

Food Choices Matter

What should we eat? A history lesson:

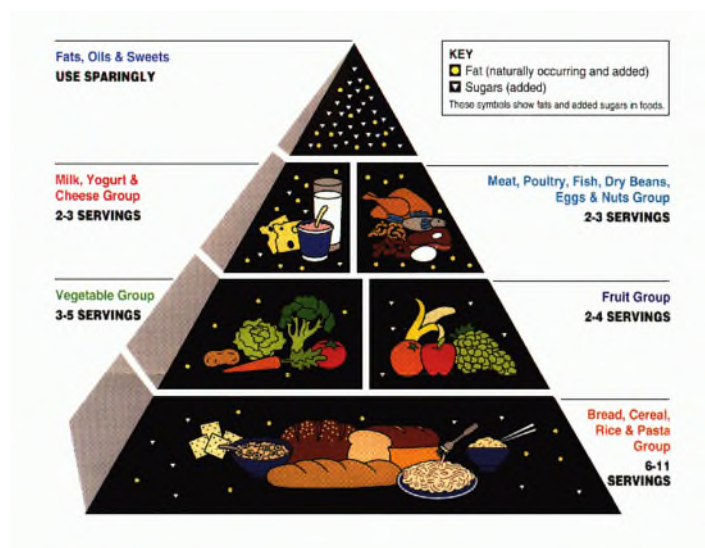


The First USDA Food Recommendations - 1940



Question – what happened in 1974?

USDA Food Recommendations – 1992



USDA Food Recommendations – 2005

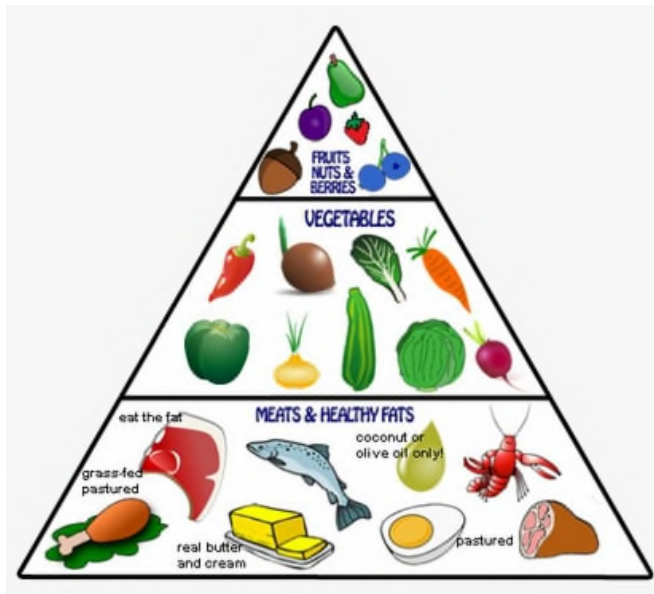


USDA Recommendations – 2015



Are there other options? Of course!

Here's the Paleo Pyramid



8-12 glasses of water per day

Try to get at least 30 minutes of exercise per day

Other Essentials

Fortified Soy Milk & Alternates
6-8 servings

Beans & Bean Alternates
2-3 servings
Legumes

Omega-3 Fatty Acids
Vitamin B12
Vitamin D

Vegetables
3 or more servings

Fruit
3 or more servings

Grains
6-11 servings

Animal kingdom only

Focus on fatty meat, especially ruminant meat

Consume dairy and eggs if you can tolerate

Carnivore Cure's elimination protocol

Listen to your body's innate wisdom

Minerals, water and dairy
Lard, duck fat, ghee, tallow, suet, butter, hard cheese (raw dairy is best)

