

Figure 1.1. Causes of death in the United States 1900 vs. 1960.

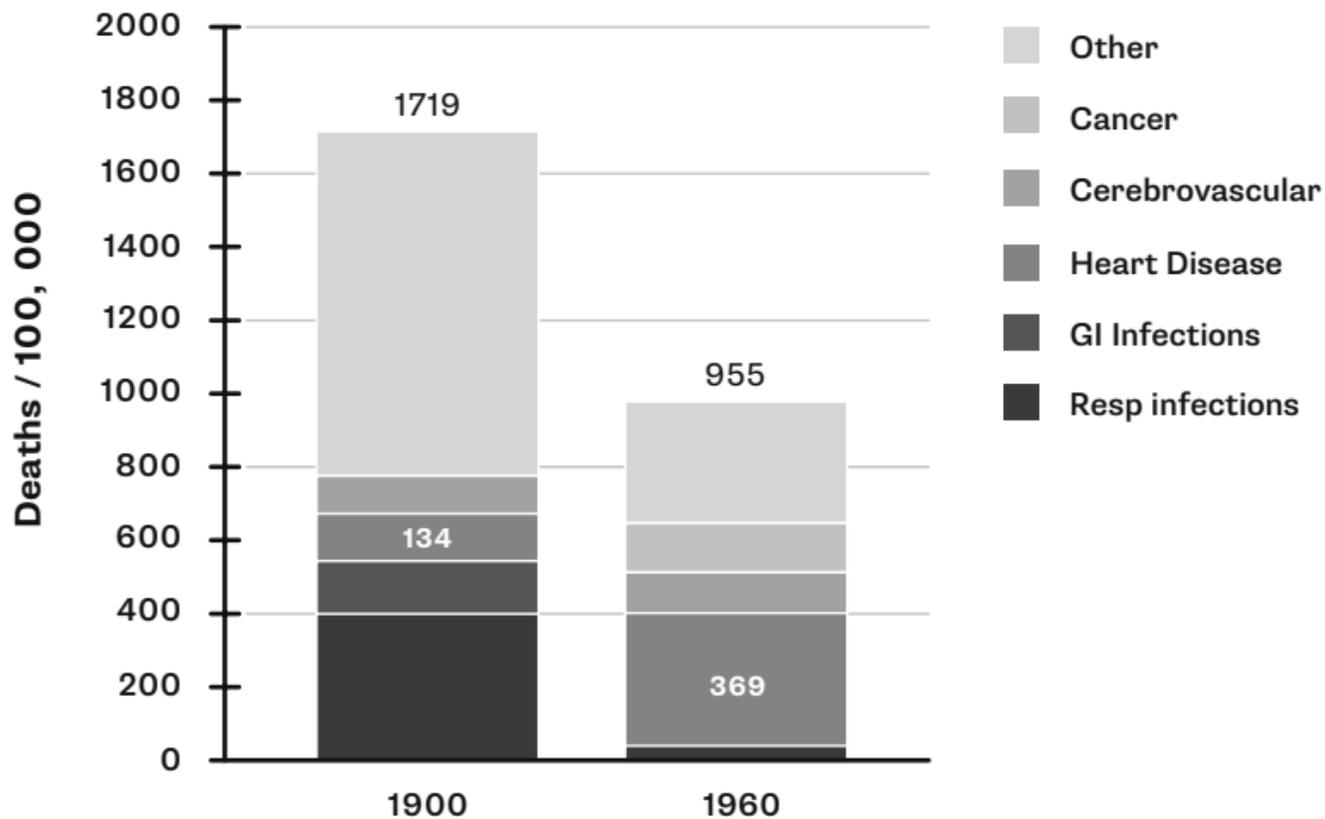


Figure 1.2. Increase in obese and extremely obese United States adults aged 20-74.

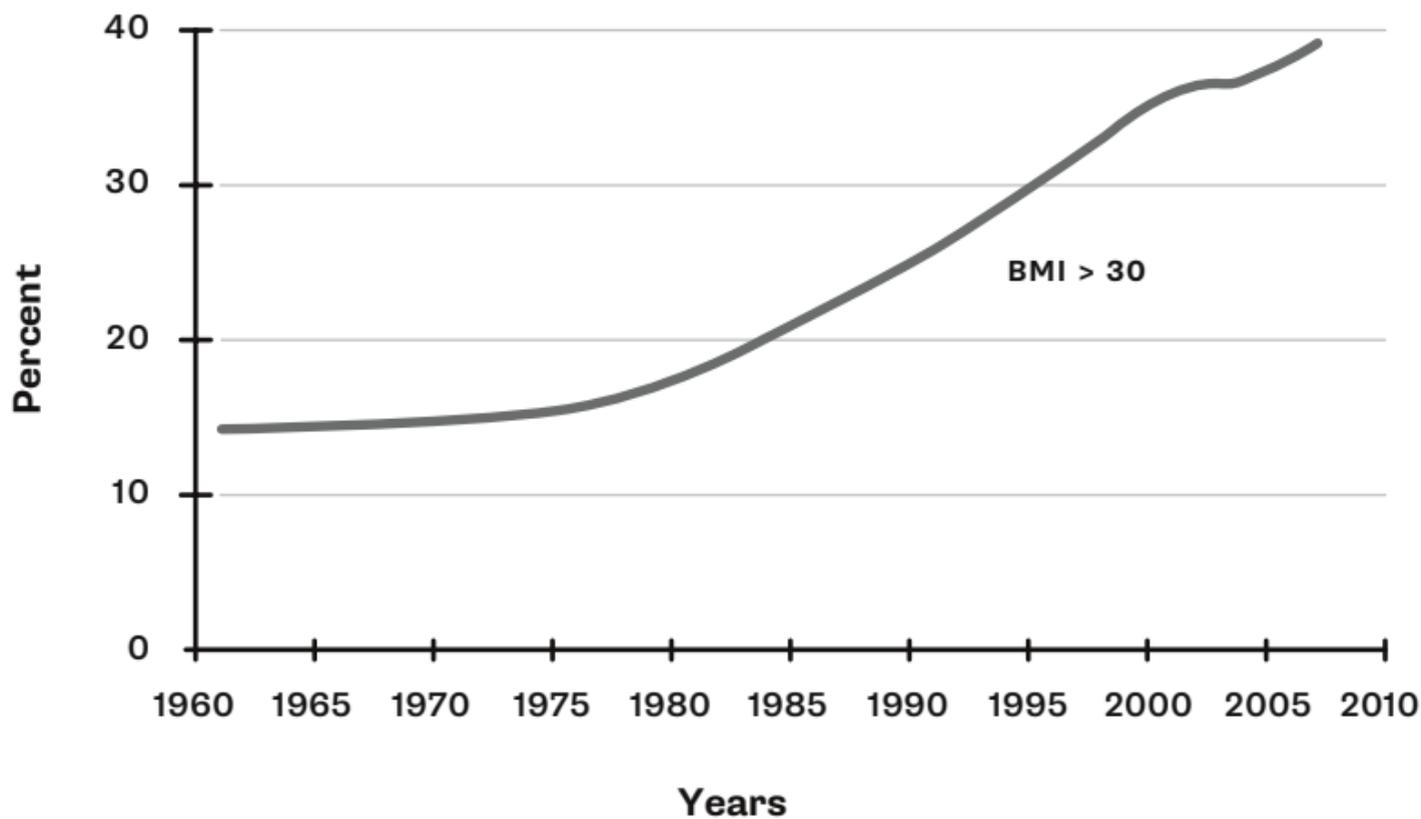


Figure 4.1. The increasing worldwide prevalence of obesity.

