

TRANSFORMATION

28

28 DAYS

— TO —
ACHIEVING YOUR
BEST HEALTH EVER



DR. NATHAN THOMPSON

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Foreword

by Dr. Ben Lerner,
two-time *New York Times* best-selling author
and founder of Velocity Consulting and Coaching

I was really excited when Dr. Thompson informed me he had written a book on transformation in only twenty-eight days. The ability to change our lives and our bodies and even to transform might be the greatest gift bestowed upon us as a people. It is the inspiration of hope and the essence of the human spirit to know that you always have another chance, you can make a comeback, and a new you can be just around the corner.

I have written twenty books, two of which were *New York Times* best sellers. I have a bachelor's degree in nutrition and a master's in psychology, and I am a doctor of chiropractic. Additionally, I've been through every level of personal fitness training and life-coaching certification available, all to explore the straightest, most certain path to helping people reach their God-given potential. With all of that study and writing, I can tell you with certainty that if you follow Dr. Thompson's wisdom in the following pages, the idea of transforming in twenty-eight days is not simply hyperbole but a real possibility. It's something scientifically proven and that I have seen happen for thousands of people just like you.

Our tendency is to believe that life is pretty static. You inherit certain genes from your mom and dad and as a result are programmed into the person you are right now. The truth, however, is radically different. In fact, you are not stuck at all.

You contain approximately twenty thousand genes. That is a remarkably small amount, considering that a flea has about thirty thousand genes. Each of your twenty thousand genes can work with around two hundred proteins to create approximately four million different versions of you. This is great news for anyone who desires transformation in virtually any part of their life. If you are unsatisfied with your career, your emotional state, your health, or your physical body, dramatic change is very achievable.

You may already know someone who has experienced transformation in their life. A whole lot of people once were soft, out of shape, and worn out. They loved carbs, hated healthier

foods, and would have rather attended a funeral than a fitness class. Yet after a period of just a few weeks or months, their attitudes about fitness, food, and bodies were metamorphosed. If someone else can do it, you can do it. Actually, if anyone else can do it, you can do it.

Recent gene research reveals that if you compare your genes to any other person, you will discover that 99.5 percent of the code is exactly the same. Therefore, very little has to do with luck, and it's not likely you are boxed into your current condition. If others can be fit, healthy, or make changes to their bodies, the odds are heavily in your favor that so can you. Our well-being is not based on a mere cosmic roll of the dice or a cruel, unfortunate genetic hand that we may have been dealt. No matter your past or your current situation, you have something to say about your future.

If you break down the word *transform*, you get “trans” and “form.” *Trans*, like transport, is to take a journey—in this case, to take a journey into another shape or *form*. To further illustrate the possibilities that are out there for you, I have a couple of great stories about my patients who successfully made the journey.

Emily, a single mother, brought her sick young daughter to my clinic after she had gotten no results from any of the treatments or medications she previously had received. The concerned mother was a full-time hourly wage earner; the father was not in the picture or providing any financial support. While Emily was very diligent in following through with care, it was often with great difficulty that she kept up with the time and the costs involved.

After a few months, her daughter, once considered a lost cause by her doctors, became completely well. Not only did she transform, but her victory inspired Emily to go back to college and become a licensed general contractor. She eventually became an extremely wealthy and respected business leader in the community.

Another great story of transformation is Ron. Every male in his family had died of a heart attack in his fifties. When Ron turned fifty-two, he also had a heart attack. Thankfully, unlike the others, Ron lived. After this ordeal, he decided to honor the gift that life had handed him and get healthier every year for the rest of his life. Ron measured this by setting a new annual physical fitness record. He transformed his body and his life. When I met him, he was setting his new leg-press record at the gym we attended in Kissimmee, Florida, at the age of ninety-two.

You know you're a candidate for transformation when it seems impossible. In reality, few people find fitness easy or even possible to do. But remember: Transformation is a journey

to a new form. Contained in this book is an achievable twenty-eight-day journey to transform your mind and body. If you trust the process, your attitude, your lifestyle, and what you think is possible for your future will change. For most, the change will be just the beginning of an ongoing new you. The unlimited you. The you that you were born to be.

