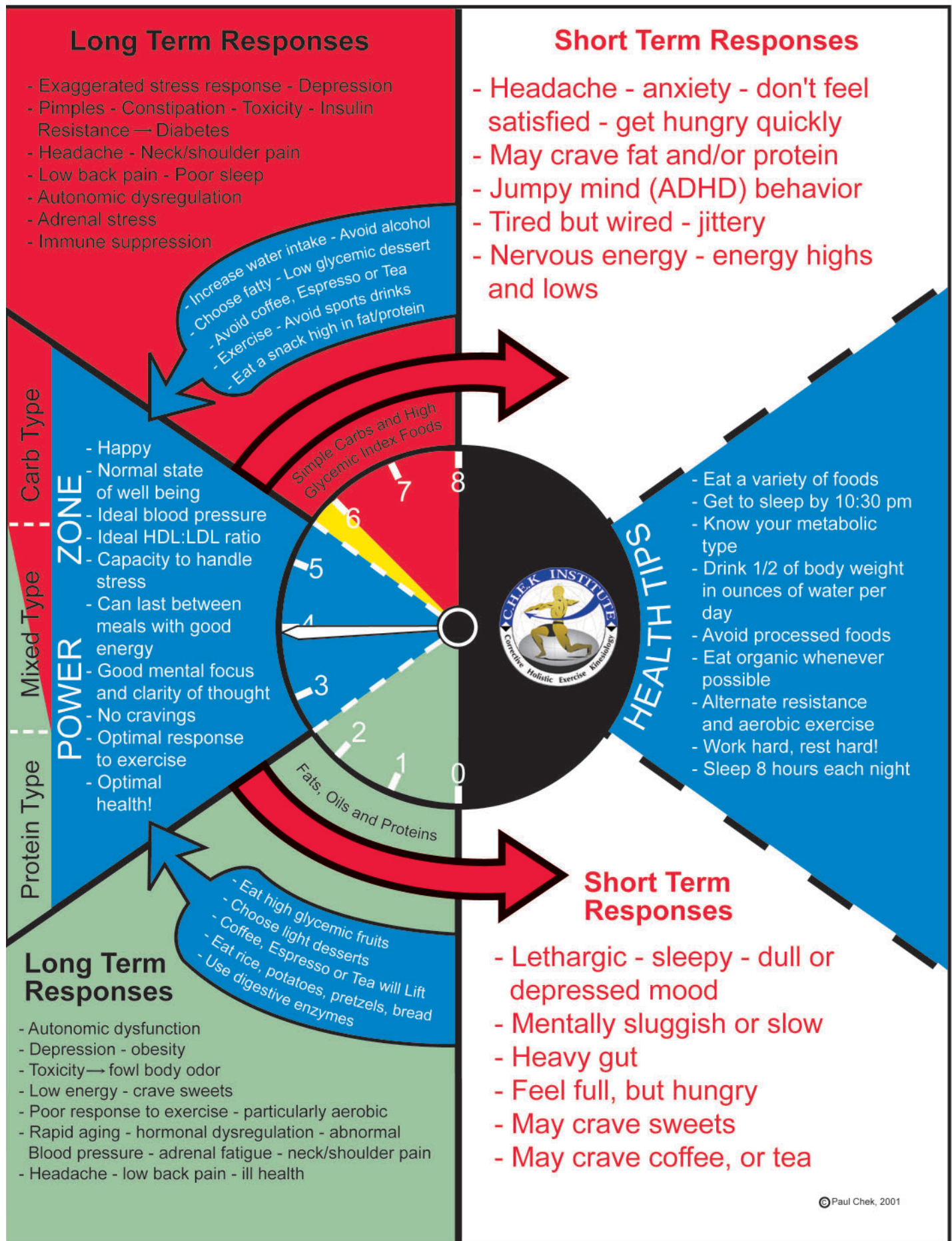
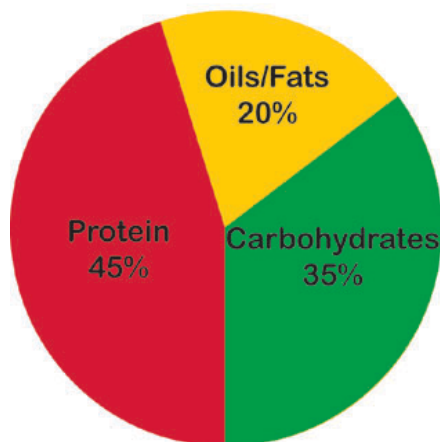


Responses to too Much Carbohydrate



FAST OXIDIZER



FOUR DAY ROTATION DIET

When your immune system is weakened or fatigued and you have food sensitivities, it is critical not to reintroduce food from the same food family within three days after eating the food. This is because the food retention time through a healthy body is about 55 hours. Therefore, by allowing 72 hours before reintroducing an offending food or food family, we prevent the immune system from being overworked by repeated exposure. Using the food rotation approach to eating will result in a healthier, better-looking body!

