

# **POWERFUL TIPS TO IMPROVE YOUR OVERALL HEALTH**



**“TASTE” THE PERFECT STATE OF HEALTH**

# **Mondays: Reviving Metabolism**

Working with your body's natural rhythms, you can quickly and easily boost your metabolism, lose weight and increase your energy. A few simple food timing and lifestyle changes can make a big difference in how you feel and help you quickly and automatically lose weight and keep it off.

## **1. *A Breakfast a Day... - Eat breakfast daily***

Why eat breakfast if you aren't hungry? You just had a big dinner the night before. Isn't it better to skip breakfast and cut out a whole meal of calories and get a head start on your diet? No! Just the opposite is true. In fact, in a study of 3000 people who lost 70 pounds and kept it off for 6 years or more, only 4% did NOT eat breakfast<sup>i</sup>. So stack the odds in your favor of long term weight loss and eat breakfast every day.

But why does this work? Research shows that the right breakfast actually reduces your appetite for the rest of the day. What is the right breakfast? Don't start the day with a sugary cereal, instant oatmeal or a big 800 calories muffin and a large mocha latte. That will increase your calorie intake for the day by over 80%<sup>ii</sup>.

Studies show that eating breakfast<sup>iii</sup> and not eating late<sup>iv</sup> both lead to reductions in body weight, independent of calories.

Eating a protein based breakfast every day will rev up your metabolism and reduce your appetite at the same time<sup>v</sup>. The amino acids, or building blocks, of protein burn more slowly and send messages to your brain's appetite control center making you feel full longer.

Here is the right way to start the day.

1. Eat breakfast every day
2. Include high quality protein such as:
  - a. Whole omega 3 eggs;
  - b. Nut (almond, macadamia, cashew) butters on whole kernel rye bread;
  - c. Plain yogurt with almonds and berries;
  - d. A soy, rice or whey protein shake.

## ***2. More Small Servings - Eat frequently***

Common sense says that if you skip lunch or only eat one meal a day, you will eat less and lose weight. Unfortunately common sense doesn't always make sense for your body. Skipping meals works against your biology. In fact, the more times a day you eat, the more weight you will lose<sup>vi</sup>. Researchers have found that smaller more frequent meals leads to a slow steady burn of calories and reduces your overall appetite. So eating more often will help you eat LESS.

They found that regular meal frequency improves fat burning (your internal thermostat), insulin sensitivity and cholesterol in healthy obese women<sup>vii</sup>. The researchers studied people who ate small regular frequent meals or about 6 a day, and compared them to people who ate irregular meals or about 3-9 a day.

It seems obvious that if you eat the same amount of food and only change the number of times a day you eat or how regular you eat, that it shouldn't have an effect on your total calorie burning.

Calories in – calories out. Right?

Well no! Researchers found those with more regular meal patterns showed startling differences. They had a faster, hotter, metabolism – from what is called the thermic effect of food (or the TEF factor). This TEF factor also makes you feel full. It somehow triggers the brain to feel satisfied and reduces your appetite.

Why does this happen? Because when you skip even one meal, your body “thinks” you are going into starvation mode and your metabolism slows down. You will store calories on your hips, instead of savoring food throughout the day on your lips.

Keeping a steady source of fuel in your system is the way to keep your appetite under control, eat less throughout the day and keep your metabolism running at top speed.

So if you don’t want hundreds of starvation survival genes to kick in making you pig out at the end of the day, then eat 3 meals and 2 snacks every day. And don’t ever let your body think you are starving. You will store, not burn fat.

### ***3. Sleep to Shed Pounds - Sleep, Appetite and Weight Loss***

If your metabolism slows down while you sleep, wouldn’t it make sense to stay up a few extra hours at night to keep your metabolic fire burning as a way to lose weight? No! Here’s why common sense doesn’t make sense. Skimp on sleep and you will binge on bagels. Guaranteed.

Researchers deprived healthy young students of just 2 hours of sleep a night. That led to a spike in the hunger hormone produced by the stomach called **ghrelin** and a drop in the hormone that is the brake on your appetite called **PYY**<sup>viii</sup>. Not only did their hormones spin out of control, but also did their appetites. They not only ate

more food when sleep deprived, but craved starchy, sugary foods that pile on the pounds by increasing insulin levels.

Seventy five percent of Americans are sleep deprived and out of sync with their biological rhythms. No rhythm, no weight loss. In fact the advent of the light bulb has been linked to our increasing epidemics of obesity, heart disease and diabetes<sup>ix</sup>. So, to get thin (and healthy), get under the covers and get some deep rest for 7—9 hours a night.

#### **4. *A Break Before Bed - Finish eating 3 hours before bed***

If you want to look like a Sumo wrestler, eat a big meal and then take a nap or go to sleep. Ever wonder how 300-700 wrestlers get so big. Are they a mutated strain of naturally fat humans? No. There is actually a scientific method to making them fat. Unfortunately most Americans unwittingly follow the Sumo wrestler weight gain, which is why more than two thirds of us are overweight.

So why do they get so fat, and how can you avoid looking like a Sumo wrestler? This is the trick. When you are asleep your metabolism slows down and your hormones make you shift from fat burning to fat storage. Your growth hormone levels go up when you sleep, and if you are not a teenager you grow out not up.

