Dietary Guidelines
Seminar Outline

• Purpose of the IDM Program
• Obesity
• Diabetes
• Insulin Resistance
• How the IDM Program Works
• Food Guidelines
Purpose of the IDM Program

• We Treat:

  Obesity, Type 2 Diabetes, Fatty Liver Disease and Polycystic Ovarian Disease

• Objective:

  To lower insulin levels within the body using a combination of dietary modifications and intermittent fasting
What Is obesity?
Eat carbohydrates

Body makes blood glucose

Produces energy

Produces insulin in pancreas
  - Fat storage increases
  - Fat-burning stops
Thin-Outside-Fat-Inside (TOFI)

28% Body Fat

28% Body Fat
Visceral Fat
How diabetes is typically treated and why it is wrong!
Understanding Diabetes

• What is the root cause of the diabetes?
  – Why are your blood sugar levels high?
Root Cause Of Diabetes

• Bacterial infection, i.e. pneumonia
  – **Symptom**: Fever
  – **Treatment**: Tylenol for the fever, nothing for the bacteria
    – Fever is managed but the bacteria grows and spreads
  – **Cause**: Bacteria

• Diabetes
  – **Symptom**: Blood Sugar Levels
  – **Treatment**: Dietary Modifications
  – **Cause**: Too much insulin
Too Much Insulin = Insulin Resistance

THIS IS THE PROBLEM!
The Truth

• Carbohydrates are fattening

• Your insulin is good

• The kinds of food you eat and frequency of your meals causes you to produce lots of insulin

• Insulin receptors become resistant to your body’s insulin
Insulin Resistance
How Does Insulin Resistance Develop

• Insulin receptors lose their “appetite” for your own insulin, because:

  1. Produce it in large quantities

  2. Produce it too often
Development of Insulin Resistance
Development Of Insulin Resistance

1. Eating foods high in processed and refined carbohydrates
   • Causes sugar levels to skyrocket or saturates the liver with sugar (sugar levels don’t necessarily skyrocket)

2. Eating way too often
   • 6 AM BREAKFAST, 10 AM SNACK, 12 PM LUNCH, 2 PM SNACK, 5 PM SNACK, 7 PM DINNER, 9 PM SNACK
Reversing Insulin Resistance

1. Diet low in carbohydrates
   - Don’t cause your blood sugar levels to spike
   - Don’t cause build-up in the liver
   - Take a long time to digest

2. Don’t eat often
   - 2 – 3 meals per day
   - Eat within a 8 – 10 hour window
   - NO SNACKING!
Reversing Insulin Resistance

3. FASTING!

• Restores insulin sensitivity

• Insulin receptors start to miss your own insulin again

• Gives your body to burn excess sugar before it’s stored as fat
Consequences Of Insulin Resistance

• Obesity
• Type 2 Diabetes
• Fatty Liver Disease
• Polycystic Ovarian Disease

• All caused by hormonal imbalances of insulin
What do we want to do?

Lower our insulin levels!
IDM Program
Fasting Schedules

- 24 hour fast, 3 times/week
- 36 hour fast, 3 times/week
- 42 hour fast, 3 times/week
- Prolonged fast 2+ days
# 24 Hour Fasting Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
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<tbody>
<tr>
<td>Day 1</td>
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<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Day 2</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Day 3</td>
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<td>Day 4</td>
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<td>Day 5</td>
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<td>Day 6</td>
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<td>No</td>
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<tr>
<td>Day 7</td>
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**Fasting Days:** No breakfast and lunch
# 36 Hour Fasting Schedule

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<th>Lunch</th>
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<td>Day 6</td>
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<tr>
<td>Day 7</td>
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Fasting Days: No breakfast, lunch and dinner
# 42 Hour Fasting Schedule

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<tr>
<td>Day 3</td>
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<tr>
<td>Day 4</td>
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<td>Day 5</td>
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<td>Day 6</td>
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</tr>
<tr>
<td>Day 7</td>
<td>No</td>
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</table>

