

Intermediate Nutrition  
Plan: Part 2



# Weight Loss:

Nutritional Concepts to Live By

Part 2 of a 3 Part Series



WellnessOne of Redding  
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# Introduction to the Intermediate Plan



- Once you have started to reap the benefits of the beginner's phase and you have some time and practical experience under your belt, you will want to consider advancing to the intermediate level. This level is designed to move you even further toward optimum health so that you can harvest all of the delights and pleasures that come along with occupying a healthy body.
- You need to make sure the following four factors have reached acceptable levels: 1. Weight 2. Blood sugar/insulin level 3. Cholesterol level 4. Blood pressure
- If these factors have not improved then we need to sit down and figure out the missing piece to the puzzle.

# Intermediate Plan: Protein

## Lesson 1: Upgrade to Organic Butter/Eggs



- Ideally you should be consuming as many USDA organic food products as possible, however, if you only get one organic food it should be butter. This is because it is a highly concentrated form of milk. It is not uncommon for non-organic butter to have up to 20 times the level of pesticides of non-organic fruits and vegetables.
- Now that you've reached the intermediate level, it's time to move up to organic free-range eggs. Compared to official U.S. Department of Agriculture (USDA) nutrient data for commercial eggs, eggs from hens raised on pasture contain: 1/3 less cholesterol, 1/4 less saturated fat, 2/3 more vitamin A, 2x more Omega 3's, 3x more vitamin E

# Intermediate Plan: Protein

## Lesson 1: Upgrade to Organic Butter/Eggs



- These dramatically differing nutrient levels are most likely the result of the differences in diet between free-range pastured hens, vs. commercially farmed hens.
- Organic eggs don't have to be certified by law, so if you are fortunate enough to know someone who grows chickens and controls the feed and conditions, those eggs are typically better than organic store-bought eggs.
- **An interesting fact about eggs:** You can increase your egg intake up to two dozen a week, as your cholesterol level won't increase.
- Eggs are one of the richest sources of dietary cholesterol, so the way you cook them will influence the level of oxidized cholesterol in your blood. Oxidized cholesterol contributes to hardening of your arteries, which increases your risk of heart disease.
- High heat will promote this oxidation. Since there is iron in the egg white, when it combines with the egg yolk that will also oxidize the cholesterol. Scrambled eggs or omelets are one of the least healthy ways to prepare eggs.

# Intermediate Plan: Protein

## Lesson 1: Upgrade to Organic Butter/Eggs



- Surprisingly, the best way to prepare eggs is to not cook them at all and simply eat the whole egg -- yolk and whites -- raw. This is an advanced technique, so no need to rush on this one unless you feel especially motivated.
- I realize the texture of raw eggs may not be very appealing. If you have strong objections to the texture of eggs, that can be easily modified by whipping them into a meringue or blending them in a protein smoothie. You won't even notice they're there!
- If you're worried about contracting salmonella from raw eggs, please understand that this is a concern that is mainly directed at conventionally raised eggs. A 2008 survey revealed that organic laying hen farms have a significantly lower level of Salmonella; just 4.4 percent in organic flocks and 6.5 percent in free-range flocks, compared to more than 23 percent of farms with caged hens. So your chances of contracting salmonella when using organic eggs are fairly slim.

# Intermediate Plan: Protein

## Lesson 2: Eliminate all Fish, unless tested to be mercury free



- Fish, whether farm-raised or caught from the ocean or freshwater sources, should now be avoided, as almost all fish are contaminated with mercury, PCBs and DDT. The only exceptions to this rule are fish like sardines and anchovies, as they are small enough to have minimal contamination.
- Other fish that are *less likely* to be contaminated with high levels of mercury are: Summer Flounder, Wild Pacific Salmon, Croaker, Sardines, Haddock, and Talapia.
- Instead of eating fish, its best to obtain your omega 3 fats with DHA and EPA from a high quality fish oil. We carry Metagenics which is the best source you can buy and is reasonably priced per dose. Remember we are looking for 2,750mg/day of EPA and DHA in combination. NOT 2,750mg of fish oil but the omega 3s **IN** the fish oil.

