

SleepApneaWeightLoss

Weight Loss Tips and Advice for People With Sleep Apnea

12 Weeks to a Healthier You: How to Lose Weight – and – Overcome Your Sleep Apnea

*The Ultimate 3-Month Program to :
Cut fat , Boost energy &
Eliminate Your Sleep Apnea*

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

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Foreword

Welcome to Weight Loss for Sleep Apnea™ program!

We're excited to have you as a valued reader of our 3-month weight loss program, and are looking forward to seeing you lose weight, gain energy, and overcome your sleep apnea!

Before we begin with the training, there are **two important things** that I need to mention to you...

1. What's in Store for the Next Three Months

I want to give you just a quick look at what we'll be covering during the first 6 lessons in your training:

Lesson #1: Course Overview and Goal-Setting

Lesson #2: Biology, Basic Nutrition, & Eating for Energy

Lesson #3: Your Healthy Weight, How to Get Moving, Food Preparation Tips I

Lesson #4: Intro to Meal Planning, Stress and Self-Care, Food Preparation Tips II

Lesson #5: Getting More Nutrients with Fewer Calories, Food Preparation Tips III

Lesson #6: Optimal Health Through Diet, Changing Bad Habits, Food Preparation Tips IV

2. Why You Should Stick With This Training

Let's face it: many of us have been on "yo-yo" diets, where we lose some weight, then promptly lose our discipline and put the weight back on. But there are many reasons why you should stick with our program:

- First and foremost, **it's great training.**
While we can't guarantee that you'll lose weight and keep it off by following our program, we *can* tell you that many, many people have lost weight permanently by following the principles outlined in this course.
- Second, you should **make this year** the year that you **commit to weight loss.**
We all know that maintaining a healthy weight has huge benefits, including greater energy and the possibility of overcoming your sleep apnea. It's a new decade, so why not permanently change your life for the better?
- Third, even if you don't implement all of the lessons immediately, you can **always save them for later.**
(Although we'd love to see you implement immediately!)

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Lesson #1: Course Overview – and – Goal-Setting

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Introduction

Welcome to the first 12 weeks of the rest of your life!

This 3-month comprehensive program is designed to give you nutrition and lifestyle education, and practical guidelines that will lead to healthy weight loss – and the end of your sleep apnea.

This interactive and comprehensive program is based on lifestyle change, behavior modification, learning to change your mind, creating a health-promoting environment, eating right, enjoying healthy, delicious food, and building a foundation of wellness in your life.

Week 1 begins with exploring the difference between dieting and lifestyle modification; you will explore your goals and expectations and begin to cultivate motivation and a belief in yourself.

An essential part of the first module will be to understand how sleep, stress, and fatigue can all affect your metabolism.

Working on basic sleep hygiene and making changes to get a better night's sleep will be necessary to give you the energy to continue through the course.

Each module will be associated with a “homework” assignment. The interactive component will keep you engaged to maintain your momentum, give you new goals to work on each week, and increase your nutrition knowledge.

In addition to homework, food preparation tips, recipes, and exercise tips will also be provided.

Expect to spend a solid hour each week reading and doing homework along with staying vigilant and working each day to accomplish your weekly goals.

Some exercises will need to be practiced from 3 days each week to daily (for example: keeping a food diary and practicing stress relief activities). The appendix includes 12 weeks of goal recording sheets and a comprehensive 12-week progress tracking sheet.

You will need to record in the goal recording sheet daily and the comprehensive tracking sheet at the end of each week.

Expectations & Preparation

Successful weight loss (and even more important, *maintenance* of weight loss) requires a shift in how you view food and eating, your relationship with food, and your personal health. You will need to develop an abundance of new behaviors and choices. This program is designed to promote self-exploration, to give you tools to shift your perspectives, and give you the power to make positive changes.

With this program you are committing to losing weight and keeping it off! This is an undertaking that will require commitment, energy, knowledge, and support.

In taking on this challenge, you must want to improve and be ready to make difficult decisions and changes. It is important to keep your eye on the prize and not lose sight of why you have made this commitment.

Goal setting is designed to keep you on track and committed to making small changes each week. Setting the stage for small successes will be the foundation for your overall success. Each weekly goal you meet will propel you closer toward your final goal of self-improvement and optimal health!

Support & Setting Priorities

Losing weight may be the
hardest thing
you have ever tried to do...

...The support of your
family and friends
will be a critical part of your journey.

There may be a number of reasons why your loved ones may resist supporting your weight loss. Personal relationships are complex and people who are overweight are sometimes encouraged by family and friends to continue with behaviors that are not in their best interest.

Social occasions with friends may be centered

around pizza or pub food, your spouse may have a habit of bringing home high calorie junk food that seems to call out your name, people can show love with food, or your children may scream and cry bloody horror when presented with a vegetable at the dinner table or beg you to go through the drive-thru!

To gain support at home, not only will you have to ask for it, but you need to be comfortable setting limits and establishing boundaries.

Sharing your challenges and needs with others can be difficult for some people, it is important to recognize that your needs are valid and your health and well-being is a priority.

Your loved ones may not be able to support you if they do not know what you need.

Asking for support is not a sign of weakness; it is a step in making your voice heard, harnessing your personal power, and communicating with others.

You will need to identify some behaviors by your spouse, friends, and family that may create obstacles to you reaching your goals.

This week's homework will explore some ways in which you can understand what you need and begin to ask for it.

Isolation can be a major factor in being unhealthy; get out and spend time with people, see the world, and try new things.

When making a commitment to a lifestyle change, it will be much easier if you are able to get your family involved.

As the head of a household, or part of a team, you can let people know that things around the house are going to change and you will all be making adjustments so everyone can be healthier and lead a more active and fulfilling life.

Just as weight loss must be undertaken in small steps, so must getting others on board with your new way of life. Find a way to say that these changes will be affecting all in the household.

It will be important to identify some of the primary changes that can be made.

- Does your spouse take the children to fast food because he/she wants an excuse to eat that way?
- Do the children expect special foods at dinnertime and give the big "eeewwww" at healthy meals?
- Are you too busy taking care of everyone else to assure that there is a healthy breakfast and an easy lunch?
- Does family time consist of eating ice cream in front of the TV?

Lifestyle change in the family is best done as a team! Be clear that there will be some new rules in the household and that you expect some involvement from everyone. Identifying some of the first places that you can begin to make these changes will be addressed in this week's homework.

Get your family and friends involved

You may have identified that your family's eating habits need to change to help you change.

You can get your children involved in choosing and preparing healthy foods:

- Take them to the grocery store and have them pick out a new fruit or vegetable they want to try.
- Involve them in meal planning and the food preparation process; cooking can be fun for children, it is quality family time, and a skill they will need to cultivate to be healthy adults.
- If they help you plan meals and pick out foods, they can't complain about their lunchbox!
- In addition to getting the support you need at home, people are most successful when they have someone to be accountable to. You may find a friend who is also trying to make changes or try support groups or therapy. A crucial component of lifestyle change is dealing with underlying emotional and behavioral issues; this is best addressed with others who are experiencing similar struggles.

Prioritise your Health

The time has come to prioritize your health and well being; the next 12 weeks are about giving yourself permission to care for yourself and gaining control of your life and your time!

- Start distributing some of the responsibility of running a household to others in your family, balance what really needs to be done right now and what can wait.
- Find a way to spend less time at work and more time with the family. Going out for a walk can trump cleaning the bathroom and cooking a healthy family meal will win out on watching a TV show or playing computer games.
- Start paying attention to what you need to do to be healthy and work towards making it happen.
- Be clear about what relationships may not be in your best interest and think about taking some time off or finding other ways to spend time. Do you have social time with a friend that revolves around eating or being inactive? Do you have a strangely close relationship with the television?

Friendships can often enable people to continue with less than ideal behaviors. If your friends are not open to exploring new, healthier ways to spend time, you may need to take some time off.

Life at Your Ideal Weight

What will change for you when you reach your ideal weight? What is your ideal weight based on? These are questions that need to be explored before you can determine what a healthy and realistic weight is.

Many people believe that life at their ideal weight will be a life free of many problems they now face. It is often said "When I lose weight, all of my problems will be gone". What you may need to do is look at the problems first and recognize that you may have to fix these before you are able to lose the weight.

Achieving a healthy weight is a result of not only physical health, but emotional and spiritual health as well. Is your goal weight based on what you weighed in high school or before you had your children? If your ideal weight is not realistic and achievable, you may be setting yourself up for disappointment!

Your homework in Week 3 will contain exercises to determine your ideal body weight and how to track your progress.



Fad Diets, Weight Loss, and Healthy Eating for a Lifetime

Diets don't work.

They are **boring, expensive, don't really improve your health**, can decrease your energy, and can make you lose perspective on what normal eating is.

You may have lost weight before on a diet; maybe you followed a restrictive diet or picked up on the latest, greatest craze. Maybe you tried a designed weight loss program and counted calories, took meal replacement beverages or tried something more extreme such as the cabbage diet or the Master Cleanse.

You probably lost weight and felt on top of the world. Unfortunately, for most people that feeling does not last when the diet is over.

The difference between fad diets and healthy weight loss for a lifetime is that diets are based on deprivation and cannot be sustained in the long run. There are many negative effects of “yo-yo dieting”; losing weight and gaining it back may negatively affect your self-esteem and decrease your sense of “self-efficacy”, which means that you may lose your belief in yourself to make changes in your life and small setbacks may feel like enormous failures.

When you lose weight on a crash diet, you will lose fat and muscle weight. When you go off the diet and gain weight again, it comes back mostly as fat. That sets you at an even greater disadvantage as muscle is much more efficient at burning calories and fat hangs on for dear life.

Each time you lose weight and gain it back again you further compromise your body's ability to use energy effectively and make future weight loss even more difficult.

How to Set Weight Loss Goals

To travel well on your journey, you must have a destination in mind. Establishing goals gives you direction and helps you determine where to direct your time and energy.

Short term goals can give you daily guidelines for changing behavior that will improve your health; achieving short term goals will bring you closer and closer to your long term goals.

Goals should be...

✓ **Realistic**

A goal should be designed to be met. Think realistically about what you will be able to accomplish, what your priorities are, and where you are at. Making realistic goals will provide opportunities for success and keep you motivated to continue to change.

✓ **Specific**

A goal should be easy to understand and target certain behaviors. Goals that focus on changing behavior are more successful for promoting long term behavior change.

✓ **Measureable**

Give yourself numbers so you know how close you are each week to meeting your goals. Use a specific number of minutes you will exercise and the number of days you will do that each week.

✓ **Visible**

Write your goals somewhere where you will see them, on the bathroom mirror, the fridge, or in your day planner. Talk about your goals, incorporate them into your conversation and planning. For example "Sure, I'll meet you for dinner at 6:30 after I'm done with my hour at the gym".

✓ **Flexible**

Be able to revise your goals if somehow they are not working for you. For example, if your goal is to go for a walk after work 5 days per week and you find yourself coming home and retiring to the couch, revise your goal to either work out in the morning when you have more energy or make your goal more simple, such as just coming home and putting on your workout clothes and your sneakers 5 days a week. You can see what happens after you're all suited up for action!

Weight loss should not be a short term goal, but a natural outcome of achieving a series of small goals over time.

Take for example the goal to "Try 2 new vegetables this week"; it is realistic, specific, you can measure it, and if you put it on your grocery list, it is visible. You may set a long-term goal related to weight such as "lose 2 lbs each week for the next month". Keeping that goal in mind, sets small weekly goals to get you there, such as "I will use my pedometer to walk 10,000 steps 3 days this week" or "I will have a healthy breakfast containing complex carbohydrate and protein 4 days this week". Meeting 2-3 of those goals each week will likely result in reaching your longer term weight loss goal.

Sleep, Stress, and Fatigue



You've probably heard that lack of sleep is a major contributor to being overweight.

Not getting enough hours of sleep each night or suffering from poor sleep can put undue stress on the body. Stress also prevents us from sleeping well. Stress and poor sleep can lead to the body's inability to properly regulate metabolism and weight.

It is a vicious cycle with stress, fatigue, and poor sleep all feeding each other. Excess weight leads to sleep apnea, and sleep apnea leads to excess weight. Studies show that people who sleep the least weigh the most.

Without sufficient sleep, it becomes difficult to get through each day, much less exercise and make healthy food choices.

Stress, poor sleep, inflammation, and overweight are all related. Not sleeping well increases your stress during the day and does not allow enough time for the body to rest, recover, and renew.

You may not be getting enough hours of sleep, or as in the case with sleep apnea, those hours may be of poor quality. Insufficient sleep affects both our hormones and appetite.

As we know it, there are two main hormones associated with appetite and satiety (feeling satisfied). Grehlin, produced in the digestive tract, increases our appetite; leptin, produced in fat cells, is responsible for regulating our feelings of satiety.

Recent research has shown that lack of sleep promotes decreases in leptin and increases grehlin while at the same time lowering our metabolism and decreasing lean body mass. The bottom line: when we sleep less we feel more hungry and less satisfied.

In addition to increasing our appetite, when we are fatigued during the day we tend to crave simple carbohydrate foods and rely on sugar and caffeine for energy.

Relying on stimulants to manage our energy, especially when depleted to begin with, can set in motion alterations in our nervous system and stress hormone responses that encourage increasing abdominal fat, high blood sugar, and decreased metabolism.

These foods also tend to be high calorie and encourage imbalanced blood sugar and insulin response creating another vicious cycle of carbohydrate cravings and blood sugar fluctuations.



We will discuss the effects of chronic stress on weight in Week 4.

So first things first, let's get you sleeping and well rested!

As this course progresses we will continue to work on stress management. Weight loss will ultimately help your sleep apnea and allow you to sleep restfully; before that happens, there are certain things you can do now to improve your sleep as much as possible:

- A basic strategy to help you fall asleep more easily is to start to wind down closer to bed time.

If you have chores or duties to take care of, prioritize what really needs to be done and what can wait. As you get closer to the end of your night, take 15 minutes to do some deep breathing and move yourself into a more relaxed space. Recognize that some things will just have to wait until tomorrow and prioritize quiet, unstructured time. You may take a warm shower or bath, sit with a cup of herbal tea, or just turn off the TV and practice deep breathing for 10 or 15 minutes.

- Keep the bedroom a quiet place reserved for sleep or sex (yes, sex!) only.

Avoid working or eating in your bedroom and watch television in another room. Keeping your bedroom clean and simply decorated with soft lighting can make it a restful space; you may try essential oils in a diffuser for relaxing scents in the bedroom or add them to your bath.

Some of the oils used to promote sleep are geranium, chamomile, lavender, Melissa (lemon balm), and neroli. A warm bath with essential oils and a cup of chamomile tea should work nicely to relax and unwind.

- Some people may have trouble falling asleep due to a racing mind.

In this case, **practice deep breathing** as you are lying in bed. You may practice focusing your attention on your breath and taking deep breathes into each part of your body as you move your concentration from the top of your head to your toes.

Enjoy the experience of finally resting after your long day and be present in the moment, in full relaxation. Let go of the things that you can't do anything about-the day just past and the future to come cease to occupy your thoughts.

- Try no to eat dinner too late nor eat or drink alcohol late in the evening.

You do, however, want to make sure that you are not too hungry at bedtime and you have had a snack if needed. In Week 3 you will learn more about how to eat for better sleep.

This Week's Assignment:

Are you ready to make a commitment to lifestyle change?

Losing weight and keeping it off may be one of the biggest commitments you will make in your life. It involves changes in the way you think, behave, and see the world. Just like entering into a marriage, you should understand the implications of the commitment and be sure that you are ready to take the plunge!

*Answer the questions below with a **Yes** or **No** to determine if you are ready to commit.*

	Yes	No
Are you willing to invest the energy and thought necessary to monitor yourself on a daily basis?		
Do you accept that weight loss involves a commitment to change for a lifetime?		
Are you ready to leave behind your life as you know it and plunge into unknown territory with confidence and positive anticipation?		
Do you have support for the changes you need to make?		
Are you willing to ask and look for the support that you need?		
Do you believe that setbacks are failures?		
Are you willing to reorganize your priorities to make time for healthy cooking, exercise, and other healthy behaviors?		
Are you willing to put in the work and diligence to record what you eat, your emotional states, and your physical activity?		
Are you willing to prioritize your self-care and effectively problem-solve barriers (such as not baking cake or treats for the family anymore or finding some other way to enjoy Friday night besides watching movies with pizza and candy)?		

Answer the questions below thoughtfully:

1	Why now?
2	What changes will you have to make?
3	What will change if you lose weight?
4	What do others think about your weight? Do they help or hinder your efforts?
5	What else is going on in your life?

In this exercise, explore the pros and cons of change or staying the same:

<i>Pros of Being Overweight</i>	<i>Cons of Being Overweight</i>

*An important question you asked yourself in #3 above is
“What will change when I lose weight?”*

Do you believe that the problems in your life will be fixed when the weight is off?

As mentioned earlier, it is important to be clear about what issues you anticipate changing. You should be taking yourself, your health, and your weight seriously, not attempting to lose weight so you like yourself. Cultivating self-worth is one of the most powerful ways to guide yourself to health and wellness.

Often times, emotional or social issues that we expect to change with weight loss are some of the reasons we overeat or stay fat. For example, you may believe “When I lose weight, I will have an improved relationship and more intimacy with my spouse” or “When I lose weight, I will finally feel good about myself”.

In writing down some of these changes that you anticipate, explore how you may work on improving these issues to support yourself in making the changes that need to happen. Try phrases such as, “I will work on improving my relationship with my spouse by sharing a healthy dinner together with the television off twice a week”, “I will focus on my strengths and gifts to enhance positive feelings about myself”, or “I will take that oil painting class I have always wanted to take because I believe that I have artistic talent”.

What will change when you lose weight?

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What positive changes can you make in your life besides your weight?

Next, explore how you can begin to affect these changes in your life as you begin your journey to a healthy weight.

*How can I work on making these changes in my life now?
What behaviors will need to change?*

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Weight Loss Tips and Advice for People With Sleep Apnea

The Ultimate 3-Month Program to : Cut fat , Boost energy & EliminateYour Sleep Apnea

Lesson #2: Biology, Basic Nutrition & Eating for Energy

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Your Primer on Biology & Basic Nutrition

Carbohydrate, protein, and fat are known as “macronutrients” (versus micronutrients, such as vitamins and minerals); they are necessary to support our body structure and function. **Carbohydrate** is our main source of energy, **proteins** are the building blocks of our body, and **fat** has many functions (from providing energy to maintaining our nervous system). All of these nutrients must be obtained from our diet in adequate amounts

Carbohydrates are necessary to provide glucose, which is the primary form of energy for our body; they become the fuel that runs our engine. Carbohydrates are either processed to become glucose in our blood stream for immediate energy or storage, or they resist digestion (fiber) and have an important role in maintaining digestive health.

Carbohydrates are the main components of food such as grains, starchy vegetables, and fruits. “Carbs” are also found in milk products and beans and legumes.

Some carbohydrates are “simple”, such as sugars and refined (white) flours and others are “complex” such as those found in foods containing more fiber like beans, whole grains, starchy vegetables, and whole fruit.

Sugar is one of the simplest forms of carb and is rapidly converted to glucose for energy or storage. Complex carbohydrates are more slowly digested and provide a sustained rise in blood sugar and energy. Complex carbs also provide other nutrients such as vitamins, minerals, fiber, and even some protein.

Glucose, the fully digested form of carbohydrate, that is not used immediately for energy will be kept in the liver in its storage form or stored as fat. Insulin is a hormone that is released from the pancreas in response to dietary intake; its primary function is to deliver glucose to the cells for energy or to store excess energy as fat.

Proteins are made up of amino acids and are responsible for structure and function such as building muscle or making enzymes that are needed for life sustaining biochemical reactions. Protein is required daily to maintain the body.

Protein comes from animal sources such as meat, poultry, fish and dairy products, as well as from plant sources such as beans, nuts, seeds, and grains.

Dietary protein is used preferentially for building body tissues and maintaining function. Digested protein does not convert to energy directly and does not become glucose in the blood immediately after a meal.

Protein-containing meals can make you feel full and provide a lower rise in blood sugar and more sustained long-term energy. It takes more energy to digest, absorb, and metabolize protein so it uses more calories. Sufficient protein is required at each meal to promote retention of lean body mass while losing weight.

Fat has many important functions in the body; it regulates temperature, protects the organs, keeps the skin and hair healthy, helps us process the “fat-soluble vitamins”, and regulates inflammation as well as nervous system and hormonal functions.

Fat is essential for survival and we are hard-wired for its taste. Fat can be used for energy, but is not as immediately available as carbohydrate and can also provide a more sustained source of energy.

Body fat is the primary storage form of energy; intake in excess of calorie needs from any of the macronutrients can result in increased storage as fat tissue. One of the most important functions of fat is to control inflammation in our body.

Certain kinds of fat decrease inflammation while others will promote inflammatory conditions. Excess body fat is inflammatory in nature. We will discuss inflammation further in week 6.

Carbs and protein are equal in their **“energy density”** - they both have 4 calories per gram; fat, on the other hand is the most energy dense of all the macronutrients with 9 calories per gram. (In weeks 4 and 5 you will learn more about carbohydrate quality, lean proteins, and healthy fats.)

Carbohydrates, protein, and fat can all be used for energy. In excess of calorie needs, all macronutrients will be stored as fat. Sugar and carbohydrates provide more variation in blood sugar and insulin response; this can soon lead to low blood sugar levels and increased hunger and cravings.

Protein reduces **insulin** response after eating and can prevent the **“crash and burn”**. Remember that insulin promotes the storage of energy as fat and actually inhibits the breakdown of fat for energy. This partly explains how a higher carbohydrate diet, especially of simple carbohydrates, can promote increased body fat.

A balanced meal of reasonable calories and high quality food is the best way to assure healthy metabolism.

Skipping meals can also alter your metabolism as the body goes into storage mode to preserve energy. When not provided with enough calories, the body slows down metabolism to be able to survive on less and holds on to body fat as it is a rich source of energy.

When you skip meals your body decreases the energy that you burn, holds on to fat, and increases your appetite in an attempt to get more calories in. That is one of the reasons why dieting doesn't work. Deprivation not only slows down your metabolism and encourages your body to hold on to fat, but it also denies you valuable nutrients that keep your engine running clean and steady. Feed your body well with complex carbohydrates, adequate protein, healthy fats, and plenty of fruits and vegetables to support optimal metabolism.

Toxins in the environment and in your food can also effect metabolism and cause

your body to hold on to fat. You want to eat clean, healthy, and delicious foods while decreasing your exposure to toxins from food and your environment. Some common toxins are food additives, artificial colors, flavors, and sweeteners, preservatives, genetically modified foods, foods that you may be allergic to, plastics, heavy metals, air pollution, pesticides, and stress!

Some ways that toxins can disrupt metabolism are by increasing inflammation in the body, over-burdening the liver and disrupting hormone and thyroid function.

Stress is very powerful and can have a great impact on the entire body. Chronic stress leads to the release of hormones that encourage the body to store fat; stress also leads to poor sleep, poor digestion, nutrient deficiencies, cellular damage, and taxes the liver even further.

This will all be addressed in great detail in week 9 when we start to plan for the detox diet component of the program!

The Healthiest Foods

We have already touched on “nutrient-dense’ and ‘calorie dense’ foods. The healthiest foods you can eat are those that provide the most nutrition bang for your calorie buck and that fill you up with fewer calories. These are foods such as lean proteins, whole grains and beans, and fruits and vegetables.

High fiber foods keep you satisfied and provide a variety of nutrients. Think of high fiber foods as ones you can picture closest to their natural state. Can you picture a donut growing on a tree? How about brown rice, barley, or an apple?

The five healthiest foods for losing weight are fish and other lean protein, green vegetables such as spinach, kale, and collard greens, apples and pears, whole grains such as buckwheat, quinoa, and brown rice, and raw nuts and seeds such as almonds and pumpkin seeds.

Vitamins and Supplementation

To assure that your body has all of the “**micronutrients**” that it needs to function, you probably want to consider a high quality multi-vitamin - ideally one that is described as “**whole food**” or “**food-sourced**”.

Many of the leading multi-vitamin brands are composed of isolated components made in a laboratory; these do not take into account the complexity of nutrients in food and may be imbalanced. They also usually contain artificial colors, harmful solvents, and other additives. Find a vitamin that is either a men’s or women’s blend.

Digestion is the core of good health and a healthy digestive tract is necessary to

obtain all the nutrients from food, maintain a healthy immune system, and even regulate nervous system function.

Digestion can be held up by many different factors, such as stress, a poor diet, chronic antibiotic use, even a high sugar diet.

We have about 3-4 pounds of “**good**” bacteria that live in our digestive tract and are responsible for a great amount of functions such as digestion, absorption, and immune function. If the good

Chronic stress can have profound effects on our metabolism and overall health. Most of us in this modern culture are under chronic stress; whether it is our job, the overwhelming tasks of maintaining a household, emotional and anxiety-related stresses, or the metabolic stresses of a poor diet, all of our systems are affected by our body’s constant attempts to maintain balance. Our energy production and regulation mechanisms can become compromised and we may become exhausted, experience digestive problems, or see decreases in our thyroid function.

bacteria are compromised by any of the above factors, the entire ecology of the GI tract can be disrupted.

Some symptoms of imbalance are gas, bloating, constipation, diarrhea, or more serious conditions such as IBS or inflammatory bowel diseases.

One of the primary ways to support the healthy bacteria in your gut is to take a daily "**probiotic**". The most well-known probiotics are lactobacillus acidophilus and bifidobacterium; they can be found in cultured food such as yogurt, but are present in therapeutic doses as supplements. Look for a high-quality pro-biotic at your local vitamin store and ask for assistance to find an active and potent formula.

Certain products, known as "**adaptogens**" may help our bodies adapt to chronic stress. You may consider taking herbs such as Ashwaganda (Withania) or Rhodiola to support the function of the adrenal glands (our primary stress response system).

Other nutrients that may help to maintain mood and decrease inflammation are Omega-3 fish oils and Vitamin D. Vitamin D intake should be at the very least 400 IUs per day and up to 1000; you may have your doctor check your Vitamin D levels at your next blood draw to determine how much you need to supplement with. Some good, reputable brands of fish oil are Carlson's, Norwegian Naturals, or any brand bought directly through your health care practitioner.

Some people take an herb called **Gymnema** to help with sugar cravings, it is known as 'the sugar destroyer'. Not only does it help your body adjust to a low sugar lifestyle, but an extract taken into the mouth before eating something sweet kills the sweet flavor and makes a bland taste. Cinnamon is also very helpful in balancing blood sugar and reducing cravings. You may add cinnamon to smoothies, yogurt, cereal, or take it in capsules.

As always, please be sure to check with your doctor or primary health care provider before starting any supplement regimen. A doctor or nutritionist specializing in natural medicine and supplements can help you figure out what formulas will be best for you individually



Eating for Improved Energy

The first thing you can do to boost energy all day and keep you on track with a healthy eating plan is to eat breakfast. Your grandmother was right; breakfast truly is the most important meal of the day!

Starting your day with a breakfast consisting of complex carbohydrate and protein will provide a source of sustained energy and beneficial nutrients to keep your motor running cleanly.

Some people don't like to eat too early in the morning, and others do not quite have enough time for food preparation. You don't necessarily have to sit down, nor do you have to eat right away, just make sure that you get in a small, balanced meal before you get too caught up in your day and forget about it.

If that happens, you are more likely to be totally starving by the time lunch rolls around- that high calorie hamburger with fries becomes irresistible or the donuts your co-worker brought into the break room call out to you as the perfect high energy quick

Your main goal is to keep your energy (blood sugar, essentially) consistent to prevent drops and spikes.

The best way to do this is to make sure that you are eating regularly throughout the day.

Some people do better with small, frequent meals, others like to have regular meals and perhaps a small snack or two, whereas other people feel they do best on three square meals. Whatever works best for you, be sure that you are fueling and nourishing yourself regularly.

Eating meals that are too large or too high in carbohydrate can lead to sluggishness. A large bowl of pasta is likely to put you straight to sleep at your desk after lunch as opposed to a large vegetable salad with beans and cheese and a piece of fruit on the side.

fix.

We are less likely to have the energy to make a good choice if we have not started the day by nourishing ourselves appropriately. This week's recipes and food preparation tips will focus on breakfast.

Fluctuations in blood sugar can lead to energy fluctuations throughout the day.

Your body needs a variety of nutrients to keep up your energy; a nutrient-dense diet rich in whole foods is most likely to assure that you have the nutrition you need to make it through the day. Balanced meals are the key to balanced energy.

How to Boost Daytime Energy

We often treat afternoon lags in energy with caffeine or sugar. Unfortunately, these are just a quick fix; they may not even do the trick and can send us crashing later in the evening.

Chronic use of stimulants such as caffeine and sugar can also burn out our energy producing glands, the adrenals, and contribute to long-term fatigue.

Starting your day with too much caffeine and/or sugar and simple carbohydrate can set you up for a fall. So, once again, having a healthy balanced breakfast and lunch is the best way to prepare yourself for the 3 o'clock slump.

Instead of heading over to the Starbucks for some artificial energy, try to get yourself up and out for some fresh air. Take a little walk if you are able or at least go outdoors to do some light stretching and deep breathing. Take advantage of the spare moment to clear your head and renew your energy. You may try a green or herbal tea to refresh or step away from your desk and move your feet while you snack on a piece of fresh fruit.

A powdered greens drink is rich in vitamins, minerals and nutrients and will give you a healthy, natural boost. Experiment with different strategies and find what works best for you, perhaps cutting down the size of your lunch and having a fresh peach is the key, or maybe green tea and deep breathing is your bag. Either way, try to nourish your energy naturally.

Staying hydrated is essential for balanced energy. Drink plenty of water throughout the day, avoid sweetened beverages and simple sugars such as soda, juice, or sweetened teas,



and minimize your caffeine-containing beverages.

Foods that provide sustained energy and also help with weight loss are complex carbohydrates and lean protein such as whole grains, beans, eggs, and lean meat such as deli slices (“nitrate-free” of course). Combine any of these with a colorful variety of vegetables for a meal or snack that is sure to nourish and energize.

You may experiment with having one carb-free meal each day, either dinner or lunch. Some people find that a carb-free or very low carb lunch provides clearer energy later in the afternoon and a dinner consisting mostly of protein and vegetables with a small serving of complex, whole food carbohydrates sets them up for a more restful evening.

Foods that Help with Sleep

There are two basic principles around eating for better sleep. They are: don't go to sleep too hungry or too full!

Try to eat about $\frac{3}{4}$ of your food by about 3 o'clock in the afternoon; you may measure this as calories, volume of food, or carbohydrates. This will provide you energy throughout the day and set you up for a lighter meal at dinner time.