Everyday: No breakfast  
Fasting Days: No lunch and dinner
<table>
<thead>
<tr>
<th>Fluid</th>
<th>What You Can Add</th>
<th>What You Can’t Add</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water (At least 2 L/day)</td>
<td>Lemon, Vinegar, Chia and Flax seeds, Fruit – do not eat</td>
<td>Crystal Light – and similar products</td>
</tr>
<tr>
<td>Tea and Coffee (Unlimited)</td>
<td>Milk – preferably full fat, Heavy Cream, Cinnamon, Lemon, Butter</td>
<td>Coffee Mate, Sugar, Sweeteners</td>
</tr>
<tr>
<td>Fluid</td>
<td>What You Can Add</td>
<td>What You Can’t Add</td>
</tr>
<tr>
<td>------------------------------</td>
<td>----------------------------------------</td>
<td>----------------------------------------</td>
</tr>
<tr>
<td>Unsweetened Iced Tea or Coffee (Unlimited)</td>
<td>Milk – Preferably full fat&lt;br&gt;Heavy Cream&lt;br&gt;Butter</td>
<td>Coffee Mate&lt;br&gt;Sugar&lt;br&gt;Sweetenners</td>
</tr>
<tr>
<td>Homemade Soup Broth (Unlimited)</td>
<td>Animal/fish bones&lt;br&gt;Vinegar&lt;br&gt;Natural Salts&lt;br&gt;Pepper&lt;br&gt;Vegetables&lt;br&gt;Herbs and spices&lt;br&gt;Heavy Cream&lt;br&gt;Coconut/Olive Oil</td>
<td>Boxed, canned, powered broths&lt;br&gt;Not even organic store broth!</td>
</tr>
</tbody>
</table>
What To Expect: Blood Sugar Levels

Decrease your medication:

• Will go up
• Your HbA1c may go up some
• They will come down as you fast
• Once they are back in the normal range we will cut your medications down again
• Cycle repeats!
What To Expect: Weight Loss

• Waist size is the most important but the most difficult to reduce

• Weight comes off in spurts

What we often see:

• Weight down, waist stays the same

• Weight stays the same, waist size goes down

• May gain lean muscle and bone mass 😊
What To Expect: In General

• Fasting Longer = Faster Results

• You will plateau and we will have to modify your dietary habits and/or fasting schedule
Potential Side Effects & Remedies

• **Headaches and Dizziness**
  – Need more salt: non-ionized sea salt, Kosher salt, Celtic salt, Himalayan salt
  – Take broth with salt

• **Nausea**
  – Dehydrated → drink more!
  – Other medications
Potential Side Effects & Remedies

• Low Blood Sugar Levels
  – VERY dangerous but a good thing because on too much medication/insulin
  – In the 3’s: Eat nuts and fruit
  – Below 3: Drink pop or juice, or have candy

ALWAYS CALL US AND SEEK MEDICAL ATTENTION!
Potential Side Effects & Remedies

• Constipation or diarrhea:
  – Add ground flaxseed to your soup broth on fasting days and to all foods on eating days
  – Add chia seeds to water on fasting days and to all foods on eating days
Fasting FAQs

• It is perfectly fine to fast and exercise at the same time, even when doing prolonged periods of fasting.

• Don’t fast when you are sick. Wait until you feel better and start fasting again.

• Don’t fast when you are on vacation. Try to fast more when you get back home.

• Never fast 24 hours every day of the week!
Fasting Tips

• Stay HYDRATED!
• Green tea (or any tea) and coffee are great appetite suppressants
• Be active
• Fit fasting into your lifestyle
• Play around with fasting schedules – it is good to change things up!
Meal Timing
Meal Timing

• VERY IMPORTANT!
• 2 – 3 meals per day
• Avoid snacking between meals
• Eat meals within a 8 – 10 hour window
• Breakfast or Break Your Fast?
  — BREAK FAST
  — Dawn Effect
If you are going to eat breakfast anyway…

• No carbohydrates
  – No natural sugars, including fruits and grains
  – No artificial sugars

• Permitted foods:
  – Eggs – EAT THE YOLK!
  – Meat – We LOVE bacon!
  – Vegetables – No potatoes. Sorry…
  – Avocados
  – Nuts, nut butters, and seeds
Things To Keep In Mind …

• All natural foods have “super food” properties
• Everything good for you is bad for you in excess
• Not all carbohydrates are created equally
• The rate of digestion is critical
• Best way to lower your cholesterol is to eat natural cholesterols
• Carbohydrates are fattening, fats aren’t fattening
Carbohydrates
What Are Carbohydrates?

