold. The body’s capacity for energy storage in the form of fat cells is an evolutionary marvel. Nature in her infinite wisdom provides extra protection for women for childbearing and nursing by storing extra reserves in their buttocks and thighs.

Butter is filled with the fat-soluble vitamins A, D, E, and K2. The “mysterious X factor” first identified by Dr. Weston Price over fifty years ago in the diets of indigenous people has now been identified.
decades later as the fat soluble K2, so important for proper calcium utilization and the prevention of cancer, osteopenia, osteoporosis and cardiovascular disease. Since fat-soluble vitamins can be missing from the diet without enough bile production, having butter as a handy whole food source of supplementation is more than good news.

Butter contains healthy saturated fats which raise HDL (good) cholesterol, and lower LDL (bad) cholesterol levels. Remember that the latest studies have confirmed that there is no association between consuming saturated fats and developing heart disease.

Butter contains a mix of the short and medium chain fatty acids (MCTs) that are so high in coconut oil. This means that these types of saturated fats can also bypass bile emulsification—good news for those without a gallbladder or who have had troubles digesting fats.

Butter lowers your risk of obesity. Over the past several decades Americans have been told to use low-fat dairy products to get calcium without all the “bad” fats and high calorie count. However, eating high-fat dairy products will NOT make you fat. A recent study looked at the role of high-fat dairy on obesity and metabolic disease. Their findings proved that high-fat dairy lowers your risk of metabolic disease while reducing your risk of obesity.

**Smart Tips: Butter**

How do you increase butter in your diet to enhance weight loss and wellbeing?

1. **Opt for organic pastured butter—or just organic if it is not available—in place of margarine.** Use it in your favorite recipes, stir a teaspoon into your morning coffee, melt it on veggies, baked potatoes or yams, gluten and/or grain-free breads, muffins and crackers. Truly, I can’t think of a single food that is not improved with the addition of a pat of butter.

2. **Allergic to dairy?** Try ghee. Ghee is a clarified form of butter that retains all the health benefits of butter but has the casein and other milk proteins removed which can cause an allergic reaction. Ghee is used in India and many eastern cultures for high heat cooking, and has far more flavor and nutrients than traditional butter. Use ghee in curries, soups and especially stir-frys because of its high smoke point.

**Summing it up**

Metabolism can be sabotaged by a number of sneaky factors that can derail your weight loss efforts. These saboteurs include your thyroid, a lack of essential fats that turn jiggly white fat into slimming brown fat (adipose tissue), or even scrambled cellular communication. In all of these cases, Smart Fats can help to reset metabolism. Identifying intolerant foods that block weight loss is another key component to addressing cravings and food addiction. But probably none of this compares to the
devastating impact of unrelenting stress that you will meet head-on in the next section, all of which you can take control of.
Part 3: How Smart Fats Reset Stress Hormones

There is probably nothing—and I mean nothing—like unrelenting stress to sabotage weight loss. Stress really does a number on your body. The sad thing is that stress, no matter where it comes from, will have the same detrimental biochemical effect—a spike in cortisol, your body’s premier fat storage hormone. Cortisol is released by the adrenal glands as part of our “fight or flight” mechanism.

While you may be aware of stress—whether it is physical, emotional, or psychological—you may be completely unaware of steadily accumulating “silent” stress caused by electropollution thanks to our smartphones, tablets, cordless phones, routers, smart meters and even baby monitors. All of these digital wonders emit biologically active, disruptive man-made radiation that surrounds us 24/7 in a sea of invisible energy—a major autonomic nervous system stressor that nobody is talking about.

It turns out that our DNA is exquisitely sensitive to even the most minute amount of non-ionizing (non-heating) electromagnetic radiation from wireless technology. Our bodies respond to this type of radiation in a number of ways including the secretion of heat shock proteins—around 20 to be exact—with a corresponding elevation of cortisol.

Out of control cortisol levels and non-stop stress can send your health into a downward spiral resulting in a series of negative consequences besides stockpiling on tummy fat. Practically every single disease known to man is due to unmanaged stress. Your brain can actually shrink, the happy hormone serotonin can take a nosedive, your bone density and strength can diminish, and mental illness can set in.

The two hormones that are most impacted from various types of stress are the ultimate fat promoting cortisol and insulin. Remember, the stress hormones, more than any other hormones, will inhibit your ability to lose weight even if you are on the best diet and exercise program!

Stress Hormone # 1 – Cortisol

This fat storage stress hormone is blocked by omega-3 rich oils:

- Walnuts and walnut oil
- Camelina (wild flax) oil
- Fish and fish oil

When cortisol—your main stress hormone—is behaving itself, it truly is your BFF hormone. It gives you that “get up and go” and provides you with just the right surge of energy in emergency situations whether you are emotionally upset or physically challenged or suffering from low blood sugar.

But when you can no longer hit the pause or refresh button, and that cortisol surge won’t quit, then you run the risk of some very unpleasant side effects—including weight gain.
The human brain contains more than 60% fat. It also happens to need more omega-3 fatty acids than any other organ or system in the body. The EPA and DHA (docosahexaenoic acid) fats are major players in regulating emotions, mood and warding off depression. These Smart Fats can help to reduce aggression and hostility in a number of clinical studies. They can help to fortify your system so you can mentally handle and cope with stress more efficiently to minimize the damage created by elevated levels of cortisol.

**Omega-3 Fats Ease Stress**

According to the National Institute of Health, omega-3s help to balance stress hormone levels and provide direct weight loss benefits. They can be supplied by ALA-rich walnut and walnut oil, Camelina oil, as well as fatty fish and fish oil.

Walnuts and walnut oil contain high levels of the omega-3 plant-based ALA which have many added benefits besides their ability to regulate stress hormones. Camelina oil is also a rich source of ALA, but contains an amazingly high amount of stable monounsaturated fatty acids (omega-7s), as well as vitamin E which makes it a very beneficial oil for medium-heat cooking. Due to its high antioxidant content, it's known as the “better” flax. Of course, an even more direct source of the omega-3 fatty acids is fatty fish like wild caught salmon, sardines, anchovies and mackerel.

Walnuts, however, unlike fish or fish oils, are rich in trace minerals like zinc, selenium, calcium, copper and manganese. Walnuts and walnut oil also pack a serious dose of vitamins B1, B2, B3 and vitamin E—all notably worthy vitamin stress relievers that soothe the nervous system. Walnuts are also one of the richest natural sources of melatonin—second only to tart cherries. Melatonin is the hormone that regulates your body’s sleep-wake cycle. It ensures that you get the sleep you need for restorative rest that also prompts weight control.

Omega-3 rich foods right before bed—like a couple of walnuts or walnut oil in a smoothie—will come in very handy when you consider that just one night of poor sleep can raise cortisol by 45%.

As it turns out, sleep and cortisol are intimately entwined. Chronically high cortisol levels disturb sleep, and lack of sleep can make you fat.

**Sleep: The Secret Weight Loss Aid**

Sleep deprivation has reached epidemic proportions here in the US. Approximately 7 out of 10 Americans report sleep-related problems. Lab tests show that cortisol levels are much higher in sleep-deprived people. A landmark study in 2000 by the University of Chicago’s Department of Medicine revealed that not only does sleep deprivation affect tiredness and immunity, but too little sleep impairs the way your body actually handles food, creating impaired glucose tolerance. This can result in insulin resistance and obesity.
And it’s not just cortisol and insulin that become out of whack without proper rest. A lack of quality sleep also impedes surges of growth hormone, resulting in increased fat tissue and reduced muscle mass—just what you don’t need. Growth hormone is released while you sleep, raising gradually from about 10pm and peaking at about 2am. It also prompts your body to burn fat in order to repair the tiny tears in your muscles caused by exercise. This gives you a higher muscle-to-fat ratio, which boosts your metabolism, helping you to lose weight and keep it off.

In order to boost growth hormone even more, eat a light cortisol-containing snack of walnuts or a smoothie with walnut oil or even an omega-3 deviled egg—providing your gallbladder can tolerate eggs—just before you retire.

**Cortisol as Fat Maker**

Cortisol is such a primary fat storage hormone because it activates enzymes to store fat when it comes into contact with any and all fat cells. Abdominal fat has four times the amount of cortisol receptors than any other fat cells and so is a tell-tale sign of cortisol imbalances that your body can’t hide.

High cortisol levels over a long period of time have huge consequences, such as chronically high blood pressure, memory changes, depression, insomnia, slow wound healing and **diabetes** (diabetes + obesity, a term coined by my buddy, the late, great Dr. Atkins).

Elevated cortisol levels also depress thyroid function, interfere with progesterone (your body’s natural anti-depressant), raise blood sugar and cause your body to break down muscle tissue to be used for energy—a big setback for weight loss since muscle is a natural calorie burner. The less lean muscle mass you have, the lower your metabolism and the easier you gain weight.

In contrast, extremely low cortisol levels are associated with thinning skin, brittle bones and **fibromyalgia**—probably due to burned out adrenals. Maintaining balanced cortisol levels that are not too high and not too low is truly a lifetime balancing act and one I find my most challenging!

Cortisol has a nasty habit of making you wake up in the middle of the night. Intermittent frequent awakenings—especially at 3am or 4am in the morning are often related to cortisol surges which should be lower to allow you to sleep through the night. When melatonin levels naturally rise, cortisol should be lower. Taking melatonin before bed or drinking several ounces of diluted tart cherry juice may help neutralize excess cortisol and prevent it from keeping you up at night—when you need to be stacking **ZZZs** and snooze to lose.

**Flower Power for Emotional Stress Control**

Repressed emotions can trigger over-eating and bingeing as many of us know. Also of this can impede our best weight loss efforts unless we can learn to cope with emotional issues. Impatience, discouragement, bitterness, frustration and anger are often common triggers. Granted for many
psychotherapy may a viable solution. For those that want to either augment this therapy or find a natural alternative, I would recommend the Bach Flower Remedies. They are a kind of energy medicine similar to homeopathy that offsets emotional turbulence that can be at the root of physical disorders. Developed in the 1930s by Dr. Edward Bach, an English immunologist, the most renowned formula, Rescue Remedy is a five-flower extract combo that is used to help alleviate trauma, whether emotional, physical or psychological.

**Community Calms Cortisol**

Women, in particular, benefit from the support of others in being able to handle all aspects of life including stress. A landmark study from UCLA proves something that many of us have already suspected: a unique bond forms between women. A circle of friends makes life brighter and the tough times easier.

The researchers at UCLA demonstrated that women that were under stress produced brain chemicals that opened them up to making and maintaining friendships with other women. It was generally assumed that when a person experiences stress, the hormonal release creates the typical “fight or flight” response. Women have a very distinct response to stress, as opposed to men. In women, the hormone oxytocin is released which acts as a buffer to cortisol and encourages females to gather with their girlfriends. Men do not have this response because of the high amounts of testosterone they produce. So, when men are stressed they tend to go off by themselves, and when women are stressed they gather others around them.

**Smart Tips: Cortisol**

Here are some smart tips to balance cortisol levels and tame the stress hormone monster so it can’t scare away your best weight loss efforts:

1. **Eat walnuts and enjoy walnut oil.** This omega-rich nut can be popped into salads and side dishes. The oil—when roasted—is absolutely delicious (one of the tastiest oils I have ever used) and packs serious health benefits. Roasted walnut oil will lift an ordinary salad to the sublime with a basic mix of Romaine lettuce, chopped green onion, cilantro, celery and Celtic sea salt. Serve one tablespoon of roasted walnut oil per salad.

2. **Count on Camelina!** Camelina is also an excellent oil for those with heart issues—because of its high vitamin E content, it works wonders for blood clots! It’s a tasty salad dressing and can be used in medium-heat sautéing.

3. **Eat fatty fish and take fish oil supplements.** Try to consume some wild caught fish at least twice per week and also supplement with fish oil on a daily basis to help manage stress better. Just make sure that the fish oil you buy is molecularly distilled and free of heavy metals. Do be aware, however, that fish oil is a natural blood thinner so caution should be taken if you are also taking blood-thinning meds. Choose the newer orange and lemon flavored fish oil liquids or softgels which seem to be better tolerated.
4. **Shake MORE salt.** Yes, you heard that right. Most of us are sodium deficient and the right type of salt (I like Celtic sea salt) can support adrenal function and help your body better cope with stress. It may then indirectly balance elevated or depleted cortisol levels. I would recommend at least 1/4 teaspoon in warm water first thing in the morning. Gargle with this and then swallow, as the salt is anti-bacterial to your mucus membranes.

For an extra boost, try my Adrenal Cocktail. I have used this for years for my overstressed and overworked clients. It’s best taken mid-morning and/or mid-afternoon. Mix four ounces fresh squeezed orange juice, ¼ teaspoon cream of tartar and ¼ teaspoon Celtic sea salt.

Take a blood test to actually measure your serum sodium so you can better take care of your body’s sodium needs. Without sodium, muscles become stiff and hardened. Sodium relaxes soft tissue and is incredibly important when you are under stress.

5. **Lights out!** Let’s talk sleep—a key underlying cause for stress fat. Do try to be in bed by 10pm when your cortisol levels diminish to their lowest levels (three hours after sunset), and to give muscle-building growth hormone a fighting chance to properly release. Ideally, your body will start to lower cortisol between midnight and 4am. If this important cycle is interrupted at all, you can kiss the prospect of ever melting that belly fat goodbye!

So, by all means shut off lights and start to dim them after dark to prepare your body for sound sleep and melatonin activation. Unplug all electronics and keep digital gadgets out of the bedroom to reduce invisible EMF stress. Disable wireless routers before bed and put your cell phone on airplane mode. Aim for seven to nine hours of peaceful, restorative rest.

6. **Eschew the blue—at night that is.** On the light spectrum, blue light is great for helping you stay alert. One reason: studies show it suppresses melatonin production. As you get ready for sleep, it becomes increasingly important to filter out blue light to keep melatonin production at its peak. That’s why dimming lights before bed may be so helpful to protect melatonin so it can do its job. And, that also means that you should avoid the blue light emitted from computer screens, iPads and your smartphone at night—especially in the hour or two before bedtime.

7. **Go barefoot.** Going barefoot on your lawn or on the beach for at least 15 minutes a day can help your body get grounded. When you are grounded you discharge chaotic electromagnetic energies and absorb healing electrons from the earth through the body. These healing electrons can start to repair stress damage from elevated cortisol and curtail inflammation and pain by quelling free radicals.

8. **Curb the caffeine.** Caffeine is an underestimated cortisol spiker that gives you instant energy in the short term but will come back to haunt you later. It also makes you lose key minerals like calming magnesium and calcium due to its dehydrating effects. It is a known blood sugar disruptor and contributes to anxiety and sleepless nights. While a tablespoon of high MCT oil like coconut can help regulate
coffee’s blood sugar peaks and valleys, it is even better to opt for a decaffeinated green tea or dandelion root tea, both of which will help give you energy without the crash and fall effect. If you MUST drink your Morning Joe, however, along with that coconut oil, you can spike your coffee with vanilla whey protein powder for a dose of Smart Fats and healthy protein to prevent cortisol spikes.

9. **Axe the alcohol.** It can raise cortisol and dial down metabolism by greater than 70%. You may hate me for this, but alcohol (yup, even wine) makes it difficult for your liver to keep up with its other metabolic duties so it’s not able to balance the rest of your hormones properly.

