

Berni Dymet

Life Application Booklet



BERNI DYMET SHARES HIS
AMAZING YET VERY SIMPLE
JOURNEY TO RECOVERING
HIS HEALTH.

**TOP 5 SECRETS
FOR LOSING
WEIGHT AND
KEEPING IT OFF**

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TOP 5 SECRETS FOR LOSING WEIGHT & KEEPING IT OFF



by Berni Dymet

LIFE APPLICATION BOOKLET

Published by Christianityworks
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1st edition - Published 2021

Cover design: Mariah Reilly Design, Sydney Australia
We gratefully acknowledge the creative contribution of Mariah Reilly in the cover design of this book.

Printed by: Creative Visions Print & Design, Warrawong, NSW, Australia

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SECRET #1

Recognise Obesity for What It Is: A Disease

The Problem that You and I No Doubt Share

Let's be quite clear about something. I am not a doctor, which means that I am not qualified to give you medical advice. Neither am I a dietitian, which means that I am not qualified to give you dietary advice either for that matter.

But what I am, is someone who struggled with his weight for over half a century. And I am someone for whom all the best medical and dietary advice has quite simply failed.

Eat less, exercise more.

Eat a diet rich in complex carbohydrates, low in fat to prevent heart disease.

That's been pretty much the advice since the US Food and Drug Administration, in 1977, followed by the advice of one Dr Ancel Keys based on his famed and flawed "Seven Countries Study," which appeared to show a correlation between cholesterol and heart disease. I say flawed because he actually studied data from twenty countries. Had he chosen seven different countries, he'd have proven the exact opposite.

From there was born the mantra that fat is bad, carbohydrates are good. And based on that “truth,” the data shows two things. Firstly, we’ve been incredibly compliant, reducing red meat, butter, dairy, eggs, and all that “bad fat.” And secondly, we’ve been getting collectively fatter ... and Fatter ... and FATTER ... ever since. Not to mention sicker. Much sicker.

Now, here’s what bothered me – and perhaps you relate to this. I am an exceedingly disciplined individual. I come from a Germanic background. After a gruelling four years at the Royal Military College, Duntroon (the Australian Army’s officer training establishment in the nation’s capital, Canberra) I became an army officer. No mean feat.

For most of my working life, including the day when I was pecking these words out on my computer, I am up before 3 am, at my desk working. You get the point, right? *Exceedingly disciplined.*

So why is it that someone like me can’t lose weight and keep it off? That’s the question that plagued me for fifty-plus years.

Back in the 1960’s and 70’s most of the kids at school, unlike today, were skinny. Not me, I was always the fat kid.

Following school, I was almost kicked out of Duntroon in my final year (after all that work) for failing the 8 km, 42-minute annual cross-country run twice (the first time by 22 seconds, the second by 12 seconds).

And over the years, my weight has gone up and down, up and down, up and down like a yo-yo, fluctuating by 30 plus kilograms (that's 66 pounds!) on many occasions. Hello!

Now, if we go back to the eat less, exercise more idea (which to someone like me who studied physics and loved it, sounds incredibly plausible), there's a sinister implication if we'll stop and think about it.

What that "truth" tells me, and all the other fat people who've ever been fat (a word I use deliberately, because it's what people think when they look at us – fatty!) is that it's my fault (your fault too!).

We're quite simply lazy gluttons. No self-control. If we just watched what we put in our mouths and got off our collective derrières, we wouldn't be fat. Simple as that.

That's why people look at us with that "you're a lazy glutton, fatty" look. It's called fat shaming.

But What If ...

What if the problem of obesity isn't a problem purely about physics? What if the idea that, based on the law of thermodynamics, if I spend more calories than I consume, I'll lose weight, and vice versa, isn't actually true?

Come on, the energy in, energy out equation has to be true. And actually, it is, but in a meaningless sort of way. *What? How can you say that, Berni?*

It's meaningless because it tells us nothing about why we behave that way. It ignores the other fundamental reality of our bodies – biology. It doesn't, for instance, answer questions like:

Why do some people seem to put on weight so much more easily than others?

Why are some people naturally slim and others naturally fat?

What causes fat people to eat more – consuming more calories than thin people?

Here's an analogy that might help. A man falls off the top of a thirty-story building and plummets to his death on the pavement below.

Question: What was the cause of death?

Answer: His high-speed impact with the pavement.

But can you imagine the detective assigned to investigate this case settling for that as an answer? *He hit the pavement at speed, case closed.*

No! The detective, if he or she is going to do their job properly, would want to know *why the man came off the top of that building in the first place.*

Did he jump? Was he pushed? Was it an accident? Was he impaired in some way, perhaps drugged? There would doubtless be a forensic team sent up to examine the point from which he fell, not to mention the surrounding area. Police would interview his family, friends, work

colleagues to find out what had been going on in his life.

“He hit the pavement” is about as useful a conclusion in solving that man’s death as “Berni eats too much and doesn’t exercise enough” is in explaining why I struggled so much with my weight.

Is the “truth” that fat people eat too much and don’t exercise enough, actually true? Yes, but in a meaningless sort of way.

Ask me why I used to eat so much, and I’d tell you that it was because I was always hungry. *But why was I always hungry?*

Ask me why, after starving myself, exercising 3 hours a day (which I did!) and losing 25 kgs, I’d put all the weight back on again (and more!), and I couldn’t tell you.

Fake News or Truth?

The problem with questioning medical and dietary orthodoxy in this day and age is that people look at you like you’re a crazy conspiracy theorist.

Just for the record, I don’t believe that 5G cell towers caused COVID-19. Nor do I believe that COVID-19 vaccine shots are Bill Gates’ plot to insert a microchip in my body so that he can track my movements.

But I do believe that the medical and dietary advice that we’ve been given by “the experts” since 1977 is wrong and that this flawed advice

is the root cause of the pandemic of obesity, cardiovascular disease, diabetes and some cancers. I believe that because though I followed it slavishly, I was morbidly obese, headed for diabetes which claimed the life of my father.

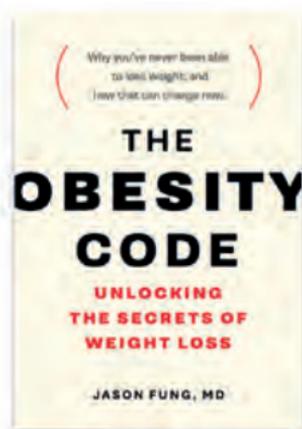
I believe it because we've all been getting fatter and sicker since 1977. Not only does the medical evidence support that, but hey, look around!

And I believe it because I've lost 33 kgs (70+ lbs) without starving myself, and I now find it effortless to keep that weight off. But don't just believe me.

Enter Dr Jason Fung – no, not an internet quack, but an eminent Canadian nephrologist (kidney specialist) who was sick to death (yes, morbid pun intended) of treating the kidney disease in patient after patient, which had been occasioned by obesity and diabetes ... only ultimately, to watch most of them die.

He has written what I consider to be THE best book on the planet bar none explaining why we're getting fatter and what to do about it.

It's called *The Obesity Code* and explains in layman's terms what's going on and what we can do about it.



It's a lifesaver. Do yourself a favour. Buy it – Amazon Kindle, Apple Books, your local

bookstore. It's the best investment that you'll ever make in your physical health.

The central, powerful thesis of the book is this: *obesity is not a matter of laziness or gluttony. It's a hormonal disease. If we find the root cause of the disease, then we can treat it.*

Think about it. Hormones control pretty much every function in your body. Your mood, your reproductive system, your sex-drive, your digestive system, your fight-and-flight mechanism, red blood cell production, white blood cell production, the amount of calcium in your bones ...

And yes, both your appetite and your capacity to store or burn adipose tissue – aka FAT.

Here's a simple example of that truth that Dr Fung provides in his book.

The smell of frying food makes you hungry at lunchtime. However, if you have just finished a large buffet, those same smells may make you slightly queasy. The smells are the same. The decision to eat or not is principally hormonal.

He goes on to say:

Our bodies possess an intricate system guiding us to eat or not. Body fat regulation is under automatic control, like breathing. We do not consciously remind ourselves to breathe, nor do we remind our hearts to beat. The only way to achieve such control is to have homeostatic mechanisms. Since hormones

*control both Calories In and Calories Out,
obesity is a hormonal, not a caloric disorder.*

Bottom line? If we can treat the hormonal disorder of obesity, we can change the outcome. You're not fat because you're a glutton, any more than you're tall because you've been doing your stretching exercises.

Yes, eating is a conscious decision. But satiety (feeling full) is largely a hormonal function as is whether or not your body stores excess energy in fat and fuels its energy demands from fat.

The One Hormone to Rule them All

I do not intend to regurgitate all of Dr Fung's explanations regarding hormones (yes, vivid visual pun intended!). To do so would be pointless. Just go buy "The Obesity Code".

But the bottom line is that the key to understanding weight gain and weight loss from a biological, hormonal perspective is insulin.

