



My
BIG FAT
CHINESE WEIGHT LOSS
Secret

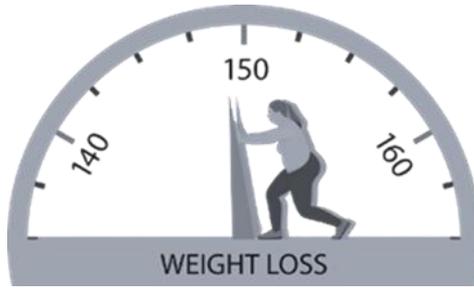


**21 HABITS FOR AUTOMATIC WEIGHT LOSS,
WEIGHT MAINTENANCE AND DISEASE PREVENTION**

VERNETTE CARBON



MY BIG FAT CHINESE WEIGHT LOSS SECRET



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PREVENTION**

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Introduction



One beautiful sunny day in the Caribbean, my husband's relative and I were sitting on his porch talking about Chinese people and one of their secrets to being skinny. He had just returned from spending an entire month in China. He often traveled from the Caribbean, where he lives, to various foreign countries because of his job. He told me that the Chinese people ate a lot of fried foods, which we already assumed they did. However, I later found out that this is not true at all.

They do sell a lot of greasy, unhealthy, MSG-laced foods in their fast food restaurants, but they don't eat the foods that they sell. Some people might say that this is quite hypocritical, but they are actually selling to the people what the people want, especially in the "Black" neighborhoods. Most people would not spend money on fast food that is healthy. As a matter of fact,

there are not too many fast, healthy foods out there. Healthy foods take time to prepare.

It's a fact that most Chinese people in America and around the world are slim, and there must be something that they are doing differently than the average Americans that are sick, fat, and tired. So what the hell are they doing to stay slim and healthy? Here is the kicker. Here is the *Big Fat Chinese Weight Loss Secret*, as I call it; that influenced me to write this book ...drum roll, please...**Chinese drink unsweetened hot tea with their meals.**

Some drink a cup of hot tea before their meals and also after. I quickly found out that this is not really a Chinese secret but a habit, one of many habits and a way of life for most Asians. Yes, it is simply just a small part of the Asian Culture. I quickly adapted this habit to my life and noticed a big difference not only in my weight but my health.

I was overweight by 30 stubborn pounds that would not go away no matter what. I was so happy with the results of adding this habit to my lifestyle that I decided to do some major research on the Chinese diet,

which ended up becoming a blueprint of 30 simple habits that are not just a part of the Chinese diet but the Asian Culture on a whole that keeps them slim, and disease-free.

I'm about to elaborate on my big fat Chinese secret of drinking unsweetened hot tea with meals, and I will also share just a few additional habits of the Asian Culture for automatic weight loss, weight maintenance, and disease prevention. Once you are familiar with the basic principles of the Asian food culture, it is time to examine the specific foods that are encouraged as a part of their healthy lifestyle.

So, let's dive into the first of 21 habits for automatic weight loss, weight maintenance, and disease prevention, and that is...**Habit 1, which is, Asians drink unsweetened hot tea with meals.**

Habit #1

The Benefits Of Drinking Unsweetened Hot Tea with Meals



Most Chinese and Asians always drink hot unsweetened tea with their meals. If they do sweeten the tea, they would just add a little honey to it. It's not just the Chinese that do this, but most Asians do it habitually, and I'm about to talk about it, since it is a major part of their lifestyle.

That is a habit that they were taught at home and in school growing up as part of the Asian Culture. You see, most of them never drink cold drinks with their meals. They don't even drink water with their meals or even after their meals. This not only helps with weight loss but also keeps the weight off. So, guess what I did last night?

After having my naughty semi-healthy coconut flaxseed cake, I washed it down with hot sorrel tea. I

usually drink my sorrel nice and cold, sweetened with lots of brown sugar and with a glass of ice, but I decided to warm it up and drink it as tea and just add a tablespoon of honey to it for taste. Growing up, my siblings and I drank cold iced drinks with our meals.

I can't remember ever sitting down for a meal with my family and not having a glass of cold juice with that meal. It was a habit, and a bad habit too. We just couldn't eat food without a cold drink. Again, we had no idea how bad this was for our health and weight. Knowledge is power when you apply it to your life.

For those who like to drink cold water, cold juice, sodas, and more, this is applicable to you. I know you might be thinking... but I have been doing this all my life, drinking a nice glass of cold juice with every single meal, and I am not having problems. You might not see or feel the effects of it yet, but trust me, the damage is already done. However, you can reverse the damage.

I am begging you to stop, especially if you drink during the meal. That is something a lot of people do; they drink and eat. Some people even drink alcoholic beverages with their meals, which is even worse. If you

don't stop sooner or later, it will catch up with you in the form of a heart attack, stroke, or even cancer. Let me explain.

Why drinking cold water with meals is bad...

Here is why drinking cold water is bad. It's not only bad for maintaining a slim figure, but it is extremely bad for your health. I've learned that drinking cold water solidifies the foods, especially the oily foods you have just consumed, which then slows down digestion. Once this muck reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food.

It will align with your intestine, and guess what? Sooner than later, this will turn into fat or blockage and lead to weight gain, cancer, and other diseases. Think about it for a minute. Whenever you drop oil in your kitchen sink, isn't it difficult to clean up the oil by just running room temperature or cold water on it?

Doesn't that oil just stick to the kitchen sink, and you would have to run hot water and some dish liquid on it to properly clean it off? I usually add a little bleach to

the dish liquid in order to clean grease off dirty dishes. Think about the process it takes to clean your dirty dishes by hand, especially the ones that contain greasy foods.

Now imagine this is the same grease that we just ingested into our bodies. Most people clean their cars, their homes, etc., but forget to clean their bodies. The body must be cleaned weekly or even daily, and the hot unsweetened tea acts as a cleanser to the body, along with fasting and ingesting bitter herbs. Just like I brush my teeth daily because of foods that dirty my mouth, I clean my body every single day now that I know better.

Change your habit and change your life. Drink hot, warm tea, warm water, or hot soup after meals. Chinese people do not even drink room temperature water. They drink hot water all day long. Some of them carry around a thermos with hot water to sip on throughout the day. This is weight loss, weight maintenance, and disease prevention on steroids. Also just letting you know that not every heart attack symptom is a left arm hurting.

Be aware of intense pain in the jawline. Some people never have the first chest pain during the course of a heart attack. Did you know that nausea and intense sweating are also common symptoms? The sad fact is that 60% of people who have a heart attack while sleeping do not wake up. Many Americans die each year after going into cardiovascular shock during sleep.

The main cause of that is dehydration. Remember, knowledge is power. Let's be careful and aware. The more we know, the better our chance of survival. Now, did you know that the correct timing to drink water will maximize its effectiveness on your body? Yes, timing is definitely everything. Make sure that the water is at least room temperate and not ice cold.

- Drink two glasses of water after waking up. It helps activate internal organs.
- Drink one glass of water 30 minutes before meals. It helps with digestion.
- Drink one glass of water before taking a bath. It helps lower blood pressure

- Drink one glass of water about an hour before sleeping. This can help you avoid a stroke or heart attack. If you don't get up to pee at night, then I suggest you drink it right before bed. I drink warm lemon and ginger water, etc., two hours before bed, and then I drink my M&M Tea an hour before so that I can release it all before falling asleep. I hate getting up to pee at night.

Please share this tip and make it a habit; pass this habit of the Asian people to the people you know and love. If everyone becomes aware of this, it can make a big difference in the lives of millions. Share it with at least 10 people you know, who in turn can then share it with 10 people they know. It can certainly save at least one life. You can save a friend or family member's life.

So be a true friend and a great family member by sharing not just this habit but all of the habits mentioned in this book with all your friends and relatives whom you care about. I'm thanking you in advance for sharing and being the best that you can be.

Lose weight and avoid heart attacks, stroke, and cancer. Help save a life.

Habit #2

Have Soup with All Meals



To the Chinese, soup may be as essential to their daily lives as drinking bottled water is to Americans. At banquets, as many as three kinds of soups are generally offered, making it an essential part of the meal. They can be served as an appetizer to “wet” the appetite, as a transitional dish between spicy and moderate entrees, or just to quench the thirst of diners.

Lighter and more delicate Chinese soups are meant to accompany heavy, rich dishes, so they’re typically cooked with water that’s just boiled and seasoned lightly with healing herbs and minced greens. Many Asian cultures serve soup with almost every meal. It is known in Japanese Culture as Ichiju-Sansai, which is known as 3:1, that is, three dishes and one soup.

The main dish usually consists of protein-rich foods such as tofu, egg, or fish. The two side dishes usually

consist of vegetables, mushrooms, seaweed, etc., foods that actually provide the body with lots of vitamins, minerals, and fiber. The soup, which is often fermented miso soup, or some other light, nutrient-dense soup made up of mostly water and vegetables, makes the meal complete.

Fermented foods help keep the digestive system in good working condition. I never really knew how important fermented food is to the body. I sometimes eat lightly spoiled fruits for their health benefits. Some people would prefer to juice spoiled fruits instead of eating them. Either way, your body will thank you.

Asians also claim that the best rule for eating a balanced meal is to fill your stomach half full of food and a quarter full of fluids, rather than filling it to capacity at each meal. Filling and nutritious soup is a great choice for a quick meal. There is no need to overdo it; only a half cup will do the trick. You get a lot of vitamins and minerals even if you only eat a tiny bowl of Asian soups because they are cooked with bones and/or veggies.

Soups, be they vegetable, bone broth, or miso, are a

great source of nutrients because of the ease with which they may be absorbed. It is also crucial to note that the warmth of soups aids in digestion. The fabled bird's nest and shark's fin soups, exquisite and pricey prestige dishes served only at the most significant banquets, are among the more difficult Chinese soups.

If you're looking to lose weight and keep it off, soups are the way to go. They're packed with vitamins and minerals and have a low caloric count. At least once a day in Asian countries, they eat this type of meal. In most Asian soups, you'll find medicinal elements that help you stay healthy and perform better in your daily activities.

Egg Drop Soup, a classic in the Western Hemisphere, is produced by whisking raw eggs into a simmering pot of hot broth until they form thin ribbons. Wanton Soup, Sizzling Rice, and the spicy Sichuan hot and sour soups are some of the more well-known offerings.

When eating, fill your body with 50% food and 25% liquid, and keep the remaining 25% for digestion. There is too much truth in that statement. Congee is a very common soup to have in Asia. It fills you up very

quickly with very few calories, and it is packed with nutrients and vitamins. So, if you can, start adding soup to your diet. You can have it as a starter or main meal, and you will notice that you eat less throughout the day or even for the other meal.

I am talking about broth-based or vegetable soups. Not those heavy cream-loaded soups like potato soup. I love the rich, creamy, cheesy potato soups served on several cruise ships that my family and I vacationed on in the past prior to the Covid-19 Pandemic. However, I knew that the soups were only for pleasure, only to be eaten on special occasions. Those soups were so delicious but so bad for the health. You could feel it with every single sip. Those were what I called “my guilty pleasures”.

Soups are easy to digest. Warm fluid aids digestion in the stomach, and one Chinese cultural belief holds that the contents of our stomach should produce a 100-degree soup (37°C). Soup preparation may appear time-consuming, but once completed, it can be eaten for several days. There are many different soups to choose from; don't limit yourself to your three

favorites.

If you must purchase prepared soup, opt for those that are not canned since cans are more likely to leach metals into the food. Most packaged soups, unfortunately, are high in sodium and preservatives. Also, avoid microwaving soups or any foods whatsoever. I no longer own a microwave. My family and I use the stove or oven to heat up our food.

Soups are a wonderful way to lose weight because they fill your stomach with fluid that is easy to digest.

- Fatigue, chronic fatigue, and symptoms of fibromyalgia can be alleviated by drinking vegetable soup.
- Mung bean soup is beneficial for reducing internal organ inflammation (hepatitis, pancreatitis, appendicitis, and so on).
- Mushroom soup nourishes the liver.

Eating soup is one of the best recommendations for healthy and gradual weight loss. My magic soup is made out of a variety of green veggies, mushrooms

that have been simmered with garlic, onions, Caribbean seasoning peppers, big thyme, garlic chive, basil, cilantro, a touch of Cumin powder, fresh tomatoes, salt, a touch of honey to taste, a teaspoon of coconut oil, and cayenne pepper.

Once or twice a week, make this soup, put your feet up and enjoy it to the fullest! Every time you become hungry, every time you get a yearning or cravings for eating something you should not eat, have some leftover soup. Each serving is only about 50 calories, and you receive all of the nutrients from the green vegetables and mushrooms. It will also fill you up!

You might be able to identify with me in knowing that a delicious hot bowl of soup brings back wonderful memories of sitting at home during a winter snowstorm, knowing that even though you have to help your family shovel the snow, it will be okay. Yes, that bowl of soup makes it all okay and worthwhile.

Due to the fact that soups have a water foundation, they tend to make you feel less hungry, and as a result, you eat less – which is undoubtedly beneficial in terms of weight loss and also weight maintenance. With daily

consumption of soups, there is no need to diet. It's just a habit that can lead to automatic weight loss. Fill yourself up with your delicious, healthy, low-calorie soups, and trust me when I say you won't have any other desires. It will not feel like a diet but a simple part of your new lifestyle. Using a slow cooker or crock-pot, similar to the rice cooker, makes preparing soups simple and keeps them warm and ready to eat. The crock pot used to be a common sight in American kitchens, but it is now nearly unheard of. I recommend that you purchase one and begin using it right away.