# Intermediate Plan: Protein

## Lesson 3: Get Omega 3 fats from meat



- Another way you can receive the necessary omega-3 fats is to eat from free-range cattle and game. Most wild game fit this description, but are not readily available for most of us. Grass-fed beef or poultry are reasonable alternatives. Range-fed poultry is available from most health food stores or local organic chicken farmers.
- You still need to be careful when purchasing grass-fed beef at most stores. As of November 15, 2007, the U.S. Department of Agriculture (USDA) “grass-fed” label can only be used if the animals ate nothing but grass and stored grasses after weaning, and have access to pasture during the growing season, which is defined as from last frost to first frost. However, according to the American Grassfed Association, which represents many raisers of grass-fed animals, the definition of “growing season” means that animals could be confined for long periods, and kept off of pasture even when there is grass growing.

# Intermediate Plan: Protein

## Lesson 3: Get Omega 3 fats from meat



- The least expensive way to obtain authentic grass-fed beef is to find a local rancher you can trust, and buy directly from him. This way you save the shipping, and can also receive a reduced rate on the meat. Alternatively, you can now purchase grass-fed beef from organic ranchers online, if you don't have access to a local source.
- An inexpensive yet effective way to determine if the meat is really from a grass fed animal is to purchase the ground beef. Slowly cook the beef until done, drain and then collect all the fat. Grass-fed beef fat will be relatively thin compared to conventionally-raised ground beef. It will also be a liquid at room temperature as it has very few saturated fats.
- However, most of us live in large urban areas and do not have the time for this process. Just as it would be ideal to have an organic garden and grow your own vegetables, most of us elect not to do that due to time or space limitations.



# Intermediate Plan: Protein

## Lesson 4: Avoid Soy



- Soy being a "health food" has become one of the largest, and perhaps one of the most dangerous, myths within the health food industry. Truth is, unfermented soy is not a healthy option, and I recommend avoiding all soy products unless they're fermented or sprouted. Although fermented soy has many beneficial properties, non-fermented soy products contain: Phytoestrogens (isoflavones) genistein and daidzein, which mimic and sometimes block the hormone estrogen.
- Isoflavones which can impair thyroid function
- Phytates, which block your body's uptake of minerals
- Enzyme Inhibitors, which hinder protein digestion
- Haemagglutinin, which causes red blood cells to clump together and inhibits oxygen take-up and growth
- High amounts of omega-6 fat, which is pro-inflammatory
- You should therefore avoid tofu, soy protein products and soy milk. If you use protein powders, it's important to avoid soy protein.  

Soy baby formula should NEVER be used for infants as soy formula contains the hormonal equivalent of about five birth control pills a day.
- Fermented soy (tempeh, natto and miso) and soybean sprouts don't have these problems and can be safely consumed. Just make sure they're not pasteurized, as that is an indication of insufficient fermentation.

# Intermediate Plan: Protein

## Lesson 5: Limit Nut and Seeds



- Except for walnuts, almost all nuts have high levels of omega-6 fats, and if eaten in excess they can unbalance the ratio of omega-6 to omega-3 fats in your body. Unless you are already very healthy, it is important for you to limit your use of most seeds and nuts. Sprouting them would help somewhat, but unbalancing the omega 6:3 ratio can have profound negative health consequences for your body. Most all of us already have an excess of omega-6 fats in our diet.

# Intermediate Plan: Protein

## Lesson 6: Avoid Pasteurized Dairy



- It is clear that most people benefit from avoiding commercial milk that is loaded with hormones, pesticides and antibiotics. However, even if you are able to obtain organic milk that is free of these contaminants, you are still left with a food that is pasteurized and homogenized.
- Pasteurization is done to protect you from potentially dangerous infections like TB and brucellosis, but it unfortunately changes the structure of the milk proteins, particularly casein, to a far more allergenic food and is a major reason why milk allergies are the number one form of food allergy.
- In this level, you need to eliminate milk if you haven't already done so. You can have cheeses, particularly raw milk cheeses, if your body tolerates them well.