If you eat within a few hours of going to bed, your body stores those calories. You wouldn't put gas in your car at the end of a long road trip. And you shouldn't put a lot of food in your belly just before bed. Front loading your calories – eating more of your total food intake earlier in the day helps you lose weight. As the proverb goes: eat breakfast like a king, lunch like a prince and supper like a pauper.

## **5. *The Daily Extra* - Take a multivitamin, fish oil and vitamin D daily**

Most doctors think vitamins just make expensive urine and you can get all the nutrients you need from food. And clearly vitamins are only important to prevent deficiency diseases like scurvy and rickets. The sad thing is that most “expert” opinions on vitamins comes from a one hour lecture in medical school which teaches us little about what vitamins really do, or that 92% of Americans are deficient in one or more basic nutrients<sup>x</sup>.

What do they do anyway? Think of them like oil that lubricates the wheels of your metabolic engine. The food you eat is the fuel you burn. But the vitamins and minerals are the oil that keeps things running smoothly. Your metabolic engine can't function without the lubrication of the vitamins and minerals that help you burn your calories.

New research also shows how essential omega 3 fats<sup>xi</sup> boost your metabolism, turn on fat burning and help you balance your blood sugar. We also know that vitamin D<sup>xii</sup> is important for your metabolism, improving your thyroid function (your master metabolism hormone), and improving blood sugar balance.

So here's what you need to keep the wheels of your metabolic engine running at full speed.

1. A high quality multivitamin every day (Health food store brands tend to be higher quality);
2. EPA/DHA (omega 3 fats) 1000 mg one or two a day;
3. Vitamin D3 2000 Units a day.

## 6. *Smart Moves* - Exercise intelligently

I won't pretend that exercise doesn't matter for long-term health and weight loss. It does. In fact, besides eating breakfast, it is the only thing that researchers found in common among those 3000 people who lost 70 pounds and kept it off for 6 years or more. But I will let you in on a little known secret.

You can exercise LESS and lose MORE weight.

Researchers studied two different exercise routines – regular aerobic or endurance exercise and something called interval training (known by most of us from high school as wind sprints).

The endurance group compared to the interval group exercised for 20 weeks vs 15 weeks, 45 minute sessions vs 30 minutes, for 90 sessions vs 60 sessions and burned twice as many calories during exercise (120 vs 59). So of course the endurance group, which burned 25,000 more calories over the study period, should have lost more weight, right? Wrong!

In fact, the interval group that exercised less lost NINE times more fat<sup>xiii</sup>. This doesn't make sense – because it is all about calories in/calories out. But it does because pushing yourself in little bursts of exercise actually “tunes up” your metabolism so you burn more calories the rest of the day and while you sleep.

So if you want to exercise less and burn more calories all day, add interval training to your exercise routine. Try to incorporate interval training 2-3 times a week for 30 minutes.



# Tuesdays: Cutting Cravings

There are many reasons why we crave food. Somehow our brains' betray our bodies forcing us to stuff ourselves with sugary, salty, starchy, and fatty or caffeinated foods. But for most of us, it isn't because we are emotionally damaged or need more therapy. It is our bodies' way of saying something is out of balance. Hormone imbalances and nutritional deficiencies lead to cravings. You can cut your cravings quickly by getting back in balance.

Each Tuesday tip would feature craving type, explain reasons for the craving and give ways to satisfy the craving and/or prevent future cravings.

It would cover why we crave certain kinds of foods (are there certain nutrients we're lacking?) and healthy options that help us satisfy those cravings:

## 1. Salty Foods

Are you one of those people who love pickles, potato chips and Doritos? And do those cravings lead to bingeing on salty popcorn and other salty foods that often come in company of refined carb and fat rich snacks?

Little children who are iron deficient eat dirt. They are trying to get the minerals they are missing from anywhere they can. When you crave salty things you are missing something: minerals, particularly sodium (or NaCl also known as table salt).

But why are we missing salt when it is so abundant in our fast food, junk food nutritional wasteland. Many of us are under chronic stress. When we are stressed our adrenal glands, which help us respond to any physical or psychological stress, like sleep deprivation or your boss or spouse yelling at you, get tired out.



And that leads to adrenal burnout – a chronic state of exhaustion. But your adrenal glands are also responsible for salt balance in your blood<sup>xiv</sup>. So besides craving salt, how do you know if your adrenals are wiped out? You might feel tired and wired and anxious, dizzy when you stand up, or feel your heart race.

What can you do about it? Besides realizing that you shouldn't sweat the small stuff, and it's all small stuff, you can practice taking 5. Here's what you can try anytime you feel stressed.

- Close your eyes (but not if you are driving!)
- Take a deep slow belly breath through your nose.
- Do it to a count of 5 in and a count of 5 out and do it for 5 breaths 5 times a day.

And you might just want to add some salt to your vegetables - a much better way to get your sodium than a bag full of potato chips or French fries.

## 2. Sweet Foods

You have to just face it and deal with it. We are pre-programmed, and hard wired to LOVE and crave sweets. To survive during skinny times during our hunter gather days, we had to fatten up if we came upon a berry patch or a beehive. Problem is – we are now surrounded by easy access to sugar and sweets – and each American consumes about 185 pounds a year or over ½ a pound a day, mostly hidden in processed foods or sugary drinks.