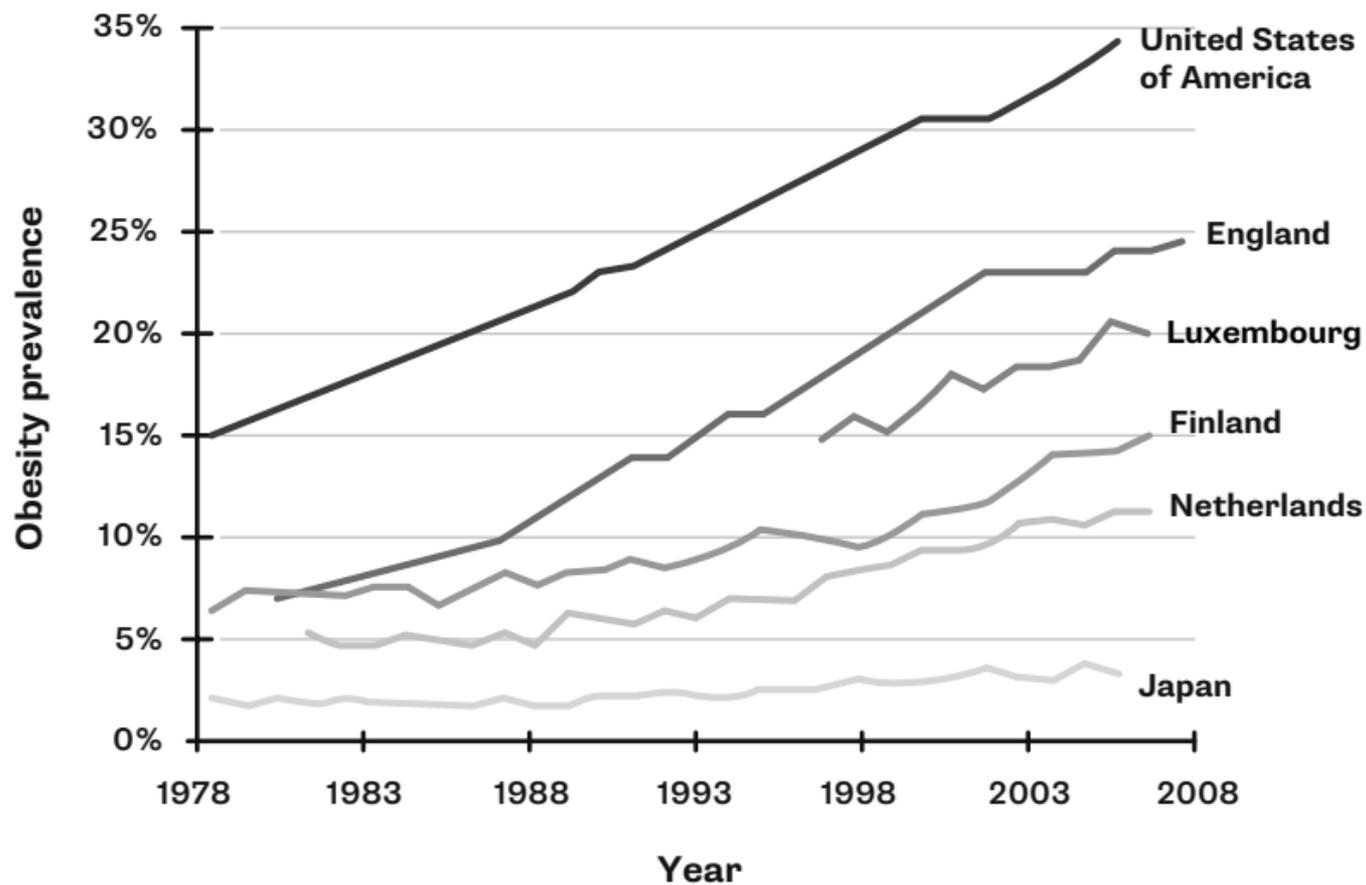


Figure 6.1. Different insulin responses in lean and obese people.

