ADRENAL

BODY TYPE PLAN

3 STEP SUMMARY

By Dr. Eric Berg DC
Everyone gets this one wrong. It’s important to know how “FAT” in burned. Especially since, it’s been ruining your life, preoccupying your attention and preventing your health and happiness for way too long.

**THE PURPOSE OF FAT IS NOT:**

A cushion to pad and protect your body or an insulator if you get cold.
**FAT:** is the main back-up fuel source for the **STARVATION** of sugar.

Our bodies are designed to burn sugar fuel as the main energy source. This is always the priority, and if there is sugar in the body that is what will be used.

Fat is a back-up energy supply ONLY when there is......okay, now this is the key point..... starvation of sugar. When I talk about starvation, I am talking about zero sugars.

*(Starve: the lack, absence or missing)*

Let me ask you a question. Is a low carb diet the same as starvation of sugars? Not necessarily. Lowering carbohydrates is reducing the sugars, but it’s still not eliminating all the sugars.

This confusion comes from the completely false and outdated concept of “losing weight is a matter of eating fewer calories than are burned”. Right! I will just practice portion control and if I keep everything in moderation, I will lose weight.

What’s missing is the understanding of how HORMONES are affected by types of foods.
FACT #1: In the presence of the hormone INSULIN, which is triggered by sugar carbs, the body will not burn fat despite the calorie content. Insulin basically takes the excess sugar out of the blood and sticks it into storage as fat.

How does this relate to you?

Suppose on Friday night you decide to eat a cookie or drink a ½ glass of orange juice or even eat a bagel. That triggers insulin and fat burning will turn off. BUT, here’s the depressing part. It will turn off for 24-48 hours because of insulin.

TINY amounts of sugar has the power of blocking fat burning for a long time because insulin is a dominating hormone, which easily over-rides ALL other fat burning hormones.

Sugars & Hidden Sugars to Avoid

**Sugars** - brown, white, molasses, honey, agave nectar, dextrose, brown rice syrup, fructose, high fructose corn syrup.

**Grains** - breads, whole or white, pasta, cereal, crackers, pancakes, muffins, waffles, quinoa, oatmeal, etc.

**Starches** - potato, corn, corn starch, French fries, mash potato, both white and brown rice.

**MSG (monosodium glutamate)** - modified food starch is a flavor enhancer and can act like sugar and raise insulin by 300%. This ingredient is in most fast food and junk foods.
DON'T WORRY!
YOU WILL BE ABLE TO USE HEALTHY SUBSTITUTES, WHICH WILL GIVE YOU THE SAME PLEASURE - MORE ON THIS LATER...
Now, for the good news!

Understanding the true purpose of fat can and will allow you to achieve your goal. You will achieve it not by counting calories, but by understanding your hormones and what food triggers them.

You can totally experience the sensation of sweet, but just from other sources, which I promise you will love and you will not feel deprived.

Here are the basics...

Over the next 3-14 days you will change from using sugar fuel to using fat fuel as the primary fuel your body uses.

FACTS ON BURNING FAT:
- Burning fat is a much cleaner fuel source. Sugar fuel is dirty like diesel fuel.
- Fat fuel will give you 3x as much energy as sugar – especially brain energy.
- You will NOT crave sweets or other carbs at all.
- Since you will no longer have the blood sugar highs and lows, your moods will be improved.
IMPLEMENTING ONE THING AT A TIME:

Summary of the eating plan:

This eating plan involves a greater amount of vegetables, no sugars, and a moderate amount of protein with meals without concentrating on low fats. The goal is to be satisfied and not feel hungry or crave food between meals, which means you have to adjust the quantity and type of food you eat. Because your fats are higher, your brain will turn off hunger and cravings – fats are VERY satisfying. Because your sugars are zero, your body will have no choice but to burn fat fuel. Any foods you don’t like - just omit them or find a substitute.
#1: BREAKFAST, YOUR MOST IMPORTANT FIRST STEP
**Breakfast** needs to contain mostly protein and some fat. It cannot include carbohydrates. The cereals, pancakes, waffles, and fruit all need to go bye-bye for now. The Harvard University conducted a study on breakfast foods and found that a protein breakfast provided the best blood sugar levels throughout the entire day, regardless of what was eaten for lunch. But if carbs were consumed at breakfast, which most people do, it was found that around 5-6 pm, the craving for food was greater and the cravings continued into the evenings.

I was the worst when it came to carb breakfast foods – that’s all I ate until I was in my 20’s. It caught up with me - my eyes were permanently blood shot, my head was so tired and I just couldn’t wake up in the morning and I didn’t feel really awake until 11 o clock or noon. Then one day, I ate a buffalo burger for breakfast and WOW!!! What a difference. I felt like awake and energetic.

It’s interesting, when I go to a restaurant and I ask for a breakfast without the carbs (toast, grits or potatoes), they will ask, “Don’t you want the bread or any toast, it’s free?” I then say, “No, thank you.” They give me a strange look. It’s just so common for people to live on carbs. Including carbs in every meal is how we’ve been raised. This really goes against the grain, but it works.