The ingestion of soup is one of the simplest strategies to lose 1-2 pounds of weight per week, which is the maximum amount of weight that should be lost each week. To do so, I simply eat the soup throughout the day and snack on grapefruit, melon, or nuts, followed by a modest amount of the family meal in the evening, which I can always top up with more soup if I'm still not satisfied. You can blend your soup if you prefer it smooth, leave it chunky if you prefer it chunky, or alternate chunky and smooth for variation.

From the list below, you may choose which vegetables

to include in your soup. Cabbage is one of the greatest, and I sometimes add it for optimum results because it is filling and only has 15 calories per 100g. Add as many fresh tomatoes as you like, as much garlic as you like, and as much cayenne pepper as you can to a pot of water.

Add your vegetables after the water has boiled, and your seasonings have filled the boiling water with the flavor that you desire for your soup. Never overcook your vegetables. I like to throw them in after seasoning the water, and then I turn the flame off. This way, the vegetables are as close to raw as possible, which means more nutrients in the soup, which is what the body needs.

Cayenne Pepper

Cayenne pepper and Capsicum (the active ingredient) can increase metabolic rate by up to 25%, so even if you eat a high-fat, high-calorie meal, it will work to burn them off faster. It is definitely worth trying this method. Many women use it to lose excess weight in just 8 weeks after giving birth. To gain the advantages, all you have to do is sprinkle between a half and a full

teaspoon over each meal.

This approach will not only help you lose weight but also offers other health benefits, and it has been used therapeutically in Chinese medicine for many years. It is an anti-inflammatory that cleanses and detoxifies the body, promotes blood flow, prevents colds and flu, headaches, such as migraines, and aids digestion. Cayenne pepper is a terrific and healthy addition to improve your weight loss because of all of these benefits.

Again, if you're looking to lose weight, maintain weight, and keep it off forever, soups are one of the best ways to go. They're packed with vitamins and minerals and have a low caloric count. In most Asian soups, you'll find medicinal elements that help you stay healthy and perform better in your daily activities.

Yes, when you prepare your soups, think of adding medicinal herbs and spices for disease prevention. Herbs and spices such as garlic, onion, ginger, turmeric, cumin, ginseng, hibiscus, licorice, cloves, big thyme, garlic chive, sage, cilantro, chili, cinnamon, curry leaves, lemon grass, star anise, fenugreek,

coriander, annatto, rosemary, bell pepper, etc., are great choices.

Habit #3

Too Much Starch On Your Plate?



Essential minerals and fiber can be found in abundance in vegetables. If you're trying to lose weight by eating less, fiber can help you feel full for a longer period of time. Spinach, kale, broccoli, peas, beets, sweet potato, carrots, seaweed, and others are some of the healthiest veggies. Although seaweed is a common element in Asian cuisines, you won't find it in the typical Western meal.

All kinds of seaweed, from kelp to nori, to wakame to kombu, and more, are high in nutrients and low in calories. It is a good source of protein, fiber, polyunsaturated fatty acids, iron, iodine, and vitamins A, B, C, and E, as well as other nutrients. After rice, vegetables are the second most important component of Chinese cuisine. It's not uncommon for Chinese people to eat a wide variety of vegetables, especially

leafy greens, at every meal.

Preserving vegetables and eating them as a snack, such as sweet potatoes, is a common practice for Asians. As part of an Asian diet for weight loss, fermented veggies are also essential. A healthy digestive system is essential for general well-being. Vegetables should make up the majority of your diet, yet our meals in America are unbalanced when compared to Asian diets.

Our meals usually consist of a large protein, wheat (i.e., pasta, bread), and a small vegetable. Instead, a large vegetable, a little protein, and a tiny starch should be served. In fact, because veggies contain protein and carbs, you can eat as much of them as you like and never go hungry. Over-farming for profit has depleted the earth of many nutrients, and not all veggies are created equal.

Whenever possible, make sure you purchase organically grown foods. Local farms tend to employ more environmentally friendly methods and fewer chemicals than large industrial farms, and the veggies are fresher and don't need to be preserved during

transportation. As a result, the meals are richer in nutrients and have a longer shelf life. You will live longer if you eat food that is full of vitality.

Food that isn't organic may just not benefit you. Pesticides and synthetic fertilizers are extremely harmful to your health. The USDA has seen a drop in the nutritional composition of our vegetables over the last 50 years, which should concern us all. Could it be that we're eating more because our diets aren't providing us with enough nutrients? I can answer that question with a big, fat YES!!

Steamed vegetables are preferable to raw vegetables in Asian cuisines. There are raw-food advocates who claim that "cooking a vegetable removes all of its nutrients." If the veggie is prepared properly, this is not the case. About 10% of the nutrients are lost when a vegetable is lightly steamed or sautéed, but the remaining 90% are unlocked and available.

Everything you put in your stomach that is cold and raw must be heated and cooked internally by you. This consumes time and energy, as well as slowing your metabolism. Calories, on the other hand, are not the

same as energy. On a daily basis, the average Chinese person consumes 25-40% more calories than the average American. So, it's not just about the number of calories you consume but also about how your body processes them.

We need to gain as much energy as possible from our food so that we may be active and burn off all of the calories we don't need. All we want is for our digestion to be as efficient as possible. We want our intestines to function as a filter, sending the good stuff into tissues and the trash into the body's trash can.

We don't want to waste too much time or energy cooking that meal in our bodies. As a result, we prepare our meals outside of the body, reducing the stress on our digestive tract and, as a result, speeding up our metabolism. Our bodies will want more food if our digestion is inefficient. In America, we often believe that a salad is the healthiest food available.

We all know someone who is attempting to lose weight but isn't succeeding despite eating a large salad every day. For one thing, with all the fatty dressings, shredded cheese, etc., and other toppings that get piled

on our salads, they can be really unhealthy. However, even if the salad is merely a platter of raw veggies with no dressing, it is too tough to digest.

A small salad once in a while is good, but a large salad every day is excessive. I used to be that daily large salad eater. Many people would argue with me regarding the benefits of eating raw veggies. I am not a doctor or a nutritionist, so I won't argue with anyone on this topic. I will just say, "the proof is in the pudding." Digest that one. Lightly cooking or steaming our veggies is a sort of pre-digestion that unlocks the nutrients because plant cell walls are thick and well-defended.

Fermentation is another way to pre-digest food. When fresh vegetables aren't available, Asians pickle a lot of them and eat them in the winter. I wouldn't recommend eating pickled vegetables on a regular basis, but they are a healthy addition to your diet. We pickle cucumbers, bell peppers, beets, and onions in America, but did you know that other vegetables, including carrots, turnips, radish, tomatoes, cabbage, and many others, may be pickled as well?

Antimicrobial herbs like mustard, garlic, cinnamon, and cloves are added to the solution during the pickling process to preserve it from deteriorating. Pickling preserves foods by forming an acidic environment in which bad bacteria cannot thrive, but beneficial germs can flourish. These microorganisms help digestion by breaking down the food and producing natural probiotics.

The natural way is central to Chinese medicine and philosophy. Not long after humans discovered how to harness fire, they discovered how to use it to prepare food, not just meat but also vegetables. They discovered that cooked foods get absorbed better, and cooking has been a feature of every recorded society since then.

People used to pay attention to how their bodies reacted to their diet and modified their eating habits accordingly in the past. Regrettably, we no longer pay attention to how different foods and preparations affect us. You can steam the vegetables ahead of time, store them in the fridge, and then serve them at room temperature. Even so, it will be much gentler on our

stomachs than eating them raw and cold.

While I encourage you to cook, I should point out that you should avoid overcooking vegetables. You don't want to overcook veggies because they'll lose most of their nutrients and become mushy. Cooking veggies long enough to bring them up to body temperature and soften them a little is the goal. When you've been sick for a long time or are feeling weak, you want your food to be steamed, baked, or cooked to perfection.

I assume that certain veggies that have been sitting in the scorching sun for a long time will be virtually cooked when picked and eaten. So, while a vegetable's normal state ranges from room temperature to heat, eating raw broccoli at 35 degrees Fahrenheit is unnatural. Refrigeration is excellent for preserving food, but we should allow it to warm up before eating it.

Please understand that I am not advocating that you never eat anything cold or raw. You may and should eat a wide variety of meals in various forms and temperatures. However, in order to achieve balance, you should focus on low-cooked and warm foods.

In Asia, significantly more foods are consumed than we do in the United States. We all know that radishes are edible, but did you realize that the radish tops are edible as well? I absolutely hate radishes, and no matter how they are prepared, I will pick them out of my meal. However, they are a major part of the Asian diet, and they are very good for you.

They, like dandelion greens, mustard greens, and turnip greens, are great leafy green vegetables. Acorns are used to produce jelly in Korea, and sweet potato stems can be marinated and eaten. I usually steam the leaves of sweet potato as a veggie dish or add them to soup. Also, don't overlook the nutritional value of marine vegetables such as seaweed and kelp.

There are many more meals available that we overlook when we limit our diets to the most delicious or easiest-to-prepare options. Remember, we're not just feeding our tongues; we need to broaden our horizons and include different flavors and textures in our rotation.

Asian cookery frequently uses a variety of vegetables, with a typical Chinese stir-fry containing over a dozen.

At most meals, Koreans serve 5-30 pahn-chaans (little side dishes of various prepared veggies and other foods), and eating a bit of a variety of things ensures that you don't have too much of anyone.

One of the secrets to weight loss success is eating a lot of vegetables. At least two portions should be included in each meal, as well as one or two additional servings in the form of snacks. Keep pre-cut frozen vegetables on hand to make things easier. Roasted with olive oil and garlic, simmered in soups and stews, or simply steamed, they are versatile ingredients.

Habit #4

How Much Meat Is Enough?



This one surprised me because I thought that they ate a whole lot of meat, especially dog meat. I found out that only a few eat dog meat, some from the Northeast and maybe the South. There is a Lychee and Dog Meat Festival that takes place annually in Yulin, Guangxi, China. Despite this fact, most Asians eat very little meat. On the other hand, most Americans consume too much red meat, which has been linked to a slew of health issues.

I don't eat meat or chicken at all since 2015. I did give up fish also, but since I now have access to fresh fish from the ocean on a daily basis, I have added it back to my diet. I became very sick, was hospitalized, and was diagnosed with malnutrition back in late 2016. I was in shock because I thought I was eating healthy on a vegan diet, but I guess I was wrong. I must have been

doing something wrong.

According to the Asian Culture, they claim that in most cases, giving up meat will lead to a short-term improvement, but this improvement will quickly go away. The Chinese advise us to eat two ounces of mammal meat twice a week. I will not encourage anyone to eat chicken or red meat from the grocery stores and restaurants, especially in America, because it's all contaminated and injected with hormones, except for the small local farmers that raise happy, healthy animals. I'm not even sure that Kosher is as good as they say. That's another topic for another book.

These animals in the West are not healthy and are treated with much cruelty on the farms where they are raised. They are also injected with hormones that are very detrimental to our bodies. If one can gain access to a local butcher with meat from grass-fed and healthy animals, then, by all means, do what's best for your body. We are all different, and we must get to know our bodies from the inside out.

According to a well-known Chinese medical doctor, "Vegetarianism is best suited to monks, who spend

their days in seated meditation under the shelter of a temple". People who lead more active lifestyles require a more active supply of nutrition. Everything has vital energy and desires to reproduce and expand.

Carrots, I'm sure, would prefer to spend their entire lives in the ground instead of being dug up and sliced up for my soup or coleslaw. According to the Asian culture, it is impossible to "do no harm" and still be alive. Everything must consume some form of food. We owe a debt of gratitude to those whose lives have been sacrificed so that we may live. Naturally, our meat must be hormone and antibiotic-free, of course.

Meat is fatty and difficult to digest, and most Americans eat far too much of it, which is unhealthy. Meat raises hormone levels, which leads to earlier puberty, a higher risk of breast, prostate, and colorectal cancer, and a harsher menopausal experience. Cholesterol levels in the United States are nearly double those in China, and high cholesterol is linked to higher consumption of animal protein.

Higher cholesterol levels are linked to an increased risk of heart disease, cancer, and leukemia. Plants do not

contain cholesterol, and we do not require it in our diet. Many people believe that meat is the only protein source. They also believe that the only way to gain muscle is to consume a lot of protein, which they define as meat (or supplements). Plants, on the other hand, provide us with all of the protein we require.

As a result, you can gain muscle mass without eating meat. The increasing meat consumption that comes with wealth is probably the most important element in the spread of these diseases. Reducing meat intake can truly reverse heart disease and may also do the same for cancer, in addition to helping to avoid such diseases. Plants, particularly beans, almonds, and peas, provide all of the protein you require.

So, while the majority of Americans consume too much meat, vegans do not, which I believe is also unhealthy. It's all about balance in the Asian culture. It's important to remember that having too much or too little of anything isn't a good thing. We should eat around two ounces of meat, especially mammalian protein, twice a week, according to Chinese medicine.

We require a little bit of mammal in our diet, according

to the hypothesis that we, as mammals, are at a higher level of organization than plants, fish, or fowl and that we need a little bit of that raw material (mammal) in our diet to keep ourselves functioning properly at that higher level. The majority of Americans consume far more than this two-ounce, twice-weekly guideline.

The following are suggestions regarding other types of meat in Asia

Chicken and Poultry

In moderation, chicken and other birds are okay to consume as long as they are not constantly fried or saturated in sauce or oil. Because white meat isn't necessarily better than dark meat, rotate your poultry parts and don't just eat the breasts and wings. You want to eat free-range, hormone-free, antibiotic-free, happy chickens that are killed humanely, just like the larger animals.

Tofu

Tofu (bean curd) originated in China. Basically, it's a mixture of soy milk, water, and something to make it curdle. I eat tofu once in a while, only on special

occasions at a restaurant if there is a good dish with Tofu being offered. Chinese do love their Tofu.

