

DIETARY AND NUTRITION NOTES

PERSONAL TESTIMONY OF A SATISFACTORY EXPERIENCE



Eat healthy and lose weight slowly

It is never too late to try to lose weight

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Foreword

The dietary principles that have worked for me are not many. I can cite the following:

- Value the calories in foods as a point of reference and only as a reference, without the need to follow hypocaloric regimes for a long time, although, yes, always preferring foods with a lower caloric load.
- Follow correct food practices, choosing those foods that have a lower glycemic index (brown rice, whole wheat pasta, potatoes with skin), and yes, with a reduced carbohydrate intake, almost zero at dinner.
- Introduce fiber consumption (unpeeled fruit, salads and legumes) into the usual diet, without exceeding the limits.
- Prefer fats of vegetable origin to those of animal origin.

At one point, as a reflection, I realize three important aspects:

- Over the years, the acquired habits are not good. The consequences are dire if we also consider the intense and misguided refinement with which food is presented (eg, white bread or white rice).
- My body works in a certain way depending on what I eat and my quiet way of seeing life.
- I must separate the foods according to whether they bring me benefits or harm.

Many times we have to question home habits and social habits. I recognize that it is difficult because food is a point of union and meeting. It is also an important part of each one, with deeply rooted personal and cultural beliefs.

I therefore give up trying to convince those who do not want or cannot listen of the advantages of an alternative meal. Given this resistance of many diners, I discreetly choose the option that suits me best and in extreme cases I politely say no, either because the food they offer me makes me feel bad or because I don't feel like it at the time.

I am not addressing thin people who have a fast and efficient metabolism, but rather people who, as a result of a series of causes, are overweight or obese.

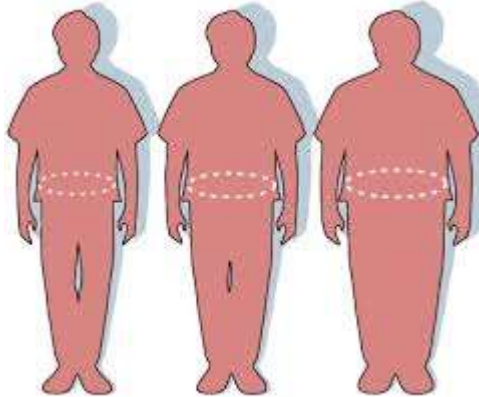
On the other hand, I prefer people who have had a previous failure, as is my case, and who also have some basic knowledge of dietetics and nutrition.

For that reason, neither calorie nor glycemic index tables, nor recommended menus will appear in this book.

It is understood that there will be general references and that all these data can be consulted on the Internet.

Finally, I hope that my experience, which has been satisfactory and rewarding, will serve as a stimulus or help for those who wish to change their type of food, in a healthy, slow and forever

1.- Why do we get fat video?



In my life, I have made diets and more diets, between long empty periods without any other concern than having eliminated sugars or alcohol, and without any notable physical activity.

Over the years, then, I have gradually gained weight, reaching an excessive peak, a peak that is no longer overweight but frankly obese, with a fairly high body mass index.

By chance, I accessed a documentary entitled *Why do we get fat ?*, the viewing of which I strongly advise those who find themselves in a situation similar to mine.

In this audiovisual document, the hypothesis was raised that gaining weight is not all our fault but that factors of a genetic, hormonal or psychological nature influence or may influence.

From a group of participants of 7 or 8 people, it was concluded that a first subgroup was fattening for genetic reasons, apparently because they had a copy of a gene that predisposed them to always be aware of food, usually fatty food. It is not possible to recompose the genetic material, so the solution for them was to diet two days a week. I don't know if this could be my case, but I won't know because of the cost of doing a genetic analysis, although I am convinced by the idea of dieting for two days, at least two dinners a week.

The second subgroup had deficiencies in hormone levels, so that its curve, after ingestion, was very low and therefore satiety and stop eating warnings did not reach the brain. The solution proposed in this case was to replace part of the easily assimilated carbohydrates (potatoes, bread, rice) with

foods with fiber (salads and legumes). This option did seem very convenient to me and it was the solution adopted that allowed me to achieve success, as I will describe throughout this book.

Finally, the third subgroup had anxiety problems regarding food and this led these people to eat incessantly. In this way, the generated endorphins temporarily calmed them, although, as the hydrates taken (chocolate or bread) are quickly absorbed, the phenomenon reproduced periodically. The proposed solution was psychotherapy, based on relaxation and awareness, distinguishing physiological hunger from emotional hunger. Although it was not totally my case, it is true that this proposal has helped me and especially has allowed me to also try another option: it is always possible to substitute an easily absorbed carbohydrate for an alternative.