Dr. Thompson is a longtime friend and colleague. He has gone through the transformation himself in his life, career, and physical body. The supermodel you see today was not the original Dr. Thompson that I met. He's not only the author of this book, but he's also walked the walk he's provided for you and that he has duplicated for many, many others.

I am personally praying for your transformation. As you transform, you will become empowered to be a courageous force for transformation in a dark and dying world. Together, we will make the world a better place to live, one renewed body and twenty-eight days at a time.

Live well.

Dr. Ben Lerner

Preface

The Straw That Broke the Camel's Back

If you've ever wondered why you tend to give up after a few days or weeks on the idea of living a lifestyle that will produce health, energy, and freedom, then this book was written for you. Many people wonder whether they have what it takes to radically change their lives and health for the better.

My answer is that you *do* have what it takes. In fact, everybody does. It's just a matter of reaching that final straw.

We all possess the power to change our lives and our lifestyles. Change in your life only happens when the pain of staying the same is greater than the pain that comes with change. My hope is that change happens in your life because you want to choose a better life, not because a crisis forced that change.

When I was growing up, I took a lot of pride in my fitness. I was the crazy kid running down the street with ankle weights, jumping rope in the driveway, and doing pull-ups in my backyard at night in the snow. I worked out to perform better in sports, and it helped me become a college athlete. But after college and graduate school, I didn't need to work out to perform, and that's when life happened. Opening a wellness office, working seventy hours a week, and having three kids in four years made me place my health on the back burner.

As a result, I slowly started to put on weight, lose my energy, experience poor sleep, and become stressed all the time. While I knew what was happening wasn't good for me (and I certainly wasn't happy with the direction I was going), I took comfort knowing that *one day* I was going to change. The problem was that *one day* never came. It became my excuse for *today's* destructive behavior. Something else was always more urgent or important—until something happened that changed my life forever.

It wasn't that I didn't fit into my pants anymore. It wasn't that my knees would creak like a seventy-year-old's going up the stairs. It wasn't even that I flunked my life insurance physical at thirty-two years of age. Do you know what my final straw was?

My dad was diagnosed with cancer.

After years of not taking care of himself and his *one day* never turning into *today*, it was time: he was forced to pay the consequences of his actions, not his good intentions. With his diagnosis, I knew that if I didn't change, I would end up just like him, and I didn't want my kids to experience the same level of worry and fear that I experienced about my dad. I had become so tired and frustrated about the direction of my health that absolutely nothing was going to stop me from doing what I needed to do to reclaim my health and take ownership of my future. I reached my final straw.

Do you know what happened? In an instant, I shifted my mind-set from one of excuses to one of massive action. Within a few short weeks I lost twenty-three pounds and got in the best shape of my life, and I have continued to become even better, years after that life-changing decision.

I'm busier than ever before, but that doesn't deter me. I've made my health and fitness a top priority in my life, and I don't regret it one bit.

I want you to know that I'm no better than you and I don't possess more talents, gifts, or willpower than you do. I know that if I can do it, you can do it too.

But my question for you is this: What will be *your* final straw?

With my transformation came a burden, the burden of helping people who were just like me, struggling with their weight, their energy, and a lack of direction. I began a journey of learning everything I could about nutrition, how to overcome food addictions, and the best way to exercise in the shortest amount of time. That led me to pursue advanced certifications in nutrition and exercise methodology. The real art was knowing not just the information but how to package and present it to people in a way that was easy to understand and doable for anybody.

I started to do challenges to help people change their nutrition and fitness over twenty-eight days using simple nutrition strategies and fun workouts in a group setting, as well as helping people discover the right mental framework to have massive success. Over the course of a few years, people started to contact me for information regarding this challenge their friends went through. And the inspiration to write a book about it was born.

Chances are you've already read a book about nutrition and fitness. I can assure you this book is different. This approach is unconventional. But if you're reading this book, convention likely has not worked for you. It's time for a different approach.

You're on your way to learning why you gain weight; why you crave certain foods; why you might have blood sugar, blood pressure, and/or cholesterol issues; why you have chronic pain; and why your exercise (or lack of it) is sabotaging your health. Not only that; you'll learn how to develop the right mind-set and plan that will help you become the best version of yourself.