Oysters, Marrow, Bone Broth, Small fish

Non-Ruminants
Pork, chicken, duck, salmon

Ruminants
Beef, lamb, goat, elk, antelope, deer

Gluten

Grains

Legumes

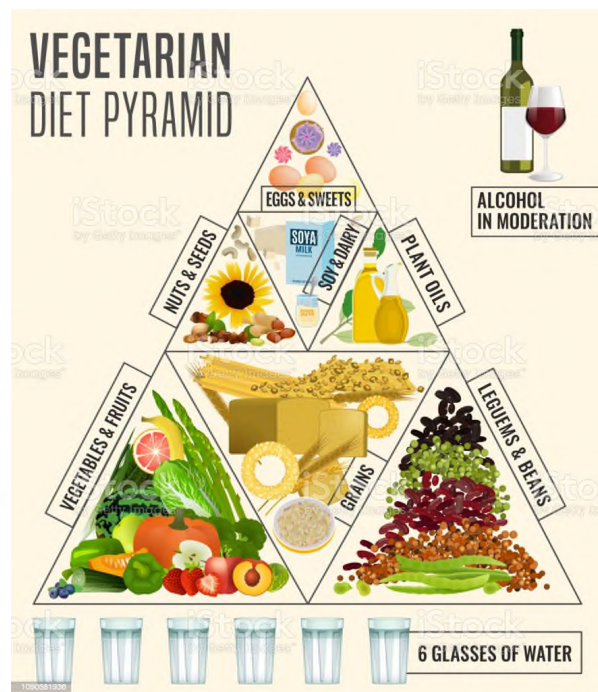
Nuts, Seeds

Processed Foods

Soy Products

Sugar, Sweetener

A Vegetarian Pyramid

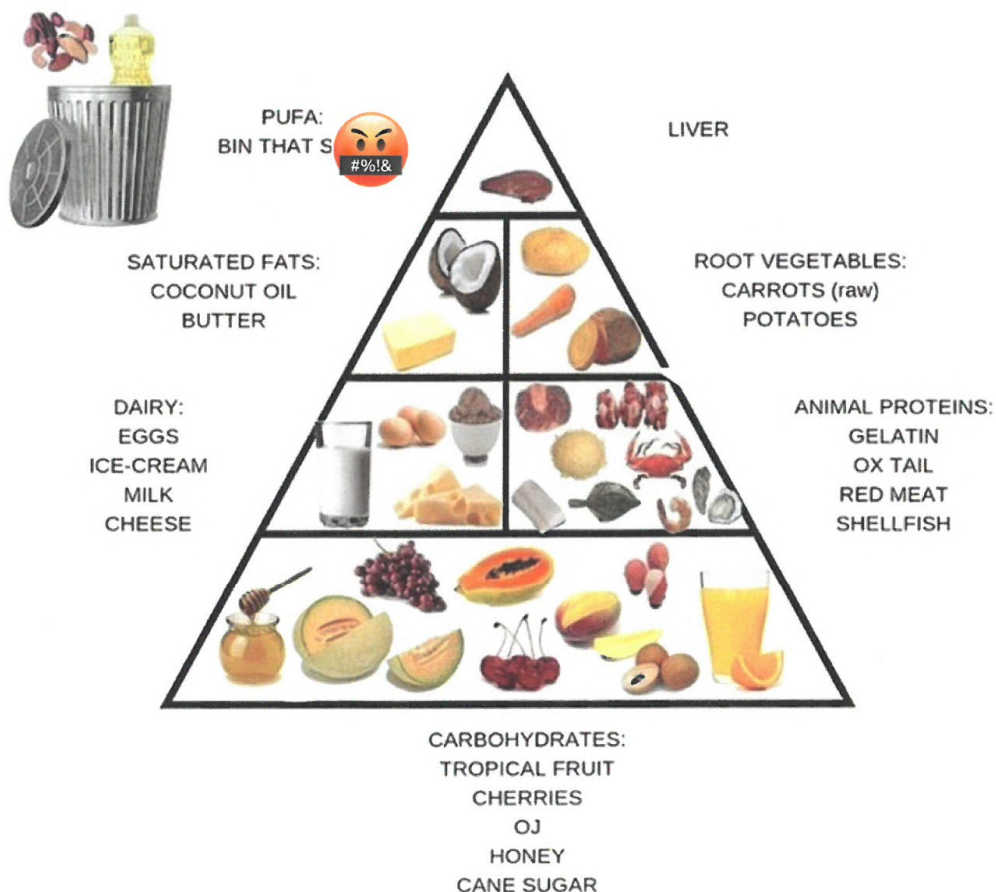


An Introduction to Ray Peat – Boost Your Metabolism with Food

Ray Peat, PhD (1936–2022) was a pioneering biologist, physiologist, and independent researcher whose work focused on the intersections of energy metabolism, hormone regulation, and holistic health. His research challenged conventional medical paradigms, emphasizing the role of cellular energy production, thyroid function, and progesterone in maintaining health and preventing degenerative diseases.