Tofu is high in protein, calcium, and iron despite its low-fat content. Since ancient times, it has been a mainstay in Chinese and Asian cuisine. When individuals give up meat, they often go overboard on soy. They'll have a soy burger with soy cheese, Edamame on the side and washed down with soy milk. That is insanity. It makes absolutely no sense.

According to the Asian culture, Tofu is delicious in moderation and can help you reduce your meat intake. Tofu is the culinary world's great wild card, as it will take on the characteristics of anything you cook it with: if you cook it with chicken, it will taste like chicken; if you cook it with beef, it will taste like beef.

Tempeh, Seitan, and other "meat substitutes"

The words "meat substitute" bother me. It's the equivalent of referring to lettuce as a "cabbage substitute." They are their own foods and have valuable contributions to make. Tempeh is a rich protein source. Eating these "substitutes" is not an

issue; however, as with all “substitutes,” they must be consumed in moderation.

Don't go overboard on most things. Seitan is manufactured from wheat gluten, thus high in gluten. As a result, gluten-intolerant people should avoid it. These are things I rarely eat.

Nuts

Enjoy your nuts, but don't get crazy with them. They're high in fiber and protein, and they can be toasted or roasted. However, if you ground the nuts and form a concentrate, then dissolve it in oil (like in peanut butter), you will lose the benefits that nuts provide. I've seen how dangerous eating too much peanut butter can be to the body. One of my sons used to have a protein shake daily with peanuts.

He was trying to gain weight. I warned him about it, but he didn't listen. A few months later, his entire body was filled with flaky, itchy skin. His skin turned black and smelly, and there was hardly any clear skin on his body. Even his face was affected. The doctors claimed that he had developed a severe form of eczema.

So, to be clear, nuts are good; nut butter, on the other hand, is not so good because they are sticky and heavy. The way things are outside the body will determine how they act inside the body. Enjoy your nuts, but don't get crazy with them.

They're high in fiber and protein, and they can be toasted or roasted. However, if you ground the nuts and add in oil (like in peanut butter), some of the benefits they provide are lost. So, to be clear, nuts are good; nut butter, on the other hand, is not so good because they are sticky and heavy. As they are outside the body will determine how they act inside the body.

Beans

Beans are delicious, so eat as much as you like, but make sure that they are sprouted before you eat them. I usually soak my beans for 24 hours, changing the water regularly throughout that 24 hours, and then leave them in the refrigerator until they start sprouting. It's good to sprout a few varieties so that you have them ready when you need them.

I urge that you progressively reduce your meat

consumption. If you're used to having meat with 14 meals per week, try cutting it down to 12, then 10, and finally two. Food modifications take time to take effect, so don't expect drastic and quick changes; this is a steady and gradual process. If you don't adjust your eating habits, your weight will continue to spiral out of control, you'll get more out of balance, and it will take longer to reverse the damage.

Habit #5

Rice Vs. Wheat



Asians generally eat lots of grains (rice), but rarely eat wheat products. So yes, they eat very little bread. This is one of their main reasons for being slim. Wheat is not only fattening but very detrimental to your health. So, what about all the pastas that Chinese and most Asians eat? Asian noodles are mostly made from rice. One of my favorite rice noodles is Tinkyada Brown Rice Pasta.

You can find this on Amazon. So skip the wheat pasta and grab some brown rice pasta instead. Wheat is not only fattening but also toxic to the body when consumed daily. Wheat makes up most of the Western diet. “America runs on Dunkin” ... you remember that Dunkin Donut commercial?

Imagine, first thing in the morning, most people in America consume a cup of coffee and a couple donuts, rolls, pancakes, dry boxed cereal, or some other form of

wheat product at least twice daily, seven days a week. This is a prescription for disaster, which results in obesity and early death. This is why so many Americans are sick, fat, and tired.

Most of Asia would not be skinny if carbohydrates were bad. A diet rich in complex carbohydrates has been shown to be the healthiest and most capable of correcting heart disease and diabetes in numerous studies. Healthy grains, fruits, and vegetables should provide the majority of our carbs, not wheat. Complex carbs are found in entire foods and are broken down properly in the body.

Whole grain bread doesn't do significantly better than white bread when examined in terms of blood glucose effects. Steel-cut oats, whole-kernel bread, quinoa bread, hulled barley, etc., should be your go-to grain meals when you have the option, and they should be substituted for white bread. I rarely eat bread. I used to eat bread or some type of wheat product every single day. I used to bake fresh bread several times a week for my family, but not anymore.

We try to eat more ground provisions daily, like sweet

potato, green plantains, ripe plantains, green bananas, yams, cassava, etc., which are much more nutritious and filling than wheat products such as bread and pasta. We usually eat the ground provision with steamed or baked fish, making sure to add homemade gravy to the mix. Once in a while, I'll fry the fish.

My new habit is to make bread from flours like Quinoa, Old Fashioned Oats, Steel Cut Oats, cassava, plantain, coconut flour, etc. I have a small flour milling machine, and a Vitamix Dry Cup, so making healthy bread flour is easy. I love cornbread once in a while, but I only buy cornmeal if it's made from organic corn.

Corn that has been ground and blended with soy lecithin, oil, salt, colors, chemicals, and other ingredients is no longer corn and is no longer a whole food. Nowadays, we tend to think (and talk) about food in terms of its individual components. "You should get some Vitamin C, eat more protein, consume less fat, and so on." Rather, we should start talking about entire foods more.

"You should consume some almonds, an orange, and less meat and dairy, among other things." Balance is

found in whole foods. Refined carbohydrates, such as white flour, are devoid of nutrition and provide sugar to our bodies far too quickly. Carbohydrates found in crackers, cookies, bread, or pasta are produced with refined and/or bleached white flour laced with glyphosate, which is a weed killer.

Rice is a Staple in Most Asian Homes

Rice combinations like black, brown, red, or even purple rice are nutritionally denser than white or brown alone. (The best is unpolished/less processed rice because it is rich in B vitamins.) Rice is eaten to supplement the meal in Asia, not as a main course. A staple in many Asian homes, rice is also a key ingredient in many Asian dishes.

White rice has been excluded from many people's diets because of its high-calorie content. However, it's possible to lose weight while eating rice if you practice portion control, and eat lots of vegetables with your rice. So don't give up your love of the grain just yet.

Black rice and wild rice are the best grains. Most Asians consume jasmine and basmati rice in small

portions with their meals. White rice has recently been vilified in the media, and it has been grouped alongside white bread, white sugar, and iceberg lettuce as a product with no nutritional value. Simple grains should be consumed more often than bread and pasta since they are easier for the body to process.

The nutritional density of black rice, also known as purple rice, and even red rice, is higher than that of white or brown rice by itself. Because of its high B vitamin content, unpolished/less processed rice is preferred.) In Asia, rice is a side dish, not the main course. In the past, rice has always been a popular carbohydrate since it is both cheap and easy to farm. I highly recommend that we eat white rice sparingly.

Asians, especially Filipinos, absolutely love their white rice and would argue with you that it is better for you than the less processed brown rice. Well, they are quite wrong. Typically, brown rice goes to a mill after it is harvested, where it is cleaned, and the husks are removed from the grains. Brown rice is full of vitamins, minerals, proteins, and nutrients and is quite healthy to eat.

However, most of the nutrition is removed from the brown rice during polishing and the removal of husk, which becomes the very popular white rice that most of the world consumes in large amounts today. Yes, white rice tastes better than brown, black, or wild rice, but it has a major negative impact on health when too much is ingested into the body.

You see, milling, polishing, and processing the brown rice into the white rice that most eat today removes most of the minerals and vitamins such as Vitamin B and Thiamine and its protein content, which are nutritious to our bodies. Furthermore, the layers that are removed from the rice during processing contain nutrients that guard against diabetes.

White rice is a contributor to diabetes because it causes blood sugar levels to increase more rapidly than brown rice. If you look around you in nature, you will find that most things created brown is healthier than things that are polished and bleached white. If you take a look back about 100 plus years ago, you will find that most people across Asia ate brown rice and not the polished white rice they eat today.

Westerners have corrupted the world with their fake, sophisticated, and so-called modern white rice, which is void of the nutrients that brown rice has. It is time to make the shift back to brown, black, or wild rice instead of white rice. Although this book is about the Asian secrets to weight loss, weight maintenance, and disease prevention, I do not recommend that you eat white rice every day as most Asians do, unless it's brown, black, or wild rice. Again, if you are going to eat White rice daily, then make sure it's in small portions like the Asians do.

Another significant Asian food therapy theory is that a good diet should be diversified, like a strong investment portfolio. You are loaded up in one sector if you have the same thing every day or even every week. This makes you more vulnerable to the sector's bad aspects while also allowing you to lose out on all of the positive developments in the market. You should hedge your bets, much like a solid, well-balanced portfolio.

All foods pull us in a certain direction, and nothing can pull you too far out of balance if you have a variety of

meals in your diet. It's not a good idea to eat too much of any one meal. Barley, millet, couscous, quinoa, flax, oats, rye, buckwheat, hemp seed, and sorghum are all grains that should be included in your diet. Wild and black rice too, should be consumed in moderation.

Modern refining processes are, in fact, far more effective than they were in the past. White rice used to have more of the germ layer remaining on it, which was beneficial. As a result, including some brown rice in your diet is beneficial. Gluten intolerance is on the rise, and it's understandable that too much of anything is bad. We've had too much wheat, for example, because it's used as a filler in a lot of processed goods like bread, pasta, cereal, crackers, cookies, and snack foods.

As soy lecithin is infused into more processed meals, the same kind of overdose is starting to happen. Thus, whole foods are superior since you know exactly what is included in them. As a result, a basic rule applies to all foods: the more processed a meal is, the more calories it contains. It's difficult for the body to absorb and process.

But keep in mind that the food you eat every day either strengthens or weakens your body. Take care of yourself, and don't take your health for granted. Simple, natural foods are easy to digest, and we want our digestion to be as efficient as possible. Don't forget to clean your body weekly. I clean my body daily via intermittent fasting. I have no choice but to do so because epilepsy medications over the past 12 years have destroyed my gut microbiome.

I've suffered from so many side effects of the medication that I can't even count them all on ten fingers. I'm super grateful for my husband and children, who have been there for me throughout all of my illnesses and hospitalizations, no matter what, with positive affirmations of healing. They have been my pillar, my strong support, and to the Universal Divine Creator Energy Source, the great I Am, I am extremely grateful.

Habit #6

Let The Babies Have Their Milk



In the Asian culture, cow's milk is completely absent. In other cultures, such as the Jewish kosher regulations, milk products have been regarded as separate from other foods for thousands of years. The calcium and magnesium content of milk makes it a poor choice for nearly every dish. Food combining is important even if you are unable to give up cow's milk.

Foods that inhibit digestion, such as dairy, are the antithesis of what you want for a healthy digestive system. With the emergence of convenient cartons of almond, coconut, hemp, pumpkin seed, or organic oat milk, replacing cow's milk has never been easier. My favorite plant-based milk is coconut. There is no other plant-based milk like it, in my opinion. I sometimes combine coconut cream and coconut water to create a more uniform, smoother coconut milk. Whenever I use

regular water and coconut cream, the cream separates from the water. My second choice of great plant-based milk is pumpkin seed milk; it's tasty and very nutritious.

I use the Nama J2 juicer just for making coconut milk and coconut cream several times weekly. I use coconut cream for so many things, like curry dishes, coconut milk ice cream, beet and carrot milkshakes, turmeric milk, soups, broths, etc. I don't use the juicer to juice my fruits because I prefer to eat them. I think it's a waste of time and energy to cut up fruits just to push them through a juicer.

What about the fiber from the fruits that the body needs? It simply makes more sense just to eat your fruits, and it's more fun too. So I bought that \$500 juicer for fresh coconut milk only. The coconut milk in the grocery stores is not as tasty compared to making it yourself from fresh coconuts. By the way, milk made from quinoa, barley, peas, and rice is very common throughout Asia.

Bowel Movements and Dairy

There are a number of factors that contribute to regular bowel movements. Healthy nutrition and digestion lead to regular bowel movements, and a healthy gut is one that is free of unfriendly pathogens and other contaminants. The standard American Diet neglects to include the critical necessity of at least one daily bowel movement. In the past, I used to go days without a bowel movement which was horrendous.

Now I'm free and have my movements daily. When it comes to our overall health and fitness, healthy digestion is an essential component. If you're looking for a natural way to cleanse your body, stay away from dairy and also wheat. Yes, I'm talking to myself also because I do love cheese, but now I only eat it sparingly.

Yes, I am guilty because I do eat a slice of pizza, macaroni pie, green banana pie, and lasagna once in a while on very special occasions like my family's birthday celebrations. I buy the cheeses made from the milk of grass-fed cows and buffalos. Mild goat cheese is just as tasty. The mild goat cheese does not have the

horrible aftertaste that regular goat cheese has.

Whenever I do have cheese, I cleanse my body with a black seed bitters detox. I also make certain to drink my M&M tea before bed. If I fail to drink that tea, I will wake up with sniffles because of the dairy. I would love to give up cheese altogether, and I am definitely working on it. I'm proud of myself, though, because I have come a long way.

Milk is necessary for infants, but it should be the mother's milk. Humans are the only mammals who consume milk past their infancy. We are ready for real food once we have our teeth. We don't require it at that age. We are also the only animals that swallow another animal's milk.

Even if our cows were hormone-free, antibiotic-free, free-range, and extremely happy, this is not how we were designed to acquire our nutrition. If, in the odd case, a choice had been made between starvation and dairy, dairy would, without a doubt, be crucial and should be used. However, if you have other options, use them.