2.- Importance of fibers



First of all, I will propose a mixed salad (with lettuce, onion, bell pepper and pieces of raw carrot) for all meals. It must account for a third of the intake.

Second, the proposal will be to add dried legumes (white beans, lentils, broad beans) that will be served without broth. I prefer to remove them from the jar, pass them through a strainer, wash them and cook them in the microwave (45 seconds). But, beware, these should not exceed a third of the intake or the plate. They are eaten with a fork and a cheese can be added to coat them.

These legumes will be served when necessary, usually at dinner, and occasionally at lunch, especially if there is a dish with a lot of carbohydrates (potato omelette, paella, pasta), a dish that would be reduced to a third. This fiber intake is quite satisfying and avoids consuming rapidly assimilated carbohydrates, which are really problematic because they are the ones that are easily stored as fat with other fats. All this, of course, would be avoided if you exercise a lot, which is not usually the case.

3.- Elimination of white bread and sugars



White bread, which has lost the best nutrients and especially the fiber of the bran, cannot be admitted to a sensible diet. It has been reduced, then, to pure starch, whose easy assimilation will cause a high glycemic peak. This presence of sugar in the blood will immediately cause the pancreas to secrete insulin to carry that energy to the cells and if there is no exercise, which is most likely, it will be stored as fat.

Unlike fiber (present in legumes or really whole wheat bread), the latter is of slow assimilation and therefore does not produce those peaks mentioned above, and also fills more and better.

Similarly, sweets, cookies and all kinds of pastries must be eliminated.

What is the alternative? Of course I deprive myself of white bread at meals, sugar in coffee or herbal teas, and all the desserts sweets.

At breakfast I usually always take a piece of fruit (apple or pear, preferably, not banana or grapes), whose fructose is not quickly assimilated and has a reasonable glycemic index.

At lunch and dinner, there is always a garnish that replaces bread, whether they are legumes, mushrooms or peas with ham.

For dessert, instead of sweets or chocolate, I always have yogurt without sugar or sweetener, and in restaurants I substitute everything for a good decaffeinated coffee.

4.- Two days of diet



We remember that in that video that influenced me so much, this was precisely the treatment that was applied to patients with a genetic problem.

In fact, dieting two days a week, if we continue with a normal intake the rest of the days, it produces great benefits. The digestive system rests and cleanses itself.

However, when we say diet, we mean frugality, not total fasting, especially at dinner. This can be, it is in my case, a salad already described above, accompanied by fresh Burgos cheese and / or two cheeses, or a salad with a small garnish of beans (washed and without liquid) seasoned with a cheese. For dessert, I choose unsweetened and unsweetened yogurt.

If the next day we weigh ourselves with an electronic scale, we will surely see an improvement, slight but gratifying.

5.- Relaxation and psychotherapy



Knowing how to distinguish what is physiological hunger from what is emotional hunger is very important.

This allows us to better understand our organism and to know what is the appropriate response to give in each case.

To physiological hunger we must respond by eating foods that contain fiber, which allows us to satiate ourselves quickly, while we must eat slowly while chewing a lot. Let's not forget that it takes about 20 or 25 minutes for the signal of full satisfaction to reach the brain, so when it comes to food, we shouldn't rush or rush.

Of course, emotional hunger must be responded to with relaxation (breathing exercises, positive thoughts, control and psychotherapy or personal help).

Knowing all this has been of great help to me, because, as someone said, wisdom is not only about knowing things but living in accordance with what has been learned.

6.- Anaerobic exercise



I am not very prone to physical activity, it is simply something that does not entertain me much.

However, I recognize its health benefits, as long as it is moderate and continuous exercise.

In this line Michel Montignac admits the importance of physical exercise for the already known healthy effects. However, this does not imply any improvement in the weight loss process.

After a considerable weight loss (10 kg in 4 months) applying the principles of eating less and incorporating fiber into the diet instead of easily assimilated carbohydrates, I felt good, with strength. In fact, I had a blood test to see the glucose levels and they had dropped 20 points (from 120 to 100), to the surprise of the pharmacist who did them.

Still, the internist doctor made me see that this weight loss, if not accompanied by physical exercise, could lead to a significant loss of muscle mass.