10. **Walk, don’t run AWAY stress.** If you are a fitness buff, then you know that intensity, not duration, is the current exercise hot button. Yet, any type of daily movement with deep breathing is a terrific combo to beat stress. Think yoga, Pilates or Tai Chi. But, DO give up that long-distance running. It elevates cortisol—as will any continuous exercise over a two hour stretch. Burst running is a different story though, so mix it up. As far as I am concerned, I prefer brisk walking or jumping on my mini-trampoline to get my lymph flowing and thoughts in order. At least 20 minutes a day—and 40 minutes is even better—of consistent movement and frequent breaks from sitting at the computer are in order here.

Exercise can help you cope with stress more effectively while you rev your metabolism, increase lean muscle mass, burn off belly fat, improve bone mineral density and reduce insulin resistance. You can’t afford NOT to move.

11. **Take supplements to relieve tension.** In this regard, the very best dietary supplement of all, which controls over 350 bodily processes, is magnesium. It literally acts like a tranquilizer in a bottle. You can take an Epsom Salt Bath (two cups to a tubful of water) to relax your muscles, or consider an easily absorbable magnesium supplement. I am especially a fan of magnesium formulas which contain a mix of the best co-factors for absorption like the glycinate, malate, taurinate and orotate forms that target blood sugar, muscles, cardiovascular health and ATP energy. I am also a fan of adrenal tissue glandulars and pair this with the highest quality rhodiola (an adaptogenic herb from Siberia), ideally taken at 7am, 11am and 3pm—the times when blood sugar can be at a low ebb, creating physiological stress.

Some of my clients also swear by phosphorylated serine—taken at least four hours before bed—to dampen cortisol surges that disturb peaceful sleep.

**Stress Hormone #2 – Insulin**

This fat storage stress hormone is blocked by antioxidant-rich sesame and omega-3 oils:

- Sesame seeds and toasted sesame seed oil
- Fatty fish and fish oil

SPOILER ALERT: Insulin is the one hormone that you have THE most control over of all. It is controlled primarily by what you put in your mouth. All foods trigger a hormonal response. Carbs and
most simple sugars stimulate secretion of the hormone insulin while protein produces the hormone glucagon and essential Smart Fats provide the building blocks of the tissue-like hormones we have already met before—the prostaglandins.

Insulin is the key hormone that controls our blood sugar levels after we consume all types of carbs—from grains, starchy root vegetables and sugar, itself. What was most shocking to me is that two slices of whole wheat bread, high in Amylopectin A (a sugar-spiking carb), can raise blood sugar levels higher than most candy bars! Insulin levels can also skyrocket with excessive intake of sugar, alcohol and caffeine.

Insulin metabolizes blood sugar so that muscle tissue can use it for fuel. It also helps store excess blood sugar in the liver and tissues as glycogen or in our bodies as fat. So, excess production of insulin can result in too much blood sugar being stored as fat, interfering with weight loss efforts. That is why a balanced diet of protein and carbohydrates in the form of glycemic carbohydrates (veggies, some starchy veggies and limited fruits) alongside the Smart Fats is so important. The Smart Fats are the body’s best blood sugar stabilizer with protein coming in second.

Meals that are not properly balanced with blood-sugar stabilizing Smart Fat and protein will raise insulin, thereby triggering fat storage. When insulin receptors are blocked or are already saturated, insulin resistance occurs giving rise to metabolic syndrome and contributing to high blood sugar and high triglycerides.

**Why Fruit Makes You Fat**

Speaking of sugar (even natural sources), did you know that fruits can make you fat? Years ago we used to think fructose was the sweetener of choice because it did not raise insulin like so many other sugars.

What we have since learned however, is that fructose is absorbed more slowly into the bloodstream. It creates a more level blood sugar than plain glucose from simple sugars. Fructose has a delayed response. While it doesn't raise insulin, it goes right to the liver, the only organ that can metabolize it, which then turns it into triglycerides (a form of fat) which can ultimately end up around your tummy and "love handles". High triglyceride levels are associated with heart disease, especially in women.

So fruits, which all contain some degree of fructose—but especially high fructose ones like raisins, figs, dates, prunes, peaches, grapes, apricots, apples and pears—need to be kept to a bare minimum or eliminated from your diet completely.

Furthermore, today's fruits are hybridized sugar bombs. Yesteryear's apples, for instance, only contained somewhere around two grams of fructose. Today, thanks to modern agricultural practices and genetic engineering, these “Frankenfruits” now contain up to 30 times as much fructose as fruits in the past. That's why an apple TODAY may no longer keep the doctor away.

The takeaway here is that regardless of whether you are overweight or underweight, your insulin balance can easily become out of whack. That’s why it is so important to consume Smart Fats AND protein.
because both of these macronutrients act as blood sugar stabilizing agents, keeping blood sugar at an even keel.

**Sesame Smooths out Insulin Spikes**

Sesame contains an amazing amount of antioxidants—like sesamol, sesamin and sesamolin—which keep the oil stable, despite its high linoleic acid omega-6 content. Coupled with a high vitamin E content, this unique antioxidant system also aids cellular sensitivity to insulin. This makes the inimitable sesame oil a wonderful seasoning agent and cooking oil for blood sugar regulation.

Used in conjunction with insulin-regulating fatty fish and fish oil, sesame oil can help you finally lose your stubborn belly fat (a major tip-off that you are heading into insulin resistance). Abdominal fat is well recognized as a sign of metabolic syndrome and other health-based problems.

**Fish Oil Increases Insulin Sensitivity**

Several studies have shown that fish oil supplements can minimize the risk that your food will be stored as fat. Omega-3 oils increase insulin sensitivity. This is critical to weight loss, as the more sensitive your cells are to insulin, the less likely it is that your insulin levels will get too high and trigger fat to go into deep storage in your abdomen. Making sure the cells of your body are sensitive to insulin is a well-established key to losing weight and staying healthy.

If weight gain, cravings for sugar, frequent and intense hunger, difficulty concentrating, feeling anxious or panicky, lacking focus or motivation, and fatigue are your major symptoms, then it is time to clean up insulin.

**Glucagon**

The protein-promoting hormone glucagon works in opposition to insulin. What insulin puts away in storage, glucagon puts back into use. The two hormones do not conflict with one another in the bloodstream, because when the insulin level is high, the glucagon level is low and vice-versa.

When your blood sugar drops, the pancreas secretes glucagon. It is believed that both protein-rich foods (meat, fish, poultry, eggs, tofu) and exercise induce this process. Glucagon causes the stored sugar glycogen to be released back into the bloodstream to restore a balanced blood sugar level. In addition to releasing glycogen, glucagon releases fat from adipose tissue. This fat is then burned as fuel—just what you want!

**Prostaglandins**

As you know from the Metabolism section, Smart Fats provide the essential fatty acids that convert into powerful prostaglandins. Similar to the different types of cholesterol, prostaglandins can be divided into
the “good” and “bad” categories. While our bodies really need both to be healthy, the most important thing is that both categories should be in balance.

From the *Eat Fat Lose Weight* perspective, the “bad” prostaglandins tend to increase with high insulin that is fueled by a high carb intake. This results in weakened immunity, increased triglycerides, blood clots, constriction of blood vessels and increased pain. That’s why omega-3 rich fish and/or fish oil are so highly recommended. They provide the natural anti-inflammatory, immunity-strengthening and cholesterol-lowering power of Smart Fats that trigger the “good” prostaglandins.

**Smart Tips: Insulin**

What can you do to get a grip on your insulin levels to enhance weight loss and prevent fat gain?

1. **Sprinkle sesame seeds on salads and stir-frys. Drizzle the oil on veggies and grilled fish.** When you do use sesame seeds, buy them unhulled to retain high levels of calcium. Soak the seeds overnight and toast them to remove oxalic acid which binds to the calcium rendering it bio-unavailable. Drizzle toasted sesame oil on cooked foods and raw veggies. The oil helps to curb the output of insulin to halt fat storage and prevent uncontrolled blood sugar swings that result in cravings and chronic fatigue.

2. **Take omega-3 fish oil every day. Eat fatty fish at least twice per week.** Aim for 1,000 to 4,000 mg daily.

3. **Count your carbs.** If you are already insulin resistant then keep carbs somewhere between 20 to 50 grams per day, according to your individual needs. Lowering your carb intake helps to lower your insulin levels, enabling your own body fat to be burned as fuel.

4. **Supplement with chromium—a key mineral for blood sugar regulation.** It is commonly deficient in our diet unless you live on beer and pepper (the highest sources of this trace mineral)!

5. **Get the sugar out!** This means limiting all sources of natural sugars from fruit—especially fructose. That’s why two servings of fruit per day is my recommendation. Even natural sweeteners like honey, maple syrup and brown rice syrup can play havoc with blood sugar. Experiment with different types of stevia and sugar alcohols like xylitol (from birch), erythritol from non-GMO fermented corn and Lakanto, a mixture of monk fruit and erythritol.

I also like the amino acid glycine. Then, there’s D-ribose—a type of sweet “essential carbohydrate” which feeds muscles and provides energy. Many of these sweet substitutes are ideal for people with metabolic syndrome or insulin resistance. They are highly recommended for pre-diabetics or full-blown type 2 diabetics. Use these to sweeten your tea or in cooking—wherever you used to use the white, pink or yellow stuff. If you are extremely sensitive to sugar, even these alternatives can induce cravings, so a little goes a long way!
6. **Berries are better.** Blackberries, strawberries, raspberries and wild blueberries are low in fructose, high in fiber and chock full of a type of antioxidant known as polyphenols which help break down fat and interfere with the production of new fat cells.

7. **Drink filtered water with apple cider vinegar.** As I wrote in my *Fat Flush Plan*, studies have found that taking about two tablespoons of apple cider vinegar in water before any meal significantly reduces blood glucose levels by dramatically slowing down carbohydrate digestion. In fact, apple cider vinegar would work great as a prescription for fixing your blood sugar regulator. It is a powerful cleansing and healing elixir that is a naturally occurring antibiotic and antiseptic which fights germs and bacteria. Do “drink your apple a day the vinegar way” to give you a healthier, stronger, longer life.

8. **To increase insulin sensitivity, do some strength training.** Work out with weights at least two to three times per week for at least 30 minutes.

9. **Reach for organic almonds instead of an apple.** Be aware of how much fruit (particularly high fructose fruit) you are ingesting on a daily basis, especially if you are doing everything right AND still can’t lose weight. Let’s not forget that high fructose corn syrup is linked to a non-alcoholic fatty liver condition.

**Take-Aways Before Moving On…**

Learning how to navigate stress will probably be a life-time adventure. With the help of supportive friends and family, adequate exercise, regular sleep and the Smart Fats in your permanent lifestyle plan, you stand a much better chance of coping with stress so much more healthfully. Successful stress management will also put you in the best place to overcome the hunger hormones which impact appetite. All of that is what’s up next.
Part 4: How Smart Fats Reset Your Hunger Hormones

The “big four” hunger hormones that work in synergy with each other (and all the other hormones as well) are adiponectin, cholecystokinin (CCK), leptin and ghrelin. Similar to how the thyroid hormone controls metabolism, and insulin and cortisol are driven by stress, these hunger hormones affect appetite.

Although they are relative newcomers to the weight loss game, the hunger hormones can also be set straight by the right Smart Fats and some healthy lifestyle adjustments, like learning how to snooze to lose! By resetting your hunger hormones, you will effortlessly increase insulin sensitivity, stabilize blood sugar levels and preserve more lean muscle mass while you fast track weight loss.

Best of all, you are seriously in for a treat when you experience how to tame the hunger hormone monster. You see, the Smart Fats that are best known for the satiety factor are the monounsaturated (omega-9) foods and oils from olives, avocados, and macadamias, as well as a variety of other nuts, especially pine nuts. After consuming these tempting foods and delectable oils from which they are derived, you will feel so much fuller faster which keeps hunger at bay even longer. Since mouthwatering oils and fats are the real flavor carriers of food, Smart Fats really go a long way in elevating cooking into an art as well as science.

Heart Smart

It is also worthwhile pointing out that the monounsaturated fats have been well recognized for their ability to lower heart disease risk more effectively than statin drugs—to the tune of 70%. This is documented in the landmark Lyon Diet Heart Study with over 600 individuals following the Mediterranean diet which provides high amounts of the marvelous monos. The high monounsaturated Mediterranean diet has not only been shown to lower heart disease risk, but is also linked to a lower incidence of cancer as well as a longer life span.

Before You Go Nuts…

Besides olives, avocados, macadamia nuts, pine nuts and their respective oils, there are a number of other nuts and seeds which boast a high monounsaturated content and can satisfy hunger. These include cashews, peanuts (although technically a legume), almonds and pecans—all absolutely delicious when enjoyed in moderation and tossed in stir-frys, salads, trail mix and used as coatings. But, I have found in working with thousands of clients over the years that many individuals have a notoriously hard time digesting them (think gas and heartburn), unless the seeds and nuts are soaked, sprouted and/or fermented to deactivate enzyme inhibitors. And then there’s the issue of aflatoxins (a mold that can be carcinogenic) found in peanuts and peanut butter—as well as other foods.

However, the main concern I have with lots of nuts in the diet is the high arginine content. Arginine is an amino acid that protects the arteries, enabling them to become more pliable, and that’s a good thing. But, on the other hand, too much arginine in the diet—which is easy to achieve when you go overboard with
nuts—can feed viral conditions. So I purposefully have gone easy on overly recommending lots of nuts and nut butters, although you will see a smattering of nutty suggestions in the Smart Eating section.

That being said, as far as I am concerned, the monounsaturated oils, in general, are really good news because they will not only stoke our metabolic fires but can also take the “heat” in cooking as well. Some of them have a higher than average smoke point—especially avocado and macadamia nut oils at approximately 400 degrees F which makes them ideal for frying!

**Hunger Hormone # 1 - Adiponectin**

The hunger hormone Adiponectin is balanced by monounsaturated omega-rich foods and oils:

- Olives and Olive Oil
- Avocados and Avocado Oil
- Macadamias and Macadamia Nut Oil

Adiponectin is a real hormone game changer that you may not be very familiar with. It is a big player in firing up belly fat burn and is known as the body’s “fat burning torch.” THAT says it all.

And believe it or not, this special super hormone that flips your body’s fat burning switch is already circulating in your bloodstream because it is made in your fat cells. And the more you have of it, the more fat you will burn for fuel, especially from the abdominal area. It’s no surprise then that low levels of adiponectin have been linked with higher levels of obesity and insulin resistance.

To kick-start your levels of adiponectin, stoke those fat burning fires, and improve total health, let’s take an even closer look at the monounsaturated omegas which can boost your body’s levels. These magnificent monos can lower inflammation, lessen cellular damage, spike antioxidant absorption by 400%, and decrease your body fat (especially troublesome belly fat) while protecting your heart and liver.

**The Incredible Olive**

Probably the best known adiponectin boosters are two of the all-time great superfoods: olives and extra virgin olive oil. Olives are a real standout in and of themselves. They have been overshadowed by the delectable oil that they have provided since biblical days, but suffice it to say, they also pack a considerable health punch for modern day Americans because of their anti-inflammatory and cardiovascular benefits.

Extra virgin olive oil is considered by many to be the healthiest and tastiest oil in the world. The benefits of extra virgin olive oil are unrivaled, and research reveals more benefits nearly every day. After all, the Greeks, Turks, Italians, French and Spanish all have a diet that is at least 40% fat, most of it from omega-rich sources, yet these populations are slim and boast the lowest rates of heart disease in the world. Many
of the health-promoting effects of the Mediterranean diet have been credited to the addition of a healthy dose of olive oil at every meal.

As a rich source of omega-9 fatty acids, olive oil is also known to a number of positive effects throughout the body including lowering the risk of some cancers. In fact, the latest research suggests that adding a mere four tablespoons of olive oil a day to a Mediterranean diet slashes the risk of invasive breast cancer by a whopping 68%.