The Dairy Boards of America have spent a lot of money and done an incredible job of “educating” us about the importance of milk, and I’m amazed at how well they’ve done it. Almost everything in the SAD diet is a lie. They started their campaigns at elementary schools, where milk is the sole beverage option, and they plaster the walls with “Milk is Healthy” advertising.

They also paid well-known celebrities to market their wares, and they have even been entrusted with the task of educating future doctors in medical schools by providing educational materials. I remember being taught in school that milk is so good for the bones and the body, and we must consume it at least three times daily. I consumed so much dairy that asthma almost killed me.

Yes, I was asthmatic and hospitalized twice because of it. My parents had no clue that dairy was the main culprit, along with the required childhood vaccines, that caused this problem. My mother thought that I had asthma because I loved playing in the water as a child. I still love playing in the water as an adult. I love getting my feet wet.

Sometimes, I swear I'm a mermaid from a past life. If I had my way, I would spend a portion of my days in water, whether it's at the beach, volcano spa, hot tub, Jacuzzi, non-chlorine private pool, etc. Do you think the dairy business will ever inform doctors that drinking milk has health risks? The food industry's bedfellows are powerful, and they are willing to put public health at risk in the name of profit.

These state and national councils may appear to be government entities, but they are actually professional trade associations comprised of milk producers and distributors. They have a vested interest in spreading the idea that milk is beneficial to our health.

The advertising for dairy products suggests that if we don't get our three daily portions, our bones will become brittle and crumble. "Why do horses have strong bones?" I'd like to question the dairy councils. They eat green leaves instead of yogurt. Calcium is best obtained through green leafy vegetables.

In Africa as well as Asia, milk is not consumed, yet the incidence of osteoporosis is not higher in Asia and Africa than in America. In fact, hip fractures (the most

common complication of osteoporosis) are less common in Asia. This is typically ascribed to green tea's bone-building properties, which Asians consume on a regular basis.

Milk is definitely not the only source of calcium and vitamin D for strong bones; in fact, some scientists believe that dairy compromises bone health. Europeans and Americans consume the most dairy products, but their bones are the weakest. It's time for a change.

Phlegm

Dairy is a food that the body converts into both usable building material and unwanted waste material. The usable building material is exactly what we need as infants. An infant's internal fire is powerful enough to convert this highly nutritious food into usable tissues. After the infancy and toddler stages, the dairy over-nourishes the body and weakens the digestive system. Phlegm is an undesirable waste material that dairy converts into in the body.

Phlegm can take many forms: it can lodge as fat between the skin and muscles; it can stick in the lungs

and cause respiratory problems such as asthma and chronic obstructive pulmonary disease; it can go to the throat and cause a post-nasal drip; and it can obstruct the sinuses, causing sinus infections, sinusitis, and rhinitis (many patients have been able to get off the roller coaster of sinus infection-antibiotics, as soon as they remove dairy from their diet).

It can also create mental fog, contribute to forgetfulness, dementia, and Alzheimer's disease, and solidify to form cysts, fibroids, and tumors. Cancer and other abnormal growths are seen by the Chinese as phlegm balls, and higher growths have been observed in cultures that consume dairy products.

Skim milk is the wateriest and lightest of dairy products, whereas cream is much heavier and thicker, and cheese is the heaviest, densest, and stickiest. Remember that how things are outside the body determines how they will behave inside the body. So, eat a lot of cheese if you want to be hefty and dense. Ice cream combines the elements of cold, sticky, and dairy, making it one of the most difficult foods for your body to digest and providing the least benefit. This is not to

argue that you should never eat ice cream; however, there is a better way to eat ice cream. I make ice cream with coconut cream. It's better than ice cream made with dairy. So it is much easier to skip dairy when it comes down to ice cream and milk. Yogurt, on the other hand, is a different story.

It contains probiotics, which aid in the digestion of dairy as well as everything else in your stomach. Although yogurt is the least harmful kind of dairy, it should still be consumed in moderation. Most Americans are perplexed by American grocers.

Even though they are sold on the same shelves at the market, eggs are not dairy; dairy comes from the milk of cows, goats, sheep, buffaloes, etc., while eggs come from birds. Chinese believe that eggs are a natural food that should be consumed in moderation; however, the eggs should originate from humanely treated chickens who are allowed to roam freely and are not fed medicines.

Habit #7

“Wash It Down With Juice Or Soda.”



If you are to go to a Chinese restaurant, the first thing the waiter will ask you is, “what type of tea do you prefer?” Most Chinese restaurants will offer tea for free, and other restaurants offer water for free. Drinking tea or water fills you up with zero calories. Now, if you were to drink soft drinks together with your meals, you would be filling up on bad calories, which can lead to weight gain over time.

When it comes to losing weight, soda and other sugary beverages are your deadliest foes. Sugary sodas, energy drinks, fruit cocktails, and sweetened coffee and tea all fall under this group. People who consume large amounts of these sweetened beverages are more likely to be overweight or diabetic. In the United States, they are the primary source of sugar, as well as a significant source of calories.

In addition to avoiding sweetened fruit juice, it is recommended to eat entire fruits rather than juice. While sweetened fruit juice is a better option than soda, it also contains a lot of sugar and doesn't leave you feeling satisfied for very long. Ditch the juice and soda altogether. Eat and juice lots of 100% natural fruits that are at least 85% water based. You can lose ten, twenty pounds or more in a year just by making this one modification!

Consuming cucumbers and natural unsweetened fruit water such as coconut water should be your first and most important fluid intakes, with other fruits, vegetables, vegetable juices in second place and 100% natural uncaffeinated herbal teas coming in third place. I drink more natural fruit water than I do regular water. Yes, I live where I have access to an abundance of coconuts. I rarely drink juice or soft drinks. Soft drinks make you "soft," not just because of the high sugar content but also because the carbonation depletes calcium in your bones.

When examining labels, one of my fundamental guidelines is: was this ingredient in my ancestor's

cabinet? If that's the case, it's probably fine. However, I usually mistrust an ingredient if I have no idea what it is or where it comes from, and one that I can't even pronounce. Take a look at the ingredients in Diet Coke the next time you see one.

I absolutely hate coke. I still don't understand why people drink it. From the time I found out, years ago as a teenager, that you can use it to clean your toilet bowl; it was a wrap for me. I never touched it again. If you truly want a cola now and then, you should get a REAL cola. Brands that employ only carbonated filtered water, pure cane sugar, cola beans, and sea salt are available at Whole Foods and other health-food stores.

They're sweet (sticky) and usually served very cold, so I would suggest that you don't drink them too often. Natural root beer and lemon-lime drinks are also okay once in a while, as long as they don't contain artificial sweeteners. There are many differing viewpoints on whether drinking water is better for you than any other liquid.

I've heard a lot of people complain about how much

they dislike drinking water, which is why I recommend adding a squeeze of lemon, lime, or even grapefruit can really help to change the flavor and make it a little less boring; plus these citrus fruits have cleansing and detoxifying properties as an added bonus.

I rarely drink plain water. I always add some type of herb to my water jar. A couple bay leaves, bamboo leaves, a few cloves, a couple star anise, lemon peel, cucumbers, cinnamon, etc., are some things I add to my water, not just for flavor but for the antioxidants and the healing properties. No, I don't add all of these things at once, just one, two or maybe three at a time.

Each day, I add something different. Water helps flush toxins from the body, but when you do add some healing herbs to your water, you are not only removing toxins, but you are adding healers to the body, antioxidants, etc. Antioxidants help fight chronic disease and reduce the development of premature aging. To assist you in losing weight, my advice is to drink as much water and 100% natural unsweetened herbal teas as possible.

In comparison to drinking high sugar drinks with

additives, water and unsweetened tea helps keep your intestines flowing, which can prevent toxins from building up in your colon and will flush away whatever your body doesn't need, which can help your skin stay clear and your brain function normal. Maintaining a healthy digestive tract is essential for weight loss, weight management, and disease prevention.

Is coffee a good occasional drink?

Caffeine is one of the chemicals found in coffee and green tea. Although green tea contains far less caffeine (24–40 mg) than coffee (100–200 mg), it still has enough to create a modest effect. Caffeine is a well-known stimulant that has been shown in multiple studies to aid fat burning and improve workout performance.

Green tea, on the other hand, shines in terms of antioxidant concentration. Drinking a cup of green tea increases the number of antioxidants in your system, according to studies. I know how much some people rely on their morning coffee; however, it is a very poor choice as a daily beverage. Although Asians drink a whole lot of tea, it does have a long, deeply rooted

relationship in coffee production.

I had no clue that Asia produces close to a third of all the coffee in the world. I drink organic coffee sparingly, and when I do drink it, I add fresh coconut cream and natural honey to sweeten it. So yes, it's a treat for me once a month, or sometimes I go months without having any. For starters, coffee is quite addictive. Many people say they have to drink coffee every day or several times daily because they would suffer from a severe withdrawal headache or be unable to function if they didn't.

Coffee's energy is unbalanced: it has a frantic quality to it, and the more you consume the more unbalanced and frenzied your energy becomes. Overexposure to coffee can make people uncomfortable and angry, impair their attention and sleep, as well as produce a variety of health concerns due to the high caffeine content. Coffee may also disrupt one's attention span. Nevertheless, it is not all bad and is fine if consumed in moderation. If you must have coffee daily, try not to drink more than one cup.

What about Green tea?

According to Asia, green tea is one of the greatest beverages in the world. The leaves of the *Camellia sinensis* plant are steamed to make green tea. Because it is not subjected to the same fermentation process as other forms of tea, such as oolong or black tea, it preserves more antioxidants and nutrients present in the plant leaves.

It protects against heart disease, vascular disease, cancer, and cavities; it boosts metabolic rate, suppresses hunger, controls blood sugar and blood pressure, reduces cholesterol, uplifts mood, and may even prevent chromosomal damage and injuries to the eggs and sperm. It's the only plant I'm aware of that stimulates both the sympathetic nervous system (commonly known as the fight or flight reaction) and the parasympathetic nervous system (often known as the calm and relaxed response) using the molecule L-Theanine. As a result, it is a well-balanced compound that both wakes you up and relaxes you; Yin and Yang.

Except for green tea, which enhances bone density, caffeine from other sources impairs bone health.

Caffeine, in any form, reduces fertility, with the exception of green tea, which has been found to increase fertility. If you are trying to conceive, I highly recommend that you should avoid any coffee. If green tea made people less fertile, China would not have reached its current population of over a billion people.

Green tea, in addition to all the other benefits it provides, appears to include something that counteracts the bad effects of caffeine. Even the worst green tea is preferred to the best coffee. Tea is taken very seriously in Asia. So, which type of tea should you purchase? You can use whatever flavor you like as long as it is natural tea. Because they have never had a nice cup of green tea, most Americans are uninterested.

Black tea is a popular beverage in several regions of the world. To be frank, I love tea but don't drink green tea. My favorite tea is my homemade M&M tea which is Marijuana, Moringa, with a hint of mint leaves. I also make other flavors with Marijuana and Moringa as the base. My homemade M&M tea contains ingredients (i.e., bamboo) that remove wrinkles, tighten the skin, and heal the body while sleeping. Yes, I drink my

M&M tea a couple of hours before bed every night. It's helping me fight epilepsy.

My anti-wrinkle secret is adding fresh bamboo leaves to the M&M tea that I drink before bed. I also wash my face with a separate pot of fresh bamboo leaf tea right before bed two to three times weekly. I don't wash it off. I let it air dry, then I add homemade castor oil, with a dash of lime juice to my face and then hit the sack. If I'm going out the next day, I wash my face again with bamboo leaf tea, air dry, and then add homemade castor oil, which is high in Vitamin E.

I let the castor oil sit on my face for about 15 minutes so that it soaks into my pores. I then get a dry cloth and wipe the oil off my face gently, and then add a cream that contains Vitamin C to my face. It's amazing how bamboo tightens the skin, so there is no need for makeup. I used to be so sick for over 10 years with multiple diseases until I started drinking this tea. I am not making any healing claims other than sharing what it has done and continue to do for me. Diabetes, cancer, asthma, high blood pressure, etc., are no match for the ingredients of this tea.

I drink tea daily for health reasons and not for the slimming aspects, which is a bonus for me. It's alright to have a little black tea now and then, especially in the winter, but green tea is what Asians swear by. All herbal teas are OK in moderation, as are white teas. Green tea is one of the reasons Asians are so slim. They drink it mostly with meals.

The tea aids in the dissolution of fat, which is difficult to dissolve. Green tea is also ingested warmly by Asians, and warm fluids aid digestion while cold fluids obstruct it. The enzymes in the stomach can only function properly in a specific temperature range. Green Tea is a fantastic catalyst to speed up your metabolism and reduce weight.

It is widely accessible nowadays and comes in a variety of flavors. Personally, I prefer citrus flavors, but you may also choose from cinnamon, raspberry, grapefruit, and a variety of others. I'd suggest double-checking the green tea's quality, as certain supermarket brands may be less pure than those found in health food stores.

Metabolism is the process by which the body converts food into energy. Green Teas polyphenols boost fat

oxidant levels and speed up the rate at which your body converts meals into calories. As a result, it helps you lose weight. There are numerous other health benefits of drinking a couple cups of Green Tea each day.

Green Tea has been shown in recent research to lower bad cholesterol in the blood, thereby lowering the risk of heart disease. It also coats the lining of blood vessels, allowing them to relax. It also aids in the prevention of tooth decay by destroying germs that are detrimental to the teeth in the mouth.

Green tea also preserves and may even aid in the restoration of brain cells, which can aid in the fight against Alzheimer's disease and preventing the emergence of Parkinson's disease. Overall, green tea is really excellent for you and is a fairly simple way to help your body burn calories more quickly. Other teas that Chinese and generally the Asian culture drink a lot of are black teas and oolong teas.