To avoid all this, it is convenient to do daily aerobic (walking) and especially anaerobic (resistance exercises). This is how I have included the latter in my daily life and since then I find myself even stronger and with great vitality.

7.- Substitution of coffee



In my daily life I have several coffees a day. Mainly due to the effect of caffeine, which is an exciting one, I have substituted decaffeinated coffee for a long time, but always accompanied with a glass of water, which refreshes the mouth and gives a certain feeling of satisfaction and satiety.

Sometimes, usually due to social or personal pressure, I ask for non-alcoholic beer or sparkling mineral water (Perrier in France). Non-alcoholic beer in Spain is very good. There is a great variety and it is found everywhere. Traveling, it has been difficult for me to find her in France, Italy and Great Britain. Not so in Austria or the USA.

However, I have to say, going back to the beginning that decaf accompanied by a glass or a bottle of water is a refreshing drink in summer and pleasant in winter.

In the area where I live, drinks are usually accompanied by a so-called pincho or snack (smaller than the Basque one) or an aperitif. For health reasons, I never accompany coffee with sugar or sweetener or saccharin. Nor do I want the appetizer to be sweet in any case, but I do admit something salty, that is without bread.

Of course all more or less sugary drinks are suppressed. As for cava or French champagne, I let them fill my glass, toast and just wet my lips.

In relation to white or red wine, I allow them to fill the glass but I only inhale and taste its bouquet or aroma, I never taste.

Finally, I don't drink natural fruit juices, much less industrial ones, but the fruit itself, with all its pulp or fiber and its vitamins, which have not had time to oxidize.

8.- Dinners without carbohydrates and with very little fat



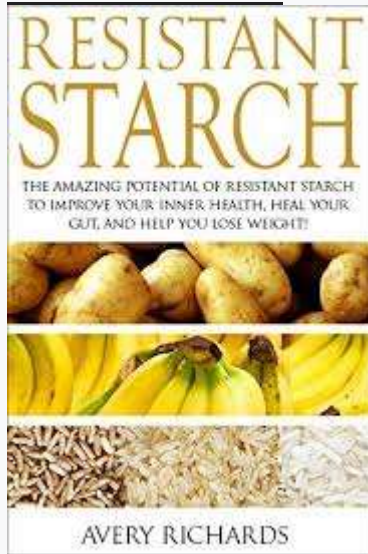
In my view, breakfast can contain carbohydrates (fructose), protein (yogurt with cinnamon), and decaffeinated coffee.

Lunch should contain fat (preferably plant-based), protein (meat, eggs or fish) and carbohydrates that come from whole foods or that have been in the fridge for 24 hours (resistant starch).

However, dinner must be very austere, avoiding carbohydrates and fat as much as possible, since both tend to be stored at night, as there is no notable physical activity.

As soon as we take care of this aspect of the light dinner, we will see that the scale the next day will usually give us good news. This has happened to me.

9.- Resistant starch



One of the problems of following a diet, especially the calorie diet, is the feeling that you are depriving yourself of something, of good typical and appetizing dishes of our gastronomy, such as paella, potato omelette, empanada (Spanish salted pie), etc., or typical dishes from nearby gastronomies, Italian pasta, French quiche or Russian salad. They always tell you that these dishes can be tried but in a very restricted way and of course they have to be suppressed at dinner.

On the other hand, you know perfectly well that you are a prisoner of the weight loss method, because as soon as you return to normal, the kilos return, in fact more quickly than they had left.

Fortunately, the internist doctor put me on the trail of something that I was completely unaware of.

Apparently the starch when cooked opens up so to speak and becomes very digestible, being therefore a carbohydrate of rapid assimilation.

However, if it is cooled to a temperature of 4 or 5 degrees (the normal one for a refrigerator) for 24 hours, the starch has the property of retrograde, so it is no longer easily digestible, but passes through the small intestine without being absorbed and it reaches the large intestine where it is awaited with satisfaction by the beneficial bacteria that we have there.

In short, this resistant starch is very valuable at a dietary level, as it does not generate glycemic peaks and is effective against insulin resistance, in addition to favoring the action of prebiotics and acting as such.

Then, in practice, those delicious dishes of our gastronomies can be eaten but the next day, after having suffered a cold process.

It is not convenient either to reheat these dishes, although some authors say yes, but only a little, about twenty seconds in the microwave. Another option is to serve them cold and add a hot food, for example beans alone or peas with ham.

This solution is fantastic, it presents very good expectations, and I will always be grateful to the doctor who showed me the way.