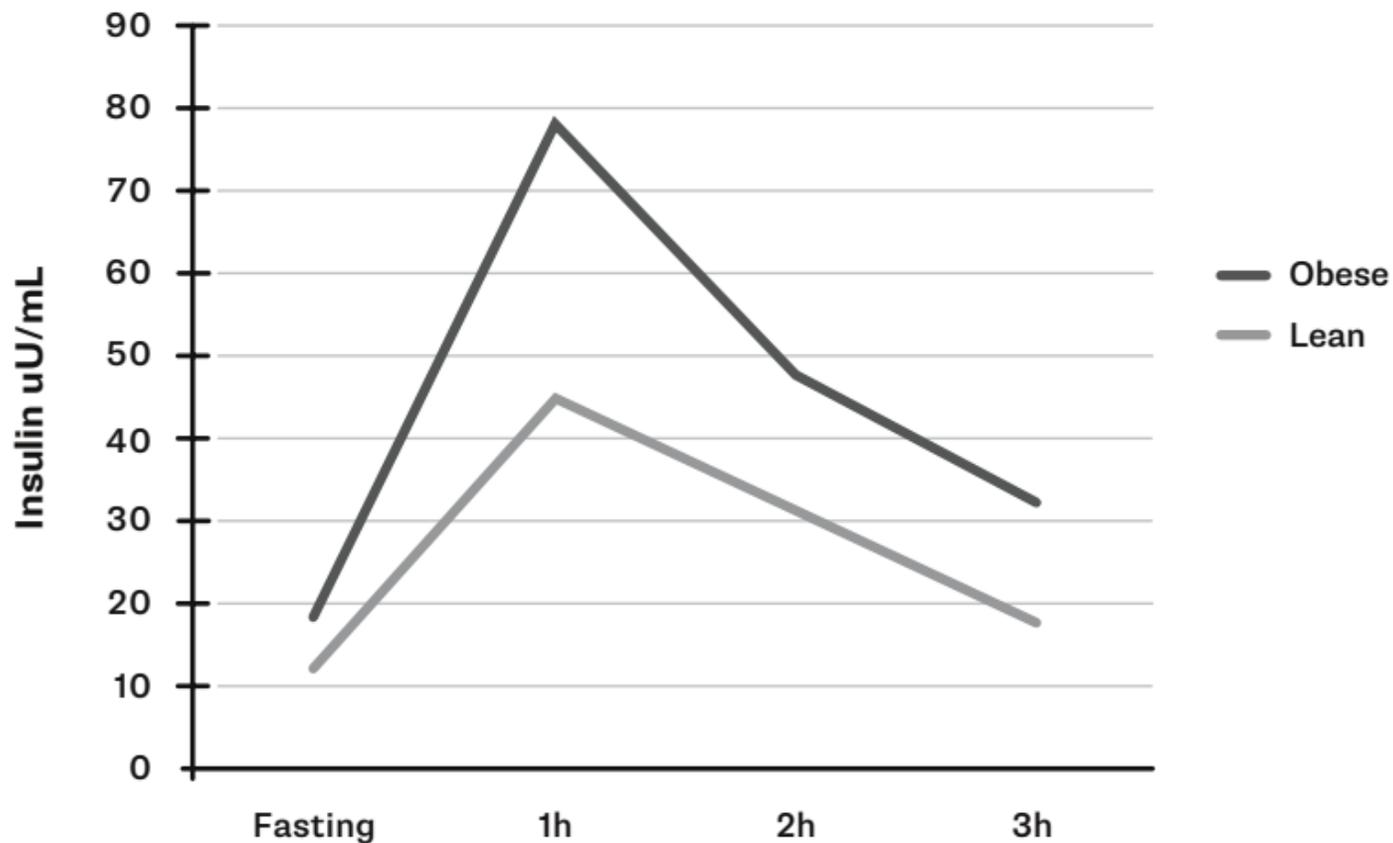


Figure 9.1. The intermap study (2003) found that although people in China and Japan had high intakes of carbohydrates, sugar intake was lower in these countries than in the U.S. and U.K.

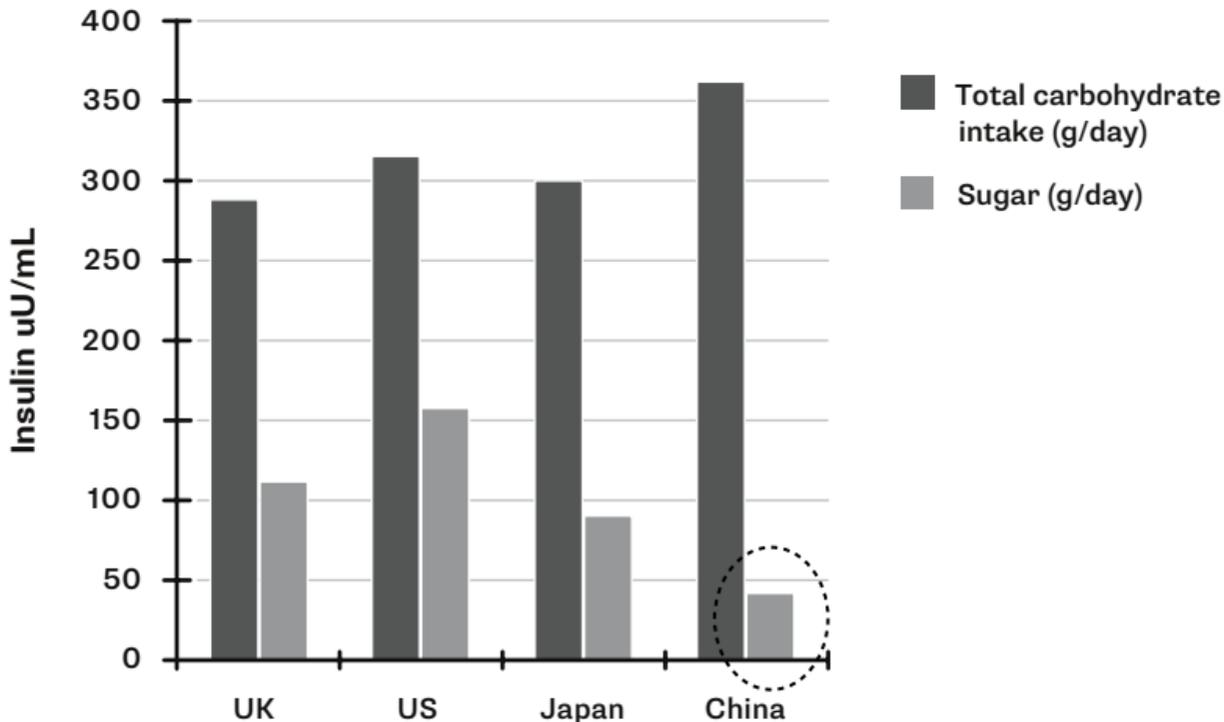


Figure 10.1. Insulin release with an eating pattern of three meals, no snacks.

