

BEYOND PALEO

Why more fat and fewer carbs may be the answer when it comes to maintaining a healthy weight and much more

THE SCIENCE IS IN: LARGE DIETARY STUDIES, such as Stanford's A to Z study and the Swedish Council on Health and Technology's Assessment review of 16,000 dietary studies, show low-carb diets promote both weight loss and health. Last year, Sweden declared "LCHF" (Low Carb High Fat) as its official diet. Norway followed. The USDA won't "go there" just yet, but it did strike cholesterol from its list of things to avoid for the first time since 1980. Cardiologists are apologizing about being wrong for 40 years. *Time* magazine put a pat of butter on its cover and reported that fat-phobia was based on ... um ... flawed science.

What's next, you say? Are they going to tell us lard is healthy? Well ... yeah. Lard recently won out over common "healthy" oils for promoting the most longevity in calorie-restricted rodents. VLCDS (Very Low-Carb Diets) are being used to treat

some cancers. Will this "craziness" stop? I hope not. This type of diet literally saved my life 25 years ago, and it keeps me healthy today.

If this is shocking to you, I understand. I, too, once clung to the low-fat theory of weight loss and health. Or maybe you're hip and have already adopted some incarnation of a low-carb diet such as a low-glycemic, grainless, or Paleo eating style. If so, you've probably reaped many rewards. But what if you could feel even better?

MY JOURNEY

After years of struggling with an eating disorder and multiple health problems, I was transformed by a diet that I devised myself after much research. I lost so much weight and looked so much better, I became unrecognizable even to high-school friends standing two feet in front of

me. It's the diet plan that I teach to clients today. It involves no calorie counting or portion control. No "white knuckling it" around formerly tempting foods. A low-carb, high-fat diet healed my food-addicted brain, poor digestion, and failing liver after 12 years of binge eating. After two years on this plan, I'd lost 10 dress sizes, my notorious pear shape, and every head-to-toe health complaint—including the canker sores; bladder infections; leaky gut; sniffing and allergies; blurry vision; oozing, flaking eye and chin rashes; and dizziness upon standing—without struggle. Family and colleagues assumed it was willpower. It wasn't. I had developed a profound biochemical peace.

WHAT'S LEPTIN GOT TO DO WITH IT?

It was 1994, four years after I'd harnessed leptin's power unwittingly, that this



Success Story

For 43 years, since the age of 7, singer Mark Paul endured an average of three horrific seizures each night of his life. He did not know what sleeping through the night was like. "I came to accept being jolted out of my sleep," he said. "But I never got used to it. My wife has awakened with me each night for the 18 years we've been together." Having heard about ketogenic diets helping seizures, he started my regimen, and immediately his seizures were cut down to one per night. This was a first for him. His weight soon dropped from 215 to 187. Energy was the "best ever," he said. He was thrilled. But based on the experience of other epileptics I'd worked with, I was convinced that Mark didn't have to have any seizures at all. We worked together to troubleshoot, and weeded out some hidden sugars including vegan milks, beets, and too many nuts and cooked vegetables.

Within two days of eliminating these foods, Mark's seizures stopped cold for the first time in 43 years. "I'm sleeping through the night for the first time in my adult life," he says. "I'm currently at seven months seizure-free. There is no desire to stray. I probably have the best built-in motivation of anyone, since I know the seizures will return if I eat the wrong thing."

PHOTO: (AFTER SHOT) KAT JAMES

WHAT TO EXPECT ON A LOW-CARB, HIGH-FAT DIET

As most people are primarily “sugar-burners,” the transition to “fat burner” comes with a temporary energy drop. In addition, you may experience flu-like yeast die-off and/or digestive symptoms. So carve out a few days to take it easy if you plan a strict attempt at this. To make it easier, consider the following supplements. Note: Work with your doctor if you are on medication for high blood sugar or blood pressure, which can drop almost immediately once these dietary changes are adopted.

- ▶ Potassium and magnesium. These help maintain fluid balance as inflammation-related water-retention is reduced and urination is increased.
- ▶ Digestive enzymes containing lipase. These can help those who have not been eating fat by providing the enzyme necessary to digest fat. Digestive aids, such as L-taurine, betaine HCL, alcohol-free bitters, or apple cider vinegar, can also help with sluggish fat digestion.
- ▶ L-glutamine and blood-sugar-stabilizing nutrients such as chromium picolinate, alpha-lipoic acid, and benfotiamine, can help with cravings.
- ▶ A yeast die-off may accompany the experience, as you’re removing yeast’s favorite food—sugar—from your diet. Sometimes called “keto flu,” this could cause nausea. Probiotics can make yeast die-off more comfortable.