Let me say it again. Understanding **INSULIN** is pretty much the one word, the one hormone, the one cause, and the one solution to weight gain that we need to focus on.

Let's keep it simple. Insulin is essential to life. It principally does two things (as with everything about hormones, it's never entirely that simple, but for the sake of the fat plaguing our bodies, actually it is!).

Insulin delivers energy to cells and when there's too much energy, it stores the energy first as glycogen and then as fat. That's all well and good. A great system. Again, drawing on Dr Fung's wisdom here's a great analogy to help understand how it works and why excess insulin causes us to gain weight.

Imagine that you cook a meal, but there are leftovers. What do you do? You put them on a plate, cover them with plastic wrap, and put them in your refrigerator. That way the leftovers won't perish and you'll have a quickly accessible reserve of food for when you don't feel like cooking in the next day or two.

But over time, your refrigerator fills up. Not to worry, you have a chest freezer down in your basement. So, you simply take the greater excess and store it longer term down there.

Poifect!!

And that's, in a sense, how your body works. If you eat a meal, but you consume more than you need, first up, your body will store the excess as glycogen in your liver and muscles. Glycogen is a readily accessible energy store and smooths out your supply and demands needs between meals and overnight. After all, your body consumes energy even when you're asleep. Every now and then, you have bursts of energy that need instant access to a surplus store. That's the role of glycogen.

But your liver and muscles can only store so much glycogen (for most of us, about a 24-hour

supply). So, if you eat way more than your body needs for the moment, your glycogen stores will fill up quickly. Ahh, not a problem because in that case, insulin takes the excess “down into the basement freezer” as it were, by storing it as fat.

Insulin is your fat-storing hormone. And as things turn out, the food environment in which we live here in the 21st century has changed a lot since our grandparents were young – more on that in the next chapter. But for now, suffice to say that all of the manufactured, processed foods we now consume have increased not only our calory intake, but by being plied with sugar and other refined carbohydrates, they have seriously, seriously increased the amount of insulin that our bodies produce.

Now, here’s where it gets serious. Imagine that there’s a locked, barred door down in your cellar, and your chest freezer is sitting behind that door. Insulin provides you with a one-way key capable of opening that door but only to store your excess food. Should you want to take something out of the freezer (in other words, expend some of the energy stored in your fat tissue), it prevents you from doing so.

Excess insulin, in effect, creates a one-way flow. Fat in? No problem! Fat out? Not on your life! And therein lies the problem. In a food environment that is seriously messing with our insulin production, those of us who don’t cope so well with that will find it very easy to gain weight but very difficult to lose weight.

Do you relate? I sure do!

This understanding of the hormonal realities of weight gain (or loss) provides us with a much better explanation for what went on for over half a century in my life and perhaps what's been going on in your life too.

Treat the hormonal problem of generating too much insulin, and the door is flung open to losing weight (not to mention a whole lot of other health benefits).

Secret #1

Obesity is principally a hormonal disease rather than a lack of willpower or exercise. The answer lies in treating the root cause of the disease (high insulin levels occasioned by the modern diet) rather than fat-shaming people based on a fundamentally flawed Calories In, Calories Out understanding of weight gain and weight loss.

Key Points

1. Since 1977 when the US Food and Drug Administration set out high carbohydrate, low-fat dietary guidelines, we've all become fatter and sicker.
2. This was coupled with the incorrect assumption that too much-saturated fat (animal fat) caused heart disease. This is now known not to be true and accepted by almost all health authorities.
3. So, we ate less fat and more processed carbohydrates – spiking insulin and making those whose metabolisms are susceptible to it, obese.
4. So, obesity is a disease, fundamentally of excess insulin.
5. When we reduce insulin levels, we unlock the door to healthy, effective and sustainable fat loss.

Recommended Resource

*The Obesity Code** by Dr Jason Fung

**If you turn to only one book that I recommend in this book, then this is definitely THE ONE.*

SECRET #2

Stop Spiking Your Insulin

A Brief History of Food and Health

As I set out to share with you part of my journey from obesity to good health, I know what you may be feeling. Despite the hormonal explanation in Chapter 1, you may still be harbouring the guilt with which society has saddled you because of your weight and appearance. It happens to all of us “fatties” – through what we’ve been told all these years, we become absolutely convinced that it’s all our fault. We’ve been putting too much of the wrong food into our mouth and not exercising, and so we’ve paid the price, am I right?

So, you may well be sitting there squirming, feeling not just guilty but somewhat hopeless because you’ve tried every diet under the sun, and nothing has worked.

As I said earlier, I totally understand because I’ve been there too. Diet after diet, that promised so much, and yet we failed each time. In fact, I’ve lost more than 20 kgs at least seven times in my life, and each time, other than this last time, I’ve put it all back on again with interest.

I starved myself. I suffered through the low-fat diets. I exercised until it wore my feet out. I tried everything – and each time, I put the weight back on. Remember, I am an incredibly self-disciplined, focussed, outcome-oriented kind of guy. When I set my mind to something, I pretty much always achieve it, as evidenced by the fact that I've lost so much weight so many times. That takes a lot of discipline and willpower, and yet – I'm being completely transparent with you here – each time I put it back on again.

So back to the central question that perplexed me for so long, and I have no doubt has been plaguing you as well.

Why? Answer – because I was always hungry.

But why was I always hungry? Why did my body crave more than the body of others who appeared to be infuriatingly, effortlessly thin? Why didn't other people (those annoyingly, naturally skinny ones) experience the same cravings?

Well, it turns out that we all have different insulin responses to the new food environment in which we now live. And yes, in a historical sense, it's very new.

So, in order to answer those questions, we need to take a much broader historical look at how and what we're eating, than merely our present, beginning of the 21st-century reality. We need to look at this whole obesity epidemic in a historical context because it wasn't always so.

If you can dig out an old-school photo from the 1960s or early 1970s, that's very typical of how kids looked back then. They were mostly skinny, even if I wasn't. But look at them now, and childhood obesity has become, if not quite the norm, certainly highly prevalent.

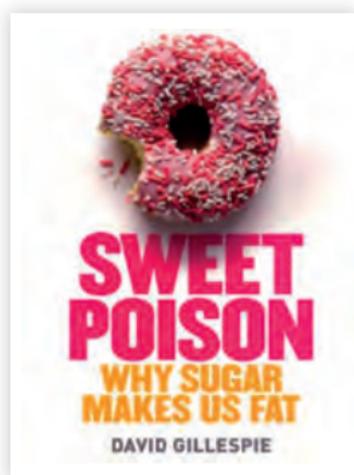
In which case, you have to ask yourself, what, if anything, has changed over that time in terms of our eating habits and our health outcomes?

That's not an unreasonable question to ask because it may well give us a clue or two as to the cause of the skyrocketing incidence of obesity and its devastating health outcomes – heart disease, diabetes and some forms of cancer.

Well, when it comes to what we're eating, things have changed. In fact, they've changed dramatically.

According to David Gillespie, the author of the book *Sweet Poison*, in 1910, just over one in five US adults was overweight and fewer than one in five of those was obese (so one in twenty-five of the whole population was obese). Just a century and a bit later, two out of every three adults are overweight, and half of those are obese. So now, instead of one in twenty-five being obese, one-third of the whole population is obese.

That's a massive escalation in obesity – from one in twenty-five to one in three!!



Writes Gillespie:

... in just 100 years, the chances of a given US adult being overweight have gone from very unlikely to highly probably and the trend is accelerating. If it continues, by 2036, a person with a normal Body Mass Index will be as rare as an eight-leaf clover. And in Australia, our statistics are just as shocking.

That's a dramatic change. And remember, back in the early part of the 20th century, there was no concept of a low-fat diet. There were no so-called "healthy" margarines. People ate lard and dripping, as well as bacon and eggs for breakfast. Yet back then, very few were overweight or obese.

On the surface, that just doesn't make sense.

And here's another fact.

Did you know that heart disease was almost unknown back then? In fact, it wasn't until the mid-1920's that cardiology became a specialty. Now to be sure, life expectancy has gone up in western societies. In the US before 1900, 75% of all Americans died before age 65. Today more than 70% will live to be over 70.

That comes from the eradication of many diseases like polio, typhoid and a bunch of others that used to kill people. And yet, the deadly irony of all this is that heart disease – which was virtually unheard of at the beginning of the 20th century – is today the single greatest killer in the western world. It will kill over 650,000 Americans this year alone. And the

story in Australia, Canada, the UK, India and any other country that's adopted the "western diet" as it's called (including in Africa and Asia) is exactly the same.

Those facts beg the question – what's changed?

And seriously, it confounds logic that more medicos aren't asking that same question. Some are, but most of the medical community seems to be focussed on *treating* heart disease – something they're doing reasonably well because the death rate from heart disease is falling – rather than asking how we can eliminate heart disease altogether, since it is only a product of the 20th and 21st centuries.

