

THE DO'S
AND
DONUTS

**NUTRITION GUIDE &
GAME CHANGER LIFESTYLE**



...JUAN RENDON...

THE DO'S AND DONUTS

Little habits... drastic changes.

CONTENTS

Part I. How to kick a deadly disease out the door.

- Attitude makes a huge difference, pick it right.
- What you have... you enjoy.
- Knowledge is power.

Part II. Nature versus nurture: Victim or responsible?

- Flavorful poison.
- Where have all the nutrients gone?
- Color-FULL of \$#^+!

Part III. Cooking methods: Grilled disease.

- The fountain of youth! Stop AGEing.
- Every oil has its personality.
- Omegas are actually the Alphas... of inflammation.

Part IV. Tired of being tired... of being tired.

- Meet hypoglycemia: Low blood crack-glucose.
- Diabetes was here!
- Meet hypoadrenalism: I want my stress back!
- Live in the moment?
- Suggestions for a happy energy.

Part V. Conclusion.

Disclaimer: This book was written upon the best of my experience; nonetheless, it is not a replacement for proper medical help. Empower yourself with knowledge, yet always seek pertinent medical help when needed.

Part I. Kick autoimmune disease out the door!

Once upon a time, I was a child eating the delicious street junk food after school dismissal. I replaced main meals with a lime sorbet and delicious fried flour chips drenched in hot sauce, lime and salt. This went on Lord knows how long, until one day I became very sick. My parents took me to the social security hospital, where I stayed overnight. They said it was a typhoid fever and sent me back home. I was fine for a couple of days, but then I was sick again with a fever that would not go down even after taking a bunch of over-the-counter medication. I showered in cold water countless times, but I was still burning in fever. They took me back to the hospital, but still they couldn't find anything. It was time to visit the private hospital, but still doctors couldn't figure out my crazy fever. Finally, one pediatrician had the feeling it was lupus, and ordered a test where a huge needle was drilled into my sternum until they extracted a sample of bone marrow. This was extremely painful. Using anesthesia could compromise my life, so they went on without it... it was such a thrill! I spent two weeks at the hospital diagnosed with Lupus, anemia, kidney infection, and some random amoebas.... That junk food must have been delicious!

The presence of Lupus is higher in African people. 90% of lupus patients are women and 10% men. And finally, 1 out of every 10 men is a child. Hence out of 1.5 million Lupus patients in America, only 15 thousand are children¹. A non-African male child with lupus...Talk about feeling

like Juan in a million! For a while I played lottery, maybe I could have the same one-in-a-million luck, but I didn't quite make it. What a bummer!

Given the odds of a male child with lupus, no wonder why doctors couldn't solve the puzzle. The next step was for my parents to find a doctor who had experience with this disease. Fortunately, we found one relatively close, in a city three hours away. He prescribed chemotherapy and high doses of prednisone and cortisone; plus calcium, multi-vitamin, iron supplements, and for the cherry on top, an Ensure beverage daily. I was a walking cocktail of medications. In addition, my mother made me try every alternative therapy she found including pecan nut leaf tea, chakra healing seminars, healers, meditation, rare teas from South America, juice therapy, prayer, and so on. It was quite an alternative childhood. My mother would pay me one dollar for every liter of carrot juice I drank, talk about a true health investment!

I learned that you can turn around any experience. I remember having fun making bets with my father about how many droplets were left in the intravenous chemo solution. I don't know if he let me win on purpose or if he actually sucked at guessing, but I won every time and he would buy me a music CD. In a way this made it exciting to get my chemo, as strange as that might sound.

You realize how many people care about you. It is in the worst case scenario times, when you realize many people actually care and want to do something for you. Even the owner of the video rental business would give my dad free rentals during the time I was in the hospital.

