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Sample from Magazine Article : *Las Vegas Athletic Club*
(Article from LVAC magazine: The All-Natural Diet Guide)

(Starts next page)

THREE THINGS TO **AVOID**: (as much as possible)

Sugar: Sugar is prevalent in all of American culture today, and wreaks havoc on your body in all its forms. Hard candy, candy bars, Soda, Fruit juice, etc., all have high levels of refined sugar and upon eating are absorbed into the bloodstream immediately, causing a spike in blood-sugar. Having your blood-sugar spike all over the place through the course of a day will give you inconsistent energy levels (hyper sometimes, sluggish other times), give you mood-swings, store more of the food you eat as fat, and interfere with your ability to sleep. Over a period of time, blood-sugar spikes like this could lead to insulin-resistance and the development of Type II Diabetes. Cut sugar from your diet, as entirely as you can, and you'll feel the difference immediately.

Refined Flour: Man-made foods. Processed carbohydrates. Anything that's made with white flour: White bread, baked goods, doughnuts, Twinkies, cake, potato chips, white tortillas, white rice, etc. Avoid these things for the same reason as the sugar. Processed (starchy) carbohydrates have no fiber, so the body digests and absorbs them instantly upon eating and converts them into sugar, leading to more blood-sugar spikes.

Saturated Fat: This is the type of fat that stays hard at room temperature: the white, marbled fat in red meat (in a steak), the white flecks of fat in deli meat. Dairy is a big source of saturated fat—milk, cheese (it's what keeps cheese hard). Fast food is full of it—those burger patties are more fat than protein. Saturated fat will clog up your arteries and heart, and too much of it over time will help you develop high blood-pressure, high cholesterol, and any number of similar heart/arterial problems.

To eat healthy, and give your body the proper, clean fuel you need to run more efficiently (especially useful when you're exercising so that you can make the most out of your workouts), it's as simple as just eating a more *natural* diet.

Your body *will* need sugar, which is its natural source of energy. The best source of sugar is from fruits and vegetables. These (with some exceptions explained below) will give you the same kind of sugar, only mixed with fiber and nutrients so that digestion will take longer. Instead of having a blood-sugar spike like with refined sugar/flour, fruits and vegetables will take longer to break down, and give you a long-lasting supply of energy at a nice, even rate.

Another nutrient your body will need, especially if you're training with weights, is protein. Plenty of protein. You'll find the protein you require in *lean* meats: Red meat (with the fat cut out), Chicken and Turkey (white meat is better than dark), and Fish. Fish is your best source of protein, and also contains good fats, and all sorts of other good stuff for your body. You can eat as much fish as you want—as long as it's the healthy kind (Salmon, Halibut, Tilapia, etc.). Not fried.

Follow the *caveman rule*:

“When you're thinking about eating something, ask yourself: if a *caveman* saw this, would he recognize it as food?”

To keep your metabolism higher (to burn more fat through the day), increase the frequency of your meals from three to six. Most of us have been trained all our lives to eat large meals, which leaves us full (or even *stuffed*) and tired afterwards. If you eat a little less during your meals, and just eat *more meals* throughout the day, you'll keep higher energy levels and put more of the food you eat to good use, burning it away as fuel instead of storing it away as fat. Many people might find it difficult to schedule more meals into their day, but this could be as simple as reducing the size of your breakfast, lunch, and dinner, and adding in small snacks through the in-between times.

For the best digestion of what you eat, you should be mixing protein (meat), carbohydrates (fruit, veggies, or whole grain), and fat (olive oil, avocado, and nuts) with every meal. Depending on the meat you include, you don't necessarily have to include fat, because most meats (especially fish) will have enough.

Never totally cut your carbohydrates entirely (as in the *Atkins* diet), or you won't have any energy and won't be able to work out (or think, or do pretty-much anything else) very well. However, if you'd like to burn off a little more fat, don't eat any carbohydrates within four hours of bedtime (small amounts of protein/fat is okay). When you sleep, you don't need any of that high-octane carbohydrate-fuel, so any carbs eaten close to bedtime will most assuredly be converted into fat.

It's best to eat a small bit of carbohydrate (a piece of fruit or some oatmeal) an hour before training with weights. Just enough to give you a little energy. Don't eat *too* much before a workout, or you'll still be digesting when you're exercising, which is uncomfortable and will sap your strength.

