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**LIA Lifestyle Instruction Aid**

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$$\left(\frac{\text{CalorieIN}}{\text{CaloriesOUT}}\right) \times \left(\frac{\text{TypeXFood}}{\text{TypeYFood}}\right) \times (\text{GeneticFactor}) \times (\text{AnatomyFactor}) \times (\text{PsychologicalFactor})$$

If you want to be thin, then think thin, eat thin, and do thin.

If you can't do thin then do somethin.

Do thin things that thank your body.

**Type X Foods Type Y Foods**

The Type X Food vs. Type Y Food is a newer concept taught by OptimalHealthSecrets.Com. The X Foods vs. Y Foods concept has at least two categories of foods, leaving aside the Calorie density of foods, (fats being more densely packed with Calories).

Different foods seem to be handled differently by the body. If a person consumes 500 Calories of a protein/fat food then this may produce less weight gain than carbohydrates also taken in at 500 Calories. The Atkins diet, now all the rage, is a testament to that. If your total Calories are kept low but, the percentage of the meal is higher in protein, then weight loss seems to be easier than if the percentage of the meal was higher in carbohydrates. However, high protein diets are a dirty fuel, though, leaving much metabolic debris and that stresses the immune system.

Long term effects of a very high protein diet are unknown. It is well known in nutrition circles that Flavonoids, (nutrients found in vegetables and fruits), are very necessary to good health and a long life. It is the Flavonoids in the red wine that confers the health benefits. Diets very high in protein are quite deficient in these Flavonoids. You can see how balance becomes an important concept and why a variety of foods is so necessary.

Protein foods also produce a negative ash when they are burned by the body. This negative ash must be neutralized. The body's basic store for this neutralization is with calcium from bone. This process takes calcium out of the bones and leads to osteoporosis. The Atkins diet for long term weight loss may be found in the future to do harm. Short term it appears to work.

To further complicate the issues, research shows that some food groups have protein markers on them that can confuse the human metabolic system. Some human cells use a four, or more, amino acid chain as a code to mark those cells as human so they can be recognized by other body cells, particularly the immune system cells. Consuming a food that has that same code sequence that the body uses, can be confusing to some internal mechanisms in the body. And no, we do not

break down proteins completely in our digestive tract as was taught to medical doctors in the past. We absorb some foods, partially digested, and that is where problems can arise.

In addition to the protein marker problem there is the Lectin problem. Lectins are special protein/carbohydrate markers on foods. The term Lectin is a term used to indicate that this protein will cause a haemagglutination reaction in red blood cells in the blood. This blood reaction causes a plugging of the tinny capillaries in the tissues. The red blood cells get sticky and clump together. This is called haemagglutination and is the basis for performing blood typing before transfusions or surgery. If you put another person's blood into your blood and that blood has the wrong Lectins (is the wrong blood type), then your blood will agglutinate and you will plug up and die. Surgeons learned about this long, long ago.

Different foods have different strengths of Lectins. Some Lectins are very powerful poisons. Ricin for instance, from the Castor bean, can kill a human when injected in tiny amounts as in the amount that would fit on the head of a straight pin. It has generally been unrecognized how damaging the Lectins on some common foods are to humans.

The cereal grain family and the legume family of foods have been implicated as harmful. A diet called the Paleolithic diet, championed by Dr. Loren Cordain, teaches the avoidance of these food families and a return to the types of foods our ancestors, the cavemen, ate. The caveman diet also avoids dairy foods, by the way.

If you are eating the wrong foods and plugging your system, and at the same time compounding the problem by eating at the wrong time of the day, then rather than metabolizing your meal you may be just storing it. Weight gain is easy this way.

The problem is that the food industry has set about producing foods that are harmful to us in a very subtle way over many decades. But, these foods taste good because they are high in sugar and fat. Humans just looove sugar and fat. The food industry know this.

And so, we have this spiral into oblivion that seems to be looming ahead. The Roman Empire apparently was felled by the poisoning by lead in the drinking pipes, which was unrecognized at that time. Are we failing to recognize a subtle food poisoning by some common, so called, 'safe' foods?

See the next article for more information.

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