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Sugar Watchers

Weight Loss Nutrition

WEIGHT LOSS NUTRITION COURSE

TAUGHT BY VALERIE ROBITAILLE

Lose weight WITHOUT THE KILLER CRAVINGS!

The following content is a condensed version of the Sugar Watchers Weight Loss Nutrition Course that can be found [HERE ON AMAZON](#) or get the [PDF VERSION HERE](#).

The Sugar Watchers course focuses on eliminating cravings, and the relationship between food that is eaten, hormone levels (particularly cortisol and insulin), and weight loss.

Balanced blood sugar and insulin levels contribute tremendously to weight-loss, and provide the solution to battling with ‘dieting.’ In this course, the solution to food cravings that spin out of control is taught. Cravings are one of the biggest obstacles for most people trying to lose weight. It will no longer be necessary to spend so much energy and time fighting to keep the weight off.

INTRODUCTION

If you have damaged your body over the years, you can still heal and become the healthy, fit person you want to be. Changing your lifestyle can be challenging but the rewards far outweigh the cons.

Quick-fix diets don’t work and you cannot rely on willpower alone to instill lifestyle habits that promote healthy living...

YOU NEED A PLAN

In this course you will focus on principles of healthy weight loss and maintenance. The initial weight reduction plan includes instructions for a balanced nutritional intake with sufficient protein, and vitamin/mineral supplementation to maximize the burning of fat and preserve muscle mass. Together with some exercise, this approach results not only in significant weight-loss and more lean muscle, but due to its nutritionally sound principles, avoids the rebound weight gain some people experience after ‘dieting’.



Tips and Tools

Your environment:

- Surround yourself with people and activities that are supportive and stay sharp, there may be people that feel threatened by your efforts to be healthy and thin.
- Keep an eye out for the dreamstealers who try to coerce you with cookies or get you to join the latest diet fad.
- Focus on positive reinforcement and rewards for your commitment to change.

- Clean out your environment: determine your trigger foods and remove them. Use the food lists provided to restock your pantry. Always have healthy food available. Plan ahead. When dining out request bread basket be removed from the table.

Making new routines – Food and Health Habits:

- Eat organic whenever possible, only eat organic (grass-fed, cage-free) animal products
- Eat 3 meals a day, nothing else in between
- Take high quality vitamin/mineral supplements
- Eat breakfast
- Don't eat while standing, or driving
- Eat 1 fruit per day
- Eat fresh non-starchy vegetables every day
- Get at least 20 grams of fiber every day (ideal = 25-35 grams per day)
- Use fresh herbs
- Never eat hydrogenated or partially hydrogenated oil
- Never eat fast food
- Drink less than 2 cups of coffee and 4 oz alcohol per day

you
can
do it!

NOTHING TASTES AS GOOD AS BEING THIN FEELS

The Three A's of Living Consciously

- 1) Awareness – The very first stage of halting the whirlwind of destructive eating behavior is to become aware that we overeat. Many people aren't even aware that they are eating to excess, or eating the wrong kinds of foods. I remember getting a memo once with cute little sayings like “calories don't count if you're eating standing up” and “chocolate doesn't ever count” and “snacks don't count” and pulling up a chair to the refrigerator while grazing doesn't count.” We *unconsciously* believe this, believe it or not! These are some of the typical behaviors that we must become aware of. But....

BE GENTLE WITH YOURSELF BECAUSE UP UNTIL NOW OVEREATING MAY HAVE BEEN THE ONLY WAY YOU COULD MANAGE YOUR LIFE

- 2) Acceptance – The second stage of healing our destructive eating behaviors, after we have become aware of them, is acceptance. We accept that we have a problem that causes us pain and creates a vicious whirlwind of unconscious patterns. That is all – we accept this as fact. Acceptance is a very simple procedure – we just do it! And like the other 2 A's, acceptance can be applied to any problem of our lives, whether we are in control of it (like food intake) or not. Once you have become aware and accept a thing then comes....
- 3) Action – You can now plan your strategy and follow through. You can get out of the whirlwind. You will now begin to shape your destiny.

REPROGRAM YOUR MIND TO HAVE GOOD HEALTH AND A FIT BODY

What I would say to anyone who has tried everything to lose weight and has not given up, try reprogramming your mind. So often we're on autopilot and there are a myriad of things we do without thinking, like driving to a destination you go to every day. You can do it almost without thinking and arrive safely at your destination. This is the power of our subconscious mind: when you've traveled a route so many times it becomes a habit and your subconscious mind had control (even though your hands were on the wheel).

Prepare your environment for success. I used to live in a third world country and food was very hard to access and it was the battle of my life to stay healthy. As much as you can make sure you prepare for your food needs, and **WRITE YOUR FOOD DOWN**, check your Optimal Foods Shopping list and shop way ahead if you need to. That's one way to create the right environment. Another way is to practice some form of time management so that things don't pile up and you drop your resolve.