Peat's foundational work revolved around the concept of **bioenergetics**, which posits that optimal cellular energy production (via mitochondrial function) is central to health. He argued that modern diets—high in polyunsaturated fats (PUFAs) and refined carbohydrates—disrupt mitochondrial efficiency, leading to oxidative stress, inflammation, and chronic disease. His research highlighted the importance of saturated fats (e.g., coconut oil) as stable energy substrates that support thyroid function and reduce free radical damage. Peat criticized the demonization of saturated fats, citing studies showing their role in maintaining cell membrane integrity and hormone synthesis. He also emphasized the dangers of PUFAs, which he linked to suppressed thyroid function, estrogen dominance, and accelerated aging.

BASIC RAY PEAT FOOD PYRAMID



Let's Determine How Much to Eat: Your Ideal Caloric Intake. First, what is your ideal weight?

Ideal Weight _____ x 10 for women or 11 for men = _____.

Hone it in: Number from above _____ x
1.2 if you are sedentary
1.3 if you are active
1.5 if you are very active.

What's your ideal calorie number?? _____

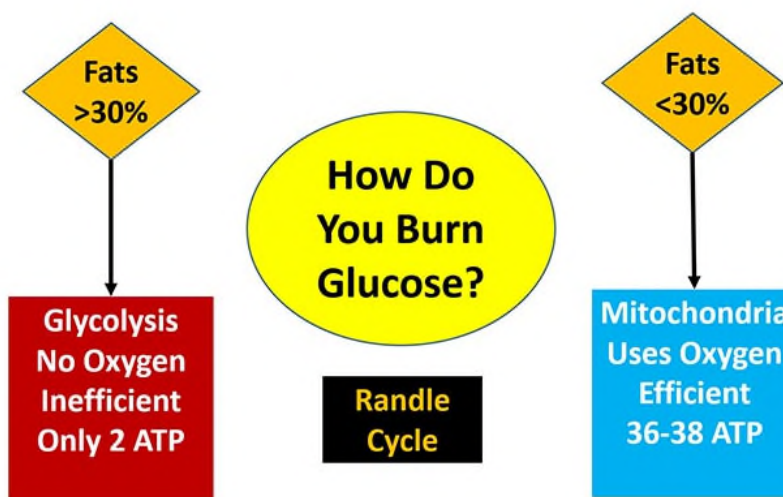
If you have been on a very low calorie diet, ramp up SLOWLY – 50 calories per day each week.

What's your Temperature?? Body temperature is a good indication of metabolic status. So, literally, grab a thermometer and take your temperature. Avoid ear or forehead thermometers as they are less accurate.

Date	Temp Upon Rising	40 min after breakfast	40 min after lunch

What's normal? Dr Mercola explains, "In a healthy body, your waking temperature should be in the high 97°F to low 98°F range. After each meal, your temperature should gradually rise, reaching 98.6°F by midday or early afternoon, and then slowly decline as you get closer to bedtime." (pg.300, *Your Guide to Cellular Health*)

Here's just a quick introduction to something called the Randle Cycle. This helps us understand what foods we should eat in order to create maximum cellular energy which is adenosine triphosphate or ATP.



We talked about WHAT to eat, how MUCH to eat.
Have you thought about WHEN to eat?

WHAT DOES INTERMITTENT FASTING MEAN?

SPLITTING UP YOUR DAY INTO
'EATING PERIODS' & 'FASTING PERIODS'



The 5:2 Method



500-600 calories, on 2
non-consecutive days of the week.
Eat normally on the other 5 days

The Eat-Stop-Eat Method



24 hour fast,
once or twice a week

Alternate Day Method



24 hour fast - only drinking
water, every other day

The 16:8 Method



16 Hours of fasting,
8 hours of 'smart' eating

Some Intermittent Fasting Benefits

FASTING CAN INCREASE OUR
METABOLIC RATE BY AS MUCH AS 14%

IMPROVED MENTAL
CLAIRTY THROUGH
INCREASED BDNF
IN THE BRAIN
(protein produced inside
nerve cells)

*3-8% WEIGHT
LOSS OVER 3-24
WEEKS

IMPROVED HEART HEALTH
(some people experience
reduced LDL level's)

