

The Diet That Works

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Diet-driven blood sugar imbalances – or type 2 diabetes – are reaching pandemic levels in the developed world, and it is spreading fast to the developing world, with 220 million people affected globally, according to the World Health Organization (WHO). It kills 3.4 million every year and costs around €200 billion per year – set to rise to €300bn by 2025.

A recent study published in the May 2011 journal *Diabetologia*⁽¹⁾ show that type 2 diabetics who completed a 600 kcal day diet for eight weeks had a complete reversal of their condition. In addition, the participants had:

- 1) an average weight loss of 15.3 kg (33.7 lbs),
- 2) a reduction of body mass index (BMI) from 33.6 to 28.7,
- 3) a waist circumference reduction from 107.4 cm (42.3”) to 94.2 cm (37.1”).

Participants were asked to maintain their normal exercise levels.

Note: if exercise levels are increased moderately, then gains will be greater.

The diet consisted of one serving per day of OPTIFAST® a 225 kcal meal replacement drink and three 125 kcal portions of non starchy vegetables per day. OPTIFAST® is composed of total milk protein, sodium caseinate, fructose, maltodextrin, canola oil, soybean oil and fortified with vitamins and minerals.

This diet provided the low calories needed to attain the results as proved in the study: However, a more natural diet providing a similar level of calories but with increased nutrient content and using natural, mostly organic ingredients and devoid of artificial flavors, colours, preservatives and sweeteners will provide a higher level of health and vitality.

NOTE: The OPTIFAST® used in the study contains milk proteins which can trigger allergic reactions in some people plus fructose, a refined sugar which is contraindicated in diabetes; plus artificial flavor, color, an artificial preservative (BHA/BHT) and an artificial sweetener (aspartame). For a detailed report on milk proteins (whey) and fructose visit <http://vitexnutrition.com/Whey%20Protein%20and%20Fructose,%20article.pdf>

The following alternative diet (**The Diet That Works**) is more beneficial, especially to individuals who have existing health conditions (diabetes and/or heart disease).

Directions:

1. Drink two shakes daily, morning and lunch or dinner from MEAL 1, 2, 3 (or Meal 5).
2. Eat MEAL 4: (RAW VEGETABLES and FRUIT mix: 4 of the 8 vegetables + 1 of the fruit choices for lunch or dinner) or substitute with MEAL 6.
3. Optional Fat Free dressing may be used as flavor for raw vegetables.
4. Drink at least 2 liters of water or caffeine free herbal tea daily.
5. Maintain at least 30 min of light exercise daily such as brisk walking or cycling.
6. Take **Vitex⁺ SOURCE Health Pack** twice daily, 2 multiple vitamin/mineral/enzyme tablets and 1 **SOURCE Omega 3-6-9** capsule with each shake.

Example 1: Total daily calorie intake with MEAL 1 + MEAL 2 + MEAL 4 is approx. 618 calories.

Example 2: Total daily calorie intake with MEAL 2 + MEAL 3 + MEAL 4 is approx. 698 calories.

Example 3: Total daily calorie intake with MEAL 1 + MEAL 2 + MEAL 6 is approx. 709 calories

Example 4: Total daily calorie intake with MEAL 6 + MEAL 2 + MEAL 4 is approx. 586 calories

CALORIE RESTRICTED DIET

MEAL 1:	<u>INGREDIENT</u>	<u>AMOUNT</u>	<u>kcal</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARB.</u>	<u>FIBRE</u>
1.	SILK - Light Plain soymilk*	250 ml	70	6.0 g	2.0 g	8.0 g	1.0 g
2.	Vitex⁺ - Soya Pure 100% soy protein	25 g	89	20.0 g	0.9 g	0.0 g	0.0 g
3.	Vitex⁺ - Source Greens (optional)	10 g	50	2.0 g	2.0 g	5.0 g	2.0 g
4.	Blueberries , wild, frozen*	100 g	51	0.0 g	0.2 g	14.0 g	4.4 g
TOTAL			260	28.0 g	5.1 g	27.0 g	7.4 g