This craving happens for a very simple reason, which keeps us on a treadmill of eating sugary foods. Our blood levels of insulin are chronically high (which also makes us pack on the belly fat). All we need to do to shut down the cravings is shut

down spikes of insulin that occurs when we eat anything that is rapidly absorbed and turned into sugar in our blood.

But don't think you can satisfy those sweet cravings with diet drinks. New research proves that they actually make you hungrier and eat more than having regular sugar<sup>xv</sup>. Your brain is waiting for sugar after swigging that diet cola, but none comes, so it goes looking for more.

And it doesn't take weeks or months to shut down the cravings – it can happen in a day or two, much to the disbelief of most of my patients.

Here's how to shut down insulin (and your sugar cravings):

1. Go cold turkey – no sugar (or flour products – more to come in week 4) for 1 week;
2. Eat protein at every meal (eggs, lean poultry, fish, nuts, seeds, beans, tofu, etc.);
3. Eat something every 3 hours – a handful of nuts;
4. Eat high fiber foods – vegetables, nuts, beans, whole grains - with each meal.

### **3. Oily Snacks and Fatty Foods**

There are two reasons we crave fatty foods and oily snacks. First we are deficient in fat – 99% of us. And second, we pre-programmed not only to crave sugar, but also fat. It is a survival mechanism. Fat is calorie dense (9 calories per gram instead of 4 calories for carbs or protein). Eat more fat, put on fat, and stay alive through the winter. The problem is, most of us don't hunt and gather any longer – except for the regular foraging in our refrigerator.

And the second rule of cravings is we usually are trying to get something good, but are drawn to something not so good. Most fatty foods in our culture are full of

trans (or hydrogenated) fats, which actually block our metabolism, slow down fat burning, promote fat storage and increase food cravings<sup>xvi</sup>. What we should be eating instead of junk man-made toxic fats, are the fats we evolved to eat – omega 3 fats<sup>xvii</sup>.

Unfortunately they are rare in our diet. They come mostly from wild plants and animals. And the only wild thing we eat is fish.

So to cut fat cravings I recommend getting MORE fat – but the right fat. Here’s how:

- Eat more healthy fats – nuts like almonds, walnuts, macadamia nuts pecans, and seeds like sesame, sunflower and pumpkin.
- Eat more wild food – like small little omega rich fatty fish that are low in toxins like sardines, herring and mackerel. Small wild salmon is also a great choice.
- Take a fat supplement – I recommend 1000-2000 mg of a purified, high quality fish oil supplement a day - make sure it contains EPA and DHA.

## **4. White Fluffy Foods**

Do you know why empty calories are called “empty”? It is because they are full of calories but “empty” of nutrients. In fact, the more empty calories you eat, the more nutrients you need because vitamins and minerals are the grease that lubricates the wheels of your metabolic engine. And the more deficient you are in certain nutrients, the more food you will crave (and eat) just to try to get more nutrients. This creates a vicious cycle of bingeing, which leads to further deficiencies and more cravings.

Generally white fluffy foods like bagels and bread and most products made with any kind of flour are empty of key nutrients like the B vitamins, biotin, chromium and magnesium. They are all needed to process refined or any type of carbohydrates.

You can get most of these nutrients by just eating whole food – think of foods eaten before the industrial revolution and the invention of the steam engine and flourmill. Think of what your great-great grandparents ate. They wouldn't recognize half the stuff we call food. If it came from a food chemist's laboratory not a farmer's field – stay away.

Along with eating whole foods, taking a multivitamin and extra chromium can help cut those cravings for white fluffy foods. Add high quality multivitamin and 500 mcg (micrograms) of extra chromium a day to your daily routine.

## **5. High-calorie coffee drinks**

Withdrawal symptoms are a clear sign of a physical addiction, which leads to cravings. Whether it is alcohol, nicotine or caffeine. So if you have ever had to have that cup of coffee in the morning to avoid that afternoon headache you are physically addicted. Yes even something seemingly benign, as that afternoon grande soy latte can be an addiction.

But so what? There are two big reasons to think again before you filler' up at the espresso bar. The first is a grande latte has 400 calories of sugar [check exact calories] per serving. And liquid calories don't register in the body as "food" so you will typically not replace normal calories you eat in day but ADD them to your daily total<sup>xviii</sup>. The second reason is the effect of high doses of caffeine on your body.

A jolt of java jerks your nervous system provoking a stress response. That causes a spike in the stress hormone called cortisol and increases insulin levels and causes insulin resistance leading to weight gain<sup>xix</sup>. And that raises your blood sugar and insulin leading to even more hunger and cravings. Ever wonder why you want to have that cookie or “coffee” cake with your cup of joe?

So rather than that \$5 cup of coffee (which will save you \$1,825 a year), have some green tea, or if you have to have coffee, have a 6 ounce cup which only xx mg instead of xx mg of caffeine. And skip the hazelnut or vanilla syrup.

## 6. Allergies and Cravings

It may seem odd that we crave the same foods to which we are allergic, but it is true<sup>xx</sup>. This little known and little accepted medical phenomenon plays a significant role in your weight as you learned in week 2. Though more clinical studies are needed, after treating thousands of patients I know this problem is real. The allergy reaction not only makes you crave more food, but the inflammation that results packs on the pounds.

