

# THE FUTURE OF HEALTH | NOW 2012

## Dr. Jonny Bowden The Easy, Proven Way to a Slim Body

*The following is taken from **The Future of Health Now** interview conducted by Ann Wixon with nutrition and fitness expert Dr. Jonny Bowden.*

*We have compiled the best, most valuable and easily applicable content from this amazing interview so you can begin to implement positive changes today, as you strive to live a happier and healthier life now and in the future.*

### Who is Dr. Jonny Bowden?



I have a Master's degree in psychology and counseling, a PhD in nutrition, and have earned six national certifications in personal training and exercise.

I'm a board certified by the American College of Nutrition, a member of the prestigious American Society for Nutrition, and a much in-demand speaker at conferences and events across the country.

I've authored nine books on health, healing, food, and longevity, including two best-sellers: *The 150 Healthiest Foods on Earth* and *Living Low-Carb*. A frequent guest on television and radio, I have appeared on Fox News, CNN, MSNBC, ABC, NBC, and CBS as an expert on nutrition, weight loss, and longevity.

I am a past member of the editorial advisory board for *Men's Health* magazine, currently the nutrition editor for *Pilates Style*, and a regular contributor to AOL, *Vanity Fair* online, *Clean Eating* magazine, *Better Nutrition*, and *Total Health Online*.

### The Problem with “Diets”

The public's appetite for diet books is insatiable. There are 63,124 diet books available on Amazon.com right now.

People always want to lose weight. They want instant gratification and immediate fixes to difficult problems.

Diet books routinely promise something new and revolutionary, some new discovery or some easy way to do this very difficult thing.

They continue to disappoint, and people continue to try again with something new.

Reasons why diets don't work:

- Some of them just are terrible.
- Some of them are very good, but people don't stay on them.
- The issue is finding an eating plan that you can actually stay on.
- People need to readjust their mindset.
- Don't think of it as something you just have to stick with for two weeks, get the weight off, and then go back to your old habits.
- People think a diet is a quick fix, something that's going to just get them out of this emergency situation.

When people approach "diets" as a lifestyle change, the diets can be wonderful guidebooks to how to start a new relationship with food.

## **Diets to Avoid**

If you ask Dean Ornish if there are any diets you should stay away from, he's going to say Atkins.

If you ask someone on the low-carb end of things what kind of diets to stay away from, they're going to tell you avoid low-fat.

If you ask me – the first one I would say that has been a rousing failure on every possible dimension that we can evaluate a diet on is the low-fat, high-carb diet that is the standard operating procedure the American Dietetic Association and every major health organization continues to promote.

It is associated with the biggest outbreak of obesity and diabetes ever known to mankind. The current food pyramid is exactly what cattlemen use to fatten up cattle before slaughter.

The old saying goes: “fat and finished on grain.”

## **Finding the Right Diet for You**

The key is to find the right diet for the right person. Give up the notion that one size fits all.

Each person is metabolically, hormonally and constitutionally different. What works for one won't necessarily work for another. We have to be on a constant mission to find out what really works for us:

- What gives us the best energy?
- What keeps our weight where we want it to be?
- What keeps our libido high, our energy high and our optimism?
- What kinds of foods and what kind of eating plan really makes us feel the best?
- How does the diet make me feel?
- What adjustments do I need to make to make it work for me?

Ask yourself, “If you have a long night ahead to drive across the and you have 12 hours of highway stretched in front of you and you only get to eat one meal before you leave, are you going to eat a steak or a salad? Which is going to give you the most energy?”

The key is what kind of food is likely to energize you.

Weston Price did a seminal study that looked at 15 different hunter-gatherer, indigenous societies all across the globe that still existed somewhat in isolation in the 20th century. He found that there are people who do phenomenally well on a diet that doesn't even have any carbs. There are cultures where they live on cream from cows. There are others that live on 80% carbohydrates. **What he did *not* find anywhere is a culture that survived well on a high-sugar or high processed food diet.**

Fat is not making us fat. The sugar is. Grains convert to sugar very quickly.

