



Is this amazing health food on your grocery list?

Research shows it lowers heart disease risk, reduces bone fractures, and more!

Whether you've read one or 100 issues of *Insiders' Cures*, you know I'm a fan of **full-fat dairy**.

Not skim, not two percent, not low-fat—and definitely not any of the other processed, artificial “dairy” replacements.

Why? Well, to paraphrase the old advertisement: Full-fat dairy does your body good.

In fact, a growing volume of research associates full-fat dairy with a lower risk of obesity and Type II diabetes. That's because, when fat is removed from dairy products, the lactose (milk sugar) is absorbed more quickly into the bloodstream, creating blood sugar spikes.

But that's not all full-fat dairy can do for you.

A new, international study determined that people who consume more dairy fat actually have a lower risk of heart disease, compared with those who consume less dairy.

And another new study demonstrates that including dairy at virtually every meal dramatically reduces the number of falls and fractures in older adults.

Let's take a closer look...

Another reason to “heart” dairy

For the first study, researchers tracked 4,150 Swedish men and women in their 60s for more than 16 years.¹

The researchers began by measuring each participant's blood levels of a fatty acid found in dairy foods. (This is much more precise than guessing people's dairy intake from dietary questionnaires.) The researchers then examined how many participants developed cardiovascular disease during the study period.

Ultimately, they found that the participants with *higher* levels of the dairy fatty acid had *the lowest risk* of cardiovascular disease. And this was true even when the researchers took into account heart disease risk factors like diet, lifestyle, age, and presence of other diseases.

Plus, the study showed that those who ate more dairy didn't have an increased risk of death from *any* cause. (The researchers noted death rates because it's important—from an epidemiological standpoint—that the participants didn't die from some *other* disease simply because they didn't die of heart disease *first*.)

To see if their findings held up in other populations, the researchers examined 17 different studies involving 43,000 people in Denmark, the U.K., and the U.S. And they found the same kinds of results—the study participants with the *highest* levels of dairy fat in their blood samples had *the lowest risks* of cardiovascular disease.

The best part? NONE of the studies suggested that the participants were

harmed *in any way* by consuming dairy foods.

Not all dairy is created equal

Notably, more and more researchers recognize the importance of distinguishing the specific types of foods classified as “dairy.” And, more specifically—between processed versus unprocessed foods (as I discuss on page 3), and how this important distinction applies to dairy.

On the one side, there's minimally processed whole milk, plain yogurt, and full-fat cheese (all of which I wholeheartedly recommend as part of a healthy diet). On the other side there's highly processed milk that removes natural fats, yogurt loaded with sugar, and “cheese products” packed with artificial ingredients (which I definitely don't recommend).

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[EXPOSED] The calories in, calories out theory is a downright LIE7

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The lead author of the study, Dr. Kathy Trieu, said, “Increasing evidence suggests that the health impact of dairy foods may be more dependent on the type—such as cheese, yogurt, milk, and butter—rather than the fat content, which has raised doubts if avoidance of dairy foods overall is beneficial for cardiovascular health. Our study suggests that cutting down on dairy fat or avoiding dairy altogether might not be the best choice for health.”

Indeed.

Dr. Trieu’s insight that it’s not the natural fats in foods—it’s the artificial, low-fat, and processed dairy products that are causing health problems—certainly rings true. But it comes a little late, after *decades* of flawed theories and failed dietary recommendations *against* foods with healthy fats, including dairy, eggs, and meat.

So, allow me to reiterate the fact that organic, full-fat dairy foods, *without* artificial ingredients and artificial processing, are packed with key nutrients that support good health—as this study suggests. Including protein and the all-important mineral calcium (which should only ever come from your diet and not from supplements).

And that leads me to the *next* new study...

Breaking news about breaking falls

According to a large new clinical trial, increased intake of dairy foods such as cheese, milk, and yogurt reduced falls and fractures in older adults living in long-term care facilities.²

The researchers looked at 7,195 people with an average age of 86 years, residing in 60 long-term care facilities in Australia. The participants had adequate vitamin D levels (because they took a D supplement), but were below recommended levels of calcium and protein.