Olive oil also prevents flare-ups of certain autoimmune diseases, speeding cell regeneration and wound healing, aiding the body in eliminating microbial infections, as well as reducing inflammation. One of its primary ingredients, a substance known as oleocanthal, has even been called an alternative to Ibuprofen.

Just keep in mind that not all olive oils are created equal and many have been cut with other less desirable oils like canola and soy. I try to look for oils that have been given the green light by research studies or have the California Olive Oil Council’s seal of approval. You can also test the purity of any olive oil by popping it into the fridge. If it doesn’t congeal, then chances are it has been cut by a less desirable polyunsaturated oil.

**The Amazing Avocado**

The fat in avocados and avocado oil is another source of adiponectin-nourishing monounsaturates. Among their other healthy perks, avocados possess the uncanny ability to fire up fat burning—to the tune of six pounds in two months. And, the monounsaturated fat content can hold you over for a good three hours!

Surprisingly high in potassium, a typical avocado contains 12 to 17 grams of fiber. With an incredibly high smoke point of 520 degrees F—the highest smoke point of any of the Smart Fats—avocado oil is ideal for searing, frying, and sautéing. In addition, it contains high levels of beta-sitosterol, which is a type of plant sterol that can lower cholesterol and is helpful in protecting prostate health.

Their rich carotenoid content makes them a food pharmacy for your skin, eyes and heart. As a potent anti-inflammatory, this oil can also help prevent damage to arterial walls, which can lower the risk of heart disease due to plaque deposits. Less inflammation helps to keep blood pressure at optimal levels as well.

Avocado oil is also a great source of Vitamin E. This fat-soluble vitamin has been shown to rev up your immune system, improve skin and eye health, as well as give your digestion a much needed boost to remove toxins from the body.

Last but not least, this marvelous mono is filled with chlorophyll—a natural source of magnesium; one of the best substances to detoxify heavy metals like mercury and lead from the body. Chlorophyll molecules
contain magnesium ions at their core which have the ability to bind heavy metals and escort them out of the system.

**Mad About Macadamia**

Another source of hunger-inhibiting adiponectin are macadamia nuts and macadamia nut oil. They do double duty for your metabolism—as a source of omega-7 *and* as a hunger controller. This rich and buttery-smooth little gem is one of the most popular nuts around and my favorite snack for quick fuel.

The oil that comes from these nuts is pretty incredible. The fatty acid composition of macadamia nut oil makes it perfect to use in many recipes, especially high-heat cooking. This oil is nearly 80% monounsaturated with very little polyunsaturated content and even trumps olive oil—which contains anywhere from 70-75% monounsaturates.

Since macadamia nut oil has such an extremely high oleic acid content, it can be used to help balance your cholesterol levels and reduce triglycerides. Both the omega-3 and omega-6 essential fatty acids are perfectly balanced which makes it an optimal cooking choice—it doesn’t become rancid like so many other Smart Fats use for high-heat cooking.

It also has a lot of essential fatty acid protective antioxidants to keep your body in radiant health, including tocotrienols. As we all know, antioxidants neutralize free radicals, the harmful byproducts of cellular metabolism that can cause a vast range of chronic diseases.

Some of the other health benefits of macadamia nut oil include the lowering of triglyceride levels, increased energy, improved digestion, enhanced bone health, stimulation of circulation and the optimization of immunity.

**Smart Tips: Adiponectin**

Do keep these takeaway tips in mind when trying to shore up your adiponectin.

1. **Opt for the olives and olive oil.** Olives come in many different varieties like the Greek-style black olives, Spanish-style green olives, and Kalamata-style olives. The plain old canned and pitted black olives are my favorites and come devoid of the preservatives and additives in some of the others on the market. They are a delightful addition to any salad, sauce, entrée or side and I love them on a gluten-free pizza. Check out my Olive Tapenade in the Smart Eating section.

   Use extra virgin olive oil to dress up salads and for drizzling on cooked foods. It may not be the best oil for high heat cooking, but you just can’t beat it when it comes to salad dressing. Drizzle it on your salad and you’ll trigger the production of adiponectin to help keep you satisfied for up to four hours! One of my all-time favorites is a mixture of one part fresh lemon juice to two parts olive oil with lots of fresh garlic, parsley, and a dash of mustard powder and Celtic sea salt. Simply elegant!
2. **Add back the avocado and avocado oil.** I adore avocados in smoothies, as a buttery rich spread on sandwiches or crackers, cut up in cubes for salads, and as a dip like guacamole. The oil is handy for use on the grill especially when you need to brush veggies, chicken, fish or meat. It is simply the best for making food nice and crispy when cooking at higher temperatures.

3. **Increase your dietary magnesium intake to maximize adiponectin.** Eat more pumpkin seeds, almonds and green leafy veggies like escarole, romaine lettuce and kale. Consider taking a targeted magnesium supplement with the most highly absorbable forms of magnesium for assimilation and utilization. Always aim for a two-to-one ratio in favor of magnesium to calcium. I’m a big fan of Mag-Key and think you will be too as it contains the glycinate, taurinate, malate and orotate forms of magnesium for muscle, brain, and heart health.

4. **Consider intermittent fasting.** Last but not least, you might consider engaging in a new approach which is known as intermittent fasting. This combination of fasting and eating has been demonstrated to increase adiponectin levels big time. Take a look at my One-Day Miracle Juice Fast in *The Fast Track Detox Diet* for one of the healthiest fasts out there.

Boosting your levels of adiponectin may be the missing link to help you finally take control of your weight and get off the weight gain merry-go-round once and for all.

**Hunger Hormone #2 – Cholecystokinin (CCK)**

The hunger hormone CCK is balanced by a combination of omega-6s and 9s:

- Pine nuts and pine nut oil

As the most concentrated energy source, Smart Fats release the hormone CCK signaling a short-term urgent intense message of satiety. Without that particular message, we will continue to feel hungry and dissatisfied after a meal. What happens when you reduce or eliminate the hunger-reducing Smart Fats from your diet, is that your brain does not receive a message of satiety, and while your stomach may be stuffed, you do not feel satisfied.

Understanding the process of satiety enables us to see why people on low-fat diets chronically complain of feeling full, but not satisfied. They eat large quantities of food—food low in fat, but not always low in calories—and are left a short while later feeling hungry. Then they reach for a low-fat snack, typically one laden with sugar and refined carbs, which sends them for a ride on the glucose roller coaster. This is yet another vicious cycle that dieters became trapped in when they tried to adhere to the false gospel of the fat-free diet.

The body has developed finely tuned message centers that communicate all sorts of information about our physical status. When we eat even a relatively small quantity of Smart Fats, the stomach releases the hormonal CCK message to the brain, signaling both fullness and satiety. The brain receives the message
and, if we are listening, we register the message of satisfaction and stop eating. When you begin to add the Smart Fats back into your diet, you enable your body to send clear messages to the brain. You eat. You are full. You are satisfied. Depending on the amount of fat you have eaten with your meal, you usually will not feel hungry again for four to six hours. When you do get hungry, it’s time to eat again. How cool is that?

**Smart Tip: CCK**

Here’s my favorite way of satisfying CCK.

**Pine for pine nuts and pine nut oil.** The clinical studies have shown that the pinolenic acid in pine nuts can increase satiety hormones like CCK by more than 60%. It can also decrease appetite by about a third.

In addition, it is extraordinarily helpful in healing the entire digestive tract including the stomach lining. Take one teaspoon 20 minutes before each meal to protect your gastrointestinal lining and enhance metabolism by controlling appetite.

**Hunger Hormone #3 – Leptin**

The hunger hormone Leptin is balanced by omega-3 oils:

- Fatty fish and fish oils

While CCK is the urgent messenger, leptin is a long-term chemical messenger for your appetite. If you never feel quite satisfied after a meal, then your leptin is too low and somewhere out in left field. High leptin levels are the ticket to speedy slimming and when this hormone is signaling correctly, it should actually decrease your appetite.

As a key appetite hormone, it would stand to reason that levels of leptin should be lower when you're thin and higher when you're overweight. So you would think that overweight people would have less of an appetite, but this isn’t how it seems to work.

People that are overweight and have high leptin levels somehow don’t get the signal to stop eating and stop storing fat. They develop a condition called leptin resistance, which is similar to insulin resistance where the body is no longer sensitive to the appetite-decreasing effects of leptin.

Both leptin and insulin resistance are triggered by an excess of refined carbs, sugar—especially fructose (fruit sugar)—and not enough exercise or sleep and too much stress. Leptin resistance, however, is especially frustrating when it comes to long-lasting fat loss because it has a habit of actually increasing the level of visceral fat, the fat that is deep within the abdomen.

Luckily, the Smart Fat fix is nearly identical to that of ghrelin, which is up next!
Hunger Hormone #4 - Ghrelin

Ghrelin, like the hunger hormone leptin, is also balanced by omega-3 rich oil:

- Fatty fish and fish oils

Ghrelin, the appetite-stimulating hormone made by the pancreas and stomach, plays a major role in body weight and is kept in check by foods that provide the omega-3 essential fatty acids. Levels are lower when you are thin and higher when you are fat. Typically, levels should increase before meals and then decrease after eating.

But, if you are constantly hungry, it’s probably due to those high ghrelin levels—which can become elevated thanks to stress, skipped meals (especially breakfast), restrictive dieting and lack of sleep. Sound familiar?

When ghrelin rises, it activates the hunger control center of your brain, which triggers cravings for salty, sweet, and fatty foods. So when you should be resting and resetting this hormone, the ghrelin in your system is pining for foods that will ultimately make you gain weight.

From a dietary standpoint, the Smart Fats from the omega-3 rich fish (salmon, sardines, anchovies and mackerel) as well as EPA and DHA rich fish oil can stabilize both your leptin and ghrelin levels by helping to balance brain chemistry. Since more than 60% of the brain is made from fat (primarily the ones that cannot be synthesized by the body, but must be eaten in the form of foods), I would say that these omega-3s are pretty darn important to trigger specific brain receptors which control leptin and ghrelin. This is one supplement worth taking!

Smart Tips: Leptin and Ghrelin

How can you repair your leptin barometer and satisfy the hunger gremlin called ghrelin?

1. **Go fish or pop a healthy dose of omega-rich fish oil** every day. Fish has always been known as “brain food.” If you’re not crazy about the fattier fish that you should consume two to three times per week, then you are a candidate for the lemon or orange flavored fish oil liquid and softgels. This surprisingly tasty fish oil can be popped into your smoothie, drizzled on popcorn or used as a mild and delicate salad oil basic.

2. **Avoid foods high in fructose, which stimulate the appetite and scramble leptin signals.** Obvious offenders are processed foods and drinks that contain high fructose corn syrup, but you should also cross reference the list of higher fructose fruits in the Stress section. Less obvious high fructose sources are whole foods like tomatoes, unsweetened apple sauce, agave and balsamic vinegar.
3. **Don’t skip meals—but especially not breakfast.** Eat a protein-packed breakfast within one hour of waking. This will help you to lose weight and ward off insulin resistance, as well as balance all four of your hunger hormones. Study after study has proven that individuals who skip breakfast are well over 100% more likely to be overweight or obese. Protein-rich breakfasts like smoothies, or bacon and eggs, or turkey sausage and veggies will go a long way in getting your day off to the right start.

4. **Strengthen your vagus nerve, which you will be hearing more and more about in the near future.** The vagus nerve is the direct connection between your brain and every system in your body. It is a signaling pathway for leptin hormones. When you have leptin resistance, the signals aren’t being received correctly. One way to help reset your leptin receiver is to strengthen your vagus nerve. How can you do that? One fun way is gargling. You can just use plain water. Take a sip and gargle with it before swallowing, continue doing this with your entire glass of water. Gargling forces the muscles in the back of the throat to contract and this action activates and strengthens the vagus nerve.

5. **Practice good sleep hygiene.** Remember the sleep tips I shared in the Stress section to reduce cortisol? Those same suggestions apply to reset your hunger hormones. And, while so many of us glorify our sleeplessness like it’s something to be proud of, I have even more information to convince you otherwise. So, if I repeat myself, you’ll understand why. Again, try to be in bed by 10pm and aim for about seven to nine hours. While the very highest quality sleep comes before midnight, the National Institute of Health reports that the body does its primary physical repair between 10pm and 2am. Interestingly, this is the same time when growth hormone is secreted which helps to keep us lean and vital. The mind regenerates between the hours of 2am and 6am. If you have intermittent awakening which disrupts peaceful sleep, think about using these insights from Traditional Chinese Medicine into consideration: If you are waking up between the hours of 11pm and 1am, your gallbladder may be acting up. If it’s between the hours of 1am to 3am, this may mean your liver is congested. And, if you wake up between 3am to 5am, your lungs and/or large intestine may need some TLC.

Unplug and disable all Wi-Fi equipment in your bedroom like computers, iPads, cell phones, routers and alarm clocks. The electromagnetic fields that all electrical and digital devices emit can slash melatonin—the antioxidant-like hormone which regulates our sleep-wake cycle—and spike fat-storing cortisol.

### Still Hungry?

There are all kinds of appetites, so in the next section we’ll discuss how Smart Fats—like those from the essential fatty acids—can benefit the sex hormones, including the hormone of desire, and help get your libido back on track.
Part 5: How Smart Fats Reset Sex Hormones

By now you are beginning to get the big picture. By decoding all of your body’s distress signals and making some simple diet and exercise changes, you can restore optimal health while speeding up metabolism, overcoming stress and banishing hunger. Smart Fats are the one consistent dietary theme throughout this book. Of course, Smart Fats are also one of the top strategies for natural hormone therapy. They can help head off PMS, perimenopause and menopause symptoms, and even andropause (male menopause), while hormonal weight gain is dialed back.

Estrogen Dominance Defense

In fact, nothing beats a daily dose of hormone-balancing Smart Fat to offset estrogen dominance—the most common underlying cause of weight gain. Estrogen dominance impacts both men and women. In women, it occurs in our 20s, 30s, 40s and 50s due to the see-saw balancing act between two of the big hormone players, estrogen and progesterone, which are in constant play during the menstrual years and beyond. The side effects of estrogen vs. progesterone hormone havoc can include fat storage and cellulite, hypothyroidism, increased incidence of fibroids, breast sensitivities, heavy periods and even breast cancer.

In men, estrogen overload occurs in the early 40s and is characterized by a process called aromatization. It results in symptoms such as hair loss, prostate issues, a lack of sex drive, and weight gain in the upper body. In men, however, unlike their female counterparts, this process is primarily due to waning testosterone levels which trigger estrogen overload.

In both sexes, estrogen dominance is linked to a tired and toxic liver due to the plethora of xenoestrogens or “estrogen mimics” in the environment. These fake estrogens are a whole new breed of toxins that have been around since World War II. They function as toxic infiltrators spearheading a continual assault on your weight loss efforts and overall hormonal health in the form of pesticides, plastics, personal care products, household cleaners, solvents, automobile exhaust, industrial chemicals, the Pill, a copper IUD, and synthetic hormone therapy—all stressing an already overloaded liver. Bisphenol A, a common plastic used in water bottles, is one of the best known.

The liver must detoxify these highly potent, fat soluble, nonbiodegradable and extremely toxic estrogen-like substances in addition to its 400 other various jobs. This “living filter” which is like the body’s Grand Central Station cleanses your body by dumping toxins in the bile. So, any deficiency in bile production and/or flow will result in further estrogen overload. Xenoestrogens in particular are over 1,000 times more potent than the body’s naturally produced estrogen. Even in the smallest doses, they can significantly interfere with the body’s natural receptor sites resulting in a slew of hormonally driven-symptoms like depression, brain fog, headaches and water retention, as well as fat gain.
Hormonal weight gain can be turned around when our three key sex hormones—estrogen, progesterone and testosterone—are managed with easy lifestyle tweaks and the Smart Fat solution.