Sugar can be called:

- Sugar
- High fructose corn syrup
- Maltose
- Brown rice syrup
- ...and many other names

### **Anybody can Lose Weight**

For some people, for whatever reason, weight loss is just the most difficult thing. But the number of people who fall into that category is far smaller than you might think.

There are solutions, but some people have to look a lot harder for them. There are people who, if they just cut out the soda, the weight falls off. There are people who have to look under every stone to find out!

Let's start with, "What are you eating? How much sugar are you getting?"

### **Insulin Drives Fat Storage**

It's a basic biological, physiological fact is that fat storage is driven by insulin. Insulin is driven up by carbohydrates and sugar. Insulin drives fat storage, carbs drive insulin.

If you're saying, "I just can't lose weight, no matter what I'm doing," I'm guessing 90% of the time, insulin is involved. Your body is producing more insulin than you need to produce in response to carbohydrates.

In that case, you need to manage your hormones. You need to bring down your insulin levels. That's why different people need different amounts of carbohydrate restriction in order to bring this fat storage hormone down to normal. Some people need to be really stringent, like 20 grams a day. Most people don't need to do that. Below 100 grams a day is usually sufficient.

## Understanding Carbs

We don't use the terms complex and simple carbs anymore.

We used to believe that simple carbohydrates were bad. "Simple carbohydrate" just means a sugar that breaks down really fast.

Complex carbohydrates are strings of sugar together. Those are the ones we thought, those are good for you. Those are potatoes, pasta, rice, and others.

The truth is some simple carbohydrates are fabulous for you. They do not break down very quickly, and they do not raise your blood sugar. For example, the fructose in an apple is a simple carbohydrate.

There are complex carbohydrates, like the ones in potatoes, rice, and cereals that break down into sugar quickly. They go through the esophagus, and by the time they hit the stomach, the body sees it as a bolus of sugar.

A much better distinction is whether the carbs are high-glycemic or low-glycemic, a measure of how this food impacts your blood sugar.

The higher the glycemic index, the higher your blood sugar goes and the higher your insulin.

## Foods to Avoid

- Sugar
- French fries
- Trans-fats.
- Soda

Grains are complicated:

- **Pluses:**
  - There are nutrients in grains,
  - Fiber,
  - We could not feed the planet without grains,
  - They taste good.

- **Negatives:**
  - Gluten in wheat (many people are sensitive to gluten; can be celiac or an intolerance that causes bloat, brain fog, muscle aches, etc.),
  - Grains bloat people,
  - The glycemic impact

Even whole grains raise blood sugar. For people concerned about blood sugar and insulin or weight issues, grains may not be the best choice. A small portion at most.

To see if you are sensitive to foods, remove for two weeks, then add back in very slowly with very careful observation of their effect:

- Bloating?
- Sluggish?
- Tired?
- Not quite right?

You need to pay attention to your body, to what your body is trying to tell you. Your body is always sending messages.

## **Losing Water Weight**

On a lower-carb diet, you do lose some water weight in the beginning, but most of it's bloat.

Every gram of carbohydrates requires 4 grams of water to stay in the body. When you're cutting back on carbs, you're not holding so much water and bloat.

With muscle loss, it depends on whether or not you're doing anything to preserve your muscles. There are body builders who train on very low-carbohydrate diets right before the contest. They aren't losing any muscle. There's no reason to lose muscle on a low-carb diet, if you're getting enough protein and if you're exercising your muscles.

## **Exercise Truths**

- “The way to lose weight is to cut calories and do more aerobics.” Not so.
- Exercise is NOT an effective way to lose weight.
- For weight LOSS, diet is more important than exercise.
- You cannot “out-train” a bad diet.
- Exercise IS the best anti-aging strategy in the world and one of the most important things you can do for your health.
- Best way to keep weight OFF. People who have been successful at keeping weight off for a significant length of time all exercise.
- Long, slow aerobics is NOT the most effective way to exercise.
- Exercise is important for building muscle.