10.- The carrot



In a diet that I did a long time ago, I obtained very good results and one of the keys was the substitution of white bread for freshly peeled raw carrot. This has great advantages in the contribution of vitamins and fiber. In addition, the carrot fills and calms anxiety because it has to be chewed hard.

Now I am back to the carrot, raw, freshly peeled, cut into round slices and added to a salad with lettuce, onion and bell pepper.

I have read that carrots are low in calories, but in some authors (my much appreciated Montignac) it appears as a food to be excluded due to its high glycemic index.

I was very surprised because, so to speak, it did not correspond with my "feelings".

So I had to investigate and the pleasant surprise was to discover that the high glycemic index refers to cooked carrots (a practice to avoid) but not to raw carrots.

The explanation is easy to understand. Like potatoes, flour, etc., when cooked, let's say that carrots open and predispose for easy digestion that will quickly raise the glycemic index, with the already known results.

Nothing that will happen, then, to the raw carrot, which will thus retain its low calorific value and low glycemic index.

I have not tried it yet but to satisfy hunger peaks, it is a good idea to "nibble" carrot sticks, as some nutritionists recommend.

11.- The scale



I understand that the scale must always be our ally and a reference of the first order to know if we have done things well or something has not worked. In any case, it can never be our enemy, the mirror that reflects or ugly (or fat) that we are.

In principle I preferred mechanical scales, because at first I did not want much precision but they would count in my favor. These scales are now in short supply and therefore I have surrendered to the precision of digital scales. I recommend that the weighing be done every day and that helps us to see where we have succeeded or where we have failed the day before.

On the other hand, we have to see, in the short, medium or long term, the fluctuations that occur. It is rare to see that there are always downs. Quite the contrary, there may be small sprouts or stagnations. The important thing is that, with the corresponding ups and downs, there is a slow descent downward.

Finally, we must not forget to change the battery of the scale as soon as it begins to fail or give the message "Lo" (= low). And also one more thing. It is advisable to do the weighing always at the same time of day, in my case, after the morning shower, before breakfast.

12.- Metformin



Years ago I was diagnosed with insulin resistance. In addition to following a low-glucose diet, my GP prescribed metformin, the all-powerful drug that lowers the blood glucose load.

However, fortunately, he was warned by the neurologist that this drug in the long term, could cause serious neurological problems. It seems to affect myelin, a substance that envelops and protects the axons of certain nerve cells. I also found out for myself some other complication, no less important.

So I went to my GP and vaguely asked her, without clearly stating the reasons, if I could change my medication.

She was surprised, as metformin is the flagship drug for treating Type II Diabetes, but she listened to me and switched me to repaglinide.

I took this new drug for a few years and finally found out that this product does indeed lower glucose levels, but also that its regular use is associated with weight gain.

My obesity was growing and my situation got worse. In other words, he had tried, as is popularly said, to make a real mistake.

Insulin resistance is known to improve with weight loss and weight loss. And that was my final solution, trying to improve my BMI.

At the same time, I have taken natural products that lower the sugar level, such as ground cinnamon added to natural yogurt, or sage tablets. I also find it very useful to drink a lot of water throughout the day.

I already explained before that glucose tests have been better for me based on this new life plan.

13.- Cheese and yogur



Cheese is a food that contains a lot of fat, but it is a fermented product that is well assimilated and, taken without carbohydrates, it does not produce high glycemic indices or remarkable fat storage. It must be, yes, a light Burgos type cheese or a small cheese.

Therefore, I understand that the cheese should be eaten alone, without bread, and not as a dessert as our French friends do or as an appetizer as we Spanish do. So, the best time will be in the middle of the afternoon, accompanied by a decaffeinated coffee.

Similarly, if nothing else has been taken, it can be ingested mid-morning.

It is important, if we can, not to give up any food but to take it in the doses and at the time that is best.

And what about the yogurt? It is an equally fermented food and, unlike cheese, it contains less fat and also has few carbohydrates. It is therefore an ideal food as long as it is taken without sugar.

In my case, I eat yogurt in the three main meals. At breakfast I always have it accompanied by ground cinnamon. At lunch and dinner I always have it for dessert and it helps me avoid cakes (even birthday ones), nougats and other unhealthy elements.

I have not talked or will not talk much about milk, which does have lactose and is an unfermented product, so it does not have the benefits of cheese and yogurt.