Habit #8

More Seafood On The Plate



When it comes to the Asian culture, seafood is a major source of protein. Omega 3 fatty acids, which are found in fish, do contribute to their healthy diet. Traditional Asian cultures eat fish almost every day. We've heard all about healthy oils from fish. Fish have always been a part of man's diet nearly everywhere in the world, not just in Asia. But the Asian culture has kept this part of their heritage alive better than most.

You can get the maximum health benefits from eating fish obtained in the wild. Examples of these are wild-caught Alaskan and Pacific halibut and mackerel, as well as wild-caught salmon and tuna. A diet that includes a lot of seafood has been shown to improve overall health and fitness. I guess maybe this is why the Vegan diet didn't work for me.

I stuck to it for years but got very sick and was

hospitalized. The diagnosis that the doctor gave me was that I was malnourished. I was shocked and angry. It works for lots of people, but it just didn't work for me. Maybe I just went about it all wrong. Also, after relocating to the Caribbean, there were no "meat" substitutes in the supermarkets.

So I started eating fish which is wild caught by local fishermen in the village where we live. Ingesting seafood daily necessitates caution, though, because many folks have some kind of allergy to certain seafood, especially shellfish. I try to stay away from anything with a shell that comes from the ocean because they are considered to be scavengers that sweep and clean the ocean floor, such as shrimps, lobsters, crabs, etc.

If you've never had a certain type of seafood before and are concerned that you could be allergic to it, proceed with extreme caution and make sure you follow all of the recommended safety precautions. Asians eat lots of wild-caught fish and very little meat. I am one who loves fresh fish straight from the sea.

I don't eat red meat, nor do I eat chicken. I don't eat

fish every day like Asians do. I eat it about two to three times weekly. All other times I might have sprouted beans like lentils with my meals or some type of homemade vegan meatball or meat substitute. A frequently voiced concern is whether or not eating fish can aid weight loss. The answer to this question is “yes.”

A diet rich in fish can help you shed pounds. Fish and chicken are two options that will yield that result. The reason for this is fish is so light that it’s often referred to as “lightweight.” The best way to prepare fish is to steam, boil, or bake it. Just like any other fried food, eating fried fish should be done occasionally and not often. Fish is definitely easy on the stomach but fills you up quickly, so you eat less.

Eating less is the first and most obvious approach to reducing weight. Fish, in contrast to meat, is high in protein and low in fat; therefore, switching to a fish diet won’t result in you gaining weight. In order to keep your cholesterol in check, you should eat more protein with less fat. This will also help prevent heart disease and other issues.

Fish is one of the few foods that have the lowest calorie content. You can be sure that fish is beneficial for weight loss because it contains most of the good fats, is an excellent source of omega-3 fatty acids, has low-calorie content, and is chock-full of vitamins, minerals, and other elements that can help you stay healthy and shed pounds.

Which is better, grilled fish or grilled chicken?

If you're a non-vegetarian, incorporating seafood or poultry into your diet is recommended by most nutritionists and studies. On the other hand, there are a few advantages to one over the other. Is it better to consume fish in order to maintain a healthy weight?

In a new study published in the *Journal Nutrition, Metabolism, and Cardiovascular Diseases*, researchers concluded that eating fish can be a healthier alternative to other meat sources when it comes to staying slim and healthy. Faster weight loss can also be achieved by eating fish. An eight-week study indicated that participants who had only fish (and no other meats) lost more weight than those who ate other sorts of meats.

Additionally, the study found that individuals who eat three meals of fish each week are more likely to lose weight and have greater results. Fish is also a good source of protein, which has numerous health benefits. Omega-3 fatty acids, which our bodies cannot create on their own, are one of the most important benefits. It has been shown that omega-3 fatty acids can reduce inflammation and stress levels in the body, which can lead to obesity.

There are numerous studies that show that eating fish can help people feel satiated for longer periods of time compared to protein sources like meat and poultry. However, bear in mind that, compared to other meats and animal products, especially chicken and turkey, fish has a slightly lower protein content. You should be cautious about the sort of fish you consume because some have a high-fat level.

Another issue is whether or not fish is safe to consume. If you are sensitive to mercury, you may want to steer clear of large fish. Pregnant women and toddlers should avoid eating raw fish. Grilled chicken raised naturally by a farmer may provide health benefits.

Chicken, once again, is a favorite among dieters since it is flavorful and low in calories. Because it's cheaper than other meats, you can easily incorporate it into your diet.

There are many healthful components in chicken as a source of food. The combination of high protein, low fat, and vitamins and minerals (such as Vitamin B6, selenium, niacin, and phosphorus) all contribute to weight loss and a healthier, fitter body. Specifically, one serving of chicken provides 27 grams of protein. Chicken is a good source of protein, which can help you lose weight, increase muscle mass, and strengthen your bones. Chicken breast is the healthiest component of the chicken.

The type of chicken you eat does have some bearing on whether or not this is a healthy choice. Even when it comes from reputable farms, a lot of the chicken sold on the market contains pesticides and other preservatives that aren't listed on the label. Frozen food is the most likely culprit. Organic and natural foods should always be your first choice.

The additional fat content should also be taken into

consideration. Even though chicken has low-fat content, consuming the skin increases your fat intake. As a result, removing the skin is the preferred method. We've gone over the advantages and disadvantages of both non-vegetarian sources of protein. Fish has a higher concentration of Omega-3 fatty acids than chicken, which makes it a better source of protein and nutrients.

Studies have shown that eating wild-caught fish may be a better alternative than eating chicken if your main goal is to shed pounds. However, if you're trying to follow a healthy diet, you'll want to limit your intake of these sources of protein. To maintain a healthy lifestyle, it is essential to meet all of one's nutrient demands.

Habit #9

Foods They Stay Away From



Cooking and eating real food is still a very huge part of the Asian diet. Everywhere you go in Asia, eating freshly cooked street meals is easily accessible, and it is very inexpensive. On a daily basis, they eat rice or rice noodles served with a huge variety of vegetables, meat, or fish instead of having processed junk such as hot dogs, fries, burgers, or pizza.

If you eat those junk food on a regular basis, you will feel hungrier and crave more bad food; consequently, you will gain weight over time. On the other hand, eating real food that's freshly cooked will provide your body with good nutrients. The term "processed food" refers to food that has been altered from its original natural state in order to make it more palatable to consume.

Processed foods fall into a wide range, from barely

processed to severely processed. Bagged lettuce, frozen vegetables, shelled almonds, dried fruit, and cold-exPELLER-pressed oils are all examples of minimally-processed foods. Highly processed foods include those that have been hulled, ground, cooked, hydrogenated, have added preservatives, artificial tastes and colors, texture-modifying agents, and sweetened, just to name a few of the processes.

Among the items in this category are snacks like cookies and chips, sweets like candies, and ready-to-eat meals like microwaveable dinners. There is a lot more to weight loss than simply calculating calories, and many people fail to realize that. It's also about ensuring that the body receives the nourishment and energy it needs to perform at its best.

To put it in another way, processed food is often lacking in nutrients and packed with calories that don't serve any purpose other than to put on weight. Nutrient-rich whole foods serve our bodies best by eating them in their natural state. Having a balance of fats, carbs, protein, minerals, and vitamins in our diet makes it easier for the body to digest and absorb.

Foods that are processed are designed to taste delicious. Over-cooking and preserving techniques remove most of the nutrients from the food. Food manufacturers are well aware that even if consumers aren't hungry, they will consume their product if it looks and tastes good. Processed foods are a major contributor to weight gain because they interfere with the body's built-in mechanisms for regulating appetite.

Consuming food that is laden with preservatives and additives slows down the digestive system and makes the liver sluggish. That type of food cannot be properly absorbed and disrupts blood sugar levels in the body. Foods that have been over-processed have major negative effects on our bodies. Processing removes much of the fiber, micronutrient content, and water and adds extra salt, fat, and sugar to the original constituents. Whole wheat kernels, for example, are a low-fat, anti-inflammatory food that is good for you.

A ready-to-eat snack cake made from wheat, which has been stripped of its fiber and most of its nutrients while adding trans fats, high-fructose corn syrup, emulsifying agents, artificial flavors and colors, is a

perfect example of how the Western diet is a dangerous combination of beneficial nutrients and harmful ingredients.

Refine carbohydrates, plant sources of starch that have been stripped of fiber and other nutrients, white sugar, salt, and fat make up the basic recipe for most processed foods. Sugar has already been mentioned as an issue, but it isn't the only type of carbohydrate that should be avoided. Refined and milled wheat or maize starch is nearly as quickly absorbed as pure sugar, causing the same type of glucose rise and subsequent crash, as well as boosting appetite in just a few hours after consumption.

I'm sure everyone has heard that processed foods are terrible for us, but people consume them anyway on a large scale because they are addictive, thanks to the MSG, Trans fats, extra sugars, and salt they contain. These are just a few of the bad ingredients. These are not only bad for our health, but they also promote rapid weight gain if consumed on a regular basis.

Processed meals are typically heavy in sugar, fat, calories, preservatives, and other ingredients, which

have been associated with a rise in a variety of health and medical problems, including high blood pressure, elevated cholesterol levels, cancer, depression, and obesity.

You don't have to completely give up carbohydrates, but you can eat more whole grains, sweet potatoes with their skins, quinoa, wild rice, and fiber-rich starchy vegetables like squash and beets. Moreover, unprocessed foods like fresh corn on the cob or sweet fruits are far better for your health.

Habit #10

Herbs And Spices Galore



Asian cultures cook with a lot of healing herbs and spices, which act as natural supplements. This aids in disease prevention. Usually, when I cook a meal, I try to add at least 7 or more freshly picked herbs from my son's garden. I do the same when making tea. Sometimes my son gets mad with me and says that I overdo it with the herbs in my tea. He says, "too many different herbs in that tea, mom; some might work against each other."

Herbs are a popular type of supplementing in Asia. When it comes to herbs in America, there are two schools of thought. Some individuals assume that the only thing that can heal them is medication and that herbs are useless. This amuses me because most medications are manufactured from natural plant ingredients with added chemicals. For instance, a

pharmaceutical corporation may discover that a herb in South America is used to treat headaches. The company experts will research this plant and then create a medication that is as near to it as possible, but they will need to make it somewhat different in order to patent it. Then they turn around and sell it to us. Their replica of the natural plant ingredients has strong yang without the ying, making the pill unbalanced.

While something can be beneficial when utilized appropriately, it can also be harmful when used wrongly. All symptoms, according to the Chinese, are a result of an internal imbalance. Take, for example, constipation, which is caused by too much heat in the body, which dries out the feces and makes it harder to pass.

However, constipation can also be caused by too much cold in the body, which causes things to tighten up and stop moving, similar to how a stream freezes in the winter. You may get relief if you have hot-type constipation and use a cooling herb or mixture. If an individual suffers from cold-related constipation and

uses the same herb, his/her symptoms may worsen.

Every symptom can be caused by at least two separate imbalances, each requiring its own treatment. Herbs are incredibly safe and effective when taken in the recommended dosage, but learning how to prescribe them right takes years of practice and a lifetime to master. I wouldn't put my faith in the advice of the health-food store clerk or the advice of the monthly health magazine articles. Herbs have been studied for thousands of years and can be easily incorporated into food.

It's best to seek the advice of an herbalist who has dedicated his/her life to studying herbs and plants. So, with Chinese herbal medicine, the goal is to identify the correct combination of components so that the recommended tea treats/heals the individual's condition and restores equilibrium. Herbal tea formulations are commonly used to prepare for the changing of seasons in various parts of Asia. The following are some common herbs and spices:

Spices

Do you know that spicing up your meals can aid with weight loss? Spicy foods, such as red chili powder, black pepper, and cayenne pepper, can help you lose weight.

Chili pepper

Consumption of cayenne pepper, a flaming hot spice, has been shown to reduce hunger pangs. A compound in cayenne pepper, red chili peppers, and jalapenos, called capsaicin, has been linked to a reduction in bad cholesterol (also known as LDL). The capsaicin in peppers has fat-burning properties.

Cinnamon

Cinnamon is derived from the *Cinnamomum verum* tree, a species of tree native to Asia. Antioxidants and anti-inflammatory qualities are found in abundance in this supplement. Weight loss is one of the most well-known benefits of this tree spice. Cinnamon is a natural hunger suppressant. Cinnamon boosts one's metabolism. It's critical to understand how something works in context. It acts as an insulin stimulant, allowing sugar to be metabolized more efficiently.

Insulin resistance is a common cause of weight gain in many people. This does not imply that the individual is diabetic, but rather that the insulin is not being utilized. As a result, sugar is not metabolized to the full extent necessary and is converted to fat. Cinnamon aids in reducing insulin resistance, thereby decreasing elevated glucose and inflammation.

Fennel

Fennel tea, in addition to being rich in vitamins A, C, and D, has several antioxidant characteristics that aid in digestion. Fennel also has diuretic and appetite-suppressing properties.

Fenugreek

Because of its high natural fiber content, fenugreek may be useful in the fight against overeating. You won't overeat since fiber makes you feel full. It is a good source of mucilaginous (gum-like) fiber; the seeds help to calm the stomach and protect it from free radical damage. Fenugreek is also a traditional treatment for boosting the metabolism and increasing breastfeeding supply. I also use Fenugreek for hair

growth.

Cardamom

You may shed a few pounds by sprinkling a few drops of this flavorful spice onto some of your favorite foods. To get the optimum benefits, chew on two to three pods in the morning.

Black Pepper

You can use this earthy and hot spice for so much more than just seasoning food. Adding black pepper to your diet is a great way to boost your metabolism and reduce the amount of fat you accumulate in your body. Obesity can be effectively managed with the use of black pepper and turmeric tea.

