

健康减重饮食指引 Dieting Guide for Health Weight Loss

1. Powered by your heart;
2. Keep your ideal image of your body alive at mind;
3. Re-evaluate what you want and pursue most for this life;
4. We are creatures of habits;
5. Eating is for life(Instead of life is for eating);
6. Stay healthy and energetic is the ultimate goal;
7. Set and fulfill weekly small goal;
8. Ping pong + strength training;
9. Drink alkaline water; eating living alkaline foods;
10. shedding the weight effortlessly;



运动 营养 中医 健康管理
Sports Nutrition TCM
Health Management

The body is alkaline by design, but acidic by function

Obese body=acidic body

- In order remain healthy, our bodies must maintain a slightly alkaline pH balance, ideally between 7.2 and 7.4 on the pH scale. When your body become overly acidic due to lack of exercise and poor diet, its ability to perform basic cell functions and regeneration is compromised.
- **If your body is acidic, you cannot lose weight.** The body's main way of flushing out toxins is through your **colon, kidneys, skin and lymph system and the lungs**. If these organs are overloaded with toxins, they will become less effective at flushing. The result is that excess acidic wastes get stored in fat cells where they cause less harm to the body. Despite you try hard, it is hard to lose weight because your body is holding on to these excess fat cells; after all, it needs them for storing acidic wastes. So you need to buffer those acids with high pH alkaline foods.

The body is alkaline by design, but acidic by function

Obese body=acidic body

- Obesity is not only a sign of too much fat in the body, is also a symptom of acidic body. Acid is stored in fat cells, and when the body becomes overly acidic it produces excess fat cells to protect itself from damage caused by acidity.
- Obesity is closely linked to problems of joint pain, chronic fatigue, allergies, osteoarthritis and osteoporosis, as well as diabetes and cardiovascular diseases.
- Changing to more healthy, alkaline-based diets may help you lose that extra weight;
- In addition, To achieve optimal health... you have to exercise...to move the lymph fluids, to flush out all of those stationary acids. To sweat, to release the acids that might settle in your **skin...the third kidney.**

Being obese at young is just inconvenient, but after reaching the peak of life, will cause endless health problems!

Visceral Fats



Subcutaneous Fat

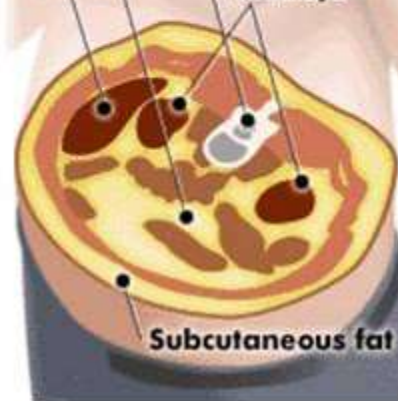
Visceral Fat

A hidden, dangerous fat

This is a cross-sectional view of the abdomen. The intra-abdominal or visceral fat surrounds internal organs.