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hormone was discovered. I was gathering research to write a book when I met the man who discovered leptin, scientist Jeffrey Friedman, at a function. However, at that time, hearing about a hormone that made lab animals lose weight didn’t capture my attention because I’d experienced something so far beyond weight loss.

Fast-forward to 2004. The foremost expert on the hormone leptin, Ron Rosedale, MD, heard me describe the transformations that I and my clients had experienced—an incredible fat-burning, cravings-less state, more energy and deeper sleep, and a new sense of calmness. These were all signs of recovered leptin sensitivity, Rosedale told me.

Nearly 8,000 studies have been done on leptin. Beyond its well-known effects on appetite and weight regulation are

neuro- and cardio-protective benefits, and hormone-controlling and tissue-healing effects (including digestive healing). Not surprising to me is its proven impact on eating disorders and addictions, via its balancing effects on dopamine pathways.

INCREASING LEPTIN SENSITIVITY

Taking leptin as a drug or supplement—like taking insulin—would only lead to becoming resistant to it. The key, says Rosedale, is to recover cellular sensitivity to the hormone through diet. This is done by avoiding rises in blood sugar by cutting out virtually all sugar sources (this includes grains, alcohol, legumes, corn, potatoes, and flour). “Fiber carbs” like green and nonstarchy vegetables are the exception. The only way to satisfy hunger on nominal carbs is if a high percentage of calories

(60 percent or higher) come from fat.

These principles for enhanced leptin function are easily “layered” into a Paleo diet since grains, sugar, legumes, and usually corn and potatoes are already restricted. Fruits and sweeteners such as honey would also need to be cut, however. And a greater emphasis on higher-fat protein sources, such as organ meats, as well as avocados, and butter (often restricted on Paleo diets) would also be in order. I have found that if I’m restrictive enough with carbs and bold enough with fat—especially healthy saturated fats like pastured and organic butter, eggs, goat cheese and other high-fat cheeses, heavy cream, and, yes, lard—my overall food intake soon plummets and my energy soars.

FRINGE BENEFITS

Many of my clients who are challenged metabolically or hormonally (especially those with insulin and thyroid issues), or who suffer with candida, acne, insomnia, or low energy, benefit from such a diet health-wise, in addition to losing significant amounts of weight. Even if one is slim, I have seen positive effects on muscle-to-fat ratio (without exercising more). Additionally, libido, mental clarity, inflammation, pain, acid reflux, IBS, food sensitivities, and rashes often improve.

PALEO PITFALLS

From a leptin-conscious perspective, even the grainless Paleo diet contains hidden sugars that affect sensitive people (especially those with food addiction or candida yeast infections). Hidden carb sources include almond milk and nut butters. Paleo diets are often too heavy in protein (an excess of which turns into sugar in the body, says Rosedale). This can prevent re-sensitization to the hormone leptin—and all of the rewards that come with it.

Once you become leptin-sensitive (most people notice a change after four days of the diet), energy dips become rare and happen only if blood sugar is spiked or if you don’t eat when you need to. Appetite drops automatically and calories, though not “restricted,” are spontaneously cut.



Kat James' Nut, Hempseed & Butter Balls

Makes 18 balls

These are perfect on-the-run, or as an energy or candy bar replacement that won't spike blood sugar.

1 cup virgin coconut oil, softened to room temperature

1 cup organic butter, softened to room temperature

Alcohol-free vanilla stevia, to taste

½ cup high-fiber hemp protein (I use Nutiva) or plain whey protein

Sea salt, cinnamon, and nutmeg to taste

½ cup tahini or pumpkin seed butter

Hempseed and/or crushed pumpkin seeds, brazil nuts, walnuts, or almonds, or roasted sesame seeds.

Optional: ½ tsp. alcohol-free flavoring such as banana, maple, anise, mint, or fresh citrus zest

Combine ingredients thoroughly and refrigerate until firm (about half an hour). Roll into golf ball-sized balls (a mini ice cream scooper works well), then roll in/coat with your choice of hempseed and/or crushed pumpkin seeds, brazil nuts, walnuts, or almonds, or roasted sesame seeds. Keep refrigerated.

PER SERVING (1 BALL): 270 cal; 4g pro; 28g total fat (17g sat fat); 4g carb; 25mg chol; 100mg sod; 2g fiber; 0g sugar

Kat James has been called "a master of self-transformation" by SELF magazine. To learn more about her own transformation, lifestyle, dietary methods, and Total Transformation Programs, or her bestselling *The Truth About Beauty*, visit informedbeauty.com or call 877-54-TOTAL.

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