MEAL 2	<u>INGREDIENT</u>	<u>AMOUNT</u>	<u>kcal</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARB.</u>	<u>FIBRE</u>
1.	SILK - Light Plain soymilk*	250 ml	70	6.0 g	2.0 g	8.0 g	1.0 g
2.	Vitex⁺ - Soya Pure 100% soy protein	25 g	89	20.0 g	0.9 g	0.0 g	0.0 g
3.	Vitex⁺ - Source Greens (optional)	10 g	50	2.0 g	2.0 g	5.0 g	2.0 g
4.	Strawberries , frozen, unsweetened*	100 g	35	0.4 g	0.1 g	9.1 g	2.1 g
TOTAL			226	28.4 g	5.0 g	22.1 g	5.1 g

MEAL 3:	<u>INGREDIENT</u>	<u>AMOUNT</u>	<u>kcal</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARB.</u>	<u>FIBRE</u>
1.	Orange Juice , raw*	250 ml	112	1.7 g	0.5 g	25.8 g	0.5 g
2.	Vitex⁺ - Soya Pure , 100% soy protein	25 g	89	20.0 g	0.9 g	0.0 g	0.0 g
3.	Vitex⁺ - Source Greens (optional)	10 g	50	2.0 g	2.0 g	5.0 g	2.0 g
4.	Banana , raw, small*	100 g	89	1.1 g	0.3 g	22.8 g	2.6 g
TOTAL			340	21.0 g	3.5 g	53.6 g	5.1 g

MEAL 4: Raw Vegetable & Fruit Meal: (any 4 vegetables + 1 fruit) average 150 calories.

	<u>INGREDIENT</u>	<u>AMOUNT</u>	<u>kcal</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARB.</u>	<u>FIBRE</u>
1.	Broccoli, raw*	100 g	34	2.8 g	0.4 g	6.6 g	2.6 g
2.	Carrots, baby, raw*	100 g	35	0.6 g	2.0 g	8.0 g	2.9 g
3.	Cauliflower, raw*	100 g	25	1.9 g	0.3 g	5.0 g	2.0 g
4.	Celery, raw*	100 g	16	0.7 g	0.2 g	3.0 g	1.6 g
5.	Peppers, sweet, red, raw*	100 g	31	1.0 g	0.3 g	6.0 g	2.1 g
6.	Grape or cherry tomato, ripe, raw*	100 g	18	0.9 g	0.2 g	3.9 g	1.2 g
7.	Cucumber, with peel, raw*	100 g	15	0.7 g	0.1 g	3.6 g	0.5 g
8.	Apple, raw, with skin*	100 g	52	0.3 g	0.2 g	13.8 g	2.4 g
9.	Pear, raw, with skin*	100 g	58	0.4 g	0.1 g	15.5 g	3.1 g
OPTIONAL:	Kraft - Fat-Free Italian dressing	30 ml	10	0.0 g	0.0 g	2.9 g	0.0 g

Notes:

1. **MEAL 1 & 2:** Other fruits may be substituted for greater variety and taste such as raw mango, pitted cherries, blackberries, raspberries, etc.
2. **MEAL 3:** Other fresh, unsweetened juices may be substituted for orange juice such as pineapple juice, mango juice, whole unfiltered apple juice, prune juice etc.
3. **MEAL 4:** may be divided into two portions and taken twice per day as a single 500 gm serving of raw vegetables and fruit might be too much at one time for some people.
4. Do not use tap water for drinking or making tea. Use only chlorine-free filtered water. A simple Brita filter is acceptable. *Some of nature's most valuable and essential anti-cancer and anti-disease phytochemical nutrients which are commonly found in food, have been discovered to form deadly cancer causing substances when consumed or combined with chlorinated tap water. This discovery includes familiar foods including soy, fruits, vegetables, tea, many health products, and even some vitamins.*

For information on the danger of chlorinated water visit:

<http://vitexnutrition.com/Chlorine%20the%20Paradox,%20article.pdf>

Benefits: Although this diet is aimed at diabetics, many other health benefits will be apparent if diabetes is cured.