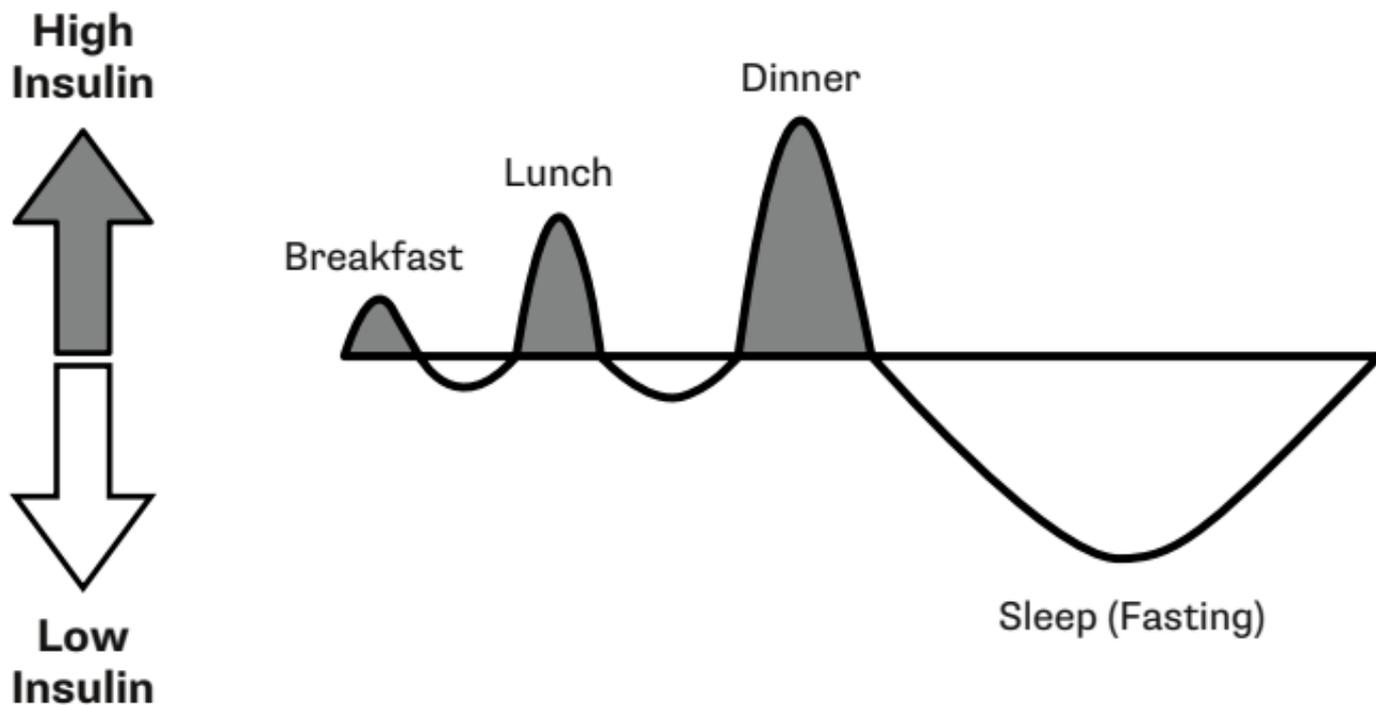


Figure 10.2. Insulin release with an eating pattern of multiple meals and snacks.

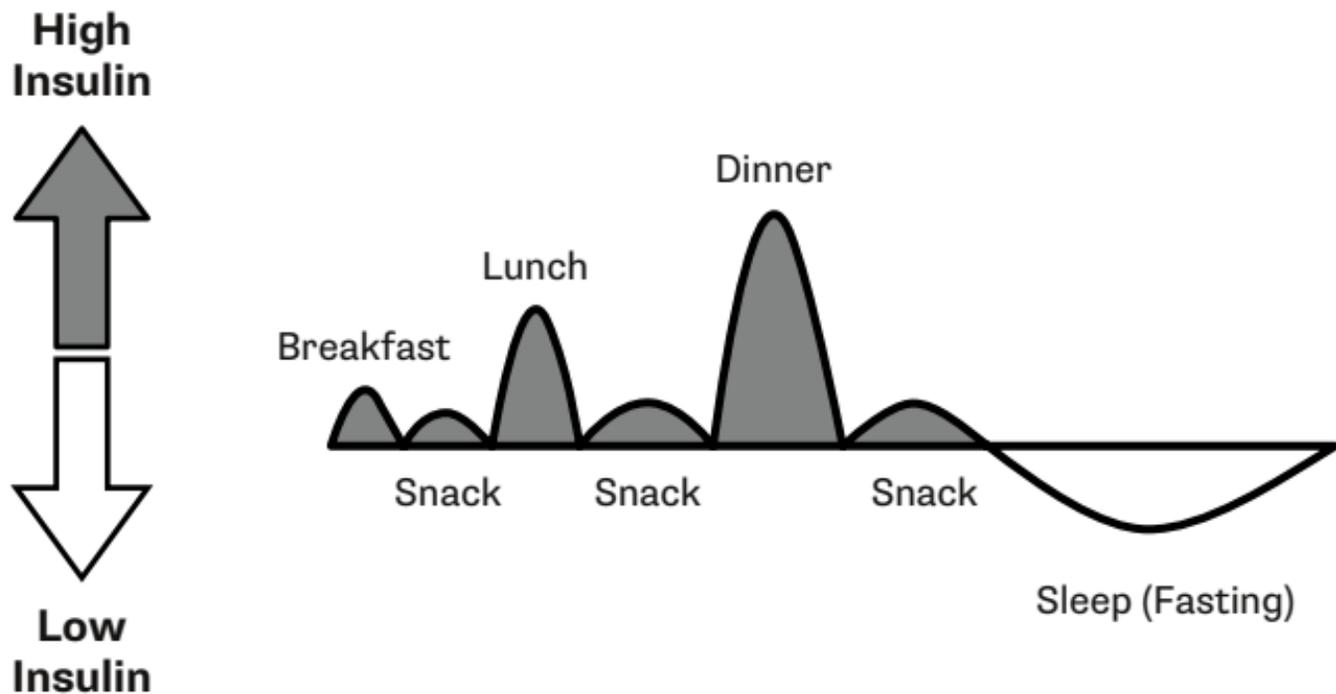


Figure 10.3. The balance of time spent each day in the insulin-dominant versus the insulin-deficient state has changed greatly since the 1970s.



Table 11.1. Conventional advice for weight loss.

Eat 6 times a day

Eat high protein

Eat more vegetables

Eat more omega 3s

Eat more fiber

Eat more vitamins

Eat more snacks

Eat low fat

Eat breakfast

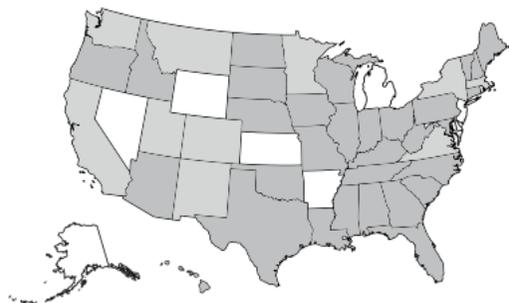
Eat more calcium

Eat more whole grains

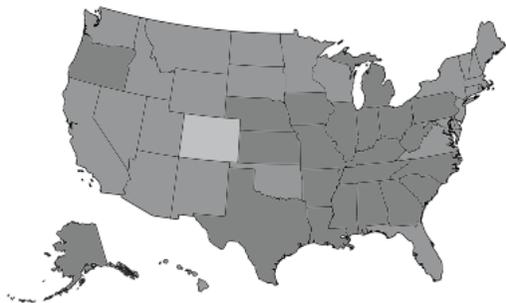
Eat more fish

Figure 12.1. Obesity trends among U.S. adults.

1990



2000



2010

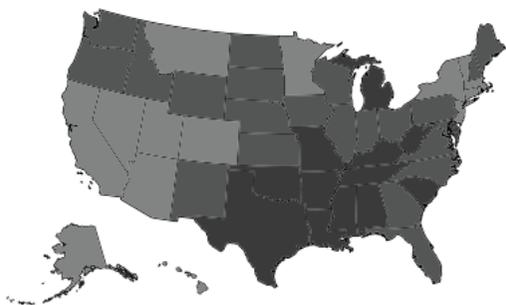


Figure 12.2. U.S. agricultural subsidies, 1995-2012.