People would take me to my favorite restaurants as soon as I was outside of the hospital and able to eat normal food. I don't think I ever received so much love and gifts from some many random people. It makes those times in my memory not bad. I can't really remember the pain, as the vivid good memories take over. It was for me a proof of the human kindness that is hard to notice during normal everyday living. I remember the positive impact it made on me, and up to this day, and it is one of my drives for caring about others and make somebody else's life better when possible. This is a double-sided knife as then some people walk over you, but this is rather their problem and not mine, and I keep opening the door for every new friend.

I learned that faith makes a difference. Besides all the orthodox treatments I was receiving, I was taken to endless self-healing seminars and workshops particularly from spiritual human yoga. When you are a child it is much easier to believe deeply in something, and so I believed with every cell of my body that I was healing. Curiously, the medical tests started to improve drastically around this time. It was a surprising case for my doctor, and even for the founder of the healing seminars, as he asked us to keep sending him my medical results. Eventually I came to land in the seven percent of statistics from the people who achieve a permanent un-medicated remission. What you hold in the core of your beliefs makes a huge difference, be very selective and smart on what **you choose to believe.**

Your attitude makes a big difference!

My immune system was attacking the kidneys. In my youthful mind I understood the kidneys worked as filters, so I decided to rinse the filters as much as possible drinking around five liters of water per day. I think the water, plus the belief that the water was healing me, was a powerful duo. Call it either faith, or placebo effect, any of which sure makes a difference.

Whatever you have, enjoy it!

Another challenge was a sodium-free diet (no salt!). My solution was to put one grain of salt on my tongue and savor as it melted, and then take a bite of food. It really gets the job done and deals with salt-less food. Also, breaking my big love for junk food chips was a challenge. To deal with this last one, I would take one piece of my favorite chips and eat it by the smallest bites in the world, and I mean really, the smallest bites in the world! A full bag used to last five minutes in my hands, but now one single chip would last ten to fifteen minutes! But hey... I made sure it was the most delicious-looking chip in the whole freaking bag!

After three years, my health gradually restored. The doctor lowered the medication gradually and suspended chemotherapy. A year after that, while still on a low dose of medication, the illness stayed in remission, so the doctor said it was time to throw me out there without medication

and see if the illness stayed at bay. This was a celebration day; after so many years I finally had freedom from swallowing pills! I must say life felt amazing.

For over fifteen years now, I've been on a permanent un-medicated remission that statistically only about 7% achieve²; a rare remission for a rare case of Lupus, unlucky and lucky on the same token.

Knowledge is power.

During college, the anatomy and physiology teacher used to rave about trying to teach us one third of medical school in one year. He was a Patch Adams look-alike guy, and the only gerontologist in the city. He loved teaching, careless about making a dime from it. He shared valuable lessons about nutrition and life. Some I can immediately recall:

"As a health care provider... be humble!"

"Budget your time!"

"Vinegar emulsifies fats, use vinegar in your diet."

"The more you know, the more powerful you are."

I always suggest clients to empower themselves with knowledge about their health and outsmart disease. I had a client dealing with autoimmune hypothyroidism (Hashimoto). She was taking thyroid hormones T3 and T4 and doing pretty much everything right; except for the fact she was trying to enjoy her time in Mexico having a couple margaritas every afternoon. She heard a few times that alcohol wouldn't help her condition, but didn't think it was too important. I explained

that the conversion of T4 into T3 (the bioavailable “usable” form) would take place 60% in the liver³, 20% in the kidneys and 20% in the periphery. If the liver had to prioritize detoxifying alcohol, it would not process T4, so taking medication was pretty much useless. I was very happy to receive an email from her telling me she had stopped drinking and even would avoid situations where a “social” drink might cross her way. Sometimes knowing a bit about our biochemistry is enough impetus to adopt a better lifestyle. It brings such a positive change, that the prior ways of living seem foolish.

Part II. Nature versus nurture: Chronic lifestyle.

For decades we have faced an epidemic of chronic illness. There are some relatively new diseases that come along with our beloved industrial revolution, mass produced low-quality food, toxic pesticides, antibiotics, steroids, and stress hormones of ridiculously mistreated animals, meat is cooked on high heat for a “gourmet-seal” of free radicals. We fill a cup of habits by droplets, until chronic disease spills all over the place! Still people believe certain conditions to be: “A disease that just happens and nobody knows why.” And so I was told about lupus.