**Sex Hormone #1- Estrogen**

The sex hormone Estrogen is kept in balance by some very sexy Smart Fats:

- Cold milled flax seeds and high lignan flax oil
- Chia seeds
- Walnuts

Estrogen has gotten a bad rap over the years, most likely due to the xenoestrogens and their hormone-disrupting side effects. But, let’s not forget that when estrogen is in balance, it is one powerful feminizing hormone, helping your libido, complexion and brain enabling you to feel calm.

Adequate estrogen is also a surprising weight loss catalyst. When your estrogen levels are low, the body cannot synthesize as much choline, a key slimming nutrient which produces low density lipoprotein that escorts fat out of the liver. So, it turns out that hormonal fluctuations have a lot to do with your liver’s ability to ignite fat burning and detox.

A congested liver or fatty liver, which cannot produce high quality bile, may be another key underlying cause of an estrogen imbalance.

Luckily, there are many Smart Fat-containing foods that will help round out a choline-deficient diet. One, for example, is omega-3 enriched eggs. As you may remember, this can be a double edged sword as eggs are the number one allergy food for the gallbladder. If eggs are NOT an allergy-provoking food for you, then eggs are just about the most concentrated source of choline content in the diet—especially the yolk.

Another source of slimming choline that estrogen can utilize is lecithin. Lecithin is derived from non-GMO soy or sunflowers and the word “lecithin” itself comes from the Greek word for “egg yolk.” If eggs are not an option, then non-GMO soy or sunflower lecithin may satisfy the body’s daily need just as well as dietary supplements.

In any case, lecithin appears to be one highly underrated nutrient. The brain is composed of about 30% lecithin. The brain-protective insulating sheath that also protect the nerves are about 2/3 lecithin and the heart is loaded with lecithin. It also comes into play because it can thin out bile which is especially important for women who are twice as likely as men to get gallstones. Higher estrogen levels due to hormone replacement therapy or pregnancy can increase cholesterol in the bile and impact gallbladder flow. Lecithin can help move bile along and thin it out.
While low estrogen has a far-reaching effect on your metabolism, excess estrogen is the ultimate hormone magnet for sodium and fat. Most of the estrogen dominance symptoms, as noted above, really only occur when levels rise too high in relationship to progesterone.

Protective Progesterone

Progesterone counters excess estrogen’s negative and often irritating excitable effects. Progesterone means “for gestation” and is touted as the feel-good hormone because it is up to 20 times more concentrated in the brain than in the bloodstream.

As estrogen’s opposing “sister” hormone, progesterone helps burn fat as fuel, is a natural diuretic, stabilizes breast cell and uterine lining growth and is a natural antidepressant! It also enhances sex drive—a very big deal for many women during the “change before the change” and beyond. One very special hormone indeed, progesterone signals the hypothalamus to increase your core body temperature, thereby increasing your resting metabolic rate.

And here’s the kicker.

Low levels of progesterone trigger your body to burn 15,000 to 20,000 fewer calories per year and encourage increased water retention.

As I discovered with my clients, progesterone—not estrogen—is actually the first hormone to decline during the perimenopausal years so making sure your progesterone levels are in balance is just as vital as taking the estrogen-modulating flax seeds and high lignan flax oil. When estrogen presides over progesterone, you may even develop hypothyroidism.

The Smart Fat connection for blocking hormonal weight comes into focus when we look at the high lignan content of flax seeds and flax oil. Lignans are potent phytoestrogens. Flax seeds have 800 times more concentration than any other source. They can help alleviate hormonal discomforts and have stellar breast cancer fighting abilities. In fact, a study conducted at the Princess Margaret Hospital and the Toronto Hospital in Canada showed how as little as two tablespoons a day of ground flax seeds markedly slowed down tumor growth in women with breast cancer. A similar study was later conducted at Duke University that proved the tumor-slowing ability of flax seeds with prostate cancer.

Science confirms that the essential fatty acid alpha linolenic acid (ALA) content of lignan-rich flax oil has stand-alone benefits all of its own, without having to be converted into EPA and DHA. For example, in several studies of breast cancer risk, the higher the concentration of ALA in breast tissue, the lower the risk of manifesting breast cancer. Moreover, if breast cancer arises, the higher the breast tissue concentration of ALA, the lower the risk of cancer metastasis to other parts of the body.

Fiber can also help to rid your body of excess estrogen. Eating five or more veggies and fruits daily along with fiber-rich seeds (like chia), and of course, flax seeds and legumes are terrific ways to healthfully excrete estrogen so it doesn’t keep recirculating in your body.
Also, nosh on walnuts. Their rich phytosterol content can assist in preventing toxic environmental estrogens from binding to receptor sites.

**Smart Tips: Estrogen**

Here are my top tune-up tricks to clean up estrogen overload.

1. **Learn to love or at least like flax seeds and high lignan flax oil.** Their estrogen-modulating effect is well documented, but what is not well known is their possible connection to hypothyroidism. So, here’s the glitch:

   While lignan-rich flax seeds are extremely healthy, they do contain a substance known as cyanogenic glycosides which metabolize into thiocyanate, a chemical that has the potential, over time, of suppressing the thyroid’s ability to take up sufficient iodine. This biochemical occurrence raises the risk of developing goiter.

   These are two easy ways to avoid this problem. One is to consume a maximum of three to four tablespoons of milled flax seeds per day. The other is to lightly bake or toast your flax seeds, which deactivates and decomposes the cyanogenic glycosides, but preserves the beneficial omega-3 properties. To toast them, spread flax seeds on a baking sheet or pan and bake in the oven at 250 degrees F for 15 to 20 minutes or until crispy. (Please note: Using any temperature above 300 degrees F will damage the seeds’ oil and convert it into the unhealthy trans form.)

   Flax oil, on the other hand, is free of cyanogenic glycosides.

   If optimum breast health is a goal, then you may want to know about “quark.” According to researchers in Germany, the sulfur-bearing amino acids in dairy combined with the essential fatty acids in flax oil are a potent breast cancer fighter.

   Which one is preferred—seeds or oil? Keep in mind that the seeds, regardless of whether they are golden yellow or brown, provide the highest amount of lignans, as well as lots of soluble fiber and protein, which are not typically found in the oil. The high lignan flax oil on the market contains lignans which have been added back into the original oil, unlike regular flax oil. Regardless, flax seeds still contain significantly more lignans than their high lignan flax oil counterpart.

   If you do choose seeds over high lignan flax oil, you should know that it takes about three tablespoons of milled flax seeds to equal one tablespoon of oil. Flax seeds should always be ground up or cold milled because whole seeds contain a tough outer layer that is hard to digest unless chewed extremely thoroughly. You can grind them yourselves in a coffee grinder—after they are lightly toasted—or buy them already cold milled. The ground seeds allow the complete range of nutrients, especially the omega-3 component to be readily absorbed.
For those who do not care for the taste of flax seeds or oil, about nine flax oil capsules is the equivalent of one tablespoon of oil.

Flax oil should be kept in the fridge after opening and away from heat, air and light which can oxidize the oil, promoting nasty free radicals—which you don’t need at ANY stage of life.

While flax seeds can be used in baking, flax oil should only be used in no-heat recipes or drizzled onto foods after they are cooked—as in smoothies, oatmeal, baked potatoes and all veggies.

2. Concentrate on choline. With enough estrogen, this powerful B vitamin can accelerate fat burning, as well as decongest a fatty liver. As I mentioned before, egg yolks and lecithin are my top choices, but if you do choose to supplement, make sure your choline is accompanied by a full array of the other B vitamins which all work in harmony.

3. Consider a natural topical progesterone body cream. I personally prefer the use of transdermal creams which can bypass the liver. A bio-identical progesterone body cream that is identical to the progesterone molecules your own body produces can help thwart hormonal weight gain, revive vitality, relieve PMS symptoms, rid you of hot flashes and spark your sex drive by balancing your progesterone/estrogen levels. There are many high quality products on the market today. But before they were so prevalent, I developed ProgestaKey cream for my own use over 20 years ago and have used it ever since. One full press of the pump dispenses the recommended 20 mg of natural USP progesterone from wild yam.

Frequency of application depends upon your age and stage of life, so very specific recommendations are provided for menstruating, perimenopausal and menopausal (and beyond) women. Application should be directed to the hands, chest, inner arms, inner thighs and thyroid area on a rotating basis to target the body’s progesterone receptor sites.

Note: As therapeutic as progesterone can be for most women, it may be contraindicated for some. I recommend testing, especially if you have a family history, or if you are BRCA 1 and 2 positive for breast cancer. My office offers state-of-the art salivary hormone testing which can assess biochemically active progesterone as well as five other hormones. The test results from a certified lab are accompanied by an explanatory letter from my office.

4. Get enough Fiber. Try for at least 35 grams a day from your veggies, nuts, seeds and legumes. Add flax seeds and/or chia in your smoothies and salad dressings, as well as use them to create a “bread-like” crust to replace wheat. Chia seeds are the world’s most fiber rich food. Once a sacred food of ancient cultures, chia seeds contain nearly 50 energizing nutrients in one small seed. They have twice the protein of any seed or grain, eight times more omega-3s than salmon, three times more antioxidants than blueberries, and eight times more calcium than milk!
5. **Curb the copper.** Foods like chocolate, nuts (especially cashews), seeds (especially sunflower), soy, shellfish and black teas are naturally copper-rich. Unbound copper is closely associated with estrogen dominance so women cooking with copper-lined pots and pans, drinking water out of copper pipes or using copper IUDs or birth control pills are at higher risk for this condition. Also, prenatal vitamins can contain a high amount of copper (higher than the 2 mg of the RDI). I wouldn’t take these after your baby is born. You can check out your tissue copper load through a hair tissue mineral analysis. See Resources.

6. **Wash fruits and veggies thoroughly to remove estrogen-mimicking pesticides, fungicides, and herbicides.** I use the Chemist Formula for my fruit and veggie wash. It was created by my friend Larry Ward, a biochemist. The recipe makes one quart of soak that should be prepared fresh each day. The ingredients are 18 drops of grapefruit seed extract with four ounces of 3% hydrogen peroxide and one teaspoon baking soda per quart. Blend and soak all produce (can soak eggs as well) for at least 15 minutes, then rinse well, at least three times.

7. **Get rid of BPA.** Do not reheat food in plastic containers and choose a water bottle made of glass or stainless steel to circumvent BPA (bisphenol-A), an estrogen like substance. Choose wax paper instead of plastic food wraps. And, wash your hands after handling gas, cash register, or ATMs receipts which have surprisingly been found to contain high levels of BPA.

8. **Check the labels.** Avoid personal care products that include endocrine disruptors like parabens and phthalates.

9. **Spice it up!** Season soup, stews, chili, or other bean dishes with two to three cardamom seeds. Cardamom is a digestive aid with the unique ability to cleanse and detoxify the liver, which is essential for hormone balancing.

10. **Optimize estrogen metabolism by supporting your liver.** Beets can’t be beat for thinning out toxin-removing bile. They can be shredded, steamed, or juiced in a blend of two ounces carrot juice, two ounces celery juice, and two ounces cucumber juice. Also consider an ox bile supplement (like Biotics Beta Plus) and a gallbladder cleansing product like Liver-Lovin Formula which also contains taurine to clean up bile ducts.

    Lots of cruciferous veggies (preferably in the cooked state to avoid the goitrogens that interfere with iodine uptake by the thyroid) like Brussels sprouts, cabbage, cauliflower, broccoli and kale contain a compound called indoles which helps facilitate estrogen metabolism. The product DIM (Diindolylmethane) a stronger substance than the indoles, can also help break down estrogen build up.

**Sex Hormone #2 – Progesterone**

The sex hormone Progesterone is also balanced by estrogen’s sexy Smart Fats:

- High lignan flax seeds and flax oil
- Chia
Walnuts

If there was ever a "magic bullet" hormone therapy on the planet, natural progesterone comes really close. Many women’s bodies are simply not producing enough. Either because they are not ovulating regularly—although many are still menstruating—so there is no corpus luteum to create progesterone, or because their bodies are converting progesterone into other hormones like cortisol, estrogen or testosterone.

It is deficient in practically EVERY female I test from 18 to 80. Whether you decide to use a topical progesterone cream or nutrient precursors, like zinc, vitamin C and vitamin B6, or herbs like chaste berry or wild yam, you owe it to your brain to make sure your progesterone is in place.

Progesterone is well recognized as the "feel good" hormone, because we have 20 times more of it in the brain than in the bloodstream. As a natural anti-depressant and diuretic, it helps to stabilize blood sugar levels, control mood swings and can prevent those whiskers on your chin.

If you do have an excess of facial hair, chances are you do not have enough progesterone. When your levels are raised, the facial hair can start to disappear. Without sufficient progesterone, the adrenal cortex can secrete the androgen hormone androstenedione as an alternative chemical precursor for the manufacture of progesterone. This steroid is associated with some male characteristics, one of which is male pattern baldness. But when your progesterone level is raised with natural progesterone cream, your androstenedione level will gradually decline and the excess facial hair will become finer and begin to disappear.

Progesterone also contributes to activating osteoblasts, the bone builders critical for a strong stature and graceful appearance.

Smart Tips: Progesterone

How do you build up your progesterone levels?

1. **Jump on the flax bandwagon.** Whatever you do to modulate estrogen will have an equalizing effect on progesterone too.

2. **Think zinc!** Eating zinc-rich foods like pumpkin seeds, pastured eggs, and grass-fed beef can help shore up progesterone levels while the vitamin B6 in non-gluten grains and beans and vitamin C in citrus, squash, tomatoes and potatoes can also help.

3. **Avoid stress.** Easier said than done, I know. Coping with stress successfully will negate the possibility that precious progesterone will be used to make stress-managing cortisol. That’s why I don’t leave home without my Bach Flower Rescue Remedy!
Sex Hormone #3 – Testosterone

The sex hormone testosterone can be reset with more sexy Smart Fats:

- Saturated fats
- Monounsaturated fats
- Saw Palmetto Oil

Even though “low T” is generally thought of as a male issue, both men and women need the hormone of desire for many reasons. This potent sex regulator governs sex drive, bone mass, fat distribution, muscle size and strength, and red blood cell production. And it starts to drop by about 2% each year, beginning at age 30, for both sexes.

Low T

In men, low T is characterized by erectile dysfunction, libido drop, hair loss, and weight gain. In women, flabby muscles as well as low sex drive and even osteoporosis can rear its ugly head. Regardless of gender, excess fat turns muscle-generating testosterone into estrogen, which only causes a nasty cycle of more fat to be stored, usually in your abdomen. Since overweight men are more likely to have low testosterone levels, it is crucial to increase hormone levels for maximum weight loss results.

Too Much T

Elevated testosterone may signal insulin resistance, metabolic syndrome and/or polycystic ovary syndrome (PCOS), so I suggest that you follow a well-balanced diet to keep blood sugar levels steady and allow passion to return to the bedroom.

Traditional testosterone replacement therapy is laden with alarming side effects which include prostate cancer, increased risk of stroke and heart attack, and liver toxicity.

Thanks, but no thanks.

Smart Tips: Testosterone

Here is a better way to keep your testosterone levels at an even keel.