- a. A 50 year old diabetic can reverse a 6 year lower life expectancy.
- b. Diabetics can reduce the risk of heart disease, cancer and many other diseases.

For more information on the health implications of diabetes visit

http://www.breitbart.com/article.php?id=cp_ikmfsksj18&show_article=1

This 8 week diet, if completed can cure diabetes and gain the individual an extra 6 years or more of healthy life with reduced risk of heart disease, blindness, cancer, kidney disease and a host of other diseases; plus the joy of having a leaner, fitter and more attractive body and greater self confidence. Even if you do not yet have diabetes, but are overweight or obese and follow the 8 week programme you will gain all of the benefits of a longer, healthier, fitter and happier life.

(1) *Reversal of type 2 diabetes: normalization of beta cell function in association with decreased pancreas and liver triacylglycerol* <http://www.diabetologia-journal.org/Lim.pdf>

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http://www.nutrition.nestle.ca/en/our_products/weightloss/Optifast_900

+ Visit <http://www.vitexnutrition.com/productspage.html> for a description of Vitex products

*Nutritional profile from USDA Nutrient database <http://www.nal.usda.gov/fnic/foodcomp/search/>

ALTERNATIVE MEAL SUGGESTIONS:

MEAL 5: Vegetable Salad with Apple:

INGREDIENT	AMOUNT	kcal	PROTEIN	FAT	CARB.	FIBRE
1. Organic baby spring mix ¹	50 g	12	1.2 g	0.0 g	1.8 g	0.6 g
2. Carrots, baby, raw*	100 g	35	0.6 g	2.0 g	8.0 g	2.9 g
3. Peppers, sweet, red, raw*	100 g	31	1.0 g	0.3 g	6.0 g	2.1 g
4. Grape or cherry tomato, ripe, raw*	100 g	18	0.9 g	0.2 g	3.9 g	1.2 g
5. Apple, raw, with skin* (1 small apple)	150 g	78	0.5 g	0.3 g	20.7 g	1.2 g
Kraft - Fat-Free Italian dressing	30 ml	10	0.0 g	0.0 g	2.9 g	0.0 g
TOTAL		184	4.2 g	2.8 g	43.3 g	8.0 g

Directions: Mix all ingredients in a large salad bowl. This makes a delicious salad. Other vegetables may be substituted for carrots such as cauliflower or broccoli. Sprinkle a few raisins or sunflower seeds over the salad for added taste.

1. Taylor Fresh Foods Inc.

MEAL 6: Red River hot cereal with blueberries:

INGREDIENT	AMOUNT	kcal	PROTEIN	FAT	CARB.	FIBRE
1. Red River Cereal (¼ cup)	40 g	150	6.0 g	2.5 g	28.0 g	6.0 g
2. SILK - Light Plain soymilk*	125 ml	35	3.0 g	1.0 g	4.0 g	0.5 g
3. Blueberries, wild, frozen* (1/2 cup)	50 g	25	0.0 g	0.1 g	7.0 g	2.2 g
TOTAL		210	9.0 g	3.6 g	39.0 g	8.7 g

Directions: Prepare as per instructions, when thickened add blueberries (or ¼ cup raisins), cover and simmer for 3 minutes.