Flavorful poison.

Lovely news! The industry has found a toxic chemical that tastes great! It is cheaper to produce than getting real food ingredients dehydrated and ground. It is called monosodium glutamate or MSG.

There is a case report of four women with fibromyalgia whose symptoms disappeared when they stopped consuming MSG 4. Meet fibromyalgia, one of the wonder diseases of the century. Doctors press some points in your body, and if they hurt then you have fibromyalgia! With no explanation of why it happens they label and condemn patients to a chronic degenerative disease, meaning it just gets worse with no hope of a cure. Go on and savor your MSG with those cramping tendons... lovely! Chinese food? Even better! It is heavily loaded with

MSG. People must know how much of a drastic difference these apparently insignificant changes can make. A few days ago I saw a gourmet MSG seasoning at the supermarket. Really? Since when is MSG considered gourmet!

Where have all the nutrients gone?

In the sugar refining process, minerals such as magnesium and chromium are removed. Heck ironic, they are essential for the very sugar metabolism! The same happens when refining wheat; it loses minerals necessary for its metabolism. Also with the removal of fiber, carbohydrates turn quickly into glucose, spiking our blood glucose level and forcing the pancreas to produce insulin immediately to convert it into fat for future use. A “future use” that will likely not come, so people start becoming 300-pounder warehouses of “future use” energy, not to mention *diabetic* due to pancreatic exhaustion. Oh... but it’s so darn sweet, isn’t it?

Want to know the percentage of nutrients lost when flour is refined?

Vitamin

Amount lost

Thiamine	77%
Riboflavin	80%
Niacin	81%
Vitamin B6	72%
Pantothenic acid	50%

Folic acid	67%
Vitamin E	86%
Choline	30%

Mineral

Amount lost

Magnesium	85%
Potassium	77%
Calcium	60%
Iron	76%
Zinc	78%
Copper	68%
Manganese	86%
Chromium	40%

- Schroeder HA. Losses of vitamins and trace minerals resulting from processing and preservation of foods. American Journal Clinical Nutrition 1971;24:562-573

Why would they commit such a crime removing these nutrients?

Two reasons: removing fiber makes it sweeter for the sugar crackheads. Second, spoilage is reduced thereby increasing shelf life, making it very convenient for the industry. So they kill two birds with one stone... or more like 76,488 birds? The number of deaths caused by diabetes in

2013. The war in Iraq killed around 120 thousand people in the period from 2003-2013⁵. Diabetes killed in one year, what war did in 6.3 years! Go figure... well, I hope the refined flour business pays better than the war and oil business in that case.

COLOR-FULL of \$#^+

Another cute one is Carpal Tunnel Syndrome, in which nerves of the wrist start pinching, causing numbness and pain from the fingertips all the way to the neck. It is usually caused by mechanical pressure on the wrist, likely by long hours of computer work; nonetheless it is also caused by lack of vitamin B6⁶. But vitamin B6 is found in many foods, so why should we worry? Well, the problem is that the common food coloring red #40, as well as some pesticides used to treat onions, greatly impair the body's ability to absorb vitamin B6⁷, resulting in Carpal Tunnel Syndrome or an array of problems resulting from B6 deficiency such as: depression, confusion, anemia, and seizures. B6 is critical for the synthesis of non-essential amino acids. "Non-essential" means that the body can synthesize them and they are not obligatory in the diet. Ironically, if we can't synthesize them due to lack of B6, they are hence "Non-essential, but essential while we're swallowing food coloring and pesticides". Okay... maybe this sounds long and phony... but it makes sense!