Carbohydrates can promote relaxation, so try to eat some whole food carbohydrates with dinner, but not too much. Include some potatoes, yams, winter squash (such as spaghetti, butternut, or acorn), whole grains, or beans with your late meal. Generally, you want about 3 hours in between dinner and bedtime.

If you eat an early dinner and find yourself hungry before bedtime or if you wake up in the middle of the night with the urge to eat, be sure to give yourself a bedtime snack containing both protein and carbohydrate. This could be a piece of whole grain toast with almond or peanut butter, plain yogurt with fresh fruit, whole grain crackers and cheese, protein powder blended with water and a whole piece of fruit, or even a warm glass of milk seasoned with cinnamon and vanilla extract.



Food Ideas: Breakfast

1 cup oatmeal (cooked) with ½ cup blueberries, 1 tbsp pumpkin seeds, and ¼- ½ cup yogurt or milk

1 cup Hot rice or buckwheat cereal with 2 tbsp raisins, cinnamon, 1/8 cup walnuts, and a touch of maple syrup

1 serving of granola (approx ½ cup) with 1 cup fresh fruit and ¾ cup yogurt

2 slices whole grain toast with 2 tbsp almond butter and banana

An apple and a handful of walnuts

A smoothie with protein powder, fresh fruit, and milk of your choice (i.e. cow, rice, soy, almond, coconut, hemp, or multigrain)

½ cup beans and a scrambled egg in a whole grain tortilla with spinach and salsa

A hard-boiled egg, baby carrots, and a pear

An all natural fruit and nut bar with a piece of string cheese

Tips

→ **Beware of breakfast cereal!** Most are nothing more than refined flour, sugar, and various additives. Despite a label claiming “whole grains” or “organic”, many contain too much sugar with too little fiber and protein.

A good breakfast cereal should have a whole grain first on the ingredient list and that has to come before sugar. Ideally any sweetener (not artificial sweetener-avoid these) should come in at about third place on the ingredient list.

Look for at least 3 grams of fiber and less than 10grams of sugar per serving. Pay attention to the serving size; granolas, for example, usually have a serving size of ¼-½ cup.

Bulk up your breakfast cereal with fresh fruit or berries and low fat yogurt.

→ **To get more protein and breakfast,** try creative ways to incorporate protein foods. Make breakfast sandwiches with chicken or deli slices; use eggs and reasonable portions of cheese; use milk or high protein milk alternatives such as almond and hemp milk; incorporate beans into breakfast tacos or as huevos rancheros; choose high-protein Greek yogurt; use protein powders in smoothies; use nuts and seed in hot or cold cereals, yogurt, smoothies, or homemade breakfast bars.

Recipes

Almond Strawberry Smoothie (1 serving)

- **1 cup fresh or frozen organic strawberries (you may use other varieties of berries)**
- **¼ cup low fat yogurt**
 - **2 Tbsp ground flax seed**
 - **12 raw almonds, soaked overnight and drained**
 - **½ cup ice cubes (may leave out if using frozen strawberries)**
 - **The juice of one orange or ¼ cup orange juice**

Combine all ingredients in a blender and blend well. Enjoy!

Orange Hazelnut Muesli (serves 4) (Recipe by Cynthia Lair, Feeding the Whole Family)

- **2 cups boiling water**
- **2 cups rolled oats or barley (or some of both)**
- **1/3 cup hazelnuts, chopped**
- **1/3 cup raisins**
- **½ teaspoon cinnamon**
- **Juice of 2 oranges**
- **Optional toppings : Grated apple, sliced pears, dollop of plain yogurt**

Place grain, nuts, raisins, and cinnamon in mixing bowl. Pour boiling water over mixture and stir. Juice oranges, add to mixture, and stir. Cover bowl with plate or cloth and allow grains to soak overnight.

Quick Breakfast Taco (1 serving) *(Adapted from Eating Well Magazine)*

- **2 corn tortillas**
- **¼ avocado**
- **2 eggs**
- **2 Tbsp salsa**
- **Optional additions:** ¼ cup beans, sub 2 Tbsp low-fat cheese for avocado

Whisk eggs with a dash of sea salt. Coat a small pan with cooking spray and heat over medium heat. Add egg and cook stirring, until cooked through, about 1 ½ minutes. Divide scrambled egg, avocado, and salsa between tortillas

Almond Honey Powerbars *(From Eating Well Magazine)*

Makes 8 bars, can be stored in an airtight container at room temperature or in the refrigerator for 1 week; freeze for up to one month

- **1 cup old fashioned rolled oats**
- **¼ slivered almonds**
- **¼ cup sunflower seeds**
- **1 tablespoon flaxseeds**
- **1 tablespoon sesame seeds**
- **1 cup unsweetened whole-grain puffed cereal (multigrain such as Kashi's 7 Whole Grain Puffs)**
- **1/3 cup currants**
- **1/3 cup chopped dried apricots**
- **1/3 cup chopped golden raisins**
- **¼ cup creamy almond butter**
- **¼ cup turbinado or light brown sugar**
- **¼ cup honey (preferably raw)**
- **½ teaspoon vanilla extract**
- **1/8 teaspoon salt**

Preheat oven to 350°. Coat an 1/8"-square pan with cooking spray

Spread oats, almonds, sunflower seeds, flaxseeds, and sesame seeds on a large, rimmed baking sheet. Bake until

oats are lightly toasted and the nuts are fragrant, shaking the pan halfway through, about 10 minutes. Transfer to a large bowl. Add cereal, currants, apricots, and raisins; toss to combine.

Combine almond butter, sugar, honey, vanilla, and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles lightly, 2-5 minutes

Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain.

Transfer to the prepared pan. Lightly coat your hands with cooking spray and press the mixture down firmly to make an even layer (you may need to wait until it cools slightly). Refrigerate until firm, about 30 minutes; cut into 8 bars.

This Week's Assignment:

Changing Your Thoughts and Behavior

Losing weight and changing your life will require some shifts in “**cognition**” and behavior.

Cognition is basically our thoughts; it is how we see ourselves and our place in the world around us. It is our cognitions that inform our behaviors. Below, identify specific behaviors or situations that need to change.

For example, you may realize that driving by the ice cream parlor on your way home from work when you are tired and hungry is an automatic trigger for you. You can problem solve to alter that scenario and decide to have a healthy late afternoon snack and choose a different route home.

The Cognitive-Behavior Approach to Lifestyle Change

A Mind-Body Connection

The word “cognition” refers to thinking; thought processes are the result of our perception of a situation. The behavioral portion of this approach refers to the reactions and the way we behave in response to our cognition of a situation, environment, or emotion.

Why and How?

The cognitions and behaviors that are the focus of this aspect of lifestyle change are the negative, self-defeating thoughts. These perceptions and their resulting habitual patterns can be one of the biggest challenges in our attempt to improve our health and quality of life.

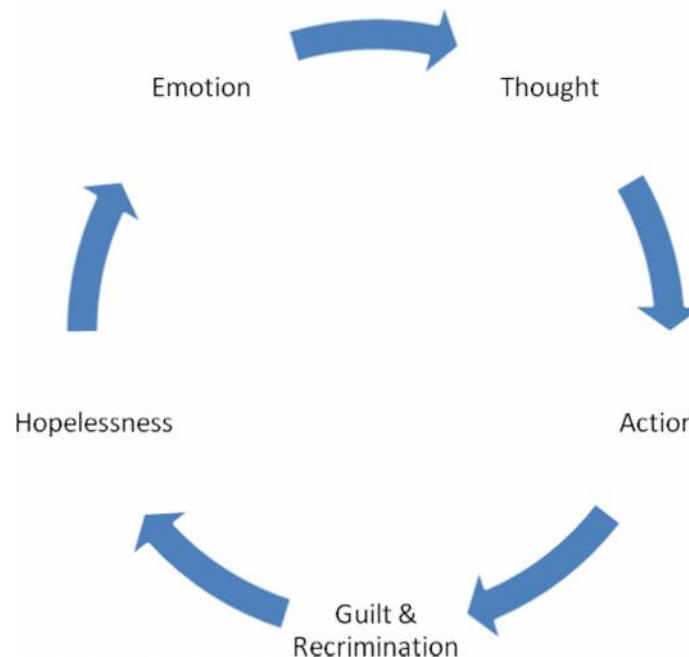
A cognitive-behavioral approach emphasizes positive self-statements and perceptions, problem-solving skills, self-monitoring, and breaking patterns that contribute to unhealthy behaviors.

The Cycle and How to Break It

Below is an example of a cognitive behavioral cycle; consider how it relates to your life. Start with “Emotion”. This can be something like stress, fatigue, frustration, or sadness; it can be the result of a certain scenario or situation. The situation can either be

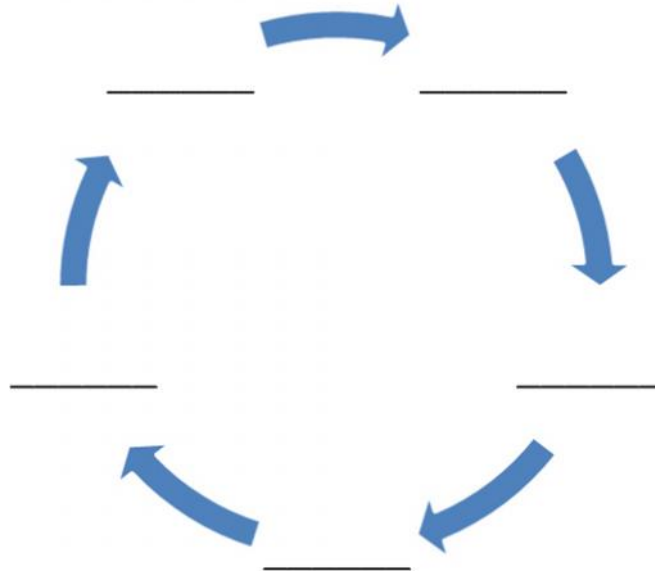
avoided or you can work on altering your reactions to that situation and its resulting emotions and cycle of behavior. Recognize the thought that the emotion provokes. Stop. Understand that feelings pass and that we do not always have to act on a thought or emotion.

You can use this cycle to problem-solve and develop coping strategies for many different scenarios. Use it throughout the program to provide yourself alternatives in managing your response to particularly stressful or difficult situations or when you identify emotion-related behaviors that you want to change.



There are about 4 or 5 places to break the cycle; it will be different for everyone. Fill in your cycle below and label each category with specific situations. No matter where you catch yourself in the cycle, you have a chance to break it. Problem solve to find an alternative action to deal with the troublesome emotion. You may practice simply letting go, letting the thought drift by like a cloud in the bright blue sky.

You don't have to believe everything you think!



Goal Setting

Start by listing your ultimate, long-term goal. It could be a concrete number related to weight, to improve your cholesterol and blood sugar values, or to fit into a different size of clothing; it could be a quality of life related goal such as to have the energy to play with your grandchildren, or it could be a goal related to emotional health.

Remember, success is not only the number of pounds lost. It is overall lifestyle change related to a healthier diet, more physical activity, and spiritual and emotional health that will naturally guide you towards your healthy weight.

Some quality-of-life goals include a more positive state of mind, healthier shopping and eating out behaviors, a more physically active lifestyle, better lab values, stable blood pressure, and more self-confidence.

Be sure that your goals are realistic and not “magical”; for example, how likely are you to reach your high-school or pre-pregnancy weight?

My vision is	<hr/> <hr/> <hr/>
My ultimate goal is	<hr/> <hr/> <hr/>
<p>Now, think about what sort of lifestyle will lead you toward your goal. What will be required of you to lose weight and maintain a healthy lifestyle? Are you willing to restrict your calories every day and work out 5 days a week to reach your goal weight or would you be willing to have a slightly higher goal weight and not be as strict with yourself? Would more energy, better lab values, and a somewhat higher goal weight be acceptable?</p>	
Realistic goal	<hr/> <hr/>
<p>How long will it take you to reach your goal? (Remember, you don't have direct control over how many pounds you lose, only the lifestyle and behavior changes.)</p> <p>Are there any things that may stand in the way of reaching your goal in the specified amount of time such as holidays, vacations, or family gatherings where you might eat extra calories?</p>	
Time frame	<hr/> <hr/>

Now that you have a vision, realistic goal, and time frame sign below as a contract with yourself. Have a supportive friend or family member co-sign to solidify your agreement with yourself.

My Signature

Date

**Signature of Family
Member or Friend**

Date

You will be using the “witness technique” throughout the Weight Loss for Sleep Apnea program, so find yourself a steady support partner, someone to be accountable to who has your best interest at heart.

My Weight Loss Goals

With a goal in mind, now its time to identify behaviors that you want to change and develop an action plan.

You will start small with weekly goals that will be somewhat challenging, but easy to attain. If you decide you want to turn off the television 2 nights each week when eating dinner to practice mindful eating, you can always expand on that goal in the coming weeks until enjoying a meal mindfully without any distractions becomes a regular habit. Start small and build on your foundation.

3 behaviors I want to work on this week:

1. _____

2. _____

3 _____

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time based)

For example: "I will walk for 15 minutes on my lunch hour 3 days this week" or "I will practice deep breathing and stress relief for 10 minutes when faced with afternoon sugar cravings 3 times this week"

1 _____

2 _____

3 _____

Hint:

You will be choosing 3 goals each week. You may re-visit goals that you were not successful with, you may slightly expand on goals that you have reached, or you may develop entirely new goals based on different behaviors you have identified.

Keep your goals visible - write them in your day planner or stick notes on your fridge or mirror; share your goals with your support partners; talk about your goals in conversation or planning so they become a part of your consciousness.

If your goal, for example, is to limit your intake of dessert to only 1 time per week, use the behavior contract below to determine what actions you will take to meet that goal.

Behavior Contract

I, _____, as of
(date) _____, commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

Step#1 _____

Step#2 _____

Step#3 _____

Step#4 _____

Step#5 _____

My Signature _____ Date _____

Signature of Family Member or Friend _____
Date _____

SleepApneaWeightLoss

Weight Loss Tips and Advice for People With Sleep Apnea

The Ultimate 3-Month Program to :

**Cut fat , Boost energy &
EliminateYour Sleep Apnea**

Lesson #3:

Healthy Weight & Healthy Weight Loss

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

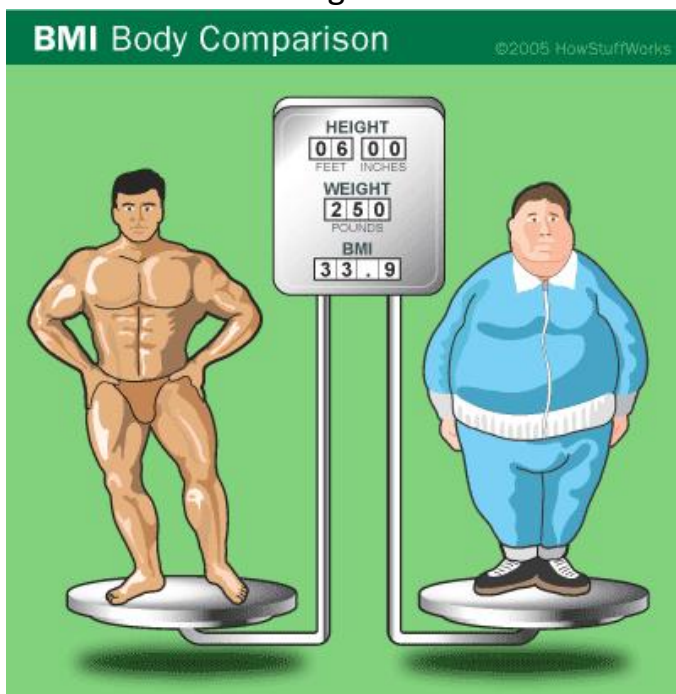
What is your Healthy Weight?

Your perception of a healthy weight for yourself may be based on the last weight when you felt the best, a calculated weight based on your height, or it may not be related to a number. Your ideal weight could be based on when you have enough energy to do the things you want to do or when you don't have to buy clothes at a special store anymore.

However you decide to figure your ideal healthy weight, be sure it is realistic and a reflection of how much work you are willing to put in to getting there.

Some calculations used to determine healthy weight ranges are BMI (Body Mass Index) and Ideal Body Weight. These calculations are based on height and provide a range. While they provide a useful standard, they are by no means individualized.

The calculations cannot take into account how much of someone's body weight is based on muscle mass, such as a football player, nor how other factors, such as age, may contribute to what is considered healthy for a person. A body builder may have a BMI that is in the range considered "overweight" or obese.



with loss or to start focusing on the maintenance stage. This week's homework will focus on determining a healthy weight goal and starting the process of monitoring your weight as it changes.

To be effective, aerobic activity must be at least 50% of your maximum heart rate and must be undertaken at least 3 days/week. In this week's homework you will learn how to measure your heart rate and calculate your maximum. Make strength training, resistance, and/or flexibility goals in addition to your aerobic

activity goals.

Resistance exercises tone and build muscles; they include weight training, working with elastic bands, calisthenics, and yoga/Pilates. Using heavier weights with fewer repetitions will develop larger muscles and lighter weights or lower resistance with more repetitions will tone muscles and increase endurance.

What is Healthy Weight Loss?

Think about what you will feel like when you lose weight; you'll have more balanced energy, look better, and have more self-confidence. This is a result of making positive life style changes. You may have already determined that going on a 30-day crash diet to drop 25 pounds before a trip to Hawaii would not be considered "healthy weight loss".

Rapid weight loss may be a sign that you are not getting enough calories to have adequate vitamins and minerals and it can put you in danger of having gall bladder problems. Do you think people truly feel good when they are on a diet coke and chicken breast diet? They're likely to be pale, tired, and on edge.

Weight loss as a result of positive lifestyle change will be more gradual. You will see continuing improvements in your energy, moods, sleep, and how you feel about yourself. Your skin will be smooth, your eyes glowing, and you will feel a true sense of wellness starting to emerge. Healthy weight loss is generally considered about 2-4 pounds per week.

Calories are a measure of energy; it takes energy to simply be alive. Our body needs calories for our organs to work, our lungs to breathe, and our brains to function. That is known as the Resting Metabolic Rate (RMR). On top of that, you need energy to digest food, walk around, clean the house, and take the dog on a walk. Estimating calorie needs is based on providing enough energy to survive and move each day.

Energy that is not used is stored, mostly as fat. Fat cells love energy. Fat is not an inert tissue; but is quite metabolically active. It releases compounds and hormones to

encourage appetite and the resultant energy storage. Muscle, or Lean Body Mass (LBM), loves to take up energy and burn calories. The more lean body mass you have, the more efficient you are at burning energy.

Let's do some numbers here. One pound of body fat is equivalent to 3500 calories. So how did calories get you to where you are now? A measly 100 calories a day above your energy needs adds up to a gain of about 2.5 pounds in 3 months; over the course of a year that would be a gain of 10 pounds a year.

Add any additional calories and a lack of energy expenditure and you have a steady weight gain that snuck up on you and accumulated over the years. So how to get rid of all that extra energy?

To lose one pound each week, you would need to cut your calorie intake by 500 calories each day:

$$\mathbf{500\ calories\ x\ 7\ days/week= 3500\ calories}$$

To lose an additional pound each week, you would need to further cut your calories or increase your energy burning by 500 calories each day. So think about what you are willing to do, essentially eat less and exercise more. You will likely shed additional pounds in the last 3 weeks of the program when you are going through the detox phase.

You could reasonably assume that in weeks 1-9 of the program, by eating better and exercising, you could lose 20 pounds, about 2.2 pounds per week. In weeks 10-12 you may lose as much as 5 pounds each week as you flush toxins, decrease inflammation, and support optimal metabolism. That would be a total of 35 pounds in the next 3 months.

If your weight loss goal is 75 pounds, you will need to continue with your weight loss journey for at least another 3 months before you begin to focus on maintaining your ideal (or acceptable) weight. You can expect some plateaus during weight loss and you

will likely see some weeks better or worse than others. That may be something that is beyond your control or it might be due to lapses in your motivation or energy.

Maybe it's the holidays, you are traveling for work, or perhaps you found yourself eating out more than usual. Motivation can come and go in waves; decreased motivation can slow your weight loss. Keeping weekly records of goals and weight along with periodic food diaries will keep you on track.

Even if your weight loss does seem to slow or you have a relapse that sets you back a couple of pounds, revisit your ultimate goals, keep working the program, keep your eye on the prize, and pick up the pace.

Physical Activity- How to Get Moving

While REE (Resting Energy Expenditure) can be affected by lean body mass, the primary control you have is over how much energy you burn daily through movement. The more you use your body each day, the more calories you burn. The stronger your muscles are the higher intensity exercise you can tolerate to burn more calories and increase your fitness. This is a positive feedback cycle.

Our bodies are not designed to live in the modern world; our genes are still programmed for a hunter-gatherer lifestyle. It has only been about 10,000 years since the beginning of industrial agriculture and the end of our nomadic, active lifestyle. In today's fast-paced, industrialized society we are surrounded by abundant, cheap calories and encouraged to move as little as possible.

Desk jobs, computers, satellite TV, drive-thrus, and a society based around the automobile all contribute to the sedentary lifestyle that has led us to be the most overweight and unfit

population in the world. A sedentary lifestyle is responsible for an increased risk of chronic disease (heart disease, cancer, and diabetes), the inability to normally regulate body weight, and a decrease in functional capacity- which essentially means the loss of independence as we age.



When you are sedentary and unfit, when your fat mass outweighs your lean body mass, you are not very efficient at burning calories. As your weight drops and your fitness increases, you will see improvements in your endurance. It will take time and determination to build your stamina and increase the effectiveness of your metabolic motor.

If you have experienced rapid weight loss before, you were losing fat and lean body mass. For the most effective

weight loss and long term success, you want to lose fat while preserving and increasing your muscle mass. This is where regular physical activity and strength and endurance building come in.

Are you ready to being a fitness program? Despite your motivation at this time, you may need to be cleared by your doctor before you can start exercising. The following questions are based on a form called “PAR-Q & YOU” developed by the Canadian Society of Exercise Physiology:

- **Have you ever been told that you have a heart condition and that you should only do exercise under the guidance of a doctor?**
- **Do you feel pain in your chest when you do physical activity?**
- **In the past month, have you had chest pain when you were not doing any physical activity?**
- **Do you lose your balance because of dizziness or do you ever lose consciousness?**
- **Do you have a bone or joint problem (back, knee, or hip) that could be made worse by a change in your physical activity level?**
- **Is your doctor currently prescribing drugs (water pills, for example) for your blood pressure or heart condition?**
- **Do you have *any other reason* why you should not exercise?**

If you answer yes to any of the following questions, please visit your doctor to discuss what is appropriate for you.

When you have determined that it is safe for you to begin an exercise program, you may want to have a fitness appraisal or assessment by a qualified exercise professional.

Now you “hate” exercise. Maybe you used to be more active and even practiced sports in your youth but over the years have become increasingly sedentary and find yourself so frustrated at what you *can’t* do that you don’t try to do much at all anymore.

You may start by just increasing your activity in daily life; take the stairs in your building, walk to the post office (or drive halfway and walk the rest), listen to music while you’re cleaning to get inspired to move more.

Current recommendations for physical activity are to be moderately active for 30-50 minutes 3 to 5 days a week. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week. Daily walking is a great way to start being more physically active.

You may need to start out with just 10 minutes 2 or 3 times a week. It is not likely to be hard on you and you can certainly find 10 minutes any day of the week. If you increase the frequency of those 10 minutes to three times a day, you can reach the goal of 30 minutes daily.

Activity can be accumulated for the day, you don't have to spend an hour at the gym if you do 15 minutes of stretching in the morning, walk for ½ hour at lunch, and do some light weight lifting for 15 minutes in the evening.

What is moderate-intensity activity?

Common Chores	Sporting Activities
Washing and waxing car, 45-60 minutes	Playing volleyball, 45-60 minutes
Washing windows or floor, 45-60 minutes	Basketball, 30 minutes
Gardening, 30-45minutes	Dancing fast, 30 minutes
Raking leaves, 30 minutes	Water aerobics, 30 minutes
Pushing a stroller 1 ½ miles in 30 minutes	Swimming, 20 minutes
Walking 2 miles in 30 minutes (15min/mile)	Jumping rope, 15 minutes
Shoveling snow, 15 minutes	Running 1 ½ mile in 15 minutes
Stair walking, 15 minutes	

To be effective, aerobic activity must be at least 50% of your maximum heart rate and must be undertaken at least 3 days/week. In this weeks homework you will learn how to measure your heart rate and calculate your maximum. Make strength training, resistance, and/or flexibility goals in addition to your aerobic activity goals.

Resistance exercises tone and build muscles; they include weight training, working with elastic bands, calisthenics, and yoga/Pilates. Using heavier weights with fewer repetitions will develop larger muscles and lighter weights or lower resistance with more repetitions will tone muscles and increase endurance.

Increasing your flexibility will reduce your risk of injury, increase your range of motion, and can even lower your blood pressure. Incorporating flexibility exercises into your routine can help muscle soreness and aches and pains. Exercises such as yoga and Pilates that improve flexibility also help tonify muscle. They also encourage deep breathing which improves overall breathe capacity and promotes relaxation.

While you focus on what you will do, also consider what you should *not* do as frequently. As you make a plan for increasing your physical activity consider how you will decrease sedentary behaviors such as watching TV or playing computer games.

Exercise Tip

Use a pedometer! Counting the number of steps you take each day gives you an easy way to monitor your physical activity and a solid number to improve upon. A long term goal may be to walk 10,000 steps 4 days a week.

You can wear a pedometer to establish a baseline for how many steps you walk in an average day and work on setting a goal from there. Consider increasing your steps by 2,000 a day for one week. The next week you can incrementally increase by another 2,000 and continue from there.

Food Preparation and Tips

Healthy eating involves planning ahead. Starting your day with a good breakfast brings you to lunchtime without starving; having a lunch prepared and ready to go prevents you from the temptation of fast food or the cafeteria burger; a healthy lunch with a light snack later in the afternoon will bring you gracefully to dinnertime.

A perfect lunch is leftovers from dinner; make it easy on yourself and make enough to last.

Get a nice lunchbox and some Pyrex or glass containers for safe microwaving. When preparing dinner, make a couple extra servings of pasta and cauliflower. Roasted chicken can be mixed with salad greens and other fresh vegetables; bring your own vinaigrette on the side.

A big pot of beans or soup can provide dinner and lunch for two people for at least two days. They can also be saved in individual containers in the freezer for those days when you need something quick and healthy. Have a couple of healthy frozen meals in your freezer so you have something to fall back on if you are short on time.

If you have vegetables cut up and ready to munch on in the fridge, you can just add some whole grain crackers, cheese, and a piece of fruit. Add an individual serving of tuna or canned salmon or a hard-boiled egg for more protein

Ideas

- **Hummus with crackers, fresh vegetables, deli slices, and a piece of fruit**
- **Yogurt and a turkey sandwich on whole grain bread; bring veggies on the side to add at lunchtime-lettuce, tomato, cucumber, red pepper, sprouts, etc...**
- **Steamed broccoli with red wine vinegar and leftover pasta with lean ground beef and tomato sauce**
- **A salad of fresh greens, cooked/canned beans, cherry tomatoes, snap peas, vinaigrette or lemon and olive oil on the side, and a whole grain roll with a cheese slice.**
- **In a pinch, try one of the soups packaged in aseptic containers (boxes) such as Imagine or Pacific foods. Add beans and frozen vegetables such as peas, carrots, spinach, or broccoli for a bigger, more nutritious lunch. Have 2 whole grain crackers with a cheese slice on the side.**
- **A bowl of bean, meat, and vegetable soup with a fresh fruit for dessert; a yogurt for later afternoon.**

Recipes

Open-Face Tuna Veggie Melt From Clean Eating Magazine - (2 servings)

- 6 oz unsalted tuna in water (can or pouch), drained
- ¼ cup diced celery
- ¼ cup diced red onion
- 1 carrot, peeled and diced
- 1 small tomato, seeded and diced
- ½ Golden Delicious apple, diced
- 1/3 cup nonfat Greek-style yogurt
- 1 ½ tsp white wine vinegar
- ½ tsp dried oregano
- ¼ tsp parsley flakes
- 1/8 tsp ground pepper
- ¼ loaf fresh whole grain bread
- 2 thin slices tomato
- 2 1-oz slices Jarlsberg light or reduced-fat Swiss cheese

In a medium bowl, stir together first 11 ingredients (tuna-pepper) until well combined

Slice bread horizontally, making a top and bottom. Place both halves crust-side-down; divide tuna salad equally between the 2 halves and spread on to each. Top with 1 slice tomato, 1 slice cheese.

In an oven or toaster oven, broil topped bread halves on low for 5-10 minutes or until cheese is melted and slightly browned.

Per serving: 340 calories; 4.5 g fat (2 g sat); 35 mg cholesterol; 31 g carbohydrates; 41 g protein; 5 g fiber; 410 mg sodium.

Eggs on a Blanket of Rice From Today's Diet & Nutrition Magazine-(2 servings)

- 1 ½ cups cooked brown rice (leftovers work well)
- 1 tsp olive oil
- 2 Tbsp chopped fresh basil
- 1 Tbsp shaved Parmesan cheese
- Cooking spray (preferably olive oil spray)
- 2 eggs
- Salt and pepper to taste
- Optional: tomato, salad greens, steamed broccoli

In a small bowl, combine rice, oil, basil, and Parmesan cheese, mix well. Make two large, thick patties from the

mixture and set aside on wax paper.

Coat a large cast-iron skillet with cooking spray and preheat. Place the patties in the skillet and cook on medium heat for about 3 minutes until the undersides begin to brown.

Crack an egg on top of each patty. Cover and cook until the eggs are set.

Season with salt and pepper to taste.

Serve on a bed of spinach or salad greens with lemon, with sliced or roasted tomatoes, and a steamed vegetable such as broccoli.

Per serving (without additional vegetables): 265 calories; 9 g fat (3 g sat); 214 mg cholesterol; 34 g carbohydrates; 11 g protein; 3 g fiber; 116 mg sodium.

This Week's Assignment:

Calculating your ideal body weight

For men:

106# for the first 5' and 6#/for each inch of additional height

Count every inch above 5' and multiply by 6. Add this number to 106

Provide a range of 10% either way to provide a range.

For example, a man of 5' 11" will add (11" x 6) 66 to 106# for a mid-range ideal body weight of 172#

From there, adding and subtracting 10% (17.2#) gives a range of 155-189#

For women:

100# for the first 5' and 5#/inch for each inch of additional height

Count every inch above 5' and multiply by 5. Add this number to 100

-If below 5', subtract 2.5 for each inch below 5' and subtract from 100.

For example, a 5'4" woman will add (4" x 5) 20 onto 100# for a mid-range ideal body weight of 120#. From there, adding and subtracting 10% (12#) gives a range of 108-132#

My "Ideal Body Weight":

Keep in mind that this number is NOT individualized, it is just a tool to give you an idea what a generally healthy weight for your height is. It is not necessary to base your personal weight loss goal on this number if it is not realistic for you.