Intra-abdominal fat

Liver Spine Kidneys



Obesity may be classified into 2 types

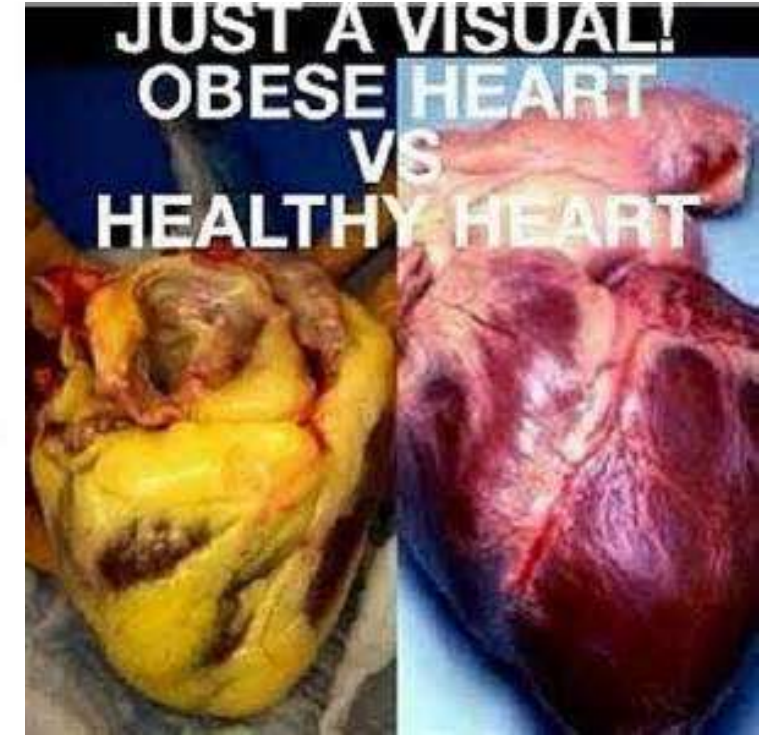


Subcutaneous Fat Obesity (underneath the skin)



Visceral Fat Obesity (deeper inside the body)

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Urine pH is an important screening test for the diagnosis of renal disease, respiratory disease, and certain metabolic disorders

- A highly acidic urine pH occurs in:
- Acidosis
- Uncontrolled diabetes
- Diarrhea
- Starvation and dehydration
- Respiratory diseases in which carbon dioxide retention occurs and acidosis develops

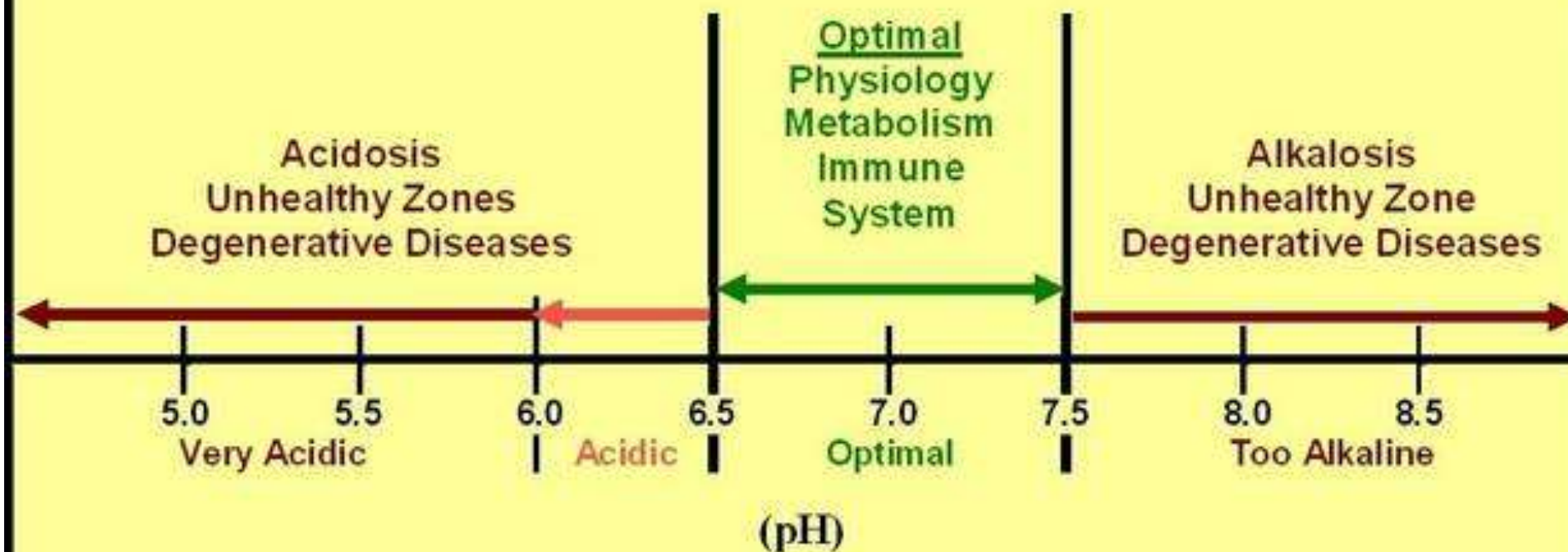
AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