If you absolutely *must* eat something sugary, the only appropriate time is directly after a workout, when your muscles are depleted of glycogen (sugar-fuel stored inside the muscles themselves). Then and only then can you absorb sugar without adverse effects. Your body normally takes about two hours to restore your muscles' glycogen after a workout, so what you eat (directly) after training will go straight back into those muscles (instead of your hips) and give your body a jump-start on a process that would otherwise happen anyway. However, if you're really looking to lose fat, skip it. Allow your body to burn more fat for those two hours as it restores the glycogen on its own.

Supplements:

Vitamin supplements are important these days since most fruits and vegetables in grocery stores have less nutrients than they used to. Don't over-do it, though. Don't buy into the hype that abounds about all the pills and capsules you can't do without. Most of what you need is in your food. Taking vitamins simply acts as *insurance*, protecting against what you're not getting enough of. All you need is as follows:

- A Multivitamin (Centrum or generic)
- Take extra calcium, magnesium, and potassium.
- Taking extra vitamin C couldn't hurt, and will boost your immunity.
- Drink protein shakes (whey) to get extra protein (after workouts or in the evening), since it can be hard to get enough protein just from meat.

Foods you can eat, unlimited!:

- **Lean meat:** trimmed beef, extra-lean hamburger, trimmed pork (loin, chops), poultry (remove the fatty skins; white meat is better), eggs, goat, game meat (rabbit, venison, elk, bison, etc.), organ meats (liver, heart, tongue, etc.)
- **Fish and shellfish:** Salmon, halibut, mackerel, tuna, tilapia, bass, shark, perch, clams, crabs, crawfish, lobster, scallops, oysters, shrimp, etc.
- **Fruits:** Apple, apricot, avocado, banana, blackberries, blueberries, boysenberries, cantaloupe, carambola, cassava melon, cherimoya, cherries, cranberries, figs, gooseberries, grapefruit, grapes, guava, honeydew melon, kiwi, lemon, lime, lychee, mango, nectarine, orange, papaya, passion fruit, peaches, pears, persimmon, pineapple, plums, pomegranate, raspberries, rhubarb, star fruit, strawberries, tangerine, watermelon, etc.
- **Vegetables:** Artichoke, asparagus, beet greens, beets, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collards, cucumber, dandelion, eggplant, endive, green onions, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, parsnip, peppers, pumpkin, purslane, radish, rutabaga, seaweed, spinach, squash, swiss chard, tomatillos, tomato, turnip greens, turnips, watercress.
- **Nuts:** Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts. *No peanuts!* (fat burn limit: 4 oz. / day)

Foods you can eat, in moderation!:

- **Oils:** Olive, avocado, walnut, flaxseed, canola. (fat burn limit: 4 tbsp / day)
- **Beverages:** Coffee, tea, wine (two 4oz glasses /day), beer (12 oz /day), spirits (4 oz /day)
- **Cereal grains:** Barley, corn, millet, oats (oatmeal), brown rice, ramen, rye, sorghum, whole wheat (bread, rolls, muffins, pasta, crackers, pancakes, tortillas, pita bread, flat bread), wild rice
- **Cereal grain-like seeds:** Amaranth, buckwheat, quinoa
- **Legumes (beans and peas):** Adzuki, black, broad, fava, field, garbanzo, horse, kidney, lima, mung, navy, pinto, red, string, white, green, black-eyed peas, chickpeas, lentils, snow peas, miso, peanut butter (*all natural*), peanuts, soybeans, other soybean products, tofu, etc.
 - Beans are unnecessary and inferior to meat, fruits, and veggies, which are better sources of the same nutrients.

Foods to AVOID!:

- **Dairy products:** Milk, cheese, yogurt, butter, ice cream, creamer, etc.
- **Starchy Veggies:** Starchy tubers, roots, potatoes, potato products (French fries, chips, etc.), sweet potatoes, tapioca pudding, yams
- **Salty foods:** Nearly all salad dressings, bacon, deli meat, ham, hot dogs, ketchup, olives, pickled food, sausage, smoked/dried/salted/canned meat, salted nuts. Canned tuna/fish is okay if you rinse it out first with water.
- **Fatty meat:** Bacon, ribs, fatty roasts/hamburger/pork chops/steak, lamb
- **Soft drinks and fruit juices** (canned/bottled/squeezed fruit drinks have no fiber to offset the sugar, so isn't any better than soda)
- **Sweets:** Candy, honey, sugars