Calculating your Body Mass Index

- Multiply your weight in pounds by 703
- Divide that number by your height in inches.
- Divide the new number by your height in inches one more time.
- $\text{Weight} \times 703 / \text{height} / \text{height} = \text{BMI}$

My Body Mass Index: _____

Evaluating your BMI

- Below 18.5 = Underweight
- 18.5-24.9 = Normal
- 25.0-29.9 = Overweight
- 30 and above = obese

Start the weight graph found in the appendix

Physical Activity Goal Setting

Below, identify the benefits of increasing your physical activity, obstacles to being more active, and problem-solve solutions for the identified obstacles.

BENEFITS	OBSTACLES	SOLUTIONS

Next, identify sedentary behaviors and ways in which you can build more activity into your daily life; for example, getting off the bus on stop before, parking farther away than usual, taking stairs or walking around the room or in the hallway when talking on the phone.

BEHAVIOR	MODIFICATION

Identify signs or signals that will encourage working out; for example, moving the exercise bike from the garage to the family room or keeping your workout clothes/shoes visible.

Sticking to a workout program is easier if you have variety and structure. It's also easier to keep motivated if it's easy. Are there any parks, walking trails, or tennis courts in your neighborhood? Is there a YMCA or community center that offers classes? Identify any opportunities and resources.

If you are uncomfortable taking regular exercise classes, look for ones that are geared toward more overweight people and offer support for you in your particular stage of weight loss.

Do something fun! Exercise is not just going to the gym, it's playing with your children or grandchildren, or it could be taking walks with family members or friends. Perhaps you want to do a garden tour of the neighborhood or find a new walking trail. Go into the world and the great outdoors to explore what is out there and breathe the fresh air.

Maybe you just want to turn up the music and dance around the house; move your body in a way that is fun and rewarding.

Identify active behaviors that sound like fun:

Identify support people; friends, family, or groups that will be active with you and help keep you on track.

Measuring heart rate

- **Subtract your age from 220 then divide by 2 to determine a starting level.**
 - **If you are 40 years old: $220 - 40 = 180$**
 - **$180 / 2 = 90$**
- **You goal maximum heart rate would be 90 beats per minute**

Multiplying $90 \times .50 = 45$ beats/minute; this is 50% of your maximum heart rate. As your fitness level increases you may increase the intensity of your activity to 60 or 70% of your max heart rate. To calculate this, multiply your max heart rate by .60 or .70, respectively.

To measure your heart rate, place your right index and middle fingers lightly over your right carotid artery (start at your Adam's apple and move your fingers right toward the groove in your neck; you can feel it beating right under your jaw bone). Count the beats for 15 seconds and multiply by 4. The beats per minute are your heart rate.

My maximum heart rate:

50% of my max heart rate:

70% of my max heart rate:

In the appendix, you will find your weight graph and a physical activity log. On the graph, write in the date and then place a dot on the horizontal track where your weight falls that week. On they physical activity log, track what you accomplish each day and your thoughts and challenges around physical activity.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

- 1 _____
- 2 _____
- 3 _____

Behavior Contract

I, _____, as of
(date) _____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature _____ Date _____

Signature of Family Member or Friend

_____ Date _____

SleepApneaWeightLoss

Weight Loss Tips and Advice for People With Sleep Apnea

The Ultimate 3-Month Program to : Cut fat , Boost energy & EliminateYour Sleep Apnea

Lesson #4: Introduction to Meal Planning

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

Introduction to Meal Planning

Healthy eating takes some planning and forethought. But putting some extra effort initially into planning balanced meals is well worth it in the long run.

To get an idea of what balanced meals look like, first you should know what portion sizes are. Once you are familiar with portion sizes, you can begin to plan meals appropriate for your calorie level.

Get out the measuring cups at home and use them to serve meals; before long you will be able to eyeball portion sizes and use them as a guide when you are eating on the go or away from home.

Servings, or “exchanges”, make portions. For example, a serving of meat is 1 ounce, while a standard meal-sized portion is about 3 ounces. $\frac{1}{2}$ cup of pasta is a “carbohydrate exchange” or serving, and a general portion is about 1 cup.

Here are some standard serving sizes:

Carbohydrates

Grain/Bread/Starches

- $\frac{1}{2}$ cup cooked pasta
- $\frac{1}{3}$ cup cooked rice
- $\frac{1}{2}$ cup starchy vegetable such as potato, sweet potato, corn, or peas
- 1 cup winter squash (acorn, butternut, spaghetti, pumpkin)
- $\frac{1}{2}$ cup cooked beans, peas, or lentils
- 1 medium slice of bread, 1 ounce
- $\frac{1}{2}$ hot dog or hamburger bun
- $\frac{1}{4}$ of a large bagel
- $\frac{1}{2}$ of a 6" pita
- 1 small roll
- 1 6" tortilla
- 3 cups low-fat popcorn
- $\frac{1}{2}$ cup cooked cereal such as oatmeal or cream of wheat
- $\frac{3}{4}$ cup unsweetened cold cereal
- $\frac{1}{2}$ cup sweetened cereal
- $\frac{1}{4}$ cup low fat granola or muesli

One $\frac{1}{2}$ cup serving looks like $\frac{1}{2}$ of a baseball or a rounded handful

Fruit

Milk & Dairy

- 1 *small* piece of fruit, such as banana, apple, kiwi, or orange
- 17 grapes
- 12 cherries
- 1 medium peach
- 2 small plums
- 1 cup berries
- 1 cup melon
- $\frac{3}{4}$ cup fresh pineapple
- $\frac{1}{2}$ cup chopped or canned (unsweetened) fruit
- $\frac{1}{4}$ cup dried fruit
- $\frac{1}{2}$ cup fruit juice

A medium small-medium piece of fruit is the size of one baseball. $\frac{1}{2}$ cup of fresh or canned fruit is the size of a $\frac{1}{2}$ baseball or a rounded handful. A serving of dried fruit is the size of a golf ball.

- 1 cup milk
- 6 oz unsweetened yogurt

Milk products are considered carbohydrate because they contain a sugar called lactose. They also provide protein.

Carbs, as discussed earlier, are converted to sugar and used for energy or stored as fat. Monitoring carbohydrate intake and focusing on carbohydrate quality is a great way to assure you are eating in a way that supports a healthy weight. Carbohydrate quality refers to simple versus complex carbohydrates. Simple carbohydrates are sugars, flours, cold cereals, and other processed grain products. They tend to be nutrient deficient, and are absorbed and metabolized more rapidly than fiber-rich carbohydrates, and can cause spikes in blood sugar.

“Whole foods carbohydrates”, with their natural fibers intact, are considered “complex”. Foods such as whole grains (barley, brown rice, oatmeal, buckwheat, etc), starchy vegetables, beans, and fresh fruit don’t cause extreme spikes in blood sugar. They sustain your energy longer and supply important nutrients.

Most women should eat about 2-3 carbohydrate portions each meal, and men should aim for 3-4. For example, 1 sandwich made on whole grain bread with a piece of fruit and a yogurt would equal 4 carbohydrate portions. Looking for products with at least 3 grams of fiber is an easy way to assure you are choosing complex carbohydrates.

Protein

Meats and meat substitutes

- 1 ounce water-packed tuna or salmon
- 2 medium sardines
- 1 ounce white meat chicken
- 1 ounce luncheon meat
- ½ cup cooked beans, peas, or lentils
- 1 ounce lean ground beef or sirloin
- 1 ounce pork tenderloin
- 1 ounce cheese
- 1 egg
- ½ cup tofu

3 ounces of meat is a standard portion size, this is the size of a deck of cards or the palm of your hand. Avoid eating a piece of meat that is bigger than your palm. One serving of beans or tofu is the size of ½ a baseball

“Lean” and **“Very Lean”** meats include white meat poultry with no skin, fish and shellfish, certain cuts of beef, pork, and lamb, low fat cheese, and beans, peas, and lentils.

“Medium Fat” meats are meats and cheeses that contain about 5 grams of fat per serving, dark meat poultry, most beef products, tofu, and eggs.

“High Fat” proteins are pork ribs or sausage, regular cheeses, bacon, nut butters, and meats with about 8 grams of fat per serving.

Fats

- 1 teaspoon oil or butter
- 8 large olives
- 1 teaspoon mayonnaise
- 1 teaspoon flax oil
- 1 tablespoon salad dressing
- 2 teaspoons tahini (sesame seed paste)
- 1 tablespoon seeds
- ¼ cup nuts
- 1 slice bacon
- 1 tablespoon coconut milk
- 2 tablespoons half and half
- 2 tablespoons sour cream
- ¼ avocado

Vegetables

- ½ cup cooked or 1 cup raw of non-starchy vegetables

One cup of raw leafy greens is the size of a baseball or handful; ½ cup of vegetables is the size of ½ baseball or a rounded handful.

Current guidelines recommend 7-9 servings of fruits and vegetables daily. This sounds like a lot, but is easily met by assuring you have one or more portions of fruit or vegetable with every meal and snack.

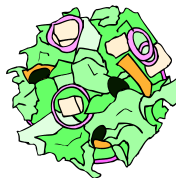
For example: 1 cup of berries on oatmeal in the morning, 1 small apple as a snack, 2 cups of lettuce with ½ cup cherry tomato as part of a lunch salad, and fresh veggies as a snack and/or at least 2 portions of vegetables with dinner.



1 cup berries



1 small apple



2 cups lettuce



½ cup tomatoes



½ cup carrots



1 cup broccoli + ½ cup mushrooms

We will discuss healthy fats and lean protein in further detail in week 5.

Using the Exchange List for Meal Planning

Foods are listed according to the serving sizes as above, usually measured after cooking (in the case of grains, beans, meat). Using measuring cups at first will give you practice to be able to “eyeball” what a serving looks like. This provides a basic guideline for planning meals based on calorie levels.

Group/List	Carbohydrate grams	Protein grams	Fat grams	Calories
CARBOHYDRATE GROUP				
Starch	15	3	0-1	80
Fruit	15	-	-	60
Milk				
• Fat-free or low-fat	12	8	0-3	90
• 2%	12	8	5	120
• Whole	12	8	8	150
Non-starchy Vegetables	5	2	-	25
PROTEIN GROUP				
Very lean-lean	-	7	0-3	35-55
Medium Fat	-	7	5	75
High fat	-	7	8	100
FAT GROUP	-	-	5	45

Calorie Levels

Calorie levels for weight loss range from 1200-2000 calories. A smaller, older woman who is sedentary to lightly active may set a plan based on 1200 calories while a younger male would aim for about 2000. Go to last week’s homework and take the high end

number from your calculated ideal body weight range. Multiply this by 9-11 and you will get a reasonable calorie level for weight loss.

For example, a woman who is 5'7" has a high-end ideal body weight of 149 pounds, multiplied by 9-11 gives a calorie range of 1300-1600 calories. You may find you need to increase this number by about 200 calories if you are very active.

Use the serving sizes, exchange list and calorie levels to plan meals.

Calorie Levels and Meal Patterns

	1200 calories	1400 calories	1600 calories	1800 calories	2000 calories
Fruit Servings	2	3	3	3	4
Non-starchy vegetable Servings	6	7	7	8	9
Protein Servings	7	8	9	11	12
Grain/Starch Servings	5	5	6	7	7
Dairy	1	1	1-2	2	2
Fat Servings	2-3	3	4	4	5

You may create meal plans based on any pattern that works for you. You can eat protein and fruit in the morning or complex carbohydrates and fat. Use the different servings as exchanges to create a balanced meal pattern, an example is below:

1600 calories

Breakfast

- 1 fruit, 2 starches, 1 dairy, 1 protein
 - 1 cup berries, 1 cup oatmeal, 6 oz plain yogurt (also provides protein)

Snack

- 2 servings vegetables, 1 serving protein, 1 fat
 - ½ cup each carrots and celery, 1 oz cheese (count regular cheese as a fat serving also)

Lunch

- 2 servings vegetable, 3 servings protein, 2 servings starch, 1 fat
 - Green salad with 2 oz chicken, ½ cup beans (starch & protein), 1 whole grain roll, and 1 Tbsp salad dressing or 1 tsp olive oil

Snack

- 1 serving fruit, 1 protein
 - 1 apple, 1 small handful of nuts or 1 cup of milk, yogurt, or milk substitute

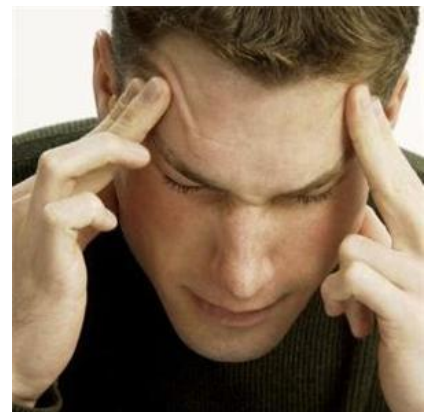
Dinner

- 3 servings vegetable, 4 servings protein, 1 serving starch, 2 fat, 1 fruit
 - 1 cup steamed broccoli + ½ cup cherry tomatoes, 4 oz lean meat, ½ cup cooked quinoa grain, 2 tsp olive oil for cooking and drizzling on vegetables
 - Fruit for dessert

Stress, Excess Weight, and Poor Sleep

Stress itself is not necessarily a bad thing; it was designed to be useful. It can provide an adrenaline burst and quick energy to power through a physical feat or meet a deadline.

We evolved with stress to provide us the energy necessary to run from a saber-toothed tiger or



otherwise survive. This is called the “fight or flight response”; we are prepared to either steel ourselves for a fight or hit the ground running.

Acute stress can be useful and should be short-lived. Unfortunately, most of us find ourselves suffering from chronic stress and not burning the energy we should be if we were physically reacting to a stressor.

If we are sitting at desk all day simmering in work or home life stress or rushing around in the car fuming at other drivers , our adrenal glands are releasing all the hormones to put us into that fight or flight without actually burning off any of the energy.

The most powerful of these hormones are cortisol and adrenaline. These hormones raise our blood sugar to provide energy, shut down the digestive system (the opposite of “fight and flight” is “resting and digesting”), encourage us to replete our nutrient stores after the immediate threat has passed, and to store excess energy as belly fat.

That means if we are under chronic, long-term stress our blood sugar is raised, our appetite is increased, and we are storing fat around our organs in the abdomen (known as “toxic” fat).

When faced with stress, our body needs a quick source of energy, and this can cause carbohydrate and sugar cravings. Often with chronic stress the time crunch can put us at an even greater disadvantage, we have less time for preparing healthy foods and can’t find time for exercise.

Overeating is a common emotional coping mechanism and chronic stress can cause us to turn to our best friend into our worst enemy when we are no longer able to handle the stress.

Sometimes excessive exercise can increase stress; if you’re worked up about getting to the gym on time or wearing yourself out with high intensity activity, you might be increasing your stress and



fatigue.

High stress can keep us up at night and affect our sleep, especially if cortisol is still running high throughout the night. Let's put this together: increased insulin, cortisol and blood sugar + carbohydrate cravings – energy expenditure – stress relief + abdominal fat + disturbed sleep = fatigue, weight gain, more stress.

There is no one pattern that defines everyone, some people are not as prone to stress or as reactive; people that report higher reactions to stress also have higher cortisol levels. Women have been shown to have higher cortisol and more sugar cravings when restricting calories. Skipping meals can be considered a stressor.

A significant part of the Weight Loss for Sleep Apnea program focuses on stress relief for emotional and physical health. We can't always change source of stress, but we can change how we react.

Certain things you can do to relieve stress are to not skip meals (this causes our adrenal glands to have to manage our blood sugar levels), find enjoyable exercise that is fun and makes you feel good, practice stress relief activities, and get good sleep.

In our over-booked and over-managed lives we get caught up in schedules and deadlines for everything. We have less and less "unstructured time" to just relax and be peaceful.

Try not to book every minute of your day and encourage yourself and your family to take time to sit and chat, enjoy a cup of tea, leaf through a magazine, or sit in the sun and watch the clouds drift by. Do not count sitting in front of the television or computer as "unstructured time", try to be gently engaged in the world around you.

This week's homework will get you started with practicing regular stress-relief activities. Even if you do not consider yourself a highly stressed person, practicing these activities will improve your mental, emotional, and spiritual health.

Intuitive Eating

Intuitive eating is based on knowing and understanding our bodies, nourishing ourselves when we need sustenance, understanding when we are truly hungry as opposed to just tired or stressed, and knowing when we are satisfied.

You may have been encouraged to clean your plate or have always dealt with loneliness or frustration by eating. You have learned the responses and you can unlearn them.

The first part of intuitive eating is to know what hunger feels like to you; do you get shaky, grumpy, or tired? Do you experience “stomach hunger” or get a headache? If you have a craving try asking yourself “Am I hungry? Is it time to eat? Would an apple satisfy me right now? What do I really want?”

Practice the following activities to develop an awareness of our hunger levels.

Hunger Levels

- 1. You are light-headed, shaky, and have trouble thinking or functioning**
- 2. You are hungry, tired, cranky, and irritable, but can make it to the kitchen for a bite**
- 3. You could eat, but won't die if you don't**
- 4. You are slightly hungry but might be uncertain if you really need to eat**
- 5. You have had enough and are satisfied**
- 6. You are full, but could eat more**
- 7. Your stomach feels as if it has stretched and you are somewhat uncomfortable**
- 8. You are full to the point of pain and regret eating so much**
- 9. You are in pain from being so full, you will need to be rolled away from the table**
- 10. Thanksgiving day full, you can't imagine eating again.**

Each time you experience hunger, practice the following exercises

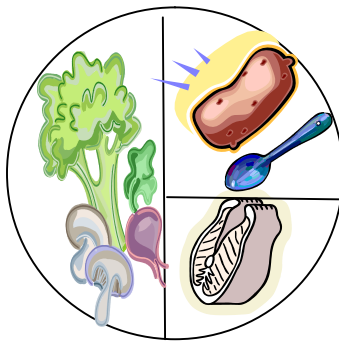
1. Before eating, measure your hunger from 1-10 according to the levels above.
2. Halfway through eating, stop and assess again
3. When you reach level 5 and are satisfied- stop. Push the food away and redirect your focus

Over time, this exercise will help you to gain a greater understanding of your own hunger and satisfaction levels.

Ideas & Tips

Simple Guidelines for Healthy and Delicious Meals

A healthy plate = vegetables + lean protein + complex carbohydrates + healthy fat. Focus your meal on vegetables, covering half of the plate with a colorful variety of cooked or raw vegetables. Lean protein is the next essential part and should cover 1/4 of the plate. Complex carbohydrates and healthy fats share the last 1/4 of the plate.



Mixed meals can be made with a variety of fresh, raw ingredients. You can easily create balanced meals from basic ingredients using simple flavor guidelines

Start simple with foods from each category: sweet potatoes (carbs), chicken breast (protein), spinach, red pepper, mushroom (veg), and avocado or Extra Virgin Olive Oil (EVOO) (fat) .

Use certain oils, seasonings, herbs, and spices to add flavor that brings together the basics deliciously. You can make marinades, salad dressings, or sauces; be creative!

ITALIAN

Try this one for a bean soup: garlic, thyme, marjoram, bay leaf, red chili flakes

Salad dressing or marinade: garlic, basil, lemon juice or balsamic vinegar, EVOO*, Dijon mustard

Also use: rosemary, oregano, parsley, shallots, red wine vinegar, pine nuts.

ROASTING FLAVORS

For vegetables or poultry: sage, rosemary, oregano, garlic, lemon, salt, pepper, EVOO

ASIAN

Dressings, tofu marinades, stir fries: Shallot, scallion, ginger, garlic, red chili flakes, cilantro, lime or lemon, sesame oil, coconut oil, rice wine vinegar, miso, tahini (best used cold in salad dressing or sauces).

LATIN FLAVORS

Use in sauces and salsas, dressings, marinades, beans, rice, and soups: Cumin, oregano, garlic, chili powder, lime, tomato paste or sauce, cilantro.

This Week's Assignment:

Continue your goal recording, weekly goal progress sheet, and physical activity logs.

Diet Diary

It's time to start a diet diary! There are certain behaviors that help people lose weight and maintain their weight loss; one of these is called "self-monitoring".

Diet diaries are useful for many reasons. You count calories, carbohydrates, or grams of fat. Tracking your emotions, moods, and energy levels can help you identify any emotional eating scenarios and how certain foods make you feel.

Some people record any physical symptoms (e.g. digestive or headaches) to determine if any foods might be problematic. Generally, keeping a food diary ensures you are paying attention, identifying problems, and can encourage healthier choices. Starting this week you will want to record everything that you put in your mouth for at least 3 days every week.

In the appendix are instructions for completing a diet diary as well as some basic forms. Some of the columns are flexible; as mentioned before you can determine what, besides food type and quantity, you are tracking and fill in the columns appropriately. You can keep paper or electronic records.

A Google Document is a great way to keep track online. The spreadsheets can be updated anywhere there is internet availability and are convenient for people with mobile internet capabilities.

Mindfulness Exercise

Put yourself in a quiet and pleasing space for this mindful eating exercise. You may dim the lights, light a candle, and set a nice placemat to enhance the aesthetic of the experience.

Get a small piece of chocolate, something like a Hershey's Kiss or small dark chocolate square. Put your chocolate on a small plate, walk yourself calmly to the dining table, and take a seat. With your Kiss sitting in front of you, look at it closely and ponder it. What is it made of? Where did it come from? How did it get here in front of you?

Pay attention to your thoughts around the chocolate, don't attach yourself to any of them, but be aware of what emotions or behaviors it might trigger.

Put the chocolate in your hand and feel the weight of it in your palm. As you start to unwrap it, be aware of how the wrapper feels and sounds. Take a deep breath and enjoy the aroma of the deliciousness emerging. Feel how the smell triggers your salivary glands.

Unwrap the chocolate and consider it again before putting it in your mouth. Don't chew; let the Kiss sit there on your tongue as the flavor and texture emerge. Let the chocolate slowly melt in your mouth and concentrate your attention on the sensory experiences and enjoy them fully.

When you are done, take a deep breath and have a moment of gratitude for the pleasure of the experience. In immersing ourselves and completely enjoying the moment, we are satisfied. Take the plate to the kitchen and move on to the next thing.

Stress Relief Activity

This week also starts your regular stress relief activity. Stress relief is different for everyone; some consider exercise to be a mood regulator, for others it might be a pedicure, facial, or hot bath. Spending quality time with friends and family is also considered to be beneficial for mood.

You may find that 10 minutes of meditation, prayer, or deep breathing daily is what works for you. Maybe it's unstructured time relaxing on the back deck, leafing through a magazine, sitting in the park, or playing with children or animals. Below, identify some stress relief activities that you can make a part of your regular life.

Here, again, 3 is the magic number. Make a goal to practice stress relief at least 3 times this week.

In the appendix, you will find a stress relief activity tracking sheet. So this week you are tracking and recording your goal setting, physical activity, food intake, and stress relief activities!

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

1 _____

2 _____

3 _____

Behavior Contract

I, _____, as of
(date)_____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature_____ Date_____

Signature of Family Member or Friend

_____ Date_____

Appendix: Instructions for Completing a Diet Diary

Recording is vital for successful treatment. It will help you identify exactly which aspects of your behavior you need to change, what situations and foods are problematic for you; it will help you make changes as well as clearly identify positive changes. At this stage you need to record everything that you eat and drink. You will need to carry your records with you. When you start a diet diary, try to be as detailed as possible about portion sizes and ingredients of mixed meals, and use the columns described below.

- **Column 1** is for noting the exact time of day you ate or drank a particular item. Write things down as soon as possible
- **Column 2** is for giving as accurate a description as possible of what was consumed. Record everything consumed. Identify meals with brackets.
 - Write in the amount of food you eat “Bowl of cheerios with a cup of milk and banana”
 - Use measurements such as: fluid ounces, cup, gallon, liter, milliliter; ounce-weight, gram; teaspoon (jam, butter), tablespoon, 1 slice bread
 - If you list something as a “cup” (coffee or tea), “glass” (milk, beer, water) estimate the size of the container. If you list “bottle” or “can”, provide the measure listed on the container (12 or 16 fl oz etc).
 - You may also write in the quantity when the amount is obvious: 1 hamburger, 2 apples, 3 small/large cookies, small/ large serving of McDonald’s fries
 - Include the brand names of foods you eat
 - Write in the contents when appropriate: instead of “vegetable soup”, write “soup with carrots, vegetable broth, onions”, etc.
 - Be as specific as possible with method of preparation: fresh, frozen, stewed, fried, baked, canned, broiled, raw, etc.
 - For canned foods, include the liquid in which it was canned: “sliced peaches in heavy syrup”, “tuna in water”
 - Remember to record the amounts of visible fats you eat or use in cooking: oils, butter, salad dressing, margarine, etc.
 - List any beverages not included with your meals in the “Food” category. Include amount of water, soda, coffee, etc throughout the day

- Place an asterisk in **Column 3** beside anything you ate or drank that you viewed as excessive. This should be your personal perspective, not anyone else's
- **Column 4** is for noting where you were at the time. If at home, please note the room.
- **Column 5** is for noting other points of relevance: thoughts or feelings, circumstances, or context in which the eating occurred. Please note your weight in this column once a week.
 - Write in your emotions as well as energy and stress levels. Chart your ups and downs during the day. Depict a picture of the ebbs and flows of your day. Try to correlate the entries with the times listed on the left.
 - Record your level of hunger/satisfaction before and after eating.
- **Column 6** is for either counting calories, taking note of any physical symptoms. How you fill out this column depends on your particular issues or goals.

SleepApneaWeightLoss

Weight Loss Tips and Advice for People With Sleep Apnea

The Ultimate 3-Month Program to : Cut fat , Boost energy & EliminateYour Sleep Apnea

Lesson #5: Healthy Fats

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

Healthy Fats

It's about time- fat phobia is out of fashion! It's time to enjoy the flavor and satisfaction fat provides as part of a balanced diet. Fats are an essential component of healthy meals and necessary for good health. Our body requires fats for healthy cell membranes, nervous system function, heart health, and to modulate inflammation.

Not only are fats necessary, they add flavor and texture to foods and help you feel satisfied! "Balanced" is the key word here, fat intake should be moderate and part of a varied, generally healthy diet. Focus on healthy fats in reasonable portions.

Guidelines

(based on a 2000 calorie diet, equal to the Daily Value on food labels)

- Fats are the most calorie-dense of foods, supplying 9 calories per
- 25-30% of total calories should come from fat. This is about 600 calories and 66 grams of fat.
- Less than 10% of this should come from saturated fat, 200 calories and 22 grams
- Consider your daily "fat budget" and spend it on healthy fats!

General Tips

- Aim to keep a healthy balance between omega-6 and omega-3 fatty acids. 4:1 is an ideal ratio; the typical modern ratio is 20 to 30:1! Too many processed vegetable oils (omega-6) can encourage inflammation.
- Avoid *hydrogenated oils* and artificial trans-fats! Many processed foods from deep-fried items to microwave popcorn contain trans-fats. According to the FDA, products with less than 0.5grams/serving can label their product "0 grams trans-fat"! Read the ingredient list thoroughly. If you avoid processed foods you can avoid artificial trans-fats.

- Fats are very sensitive and easily destroyed by heat and light. Buy cold-pressed oils in dark glass. Store away from heat sources and ideally in the refrigerator.

Types of Fat

Polyunsaturated Fats

These oils are liquid at room temperature and in the refrigerator

Omega-3 and omega-6 fatty acids are known as EFAs (essential fatty acids); they cannot be made in the body and need to be obtained through the diet.

Omega-3 fats are anti-inflammatory. Deficiencies are common; they are not as prevalent in the diet as omega-6. The long chain omega-3 fatty acids, EPA and DHA, are the most potent anti-inflammatory EFAs

- The body has varying degrees of efficiency in converting some of the shorter chain omega-3s (such as those found in flax and walnuts) to the longer chain ones (EPA, DHA)
- Long chain omega-3s, EPA and DHA, are only available from fish, shellfish, seaweeds, and eggs from chickens fed flaxseed.
- Omega-6 fatty acids are primarily sourced from vegetables and are found in oils, nuts, and seeds. In excess, these can lead to inflammation and heart disease.

Monounsaturated fats

- Liquid at room temperature and solid in the refrigerator
- Monounsaturated fats provide valuable nutrients such as vitamin E and selenium; they help prevent and treat chronic disease.

Saturated Fat

- Saturated fats are usually solid at room temperature. These fats are very stable and not easily destroyed by heat; they can generally be used in high heat cooking.
- These are probably the most controversial of all the fats they have been implicated in high cholesterol, heart disease, and cancer. However, they have also been shown to have certain health promoting properties.
- It is important to consider that because saturated fats are the most stable, they are the least likely to be damaged. This is especially important in the cell membranes. Saturated fats can stabilize cell membranes and should be included in the diet, though not in excess.
- Saturated fats are found in meat, milk products, butter, eggs, cocoa butter, palm kernel oil, and coconut oil.

Sources

- **Omega-3:** flax seeds, oat and wheat germ, walnuts, brazil nuts, pine nuts, pecans, and hemp and chia seeds , fish and seafood (salmon, anchovies, sardines, herring, tuna, whitefish, halibut, shellfish, roe and caviar), “grass-fed” beef, tofu and soybeans, mung and kidney beans, vegetables (purslane, spinach, leafy greens, endive, cauliflower, broccoli, leeks, pumpkin and squash, sea vegetables) and certain enhanced foods (omega-3 eggs, milk, buttery spreads and dressings).

When using nuts as a source of omega-3s, take into account that they also have a fairly high omega-6 content. Enjoy nuts, but eat plenty of flax, chia, and hemp seeds, seafood, seaweed, and vegetable sources of omega-3 fats. They have the most favorable omega-6: omega-3 ratios.

- **Monounsaturated fats:** olive oil, canola oil, hazelnut, almond, avocado. Olive oil has been popularized by the incredible health benefits of the Mediterranean diet. Cold-pressed extra virgin olive oil should be the primary oil of choice. Use it for low heat

cooking and as a dressing on raw or lightly steamed vegetables. Choose a cloudy and green-colored olive oil, these will have higher antioxidant content but are best used cold or at lower temperatures.

- **Saturated fats**: hold up well to heat and can be used for cooking. Sources are coconut and palm oil, cocoa butter, meat, and dairy products.

Cooking

- Some oils are not stable enough for cooking. All oils, when heated past their “smoke point” can oxidize and become unhealthy. High oleic vegetable oils (safflower, sunflower) hold up well to high heat.
- Unrefined oils are known as ‘salad oils’ and have a lower smoke point: unrefined walnut and olive oil, for example. They can be used in dressings, marinades, sauces, or light cooking. Unrefined safflower oil can be used for high heat cooking.