Your success depends on being mindful about your food and health needs. You musn't abandon the search for peace to do and be what you love and want.



YOU ARE WHAT YOU EAT

Where your calories come from counts as much as how many calories you are eating. For example, in one study where protein intake was increased from 10% to 25%, all calories being equal, the study subjects lost weight and their blood lipid (fat) profiles improved greatly. Hormone levels are also affected positively when protein is eaten in the right quantity and quality. For animal products this means free-range, cage-free, grass-fed, no hormones, no antibiotics, no farmed fish.

Furthermore....

A DIET THAT IS 70% CARBOHYDRATES WILL LEAD TO FOOD CRAVINGS AND WEIGHT GAIN

How carbohydrates are digested into sugar, increase insulin and are converted to fats

For the purpose of simplicity, we are going to consider the actions of insulin as though it is the only hormone in your body telling your cells what to do. But remember – insulin, like all hormones, does not act alone; all the hormones of the body are connected, and they are helping each other regulate all the same biochemical reactions simultaneously.

Let us follow carbohydrates through your system to see how they affect insulin secretion. For this example, we are going to divide your body into two parts; inside and outside the body.

The intestinal tract is made up of your mouth, esophagus, stomach, small intestine, large intestine (colon) and rectum. It can be thought of as being outside your body since it is in contact with the outside at both ends. It is in the digestive tract from your mouth to your small intestines that the food you eat is digested (broken down) into its smallest possible building blocks.

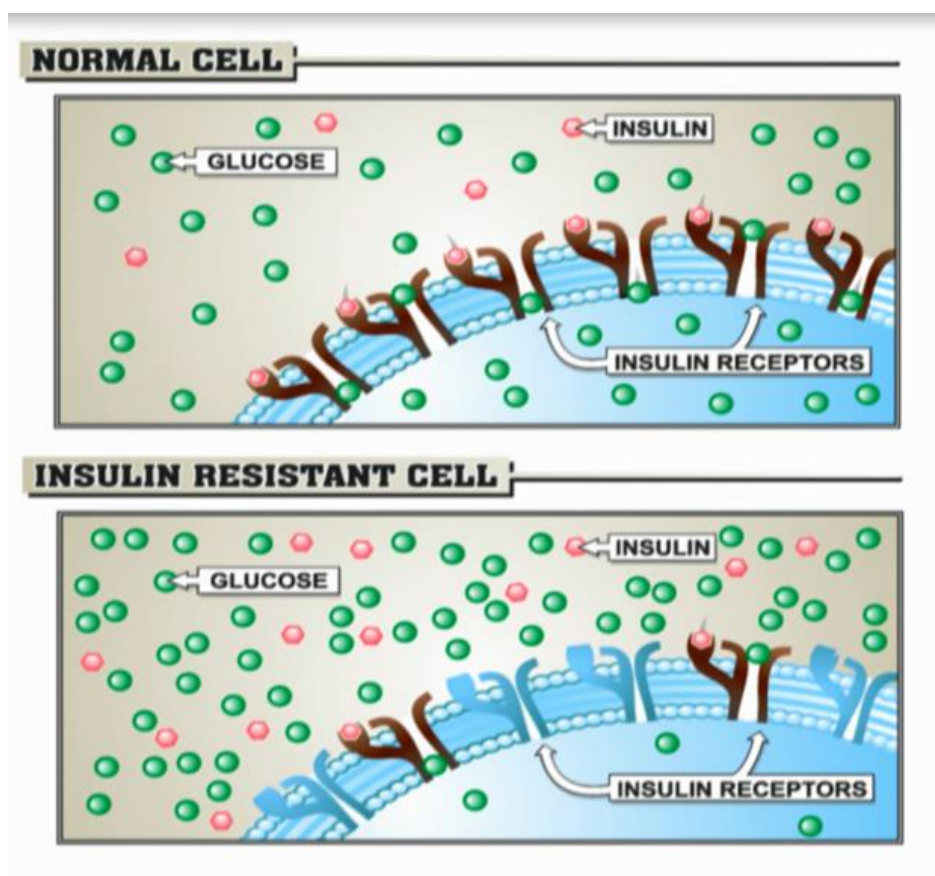
When you digest carbohydrates, you break them down into sugar. Sugar is small enough that it can pass from the small intestines (outside the body), through the intestinal wall and into the

blood system (inside the body). This process is called absorption; therefore, the purpose of digestion is absorption.

The area of the bloodstream where sugar enters is called the portal vein. Though its name is not important, it is important for you to know that the portal vein links your small intestines directly to your liver and not to any other organs or cells. This path is a one-way highway.