Half of the facilities were randomly selected to give residents additional cheese, milk, and yogurt to achieve daily dietary intakes of 1,142 mg of calcium and 1.1 grams of protein per kilogram of body weight. This is the equivalent of **3.5 servings of dairy a day** (with one serving defined as a cup of milk, about three-quarters of an ounce of cheese, or half a cup of yogurt).

The other half of the facilities kept their usual menus, providing only 700 mg a day of calcium and 0.9 grams of protein per kilogram of body weight per day (**about two daily servings of dairy**).

During the two-year study period, the participants had 4,302 falls. There were 324 bone fractures, including 135 hip fractures.

But the group who consumed *more* dairy had a 33 percent reduction in fractures of any kind, a whopping 46 reduction in hip fractures, and an 11 percent reduction in falls.

Not to mention, the researchers also noted that the reduction was similar to that found in trials using potent drugs (with dangerous side effects) designed to increase bone strength in people with osteoporosis. (Amazing!)

How much dairy do you really need?

Of course, it’s well established that foods rich in calcium and protein, such as dairy, help prevent the bone weakness that can lead to fractures. But before this study was conducted, few researchers investigated whether increasing daily intake of dairy foods is a safe and effective way of reducing fractures in older adults.

As we just learned, the answer is a resounding YES!

Dairy foods are also important for maintaining muscle mass for strength, walking (gait), standing, and even sitting, (I’ve written before about

studies showing that how well you walk—your gait—is a key measure of health and longevity.)

Complete proteins (from dairy, meat, and seafood) are optimal for muscle strength. But similarly, guidelines for protein intake, especially among older people, are woefully inadequate.

For instance, the U.S. recommended dietary intake for protein is 0.8 grams per kilogram of body weight.

But the study I just referenced found that people who consumed 0.9 grams had plenty of fractures and falls. Meanwhile, 1.1 grams seemed to be the sweet spot for fracture reduction.

Another new study showed that when older adults increase their daily protein intake to *at least* 1.2 grams per kilogram of body weight, they have significant improvements in gait and leg strength.³

And the International Protein Board goes even higher. It recommends that older adults consume between 1.4 to 1.75 grams of protein per kilogram of body weight.⁴


So, how much do you really need?

While the recommendations may vary, the message is still the same: Most Americans don't consume enough dairy (or protein, or calcium) to keep

their bones and muscles healthy—especially as they age.

One of the best ways to do so is to include a serving of full-fat, organic dairy (a cup of milk, an ounce of cheese, or half a cup of yogurt) at virtually every meal.

After all, that's a hallmark of the Mediterranean diet, which is the healthiest diet on the planet.

Bottom line: The *real* science shows that to protect your metabolic, heart, and bone health—and a whole lot more—whole, unprocessed dairy foods need to be a staple on your grocery list...*and* on your daily menu. 

The No.1 dietary choice you should NEVER make

Plus, how to eat a balanced diet on a balanced budget

The science has become clear in recent years: Increased consumption of ultra-processed foods is putting our health at risk.

Yet sadly, a new study from New York University shows that more Americans are making that choice—especially during the pandemic.¹

And it's hardly a coincidence that heart disease, cancer, Alzheimer's, and other life-threatening, chronic illnesses are on the rise as well.

These “Frankenfoods” include ready-to-eat, or ready-to-heat, products with artificial ingredients and additives—and little (if any) whole food ingredients. (Fast food and many takeout options also fit the bill.) They are the *absolute worst* dietary choice you can make.

In fact, as noted by study author Filippa Juul: “Eating more ultra-processed foods is associated with poor diet quality and higher risk of several chronic diseases. The high and increasing consumption of ultra-processed foods in

the 21st century may be a key driver of the obesity epidemic.”²¹

So, let's talk more about it.

And then, I'll explain why you should always choose REAL, whole foods. I'll also reveal simple tips for keeping your diet (and your pocketbook) healthy throughout the pandemic, and beyond...

More than half of all foods consumed are ultra-processed

The NYU research on processed food consumption dates back to 2001. But ultra-processed foods have been around for decades before that.