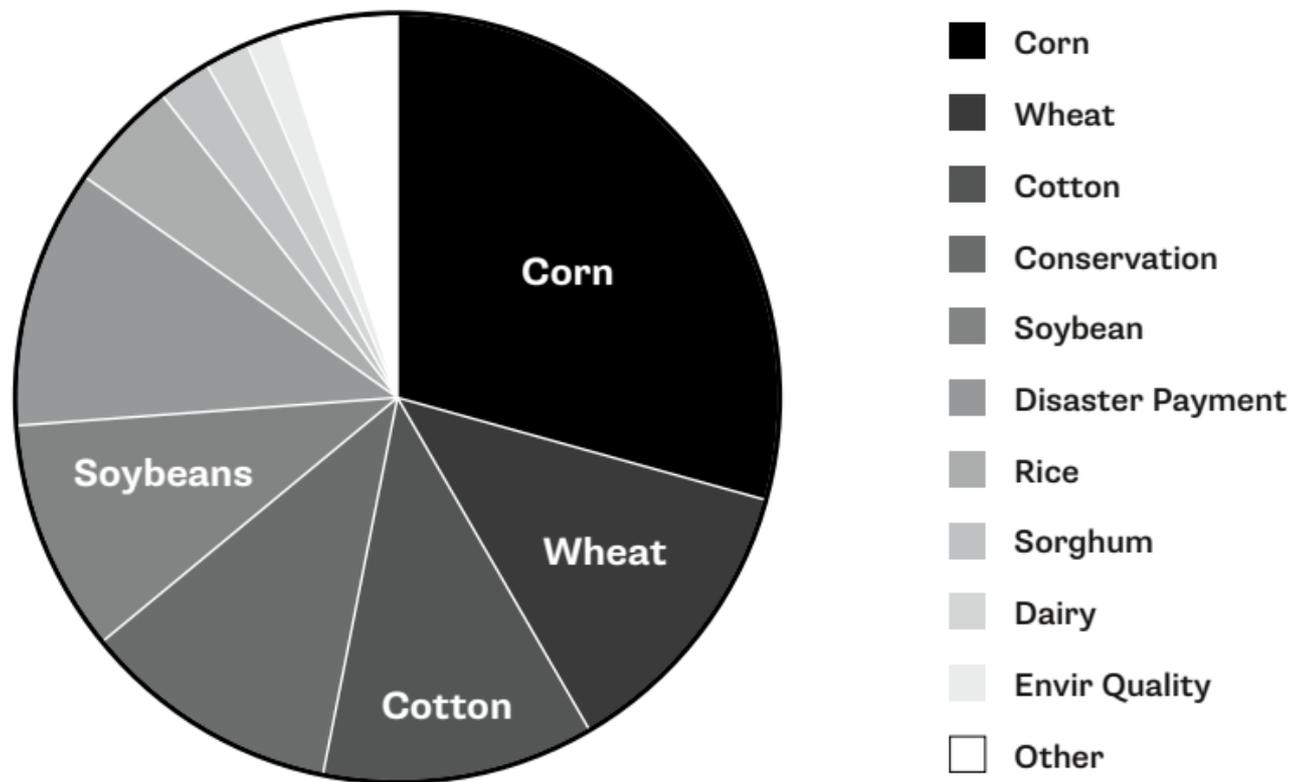


Figure 12.3. Food additives are subsidized far more heavily than whole foods.

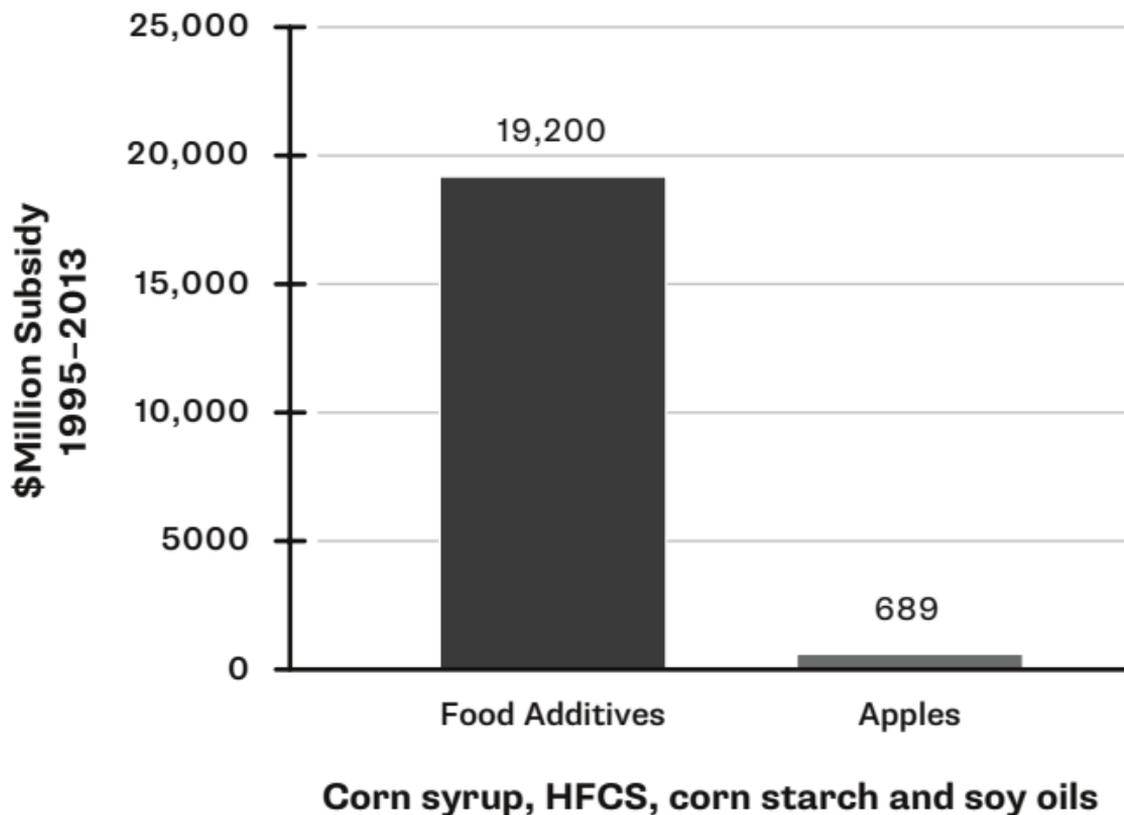


Figure 14.1. Obesity rates have risen in proportion to high-fructose corn syrup intake.