Sometimes certain foods can be beneficial for some and harmful for others, as in the case of osteoarthritis and rheumatoid arthritis. A large number of case studies of osteoarthritis (bone deformation) are affected by consumption of nightshade vegetables (peppers, eggplant, potatoes

and tomatoes); while some nightshades are beneficial for rheumatoid arthritis (tender joints), like the anti-inflammatory effect of red bell pepper, or the “purple” anthocyanins in eggplant. Hence some cases have nutritional exceptions. The problem nowadays is that many diets aim for a one-size-fits-all approach. Have you tried those one-size-fits-all clothing or accessories? You might end up with quite loose winter gloves! Therefore, if one thing is true about dieting, it is that no diet is “the one” for everybody. Nonetheless, I have not heard one case where red #40, yellow #6, or monosodium glutamate has been of benefit to anyone. Bottom line: food additives enrich the industry’s pocketbook, and industry doesn’t give a hoot if anyone’s life is destroyed.

Simply put, we are victims of habits we willfully choose. Heaven or hell is a place on earth – kind of thing.

The next tips we hear so often, that we are desensitized of their importance, but some rules of thumb to keep in mind:

- Plenty of vegetables
- Some fruits
- No refined-white anything
- Properly cooked food with low heat, adequate smoke-point oil, and cook using water/humidity.
- Light on salt
- Don’t mix different animal proteins in the same meal. If you are going to eat animals at least do it one at a time! For example, meat and cheese, eggs and bacon, chicken and bacon, eggs and cheese, etc. It is a load of work for your digestive system. Often people

load eggs with cheese, bacon and sausage; four different animal proteins! Oh, and would you like a glass of chocolate milk with that? Have fun with your bloating and gas.

Part III. Cooking methods: Grilled cancer.

A chronic bad habit is overcooking food. Some food greatly degrades when cooked, for example vitamin C in bell peppers gets spoiled easily. One exception is tomatoes. They lose vitamin C, but lycopene is absorbed much better. Tomatoes are one of the few foods containing lycopene, so in this case it is worth sacrificing the vitamin C.

Some vegetables can be slightly steamed, such as broccoli, Brussels sprouts, and cauliflower, to soften up fiber and ease digestion. Same with eggplant, it contains a toxin that is eliminated when cooked. Spinach creates toxins shortly after cooking it, so take no prisoners and leave no spinach leftovers.

The fountain of youth! Stop AGEing.

Have you ever wondered about the fountain of youth? Why is it that some people age faster than others? One answer is: Advance Glycation End products. They have everything to do with the way we cook food. They are products of proteins and fats bonding with sugars under high heat. AGE is an ironic but perfect acronym, because the higher this number, the faster premature aging occurs. High exposure is also linked to some chronic degenerative conditions, such as diabetes II, Alzheimer, osteoarthritis, among others. You age on the inside, and you age on the outside, as simple as that. Here are examples of AGE's, so you get an idea of the math:

Chicken, 90 g	AGE content (kU)
Oven fried	9,000
Deep fried	6,700
Broiled	5,250
Roasted	4,300
Boiled	1,000

Potatoes, 100 g	AGE content (kU)
Boiled 25 minutes	17
Roasted 45 min with 5ml oil	218
French fries, homemade	694
French fries, fast food	1,522
Selected fats, 15 g	AGE content (kU)
Butter	3,972
Margarine	2,628
Processed cream cheese	1,632
Breakfast foods	AGE content (kU)
Frozen toasted waffle	861
Rice Krispies	600
Frozen toasted pancake	679
Homemade pancake	292
Instant oatmeal	4

Hot dog, 90g	AGE content (kU)
Boiled 7 minutes	6,736
Broiled 5 minutes	10,143
Hamburger, 90g	
Fired 6 minutes	2,375
McDonalds	4,876
Selected fats, 15 g	AGE content (kU)
Infant formula	487
Breast milk	7

*Goldberg T, Cai W, Peppas M. Advanced glycoxidation end products in commonly consumed foods. J Am Diet Association 2004; 104: 1287-1291.

Every oil has a personality.