Cold preparation- Below 212°; do not heat

- Flax and hemp seed oils, unrefined olive oil

Low Heat Cooking - Below 320°; light sautéing, baking, dressings

- Pumpkin seed and extra virgin olive oils

Medium heat cooking - Below 375°; sautéing, wok cooking, baking

- Butter, canola, coconut, corn, sesame, grapeseed, peanut, macadamia, almond, and walnut oils.

High heat cooking - Below 500°; browning, frying, baking

- High oleic sunflower and safflower oils, soybean, rice bran, avocado, hazelnut, and peanut oils, ghee (clarified butter)

Calorie and Fat Budget

If your calorie goal is 1600 total calories, you would calculate about 480 calories coming from fat (30% of 1600= 480)

- 480 calories coming from fat is about 53 grams ($480/9=$ **53 grams total fat**).
Saturated fat grams should be 30% of your total fat grams.
- 16 grams of fat from saturated fat (30% of 53=**16 grams saturated fat**)
- 37 grams of the poly- and mono-unsaturated fats ($53-16=$ **37 grams other unsaturated fats**).

Look at your meal planning guideline from last week. Calculate your fat allowance for the day:

Total calories _____

30% of total calories = _____ calories from fat

Calories from fat /9 = _____ total grams of fat

30% of total calories from fat = _____ calories from saturated fat

Calories from saturated fat/9 = _____ grams of saturated fat

Keep in mind that fat in your diet will come from fat servings, meat and proteins, and dairy products.

Think about your calories and fat servings as a bank account. How do you want to spend it? Spend first where it really counts, choose healthy fats like the omega-3s and monounsaturated fats as listed above.

Eat almonds or pumpkin seeds as a snack, sprinkle sesame or sunflower seeds on your salad; put flax, hemp, or chia seeds in smoothies or on cereal, eat fish and seafood. Try to get your saturated fats from quality sources such as coconut oil, organic butter and dairy products, eggs, and high quality meats.

“Grass-fed” and “pastured” beef and pork have a healthier fatty acid composition than factory farmed or “grain-fed” meats. See if you can find a local rancher with a high quality product.

Lean Protein

Protein is an important part of a balanced diet, providing vitamins, minerals, and essential amino acids. Many people can benefit from eating less carbohydrate and more protein foods. Eating a healthy diet also means choosing wiser.

Many of the common meats are high in fat and calories which can contribute to inflammation and weight gain. Listed below are low-fat cuts of meat, how to choose meats in the grocery store, as well as vegetarian sources of protein.

LEAN= Less than 10g total fat, less than 4.5g saturated fat and less than 95mg cholesterol per serving.

Tips

- Buy organic poultry when able
- Buy lunch meats “Nitrate-Free” such as Trader Joe’s brands or Hormel Naturals. Avoid meats with “sodium nitrite” on the ingredient list
- Buy “Grass Fed” beef when able, this has a higher content of omega-3 fatty acids

- Some local farms offer grass-fed beef and pastured pork in bulk; you can store this if you have room or share ¼ or ½ cow with family and friends.
- Check percentages on ground meats, look for at least 90% lean
- Choose “Choice” or “Select” instead of “Prime” as this is higher in fat. Use prime cuts as an occasional indulgence rather than a regular option

Preparation

- Cut off any visible, solid fat from meat and poultry
- When roasting a whole chicken or turkey, leave the skin on during cooking but remove it and the fat underneath before eating
- Remove any visible fat from pork and beef before eating
- Use marinades. These tenderize meat and keep it moist, they can also enhance flavor lost from trimming fat. Try herbs and spices with wine, citrus, vinegar, or soy sauce. Marinades can also decrease the potentially harmful browning compounds from grilling and broiling.
- Low fat cooking: Grilling, broiling, roasting, sautéing, and baking. When cooking meat in the oven, place it on a rack in the baking pan so fat drips off
- Make soups or stews where you boil the meat a day ahead and refrigerate. As the food chills, the fat hardens and rises to the top. It can then be skimmed off. You can also do this with homemade soup stocks
- Drain fat: after cooking ground meat, drain the fat from the pan, rinse the meat with hot water, and dry with a paper towel
- **Watch your serving size! Reducing serving size reduces total fat, calories, and cholesterol. 3 ounces of meat, the size of a deck of cards, is an appropriate serving. This is equal to half of a standard chicken breast, one skinless chicken leg with thigh, or 2-3 slices of lean roast beef or other lean deli meat. ** Fill the rest of your plate with colorful vegetables and whole grains.
- Make 2-3 dinners each week meatless and use vegetarian sources of protein

Poultry

- Breast is the lowest fat, occasional dark meat is fine, always remove the skin

- Ground poultry can have as much fat or more than ground beef as it often contains skin and dark meat. Look for ground breast or “low-fat” ground
- Chicken or turkey- breast, ground, sausages
- Turkey bacon or low fat sausage (Shelton’s is a good brand)

Beef

- Look for “round, chuck, sirloin, or tenderloin”
- Eye, top, or bottom round roasts and steaks
- Round tip roast, round steak
- Sirloin Tip steaks and roasts
- Top sirloin steak
- Top/short loin (strip) steak
- Tri-tip roast and steak
- Tenderloin roast and steak
- Brisket
- Shank cross cut
- Chuck shoulder pot roast and steak
- Shoulder center steak
- 95% lean ground beef
- Flank steak
- London broil
- T-bone steak



Pork

- Boiled Ham
- Tenderloin and loin
- Lean, well-trimmed chops
- Occasional crisp-cooked, well drained bacon- preferable as a garnish or for flavoring

Lamb

- Well-trimmed leg of lamb
- Occasional lamb chop

Veal

- Top round
- Leg cutlet
- Chop

Buffalo

- Ground, burgers, franks, or steaks

Fish and Seafood

- Nothing breaded or deep fried
- Tuna packed in water
- Canned salmon and sardines are an easy, economical choice

Visit http://www.montereybayaquarium.org/cr/cr_seafoodwatch/download.aspx to obtain a safe seafood guide for your area.

Vegetarian Protein Sources

- Whole grains are a good source of protein, amaranth, quinoa, and barley are particularly good
- Eggs
- Nuts and seeds, including nut butters (almond butter) and seed butter (tahini or sunflower butter), chia seeds are a rich source of protein and healthy fat and can be ground and added to cereals, baked goods, and salads
- Seitan (commonly offered as a meat substitute in Asian food; this is gluten, only eat if you are not intolerant)
- Tofu, tempeh, edamame, soy milk and soy yogurt are good protein sources. Enjoy soy about 3-4 times per week maximum.

- Beans and lentils of all varieties
- Milk and dairy products, cow or goat: cottage cheese, yogurt, cheeses
- Low fat cheeses: part-skim mozzarella, string cheese, farmer's cheese, Neufchatel. Choose reduced-fat varieties of common cheeses- Cabot, Lifetime, and Laughing Cow are good choices. Instead of using cheese as a central ingredient, use it to accent dishes such as green or bean salads and pastas; aged cheese is more flavorful and a little goes a long way- sharp cheddar, Parmesan, Asiago, and Gorgonzola
- Protein powders: Avoid highly refined soy protein, choose Nutiva hemp or Life Time's Life Balance vegetable protein powders. Whey protein is also an acceptable choice.

Dinner in ½ hour

Dinner can often be the most challenging meal. After a long day of work and managing a household or family, it can be hard to prepare a healthy meal. And as is often the case, we have not eaten well earlier in the day and in our exhausted, starving state, head straight for the drive-thru.

With some pre-planning and a couple basic tips in mind, dinner can be easier than you imagined. You may want to make a week's worth of menus to simplify thing. Make sure to make enough to have leftovers for healthy lunches. Use the flavor combinations to guide your dinner meals or try some simple recipes.

You also may want to consider how you prioritize your time; preparing healthy meals (and cleaning the kitchen!) can take a little time. If a good portion of your time after work is spent in front of the television, think about getting your body up and moving around in the kitchen to make a nourishing meal for yourself and your family. Enlist family members to help and use it as an occasion for quality time. Below are some tips to make dinner time meals easier

- **Use canned beans or have cooked ones in the fridge ready to go**
- **Pre-cook a pot of brown rice or quinoa to make grain salads or heat up as a side**
- **Use pre-cut frozen vegetables such as squash, green beans, spinach, broccoli, and cauliflower; toss them in boiling water to heat through and there is your vegetable!**
- **Keep it simple; put the basics together for a complete meal. For example, whole grain pasta, white beans, sundried tomatoes, tuna fish, and spinach dressed with olive oil, lemon juice, sea salt, and perhaps some parmesan cheese. All you have to do there is boil water, open a couple of cans, defrost the spinach, juice a lemon, and toss!**

Recipes

Quinoa Minestrone Soup *From Clean Eating Magazine* **Makes (4 servings)**

- 2 tbsp olive oil
- 2 medium carrots, peeled and diced into ½ inch pieces, about 1 cup
- 1 cup fennel, diced into ½ inch pieces
- 1 cup red onion, diced
- 2 large garlic cloves, finely chopped
- 2 bay leaves
- 2 tsp fresh thyme, chopped (or 1 tsp dried)
- ¼ tsp fennel seeds, crushed
- ½ cup cooked cannellini beans (white beans, canned or cooked from dry)
- 2 cups tomato, chopped
- 1 cup fresh spinach cut in ribbons or ½ cup frozen, defrosted
- 1/3 cup uncooked quinoa
- 3 tbsp fresh basil or 1 ½ teaspoon dried
- 2 oz Parmigiano Reggiano, finely grated (about ½ cup), optional

In a large, heavy bottomed pot or Dutch oven, heat oil over medium heat. Add carrots, fennel, onion, garlic, bay leaves, thyme, and fennel seeds. Cook ,stirring often, until vegetables are tender, about 8 minutes.

Add 6 cups water, beans, tomatoes, and quinoa. Increase heat to high and bring to a boil. Reduce heat to low and simmer gently until quinoa is tender, about 20 minutes. Remove bay leaves and season with sea salt and pepper to taste. Stir spinach and basil into soup just before serving in warm bowls. Garnish each with 1 tbsp cheese, if desired.

Per serving (includes cheese): 274 calories; 10g fat; 2g saturated fat; 0 mg cholesterol; 38g carbohydrates; 4g fiber; 10g protein; 140mg sodium

Seared Scallops with Snow Peas & Orange

Adapted from Real Simple (Serves 4)

- 1 cup couscous
- 2 teaspoons plus 1 tablespoon olive oil
- 18 sea scallops (about 1 ¾ #; buy “dry” scallops, they are not chemically treated)
- Sea salt and black pepper
- 1 orange
- ¾ lb pound snow peas, halved lengthwise

Cook the couscous according to package directions

Meanwhile, heat 2 teaspoons of the oil in a large, nonstick skillet over medium-high heat. Pat the scallops dry, season with ¼ teaspoon each salt and pepper. Cook until opaque throughout and golden brown, 2-3 minutes each side. Transfer to a plate and cover to keep warm; wipe out the skillet

Using a vegetable peeler to remove 4 strips from the orange, thinly slice the zest.

Heat the remaining tablespoon of oil in the skillet over medium high heat. Add the snow peas, orange zest, and ¼ teaspoon each salt and pepper. Cook, tossing until snow peas are just tender, about 2 minutes. Serve with over couscous with scallops.

***The orange zest compliments a variety of vegetables such as green beans, asparagus or sugar snap peas; use shrimp instead of scallops.**

Per serving: 343 calories; 7g fat (1g saturated fat); 43mg cholesterol; 455mg sodium; 27g protein; 30g carbohydrate; 4g fiber.

Tuscan Lamb with Garlicky Tomato Sauce and Polenta

From Real Simple(Serves 4)

- 1 tsp olive oil
- 8 small lamb loin chops (about ¾ inch thick, 2 lbs total)
- Sea salt and black pepper
- 2 cloves garlic, sliced

- **1 28-ounce can diced tomatoes**
- **½ cup dry white wine**
- **1 tbsp fresh rosemary, or 1 ½ tsp dried**
- **¾ cup instant polenta**
- **1 tablespoon unsalted butter**

Heat oven to 400°F. Heat the oil in a large ovenproof skillet over medium-high heat. Season the lamb with ½ teaspoon salt and ¼ teaspoon pepper and cook until browned, 2-3 minutes each side; transfer to a plate. Discard all but 1 tbsp of drippings

Add the garlic to the drippings and cook, stirring until fragrant, 30 seconds. Add tomatoes, wine, rosemary, and ¼ teaspoon each salt and pepper; bring to a boil. Reduce heat and simmer until the sauce begins to thicken, 2-3 minutes.

Nestle the lamb in the tomatoes, transfer the skillet to the oven cook for 10-12 minutes for medium-rare

Meanwhile, in a medium saucepan, bring 3 cups water to a boil. Gradually whisk in the polenta. Cook, whisking frequently, until thickened, about 3-4 minutes. Whisk in the butter, ½ teaspoon salt, and 1/8 teaspoon pepper.

Serve lamb and tomato sauce over the polenta. Have a green salad with oil and vinegar or steamed spinach on the side

Per serving: 385 calories; 13g fat (5g saturated fat); 95mg cholesterol; 1143mg sodium; 32g protein; 28g carbohydrate; 3g fiber.

This Week's Assignment

Counting Carbohydrate

This week in your diet diary, you will be using Column 6 to count carbohydrate for each meal and snack you record. There are no hard and fast rules for carbohydrate grams unless you are diabetic, but we generally over-consume carbs at the expense of vegetables and proteins.

Monitoring your carbohydrate intake is a good way to measure how balanced your meals are. Going back to last week, you will remember that women should generally have from 2-4 servings of carbohydrate per meal (30-60 grams) and men will have from 3-5 servings per meal (45-75 grams).

Some people may choose to cut carbohydrate even further (1-3 servings per meal, or some carbohydrate free meals) to support weight loss. A good rule of thumb is to consume whole food, complex carbohydrates to maximize the nutrients and fiber while minimizing the effect of blood sugar spikes.

Meal Planning

Design a 3-day meal plan based on your calorie goal as determined in Week 4. Choose any meal pattern you would like, such as 3 regular meals, 3 medium meals and 1 snack, or 6 small meals. Use your exchanges and the appropriate serving sizes. Follow your meal plan for 3 days and record any experiences

Practice a stress relief activity this week.

Continue your diet diary, goal recording, weekly goal progress sheet, and physical activity logs.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

- 1 _____

- 2 _____

- 3 _____

Behavior Contract

I, _____, as of
(date) _____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My
Signature _____ Date _____

Signature of Family Member or Friend
_____ Date _____

SleepApneaWeightLoss

Weight Loss Tips and Advice for People With Sleep Apnea

The Ultimate 3-Month Program to : Cut fat , Boost energy & EliminateYour Sleep Apnea

Lesson #6: Optimal Health Through Diet

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

Stimulus Control

A stimulus is a cue that leads to behavior. The practice of “stimulus control” involves clarifying what social, environmental, or emotional cues may lead to undesirable eating habits. Keeping a food diary and practicing mindfulness are two ways to uncover what some of your most powerful stimuli are.

Weight loss is not about “will power”, but about problem-solving, planning ahead, setting yourself up for success, and avoiding temptation when you can. You may have already identified problematic scenarios such as the candy bowl in the office break room or sitting down with a bag of chips in front of the television.

Perhaps you have a friend or family member who you tend to indulge with, you are always turning into the ice cream shop on your way home from work, or you keep treats in the house for other family members. Visible and accessible food is the primary stimulus for uncontrolled or unplanned eating. You have probably already figured out that its best to keep chips out of the house, eliminating the stimulus that leads to eating half the bag.

You may ask your family members to get on board (at least inside the house) with the new healthy lifestyle plan and to enjoy their treats elsewhere. You don’t need to keep cookies in the house for the kids; they generally eat what is in the house and what they see you eating. Set healthy examples and they are sure to follow (eventually).

You may decide to keep a separate cupboard or drawer for the treats other family members enjoy and make a commitment to not ever open the drawer. Consider a dinner or social occasion for example; how can you avoid temptation and keep from stimulating your cravings? If you’re making a birthday cake for someone, make a type that is not your favorite, maybe make an additional treat that fits in with your plan such as fruit and yogurt parfait or low-fat oatmeal apple walnut cookies.

When hosting a dinner, be sure to provide plenty of low calorie, nutrient dense vegetables and use low fat, low calorie cooking techniques for favorite foods. If the

office candy jar calls your name, figure out how to avoid passing by. If the bakery is the stimulus, find an alternate route. If you're easily tempted when grocery shopping, first never shop hungry! Then, avoid the candy, chip, and bakery, sections of the grocery store to reduce your exposure to stimuli.

If you know that your cart is automatically carrying you toward the cheese samples, take control and change direction! Some other strategies include making sure you are not skipping meals to prevent craving and overeating later, to use smaller plates and bowls so moderate portions do not seem tiny, and to eat slowly to allow your satiety signals to develop. We are most likely to overeat or mindlessly grab something if we are hungry or feeling deprived.

Rewards

You should be **rewarded** for you **hard work** and your **successes**. How you feel and look as you progress along the program is a great reward. For those hard to reach goals or the times when you really push yourself to achievement, be sure to thank and reward yourself for a job well done.

In the past perhaps you ate ice cream because **"I deserve it"** or treated yourself to decadent dinner; now is the time to consider what healthy and beneficial ways you can recognize your accomplishments. Identify some rewards that you can use when you have met a big goal or met all your goals for the week on your goal tracking progress sheet. Perhaps you want to buy your self a CD, go see a movie, or get a manicure.

You may be saving to purchase a bigger item and you can put some money aside; maybe that bigger item is some new clothing to buy when you reach a certain weight. You can also use intangible rewards such as taking an afternoon off of work or an hour of quiet time away from the family.

Changing your Mind

We already discussed the “cognitive-behavioral cycle” and where to break the chains by trying new ways of thinking. Now its time to examine some automatic thinking habits that can get us into trouble and some conscious choices we can make to decrease stress and maintain positivity, compare the two lists.

AUTOMATIC THINKING HABITS

1. **All or nothing thinking:** You assess people and/or situations to be black or white.
2. **The cup is half empty:** You focus on what is negative, unwanted, or unpleasant; water the weeds.
3. **Discount the positive:** You reject or diminish positive experiences
4. **Jump to conclusions:** you expect the worst even when there is no evidence to support your judgment
5. **Mind reading:** Assuming someone is acting negatively towards you
6. **Fortune telling:** Assuming things will turn out poorly and expecting the worst.
7. **Should statements:** You tell yourself something “should” be a certain way or you “should” do something. This type of thinking is often unrealistic and idealized. When we try to mold the world to our ideas and expectations we end up disappointed, distressed, and anxious.
8. **Labeling:** Labels are usually based on jumping to conclusions and “should” statements, they make clear communication and understanding impossible
9. **Personalization and blame:** You blame yourself or others for negative situations and circumstances that are outside of your and their control.

CLEAR & CONSCIOUS THINKING

1. **Open to the spectrum:** Life is rarely all good or all bad. You are sensitive all of the possibilities and the shades of grey.
2. **See the whole picture:** You keep the negative event, quality, or problem in context.
3. **Affirm the positive:** You recognize and let yourself be nourished by the good things that happen; water the seeds of joy.

4. **Remain open:** You seek information and different perspectives and are open to the process.
5. **Seek clarification:** You are aware of your impressions and don't let them stand in the way of seeing clearly.
6. **Live in the present and be open to the outcome:** Be present with the current situation and stop yourself from living in the unforeseeable future. No one knows what tomorrow may bring.
7. **Choose priorities and accept limits:** You identify what is true, realistic, and important. You can weigh costs and benefits and make choices that support your well-being and priorities. Let go of the things over which you have no control.
8. **Seek understanding:** You realize that people are doing the best they can and come from a place of compassion to yourself and others.
9. **Assume appropriate responsibility:** You identify what is in your control and what can let go of that which is not. You recognize that others are not always in control of circumstances that surround them and avoid blame.

Emotions and Self-care

To be truly healthy, you will need to cultivate healthy emotions and assure that you are prioritizing caring for yourself. Taking good care of yourself does not mean that you neglect others, but that you are at your best and are able to truly relate to others from a place of peace and love. If we cannot love and care for ourselves, we are not able to really love and care for others.

There are a variety of emotions that can lead to overeating or other unhealthy compulsive behaviors. In this week's homework you will explore some emotions that can lead you to eat for comfort or relief and develop some alternatives for managing these feelings. Some feelings people experience related to food are anger, anxiety, sadness, fear, loneliness, disappointment, happiness, guilt and shame, and disappointment.

Think about what ways you use food to deal with difficult emotions, patterns that you have developed, and alternative coping strategies. For example, if feeling of isolation lead you to turn to your best friend a box of cookies, think about ways that you can

engage with other people such as volunteer activities, exercise or support groups, and learning experiences (community classes).

Don't wallow in negative emotions but come up with constructive ways to manage difficult feelings. Be honest with yourself and try to do what makes you feel good. Come up with solutions to effectively deal with emotions and start step by step to make behavioral changes. It is very important to not isolate yourself and to not be afraid to try new things.

Self-care is an essential component of a healthy life. Self care is caring for yourself wholly from the inside out.

- **Care for yourself emotionally by cultivating healthy perspectives through the strategies discussed such as stress relief and objectively problem-solving emotional situations without judgment.**
- **Don't indulge in negative or self-loathing self talk; replace cognitive distortions with clear thinking.**
- **Nurture your body with healthy food.**
- **Provide for unstructured time and enough hours for sleep**
- **Engage with others and be active**
- **Try different body care modalities such as massage, acupuncture, facials, and chiropractic care.**
- **Try supportive activity such as yoga, tai chi, or other activities based on deep breathing and stretching.**

Optimal Health through Diet

Inflammation and the Anti-Inflammatory Lifestyle

You've probably heard the word "inflammation" buzzing around these days; you may have wondered what it is, what are the effects, how to prevent it, and even "do I have chronic inflammation?" It is thought that long-term inflammation is central to many

chronic conditions including heart disease, pain and arthritis, psoriasis, cancer, Alzheimer's, autoimmune disease, inflammatory bowel diseases such as Crohn's and ulcerative colitis, premature aging, and many other immune system disorders.

Some chronic conditions such as diabetes and obesity can magnify an inflammatory tendency. Excess weight and inflammation are directly related, what is not so clear at this point is which came first.

Inflammation is a natural immune response to injury or stress, short-term inflammation has a valuable protective effect. The immune system, our body's defense mechanism, should be turned on when it is needed and be able to turn off when no threat is detected.

The immune system releases powerful chemicals to fight invaders; however, an imbalanced immune system overreacts and can result in a constant cascade of inflammatory factors.

A body always on the defense leads to the, long-term inflammation that breaks down healthy cells and taxes the body's energy and resources. To gain a better understanding of inflammation, think of it as a smoldering fire that gains momentum and slowly spreads, leaving damage and destruction behind.

What are the symptoms of inflammation?

- **Joints:** Aches and pains, swelling and stiffness
- **Respiratory:** Congestion, shortness of breath
- **Digestive:** Diarrhea , indigestion, excessive gas, heartburn and reflux
- **Immune system:** Frequent infections
- **Skin:** outbreaks, psoriasis, rosacea, and redness
- **Weight:** weight gain, difficulty losing weight, and obesity

What are the 5 main contributors to a compromised immune system and chronic inflammation?

- **Environmental toxins:** We are exposed daily to a vast array of compounds that our body must manage such as pesticides, food additives, solvents, cleaning products, cosmetics and personal care products, and heavy metals such as lead and mercury
- **Lack of sleep:** chaotic sleep patterns and lack of adequate rest stress the body and don't allow for down time to repair and regenerate.
- **Lifestyle factors:** Emotional stress leads to physical stress
- **Dietary factors:** Industrialized, processed foods devoid of nutrients and often containing excess sugars and “pro-inflammatory” oils and deplete our body's nutrient stores.
- **Poor digestion:** The majority of our immune cells are in the GI (gastrointestinal) tract. Imbalances in bacterial ecology (excess yeast, decreased probiotics), incomplete digestion, and food allergies can all compromise digestion and excessively stimulate the immune system.

What 5 lifestyle changes should I make?

- Stress reduction
- Adequate sleep
- Appropriate exercise and an active body
- For some people, excessive exercise can promote stress and tissue breakdown. Sometimes the stress of “having to get to the gym” and putting one more item on your to-do list can have negative effects. Walking, yoga, and just being more active in everyday life (taking the stairs, walking to the grocery store, getting unglued from the screen) can all have powerful, beneficial effects
- Enjoyment of life: Go outside to take a walk and breathe the fresh air, pursue a hobby or interest, spend quality time with loved ones, and otherwise enjoy the gifts of everyday. Remember, life is short and it's the little things that count!
- Clean out the chemicals: Constant exposure to chemicals and irritants can set the immune system into disarray. Short term chemical exposure can cause headaches, vision changes, nosebleeds, shortness of breath and fatigue. Long term exposure to “sick buildings”, pesticides, pollution, unfiltered drinking water, and chemical additives in food, personal care, and household products can lead the body to its “tipping point” resulting in conditions such as fibromyalgia and chronic pain, autoimmune disease, and

cancer. Try non-toxic and all natural cosmetics, shampoos and lotions, household cleaning products, get an effective water filter, prioritize your organic food purchases, and do a yearly detox diet to reset, restore, and revitalize.

What are the 5 main dietary changes I should make?

- **Fats:** An imbalance of omega-6 to omega-3 fatty acids promotes inflammation. Processed vegetable oils are the greatest source of omega-6s in our diet and our diets are often deficient in omega-3s. Omega-3 sources include fish and seafood, many nuts and seeds, meat and eggs from grass-fed animals, and greens and sea vegetables
- **Carbohydrates:** Simple carbohydrates, those that have a “high glycemic index” can promote the excess release of insulin, the storage of energy as abdominal fat, and resultant inflammation. The best complex carbohydrates are from whole grains, beans, and starchy vegetables. Visualize whole grains as they occur in nature, not as a marketing ploy on a food box.
- **Fruits and vegetables:** Color is key! Aim for a rainbow of fruits and vegetables daily; include greens, cruciferous vegetables (broccoli, cauliflower, Brussels sprouts), apples, pears, berries, and citrus
- **Clarify food sensitivities or allergies:** Food allergy testing or an elimination diet may be necessary to identify any reactions to food that may be encouraging an inflammatory response in the GI tract. Adverse food reactions and the problematic results can often be resolved with repairing the digestive tract and re-establishing a healthy ecology.
- **Support digestion with diet:** Eat plenty of soluble fiber (found in beans, oats, barley, apples, and pears) and probiotic and naturally fermented foods. Healthy bacteria are found in *real* yogurt, kefir, refrigerated cultured vegetables (sauerkraut, kimchee, etc), kombucha, and other fermented foods and drink.

Food as Medicine

Hippocrates, the father of medicine said “Let food be your medicine and your medicine be food”

Food is not only fuel and sensory satisfaction it is a powerful tool for optimal health and disease prevention. Food is information, what we put in our mouths provides macronutrients (such as anti-inflammatory omega-3s) and micronutrients (compounds in broccoli that support healthy liver function) that communicate with our cells.

The nutrients from our diet, or lack of, affect the ways our DNA is expressed. Healthy eating provides healthy information while depleted or processed foods provide warped information and compromise cellular health.

Take trans-fatty acids for example, they are rigid and malformed and when they are incorporated into our cell membranes they affect the way information is transmitted across that membrane.

Avoiding the majority of processed food and eating a whole foods diet rich in a variety of fruits, vegetables, whole grains, beans, and healthy fats will supply a variety of nutrients to direct your DNA in beneficial direction and keep your body healthy.

Food Preparation and Tips

Focus on Vegetables

Include a variety of vegetables in your daily diet. Choose seasonal vegetables and look for bright, fresh, and unblemished produce. Greens should have crisp leaves that are not wilting. Prolonged storage time can decrease taste and nutrient levels, so try to buy only the vegetables you plan to use within a few days. Keep a store of packaged or frozen vegetables to use when needed.

Vegetables should be stored dry and unwashed. Root vegetables do best in a cool dark place while other vegetables should be stored in the fridge. Wash vegetables well before cooking to remove dirt and pesticide residue.

Cook vegetables quickly as prolonged exposure to high temperatures can decrease nutrients; perfectly cooked vegetables are just brightened and maintain their structure.

How to include more Vegetables?

- Use a variety of vegetables for pizza topping: broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini
- Choose a wide variety of salad greens
- Make a veggie wrap with roasted vegetables and low fat cheese rolled in a whole grain tortilla
- Grill vegetable kabobs on barbeque days
- Add color to your salads with baby carrots, tomatoes, dark greens, snap peas, and radishes
- Fill an omelet with vegetables, make a hearty meal with broccoli, squash, pepper, tomatoes, spinach, and onion
- Add colorful vegetables to sandwiches: spinach, tomato, cucumber, red pepper, and sprouts
- Have plenty of fresh vegetables on hand for snacking, wash and cut some in advance for 2-3 days worth of easy to grab snack.
- Add grated vegetables such as carrot or zucchini to meatloaf, lasagna, mashed potatoes, and pastas.
- Top baked potatoes with steamed broccoli, cauliflower and salsa.

Recipes

Tender Spring Peas & Asparagus

From the Mayo Clinic Williams-Sonoma Cookbook Serves 6)

- 32 asparagus
- 2/3 cup water
- 1/3 cup vegetable broth
- 3 shallots
- 2 lb (1kg) fresh peas, shelled; or 10 oz (315g) frozen peas
- ¼ tsp ground pepper
- ½ red bell pepper, seeded, stemmed, and diced

Cut the asparagus into 1" (2.5cm) thick pieces

In a large frying pan over medium-high heat, bring the water, broth, and shallots to a boil.

Stir in asparagus, peas, and ground pepper. Cover and cook for 5 minutes.

Uncover, add bell pepper, and cook until the liquid has mostly evaporated, about 2 minutes.

Transfer to a bowl to serve.

Per serving: 79 calories; <1g fat; 4g fiber, 14g carbohydrate; 7g protein

Herbed Carrot and Beet Salad

From the Mayo Clinic Williams-Sonoma Cookbook (Serves 6)

- **8 carrots, peeled and shredded**
- **3 raw beets, peeled and shredded**
- **2 garlic cloves, minced**
- **1/3 cup coarsely chopped cilantro**
- **1/3 cup rice vinegar**

In a bowl, combine the carrots, beets, garlic, and cilantro.

Add rice vinegar and toss to mix well.

Cover and refrigerate for at least 1 hour to let the flavors develop.

Toss well before serving.

Per serving: 63 calories; <1g fat; 3g fiber; 15g carbohydrates; 2g protein

Exercise Tip

Use a pedometer! Counting the number of steps you take each day gives you an easy way to monitor your physical activity and a solid number to improve upon. A long term goal may be to walk 10,000 steps 4 days a week.

You can wear a pedometer to establish a baseline for how many steps you walk in an average day and work on setting a goal from there. Consider increasing your steps by 2,000 a day for one week. The next week you can incrementally increase by another 2,000 and continue from there.