The allergies are not to the typical foods that cause severe life-threatening reactions like peanuts or shellfish, but more subtle and delayed reactions. For a variety of reasons – stress, our poor quality diet, overuse of antibiotics and other medications – our digestion breaks down and we start reacting to foods we commonly eat such as wheat, dairy, eggs, yeast, corn, or even soy.

Your body creates an immune reaction. When you go without those foods for a day or even less, the antibodies you made against the food start clumping together making you feel badly. The only way to feel better is to eat more of the food you

are addicted to which makes you temporarily feel better. That's how the craving-addiction cycle continues.

The only to know if this is true for you is to stop eating all the common food allergens for one week and see if the cravings go away. Give up gluten (wheat, barley, rye, oats, spelt, kamut), dairy, eggs, yeast, corn and soy and see if your cravings go away and the pounds melt off. Then start them back one by one and see if the cravings or pounds come back.

## **Wednesdays: Super Foods for Weight Loss**

Learn to use super foods in your diet every day that new scientific discoveries have shown to correct the underlying causes of obesity and boost your metabolism.

### **1. *Cool It Down* - Anti-inflammatory foods and weight loss**

Inflammation makes you fat. This is a proven scientific fact. But it is not the type of inflammation that hurts like an infected toe or a sore throat. It is a quiet simmering painless process that slows your metabolism and adds weight to your waistline.

The reason we are inflamed (think fat on fire) is that our typical American diet – sugar, white flour, animal fats, processed and junk foods – turns on the inflammation switches in our body. In one recent study, researchers found that people who used rye as their grain instead of wheat, oats and potatoes, switched ON 71 genes that reduce inflammation and promote weight loss<sup>xxi</sup>.

But is not just whole kernel German rye bread that cools off that fire in your belly. Eating a whole food, high fiber, unprocessed diet that is low in sugar and flour is naturally anti-inflammatory. But we can add foods with special properties to our daily plate that are powerful anti-inflammatories.

Some of the best inflammation fighters include small wild fish like salmon and sardines rich in omega 3 fats, and spices like turmeric (the yellow color in curries), ginger, garlic, and rosemary. Also try green tea in the morning full of natural anti-inflammatories<sup>xxii</sup>.

## ***2. Wipe Off Weight - Detoxifying foods and weight loss***

It may seem odd to think that environmental or even internal toxins can make you fat, but can and they do<sup>xxiii</sup>. In fact, one study found that even in the absence of extra calories, toxins block your metabolism and cause weight gain<sup>xxiv</sup>.

Fortunately, there are many ways to protect you against toxic weight gain. A cleansing and detoxifying diet can be profoundly effective in not only promoting weight loss, but also giving your whole health a boost increasing energy and vitality.

But what is a detoxifying diet. First it is back to basics – only fresh, whole food including plenty of fresh vegetables and fruits, nuts, seeds, beans and whole grains. Go easy on the animal fats and foods. Drink 2 cups of my detox vegetable broth daily (see attached recipe).

Next, incorporate powerful detoxifying foods into your daily routine. Think broccoli and all its relatives (kale, collards, cabbage, Brussel sprouts, Chinese cabbage and broccoli, bok choy, arugula, watercress, mustard greens). Also add garlic and onions, pomegranate, green tea into your regular routine.



### ***3. Optimize with Organics - Eat organic foods (toxins and weight)***

You might think that you won't have fewer pounds, only fewer dollars if you go organic. But think again. Common pesticides have been proven to promote weight gain and prevent weight loss (among many other nasty side effects including cancer, Parkinson's and heart disease)<sup>xxv</sup>.

Let me explain how this happens so you will know why it is so important to buy and eat organic if you can. (Also if more people buy organic the costs will start coming way down).

First, pesticides slow down your thyroid – your master metabolism hormone. This sluggish thyroid function can promote weight gain and create resistance to weight loss. The worst thing is that as you lose weight you release pesticides into your bloodstream, which have been stored in your fat tissue. That makes it difficult to lose more weight leading to that all too familiar plateau effect.

Next toxins promote inflammation, which creates weight gain (See Week 1). The inflammation leads to insulin resistance and trouble with sugar metabolism. This puts extra fat around your middle section. And if that wasn't enough, they also slow down the part of your cells that actually burn the calories called mitochondria (think of these like little engines that burn the fuel you eat).

So next time you go shopping, buy organic – especially animal foods, which concentrate pesticides in their fat tissue. And if you can only buy some of your food organic, choose from fruits and vegetables containing the fewest pesticides. You can see an independent rating for produce pesticide content at [www.ewg.org](http://www.ewg.org).

## **4. *Rough it Up* – Nature’s Secret Perfect Fiber and Weight Loss**

The Japanese have been eating a powerful weight loss food for centuries. It is called konjac (sounds like cognac). It is a big fibrous root vegetable. They even make noodles from it. How does it work?

