**Fighting Obesity**

(the highlights of “The Obesity Code” by Dr. Jason Fung )

www.dietdoctor.com

1. It is not your fault. It is not because you are lazy.
2. The obesity epidemic started in the 1970s with the low-fat diet craze.
3. **Counting calories does not work.**  When you restrict your calorie count, your body will compensate by burning fewer calories. You will also feel more hungry, colder, more brain fog and your skin, hair and nails will suffer.
4. Exercise is great for your health, but will only account for 5% of weight loss.
5. Your body is like a thermostat - if it is set too high, adding a fan will only help a little and for a short time. Need to reset the thermostat.
6. Insulin causes weight gain. Stress and lack of sleep cause increases in cortisol which can also increase insulin and weight.
7. Obesity is time dependent. The longer your body is exposed to elevated, more constant levels of insulin the more insulin resistance you will develop.
8. When to eat: 2-3 meals a day, no snacks in between (only water, black coffee or tea).
9. Not all carbs are equal: limit fructose and avoid sucrose.
10. Avoid artificial sweeteners (even stevia), avoid agave nectar (80% fructose) - increases insulin sometimes more than sugar.
11. Glycemic index is not perfect. The glycemic load index is better and adjusts for serving size. Unrefined carbohydrates are not bad.
12. Fiber: if carbohydrates are “poison” for our body, then fiber is the “antidote”
13. Vinegar (especially apple cider vinegar): taking a few teaspoons right before a meal may decrease insulin levels. Taking some at bedtime may lower fasting glucose levels.
14. There are 3 macronutrients: protein, fat and carbohydrates. Our body requires protein and fat to function. We do not require carbs or sugars.
15. Proteins and fats can increase insulin also. They also keep you feeling full longer.
16. Diets with high ratios of Omega 6 (vegetable oils):3 (flax, walnuts, oily fish) increase inflammation.
17. Eating fats will not make you fat. Saturated fats may be protective of heart disease and strokes.

**What To Eat (Strive to lower insulin levels)**

1. Reduce added sugars
   1. Read labels
   2. Dessert: fresh seasonal fruits with whipped cream, nuts & cheese, dark chocolate
   3. Don’t snack
   4. Make breakfast optional (eggs, whole fat dairy, steel cut oats)
   5. What to drink?
      1. Drink water! 2 glasses of dry, red wine ok
      2. Coffee (flavor with spices, vanilla extract, coconut oil/butter, or cream)
      3. Tea (black, oolong, green or herbal)
      4. Bone broth - invest in making your own (store bought not the same)
2. Reduce Refined Grains: stone-mill grinding ideal (avoid traditional bread and pasta
   1. Good options: quinoa, chia, beans, edamame
3. Moderate Protein Consumption (20-30% of your total calories)
4. Increase Consumption of Natural Fats (EVOO, butter, coconut oil, beef tallow and leaf lard) - also nuts, full-fat dairy, avocados
5. Increase Consumption of Protective Factors
   1. Fiber, shirotaki noodles (glucomannan)
   2. Vinegar

**When To Eat (reduce insulin resistance, reset the weight thermostat)**

1. Intermittent fasting prevents the yo-yo effect of any diet.
2. It’s ok to enjoy holidays and birthdays, but feasting must be followed by fasting.
3. Some people opt for daily 16:9 fasting (skip breakfast) and some opt for 24-36 hours fasting 2-3 times a week.
4. During fasting, drink lots of water. Ok to have coffee (with a small amount of cream) and tea. Mineral water. Dilute apple cider vinegar.
5. For longer fasts have bone broth (homemade better, avoid bouillon cubes or canned broth). May need a multivitamin.
6. If you are diabetic or on daily medications, consult your doctor.

**Last step…**

Get good sleep, reduce stress or manage stress with exercise/yoga/meditation.