



Lifestyle Eating Low Carb High Fat for Health

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This is...

This is about knowing how your body works and using that information to be comfortable in it. Comfortable weight, comfortable skin, comfortable immune system and comfortable heart.

It's all you

This is your life and your program. Own it. Own the whole journey, the ups, the downs and everything in between. This is not just a journey for your body but also for your mind. Use every decision as a learning experience. Constantly ask yourself, "Why did I do that?" "Why was I able to stay on my program at the office party but not at the family dinner?" Learn how to forgive yourself and move on.

Stay the course

There are people in our lives that feed us cake then proceed to tell us we need to lose weight. They might even be family members that love us. Make a commitment to yourself that you will do your program for 10 months and then be

good to your word. Don't let anyone bring you down. When they say, "That is such a restrictive/hard/boring/crazy fad, you will never be able to keep it." Tell them, **Watch me!**"

Start Here...



Low Carb, High Fat

How low is too low?

When you embark on a low carb, high fat program you are bound to feel better. You will probably lose weight, notice clearer skin, have less hormonal swings, experience less anxiety, depression and brain fog. You don't necessarily need to go into ketosis to get these benefits. That is, unless you are insulin-resistant, addicted to sugar or fighting candida (a yeast overgrowth). In that case, you may not find the relief you are looking for until you have been in ketosis for weeks or months. This is not always a quick fix. So, start with what is comfortable yet a significant change and do it for a while. If you are getting the results you are looking for you

just keep swimming. If you don't, consider taking on a ketogenic program. See the Keto Wellness workbook.

Key Tips

1. Know your macros. Know the percentage of fat, protein and carbs that you are using for your program and use <http://keto-calculator.ankerl.com/> and www.myfitnesspal.com to determine the amount of grams of fat, protein and carbs that would serve you best. Calories do matter, so keep track of your food intake so you can be honest with yourself if you are not seeing the results you want.
2. Don't be surprised to see that your clothes fit looser even though the numbers on the scale haven't budged. Muscle weighs more than fat so if you are exercising while on this program your increase in muscle might be the cause of your lack of weight loss. Remember that muscle is metabolically active tissue, it allows you to burn calories when you are sitting on your duff, so go lift something heavy.
3. Plateaus happen. Don't panic. It may take a tweak or two to get things moving again. A slight increase in carbs, fasting for a day or taking on intermittent fasting can be ways to regain your momentum.
4. Eat fat! Seriously, if you are going to pick a program that is called low carb high fat, you have to get over the fear of eating fat. We now know the dangers of a low fat, high carb diet, mainly diabetes and heart disease. If, every time you see a burning house you also see a big, long red truck in front of it, you might mistakenly believe that the big red fire truck causes the fire. When we found cholesterol in the blood vessels we had previously thought that eating fat caused plaque to build in the blood vessels. What we know now is that an overload of poor quality carbohydrates like grains and refined sugar actually cause damage to the blood vessel walls and cholesterol goes to the area to repair it. We manufacture our sex hormones and our stress hormones from cholesterol. When we drive our cholesterol too low (especially with statin drugs) we risk impotence, anxiety, depression and even death. When fat is 65-75% of the daily food intake, we see a drop in anxiety, brain fog and even improvements in those diagnosed bipolar. Avoid vegetable oils like corn, canola and soy, and avoid trans fats like margarine. Bottom line is, enjoy your whole eggs, your lamb chops, your avocado and your macadamia nuts. A specifically important fat that often gets overlooked is called medium chain triglycerides or MCTs. These fats are not digested, they are converted to ketone bodies to be used for

- energy. This quick energy formation is called ketosis. They are found in coconut oil, palm oil and clarified butter, or ghee. No wonder coconut oil is all the rage!
5. Don't get bamboozled by "low carb" marketing. The processed food industry knows that low carb works and has plastered the label low carb on practically everything. Keep away from food that comes from boxes or bags. These are typically processed foods not real, from-the-earth food.
 6. Drink water, eat salt. Carbohydrates tend to cause water retention. When you decrease your carbohydrate intake you are going to stop retaining water and when you release that water you will send important minerals such as calcium, magnesium, potassium and sodium (electrolytes) with it. Drink a quart of water (4 cups) upon waking and another quart before lunch so get in at least 2 quarts. Then continue to drink water throughout the day especially if you are also exercising or drinking caffeine. Without adding in electrolytes you will experience muscle cramps, especially leg cramps at night, headache or nausea. It's easy to just put a teaspoon of Celtic sea salt in a baggie in the morning and consume it throughout the day. You can alternatively, take a supplement or drink a few cups of homemade bone broth.
 7. Don't freak. Some people, during their transition from being a sugar burner to a fat burner, experience some flu-like symptoms. This is typically from not getting enough minerals which you would normally get if you ate enough sea salt and avocado while transitioning. Also, remember to drink 2-3 quarts of water a day.
 8. There is no cheating. It's just a decision you make in the moment, you can always choose differently next time. What are you committed to? Do not make yourself wrong, just notice what circumstances may have allowed for that decision. Besides, there are plenty of low carb desserts out there to keep you satisfied. It's a journey, don't forget it.
 9. Get your "zen" on. Take up yoga, meditation or deep breathing to help lower the stress hormone cortisol. Cortisol lowers your ability to burn fat. Getting good sleep is important because that is when you produce the hormone leptin which suppresses appetite and loss of sleep will increase a hormone called ghrelin which stimulates hunger.