It contains a super fiber called **glucomannan**. This fiber has been proven by researchers at the University of Toronto to not only slow the absorption of sugar and fat into your bloodstream after you eat, but also promote weight loss<sup>xxvi</sup>. Think of it as a sponge that soaks up 50 times in weight in water. It acts as a powerful buffer reducing you appetite, lowering your insulin, blood sugar and cholesterol levels and promotes weight loss. I consider it my secret weapon in battling hunger, cravings and weight.

It is available from nutritionists, or nutritionally minded doctors (especially the fiber combination called polyglycoplex or PGX used in much of the research). It comes in capsules or powders. I recommend building up to 2-4 capsules about 5-10 minutes BEFORE meals with a large glass of water. You will feel fuller, have less hunger later and lose weight without changing anything else. One patient lost 40 pounds using glucomannan along with a whole foods diet without any exercise.

## **5. *Flax Figures* - Three-for-One Metabolic Power**

Another super food is flax. Not only can you make beautiful clothing from it (linen from linseed which is flax), but it also has powerful health and weight loss benefits. Flax gives you a 3 for one boost to your health and metabolism.

Whole ground flax seeds contain 3 things - fiber, omega 3 fats and phytonutrient called lignans. Each has special properties that warrant including ground flax seeds into to your daily routine.

First, the fiber, like the konjac root, is very viscous and absorbs water, slowing the rate of absorption of sugar, fat and calories into your bloodstream, leaving you feeling full and satisfied after a meal, not craving more junk or food.

Second, flax seeds contain alpha linoleic acid, an important anti-inflammatory omega 3 fat that promotes weight loss and improves your overall health considering most of us are deficient in omega 3 fats.

And third, flax seeds contain a special phytonutrient called lignans, which have unique hormone balancing properties and help your body rid itself of toxic estrogens. Many of you might not know this, but estrogen is injected into cattle to fatten them up before market. Too much estrogen makes women (and men) fat too. Flax helps you metabolism and detoxify estrogens reducing your risk of breast cancer and weight gain.

So sprinkle 2 TBSP of fresh ground flax seeds on your vegetables, salads, whole grains, beans or even add them to a protein shake in the morning. Keep them in the fridge or freezer because they can go rancid. Use a coffee grinder to grind your own. Grind up to ½ cup at a time and store in a sealed glass jar in the fridge.

## **6. *Go Nuts - Why Nuts Make You Thin***

What? Eat nuts? But I have always been told nuts are fattening. Unfortunately conventional wisdom is completely wrong here. Nuts are a whole real food, rich in protein, healthy fats, fiber, minerals and vitamins necessary for health and metabolism. And they promote weight loss.

In fact, in study after study, nuts calorie for calorie promote more weight loss than equivalent calories of refined carbohydrates (like bread, or white rice)<sup>xxvii</sup>. And people who eat more nuts have a much lower risk of getting type 2 or adult onset diabetes<sup>xxviii</sup>.

The reason they are so powerful is that they provide protein, fat and fiber all of which balance your blood sugar and insulin. This in turn, keeps your appetite down leading to your consuming fewer calories over the whole day. And the “information” in the nuts actually speeds up your metabolism compared to refined sugars and carbohydrates, which gum up the works.

They also provide more minerals and vitamins than most other foods. And these minerals like magnesium, chromium, selenium, and zinc are critical for keeping your metabolism running at top speed. And most of us are not getting enough minerals in our highly processed, refined diets.

So go nuts! Snack on almonds, walnuts, pecans, and macadamia nuts. And seeds are great too – try pumpkin seeds, sunflower seeds, and sesame seeds. But remember stick to 1-2 servings one or two times a day (a serving of nuts is typically 10-12 or what would fit in the palm of your hand).

# Thursdays: Colorful Weight Loss

Harvest nature's powerful compounds called phytonutrients hidden in colorfully pigmented food that supercharge your basic body functions and address the root causes of weight gain – toxicity and inflammation.

## 1. *Go Green* - Vitamins, Minerals, Fiber and Phytonutrients

There is a reason so much of the planet is green. Green foods like dark green leafy vegetables including spinach, kale, collards, watercress, mustard greens, dandelion greens, the whole broccoli family, arugula, mixed field greens truly nature's perfect foods.

Here's why. You can eat as much as you want. You will get full way before you can eat too many calories. But more importantly you get an abundant nutrient dense source of goodies that are hard to find nearly anywhere else in such a delicious, low calorie package.

The goodies found in green foods include fiber, vitamins (particularly the B vitamins which are needed to actually burn calories in your cells), metabolism boosting minerals like magnesium, and a whole family of special healing, detoxifying, anti-inflammatory compounds called phytonutrients. For example, the broccoli family of greens contains a whole class of compounds called sulforophanes, which helps you get rid of environmental toxins and protects against cancer.

And they are easily added to your daily diet. I recommend eating 2 cups (raw) a day. Here's two quick and easy ways to prepare them. In ten minutes or less you will be able to enjoy these power foods.

1. Chop and steam and drizzle with extra-virgin olive oil (EVOO) and a little salt
2. Chop and sauté lightly in EVOO with crushed garlic and sliced ginger and a little salt.

## **2. *Tea Up!* - The Metabolic Power of Green**

Tea is the most widely consumed beverage in the world. And it may have something to do with the health and slim figures of the Japanese and Chinese populations. When I lived in China I frequented teahouses where people sat for hours listening to and telling stories. There was no Venti mocha latte's served in paper cups that you drink while walking down the street or in your car.