The answer to what causes heart disease lies in the research of a naval physician, Surgeon-Captain Dr T.L. Cleave, who came up with the *Rule of Twenty Years*. Cleave made a careful study of hospital records of third world nations, mainly in Africa, and was struck that virtually no single "native" came down with common diseases of Western cultures such as obesity, diabetes and heart disease.

Those diseases weren't merely less frequent; they were virtually non-existent. His research further led him to conclude that the culprit was the western diet which was high in refined carbohydrates – sugar, white flour and so on.

Conducting further research, Cleave observed that about twenty years after a society introduces refined carbohydrates to its way of life, diabetes and heart disease will simultaneously begin to

appear. If you want to know more, put *Cleave's Rule of Twenty Years* into your search engine.

Cleave found that the average inhabitant of the British Isles was consuming just 7 kg or 15 lb of sugar back in 1817. By 1955 that had grown to around 50 kg or 110 lb, and today, Australians, Americans and many others are consuming upwards of 70 kg or 150 lb of sugar per annum. And that doesn't count the other refined carbs like chips, rice, flour, bread, cakes and so on, which are consumed in ever-increasing excess.

The medico's will tell you quite simply that all those refined carbohydrates are turning our bloodstream into porridge. You may have heard the term atherosclerosis – which literally means porridge of the arteries. And it's killing us in droves.

The thing that distinguishes the so-called western diet from traditional diets is not the fat content. The First Nations people in Alaska traditionally only ate meat and fat (consuming up to 90% of their calories from animal or saturated fats) and yet had zero heart disease.

The thing that distinguishes the western diet is the high refined carbohydrate content – and people, it's killing us.

We take sugar for granted these days. Eliminating it seems extreme. Hmm!

But how many times does the word “sugar” appear in the Bible? I'll tell you. Exactly zero times because sugar wasn't known back then.

“Sweet cane” is mentioned three times, but as an exotic delicacy from a far-off place:

Of what use to me is frankincense that come from Sheba or sweet cane from a distant land? (Jeremiah 6:20)

The other sweet thing that was available back then was honey – but in the absence of commercialised production as we know it today, you had to fight the bees for it out in the wild, making it a rare delicacy indeed. And finally, fruit – but only in season and only if you lived near the apple tree in question at the precise moment it was due to drop its ripe fruit.

In other words, sweet things were very rare.

In fact, historically, that’s been true until sugar went into mass production in the late 19th and early 20th centuries to support, of all things, the production of chocolate.

The first can of fruit juice (which is effectively the poisonous sugar separated from its antidote, fibre) didn’t go on sale in Australia until the late 1950’s.

So, if we want to track the cause of this rapid acceleration in western diseases, we need only correlate the increase in consumption of refined carbohydrates with the increase in cardiovascular disease.

Perhaps Not So Extreme After All

I provide you that historical background (drawn largely from David Gillespie's brilliant book *Sweet Poison*) for this reason. Because as you read and consider Secret #2 for losing weight and keeping it off, you may consider the things that I've eliminated from my life as being somewhat "extreme."

Berni, how can you possibly live like that? This is the question that may well spring to mind.

Well, if we consider our current consumption of sugar and other refined carbohydrates to be normal, then of course, my choices will seem extreme.

But if we look at our food consumption habits in an historical context, all of a sudden, the only thing that seems extreme is the way in which we insist on pumping sugar and white flour and all those other processed, refined carbohydrates down our gullets.

The day I came to the conclusion that my high consumption of sugar and refined carbohydrates was, as with most of the rest of the population, killing me, I emptied my pantry of everything that contained sugar.

Do you know what was left? Almost nothing!

Hi. I'm Berni Dymet, and I'm a reformed sugarholic. Having lost over 33 kgs in weight, so many have asked me to tell them how I did it.

The truly exciting thing is that it was relatively simple. It required a little willpower in the beginning but in maintenance mode, almost none.

As we saw earlier, the consumption of sugar in societies like the one in which I live has skyrocketed over the last century from 7 kgs per annum back in the 1800's to around 70kgs per annum today.

And the crazy thing is that we think that this is normal!!

What we consider normal today is, in a historical context, grossly abnormal. It's our high consumption of sugar and other refined carbohydrates that is very clearly at the heart (I know, another pun) of so-called western diseases of obesity, cardiovascular disease – that's heart attacks and stroke – and diabetes.

God has given you and me the most amazing body – complex, brilliant, exquisite. Whilst in the 20th century we managed to wipe out many of the traditional diseases that killed us *en masse*, increasing life expectancy in most countries, we've also managed to introduce new ones. And not just in the western world.

As the western diet has crept into countries like India, especially with its high consumption of sweets, India is now the diabetes and heart disease capital of the universe. I see it too as I travel around Africa. *Cleave's Rule of Twenty Years* is alive and well and people are dying needlessly because of it.

But please, don't just take my word for it.

If you're online go to YouTube and watch the video *Bitter Truth* by UCSF Professor of Paediatrics, Dr Robert Lustig. He specialises in childhood obesity. And what he makes very clear from his research and clinical practice is that it's the high intake of refined carbohydrates that's disabling and killing us.

Today in Australia, America, Canada and lots of other countries, childhood obesity is a pandemic. For the first time in the last few centuries, *if current trends in obesity continue, it's likely that our children's life expectancy will be lower than our own.* That's a scary thought.

So, here's my Secret #2 for losing weight and keeping it off:

As completely as possible, remove both sugar and refined carbohydrates (white flour, peeled potatoes, white rice, commercially baked foods, soft drinks and white pasta) from your diet.

I know you think I'm crazy, but hear me out.

As I said, when I came to this conclusion, my wife and I went through our pantry, and we removed everything that contained refined carbohydrates.

BBQ sauce – 42% sugar by weight. Breakfast cereals – 35% sugar. Fruit juice (I thought that was healthy!!), cakes, chips, chocolates, cookies, white bread, Thai sauces – pretty much anything

and everything that had been refined and prepared by someone else.

I wish I'd taken a photo of our pantry after we completed that exercise because let me tell you, there was almost nothing left.

Meat in the freezer. Eggs in the fridge. Some cheese and vegetables and some fruit. It was very demoralising. Really.

And the first week for me was hard not having any sugar because we're addicted to the stuff. I used to kid myself that I wasn't ... but I was.

Do you know that researchers bred some rats without taste buds then put two clear fluids into their cages – one was water with sugar, the other was water with cocaine?

Each rat chose the sugar and became addicted to the sugar solution over the cocaine!

The change in our diets was radical when we did this because just about every processed food has sugar and flour in it. I've become a bit like my friend Bill who is celiac. He always has to check everything before he eats it – and now, I'm the same. I check the label, I ask the waiter, and I decide, most of the time, not to allow high-sugar, high-carb food to enter my mouth.

Did I have a piece of birthday cake when my granddaughter turned one year old? Of course I did. Will I have a slice of that beautiful bread when I take my wife out to a lovely restaurant on a date. Of course I will – sometimes you just have to do those things.

But those are by far the exception rather than the rule. A piece of bread or birthday cake every now and then ain't going to kill me. But shoving that stuff down my throat every day will.

So, a radical change in my diet. Well, let me tell you what happened. The weight just fell off me. Now, I eat butter, cheese, eggs, bacon ... all the high cholesterol things that traditional medicine tells you is bad for you. I'm going to talk more about that in the next chapter because my doctor is absolutely over the moon with the results of my blood lipid (fats) and blood sugar tests.

I eat as much as I want, whenever I want, and I've lost 33 kgs and kept it off.

Yeah, I know, you think I'm crazy or lying or both. But here is what happened – and this is the key: The moment I removed all those refined carbohydrates, I lost my appetite. I just wasn't hungry that much anymore. And when you're not hungry, you eat less. When you eat less, you lose weight. It's not rocket science.

Oh, and by the way, the withdrawal from my sugar addiction lasted about a week, and then it was fine. I no longer crave or desire sugar, and so it requires pretty much zero willpower to avoid it, because the addiction is broken.

But Why is it So?

Now that's a good question. In fact, it's THE question.

Why would it be, after all these years of having been told that saturated fats were the enemy, and our diets should be high in carbohydrates (think the food pyramid), that *Cleave's Rule of Twenty Years* would prove so true not just in my life but in the lives of millions – billions actually – of others.

Do you remember how we finished off Chapter 1? With just one word ...

INSULIN

Here's the biology, the science behind it all. When you eat refined carbohydrates, your body digests them very quickly. They're turned by and large into glucose which up to a point is fine because pretty much every cell in your body survives on glucose.

But when those carbs are refined and eaten in great quantities (as they are for most people), then in an instant, your blood sugar spikes. So now your body pumps masses of INSULIN into your bloodstream to deal with the sugar because insulin is the stuff that processes blood sugar into energy and the surplus into fat.

White flour is a good example. The wheat that we consume today is almost 100% different to that grown a century ago. Not only that but instead of being coarsely milled between stones, it's now ground into an extremely fine powder (even the so-called "wholemeal" flour). And as any cocaine addict will tell you, the finer the powder, the quicker the hit.