Nor will I say much about solid or curdled milk, which I personally love, but which, in my opinion, does not have the advantages of the two products analyzed. In other words, the curd is not discarded, it is taken sporadically, always without sugar, but not as often as cheese and yogurt.

14.- Nuts



The nuts have a very good thing. They are very rich in minerals and vitamins. Also, for what affects us, they have a very bad thing: their high number of calories.

Therefore, the most reasonable thing is to take them, yes, but in a very limited dose.

Personally I take them for two reasons, first for health reasons, second to calm a hunger peak, accompanied by a decaffeinated coffee. To prepare the latter, I take two teaspoons of ground decaf, pour it into a mug, and add from the tap. I stir the mixture and just drink it.

The daily dose varies according to needs and I establish it in three options:

- Basic dosage: 1 hazelnut, 1 walnut and 1 almond.
- Medium dose: 2 hazelnuts, 2 walnuts and 2 almonds.
- High dose: 3 hazelnuts, 3 walnuts and 3 almonds.

15.- Overcome the plateau phase.



With some frequency, it seems, comes this plateau phase.

I know it's normal, these things happen.

For what is this?

The causes can be varied, mainly due to a little lack of control in the usual diet or a modification of the metabolism, which slows down and tries to save energy.

The solution must be to continue with the allowed foods, ration the diet well and eat slowly.

We can also make some non-significant change in meals, in order not to get tired, as well as doing exercises, especially abdominals.

16.- The churros (Spanish doughnuts)



What to say about this food so rich and appreciated here and abroad, almost as much or more than paella?

Well, it is a disastrous food combination, one that the well-remembered Michel Montignac would undoubtedly reject.

And because? Well, because it brings together a combination of carbohydrates and lipids that make what you eat is stored mercilessly, unless intense and excessive exercise is done next.

In its favor, the fat is of vegetable origin (olive oil) and only soaks the outside of the flour.

What to do? In my way of looking at things, it has never been totally suppressed, nothing good, I mean.

What options we have? Well, we can have the churros sporadically and in small quantities, one or two, maybe three churros at most.

If possible, we should share that portion, we will enjoy more, especially if they are those churros in the form of a bow that they make in Madrid.

Ah! And let's not forget to take one, two or three capsules of fasolin or bean pod. It is a fiber that will trap some fat from the churro, fat that we cannot eliminate itself, as it is part of cooking.

17.- The croissants



What can we say about this jewel of gastronomy born in Vienna and popularized in France and abroad.

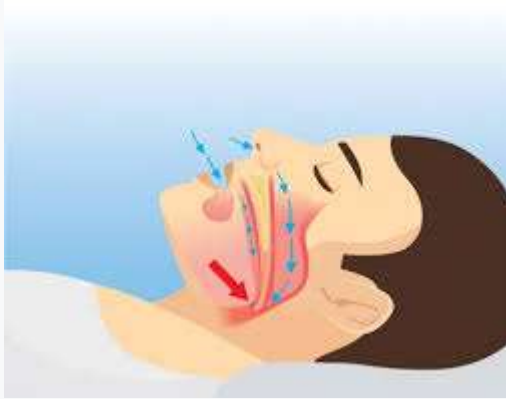
Well, what was said for churros also works for croissants. Therefore, the combination of carbohydrates and fat is not good.

If possible, if we can choose, we will choose those made with vegetable fat (margarine) over those made with animal fat (butter).

If the croissant is large, we will try to share it or leave a piece without eating. Its consumption, in any case, must be sporadic.

It is advisable to accompany the intake by taking fasolin or bean pod, a fiber that will trap some fat.

18.- Apnea



This interruption of breathing during the act of sleeping is aggravated by obesity.

If someone does not notify us, we probably won't even notice it, although we will necessarily be more tired or it will have taken us longer to recover.

That said, I have been pleasantly surprised, after having lost 10 kilos, that I no longer snore at night.

It is a great satisfaction, it is knowing that I am on the right path, and it is also enjoying more vitality and recovering an energy similar to that of younger times.

19.- Eat slowly and without excess



My grandson Nacho, upon learning that I had been successful with my weight loss plan and that I was writing a book on the subject, gave me his personal advice: eat slowly and without excess. So is. If we eat slowly, the process will take longer and the food will arrive properly processed to our digestive system, which will act accordingly.

Apparently, the feeling of fullness takes about twenty minutes to be emitted and transferred to the brain.

Therefore, it is not advisable to hurry. Rather the complete opposite. We will eat better, we will be satisfied sooner and the portion that we take will undoubtedly be less.