# Intermediate Plan: Carbohydrate

## Lesson 1: Eat only quality veggies



- At the intermediate level, I recommend that all of your vegetables be organic, and preferably locally-grown. Organic vegetable varieties will decrease your exposure to dangerous pesticides, and increase your nutrient intake as organics have been scientifically proven to contain as much as two to five times more essential nutrients compared to non-organic vegetables. Most people agree that they also taste much better. It is important to remember though that nearly any non-organic vegetable is better than no vegetable at all.

# Intermediate Plan: Carbohydrate

## Lesson 2: Avoid All Grains



- I believe that most people's health is improved by avoiding all grains. This also includes durham flour and semolina from which most pasta is made. You can obtain most of your fiber from vegetables, which is a far healthier choice. Additional foods to eliminate at this level are:
- Corn: It is best to avoid all corn products, including popcorn and corn chips. Corn is not a vegetable but a grain! Corn and corn products are often difficult to digest and can contain mold toxins. One in three people are allergic to mold, and even small amounts of exposure to these mycotoxins (fungal toxins) can cause a range of health problems, including cancer, heart disease, asthma, multiple sclerosis and diabetes. Please avoid all foods with corn listed in the first five ingredients.
- Potatoes: Potatoes will raise insulin levels beyond what would be considered ideal in most people. If you do not have problems with weight, high blood pressure, diabetes, or high cholesterol, they can be used with a protein meal. Try to avoid commercially prepared French-fries entirely. They are an extremely toxic food, as they contain 100 percent trans-fatty acids.
- Wheat: You should avoided or at least limited all gluten and wheat products in the beginning phase of this program. If you finished that phase and seem to tolerate wheat and do not suffer with high insulin challenges, and are not a protein nutritional type, then you may reintroduce organic whole wheat products into your diet.

# Intermediate Plan: Carbohydrate

## Lesson 3: Pay Attention to your body



- Not everyone is created equal when it comes to how your body processes foods.
- Pay attention to how foods affect your mood, how you feel, and your energy.
- You may want to start with an elimination diet by fasting for 1-2 days then slowly adding in foods and monitoring how they make you feel.
- This of course includes fluids and supplements you introduce as well!

# Intermediate Plan: Carbohydrate

## Lesson 4: Retrain your body's response to sweets



If you are overweight, you have likely trained your hormone system to respond very aggressively to sweets. As soon as anything sweet hits your mouth your body will instantly release insulin. This occurs even when it does not need it, such as when you are using low calorie sweeteners. Pavlov proved this principle over 100 years ago.

He began to feed his dogs in association with the ringing of a bell. After a certain time the dogs were shown to salivate profusely in association with the ringing bell even when the actual sight or smell of food was not present. Pavlov regarded this salivation as being a conditioned reflex and designated the process by which the dogs had picked up this reflex classical conditioning.

# Intermediate Plan: Carbohydrate

## Lesson 4: Retrain your body's response to sweets

You have also experienced this conditioning. You've developed a link between your taste buds and your brain that will cause your body to produce insulin the moment you eat anything sweet, even if it is not grains or sugar. This will sabotage your efforts to lose weight successfully, as you will keep on having cravings for sugar and grains.



Refined sugar can also cause a physical addiction, as it has been found to be far more addictive than cocaine -- one of the most addictive and harmful substances currently known. Researchers speculate that the sweet receptors (two protein receptors located on your tongue), which evolved in ancestral times when the diet was very low in sugar, have not adapted to modern times' high-sugar consumption.

Therefore, the abnormally high stimulation of these receptors by a sugar-rich diet generates excessive reward signals in your brain, which have the potential to override normal self-control mechanisms, and thus lead to a very real addiction.