It is at the level of the portal vein that insulin is introduced into the bloodstream proportionate to the amount of incoming sugar. The insulin and sugar travel directly to the liver where the liver cells take up sugar from the bloodstream because insulin tells the liver cells to open up their doors – or receptors – and let the sugar in. Insulin does this for other cells of the body too, and the condition where insulin is no longer effective at this is known as insulin resistance.

In the picture below, notice the insulin, and consequently the glucose (sugar in the blood) are not making it to the receptor sites on the cells:



INSULIN CONVERTS NEARLY HALF OF THE CARBOHYDRATES

WE EAT TO FAT FOR STORAGE

The solution is to start burning the fat you have already stored from too much carbohydrate by moderating your insulin response, and stop storing fat. Since insulin is a hormone, and hormones are a huge part of our body chemistry (they interact with each other all the time), the first thing we must do is [straighten out our hormones](#), particularly insulin but we must also consider cortisol if there are any serious stress issues in our lives. This program will help you with hormonal balance as you go along and learn the signals your body is giving you.

The following foods all increase insulin, decrease fat-burning hormones, and encourage the body to store fat:

SUGAR in all its forms:

Table sugar
Brown sugar
Honey
Corn syrup

Hidden sugars:

Juice
Flavored yogurt
Deli meats
Alcohol

EXCESS PROTEIN:

Amounts over 9 oz can increase insulin by 200%!

SUGAR AND PROTEIN:

Adding sugar to protein can increase insulin by 200%!

STARCHES AND GRAINS:

Potatoes
Rice and other grains
Bread
Pasta
Cereal
Muffins

How to lower insulin

- 1) Cut carbohydrates (sugar and hidden sugar) and FOLLOW FOOD AND PORTIONS
- 2) Avoid combining protein and sugar. This creates a big spike in insulin. For example, sweet and sour chicken
- 3) Avoid lean low-fat proteins. Particularly dairy and meats. The proportion of protein to fat in these products cause insulin to spike
- 4) Avoid eating protein to excess protein (converts to insulin)
- 5) Avoid MSG – spikes insulin by 200%
- 6) Don't eat too frequent meals – this keeps insulin high all day
- 7) Manage stress

HORMONE TRIGGERS

I realize it's very popular among health professionals and people wanting to lose weight to say they should raise their metabolism. But more often than not, it's hormone issues, not metabolism, that's responsible for excess weight. When hormones are out of balance we are out of balance. So typically, for people who have tried everything else, learning about a couple of hormones and regulating their production should be the target goal.

For example, high levels of cortisol cause fat stores and excess circulating fat to be relocated and deposited deep in the abdomen, which left unchecked, can develop into or enhance obesity. Increased cortisol has been shown to burn fat but it burns what is known as peripheral fat, and increases visceral fat in the abdomen. Visceral fat tends to release inflammatory substances, which signals the body to release even more cortisol.

CORTISOL'S MAIN ROLE IS TO INCREASE BLOOD SUGAR

[WATCH STRESS, CORTISOL AND FAT VIDEO HERE](#)

When blood sugar goes up so does insulin. Insulin is called the fat-storing hormone for very good reason. Increased levels of insulin, even just for a short time, shut off the hormones in the body that actually burn fat.

How to lower cortisol

- 1) Get more sleep
- 2) Give your body a rest from eating during the day (three portioned meals a day is key.)
- 3) Get sun
- 4) Walking – better than any other type of exercise to lower cortisol
- 5) Increase your potassium
- 6) Listen to relaxing music
- 7) Plant a garden
- 8) Practice deep breathing exercises
- 9) Get a massage
- 10) Laugh
- 11) Spend time with pets
- 12) Sip tea



Cortisol-lowering foods include: salmon, citrus fruits, cheese and green tea ([contains theanine](#)).

Are you a Carb Addict?

Answer the questions below by placing a yes next to the number. Calculate your results below.

1. ____ At a restaurant, I almost always eat too much bread, even before the meal is served.
2. ____ It is harder for me to control my eating for the rest of the day if I have had breakfast containing carbohydrates such as a bagel or cereal, then it would be if I had coffee or nothing at all.