But the benefits of tea have been found to be more than creating a quiet time to share with friends. Green tea contains a class of compounds called **catechins** that boost metabolism in a number of ways.

First they are one of the few foods that are “thermogenic”<sup>xxix</sup>. That means they literally turn up your metabolic thermostat making your engine run hotter and faster leading to more calories burned and more pounds lost.

Second, these catechins are powerful anti-inflammatories and anti-oxidants and detoxifiers, which help balance your blood sugar, prevent damage to your metabolic engine and help you detoxify.

Green tea's come in many varieties and versions. I recommend organic green tea, steeped in hot water for 5 minutes. Have 1-3 cups a day.

### ***3. Benefits of Being Blue - Antioxidants and Weight Loss***

The best way to lose weight is to think color and variety. Colorful foods (and not Skittles or m & m's) are nature's source of powerful healing compounds called **phytonutrients**. Nature does not place these colors in food to make them attractive on your plate. The colors or pigments in plant foods are a sign of their defenses against pests, infections and stress. And since organic foods have been raised under more stressful conditions they contain more of these magical metabolism-boosting compounds.

Blue foods, like blueberries, acai berries, and bilberries are among the richest source of natural antioxidants and protective compounds called **proanthocyanidins**. Research has shown that free radical injury or oxidative stress (think of it as rusting of your cells), is not only linked to cancer, heart disease, dementia and more rapid aging but actually promotes weight gain<sup>xxx</sup>.

The more oxidative stress you have (from eating a poor quality diet, environmental toxins, lack of exercise, psychological stress, nutrient deficiencies, or just eating too many empty calories), the more weight you will gain. Think of it as rusting of your metabolism engine, slowing down your ability to burn calories and promoting belly fat.

These natural antioxidants in food can protect you from many diseases and help you protect your metabolism and lose weight.

So have a ½ cup a day of these powerful berries. Keep organic frozen blueberries in your freezer and throw them in your morning shake.



## 4. *Brown is Back* - Chocolate and Weight Loss

Chocolate is a weight loss food. That's right! But before you start off to the candy store and pile up on Snickers, let me explain exactly what chocolate does, which kind you should eat and how much.

First, a new fat has been discovered that controls speeds our energy metabolism and reduces inflammation called OEA<sup>xxxi</sup> (commonly found in cocoa butter, chocolate and cocoa nibs). Think of it as turning on the fat burning switch inside your cells.

Second, chocolate<sup>xxxii</sup> (the dark kind) is rich in special phytonutrients called *polyphenols*. These are natural antioxidants and anti-inflammatory molecules that cool off inflammation and can help protect you against obesity. Before you go out and stock up on super-size milk chocolate bars, there are some caveats.

This combination of properties can only be found in special kinds of dark chocolate. So when you go out and stock up on chocolate, take the following factors into consideration: First the chocolate must be free of added saturated fats and rich in cocoa.

The chocolate should only have minimal amounts of added sugar and it should have as much cocoa in it as possible. You should aim for at least 70% cocoa content. In addition, keep in mind that even this special kind of dark chocolate should be eaten in moderation - about 2-3 ounces a day. Don't start eating 15 chocolate bars a day and think it will improve your health.

You can also try cocoa nibs - roasted, unprocessed, whole cocoa beans. They are crunchy, delicious and full of polyphenols and OEA, a special fat that helps you burn fat.

## **5. Bean Craze - White, Brown, Black, Red, Yellow and Black-Eyed**

Could you eat 1000 calories of New York cheesecake? Of course you could, in about 5-10 minutes. But could you eat 1000 calories of kidney beans? Not likely unless they were smothered in bacon grease. Beans are one of nature's wonder foods – they are extremely nutrient dense while being calorie poor. Eat until you are full. Not only will you lose weight, but you will also receive dozens of other benefits.

But why are beans so healthful and how do they help you lose weight?

First, they are a great source of protein. Plant proteins are healthier for you than animal proteins had keep your blood sugar balance and appetite under control.

Second, they are full of fiber which, as we have reviewed Wednesday week 4, slows fat and sugar absorption from your gut to your bloodstream which translates into less fat storage around your middle.

Third, they are a rich source of vitamins and minerals found in few other foods such as folate, magnesium, chromium and more that help grease the wheels of your metabolism.

And lastly, they are plentiful in phytonutrients like saponins that reduce cancer, and inflammation.

And they come in dozens of varieties', colors, flavors and textures from lentils to lima beans, from white to black beans, from adzuki to mung beans, from chickpeas to black-eye peas, from kidney to navy beans.

They are one of the few exceptions to canned foods I suggest – whole, organic, pre-cooked, ready to eat at all times. For a special treat, sauté fresh garlic and a few rosemary springs in extra-virgin olive oil, add a can of rinsed Italian cannellini beans,

a pinch of salt and pepper, heat and eat. It is a warm, whole food, protein, fiber, nutrient rich satisfying, long lasting meal.

## **6. *Good White Foods - Soy, Fish, Daikon, Jicama, Cauliflower***

Mostly we should stay away from white food – white flour, white sugar, white rice, starchy white potatoes. These raise our blood sugar quickly and guarantee progressive weight gain.