So what can you do?

It's a matter of re-educating your taste buds, and breaking the cycle of addiction. To do this, it is essential to AVOID ALL sweets for a few weeks. Once you clean your palate of sugar and simple carbs, foods will taste better than ever. You can use this as an opportunity to explore the use of spices and organic foods, as they typically taste much better after you modify your body's response to sugar.

Next, try ACUPUNCTURE! This procedure has been shown in extensive study and experience to reduce cravings and aid in depression related symptoms that can lead to cravings. Our staff acupuncturist, Joe Hlebica, L.Ac. is very familiar with way to help you with your cravings.



# Intermediate Plan: Fats



- Since you've made many of the essential changes for fat consumption in the beginner phase, the intermediate phase instructions are quite simple:
- As I've said in the carbohydrate section for this level, never eat commercially prepared French-fries. They are one of the most toxic foods you could eat. Most contain 100 percent trans fatty acids.
- Eliminate margarines, as they are another source of trans fatty acids.
- You should regularly be consuming fish oil regularly by now, as it is one of the few and best sources of omega-3 fatty acids that most people are sorely lacking in their diet but are essential to optimal health.
- Olive oil is not only acceptable but highly recommended as it has a fat in it called squalene. This is a potent antioxidant and will protect the fish oil from going rancid (becoming oxidized) once it is in your body.
- Avocados, walnuts, egg yolks, coconut oil and butter are additional sources of acceptable fats.

# Intermediate Plan: Beverages

## Lesson 1: Move up to reverse osmosis water filtration!



- Unlike most carbon filter systems, reverse osmosis will actually remove the fluoride that most U.S. municipalities add to their water. Reverse osmosis will remove virtually all contaminants from the water, including fluoride, especially when combined with a pre- and post-carbon filtration system.
- Try not to purchase the one-gallon cloudy plastic (PVC) containers from your grocery store as they transfer far too many chemicals into the water. The five-gallon containers and the clear bottles (polyethylene) are a much better plastic and will not give your water that awful plastic taste.

# Intermediate Plan: Beverages

## Lesson 2: Limit chemical exposure from your shower water.



- Most people do not recognize that their shower is a significant source of chlorine exposure, but contaminants in your shower water get absorbed through your skin. This is just as hazardous to your health as ingesting through your skin. This is just as hazardous to your health as ingesting them, and sometimes even worse. It is best to put a filter on your showerhead. If you take a bath, fill it up from the shower. A filter is probably not necessary if you obtain your water from a well. Remember, you should have a reverse osmosis system for your drinking water if you have a water softener.

# Intermediate Plan: Beverages

## Lesson 3: Avoid Fluoride



- Did you know that nearly all of Europe used to add fluoride to their water supply, but after studying the issue more carefully, most of them decided to remove it?
- Fluoridating drinking water for dental health is a swindle of massive proportions. Starting it off with a simple truth: that a natural form of fluoride (organic calcium phosphate) is part of the composition of your teeth, they were able to convince everyone that drinking toxic chemical fluoride compounds – the *waste materials from fluoride-polluting industries* – *would be good for your teeth.*

# Intermediate Plan: Beverages

## Lesson 3: Avoid Fluoride



- Nothing could be further from the truth. Fluoride is in fact a systemic POISON that:
  - inactivates 62 different enzymes
  - increases lead absorption
  - increases the aging process
  - increases the incidence of cancer and tumor growth
  - disrupts your immune system
  - lowers thyroid function
  - causes genetic damage
  - interrupts DNA repair-enzyme activity
  - increases arthritis reduces IQ, and impairs learning and memory processes

# Intermediate Plan: Beverages

## Lesson 3: Avoid Fluoride



- Other sources of fluoride that you want to limit or eliminate to reduce your exposure include:
  - Fluorophenyl-containing pharmaceutical drugs
  - Toothpaste and mouthwash
  - Food and beverages processed with fluoridated water
  - Mechanically de-boned meat
  - Pesticide residue on food
  - Soy baby formulas
  - Instant tea