That sharp spike in your blood sugar from all the sugar and refined carbs, produces a very strong and rapid insulin response. Now, insulin is a powerful hormone that does such a good job of mopping up your excess blood sugar quickly and effectively that within a just short time, your blood sugar plummets.

Now you're left with a lower level of blood sugar. What does that tell your body? I'm hungry! What's your response? I need to eat. And you'll eat something that will give you another quick hit – just like a cocaine addict. And so, your blood sugar is rapidly going up and down, up and down; your insulin is pumping way too high, and there you have the beginnings of insulin resistance, metabolic syndrome and diabetes.

The longer this goes, the more resistant to insulin the cells in your body become. In response to that, the more insulin your body has to produce to do the same job.

And the more insulin you produce (insulin being your fat storage hormone) the more weight you'll put on. The more weight you put on, the more insulin-resistant your cells become. The more insulin-resistant your cells become, the more insulin you'll produce. It's a downward health spiral until one day, your doctor tells you that you have Type II Diabetes.

My father died of Type II Diabetes. It is a horrendous death. His body just decayed around him. He had his foot amputated when the

gangrene set in. And soon ... he was gone at age 74.

That's the science. That's the reality.

But ... when you remove those refined carbohydrates, you eliminate the spikes in your blood sugar and much of your hunger goes away.

That's the secret! Reducing your consumption of sugar and other refined carbohydrates dramatically reduces your appetite.

That's the reason that I can now eat whatever I want, whenever I want, because *I now want less food and I want it less frequently*. And that's how it is for me, so long as I don't have refined carbohydrates. And my friend, that, in a nutshell, is how I lost a ton of weight and, for the very first time ever in my life, have kept it off without having to try or even think about it.

Add to that the truth that high insulin in your bloodstream puts you into fat-storing mode, but the reverse is also true. Low insulin production, occasioned by a sharp reduction in carbohydrates, puts your body into fat-burning mode.

So once the insulin is under control, your appetite drops, your body is able to burn fat and for the first time ever, it's easy to lose weight.

I recently shot a TV Interview with noted expert in this field, Professor Tim Noakes. He puts it so well – I've shared the link at the end of this chapter. You'll also find an eVersion of this

book that you can download for free and share with family and friends.

And by far the best online resource on the planet is DietDoctor.com – with brilliant training videos on the impact of restricting carbohydrates on insulin and weight gain (or loss). Again, the link is provided at the end of this chapter.

As for me, all I do is avoid refined carbohydrates. And as I walk past those sweet muffins at the café right at eye level, you know, the ones that look and smell stunning, there is not a single twinge of desire in my body to have one because I've broken the habit. I've been through the withdrawal, and the desire is gone.

What I've just told you may sound completely counter-intuitive. It did to me at first. And please remember I am not a doctor, and I am not qualified to give you medical advice.

But you know what I've noticed? Truth is almost always counter-intuitive. God's truth invariably flies in the face of conventional wisdom.

Here are three resources that I access frequently to wrap my mind around the rights and wrongs of diet.

The first is, in fact, two books by lawyer and author David Gillespie who, like me, was grossly overweight and, given his gifted legal mind, applied his forensic investigation skills to the problem of weight loss – something I have greatly benefited from.

His two books are *Sweet Poison* and *Sweet Poison Quit Plan*. You can buy them on Amazon's Kindle and Apple's iBooks as well as a hard copy at your local bookstore. I highly recommend them both.

The second are those videos I told you about by Professor of Paediatrics specialising in childhood obesity – Prof Robert Lustig. Just search *Bitter Truth* on YouTube.

All three are outstanding. And if you are a person whose lifestyle and waistline and blood tests aren't what they should be, it's time for you to wrap your mind around this stuff and do something about it.

Secret #2

Substantially remove sugar and refined carbohydrates from your diet. Permanently. This will reduce the insulin your body needs to produce, and that does two things. It reduces your appetite (so you eat less) and enables your body to burn stored fat. All you'll be doing is going back to eating the way your grandparents did, before obesity, heart disease and diabetes were ever a thing!

Key Points

1. We are consuming, on average 10 times the amount of sugar compared to people in the 19th century.
2. On top of that pretty much any “manufactured” food is loaded both with sugar and refined carbohydrates.
3. As a result, many people’s insulin is chronically high, storing fat and increasing insulin resistance over time.
4. This is the fundamental reason for the obesity epidemic.
5. But this whole downward spiral can be very quickly reversed by eliminating refined carbohydrates. In fact, in many cases Type II Diabetes can be completely cured without drugs.
6. When we substantially reduce our refined carbohydrate consumption, insulin comes back under control as always intended, appetite drops, your body is able to burn fat and for the first time ever, it’s easy to lose weight.

Recommended Resources

Sweet Poison by David Gillespie

Sweet Poison Quit Plan by David Gillespie

My TV Interview with Professor Tim Noakes
– YourGameChanger.org

*Diet Doctor Videos on Carbohydrates + insulin**
– DietDoctor.com

**If you access one online resource referred to in this book, DietDoctor.com is absolutely the pick of them – by a country mile!*

SECRET #3

Ditch the Low-Fat Lie

The Truth About Cholesterol

Yep – without any shadow of a doubt, *the best thing I ever did for my health* was to give up sugar and other refined carbohydrates. Of course, in this world, you can't give them up completely, but I drastically reduced the intake.

And as I said, when I did, not only did the weight come tumbling off without me ever having to starve myself or go hungry, but my blood lipid profile (that's the readings of all your cholesterol and triglycerides; those things that allegedly tell you whether you're at risk of heart disease and stroke) improved so dramatically over just a couple of months that it had my doctor asking me, "What have you done?"

He'd never seen such a dramatic improvement in blood tests in such a short period of time.

I do say "allegedly" because we now know that just as many people with normal LDL and normal total cholesterol have heart attacks as people with high readings in both those.

The key marker that the medicos are using is the ratio of triglycerides to HDL (referred to as TGL: HDL). If your TGL and HDL readings are equal, that ratio is one (1). If the ratio is just

above or just below one, then you're considered to be safe. If it's well above one (back in 2005, mine was 3.01 – yikes!), then you need to do something.

That something is reducing carbohydrates as this directly reduces your TGL reading.

Once I reduced my carb intake, my triglycerides dropped by two-thirds, and my HDL (so-called “good” cholesterol went up by 50%) – those two indicators in combination meant that my risk of heart disease and stroke had just plummeted!

For years, my doctor had been telling me to reduce my cholesterol by going on a low-fat diet – limiting dairy products, no more than two eggs a week, the traditional thing that doctors tell you to do. For years I'd tried that, and it just didn't work. To the contrary, I continued to gain weight and I suffered from fatty liver disease, which can develop into some life-threatening complications.

As it turns out, I wasn't the only one facing this dilemma.

The whole idea of low-fat diets emanated from the flawed study that I mentioned earlier, undertaken by a man called Ancel Keys back in 1939. He promoted the message that fat makes you fat based on research that he'd undertaken across twenty countries. The research itself was fine. The problem was that he chose the results from just seven of those countries to ‘prove’ that

increased fat consumption was making people fat and causing heart disease.

Had he reported the findings of all twenty countries, he would not have been able to draw that conclusion. In fact, had he chosen seven different countries, he would have proven exactly the opposite.

But there's a certain elegant simplicity about the message that fat makes you fat. So, by the 1960's and 1970's the low-fat diet was in full swing and is still being promoted today.

The only problem is that over that same time, obesity rates have climbed dramatically.

In other words, the low-fat thing just isn't working.

And by the way, here's how cholesterol works. Far from being a bad thing, it's a good thing. It's necessary to the life of pretty much every cell in your body. As a result, your liver produces 85% of your cholesterol. That's right, only 15% is ingested through what you eat.

And your liver is pretty smart. If you consume more, it reduces its production. Which is why eating three eggs every day for a month is likely only to have little if any impact on your overall blood cholesterol.

And that's why eating a diet high in healthy saturated and monounsaturated fats (just like Grandpa and Grandma used to do before obesity, diabetes, heart disease and stroke were even a thing) isn't bad for you. Quite to the contrary.

The Proof in the Pudding

They say that the proof of the pudding is in the eating. In other words, the theory is fine, but does it work?

Well, the fact that the low-fat way of eating doesn't work has been proven not only in my experience but in the experience of everyone who's ever tried it.

Even though I was watching my fat intake very carefully indeed, I'd still gained weight. I still had a terrible TGL:HDL ratio, meaning that I was at a very high risk of heart disease and stroke. And I still had a fatty liver (a precursor to cirrhosis and cancer).

I now know that the reason for that is that the thing that was killing me was my high consumption of carbohydrates. It had nothing to do with fat.