20.- Beyond dietetics: establish a life plan.



It is important to generate self-confidence, have faith, think that things can and should improve. It is a positive energy that will allow us to achieve success, the desired ends.

We must open our interior space to light and that light has a marked optimistic accent, leaving behind the uncertainties or the anguish of darkness.

It is convenient for us to set achievable objectives, goals designed with suitable routes for our forces. If this is clear to us, our mind will reorder itself to provide the ideas and the means to come to fruition.

The action must be extended to our work, to our daily life. We can always do things well, with excellence, improving and enjoying our activity.

To others, to our neighbors, immediate or distant, we must instill respect, trust and affection.

Within this whole plan, we will look for opportunities, ways of improvement and above all we must detect the options that are presented to us.

Once the plan is set, we will start the route outlined and we will try to achieve the planned objectives. Our whole being, internally and externally, will therefore be turned over to the task.

21.- Virtue is in the middle



Someone from my closest circle reminds me of this aphorism of Aristotle for these topics of diet and nutrition.

And it's true, the Stagirite is right. It is a good idea not to go to extremes but to opt for moderation, order and frugality.

This, which is valid for food issues, has to be extended to all areas of life.

In other words, it is advisable not to exhaust yourself in perhaps useless efforts, but to act according to a pre-established plan, without excesses and without deficiencies.

22.- Activate the metabolism



To activate the metabolism, if we really want to lose weight and improve our performance, we should follow a healthy diet, do moderate exercise and rest as necessary.

In this way we will maintain a constant regularity that in the long run will ensure our success.

It is important to take yogurts or cheeses as it seems to be proven that calcium burns fat.

During the day we must drink a lot of water.

To this we add the advice already issued, especially that of making a light or very light dinner, without carbohydrates and with little or no fat, which are very easily stored at night.

We also know that we should not follow an excessively restricted diet, as this would mean rapid muscle loss and a change in metabolic rate, in which case the body would go into "savings" mode and store more than it should.

Finally, if all goes well, we will achieve, after a long journey, that our physiological age is close to the chronological age, even lower.

23. To drink or not to drink at meals



Following the example of many nutritionists (my admired Montignac, among others) I always thought that during meals you should drink little or very little: The reason is that the liquid (water, for example) drowns the stomach acids and makes digestion difficult.

Someone very close to me warned me that this was not the case, that you actually need to drink water throughout the day, including meal times. This is also the opinion of Dr. Grande Covián, who clearly indicates that there is no reason to stop drinking water with meals.

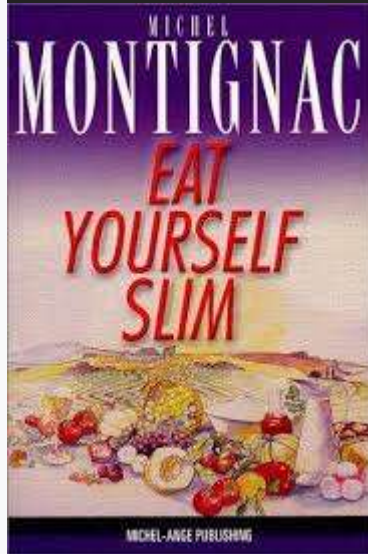
Abundant in the investigation and, consulted more sources, I have found out that the enzymes go directly to the food to form the chyme or food bolus, dispensing with or "passing" the water that there may be.

Knowing this, in my case, I always drink a glass of water or non-alcoholic beer with lunch and / or dinner. It also helps me to take the tablets or capsules that I need, namely: two of sage at breakfast, two of artichoke at lunch and two of fasolin or bean pod at dinner. To this is added an allopurinol pill at dinner to avoid the concentration of uric acid, because I have that metabolic problem.

During the day I do drink a lot of water, especially a glass of water after a decaffeinated coffee.

But neither should you overdo it too much. Everything must always be done with due measure: *molto ma non troppo*.

24.- The legacy of Michel Montignac



At the time, in the nineties of the last century, reading his book "Eat yourself slim" had a great impact on me, and especially his classification of carbohydrates into two types: those with a high glycemic index (or fast assimilation, bad) and those with a low glycemic index (or slow assimilation, good). Or what is the same, carbohydrates that feel bad and carbohydrates that feel good, as far as the weight loss process is concerned, of course.