I'm talking about most breakfast cereals, canned soups, fast foods, frozen dinners, snack foods, sweets, and sodas (with sugars or artificial sweeteners). Basically, anything packaged in cardboard or plastic (which isn't healthy for the planet, either).

According to the NYU research, for the last two decades, more than *half* the

calories Americans consume every day come from these ultra-processed foods. And that number has been steadily *increasing*.

The researchers analyzed government food data and found that between 2001 and 2002, ultra-processed foods accounted for 54 percent of the calories consumed in the average American diet. And from 2017 to 2018, that number grew to *57 percent*.

Even more worrisome, people ages 60 years and older had the largest increase in ultra-processed food consumption. At the beginning of the study, they had consumed the least amounts of ultra-processed foods and most whole foods...but consumed the *most* ultra-processed foods and the least whole foods by the end.

Overall, consumption of whole foods fell from 33 percent to 27 percent of total calories during the study period, mostly due to people eating less dairy and meat.

The one slice of good news? Intake of some sugary foods and drinks declined. But that decline was offset, health-wise, by the increase in processed food consumption.

So, how did we get to this point? As with many snafus with health and nutrition, I blame crony-corporatist bureaucrats and the Big Food industry.

A history of inept nutrition decisions

It was never the right path to single out selected nutrients and food constituents like cholesterol, fats, or even protein as “unhealthy.” And it has never made any sense scientifically to try to demonize entire food categories like dairy, eggs, meat, and even certain kinds of seafood.

Rather, as I suggested to my bosses while I was a research investigator at the National Institutes of Health

during the mid-1980s, we should look at why whole, natural foods have always been linked to good health.

My argument was based on clear data going back to the 1920s showing that eating fresh produce and dairy was associated with lower rates of chronic disease. Plus, other studies have consistently demonstrated that eating more fish and seafood is good for health, too.

But my bosses were not convinced. And misguided dietary recommendations against eating foods with cholesterol and fats helped shift popular consumption toward fake, processed, “low-fat” products that typically contain high sugar and refined carbs instead.

Fortunately, after decades went by and billions of research dollars were spent, some scientists began reporting that these ultra-processed foods are the

real problem.

And FINALLY, awareness of the importance of whole, organic foods is increasing among consumers and grocers.

But the flawed dietary recommendations against dairy and meat, which were promulgated for years by government and public health experts, still have many consumers going the wrong way—against healthy whole foods and away from a balanced diet.

Why we need real—not fake—dairy and meat

As you know, science increasingly shows that organic, whole dairy products are healthy (see page 1), while processed, artificial dairy products pose health hazards. The same holds true for organic meat—a healthy, much-needed source of protein, especially as you get older.

Recipe of the Month: Hearty and healthy grilled cheese sandwiches

Grilled cheese makes a warm, hearty, and healthy meal—especially for winter, with a side of organic tomato soup.

(In New England, when I was young, this was always a lunch favorite for mothers to make when children were home from school on weekday holidays...and of course, on snow days!)

In one simple sandwich, you get the following nutrients: Calcium, fiber, iron, magnesium, manganese, phosphorus, potassium, protein, selenium, vitamins B and D, and zinc.

Plus, grilled cheese is easy and fast to make!

Start with organic, whole-grain bread. It should be firm enough to slice and sufficiently close-grained so the melted cheese doesn't leak through. You can find fresh-baked whole loaves of your favorite bread at the grocery store, or you can make your own. I like the recipes from King Arthur Baking Company, which makes high-quality flour.

Spread the sliced bread with organic,

grass-fed, full-fat butter to help achieve the crispy outer texture. Mayonnaise also spreads easily and browns well. (I only recommend using mayo with organic, whole ingredients—no sugars or artificial additives. I like Sir Kensington brand.)

Whatever you do, don't use margarine or other “fake butters.” Despite their claims to be “healthy,” these spreads are often highly processed and LOADED with artificial ingredients. Not to mention...they taste awful!

Next, choose your cheese. I like to use a combination. If you start with some good cheddar, you can add a little provolone to sharpen it, or some mozzarella to soften it. Whatever variety of cheese you choose, make sure it's organic and full-fat (see page 1).