This Week's Assignment

Identify 3 problematic stimuli

Identify 3 ways to avoid the temptation

Changing Cognitive Distortions into Clear Thinking

Pay attention to you automatic thought habits. When you catch yourself in a habitual reaction or judgment, use the following technique.

It is a more in-depth way of breaking the cognitive-behavioral cycle. For this week's homework, identify a cognitive distortion and work it through to clear thinking.

1. *Identify the automatic
thought*_____

2. *Before your mind creates a judgment or the worst possible scenario and your body reacts to the stress, stop. Be still.*
3. *Use your breath to bring you attention to the physical moment. Release physical tension and decrease your stress response with calming thoughts, and open mind, and deep breathing.*
4. *Passively observe your thoughts, don't attach to them. Think of them as clouds floating by in the clear blue sky of your peaceful mind. Observe your physical sensations and emotions without judgment; accept yourself as you are in this*

moment.

5. Reflect.

6. With a clear mind, create a positive alternative to the automatic thought

Emotional Eating Exercise

What are my trigger foods?

1 _____

2 _____

3 _____

What are my trigger moods?

1 _____

2 _____

3 _____

H.A.L.T. (Hungry. Angry. Lonely. Tired)

Never get too _____ or too _____

What are my trigger situations?

1 _____

2 _____

3 _____

Alternative strategies that I will try when dealing with difficult emotions

1 _____

2 _____
3 _____

Revisit Goals & Motivations

To keep on track, it is important to stay in touch with your ultimate goal and vision. Go back to Week 2 and spend some time with the original goals and visions you came up with. Record any revelations, changes you would like to make, and/or solidify your commitment below:

Follow the meal plan you designed in Week 5 for 3 days this week. You can make this one of your goals for the week.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

1 _____

2 _____

3 _____

Behavior Contract

I, _____, as of
(date) _____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature _____ Date _____

Signature of Family Member or Friend _____ Date _____

Continue your diet diary, goal recording, weekly goal progress sheet, and physical and stress relief activity logs.



The Ultimate 3-Month Program to : Cut fat , Boost energy & Eliminate Your Sleep Apnea

Lesson #7:

Healthy Eating for a Lifetime

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

Healthy Eating for a Lifetime

A healthy diet focuses on a variety of fresh- high quality, unprocessed foods. Eating should be about nourishment and satisfaction. Eating well does not include obsessively counting calories or fat grams but enjoying the flavor and experience of good food while appreciating the power of good nutrition.

Planning Ahead

As you begin to consider in greater depth how what you eat affects your individual health, you will begin to make healthier choices more often than not. Practicing moderation means not eating too little or too much of any food.

While you can still enjoy high-fat or high-calorie foods occasionally, the majority of your choices will be health-promoting. Variety means eating from all the different food groups and trying an assortment of foods from those groups.

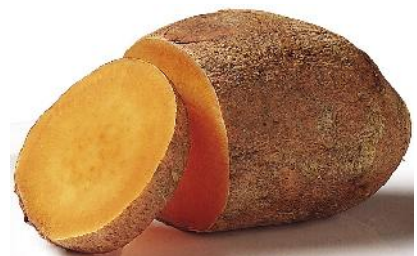
Having your children or other family members pick out new fruits or vegetables they want to try is a fun way to get more variety and get others involved.

Start to pay attention to what foods are in season; eating seasonally is delicious, fresh, and even economical.

Fall brings crispy apples and pears, hearty greens and winter squash are fresh in the colder months, spring is time for oranges and asparagus, and in the summer we can enjoy a bounty of fresh berries, soft fruits, lettuces, and squash.

Be realistic about your time; try not to over-extend yourself. If you get excited to try too many new things, you may complicate yourself and get frustrated. Often a simple meal is in order, so try to hone your simple preparation skills and practice putting together the basic ingredients.

For example, bake sweet potatoes and serve with, steam some frozen broccoli and bake seasoned



chicken or fish. As you begin to spend more time in the kitchen you will figure out what works for you and will develop some efficient methods.

Ideally you will enjoy the process of food preparation and find satisfaction in feeding yourself and your family well. Cooking together is a great family bonding experience; everyone can share their skills and ideas.

Having the basics at home is essential.

- **You can have canned beans in the cupboard or home-cooked beans in the refrigerator or freezer.**
- **Cook a pot of brown rice or quinoa and have it on hand for a hot side dish, grain salad, pita pocket filling, or to mix with veggies and top with a fried egg.**
- **Large pots of soup can make many a meal, serve for dinner, tomorrow's lunch, and freeze leftovers to provide a healthy option for lunch or dinner when you're not prepared to cook.**
- **Take advantage of the ease of frozen vegetables, buy them pre-cut and washed when you need to, and have a variety of fresh fruit for snacking.**
- **Make sure to have some basic on hand that you can throw into anything in a pinch- onions, garlic, lemon, dried herbs, fresh cilantro and parsley, and plain yogurt.**

Focus on the beauty of the meal. When planning a menu consider the array of colors, shapes, textures, and aromas. A variety of food is pleasing to the senses and nutritionally sound.

Practicing meal planning activities will help you develop habits to make sure you are eating a healthy balanced diet. You will start to think about how what you're making for dinner can be lunch the next day. While you're in the kitchen, consider if there is anything you should do to get ready for breakfast the next day or prep ahead for future meals. You can simplify with some basic principles:

- **Base breakfast on a whole grain and fresh fruit**
- **Dinner can be a whole grain or bean/legume, 2 vegetables (one cooked and one**

raw or one green and one another color)

- **Lunches are dinner leftovers with added fresh fruit or vegetables**
- **Snacking is simple, easy, and a small portion size- yogurt, fresh fruit, cheese and crackers, or a handful of raw nuts and dried fruit.**

Eating Out

GENERAL TIPS

- Carry healthy snacks with you when you travel
- Select your restaurant carefully, avoid restaurants that serve exclusively fried foods, “all you can eat”, or buffets
- Start with water or herbal tea
- Have a soup course first (avoid cream soups)
- Limit pre-meal snacks such as bread and chips; you can request that these not be brought to the table
- Order appetizers, soup , salad, a la carte
- Look for the menu option that has the most vegetables
- Try more vegetarian dishes; choose poultry and fish more often than red meat
- Order dressing, sauces, butter, condiments on the side or leave them off. Use pepper, lemon juice, and olive oil to season veggies
- Choose foods made with whole grains
- Set your fork down in between bites, enjoy your meal
- Avoid desserts, if you must-try berry and fruit dishes, angel food cake, low-fat frozen yogurt instead of ice cream, pie, cake, or cookies
- Stop eating when you are full-listen to the cues your body gives you

SUBSTITUTIONS

- Baked potato for French fries; add salsa, non-fat yogurt, or veggie chili
- Green salad (vinegar and oil dressing, lemon wedges) for creamy coleslaw or potato salad.

PORTION CONTROL

- Avoid menu descriptions such as jumbo, grande, supreme, king-size, feast, or combo

- Don't order king size cuts of meat, limit portion to 3-5 oz
- Ask for substitutions- instead of a side of mashed potatoes ask for extra vegetables (leave off the sauce or butter of course!)
- Take half to-go or share an entrée
- Order fewer entrees than the number of people and share family-style

COOKING TERMS

- LOW-FAT: Grilled, poached, roasted, steamed, broiled, stewed, braised, simmered
- HIGH -FAT: Fried or crispy, pan-fried, tempura, scalloped, gravy, buttered, creamed

SAUCES

- LOW-FAT: Marinara, Provencal, ginger soy, mustard wine, ratatouille, picatta, salsa, chutney
- HIGH-FAT: Cream sauces, alfredo, cheese sauce, au gratin, lemon butter, carbonara, hollandaise, peanut sauce, tartar sauce

LOW-FAT CHOICES

- Lemon juice, vinegars on salads & vegetables
- Salsa or vegetarian chili on baked potatoes

SALAD-BAR SAVVY

- CHOOSE MORE: Dark leafy greens, peas & beans, cubed ham or turkey, roasted chicken, marinated veggies, 3-bean salad, fresh vegetables, fresh fruit, low-fat cottage cheese
- LIMIT OR AVOID: Tuna, chicken, or seafood salad, potato and pasta salad, coleslaw, cheese, bacon bits, pepperoni & salami, croutons and fried noodles, creamy dressings, pre-dressed salads

BUFFET DINING

- Look over the entire selection before starting to fill your plate
- Start with a small plate and plan to visit the line twice
- Start with healthy, low-fat foods
- If you don't love it, don't take it. If you do take it, sit with it and own it before you dig in.

- Enjoy your food and relax between courses

FAST FOOD SURVIVAL

- Grilled or flame-broiled instead of fried, breaded, buttered
- Regular or Jr size portions
- No-frills hamburger: hold the cheese & bacon
- Lean roast beef on whole wheat-no mayo sauce or cheese, add some veggies!
- Choose ketchup, mustard, barbeque sauce instead of mayonnaise, sour cream, or special sauce
- Request half of the normal cheese on pizzas, more veggies!
- Avoid the extras such as garlic bread, fries, and shakes

Whole Foods

We have already touched on whole foods as eating this way is foundational for a healthy lifestyle. Ask yourself what a whole food is; what do you come up with? Can you imagine it growing? Is its source clear? An apple grows on a tree; where does a donut come from? Whole grains come from a field, where does a box of cereal come from? How many ingredients does the food have? A whole food has only one ingredient-its whole self.

It is not only part of a whole; consider orange juice vs. an orange or white flour vs. a whole grain such as barley. Try to choose packaged foods with 5 or less ingredients.

Superfoods

There is no one single food that has magical medicinal properties, eating a variety of whole foods assures that most food that goes on your plate has valuable health-promoting properties. Some foods that are particularly potent and well known for their health benefits include:

- Blueberries
- Apples
- Pears



- Almonds
- Walnuts
- Dark Chocolate
- Green Tea
- Sea vegetables such as kelp, nori, spirulina, and chlorella
- Broccoli
- Garlic
- Spinach
- Collard greens
- Shitake mushrooms
- Barley
- Turmeric
- Ginger



These foods are powerful anti-inflammatory foods and rich sources of antioxidants to help prevent cellular damage and pre-mature aging. The more colorful your diet is, the more varied anti-oxidant and anti-inflammatory compounds you are getting.

Food Preparation and Tips

Greens- Delicious, Nutritious and Easy to Love!

Greens are not just a garnish! They are overlooked and under-appreciated but offer many health benefits. There are numerous varieties with diverse flavors and they are easy to prepare.

Greens are nutrition superstars; they are excellent sources of fiber, vitamins, and minerals such as calcium, folate, and iron. They are full of antioxidants that protect the eyes, heart, and may prevent cancer.

When you fill up your plate with greens you can eat as many as you want for more of the good and none of the bad! Some varieties are spinach, kale, beet greens, collard and mustard greens, chard, watercress, arugula, and dandelion greens.

Selecting & Storing

- Look for crisp, green leaves without blemishes or discoloration
- To store greens, wrap them in damp paper toweling, then place in a perforated plastic bag and refrigerate. If the greens are purchased in good condition and if the paper toweling is kept moist, most varieties will keep one week.
- Mild-flavored greens like spinach, kale or chard can be steamed until barely tender. Stronger-flavored greens like collards, mustard or turnip greens benefit from longer cooking in a seasoned broth.

Cooking Ideas

- Greens are best when cooked until just bright green and tender, about 5 minutes. Sauté in olive oil or broth, add garlic, onions, lemon juice, or vinegar at the end.
- When selecting greens for cooking, remember they cook down considerably -- from one-quarter or more -- from their original volume. So purchase accordingly, i.e., 1 pound raw kale yields about 1 1/2 cups cooked kale; 1 pounds mustard greens yields 1 1/2 cups cooked greens.
- Add cooked spinach or kale to garlic mashed potatoes for flavor, color, & nutrition.

Easy tips for adding more greens to your daily diet!

- **Keep a bag of washed, ready-to eat baby spinach in the fridge.; throw a couple handfuls in almost anything!**
- **Each time you visit the grocery store try a new type of greens, buy a bunch you haven't tried yet**
- **Leafy greens can be added to almost any hot dish: Stir fries, casseroles, burritos, tacos, pasta dishes, etc..**
- **When heating up soup, chili, add chopped greens during the last 5 –10 minutes**
- **When bringing leftovers for lunch, throw raw, chopped greens on top; heating up in the microwave cools the greens just right and adds super nutrition!**
- **Try using darker greens on your sandwiches, add spinach to quesadillas**
- **Add volume & super nutrition to any savory dish with any variety of greens**

Add cooked spinach or kale to garlic mashed potatoes for flavor, color, & nutrition.

Greens Recipes

Garlic Sautéed Greens

From the Mayo Clinic Williams-Sonoma Cookbook (Serves 4)

- **8 cups chopped raw greens (about 2 bunches greens- kale, collards, mustard greens, etc)**
- **1 tablespoon extra virgin olive oil**
- **1 tablespoon garlic, minced**
- **½ teaspoon sea salt or tamari**

For greens with tough stems, cut the leaves away from the stem before washing. Wash greens carefully; fill the sink with cold water and submerge greens, if there is a lot of sediment- rinse and repeat

Heat the oil on medium-low heat in a 10-inch skillet

Add greens and stir to keep them moving; turn frequently so all greens reach the heat

After about 2 minutes, add the garlic

When the greens have turned bright green and begin to wilt, add the salt, continue to stir a few minutes longer, and serve immediately

Quick Boiled Greens (Serves 4)

- **8 cups chopped raw greens (washed as above)**
- **Optional garnish: lemon wedge, brown rice or apple cider vinegar**

Bring 2 quarts of water to a boil. Submerge greens. Boil tender young greens (watercress or escarole) for about 30 seconds. Tougher leaves (mature collards or kale), need to be cooked for 5-10 minutes. If you remove the greens too soon they will be bitter; however if they cook too long they will lose nutrients and have a flat taste.

Remove a piece and test every minute or so, you want a lightly wilted leaf with a bright green color and a succulent, sweet taste.

Pour cooked greens into a colander and drain, let cool, and squeeze out excess water with your hands. Chop into bite sized pieces; add garnish or dressings as you please. Use the cooking water for watering your plants!

Sesame Greens (Serves 4)

- **2 cups “Quick Boiled Greens” as above**
- **1 teaspoon brown rice syrup**
- **1-2 teaspoons brown rice vinegar**
- **1 teaspoon toasted sesame oil**
- **1 teaspoon hot pepper oil**
- **2 tablespoons toasted sesame seed**

Prepare greens

Mix syrup, vinegar, and oils together; pour dressing over greens, add seeds, and toss well.

May be served warm, room temperature, or cold

Dr Murray’s Greens & Walnuts

- **2 large bunches greens, washed, trimmed, and coarsely chopped**
- **2 tablespoon extra virgin olive oil**
- **1 cup diced green onions**
- **1-2 cloves garlic, chopped**
- **1 cup walnuts, coarsely chopped**
- **1 teaspoon balsamic vinegar**

- Lemon wedges

Heat olive oil and balsamic vinegar in a large skillet over medium-high heat

Add greens, green onion, garlic, and walnuts

Sauté until greens are softened and bright green

Serve with lemon wedges

***Walnuts are an excellent source of omega-3 fats, protein, vitamin E, calcium, iron, and zinc!**

This Week's Assignment

Setting Priorities

At this point you may be overwhelmed with information, forms to fill out, and goals to accomplish. This is a headfirst introduction to behaviors and habits that will stick with you for a healthy lifetime.

But how to decide what to do today and what can wait? Some days you may be frustrated with constant measuring portion sizes, preparing food, or exercising. Family members may beg and plead with you to go through the drive-thru or have cookies for lunch. You wonder if you really have the mental and emotional energy to ask your friends and family to support you and to continue with the program.

Every day we have a laundry list of chores and people to take care of. Put yourself and cultivating healthy behaviors at the top of the list right now; your health can't wait. It's the little choices you make every day that will add up to bring you to your ultimate goal. Consider that losing weight and keeping it off may never be easy, you are likely to struggle some every day with competing demands for your time or attention.

If you tend to be a people pleaser, you could find it increasingly difficult to not give people what they want. If what they want can compromise your progress, then learn how to say "no", or at least "not right now". If your kids are begging for ice cream or your spouse wants to eat your famous pasta with alfredo, you could use that as an excuse to fall off.

But in this program it is time to do away with excuses and live the way you truly want to live. It's not always easy to go out for exercise after a day of work, you may never find the time that seems right to ask for what you want, or you may find yourself too busy to record in your food diary. Think about making commitments to yourself to keep your health a priority.

At this point, you have probably identified some of your personal health priorities. Record some of them below such as "get at least 15 minutes of exercise every day" or "Eat more vegetables", or "Quit fast food"

Record demands for your time and attention that could compromise your priorities and daily goals. For example “I’m so rushed in the morning to get everyone out of the house that we end up eating at the drive-thru”, or “I’m too busy to keep food records”, or “When I get home from work I go to check my email and I end up sitting in front of the computer for an hour instead of exercising”

For each answer above, come up with a solution. For example “ I will wake the kids up 15 minutes earlier so we can enjoy a quick breakfast together”, “I commit to taking 2 minutes every time I eat to record my meal”, or “I will put on my walking shoes when I get home and only check my email after exercising”

Expand your Horizons

List 5 new foods you would like to try over the next 2 weeks; they can be vegetables, fruit, a whole grain, or bean you are curious about.

Part of caring for yourself is keeping engaged in activity and learning. Trying something that you may have been afraid to start in the past will be challenging, fun, and will give you a sense of accomplishment.

You'll probably come to ask yourself why you didn't try it sooner!

List 5 things that you would like to try within the next year. It may be learning to swing dance, trying water aerobics, putting together a full healthy dinner menu and serving it to friends, or learning a new skill.

Continue your diet diary, goal recording, weekly goal progress sheet, and physical and stress relief activity logs.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

- 1 _____
- 2 _____
- 3 _____

Behavior Contract

I, _____, as of
(date) _____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature _____ Date _____

Signature of Family Member or Friend _____ Date _____

The Ultimate 3-Month Program to :

**Cut fat , Boost energy &
EliminateYour Sleep Apnea**

Lesson #8:

The Sweet Life - How to Handle Sugar in Your Diet

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

The Sweet Life

As humans, we are hard-wired to crave sweet, calorie rich foods to maintain our energy stores in lean times. Thankfully, in today's world we are not often presented with the risk of not having enough to eat.

To our disadvantage, we are surrounded by an unlimited variety of sweet, high calorie choices and develop an almost insatiable appetite for overly sweetened foods. As we move towards a healthier diet, it is important to recognize that as we change our perspectives and our diets, our tastes will naturally change as well.

As you provide time for your taste buds to turn over (about 2 weeks), try to tune in to and appreciate the natural sweetness of fruits, whole grains, and other healthful treats. At times, a little extra sweetness is in order, and below are some tips and facts about the numerous sweeteners available to us in today's marketplace.

Avoid artificial sweeteners

- Aspartame (NutraSweet), acesulfame K, saccharin, sucralose (Splenda), neotame

Avoid High Fructose Corn Syrup

Sugar alcohols are minimally processed low calorie sweeteners occurring naturally in plant foods; they contain carbohydrates that are not readily absorbed. In some people, the unabsorbed sugars can lead to intestinal distress; however, in most people, moderate amounts can be used without side effects. Sugar alcohols (polyols) contain $\frac{1}{2}$ to $\frac{3}{4}$ the calories of sugar.

- **Xylitol**- can prevent tooth decay and often used in gum; 2.4 calories per gram
- **Sorbitol** is most likely to cause intestinal distress when eaten in amounts >20 grams per day; 2.6 calories per gram

- **Erythritol**- causes less intestinal distress and lower rises in blood sugar; 0.2 calories per gram
- Keep in mind that these are still processed, refined products and while they are a low calorie substitute for white sugar, they should be used in moderation.

Sugar has 4 calories per gram

Sucanat , other “**unrefined cane sugars**” (Rapadura, evaporated cane juice) , turbinado sugar, and brown sugar are still essentially sugar; they have slightly more nutrients as they are unrefined. The calories and the extent to which they raise blood sugar remain the same.

Alternatives to cane sugar

- Keep in mind that **agave nectar** and **honey** are **NOT low calorie**. They are absorbed slower due to their higher fructose content. Fructose is metabolized through the liver and excess amounts can lead to increased fatty acid production. These fatty acids can be stored as body fat and in the liver. Use in moderation.
- Raw unpasteurized honey is preferable as it is rich in enzymes and nutrients; it is a very nourishing food. Again, use in moderation if calorie control is your goal.
- **Stevia** is a natural plant extract, is calorie free, and does not raise blood sugar. It may have a slight licorice aftertaste. It works as a substitute for sugar in beverages and as a sprinkle. Please keep in mind that it is not absorbed in the human intestine and the metabolic effects of this have not been determined. Like anything, use in moderation.

Sweetener	Calories per teaspoon
Honey	22 calories
Agave Nectar	20 calories
Barley Malt	20 calories
Sugar	15 calories

Blackstrap Molasses	15 calories
Fruit Concentrate	14 calories
Sorghum	14 calories
Rice Syrup	13 calories
Date Sugar	12 calories
Maple Syrup	11 calories
Fruit juice concentrate	10 calories

For Baking and Cooking

- **Date Sugar** is ground, dehydrated dates
 - Does well in baked goods, though does not dissolve well in hot beverages.
- **Pureed Dates** can be substituted for sugar in a baking, they have a very sweet natural flavor
- **Barley Malt** is a complex carbohydrate sweetener made from soaked, sprouted, and cooked barley.
- **Rice Syrup** is made in the same way as barley malt.
- **Grade B Maple Syrup**
 - Can be used to sweeten beverages, hot cereals, and in baking.
- **Blackstrap Molasses**; the nutrient rich syrup is a byproduct of cane sugar refining
 - Rich in iron, calcium, potassium; can be used to sweeten hot cereals
- **Fruit juice concentrates**; thaw juice and use full strength as a thick liquid sweetener to replace sugar in a recipe.
- **Concentrated Fruit Sweetener**; a syrup of peach, pineapple, pear, and other fruit juices. Imparts a fruity flavor
- **Pureed Bananas**; substitute 1:1 cup sugar in recipes. Puree with a little water and blend until smooth. Bananas that have been pureed and frozen (thawed) are even sweeter.
- **Sorghum**; the concentrated juice of crushed and boiled sorghum stems, a relative of millet

Sweetener	Substitution Ratio for 1 cup sugar	Modifications
Brown sugar	1 cup firmly packed	No
Turbinado sugar	1 cup for each	No
Dried Cane juice, etc	1 cup for each	4
Date Sugar	1 cup for each	4
Stevia	¼ cup for each	“baking stevia” should come with a conversion chart
Maple syrup	¾ cup for each	1
Honey	¾ cup for each	1
Barley Malt or Rice Syrup	1 ½ cup for each	1,2,3
Molasses	1 ¼ cups for each	1
Sorghum	1 cup for each	1
Concentrated Fruit Sweetener	2/3 cup for each	1
Pureed dates	1 cup dates, pureed w/ ½-1 cup water for each	1
Pureed bananas	1 cup each	1

Modifications

1. When using a concentrated liquid sweetener in place of white sugar, reduce liquid content by ¼ cup; If no liquid is called for, add 3-5 tablespoons of flour for each ¾ cup of liquid sweetener.

When replacing a liquid sweetener with dry (date sugar for honey), increase the liquid content of the recipe by $\frac{1}{4}$ cup or reduce flour by 3-5 tablespoons

2. Some malted sweeteners may liquefy the consistency of a mixture; this is more likely if eggs are used. Boiling the malt syrup for 2-3 minutes and then cooling can prevent this
3. Heat thick syrups before use by setting the jar in hot water for 5-10 minutes (remember, do not add a cool jar to hot water, bring up to temperature slowly). Oil measuring utensils to prevent the syrup from sticking.
4. Dried or granulated natural sweeteners absorb liquid. Check your dough or batter for the appropriate consistency and consider adding an extra tablespoon of liquid or oil if it seems dry. Adding extra moisture is often necessary if you are using whole grain flours in place of white flour.
5. When baking with stevia, the bulk /consistency that sugar may need to be replaced. For every cup of sugar that is replaced by stevia, add $\frac{1}{4}$ to $\frac{1}{2}$ cup of applesauce, fruit pureed, or canned pumpkin

(adapted from Whole Foods Market "Guide to Sweeteners" and "Feeding the Whole Family" by Cynthia Lair)

Naturally Sweet Treats

Dried fruits (sulfite-free): *dates, figs, prunes, apricots, peaches, pineapple, mango*

- Trader Joe's has a great selection of all natural dried fruits. Figs and prunes are rich in iron, calcium, and potassium!
- $\frac{1}{4}$ cup is one serving; they are a concentrated source of natural sugars and can be high calorie!

Fruit Smoothies :

Use frozen or fresh and try different combinations! Add fresh fruit and ice for a delicious, refreshing treat. Kiwi and strawberry, mango and raspberry with fresh mint leaves, papaya, banana, and peach. Be creative!

Fruitsicles

buy Popsicle holders in almost any kitchenware section or store. Make “sicles” with just juice or try fresh fruit chunks mixed with a little water.

Creamy Orange Vanilla Pops *From Cynthia Lair*

$\frac{3}{4}$ cup orange juice, $\frac{1}{4}$ cup vanilla yogurt, 1 teaspoon vanilla; mix in a blender and freeze in holders.

Dark Chocolate-

If you must, enjoy a small serving (1-2 oz) of high quality dark chocolate with a cocoa percentage >60%.

Amazake

This is a brand of refrigerated rice shakes found in most places where natural foods are sold. It is a sweet and nutritious beverage. Like always, be sure to read the nutrition facts panel for serving sizes and enjoy one serving at a time.

Herbal teas

Celestial Seasonings makes a great selection of sweet and tasty herbal teas; try Sugar Plum, Apple Spice, or Bengal Spice

Pecan-Date Bon-Bons *From Jennifer Adler at Realize Health*

$\frac{3}{4}$ cup roasted pecans
 $\frac{1}{2}$ cup pitted, chopped dates
 $\frac{1}{2}$ teaspoon orange zest
Pinch of sea salt
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{2}$ -1tsp white miso
1 tablespoon maple syrup
 $\frac{1}{4}$ cup shredded coconut

Put all ingredients except coconut in food processor. Pulse until you have an evenly mealy texture. With moist hands, roll the mixture into 1-inch balls. Spread the coconut on a plate and roll each ball in the coconut, covering each one evenly.

Prep. time: 10 minutes, makes 8-10 bonbons

Remember..

it is ideal to move away from overly sweetened and processed foods and begin to learn to appreciate the natural flavors and sweetness of whole foods. Please enjoy the sweet things in life, but do so responsibly and with intention.

Are you Addicted to Food?

Trying to quit fast food or break a sugar addiction can be as difficult as trying to quit drinking alcohol or smoking. An addiction to food is eating compulsively despite the negative consequences and an inability to regulate intake or appetite in a sane way.

An addiction to food may be an actual physical response, a compulsion arising from cognitive distortions, or a little of both. What seem to be the main causes behind food addiction are regular consumption of high fat, high sugar, high salt foods such as fast food and using food to meet emotional needs without addressing the underlying issues.

In this case, there is a physiological response to the composition of the food as well as a lack of healthy coping mechanisms. If you experience any of the following, you may have addictive behaviors related to food:

- Eating in response to emotions
- Binges or secret eating behaviors
- Eating until all the food is gone
- Feelings of guilt and recrimination
- Denial
- Depression

Breaking the Cycles of Addiction

- Quit fast food. Standard fast food is specifically designed to have the perfect, irresistible ratio of sweet, salty, and fat flavors that affect our body chemistry. We become obsessed with the smell, taste, and mouthfeel of these “engineered” foods. They are designed to keep us coming back for more.
- Some people also need to work on breaking a sugar addiction in particular. The more we eat, the more we crave it. You would be amazed at the changes in energy and cravings you will see if you can get yourself off of sugar for even a couple of weeks.
- Practice self-awareness. This is what a food diary and the cognitive-behavioral exercises are for. Try to become aware of behavioral cycles and chains. Behavior is a result of a series of emotions and actions. Try to correlate emotional states with eating behaviors and work on developing healthy and constructive ways to deal with those emotions
- Try journaling. Not only are food diaries helpful, but journaling is a way to practice emotional self-awareness. As you go through your journey to wellness, journaling may help you identify emotional patterns and work through them in a practical way.
- Discover your reasons for overeating. Using food diaries and journals will allow you to uncover the true reasons why you turn to food. Are you lonely, stressed, frustrated, or exhausted? Once you have been honest with yourself about why you are eating to

excess, you can work on healing those emotions and changing your relationship with food

- View food as what it is. Food is a source of nourishment and energy. It is also a way to share and enjoy time with family and friends. What food is *not* is a friend, an enemy, nor a source of entertainment or comfort.
- Stay active and engaged in life. Isolation and boredom are two primary causes behind emotional eating. To break an obsession with food keep your mind and body occupied with things that feed your soul. Take up a hobby, try a new activity, join a group, live your life and satisfy all of your senses in a healthy way.

Beverages: Quench your Thirst Naturally

Sweetened beverages are a major source of additional calories in our diet. Our body does not recognize the calories we drink as contributing to our overall satiety. That means that we can take in an additional 150 to 400 calories without our body recognizing it as contributing to our overall calorie intake.

The sensation of chewing, the aromas and flavors, and the actual volume of real food itself stimulate the hormones that signal us when we are full; beverages do not decrease our hunger. Not only do sweetened beverages not satisfy anything besides a sweet tooth, but they set us up for more cravings. Liquid calories are rapidly absorbed into the blood.

They trigger the release of insulin (as you remember, this preferentially stores calories as fat) and can result in blood sugar fluctuations that promote more cravings. Weight loss is complicated; there are many factors and individual circumstances that must be addressed. What is clear is **DON'T DRINK YOUR CALORIES**.

Take the first step and quit sodas, sweetened beverages, and excessive juices. Do not replace these with artificially sweetened beverages. The goal is to balance your blood sugar and cravings, not contribute to more metabolic derangements. Replacing sugars with chemicals will do you no favors.

It's not just soda pop, but all sweetened beverages and juices. A typical 12 oz soda has anywhere from 40-50 grams of added sugars; a 15 oz bottle of cran-raspberry juice has 72 grams; 16 oz of Arizona iced tea has 50 grams; Sobe energy drinks have anywhere from 60-80 grams of sugar; VitaminWater has 33 grams; fruit juices have 40-60 grams of sugar per serving.

Current recommendations are for no more than 25-40 grams of added sugars daily. This means sugars added to foods and beverages. While juice contains natural sugars, they are highly concentrated and have all of the negative effects of too much sugar. In the United States, we used to drink a small glass of orange juice with breakfast, 4-6oz.