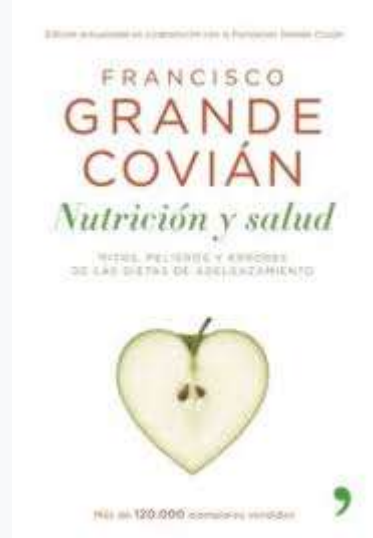
Years later, I have re-read (twice) that book and its contributions have been of great help to me in order to combine food well, especially in the main meal.

That is, low-GI carbohydrates, lipids and proteins may be associated, especially if the latter have been subjected to the resistant starch process.

This last idea is not Montignac's, it is very modern, but I think he would have approved it, given his clairvoyance to understand the importance of fiber in food intake. It is certain that he would have been surprised to find that there are carbohydrates that, after being cooked, tempered and subjected to a long process of cold, followed by a slight reheating, behave as if they were fiber. The importance of the latter in the digestive process and its benefit for the benign bacteria of the large intestine is already well known.

For my part, there remains, then, a great memory and a deep admiration for the work and personality of Michel Montignac

25.- The legacy of Dr. Grande Covián



I will always keep in mind that I get involved in these matters thanks to the book "Nutrition and health" by Francisco Grande Covián, a book that I have read twice at different times.

With great clarity, Dr. Grande Covián explains the great topics of Biochemistry and in a simple way indicates how the situation is, in addition to categorically destroying false myths about food.

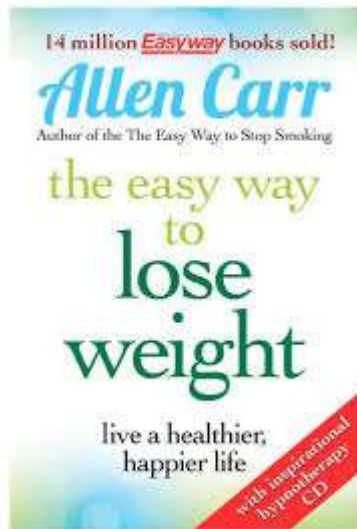
This book has been of particular help to me, especially when considering the characteristics of the main food groups, their interrelationships, their calories, their properties, and their deficiencies.

His great recommendation, to eat everything (almost everything?), But always in moderate doses, has been of great help to me.

Also, the dessert plate should be the plate in which the main meal is served, if you really want to lose kilos. I would add that the dessert should be served on a plate, although for other reasons (sugar, always sugar) I prefer to omit this part of the meal, unless there is yogurt, not sweetened or sweetened, of course.

Finally, I want to pay tribute to the person who has devoted himself to research, to whom he has dedicated his entire life. Today Dr. Grande Covián is undoubtedly, has been, the first authority on issues of diet and nutrition, field or science that he has opened in the first place.

26.- The legacy of Allen Carr



After a long and useful philosophical journey on our position in the world and the situation of our environment, Allen Carr makes us a very interesting dietary proposal.

Yes, it is true that our natural appetite always tends towards fruits, vegetables and nuts.

Equally the best way to quench thirst, the best liquid, is undoubtedly pure water.

Many times, instead of following sophisticated proposals ("brainwashing?"), It is more convenient to follow our instincts, our natural impulse.

We must not forget that there are sensors that warn us: the sensation of hunger and the sensation of thirst.

We must handle these situations well, feed ourselves when we really need it.

In the same way, we have to know how to stop, just as animals that save or bury food usually do when they feel they are fed up.

This author is not rigid in his method, but he does set very healthy guidelines and guidelines.

Just as we take care of our car, we must also take care of our body, which is an infinitely more perfect biological machine.

In our case, this, our body, should not become a "garbage can", into which we throw all the healthy or unhealthy food that comes to mind.

Allen Carr is clear, he sees precisely what the usual proposals we receive in culinary matters have become and also what is the right way, although sometimes we make small mistakes.

27.- Cinnamon



As I have already explained, I take cinnamon on a regular basis, usually in powder form, added to yogurt.

What benefits does it bring?

Basically, it improves the use of sugar and is therefore very useful for the treatment of type II diabetes and insulin resistance.

Another great advantage is that it reduces fatigue, improves mood and also blood circulation.

Likewise, among other benefits, cinnamon helps fight cholesterol.