So finally, having lost 33 kgs the easy way by virtually eliminating processed and refined carbohydrates from my diet (and never going hungry whilst losing weight), I came upon

Secret # 3 – replacing those bad calories derived from carbohydrates (the ones that kept causing my blood sugar to spike and then plummet, making me hungry all the time) with good calories derived from saturated fat (animal fats) and monounsaturated fats (olive oil, coconut oil, avocado oil).

Your Body Doesn't Treat All Calories the Same

As things turn out, so far as your body is concerned, “a calorie ain't a calorie”. Which is why the physics-based Calorie In, Calorie Out, eat less, exercise more thing doesn't work.

The truth is that your body treats calories derived from carbohydrates very differently to those derived from fat.

Carb-derived calories are converted to glucose and spike your insulin - making you hungrier, causing you to eat more and increasing fat storage.

But here's the amazing thing about fat-derived calories. They have an almost zero effect on insulin. Eat a piece of high-fat cheese, for instance (triple cream brie is my favourite), and your body will produce close to no insulin in response.

No insulin, no fat storage. In fact, quite the reverse. You're now becoming fat-adapted, meaning that when you eat less (which you will, because there's no sudden drop in blood sugar to make you hungry again) your body will reach into its fat stores for energy.

So, what we replace the carbohydrate-derived calories with, really matters. And replace them we must. If you've been getting most of your energy from carbs and then cut them back, you need to replace them with something, otherwise you'll be famished.

There are basically three macro-nutrients: fat, protein and carbohydrates. Protein, whilst incredibly necessary to your body (you can't produce your own) isn't such a great energy source. That leaves fat if you've just cut the carbs.

While Ancel Keys and the US FDA were busy promoting the low-fat approach to dieting, there was another man, you may well have heard of him, called Robert Atkins. He was famous for the Atkins Diet – essentially promoting a diet low in refined carbohydrates, *whilst at the same time not limiting the fat intake*. Please note, this is not a typo. You read it right *whilst NOT limiting the fat intake*.

Now I've read the Keys study, and I've read the Atkins approach, and whilst I had always thought that those Atkins devotees were complete and utter nutters, I decided to give it a go. After all, low fat simply hadn't worked. My girth, my weight, my shortness of breath, my critically dangerous blood lipid and sugar readings, and my high blood pressure provided me more than ample evidence of that!

So, I replaced the chips, cakes, bread rolls and mashed potatoes with three things. And this is my Secret #3:

(1) **Saturated and Monounsaturated Fat.** Saturated fats – animal fats like butter, cream and bacon (all the stuff they've been telling us for years are bad for us) and monounsaturated fats like olive oil. When we roast a rack of lamb on the BBQ, I always make sure it's covered in

fat. When we make a salad, it's always covered in lashings of olive oil. When I fry up (yes, FRY!) bacon and eggs, it's done in grass-fed butter. 60% to 70% of my calories come from fat, just as they used to in the olden days before all these metabolic diseases reached pandemic proportions.

(2) **Moderate Levels of Protein.** Beef, lamb, pork, oily fish, chicken with the skin left on and so on. And now, because I'm eating a lot less of these (I just don't want that much anymore) I can afford to buy the truly free-range, grass-fed versions which are much healthier because they're high in anti-inflammatory Omega 3 oils (whereas the cheaper varieties which are grain-fed often in factory farms, meaning they're high in inflammatory Omega 6 oils and they've most likely been plied with antibiotics as well!)

(3) **Lots of Non-starchy Vegetables.** And I mean every colour and variety – cooked, raw, salads, stews. You name it, and I'm into vegetables, so long as they're not of the starchy variety like potatoes, pumpkins, etc. Crazy as this may sound, I discovered how absolutely delicious they are. I eat more veggies now than I ever have in my life!

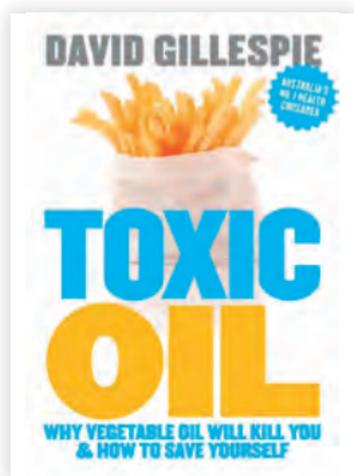
Protein and veggies? Not controversial at all. But fat ... FAT?! YOU HAVE TO BE KIDDING ME!!!

Especially the saturated fats. But what we know now is that those natural fats are very healthy indeed, and they fill you up quickly.

Whereas the polyunsaturated, factory-produced fats like margarine, canola oil, sunflower oil and so on are based on seed oils extracted from the seeds under high temperatures. And they're highly inflammatory with lots of Omega 6. Yes, these so-called "healthy" polyunsaturated oils are incredibly bad for us.

If you'd like to read more on that subject, check out David Gillespie's outstanding book *Toxic Oil*.

So, the upshot of all that is that I no longer restrict my fat intake *at all*. In fact (hang in there; I haven't gone crazy), my high sugar content cereal breakfast of fruit juice, tinned fruit and muesli (total sugar content around 45% by weight) has now been replaced by eggs fried in butter, bacon, spinach, fried tomatoes and so on – when I have breakfast at all (see Secret #4).



Why did I do that? As an experiment of last resort. Nothing else had worked, and here was an alternate theory. The low-fat one that I'd believed in most of my life had simply failed to deliver and was, in point of fact, accelerating my journey toward the grave. And as much as it was totally counter-intuitive that having lashings of what I'd thus far been told were bad fats in my diet would help me lose weight, I decided to give it a spin.

I thought: *I'll give it 3 months*. I would not restrict my fat intake (other than avoiding seed oils which are commonly called vegetable oils and margarines) but would make sure that very few refined carbohydrates passed my lips.

And don't forget, by the way, that green, red, yellow, purple, orange vegetables, all contain carbohydrates, so I still had plenty of carbs in my diet. The difference is that the carbohydrates are packaged inside the fibre, which makes them much slower to digest, avoiding spikes in my blood sugar, and the tummy-rumbling plummet in blood sugar that followed as insulin flooded my system. (Not to mention the amazing range of cancer and disease-fighting vita-nutrients and antioxidants that they deliver in abundance).

So, what were the results?

Firstly, I am now seriously addicted to vegetables! I've rediscovered vegetables like eggplant, Brussels sprouts, cabbage, cauliflower (which mashed is a great replacement for mashed potatoes). In fact, I've been watching myself; when I sit down for dinner now, I instinctively go for the vegetables before the meat. Interesting.

Secondly, the fat has not significantly increased my cholesterol readings. To the contrary. My triglycerides are low, and my HDL is high. My blood sugar readings are now at the lower end of the normal range, and I eat like a king.

Seriously! I so enjoy the variety of food that I'm eating, and my friends at DietDoctor.com have blessed me with so many low-carb, high-fat recipes that my wife and I can't keep up.

And thirdly, I was never hungry between meals. In fact, I often don't eat breakfast (no, contrary to the marketing hype of the cereal companies, it's not the most important meal of the day). And when I'm busy, lunch often goes by the wayside, too (but we'll talk more about that in the next chapter of this book). But when I do get hungry, I sit down to a delicious high-fat meal.

And that, for anyone who has spent years on starvation diets, I have to tell you, is HUUUUUGE!

As Much as I Want

To this day, I can eat basically as much as I want and not put on weight. The key is that I want a lot less because I'm not that hungry. In practice, your body doesn't really want too much fat anyway – although I'm liberal with the butter on my Brussels sprouts.

Now, my body has found a healthy equilibrium at a healthy weight without me ever having to count calories, go hungry, or feel deprived. And, as though that's not evidence enough, let me say this yet again, my doctor is over the moon with my blood tests.

If you'd told me at the beginning of my three-month experiment that this would be

the outcome, I'd have said you were nuts (yep, another pun totally intended!). In fact, I'd read the articles by Atkins and others and thought they were lunatics, but out of sheer desperation, I tried it as a last resort.

I never feel stuffed full anymore after a big night out because I don't eat all those refined carbohydrates. Remember, I don't restrict unrefined carbohydrates, just the grains, starches and refined carbs.

Do I still get hungry sometimes between meals? Yes, occasionally, I do. So, I go for a handful of incredibly healthy nuts, a piece of cheese, some leftover protein, chicken or whatever is in the refrigerator.

When I'm travelling overseas my suitcase regularly weighs 25 kgs (I carry books and other publications). Have you ever tried to lift a 25kg suitcase? It's unbelievably heavy.

But that's the weight (and more) that I used to carry round on my body. No wonder I was always tired. No wonder my joints were hurting. No wonder I didn't want to exercise. I spent most of my adult life carrying the equivalent of an incredibly heavy suitcase strapped to my body. I look back on it now and think ... unbelievable!

Don't Make This Mistake

When you think about this – as radical as this approach might seem – in an historical context, it's not radical at all. It's simply winding the

clock back a century and a bit to eat exactly the sorts of foods that my grandparents were eating in the late 1800's and early 1900's when heart disease, stroke, cancers, and diabetes were as rare as hen's teeth, back before Ancel Keys sold us the lie that fat makes you fat.