3. ____ Once I start eating sweets, starches, or snack foods, I often have a difficult time stopping.
4. ____ I would rather have an ordinary meal that includes dessert, than have a gourmet meal that excludes it.
5. ____ A meal of only meat and vegetables leaves me feeling unsatisfied.
6. ____ If I'm feeling down, a snack of cake or cookies makes me feel better.
7. ____ If potatoes, bread, pasta or dessert are on the table, I will often skip eating vegetables or salad.
8. ____ I sometimes have a hard time going to sleep without a bedtime snack.
9. ____ At times I wake in the middle of the night and can't go back to sleep unless I eat something.
10. ____ Now and then I am a secret eater.
11. ____ I get tired and/or hungry in the middle of the afternoon.
12. ____ When I want to lose weight, I find it easier not to eat for most of the day than to try to eat several small low -calorie meals.
13. ____ I get a sleepy, almost drugged feeling after eating a large meal containing bread or pasta or potatoes and dessert, whereas I feel more energetic after a meal of only meat and salad.
14. ____ When I am not eating, the sight of other people eating is sometimes irritating to me.
15. ____ About an hour or two after eating a full meal that includes dessert, I want more of the dessert.
16. ____ After finishing a full meal, I sometimes feel I could go back and eat the whole meal again.
17. ____ Before going to dinner at a friend's house, I will sometimes eat something in case dinner is delayed.

Each Yes Has the Following Point Values:

1. 2 points	6. 3	11. 4	16. 5
2. 3	7. 3	12. 4	17. 5
3. 3	8. 3	13. 4	
4. 3	9. 3	14. 4	
5. 3	10. 3	15. 5	

What Your Score Indicates:

- 21 or less: It is very unlikely that you are carbohydrate intolerant.
- 22 - 30: There is a possibility you are carbohydrate intolerant.
- 31 - 44: There is reasonable certainty you are carbohydrate intolerant.
- 45 - 60: You are definitely carbohydrate intolerant.

The body reads all ingested carbohydrates as glucose (sugar), which tells the pancreas to produce the hormone insulin and take that glucose to cells, tissues and organs that need it for fuel. Because the body has such a brilliantly timed system, it makes sure that there is enough insulin to handle the sugar load by continuing to produce this hormone even after the glucose has been transported.

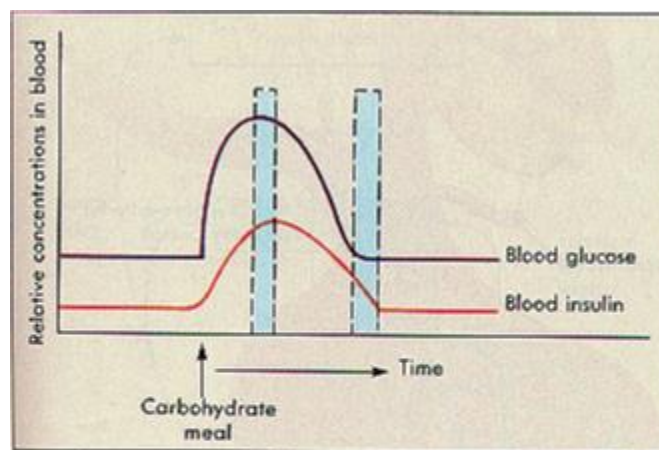
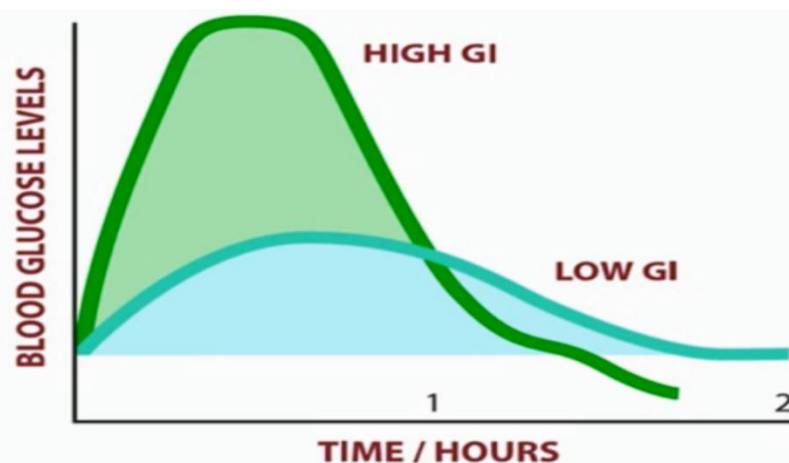


FIGURE 5-15

Blood levels of glucose and insulin after a carbohydrate meal. Note that the peak of blood insulin is reached shortly after the peak of blood glucose, and that insulin levels remain elevated for some time after the glucose has returned to within the normal range. These are indications of the time lag in this feedback system.

The chart below shows the rise in blood sugar levels as a result of eating high glycemic foods. When blood glucose levels rise, so does insulin. The more circulating insulin, the more food cravings you will experience.



**DISCIPLINE IS THE DIFFERENCE BETWEEN CHOOSING WHAT
WE WANT NOW AND WHAT WE WANT MOST**

PROTEIN

(from the Greek word proteus meaning, of primary importance)



Protein is essential for life: it is an integral part of every cell in the body. It is needed to build and maintain skin, muscle, bones and organs. Protein is used to make hormones, transport nutrients, act as enzymes, maintain water balance, and support immune function (through antibodies).