In short, this product helps burn more fat, speeding up metabolism and regulating sugar levels.

This plant also has benefits in improving blood circulation and reducing appetite.

For all these reasons, this appreciated product, extracted from the bark of the cinnamon, is highly recommended.

28.- Sage



We mention sage here because it is a plant that, among other properties, helps you lose weight.

That's because it lowers blood sugar and controls normal glucose limits. Sage, then, is very useful for people who may suffer from type II diabetes or insulin resistance.

As an anecdote, whenever I buy sage in the herbalist store she tell me that it is very good, and it is true, for problems that have to do with the menstrual cycle of women, as well as with menopause.

Finally, sage also has the ability to facilitate expectoration and clean hidden colds. In addition, if that were not enough, sage is antipyretic and antitussive.

Without any doubt, it is therefore a highly recommended plant for good health.

29.- The artichoke



It is known that the artichoke has cleaning properties and also a diuretic effect.

This favors digestion and the elimination of toxins and fluids.

We must also say that this plant is low in calories, high in fiber and facilitates the burning of fat.

For all this, it is worth including the artichoke in our diet plan, taking into account its beneficial effects.

30.- The bean pod



The bean pod is a food that helps us lose weight.

It should be noted that this is a product that, in addition to other elements, provides us with a large amount of fiber that allows us to purify our body.

This high fiber content that we have pointed out will facilitate intestinal transit and improve the elimination of waste substances.

It is also very important to indicate that the bean pod slows the absorption of fluids and regulates the secretion of insulin.

Let's say, then, that this product will allow us to control sugar levels, with the advantages that this implies, especially for diabetics and insulin resistant.

For all these reasons, the bean pod is a highly recommended food to include in our weight loss and health improvement plan.



31.- The chrono-diet

The chrono-diet is based on respecting a schedule adapted to our biological clock and to the vital rhythms that begin at dawn and dusk.

Our metabolism manages proteins, carbohydrates and fats differently depending on the time, and this is related to the amount of hormones we manufacture at each moment of the day.

If we eat at night and, since digestion is slower, there will be a greater tendency to store fat.

The body produces hormones in greater or lesser amounts depending on the sunlight.

Without this light, and despite artificial light, the brain stops generating leptin and the result is that we need to eat at times that are not convenient.

In addition, adipocytes (our fat cells) "rest" when there is no sunlight and consequently they are not for the work of eliminating fat.

In short, it is preferable, for example, to have a sandwich at breakfast and not at dinner, it will digest better.

At dinner, in addition to fast-absorbing carbohydrates, fats must be avoided and of course, proteins must be included.

Conclusion

I hope that reading this book has been helpful to interested readers. My experience has been very good, I have lost many kilos slowly, without much exercise, without great deprivation, almost without realizing it, as I think it should be.

I have learned many things, I have incorporated the contributions that I have found most valuable, and I have also had fun. What more could you want?

From a historical perspective, practical and useful dietetics for people like me, tending to obesity, has had three key moments:

- 1.-The discovery of the theory of calories and low-calorie diets, a method that has already been overcome by its tendency to monotony, incompatible with nature. However, the data must be appreciated, that is, to know which foods are more or less fattening. Another problem that it presents is the temporality, that is, it seems to be a method to lose kilos (and they are lost) but those kilos are easily recovered later, perhaps with more force, once the method is forgotten.
- 2.-The importance of the glycemic index or what is the same, discovering that there are good, slow-absorbing carbohydrates, and other bad, fast-absorbing ones. This method, disclosed by Montignac, is very effective. It has helped me a lot. However, to a certain extent, it has the disadvantage that it establishes phases and makes some concessions, such as that of chocolate and wine.
- 3.-The discovery of resistant starch offers great possibilities and very good results. It is almost impossible to believe that a carbohydrate can, under some conditions already described, behave like a fiber, with all the positive effects that this entails.

My proposal is, has been, global. It allows you to collect all the advantages of these three approaches, choosing everything that is beneficial and that can lead to a better, healthier life.

I am not forgetting the method of Allen Carr either, who has known better than anyone to recognize our positive natural instinct, channel it and follow it effectively. He is also correct when he talks about the combination of foods and the times of the day when they are to be taken. It also indicates how bad food practices are to be avoided.

With all this, I hope I have met my initial goals, which are to lead a healthy life with proper nutrition, get some exercise and get enough rest. I can only add a maxim that someone knowledgeable said once. "Reaching wisdom, in a simple way, is living in accordance with what we have learned."