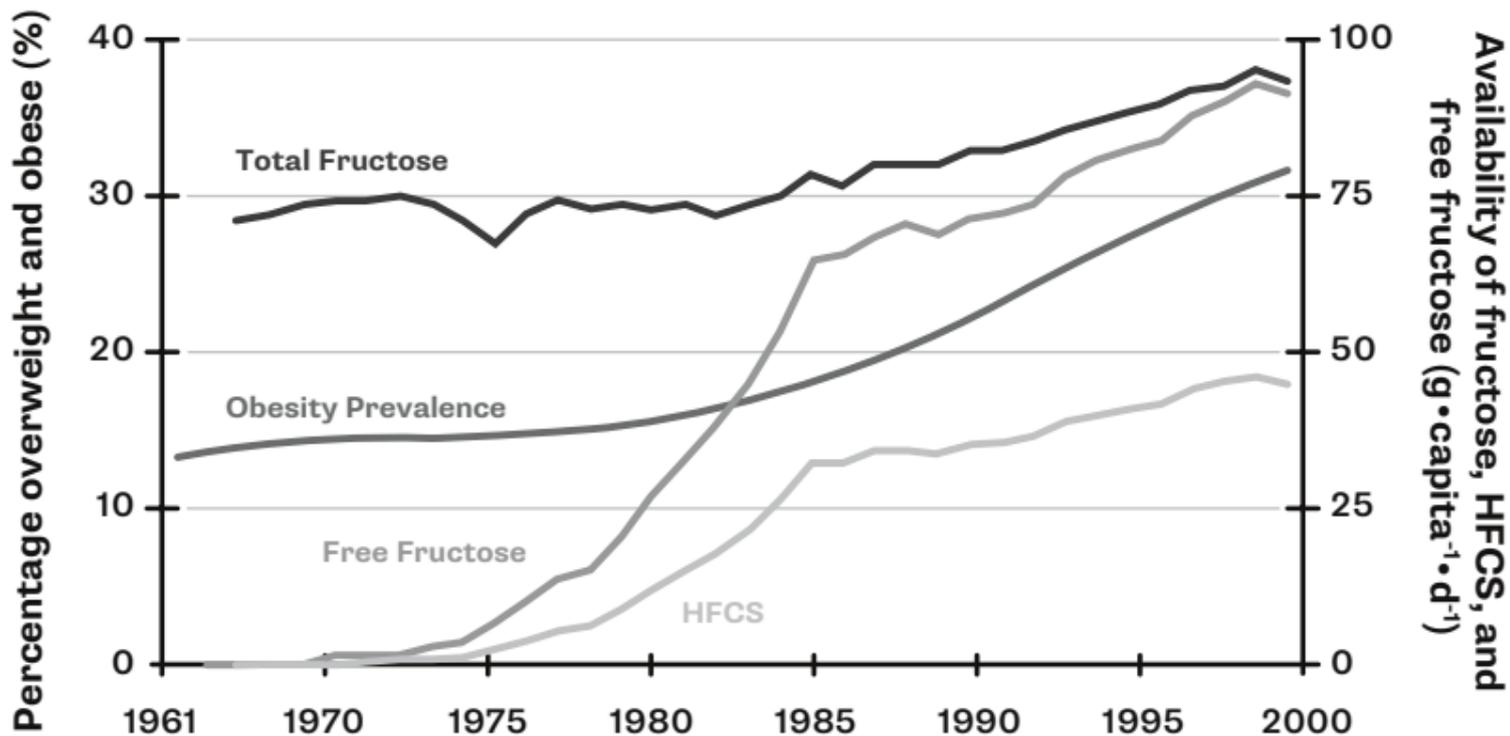


Figure 15.1. Per capita consumption of artificial sweeteners increased more than 12-fold between 1965 and 2004.

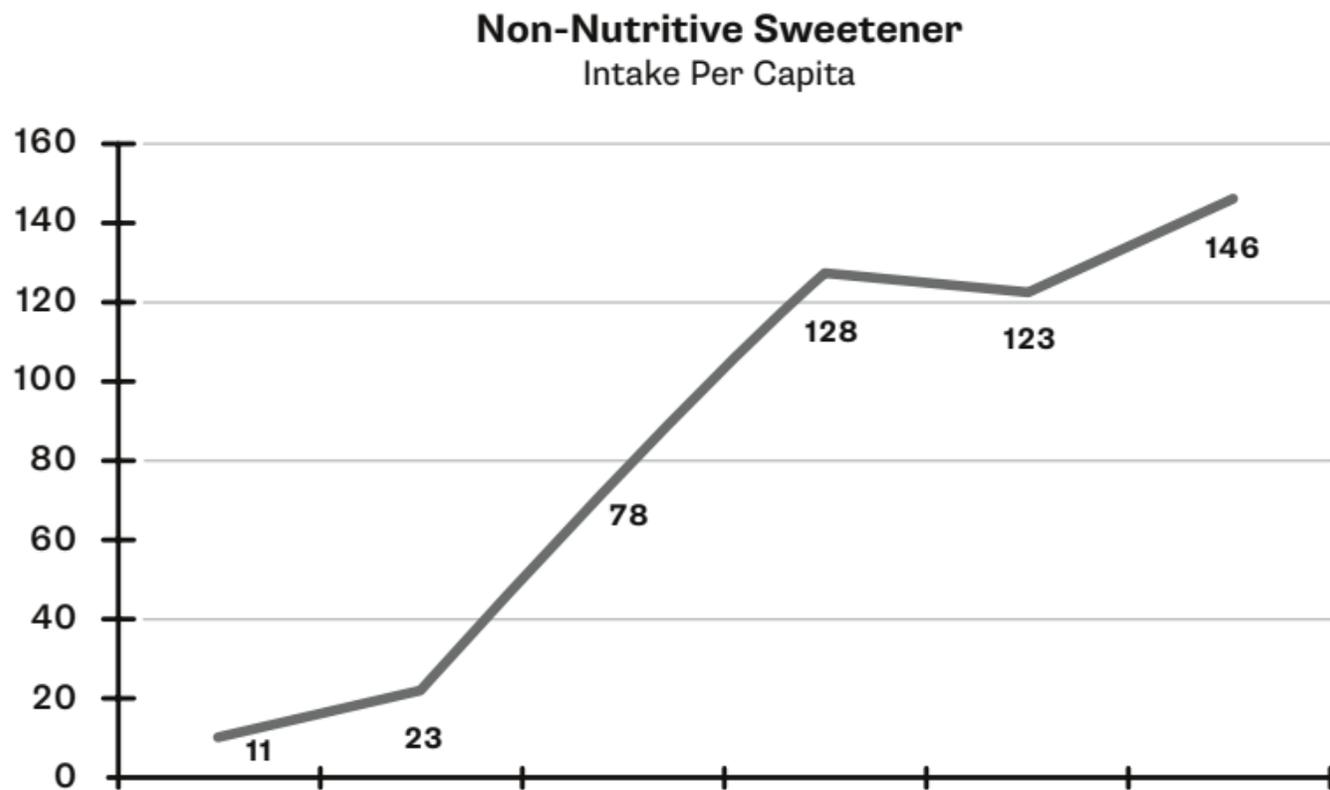


Figure 16.1. Glycemic load values for some common foods.