Oils are quite interesting; they all have different health benefits, but to keep them alive they must be used accordingly to their smoke point. The smoke point is the temperature at which oil starts to burn, losing beneficial properties and producing free radicals.

Oils with high smoke point are:

Oil	Smoke Point
Avocado	520 F
Rice bran	490 F
Ghee	485 F
Canola (High oleic)	475 F

Olive (virgin)	410 F
Coconut (unrefined)	350 F
Olive (extra virgin)	320 F

*https://en.wikipedia.org/wiki/Smoke_point

Most vegetables are better steamed than boiled. The water left from steaming/boiling vegetables contains nutrients and you can use it as a base for a salad dressing, risotto, noodles, soup, or stew.

Eggs are better poached, second best option is hard boiled eggs, and the worst choice is to scramble or fry them under high temperature. A healthy scramble option is using chopped tomato and a dash of water on low heat.

Always cook with a tiny bit of water and low heat. It takes about the same time if food is covered, and it will enhance the texture of your food. For example placing fish fillets over 1cm slices of tomatoes, cooking with a teaspoon of apple cider vinegar or water and a tablespoon of oil, will leave both tomato and fish “melting” in your mouth, and you don’t have to flip them, cover them and the vapor gets the job done.

Omegas are actually the Alphas... of inflammation.

Omega 3 and 6 are like the black and white of inflammation. Omega 3 reduces inflammation while omega 6 produces inflammation. The standard diet has an omega 6 - omega 3 ratio of 16:1; olive oil is about 13:1. There is nothing radical against omega 6; within balance they maintain metabolism, bone, and reproductive system health (hard

matters). Only when there is excessive omega 6 unhealthy inflammation gets the call of duty.

The majority of doctor's visits are inflammation-related. Needless to say, inflammation must be controlled to prevent a bunch of health problems including asthma, autoimmune diseases, coronary heart disease, neurodegenerative diseases, and many forms of cancer. Additionally, an omega imbalance has been associated with obesity, depression, hyperactivity, irritability and dyslexia.

The effects of Omegas were tested in a prison experiment, and the results linked a high Omega 3 diet with a lower incidence of violence. If the omega 6:3 ratio is corrected, it is possible to reverse inflammation and its symptoms. A ratio of 2.5/1 reduced cell proliferation in patients with colorectal cancer; a ratio of 3/1 ceased inflammation in patients with rheumatoid arthritis; a ratio of 5/1 was beneficial whereas a 10/1 had negative impact on inflammatory asthma. The benefits of fixing this imbalance are many, and can potentially correct most of the conditions ending in *-itis*, such as colitis, arthritis, gastritis and so on and so forth. The suffix *-itis* means inflammation... any name rings a bell?

But that's not it! This is the craziness and beauty of nutrition... there are many layers down the rabbit hole! There are three types of omega 3, and your body cannot just use any, they must be bioavailable.

Omega 3's EPA and DHA, mostly contained in fish, your body can readily use (bioavailable). ALA, the plant-based omega 3, needs to be converted to the first mentioned.

Fish is possibly the highest source of omega 3, but you don't particularly need fish. One portion (15ml) of flaxseed oil contains 7g of omega 3 ALA. Only 10% (700mg) on average is converted to the bioavailable forms, though we only need about 300 mg a day. This gives you at least 200% of the daily recommendation.

Omega 6 has 11 subtypes (really Omega 6? eleven?!). Two of them (LA, GLA) have been found to reduce inflammation.

GET YOUR OMEGAS BALANCED EASILY:

An easy way to balance your omegas is mixing 5 parts olive oil with 1 part of flaxseed oil or chia seed oil. You can add some of your favorite dried herbs and spices for a delicious salad dressing or a nice finishing touch for soups and dishes. Do not cook it as it will be sensitive to heat. Vinegar emulsifies fat, meaning it turns oil into liquid and therefore helps with fat metabolism, absorption and elimination (in theory, due to larger surface area). Adding some organic apple cider vinegar will make great vinaigrette, plus adding other benefits attributed to this vinegar. Apple cider vinegar benefits are not scientifically proven. Even though, not long ago I was teaching a nutritional medicine workshop, and while adding some apple cider vinegar to guacamole, I mentioned the fact that the benefits are not scientifically proven. Suddenly, one of the students (she owns a healthy restaurant in Cozumel called "La Cuisine") mentioned she met someone who definitely attributed dissolving kidney stones drinking one tablespoon of apple cider vinegar with water every day. Right then and there I said: "Okay, now that we have proof, let's add

some extra!" splashing a few extra squirts from the bottle... friendly laughter followed.

