



## What I know for sure . . .

No one on this planet LOVED bread more than I did. However, as I kept gaining weight and felt so tired and sluggish I finally decided to try WHOLE grain bread. Even purchased a bread machine to make my own. What a delight that was — except I was still gaining weight and felt miserable.

I came across a food plan that explained how the French don't eat fruit with their meals except berries, which are low in sugar and high in fiber.

So I began to do as the French do and eat my grapes, pears, apples, bananas, oranges, plums etc. between meals. I felt better.

When fruits are eaten with a meal the sugars will attach to the fats and starches and be retained as stored fat. However, when eaten 3 hours after a meal and at least an hour before the next meal the fruit is immediately digested and burned as immediate energy.

Then I read a suggestion to eat grains and legumes WITHOUT fats or proteins, because, the fat attaches to

the sugars and starches and again is stored in the body as fat. So this meant NO fats or proteins at the same meal with grains or legumes. I immediately noticed the days I did not have grains and legumes I felt so much better. I kept track for over a month and decided NO more grains for me. By the way corn is a grain, page **8 Volume 5.**

I became a real pest when eating out with friends. NO bread on my side of the table. NO pita chips in my Greek salad. And I began to say NO to any starchy veggie. Today I am a much better companion. I can have bread and chips near me and not want to consume them. All I have to do is tell myself the short joy is not worth the price I have to pay.

I began to pile my plate with bright colorful veggies and 30 grams of good protein. At the same time I removed all flour and packaged food. I dumped the white sugar too.

Have you ever eaten RAW cane sugar? It is pale yellow in color — NOT white. So I wanted to know how they make it white. They don't have to tell you they use BLEACH and AMMONIA in the PROCESS, which began over 200 yrs ago and they

do NOT have to identified them as added ingredients. By the way it is a combination of these two liquids that produced the Mustard Gas Bombs during WW I.

Well since I don't pour these liquids over my food, I stopped eating anything made with cane or beet (beets are red) sugar.

Much to my amazement I felt better (didn't know I had brain fog until I didn't have it anymore) and dropped 45 pounds in 90 days. I was never hungry. GOOD protein and healthy fats fill me up and make me happy. And . . . I have dessert 2-3 times EVERY day!!!! Just without sugar or flour of any kind.

By the way the last 20 pounds I had gained at my max weight was due totally to going on a low fat diet. All the filler they add to make it stick together and taste decent adds pounds and has no nutritional value what-so-ever. I READ every label and never ingest anything I can't pronounce or immediately identify as a natural living plant. If it lists more than 5 ingredients I put it back on the shelf. I prefer to eat FRESH SINGLE ingredient FOODs that do not require a label. *Judy*