In addition to aiding digestion, black pepper promotes the body's absorption of nutrients found in other sources, such as the nutrients in turmeric. Without black pepper, it's difficult for the body to digest turmeric. Black Pepper aids in both immunity building and infection prevention.

All symptoms, according to Chinese belief, are the body's way of informing us that something is out of

balance. Currently, medicines are frequently used to ignore and hide the signs that our bodies send us. It's clear that we need to quit disguising the symptoms and address the root of the problem.

You only get paid once if you sell a cure; if you sell a lifelong therapy, you get compensated for the rest of the patient's life. Many medications are prescribed without the intention of removing them from the market. Drugs for cholesterol control, reflux, hypertension, and even hormone therapy are being utilized in this manner, which I know is harmful. We should address the root of the problem rather than simply masking it with a life-long drug. The Asian culture focuses on prevention by using medicinal herbs in their daily diet.

Habit #11

Daily Walks



Another way to lose weight is to increase your physical activity. Exercise is necessary for your body, and we need it to live healthy lives. I do not feel that you should have to pay for it with a gym membership. The Asian culture does a whole lot of walking as their form of daily exercise. Going to the gym is not a part of their culture.

Walking and swimming are two of the best exercises that don't actually feel like exercise because they are activities that are natural and fun at the same time. When exercise is done daily for a period of time, it naturally becomes a part of your daily routine. If it is fun, on top of that, you not only lose weight, but you can maintain your weight without even breaking a sweat.

Also, using a Rebounder, a small trampoline, is a great,

fun exercise tool you can use to make exercise exciting and not tedious and boring. I almost forgot to add gardening, which is also a great fun way to exercise. It certainly doesn't seem like exercise, but the body does get a workout while doing so.

Asians do more walking, though. Walking is light on the heart and arteries. Most Asians like to walk everywhere. You too can get more value from walking by using the stairs instead of the elevator, parking further away from the business, or even better, walking the full distance.

I understand that for some people, walking is simply not an option because they live too far from society, but there are always ways to include walking into your life. Try going for a walk during your lunch break to help speed up your metabolism and burn off the calories you consume.

Try taking a few more steps each day with the help of a step counter, which you can acquire for very little money. Even if you only take 5 additional steps each day, it's a step in the right direction, and you're at least trying. All of my suggestions are based on the idea that

minor changes can make a huge difference in the long run.

Habit #12

Avoid The Enemy



The majority of the food we consume is sweet in some way. As a result of eating so much sugar and sweets, we have developed a high tolerance for it. Consuming sugary foods only diminishes our ability to appreciate the natural sweetness contained in food. It's like attempting to see by candlelight after spending 20 minutes staring directly into a spotlight. The taste of natural foods can be appreciated after we take a break from artificially sweetened products.

The Asian Culture stay away from sweetened foods and only have them sparingly. We wouldn't get cavities if we ate nothing but pure cane sugar. To put it another way, the process of refining sugar is like the process of refining grains in that it removes all the beneficial components and only leaves us with just the sugar itself. I think it's safe to state that candy is a bad

thing. Moderation is defined as eating no more than one or two pieces each month. Nobody needs this at any time.

If you must sweeten your food, tea, or drinks, to begin with, the following natural sweeteners can be used: raw cane sugar, honey, beet sugar, stevia leaf extract, agave nectar, maple syrup, brown rice syrup, barley malt syrup, succinate sugar, turbinado sugar, date sugar, and fruit juice. The usage of any of these is acceptable as long as it is done in moderation.

The goal is to stay away from sweets and have sweets sparingly on special occasions. For instance, I stopped eating cakes and cookies on a regular basis and only eat sweets on my family member's birthdays. We buy a cake for each one's birthday. Therefore, I indulge in a nice slice of cake and a small side of ice cream made from coconut cream.

I used to find it extremely difficult to drink unsweetened tea. However, after training myself to drink my tea unsweetened, I actually prefer my tea unsweetened now. I sweeten my tea with honey once in a while and just for pleasure. Tea is usually my daily

medicine for disease prevention, as the Asian Culture does. Again, usually, my daily consumption of tea, which is at least twice a day, is usually unsweetened.

Toxic to the digestive system is too much sweetness, no matter where it comes from. Sugar is bad for humans, but artificial sweeteners are even worse. Our DNA has been working with fructose and glucose for thousands of years, not high fructose corn syrup, aspartame, or any other artificial sweetener. The rise in diabetes in the United States is, in my opinion, being fueled by the use of these synthetic items.

In my opinion, these novel compounds interfere with insulin production since the pancreas does not know what to do with them. However, selling us sweeteners makes a lot of money, and we keep buying them. Have you noticed that almost all chewing gums contain aspartame? The only gum I know without aspartame is Chiclets, which are hard to find in stores. Some studies have shown that aspartame may cause cancer. Why do we need aspartame in chewing gum?

Let's take a closer look at these artificial sweeteners that are bad for our health.

High Fructose Corn Syrup (HFCS)

Sweeteners like these are the cheapest and most common way to add sweetness to food products, and they may be found in a wide range of items from candy, soda, bread, yogurt, pizza, crackers, ketchup, etc. Always keep in mind that too much of something is not a good idea.

Maize and fructose, which derive from genetically modified corn and enzymes, are being over-consumed in our food supply because of the use of HFCS in so many products. Every cell in our bodies uses glucose, but only the liver processes fructose, putting additional pressure on that vital organ. The FDA in the United States says that HFCS is natural, despite the fact that HFCS is banned in Europe and Canada.

What kind of corn is used to make high-fructose corn syrup? Man has created this, not nature. Special interest organizations have once again influenced government entities to allow their toxic products to be sold to the citizens whom they are supposed to be defending and representing.

Aspartame (a.k.a. NutraSweet, Equal)

Diet Coke, Diet Pepsi, and a slew of other sugar-free beverages contain aspartame. People think they're doing their bodies a favor by using this instead of sugar because it's 180 times as sweet, but they're actually doing the opposite.

People who consume this sugar substitute report increased hunger, according to recent research. Diet soda consumption is linked to weight increase rather than weight decrease. If you're attempting to lose weight, why would you use this sweetener?

Because Aspartame does not contain calories, our bodies are unable to break it down. Because this molecule travels through our bodies and interacts with a wide variety of cells and structures, even after it is eliminated from our bodies, its effects linger. When Aspartame was being considered for FDA approval, the scientific community voiced many concerns, and since then, the FDA has received more complaints about this ingredient than any other.

There have been numerous studies that have linked

aspartame to a wide range of health issues, including headaches, especially migraines, memory loss, and arthritis. Aspartame breaks down into formaldehyde in the body (a recognized carcinogen), which is linked to these health issues and many more.

However, Donald Rumsfeld (then Chairman of Searle, the corporation that owned the patent on Aspartame) was able to get it approved because there was enough profit to go around. This decision to ban Aspartame was overruled by what I feel were murky politics: it was just too profitable, and now Aspartame is found in over 5000 food products across the United States.'

A few of my acquaintances drink three or more diet sodas a day, believing that they are healthier than regular sodas. However, I believe that these folks are poisoning themselves, one microdose at a time. So, if you want to avoid this sweetener, steer clear of any beverages containing it. Equal, another aspartame-based sweetener, also has an extra ingredient that sets it apart from NutraSweet. Phenylalanine can cause seizures when taken in large concentrations.

Sucralose (Splenda)

The creators of sucralose, which is included in more than 3,500 food products in the United States, stated that it was manufactured from sugar, but that is not the case. Man-made chlorine, on the other hand, is exceedingly dangerous and can kill, although naturally occurring chlorine in other foods is fine since they include other components to mitigate its effects.

In contrast to aspartame, sucralose does not move through the body; about 15 to 27 percent of the sucralose ingested is absorbed. Anecdotal accounts link sucralose to headaches, urinary issues, exhaustion, digestive disorders, and other maladies, but no one knows how it functions after it is ingested.

Saccharine (Sweet 'n' low)

This was the first artificial sweetener to circumvent public health and safety regulations, and opponents have fought it for more than a century. Acids such as anthranilic acid and nitrous acid are used in the production of this substance, as well as sulfur dioxide, chloride, and ammonia. In spite of long-held suspicions

that saccharine is dangerous, it remains on the market.

The basic rule of thumb is that if it is naturally made, it's usually fine. Human-made items are expected. The exceptions to this rule are arsenic and mercury, as well as toadstools and other recognized natural poisons. It is always preferable to choose natural sweeteners over artificial ones. Substitutes for sugar are commonly viewed as a necessity for people with diabetes.

Because of this, it's possible to stabilize your blood sugar and better handle infrequent sugar consumption by correcting your diet. It is recommended that you limit your intake of added sugars to no more than 10% of your daily calories. Adding sugar to a diet should account for no more than 200 of a person's daily calorie intake, for example. The sugar itself induces weight gain; hence this advice is not given.

After getting the recommended nutrient needs from whole food groups, any additional calories beyond most people's energy (calorie) demands will be stored. That is to say, in order to maintain or reduce weight while also getting appropriate nutrition, you should limit the number of calories in your diet that come

from added sugar.

Soft drinks, candies, commercial cakes, cookies, pies, jams, syrup, and fruit drinks, all of which contain added sugars or refined sugars, should be avoided on a daily basis. Chinese folks stick to fruit instead of sugary snacks and unsweetened tea instead of sugary drinks.

Habit #13

Eat Fruit in Moderation



Although fruit and veggies are not the same, many people consider them to be interchangeable. Because they are on the same shelf of the food pyramid, people mistakenly believe they are the same in value and that they are our only sources of vitamins and minerals. On the other hand, their energies are vastly different, with most fruits being far stickier and dampening than veggies.

The rudimentary observation was the starting point for most of the Chinese understanding of the world. They first devised ideas, then tested them, discovering that there are several exceptions to every norm! However, they discovered that the energy of different foods differed in the course of their studies.

When you press an orange, the liquid left on your hand is thick and sticky, but when you squeeze a piece of

broccoli, the juice left on your hand is primarily water. Things will act inside the body the same way they act outside of it. The Chinese place a premium on excellent circulation; therefore, Qi (energy), blood, food, fluids, thoughts, and emotions should all flow smoothly. Stickiness, on the other hand, impedes normal circulation according to many Chinese.

To be clear, you should consume fruit on a regular basis, but not in large quantities. However, fruitarians would disagree. Most Chinese do eat lots of fruit, but they eat more veggies than fruit. The sticky, wet nature of tropical fruits is more prominent since it is hot and humid in the tropics, and you need that energy. You must replace the fluids lost through sweating and retain those fluids. The retention of fluids is aided by a sticky, damp-natured diet.

You should consume a variety of fruits, just like vegetables, and not the same one every day. When you always do the same thing, it's almost impossible to be moderate. It is not natural to eat cold fruit. Cooked fruit is also easier to digest, so bake an apple or create a fruit soup. Fruit eaten at room temperature is still

considerably better for the body than fruit straight from the refrigerator.

Fruit juice is a concentration, so it isn't moderate by definition. Although most of us would never consume six oranges in one sitting, a large glass of orange juice may contain the equivalent of six oranges. This does not mean that you should never have juice or sauce, but if you do, be aware that you are consuming concentrated food, so exercise even more restraint.

For example, if you have a glass of wine, drink it slowly. The more tropical your location, the more fruit you can ingest. However, veggies should make up the majority of your diet, followed by fruits in moderation, grains, and then a little bit of everything else, according to the Asian culture.

Habit #14

The Cold Water Fiasco



Drinking cold water, according to some, is a terrible habit that might have negative effects on your health in the long run. Drinking cold water causes your stomach to contract, which makes it more difficult to digest food after a meal. Some individuals believe that drinking water that is colder than 36°F (4°C) makes it more difficult for your body to maintain its normal core temperature of 98.6°F (37°C).

The effects of drinking cold water on the body are not always what you expect or want. Drinking cold water makes nasal mucous thicker and more difficult to flow through the respiratory tract. Chicken soup and hot water, on the other hand, eased people's breathing, according to the researchers. Drinking cold water may worsen the symptoms of a cold or flu if you're trying to alleviate them.

Drinking cold water can exacerbate certain health conditions. People who already suffer from migraines have made the connection to drinking cold water. Cold water might make the pain from achalasia, a disorder that affects your ability to pass food down your esophagus, worse.

Traditional Chinese medicine believes that consuming cold water with hot meals might lead to an imbalance. Again, it is customary in China to serve meals with a cup of hot tea or a cup of warm water, and this is something that I practice. It is a great habit to implement in one's life. This notion is echoed in a number of different civilizations.

Drinking cold water on a hot day will not help you chill down: another common misconception dispelled. No matter the temperature, water consumption has been linked to a reduction in daily caloric consumption. Even if the water you're drinking is very cold, it's better for your digestive system and your weight control instead of sugary beverages.

Habit #15 Got Snacks?



Most Asians do not eat snacks on a daily basis. Again, they generally avoid sweets. If they do snack once in a while on something, it's usually healthy. Take a look at what Asians eat for snacks, compare it with the American chips, cake, and cookies, and you'll understand part of the reason Americans are so overweight, and Asians are not. Asians mostly choose seaweed snacks, nuts, dried fruit, and seeds.

I love pumpkin and sunflower seeds. I highly recommend keeping healthy cookies like the ones I make with quinoa flour, oatmeal, banana, dates, and raisins in the kitchen pantry if you have a habit of craving snacks. I've learned that once you replace regular wheat flour with healthy alternatives like quinoa, oatmeal, cassava, plantain, almond, and coconut flours, and then sweeten the snacks (cookies,

cakes) with very ripe bananas, dates, maple syrup., etc., you don't have to worry about calorie counting or destroying your health.