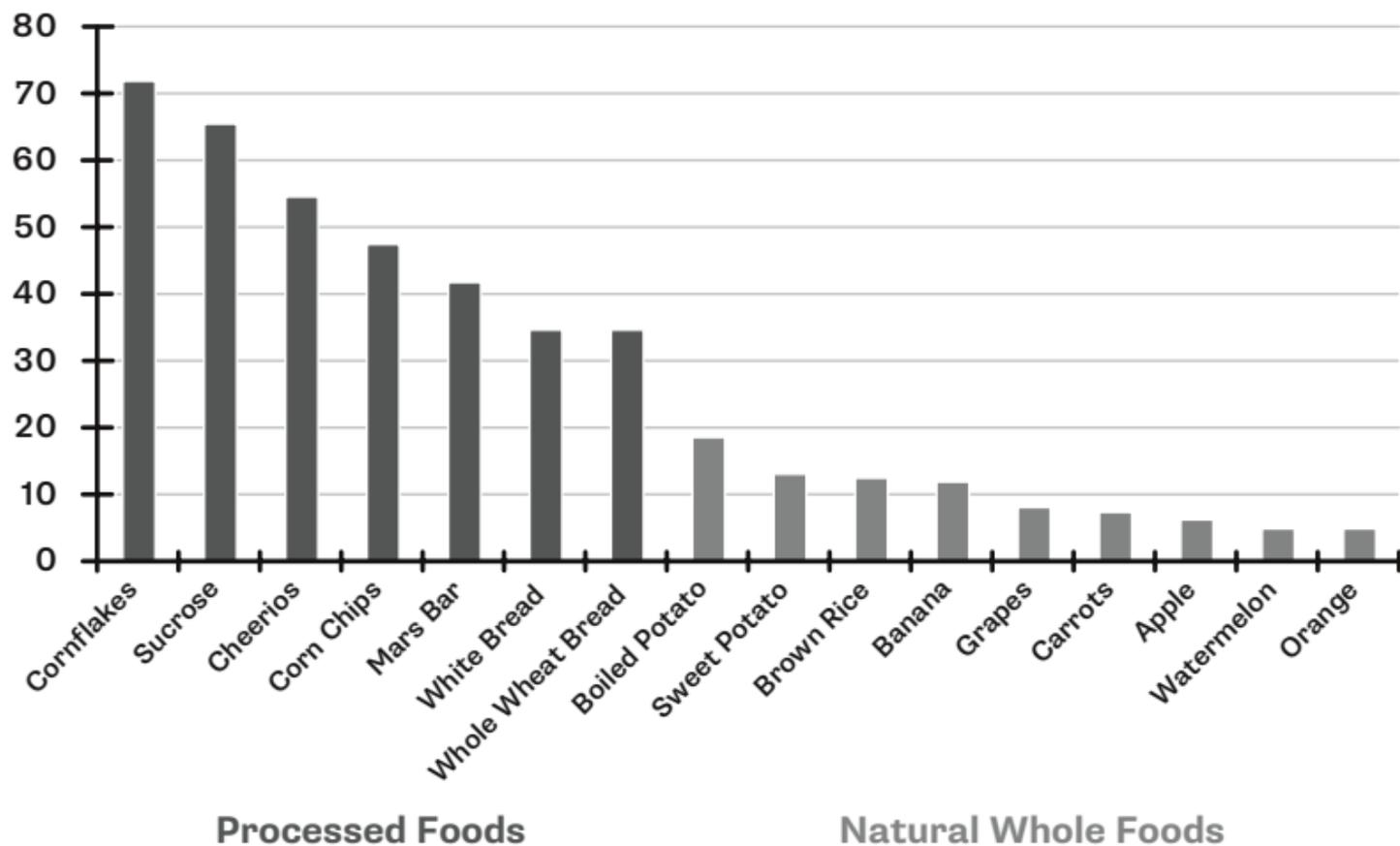


Figure 17.1. Energy intake four hours after eating protein.