REDUCTION OF
INFLAMMATION

LOWERED BLOOD
INSULIN & SUGAR
LEVELS

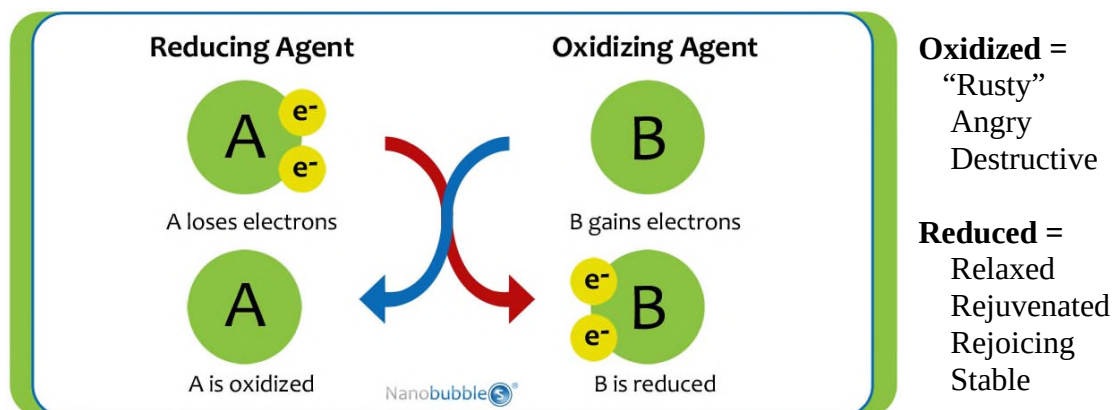


* (STUDY RESULTS DATA 2014)

[HTTPS://REALANDREWS.COM](https://realandrews.com)

Do the food/supplement choices we make really make a difference? YES!

OXIDATION is at the root of all disease (*Levy*).



Primary Factors Promoting Chronic Disease: Excess oxidation is disease, and all oxidizing agents are toxins. *Levy, p. 35*

We want lots of electrons available. Reducing Agents have those electrons. Where do they come from? Food choices and Supplements. Antioxidants are Antitoxins.

Oxidizing Agents always steal electrons and never give them back.

What are examples of Oxidizing Agents? Toxins!

Supplements can become toxins: Never supplement copper, iron or calcium.

Drugs such as barbiturates, cocaine, amphetamines, acetaminophen (Tylenol), etc.

Alcohol, methanol

Radiation – medical and environmental (EMF)

Poisons like cyanide and toxic mold

Parasites

Pesticides of all kinds, herbicides to include glyphosate (RoundUP)

Heavy metals especially lead, mercury, arsenic, antimony, aluminum, etc.

Venoms, spiders and snakes but also drugs derived from venom

Infections, bacterial, viral (?) to include Leaky Gut

Toxic teeth are often overlooked!

Dr Levy's favorite supplements – these are all electron donors!

Vitamin C – can't take too much – 3,000 to 9,000 mg per day or more

Magnesium – hard to take too much – 1,000 to 3,000 mg per day

Vitamin D – keep level above 80 ng/dl

Vitamin K2 – 500 mcg or more per day

B-vitamins – Formula 2 has excellent B's. Life I/O Baseline for niacinamide

CoQ10 – up to 1,000 mg per day

Methylene Blue – 25 mg per day

You can't get these levels from eating food, but good food choices offer great antitoxin options.

Take Action:

1) WHY are you here?? List at least 4 reasons. Give this some thought! Your future depends on this!! Do you simply want to lose weight?? Or do you want to be radiantly healthy and be able to see your grandchildren get married?? Spend some time on this!!

1. _____
2. _____
3. _____
4. _____

2) Now get serious. Find a **FOOD JOURNALING SYSTEM** that fits your life. Start looking at what you're putting into your mouth. How is that food affecting your insulin level? Your energy? Here are some options for journaling:

1. Paper & pencil approach, notebook or journal.
2. Online sites, most have smart phone apps:
 - Cronometer.com (voted most accurate)
 - MyFitnessPal.com
 - Protocol by Herbalife in the App store

Resources for Further Study:

Armstrong, Ashley (December 3, 2024) *A Comprehensive Guide to Thyroid Function and Metabolic Wellness*, published on Mercola.com.

Eades, Michael and Eades, Mary Dan (2000, Grand Central) *The Protein Power LifePlan*

<https://www.healthdigest.com/263642/the-truth-about-the-1200-calorie-diet/>

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Levy, Thomas E (2025, MedFox Publishing) *The Only Cause of Disease: Healing by Reversing Pathology*.

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USDA Center for Nutrition Policy <https://www.cnpp.usda.gov/FGP>