MEAL 7: 18 Bean & Wild Rice Soup:

INGREDIENT	AMOUNT	kcal	PROTEIN	FAT	CARB.	FIBRE
1. 18 Bean Soup Mix (1 cup) ¹	225 g	675	45.0 g	2.8 g	112.5 g	33.8 g
2. Wild Rice, raw* (1 cup)	160 g	571	23.6 g	1.7 g	119.8 g	9.9 g
3. Textured Soya Chunks (1 cup) ²	50 g	171	25.0 g	0.0 g	16.0 g	2.0 g
4. Vegetable Soup Stock (4 tbsp) ³	60 ml	75	8.0 g	0.0 g	15.0 g	0.0 g
5. Large Onion*	150 g	60	1.7 g	0.2 g	14.0 g	2.7 g
6. Sun Dried Tomatoes*	100 g	258	14.1 g	3.0 g	55.7 g	12.3 g
7. Extra Virgin Olive Oil (2 tbsp)	30 ml	120	0.0 g	28.0 g	0.0 g	0.0 g
8. Purified Water	4 L					

TOTAL (8 servings)		1,930	117.4 g	32.7 g	333.0 g	60.7 g
TOTAL per serving (2 cups)	500 ml	241	14.7 g	4.1 g	41.6 g	7.6 g

Directions:

In a large pot, add 4 liters of purified water and bring to a boil: add vegetable soup stock, chopped large onion, chopped sun dried tomato, 18 bean soup mix, wild rice, textured soya protein (Note: soak soya protein balls in purified water for 1/2 hour and drain before adding to soup), and olive oil. (Add seasoning if desired such as garlic and chili pepper)

Bring to a boil and then simmer for 3 to 4 hours.

Note: this will make a thick soup. Additional purified water may be added for a thinner soup if desired.

Store in the refrigerator in 1 liter glass preserving jars for future use: Makes 8 servings.

Each serving is 2 cups (500 ml)

¹ Thrifty Foods: 18 Bean Soup Mix

² R-Pure Agro Products: Textured Soya Chunks

³ BETTER THAN BOUILLON: Reduced Sodium Vegetable Base soup stock

MEAL 5 may be substituted for MEAL 1, once or twice a week for greater variety.

MEAL 6 may be substituted for MEAL 4, once or twice a week for greater variety.

Tips:

A good blender with at least 700 watts power is recommended because it will blend frozen fruit and ice cubes to make a smoother shake.

A battery powered kitchen food scale of 2 kg capacity in 1 gram increments is very helpful in determining portion size accurately (eg. Scaleman 907-2).

This diet is high in fibre relative to calories and will provide approx 21 grams of fibre daily which is above the average American diet of 10 -15 grams daily. Regularity (at least one BM daily) is critical to good health and some may require extra fibre to help maintain regularity. In this case an additional fibre supplement such as Metamucil may be helpful.

It will be very helpful if you do this diet programme with a friend as mutual support and encouragement will make it much easier to stay with it.

ABOUT THE “DIET”

“The Diet That Works” differs from typical diets in that it is not just another calorie reduced weight loss diet. Rather it is designed as a therapeutic modality to reverse degenerative disease such as diabetes and coronary heart disease. The associated weight loss is an additional benefit along with the reversal of the disease condition.

Typical calorie reduction weight loss diets are in the 1200 to 1500 calorie per day range, and while this will be effective to lose weight gradually over time, it does not go as far as to significantly reduce fatty build up in the organs of the body and reverse chronic degenerative diseases.

“The Diet That Works” is different from these other diets because it uses a substantial calorie restriction which causes the body to change metabolically at the cellular level. At 600 -700 calories a day, normalization of beta cell function in association with changes to the fatty content (triacylglycerol) of the liver and pancreas is dramatic.

Why this is so is not fully understood, but perhaps the body’s own genetic code is programmed to respond to severe calorie restriction by utilizing stored body fat to maintain energy needs in time of famine, or hibernation. Fatty build up in tissues and organs is known to be a causative factor in many “degenerative” diseases, and it now seems apparent that the only way to reduce this fatty buildup in the glands and organs is through dramatic calorie restriction.