Now, it's a good idea to test how your cheese melts, which helps determine your grilling temperatures and times. Put a small piece of the cheese in the microwave for 10 seconds. If it melts quickly, cook your grilled cheese on medium-high heat so the bread toasts while the cheese melts (you need

to follow the entire grilling process closely). Meanwhile, a cheese that's slow to melt needs to be grilled on low heat for a longer time.

Once you have an idea for how your cheese will melt, choose a cast-iron skillet or other type of grilling pan that's not coated in a toxic, “non-stick” material, and start cooking.

During the cooking process, I refrain from pushing down on my grilled cheese to flatten it. Instead, I use a little trick...

Take the next smallest size cover for your pan and place it inside, on top of your sandwich. That will trap the cheese in place inside the bread (which is particularly important when using different cheeses) and lock in the flavors.

Fresh slices of organic tomato make a perfect addition to your grilled cheese, too. You can add them with the cheese between the slices of bread, or you can even serve your sandwiches with an organic tomato soup. As I said above, it's a perfect, NUTRITIOUS lunch or dinner for a cold winter's day!

That's why substituting plant-based "fake meats" is not a real solution. I've written before about how plant-based, artificial beef products and fake hamburgers are among the most ultra-processed foods on the planet (with a terrible carbon footprint for the planet, to boot).

Then, there's fake chicken. I recently checked out the "nutrition" label of the vegetarian, Impossible Chicken Nuggets and found they contain *30 different ingredients!*³ (That beats the numbers in fake beef.)

The top 10 ingredients are water, wheat flour, soy protein concentrate, soybean oil, sunflower oil, potato starch, methylcellulose, salt, natural flavors, and cultured dextrose.

Compared to a whole food, that doesn't sound healthy to me with all of those processed ingredients. Not to mention, soy is almost all genetically modified now, and cellulose is indigestible (by humans, but good for cows and termites). Plus, "natural flavors" is a catch-all term with little regulation, so it can mean virtually anything.

On the other hand, a piece of chicken has one ingredient: Chicken. So—it's certainly not impossible, or even difficult, to figure out whether real chicken or "impossible" chicken (or any REAL meat, for that matter) is better for you.

While the science clearly points to the importance of eating healthy, single-ingredient, whole foods, this kind of artificial "food" engineering (and marketing) is taking too many of us down the wrong track...and in the wrong direction.

Pandemic made processed food diets worse

As I mentioned earlier, the NYU researchers are also concerned that the COVID-19 pandemic (and inept government response) may have

prompted Americans to eat more foods that are less nutritious but have longer shelf lives.

"In the early days of the pandemic, people changed their purchasing behaviors to shop less frequently, and sales of ultra-processed foods such as boxed macaroni and cheese, canned soups, and snack foods increased substantially. People may have also eaten more packaged 'comfort foods' as a way of coping with the uncertainty of the pandemic," said study author Juul.

And now, nearly two years later... part of the lasting impact of the pandemic panic is the acceleration of a worsening diet that will contribute to more chronic diseases down the road.

Of course, economic issues and job losses during the pandemic also impacted food budgets. And the sad truth is, in our country, cheap, processed ingredients and packaged fake foods are generally less expensive than healthy, whole, organic foods—whose prices also went *up* due to economic disruptions). (Although the marketing experts found ways for people to pay significantly more for "impossible" fake meats, compared to the real thing, too.)

So, how can you make smart, healthy food choices while still balancing your grocery budget? I've got some ideas...

10 tips to keep your diet and your pocketbook healthy

Know what's realistic. Every month, the U.S. Department of Agriculture (USDA) releases average grocery costs for a nutritious diet. This can be helpful for budgeting, especially because there are plans for four different cost levels: thrifty, low cost, moderate cost, and what they call "liberal."

The USDA average grocery costs are also broken down into different age-gender groups, including realistic numbers for individuals, a family of

two, and a family of four. Budgets are adjusted by weekly or monthly spending and by age, ranging from 1 to 71 years or older.

