

6 week Undoctored workplace program
My name is Major, and I will be your
Undoctored health coach.



In order to organize your kitchen and eating habits to follow the Undoctored life style, start by doing the following:

1. De-grain your kitchen of both obvious and hidden sources of wheat, rye, barley, corn, oats and other grains.
2. Eat real, whole foods.
3. Limit net carbs to no more than 15 grams per meal. Use a smart phone app, a nutritional analysis Web-site, or a carb counting handbook too manage your carb intake.
4. embrace healthy fats, get over your fear of fats and the phobia instilled by decades of useless dietary advice.
5. Eat until your satisfied -because we never limit calories.
6. Choose alcoholic beverages that fit into the Undoctored lifestyle if you are going to indulge in a drink. Use the list provided in this pdf, to avoid backsliding on the health progress you make with these changes.

And don't forget that the first week of living the Undoctored lifestyle can be unpleasant, given the opiate withdrawal/detoxification process many people have to endure before they start feeling fantastic.

De-grain your kitchen

Accomplish this in two steps

STEP 1: Pitch (or feed to the birds or donate to a food charity) all obvious grain-based foods. rolls, bagels, bread crumbs, frozen pizza and waffles, breakfast cereals, crackers and pretzels, rye products such as rye bread or rye crackers; barley flour, corn starch, and cornmeal; and oats in the form of oat meal, oatmeal cookies and granola bars. On the small chance you you've got any millet, triticale, sorghum, spelt, kamut, or bulgur, those need to go, too.

STEP 2: Look for foods with hidden grain ingredients. this is trickier because wheat and corn, in particular, come in some tough to recognize names. Panko, textured vegetable proteins, and farro are all forms of wheat and hominy, modified food starch, and zein are all forms of corn. Don't try to memorize these grain aliases just be familiar with the item and don't buy a product if you are unsure. You will be shocked at how many processed food products contain grains frozen dinners, bottled salad dressings, dry salad dressing mixes seasoning mixes, canned soups, instant, soup mixes, candy bars, licorice-the majority of foods filling the aisles in the supermarkets. And, yes, most beers-made from wheat, barley, and other alcoholic beverages are off the list. This may seem overwhelming, especially when you see the piles of food that need to be discarded, donated to charity, or given away to people who you are not to fond of.



EAT REAL WHOLE FOOD

Food should be as unchanged as possible from its natural state. Think egg plant, pork chops and walnuts, rather than boxed, cellophane-wrapped, or canned food with preservatives, chemicals for color, synthetic flavorings, emulsifiers, and blending agents or foods packed in a foam container handed to you through a drive-thru window. Think avocado, salmon, asparagus, and eggs rather than dried soup mixes, frozen dinners, ramen noodles, or chips. Choose organic or even wild foods whenever possible to avoid herbicides, pesticides, and antibiotic residues that alter bowel flora and introduce hormonal effects that increase risk for breast and colon cancer. The more processed a food is the less healthy it becomes.

CARB COUNTDOWN

We will not count calories or fat grams, as they essentially regulate themselves in the absence of the appetite-stimulating effects of grains. We do not resort to processed protein powders (except as an occasional convenience), as more than sufficient protein is obtained through fish, poultry, meats, and eggs.

But there is one component of diet we do count: Carbohydrates. Carbs come in the form of sugars such as sucrose (table sugar), brown sugar, raw sugar, corn syrup, and high fructose corn syrup; the amylopectin A of grains; and the amylopectin C of legumes (though a somewhat less effectively digestible form compared to the form in grains). Carbs also come in forms that are often misleadingly passed off as healthy alternatives, such as honey, maple syrup, agave, and coconut nectar or coconut sugar.

To count carbohydrates, you will need a nutritional analysis app for example Nutrition look up by Sparkpeople, Food facts by FatSecret Platform API, Daily Carb Maxwell Software, Calorie Counter and Diet Tracker by Myfitness Panutritional.