Now, we guzzle juice and sweetened beverages all day long. Fruit juice is not a replacement for whole fruits. Fruits are high in a sugar called fructose, without the benefit of fiber and other nutrients in a whole piece of fruit the fructose is preferentially stored in the liver as fat. In sodas (and other processed foods) high fructose corn syrup is thought to be a major culprit behind the increasing occurrence of non-alcoholic fatty liver.

If a beverage has to advertise its' health benefits such as "energy, focus, or immunity" the odds are that it is not something that is good for you. Not only do sweetened beverages and sodas contain too much sugar, they often have other additives such as artificial colors. If you do some sleuthing you may find alarming ingredients such as "brominated vegetable oil"; bromide is a toxic element that can interfere with iodine and the function of your thyroid.

"BVO" is found in Mountain Dew, other citrus sodas, and Gatorade. Keep in mind that Gatorade was designed primarily for carbohydrate replenishment for endurance exercise. It is more sugar and artificial additives than electrolytes. It is not an everyday beverage!

So what do you drink? Water and mineral waters- plain or with a squeeze of citrus, and unsweetened herbal teas.; some all natural, fresh juices can be beneficial when taken in small amounts such as fresh fruit and vegetable juices straight from the juicer. No

more than 8 oz (1 cup) per day is necessary unless you are juicing more vegetables than fruits.

You may use some all-natural, unsweetened, high antioxidant type juices for smoothies or to add to mineral water; look for “just juice” such as cranberry, cherry, pomegranate, or blueberry without any additives. For hydration when exercising or in hot weather try unsweetened coconut water or a fizzy electrolyte replacement beverage such as Emergen-C.

Rolling with Setbacks

Relapse

“Relapse” is defined as *“To fall or slide back into a former state.”* The definition says nothing about a relapse being a permanent state; it is only a setback. Do not treat relapses as the end but view them as a part of the natural course of your weight loss. They are a learning experience for developing or using problem solving skills, planning ahead, and cultivating inner strength

Part of successful weight maintenance is avoiding the “all or nothing” thinking as discussed earlier. There will be times when you stray from your plan or when you decide for some reason or another that it is worth it to treat yourself.

It is important during these moments to realize that that is all they are- just moments. A moment in time is not the end of your new plan nor does it change your long term goals.

If you do decide to indulge, use all the new skills you have developed in the past 7 weeks- choose wisely, consider your portion sizes, eat mindfully, and adjust your intake somewhere else during the day.

You may have a rough period of time and make some choices that make you feel as if you have failed. First you need to pay attention to your thoughts. What is your internal dialogue? What are you telling yourself? If you think you have failed or that you no longer have faith in yourself- change those cognitive distortions into clear thinking.

Negative thinking is not helpful, productive, nor realistic! Consider how many successes you have had and how far you have come. A rough couple of days are just that, a rough couple of days; it is not much time compared with what you have accomplished so far and how bright your future is. Get up, brush yourself off, give yourself a pat on the back and keep on going. Use productive and healthy ways to deal with negative emotions and defeating self-talk.

Special Situations & Planning Ahead

Vacations and holidays can be a major setback for even the most successful dieter. When we relax and decide to indulge our best laid plans can fall by the wayside. With some planning ahead and commitment you can turn these occasions into enjoyable times spent with family and friends and not view them as food danger zones.

First, spend some time visualizing your new self at the beach. You feel confident, comfortable in your body, secure in strength and decision making power, and looking good in your new wardrobe! Even if you're not quite there yet, imagine what activities you will be enjoying, what sort of meal and snack choices you will be making, and how your energy will be.

Consider what planning and problem-solving you will need to do to get there. Think about things that you will enjoy besides eating, ways to indulge yourself that feel good, and how you will treat yourself well.

Before you go on vacation, do some serious planning and problem solving. Do not be afraid to ask for what you need. If you are going to an all-inclusive resort or going on a cruise, find out what options are available to you beforehand and how the facility is

willing to accommodate your needs. If you are going on a road trip consider what snacks you will need to bring along to avoid fast food stops on long trips.

Remember, when eating out or faced with a buffet, always hone in on the low calorie items first and fill your plate with those. You may need to make a commitment out loud that you will only take one plate or that you will avoid desserts. Think about what other things you will use to occupy your time and attention.

During the holidays, be sure to plan ahead. Some things you can try are to not go to a party hungry or thirsty, don't linger by the food tables, alternate water with any other beverages you are drinking, find the low calorie items first, eat mindfully, and enjoy the social occasion without having to over-indulge.

For potlucks and other food occasions, be the one to bring a healthy choice. If you have a habit of giving baked goods as gifts and tend to treat yourself during these times, think of other things you can make and give to people. Get creative! Make homemade bath salts, cards, picture frames, albums, or small gift boxes. Try healthy treats such as homemade granola or the pecan date bon-bons.

Make a gift basket of healthy foods. If you find yourself the recipient of Christmas cookies, enjoy one or two of the ones you really, really love and give the rest away. Even throw them out if you have to! Reduce your temptation.

Buffer Zone and Red Flag Weight

When you have met your initial weight loss goal and are at a weight that you can live with for now, it will be important to determine what weight will signal that you need to hit the gym a little harder, find ways to adjust your diet again, or come up with some new problem solving techniques.

For example, if your ideal body weight is 130# and you have reached a your "weight you can live with" of 175#, you will likely continue to lose weight. You may decide that a good weight for you right now is between 160-170#; set a couple pounds above that

170# as your red flag weight. That means that if you see yourself hit that red flag weight - you know it is time to be stricter with yourself.

Maybe you were so pleased with how diligent you had been and how much weight you had lost that you got less thoughtful about portion sizes or working out, perhaps you let yourself indulge more than you would have. That red flag will let you know if you have become too complacent with your behaviors.

When you are in your weight maintenance stage and weighing yourself weekly you may have a buffer zone of 150-160#, that means you are most comfortable when you are 160# or below and the new goal “weight you can live with” that you are working toward is 150#. At this point, your red flag weight will have shifted to somewhere around 163# or so.

Developing buffer zones along your weight loss journey will signal you when you need to work harder to reverse small gains in weight.

Banking for Indulgences & Maintaining Balance

For the most part, you want to be consistent with your healthy eating and exercise patterns. Getting off yo-yo dieting means getting off of inconsistent behaviors. For example, if you may decide that you can indulge if you just work out harder or longer or restrict yourself further for the next couple of days.

If you can avoid extremes of indulgence and restriction, this sort of decision making can be helpful in the day to day as you will find you need to make choices and give and take a little here or there. What will not be helpful for you in the long term is trying to make up for poor choices with overly restrictive behaviors. It is important to make healthy habits a way of life and to be consistent with yourself.

The only way to develop long term healthy habits is to put them into practice on a regular basis.

Consider an occasion where you might want something that is off your plan. If you are going to hear a friend's live band and want to enjoy a beer like you used to or if you really want to have a slice of your aunt's apple pie- plan ahead! Eat lighter during the day, make sure you get a workout in, drink plenty of water, and eat a veggie-full dinner. Then fully enjoy that slice of pie or that glass of beer- consume it mindfully and with intention.

Your red flag weight can help you determine if it is a major problem to go to a party and enjoy a couple of treats that you otherwise would not. For example, if your red flag weight is 173 and you are at 169, you may decide you have some wiggle room to have dessert or miss a workout.

If, however, your weight is at 172, you will need to make sure you are on track and put into practice all of your visualization, positive self-talk, and problem solving skills before hitting the party.

No matter how you decide to manage the occasional treat, find balance in your life and stay true to your goals.

This Week's Assignment

Visualization

Think about holidays and vacations past. How did you feel, what did you wear? Were you able to participate in activities? Did you enjoy the moment or were you ashamed of yourself?

Consider an upcoming holiday or vacation. Visualize and record how you will look and feel, the healthy things you will do, and the positive choices you will make

Picture and write down difficult situations you anticipate and what healthy behaviors you will need to have in place. Be specific and fill in ALL of the spaces below with problems and creative solutions

What is your buffer zone now? What is the weight range at which you feel most comfortable? The high end of this weight will be your Red Flag Weight.

Revisit your pros & cons, motivations, and goals from the previous weeks. Write them down again for affirmation or if they have changed.

PROS OF BEING OVERWEIGHT	CONS OF BEING OVERWEIGHT
My vision is	<hr/> <hr/> <hr/>
My ultimate goal is	<hr/> <hr/> <hr/>

Reassess your motivations from Week 2

- What changes will you have to make?

- What will change if you lose weight?

- What do others think about your weight? Do they help or hinder your efforts?

- What else is going on in your life?

Continue your diet diary, goal recording, weekly goal progress sheet, and physical and stress relief activity logs.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

Behavior Contract

I, _____, as of
(date) _____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature _____ Date _____

Signature of Family Member or Friend

_____ Date _____

SleepApneaWeightLoss

Weight Loss Tips and Advice for People With Sleep Apnea

The Ultimate 3-Month Program to : Cut fat , Boost energy & EliminateYour Sleep Apnea

Lesson #9: Are You Toxic?

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

Are you Toxic?

Life in the 21st century is more hazardous than ever before; our daily lives are filled with chemicals in our homes, workplaces, air, food, and water. The food we eat, our use of stimulants, sedatives, sugars, and depleted, chemically processed foods, constant stress, poor digestion, and negative emotions wreak havoc on our bodies.

Most everyone can benefit from some form of detox. Detoxification itself is a relative term, for some, just drinking more pure water and increasing fruit and vegetable consumption will act as a form of supportive detoxing. For others, a more intensive program can provide a new sense well-being.

A detox program is a great way to jump start weight loss and can help identify foods that might be aggravating any physical symptoms. This program is not based on restrictive diets such as just fasting, raw foods, or lemon juice cleanses but emphasizes nourishing and supporting the body's innate healing potential to guide you on your journey to wellness.

Consider the questions below; if you answer yes to any of them, you are likely to benefit from a detox program. Keep in mind that not all of these conditions are a direct result of toxicity, but also likely related to a lifetime of poor nutrition. Detox may alleviate or eliminate any of these, but lifestyle change is crucial to lasting success.

- **Do have digestive problems such as gas and bloating, heartburn, bad breath, diarrhea, constipation, or IBS?**
- **Do have itchy skin, rashes, or hives?**
- **Do you have fatigue, poor concentration, irritability, or general malaise?**
- **Do you have allergies, asthma, frequent sinus or ear infections, or frequent headaches?**
- **Do you carry around extra pounds that are resistant to weight loss efforts?**
- **Do you have insomnia, hypoglycemia, dizziness, depression, or anxiety?**
- **Do you have joint pain, a stiff neck, backaches, or headaches?**
- **Do you have a frequent runny, itchy, or stuffy nose, excess phlegm, or watery eyes?**

- **Do you have a sore throat, wheezing, or frequent coughing?**
 - **Do you get colds or the flu easily?**
 - **Do you have high cholesterol or other fats in the blood or poor circulation?**
 - **Do you have environmental sensitivities?**
 - **Do you rely on caffeine or sugar to get you up in the morning and through the afternoon?**
 - **Do you drink unfiltered tap water?**
-
- **Do you often eat fast or processed and packaged foods?**
 - **Do you eat less than 7 servings of fruits and vegetables daily?**
 - **Do you use conventional personal care and cleaning products in the home?**

Why?!

Our bodies themselves produce toxins from normal metabolic functions; the simple act of creating energy through the metabolism of food generates “free-radicals” which if left unchecked can damage surrounding cells. “Anti-oxidants”, primarily from whole foods, are what neutralize the free radicals. When we overeat on a regular basis, we are creating excess free radicals that our body needs to use energy and nutrients to combat.

On top of that, nutrient deficient and toxic food can trouble and deplete the body further. Microbes, yeast, parasites and bacteria can all produce toxins that tax our health. If the bacteria in our gut are not balanced we may have an overgrowth of yeast or “bad” bacteria that produce metabolic waste products our liver must be able to neutralize.

Toxicity occurs when we ingest more than we can utilize and eliminate. A common pattern is over-intake with nutrient deficiencies (overfed and undernourished) and under-elimination (irregular bowels, not sweating through exercise, liver congestion). This provides a simple model to view symptoms and disease processes- congestion and excess coupled with deficiency.

We are inundated daily with toxins from our food and the environment (processed foods, additives and preservatives, household chemicals, air pollution and auto

exhaust, personal care products, plastics, heavy metals, pesticides, etc). While our organs, especially the liver, have very effective mechanisms for eliminating toxins, the systems are often overwhelmed.

Without proper nutrition to supply the necessary nutrients, our internal detoxification mechanisms cannot do the job demanded of them. Add the continual onslaught of environmental toxins to marginal nutrition and the body can reach what is called its "tipping point".

Often times stress or illness can push our bodies over the limit of what they can handle and we may end up with chronic conditions such as digestive disturbance, autoimmune disease, or frequent problems such as headaches, fatigue, weight gain, allergies, "brain fog", emotional disturbances, joint pain, rashes, and general malaise.

Inflammation and swollen mucous membranes or excessive mucous and congestion from toxic overload or reactions to food may be exacerbating your sleep apnea. The body sequesters toxins away in fat tissue as a protective mechanism; toxins and food sensitivities can lead to water retention and congestion that intensifies excess body weight. Obesity is closely related to toxicity, inflammation, and congestion. What is not so clear is which came first.

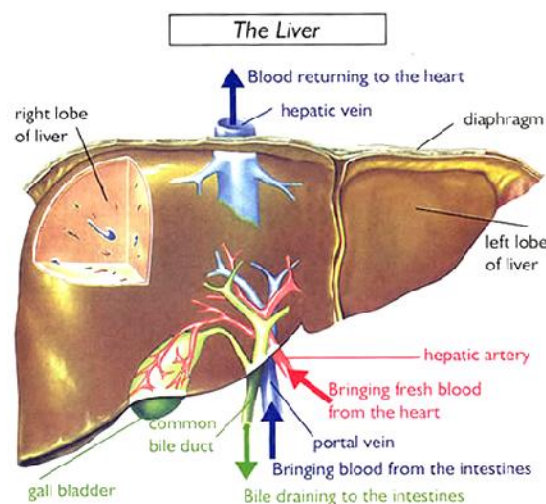
A carefully planned detox program can of course lead to weight loss and will also provide increased energy and productivity, clearer skin and eyes, more clarity and motivation, reduction of allergy symptoms, improved digestion, and anti-aging effects. A brief detox can give you more energy and clarity while a longer program can set the stage for a more balanced and health-promoting lifestyle.

A detox program is also a time for rest, introspection, and spiritual development, it is a time that allows us to care for and become more in tune with ourselves.

A comprehensive detoxification plan supports all of the systems of elimination:

- **Respiratory-** lungs, bronchi, throat, sinuses, nose
- **Gastrointestinal-** liver, gallbladder, colon, and entire digestive system
- **Urinary-** kidneys, bladder
- **Skin-** sweat glands, oil glands, and tears
- **Lymphatic system-** lymph channels and nodes

The liver is the primary organ behind detoxification as it neutralizes toxic substances and prepares them for excretion. Keep in mind the liver needs many nutrients to operate this system effectively; incomplete liver detoxification can lead to a build-up of progressively more damaging compounds.



Some effective detox programs are based around supporting and coordinating the phases of liver detoxification to assure adequate transformation and excretion of toxic compounds.

The liver sends the substances through the blood to the kidneys for excretion and also unloads waste through bile in the gallbladder for elimination through the digestive tract. If the bowels are not moving regularly, some of these toxins can damage the intestinal tract or be re-absorbed into the system.

The skin, our largest organ of elimination, clears toxins through sweating. The skin and sinuses also eliminate mucous and can manifest overload as acne, skin rashes, or sinus congestion. The lymphatic system teams up with the immune system to destroy pathogens and filter waste; it also removes excess fluid, waste, debris, and toxins. The

lymphatic system also aids the circulatory system to deliver nutrients, oxygen, and hormones.

Why a Burdened Body Holds on to Fat ?

Many of the toxins that we are exposed to are “fat-soluble”, that means that they are easily attracted to and stored in fat tissue. Storing toxins in fat is also a way for the body to store and sequester them away; excess body fat is a protective mechanism to keep toxins out of circulation.

Another aspect of excess weight is that toxins and reactive foods lead to tissue swelling, fluid retention (edema), and abdominal bloating. Inflammatory compounds disrupt our metabolism leading to hormonal imbalances, food cravings, and excess body fat. Edema can cause puffiness in the face, abdomen, buttocks, thighs and ankles.

It manifests as a puffy double chin or the dimpling of cellulite. A detox diet can decrease swelling, fluid retention, and bloating while setting the stage for steady loss of fat tissue over the long term.

Vibrant from the Inside Out

Our inner health is reflected in our outer appearance. When all organ systems are functioning optimally the skin is healthy and glows, excess fluid or dark circles under the eyes disappear, and the eyes sparkle with life and energy. Our skin, hair and nails are healthy when we have sufficient nutrients and our bodies are not overburdened.

When we care for and support the body we don't age before our time. A healthy body and a healthy mind are inseparable; when we heal the body and heal our emotions we manifest balance, energy, and healthy relationships. Prioritize and care for your unique self for this short time.

Renew, Refresh, Reset

The changing of seasons is a powerful time to undergo a detox. The longer days, sunshine, and blooming flowers of spring provide a supportive time for renewal.

Cleansing can be done any time of the year, though the changing of seasons provides a dynamic setting for transformation.

A warm weather cleanse would focus more on raw fruits and vegetables while a fall cleanse would involve eating more soups, squash, and dark leafy greens. Cleansing the mind of negative patterns is essential to health and physical detoxification. A detox program can uncover hidden frustration, anger, resentment and fear.

Part of a successful program is replacing these emotions with peace, forgiveness, love, joy, and hope. Emotional health is equally as important as physical health when changing our life using food as medicine.

Gentle relaxation exercise is essential. Yoga, promoting stretching and deep breathing is a great addition to a detox program. You can probably find a video at the library if you are not ready to try classes.

When undergoing your first detox program, try to take about 3 days free from work or obligations to allow plenty of time for rest and yourself to adjust to cleansing. Some people may experience headaches, fatigue, and body aches during the initial days as the body begins to readjust and release toxins.

It is best if you can rest as much as possible, the symptoms usually clear by day 3 and you will start to feel great! If you experience these symptoms try to avoid over the counter drugs; drink plenty of water and vegetable broths, use 500mg vitamin C twice a day, drink chamomile tea, and try to get hot Epsom salt baths or saunas to promote sweating.

Detox Meal Planning & Supplements

Aim for a 21 day detox diet; this can be a challenge the first time around, but commit yourself to these 3 weeks. Keep in mind that you will be preparing most all of your food at home. Take the next week to prepare and plan ahead.

The first phase of the diet involved cutting out the common allergens and irritants, processed foods, and the most congesting foods. Nutritious, whole foods should be consumed throughout.

	FOODS TO AVOID	FOODS TO INCLUDE
FRESH FRUITS & VEGETABLES <ul style="list-style-type: none"> • Include fresh and colorful fruits and vegetables at each meal. • Let the colors of the rainbow be reflected in your meals and snacks throughout the day • Eat half of your fruit & veg raw • Vegetable intake should be twice the amount of fruit 	<ul style="list-style-type: none"> • Avoid too many starchy vegetables such as potatoes, corn, and peas • Eat nightshades in moderation (tomato, potato, peppers, eggplant) • Choose fresh first, then frozen, avoid canned fruits and vegetables 	<ul style="list-style-type: none"> • Greens (kale, collards, chard, spinach, bok choy, mustard greens, watercress, arugula, salad greens, romaine) • Cruciferous (cabbage, broccoli, cauliflower, Brussels sprouts) • Root vegetables (sweet potatoes and yams, turnips, parsnips, rutabaga, beets, carrots) • Sea vegetables (wakame, nori, kelp, kombu, hiziki, dulse) • Berries, cherries (fresh or frozen), apricots, melon, plum, peaches, nectarines, oranges, tangerines, kiwi, prunes and other “sulfite-free” dried fruit. • Any fresh, delicious vegetables and fruit you want to try!!
CARBOHYDRATE <ul style="list-style-type: none"> • Eat whole grains as 	<ul style="list-style-type: none"> • Allergenic grains: For the first 2 weeks, avoid <i>all</i> gluten-containing grains 	<ul style="list-style-type: none"> • Brown rice, quinoa, millet buckwheat, corn, amaranth, teff; any

<p>cereal in the morning and as a side dish to main meals</p> <ul style="list-style-type: none"> • Try grain salads • Choose hypoallergenic, whole grain crackers, pasta, tortillas • Balance all carbohydrate with a protein source and vegetables or fruit 	<p>(wheat, rye, spelt, kamut, barley); you might include “gluten-free” oats.</p> <ul style="list-style-type: none"> • Refined carbohydrate: white flour, baked goods, sugar, corn syrup, honey • No artificial sweeteners! • Durum semolina, pasta, farina, many gravies 	<p>cereal, cracker, rice cake or bread made with these ingredients(cream of rice, quinoa flakes, nutty rice, rice cakes, rice bread, mochi, kasha, rice pastas)</p> <ul style="list-style-type: none"> • Sweeteners: molasses, Grade B maple syrup, <i>raw</i> honey, agave nectar
<p>PROTEIN</p> <ul style="list-style-type: none"> • Eat two to three servings of clean, lean protein each day • Include beans and raw, unsalted nuts, nut butters, and seeds 	<ul style="list-style-type: none"> • Avoid processed meats, high fat meats, pork that is not organic • Avoid “grain-fed” and non-organic meats • Avoid peanuts and any roasted, salted nuts • Avoid overly processed soy; stick to the occasional tofu, edamame, or tempeh. 	<ul style="list-style-type: none"> • Wild fish (salmon, halibut, cod), canned tuna, sardines, and salmon, organic poultry, grass-fed beef, New Zealand lamb, “all-natural” and “nitrate-free/uncured” meats may be used. • Farm fresh or organic eggs • Any and all kinds of beans, try a variety. Sprouted and/or well-cooked from dry is preferable; canned may be used in a pinch. Some canned lentil and split pea soups are good • Almonds, walnuts, cashews, macadamia nuts; sunflower (sprout or eat raw), pumpkin, sesame, flax, hemp, and chia seeds

DAIRY PRODUCTS <ul style="list-style-type: none"> Dairy products should be avoided during this time 	<ul style="list-style-type: none"> Avoid all milk and milk products (milk, cheese, butter, yogurt, sour cream, cottage cheese, whey, casein, sodium caseinate, calcium caseinate) 	<ul style="list-style-type: none"> Use unsweetened rice, almond, hemp, or seed milks When re-introducing dairy into your diet start with raw milk, cultured yogurt/kefir, or goat milk
FATS <ul style="list-style-type: none"> Buy “cold-“ or “expeller-pressed” oils in glass jars Store oils in a cool, dark place away from the stove 	<ul style="list-style-type: none"> Avoid corn or “vegetable oil” Avoid most margarines Avoid heating oils too much; don’t fry often, no deep frying. Steam, broil, or bake most foods; drizzle oil after for flavor 	<ul style="list-style-type: none"> Extra-virgin olive oil, sesame oil, safflower, sunflower, avocado, grapeseed, walnut, flax oils (don’t heat the last two), organic coconut oil and milk, avocados Some sunflower and safflower margarines are OK, avoid soy oil
BEVERAGES	<ul style="list-style-type: none"> Avoid soda, sweetened beverages and bottled or packaged juices Avoid coffee (even decaffeinated), tea (unless green, white, or herbal), and alcohol Avoid plain tap water. Purify your water; a Brita filter is good enough, though you may want to consider a counter-top system. 	<ul style="list-style-type: none"> Drink water with lemon, mineral water, herbal tea or fresh juice 1 small vegetable juice (carrot-beet, apple-celery-ginger, etc) or detox smoothie daily Herbal tea daily- Red clover and Nettle Ginger-lemon tea, try Yogi or Traditional Medicinals detox and liver support teas

OTHER

- Use sea salt, miso, and wheat-free tamari soy sauce
- Liver support foods: artichoke, beet, carrot, dandelion
- Avoid artificial colors and flavors, preservatives
- Avoid ketchup, BBQ sauces, most bottled salad dressings
- Sulfur-containing foods: onion, garlic
- Herbs & spices, fresh or dried
- Citrus and vinegars for flavor
- Dried fruit is a sweet treat. Try figs, prunes, dates, and apricots. Choose products without sulfites

Recommended Supplements

- **Soluble fiber to keep the bowels moving:** I recommend a soluble fiber such as psyllium husk, other soluble fibers, or “Paleo fiber”. You can also use aloe vera juice daily.
 - *Take fiber as directed, with plenty of water and on an empty stomach twice daily. You can add 1 tablespoon bentonite clay or olive oil to the fiber.*
- **Green Powder:** examples include Barlean’s Greens, Trader Joe’s Greens Powder, Vitamineral Greens, or Paleogreens.
- **Apple cider vinegar:** Buy a cloudy variety such as Spectrum or Bragg’s. Take 1 tablespoon in about ½ cup of water before meals.
- **Allergen free protein powder for smoothies:** Rice, Hemp, or bean and pea proteins such as Life’s Basics. Designs for Health offers a “PaleoCleanse” to provide protein and support liver detox pathways

Tips

- Start your day with 1 cup of hot water with the juice of ½ lemon and 2 pinches of cayenne pepper
- Take warm baths with Epsom salts or use them on a washcloth as a skin rub in the shower.
- Try your own “hydrotherapy” in the shower alternating hot and cold to stimulate circulation and the immune system. Also try this in a sauna alternating with cold showers.

- Try alkaline broth; try any combination of the following vegetables equal to about 1-2 cups: celery, green beans, spinach, zucchini, and parsley. Place vegetables in a soup pot with 1-2 quarts of water; bring to a boil and let simmer for about 45 minutes. Strain the broth or puree broth and vegetables together for a heartier “soup”. The broth can be kept for 3 days in the refrigerator; drink at least 1 cup/day.

Considerations

- Drink plenty of pure filtered water
- Use non-toxic cookware such as glass, stainless steel, cast iron, and ceramic. Avoid plastics as much as possible and never heat in plastic. Avoid microwave ovens.
- Skin brushing: To aid in lymphatic drainage, use a dry, natural fiber shower brush before showers, baths, or saunas. On dry skin, start at the toes and scrub upwards toward the heart

Resources:

-Bob’s Red Mill, for gluten-free and whole grain products

- www.bobsredmill.com

-Crystal Quest Water Filtration Systems for pure water

- www.crystalquest.com . Recommended: Crystal Quest Multistage PLUS

-Designs for Health for detox supplements

- <http://patient.designsforhealth.com/?partner=KATHLEENBUNDY>

Please contact Kathleen directly for a personalized plan, special needs, supplements, or further support

Smoothies

- **Detox smoothie:** Blend 1 apple and 1 pear (cored and cut into chunks), 1 cup water, the juice of 1 lemon, 1” piece of fresh ginger root, 5 leaves of kale and/or romaine lettuce (spinach also works!)
- 1 scoop protein powder, ½ cup frozen berries, ½ cup unsweetened rice milk, water and ice

- 1 scoop protein powder, ½ cup frozen raspberries, ½ cup fresh or water packed apricots, pinch of cinnamon, water and ice
- 1 scoop protein powder, 2 tbsp greens powder, 1 tbsp ground flaxseed, water and ice
- 1 scoop protein powder, 1 tbsp greens powder, ½ cup frozen mango, ½ cup coconut milk, pinch ground ginger, water and ice
- 1 scoop protein powder, 1 tbsp ground flax seed, ½ cup frozen peaches, ½ cup unsweetened almond milk, 2 tsp grated fresh ginger, pinch of cinnamon, water and ice.

Food Preparation Tips

- For delicious whole foods meals visit Whole Life Nutrition's website. They have online recipes and you can order a cookbook. www.wholelifefood.com.
- Batch cook whole grains and beans for salads or dips or to eat with steamed vegetables
- Cooks soups and stews with organic or homemade broths, these can be frozen.

Meal & Snack Ideas

- 1 cup cooked steel cut oats with berries, 1 tsp ground flax seed, and 12 almonds
- 1 cup Buckwheat hot cereal cooked with a diced apple, ½ cup unsweetened almond milk
- 1 cup "gluten-free" cereal with 1 cup unsweetened almond milk, 1 cup melon
- 2 slices "gluten-free" brown rice bread with 2 tbsp almond butter and a banana
- 3 oz "nitrate-free" deli slices, ¼ avocado, tomato slices, 2 slices gluten free bread or rice cakes
- 3 tbsp hummus, cucumber and red pepper slices, spinach, in a rice tortilla
- 4 oz "all natural" turkey with Dijon mustard, 2 cups spinach salad with olive oil vinaigrette
- Green salad with 2 tsp olive oil and lemon juice, sea salt, 4 oz of salmon (canned or baked), chopped yellow and red pepper
- 4 oz of broiled fish or other seafood, 2 cups steamed vegetables, 1 cup brown rice, olive oil and lemon
- ½ cup chicken breast salad with celery and "omega-3" mayonnaise wrapped in lettuce with shredded carrots and cucumber slices

- 4 oz fish or poultry with 1 cup steamed broccoli, 1 baked yam drizzled with olive oil
- 4 oz tofu marinated in lime juice, red chili pepper, fresh ginger, and “wheat-free tamari”, sautéed with onion, bean sprouts, red pepper, and snowpeas, ½ cup brown rice
- 1 cup brown rice pasta with vegetables and proteins
- 1 egg scrambled with vegetables, 1 cup quinoa salad
- 2 cups mixed vegetables and greens with ½ cup beans, 1 tbsp pumpkin seeds, olive oil and lemon juice, and 1 rice cake.

Exercise Tip

During this time, try not to push yourself with excessive exercise, but move your body every day in a way that feels good. This is a great time to start experimenting with yoga. Look for classes in your area that are targeted toward your experience level. You may find yoga for women or men specifically, yoga for “every body” or a beginner series aimed at those new to yoga.

Don’t be intimidated by experienced yoga practitioners “twisting in to pretzels” and think you’ll never be able to do it. Yoga is for everyone, it is not about the outcome, but about the moment, the experience you have in your body, the deep breathing, and supportive stretching.

Take a daily walk outdoors, stroll leisurely and take in the sights. Try to find a park or somewhere you can be close to nature.

This Week's Assignment

Plan a 1 week detox diet menu using the form on the next page; 2 days have been completed examples.