If you follow what's in this book, I know that transformation will happen over the next twenty-eight days, not only physically but mentally as well.

Look at yourself in the mirror. Say goodbye to your former self and hello to the brand-new you! Thousands of others have joined me on the mountaintop by following the contents of this book. I can't wait to see there too.

I believe in you.

Dr. Nathan Thompson

Acknowledgments

There are many people to thank who have given me the strength and courage to write a book. I'll admit there's always been that voice in the back of my mind that wondered if I was good enough or smart enough or if people would even listen. I'd be remiss not to mention a few people who have helped shape me and given me the motivation to make a difference in people's lives.

Mom and Dad, thank you for always demanding excellence in everything. You taught me that how I do anything is how I'll do everything. I remember the times vividly when you looked at me in the eye and said, "I believe in you!"

Rick Tollefson, thank you for being my favorite coach growing up. I learned so much from you about effort and humility. I consider you not only a mentor and tremendous visionary but also a friend. Thank you for your support in my vision.

Dr. Ben Lerner thank you for providing me the vision on how to make my profession my mission. Your direction has always inspired me to never settle for something small.

Greg Glassman, thank you for being a visionary and pioneer in the field of health and fitness. Your system of fitness, known as CrossFit®, has helped me gain the fitness and confidence that I lacked for years. You have helped me discover that my best years of health are ahead of me and not a thing of the past. Thank you for being relentless in your passion to help people like me.

And finally, many thanks to my wife, Barb, and to my Exemplify coaches and staff for being so gracious and stepping up your efforts to give me the freedom to write a book while still being in full-time practice and maintain two amazing fitness centers, where lives are transformed every day.

Chapter 1

The Magic Is in the Mind-Set

Have you ever started a new diet or fitness routine and been convinced that this new strategy was your ticket to a brand-new life? Have you quit this new diet and fitness routine within a few days, few weeks, or a few months?

If this is you, you're not alone. I had started and stopped too many times to count until I discovered the reason why.

The reason why so many people fail to make a permanent change to their lifestyle is that they have convinced themselves that transformation happens by finding the right strategy. Watch an hour of prime-time television, and you'll see commercials for newfangled ideas or contraptions making promises of rock-hard abs, buns of steel, and shapely hips. And we fall for it—hook, line, and sinker.

After a few days, we get bored with the strategy, give up, and feel like a failure. Each time this happens, it becomes harder to convince ourselves that true transformation can actually happen, and finally we became resolved to the idea that having an amazing body, abundant energy, and Olympic-level fitness was never meant to be.

But what if instead of placing your hope in the strategy, you first pursued the right mindset? What if you could develop the mental make-up of someone who refuses to quit? If you could reframe your brain and learn to change the way you think, even a mediocre strategy would be better than a great strategy with a poor mindset.

It's only after changing your mindset does the strategy even matter. And I have a strategy that works 100 percent of the time, as long as you are willing to put in the work and not give up.

If you've failed at the whole diet-and-exercise routine, I have a question for you: *Why* did you fail?

You may have a lot of different reasons:

- I haven't found the right plan.

- I've been too busy.
- I'm too old.
- It's too hard.
- I have arthritis.
- I have bad genes.

Unfortunately, these reasons aren't valid. They're just rational lies you tell yourself that keep you from taking massive action and changing your life. When it's all said and done, your health accepts only action, not intentions or excuses. But the great news is that you can change, and that change is entirely up to you and not your circumstances.

Remember, you can have results or reasons but not both.

Chapter 2

Fat-Loss Myths and Truths

Now that you're on your way to discovering the right mind-set, you need the right plan. You can have the noblest of intentions to change, but without the right plan, you'll never get the results you want.

Here's one of the biggest myths regarding fat loss and fitness:

Fat-Loss Myth: Fat loss is about calories in and calories out, food deprivation, and hours of exercise.

In reality, a calorie is not just a calorie. The food that contains the calories and what it does to your hormones makes all the difference. And it's not about exercising to burn more calories. It's about exercising to produce a hormone response in order to burn fat and build muscle. How many calories you burn during exercise doesn't matter as much as the hormone response you get *after* you're done exercising.