Part IV. Tired of being tired... of being tired.

What makes us chronically tired? It would be great to have one single answer, but it can be tricky as it can be affected by many factors - lack of stress hormones, not enough blood sugar or insulin, lack of sleep hygiene, or reactive hypoglycemia – all can possibly be corrected with an appropriate lifestyle.

Meet Hypoglycemia.

From Hypo meaning below, *glykys* meaning sweet (sugar), and Latin *haima* for blood; so low blood sugar it is! Glucose is the form most people use to produce energy. It is transformed to Adenosine Triphosphate (ATP), the form of energy your cells use.

Some might have enough blood sugar, but not enough insulin to metabolize it. Some might have developed a resistance to insulin... here comes Type 2 Diabetes, where patients often lack energy due to low blood sugar, high in the blood but low inside the cells! Pity isn't it?

If there is insulin resistance in the brain, here comes Alzheimer's, some call it Type 3 Diabetes. People with Type 2 Diabetes are said to have a 50% to 65% greater chance of developing Alzheimer's. This is evidenced by research that shows deposits of a protein (amyloid beta) in the pancreas, the same protein deposits found in the brain of Alzheimer patients.

Diabetes cured?

My mother and her husband came to visit. He had been told by two doctors that his pancreas was no longer working and he should take “the little pill” daily and not worry about his diet. I brainwashed him a bit about the effects of refined carbs on his pancreas, on his blood glucose and insulin levels. Also on the minerals needed to metabolize sugar, plus the story of Mr. Alzheimer and his affair with sugar. For ten days I fed them probiotic food such as sauerkraut, zucchini relish, kombucha, water kefir, and even some shrimp cocktail using probiotic ketchup.

I told him: Try driving a car in first and second gear several months, the transmission will eventually break down from such forced use. The same thing happens when you force the pancreas to produce high amounts of insulin all the time to regulate your sugar-crackhead indulgence. The point when your pancreas "machine" no longer produces enough insulin to lower sugar, or you overuse insulin cell receptors... well such a pity about your new unfriendly guests: Diabetes and Alzheimer.

I suggested 40mg magnesium orotate in the morning; 100mcg GTF (glucose tolerance factor) chromium after breakfast; 500mg acerola berry powder twice a day for natural vitamin C, and 9.5 mg of Zinc orotate after lunch (zinc and magnesium separately). His blood sugar has been stable for many months and counting.

He is a smart guy with good reasoning. I told him: “You can live the next five years indulging in harmful foods you love, and the next five

suffering... or the next ten years enjoying life but avoiding some things. It is your call, but you cannot say nobody warned you about consequences....” By the way, I clarified that saying he was living only ten more years was just a practical metaphor! There was a funny moment during a meal when my mother offered him a piece of white bread or a sip of soda and he refused radically. To ease the awkward silence I jokingly suggested that my mother must have bought him life insurance that she was eager to collect on!

Meet hypoadrenalism.

Hypoadrenalism is the inability to produce cortisol (the stress hormone) possibly due to an overused adrenal gland. Tame your stress because you might need it in the future to maintain a healthy energy level! In order to produce cortisol the pituitary gland first needs to release ACTH, hence since adrenal function is rooted in the pituitary gland, it might be good to use fluoride-free toothpaste, as fluoride is believed to “calcify” the pituitary. Also, although cholesterol has been tagged as our enemy, it is essential to produce stress hormones (cortisol, epinephrine, norepinephrine, and adrenaline). Keep your balance, Mr. Miyagi.