The latest report available when I was writing this article—October 2021—listed the following average monthly grocery costs for a couple ages 51 to 70 years:

- Thrifty: \$429.50
- Low cost: \$472.30
- Moderate cost: \$590.20
- Liberal: \$713.40

You can find this potentially useful budgeting tool at: <https://www.fns.usda.gov/cnpp/usda-food-plans-cost-food-reports-monthly-reports>.

Forget the fad foods. As with too many dietary supplements, the current "it foods" are hot (and expensive) because of hype, not nutritional science. Stick with the "tried-and-true" foods you read about in *Insiders' Cures* and my *Daily Dispatch*.

Choose your organics wisely.

Organically grown foods are more costly, but don't contain toxic pesticides, chemicals, and genetically modified ingredients. However, not ALL foods you eat need to be organic. Here are my guidelines:

- Organic makes sense with fruits and vegetables that you can and should eat with the skin on (which has more vitamins)—like apples. But fruits with thick, inedible skin that you peel, like bananas, citrus and pineapples, can be non-organic because agricultural toxins generally don't permeate the skin (just make sure to wash them off first).
- Know your *Dirty Dozen* and *Clean Fifteen* lists. Every year, the nonprofit Environmental Working Group (EWG) releases lists of the fruits and vegetables grown with the most and least pesticides. You can find the latest lists at their website: ewg.org.

• Animals that aren't raised organically can be given antibiotics, growth hormones, and pesticide-laden feed. That's why I recommend choosing organic meat and full-fat dairy (ideally grass-fed and -finished). Organic animals also have access to pasture, and organic chickens are free-range—which is why I'm a fan (and small-scale producer) of organic eggs.

Budget for organic beef and lamb.

Red meat provides bioavailable protein, B vitamins, essential minerals, and a host of other nutrients that are hard to obtain from other sources.

But that doesn't mean you need to eat filet mignon every night. In the December 2021 issue of *Insiders' Cures*, I discussed how to prepare the less expensive cuts of meat in the tastiest—and most nutritious—ways.

Don't buy bagged salad greens.

These sacks of lettuce are ridiculously expensive and create unnecessary packaging and waste. Plus, contamination appears to be more of a problem with bagged lettuce.

Instead, buy loose greens (this is one food where you *should* choose organic) from produce bins in your grocery store or farmers' market. You'll avoid the problems and waste with bagged salads—and also get more variety. It's a great opportunity to try some greens you don't normally eat, and make your salad even more colorful, nutritious, and delicious!

Make your own salad dressings.

Bottled salad dressings are expensive and typically full of unhealthy, artificial ingredients, fats, and sugars that have no place in a healthy salad.

Thankfully, it's so simple (and tasty) to make your own salad dressing. I combine high-quality olive oil with vinegar or fresh-squeezed lemon. You can also add herbs like dried parsley, chives, dill, tarragon, oregano, basil, thyme, garlic, or mustard for some extra zest.

Avoid bottled spices. You can find single-ingredient spices at natural foods stores that you can combine on your own. This lets you buy what you need, rather than opting for more expensive, mixed spices that may lose their freshness before you use all of the contents.

Go nuts. Although tree nuts and seeds are relatively expensive, a little goes a long way. Save by buying them in bulk and keeping what you're not immediately using in the freezer. Then, I recommend keeping a bowl out on the counter. Grab a handful whenever you're feeling hungry!


Keep breakfast simple. Forget the pricey, packaged, processed cereals, and the trendy (and spendy) designer granolas. Try organic, free-range eggs (the best nutritional value), or berries and whole-milk plain yogurt (my favorite), to start the day.

Give your trash can a break. Some

statistics show that Americans waste *nearly 40 percent* of all the food they buy.⁴ One way to solve this problem is by shopping more frequently and only buying what you'll use over the span of a week.

But even with the best intentions, you may find that some of your produce is not as fresh as you'd like, or a recipe calls for only part of a food. In those cases, here's what I recommend:

- When tomatoes get a little soft, cook them and make your own tomato sauce base.
- When vegetables begin to go limp in the “crisper,” use them to make your own vegetable stock.
- When bread turns hard, make breadcrumbs or croutons for your salads.
- When a recipe calls for egg whites, save and cook the yolk for a healthy sandwich or egg salad.
- When cooking a whole chicken, turkey, or ham, use the leftover parts for soup stock.