I highly recommend getting a Vitamix blender with the wet cup and the dry cup. I've used the dry cup to make so many different types of flours. Once my husband tried it, he's been making more alternative flours than I have. Anything that contains glyphosate-laced wheat flour, such as cakes, cookies, pasta, bread, donuts, pancakes, cereal, etc., which is the bulk of the Standard American Diet (SAD), should be avoided at all costs.

Once you replace that flour with healthier substitutes, you should see a huge difference in your waistline very quickly. One of my favorite snacks, when I do crave a snack, is pistachio nuts. Do watch out for the salt content of nuts. Raw is preferred but admittedly not as tasty as salted. If you really want the salt, try "lightly salted" versions.

Snacking is defined as consuming a food or beverage in between meals, regardless of its nutritional value. People snack because they are hungry, but other factors such as the location of the snacking area, the

time of day, and the availability of food all play a role too. Even if you're not hungry, you're more likely to munch on something delicious if it's nearby.

After hunger and poor energy levels, the temptation was the most prevalent reason given by adults with obesity or excess weight when asked why they opted for unhealthy snacks in several studies. Snacking's influence on health appears to be very individualized, as does the urge for snacking itself. Snacking is influenced by factors such as age and the notion that it is beneficial.

Several studies have shown that snacking might hinder weight loss or even cause weight gain in overweight or obese individuals. The additional calories consumed as snacks in between meals were found to boost caloric consumption by 40% in a study of 36 lean males. The fat in their liver and abdomen had significantly increased.

Snacking habits may have an impact on weight loss or gain, according to certain studies. Consuming a 190-calorie snack at 11:00 p.m. lowered the amount of fat burned much more than having the same snack at

10:00 a.m, according to a study of 11 thin female participants. So avoid snacking, but however, if you do get tempted once in a while like I do, opt for something healthy like the Asians do.

Habit #16

What Size Portion Is Enough?



Asians eat smaller portions in smaller bowls and with chopsticks. Meals usually consist of three dishes and one soup, which is known as Ichiju-Sansai. Ichiju Sansai, 3:1, means three times the amount of vegetables to the amount of meat and is usually comprised of rice, soup, pickled vegetables, and a side.

This meal format is usually served for breakfast, lunch, and dinner. What I really love about this meal structure is that even if you're vegan, pescatarian, vegetarian, or simply have dietary restrictions, you can adjust and swap recipes to suit your needs. You will definitely end up with a filling meal each and every time. This is such a great habit to implement.

The meat and potato American diet does not make much room for vegetables on the plate. In fact, the favorite American vegetable, potatoes (i.e., French

fries), should be replaced with sweet potatoes if you absolutely can't live without that starch. Better still, consider vegetables with bitter flavors. Give radishes, radicchio, dandelion, and bitter melon a spot on your plate.

I have eaten with chopsticks several times in my favorite Thai Restaurant in Pennsylvania and had fun with it, and it did slow things down quite a bit for me. Instead of using a fork and spoon, use chopsticks. If you've never used chopsticks before, it can be difficult to become used to the proper grip and eating technique. Chopsticks may appear daunting at first, but once you've mastered their use, you'll realize how convenient they are and how quickly you fall in love with them.

Despite their size, they have a significant impact on your eating patterns. When you eat sushi with chopsticks at an authentic Japanese restaurant, you may have a few amusing moments, but this time-honored practice lends an air of authenticity to the meal. The health and weight loss benefits of using chopsticks, on the other hand, make them an ancient

approach that continues to be used today.

Chopsticks can help reduce overeating and binge eating because they force us to pay attention to our portion sizes and give our bodies the time they need to signal our brains that we're full before we overindulge. If you're trying to lose weight, chopsticks can be a blessing because they make it easier to monitor your weight.

Using small plates and bowls makes it easier to consume lesser servings. Small dishes and bowls of various shapes, sizes, and colors are some of my favorite things to collect. Indulging in far too many calories is a leading cause of weight gain. It's important to remember that it can happen at any time of the year, not just during the holidays. There's a problem here because your stomach fills up before your brain tells you to stop.

As a result, the vast majority of people are guilty of overeating at some point in their lives. Using chopsticks will prevent you from overeating. Eating your meals slowly lets your stomach 'understand' exactly when it's full, allowing you to avoid

overeating. As a result, you'll be able to stop yourself from overindulging before it's too late.

Eating from these bowls not only looks good but also encourages you to consume fewer portions. Avoiding shovel-style eating is made simple with a pair of chopsticks.

Chopsticks aid in the development of fine motor skills and coordination. Chopsticks can also help slow down the meal and make it easier to digest because they allow for smaller mouthfuls, which tend to be chewed better and thus take longer to eat. Once that's done, there's the sauce. Most sauces are laden with butter and oil, making them bad for your waistline.

Chopsticks allow you to keep more of the artery-clogging sauce in the bowl than if you were to use a fork and spoon. While eating grilled fish and veggies, use chopsticks to eat with instead of forks. Again, using chopsticks causes people to eat less and feel full faster because it slows them down.

Habit #17

What Time Is The Right Time?



Most Asians have their breakfast between 8am - 9am, their lunch between 12pm - 1pm, and their dinner between 6pm - 8pm. Now, if they miss one of their three important meals, they can feel cranky and tired, like a huge part of their routine is missing, and they can even feel shitty about it.

If you are someone who eats on a whim, chances are you will make poor food choices and grab whatever that's available at that moment in time. In those instances, you don't have control over your food. You snack on calorie-dense foods just to give you the energy to keep going. As you already know, snacking is not really part of the Asian culture.

They have a set meal routine, and they enjoy eating three wholesome meals. This can prevent frequent hunger pangs, mindless snacking, or overeating on

your next meal. Breakfast in Asia is similar to lunch and dinner: rice, veggies, seafood, and so on. The only difference is that they will frequently eat rice porridge rather than steamed rice, and they may consume more fruit.

I'm not sure how we came up with this list of foods that qualify as breakfast in the West. The vast majority of them are harmful, and few of them contain any veggies. Waffles and pancakes with syrup are desserts, and most cold cereals lack any nutrients whatsoever and are accompanied by a glass of cold milk (really bad).

Eggs are fine on occasion, but not with cheese or meat. Oatmeal, Quinoa porridge, veggies, and fruits are all excellent choices. The only frequent breakfast items that I can think of that contain any veggies are a spinach crepe and a veggie omelet. If you enjoy cold cereal, don't eat it every day, and make sure it contains organic ingredients. Don't use dairy milk with your cereal.

Coconut milk, almond milk, organic oat milk, pumpkin seed milk, hemp seed milk, and walnut milk are all

good alternatives to cow's milk, but don't stick with one; try them all. Please avoid breakfast bars because they are processed, concentrated, and unnatural. Maintain a healthy appetite, and strive to make breakfast similar to the other meals.

I stopped eating breakfast for about a year now, and it's one of the best decisions I've made. I break my fast at 12 noon, and that's when I try to have my heaviest meal. In the morning, when I wake up, I have liquids such as a cup of tea, a glass of water with a tablespoon of apple cider vinegar, a glass of coconut water, and a small bowl of fruit closer to noon.

I try to drink my liquids, one cup or glass, every hour before noon. I eat food only from noon to 6pm. The only thing I ingest after 6pm is a cup of my M&M tea about an hour before bed. This heals and cleanses my body while I sleep. I usually go to bed at 10pm. It's very self-evident that if you eat and then go to bed, the food will not be digested, absorbed and assimilated properly as energy since the body doesn't require much during sleep.

Instead, your body will convert this meal to fat,

significantly reducing your chances of shedding any weight. Try not to eat within four hours of going to bed; this means that if you go to bed late, you can eat later than 6 p.m. This strategy, when combined with the preceding tips, can help you lose weight automatically.

When it is meal time, it is meal time and nothing else. That means taking a break and going for lunch with friends at a restaurant or having dinner with the family around the dining table. Do not eat in front of a TV, while on your computer, or with your cell phone scrolling through social media posts. This practice helps us to eat more mindfully as we are fully present and engaged with our food and nothing else.

Now, when you eat with distractions, you tend to eat a lot more. Our brain is so focused on other things, such as working on laptops or watching that TV show. Your body can't register that feeling of satisfaction, and you will eat at least 30% more. Now, if you were to stay slim without even trying, just be fully present with your food. Trust me, you will feel satisfied quicker, and your food will taste so much better.

Habit #18

“Fried Foods Taste Better.”



A meal's calorie count and nutritional value might be affected by the cooking method you use. One of the most convenient and healthiest ways to cook vegetables, meat, and chicken is by steaming. You may obtain your daily dosage of vitamins and minerals by steaming vegetables. In terms of health, this is one of the best techniques of cooking because it doesn't result in the loss of nutrients, making the food more nutritious.

Cooking veggies in this way improves their antioxidant content, making them easier for your body to digest and absorb. It is possible to preserve 100% of the protein in chicken by steaming it. Baking is good too. Steaming is a healthier cooking method than frying or grilling because it doesn't involve the use of any oil or exposure to contaminants.

Without oil, the amount of fat in food decreases by itself. Steaming preserves the natural flavor of your food by completely cooking it without adding any additional fat or butter. Reduce your intake of fats and calories with steaming, which may lower your risk of weight gain and heart disease. In contrast, when you fry your food, the oil is absorbed during the cooking process, increasing the number of calories and fat.

Even a modest amount of butter can add extra calories and saturated fat to baked or grilled items. First, fried meals are often coated in batter or flour prior to frying. As a result, meals that are deep-fried tend to lose more water and absorb more fat, resulting in a higher calorie content overall.

Fried foods, on a whole, have a higher fat and calorie content than non-fried ones. While 100 grams of French fries contain 319 calories and 17 grams of fat per serving, the same number of small baked potatoes (93 calories) have zero fat. If we look at another example, a 100-grams of baked cod filet contains only one-tenth the number of calories and fat as a similarly sized piece of deep-fried fish.

When unsaturated fats are hydrogenated, trans fats are generated. In order to extend the shelf life and stability of their products, food manufacturers commonly hydrogenate fats using high-pressure and hydrogen gas. However, hydrogenation can also occur when oils are heated to extremely high temperatures during food preparation.

Fats become more difficult for your body to digest as a result of this process, which can have bad health consequences. As a matter of fact, trans-fats have been linked to a wide range of illnesses, including heart disease, cancer, and diabetes. Trans-fats are common in fried dishes due to the high temperatures at which they are cooked in oil. Adding to the problem, fried foods are often fried in oils that may already contain trans-fats.

Habit #19

Feel Full With This Small Food



I've recently discovered that Chinese consume more eggs than almost anyone on this entire planet. Eggs are a major staple of many Asian cuisines. Most Asian cuisines have recipes that include eggs, despite their reputation as a high-cholesterol food. In Chinese households and the entire Asian Culture, eggs are highly regarded as an essential source of protein.

Can you believe that the average Asian eats about 300 eggs annually? Now that seems like insanity to me, seriously. I can't imagine eating so many eggs. I do love eggs, and eggs are filling, but I do believe that too much can become detrimental to one's health. I usually eat two boiled eggs one day in the week as part of my lunch, and my entire family enjoys veggie omelets every Sunday with some type of gluten-free pancakes and homemade syrup.

Now back to Chinese, Asians overall...they eat lots of eggs because they claim that it provides many nutrients and it's tasty, convenient, cheap, and filling. The great thing about eggs is that they can be fried or sautéed with vegetables, steamed, or even boiled in soups. Eggs have been shown to provide numerous health benefits.

Because of its high protein content and ability to keep you full for an extended period of time, egg has been shown in studies to aid in weight loss. Sometimes I may eat two boiled eggs with a piece of my quinoa bread and a half of a small sweet potato around noon. I feel content with that small lunch with no need to snack whatsoever. I don't feel hungry again until around 5pm.

Eggs are high-quality protein and contain a variety of vitamins and minerals, such as vitamin A, vitamin D, B vitamins, and folic acid. Protein is found in both egg whites and yolks. Most of the lipids, vitamins, and minerals are concentrated in the yolk. In terms of weight loss, eggs' high protein content might keep you feeling full and may help you consume fewer calories

later in the day.

Being able to satisfy hunger while maintaining a calorie deficit, is a challenge when trying to lose weight. To combat this, we can consume more protein-rich foods that keep us feeling satisfied for longer. Eggs provide roughly 6 grams of protein per large egg. Eating an egg every day is absolutely healthy, but there isn't a hard and fast rule for how many you should eat. I just feel like, with everything in life, it must be done in moderation.

Too much of anything is not good. Even though a large egg only has about 74 calories, it's packed with essential vitamins and minerals. The calorie content of three large boiled eggs is less than 230. As long as you include enough vegetables and fiber and fat sources like avocado, you can have an entire dinner with just 500 calories. Keep in mind that each teaspoon (5 grams) of oil or butter you use to fry your eggs adds roughly 50 calories.

Habit #20

Eat Fermented Foods Daily



The meals you choose to eat might either help or hinder your weight loss efforts. In order to lose weight, you must not only eat healthier but also pay attention to the quality of your food. Making the appropriate food choices always seems like a smart move because it not only ensures good health but it also makes losing weight much easier. You can also easily accomplish your desired outcomes by simply altering your diet regimen.

Eating fermented foods can help you lose weight more quickly and is a simple diet change you can adopt. A growing number of health-conscious consumers, including athletes and dieters, are turning to fermented foods for fuel. Many people are turning to psyllium husks because of the numerous health advantages they provide, including better digestion and assistance with

weight loss.

Fermentation is the breakdown of a material into smaller and simpler components. In this process, microorganisms such as yeast and bacteria play an important role. In the absence of oxygen, this metabolic activity consumes sugar. Zymology is another term for fermentation in the scientific community. People eat fermented foods to enhance digestion and strengthen the immune system.