The major problem with such a ultra low calorie “diet” is that the nutrient levels in such a diet will be far below the minimum levels needed to maintain long-term optimum health, and if prolonged then deficiency diseases such as scurvy may begin to manifest.

To resolve this problem, it is essential to supplement the diet with a nutritional supplement such as Vitex’s **SOURCE** and **Omega 3-6-9**. These formulas are based on the SONA study, a 15 year study designed to establish the *Suggested Optimum Nutrient Allowance* necessary to maintain long term good health.

“The Diet That Works” maintains normal protein levels, even though the caloric intake is only 25% of the normal. The soy protein supplement is necessary to boost total protein intake in order to maintain the body’s lean muscle mass. A 600 calorie daily intake will cause the body to “burn” lean muscle mass if protein intake is not adequate.

Soy protein is recommended because it has specific benefits for diabetics compared to animal protein. For further information visit: http://www.vitexnutrition.com/Isolated_soy_protein.pdf

“The Diet That Works” provides about 60 grams of protein per day. The World Health Organization (WHO) established that the typical human protein requirements are 56 g of protein a day for a 75 kg man and 48 g of protein for a 64 kg woman. These values are based on animal protein intake, however soy protein is equivalent in **“Protein Digestibility Corrected amino Acid Score” (P.D.C.A.A.)** to milk and eggs and higher than beef or chicken. For technical information on Soy protein visit:

<http://www.vitexnutrition.com/Soy%20Protein%20V%20Hemp%20Protein.pdf>. Adequate protein intake is essential to maintain positive nitrogen balance and normal biochemical parameters. The diet used in the study provides about 30 grams of protein daily, not adequate for long term good health.

Adequate daily fibre intake is also necessary to maintain normal health, and the typical Western diet is deficient in the fibre necessary for good health. **“The Diet That Works”** provides about 21 grams of fibre a day compared to the 12 g -15 g per day of the average American diet.

Therapeutic uses of fibre

- Adequate daily fibre intake may be protective against **colon and rectal cancer**.
- It is estimated that the risk of colorectal cancer in the US population could be reduced by about 31% if fibre intake from food sources were increased by an average of 13 grams per day.
- High fibre intake has been associated with a reduction in **breast cancer** rates. International comparisons show an inverse correlation between breast cancer death rates and the consumption of fibre rich foods.

- High fibre foods such as vegetables, fruits and whole grains may protect against **prostate cancer**.
- High fibre diets may reduce the risk of diabetes. Fibre has a role in the treatment of **diabetes** because it regulates blood sugar by slowing the absorption of glucose from the small intestine. By coating the gut's lining and delaying stomach emptying, sugar absorption after a meal is slowed, reducing the amount of insulin needed.
- Dietary fibre has a role in the prevention and treatment of **cardiovascular disease** due to its cholesterol lowering ability. Viscous, soluble fibers can lower blood cholesterol levels by 5% or more due to their interference in the absorption of bile acids. By causing more cholesterol to be used for bile acid production, soluble fibre helps take cholesterol out of circulation in the intestines and the bloodstream. Fatal and non-fatal myocardial infarctions have been inversely associated with total fibre intakes in some studies.
- Adequate daily fibre intake promotes laxation and helps to prevent constipation and haemorrhoids. The gastrointestinal tract is remarkably sensitive to dietary fibre. A high fibre diet eliminates exacerbation of diverticulitis reducing the long-term risk of developing bowel disease
- Soluble fibres called cellulose and hemicelluloses expand in the stomach giving a sense of fullness. This reduces food intake and helps in weight control.

“**The Diet That Works**” attempts to address all the parameters of the body’s nutritional needs, from adequate protein and fibre to the optimum levels of vitamins, minerals, enzymes and essential fatty acids, while at the same time providing the low calories needed to bring about metabolic changes at the cellular level to reverse life threatening diseases such as diabetes and heart disease.