Heat and oils

Fats are healthy. To keep them healthy you have to respect their heating abilities or the health can go down the drain. Heating an oil too high for its

capacity can cause oxidation to occur, which in the body can contribute to heart disease and other nasties. If you are using high heat for frying use ghee (clarified butter) which has a smoke point of 400-500 degrees Fahrenheit. If you are heating an oil for a stir-fry or the like use butter (325-375) or coconut oil (350). The data on olive oil or avocado oil is conflicting so to be safe don't heat them, use these oils to make salad dressings.

Now that you know

Now that you know you can go from wherever your starting point is and choose real food, remove food that doesn't serve you, increase what does and take it to a higher level you can create your path.



Go to <http://keto-calculator.ankerl.com/> to calculate your macros and www.myfitnesspal.com to maintain it.

Start with this within an hour of waking (1 Quart or 4 cups of lemon water)



X 2

Do it again before noon.

When you are hungry drink this:

Spiced Butter Coffee

Ingredients

- 16oz Coffee
- 1T Coconut oil or MCT oil
- 1T Grass-fed butter (Kerrygold)
- ½ t cinnamon
- Stevia to taste



Instructions

1. Blend coffee, oil, butter, cinnamon and stevia.
2. Pour into mug. Enjoy!

Optional: Add 1T grass-fed collagen, 1T hemp seed or ¼ t turmeric

Or this...

Spiced Butter Cacao

Ingredients

- 8oz Full-fat coconut milk
- 8oz filtered water
- 1T Grass-fed butter (Kerrygold)
- 1T Raw cacao powder or cocoa powder
- ¼ t Cinnamon
- ¼ t vanilla extract
- Stevia to taste



Instructions

1. Bring milk and water to a boil in a small pan.
2. Add all ingredients to blender. Blend.
3. Pour into mug. Enjoy!

Optional: Add 1T grass-fed collagen, 1T hemp seed or ¼ t turmeric



A few hours later (when you are hungry) eat this (wild caught preferred)...

Smoked Salmon Wrapped Avocado

Ingredients

- 1/2 Avocado
- 4 slices smoked salmon



Instructions

1. Cut Avocado into 4 slices
2. Wrap each slice of smoked salmon around avocado.
3. Enjoy!

Tip: Trader Joe's Pastrami-Style Smoked Salmon is the BOMB!



If you need a snack before dinner have a bit of this...

Low Carb Trail Mix

Ingredients

- ½ C Coconut flakes
- ½ C Raw pumpkin seeds
- ¼ C chopped raw macadamia nuts
- ¼ C Lily's stevia-sweetened chocolate chips
- ¼ C Peanuts
- ¼ C dried raspberries



Instructions

1. Mix together in bowl.
2. Separate into 4 individual mini mason jars.

Optional: Salt and roast your nuts and seeds at home.



Or this...

Savory Trail Mix

Ingredients

- ½ C Nitrate-free, sugar-free grass fed pepperoni sticks, chopped
- ½ C Nitrate-free, sugar-free grass fed jerky (beef, turkey, lamb), chopped
- ½ C Macadamia nuts, chopped
- ½ C Dried blueberries
- ½ C Raw pumpkin seeds



Instructions

1. Mix all ingredients.
2. Divide into 4 small mason jars.



For dinner eat this with a side salad with olive oil and vinegar (not balsamic) dressing and a moderate serving of protein (organic chicken, turkey, grass-fed beef, lamb, wild-caught fish, organic eggs, nuts)...

Easy Fried Cauli-rice

Ingredients

- 3 cups riced cauliflower
- 2T sesame oil
- 1 small white onion, chopped
- 2-3T soy sauce or coconut aminos
- 2 eggs, lightly beaten
- 2T chopped green onions



Instructions

1. Preheat a large skillet to medium heat. Pour sesame oil in the bottom. Add white onion and fry until tender.
2. Move the onion to the side and pour in the beaten eggs. Using a spatula, scramble the eggs. Mix with onions.
3. Add the riced cauliflower and soy sauce/coconut aminos. Stir fry until heated through and cauli-rice is to desired softness. Add chopped green onion and serve.

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If you are still hungry after dinner drink this (makes 6 servings)...