What supplements would you like to use during your detox? List them below and order or purchase this week

On a separate piece of paper, create a shopping list based on your diet plan , detox diet starts Week 10, be prepared!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 cup hot cereal with ¾ cup berries, ½ cup almond milk, ½ tbsp ground flax seed	1 cup fruit salad with cinnamon and cashews 1 slice rice bread with almond butter					
Snack	Detox protein shake	Detox protein shake					

Lunch	2 oz baked chicken ½ cup garbanzo beans 2 cups raw salad 1 Tbsp vinaigrette 2/3 cup brown rice with lemon and salt	2 cups white bean soup 2 cups salad with steamed broccoli and 1 Tbsp vinaigrette					
Snack	1 small apple and/or 1 handful almonds	Rice cake with apple butter, 1Tbsp pumpkin seeds					
Dinner	4 oz roasted lamb 1 cup roasted vegetables (Brussels sprouts,	4 oz fish Steamed asparagus 1 cup baked butternut squash with sautéed mushrooms					

Continue your diet diary, goal recording, weekly goal progress sheet, and physical and stress relief activity logs.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

1 _____

2 _____

3

Behavior Contract

I, _____, as of
(date) _____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature _____ Date _____

Signature of Family Member or Friend

Date _____

Below are some recipes for breakfast grains and healthy desserts. When enjoying whole grains and healthy desserts, always pay attention to portion size. If you are cooking breakfast for one, you can prepare the entire recipe and refrigerate the remaining cooked portion for the next day. *See Week 11 for tips on cooking beans, fresh juice ideas, and recipes.*

DETOX DIET RECIPES

Three Grain Morning Cereal

1 cup brown rice

1 cup millet

1 cup quinoa

OR

Substitute 1 cup cashews for any of the above grains

Rinse grains (and nuts) well and soak overnight. Leave draining in a fine strainer for the day.

Preheat oven to 350°; spread grains on cookie sheet and toast until they are lightly browned and give off a nutty aroma (10-12 minutes)

You may grind the grains for each use in a small electric grinder (commonly used for coffee) or you may grind the batch all at once. Either way, store the grains in the freezer

Serving for one:

½ cup toasted dry cereal mix

1 cup water

½ teaspoon salt

Bring ingredients to a boil, turn heat to low and allow to simmer until liquid is absorbed (7-10min)

Add:

1 tsp molasses or maple syrup as a sweetener

½ - 1 cup frozen, fresh, or home-canned fruits

1 Tbsp nuts or seeds

½ - 1 cup milk alternative

Amaranth Breakfast Cereal Makes (2 servings)

1 cup amaranth grain

2 cups water

1 pear, chopped

In a small saucepan, bring the amaranth, water, and pear to a boil. Lower heat to simmer, cook for 20-30

minutes until water is absorbed. Top with maple syrup, vanilla, or rice milk. Add pumpkin seeds or almonds for additional protein.

Strawberry Nut Ice Cream

Makes (4 servings)

1 cup raw cashews, soaked for 8 hours

1/3 cup dates, pitted, chopped, and soaked for 8 hours (add water to just cover)

2 cups strawberries, frozen or fresh

½ teaspoon vanilla extract

1 frozen banana

Drain cashews. Place in blender with dates and their soaking water; blend until creamy. Add the remaining ingredients and blend well. Pour into 4 individual dessert cups and freeze for 1 hour.

Pear Crisp

Makes (9 servings)

1 cup flour (rice, amaranth, millet, or other “gluten-free”)

½ tsp salt

¼ cup safflower or sunflower oil

¼ cup maple syrup

1/3 cup chopped cashews

2 Tbsp water

2 Tbsp maple syrup

2 tsp vanilla extract

5 cups sliced pears

Preheat oven to 350°F. Mix flour and salt in a bowl; add oil and maple syrup, mix well. Stir in nuts and set aside. In a small bowl, combine water, syrup and vanilla; set aside. Slice fruit and place in a lightly oiled pie pan or 8”x8” baking dish. Pour liquid mixture over fruit and toss gently. Spoon the flour-nut mixture evenly over the top of the fruit. Cover and bake 45 minutes. Uncover and bake 15 minutes until topping is browned

Rice Pudding

Makes (4 servings)

1 cup cooked brown rice

1 cup rice or almond milk (can substitute ½ cup of milk with ½ cup coconut milk)

1 Tbsp maple syrup

1 tsp vanilla extract

Place cooked rice in a saucepan with the milk. Heat and simmer on medium-low until most or all of milk has absorbed. Remove from heat; add maple syrup and vanilla. If consistency is too hard, add more milk and return to stove.

To make with uncooked rice, and 1 cup uncooked rice with 2 cups milk and 1 cup water. Cook like regular rice. When rice is cooked (~45minutes), add maple syrup and vanilla, mix well.

Raw Fig & Date Bars

Makes 16 servings (158 calories, 9.5 grams fat, 19 g carbs, 4 grams fiber, 2 grams protein)

2/3 cup dried figs

2/3 cup dates, pitted

1 Tbsp lemon or orange juice

1 Tbsp raw honey or maple syrup

1 cup pecans

½ cup almonds

½ cup shredded coconut (you can dry toast in a pan for more flavor)

4 large dates, pitted

½ tsp cinnamon

1 pinch sea salt

Place first four ingredients in a food processor and blend to a paste. Set aside

Process pecans, almonds, coconut, cinnamon, and salt in a food processor until coarsely ground. Add dates one at a time and mix until it starts to stick together.

In a small square baking pan, arrange half of the crumble as a base. Spread all the fig/date mixture on top and sprinkle with the remaining crumble on top. Press layers together with the back of a spoon and cut into squares.

SleepApneaWeightLoss

Weight Loss Tips and Advice for People With Sleep Apnea

The Ultimate 3-Month Program to : Cut fat , Boost energy & EliminateYour Sleep Apnea

Lesson #10: Starting Your Detox Diet

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

The Detox diet starts this week and will go through Week 12. You should have already purchased any needed foods or supplements (for example, fiber and greens powder).

Is the Food you Eat Making You Sick?

- Do you often feel unusually tired or bloated after eating?
- Do you have reflux, indigestion, or gas?
- After eating, do you experience a stuffy, itchy, or runny nose and watery eyes?
- Do you have water retention in your hands, feet, or face?
- Do you have asthma, allergies, frequent infections, or headaches?
- Do you have insomnia, joint pain, or skin problems?
- Do certain foods seem to affect your mood?
- Do you have strong cravings for certain foods?
- Does eating your favorite food relax you and improve your mood?
- Do you eat mostly the same type of foods every day?
- Do you crave and eat foods that you know don't agree with you?

If you answer yes to 2 or more questions, you may have a food sensitivity that could compromise your weight loss and wellness.

Food Allergies, Sensitivities, and Intolerance

Food allergies and intolerances are becoming more common in today's world. Part of the increase is because of increased awareness of how food affects us. We are also more prone to allergies as our food becomes more processed and our digestion suffers. About 70% of our immune system is associated with the gut; that means when we have imbalances in digestive health, the immune system is affected.

When poorly digested proteins make contact with the immune system, it can mount a response to what would otherwise be a safe food. The immune system is designed to protect us by responding to what it sees as foreign, it is a complex system and can react

using many different pathways. An allergy or sensitivity occurs when our immune system recognizes a component of food as “other” instead of “self”.

The immune system reacts mostly to proteins. Genetically modified and highly processed foods create simplified and unusual proteins that are not familiar to the immune system and can cause a reaction.

Food Allergy :

A true allergy to food is defined as a histamine-mediated reaction to a protein in foods. It happens immediately after ingestion of the food and manifests most frequently as wheezing, anaphylaxis, tongue or mouth swelling, or hives. This reaction is similar to the sort seen with bee stings, peanut allergies, and seasonal allergies. Tingling of the mouth and lips most commonly seen when eating a fruit or nuts is called “oral allergy syndrome”

Food Sensitivity :

Food sensitivity is an immune reaction to foods that is not an immediate hypersensitivity reaction as seen with a true food allergy. A reactive food will promote an immune response leading to inflammation and “immune complexes” that can deposit in joints and small blood vessels leading to further irritation.

Food sensitivity is a “delayed” immune response to proteins in food. Symptoms may manifest up to 72 hours after ingestion of the food and be anything from brain fog and fatigue to skin rashes and digestive problems.

Food Intolerance :

food intolerance is a non-immunologic response to food. The most common intolerance is lactose intolerance. As a result of having insufficient lactase enzyme to digest the lactose sugar in milk, after ingestion of the food one may experience digestive discomfort and diarrhea due to malabsorption.

Reactions to food may also be related to food additives, chemicals, pesticides, preservatives, and artificial colors and flavors. These can cause headaches, fatigue, mood changes, and insomnia.

Most Common Allergens & Symptoms

- **Dairy**: Acne, sinus problems, arthritis
- **Wheat/Gluten**: Fatigue, depression, weight gain, diarrhea and constipation
- **Corn**: asthma, sinus problems, eczema
- **Egg**: hives and itching, eczema, asthma
- **Soy**: sinus problems, digestive issues, acne

Are you reacting to something you are eating? Diagnosing food allergies and sensitivities is difficult and we do not yet have a perfect method. Using the detox diet as an “elimination diet” and reintroducing foods will give you an idea if you are reacting to anything you are eating. Based on the initial questions, if it appears you may have food sensitivities, avoid the 5 foods listed above during your detox.

Substitutions

This week’s food preparation tips focuses on whole grains. Gluten-free grains are listed.

Alternatives for wheat and gluten foods:

- Brown rice and quinoa pasta
- Rice crackers and rice cakes
- Millet and rice breads
- Rice and millet cold and hot cereals
- Mochi (baked rice puffs, stored in refrigerator section)

Alternatives for dairy:

- **Rice, almond, hemp, and other nut and seed milks**
(unsweetened is ideal)
- **Amazake** (cultured rice beverage)
- **Coconut milk** (use small portions as it is high in calories).
- **Hummus** and other bean dips, avocado, nut cheeses (recipe below)



- You can experiment with making your own milks using soaked nuts, seeds, water, vanilla extract, and a little maple syrup.

Food Preparation Tips

Cooking with Whole Grains

- Grains may be soaked overnight to improve digestibility: soak the grain overnight in the water called for in cooking; boil, simmer, and cook.
- Brown rice, millet, and quinoa must be rinsed before cooking; place the grains in the pan with plenty of water to cover, swirl the grains with your hand and then pour off through a strainer. Repeat until water is clear.

Type of Grain (1 cup dry)	Amount of water or broth (for cooking)**	Stove Top	Pressure Cooker (please see manufacturer specifications)
Amaranth	2 cups	30 minutes	4 minutes + 10 minute npr [∞]
*Barley, hulled	2 ½- 3 cups (recommend overnight soaking)	60-90 min	35-45 minutes
*Barley, pearled (more refined)	3 cups	30 min	18-20 minutes
Buckwheat (Kasha)	2-2 ½ cups	15-20 min	3 minutes+ 7 minute npr [∞]
*Bulgur wheat	2 cups	10 min	5 minutes+ 10 minutes npr

Corn grits, for polenta	3 ½-4 cups	20-25 min (may require constant stirring)	20 minutes
*Cous-cous (choose whole wheat)	2 cups boiling water	Soak for 5 minutes	1 minute
Millet, for dinner grain	1 ½-2 cups	20-30 min	10 minutes + 10 minute npr [∞]
Millet, for porridge or pudding	4 cups (part fruit juice)	45-60 min	12 minutes
Quinoa	1 ½- 2 cups	45 min	1 minutes + 10 min npr [∞]
Rice, brown basmati	2 cups	45 min	25 minutes + 10minutes npr [∞]
Rice, brown long grain	1 ½- 2 cups	45-60 min	25 minutes + 10 min npr [∞]
Rice, brown short grain	2- 2 ½ cups	45-60 min	“
Rice, brown sticky	2 cups	45-60min	“
Rice, country wild	2 cups	45-60 min	“
*Rolled grains (barley, kamut, rye, spelt, wheat)	2 ½-3 cups	15-30 min	7-10 minutes

Rolled oats, quick	2- 2 ½ cups	5 min	Not recommended
Rolled oats, regular or thick	2- 2 ½ cups	~15 minutes	5-7 minutes
Steel cut oats			15-20 minutes
Teff	2 cups	20 min	4 minutes + 10 min npr [∞]
*Whole grain berries (wheat, kamut, spelt, rye, triticale)	2-3 cups	60-90 minutes	30-45 minutes

- Gluten- containing grain. Note that some oats may be contaminated with gluten; buy “certified gluten-free oats” or take as tolerated.

∞ npr= natural pressure release

- Most grains can be pressure cooked; use about ½ cup less liquid and reduce cooking time by half
- For more detailed information on cooking whole grains in a pressure cooker and many delicious recipes, see: *Great Vegetarian Cooking Under Pressure*; Lorna J Sass.
- Many grains can be cooked in a rice cooker: brown rice, millet, quinoa, and barley
- Millet should be lightly toasted in a dry skillet before boiling
- There are many suggestions and methods for achieving fluffy, soft brown rice, some are listed below. You may also check out the New Ohsawa Pot from Gold Mine Natural Food Co.
- Keep cooked whole grains in the refrigerator or even freezer to use in a pinch for grain salads or to reheat for a dinner side.

Perfect Brown Rice (adapted from [Saveur](#))

brown rice (whichever type you prefer)
water - use at least four cups of water for every one cup of rice
salt - to taste

Rinse rice in a strainer under cold running water for 30 seconds, swirling the rice around with your hand. Meanwhile, bring water to a boil in a large pot over high heat. When water boils, add the rice, stir it once. Turn heat to medium and boil, uncovered, for 30 minutes, stirring occasionally. After 30 minutes, pour the rice into a strainer over the sink.

Let the rice drain for 10 seconds, then return it to the pot, **off the heat**. Immediately cover the pot with a tight-fitting lid and set it aside to allow the rice to steam for 10 minutes (if your pot lid isn't extremely tight, place a piece of aluminum foil over pot then place the lid on top of foil for a tighter seal). After ten minutes, uncover rice, fluff with a fork, and season with salt to taste.

This recipe was used with permission from www.pinchmysalt.com

<http://www.saveur.com/article/food/Perfect-Brown-Rice>

Recipes

Quinoa Salad Makes (4 servings)

1 cup quinoa
2 cups water
¼ teaspoon salt
½ cup raisins
¼ cup flax and sesame oil mixed
1 green onion, sliced
½ cup raw almonds, chopped
2 teaspoons orange zest or grated peel
1 orange, peeled and chopped
2 tablespoons fresh mint leaves

Rinse quinoa until water is clear. Combine water and quinoa in a saucepan or rice cooker, add ¼ teaspoon salt. Bring to a boil, reduce heat, cover, and simmer for 10 minutes.

Add raisins and continue cooking until liquid is absorbed.

Put in a large bowl or spread on a cookie sheet and let cool.

Add remaining ingredients and toss gently.

Try different combinations of grains and salads; ex: brown rice with red peppers, grated carrots, red onion, sesame oil, ginger, garlic, red pepper flakes, lime juice, cilantro, and lime, served on a bed of spinach

Kasha Energy Bars Recipe from PCC Seattle]

Makes 9 energy bars (257 calories, 38grams carb, 8 grams fiber, 9 grams fat, 6 grams protein)

- 1 cup date pieces**
- ½ cup toasted tahini (sesame seed butter)**
- ½ cup almond butter**
- 1 tsp vanilla**
- 1 ½ cup oat bran (or 1 cup rolled oats blended medium coarse)**
- 1 ½ cup toasted buckwheat groats (kasha)**
- 1/2 cup grade B maple syrup**

Preheat oven to 350°

Combine dates, tahini, almond butter, and vanilla in a mixer or food processor

When well mixed, add in kasha, oat bran, and maple syrup

Press into a large casserole dish to make ½ inch thick bars

Bake until the edges are browned and lightly toasted.

Cool and cut into squares

Nut Cheese Recipes by Jennifer Adler

- **¼ cup pistachios**
- **½ cup pine nuts**
- **¼ cup almonds**
- **1 tablespoon olive oil**
- **¼ cup lemon juice**
- **1 teaspoon herbs such as basil, rosemary, or oregano- if desired**
- **½ teaspoon sea salt**
- **Water, if necessary, to blend**

In a food processor, finely chop nuts. Add oil, lemon juice, and herbs and blend until smooth. You may need to add water to blend well, but add as little as possible in order to keep a thick consistency. Salt to taste.

1 serving = 4 Tbsp

Also try this combination:

Cilantro Nut Cheese

- **1/3 cup macadamia nuts**

- **2/3 cup cashews**
- **1 tablespoon olive oil**
- **¼ cup lime juice**
- **½ bunch cilantro**
- **½ red bell pepper**
- **½ teaspoon salt**

***Nuts may be soaked overnight to improve digestibility; in this case, additional water likely does not need to be added.**

Exercise Tip

Use a pedometer! Counting the number of steps you take each day gives you an easy way to monitor your physical activity and a solid number to improve upon. A long term goal may be to walk 10,000 steps 4 days a week.

You can wear a pedometer to establish a baseline for how many steps you walk in an average day and work on setting a goal from there. Consider increasing your steps by 2,000 a day for one week. The next week you can incrementally increase by another 2,000 and continue from there.

This Week's Assignment

Try a new whole grain. List below some ideas of what you want to try and how you will prepare the grains:

Continue your diet diary, goal recording, weekly goal progress sheet, and physical and stress relief activity logs.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

1

2

3

Behavior Contract

I, _____, as of
(date) _____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature _____ Date _____

Signature of Family Member or Friend

_____ Date _____

Recording is vital for successful treatment. It will help you identify exactly which aspects of your behavior you need to change, what situations and foods are problematic for you; it will help you make changes as well as clearly identify positive changes. At this stage you need to record everything that you eat and drink. You will need to carry your records with you. Try to be as detailed as possible about portion sizes and ingredients of mixed meals.

- **Column 1** is for noting the exact time of day you ate or drank a particular item. Write things down as soon as possible.
- **Column 2** is for giving as accurate a description as possible of what was consumed. Record everything consumed. Identify meals with brackets.

- Write in the amount of food you eat “Bowl of cheerios with a cup of milk and banana”
 - Use measurements such as: fluid ounces, cup, gallon, liter, milliliter; ounce-weight, gram; teaspoon (jam, butter), tablespoon, 1 slice bread
 - If you list something as a “cup” (coffee or tea), “glass” (milk, beer, water) estimate the size of the container. If you list “bottle” or “can”, provide the measure listed on the container (12 or 16 fl oz etc).
 - You may also write in the quantity when the amount is obvious: 1 hamburger, 2 apples, 3 small/large cookies, small/ large serving of McDonald’s fries
 - Include the brand names of foods you eat
 - Write in the contents when appropriate: instead of “vegetable soup”, write “soup with carrots, vegetable broth, onions”, etc.
 - Be as specific as possible with method of preparation: fresh, frozen, stewed, fried, baked, canned, broiled, raw, etc.
 - For canned foods, include the liquid in which it was canned: “sliced peaches in heavy syrup”, “tuna in water”
 - Remember to record the amounts of visible fats you eat or use in cooking: oils, butter, salad dressing, margarine, etc.
 - List any beverages not included with your meals in the “Food” category. Include amount of water, soda, coffee, etc throughout the day
-
- Place an asterisk in **Column 3** beside anything you ate or drank that you viewed as excessive. This should be your personal perspective, not anyone else’s
 - **Column 4** is for noting where you were at the time. If at home, please note the room.
 - **Column 5** is for noting other points of relevance: thoughts or feelings, circumstances, or context in which the eating occurred. Please note your weight in this column once a week.
 - Write in your emotions as well as energy and stress levels. Chart your ups and downs during the day. Depict a picture of the ebbs and flows of your day. Try to correlate the entries with the times listed on the left.
 - Record your level of hunger/satisfaction before and after eating.
 - **Column 6** is for either counting calories, taking note of any physical symptoms. How you fill out this column depends on your particular issues or goals.

SleepApneaWeightLoss

Weight Loss Tips and Advice for People With Sleep Apnea

The Ultimate 3-Month Program to : Cut fat , Boost energy & EliminateYour Sleep Apnea

Lesson #11: Your Detox Diet, Part 2

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

Welcome to the second week of the detox program! You should be feeling pretty good by now, sleeping better and with more energy during the day.

More detox tips and suggestions

Detoxing is a perfect time to pamper yourself. If you are able, get a weekly massage and try acupuncture for the first time! “Lymphatic drainage massage” pairs well with detoxing and dry skin brushing to get the lymph system moving and decrease swelling and water retention.

If you have health insurance through your employer, these may be covered benefits for you. If you are paying out of pocket, see if anyone offers package deals. Treat yourself well during this time, you may want to get a facial or spend a day at the spa. Find a way each day to care for yourself, whether you are just taking a nap, a hot bath, or getting a massage.

Eating Out

You will be preparing most of your food at home from scratch when doing the detox diet. However, eating out is possible. Before you go out, be sure you know that where you’re going has options for you. Check out the menu online or call the restaurant and let them know you have some simple dietary requests.

It can be as simple as a baked chicken (no sauce) with vegetables and a baked potato topped with broccoli and salsa. Mexican food is doable if you choose beans and rice with vegetables, salsa, and avocado; avoid chips, cheese, and sour cream.

Thai, Vietnamese, and Japanese food are usually good choice. Especially the soups can be nourishing and cleansing, ask for dishes without soy sauce. Here are some tips

- **Sushi can be good, be wary of soy sauce as it contains soy and gluten (wheat)**

- **Avoid breaded or fried**
- **Keep in mind many noodle dishes have extra sugar**
- **Try soups with seafood and meat, ask for extra vegetables. Rice noodles are OK!**
- **Try vegetable and coconut milk curry with brown rice**

Remember, when on the detox diet you still want to eat within your guidelines, watch your portion sizes, and eat mindfully.

Juices & Drinks

All you need for healthy juices and smoothies is a good blender, fresh produce, and some creativity. You can use a juicer if you have one, but a blender will give you the benefit of fiber from the whole fruit or vegetable. Some fibrous vegetables such as carrots, beets, and celery will need a juicer (unless you have an “emulsifying blender”).

Add water to most smoothies to make them drinkable and add milk substitutes and protein powder to make your drink more of a meal. Buy organic when you can, wash all produce well, and peel any non-organics.

Below are ideas for cleansing drinks. Most of them make 2-3 servings; share or refrigerate in an airtight container for 24hrs.

*adapted from “Just Juices & Healthful Drinks”
(Top That Publishing, 2005)*

- **2 apples + 1 handful of spinach**
- **½ cucumber + 1 apple**
- **¼ melon + ¼ small pineapple + ½ bunch of fresh mint**
- **2oz prunes simmered for 10 minutes in 8 fl oz water + 1 apple**
- **2 apples + 1 kiwi + a handful of watercress**
- **2 oranges + 1 inch diced fresh ginger root**
- **2 oranges + 1 cup strawberries**



These recipes require a juicer or you may buy the juice and mix it yourself

- **Juice of 3 carrots + ½ red pepper + handful each of spinach and parsley**
- **Juice of 2 beets and 3 stalks of celery + 2 apples**

Beans

As one of the greatest vegetarian sources of protein, beans shine as nutrition superstars with their high content of fiber, vitamins, minerals, and antioxidants. Beans come in a wide variety and offer diverse preparation options. From soups, to dips and salads, beans can stand out as a main course or be a tasty, integral part of the well-balanced plate.

- **Soaking Beans:** Rinse dry beans, generously cover with water, allow to soak for 8-12 hrs
Quick soak: If you forgot to put your beans to soak in the morning, you may quick soak. Pour boiling water over the beans, cover and let sit for at least one hour. Pour off soaking water and cook with amount of liquid required for cooking as below.
- Lentils do not need to be soaked prior to cooking, though you may chose to do so to improve digestibility
- A well-cooked bean should be easily mashed on the roof of the mouth with the tongue.
- Follow the instructions from your pressure cooker or crock pot for best results
- 1 cup of dry beans yields approximately 2 cups of cooked beans.

Type of Bean (1 cup dry)	Amount of water or broth (for cooking)	Stove Top	Pressure Cooker (please see specific directions from the manufacturer)	Crock Pot (on High)
Adzuki	2-3 cups	45-60 minutes	7-10 minutes	8-12 hours
Black Beans	3-4 cups	90 minutes	10-12 minutes	8-12 hours
Black-eyed Peas	2-3 cups	30-45 minutes	5-8 minutes	6-8hours
Cannellini Beans	3 cups	60-90 minutes	6-8 minutes	12-16 hours

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Chana Dal	2-3 cups	45-60 minutes	5-7 minutes	12-16 hours
Garbanzo Beans (chickpeas)	3-4 cups	60-90 minutes	10-12 minutes	12-16 hours
Great Northern beans (white or navy beans)	3-4 cups	60-90 minutes	6-7 minutes	8-12 hours
Kidney Beans	3 cups	60-90 minutes	10-12 minutes	16 hours
Lima Beans	3 cups	60-90 minutes	3-4 minutes	8-12 hours
Lentils (whole brown or green)	2 cups	30-45 minutes	10-14 minutes	4-5 hours
Lentils, French	2 cups	45 minutes	10-14 minutes	4-5 hours
Lentils, Red	2 cups	20-30 minutes	10-14 minutes	Not recommended
Mung beans	2 cups	60 minutes	10-15 minutes	8-10 hours
Split Peas	2 cups	60 minutes	10-13 minutes	8-10 hours
Pinto Beans	3 cups	60-90 minutes	10-12 minutes	8-12 hours
Small Red Beans	2-3 cups	60-90 minutes	4-5 minutes	8-12 hours

Adapted from Feeding the Whole Family; Lair and PCC Food works Nutrition Education Program

Improving the digestibility of beans:

- Soaking overnight and replace soaking water with fresh. For improved nutrition and digestibility, you may even sprout the beans for a couple of days: After soaking overnight, keep in a mesh strainer over a bowl on the counter; rinse twice a day until the bean begins to sprout (about 3 days). Cook sprouted beans as regular.
- Cook beans with a piece of kombu seaweed
- Add winter savory, epazote, cumin, fennel, or ginger as beans cook
- Let beans cook slowly for a long period of time so they are very tender
- Par-boil beans and scoop off the foam that accumulates on top at the beginning of cooking
- Use salt seasoning (sea salt, miso, soy sauce) after cooking
- Add apple cider vinegar or brown rice vinegar in to the cooking liquid during the last stages of cooking.
- Eat more beans; you can expect digestive adjustment when beans are new to the diet. Eat small amounts frequently
- Try digestive enzymes
- Improve overall digestion: chew foods slowly and thoroughly, avoid washing foods down with liquid and drink plenty of water between meals, eat simpler meals.

Recipes

HUMMUS

Makes 6 servings (130 calories, 7 grams fat, 21 grams carb, 5 grams fiber, 6 grams protein)

- 3 cloves garlic, roasted or raw
- 2 tablespoons chopped parsley
- 2 Tbsp tahini
- 1 15 oz can or 2 cups cooked garbanzo beans (chickpeas)
- ¼ cup water (or use the water from the beans)
- 1/2 tablespoon extra virgin olive oil
- 2 tablespoons lemon juice

- **¼ teaspoon salt**
- **Fresh ground pepper, cumin, or paprika**

Put all ingredients in a food processor or blender. Process until smooth. Add water to correct consistency.

You may add other ingredients for flavor; try roasted red peppers or olives

Enjoy with rice crackers or gluten-free bread and/or fresh vegetables

For other BEAN DIPS try combinations of flavor, ex: pinto beans with cilantro, cumin, chili powder, and lime juice

PORK, KALE, AND WHITE BEAN SOUP

From Eating Well magazine, 10/2007

Makes 6 servings (262 calories, 6 grams fat, 26 grams carb, 7 grams fiber, 25 grams protein)

- **1 tablespoon extra virgin olive oil**
- **1 pound pork tenderloin, trimmed and cut into 1-inch pieces (use pastured, organic, or all natural)**
- **¾ teaspoon sea salt**
- **1 medium onion, finely chopped**
- **2 teaspoons paprika, preferably smoked**
- **¼ teaspoon crushed red pepper**
- **1 cup white wine**
- **4 plum tomatoes, chopped**
- **4 cups chicken broth (low sodium)**
- **1 bunch kale, ribs removed, chopped (about 8 cups lightly packed)**
- **2 cups cooked white beans or 1 15-ounce can, rinsed**

Heat oil in a Dutch oven or heavy duty pan over medium-high heat

Add pork, sprinkle with salt and cook, stirring once to twice, until no longer pink on the outside, about 2 minutes. Transfer to a plate, leaving juices in pan

Add onion and cook, stirring until beginning to brown

Add garlic, paprika, and red pepper; stir constantly until fragrant (~30 seconds)

Add wine and tomatoes, increase heat to high and stir to scrape up any browned bits

Add broth and bring to a boil

Add kale and stir until it just wilts. Reduce heat to maintain a lively simmer and cook, stirring occasionally, until the kale is tender (~4 minutes).

Stir in beans, reserved pork, and any accumulated juices, simmer until beans and pork are heated through (~2 minutes)

BLACK BEAN SALAD

From Bold and Beautiful Beans; WA State Department of Health

Makes 3 servings of ~1 cup each

- 1 roasted red pepper, cut into small strips
- 2 cups black beans, cooked or 1 15oz can
- ½ cup organic corn, cooked, canned, or thawed from frozen
- 1/3 cup cilantro, chopped
- 2-3 garlic cloves, minced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- ¼ teaspoon cayenne
- ¼ teaspoon cumin
- Unrefined sea salt to taste

Combine all ingredients in a mixing bowl, toss gently

Chill 2-3 hours to enhance flavor

Try different types of beans and flavor combinations for a variety of salads!

Ex: Greek bean salad- garbanzo beans, lemon, olive oil, oregano, basil, cucumber, tomato, feta cheese, etc...

This Week's Assignment

This week choose fresh juices or smoothies from the recipes above, or get creative and make your own! Aim to drink one daily as a snack at least 3 days this week.

This week eat beans twice. Try a new recipe or just add them to a salad. Below, write down how you will incorporate more beans into your diet:

What it means to Feel Good

This week it is time to think about what it means to you to feel good and what truly feeling good is. We feel our best when we are healthy, treat our bodies well, have energy, have positive self esteem, and are engaged in our own lives. Health is not just the absence of illness, but a positive vitality; it is physical, spiritual, and emotional health.

Perhaps you feel best when you start your day with a healthy breakfast, maybe feeling good means being physically active and having fun with family, maybe it feeds your self-esteem to celebrate the daily small successes on your journey to a healthy weight, it might be that you gain satisfaction from bringing healthy foods to family and social occasions, or you may feel a greater inner peace when you practice regular stress relief or spiritual development activities. Write below what it truly means to feel good to you.

Continue your diet diary, goal recording, weekly goal progress sheet, and physical and stress relief activity logs.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

1 _____

2 _____

3 _____

Behavior Contract

I, _____, as of
(date) _____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature _____ Date _____

Signature of Family Member or Friend

_____ Date _____



The Ultimate 3-Month Program to : Cut fat , Boost energy & EliminateYour Sleep Apnea

Lesson #12: Wrapping Up!