Body Mass Index (BMI)

BMI is a number that shows body weight adjusted for height. BMI can be calculated with simple math using inches and pounds, or meters and kilograms. For adults aged 20 years or older, BMI falls into one of these categories: underweight, normal, overweight, or obese. Based on BMI, a 6-foot-tall man, for instance, is considered overweight if he weighs more than 190 pounds and obese if he weighs greater than 220 pounds. A 5-foot-4 woman is considered overweight if she weighs more than 150 pounds and obese if her weight exceeds 173 pounds.

To calculate your BMI visit: <http://www.nhlbisupport.com/bmi/>

One of the goals of “**The Diet That Works**” programme is to reduce your BMI to the normal range of 20 - 24 (20-22 if you are over 75). If you can reach and maintain a BMI in this range you will significantly extend your life expectancy. A Loma Linda University [study](#) found that elderly people who had a higher body mass index (BMI) had a decreased life expectancy. Men older than 75 years of age, with a BMI higher than 22.3, had a reduced life expectancy by 3.7 years. Women over 75 years of age, with a BMI of 27.4 or higher had a life expectancy reduction of 2.1 years. The Adventist Health Studies' research was published in the *American Geriatrics Society* journal.

To determine the number of calories you need to maintain your present weight in relationship to your weight, height and activity level, go to <http://walking.about.com/cs/calories/l/blcalcalc.htm>.

For example, if you require 2600 calories a day to maintain your present weight, then consuming more than that will increase your weight, and by consuming less will reduce your weight. You are overweight because you have been consuming too many calories. “**The Diet That Works**” is approx. 700 calories per day so you need an additional 1900 calories per day to maintain your normal metabolic rate. This

additional 1900 calories will be provided by the body's own fat stores. 1900 calories is equivalent to 211 grams of fat (fat is 9 calories per gram) per day which will be burned by the body. This is equivalent to 1.48 kg (3.26 lbs) of fat loss per week or 11.8 kg (26.1 lbs) of fat over the 8 week diet programme. If you increase your activity level (recommended) you will burn more fat over the 8 week programme. Typically you can expect to lose 15 kg (34 lbs) over the 8 weeks as did the individuals in the study.

The key to the success of the diet is commitment. Eight weeks of discipline will transform you into a healthier, happier and more attractive person with a longer life expectancy - which is a small price to pay! There will be challenges for sure and many temptations, but your week by week improvement will sustain you and encourage you to continue until you reach your goal.

When you reach your 8-week goal, you will have modified your eating behavior so that you will better be able to maintain a sensible and healthy way of eating to maintain your well deserved gains in health and vitality. You will have learned to avoid saturated fat, refined sugars and chlorinated water which are the greatest health destroying foods you can consume, and you will enjoy the very many nutritious foods including fresh fruits and vegetables, whole grains, legumes, nuts and seeds. Buy organic foods whenever possible: Continue to take **SOURCE Optimum** vitamin/mineral/enzyme formula and **SOURCE OMEGA 3-6-9** Essential Fatty Acid formula for long-term maintenance of good health.

Finally, if you find that you start to lose some of your hard earned gains, go back on the diet for a few days and you will quickly lose again. Do not wait until you have gained all that you have lost: "nip it in the bud". Remember, even healthy food can cause you to gain weight if you consume more than you need.

Dietary Tips to Help Maintain a Healthy Weight: Following your successful 8 week program you will need some basic rules to help you maintain your ideal weight, or to continue with a more gradual weight loss if you have not obtained your ideal BMI. The following link provides an excellent summary of proven weight control methods: <http://fitbie.msn.com/lose-weight/tips/why-your-weight-loss-plan-isn-t-working-and-sneaky-ways-lose-more?gt1=50002>

You have the power and knowledge to take control of your own health: No one can do this for you:
Good health is a personal discipline based upon a personal commitment:

Good luck in your new path in life.

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<http://www.vitexnutrition.com>