Hypoadrenalism may be autoimmune, meaning the immune system attacks the adrenal glands to the point where they no longer work properly. Unfortunately, when it shows clinical signs the glands are usually already 80% damaged.

The body is always trying to maintain balance one way or another (homeostasis). When blood glucose levels fall, the adrenal glands release adrenaline to compensate for energy, resulting in anxiety, panic, palpitations, sweating, tremors and abdominal pain. If you don't have this discharge of adrenaline, you may suffer from neuroglycopenia (shortage of glucose in the brain), which produces confusion, headache, fatigue, blurred vision, impaired memory, seizures, unconsciousness, personality changes, irritability... and the list goes on. Some people get the two-for-one deal and experience symptoms both of adrenaline response and neuroglycopenia; sounds like being in a horror movie with hangover, such a thrill!

Live in the moment!

This millenary philosophy does not apply here! Some people have sugar and refined carb cravings and eating them provides temporary relief, but it is followed by a rebound craving that leads to overeating and obesity. This happens because refined carbs and sugar turn into glucose rapidly. Since the body doesn't need such high glucose for ATP/energy, the excess is transformed into fat for energy storage by an enzyme stimulated by insulin. My anatomy teacher explained the breakdown of complex carbs by the amylase in your saliva saying: "I have an experiment for you...try chewing cooked potato without butter or anything, it will taste horrible, like it is not meant to be eaten like that, but keep chewing and it will taste sweet as complex carbs brake down into simple sugars." I get nostalgia over those school days.

Fatigued for TOO long!

Your fatigue is considered “chronic” if it lasts longer than six months without a reason and it is accompanied by four or more of the following symptoms:

- Sore throat
- Impaired short-term memory
- Tender lymph nodes
- Muscle pain
- Joint pain without swelling or redness
- Un-refreshing sleep
- Headaches of a new kind
- Post-exercise malaise longer than 24 hours
- Epstein-Barr, also known as mononucleosis or “kiss virus” can create chronic fatigue.

*Note that for hypoglycemia, hypoadrenalism, diabetes, insulin resistance, there is a test you need to take. Consult your doctor.

Suggestions:

Sweet ain't really sweet! The utmost important thing for chronic fatigue is to stop overeating sugar. Beware that even if you don't directly add sugar to your food, high amounts are added to many commercial products (ketchup, cereals, soft drinks, etc.) with nicknames to deceive you (dextrose, sucrose, fructose, maltodextrin, corn syrup, cane juice, barley malt, etc.). Also, eating refined carbs such as white bread is a triple threat for you. Glucose crackheads be all like: “Triple treat yay...Sweet, chewy, dopamine dose!” No...

In deed a triple threat:

1. It converts rapidly into glucose and subsequently into fat storage.
2. Lack of fiber speeds up the glucose spike.
3. Last but not least important: flour refining removes approximately 70% of vitamins and minerals, including magnesium and chromium which are essential for glucose metabolism:

No refined carbs. If so, at least combine with some almonds or something rich in fiber to buffer the glucose spike.

Eat: Small meals with enough protein. Vegetarians and vegans must combine foods that complete the nine essential amino acids, not particularly in the same meal, but on a daily basis.

Eat smart snacks: Keep dried fruit and nuts handy. When your crackhead cells are craving sugar and fat, your mind translates that into candies and pizza! (Hopefully not candied pizza! A.K.A. the donuts!). If you feed your stomach sugar from dried fruits and healthy fats from nuts, your body gets a dose of fat and sugar and you stop craving the unhealthy options. A good option is Brazil nuts, which contain magnesium and high amounts of selenium, both good for regulating sugar, but beware that only 6 Brazil nuts contain about 700% of selenium, so mix them up and don't overeat them. Cashews are also a good option since they contain the nine essential amino acids.