Source: <http://tt.tennis-warehouse.com/showthread.php?t=440453>

First Morning Urine pH Zones



Urine pH Zones and Chronic Diseases

Urine pH Zones	Health Condition Zones	Comments
4.5-6.0	severe acidosis zone	You should have degenerative diseases
6.0-6.5	moderate acidosis zone	You have risk of contracting degenerative diseases
6.5-7.5	Optimal healthy zone	You should have an optimal health
7.5-9.0	Unhealthy alkalosis zone	You should have degenerative diseases

General rules for choosing foods

- Eat whole, natural, unprocessed organic food, building your diet around green vegetables and healthy fats.
- You can view an **Acid/Alkaline Food Chart** to see which foods to avoid and which to enjoy.
- Generally, fresh **Greens** are alkaline, electron rich, low glycemic (low sugar) food, delicious food, satisfying food.
- your body wants lots of **alkaline water, alkaline sea salts, chlorophyll** from green plants, and oils from seeds, like flax seed.

General Guides for dieting

- 1, what you eat is more important than the amount you eat;
- 2, the way you eat makes big sense;
- 3, the cooking way makes big sense;
- 4, oxygen or breathing is more important than foods;
5. Water is more important than foods;
6. Sleep is more important than foods;
6. Raw whole foods are the best food for the body;

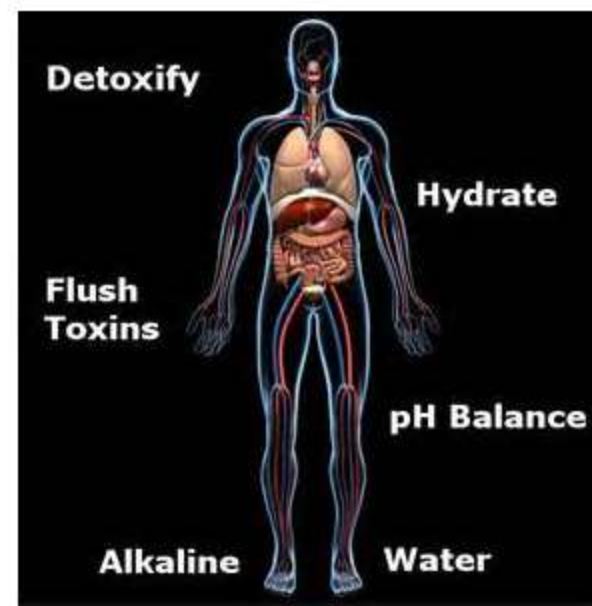
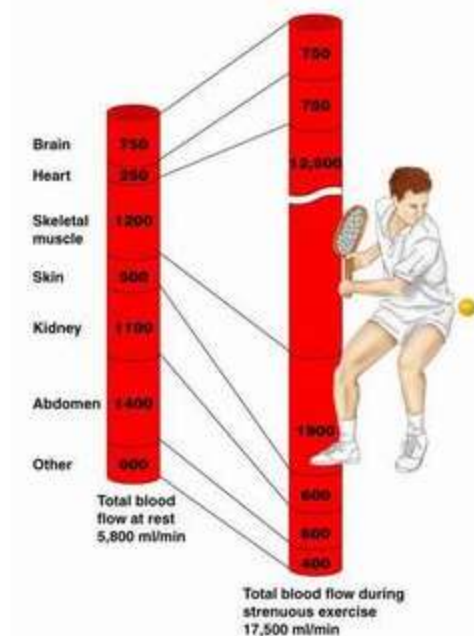
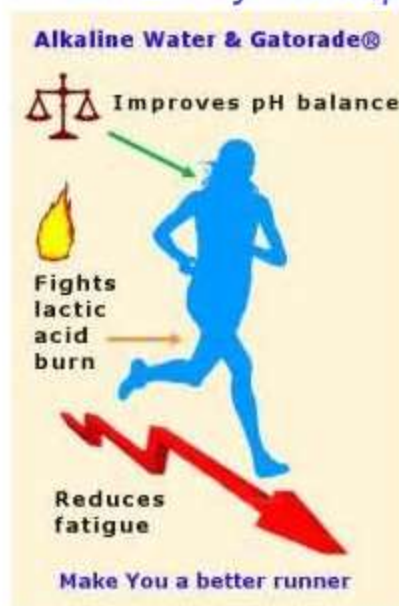
To start a renewed day with 3 cups of Antioxidant Alkaline Water at empty stomach

