

# Weight loss with the DES concepts

## Diet, Exercise, Stress reduction

by Nelson A Berrios, M.D. © 2023

Dr. Berrios DES concepts – DESconcepts.com

### DIET concepts summary

**Step one:** *This step helps with weight loss and diabetes.* Start with a modified paleo diet which consists of meat and vegetables of choice. Modification to the diet includes:

**no carbs no fruit**

**You can have the following: nuts, dairy, legumes, coffee**

**Continue this part of the diet for a week**, or two if you are very motivated. There are no restrictions if you do not have diabetes or very high difficult to control cholesterol. You can start the diet if you are on a statin (cholesterol lowering drug) and may want to increase the dose temporarily. Follow the diet for only one week if you are on a statin. *If continued indefinitely, you could develop cardiovascular disease due to elevated cholesterol and lipids.*

**Exercise:** During Step One begin to walk one mile thrice a week. Perform resistance exercises twice a week (10 pushups is a good start).

**Stress reduction:** During Step One perform the 3/3/3/3 breathing exercises for 2-3 minutes a day.

**Step two:** *This step helps with weight maintenance and diabetes.* Reintroduce the carbohydrates and these will now be the **good carbs**:

**Low glycemic index Low glycemic load Resistant starches High-fiber**

*You will forever eliminate* sodas, fruit juices, seed oils, desserts, ultra-processed and inflammatory foods. Go easy on potatoes and splurge on vegetables. Acceptable oils are avocado and olive oil. Examples of resistant starches are included. You need to select a grain of choice as the basis of the diet. Basmati rice and pasta are good choices as they have a low glycemic index, but you need to be careful of the glycemic load (not too much!). Beans are a must and eat colorful veggies. You will eat just twice a day, brunch at 11:30 and dinner at 6-7:00 PM. Snack in the evening if you need to. Acceptable snack foods are nuts, chocolate (1 ounce or less), avocado, and cheese (small portion: 1 or 2 ounces). You can snack on fruit, especially if it is a berry. You can follow step two indefinitely, but if you have problems with cholesterol you need to follow step three and begin to reduce the amount of animal meat you are consuming.

**Exercise:** During Step Two walk two miles twice or three times a week. Perform resistance exercises twice a week, you can probably do 15 pushups by now.

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**Stress reduction:** Step Two is lifelong so get in the habit of performing breathing and relaxation activities. The 4/4/4/4 breathing exercises can be easily done daily for 5 minutes.

#### OPTIONAL:

**Step Three:** *This step helps with cholesterol control.* I call this the half fish diet. You do not necessarily eat half a fish, but rather you eat fish half the time. Do not forget that canned fish, shrimp, lobster, crab, and other shellfish count. You can start this step when you are ready and have adjusted to your new pantry foods. Strive for 50% reduction. It is not as difficult as it sounds; you consume no meat or eat fish every other meal. If you have 2 meat meals in a row, then the next 2 should be meat free or fish. On meat days, portions should be reduced (4 – 6 ounces), make them lean cuts, grass fed, skinless, and trim the fat. If you must have breakfast, exercise in the morning, and then have breakfast. Make it the same number of calories as the exercise.

If you begin to feel bloated, gain weight, feel fatigued or moody follow step one for 2 or 3 days.

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### **Root vegetables:**

Beets, carrots, turnips, daikon, Jerusalem artichoke, sweet potato, cassava, celery root, parsnips, taro root, potatoes.

### **Root vegetables by glycemic index: low glycemic index G.I. (less than 55)**

Carrots 16, daikon 32, radish 32, Jerusalem artichoke 32, celery root 35, cassava (yucca) 46, parsnips 52, taro root 54. Only these root vegetables are allowed during step one.

### **Borderline high G.I. (consumed sparingly)**

Beets 64, sweet potato 70

### **High G.I. (70 or higher, avoid these)**

Turnips 73, Russet potatoes 76, boiled white potatoes 82, mashed potatoes 85, instant mashed potatoes 88, boiled red potatoes 89.

### **Resistant starches:**

Yams, pasta, Pearl barley, millet, whole-grain bread, navy beans, oatmeal (steel cut), lentils, brown rice, green papaya, farrow, turnips, peas, corn tortillas, cashews, jicama, sorghum, persimmon, celery root, green bananas and plantains, precooked and cooled rice, taro root, yucca, tapioca, oats, quinoa, rice pasta, mung beans.

**Probiotic foods.** These are the good guys of the microbiome (gut bugs!), and it will keep it healthy. They include:

Kimchi, sauerkraut, yogurt, kefir, Kombucha, dark chocolate (70%), Japanese Natto, some aged cheeses such as Gouda, cheddar, feta, provolone.

**Prebiotic foods.** These foods provide nourishment to the microbiome and include:

Jicama, dandelion greens, garlic, chicory root, Jerusalem artichoke, onions, radishes, leaks, asparagus, okra, carrots, mushrooms.

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### High-fiber foods:

**fruit:** figs, raspberries, pears, apple with skin, blackberries, blueberries, mango, guava, prunes, orange, bananas, strawberries.

**cereals:** psyllium, flaxseed, oats, bran flakes, brown rice, basmati rice, quinoa

**beans:** lentils, chickpeas, practically all the rest.

**vegetables:** artichoke, peas, broccoli, avocado, acorn squash, edamame, collard greens, butter squash, cassava, olives, carrots, green bananas and green plantain.

**nuts:** Chia, pistachios, almonds, walnuts, pecans.

**Other:** popcorn, dark chocolate

Avoid    avoid    avoid    avoid    avoid    avoid  
      avoid    avoid    avoid    avoid    avoid:

### Pro-inflammatory foods: these need to be avoided.

Breads, rolls, baked goods, candy, cake, cookies, cereals (except old-fashioned oatmeal) cornstarch, cornbread, corn syrup, corn cakes, crackers, croissants, donuts, eggrolls, fast food, French fries, juice, snack foods, fried foods, flour, granola, honey, hotdogs, ice cream, margarine, molasses, muffins, noodles, pancakes, pastry, pizza, potatoes, potato chips, pudding, relishes, shortening, soda, sugar.

### Ultra-processed foods: 4 or more servings a day is associated with decreased life expectancy and need to be avoided.

Custard, pudding, ice cream, ham, processed meat, chorizo, salami, mortadella, sausage, hamburger, morcilla, pate, foie-gras, meatballs, potato chips, breakfast cereals, pizza, margarine, pre-prepared pies, cookies, muffins, donuts, croissants, marzipan, carbonated drinks, artificially sweetened drinks, fruit drinks, distilled spirits (e.g., rum, gin, whiskey).

### Seed Oils: should be avoided as they cause inflammation.

Flaxseed oil, canola oil, walnut oil, sesame seed oil, safflower oil, sunflower oil, peanut oil, grape seed, coconut oil, Palm fruit oil, corn oil, soybean oil, cottonseed oil.

A list of foods with glycemic Index and glycemic load can be obtained from the Internet. I encourage you to do your own research.