Fat-Loss Truth: Fat loss is actually about regulating hormones, such as insulin and human-growth hormone, by eating the right types of foods and by incorporating the right type of fitness.

You'll find that if you can get your hormones under control by eating and exercising according to how your body was designed to function, you can achieve the results you've always wanted and dramatically shift your health, function, and vitality.

A note of caution: Don't become *that guy* (or girl) who thinks that everything is black and white. Rarely are things ever that cut and dry, especially when it comes to nutrition and fitness. We desire things to be black and white. We also like to think of nutrition and fitness

ideas as a series of commandments. I've worked with thousands of patients on nutrition and fitness, and one of the first questions I get is, "Is [insert a food or exercise program] good or bad?"

As you read this book, it can be very easy to fall into the black-and-white nutrition and fitness trap. To prevent this, I want you to remember that very rarely is a food or a form of exercise all bad. Everyone has different performance and health goals, so it's best to look at it as a continuum.

All Bad—Pretty Bad—It Depends—Pretty Good—All Good

For example, let's say I've been stranded on a deserted island with no food for thirty days. One day, you come along in a boat and discover me at the point of starvation. In your boat is a double cheeseburger, French fries, and a supersized sugary beverage, which you offer me (I won't ask why it's in your boat!). At that point, do you think I would say, "No thanks. I heard this food isn't good for my health"?

Of course not.

Although it's not going to be the healthiest for me, I'll gladly eat that food because it still has some nutrients to keep me alive. But listen—if you're reading this book, you're probably not suffering from starvation. In fact, there's a good chance that you're actually overfed and undernourished.

So, if you ever find yourself stranded on a deserted island, I won't cast a scornful eye if you eat that double cheeseburger to keep you alive.

Chapter 3

World-Class Nutrition in Twenty-Five Words

My goal is to make it easier, not harder, for you to understand nutrition. While nutrition is a relatively new and complex science, it can be broken down into something simple and easy to understand. Consider these twenty-five words, adapted from Greg Glassman, founder of CrossFit:

Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. Keep intake to levels that support exercise but not body fat.

Over the next few chapters, I'll answer the following questions:

- Why only a little starch and no sugar?
- Why only some fruit?
- What types of meat and vegetables?
- What types of nuts and seeds?
- How should they be prepared?

Let's begin by looking at the big picture. All food is broken down into three main macronutrients and their functions:

1. Carbohydrates or sugar—energy
2. Protein—repair
3. Fat—protection, hormone function, storage of fat-soluble vitamins, and energy

I'll also break down the best and worst of each kind of macronutrient to help you get your nutrition back on track.

Chapter 4

Why It's Best to Avoid Added Sugar, Starch, and Grains and Limit Fruit

There are many reasons why you should avoid added sugar, starch, and grains and limit fruit, and I want to go over my top five reasons. For simplicity's sake, let's define sugar, grains, and fruit by what they turn into when digested: sugar.

Reason 1: Added sugar is the number-one cause of obesity.

According to the United States Department of Agriculture, the average American consumes almost seventy-five pounds of added sugar per year. As added sugar consumption has increased, so has obesity, and we have a big problem with obesity-related illness today.

Recent studies published in the *Journal of the American Medical Association (JAMA)* show that 35 percent of American men, 40 percent of women, and 17 percent of children and adolescents are obese, with a body mass index (BMI) of 30 or higher.

And those numbers are only getting worse. It is estimated that half of all American adults will be obese by 2030, which is costing us a *lot* of money.¹

The Robert Wood Johnson Foundation predicts that annual economic productivity lost due to obesity will be a staggering \$580 billion by 2030, unless the current situation changes. That's almost \$2,000 lost for every man, woman, and child in the United States.²

Being overweight is not only unhealthy; it's downright expensive!

Why does sugar cause weight gain and obesity?

When it comes to using sugar for energy, your body can handle only a small amount of sugar at one time. Then, whatever your body doesn't need for immediate energy goes straight into storage. First it stores that sugar in the muscles and liver in a form known as glycogen. Once the liver and muscles reach their storage capacity, the liver turns sugar into triglycerides (free fat in the blood), where it is then stored in your fat cells. The hormone responsible for this is called insulin.