- 1, improve blood circulation-5%
of the Body weight (about 5000ml for a
Body of 60kgs)
- 2, cleanse the intestines
- 3, activate the stomach
- 4, help the kidneys to expel
accumulated waste
- 5, nourish the brain cells ready for days works
- 6, moisturize the joints



14b. Alkaline water is becoming a favorite sports drink

- ***Rehydrate the muscle cells;
- ***Enhance endurance;
- ***Quicker recovery;
- ***Increase Performance;
- ***Prevent muscle "burning" caused by buildup of lactic acid;





3 Carbonated Water, Club Soda, Energy Drinks

4 Popcorn, Cream Cheese, Buttermilk, Prunes, Pastries, Pasta, Cheese, Pork, Beer, Wine, Black Tea, Pickles, Chocolate, Roasted Nuts, Vinegar, Sweet and Low, Equal, Nutra Sweet

5 Most Purified Water, Distilled Water, Coffee, Sweetened Fruit Juice, Pistachios, Beef, White Bread, Peanuts, Nuts, Wheat,

6 Fruit Juices, Most Grains, Eggs, Fish, Tea, Cooked Beans, Cooked Spinach, Soy Milk, Coconut, Lima Beans, Plums, Brown Rice, Barley, Cocoa, Oats, Liver, Oyster, Salmon

7 **Neutral pH**
Most Tap Water, Most Spring Water, Sea Water, River Water

8 Apples, Almonds, Tomatoes, Grapefruit, Corn, Mushrooms, Turnip, Olive, Soybeans, Peaches, Bell Pepper, Radish, Pineapple, Cherries, Wild Rice, Apricot, Strawberries, Bananas

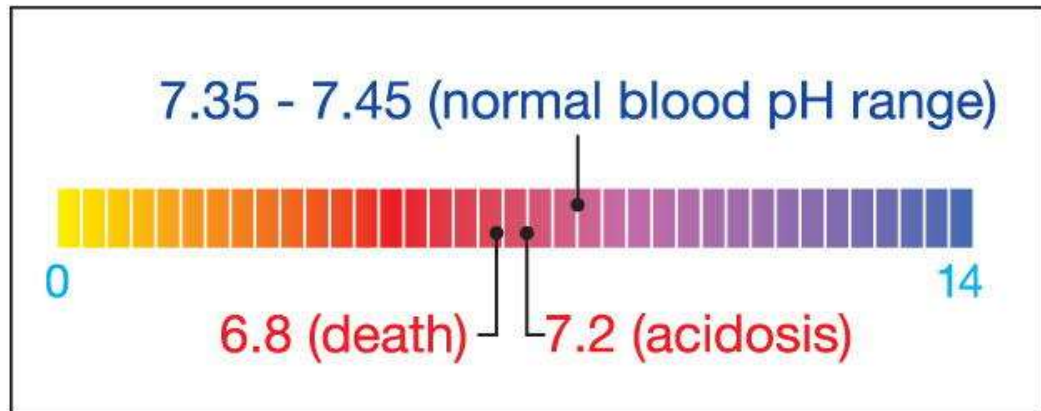
9 Avocados, Green Tea, Lettuce, Celery, Peas, Sweet Potatoes, Egg Plant, Green Beans, Beets, Blueberries, Pears, Grapes, Kiwi, Melons, Tangerines, Figs, Dates, Mangoes, Papayas