I'm not your doctor, and I'm not here to give you medical advice. But because so many people have asked me, I'm just telling you what I did and how it worked.

Let me finish up this chapter with an interesting fact that my editor, Joy Watkinson, dug up for me.

During and after World War II, when most of Britain was on extreme rationing for sugar and flour (in other words, refined carbohydrates), amongst other things, they were mainly eating fruit and vegetables. The result? Obvious, of course! The health of the population improved dramatically despite the stress of bombs being dropped and loved ones killed and despite the stress of recovering from the Blitzkrieg.

Needless to say, that the general population's health declined as sugar and refined carbohydrates became readily available.

I rest my case.

So, Secret Number 3 – lose the low-fat lie that you've been sold all your life. Eat saturated and monounsaturated fats, whilst virtually eliminating refined carbohydrates.

Secret #3

Eating healthy fats (saturated and monounsaturated) doesn't make you fat nor does it increase the risk of heart disease. To the contrary. Since it doesn't generate an insulin response, it enables your body to switch to fat burning mode and enables you to lose the fat that you have stored.

Key Points

1. As many people with total cholesterol in the so-called normal range as those above that range, suffer heart attack and stroke.
2. 85% of your body's cholesterol is created by your liver.
3. Saturated (animal) fat and monounsaturated (olive oil, coconut oil) fat are the fats that were being eaten 50+ years ago before the pandemics of obesity, diabetes and cardiac disease really took hold.
4. Polyunsaturated fats (seed or vegetable oils, margarine, etc.) are highly inflammatory and linked to cardiovascular disease and cancer.
5. When you drastically reduce carbohydrates, you need to replace that energy intake with something. Fat is the best source for doing that.

6. The biggest mistake people make when moving away from a diet high in carbohydrates is not consuming enough fat, leaving them hungry. Don't make this mistake.

Recommended Resources

Toxic Oil by David Gillespie

Diet Doctor Videos on Cholesterol and Fat Consumption * – DietDoctor.com

SECRET #4

Intermittent Fasting

Fasting? You Have to be Joking!

We've already seen that a diet high in refined carbohydrates causes high insulin levels. High insulin levels, in turn, cause weight gain, which over time, results in insulin resistance, higher insulin levels to compensate, and more weight gain.

According to Professor Tim Noakes (watch the video at YourGameChanger.org), it's these high levels of insulin that are the root cause of over 80% of all chronic disease in the world today.

That's staggering!

How do we reduce our insulin levels? Well, obviously, we ditch the vast volumes of refined carbohydrates that we're pumping down our gullet (the ones constantly spiking our insulin) and replace those calories with healthy fats (which have a virtually zero impact on insulin).

But ... there's an additional way of reducing insulin which is a powerful adjunct to a low carbohydrate diet.

And that, is intermittent fasting. Simply going without food altogether for longer periods

of time. For most of us, that's a complete anathema! After all, we've been conditioned to believe that we need three meals a day. That skipping meals is bad for us. That breakfast is the most important meal of the day.

But is that actually true? Let's take a look.

The 24-Hour Supermarket

We live in a food environment, most of us, that would best be described as one of overabundance. In many places today, supermarkets and fast-food outlets are open if not 24 hours a day, then certainly 18 hours a day.

Back when I was a lad, fruits and vegetables appeared on the shelves "in season." These days there are no seasons. Bananas are available all year round. The same with apples and pears and ... you get the picture.

You need never take a break from those sugar-laden fruits as we older folk had to in the past.

Feeling peckish? Hop in the car, drive a few kilometres to the nearest fast-food outlet where you can load up on a high carb meal drenched in inflammatory polyunsaturated oils. Oh, and by the way, you have a refrigerator in your home, meaning you can store food so that it is always available.

Not to mention the pantry cupboard filled with carb-based snack foods and treats.

In short, it is true for most of us that we need never go hungry. And we don't. In the last thirty

years, the food manufacturing industry has invented a whole new category of food called, wait for it, “snack foods.”

And through slick marketing campaigns, we’ve been taught that it’s good to snack. Importantly, we should NEVER go hungry.

But when I was a lad and came home from school (if you’re chronologically endowed like me, you’ll remember this too), my mother would tell me not to snack, or I’d spoil my dinner!

The best we would get is a quarter of an apple and then be sent out to play.

The upshot of all that is that food is available 24 hours a day, 7 days a week to people whose appetites have been hijacked by the consumption of carbohydrates. Which means that the food manufacturers are getting richer, and the world is getting fatter.

But it never used to be so!

Fasting – An Age-Old Solution to Today’s Woes

Every major world religion has a tradition of fasting. Judaism, Christianity, and yes, even Islam. Fasting is nothing new. Whilst the religions incorporated fasting into their traditions for spiritual reasons, the practice also gave people’s bodies a break from eating.

And that break, as it turns out, is extremely important to our health.

If we go back to hunter-gatherer days, pre the agricultural revolution of several thousand years ago, people often went without food. They lived a feast-famine existence. When food was plentiful, they ate up big and stored the excess as fat. When it was scarce, they lived off their body's fat reserves.

That's what body-fat is for, after all. Smoothing out the realities of the availability and non-availability of food to meet our daily energy needs, else we would die. A grand design indeed. A design that works incredibly well when the cycle of feast and famine is in place.

But these days, there is no cycle. It's feast and feast; feast and feast; feast and feast and feast and feast.

But Berni, breakfast is the most important meal of the day. How can you tell me I should fast?

Did you know that "breakfast is the most important meal of the day" was a marketing idea that the Kellogg brothers came up with to sell Corn Flakes? Their marketing was so effective that it's become a "truth" that almost everyone now believes.

In fact, whilst a morning meal has been eaten for ages, it was once associated with gluttony, according to Heather Arndt Anderson, author of "Breakfast: A History." It was actually socially and morally frowned upon to eat breakfast until about the 17th century, with the reformation of the church.

We have such short memories.

The beauty of fasting is that with insulin production kept low, the body is free to feast itself on stored fat, which it does in abundance.

But Doesn't Starving Yourself Make You Hungry?

The answer is no because you're not, in fact, starving yourself.

Do you remember our analogy of the refrigerator and the chest freezer a little earlier? When insulin is high, your body is in fat-storing mode. It packs excess calories away in your adipose tissue, and your girth grows.

But when we cut our carbs down low, the gate swings open, and the body is now capable of burning fat. And that's the key. When you're fasting, your body is still feasting. How?

By eating the fat that it's stored away so faithfully so that it can feed you when food isn't available. I have fasted for up to five days on many occasions, and I can tell you firsthand that the longer I fast, the less hungry I become.

And not only that, the more mentally alert and energetic I become because when food isn't available, your body knows that you need the energy to go out to find and catch your food.

So, it ups its production of counter-regulatory hormones like noradrenaline and cortisol. If it didn't, the hunter-gatherer in the days of old, would have been incapable of finding food, and the human race would have died out.

Perhaps this mental alertness is why religions have incorporated fasting into their practices.

Now, I know what you're thinking! When you've "dieted" in the past, you've felt hungry, sluggish and miserable. The mere suggestion that we should now completely abstain from food for a time flashes up images of a depth of misery that is so unpalatable that the mere thought of fasting is something that you'll immediately rule out.

I feel your pain. Many's the time over the last 50 years when I went on calorie restriction diets. I exercised my little backside off (walking upwards of 20 kms a day) and substantially reduced my caloric intake. AND I STARVED! I felt so completely miserable.

My mother would say to me, "Berni, your face looks grey. You look sick". I would lie in bed next to my wife, craving food. "Jacqui, I'd kill for some sausages, mashed potatoes and gravy."

And then, after all that pain and misery, within weeks, I'd have gained back all that weight with interest. AAAARRRRGGGGHHH!!!

Why did that happen? Because I was fighting my insulin. The calories I was consuming still involved carbohydrates, so insulin was if not high, then moderately so making it very difficult to feed on my stored fat. That's why it's so hard to lose weight that way.

So think about this, I've cut down on my caloric intake, but at the same time prevented my body from easily feeding on my body fat. I've

effectively given it insufficient energy to live on, which is why I felt so hungry and miserable.

But fasting is different. Since your insulin production is very low indeed, your body is capable of feeding on its fat stores, just the way it was always meant to. That's why the longer you fast, the less hungry you feel (provided that you still have body fat to feed on, which most of us do).

When you're fasting, you're not starving yourself. You're feeding on your body fat the way you were designed to do. And that my friend, is sensational news.

Can Anybody Fast?

Pregnant and lactating women should NOT fast.

Diabetics who are taking insulin should be very careful in fasting because they will likely need to reduce their insulin intake, or their blood sugar levels will drop to dangerously low levels.

Remember, I am NOT a doctor. I am NOT qualified to give you medical advice. If you have any underlying medical condition, you must seek your own medical advice.