Proteins are made from amino acids (AAs) so, in order for your body to build or maintain tissue, your food choices must contain essential amino acids in sufficient amounts. So how much is enough? The answer to this is important when trying to balance blood sugar and lose weight. However, protein requirements are very hard to assess. Balance - building and maintaining body mass - can be achieved at any level of intake as long as some base requirement is met. When there isn't sufficient protein in the body we start to break down our muscle tissues to meet our body's needs.

PROTEINS ARE NEEDED TO MAINTAIN HEALTHY MUSCLE

MORE MUSCLE MEANS LESS FAT!

Protein Grams in Foods

Meats

Red Meat 7-9g per oz.

Veal 8-9g per oz.

Pork Loin 9g per oz.

Turkey

White meat 9.5g per oz.

Dark meat 9g *per oz*

Chicken

White meat 9.5g per oz.

Dark meat 8.5g per oz.

Fish & Seafood

Fish 7-9g per oz.

Shellfish 6-7g per oz.

Eggs

Whole 6.2g per oz.

Whites only 3.5g per oz.

Cheese & Dairy

Feta 4g per oz.

Cream cheese 2g per oz.

Ricotta (1/2c.) 14g per oz.

Cottage cheese (1/2c.) 14g per oz.

Milk 8g per cup

Most cheeses 6-7g per oz.

Yogurt 12g per 8oz

Soy Products

Tempeh 6g per oz.

Miso 3.5g per oz.

Tofu 5g per oz.

Soybeans (1/4c.) 14g per oz.

Nuts/Beans/Legumes

Nuts (1 oz) 4-6g per oz.

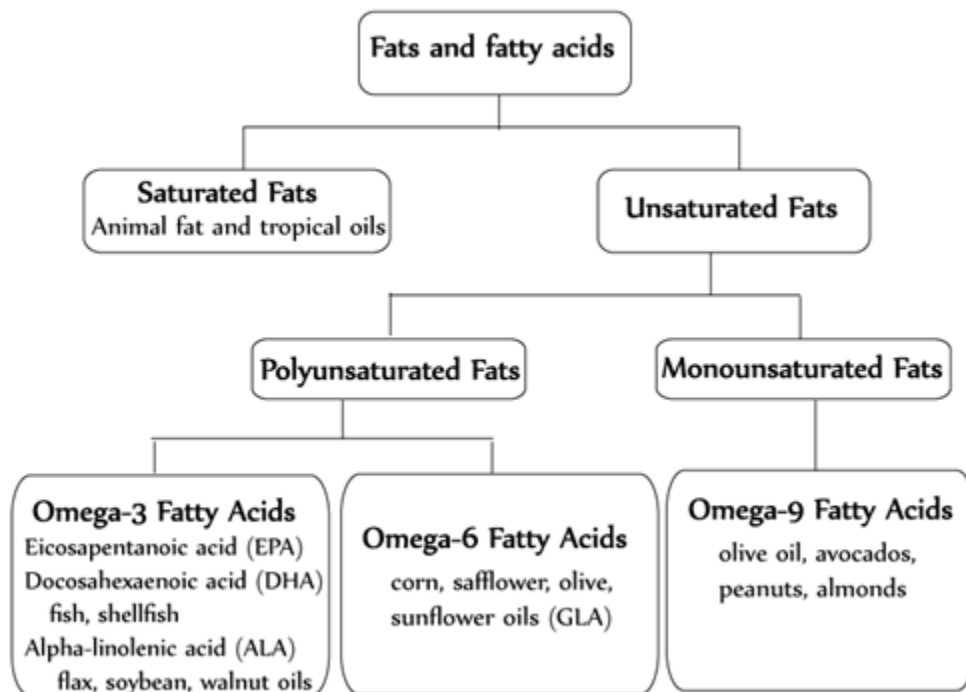
Beans (1/2c.) 6-8g per oz.

Legumes (1/2c.) 6-8g per oz.

FATS



High carb, low fat diets are out! The research is overwhelming that a diet low in fat and high in carbohydrates is detrimental to our health, particularly cardiovascular health. In addition, a low fat, high carb diet leads to changes in glucose and insulin metabolism. This is not good for those wanting to get their blood sugar and cravings under control, and lose weight. Some of the most therapeutically compounds known to man, as well as some of the most damaging, are found in fats.



Healthy Fats

Because the topic of fats is so vast and can get very confusing very fast, here I'm only going to recommend the highest quality dietary fats you can and should use in your food preparation. There are many therapeutic fats that provide the essential fatty acids such as borage and evening primrose oils, but we normally use these as supplements to our diets. Please research these for yourself so you will know their health benefits.