10 Spinach, Broccoli, Artichoke, Brussel Sprouts, Cabbage, Cauliflower, Carrots, Cucumbers, Lemons, Limes, Seaweed, Asparagus, Kale, Radish, Collard Greens, Onion



Eat Healthy and Thrive

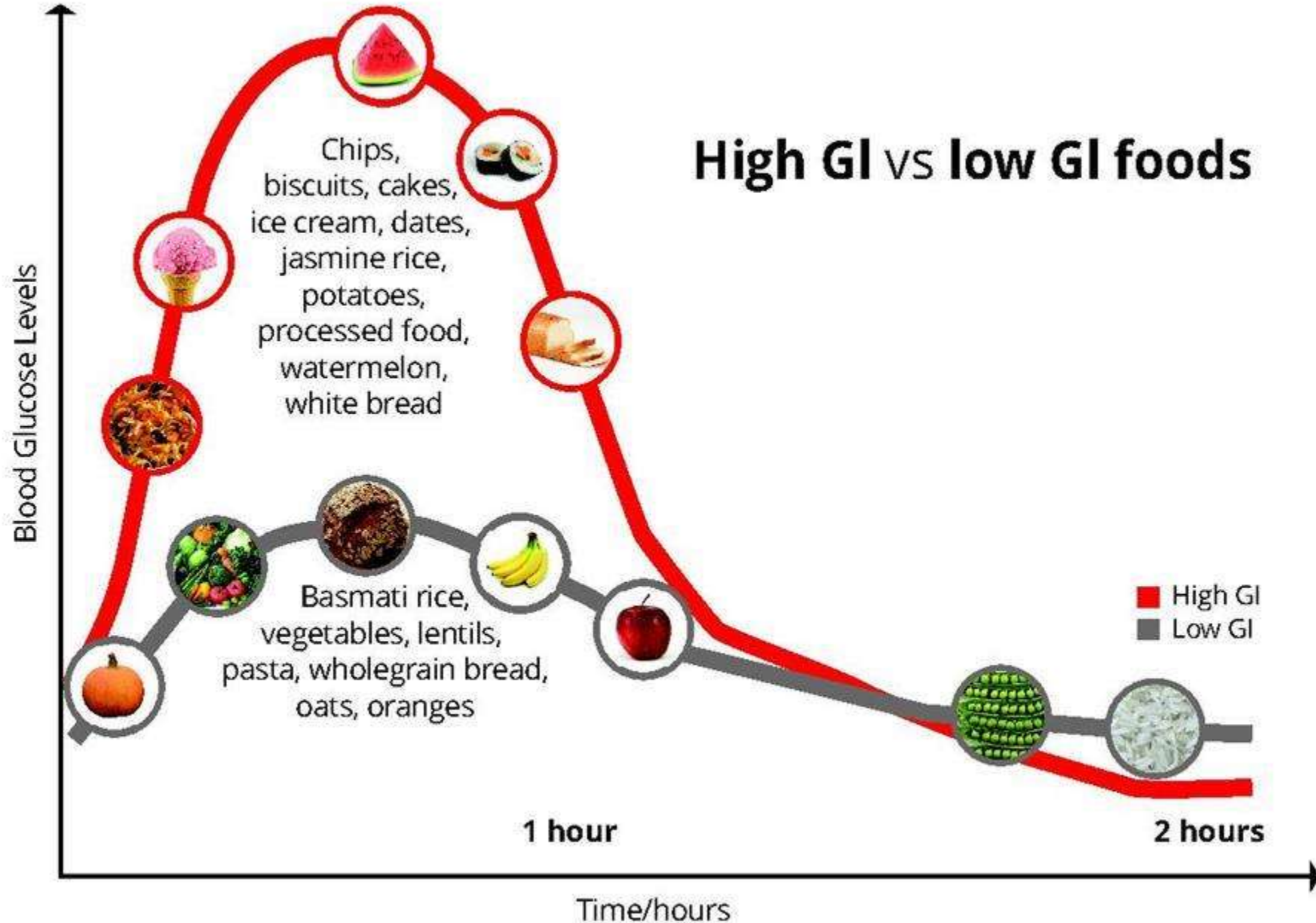
Human body functions best in a slightly alkaline state “The body is alkaline by design, but acidic by function.” So noted Albert Szent, Noble prize winner for discovering of vitamin C.