By Marc MacDonald, M.Sc. and Kathleen Bundy, M.Sc. (Nutrition Science)

www.SleepApneaWeightLoss.com

Reintroducing Reactive Foods

When you have completed the 3 weeks of the detox diet you should be feeling clear and refreshed. Now is the time to introduce some of the allergenic foods. During this time you will be paying attention to any symptoms that could indicate a reaction to foods such as skin rashes, digestive troubles, sinus congestion, brain fog and fatigue, or headaches. Use your food diary this week to track any symptoms as they may be related to the foods you are introducing.

Start with the food that you crave the most. If you want dairy products first, take a day where you drink 2 glasses of milk. You may have symptoms immediately or they may show up a couple of days later, you need about 2 to 3 days after introducing a food to monitor for symptoms before introducing another.

It should be pretty clear if you have a reaction to the dairy; if so, continue to leave it out of the diet for the rest of the food challenges. Wait about 2-3 days before you try another food. You may introduce wheat, for example, and eat about 2 servings of shredded wheat during a day. Again, pay attention to any symptoms you may have and wait a couple of days before trying the next food, such as corn, eggs, or soy. For these foods use corn kernels, whole eggs, and tofu.

Transitioning to Balanced Eating

After completing a detox diet, it is important to transition mindfully and slowly to a more regular pattern of eating. Keep in mind that just because you have been successful in these 3 weeks, it is not full license to go crazy with the things you have been missing.

Keep in mind last week's exercise about what it means to feel good and the past 3 months of work you have put into changing your life. As above, slowly begin to reintroduce potentially reactive foods and incorporate the foods you tolerate into healthy eating patterns.

There are some basic dietary and lifestyle patterns to follow for optimal health. The main premises are based on Whole Health, the Mediterranean Diet, Clean Eating, and the Anti-inflammatory diet.

You will see that all of these plans have some basic things in common; they are based on eating whole, fresh foods as close to their natural state as possible, decreasing processed and packaged foods, eating a variety of different foods, focusing on a plant based diet, emphasizing the quality of food, and caring for oneself physically and emotionally.

When you eat and live according to these principles, make healthy choices more often than not, and prioritize self-care, you will find that you can easily achieve a healthy weight without counting calories or excessively restricting your diet. An outcome of the whole foods based eating style is that you will naturally achieve optimal health and well-being. Consider the following patterns as described below.

Eating for Whole Health

- Eat to Live! Think about food in a new way. It is more than just fuel or satisfying a craving, our bodies require a rich array of nutrients each day to function optimally. What we eat can have profound effects on the way our bodies function and how we feel. Think of eating as nourishing and supporting our healthiest selves. As Hippocrates, the father of medicine, said , “Let food be thy medicine and medicine be thy food”
- Choose whole foods. Include whole grains, legumes/beans, nuts/seeds, fresh fruits and vegetables
- Choose the freshest, least processed, and seasonal and local foods. Reduce foods that come in a package or box
- Avoid trans-fats/hydrogenated oils, corn syrup, sodium benzoate, bromides, non-caloric sweeteners, nitrates/nitrites, artificial “anything” and anything you can’t pronounce or your grandparents wouldn’t recognize!
- Eat organic when possible, especially dairy/animal products and the “dirty dozen” of produce

- Cut down on added sugars; learn to read labels for ingredients. Always avoid high fructose corn syrup. Keep in mind that sugar is sugar is sugar; better choices are unrefined cane, raw honey, fruit concentrate, barley malt, grade B maple syrup, or stevia
- Used cold-pressed and unrefined oils, keep cool and store away from light
- Balance your food choices by eating a variety of foods; try different whole grains and beans.
- Eat for a rainbow of color in your fruit and vegetable choices daily, which should equal 7 servings. Don't eat much more than 2 servings of fruit daily
- Eat a combination of raw and cooked foods daily
- Follow a healthy plate model: fill up half your plate with vegetables first- let these be the focus of your meal. Divide the remaining half between whole grain carbohydrate and lean protein choices.
- Use unrefined sea salt, vinegars, citrus, and fresh herbs for seasoning.
- Drink plenty of pure water between meals; also try unsweetened teas and coconut water. Avoid sweetened or artificially sweetened beverages.
- Take a moment to relax before eating and be in the moment with your meal. Open yourself to the nourishment process.
- Create a peaceful space for mealtime
- Chew each bite well, 30-50 times. Take small bites and set your fork down between each bite. Digestion starts in the mouth and good digestion is one of the keys to good health.
- Use glass, stainless steel, enamel, and ceramic cookware. Avoid Teflon and aluminum
- Find a way to move and live in your body every day. Engage in daily exercise, ideally outside. Even ½ hour of stretching or light weight lifting is beneficial. Take the stairs, ride your bike to the store.

The Mediterranean diet is based on the eating practices of people living in the region of countries bordering the Mediterranean Sea. From southern Spain to northern Morocco, people following this traditional diet live longer lives and enjoy far lower rates of coronary heart disease and other chronic diseases than those living in more industrialized countries.

The primarily plant-based diet is full of delicious, nutritious, and fresh foods that provide an incredible array of beneficial nutrients and is low in processed and packaged foods. The Mediterranean lifestyle is based on daily physical activity and taking pleasure in preparing and sharing meals.

- Plant source foods: vegetables, fruits, potatoes, grains, beans, nuts, and seeds
- A variety of minimally processed foods
- Olive oil as the principle fat
- Total fat intake is 30-35% of calories, saturated fat is less than 8% of total calories
- Daily consumption of low-moderate amounts of low fat milk and yogurt
- Red meat only occasionally and in small amounts
- Fresh fruit as a daily dessert
- Red wine is optional
- Daily physical activity at a level which promotes a healthy weight, fitness, and well-being

Clean Eating

Clean eating is based on eating foods as close as possible to their natural state. Clean eating is a way of life, "it's a lifestyle approach to food and its preparation, leading to an improved life-one meal at a time" (from Clean Eating Magazine).

Following clean eating principles can allow the body to reset and heal, naturally reaching a healthy weight. Clean eating may also naturally address any health issues related to a poor diet, less than ideal eating practices, or environmental exposures. Clean eating provides food in its most nutrient dense, naturally delicious form, and decreases exposure to food additives and chemicals associated with packaging.

It is also environmentally friendly as the basic principles are based on seasonal, local, and sustainable foods.

The basics of clean eating are:

- Following a "whole foods diet"
- Eating small frequent meals (if this works for you)
- Drinking plenty of water and clean, hydrating beverages
- Learning how to read food labels and ingredients (avoiding chemical flavors, colors, additives, and preservatives)
- Avoiding processed, packaged, and refined foods
- Food shopping with environmental principles in mind
- Eating healthy fats
- Using seasonal and local foods (start to pay attention to what produce is in season, try to buy from the closest source possible; it will be the freshest and most delicious!)
- Slowing down and savoring the natural beauty of whole foods
- Preparing and planning ahead for healthy eating on the go
- Making a healthy lifestyle a family affair.

The Anti-Inflammatory Diet

INCREASE Antioxidant-Rich Foods

These foods decrease oxidative damage to tissues and promote healthy cellular metabolism. A good rule of thumb for antioxidant rich foods is to choose a variety of colorful fruits and vegetables every day. Visualize your daily diet as representing the color spectrum of a rainbow.

A variety of fruits and vegetables also provides significant amounts of healthy fiber and vitamins.

- Blueberries, blackberries, strawberries, raspberries, cranberries, and goji berries
- Apples, cherries, plums and prunes, apricots, cantaloupe, watermelon, pomegranate, and mangoes
- Pinto beans, red kidney beans, black beans
- Pecans, walnuts, and hazelnuts
- Artichokes, sweet potatoes, carrots, red and yellow peppers, dark leafy greens, broccoli, brussel sprouts, tomatoes

- Cinnamon, oregano, cloves
- Green tea, dark chocolate

INCREASE foods rich in Omega-3 fatty acids

These foods support generation of anti-inflammatory compounds in the body and maintain the integrity of cell membranes

- Cold, deep water fish and seafood: salmon, halibut, snapper, tuna, sardines, herring, scallops, shrimp. Also consider taking a high quality fish oil supplement (discuss this with your doctor)
- Flax and pumpkin seeds, walnuts, tofu, kidney beans
- Omega-3 eggs
- Canola and soy oil for cooking; walnut, cold-pressed olive, and flax oil for cold dishes.

DECREASE foods that promote inflammation

These foods promote the production of pro-inflammatory mediators in the body and can lead to cellular damage, compromising cellular health and function

- AVOID high fructose corn syrup and all partially or fully hydrogenated oils/trans fats
- Reduce packaged, processed, and “white foods”

Junk food, fast food, high sugar foods (soda, soft drinks, pastries, candy, sweetened cereals)

- High fat meats
- Moderate intake of Omega-6 fatty acids: vegetable oils

BOTTOM LINE

- Eat a variety of colorful fruits and vegetables; aim to include at least one high antioxidant source (as listed above) at each meal
- Balance Omega-6 fatty acids with adequate Omega-3 intake; include at least one source of Omega-3s every day
- Choose Omega-3 rich fish or seafood at least 3x/week
- Choose whole grains over refined grains

- Get regular exercise, adequate rest, and practice stress-relief activities

Congratulations! You have finished 3 months of serious work to bring yourself closer to your true healthiest self. From here on out you will not be assigned weekly homework, it is recommended that you continue to make weekly goals for yourself to keep on track and to incorporate new patterns, habits, and healthy foods into your life.

Keep in mind some of the habits of thin people:

- Watching portion size
- Prioritizing self-care (taking time for yourself, eating right, exercising, practicing stress reduction)
- Not skipping meals, eating breakfast
- Prioritizing physical activity, enjoying outdoor activities
- Not being sedentary, keeping active in body and mind
- Keeping track of your weight, identifying buffer zones and a red flag weight
- Developing strategies for reversing weight gain when a red flag weight is reached
- Understanding what situations lead to weight gain and dealing with the underlying issues
- Enjoying delicious food, eating mindfully and without guilt or reproach

Honoring Individuality

It is important to realize that there is no one perfect diet plan that works for all people. Everyone burns calories and macronutrients in a different way. Some people may flourish on a higher carbohydrate, lower fat diet while others may find that they will lose more weight focusing on a diet plan that is higher in healthy fats and lower in carbohydrates.

Vigorous exercise may work for people who have strong foundational energy, while those who tend to be fatigued and depleted may benefit from more supportive exercise such as regular walking, yoga, and light weight training. In addition to being genetically different, we are also all in different places with our health and wellness.

Some people may be in high stress mode while others have passed through that into more of an exhaustive state. There may be hormonal differences and differences in body

composition that affect how we process what we eat. Generally, all people will benefit from following the dietary and lifestyle principles listed above, though some may need additional assistance based on their individual body type. .

Many people find that individualized supplementation is helpful to support metabolism and well being. Consider finding an experienced natural medicine practitioner to treat you as a unique individual and guide you along on your journey to wellness.

To assure that you are eating and exercising appropriately to lose fat and not muscle, you should consider “hydrostatic weighing” to determine you body fat and lean body mass percentages. You track how these change over time. See “Resources” section and the links related to “Body Fat Test” and the “Metabolic Effect”.

Maintaining your Momentum

Weight loss is the easy part, even though you go through many difficulties you have a plan, defined periods of time, and regular goals; it is maintaining the weight loss that is the most difficult part. There is no finish line for weight maintenance, it is a lifelong process based on maintaining the new patterns you have developed during your journey to lose the weight.

When you are losing weight the pounds are dropping off, you’re enjoying compliments and buying new clothes. While weight maintenance can be the most difficult and boring part of your journey, it is by far the most important. With weight maintenance there are no extreme changes or defined successes.

You may find that after the weight is off, you still have not realized some of the original dreams and aspirations that you expected to come with weight loss. It may be hard for you to imagine continuing with the effort, thought, and work to maintain your loss as you stand on the brink of falling back into old habits. If you are having problems with weight maintenance, you will need to practice your self-awareness skills and determine why it is so difficult.

You may realize that being physically active 5 days a week is what you will need to do to maintain your weight and you will wonder if you can really keep that up indefinitely.

Maybe you have become less diligent about your food choices when eating out or during special occasions. Perhaps you have gotten out of the habit of preparing healthy breakfast or lunches. As time goes by, you may find yourself gaining a couple of pounds back; keep your red flag weight in mind and draw on the skills and habits you developed during your weight loss days.

As you move farther away from your old self you may not remember quite so vividly how you felt before and the physical discomfort and emotional pain of being overweight. It is important to always keep in mind your original goals and motivations. While you revisit why you decided to go on this journey, don't forget to recognize all the benefits that you now enjoy.

Do you find it easier to play with your grandchildren? Are you able to enjoy fashionable clothes and feel good about your appearance?

Recognize that while you may stumble sometimes, you have a solid foundation of healthy behaviors to hold you up when things get rough. You are in the learning process of how to maintain your new body weight; you have not arrived at a final destination, but are on a new phase of your journey.

Maintenance will likely be difficult at times and you will find yourself struggling and wondering if you really want to continue. During these times keep reminding yourself of the reasons you undertook this journey in the first place, the benefits of your new weight, and your strength and determination. You may hit roadblocks and you may stumble, but keep your dream alive and continue to strive to be your best and healthiest self.

Healthy Rewards

Continue to think about what makes you feel good. As you have probably come to realize, good health is its own reward. Increased vitality, decreased stress, improved breathing, and increased exercise tolerance are all rewards that you have reaped from your hard work. Find what sort of reward schedule works for you; perhaps for each 10 pounds lost or for each week of meeting all of your goals you may want to reward yourself healthfully.

Think of ways to honor your successes that involve self-care and pleasure (not food centered). Pamper and spoil yourself in ways you wouldn't have considered before. You deserve it!

- Get a facial, manicure, or pedicure
- Try a new hair cut or color.
- Buy yourself a new outfit, workout clothing, or a pair of shoes.
- Honor all of your newfound (or revisited) healthy cooking skills and get a new cookbook or a quality piece of kitchen equipment.
- Get a magazine subscription (some health-related titles are Eating Well, Clean Eating, Body and Soul, Real Simple, Outside)
- Buy a new CD or tickets to see a live show
- Go dancing
- Start a windowsill herb garden for your healthy delicious cooking! Let the healthy growth of the plants be a metaphor for your growth and thriving.
- Spend quality time with a loved one
- Take time to do something you enjoy
- Try something that scares you! Maybe join a group or try an activity that you were too scared to do when you were larger.

Continued Self Monitoring

A key to successful weight maintenance is to continue to practice self-monitoring to some degree. You may not need to keep food records 3 days each week, but you should monitor yourself on a regular basis.

Perhaps you want to do Monday one week and Tuesday the next; you may find monitoring your intake during potentially problematic times like vacations or holidays will be helpful; if you reach your red flag weight, you will need to go back to regular monitoring of at least 3 days each week. Part of self-monitoring is weighing yourself regularly.

You will want to weigh yourself once a week, on the same scale, to determine if you need to make any changes to your current behaviors and patterns or if you need to refine any diet or exercise strategies. The National Weight Control Registry records the behaviors of people who have lost at least 30# and kept it off for a minimum of one year. They have determined certain behaviors that are consistent amongst their participants:

- 78% eat breakfast every day.
- 75% weigh themselves at least once a week.
- 62% watch less than 10 hours of TV per week.
- 90% exercise, on average, about 1 hour per day.

Food Preparation Tips: Soup & Salads

Salads are one of the healthiest and also most dangerous dishes! Fresh vegetables with a touch of healthy oil and other flavors is healthy, low calorie, satisfying, and delicious. Unfortunately, in many cases the standard salad is a traditional Cesar, lettuce drenched in bottled bleu cheese, or a salad bar disaster topped with cheese, croutons, and, roasted sunflower seeds.

Some restaurant salads can provide up to 1200 calories and almost a day's worth of saturated fat! Eating a salad of fresh seasonal vegetables, lightly dressed, and maybe with some added nuts, dried fruit, and/or a little cheese is flavorful and healthy! No need to drown it in goo. Adding beans, nuts, and meats is a great way to turn a salad into a meal.

Homemade dressings are a delicious way to avoid the additives and sugars in bottled dressings. Yogurt is great for the base of a creamy dressing. Crumbling strong flavored cheeses such as feta, goat, or Roquefort goes a long way with flavor. There are some better bottled dressings; be sure to read the ingredients and keep it simple! Some brands include Annie's, Seeds of Change, and Trader Joes.

Recipes

Spinach Salad with Shrimp and Oranges

From Clean Eating Magazine (Serves 4)

½ cup low-fat Greek yogurt

2 Tbsp rice vinegar

½ tsp ground cumin

Sea salt and black pepper

2-3 large carrots, peeled

2 green apples, halved and cored

½ cup golden raisins

¼ cup chopped cilantro

Bring a medium saucepan of water to a boil over high heat. Add shrimp and garlic and cook until shrimp is opaque throughout, 2-3 minutes. Drain, rinse shrimp with cold water and set aside to cool.

Zest 1 orange, halve rested orange and squeeze to yield ¼ cup juice. In a small bowl, combine zest, juice, salt and pepper. Whisk in oil. Set dressing aside

Peel and cut remaining orange into bite-size pieces. Set aside

In a large bowl, toss spinach with about 2/3 of the dressing. Divide salad among 4 plates. Top with shrimp and orange pieces, drizzle with remaining dressing and serve

Orange juice isn't as acidic as vinegar, so by using it in dressing, you won't need as much olive oil to balance the tartness. Less oil means less fat and fewer calories!

Substitute baked chicken breast or thinly sliced cooked flank steak for the shrimp

280 calories, 10g fat, 1.5g saturated fat, 31g protein, 18g carbs, 5g fiber

Carrot and Apple Slaw with Raisins

From Real Simple(Serves 4)

½ cup low-fat Greek yogurt

2 Tbsp rice vinegar

½ tsp ground cumin

Sea salt and black pepper

2-3 large carrots, peeled

2 green apples, halved and cored

½ cup golden raisins

¼ cup chopped cilantro

In a large bowl, whisk together the yogurt, vinegar, cumin, ½ tsp salt, and ¼ teaspoon pepper

Grate the carrots and apples either in a food processor or by hand

Add carrots, apples, raisins, and cilantro to the yogurt dressing and toss to combine.

161 calories, 1g fat, 4g protein, 38g carbs, 6g fiber

Bulgur Waldorf Salad

From Clean Eating Magazine(Serves 4)

1 cup prepared bulgur wheat (soaked as per package directions. You can use gluten-free rice or quinoa)

1 Granny Smith apple, cored and cut into ½-inch pieces

1 Tbsp fresh lemon juice

1 cup celery, thinly sliced

1 cup red, seedless grapes, halved lengthwise

½ cup low-fat plain yogurt

6-8 sprigs of fresh mint, chopped (about 2 Tbsp)

Pinch fresh ground pepper

3 Tbsp unsalted walnut pieces, toasted and chopped

-Place bulgur in a large bowl. Add apple and lemon juice; stir to combine. Add celery, grapes, yogurt, and mint, mixing thoroughly. Season with pepper

-Cover and refrigerate for a minimum of 1 hour or overnight to allow flavors to meld. To serve, sprinkle each serving with ½ Tbsp walnuts.

-Serve with a broth based soup or for a complete one dish meal, add about 4 oz of cooked, chilled, and diced chicken breast to each cup of salad and serve over baby spinach.

210 calories, 4.5g fat, 1g saturated fat, 38g carbs, 7g protein, 8g fiber

This next recipe has converted many to enjoying the beautiful beet for the first time! It is a great way to use the whole bunch of beets, greens and all! If beet greens are unavailable use collard greens, or raw spinach, watercress, or arugula

Bulgur Waldorf Salad

From Clean Eating Magazine(Serves 4)

4 large beets

¼ cup pumpkin seeds, toasted

1 bunch beet greens

2 scallions, finely chopped

¼ lb. feta or goat cheese (optional)

3 Tbsp extra-virgin olive oil

2 Tbsp balsamic vinegar

¾ tsp Dijon mustard

¼ tsp fresh ground pepper

1 Tbsp fresh basil, finely chopped

Wash beets and remove tops. Place beets in a large pot filled with water and bring to a boil. Lower heat and simmer until beets are fork tender (about an hour). Set aside to cool briefly. While rinsing under cold water, use your hands to peel away outer skin.

Toast pumpkin seeds by placing seed in a dry skillet over medium heat. Move the skillet back and forth over the heat with one hand; stir the seeds using a wooden spoon with the other hand. This will toast the seeds evenly and prevent burning. When the seeds begin to pop and give off a nutty aroma they are ready. Remove seeds from skillet and set aside.

To prepare beet greens, bring a large pot of water to boil. Wash beet greens by submerging the bunch in a sink full of cold water. Shake off water and chop the bunch into bite-size pieces

Drop greens into boiling water and let cook for about 30 seconds, just enough to make the stems tender. Place greens in a colander and run cold water over them to halt cooking.

Place all dressing ingredients in a jar and shake well. Chop peeled beets into small cubes.

Squeeze excess water out of the cooked beet greens. Put cubed beets, greens, pumpkin seeds, and scallions in a salad bowl. Pour dressing over salad and toss gently. Crumble cheese on top. Serve at room temperature or chilled.

153 calories, 12g fat, 8g carbs, 6g protein

Dressings

Basic Balsamic Vinaigrette

From “Feeding the Whole Family” by Cynthia Lair

3 Tablespoons olive oil

2 Tablespoons balsamic vinegar

¾ teaspoon Dijon mustard

¼ teaspoon fresh ground pepper

1. Place all ingredients in a jar and shake well
2. Dress salad just before serving. Leftover dressing will keep in the refrigerator for at least one week.

Variations: This recipe can be made with any oil or vinegar and can be seasoned with any fresh herb. Add fresh basil to above recipe or try walnut oil, raspberry vinegar, and tarragon!

Replace balsamic vinegar and mustard with 3 tablespoons freshly squeezed lemon juice, add 1 finely chopped shallot, and 1-2 tablespoons fresh oregano and /or marjoram (1/2-1 tablespoon dried herbs)

Salad idea: Any variation of mixed greens, cabbage, spinach, grated carrots, lettuces
Red onion, roasted pecans, dried cranberries, a dusting of feta cheese

Creamy Tofu Dressing

From The Book of Tofu by William Shurtleff

1 block silken or soft tofu

2 tablespoons lemon juice or rice vinegar (or a combo of both)

1 tablespoon sesame oil + 1 tablespoon milder flavor oil

¼ teaspoon sea salt

1 teaspoon shoyu or tamari or 1 ½ teaspoons miso paste

1. Blend in blender until smooth or mash with a fork and whisk. Let sit for 15 minutes before serving
2. Be creative with flavoring!

Try 1 clove garlic and 1/4 teaspoon dill seed or 1 tablespoon fresh dill

¼ cup grated parmesan, 2 tablespoons minced onion, and 1 tablespoon fresh parsley

¼ cup diced onion

1 teaspoon fresh grated ginger, dash of hot sauce, and fresh parsley
1 ripe avocado, dash of hot sauce, minced onion
2 small diced pickles
1 ½ teaspoon fresh or ½ teaspoon dried herbs: basil, tarragon, oregano, marjoram, etc
Salad idea: Greens as above; 1 cup cherry or grape tomatoes, ¼ cup toasted pine nuts

Warm Maple Shallot Dressing

Adapted from Epicurious.com

2 teaspoons olive oil
1 shallot chopped
¼ cup apple cider vinegar
2 tablespoon pure maple syrup
Sea salt and fresh ground pepper to taste

1. In a skillet, heat oil over medium-low heat. Add shallot and cook, stirring, until softened, about 4 minutes.
2. Add vinegar and maple syrup and bring to a boil, season with salt and pepper
3. Immediately pour over salad. Toss well and serve

Salad idea: Use spinach, arugula, watercress or finely shredded swiss chard
Add a diced Fuji apple and dust with small squares of smoked Gouda cheese

Soups

Soups are a delicious and nutritious way to have a satisfying meal. They usually contain protein (beans, meat, or seafood), vegetables, and are made in a mineral rich broth. Soups freeze easily and are great to use in a pinch for lunches or dinner on days when you're crunched for time. They are hydrating, nourishing, and gratifying to prepare and eat.

The recipe section for soups starts with how to make a nourishing, delicious soup stock. Stock can kept in the freezer to use for soups anytime. Keep a small amount in the

refrigerator to use for everyday cooking as a low-fat, flavorful liquid when sautéing or braising meat and vegetables.

You can use vegetables or vegetable scraps/skins/ends, such as onion, carrot, celery, leek or scallion. Add bay leaves and peppercorns. You can add meat, chicken, or fish bones for added flavor and nutrients; when using bones, add some acid such as lemon juice or apple cider vinegar to extract the minerals. Fish broth makes a wonderful base for seafood soups.

Roasting a whole chicken is a great way to have healthy protein on hand and bones for a stock. You can make a couple of dinners and lunches out of the chicken (roasted with vegetables), use the bones for stock, and combine the leftover meat with beans and vegetables for a delicious soup.

Whole Roasted Lemon Herb Chicken on a Bed of Vegetables

From Eating Well Magazine (Serves 6)

The chicken in this recipe is roasted on a bed of carrots, turnips, and celeriac; any mixture of root vegetables +/- celery will work. You will need about 8 cups of chopped or cubed vegetables.

¼ cup fresh sage leaves, divided

¼ cup fresh thyme sprigs, divided

2 lemons, divided

2 tsp minced garlic

2 Tbsp extra-virgin olive oil, divided

1 tsp sea salt, divided

¾ tsp freshly ground pepper, divided

1 small onion, quartered

1 4- 4 ½ lb. chicken, rinsed, patted dry, and fat trimmed as much as possible

4 large carrots, peeled and cut into ½-inch chunks

3 medium turnips, peeled and cut into ½-inch chunks

2 celeriac root (1 ½-2 lb. total), peeled and cut into ½-inch chunks

Position rack in lower third of oven; pre-heat to 400° F

Chop 8 sage leaves and place in a bowl with 2 tsp thyme leaves. Squeeze the juice from 1 lemon into the bowl. Add garlic, 1 Tbsp oil, $\frac{3}{4}$ tsp salt, and $\frac{1}{2}$ tsp pepper; mix well. Set aside

Pierce the remaining lemon all over with a sharp fork. Cram the onion and the remaining sage and thyme into the chicken cavity.

Place the chicken breast-side up on a cutting board. Use your hands to gently loosen the skin covering the breast, thigh, and the top end of the drumsticks. Smear the lemon-herb mixture under the skin, covering as much of the meat as possible.

Toss vegetables in a large bowl with the remaining 1 Tbsp oil and $\frac{1}{4}$ each salt and pepper until well-coated

Place the chicken breast-side up in a large roasting pan (not on a rack). Scatter the vegetables around the chicken. Bake, stirring the vegetables occasionally, until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165° F, 1- 1 $\frac{1}{4}$ hours.

Transfer the chicken to a clean cutting board and let rest for 10 minutes before carving. Transfer the vegetables from the roasting pan to a serving dish with a slotted spoon, leaving behind as much of the fat as possible.

You may try different flavor combinations for roasting such as oregano and cumin in place of the thyme and sage. You can use this flavored chicken for a Mexican-style meal and later make a soup of red beans, corn, and cilantro.

Without skin: 308 calories, 9g fat, 2g saturated fat, 21g carbs, 34g protein, 5g fiber

In the next day or so, remove any meat from the bones. Set aside the meat and reserve any cartilage and bone to make stock.

Discard skin and fat. Use bones, vegetables, about 2 liters of water, and lemon or vinegar as discussed above. Bring to a boil then reduce heat and simmer for up to 2 hours.

Let cool; strain through a colander and cheese cloth into containers for storage. If freezing stock in glass jars, leave enough room for the liquid to expand and freeze initially without a lid to prevent bursting. If storing in plastic, be sure stock is well cooled before adding to container.

Put your soup beans to soak in preparation for the delicious soup to come!

Fresh Split Pea Soup with Fresh Peas and Potatoes

From Feeding the Whole Family, by Cynthia Lair (Serves 4)

2 tsp extra-virgin olive oil

1 onion, chopped

1 stalk celery, chopped

1 carrot, chopped

2 small red potatoes, cubed

1 tsp cumin

Black pepper, 1-2 turns of grinder

1 cup green split peas (may soak overnight)

4 cups water or vegetable stock

1 large bay leaf

½ cup fresh or frozen peas

1 tsp sea salt

1 Tbsp fresh dill or 1 tsp dried

Heat oil in a pressure cooker or soup pot. Add onions and sauté until they begin to soften. Add celery, carrot, potatoes, cumin, and pepper. Sauté 5-7 more minutes.

Add split peas, stock, and bay leaf.

If pressure cooking- bring up to pressure, lower heat, and cook for 40 minutes. If using a soup pot- bring to a boil, lower heat, and simmer for 1 ½ hours (if split peas are soaked, pressure cooked for 20 minutes or simmer for 45).

Add fresh peas, salt, and fresh dill; stir.

Continue cooking a few minutes until peas are tender. Soup is ready to serve

250 calories, 3g fat, 45g carb, 17g protein, 5g fiber

Curried Potato, Leek, and Apple Soup

From the Mayo Clinic Williams-Sonoma Cookbook (Serves 6)

6 ¾ cups stock

3 large russet potatoes, peeled and coarsely chopped

3 leeks, (mostly white portion), thinly sliced

1 tart green apple, peeled, cored, and chopped

2 tsp curry powder

2 tsp lemon juice

½ tsp ground cumin

3 Tbsp chopped fresh flat leaf (Italian) parsley

In a pan over high heat, bring the broth, water, and potatoes, leeks, apple, curry powder, lemon juice, and cumin to a boil.

Reduce heat to medium-low, partially cover, and cook until the vegetables are very tender, about 20 minutes.

Puree with a hand immersion blender or transfer the cooled soup, in batches, to a blender or food processor and process until smooth. Reheat as needed.

To serve, ladle into individual bowls. Top each with an equal amount of the parsley.

139 calories, <1g fat, 31g carbs, 3g protein, 3g fiber

This Week's Assignment

Revisit your ultimate goals; why did you decide to lose weight in the first place?

List some of the benefits of being at your new weight

What are some of the difficulties you are experiencing or anticipate with keeping up your new way of life?

List some ways that you can manage the difficulties above or try to diminish the disadvantages while still keeping on track

Continue your diet diary, goal recording, weekly goal progress sheet, and physical and stress relief activity logs.

Make your goals for this week:

3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)

1 _____

2 _____

3 _____

Behavior Contract

I, _____, as of
(date)_____ commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

My Signature_____ Date_____

Signature of Family Member or Friend

_____ Date_____

Wrapping Up...

That's it for the Weight Loss for Sleep Apnea program! We truly hope it has made a difference in your life, and that you will continue to implement the tips and advice we have provided in the modules.

And with your permission, we'll keep in touch!

To your health and happiness,

Marc MacDonald, M.Sc.

Publisher, Weight Loss for Sleep Apnea™

P.S. If you have any questions don't hesitate to send us an email:
marc@sleepapneaweightloss.com