To calculate net carbs:

$$\text{NET CARBS} = \text{TOTAL CARBS} - \text{FIBER}$$

We subtract fiber from total carbs because fiber, though counted as a carbohydrate in nutrition tables, is not metabolized to blood sugar by humans, so we can remove it from the total count. We maintain a net carb exposure of no more than 15 grams per meal. By not exceeding this threshold, you will have a greater chance of reversing insulin resistance, diabetes type 2 or prediabetes and inflammatory phenomena faster and enjoying faster and greater amounts of weight loss. To illustrate, let's calculate net carbs and for a medium-size Red Delicious apple. Look up total carbs and fiber in your app, handbook, or Web site and plug the values into the formula.

$$22 \text{ grams} - 5 = 17 \text{ grams net grams}$$

Even if you ate only the apple and nothing else, you have exceeded the 15-grams-net-carb cutoff by a bit-but just enough to stall weight-loss efforts and raise blood sugar modestly. So eat only half, or buy smaller apples. You will find that a net-carb calculation is not necessary for foods such as meats, poultry, fish, eggs, green vegetables, mushrooms, or full-fat cheese, but it will be necessary for starchy vegetables, legumes, fruit (except avocado), nuts, and seeds. Don't be intimidated by this effort. After calculating net carbs for a handful of foods over a 6-week program, you'll get the hang of it and soon know which foods are safe, which are not, without even having to make the calculation. You will identify what foods and how much fit into your lifestyle, while also realizing that you can consume unlimited amounts of foods with zero or low net-carb counts. Unlike the misguided glycemic index and glycemic load, managing your net carbs will give you extraordinary control over your metabolic fate.

EMBRACE FATS (FAT MAKES THE WORLD GO ROUND)

For the 70,000 or so generations of human time on earth, nobody worried about eating FAT on meat or organs. We ate it, we enjoyed it, and we saved it to cook other foods. And evidence of heart disease was rare. Then something caused us to veer off course in the 1960s, complete with terrifying catchphrases like "artery-clogging saturated fats." Saturated fats were replaced by polyunsaturated fats. Sales of margarine and corn and "vegetable" (a catch-all term usually referring to corn, sunflower, canola, or soybean) oils skyrocketed. We've since learned that margarine-polyunsaturated oils made solid by the process of hydrogenation-are the worst, yielding "trans" fatty acids that we need to avoid completely; absolutely no margarine fits into this lifestyle, regardless of claims such as "heart healthy" or part of a balanced diet." Oils like corn and vegetable are hexane-extracted, mass-produced, obtained from suspect sources, and overly rich in the oxidation-prone omega-6 fraction of oils and should also not find a way into your cupboard. While consumption of seeds oils until 1950 had been negligible, soybean oil consumption alone increased one-hundred-fold-a very unnatural situation.

Eat Until You're Satisfied

That's a bold statement-eat until your satisfied-in a world in which just about every nutritional authority tells you the opposite. But conventional advice was created by the uninformed to deal with appetite-stimulating opiate effects from wheat and grains. Minus wheat and grains, appetite recedes dramatically, and calorie intake drops off without effort. There will be no mad scrambles for food due to overwhelming hunger, no sneaking ice cream or girl scout cookies in the middle of the night , no hidden snacks around the house Many people, so accustomed to not following dietary rules, ask questions like "How much fat can I eat?" or "How much food intake should be protein?"

You are going to find that these are unnecessary concerns. Banish unprocessed food, and everything else falls in place. The key factor here is to not limit healthy fats and oil intake, the more appetite is suppressed, the more blood sugar drops, the more insulin resistance reverses, the more weight is lost-and, no, you do not develop heart disease.

You will find that if there is a struggle here, it is to get the fat you need in a world focused on cutting fat, with restaurants, for instance, serving lean cuts of meat and low-fat dairy products. Understand that the wide spread advice to cut out dietary fat sets you up for health and weight-loss failure. Eat a fatty cut of beef or pork, fattier than usual, and see what happens to hunger. Cutting out fats that satiate sets you up for health and weight failure. Go completely against-yes, the grain-of conventional health advice, and you will be empowered in extraordinary ways.

AVOID PROCESSED MEATS

Sausage, pepperoni, bacon, salami, ham, and deli meats contain the preservative sodium nitrite that upon cooking reacts with proteins in meat, yielding nitrosamines that have been linked to gastrointestinal cancers. This is a confusing issue that often misinterpreted. For instance, nitrites, a closely related compound, occur in green vegetables and are converted into nitrites, or NO₂, in the body to nitrites oxide, a beneficial compound that reduces blood pressure and yield other health benefits. This has caused some to dismiss the issue of nitrites or nitrates. The problem is not the direct ingestion of nitrites or nitrates but when the heat of cooking causes nitrites to react with meat yielding nitrosamines, such as N-nitrosoproline and N-nitrosothazolidine, and other compounds that cause gastrointestinal cancers in experimental models are associated with cancers in humans. Nitrosamine exposure also occurs with cigarette smoking and is responsible for effects such as insulin resistance and nervous system damage. Choose meats that are processed naturally without sodium nitrite, often containing nitrite that, often containing nitrites that do not react to form nitrosamines in meat. Also avoid meats (particularly sausage and deli meats) that contain wheat, corn starch, and other hidden grain ingredients.