So the best foods for breakfast are eggs. Personally I do eat bacon and add cheese too. You can choose other things like turkey bacon, but the point is to eat protein and some fat. I am saying that because protein always comes with fat in nature - and don’t choose lean proteins.

**Breakfast Recommendations:**
- Eggs
- Steak
- Bacon (pork or turkey)
- Cheese
- Avocado

Here’s an example of what I eat for breakfast:
Lots of people also choose a **KALE SHAKE** too. This is a good idea, because it will provide you with greens as added nutrition. The Kale Shake is a blend of kale, water and berries. I have a product called Instant Kale Shake, which is Chocolate and Berry, it’s sweet, but with no sugar. I also have a higher protein Kale Shake that contains 20 grams of pea protein - that would be an acceptable alternative.

People choose the Kale Shake because of its high quality, it is easy to use has all the nutrients you need for breakfast. It is an option.

**Kale Shake:**
½ blender of kale*
1 cup of berries (optional)
Water (fill up to mixture)
BLEND 3 MINUTES

*If you have slow metabolism, avoid the berries. Berries do add a little bit of carbs that can slow metabolism.

Consuming just blended kale and water may not be as tasty but it is still worth trying. Choose the Instant Kale Shake (High Protein) because it’s sweet but has less than 1 gram of sugar

*I like to freeze my kale as soon as I get home from the grocery store. This way it will last for weeks and I can avoid putting ice cubes in the mixture.
Alternative Breakfast Foods
- Hamburger or buffalo burger patty
- Steak
- Tuna or sardines
- Protein powder
- Instant Kale Shake (20 g of protein)

Eggs
Do not worry about cholesterol. Eggs only increase good cholesterol. Egg yolks contain lecithin, which is the antidote to cholesterol. I also recommend getting organic pasture-raised eggs if possible, not pasteurized.

Animal Protein
Choose only grass-fed animal proteins.

Why?
Most animals are fed soy and corn, which are both Genetically Modified Organisms (GMO). Consuming meat from animals that have been fed GMO is a time bomb for health problems. Meat from grass-fed animals is so much more nutritious and includes vitamin K2. It has been found Vitamin K2 transports calcium out of the soft tissues reducing heart disease.

CHOOSE:
- Grass fed (beef, cheese, chicken)
- Organic
- Wild caught (fish)
- Pasture raised
- Non-GMO products (unfortunately GMO is not labeled but organic meats do not contain GMO)
#2: 7-10 CUPS OF VEGGIES
SALADS AND VEGETABLES – YOU NEED MORE.
Salads and vegetables - it’s easier.

A person needs to consume 7-10 cups of salad or vegetables every day to get the right amount of nutrients. I know, no one does this, but don’t freak out yet, it’s easier than you think.

If you could consume that many, your cravings would disappear within a few days, your blood sugars would improve, and sleep will also be better. Potassium is necessary to calm the body and the nervous system and is involved in stabilizing blood sugars.

Our bodies need 7-10 cups of vegetables or salad per day.

We get MOST of our nutrients (vitamins and minerals) from vegetables. Let’s just talk about one mineral, Potassium. Do you realize that 4700 mg is the daily requirement? You would have to eat 10 bananas (they only have 300 mg) and 5 avocados (they have 800 mg) each day to get the required potassium.
#3: EAT VEGGIES FIRST THEN PROTEIN
Lunch and dinner are interchangeable.

This will be a combination of vegetables (or salad) and protein.

The key is to ALWAYS try to consume your veggies BEFORE you consume the protein. The only exception is if you have your protein on a salad and eat them together.

Consume around 3-6 ounces of protein per meal, preferably animal protein like fish, seafood, chicken, turkey, or beef.

You don’t have to consume protein for both lunch and dinner, but at least consume it for lunch. Because breakfast is quite large, you won’t need a large dinner.

Personally, I might eat something small or even snack on cheese or some veggies for lunch.

What about the quality of protein?

- Grass fed
- Organic
- Nitrate free
- Non GMO
Eric Berg, DC, 50 years of age is a chiropractor who specializes in weight loss through nutritional and natural methods. His private practice is located in Alexandria, Virginia. His clients include senior officials in the U.S. government and the Justice Department, ambassadors, medical doctors, high-level executives of prominent corporations, scientists, engineers, professors, and other clients from all walks of life.

He is the author of The 7 Principles of Fat Burning, published by KB Publishing in January 2011. In addition, Eric Berg is widely published in trade magazines, including Chiropractic Today and The American Chiropractor, and in consumer publications such as First for Women, Men’s Exercise, New Beauty, Upscale and Let’s Live. Dr. Berg trains chiropractors, physicians and allied healthcare practitioners in his methods, and to date he has trained over 2,500 healthcare professionals.

He has been an active member of the Endocrinology Society, on the advisory panel for the Health Science Institute, and has worked as a past part-time adjunct professor at Howard University. Eric Berg's nonprofit foundation, Health Technology Foundation, is currently being approved nationally for the purpose of providing research to substantiate alternative healthcare technologies, giving cost-effective solutions and result-oriented healthcare. As a leader in natural health and food coaching, Eric Berg has appeared on many radio and television shows, including ABC, CBS, and as a monthly host on Channel 8’s Sports Talk. He has also had his own radio health show on WOL in 2005.