1. Consume saturated and mono-unsaturated fats. Research shows that in order to have healthy testosterone levels, men need a diet of at least 40% fat, and saturated fats as well as monounsaturated fats are the best sources. Since I have already covered many of the benefits and sources of these Smart Fats in other sections, I am simply including a list of the best ones to boost testosterone levels: pastured butter and ghee, coconut and coconut oil, olives and olive oil, avocados and avocado oil, raw nuts such as almonds or pecans, grass-fed meats.
2. **Saw Palmetto Oil.** Saw palmetto is a remarkable supplement best known to support prostate health, but it can also even out testosterone. As a thyroid balancer, it stimulates metabolism. And, it has been shown to both decrease estrogen and increase testosterone.

Saw Palmetto is filled with beneficial fatty acids and contains chlorophyll, lutein and lycopene. With this power-charged supplement you will receive the lipophilic benefits of oleic acid and lauric acid with beta sitosterol as the base ingredient.

3. **Do note that excess progesterone (which is not the norm, but does occur) can be converted into testosterone.** If you are using a topical bio-identical progesterone cream or taking herbs such as wild yam or chastet berry, you will need to temporarily discontinue use to bring your progesterone and testosterone levels into balance together.

4. **If levels are too high, drink spearmint tea.** One to two cups a day should suffice.

5. **Testing, testing, testing.** Consider a salivary hormone test to keep tabs on your T levels.

6. **Consume plenty of zinc if you have lower than normal T levels.** This mineral is just as important for testosterone production as it is for progesterone. In studies it has been shown that taking zinc supplementation for as little as six weeks will cause a great improvement in testosterone among men whose levels were previously low. Zinc of course, is also crucial to proper immunity and reproductive health in both men and women.

What you need to know about zinc is that is associated with both progesterone and testosterone as a precursor. Zinc is related to these hormones the way copper is connected to estrogen levels. In tissue mineral analysis, we like to see an eight-to-one ratio in favor of zinc.

Elevated copper levels and a zinc deficiency have been associated with hyperactivity, attention deficit disorder, violence and depression. Lack of zinc can also produce acne, eczema, sensitive skin, sunburn, headaches and white spots on the fingernails.

Enjoy plenty of these protein-packed foods to get more zinc in addition to the zinc-rich eggs, pumpkin seeds, grass-fed beef, oysters, lamb, kelp, sunflower seeds, mushrooms, raw cheese, poultry, seafood, beans, yogurt or kefir.

7. **Increase Your Vitamin D.** This steroid hormone (yes, you read that right) increases levels of testosterone. According to one study, overweight men who were given vitamin D supplements for one year had a significant increase in testosterone levels.

The best way to optimize your vitamin D levels is to get a healthy amount of sun exposure. If getting out and playing in the sunlight is not an option, then vitamin D3 should be taken as a supplement. Research shows that you will need to take about 8,000 IUs of vitamin D per day in order to increase testosterone.
What’s the Next Step?

Now that you can better appreciate the way food and environmental toxins evoke a hormonal response, it’s time to maximize your weight loss results. In the next section, you will find some helpful tips and recipes for integrating Smart Fats, powerful proteins, friendly carbs, fiber-rich seeds and Smart Sweeteners, Sips and Seasonings into your daily meals, or adapting your current regimen to the *Eat Fat Lose Weight* approach and philosophy.

All of this is designed to help you accomplish basic nurturing of your body for painless weight control and lasting hormonal balance. Give yourself permission to enjoy the full gamut of self-care, from stress relief to proper sleep and targeted exercise, as well as satisfying food. As my grandfather Aaron liked to say, "May you live and thrive ‘til 120—but only in the very best of health."
Chapter 6: Smart Eating

You’re Paleo. You’re Primal. You’re Price, ketogenic, GAPS or vegan. No problem. To reap the very best benefits of whatever program you follow, you can easily integrate many of these Smart Eating components for delectable, filling meals and snacks every day of the week. Remember: The more Smart Fat you eat (and digest properly), the faster you will lose weight, restore your cell membranes from head to toe and repair your stress, hunger and sex hormones while insuring that soft, wrinkle-free skin!

Smart Fats are simply destined to become the smartest staple in everybody’s kitchen. They seal in delicate food flavors, keep food hot, and contribute to juiciness, color and texture. And they leave us more satisfied long-term.

Smart Fat Transition Tips

Here are my top 10 Transitional Tips to bring smart, healthy fats back into your kitchen, especially if you are leaving behind your no-to-low fat diet or have been avoiding fats because of digestive issues or gallbladder concerns.

1. Your best bet is to start with about two teaspoons of coconut oil in smoothies or your morning coffee or tea because coconut oil, unlike the other Smart Fats, does not require bile to break it down to be utilized. While you’re at it, experiment with ½ cup of full-fat canned coconut milk in curries and soups for a creamy, rich taste and velvety smooth texture. YUM!

2. Do butter up your veggies with organic pastured butter and melt some on your non-GMO popcorn.

3. Start using ghee or avocado oil for your higher heat cooking or frying. Avocado oil is ideal for searing your meats and frying in a wok.

4. Use avocado as a spread instead of partially hydrogenated mayonnaise.

5. Experiment with omega-rich hemp seed oil on salads, especially if you are not a flax oil lover. Just treat it with TLC—always store in the fridge and use it up quickly.

6. Consider substituting turkey bacon for bacon from pork. Pork was one of the top three allergens for gallbladder issues, as you may remember. Wrap a slice of turkey bacon around your turkey burger, crumble crispy bacon bits into salads, soups and veggie sides (like string beans, spinach, collards, Brussels sprouts and cabbage).
7. Snack on nut butters (like pumpkin, peanut or sesame) with celery, carrot and jicama sticks or spread on a Granny Smith apple between meals. Note, once again, that I can’t in good conscience recommend any almond products produced in the USA whether organic or not because all almonds are either gassed or overly heated, which negates all possible nutritional benefits. The “King of Nuts” has sadly fallen off the throne.

8. Get savvy about SaviSeeds. These omega-3 and protein-rich seeds are also known as sacha inchi seeds. SaviSeeds give chia a run for their money as they are being promoted as the “highest source of omega-3 on the planet.” They are native to the Amazon Rain Forest and are an ancient health food in Peru. They are now available in select health food stores from Vega and can be ordered from myvega.com. The seeds take a bit of getting used to, but I find them to be a perfect snack in their one-ounce packet. Each one-ounce packet provides an incredible six grams of omega-3 and nine grams of protein.

9. Toss some pine nuts in all types of tomato sauces; make a breading for chicken and fish out of toasted crushed pistachios, pecans or walnuts and use ground flax seeds for bread crumbs and binders in all recipes.

10. If you are trying to avoid eggs because of gallbladder issues, allergies or food sensitivities, then use my egg substitute in recipes by blending one tablespoon ground flax with three tablespoons of water and let stand for three minutes before adding mixture to a recipe.

11. Enjoy organic full-fat dairy products, allergies permitting, like plain Greek yogurt or cream combined with fruits as a refreshing dessert. If dairy is a no-go, then substitute some coconut yogurt or coconut cream. Either way, top with toasted flax, chia or shredded unsweetened coconut for crunch, a boost of fiber and some powerful omega-3s.

**Master Formula for Fat Burning**

Below is my Master Formula to ensure optimal fat burning and overall vitality. I have taken the liberty of including select brand names for some of my favorite smart staples.

- **Banish all of the fake fats** that inhibit metabolism, dampen thyroid function and promote inflammation. Eliminate all hydrogenated fats and partially-hydrogenated fats like margarine, shortening and soybean oil and the foods they are contained in like French fries, chips, cookies, crackers and many commercially prepared foods. Eliminate cottonseed oil, canola oil, and commercial vegetable oils, egg substitutes, butter substitutes, cream substitutes and cooking sprays. Be sure to check labels where these imposters are often hiding out like salad dressings and sauces. Your body will thank you!
- **Aim for one to four tablespoons of Smart Fats per meal.** Check out all the Smart Fat swaps coming up in this section.

- **Take Smart Supplements like ox bile or bile salts** (a must if you don’t have a gallbladder), and/or beet root concentrate or choline to optimize fat digestion.

- **Enjoy six to eight ounces of clean, organic protein** (grass-fed beef, bison, lamb, poultry) and one to two servings of non-denatured whey from grass-fed A2 cows or non-GMO vegan pea and rice protein per day. For variety, or if you are vegan or vegetarian, eat Nasoya Non-GMO Organic Tofu several times a week. You can also feast on omega-rich wild caught salmon, Wild Planet Albacore Tuna and Skipjack Tuna, sardines as well as Vital Choice canned seafood and Oregon Choice seafood several times a week to help mobilize fat from storage and balance blood sugar.

- **Include five or more vegetable servings** per day for protective antioxidants and phytonutrients.

- **Eat up to two low-fructose fruits** daily (one cup of berries, one small peach, one small plum, 10 cherries, ½ grapefruit, one cup pineapple, one small orange, one small nectarine) per day for key vitamins and minerals.

- **Fill up on one to three smart starches** daily for satiety and fiber (one small sweet potato or yam, ½ cup squash, ½ cup parsnips, rutabaga or turnips, or ½ cup peas or cooked carrots) or ½ cup non-gluten grains per day (brown rice, quinoa, buckwheat, and teff).

- **Dive into dairy with caution.** Many folks are casein and lactose intolerant so cheese and milk are off limits—especially because casein sensitivities (casein is the protein in milk) typically accompany gluten intolerance. Most almond and rice-based cheeses also contain casein as an ingredient. Yogurt falls somewhere in between because the lactose sugar is predigested by the fermenting process, but casein still remains. Butter, cream and ghee, on the other hand, are digested as fats. The best dairy products are always pasture-raised and organic. If you love cheese, then choose the raw milk varieties. For the dairy tolerant, enjoy one to two full-fat dairy servings daily (eight ounces of plain Greek yogurt or four ounces full-fat cottage or ricotta cheese, or one ounce of hard cheese).

- **Select Smart Sips** between meals like filtered water, decaffeinated organic green tea or cran-water and/or dandelion root tea to speed weight loss results.
• **Sprinkle Smart Seasonings** like cayenne, mustard, turmeric, ginger, Ceylon cinnamon, dill, garlic, anise, fennel, cloves, cardamom, parsley, cilantro and cumin to jumpstart fat burning.

• **Sweeten with Smart Sweeteners** like Organic SweetLeaf Stevia, Lakanto Monk Fruit, The Ultimate Life Xylitol (from birch), Now Erythritol, Now D-ribose, or Now Glycine to replace sugar and aspartame.

**Smart Fat Swaps**

Here are some of my favorite brand names of the most popular Smart Fats. While there are many other wonderful brands on the market, I am sure, consider this as a basic guide for more exploration:

Tropical Traditions Coconut Oil
Nutiva Organic Hemp Seed Oil
Spectrum Safflower Oil
Spectrum High Oleic Safflower Oil
Spectrum High Oleic Sunflower Oil
Ellyndale Macadamia Nut Oil
Siberian Tiger Naturals Sea Buckthorn Oil
La Tourangelle Roasted Walnut Oil
Siberian Tiger Naturals Camelina Oil
Carlson Fish Oil
Spectrum Toasted Sesame Oil
Theros or Lucini Extra Virgin Olive Oil
Olivado Extra Virgin Avocado Oil
Omega Nutrition Hi-Lignan Flax Oil
Siberian Tiger Naturals Extra Virgin Siberian Pine Nut Oil

Each of the following contains the equivalent of one tablespoon of the Smart Fat oils detailed above.

• one tablespoon homemade mayo
• one tablespoon nut or seed butter (peanut, almond, cashew, pumpkin, sesame)
• one teaspoon Barlean’s Heart Remedy Omega-7 Swirl
• one tablespoon organic pastured butter or ghee (clarified butter)
• two tablespoons shredded coconut
• three ounces Thai Kitchen Organic Canned full-fat Coconut Milk
• two tablespoons organic sour cream
• one tablespoon organic pastured heavy cream
• one tablespoon Tropical Traditions Coconut Cream
• Seeds such as one tablespoon pumpkin, chia, sesame, sunflower and hemp seeds
• one ounce Vega savi seed snack (sacha inchi seeds)
• three tablespoons ground toasted flax seeds
• Nuts such as seven almonds, two medium Brazil nuts, four walnut halves, six cashews, four pecan halves, three macadamia nuts, 15 pistachios, two tablespoons pine nuts
• one quarter of a small avocado
• eight large olives
• three anchovy fillets

Smart Supplements

There may be many high quality brands available which are not listed below. Since I have formulated and have been the spokesperson for Uni Key Health Systems for nearly 25 years, I am most familiar with the UNI KEY and Fat Flush brand name products. I am confident of their high quality and purity because they are third-party tested for heavy metals and contaminants, unlike some even larger, well-recognized name brands. You can always check the formulations and then find your favorites online or in health food stores.

• **Bile Extracts or Bile Salts:** A MUST if you have had your gallbladder removed for long-term gallbladder and liver support. Very helpful for short term use for those with fat metabolism issues and symptoms. I like **Biotics Beta Plus.**
  
  *Dosage: Take two to three tablets per meal.*

• **Bile Digestive Aids:** Look for a formula that contains a combination of beet root concentrate, lipase and powerful antioxidant enzymes. These ingredients improve digestion and promote bile production. I like **Biotics Beta-TCP.**
  
  *Dosage: Take two to three tablets daily with meals.*

• **Liquid Phosphorus:** Help break down gallstones to ensure proper flow with a liquid phosphorus supplement. I like **Biotics Super Phosphozyme Liquid.**
  
  *Dosage: Take 30 drops in water once or twice daily.*
• **Choline**: Ramp up metabolism with this liver lover by improving fat digestion and clearing away excess estrogen trapped inside fat cells. Choline can regenerate the part of your liver that makes bile and is the go-to supplement to heal a fatty liver. It is a powerful detoxifying and emulsifying agent that breaks down fat, increases nutrient absorption and balances brain hormones. I like *Nature’s Way Choline Bitartrate*.

*Dosage: Take one 500 mg capsule, three times per day.*

• **Liver Support Formula**: Feed your liver with nourishing and detoxifying ingredients like artichoke and chlorophyll and taurine. These super food and nutrient stars purify and oxygenate the blood while providing antioxidant protection. I like *UNI KEY Liver-Lovin Formula*.

*Dosage: Take two capsules, two times daily with meals.*

• **Lipotropic Formula**: Choline, inositol, and methionine are the ultimate fat-blasting trio which can also transform excess estrogen into estriol—the anti-cancer estrogen. I feel most comfortable with a product that also provides gentle liver support and blood sugar balance with ingredients like blended milk thistle, Oregon grape root, dandelion root and lipase. I like *UNI KEY Weight Loss Formula*.

*Dosage: Take one capsule, three times daily with meals.*

• **Non-GMO Sunflower or Soy Lecithin**: Lecithin has an emulsifying action on fats and helps break them down while also contributing to healthier bile production. I like *Now Lecithin Granules*.

*Dosage: Take one to two tablespoons of lecithin granules per day in smoothies or sprinkled on salads as a garnish.*

• **GLA (Gamma Linolenic Acid)**: The most balanced source of this essential fatty acid from the omega-6 tribe comes from cold pressed black currant seed oil which stimulates brown fat activity for optimized fat burning. Both Solaray and Health from the Sun offer black currant seed oil. I like *UNI KEY GLA-90*.

*Dosage: Take 360 to 900 mg daily for weight loss, PMS, diabetic neuropathy or psoriasis and eczema.*

• **CLA (Conjugated Linoleic Acid)**: Omega-6 fatty acids from safflower oil prompt the body to burn stored fat as energy. Also helps to maintain lean muscle mass and provides powerful antioxidant properties. Both Now and Natrol offer CLA. I like *UNI KEY CLA-1000*.
**Dosage:** Take 3,000 to 6,000 mg daily.