What you eat is more important than the amount you eat

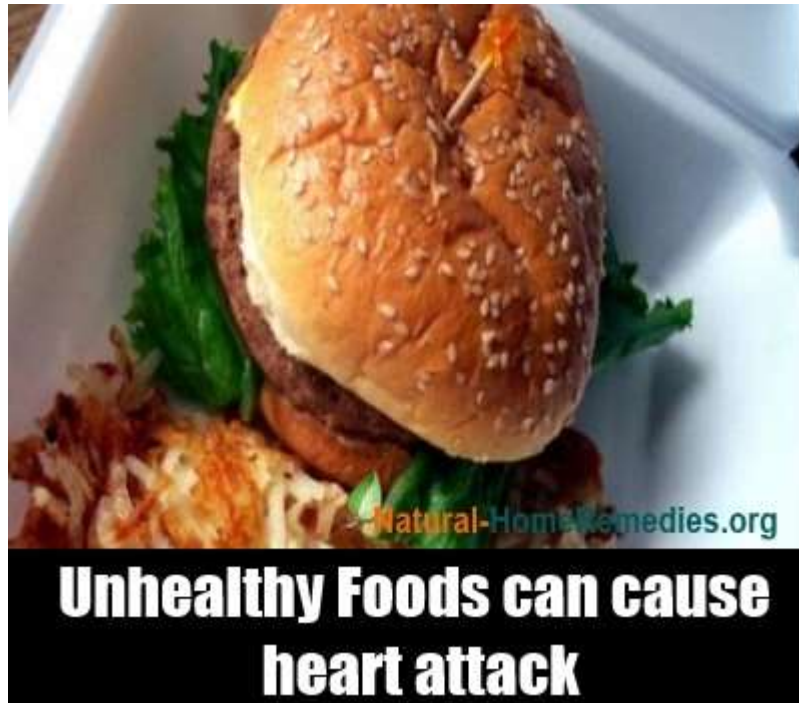
- Avoid high GI (glycemic index) foods which raise blood sugar level rapidly (and trigger hungry sooner) like: white bread, white rice, noodle...all sweet drinks and foods
- Eat high GI foods at last in a meal.

What you eat is more important than the amount you eat



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2. Eat high GI foods at last in a meal.

Cooking ways make big sense--Fried foods are the main causes of hardening, thickening and clotted blood vessels



Lists of acidic drinks

- Distilled water
- R.O water
- Cola
- Spite
- Alcohol /alcohol drinks
- Sugary drinks