But there are a few wonderful white foods full of nutrients, protein, anti-inflammatory and detoxifying compounds.

Here are a few white foods that are not only good but also good for you and promote weight loss and a healthy metabolism.

First, add white fish. Small, light, white, flaky fish such as trout, sole, barramundi, and Mediterranean fish. While these may be low in the omega 3 fats, they are rich in high quality protein and low in toxins like mercury (unlike big predatory fish such as tuna and swordfish).

Second, try tofu – it is a traditional Asian food that can be easily flavored – baked, steamed, sautéed, even put in smoothies and deserts. It is made from soybeans and is a great source of protein, and compounds that promote hormone balance and healthy blood sugar balance.

Next, dig into some daikon radish. It looks like a giant white carrot and can be grated in salads, put in soups, steamed or sautéed. It is a powerful detoxifier and full of minerals. It is also very alkaline – which combats the acidic nature of our modern diet. Our cells and our metabolism runs better when it is slightly alkaline.

Next, cut up some cauliflower and put it in salads, make cauliflower curry, or steam it. It is a crunchy member of the broccoli family full of detoxifying phytonutrients that help you lose weight.

Lastly, jazz up your salad with jicama, a root vegetable from the southwest and Latin America.

So go ahead and enjoy guiltless white food!

## **Fridays: All Calories are Not Created Equal**

The old concept that weight loss is simply a matter of calories in and calories out is wrong. Learn how the quality of the food you choose is more important than the amount you eat.

### ***1. Eat More, Weigh Less - Eat Real Food***

Unfortunately most of us have been brain washed to believe that weight loss is simple math. Calories in and calories out. Burn more than you eat and you will lose weight. Right?

Wrong!

In fact, you can eat much more food and lose weight. But here's the catch. You have to eat real food. Just imagine what your great-great grandmother had to eat. Everything came from a farmer's field and nothing from a food chemist's laboratory. Nothing was homogenized, refined or processed. There was no need for "nutrition labels" because nothing had labels.

The bottom line is that **quality** is MUCH more important than **quantity**. Eating only whole, fresh, real food completely eliminates the need for calorie counting, or measuring fat grams or counting carbs.

This works for one simple reason – you eat not only calories but also INFORMATION. Eat the wrong information and you give your genes instructions to make you fat. Eat the right information and you give your genes instructions to lose weight. This is based on an exciting new understanding of how food talks to your genes called **nutrigenomics**<sup>xxxiii</sup>.

And it doesn't work slowly over years, but literally in minutes. Just try it for a few weeks. Don't eat anything with a label. You are probably wondering what is left for you to eat.

It's simple: real food. Vegetables, fruit, nuts, seeds, beans, whole grains (no flour because a bag of flour has a label), poultry, fish, and eggs. That's it. No counting calories, carbs or fat grams! Eat as much as you want and enjoy.

## **1. *Foods to Lose* - Food allergies, inflammation and weight loss**

Exciting new research helps pinpoint why some people just can't lose weight. They are puffy. Puffy eyes, puffy ankles, puffy hands – and puffy bellies! Why do people get puffy? Allergies!

But I am not talking about pollen or dust allergies, nor am I talking about serious life-threatening food allergies from peanuts or shellfish (also known as IgE allergies). I am referring to low grade, delayed reactions to food, that until recently have been completely ignored by conventional medicine.

A recent study broke incredible ground in our understanding of our obesity epidemic. Researchers examined two groups of children – obese and normal weight. They found the obese children had 3 problems (all related) that the thin children didn't have.

First they were much more inflamed (as measured through a special blood test called C-reactive protein). Second, they had the beginnings of cholesterol plaques in their arteries. And third they had 2 ½ times the level of delayed or IgG food allergies<sup>xxxiv</sup>.

So what's happening? These hidden, low-grade food sensitivities trigger a chronic immune reaction and inflammation. And anything that causes inflammation interferes with your metabolism leading to weight gain.

My book, *The UltraSimple Diet*, is based, in part, on this little known but powerful factor in weight gain. The solution is simple.

Try a one or two-week holiday from the foods that most commonly cause these low-grade allergies. Not only will you lose weight, but also a whole host of other chronic health problems like headaches, fatigue, joint pain, sinus problems and more might go away.

Just try this: For 1-2 weeks leave these foods out of your diet: gluten (wheat, barley, rye, spelt, oats, kamut), dairy, eggs, corn, yeast, and citrus. Think of it as a cheap experiment. The side effect will be not only weight loss, but also relief from many food cravings.

## **2. Cutting Cravings - Balance your Blood Sugar**

There are many reasons for cravings (see Tuesdays). But the main one is that your blood sugar is swinging up and down putting you on a seesaw of hunger and

craving. We are genetically programmed to eat sugar (and anything that quickly turns to sugar like white flour, white rice and white starchy potatoes).

Whenever we down that sugary drink, or “low-fat” muffin we have a spike of blood sugar. That kicks our pancreas to squirt out a jolt of insulin to keep our blood sugar even. That creates two problems.

First, insulin is a fat storage hormone. The more you have running around, the more round you get.