# Intermediate Plan: Supplements

## Lesson 1: Increase the good bacteria in your diet



- Maintaining a healthy gut flora and following sound dietary principles are the best ways, I've found, to promote optimal health. The reason for this is because 80 percent of your immune system is located in your digestive system, and a robust, well-functioning immune system is your number one defense system against all disease.
- Probiotics are good bacteria; the essential inhabitants of your gut that help to control the yeast and bad bacteria that also coexist in your gut. They're also crucial for proper digestion of food and absorption of nutrients.
- Active cultures are alive, and are therefore best kept refrigerated. There are literally dozens of different types of probiotics on the market and many of them simply do not work. I recommend Ultra Flora IB from Metagenics in our office since it is a very effective, highly potent (60 BILLION organisms per capsule), multi-strain product.
- It's best to take your probiotics ONCE per day after drinking 1 glass of FILTERED water, or with some food. This reduces the acidity of your stomach and allows the powder to be more effective.

# Intermediate Plan: Supplements

## Lesson 2: Use supplements to help relieve irregular bowel function



- Bowel movements aren't necessarily the most pleasant things to think about, but it's healthy to have two to three bowel movements a day. Ideally, they should be effortless, odorless and not sink to the bottom of your toilet bowl.
- **Flaxseeds:** My first choice would be organic psyllium. You can also use freshly ground organic flaxseeds. You can take one to six tablespoons per day. Psyllium and flax have water-soluble fibers ), which are very effective at relieving constipation. Additionally, flax is a food and a source of beneficial omega-3 fats.
- **Magnesium:** This can be helpful to temporarily restore a healthy frequency of bowel movements. Start your dose at one 500 mg tablet or capsule twice a day. Malate is the preferred form, but glycinate and citrate also work quite nicely. You can increase this to four tablets twice a day (two grams) if necessary. You can go up to eight per day in divided doses for severe cases. Diarrhea is the only side effect of magnesium, and you can easily reduce the dose if this occurs.
- It's important not to use magnesium on a long-term basis, as it will cause imbalances in the calcium/magnesium ratio in your body. If the magnesium does not work, you can use Aloe Vera capsules instead.



# Intermediate Plan: Lifestyle Change

## Lesson 1: Practice techniques, such as prayer and meditation to control anxiety/stress, and instill self control and peace of mind.



- There is no greater enemy to your physical health than a negative self-image or high stress. Many people initially succeed at implementing a diet -- whether it is to lose weight, heal a disease, or strengthen their body against sickness -- but then fall back into old habits... and therefore, the "old" body. Why? Because the emotional barriers were never overcome in the first place.
- To truly succeed at this nutrition plan, I highly recommend you work on overcoming your emotional barriers, whether they're based on life's anxiety-factors or emotional traumas. Ask me about acupuncture and other forms of relaxation techniques to help you.

# Intermediate Plan: Lifestyle Change

## Lesson 2: Take time and chew your food



- It's very important to chew your food properly. Try to chew your food to a liquid form and then swallow it. This will predigest your food with the enzymes in your saliva. It will also provide neurological stimulation of your stomach and pancreas to increase their acid and digestive enzyme production.
- Avoid chewing gum for this same reason. Chewing gum will fool your body to secrete valuable digestive juices unnecessarily. This will worsen your digestion and your health. It's also helpful not to talk while you are chewing your food as this interferes with optimal digestion.

# Intermediate Plan: Lifestyle Change

## Lesson 3: Avoid drinking too much water during your meals

- Avoid drinking fluids with your meals if possible, as this will dilute the gastric digestive contents and make the food more difficult to digest. A few sips of water during the meal is fine.



