

Minimum Macro requirements per day:

We usually consume about 2000 calories but we only need:

Protein about 70 - 80 grams = 300 calories

Linoleic Acid (fat) 6-10 grams = 75 calories

Carbohydrates 0 grams

Eskimos traditional Diet during the winter is all Fat & Protein (caribou)

They have no obesity, high blood pressure, heart disease

In 1929 two explorers after returning from living with the Eskimos lived on only meat for one whole year. After the year they had no signs of any detriment to their health and they had lost 6 pounds

Today we are trying to reduce fat consumption to lose weight but this almost always requires us to reduce protein and replace with carbo's.

Key Point: Fat is metabolically inert. If you ate a pound of lard the body's prime hormones, insulin and glucagon would not be activated.

Eat a pound of carbo's and the body's insulin level shoots way up.

Carbo's are basically just sugar. If you consume 2200 calories per day with 60% from carbohydrates you are consuming approximately the equivalent of 2 cups of sugar which become glucose in the blood.

Insulin is the master hormone that controls the glucose levels in the blood. If it wasn't controlled you would go into a coma and die the death of a diabetic who was not given his insulin shot after a sugar loaded meal. The method Insulin uses to control blood sugar is to first shut down any conversion of fat or stored glucose into blood sugar. It then starts transferring this blood sugar first into the muscles for storage and then the excess into fat. Insulin will regulate cholesterol levels, direct the flow of amino acids, direct the kidneys to retain fluid and control the appetite. Because of these functions insulin is directly responsible for conditions of heart disease, obesity, high blood pressure and diabetes.

If you have a family history of high blood pressure, heart disease, or diabetes, watch-out. You need to control your insulin levels. There is however no available drug to control insulin levels (other than adding more insulin. The only method available to control insulin is by what you eat.

If you control what you eat a diet that does not set off excessive insulin and provide your protein requirements, other medical problems, like skin rashes, disappear in 1 - 3 weeks. You also begin to lose any excess weight however this decline s at a much slower rate.

A low carbohydrate, moderate protein and fat diet has been successful recommended by:

Banting in England in 1862

Brillard-Savarin in France in 1825

A book called "Eat and Grow Thin" published in 1931

The English Navy's Royal Surgeon in a book called "A-Z Slimming"

Stillmans Quick weight Loss published in 1967

Dr. Atkins Diet revolution in 1972

Scarsdale Diet

Most recently Dr. Barry Sears "Enter the Zone"

Archeologists have located almost 30 centuries of Egyptian Mummies. More mummies have been discovered than the current Egyptian population. We also have extensive written records by the Egyptians. It turns out that the Egyptians ate no red meat and very little meat at all. They consumed large amounts of stone ground whole wheat and barley bread, used cold pressed oils, ate lots of fruits and some vegetables and nuts. They had some goats milk that they made into cheese. The army fed their men 5 pounds of bread per day. Their diet was as close to a perfect health food store recommended diet as you could get. Primarily grains with vegetables, fruit some dairy, oils and nuts for some fat and a little bit of meat. Their health is easily determined from so many preserved mummies was however terrible. There was lots of heart disease, dental disease, clogged arteries, and not just overweight conditions but often very obese mummies.

Genetically man has been living on a primarily high protein, low carbohydrate diet for 700,000 years until about 8 - 10,000 years ago when agriculture was developed and the diet switched to primarily carbohydrate consumption from grains and vegetables. Scientists can easily determine when this shift in diet takes place. If an ancient skeleton is uncovered and the bones are long, straight, and dense, and the teeth are without decay then the person is classified a hunter. If the skeleton has signs of malnutrition, stunted growth, brittle bones and tooth decay then the person is classified as agrarian.

In Hardin Village located in what is now Kentucky, the remains of two tribes of people were investigated. The older group lived 3000 BC and was primarily hunters. The younger group was from 1500 BC and were agrarian. The hunters had no iron deficiency, were taller, appeared to live longer, had no signs of chronic disease or malnutrition and only 0.7 tooth decays per person. The agrarians had shorter life expectancy, were deficient in iron, had signs of chronic malnutrition and disease, and had 8.2 tooth decays per person.

Neither the agrarians or the hunters had any signs of cancer. Their bodies had 10 times less lead in it than ours.

Genetic scientists claim that it takes 1000 to 10,000 generations to cause a change in our genes. If our gene pool comes from European or Oriental stock then we are moving towards the ability to adapt to a carbohydrate diet. If only a few generations back we were hunters then our bodies have had no time to adjust to this new diet and diabetes is a common disease. On most native American reservations, the incidence of diabetes is as high as 25% of the whole population.

Another trait left over from our hunter and agrarian days is what is referred to as the thrifty gene. In order to survive periods of famine the body had to store any excess glucose as efficiently as possible. Insulin is the primary tool used to accomplish this. Control your insulin level and you control your fat storage. Glucagon is the opposite of insulin. It converts fat storage into blood sugar. Unfortunately, it's easy to store fat, just eat more glucose producing foods than required. To lose fat you have to wait until the last meal is no longer producing enough energy. The best way to speed this process up is to exercise.

Last National Health & Nutritional Examination Survey in 1983 found that the largest consumed food is Bread, followed by cakes and pastries, followed by alcoholic drinks. Of top twenty consumed foods 11 are pure carbs, 4 are combinations with protein and 5 are protein and fat. Newest survey data indicates an increase in carbohydrate consumption, a decrease in fat consumption and a 25% increase in obesity.