High protein and complex carbohydrates: They can treat low blood sugar, as complex carbs are absorbed relatively slow and maintain

glucose level (aim for low glycemic index). Protein helps regulate blood sugar as amino acids serve as raw material to create new glucose (gluconeogenesis). It also helps to consume 6 small meals per day or at least to have some smart snacks between meals.

Stimulants: Coffee must be avoided or replaced with a lighter stimulant such as green tea.

Alcohol: Inhibits energy production (stops gluconeogenesis) and must be avoided.

Sugar: It must be avoided. Intrinsic sugars, such as those contained in fruit are fine in moderation, but stay away from artificial fructose in soft drinks.

Opioid peptides: They are short-chain amino acid molecules, which have an opium-like effect. The body produces opioid peptides called endorphins, often called “the happiness hormone”. Opioid peptides can improve plasma insulin, nonetheless most of these peptides are found in allergenic foods such as soy, milk, rye, barley and gluten. Luckily they are found in spinach as well, which is a great nutrient-dense food. These peptides might be the reason why a glass of milk might help induce sleep and not tryptophan*. Opioid peptides also regulate food intake, emotional balance and motivation.

*Tryptophan competes with a handful of other amino acids to cross the blood brain barrier, and it loses efficacy when taken with protein.

Supplements:

CHROMIUM: 200mcg/day of chromium (polynicotinate) was found helpful for chronic fatigue. A study that used 500-1000mg of chromium per day for 12 weeks resulted in improvements for chronic fatigue patients. However, chromium must be avoided or carefully administered by your physician, especially if you have a history of diabetes, kidney disease, liver disease, clinical depression, anxiety or schizophrenia.

MAGNESIUM: (340mg) magnesium ingestion improved chronic fatigue in a double blind study (57% vs. 25% placebo). Recently a German doctor discovered that orotic acid increased bioavailability of some minerals. If you can find Magnesium orotate, it would be the best option to treat fatigue. Mg Citrate is about the lowest bioavailable form. Magnesium is needed for ATP synthesis, the form of energy in the body. I take magnesium on an empty stomach, but if stomach uneasiness occurs take it with food; magnesium must be used with caution if you have a history of kidney disease.

L-CARNITINE: stimulates gluconeogenesis and could be low in vegetarians as it is contained almost exclusively in animal foods, just like vitamin B12.

Like with every supplement, it is necessary to know if you have allergies or contraindications. I give these recommendations for educational purposes and you should always consult your doctor before starting a supplement program.

Reactive hypoglycemia or food allergy: They can cause fatigue, and it usually develops as:

Flu-like symptoms: caused by wheat, milk, beef, tomato, pineapple, pumpkin.

Fatigue symptoms: caused by sugar, refined grains, wheat, corn, rice.

Doctor's note: Mg might appear normal in blood, but there might be an inability to transport Mg from serum into cells. This was noted by doing a large blood infusion of Magnesium, and noticing the percentage retained and eliminated, and estimating the deficiency accordingly. Something similar happens with B12; it was found in the low/normal range in blood but nonetheless it was undetectable in the cerebrospinal fluid, indicating an impaired ability to transport B12 through the blood brain barrier, or it was either breaking down before reaching the nervous system. Blood testing is not always the answer.

Conclusion:

I hope from the bottom of my heart this improves your lifestyle in some way, so you can avoid going through the pain of a chronic or auto-immune disorder. What I ask, is for you to be aware of your choices and be willing to either face, or enjoy the consequences; to stop being a puppet of mass media, to read your food labels, and to be informed. Ignorance is not bliss when it comes to have your health in the fire line. If your health is compromised, you can have money, love, a great career, but you won't even be able to enjoy them. Mental health is also important, so enjoy life as you need but be smart!

Writing a book is a lot more work than I imagined, and making nutritional medicine entertaining is quite a challenge, hence I had to break this book down in two parts before my own life broke in ten. In the second part I include very important matters such as gut health and probiotics. Stay tuned, or should I say "To be continued..."?

I would love to hear from you: contact@lifesynergyretreat.com

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