IBIH Low Carb Green Smoothie - Dairy Free

Author: Melissa Sevigny

Recipe type: Low Carb Smoothie Recipes Cuisine: American

Serves: 6 one cup servings

This low carb green smoothie is healthy and refreshing, without all of the sugar and carbs of a traditional green smoothie! Keto and Paleo friendly!

Ingredients

- 4 cups filtered water
- 1 cup romaine lettuce
- ½ cup chopped fresh pineapple
- 2 Tbsp fresh parsley
- 1 Tbsp fresh ginger, peeled and chopped
- 1 cup raw cucumber, peeled and sliced
- ½ cup kiwi fruit, peeled and chopped
- ½ Hass avocado (remove pit and scoop flesh out of shell)
- 1 Tbsp granulated sugar substitute (I used Swerve)



Instructions

1. Combine all of the ingredients in a blender and blend until smooth. Serve cold. Leftovers will keep several days in the fridge, shake well before serving.

Notes

Approx nutrition info per one cup serving: 37 calories, 2g fat, 3g net carbs, 1g protein

Recipe by I Breathe I'm Hungry at <http://www.breatheimhungry.com/2016/01/ibih-low-carb-green-smoothie-paleo-dairy-free.html>

Or if you must...this....

The Best C.C. Cookie

Ingredients

- 2 C Almond flour
- 1 Large egg
- ½ C Ghee (makes it taste amazing)
- ¼ C Surkin Gold (find it on Amazon)
- ¼ t baking soda
- ¼ t Celtic sea salt
- 1T Vanilla extract
- ½ C Sugar-free chocolate chips (Like Lily's)



Instructions

1. In large bowl mix all dry ingredients except chocolate chips.
2. Add ghee, egg and vanilla and mix until combined well.
3. Mix in chocolate chips.
4. Hand roll 16 balls of dough and place on silicone or parchment-lined cookie sheet.
5. Flatten each ball to ¼ inch
6. Bake at 350 degrees for 10-15 minutes or until bottoms are lightly browned.
7. Let cool completely before eating.



There are many substitutes that work for a low carb, high fat and moderate protein plan. Get to know your food and how it affects you so you can customize it to your advantage. I'm always available to guide you or hold your hand through the process if necessary. You can find me at www.SpecificWellness.com. We can optimize your plan, fill in any missing nutrients and if you have a craving I most likely have a recipe that will address it.

Below you will find a worksheet that one of our participants generously created. Thank you Mary M!

This booklet is a work in progress, please contribute suggestions to info@specificwellness.com. Thank you.

A-OK Vegetables (Category 1 Vegetables - Rid those Roots)

Artichokes, Asparagus, Bamboo Shoot, Bean Sprouts, Bell & other Peppers, Broccoli, Brussels, Cabbage, Cauliflower, Chives, Onions, Leeks, Eggplant, Green Beans, Squash, Mushrooms, Chia, Radishes, Kelp, Snow Peas, Sprouts, Water Chestnuts, Zucchini

Nearly unlimited: dark leafy greens of lettuce, romaine, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard or beet greens

Blending Some Bliss

8oz Coffee, 1T butter, 1T coconut oil, cinnamon, (natural sweetener: Stevia or Erythritol)

Or Cocoa (tracking carbs), 1T butter, 1T coconut oil, dashes of cinnamon, Stevia or Erythritol

Berry Brilliance

¼ cup Blueberries, Blackberries, Raspberries or Strawberries

Concentrated Protein

Grill, bake, or roast 4oz serving meat, poultry, fish (also poached)

2 Whole Eggs

Poultry: dark chicken, or white with fat (butter, olive oil, avocado oil, coconut oil), turkey, Cornish hen

Leg of Lamb, Prime Rib

Delete no-fat/low-fat Dairy

Use full fat cheese & dairy. Organic.

Delicious Nuts & Seeds

Macadamia, Almond, Walnut or Pecans

Sunflower, Pumpkin, Sesame Seeds

Nut butters

Extra Water & Goodies

Daily to do: 1 tsp. Sea Salt, ½ to 1 Avocado, take Vitamin D if blood level is less than 50, probiotic supplements

Extra-virgin olive, coconut or avocado oil (no canola or vegetable oil), no balsamic vinegar Subtract fiber from carbs to know **net carbs**, use myfitnesspal.com for tracking support tool Sleep 9 hours nightly, stop eating 3 hours before bed, extend fasting a bit in morning

See Pinterest for salad dressing, bread, avocado pudding – no balsamic vinegar

Typical Day:

Enjoy: *Blended Bliss to extend bed-time fasting & delaying the start of daily eating*
+ 3-4 hrs: *Leafy green salad Kale, Spinach, Parsley, fish, turkey, beef, homemade dressing*
Alt. grab n go: celery with nut butter, cheese & turkey rolls

+3-4 hrs:

Snack of avocado with pastrami-style salmon or nuts/seeds or celery/nut butter

+3-4 hrs:

Broccoli & Steak or dark meat chicken or white meat chicken with a fat such as cheese, butter. Olive oil