• Simple sugar molecules linked together
  – Glucose, Fructose, Lactose, etc.
• Can be one simple sugar molecule linked together or thousands
• The more simple the molecule, the easier it is to digest
• The more complicated the molecule, the more difficult it is to digest
Types of Carbohydrates

1. Refined Carbohydrates

2. Unrefined Carbohydrates
Refined Carbohydrates
0% of Your Diet
Refined Carbohydrates

- One or two sugar molecules linked together
- Not natural; man made
- No nutritional value
- Sucrose (table sugar) = 1 glucose + 1 fructose
Refined Carbohydrates to Avoid

• Any products containing sugar, especially high fructose corn syrup
  – Highly refined and genetically modified
  – HA: raw, organic honey, pure coconut palm sugar

• Any products containing artificial sweeteners
  – Any products that say “low fat”, “no fat”, “fat free” and no sugar added

• Sweetened beverages
  – Sodas and diet sodas
  – Fruit juices (even freshly pressed/squeezed)
Eating all of these at once would be crazy?

Why isn’t drinking all of them at once crazy too??
Refined Carbohydrates To Avoid

• Wheat and wheat flour
  – Breads
    • HA:Ezekiel, stone milled, pumpernickel, rye
  – Cereals
    • HA: Steel-cut oatmeal
  – Pasta
    • HA: Spaghetti squash, zucchini pasta, brown rice pasta, spelt pasta
  – Crackers
  – Beer
Gluten Free Is Not Better!

Sugar Bomb

ALERT
Refined Carbohydrates To Avoid (0 %)

• Polished white rice
  – Just the carbohydrate
  – Nutrients stripped away
Refined Carbohydrates To Avoid (0 %)

• GMO Corn and Soy Products
  – Corn, corn flour, corn starch, popcorn
  – Soy milk, soy sauce, tofu
Unrefined Carbohydrates

<10% of Your Diet
Unrefined Carbohydrates

• Naturally occurring
• Lots of vitamins and minerals
• Long chains of simple sugar molecules
• Some chains are more complicated than others, thus, some are easier to digest than others
• Not all carbohydrates are created equally
Unrefined Carbohydrates to Limit

- **Root Vegetables**
  - Potatoes
  - Yams
  - Beets

- **Fruits**
  - Bananas
  - Grapes
Unrefined Carbohydrates to Limit

• **Grains**
  – Rye
  – Barley
  – Buckwheat
  – Quinoa
  – Black rice, Basmati rice
  – Spelt

• **Noodles**
  – HA: Shirataki Noodles
"If a vegetarian diet is good for losing weight, how come they use grain to fatten pigs and cows?"
Grass-fed vs Grain-fed beef

Why does it matter?
Corn-fed vs. Grass-fed
## Recommended Number of Food Guide Servings per Day

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Children</th>
<th>Teens</th>
<th>Adults</th>
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<tbody>
<tr>
<td></td>
<td>Girls and Boys</td>
<td>14-18</td>
<td>19-50</td>
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<tr>
<td>2-3</td>
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<td>7</td>
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<td>9-13</td>
<td>6</td>
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<tr>
<td>14-18</td>
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<td>6-7</td>
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</tr>
<tr>
<td>19-50</td>
<td>7</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>51+</td>
<td>7</td>
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</tr>
</tbody>
</table>

### Food Groups

- **Vegetables and Fruit**

- **Grain Products**

- **Milk and Alternatives**
  - 2-3: 2, 4-8: 2, 9-13: 3-4, 14-18: 3-4, 19-50: 2, 51+: 3

- **Meat and Alternatives**
  - 2-3: 1, 4-8: 1, 9-13: 1-2, 14-18: 2, 19-50: 2, 51+: 2
  - 2-3: Boys 1, Girls 2, 4-8: Boys 1, Girls 2, 9-13: Boys 1, Girls 2, 14-18: Boys 2, Girls 2, 19-50: Boys 2, Girls 2, 51+: Boys 2
How To Consume Your Unrefined Carbohydrates

Three protective factors:

1. Fibre
2. Natural Fats
3. Vinegar
Fibre

90+% of Your Diet
Fibre – Special Carbohydrate

- Very complex molecule
- Unable to be converted to sugar
- Cannot be completely digested
- Takes a long time to digest
- Stabilizes blood sugar levels
- Fills you up and keeps you feeling fuller, longer
Sources of Fibre