- **High Lignan Flax Oil:** This high ALA product comes in liquid and softgels. The best brands I have found include Barlean’s and Omega Nutrition.
  
  **Dosage:** Take one to three tablespoons per day.

- **Fish Oil:** Fish oil now comes to us in different flavors like orange and lemon, which avoids the fishy taste and burps. Available in both liquid and softgels under the Carlson and Nordic Naturals brand.
  
  **Dosage:** Take 1,000 to 4,000 mg per day.

- **Flax Seeds:** A rich source of lignans, omega-3s, and fiber, flax seeds should be ground and cold milled for optimum digestion and assimilation of the omegas.
  
  **Dosage:** Take one to four tablespoons per day.

- **Chia Seeds:** Another plant-based omega-3 rich source, chia seeds can be consumed in either the whole or ground state.
  
  **Dosage:** Take one to four tablespoons per day.

- **Whey Protein:** Look for a non-denatured whey protein concentrate from grass-fed cows which provide natural CLA as well as building blocks of glutathione, the most valuable antioxidant in the body so important for the liver. Whey is high in the amino acid leucine which triggers fat loss and preserves lean muscle mass. Choose formulas from the purer, non-mutated A2 milk, rather than A1 milk which has been associated with diabetes and cardiovascular disease. I recommend Fat Flush Whey Protein.
  
  **Directions:** Use one scoop or 20 grams of protein per smoothie.

- **Vegan Protein:** Look for a blend of non-GMO pea and rice that provides a complete protein source of essential amino acids. Pea is high in lysine, typically deficient in rice, while rice provides cysteine and methionine, which are lacking in pea protein. I recommend Fat Flush Body Protein.
  
  **Directions:** Use one scoop or 20 grams of protein per smoothie.

- **Full Spectrum Magnesium:** Magnesium Glycinate, Magnesium Malate, Magnesium Taurinate, and Magnesium Orotate are the most absorbable forms of this crucial mineral that supports stress relief, sound sleep, regularity, heart health and ATP production for balanced energy. I like UNI KEY Mag-Key.
Dosage: Take two to three capsules, three times daily.

- **Rhodiola:** This outstanding product is a stress-relieving adaptogen known for extending longevity and physical endurance. It helps increase the body’s resistance to environmental stress. Choose a brand that offers products based on the pioneering Russian research of Dr. Zakir Ramazanov that are produced by water-only extraction and freeze-drying to lock in purity and potency. I like Ameriden Rhodiola.  
  *Dosage: Take 100 to 400 mg daily.*

- **Progesterone:** This bioidentical hormone therapy can outsmart hormonal weight gain. Natural progesterone should be derived from wild yam and stated as USP Progesterone on the label. This easily applied topical product balances an irregular or difficult menstrual cycle and eases PMS, perimenopausal and menopausal systems, as well as water and salt retention. I like UNI KEY ProgestaKey.  
  *Dosage: Apply one pump (20 mg) onto chest and neck area according to the life cycle schedule on the container.*

- **Melatonin:** This antioxidant hormone is essential for curbing elevated cortisol before bed which can create insomnia and intermittent awakenings all through the wee hours of the morning. When cortisol goes up, melatonin comes down. This impacts deep, restful sleep and your ability to lose stubborn tummy fat and overcome sugar cravings, leading to insulin resistance.  
  *Dosage: Take 1 to 9 mg, 30 minutes before bed.*

**Smart Sips**

Slimming beverages can help to reinforce your weight loss efforts. Here are the fastest fat burning brews I know of:

**Filtered Water**
Consuming half your body weight in ounces of water will help the liver metabolize stored fat into energy. As the purest detox and diluting agent, it can take the edge off of appetite, ensure normal bowel and kidney function to rid the body of wastes, and alleviate fluid retention. Drinking cold water will enhance metabolism, while dehydration kicks up cortisol resulting in more tummy fat. It’s best to drink before or between meals to avoid diluting digestive enzymes.

**Green Tea**
Not only delicious, green tea has many health benefits and is used medicinally in many parts of the world. But when it comes to speeding up fat burning, this ancient brew can’t be beat. Green
tea is packed with polyphenols and catechins, two no-nonsense antioxidants that can increase metabolism by 10% for two hours. Its high dose of theanine can significantly reduce fat-promoting cortisol levels by almost 50%. Studies suggest that at least three eight-ounce cups per day produce ideal fat-burning benefits.

**Cran-water**

Cran-water is the one and only Fat Flush water. It is at the core of my Fat Flush Plan. Cran-water, thanks to its abundant supply of organic acids (like malic, quinic and citric) acts like a liquefied fat-digesting enzyme to dissolve fatty deposits in the lymphatic tissue. This helps melt away stubborn cellulite and release fluid from waterlogged tissues. Pure cranberry also helps detoxify the liver by opening up the phase one and two detox pathways. To make cran-water, mix one ounce unsweetened cranberry juice in seven ounces of water. You can drink up to two quarts per day as my successful Fat Flushers have done for years.

**Dandelion Root Tea**

An herbal tea with earthy notes, roasted dandelion root is a slimming and caffeine-free alternative to coffee. Especially effective as a liver tonic, dandy tea can help lower elevated liver enzymes for those who have overdone alcohol, sugar, transfats and medications. Try adding a tablespoon of coconut oil as a great way to begin your day with metabolism-boosting Smart Fats.

**Apple Cider Vinegar**

If you haven't already added this miracle in a bottle into your diet, start today. Just add one to two tablespoons of apple cider vinegar to water before meals to reduce blood glucose and insulin levels by as much as 30%. ACV dramatically slows down carbohydrate digestion, which promotes satiety and helps prevent overeating. Apple cider vinegar's active ingredient is acetic acid, which is a powerful anti-bacterial and anti-microbial agent. Taking apple cider vinegar daily will help alkalizine your body, promote a healthy microbiome, improve digestion and release toxins. Besides being a wonderful tonic in water throughout the day, apple cider vinegar adds tangy flavor when added to soups, scrambled eggs, smoothies, and of course makes for a light and zingy dressing combined with extra virgin olive oil.

**Smart Seasonings**

Herbs and spices transform the simplest meal by providing real soul to your food. However, the Smart Seasonings are not just merely flavor fixers—they are heavy-duty metabolism enhancers. The antioxidants that are abundant in Smart Seasonings are synonymous with good health and a trim waistline. They neutralize harmful free radicals in the body, aid the digestive process, support the liver and help prevent disease.
For example, a study at Oxford Polytechnic Institute proved that cayenne pepper stimulates a 20% increase in metabolism! A bit of cayenne, mustard, ginger and turmeric go a long way toward shedding unwanted fat and boosting the nutritional value of your food. Read on for the “smartest” of the Smart Seasonings with the most sure-fire slimming effects.

**Cayenne**

Cayenne's heat comes from capsicum, which increases the body's metabolic rate and cleans fat out of the arteries. Cayenne does so much more than create a tongue-tingling meal. It is loaded with vitamins C, B, A and E, and also contains calcium, phosphorus and iron. It is high in immune-boosting beta-carotene and is used as a pain-killer, an antiseptic and a digestive aid. It adds a real kick to all your veggies, sauces, dips and soups. I even like a pinch of this hot stuff in my smoothie.

**Ginger**

According to an Australian study, ginger can cause a metabolic boost of as much as 20%. It both energizes and cleanses while providing warmth. Ginger revs circulation and promotes healthy sweating, encouraging detoxification of the body. It supports liver function, clears up clogged arteries and lowers serum cholesterol levels. It is effective for motion sickness and nausea. Ginger lends itself well to cookies (I just love ginger snaps), as well as puddings and custards, and is quite tasty on salmon. Ginger tea settles the stomach.

**Mustard**

Mustard is a must in my kitchen. In the dried, powdered state or as a prepared mustard spread, it not only gives a burst of tangy spiciness, but helps flush fat by kicking metabolism into high gear. Study data from Oxford Polytechnic Institute shows that mustard spikes metabolic rates by 25%. By adding mustard to a meal, participants burned at least 45 extra calories during the next three hours. Try just a pinch of dried mustard in your homemade salad dressings, mayo and pickles. I really love it on my deviled eggs.

**Cinnamon**

I only recommend Ceylon cinnamon because most commercial cinnamons contain the liver-damaging ingredient coumarin that can be harmful to health when taken in excess. Cinnamon in general, however, is most helpful in controlling blood sugar levels so that insulin spikes are kept in check, and can even reduce the glycemic impact of a meal by nearly 30%. As a delicious metabolism booster, cinnamon can rock desserts, lamb, coffee, tea and smoothies.

**Turmeric**

Turmeric is widely known for its high antioxidant content, thanks to its curcumin content, turmeric’s active ingredient. It is the superstar of the popular curry spice blend. But this natural
anti-inflammatory really stands out because it can help thin and decongest bile so your body can metabolize fat more efficiently. Turmeric can be added to curries, beans, meat stews, fish dinners, omelets and soups. It is the best spice for a barbecue because turmeric added to meats before they are grilled reduces toxic compounds up to 40%.

**Cumin**
This peppery biblical spice is a wonderful taste enhancer and catalyst for weight loss. The latest research out of the Middle East, where cumin is popularly consumed, shows that one teaspoon of this spice boosts weight loss by 50%, most likely due to its ability to raise body temperature, thereby heating up metabolism. This is one great spice for hummus, beans, chili, and any variation of a Mexican food dish.

**Smart Sweeteners**

This section presents the very best sweeteners that, unlike sugar and processed carbohydrates (think white rice and bagels), do not raise levels of fat-packing insulin.

**Organic SweetLeaf Stevia**
This low glycemic plant-based sweetener imparts sweetness with zero calories and zero carbs and does not spike the glycemic index. Stevia is a versatile herb that can be used in place of sugar for baking, smoothies and beverages without raising your blood sugar. SweetLeaf brand stevia offers a range of sweet drops in fun flavors like vanilla crème and berry. As Stevia is 30 times sweeter than sugar, a little goes a long way! When a recipe calls for one teaspoon of sugar, use 1/3 teaspoon of stevia instead.

**Lakanto Monk Fruit Sweetener**
If you really want to kick the sugar habit, then search no more because Lakanto looks like sugar, tastes like sugar, bakes like sugar and can be used in a one-to-one ratio to replace sugar. Considered by many to be both the best-tasting and healthiest sugar substitute on the planet, Lakanto is a combination of non-GMO erythritol, and Chinese monkfruit (luo han guo) long touted as the “longevity fruit.” Erythritol is a corn-derived fermented sugar alcohol. Monkfruit is a naturally sweet fruit that is 300 times sweeter than sugar itself. Lakanto contains zero calories, zero additives, and scores zero on the glycemic index. Since your body metabolizes monk fruit differently, it will not raise your insulin level and is perfectly safe for diabetics. This super healthy sweetener is great for baking and tastes a bit like maple syrup. It is also perfect for adding to teas and smoothies. Lakanto has even been shown to prevent tooth decay! How great is that?
The Ultimate Life Xylitol
100% pure birch sugar, which has half the calories of refined white sugar. This all-natural sweetener tastes amazing and does not promote tooth decay or gum disease. Xylitol is metabolized very slowly so it will not trigger sugar highs and lows. It is safe for diabetics, chronic fatigue sufferers, and anyone who suffers from hypoglycemia. Use one-for-one in place of sugar in baking and anywhere you want a terrific sweetener.

Now Erythritol
A pure Non-GMO fermented sugar alcohol derived from corn. Erythritol is about 70% as sweet as sugar with 95% fewer calories and has a very low glycemic impact. This is a delicious reduced-calorie sweetener to be added to any health conscious kitchen. Can be used in a one-to-one ratio for any recipe requiring sugar, although it is not as sweet, so you may want a little extra.

Now D-ribose
D-ribose is a carbohydrate that initiates the creation of ATP (adenosine triphosphate), the energy molecule that is the driving force behind every cellular process in the body. An amazing supplement to dampen insulin surges and calm inflammation in the body.

Now Glycine
Glycine is a non-essential amino acid that supports glycogen storage for readily-available energy.

Smart Recipes

Smart Breaks
Smart Lunches
Smart Dinners
Smart Snacks
Smart Sides
Smart Soups
Smart Salad Dressings
Smart Sweets

Smart Breakfasts
Always eat within an hour of awakening to kick up your metabolism. For breaking the fast, consider a scrumptious smoothie and try to vary your daily intake of the appropriate Smart Fat (based on your metabolic, stress, hunger and sex needs). Also, don’t forget to switch up your greens and fruit choices.
Basic Smart Smoothie Recipe
Makes 1 serving

- 8 ounces of water or cran-water
- Small handful of romaine, kale or spinach or scoop of green powder
- 1 fruit serving
- 1 scoop non-denatured/hormone-free vanilla whey or GMO-free pea and rice protein powder
- 1 tablespoon coconut or fish oil or 1 teaspoon Barlean’s Heart Remedy Omega-7 Swirl (swap out appropriate oil based on your Smart Fat needs)
- 1 tablespoon ground flax, chia or hemp seeds
- 1 tablespoon non-GMO soy or sunflower lecithin
- Ice cubes (optional)

SMART TIP: Add a dash of cayenne, turmeric, Ceylon cinnamon or 1 tablespoon of apple cider vinegar to burn more fat and/or slow down carb absorption, thereby lowering insulin.

Fat Kickin’ Combos:

Black Forest Smoothie - use 10 frozen cherries with chocolate whey protein to replace vanilla

Dandy Smoothie Surprise - use one cup dandelion tea for the water and add a dash of blood-sugar regulating Ceylon cinnamon and Smart Fat of choice

Chocolate Almond Smoothie - use chocolate whey protein to replace vanilla and one tablespoon almond butter (in place of Smart Fat option)

Pumpkin Pie Smoothie - use ½ cup pureed pumpkin instead of fruit, add one tablespoon pumpkin seed butter (in place of Smart Fat option), add ½ teaspoon Ceylon cinnamon

Butternut Squash Smoothie - use ½ cup cooked, mashed butternut squash instead of fruit, add ½ teaspoon Ceylon cinnamon

Pina Colada Smoothie - use ½ cup pineapple with coconut oil

Cinna-Squash Smoothie - use one cup roasted spaghetti squash to replace fruit, add one teaspoon Ceylon cinnamon

Raspberry Mini Chia Cakes
Makes 1 serving

- Coconut or macadamia nut oil
- 1 scoop vanilla whey protein
- 1 large pastured egg
1 tablespoon chia seeds
1 cup raspberries
2 tablespoons water or cran-water

Lightly coat a medium-size pan with oil. In a medium-size bowl, whisk together all the ingredients except the raspberries. Gently fold ½ cup of the berries into the batter. Heat the pan over medium heat. Using a tablespoon, ladle the chia mixture into the pan. Cook until tiny bubbles form on the surface and the chia cakes are solid enough to turn. Carefully flip the chia cakes, cooking only until done. Transfer to a plate and keep warm. Repeat the process with the remaining batter, coating the pan with a little coconut oil as needed. Garnish with the remaining ½ cup of the berries.

Egg and Turkey Bacon Scramble
Makes 1 serving

- Ghee
- 1 large pastured egg, beaten
- 1 tablespoon green onion, chopped
- 2 slices cooked Applegate turkey bacon, chopped
- 2 tablespoons salsa

Coat a small skillet with ghee and place over medium heat. Add beaten egg and green onion to pan and scramble. Mix in chopped turkey bacon, top with salsa and serve.