ALL OILS USED SHOULD BE COLD (EXPELLER) PRESSED

Avocado Oil – Rich in monounsaturated fats that can help ward off hunger. Contains vitamins B, E and potassium. Use as a salad oil (don't heat).

Coconut oil - contains a saturated fat called lauric acid which has been shown to increase the good HDL cholesterol in the blood, helping to improve cholesterol ratio levels. Coconuts also have special fats called medium chain triglycerides (MCTs). These fats are converted by the liver into energy more easily than other fats. Finally, the oils found in the coconut have a positive antioxidant action in the body meaning, they stop the damage to other healthy fats and tissues in our body. (This process is known as oxidation, a major contributor to cardiovascular problems and skin aging.) Can be used in cooking or anything you might use butter for.

Macadamia Nut Oil – rich in monounsaturated fats, omega 3s and phytosterols. Best suited for baking, stir-frying and oven cooking.

Olive oil – extra virgin should be your choice. Increases serotonin (associated with satiety) and contains antioxidants. Benefits:

- Protect from Heart Disease
- Promote Healthy Digestion
- Ease the Symptoms of Ulcers & Gastritis
- Lower Gallstone Formation
- Balance the Fatty Acids in Body

Flaxseed Oil – contains both EFAs and is the richest source of ALA in the diet. Never cook with flaxseed oil as its smoking point is very low and will quickly become rancid. Delicious sprinkled on salad, rice, oatmeal, etc.

Sesame Oil & Avocados – have omega 9 fatty acids which are not considered essential because the body can make small amounts. This is only possible though, when other omega fats are present.

Butter – preferably raw from local organic farm. Butter contains vitamins A, D, E and K in their natural forms. It also contains a category of fatty acids known as glycosphingolipids which help prevent gastrointestinal infections especially in children and the elderly. This is why it is important for children to only consume organic, raw full-cream dairy products. Butter also contains selenium as well as iodine which is utilized by the thyroid.

Nuts & Seeds (including nut and seed butter) – Walnuts, almonds, cashews, pecans, pistachios, hazelnuts, and chia, flax, hemp, sunflower and pumpkin seeds.

Because heated oils can create health problems, I'm providing a smoke point chart:

OIL COMPARISON CHART (%)					
Type of Oil	* Total Essential Fatty Acids (Polyunsaturated)	Linoleic Acid (Omega 6)	Mono-unsaturated Fatty Acids	Saturated Fatty Acids	Smoke Point
GRAPESEED	76	76	15	9	485°F
CANOLA	3	11	59	8	400°F
CORN	60	58	27	13	410°F
FLAXSEED	72	15	18	10	-
OLIVE	8	8	78	14	250°F
PEANUT	22	32	61	17	450°F
PUMPKINSEED	57	50	34	9	224°F
SESAME	46	41	40	14	410°F
SOYBEAN	62	51	24	14	450°F
SUNFLOWER	66	40	21	13	392°F
WALNUT	56	53	28	16	400°F

*Essential Fatty Acids cannot be produced by the body and must be eaten through diet. Most American diets show a great deficiency of essential fatty acids.

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MOTIVATION IS WHAT GETS YOU STARTED.

HABIT IS WHAT KEEPS YOU GOING.

- Beef should be as lean as you can get it, or cut fat off. 1-2x/week maximum.
- Poultry should be white meat with no skin.
- You may use Whole Milk dairy products.
- Non-starchy vegetable portions should include 2 cups leafy greens.
- Nut butters should be made from nuts only, no added sugar.
- Weigh & measure all your portions.
- Be creative - you may mix foods any way you like, but KEEP IT SIMPLE.
- Drink enough water for your body which for most of us is (8) 8 oz glasses per day. Green Tea counts only when pure water is also drunk.
- Drink 1-3 cups Green Tea every day.
- Plan your meals BEFORE YOU EAT THEM and WRITE IT DOWN.
- Do some form of exercise and breathe deeply. At minimum - STRETCH.
- Pamper yourself, even if in a small way.
- Eat 3 meals per day with nothing in between.

Carbohydrate Breakdown

In general, the carbohydrate breakdown should look like this when you're eating between 30 and 60% of your calories from carbohydrates:

Fruits 20%

Vegetables 40%+

Tubers 20% or less

Grains 20% or less



DIGESTIVE HEALTH

Beneficial Bacteria

Any worthy nutritional program should include ways to enhance the function of the digestive tract.

Digestion is the profound process of the body that takes food apart and turns it into our cells; we break down proteins, carbohydrates and fats and then convert them into a different entity. If for some reason we fail to break food down properly, we aren't able to effectively digest and absorb vitamins and nutrients from the foods we eat.