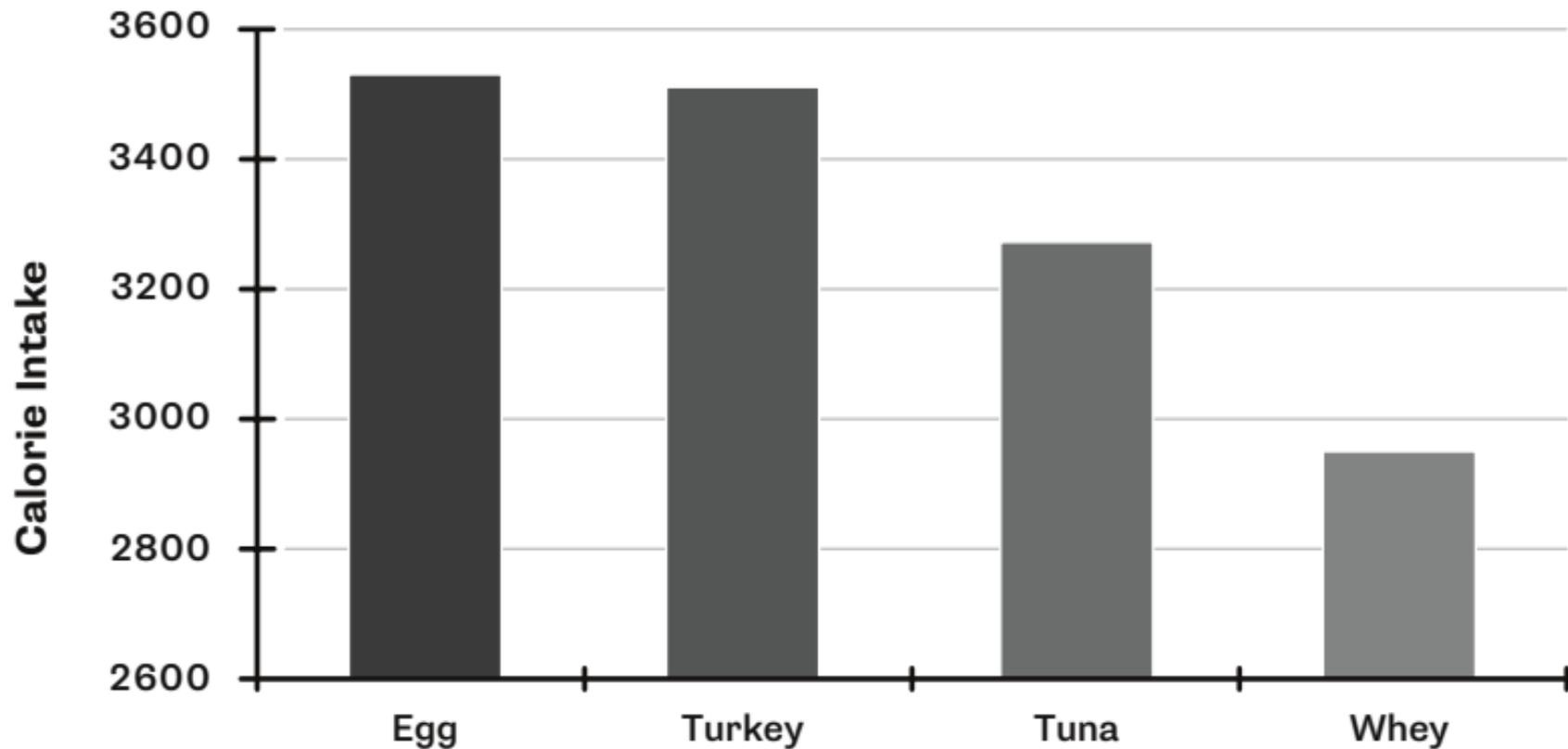
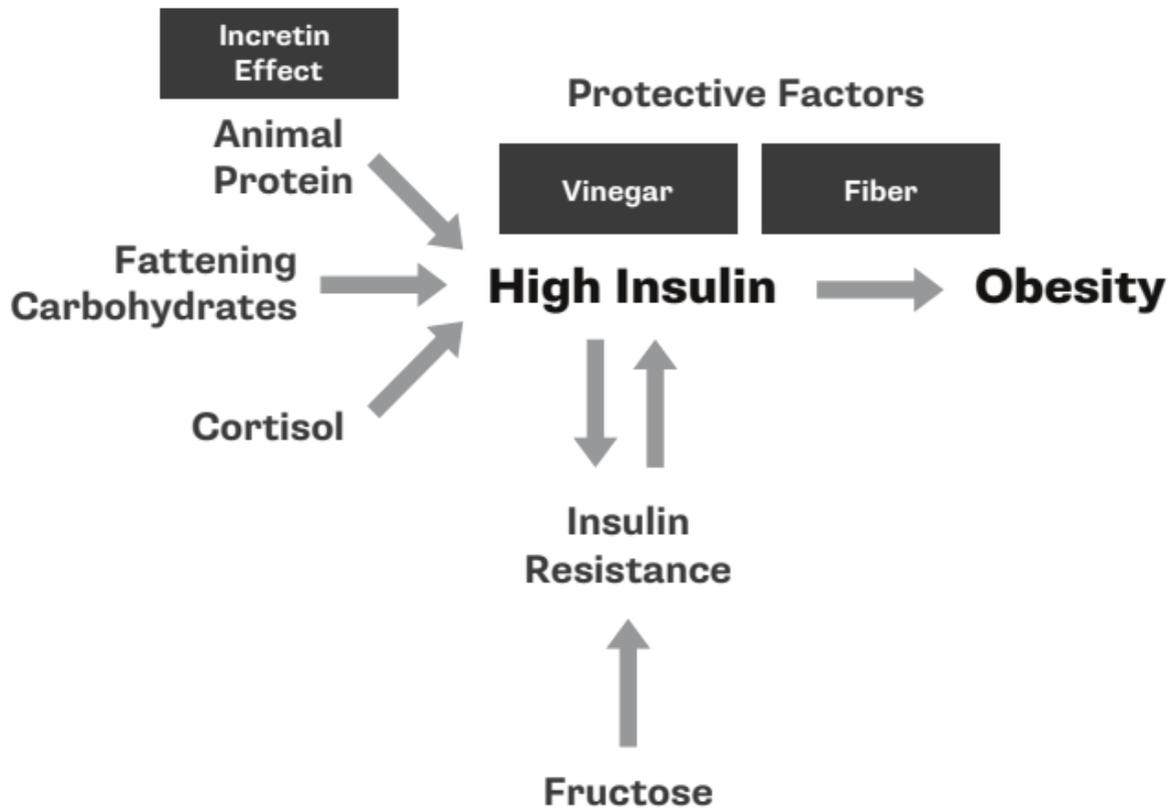


Figure 17.2. The hormonal obesity theory.



APPENDIX A

SAMPLE 7-DAY MEAL PLAN: 24-HOUR FASTING PROTOCOL

Refrain from snacking completely.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	FAST DAY Water Coffee	Western omelet Green apple	FAST DAY Water Coffee	All-Bran Buds with milk Mixed berries	FAST DAY Water Coffee	Two eggs Breakfast sausage/bacon Strawberries	FAST DAY Water Coffee
Lunch	FAST DAY Water Green tea 1 cup of vegetable broth	Arugula salad with walnuts, slices of pear, goat cheese	FAST DAY Water Green tea 1 cup of chicken broth	Ginger chicken lettuce cups Stir-fried vegetables	FAST DAY Water Green tea 1 cup of beef broth	Baby spinach and lentil salad	FAST DAY Water Green Tea 1 cup of vegetable broth
Dinner	Herbed chicken Green beans	Asian grilled pork belly Baby bok choy stir-fry	Halibut pan-fried in butter and cocunut oil	Indian chicken curry Cauliflower Green salad	Baked catfish Sautéed broccoli with garlic and olive oil	Peppered steak Asparagus	Grilled chicken salad
Dessert	Mixed berries	None	None	None	Seasonal fruits	None	Dark chocolate

These are only meal suggestions. You do not have to follow this particular template.

**SAMPLE 7-DAY MEAL PLAN:
36-HOUR FASTING PROTOCOL**

Refrain from snacking completely.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	FAST DAY Water Coffee	1 cup of Greek yogurt with ½ cup of mixed blueberries and raspberries, and 1 tbsp of ground flaxseed	FAST DAY Water Coffee	2 eggs Bacon Apple	FAST DAY Water Coffee	Steel-cut oatmeal with mixed berries and 1 tbsp of ground flaxseed	FAST DAY Water Coffee
Lunch	FAST DAY Water Green tea 1 cup of vegetable broth	Caesar salad with grilled chicken	FAST DAY Water Green tea 1 cup of chicken broth	Ginger chicken lettuce cups Stir-fried vegetables	FAST DAY Water Green tea 1 cup of beef broth	Rib-eye steak Grilled vegetables	FAST DAY Water Green Tea 1 cup of vegetable broth
Dinner	FAST DAY Water Green tea	Mixed green vegetables sautéed in olive oil Grilled salmon with horseradish sauce	FAST DAY Water Green tea	Indian chicken curry Cauliflower Green salad	FAST DAY Water Green tea	Peppered steak Baby bok choy stir-fry	FAST DAY Water Green tea
Dessert	None	Peanut butter on celery sticks	None	Dark chocolate: 1 square of 70% or higher Cocoa	None	2 slices of watermelon	None

These are only meal suggestions. You do not have to follow this particular template.