# Intermediate Plan: Lifestyle Change

## Lesson 4: Keep your kitchen clean in a non-toxic fashion



- A food scientist at Virginia Polytechnic Institute and State University has worked out the recipe for a healthy sanitizing solution. All you need is three percent hydrogen peroxide, the same strength available at the drug store for gargling or disinfecting wounds, plain white or apple cider vinegar, and a pair of brand new spray bottles like the kind you use to dampen laundry before ironing.
- **Clean your veggies:** If you're cleaning vegetables or fruit, spritz them well with both the vinegar and the hydrogen peroxide, then rinse them off under running water. It doesn't matter which you use first -- you can spray with the vinegar then the hydrogen peroxide, or with the hydrogen peroxide followed by the vinegar. You won't get any lingering taste of vinegar or hydrogen peroxide, and neither is toxic to you if a small amount remains on the produce. Rinsing with HOT water has been shown to be far more effective at removing pesticides compared to cold water.

# Intermediate Plan: Lifestyle Change

## Lesson 4: Keep your kitchen clean in a non-toxic fashion



- **Get rid of e.coli bacteria:** The paired sprays work exceptionally well for sanitizing counters and other food preparation surfaces including wood cutting boards. In tests run at Virginia Polytechnic Institute and State University, pairing the two mists killed virtually all salmonella, shigella, and e. coli bacteria on heavily-contaminated food and surfaces when used in this fashion. This spray combination is more effective at killing these potentially lethal bacteria than chlorine bleach or any commercially available kitchen cleaner.
- **Clean your kitchen on a regular basis:** Be sure to regularly clean your kitchen countertops, sink drains, refrigerator handles and faucet handles. This should also be done immediately after you handle any raw meat.
- **Clean your sponges and dishcloths:** Your kitchen sponge is likely one of the most contaminated objects in your kitchen. Fortunately it turns out that placing that sponge in the microwave for two minutes is likely enough to kill 99 percent of the bacteria hidden in the sponge.
- Zapping sponges in the microwave every other day will decontaminate them better than putting them in the dishwasher, which is the strategy I had been previously using. I've moved into a new home where the previous owners had installed a built in microwave. I had planned on removing it but have kept it now that I found a suitable use for it.
- If you do use your microwave for this purpose PLEASE be careful to make sure the sponge is wet. If you put it dry into the microwave you might cause a fire and smoke up your house. Additionally the oven works by causing the water in the sponge to turn to hot steam which is what kills the bacteria.

# Intermediate Plan: Lifestyle Change

## Lesson 5: Learn about the health dangers of cell phones, WiFi, and other electromagnetic radiation.



- Although the evidence is still controversial, I am convinced that the dangers of cell phones, wireless internet and other sources of electromagnetic fields (EMF) are real, and the chances that we're looking at a major public health problem are overwhelming. To date, several countries including France, Germany and India have issued recommendations to limit your exposure to electromagnetic fields.
- Keep Your Cell Phone Away From Your Body When it is On: Instead of carrying your phone on your hip or in a pocket, keep it in your purse or briefcase. Also do not keep or let your cell phone charge on your night stand. When using your cell phone, use the speaker function rather than holding the phone to your ear.
- Reduce Your Cell Phone Use: Turn your cell phone OFF more often. As long as your cell phone is on, it emits intermittent radiation, regardless of whether a call is being made or not. Try to reserve your cell phone for emergencies, and use a land line for most calls at home and at work. Also try to use your cell phone only where reception is good, because the weaker the reception, the more radiation your phone emits.

# Intermediate Plan: Lifestyle Change

## Lesson 5: Learn about the health dangers of cell phones, WiFi, and other electromagnetic radiation.



- **Reduce Your Use of Other Wireless Devices:** You would be wise to cut down your use of these devices. Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time. If you must use a portable home phone, use an older version that operates at 900 MHz. They are no safer during calls, but at least they do not broadcast constantly, even when no call is being made.
- **Use Safer Headset Technology:** Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, unless a wired headset is well-shielded -- and most of them are not -- the wire itself acts as an antenna attracting ambient information carrying radio waves, and transmitting radiation directly to your brain.



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