



## The Energy Secret

April, 2005

Before I tell you about the magic of EFAs (Essential Fatty Acids) - the special healthy essential fats that your body can't make on its own, you may have seen the front page of USA Today on Thursday, January 13, 2005. What are the new "health and fitness" recommendations recently issued by our government? Even more exercise - at least an hour a day and up to 90 minutes a day of exercise to lose weight, and eating more fruits and vegetables.

Whoops... No one bothered to research that fruits are sugar in disguise and to your body, 2 apples = a can of soda! Carbohydrates and sugar will be discussed in a later column. The recommendations focus on restricting calories, too. Future columns will explain why this direction is wrong - no one needs to starve. They tell us to consume more dairy products. This will also be discussed because it may be harmful if you don't understand how certain dairy products can drastically differ in weight loss effectiveness.

Americans have already tried the latest recommendation. The great news is that staying lean and healthy is 99% nutritional --- you don't have to become a rat on a treadmill making exercise a second job when you have the science of nutrition on your side. Insanity is defined as doing the same old thing that failed and expecting a different result this time. This is why listening to "popular wisdom" and opinions instead of science when it comes to your health always results in failure.

To maximize exercise's fat-burning and minimize the amount of exercise needed you must minimize carbohydrates before and after your workout. I recommend NO carbohydrates 2 hours before to 2 hours after you workout. Our government doesn't have any idea how to stop America's obesity epidemic, but the science is there if they cared to look.

Now for something new. Why is everyone so tired? Exhaustion is the #1 complaint. Vitamins won't help. The answer is hidden in the cooking oil section of your supermarket. All of those cooking oils like Safflower oil, Canola oil, Soy oil, etc. are highly processed. The oils start with what is termed functioning "parent" omega 6 and "parent" omega 3 oils in them. Omega 3 and omega 6 simply reference the double bonds - omega-3 oils have 3 of them and omega-6 oils have 2 of them. The cooking oils have many more omega-6's than omega-3's because they don't go rancid (have a fishy smell) as fast. We don't need to know biochemistry. All we need to understand is that once these oils are in the jar or become margarine they are ruined because of those harmful trans fats we've all heard about. The damaged EFAs from these oils fit in your 100 trillion cells but don't work. Imagine 100 trillion defective cells.

We have a sensor in the brain sensing nutrition. If the sensor doesn't get enough unadulterated oils (unprocessed EFAs), the "hunger switch" stays on asking for more food and hoping the next batch of food has some of these EFAs. Your body's 100 trillion cells need their daily supply. Because the unprocessed form of these oils go "bad" so quickly, few foods contain them anymore. Lack of EFAs is the #1 reason for what I term the American "billy goat syndrome" where we have been told to eat 6-8 times a day; no one ever gets enough food, and the food cravings are continual. Guess what? Eat more than 3 times a day and you'll become diabetic! (Textbook of Medical Physiology).

Why is this the case, because your delicate pancreas is only designed to secrete insulin (the fat storage hormone) no more than twice a day. Insulin is secreted to store glucose (sugar) from the carbs you eat. Whether you eat a lot of carbs or a little, the pancreas will do its job, storing excess glucose to keep your blood sugar from getting too high. So you can see that eating 6-8 times a day is very dangerous when you understand how your body works!

I issued this warning over 7 years ago. Nutritionists with no understanding of human physiology or EFAs have made diabetes the #1 epidemic in the America. Men, if you become diabetic, Viagra WILL be in your future (the

nerves don't work- it's termed neuropathy) and ladies need to know that high blood sugar levels destroy your delicate hormones (*Basic Medical Biochemistry - A Clinical Approach*).

These oils naturally fulfill the appetite - you often eat 1/3rd - \_ less food once the EFA deficiency is fulfilled. It's amazing. Your cravings for carbs will be greatly reduced, maybe even go away completely. You may begin to crave healthy protein and natural fats instead, which your body needs daily to rebuild itself. These healthy EFA oils are also oxygen "magnets." (medical textbooks: Harper's Illustrated Biochemistry, 26th edition, Principles of Biomedical Chemistry). Oxygen = energy. It's that simple. Exercise alone isn't energizing - it's tiring - just the opposite of what we're told. EFAs are the athlete's advantage - their "secret weapon." Why? Because they are the building blocks of your body's natural steroids, too. (Textbook of Medical Physiology)

Don't get fooled by the popular press touting how great fish oils are. The truth is fish is worthless in preventing heart disease or providing energy. Next month's newsletter will tell you the shocking reasons why. I'll also answer for the 1st time why everyone is telling you to lower LDL cholesterol. This information has never been published in the popular press, and even most cardiologists don't know the answer. It is life-saving information that everyone needs to know.

**\*\* Recipe Below \*\***

### **Low-Carb, Flour-Free Pancakes**

1 8oz package of cream cheese  
4 eggs, separated  
.5 mil Stevia™ (natural herbal sweetener (liquid is better than powder))\*  
.5 tsp Vanilla  
.5 tsp Cinnamon  
Coconut or Peanut oil for griddle if needed

In a medium bowl, mix together cream cheese, egg yolks, Stevia™ (and sugar if desired), Vanilla and cinnamon until well blended.

In another bowl (or blender) beat egg whites until stiff peaks form (about 5 min). Be sure the egg whites are well beaten or your pancakes won't be fluffy.

Fold egg whites into cream cheese mixture.

Spread a little coconut or peanut oil on griddle.

Heat griddle to medium heat. Dollop about 1/3 cup of batter onto griddle.

Cook until golden brown, about 2-3 minutes. Flip and cook other side to golden brown.

Add butter after to avoid heating butter too much and creating a trans fat. GOOD Stuff!!

- \*Stevia™ is a natural herbal sweetener that is about 200 times sweeter than sugar. Be very careful when you experiment with it because using too much can ruin a dish. If you don't like the herby/sweet taste of Stevia alone, you can use it to boost the sweetness of sugar. You may want to experiment with how much of each creates the right level of sweetness.

- Using Stevia™ alone makes this dish 0 carbs, but using sugar too will increase carbs 5 grams per teaspoon added. Also, if you use syrup, that will add carbs, too. Be sure to check the label. We like Sorbee™ brand, but you may want to try different ones until you find your favorite. Use sparingly to avoid getting too much artificial sweeteners. It is always best to avoid Aspartame if possible.