While processed foods may seem like an easy choice when time and budgets are tight, they'll cost you more in the long run. So make the right choice for your health and well-being. Ditch the packaged products and opt for whole foods. You, your family, and the planet will all benefit—for years to come. 

Science reveals why we get colder as we get older

Here's a simple way to warm up your body from the inside out

Throughout human history, frigid temperatures have typically been a far greater threat to life and health than extreme heat. So, it's just good common sense to come inside from the

cold. This is particularly true as we age. It's been observed that as people get older, tolerance to cold decreases. That's why we see more cardigan sweaters,

more top buttons buttoned, and more older people in Arizona and Florida.

We also become more susceptible to inflammation and metabolic problems as

we age. And now, researchers recently found a link between these health issues and susceptibility to the cold...

Turns out, it all has to do with the immune system.

Immune cells are present throughout the body, so it makes sense they have multiple regulatory functions and carry signals and messages to various points. Many studies show this is how the immune system helps fight inflammation, metabolic problems, and many chronic diseases.

But there are also immune cells in fat tissue, and that, specifically, piqued the researchers' interest.

Typically, immune cells are concentrated in tissues that are exposed to pathogens and viruses, such as the skin and the gastrointestinal and respiratory tracts. So why are they also in fat tissue? To find out, the researchers sequenced genes from mice.¹

They discovered that there are immune cells within the mice's fat tissue that are designed to help protect them from the cold. In younger mice, these cells help the body burn fat to generate heat.

But the older mice lacked those cells. Consequently, they had less ability than younger mice to protect their bodies from the cold.

Another reason "anti-aging" techniques don't work

The researchers then wanted to see if they could correct the problem by stimulating the production of new immune cells in the fat tissue of aging mice. But this actually made the mice *more* susceptible to dying from the cold.

And that's also a MAJOR warning to the "anti-aging" group that attempts to "reverse" the aging process—instead of sticking with the science on *healthy aging*. "Anti-aging" approaches may not only be futile, but even dangerous.


The researchers did find one way to help protect the older mice from the cold, however. When they transplanted the immune cells in fat tissue from younger to older mice, the ability of the older mice to withstand cold improved.

This demonstrates that keeping your immune system healthy is not only key to helping prevent infections, inflammation, and other health issues...

but also to protecting you from the cold weather—especially as you get older.

In other words, now we know your immune cells protect you from *a cold and the cold*.

So, to stay warm this winter—inside and out—keep your immune system healthy with the following tips:

- Eat a balanced, sensible Mediterranean-style diet, with plenty of whole, unprocessed foods and immunity-boosting fruits and vegetables.
- Supplement daily with nutrients that build your immune system. I recommend daily intakes of 250 mcg (10,000 IU) of vitamin D3, 400 mg of magnesium, 100 mcg of selenium, and a vitamin B complex that contains at least 55 mg of B6.
- Aim for at least seven hours of sleep each night. Research shows a direct link between sleep deprivation and poor immune response.
- Get moderate exercise (about 150 minutes *weekly*), which has been shown to help improve immunity. 

[EXPOSED] The calories in, calories out theory is a downright LIE

Stop suffering on the scale—do THIS instead

The holidays are over, and now we're being barraged with weight-loss ads.

Seems that a new year is supposed to usher in a "new you"—or more accurately, a "thinner you."

Most of these so-called diet plans are based on the theory that if you consume (eat) more calories than you expend (burn), you'll gain weight.

Sounds simple, right?

But this theory leads to unhealthy ideas (voraciously fed by the processed food and drink industry) about being able to eat dangerous foods, like sugars and refined carbs...as long as you "burn them off" through excessive exercise (which causes many health problems of its own, as I often report).

And it fails to explain why there are

many people who don't overeat, but still gain or keep on extra weight. Or why other people can eat all they want without putting on an extra pound.

Well, a new scientific analysis authored by 17 international researchers and public health experts attempts to answer these dichotomies.¹ It presents strong evidence that weight management should NOT be based on *how much* you eat...but rather *what* you eat.