Consider the bacteria in the body. There are approximately 3 lbs. and over 1000 species of bacteria living in the small and large intestines. Many are not friendly to the body. For example, E. Coli which lives in the human gut; some strains of E. Coli can be dangerous to the body but others not. A good ratio of good vs. bad bacteria in the gut is 80:20, but whether we can ever get the good bacteria to be the majority is still a questionable.

The point is that because our diets have become lower in fiber, and rich in pro-inflammatory fats and highly refined sugars, more and more people's gut ratio of bacteria has switched to 20:80. This situation is known as intestinal dysbiosis and is one cause of many illnesses seen today. This condition overloads the detoxification system of the body which can create a cascade of unwanted effects.

The reason we need good bacteria is because they act like prison guards against the bad guys. In your body, 95% of the serotonin, the 'feel good' hormone, you produce comes from the gut biome (bacteria in the small and large intestines). Eating foods high in sugar or carbs creates a chemical chain reaction that leads to a temporary increase in serotonin, helping you to feel relaxed, less anxious and stressed, and improves your mood. The presence of insulin and sugar in the gut may encourage serotonin levels to rise but the good feeling is short-lived, and the big swing in blood sugar levels compound the cravings problem. Remember – insulin is the 'fat hormone' and it's a hungry hormone (also known as cravings)!

The ratio or balance of our intestinal bacteria shifts when we eat a diet high in processed foods, nasty fats and excessive sugars. When the bacteria in the gut are fed by sugar foods they want more to keep growing. The more of these types of bacteria that are present, the more effect they will have on you in this regard. Conversely, the good bacteria help us utilize the nutrients from the food we eat, which enhances our nutritional status and we feel satiated.

Half of the functioning of the immune system is centered in the gastrointestinal (GI) tract and the list of conditions that can be helped, and perhaps prevented, by having the right balance of intestinal bacteria is remarkable. Things as far flung as Parkinson's, Alzheimer's, arthritis, even kidney failure may be slowed by having good bacteria in the gut.

Cleaning up our diets on the program will help to promote the growth of beneficial bacteria, and prevent the growth of bad bacteria. This will relieve the liver as well so it can function and take out the trash of the body (metabolic wastes, environmental toxins, pesticides in our food, drugs, etc.) If the trash remains in the body for too long, disease ensues (studies show that an overloaded liver puts people at risk for neurodegenerative diseases such as Alzheimer's). So it is of the highest benefit to take the stress off the liver and keep the GI tract running smoothly.

When we are first starting out on a weight loss program, we want to begin to decrease the bad bacteria and optimize the good guys. As you go along in the program your body will begin to change and you will be getting your bacterial defense naturally. For now (at the beginning) it's essential to add pro-biotics (good bacteria) to your supplement regimen.

WHY TAKE SUPPLEMENTS

Vitamins don't just keep you well. Abundant research shows that higher than normal intakes of some vitamins, minerals and accessory nutrients are beneficial for treating certain conditions and their prevention.

Health includes giving the cells of the body all the nutrients and conditions they need to do what they are meant to do, protect themselves from the environment, and live longer.

Steven Horne speaks on the topic in his book *Empty Harvest* “When we think of health, we usually don’t think of dirt. But dirt, or soil, is the primary factor in maintaining our nutritional health because all our food comes from the earth (or so it should). Since our bodies are literally composed of the “dust of the earth,” meaning minerals, healthy bodies are connected to healthy soil. If any element is missing from the soil, then it will be missing from the foods we eat and we will not be properly nourished.

Unfortunately, our commercial methods of agriculture are not only depleting the soil of precious trace minerals, they are also destroying the ability of plants to be able to utilize those elements. Hence, our food is nutritionally deficient right from the start. To make matters worse, our food gets refined and more of its nutritional content is removed in the process.

Prior to the 1800s, farmers all over the world fertilized their crops with organic material. In the previous century, a well-meaning chemist burned plant material and analyzed the ashes which remained. He discovered that the ashes were primarily composed of nitrogen (N), phosphorus (P) and potassium (K), and erroneously concluded that these were the minerals plants required to grow. Unfortunately, he lacked the equipment to detect the minute amounts of other minerals present in the plant ashes which are also needed for plant growth, regardless, the modern N, P, K fertilizers were born. When farmers started applying these three elements to their soil, they did get bigger yields at first. However, with repeated use problems began to arise.

This was because the soil was gradually being depleted of its trace minerals. As the soil became depleted the plants were not as healthy. Insect damage and disease increased. But instead of adding organic matter to the soil to correct the mineral imbalances, chemistry was there to “correct” these problems with herbicides, fungicides and pesticides. These chemicals compound the problem because the use of toxic chemicals gradually sterilizes the soil, killing microorganisms that live there. “(*Sunshine Sharing, Vol. 6, No.9*)

Due to the depletion of minerals in the soil our food is grown in, plant-based foods are not as nourishing as you might think. Additional stress is placed on our bodies by chemical and pesticide exposure. Going 100% organic and buying local will certainly improve these factors but nutritional supplementation ensures you are getting all the help you need in your weight-loss endeavor.