- Cannot lose the belly by doing the treadmill 20 minutes, 3 times a week. You've got to do more than that.

### **Best Form of Exercise: Intervals**

- Interval training is a very effective way to burn fat, build muscle, and help with weight loss.
- High-intensity burst training is the goal.
- It actually means less time in the gym.
- Intervals are periods of time.
- Example: If you're a walker, let's say on a scale of 1 to 10, you're walking at a speed of 4.
  - You walk at 4 for a couple minutes.
  - Now bring it up to 6 for 30 seconds.
  - Then slow it back down to 4 and catch your breath.
  - Then 30 seconds later, you do another interval of 30 seconds higher intensity.
- It's about pushing yourself beyond your comfort zone for about 30 seconds at a time, then slowing down, letting your heart rate catch up a little bit, and then doing it all again.
- You can do a series of these high-intensity intervals in less than 10 minutes: 30 seconds on, a minute off; 30 seconds on, a minute off, and so on.
- You can also do it outside.
  - Set your timer and run like somebody's chasing you with lions, for 30 seconds.
  - Then walk for a minute.
  - Then run another 30 seconds.
  - Then walk for a minute.

### **The Supplement Story**

- There is no supplement on Earth that will cause you to melt fat.
- The most effective supplement for weight loss is fiber.
- Good brand is Barleans' Forti-Flax. It's ground flax seed. It has lignins, which are cancer-fighting, and omega-3s.
- Fiber slows down the entrance of sugar into the bloodstream. When you eat, even if you're eating pure sugar, if you eat a lot of fiber with it, that sugar is going to get into the bloodstream a lot more slowly, and therefore, it's going to produce a lot less insulin.
- Aim for 25 to 38 grams of fiber a day.
- The average American gets between 4 and 11 grams a day.

## Choosing the Perfect Diet

- Food that has color.
- Food that would spoil if you put it outside for a couple of hours.
- Food that you could have hunted, fished, gathered, or plucked.
- Nothing with a barcode.
- Natural meats, poultry, wild fish, and grass-fed beef.
- Any vegetable under the sun, except potatoes and corn.
- Fruits, berries.
- Nuts.
- Eat whole foods.

## Coconut Oil

The early coconut oil that was imported was filled with trans fats.

Today, organic coconut oil is a true health food.

There are some saturated fats in coconut oil, but they are medium-chain triglycerides. These fats are preferentially used as energy by the body, as opposed to fat storage. Your body uses it more like a carbohydrate.

The fatty acids in coconut oil contain particular fats that are very antiviral and very antimicrobial, including lauric acid, stearic acid, and myristic acid. Lauric acid is very antimicrobial and good against things like *Candida*. They're very good for the immune system.

Coconut oil has a very distinctive taste, so it adds a little coconut flavor to vegetables. Can also mix in equal parts with butter as a spread. It's great for making scrambled eggs.

## Final Thoughts

- There really are no unrealistic goals, but there are unrealistic timetables.
- Honor yourself. We are all biochemically unique.
- Stop looking for the perfect solution. Find instead the solution that fits you, your body, and your lifestyle.
- Beauty comes in a lot of different shapes and sizes.
- We are not all going to have a six-pack or look like Kate Moss.
- There's a combination here of genetics, hormones, the thickness of the skin, and just a hundred different reasons why people's bodies do what they do.
- Take the 10,000-foot view and look at the whole picture.
- This is about your life. It's about feeling good. It's about feeling sexy and attractive. And that comes in a lot of different packages.

- Take care of yourself and build the confidence that comes with taking care of yourself and you can be pretty hot and sexy and feeling pretty good about yourself at a fairly wide range of weights.
- We're not all going to be skinny, but we can all be healthy.

## Resources

- Daphne Oz interview
- Gary Taubes interview
- Tim Ferriss interview
- [National Weight Control Registry](http://www.nwcr.ws/) (www.nwcr.ws/)

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