Why “calories in” doesn’t equal “calories out”

The analysis argues that the “energy balance principle” (EBP) for weight management should be replaced with the “carbon-insulin model” (CIM).

The EBP draws on the First Law of Thermodynamics, formulated in the 1800s. This law of physics says energy can neither be created nor destroyed. In the human body, this has been interpreted to mean that if you consume more calories than you burn (or otherwise excrete), the excess is stored in the body (primarily as fat). And since the early 1900s, modern medical science and practice has been built around this simple idea.

But the problem is—it’s not true. Despite decades of obsession with counting calories and calorie restriction, the obesity pandemic is worse than ever. And it increases risk for type II diabetes, heart disease, and other chronic conditions—not to mention, a higher risk for a fatal outcome from COVID-19.

The authors of the new scientific analysis point out that in the “energy balance” way of thinking, all calories are alike to the body, metabolically. But plenty of research (and real-life examples) show that intense caloric restriction drives hunger, while also lowering people’s metabolisms.

So, the more you cut calories, the more your body shuts down metabolically and tries to conserve calories, which helps keep on the weight, and actually FORCES YOU TO EAT MORE. That’s certainly not the answer for a healthy lifetime diet and weight!

The CIM model, on the other hand, proposes that your hormonal and metabolic responses to your overall diet—not simply calorie counts—cause your body to store excess fat. (And this

may help explain why some people can eat more than others, without suffering on the scale—and vice versa.)

The theory is that certain foods increase your body’s insulin levels, which leads to more fat storage.

Although the CIM model hasn’t been appreciated—let alone embraced—by the mainstream, it is supported by extensive evidence, from lab experiments, to clinical trials, going back nearly a century...

What types of foods are we talking about?

The authors of the new scientific analysis say foods with a high “glycemic load” are responsible for increased insulin levels in the body and subsequent fat storage and weight gain.

High-glycemic foods are defined as foods that are quickly digested and rapidly raise blood sugar, causing a strong insulin response. But really, “high-glycemic” may be just another name for highly processed, refined “food” products that cause hormonal responses telling our bodies to store more calories in the form of fats. (Yet another fatal downfall of these “Frankenfoods.”)

A lot of the nonsense about the “glycemic index” for all kinds of different foods, including whole fruits and vegetables, is just a bunch of hokey designed to sell a lot of useless books. (I had to sit on a book panel with the guy who came up with that idea 25 years ago, and it was already clear to me *then* that there was no real science behind it, and it never made any sense to me anyhow. It was just a catchy title from book publicists.)

So, forget all that hype about the glycemic index—the REAL culprit in the CIM model is what all the other *real* science tells us: Refined sugars and carbs, and highly processed foods.

Dr. David Ludwig of Harvard and Boston Children’s Hospital, who is the lead author of the new scientific analysis, said that during the recent craze about artificial “low-fat” foods, people ended up consuming more *fake*, processed foods that typically substitute fats with refined sugars and processed carbs (see page 3).


“Given the choice between bread and butter, for years we focused on getting rid of the butter,” he said. “But maybe between the two, the bread is the bigger issue.”²

The best foods for weight loss

Like many studies before it, the new scientific analysis shows once again that healthy weight is about eating a moderate, balanced diet of whole foods...instead of packaged, processed products—together with sensible, moderate exercise. (This also helps prime your immune system, as I discuss on page 7.)

Eating whole foods rich in natural fibers supports healthy probiotics in the gastrointestinal tract, which helps naturally reduce insulin. And study after study shows that the more insulin you have in your system, the hungrier you are—and the more you eat.

So, if you want to see a “new you” in the new year, DON’T go on a traditional, caloric-restriction diet. Instead, commit to adding more whole foods to your daily diet—and cut sugar, refined carbohydrates, and processed foods.

As always, I recommend enjoying plenty of grass-fed and -finished meat (including red meat, like lamb), wild-caught fish and seafood, full-fat, organic dairy (such as butter, eggs, cheese, and yogurt), fresh fruits and vegetables, nuts and seeds, beans (legumes), and olives and olive oil. 

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