But I know that even a good friend of mine who is a Type I diabetic (a disease caused by an inability to produce insulin – which is quite different from Type II diabetes which is a disease of too much insulin) reduced his

carbohydrate intake and incorporated some intermittent fasting.

His insulin requirements dropped by over half and his weight dropped by over 15kgs.

Finally, if you are still consuming a high carbohydrate diet, you're going to find it difficult to fast because remember, the carbs have hijacked your finally tuned appetat (the hormonal mechanism which controls your appetite and tells you when to stop eating), which is why you're always hungry.

Cutting to zero calories for extended periods will be exceedingly difficult for you under those circumstances. First, get off the carbs. Then try intermittent fasting.

How Long Should I Fast?

There are so many different fasting regimes that you can try.

First up, cut the snacking. Snacking (particularly on carb-laden “snack foods”) keeps your insulin high all the time. And that's just plain silly. Then, as a next step, try cutting out breakfast.

Most days, I don't eat breakfast because I am so much in the habit of it that I don't want it. That means that from dinner last night until lunch today, I've fasted a solid 18 hours (some of which I was asleep anyway). Think of the power of an 18 hour fast as compared to three square meals a day with snacks in between!

Other days, especially when I'm busy with work, I'll skip lunch as well. With my mind focussed on other things, I often get to 2:00pm and realise I haven't eaten. At that point, I have a glass of water (drink plenty of that because our bodies often mistake thirst for hunger) and wait until dinner when I sit down and eat to satiety.

Some people opt for the popular 5:2 style of eating – something that I do most weeks. Mondays and Tuesdays are generally fast days for me. My last meal was on Sunday evening. My next meal is on Tuesday evening. That's a 48 hour fast.

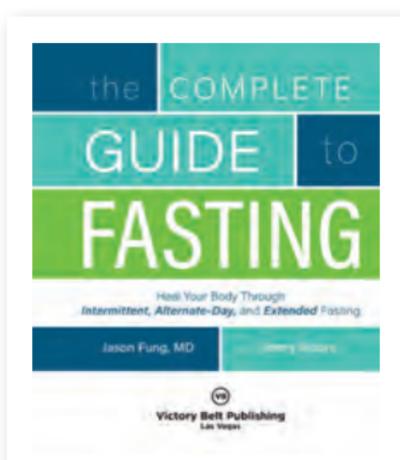
Man do I feel good on Tuesdays: so much energy, so much enthusiasm.

Alternate day fasting is popular too. Eat one day, fast the next.

And yes, I've many times fasted from Sunday evening until Friday evening and felt great (that's 5 days straight). I do that after a holiday, for instance, where I may have indulged more than I would normally. But that's fine. It's all part of the feast-fast cycle, just the way it was meant to be.

The best advice I ever received was from Dr Jason Fung in his book "The Complete Guide to Fasting" where he writes:

Fit fasting into your own life: This is the most important tip I can offer,



and it has the greatest impact on whether you stick to your fasting regimen. Do not change your life to fit your fasting schedule – change your fasting schedule to fit your life. Don't limit yourself socially because you're fasting. There will be times during which it's impossible to fast, such as vacations, holidays and weddings. Do not try to force fasting into these celebrations. These occasions are times to relax and enjoy. Afterwards, you can simply increase your fasting to compensate. Or just resume your regular fasting schedule. Adjust your fasting schedule to what makes sense for your lifestyle.

For this reason, I never fast when I'm on holidays, nor do I personally fast on weekends because my wife and I enjoy having meals together. For me, fasting works much better during the week when I'm busy at work.

Do You Ever Get Hungry When You Fast?

Yes, I do. Generally, day one is the hardest. But even when my appetite has plummeted, sometimes I get hungry. Again, Dr Fung on this very thing:

Ride the Waves: Hunger comes in waves; it is not constant. When it hits, slowly drink a glass of water or a hot cup of coffee. Often by the time you've finished, your hunger will have passed.

I've found that to be true. When the occasional pang of hunger does strike, we imagine it's going to last forever and, by the way, get worse as time goes on.

It doesn't. It comes in waves. Ride the wave, and it'll be gone before you know it.

A Final Word

Fasting isn't something you do. It's something you don't do. It's easy, cheap, energising and highly effective. We've known since the 1920's that people who adopt intermittent fasting into their lives live longer and, more importantly, much healthier lives.

That's because fasting triggers something called "autophagy" – a discovery for which Dr Yoshinori Ohsumi won the 2016 Nobel Prize in Physiology and Medicine.

The word autophagy originates from the Greek words auto, meaning "self," and phagein, meaning "to eat." Basically, when we fast, the body cleans up damaged and dying cells by feeding on them, which is likely the reason for the strong correlation between intermittent fasting and low cancer rates.

The best recommendation I can give you is to read Jason Fung's book "The Complete Guide to Fasting." It's one of the best things I ever did.

So, is a low carb, high-fat lifestyle mixed with intermittent fasting for everyone? Perhaps not.

But if you, like me, have suffered from chronic obesity, a dangerous TGL: HDL ratio, high blood pressure and bad blood sugar readings; if you, like me, have tried every diet under the sun and

failed ... then based on the latest and best science, I highly, highly recommend that you give it a try.

Secret #4

Intermittent fasting will help further bring your insulin under control and is a powerful, healthy and proven mechanism for losing weight and living a healthy, longer life.

Key Points

1. Fasting is not the same as famine. It is a conscious choice (rather than one forced upon us, which is what famine is) to return the body to the natural cadence of much and little food, which is what it's been designed for.
2. When you fast, you don't starve as you do on a reduced-calorie diet. In the case of that diet, your insulin levels remain higher, making it difficult to burn fat whilst, at the same time, consuming insufficient calories to satisfy your energy needs. That's why this form of dieting is so difficult and never works.
3. Fasting, on the other hand, further controls insulin levels, making it easy to burn fat in precisely the way your body was designed to. So instead of starving, it's actually feasting on your body fat! Woohoo!!!
4. Pregnant and lactating women should not fast. Insulin-dependent diabetics should get medical advice before attempting it.
5. Fit fasting into your lifestyle, rather than changing your lifestyle to fit with your fasting.
6. When you're hit by a wave of hunger, ride the wave. It will soon pass. The more you fast, the less hungry you will be.

Recommended Resources

The Complete Guide to Fasting by Dr Jason Fung

Diet Doctor Videos on Intermittent Fasting –
DietDoctor.com

SECRET #5

Exercise

Oh No, Not Exercise!

Now when I mention the word “exercise,” I can just hear a bunch of people start to groan. But I have some really, really good news for you.

You don't have to become a marathon runner to be fit and healthy.

Personally, I hate exercise. I know, I know, I shouldn't. But I do!

I have never, ever, ever enjoyed running. Every now and then, you hear about some big fitness event being organised, and they call it ‘a fun run’! How dare they? Running is never fun, at least not for me.

In my younger years, I trained to be an officer in the Australian Army, spending four years at the Royal Military College Duntroon, which is the Australian equivalent to the UK's Sandhurst and America's West Point.

Now, I'm not overly tall, nor am I overly short, but my little legs just weren't made for running. We did a lot of it in the Army. Each year we had a nine-mile “battle proficiency run” to complete in our boots and wearing our military gear,

carrying our rifle. I lived in dread of that day; it was like torture.

And each year, we had to pass the cross-country run – 8 kms in 42 minutes over hill and dale. I always struggled. As I mentioned earlier, in my final year, I failed that cross country twice, first by 22 seconds and second by 12 seconds, and I came very close to being kicked out of the college for my inability to run.

I wanted you to know that so that when you hear me talk about exercise, you don't think that I'm one of those crazy people who run marathons or who spends hours working out in the gym. For most of my life, I've hated exercise.

For that reason, this is the shortest chapter in this book. But not just for that reason, also because of each of the five main things we've talked together about, exercise has the least impact of all on weight loss.

It's Not About Exercise

Am I saying that exercise isn't good for you? Not at all. But what I am saying is that you can't outrun a bad diet. If you just adopted the first four secrets in this book, you would still drastically lose weight, namely:

1. Recognise obesity for what it is – a hormonal disease and treat it as such.
2. Ditch the sugar and the refined carbohydrates from your life.

3. Increase your consumption of healthy fats (saturated and monounsaturated).
4. Incorporate intermittent fasting into your lifestyle.

In point of fact, I lost all of my 33kgs without exercise.

That's right, without exercise – at least not the sort that you're thinking about, running miles, pumping iron in the gym, etc, etc.

How can that be? Because as we've already seen, the law of thermodynamics – reducing Calories In, increasing Calories Out – is not what causes us to lose weight. It's not that we're suspending that law but understanding that this is about biology and not just physics because we've come to know that our bodies don't treat all calories the same.

When we change **WHAT** we eat (by adjusting the mix between carbohydrates, protein and fat), our bodies will respond by causing us to consume fewer calories and spend more. That's the weight-loss hack.

Understand the biology (which is what we've been talking about in the first four chapters) so that we can, in fact, apply the law of thermodynamics in the reality of the way our hormones cause our body to function.