Reason 2: Added sugar is your fast track toward prediabetes and type 2 diabetes.

Research shows that once you reach the level where 18 percent of your daily calories comes from added sugar, there's a twofold increase in metabolic harm that promotes prediabetes and diabetes.³

Because of our poor eating habits, prediabetes and diabetes are the fastest-growing chronic injuries (not illnesses) among adults *and* children today.⁴

Type 2 diabetes is an injury, not an illness. Once you remove what's *causing* the injury, you can allow the body to heal.

Once you're diagnosed with type 2 diabetes, you've already been sick for years. The conventional medical approach is to diagnose you with a disease once you have it. Wouldn't you rather know that you're on your way toward developing diabetes *before* you have it?

Here's a simplified version of how you develop type 2 diabetes and everything that goes wrong with the traditional management of it.

Let's say you decide to start smoking. At first, the nicotine from one cigarette per day will give you a buzz. But soon, you'll need two cigarettes a day for the same buzz, and then four, and then a whole pack. In a few years, you'll notice that smoking a whole pack of cigarettes does nothing to create that same buzz you had just a few years ago. This concerns you, so you go to your primary care doctor to remedy the situation. After careful analysis and testing, your doctor comes back with the definitive diagnosis.

"I have good news and bad news," your doctor says. "The bad news is that you're not responding to nicotine anymore; it's called nicotine resistance. The good news is that if you increase to four packs a day, it will start to give you a buzz in no time."

That sounds crazy, right? But the same thing happens with the hormone insulin.

Any time you consume a food that turns to sugar, it enters your bloodstream as glucose and raises your blood sugar. The brain senses this increase in blood sugar and sends a message to your pancreas to release insulin. Once insulin is released into the bloodstream, it attaches to the receptors on the various cells in your body that open channels to allow glucose to enter the cell to be used as energy. The glucose that's not used as energy will get stored as glycogen in the liver

and muscles. But the body can store only a small amount (about 600 grams). Anything more than that gets stored as fat.

And there's no limit to how much fat you can store!

The problem arises when you are constantly bombarding the cells with insulin. As with any hormone or drug, when it's present in large amounts, the cells begin to adapt by decreasing the number of receptors on the cell, in turn decreasing your sensitivity to it. The less sensitive you are to insulin, the more you'll need to make in order to elicit the same response and the more difficulty you will have keeping your blood sugar balanced.

When your doctor finally discovers a blood-sugar problem, the medical standard of care requires you to go on a drug that will stimulate the production of more insulin.

While the pancreas can keep up with the increased workload for a little while and push your blood-sugar levels down, eventually it will tire out, and that's when things get really bad. With smoking, the way to re-sensitize your cells to nicotine is to withdraw yourself from nicotine. And the way to re-sensitize your cells to insulin is not to add more insulin but to withdraw yourself from the hormone. The way to decrease this hormone naturally is to withdraw from foods that spike your blood sugar and cause a massive dump of insulin into the body.

Warning Signs That You Have a Problem with Insulin Right Now

-) You have to eat sugar every few hours to avoid feeling fatigued.
-) You experience "brain fog" if you don't have enough sugar throughout your day.
-) You experience mood swings and irritability if you don't have sugar throughout your day.
-) You feel you have to eat every few hours in order to avoid being hungry.

Is this you? Don't worry. I'll go over the plan you can utilize to withdraw from sugar. In a few days or weeks, you can feel energized, feel full all day, decrease your pain levels, and increase your mental clarity. I'll also describe how you will feel during this process and what to monitor so that you can stay the course and have massive success.

Reason 3: Added sugar causes inflammation in the body, contributing to arthritis, pain, high blood pressure, and even high cholesterol.

A 2014 study in the *Journal of the American Medical Association* found those who consumed the most sugar—about 25 percent of their daily calories—were twice as likely to die from heart disease as those who limited their sugar intake to 7 percent of their total calories.⁵

The cause of this is *inflammation*—the link to nearly all disease.

When you get a cut on your skin, you've probably noticed that it gets red, swollen, painful, and hot. This is a normal, innate inflammatory response that tissues require for healing. That inflammation signals the body to begin laying down scar tissue to heal the wound.