• Vegetables that grow above the ground
• Legumes and lentils
• Fruits with the skins
  – Apples
  – Pears
  – Berries
  – Cherries
• Flax and chia seeds
Natural Fats

90+% of Your Diet
Natural Fats

Natural fats don’t make you fat

• Body fat is caused by excess carbohydrates
• Take the body a very long time to digest
• Stabilizes your blood sugar levels
• Premium fuel source for your body
• Best way to lower your cholesterol
Natural Fats

• Meat
  – Grass fed

• Poultry and Eggs
  – Free range, hormone free, organic grain fed

• Fish and Seafood
  – Fresh

YOU EAT WHAT YOUR FOOD EATS
Natural Fats

• **Butter**
  – Buy unsalted and add your own salt

• **Avocados and avocado oil**

• **Olive oil**
  – Buy organic

• **Coconut oil**

• **Unprocessed cheeses**
Natural Fats

• Nuts and nut butters
  – Raw
  – Almonds, walnuts, pine nuts, Brazil nuts
  – Make mixes
  – Nut butters should be organic

• Seeds
  – Flax and chia seeds
  – Raw sunflower and pumpkin seeds
Unnatural Fats To Avoid At All Costs!

• Margarine

• Vegetable oil, corn oil, canola oil

• Processed cheese

• Lunch meats
NATURAL FATS DON’T MAKE YOU FAT!

• Obesity is caused by hormonal imbalances of insulin (and sometimes cortisol)
Vinegar
Vinegar

• Use vinegar whenever possible
• Add to broth, soups, salads, marinades
• Inactivates the production of digestive enzymes
• Slows down the rate of digestion
• Stabilizes blood sugar levels
• Raw, unfiltered organic apple cider vinegar
  – 1 TBSP/glass of water
• Always have a glass of water with vinegar in it before your meals
IDM Program: Dietary Budget
# Recommended Number of Food Guide Servings per Day

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<td>Males</td>
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<tr>
<td>9-13</td>
<td>6</td>
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</table>

- **Grain Products**
  - 2-3: 3, 4, 6
  - 4-8: 4, 6
  - 9-13: 6, 7
  - 14-18: 6-7
  - 19-50: 8
  - 51+: 6

- **Milk and Alternatives**
  - 2-3: 2, 2
  - 4-8: 3, 3
  - 9-13: 3-4
  - 14-18: 3-4
  - 19-50: 2
  - 51+: 3

- **Meat and Alternatives**
  - 2-3: 1, 1
  - 4-8: 1-2
  - 9-13: 2
  - 14-18: 3
  - 19-50: 2
  - 51+: 3

- **Vegetables and Fruit**
  - 2-3: 4, 5, 6
  - 4-8: 5, 6
  - 9-13: 7, 8
  - 14-18: 7-8
  - 19-50: 8-10
  - 51+: 7

- **Portion Size – Don’t Do This**
Dietary Budget

• Don’t count calories
  – A calorie isn’t a calorie

• Don’t count grams of fat

• Don’t count carbohydrates
Dietary Budget

Healthy Person
• 80-90% of the diet should be complex carbs and natural fats
• 10-20% of the diet may consist of unprocessed grains and starches
• Fruit should be treated as the dessert of the meal
• Fast 1-2 times per week

Obese, Fatty Liver and DMII
• 90-100% of the diet should be complex carbs and natural fats
• 0-10% of the diet may consist of unprocessed grains and starches
• Fruit should be treated as the dessert of the meal
• Fast at least 3 times per week
Your Plate

95%

5%
Always Eat Your Carbs With:

Fibre

Fat

Vinegar
Herbs and Spices

- Cinnamon
- Cayenne Pepper
- Tumeric
- Cloves
- Oregano
- Sage
- Garlic
- Ginger
  - Great way to stabilize and lower sugar levels
Snacking

• Only if you have to!
  – Meat
  – Nuts/nut mixes and nut butters
  – Fruits and vegetables
  – Popcorn: Coconut oil and non-GMO kernals
Things to Remember…

• Everything in excess is bad for you!

• Avoid extremes!

• Have a variety in your diet!
Please Visit Us Online

• IDM Website & Blog:
  – www.intensivedietarymanagement.com

• Facebook:
  – www.facebook.com/IDMProgram

• Twitter:
  – @IDMProgram