It's in that context that I am able to tell you that the prevailing wisdom about exercise and weight loss is completely false (something that science has known for rather a long time).

Orthodoxy says that in order to lose weight, you have to exercise more. By spending those additional calories through increased exercise and restricting your calorie intake, you create a calorie deficit that causes you to draw on your fat reserves to lose weight.

That's the theory. How well has that worked for you so far?!

In fact, the whole exercise and fitness industry, which is worth billions of dollars a year, relies on this totally flawed theory. We know it doesn't work. How do we know? Because whilst the fitness industry is booming, people are getting fatter and fatter.

As you've heard me say, I've lost large amounts of weight many times in my life and each time (except this last time), I've put the weight back on again and then some.

Anybody who's ever tried to lose weight will tell you that losing that much weight is a herculean effort. It's huge! Think about it. Each kilogram of human body fat contains around 7,700 calories of energy. So, to lose just one kilogram of fat, you need to create a net deficiency between the energy you spend and the energy you consume, of 7,700 calories.

That's hard work! And so, when I lost all that weight those many times before, I would set about creating as much of a deficit between my energy consumption and energy output as I could to force my body to burn the fat.

At one stage, I was indeed walking 20 kilometres a day and consuming only around 1,100 calories. In other words, I was starving myself. It took a lot of time; it required a lot of work over many months. And I had to go to bed ravenously hungry every night.

Sure, I would lose the weight, but then (when I stopped the unsustainable levels of exercise) I'd put it straight back on again!

Bottom line: with all my life and blood, sweat and tears, I have proven that exercising doesn't help you lose weight in a way that will cause you to keep it off.

The reason for that is that if you adopt an approach that causes you constantly to be ravenously hungry, you simply won't be able to sustain it. You can't fight your appetite every day for the rest of your life. When you spend calories by exercising, your body wants to replace them by eating. The more energy you expend, the more your appetite tells you to eat. It's that simple.

And if I'd bothered to read the research, that's exactly what I would have discovered. Study after study has proven that very fact.

So, here's my Secret Number 5: exercise doesn't help you lose weight because it increases your appetite.

Let's do the Maths

As a double maths major, I truly relish any opportunity to use my undergraduate degree. It doesn't happen all that often, so humour me!

Let's do a bit of maths here to prove the point.

How many calories does a person burn in an hour of exercise? Well, that's going to vary a lot between male and female and, of course, based on the person's weight. But according to the Mayo Clinic, here's the average for someone who weighs 73kgs (160 lbs)

Low impact aerobics 365 calories/hr

Cycling 292 calories/hr

Running 606 calories/hr

Swimming 423 calories/hr

Walking 314 calories/hr

So you'd have to walk $7,700 \div 314 = 24.5$ hours to lose one kilogram of body fat.

You'd have to run $7,700 \div 606 = 12.7$ hours to lose one kilogram of fat.

Are you prepared to do that?

Remembering that if you ate just one McDonalds Big Mac with fries, you'd need an extra 1.6 hours of running or 3 hours of walking to burn off those additional calories.

And then there's that piece of chocolate cake that you ate at your niece's birthday party on Sunday, which comes in at around 1,710 calories

... which would need 2.8 hours of running or 5.5 hours of walking to burn off.

But things are a lot worse than that. Because we all have what's called a Basal Metabolic Rate (BMR) – that's the calories we burn lying in bed doing nothing, because your body consumes energy to function even while you're asleep.

Let's assume that our 75kg person has a BMR of 2,000 calories a day. That's 83 calories an hour. So, the additional calories you're burning above your BMR per hour by running is $606 - 83 =$ only 523 and the same with all the other forms of exercise.

Are you getting the picture here?

You can't outrun a bad diet!!!

And that's precisely what all the research shows.

So What If Anything is Exercise Actually Good For?

Let's not write exercise off completely because Berni hates it, and the maths doesn't add up. Not at all! Exercise is good for something, just not for weight loss.

When you take the science and the maths into consideration, now all of a sudden exercise takes on an entirely different role in your healthy lifestyle.

You're no longer beating your head up against a brick wall by trying to exercise to lose weight

– which, the studies tell us simply doesn't work – you're exercising to be healthy.

Of course it's good to get your heart rate up with some cardio exercise. Absolutely. And yes, even some moderate strength training is going to give you plenty of benefits, especially as you get older.

But when you're carrying all that extra weight, you don't want to exercise. Believe you me, I know. I used to sit there on the couch having consumed a high carbohydrate snack, like a packet of potato chips, and feel so tired and lethargic I couldn't get out the door.

But once I'd lost the weight by doing what I've been talking about, modifying my diet to get it back to what my body needed, I discovered I had so much energy that I *needed to exercise*. That's right!

I love a brisk walk out in the sunshine. We have stairs and an elevator in the apartment complex where I live. I generally take the stairs. In fact, my dog Muffin and I, generally race each other up a long flight of stairs from the front gate.

Some people enjoy swimming. I don't.

Some people enjoy running. I definitely don't.

Perhaps basketball or squash or some other sport is your thing. Not me.

So what's the best form of exercise? The sort that you'll do because you enjoy it, at least moderately.

High-Intensity Interval Training (HIIT)

One of the most exciting scientific breakthroughs in recent years is the discovery that very short bursts of very high-intensity exercise are much better for you than much longer forms of lower intensity exercise.

Again, it's something we've known for a long time but haven't really acted upon.

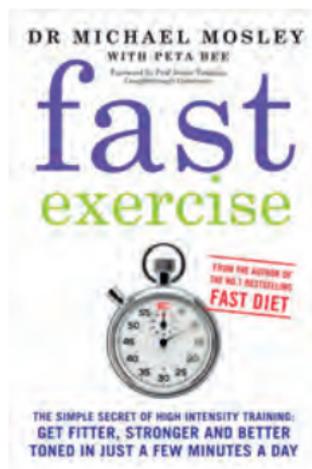
Rodger Bannister was the first man to break the 4-minute mile, something he did in Oxford, England on the 6th of May 1964. Now, he was a medical student at the time, which meant that he was time-poor. So most frequently, he would do sprint training, a series of short, high-intensity runs, rather than long runs.

That's how he became the first man to break the 4-minute mile. There is no serious sporting coach trying to develop a high-performance team that does not incorporate HIIT into their team's fitness training.

Dr Michael Mosely, the well-known BBC medical journalist, brought HIIT to popular prominence with a TV program on that network, and subsequently with his book "Fast Exercise."

I can highly recommend it.

As someone who hates exercise, I can go down to the gym in the apartment complex



where I live, hop onto the exercise bike, and with four to five very high-resistance sprints, interspersed with lower intensity recovery periods over about seven minutes, I gain much more cardiovascular benefit than the person over there on the treadmill for over an hour.

And since I too am time poor and simultaneously hate exercising, this is absolutely perfect for me.

Definitely worth checking out.

A Final Word

Let me ask you something; is that good news or what?

You don't have to become a marathon runner to have a healthy level of fitness. Whether you enjoy a brisk walk out in the fresh air, some sport, some HIIT three times a week, whatever it is, then do get moving.

Your body will thank you. Your health and mobility as you get older are likely to be much, much better compared to someone who doesn't exercise. But you don't need to exercise much, to get the benefits.

Just don't expect to outrun your poor diet though.

Secret #5

Exercise doesn't help you lose weight because it increases your appetite. But make no mistake. It is very, very good for your health, your mobility and your longevity.

Key Points

1. You don't have to become a marathon runner to gain significant benefits from exercise. Moderate levels of exercise carry huge benefits.
2. Some people like exercise, some don't. Find a form of exercise that you enjoy and stick with it.
3. Without dealing with the hormonal disease of obesity by addressing what you eat (reducing carbohydrates and increasing healthy fat), you won't lose weight no matter how much you exercise.
4. In fact, until you lose the weight, you probably won't feel like exercising. That's okay. Lose the weight first (Secrets #1 to #4).
5. Once you've lost the weight and begin a moderate level of exercise, it will make you feel so much better. Really.
6. High-Intensity Interval Training (HIIT) is a short, sharp, powerful form of exercise for the time-poor that reaps maximum benefits.

Recommended Resource

Fast Exercise by Dr Michael Mosley

ABOUT CHRISTIANITYWORKS

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Berni Dymet

TOP 5 SECRETS FOR LOSING WEIGHT AND KEEPING IT OFF

BERNI DYMET SHARES HIS AMAZING YET VERY SIMPLE JOURNEY TO RECOVERING HIS HEALTH.

We live in a world that's getting fatter by the minute. Well ... not the world so much, as the people. The so-called Western diet is cutting the average life short by 12 years – through heart disease, diabetes and stroke. It's called metabolic syndrome.

Berni himself has struggled with his weight almost all his life, but having lost 33 kgs and is now living a healthy lifestyle. In this booklet, Berni shares what he has learned.

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you have **God's Word** on that