Inflammation is a great thing, except when it never ends.

There's little doubt that sugar increases inflammation in the body, but it's not the acute inflammation that you normally see in a cut or with a sprained ankle. Instead, it's a chronic, low-grade type of inflammation that not only damages your joints, leading to arthritis and increased pain, but also damages your arteries.

When chronic inflammation is present in your arteries, they too get red, swollen, and hot (but not painful because they don't have pain receptors). When the blood vessels swell, their diameters get smaller. When the diameters get smaller, the heart has to work harder to get blood, nutrients, and oxygen to the tissues ... and that's called high blood pressure.

Cholesterol is *not* the villain. You just need to stop beating up your arteries.

Any time there's inflammation, there has to be healing, and guess what the body uses to heal the damage in your arteries? You guessed it: cholesterol. To heal the damage inflammation inflicts on your arteries, cholesterol must be laid down within the arteries to heal and repair them. In short, more inflammation means your liver needs to produce more cholesterol, and that's why your cholesterol levels go up.

In reality, the innate response of increasing blood pressure and cholesterol is the right response at the right time. While this process helps to save your life in the short term, this long-term adaptation leads to hardening of the arteries and cardiovascular disease.

The problem is not your high blood pressure or cholesterol. The problem is inflammation. Get to the cause of high blood pressure and cholesterol by lowering inflammation.

Should I be taking a cholesterol-lowering drug?

While I can't tell you what to do, I can share research on the effectiveness of cholesterol-lowering drugs.

You have between a 0.4 and 1 percent chance of benefitting from a cholesterol-lowering drug, but you have a 15–20 percent chance of developing one the following side effects:

-) headache
-) constipation
-) diarrhea
-) gas
-) stomach pain
-) skin rashes
-) muscle and joint pain
-) muscle wasting
-) liver failure
-) dementia
-) depression

This research was published in 2008 by John Carey in *BusinessWeek* magazine, based on his analysis of the effectiveness of cholesterol-lowering drugs.⁶

Reason 4: Added sugar and grains fuel cancer.

Eating sugar doesn't cause cancer. If it did, everyone who eats a lot of sugar would get cancer. Cancer is a multifactorial disease, but sugar can certainly fuel it. Cancer cells have a completely different metabolic makeup than a normal, healthy cell. In fact, cancer cells have approximately ten times more receptors for insulin than a normal cell. Therefore, the preferred fuel for cancer cells is sugar (glucose).

“But my doctor said what I eat has no relation to cancer!”

Do you know how doctors identify whether cancer has spread to other parts of the body? They use what's called a PET scan. Known as positron emission tomography (PET), this test is a nuclear imaging technique that creates detailed, computerized pictures of organs and tissues

inside the body. A PET scan reveals how the body is functioning and uncovers areas of abnormal metabolic activity.

In preparation for a PET scan, a patient is first injected with a glucose (sugar) solution that contains a very small amount of radioactive material. This substance is absorbed by the particular organs or tissues being examined. The PET scanner is then able to “see” damaged or cancerous cells where the glucose is being taken up (cancer cells often use more glucose than normal cells) and the rate at which the tumor is using the glucose (which can help determine the tumor grade).

Read that again: Doctors use *sugar* to detect *where* the cancer is and how *aggressive* it is. Kind of makes you wonder, doesn't it?

Reason 5: Added sugar is addictive—even more addictive than cocaine!

Added sugars and grains are far more addictive than cocaine, one of the most addictive, harmful substances available to us. An astonishing 94 percent of rats who were allowed to choose between sugar water and cocaine chose sugar. Even rats who were addicted to cocaine quickly switched their preference to sugar, once it was offered as a choice.⁷

Our sugar-rich standard American diet generates a surge in a neurochemical in the brain called dopamine, which is widely known as the neurochemical responsible for pleasure and motivation. But substances like cocaine, heroin, nicotine, and other drugs produce this excessive reward signal in the brain as well. This signal then has the potential to override normal self-control mechanisms and thus leads to addiction.

So let me ask you ... Is sugar your drug of choice?