Second, the spike of insulin sends your blood sugar plummeting. And a falling blood sugar is a life-threatening emergency. You will find the closest thing to eat – preferably something sweet or starchy. And it the vicious cycle begins again.

Nearly every day I will give you a tip that helps cut these cravings and the endless cycle of sugar swings. But here are a few reminders.

- Eat protein every morning and with every meal;
- Eat only whole real fresh food;
- Eat food with plenty of fiber like beans, nuts, seeds, whole grains, vegetables and fruit;
- Eat smaller more frequent meals (3 meals and 2 snacks) to prevent your blood sugar from ever getting too high or too low which sets.

### ***3. Trade Energy Blockers for Energy Burners (HFCS and trans fats)***

Wouldn't it be wonderful if there was a simple trick or two that would magically help you lose weight? Well there is. One woman stopped me on the street that had



read my book, *UltraMetabolism*, and followed only two suggestions. She told me lost 75 pounds doing nothing else.

What did she do? She stopped two toxic metabolism blockers.

Trans fats (also known as hydrogenated fats), and high-fructose corn syrup.

Neither of these is a “real food”, but was been created in the laboratory to make processed food cheap and last forever on grocery store shelves.

Trans fat also known as shortening is a funny fat that mimics regular fat in some ways, but doesn't fool your metabolism. This oddly shaped fat binds to a spot on your cells and flips a switch that slows fat burning, makes you more insulin resistant, and increases inflammation all of which promote weight gain and prevent weight loss.

But don't think that seeing “zero trans fat” on the label gives you a free pass. A government loophole in the labeling laws allows manufacturers to put in half a gram of trans fat per serving and still say “zero trans fats”. And the average packaged food has 2-4 servings giving you a significant load of trans fats. Who shares that bag of chips anyway!

The other toxic food was introduced about 30 years ago as a replacement for regular sugar. It is sweeter and cheaper and comes from corn known as high-fructose corn syrup. Now it is the major sweetener in our food supply. The problem is that it isn't controlled by the same feedback systems like regular sugar. That means you don't feel full and it leads to more fat production in your cells. Bottom line – you eat more and get fatter.

So do yourself a favor and cut out these two metabolism blockers forever and watch the pounds melt away. Look on the label for trans fat (also known as hydrogenated fat) and high-fructose corn syrup.

## *4. Eat Fat for Weight Loss*

Given that we have been brainwashed to think that fat makes you fat it might be hard to believe that eating MORE fat can make you lose weight. But it does.

In fact, researchers at Harvard have shown that amount of dietary fat is not related to body fat<sup>xxxv</sup>. Eating right fat makes you lose weight. Eating the wrong fat (trans fats) makes you gain weight. But what is the right fat. It is omega 3 fats.

These are the fats we evolved to eat. They were originally in everything we ate – wild plants, wild fish, and wild animals. Now the only wild food we eat is fish, and most of that is farmed these days. These special fats, known as EPA and DHA, work directly on the cells to reduce inflammation and improve insulin sensitivity, lowering insulin levels, both of which promote weight loss<sup>xxxvi</sup>. There are also omega 3 fats in some plant foods like seaweed, nuts, and flax seeds.

So eating the right fats can help you lose weight.

Here is what I recommend:

1. Eat small wild fish at least 2-3 times a week – wild salmon, sardines and herring are the best.
2. Add 2 TBSP of ground flax seeds to your food daily
3. Include 1-2 servings (10-12 nuts) walnuts and other nuts (other than peanuts which is really a bean) as a daily snack.
4. Try adding seaweed like nori, hijiki, arame, wakame and kombu to your diet occasionally.

## 5. Protein to Power Your Metabolism

Not all calories are equal, especially when it comes to carbs and protein. A recent study found that eating protein for breakfast improves all the hormones that control weight, reduce hunger hormone, *ghrelin*, and slows emptying of the stomach. The exact same calories from carbohydrate increase the hunger hormones and make your stomach empty faster<sup>xxxvii</sup>. Remember it is NOT only the calories you eat, it is the INFORMATION you eat that is so important.

Remember protein can be nuts, seeds, beans, whole grains, omega 3 eggs, wild fish, and lean poultry or other meats, but is by NO means a steak and cheese diet!! Protein, it seems, is also more thermogenic. Protein burns hotter than other food sources so at the end of the day you have burned off more calories when you eat protein rather than storing them. In one study, the participants burned 71 more calories a day than those who ate low protein diets (36% vs. 15% protein)<sup>xxxviii</sup>. It may not seem like much – but over a year it is equivalent to an extra 7.4 pounds of weight loss.

It also seems that amino acids, the building blocks that form protein, send messages to areas in the brain to signal that you are full<sup>xxxix</sup>.

Eating more good quality protein can help you not only lose weight, but lose it in the right places. Higher protein diets help people lower their waist circumference, their waist-to-hip ratio (one of the most important measurements in your body which predicts heart disease, cancer and death better than almost anything), and intra-abdominal adipose tissue (otherwise known as belly fat!).

So include protein, preferably plant proteins like beans, nuts and seeds, with every meal. \*

\* Those with kidney failure have to be cautious with increasing their protein intake. And those with concerns about osteoporosis should focus on plant sources

of protein (nuts, seeds, beans, whole grains), because the high acid content of animal protein may cause bone loss.

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