ALCOHOLIC BEVERGES

The majority of ales, beers, malt liquors and lagers are brewed from grains and contain measurable grain protein residues, generally 1 to 2 grams per 12 ounces not a lot, but enough to provoke effects such as stimulating appetite and inflammation and initiating autoimmunity.

Of all alcoholic beverage choices, wine fits most naturally into our lifestyle. As fermented foods are the product of yeast fermentation of fruit sugars to ethanol (alcohol), a process as natural as overripe fruit. The driest least sweet are the best: dry reds such as pinot noir, malbec, merlot, and cabernet sauvignon and dry whites such as pinot gris, chardonnay, sauvignon blanc. Be very careful of sweet wines, such as sauternes; ice or desert wines; and sweet ports, as more than a sip or two and you will be tangling with messy blood sugar issues.





IG|TONE|DTANNED|AND|FIT

**YOU HAVE TO GET UP
EVERY MORNING AND TELL
YOURSELF
'I CAN DO THIS'**

BONUS WORKOUTS @ MAJOR FITNESS YOUTUBE

FIT 15 tabata

Intro FIT 15 TABATA

WELCOME to your FIT 15 tabata training course workout series!

I will be your fitness coach leading you through your first steps to achieving your health & fitness goals.

Each video within your “Intro TABATA FIT 15” course covers various training techniques that the program includes to amplify fat-loss while stimulating maximum muscle growth - Getting you that body you’ve always wanted, faster than you ever thought possible.

Workout 1: CORE -

Consists of 10 Tabata exercises that will be done for 20 seconds each - We will take 60 second rest periods between each Tabata but if you feel like you need more, allow yourself to take the necessary rest as needed.

Jumping jax 20 seconds/Recovery 10

Squats 20 seconds/Recovery 10

Alternating fwd lunge 20 seconds/Recovery 10

Mountain climb 20 seconds/Recovery 10

Push ups 20 seconds/Recovery 10

Plank leg lift 20 seconds/Recovery 10

Sit ups 20 seconds/Recovery 10

Bicycle crunch 20 seconds/Recovery 10

Plank 20 seconds/Recovery 10

Flutter kicks 20 seconds/Recovery 10

Rest for 60 seconds and repeat 2 more sets

Workout 2: CORE -

Consists of 10 Tabata exercises that will be done for 20 seconds each - We will take 60 second rest periods between each Tabata but if you feel like you need more, allow yourself to take the necessary rest as needed.

Jumping jax 20 seconds/Recovery 10

Squats 20 seconds/Recovery 10

Alternating fwd lunge 20 seconds/Recovery 10

Mountain climb 20 seconds/Recovery 10

Push ups 20 seconds/Recovery 10

Plank leg lift 20 seconds/Recovery 10

Sit ups 20 seconds/Recovery 10

Bicycle crunch 20 seconds/Recovery 10

Plank 20 seconds/Recovery 10

Flutter kicks 20 seconds/Recovery 10

Rest for 60 seconds and repeat 2 more sets

Workout 3: CORE -

Consists of 10 Tabata exercises that will be done for 20 seconds each - We will take 60 second rest periods between each Tabata but if you feel like you need more, allow yourself to take the necessary rest as needed.

Jumping jax 20 seconds/Recovery 10

Squats 20 seconds/Recovery 10

Alternating fwd lunge 20 seconds/Recovery 10

Mountain climb 20 seconds/Recovery 10

Push ups 20 seconds/Recovery 10

Plank leg lift 20 seconds/Recovery 10

Sit ups 20 seconds/Recovery 10

Bicycle crunch 20 seconds/Recovery 10

Plank 20 seconds/Recovery 10

Flutter kicks 20 seconds/Recovery 10

Rest for 60 seconds and repeat 2 more sets

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