While you may take comfort in the fact that you don't drink or smoke, chances are you probably have a different addiction—an addiction to sugar. Similar to the alcoholic who craves alcohol, what do you think your brain will tell you when you crave sugar? It will tell you that you're hungry, and you will reach for that next dose of sugar.

The next time you feel hungry, ask yourself, “Is this physical hunger, or is it psychological hunger?” If you can reach down and grab more than an inch of fat around your belly or thighs, you already know the answer. That hunger is all in your head.

My first introduction to the addictive nature of sugar went like this:

Several years ago, I headed up a huge potluck dinner at my church. I thought it would be a wonderful idea to teach people how to cook healthy food without using all the sugar, additives, and damaging fats that are in foods normally seen at a church potluck. I thought everyone would *love* my innovative idea!

I believe I received seven death threats from church members. Okay, not really, but the responses I received were hardly positive:

“You’re taking away my bread and cookies? How dare you!”

“I look forward to eating whatever I want on Sundays!”

“I was going to bring friends to church that day, but now we’re going out for pizza instead because if we come to the potluck, they won’t want to ever come back to this church!”

If food generates a strong emotional response, you probably are addicted to it.

By the way, the potluck went over really well, and several people apologized afterward because they were astounded how good *real* food actually could taste.

Why hasn’t my doctor taught me any of this?

I believe doctors truly want to help you. While I can’t speak for every doctor, I can certainly offer some possible explanations:

-) Your doctor was trained in the diagnosis and management of disease through medications and surgery and received very little training in the field of nutrition or exercise science in school.
-) Your doctor must follow a standard of care. A standard of care is a treatment that is accepted by medical experts as a proper treatment for a certain type of disease and that is widely used by health care professionals. Many times, the standard of care calls for drugs or surgery, not lifestyle modification.
-) Your doctor may know how to help you, but it’s not reimbursable through insurance or not profitable enough. Or maybe your doctor believes you won’t follow through because you’ll think it’s too hard.

So are all carbs bad, then?

Absolutely not! You do need carbohydrates to function, but you don't need as many as you think. But there are great carbohydrates, okay carbohydrates, and carbohydrates to avoid at all costs. The difference between these types of carbohydrates is the insulin response they cause.

The Best Types of Carbohydrates

) vegetables

What's the difference between boogers and broccoli?

Kids don't eat broccoli.

Funny (or not so funny) jokes aside, it seems that many adults don't like to eat broccoli or vegetables either as their preferred source of carbohydrates (and hopefully don't prefer boogers!).

Vegetables are always best because they are full of fiber, vitamins, and minerals needed for healthy cellular function, and they have the lowest insulin response. Vegetables are best when eaten raw, lightly steamed, or sautéed with coconut oil. The best vegetables are those that contain sulforaphane, which gives them a slightly pungent odor (like broccoli).

Getting your daily vegetables and greens just got easier.

If you find it hard to get your six to nine servings of vegetables per day, then have no fear. A secret I've used for years—for me and for my kids—is to consume an organic-greens powder. This powder contains some of the top superfoods available today, and they are full of antioxidants. I mix an organic greens powder with a smoothie or in water every day. For more information on the greens powder I recommend, visit Transformation28.net

) Berries, Granny Smith apples, and grapefruit

These fruits are the lowest in sugar and are higher in fiber, so they won't impact your blood sugar and insulin levels like other fruits. However, these fruits should be consumed in moderation because they still contain some sugar.

You may be thinking, *Isn't fruit natural?* Absolutely! But chances are you've been doing some very unnatural things when it comes to fueling your body, and the resulting weight gain, chronic pain, and/or hormone issues are not natural. You'll have to avoid them for a while until your hormones and inflammatory levels normalize.

These following carbs can be good or bad, depending on your current health and fitness goals:

- all fruits other than berries, Granny Smith apples, and grapefruit
- sweet potatoes
- legumes: peas, beans, and lentils
- sprouted grains

These carbs can be utilized in moderation for those who perform daily high-intensity exercise or endurance-type exercise, and/or for those who have achieved their weight-loss goals and healthy blood work. Those who have issues with weight gain, insulin resistance, type 2 diabetes, autoimmune conditions, leaky-gut syndrome, cancer, blood pressure, and/or cholesterol need to avoid them. Over time, you may be able to reintroduce these foods in moderation.