Crockpot Peachy Walnut Oatmeal
Makes 4 servings

- 1 cup steel cut oats
- ½ teaspoon ground Ceylon cinnamon
- 4 cups boiling water
- ¼ teaspoon ground ginger
- 1/8 teaspoon cardamom
- ¼ cup walnuts, chopped
- 1 cup frozen or whole peach, chopped
- 2 tablespoons roasted walnut oil

Place all ingredients except for peaches and oil in crockpot. Cook overnight, about eight hours on low. Stir in the peaches and roasted walnut oil 10 minutes before serving.

Pineapple Cottage Cheese
Makes 1 serving

- ½ cup full-fat cottage cheese
- 1 tablespoon high lignan flax oil
Combine all ingredients and enjoy.

**Smart Lunches**

**Stuffed Tomato with Tuna Salad**  
*Makes 1 serving*

- 1 6-ounce can tuna in water, rinsed and drained  
- 1 tablespoon Macadamia Mayo (see recipe)  
- ¼ cup celery, finely chopped  
- 2 tablespoons onion, finely minced  
- ½ teaspoon curry  
- 1 medium tomato

Mix tuna, mayo, celery, onion and curry together. Cut off top of tomato about one-fourth of the way down and save top. Scoop out pulp, drain, and stuff with tuna salad. Replace the top of the tomato.

**Variations:**
- Replace the tuna with salmon, sardines or shrimp.  
- Replace the tomato with a red pepper with the top removed and seeded.  
- Add ¼ avocado to tuna mixture or a handful of toasted pumpkin seeds or chopped walnuts for crunch appeal.

**Chicken Artichoke Jumble**  
*Makes 4 servings*

- ¼ cup organic extra virgin olive oil  
- 3 tablespoons fresh basil, chopped  
- 2 tablespoons apple cider vinegar  
- 1 pound grilled or baked chicken, chopped or shredded  
- 1 pound roma tomatoes, chopped  
- 1 14-ounce can artichoke hearts, drained  
- 1 small red onion, chopped  
- 8 black olives, chopped  
- Sea salt and pepper, to taste  
- 2 tablespoons toasted flax seeds for garnish
Whisk oil, basil and vinegar together in a medium bowl. Add chicken, tomatoes, artichoke hearts, red onion and olives, and toss to blend. Season to taste with salt and pepper. Sprinkle toasted flax seeds for garnish.

**Hawaiian Salad**  
*Makes 6 servings*

- 1 ½ pounds cooked turkey or chicken, cubed or stripped  
- 1 cup scallions, chopped  
- ¾ cup celery, chopped  
- 1/3 cup roasted walnut oil  
- 1 cup fresh pineapple, crushed  
- Sea salt and pepper, to taste  
- 4 tablespoons organic extra virgin olive oil  
- 2 tablespoons apple cider vinegar  
- 6 cups spinach  
- 12 macadamia nuts, chopped

Mix turkey or chicken, scallions, celery, oil and pineapple in a large bowl. Season with sea salt and pepper to taste. In a separate bowl, make vinaigrette by whisking oil and vinegar together. Toss spinach and vinaigrette in a large bowl; arrange a single serving on each plate. Top each serving with turkey or chicken mixture and a sprinkling of chopped macadamia nuts.

**Poached Salmon**  
*Makes 4 servings*

**Poaching liquid:**  
- 8 cups water or fish stock  
- 1 carrot, chopped  
- 2 shallots, chopped  
- 1 stalk celery, chopped  
- 2 lemons, sliced  
- 4 sprigs fresh dill  
- 4 sprigs fresh parsley

**Salmon:**  
- 1 pound wild-caught salmon fillet  
- ½ cup Macadamia Mayo (see recipe)  
- 4 sprigs fresh dill  
- 4 sprigs fresh parsley  
- 1 lemon, sliced
Place all the poaching ingredients in a large deep skillet with a lid. Bring the liquid to a gentle boil; reduce to a simmer.

Add the salmon to the poaching liquid; cover. Maintaining a simmer, poach for 8 to 10 minutes, or until the salmon is opaque and flakes easily with a fork. Place the salmon on a serving plate and refrigerate for about an hour. Before serving, carefully slice the salmon into four fillets and top each with two tablespoons of Macadamia Mayo. Garnish with sprigs of fresh dill and parsley and lemon slices.

**Smart Dinners**

**Bombay Curry Tofu**  
*Makes 4 servings*

- 1 scallion
- 1 green cooking apple (such as Granny Smith), cored and chopped with peel
- 4 tablespoons pastured butter
- 2 teaspoons curry powder
- 1 teaspoon cumin
- 1 tablespoon arrowroot
- 1 cup canned full-fat coconut milk
- ½ teaspoon sea salt
- 1 pound extra firm non-GMO silken tofu, cut into cubes
- 1 red bell pepper, cut julienne
- 1 yellow bell pepper, cut julienne
- 1 stalk celery, finely chopped

Sauté scallion and apple in butter until tender. Add curry powder and cumin and simmer two minutes, stirring frequently. Add arrowroot. Mix thoroughly. Add coconut milk and salt, stirring constantly until mixture starts to bubble. Lower heat to simmer and add tofu, red and yellow peppers and celery stalk. Cook 8-10 minutes until mixture is nice and thick and tofu and vegetables are cooked through.

**Coconutty Meatballs**  
*Makes 4 servings*

- 1 pound organic grass-fed beef
- 1 onion
- 2 garlic cloves, minced
- 1 pastured egg, beaten
- 4 tablespoons plus ½ cup canned full-fat coconut milk, divided
- 2 tablespoons unsweetened coconut flakes
• 1 teaspoon cumin
• 1 teaspoon ground turmeric
• ¼ teaspoon cayenne
• ½ teaspoon sea salt
• 3 tablespoons fresh cilantro, chopped

Preheat broiler. In a large bowl mix beef, onion, garlic, egg, four tablespoons of coconut milk, coconut flakes, cumin, turmeric, cayenne and sea salt. Form into golf-ball size meatballs and place on a nonstick broiling pan. Broil until meat is browned and no longer pink inside. Remove meatballs onto a serving dish and discard fat. Pour in remaining coconut milk making sure to dissolve all browned residues. Add cilantro, stirring until blended, and pour over meatballs. Serve immediately.

Creamed Turkey a la Queen
Makes 4 servings

• 2 tablespoons coconut oil
• 4 turkey cutlets, cubed
• 1 large leek, chopped
• 2 tablespoons parsley, chopped
• 4 cloves garlic, minced
• 1 teaspoon sea salt
• ½ teaspoon thyme
• Pinch of cayenne
• Pinch of nutmeg
• ½ cup chicken broth
• ½ cup organic pastured cream

Melt coconut oil in large skillet on medium high heat. Brown turkey cubes for about 10 minutes or until cooked all the way through. Remove turkey and set aside, reserving juices in the pan. Add leek, parsley, garlic and sea salt and sauté until tender. Stir in thyme, cayenne and nutmeg. Reduce heat to medium. Add chicken broth and cream and cook until slightly reduced, stirring occasionally. Add cooked turkey into the sauce. Serve over a bed of steamed greens like collards, kale or mustard greens.

Smart Snacks

Jicama Chips
Makes about 2 cups

• 1 medium jicama, cut into ¼ inch slices
• Juice of 1 lime
- Cayenne
- 1 tablespoon toasted sesame oil
- Parchment paper or pizza stone

Preheat the oven to 325 degrees F. Toss jicama slices with lime juice and cayenne. Place on baking sheet covered with parchment paper or use a pizza stone, making sure the slices are not touching. Bake for about 30 minutes, turning chips about every 10 minutes. Be careful not to burn. Cover and store in refrigerator and return to warmed oven to re-crisp if desired. Drizzle toasted sesame oil before serving.

**Flax Snackers**  
*Makes 8 servings, 2 crackers each*

- Olive or avocado oil spray
- 1 cup milled flax seeds
- 1 teaspoon SweetLeaf Stevia
- 2 teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ½ cup cran-water
- 1 tablespoon almond or cashew butter as topping

Preheat oven to 275 degrees F. Lightly coat a cookie sheet with oil spray. Mix the dry ingredients in a medium bowl. Add the cran-water and let stand for five minutes. Stir the mixture vigorously with a fork for about five minutes or until seeds stick together. Let mixture rest for 15 minutes.

Spoon the flax seed mixture onto the prepared cookie sheet. Cover with waxed paper and use a rolling pin to flatten the mixture out to the sides of the cookie sheet. When the mixture is evenly distributed, remove and discard waxed paper. Use a knife or pizza cutter to score the mixture into 16 sections.

Bake for 60 to 90 minutes or until the crackers lift off the cookie sheet and break apart easily. Store crackers in an airtight container at room temperature.

**Savory Chia Crackers**  
*Makes 16 servings, 2 crackers each*

- Chia gel:  
  - 1/3 cup chia seeds  
  - 2 cups water  
- ¼ cup chia seeds (reserved for crackers)  
- ½ tablespoon cumin powder  
- ½ tablespoon garlic powder
- ½ teaspoon cayenne

Prepare the chia gel by combining seeds and water. Cover, shake for 45 seconds and let rest for one minute, then shake again. After 15 minutes of resting, the gel is ready. Preheat the oven to 275 degrees F. In a medium bowl, combine the dry chia seeds and spices. Add the chia gel, stirring until well mixed and the seeds start to form a ball. Line a baking sheet with parchment paper and spoon the chia mixture over it. Cover with waxed paper and use a rolling pin to flatten the mixture out to the sides of the cookie sheet. When the mixture is evenly distributed, remove and discard waxed paper. Use a knife or pizza cutter to score the mixture into 16 sections. Bake for 45 minutes to one hour or until the crackers lift off the cookie sheet and break apart easily. Store crackers in an airtight container at room temperature.

Smart Sides

Creamy Artichoke Dip
Makes 5 servings of ½ cup

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (7-ounce) can water chestnuts, drained and chopped
- ½ cup red bell pepper, seeded and diced
- ½ cup Macadamia Mayo (see recipe)
- 1 tablespoon freshly squeezed lemon juice
- ¼ cup fresh parsley, chopped

In a medium bowl, stir together all the ingredients. Chill, then serve and enjoy!

Savory Eggplant Spread
Makes 4 servings of ½ cup

- 1 large eggplant, roasted
- ½ cup minced fresh cilantro
- ½ cup minced fresh parsley
- ¼ cup seeded and chopped red bell pepper
- 1 clove garlic, minced
- 2 tablespoons ground cumin
- Cayenne to taste
- ½ cup sesame paste
- Sliced green onions for garnish

Into a medium bowl, scrape the flesh of the roasted eggplant and mash coarsely. Stir in remaining ingredients and blend well. Then, top with green onions. Chill for 30 minutes before serving.
Olive Tapenade
Makes 4 servings

- 1 cup black olives
- 4 teaspoons olive oil
- 1 tablespoon freshly squeezed lemon juice
- 1-2 garlic cloves, minced

Use a blender or food processor to combine all ingredients until chunky.

Party Pate’
Makes 8 servings

- 2 (13-ounce) cans water-packed tuna, drained and rinsed (reserve some liquid for blender)
- 8 ounces smoked sardines, drained and rinsed
- 2 ounces anchovy fillets, drained and rinsed
- 1 garlic clove, minced
- 2 tablespoons chopped parsley
- ¼ teaspoon dried dill
- ½ teaspoon Dijon mustard
- ¼ teaspoon dried horseradish
- 1 teaspoon freshly squeezed lemon juice
- 1 teaspoon nutritional yeast

Place all ingredients in blender or food processor and blend until smooth.

Spinach Flatbread
Makes 2 servings

- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 2 large pastured eggs
- 2 large egg whites
- ½ tsp minced garlic
- ¼ cup chopped onions
- 2 tablespoons extra virgin olive oil

Preheat the oven to 400 degrees F. In a mixing bowl, stir together all the ingredients. Line a baking sheet with parchment paper; pour the mixture evenly onto the pan. Bake for 15 minutes. Holding the ends of the parchment paper, pick up the flatbread and lay on a cooling rack or towel. Cut into sandwich or wrap-size pieces and drizzle with olive oil.
Garlic Roasted Peppers and Anchovies
Makes 4 servings

- 4 large bell peppers, halved, seeds and membranes removed
- 1 head of garlic
- 1 tablespoon macadamia nut oil
- ¼ cup coarsely chopped fresh parsley
- 2 ounces canned anchovy fillets, rinsed and drained

Preheat broiler. Roast peppers on a baking sheet under open broiler, turning every few minutes until the skin has browned. Remove peppers and put them in a brown paper bag to rest for at least 15 minutes. Peel skin and cut into long thin strips. Dry thoroughly on paper towels. Separate garlic into cloves and place in boiling water for 15 minutes. Cool and remove skins. Place garlic, macadamia nut oil, parsley, and anchovies in a blender. Blend to make a paste. Toss paste with peppers and refrigerate one hour or longer before serving.

Cauliflower Bacon Mash
Makes 4 servings

- 1 large cauliflower head, well steamed and mashed
- 4 strips turkey bacon, cooked and chopped
- 1 cup green onions, chopped
- 2 garlic cloves, chopped
- 3 tablespoons organic pastured cream
- 2 teaspoons butter or ghee

Add bacon to the cauliflower and mix in onions, garlic, cream and butter or ghee and sauté until done.

Coleslaw with Caraway and Sunflower Seeds
Makes 4 servings

- 1 small head green cabbage, shredded
- 2 carrots, grated
- ½ cup plain Greek yogurt or coconut yogurt
- ½ teaspoon caraway seeds
- 2 tablespoons toasted sunflower seeds
- ¼ teaspoon dry mustard
- 2 tablespoons fresh lemon juice

Place cabbage and carrots in mixing bowl. Combine yogurt, seeds, mustard, and lemon juice. Toss cabbage and carrots with yogurt mixture to cover thoroughly. Serve chilled.
Collard Greens and Turkey Bacon
*Makes 6 to 8 servings*

- 4 slices turkey bacon, sliced into bite-size pieces
- ½ cup chopped scallions
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- 1 teaspoon cumin
- Dash of cayenne
- ¼ cup apple cider vinegar
- 2 pounds collard greens, stems removed, cut into strips
- 1 cup chicken broth

Cook bacon in skillet until browned. Add scallions, cooking and stirring until almost brown. Add garlic, cook and stir about one minute. Add sea salt, cumin, dash of cayenne and vinegar; stir and simmer until the liquid is reduced by about half. Add the collard greens and chicken broth. Bring back to a simmer. Reduce heat to medium low and cook, stirring occasionally until the greens have wilted. Sprinkle a little extra vinegar on top if desired.

Smart Sauces

**Roasted Red Pepper Sauce**
*Makes 4 ¼-cup servings*

- 2 red bell peppers, seeded, quartered and roasted
- 2 teaspoons chopped fresh parsley
- 2 cloves garlic, minced
- 2 teaspoons freshly squeezed lemon or lime juice
- ¼ cup flax oil
- ½ teaspoon dry mustard

Blend all the ingredients until smooth. Use as topping for cooked chicken, beef or lamb.

**Macadamia Mayo**
*Makes 20 1-tablespoon servings*

- 3 egg yolks
- ¼ teaspoon sea salt
- ¼ teaspoon dried mustard
- 3 tablespoons fresh squeezed lemon juice
- 1 cup macadamia nut oil
Combine the egg yolks, salt, mustard, and lemon juice, whisking constantly. Add in the oil slowly until the consistency is smooth. Store covered in the refrigerator.