So, it is no longer a matter of eating the right foods because even eating a nutritional diet of whole grains, fruits and vegetables does not mean that you are getting the nutrients you need. This is certainly not true for organically grown food which is approximately double in nutritional value than commercially grown food. In any case, when nutrients are not present in the soil they cannot be present in the foods.

Food type Loss

Carrots 75 % less magnesium, 48 % less calcium,
46 % less iron, 75 % less copper
Broccoli (boiled) 75 % less calcium
Spring onion 74 % less calcium
Spinach (boiled) 60 % less iron, 96 % less copper

Swede 71 % less iron
Watercress 93 % less copper
Potatoes 30 % less magnesium, 35 % less calcium,
45 % less iron, 47 % less copper
All meats 41 % less calcium, 54 % less iron
All fruits 27 % less zinc
Apples and oranges 67 % less iron

Sugar Watchers Magic 7 Regimen

Carnitine Tartrate: ¼ - ½ tsp before breakfast. Same dose can be taken up to 3 times per day.

Metabolic Synergy: 3 capsules with 2 of your daily meals

Phosphatidylcholine: 1 heaping tbsp per day with food

Probiotic Synergy Spheres: 1 per day with food

Chromium Synergy: 1 per day with food (NOTE: If you are taking Metabolic Synergy you may not need addition chromium. If you are severely insulin resistant, Chromium Synergy can be added to your supplement schedule.

Digestzymes: 1 per day with one of your meals. (Supports the optimal digestion of proteins, fats, and carbohydrates.)

Zinc Challenge:* To start taking zinc: take a tsp and swish in your mouth for a few seconds, then swallow. If the liquid zinc tastes like water to you, take 2 tsp per day until you can start tasting it (metallic). If it tastes metallic the first time you take it you take it you are probably getting enough zinc in your diet and Metabolic Synergy.

*The Zinc Challenge works to determine levels of zinc through a taste enzyme called gustin. So for example if you are hypothyroid, the decreased output of thyroid hormones can cause a zinc deficiency. Gustin needs zinc to function – no gustin, zinc tastes like water = zinc deficiency. As you replete your zinc supplies you will start tasting it. When you do, stop the Zinc Challenge.

Most Sugar Watchers are zinc deficient, which is why it's on the Magic 7 list. Amazing turnarounds in eating behaviors have been reported just from zinc supplementation.

WEIGHT LOSS SUPPLEMENTS

Wherever possible (and wherever it made sense), in this report I have provided information about the synergistic nature of nutrients, and the results of their working together in the body. I

have been working with the following companies for many years and find that their processes meet the requirements for basic nutritional supplementation while losing weight and getting blood sugar/insulin levels under control.

Naturally, you will not want or need to take all of these supplements. But after reading through them and learning some blood sugar physiology, you will only become better able to discern for yourself which supplements are best. I list the ones I've found most valuable here for your reference.

The blue boxes are the basic supplements for the WLNP. The red boxes are auxillary supplements I've provided here because they are also important. All supplements are chosen with nutrient synergy in mind. While I encourage you to study and learn what principles and processes you need to achieve success, I've done some of the work for you in the choices below. (Please refer to the Supplement Schedule above.) Click on any supplement name and you will be able to register on the Dispensary and make your purchase. Easy!

(Company abbreviations after product name. Full company name at end of section. The following list is in alphabetical order, not order of importance.)

The Magic 7:

- 1. Carnitine Tartrate**
- 2. Chromium Synergy**
- 3. Digestzymes**
- 4. Metabolic Synergy**
- 5. Phosphatidylcholine**
- 6. Probiotic Synergy Spheres**
- 7. Zinc Challenge**

CLICK MAGIC 7 SUPPLEMENTS PHOTO FOR MORE INFO:





I dedicate this, my first nutrition compilation/book, to my hometown Brooklyn, NY, to Robert Crayhon, one of my greatest teachers whose expert knowledge is, thankfully, still with us, and to my prince – you know who you are Jamie.

I express my gratitude to the creators and instructors at the Designs for Health, Metagenics and Moss Nutrition Training Seminars, where I built a forever foundation in the field I love, and whose materials I was given permission to use. A special thanks to JJ Virgin whose brilliant research and literature is leaned heavily upon in The Sugar Watchers Weight Loss Program.

I bestow all the credit for my success to my grandmother Mary, who taught me 85% of everything worth knowing about nutrition, and to God.

May knowledge and understanding light the way for all who read these pages – I encourage you to shine with radiant energy and health.

Salud!

Valerie Robitaille, MS Nutrition, PhD Candidate (Public/Community Health)

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