Carbs to Always Avoid

) refined wheat flour

Refined wheat flour is nothing more than sugar. It contains only the endosperm of the grain, which contains the carbohydrates and a small amount of protein, known as gluten. Refined wheat flour is devoid of the bran and the germ, which contain the vitamins, minerals, fat, and fiber. Instead of baking with wheat flour, try coconut or almond flour instead.

) table sugar

Also known as sucrose, this finely ground white powder is more addictive than another addictive, finely ground white powder—cocaine.

) anything ending in *-ose* and sugar's different aliases

Sugar has a lot of different names, and people are starting to wise up. However, food manufacturers are working day and night to stay one step ahead by giving sugar even more names. Below is a list of the different names for sugar. Take a deep breath; it's a long one!

The Different Names of Sugar

Agave Nectar	Corn sweetener	Glucose Solids	Muscovado
Barbados sugar	Corn syrup	Golden sugar	Palm sugar
Barley malt syrup	Corn syrup solids	Golden syrup	Panocha
Beet sugar	Date sugar	Grape sugar	Powdered sugar
Brown sugar	Dehydrated cane juice	High-fructose corn syrup	Raw sugar
Buttered syrup	Demerara sugar	Honey	Refiner's syrup
Cane juice	Dextrin	Icing sugar	Rice syrup
Cane juice crystals	Dextrose	Invert sugar	Saccharose
Cane sugar	Evaporated cane juice	Malt syrup	Sorghum syrup
Caramel	Free-flowing brown sugar	Maltodextrin	Sucrose
Carob syrup	Fructose	Maltol	Sugar (granulated)
Castor sugar	Fruit juice	Maltose	Syrup
Coconut palm sugar	Fruit juice concentrate	Mannose	Treacle
Coconut sugar	Glucose	Maple syrup	Turbinado sugar
		Molasses	Yellow sugar

) white potatoes and white rice

Composed almost entirely of starches (long chains of sugars), white potatoes and white rice raise your blood sugar quickly, which results in a large increase in insulin. Although there are some vitamins and minerals in these foods, you can easily get them from other sources that are lower in sugar.

) high-fructose co

much like alcohol, causing damage to your liver and metabolic dysfunction in the same way that ethanol and other toxins do. Not only that, but high-fructose corn syrup is more readily metabolized into fat than any other form of sugar.

) condiments and salad dressings

Always look at the label when purchasing packaged food. You can fall off track on your nutrition journey by adding things like ketchup and salad dressings to your nutrition.

These foods often have a lot of added sugar. It's best to use these sparingly and to use healthy oils and vinegar when having any type of salad.

Are you allergic to gluten, or are you just allergic to poison?

Gluten is the protein found in wheat, rye, barley, spelt, and a few other closely related grains. Almost all processed food contains gluten for one reason or another: thickening, flavor, as a binder, or as a major ingredient in pizza, pasta, cakes, cookies, and bread, to name a few.

The gluten-free movement has gained considerable traction over the past few years. There are people who are truly gluten-intolerant and find tremendous benefit from removing gluten from their diet. But why is it that so many people have seemingly become allergic to gluten?

After all, our genetics can't change that much over a few years, which makes it impossible that everyone suddenly has a genetic intolerance to gluten.

Maybe it's not a gluten intolerance. Maybe it's a reaction to glyphosate.

Glyphosate is the main herbicide in the weed killer Roundup, which is sprayed on many crops today to reduce the undesirable weeds in agricultural fields. Glyphosate is toxic to most plants, including corn and soybeans, so these crops have to be genetically modified in order to be resistant to this popular herbicide, and glyphosate has the potential to end up in you.

Although wheat has yet to be genetically modified, it is still sprayed with glyphosate just prior to harvest in order to completely kill the wheat and speed up the drying process. This preharvest spraying means that the level of glyphosate on the wheat is far higher than in other genetically modified crops, like corn or soybeans.

This toxin may be what's wreaking havoc on your digestive and immune systems. Did I also mention that glyphosate was classified as a probable carcinogen by the World Health Organization in 2015?⁸