Healthy probiotic bacteria are created when foods like vegetables are fermented, which is an important factor in digestive health. Inflammation can be reduced with the use of fermented foods. Inflammation, say doctors, stimulates cells known as “fat triggers” in our bodies. In this case, the brain tells the body to retain fat rather than burn it, indicating that it is in discomfort. Adding fermented foods to your diet can help you lose weight by lowering inflammation in the body.

Obesity has been linked to the presence of hostile gut microorganisms in numerous studies. When you eat fermented foods, you improve your digestive health, which is essential for weight loss. Vitamins and

minerals can be found in fermented foods. B vitamins, B12, and omega-3 fatty acids are included in their composition. Lactase and lactic acid are also produced by these bacteria. All of these foods are excellent for helping you lose weight.

Habit #21

Veggies From The Sea



For thousands of years, mankind has eaten seaweed. Whether from Ireland or Malaysia, it is a common delicacy in many cultures. As a side dish for sushi and as a crunchy snack at natural foods stores, seaweed has taken longer to catch on in the US, but it is progressively becoming more popular. Seaweed's appeal is mostly owing to its high nutritional value, which includes a wide range of vitamins and minerals.

How do you incorporate seaweed into your diet to reap these health benefits? Seaweed is a staple in many Asian diets. Seaweed is a versatile food that should be included in every home kitchen. It may be used in soups, salads, and even desserts. Agar (a powdered or flakes seaweed extract used for thickening or gelatinizing) is a long-time staple in the vegan community, but its demand has grown so much that

the prices have skyrocketed.

In the water, we find more than a thousand different kinds of seaweed. However, only a few of these are harvested and eaten by humans. Red, brown, and green are the three primary colors used to describe each of these sorts. Some examples of red seaweed are dulse (which has a bacon-like flavor when cooked), Irish moss, and nori (the seaweed that surrounds your sushi rolls).

Compared to their green and brown relatives, these seaweeds are often small and delicate. Brown seaweed, which includes kelp and wakame, is most frequently consumed. This type of seaweed, which includes sea lettuce, is the most familiar and most abundant. A wide range of health advantages makes edible seaweeds an excellent addition to any meal.

Vitamins A, C, and B6, as well as calcium, iodine, and fiber, are all found in seaweed. Seaweed may contain more bioactive peptides than milk, according to an analysis of more than 100 research. Proteins from milk, such as bioactive peptides, have long been known to benefit the heart, digestion, and immune system.

Conclusion



The nutritional habits of individuals in East Asian countries include practices like eating lesser quantities, relying more on rice than bread, and favoring more fish and vegetables. The Western diet, on the other hand, focuses on wheat flour, dairy, red meat, and GMO products. Wheat is the major culprit of the American diet and is also becoming a major part of diets around the world due to TV, Social Media, and other types of Western programming.

Many countries that did not make it a custom to consume a lot of wheat products on a daily basis are now doing so because of what they see on TV and especially on their cell phones. In my humble opinion, the cell phone is one of the main vehicles of all the evil in the world today. I gave up my cell phone back in 2011 because it was causing me to have multiple seizures daily. I have no regrets and will never get one

again.

If the cell phone was created just for emergency communication usage, it would have been ideal, but the mere fact that people have their entire lives wrapped up in it and it is also a health hazard should be of major concern to us all. Look around you, and see for yourself the damage it has done and continues to do. Without the cell phone, the globalists would not have so much control on people and would not have been able to accomplish so much with that COVID “plan-demic”.

Consequently, even the so-called “third-world” countries are getting sick, fat, and tired like most Americans. I’ve seen so many so-called poor people walking around with their heads in cell phones in the Caribbean. The cell phone is their life. They would rather “Top Up” their cell phone rather than use those funds to buy what they really need. It’s sheer insanity.

When it comes to losing weight, many people fall prey to the assumption that bland cuisine, removing fat, and cutting out carbohydrates are the only ways to do so successfully. Isn’t it more likely that you’ll fail if you

force-feed yourself with boring insipid salads and smoothies?

Don't get me wrong, I eat salads, but to eat them all day long because of a diet plan just does not work in the long term for me. As for smoothies, I don't like them because I hate drinking anything with pulp in it. I would have to strain the smoothies before drinking. They would have to be smooth like a vanilla milkshake; otherwise, I won't drink them. I've been this way since a baby. My mother told me that I would not drink formula with cereal in it.

Anyone can slim down while still eating their favorite foods, thanks to the wide range of plant-based food and healthy alternatives to processed foods that are available to everyone. The goal of this book was to make everyone aware that you don't need to diet. All you need to do is adopt some healthy eating habits, cleanse your body often, and the weight will slowly melt away for good without even thinking about it. Remember, dieting rarely works long-term, but a healthy lifestyle change with healthy daily eating habits lasts a lifetime.

It begins in the gut

Gut bacteria is linked in so many ways to your health and your body weight. There are two gut bacteria associated with lean body weight, which are *Akkermansia muciniphila* and *Christensenella minuta*. These are considered to be good bacteria for weight loss and are often found in skinny people. What I've learned is that the *Akkermansia* bacteria feed on the mucus that can line your gut.

This strengthens your intestinal barrier. If your gut lining is weak or even destroyed, you will most likely be obese and sick. So let's keep our gut clean by eating mostly plant-based meals, such as food rich in fiber, zinc, copper, and magnesium. It's important that your zinc intake is balanced with copper. You can find both zinc and copper in most types of edible seeds and nuts, such as almonds and cashews.

You can also find both zinc and copper in legumes, peas, beans, and lentils. I usually get my daily dose of copper, zinc, magnesium, Iron, Calcium, Protein, and other vitamins and minerals by drinking raw cacao tea and beet juice. I also eat purple sweet potato, which is

high in copper. This fills me up so that I no longer crave bread. I never knew that sweet potatoes were so good for consumption, especially the purple ones.

They are so easy to plant, and they reproduce in massive amounts from just one potato. It's a food you can feast on for a lifetime. Also, to keep me away from wheat (bread, pasta, etc.), we often have a pot of cooked ground provisions (green bananas, green plantains, ripe plantains, sweet potato, dasheen, yam, etc.) sitting on the stove. These ground provisions, a piece of fish high in zinc and copper, with some gravy on the side, some stewed sprouted lentils, garbanzo beans, etc., make for a healthy meal.

Did you know that early gray hair is usually a sign of the lack of copper and zinc in the diet? Yes, it's true. I believe this is why I do not have a gray hair problem at the age of 49. My hubby, who is 57, has a full head of hair and few gray hairs compared to most men his age who are bald and full of gray hair.

So we must be doing something right. Here's another benefit of copper. I used to suffer so badly from anemia that I felt like all hope was lost. During my monthly

cycle, I would bleed so heavily for at least seven days to the point where I had to wear Depends undergarments instead of pads. I was hospitalized and almost died from my blood count being so terribly low, which was down to a three.

I know someone who died from this same issue, and her blood count at the time of death was a six. So, imagine me surviving a three; that's insane. It's what was considered a miracle. Yes, I'm still here, and still here for a very good reason. I used to take so much iron daily and tried various iron pills but to no avail. My anemia worsened until I discovered it was not iron that I needed but copper.

I discovered that too much iron can block your copper absorption in the body. I got rid of the iron pills and began eating more foods with copper and zinc. By the way, my daily beet juice, which contains greens such as kale, has enough iron that my body needs for the day. So my anemia is gone. My fibroids are gone. I am no longer tired all the time.

The awful candida overgrowth in my body is now under control. I thought I had to live with candida

overgrowth because no matter what I tried, it got worse. I even tried all fruit and veggie diet, and the candida got worse. I found out that candida loves an alkaline body.

You need some good bacteria in the gut to help get rid of the overgrowth. However, no one told me that if you don't get rid of the candida spores, they will bury themselves in the body, reproduce and keep coming back. So I discovered that CandElim gets rid of the candida spores, and I had to have it.

I ordered a few bottles of it to begin with. So if you're suffering and nothing is working for you, try CandElim. Also, add a tablespoon of Braggs Apple Cider Vinegar with the "Mother" to a glass of warm water, along with a half teaspoon of baking soda, and drink every morning; this helped me a lot also.

What about Soy?

Once in a while, we will have Tofu with some veggie steamed rice. I use Braggs Amino Acid to add flavor to some of my dishes instead of regular soy sauce. I also like to cook a lot with Cumin and Tumeric. So meals

such as curried lentils and potatoes served over mixed vegetable jasmine, black, brown, or wild rice, with some coleslaw on the side, are tasty. I also mix up my daily dose of unsweetened natural herbal teas with the intention of having a different tea every day filled with nutritious natural herbs from our garden. You don't want to drink the same tea every single day.

An additional habit that I incorporate into my daily life

Have you ever heard of the term coconut oil pulling? Well, that is something that I discovered from my son, and the entire family, except for my last son, does it on a daily basis. What is it, and why do we do it? Well, coconut oil pulling is the Indian practice of swishing around a tablespoon of raw coconut oil in your mouth first thing in the morning for about 10-20 minutes.

This removes plaque and bacteria. Some tea also tends to stain the teeth, so coconut oil pulling daily, along with a good fluoride-free toothpaste, is ideal for taking good care of your oral health. In addition, viruses and fungi are no match for the Lauric Acid which is found in coconut oil.

Having cleaner, plaque-free teeth and getting rid of bad breath are not the only benefits because a recent NIA Scientist study suggests that bacteria in the mouth that causes gum disease are also associated with the development of early dementia and Alzheimer's disease. I've noticed that daily oil pulling has helped improve my memory.

I was having serious memory issues, which is also a side effect of my epilepsy medication; however, daily raw coconut oil pulling has fixed that problem. So, ingest a tablespoon of raw coconut oil daily to boost your memory. I've recently learned that inflammatory molecules and bacteria can travel from infections in the mouth through the bloodstream to the brain.

This can play a major role in the development of a brain aneurysm, which most people don't survive. A young man named Jay Keller, one of the very few people to survive a brain aneurysm, experienced a brain aneurysm that started when cavity-causing bacteria traveled to his heart and then to his brain. His survival is what some termed a miracle. Coconut oil pulling daily can help you avoid ever having to

concern yourself with this health issue.

Two of my daily treats

Cacao Tea

Before I end this book, let me share with you a couple daily treats that not only taste great but are good for the body. I love raw cacao tea with sea moss, bay leaves, cinnamon, cloves, leaf of life, Marijuana leaves, Moringa, bamboo leaves, turmeric, coconut cream, and honey to lightly sweeten. I have a video on my backtonaturalliving.com website that demonstrates how to make this tea.

This delicious tea has so many health benefits, but my favorites are that it helps slow down the growth of gray hair and is great for healthy hair and skin. I guess it works for me because of the high copper, zinc, and magnesium content. It's also filled with most of the vitamins, minerals, and healthy fats you need for the day. Just make sure you wash out your body at the end of the day with hot unsweetened tea, for instance, some

hot **lemon, ginger, mint, and cucumber** tea. This will definitely wash your gut out.

Tumeric Milk or Golden Milk Tea

Ingredients

- 1 teaspoon turmeric
- 1 cup organic coconut cream
- 1 cup of organic coconut water
- Half teaspoon ginger
- 1 tablespoon of cinnamon
- ¼ teaspoon nutmeg
- Cinnamon stick
- Three bay leaves
- 1 cup of distilled water
- 1 tablespoon of raw honey

Directions

Most people add a half teaspoon of black pepper for turmeric absorption to this recipe, but I don't. The fat from the coconut milk will help the body to absorb the turmeric.

Add the distilled water to a teapot, along with the spices (nutmeg, cinnamon stick, bay leaves, and bring to a boil. Turn the stove off. Blend all of the additional ingredients until smooth, then add to the teapot of herbs. Let the tea sit for about 5 minutes. Strain, sweeten with honey, and enjoy.

So let's wrap this up

The low obesity and overweight rates in Korea, China, and Japan have prompted people to keep digging into their secrets of being so slim and healthy. Their way of life and food are two main reasons for this rate. Do your own research on the fundamentals of the Asian dietary philosophy in this book, and then add some of these habits to your life and watch your life change for the better.

When it comes to losing weight, the primary rules of the Asian Culture are to eat more foods rich in good nutrients and eat fewer, smaller quantities. Drinking plenty of hot water and hot tea is also highly recommended. If you want to keep your diet authentic, stick to simple, unsweetened green tea instead of coffee, sweetened juices, and soda.

There is no caloric restriction in the Asian diet; nonetheless, Asians hold the belief that you should only eat until you are 80% full. Never eat to 100% full. Leave some room in the tummy. I certainly agree. I hate to eat until my “belly burst,” is what I usually say. It’s an awful feeling, but some people are not satisfied unless their stomachs are filled to capacity. Again, this is definitely a habit to incorporate into your life. I wish you tremendous success.

“If you don’t do what’s best for your body, you’re the one who comes up on the short end.”

- Julius Erving

About the Author



Vernetta Carbon was born on the beautiful Caribbean island of St. Kitts on February 27, 1973, grew up in Brooklyn, New York, and spent most of her adult life in Pennsylvania. She is the wife of a Construction Engineer and the mother of three young men, but she has also been a Corporate Communication Specialist, Real Estate Investor,

General Transcriptionist, Legal Transcriptionist, freelance writer, blogger, Search Engine Optimization Specialist, an "Attorney In Fact," and small business owner. She has a passion for creative cooking and almost destroyed her body growing up on the Standard American Diet (SAD). She has reversed almost all of the illnesses that resulted from the SAD and the deadly side effects of epilepsy medication by adopting healthy eating habits and by adding special healing herbs to her daily diet. www.BackToNaturalLiving.com