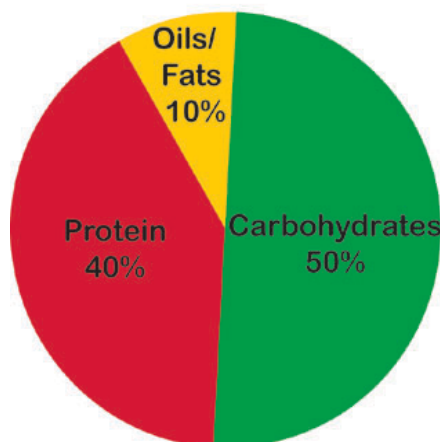
AVOID CIRCADIAN STRESS

Our bodies all have natural built-in clocks. The hormonal system is governed by the hypothalamic - pituitary - adrenal axis. This system is heavily influenced by the rise and fall of the sun and in turn directs our bodies' healing cycles. The body does its physical repair at night between 10:00 PM and 2:00 AM and its psychogenic or mental/nervous system repair between 2:00 AM and 6:00 AM. Frequently going to bed after 10:00 PM will reduce the body's healing time and missing sleep between 2:00 AM and 6:00 AM will result in progressive nervous system fatigue and psychogenic stress. If you compare your current complaints with your sleep habits, you may find that your best treatment approach could be as simple as going to sleep at 10:00 PM and waking up at 6:00 AM or even a little later if you need to catch up on lost sleep!

KNOW YOUR METABOLIC TYPE

Each of us has unique cellular machinery. Bill Wolcott has done an excellent job categorizing people into one of three metabolic types (See "The Metabolic Typing Diet"). Each type needs unique macronutrient proportions (see left column) to facilitate optimal cellular and bodily functions. It is critical to remember that each meal, including fluids, should be balanced. Just as you wouldn't put diesel fuel in the gas tank of your car, you should not put the wrong fuel or mix of fuels in your body if you want to feel and look your best!

MIXED OXIDIZER



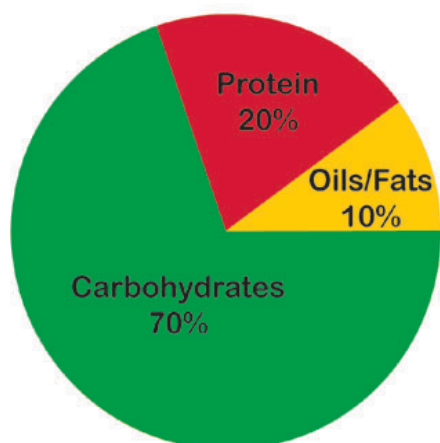
WATER CONSUMPTION

Water makes up approximately 75% of your body and 85% of brain tissue. Almost every enzyme action and chemical interaction in your body is dependent upon water. Your brain is so sensitive to water loss that it begins showing signs of malfunction with only a 1% loss of water. Dry mouth is one of the last cries for water from the body. To maintain optimal body weight and performance, you must drink half your body weight in ounces of water daily and add one pinch of organic salt to each liter bottle to balance water levels inside and outside the cells. If you are not drinking enough clean water each day, chances are good you are spending a lot of unnecessary money at the doctor's office! (See "Your Body's Many Cries for Water" by F. Batmanghelidj, M.D.)

AVOID PROCESSED FOODS WHENEVER POSSIBLE

In the past 100 years, there have been over 10,000 chemicals and non-foods added to our food supply. When we eat processed foods we are eating substances that require detoxification and nullification by the liver. This can easily fatigue the liver, resulting in foreign and toxic substances entering the blood stream. The immune system must then be activated to scavenge the invaders or foreign substances. This can lead to chronic fatigue syndrome and other disease processes related to inefficient body function. A good rule of thumb is, "if it wasn't here 10,000 years ago, don't eat it!"

SLOW OXIDIZER



EAT ORGANIC WHENEVER POSSIBLE

Organic foods are grown without the use of poisonous chemical pesticides! Foods labeled "Certified Organic" are grown under strict government standards, which is why there are not many "Certified Organic Growers." Organic foods are frequently as much as 40 times more nutrient dense than non-organic foods. They may cost twice as much, but it's not such a bad deal when you consider that you may be getting 40 times as much for your money. Additionally, your liver will not have to work overtime to clear the hormones, pesticides and other residues from the food during digestion! Remember, "You are what you eat!"

ALTERNATE RESISTANCE AND AEROBIC EXERCISE WHENEVER POSSIBLE

The body quickly adapts to aerobic exercise, making you more and more efficient, much like a Honda Civic that gets 50 mpg. This means that for each hour you exercise, you burn fewer and fewer calories. Resistance training builds bigger and stronger muscles that have a BIG appetite for calories, not to mention that resistance training will elevate your metabolic rate for as many as four hours after your training session! This is not the case with aerobic exercise. To keep your heart healthy and maintain a lean, strong and beautiful body, alternate between aerobic exercise and resistance training.

WORK HARD - REST HARD

Many people forget that the body does not get stronger while you are exercising. It gets stronger while you are resting and recovering. Therefore, if you don't allow adequate rest time between workouts, or if you simply work too much (particularly if your job is physical), you are never going to reap the benefits you would if you followed the "work hard - rest hard" principle!