**Perfect Pesto**

*Makes 8 servings*

- 2 cups packed fresh basil
- ½ cup freshly grated parmesan cheese
- ¼ cup avocado oil
- ¼ cup flax oil
- 2 garlic cloves, minced
- 1 handful pine nuts

Use a food processor to blend all ingredients until smoothly pureed.

**Smart Soups**

**Velvety Borscht**

*Makes 6 servings*

- 6 large whole beets, peeled
- 3 large whole carrots, peeled
- 4 tablespoons avocado oil
- 8 cups filtered water
- 1 ½ tablespoons light miso
- 1 teaspoon cayenne
- 2 tablespoons apple cider vinegar

Place beets, carrots and water in a soup pot and bring to a boil. Let simmer until vegetables are soft. Remove beets and carrots from water and cut into small pieces, reserving cooking liquid. Place vegetables and liquid in a blender or food processor with miso, avocado oil, cayenne and apple cider vinegar. Blend until smooth, then chill.

**Gazpacho**

*Makes 4 servings*

- 4 tomatoes, peeled, seeded and coarsely chopped
- ½ cup chopped sweet onion
- ½ cucumber, peeled, seeded and chopped
- ½ green pepper, seeded and chopped
- 1 garlic clove, minced
- 2 tablespoons olive oil
• 3 tablespoons apple cider vinegar
• ½ cup ice water
• ½ teaspoon sea salt
• 2 tablespoons chopped fresh basil or parsley

Place all ingredients in a food processor or blender. Blend until smooth and serve in chilled bowls.

Ratatouille
Makes 4 1½-cup servings

• 4 tablespoons avocado oil
• 1 onion, coarsely chopped
• 1 green bell pepper, seeded and cut into 1-inch pieces
• 1 eggplant, unpeeled and cut into 1-inch cubes
• 2 zucchini, cut into ¼-inch rounds
• 3 tomatoes, peeled, seeded and chopped
• ½ teaspoon salt
• 2 teaspoons chopped fresh basil
• ½ teaspoon dried oregano
• 2 garlic cloves, minced

In a large covered saucepan, sauté onion and green pepper in avocado oil until lightly browned. Add eggplant and zucchini. Cook until tender. Add tomatoes, salt, basil and oregano. Cover and cook over low heat, stirring occasionally, 35 to 40 minutes. Add garlic and cook uncovered 10 minutes.

Smart Salad Dressings

Ruby Rich Dressing
Makes 4 servings

• 1 ½ pounds medium beets, trimmed
• 2 ½ tablespoons apple cider vinegar
• 2 tablespoons finely chopped leeks
• 1 teaspoon Lakanto Monk Fruit Sweetener or ½ teaspoon SweetLeaf Stevia
• ½ teaspoon sea salt
• 4 tablespoons toasted sesame oil
• 2 tablespoons finely Italian flat-leaf parsley, chopped

Cover beets with water in a heavy saucepan and simmer until tender, about 30 to 45 minutes. Drain and cool until just warm. Peel off skins and cut into small cubes.
While the beets are cooking, whisk together vinegar, leeks, Lakanto and sea salt in a large bowl. Add oil slowly into mix continuing to whisk until well incorporated. Add warm beets and parsley. Pour into blender and blend until smooth. Serve warm or at room temperature.

**Pepita Plum Dressing**  
*Makes 1 cup*

- 1 cup pumpkin seeds  
- 1 cup filtered water  
- 2-3 umeboshi plums (Japanese pickled plums sold in the macrobiotic section of health food stores)  
- 2 tablespoons flax oil

Wash and dry pumpkin seeds. Then, dry roast them in a skillet over medium heat until they puff up and pop. Place roasted seeds in a blender and grind to a meal-like consistency. Add water to blender and continue mixing. Add plums and oil, blending until desired taste reached. (The more plums you add, the saltier the dressing.)

**Toasted Sesame Lemon Dressing**  
*Makes 8 tablespoons*

- ½ cup toasted sesame oil  
- 2 tablespoons fresh lemon juice  
- ½ teaspoon grated fresh lemon zest  
- ¼ teaspoon sea salt  
- ½ teaspoon dried dill  
- ¼ teaspoon cayenne (optional for additional heat)

Combine all ingredients in a small covered jar. Shake well. Refrigerate until ready to use.

**Hemp Seed Oil Dressing with Cumin**  
*Makes 9 tablespoons*

- ½ cup hemp seed oil (can substitute pine nut oil)  
- 2 tablespoons fresh lemon juice  
- 1 tablespoon finely chopped sweet onion  
- ½ teaspoon cumin  
- ¼ teaspoon sea salt

Place all ingredients in a small covered jar. Shake well. Refrigerate until ready to use.

**Smart Sweets**
Coconut Crème Brulee
Makes 6 servings

- 2 cups heavy cream
- 2 cups full-fat coconut milk (chilled overnight)
- 1 cup unsweetened coconut flakes
- 1 vanilla bean, split and scraped
- 1 cup Lakanto Monk Fruit Sweetener
- 6 large pastured egg yolks
- 2 quarts hot water

Preheat oven to 325 degrees F. Place the cream, coconut milk, coconut flakes, vanilla bean and its pulp into a medium saucepan set over medium high heat and bring to a boil. Remove from heat, cover for 15 minutes. Remove vanilla bean. In a medium bowl, whisk together ½ cup Lakanto monkfruit sweetener and the egg yolks. Add the cream mixture a little at a time, stirring continually. Pour the liquid into six (7-8 ounce) ramekins. Place the ramekins into a large cake pan or roasting pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins. Bake just until the crème brulee is set, approximately 40-45 minutes. Remove the ramekins from the roasting pan and refrigerate for two hours.

Remove the crème brulee from the refrigerator for at least 30 minutes prior to browning the Lakanto on top. Divide the remaining ½ cup Lakanto equally among the six dishes and spread evenly on top. Using a torch, melt the top to form a crispy layer. (It will not brown like table sugar, but will harden). Allow the crème brulee to sit for at least five minutes before serving.

Avocado Key Lime Pie
Makes 6-8 servings

For Crust:
- 2 tablespoons butter
- 1 cup pecans, chopped
- ½ cup unsweetened coconut flakes
- ½ teaspoon vanilla extract
- Pinch of sea salt

For Filling:
- 2 ripe avocados
- ½ cup freshly squeezed lime juice (key limes are best, if you can get them)
- 1/3 cup Lakanto Monk Fruit Sweetener
- 1 tablespoon coconut oil
- 1 teaspoon lime zest
To make the crust: Melt the butter in a skillet over low heat. In a food processor, pulse the pecans and coconut flakes for 90 seconds. Next add the melted butter, vanilla and sea salt and process the mixture until it sticks together but retains a crumbly texture. Press the crust into the bottom and side of a pie pan. Chill in the refrigerator.

To make the filling: Peel and pit the avocados and put them into a food processor or blender along with the lime juice, sweetener, oil and lime zest. Blend until smooth and thick. Pour the filling into the chilled crust and freeze for three hours or until the center is firm. Transfer to the refrigerator and chill for two more hours before serving.

**Cinnamon Coconut Pecans**  
*Makes 3 cups*

- 2 tablespoons coconut oil (liquefied)
- 10-15 drops liquid SweetLeaf Stevia (flavor to taste)
- 2 tablespoons Ceylon cinnamon
- 3 cups whole pecans (or nuts of your choice)

Preheat oven to 350 degrees F. In a large bowl, whisk together coconut oil, stevia and cinnamon. Add nuts, stir to coat and spread out in a single layer on a parchment lined cookie sheet. Bake until nuts just start to brown (time will vary depending on hardness of nuts). Remove from oven and cool completely. Store in an airtight container.

**No-bake Coconut Berry Crème Tart**  
*Makes 8-10 servings*

**Crust:**
- 1 cup raw pecans (ground into meal)
- 1 cup raw almonds (ground into meal)
- 4 tablespoons coconut oil (softened) for crust
- 1 tablespoon coconut oil to grease tart pan
- ¼ teaspoon salt
- 1 teaspoon Ceylon cinnamon
- 1-2 tablespoons water

**Filling:**
- 1 (13.5-ounce) can organic coconut cream
- ½ cup Lakanto Monk Fruit Sweetener
- 1 tablespoon agar powder or flakes
- 2 tablespoons arrowroot dissolved in 1 tablespoon water
- 1 teaspoon vanilla extract
- Zest and juice of 1 lemon
- 3 cups mix of strawberries, blueberries or raspberries
To make crust: Use a food processor to grind pecans and almonds into a fine meal. In a large bowl combine nut meal with coconut oil, salt and cinnamon and water, until a smooth ball is formed. Add water as needed. Grease a nine-inch tart pan with one tablespoon coconut oil and press crust into tin until it is even and flat and comes up to cover the sides of the tart pan. Place in refrigerator to chill while preparing filling.

To make filling: In a medium pot over medium heat, combine coconut cream, Lakanto sweetener and agar powder. Whisk continuously until agar dissolves. Add arrowroot mixture and continue whisking until mixture thickens. Add vanilla and lemon, remove from heat and set aside to cool for five minutes. In a large bowl combine berries with the coconut cream filling and ¼ cup Barlean’s Heart Remedy Omega-7 Swirl, stirring gently until berries are covered. Remove crust from refrigerator and spoon filling evenly over crust.

Top with ½ cup sliced almonds and four tablespoons toasted flax or chia seeds. Chill for several hours or freeze for at least one hour before serving or until firm.

**Lemon Ginger Macaroons**

*Makes about 3 dozen macaroons*

- 5 cups unsweetened finely shredded unsweetened coconut
- 1 ½ cups Lakanto Monk Fruit Sweetener
- Pinch of sea salt
- ½ teaspoon powdered ginger
- 4 large egg whites, lightly beaten
- 1 teaspoon lemon extract

Preheat oven to 350 degrees F. Line two large baking sheets with parchment paper. In a large mixing bowl, mix together the coconut, Lakanto sweetener, salt and ginger. Add egg whites and lemon extract, mixing until well combined. Using your hands, form the mixture into small mounds and place on baking sheets as you work. Bake until the peaks of the cookies are a light golden brown, about 12-15 minutes.

**Frozen Berry Mousse**

*Makes 2 servings*

- 2 cups strawberries, blueberries or raspberries
- 2 tablespoons Barlean’s Heart Remedy Omega-7 Swirl
- 2 tablespoons filtered water
- 2 egg whites
- Pinch of cream of tartar
In a blender or food processor, puree berries, oil and water until smooth. Transfer puree into a bowl. In another bowl, beat the egg whites with the cream of tartar until egg whites form soft peaks. Fold into puree mixture, blending well. Freeze until firm around edges, then stir once again and place back in freezer until firm throughout.

**Mac Berries Ice Cream**  
*Makes 6 servings*

- 1 cup organic pastured cream  
- ½ cup ground macadamia nuts  
- ½ cup Lakanto Monk Fruit Sweetener or SweetLeaf Stevia, to taste  
- 2 tablespoons Macadamia Nut oil  
- 1 teaspoon vanilla extract  
- ½ cup mixed berries

Scald cream in a small sauce pan to just below boiling. Combine warm cream with macadamia nuts in a blender and process for one minute. Keeping the blender running, add sweetener, oil and vanilla extract. Scoop mixture into a small stainless steel bowl and chill in freezer. Puree the berries in the blender, then add the chilled mixture and blend until smooth. Pour into a square baking dish and freeze until solid. Cut into one-inch cubes and add half at a time to the blender. Process until smooth and creamy. Scoop ice cream into individual chilled bowls, sprinkle lightly with cinnamon and serve immediately.

**Chia Berry Parfait**  
*Makes 1 serving*

- ¼ cup chia seeds  
- ¼ teaspoon Lakanto Monk Fruit Sweetener  
- 1 (13.5-ounce) can full-fat coconut milk  
- ½ cup berries  
- Vanilla extract  
- Cinnamon

Combine the chia seeds and Lakanto with ¼ cup liquid from canned coconut milk. Let set until gel forms. Layer gel in the bottom of a glass and top with fresh berries. Separately, use a hand mixer to whip only the solid portion of the canned coconut milk while adding a drop of vanilla extract and a dash of cinnamon. Top berries with whipped coconut cream and enjoy!
Resources

Online Support
Please visit my website www.annlouise.com to learn more about my books, programs and products. You can also read my blog where I share the latest news, tips and information on the hottest topics in nutrition, and functional and integrative medicine.

Uni Key Health Systems
Uni Key Health Systems has been my go-to distributor for many supplements and test kits for over 25 years. It was founded in 1992 by James Templeton, a cancer survivor who used alternative medicine to heal himself, and has since dedicated his life to helping others find the root causes of disease. UNI KEY Health proudly provides high quality, natural nutritional supplements, vitamins, and health information for diet/detox, weight loss, cleansing, anti-aging, energy, hormonal balance and skincare.

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Hayden Lake, ID 83835
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Supplements available from UNI KEY include:
Biotics Beta Plus
Biotics Beta-TCP
Biotics Super Phosphozyme Liquid
Carlson Fish Oil and Softgels
CLA-1000
Dandelion Root Tea
Fat Flush Body Protein
Fat Flush Whey Protein
GLA-90
Liver-Lovin Formula
Mag-Key
Melatonin 3mg
Omega Nutrition Flaxseed Oil and Softgels
Omega Nutrition Cold Milled Flax Seeds
ProgestaKey
Sweet Leaf Stevia
Weight Loss Formula
Whole Chia Seeds

Also Available from UNI KEY:

Earthing Products – Reconnect to the Earth's natural healing electrons with products designed to ground yourself for better sleep, increased endurance, enhanced energy and overall balance.
Salivary Hormone Test – Unlike blood tests, which do not measure bio-available hormone activity, saliva testing is considered to be the most accurate measure of free, bio-available hormonal activity. This Personal Hormone Evaluation can be used to profile up to six hormones: estradiol, estriol, progesterone, testosterone, DHEA, and cortisol. Your personal results and a personal letter of recommendation from my office are mailed directly to your home.

Tissue Mineral Analysis – This test uses a small sample of hair cut from the back of your head. This analysis includes a full report, up to twenty pages, which graphically show the levels of thirty-two major minerals and six toxic metals in the body. Each mineral is fully evaluated in terms of its relationship with other minerals, which is a key to glandular function and metabolism rate. This report provides information on the effect of vitamin deficiency and excesses. There is also a complete discussion regarding environmental influences and disease tendencies based upon mineral levels and ratios. A list of recommended food choices and supplements, based upon the individual findings, is included at the end of the report.

Water Filtration – Purify your water to protect against harmful chemicals and toxins, parasites like giardia and amoeba, chloromines, and heavy metals. A free water quality consultation is available with a filtration expert is also available.

Other Resources:

Barlean’s – Visit www.barleans.com for non-GMO omega-rich oils including Barlean’s Heart Remedy Omega-7 Swirl which I’ve found to be the most tasty (and least fishy) anchovy oil on the market.

Bach Flower Remedies – Visit www.bachflower.com for the renowned remedies developed by English immunologist Dr. Edward Bach in the 1930s. The most renowned formula, Rescue Remedy is a five-flower extract combo that is used to help alleviate trauma, whether emotional, physical or psychological.

Selina Sea Salt – Visit www.selinanaturally.com for the highest quality Celtic sea salts. I especially love their Makai Pure Deep Sea Salt with the highest potassium level of any comparable sea salt on the market.

Siberian Tiger Naturals – Visit www.siberiantigernaturals.com for organically-produced oils from the most pristine areas of Siberia like Extra Virgin Pine Nut oil, Camelina Oil and Sea buckthorn oil.
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