© stefan@sollfors.se

Corrosive acidic drinks

CONSUMING ACID FOODS AND BEVERAGES
DRAINS The ALKALINE BUFFERS Our Body Needs

EXCESS ACID = SICKNESS & AGING



REDUCE

CALCIUM
MAGNESIUM
POTASSIUM
SODIUM

CREATES

ACIDOSIS

Lists of acid generating foods

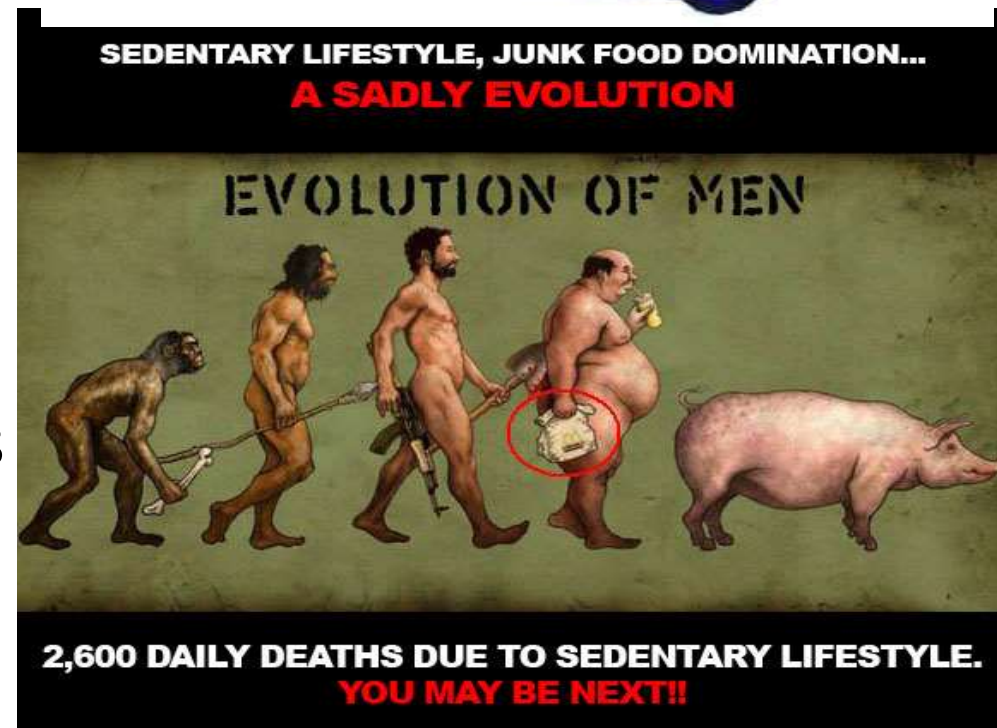
- Animal products: buttermilk is an potent acid producer
- Beans: breakdown of **all proteins** produces acids in the body;
- Grains: increase the acids in the body
- Oils: increase acid levels in the body
- Nuts: all but peanut and walnut have th greatest acid producing effect

Remarks: nutrients are vital for health, balance is the key!



Lists of acid generating activities

- negative thinking;
- stressed working;
- sedentary lifestyles;
- Lack of exercises;
- Poor breathing;
- Low metabolism;
- Ageing and debilitating diseases



Alkalinize the body by eating Green



Avoid microwave oven cooked foods

Although not accepted by mainstream medicine, microwave cooked foods may be not good for the body. There were studies that showed microwave-oven cooking denatured foods that may cause blood vessel hardening and many other problems



The body survives on nutrients

- 1, oxygen
- 2, water
- 3, proteins
- 4, fats
- 5, carbohydrates
- 6, vitamins:
- 7, minerals
- 8, fibres
- 9. Sunshine
- 10. smiling and positive attitude

- Lose 1lbs of body weight is easy:
- 1lbs=3500K calories;
- =a deficit of 3500K calories intake;
- =burning of 3500K calories thru exercises;
- =10h of brisk walking;
- = 5 hours of playing ping pong vigorously;

The body survives on nutrients

- Magician David Blaine survived 44 days in London on oxygen and water from Sept 5 till Oct 19, 2003;
- “He lost 24.5 kg (25 percent of his original body weight), and his [body mass index](#) dropped from 29.0 to 21.6.
- *Remarks: extended fasting or starvation can cause serious health problems! But It does reveal our body can burn the muscle and fat...while switch on a low-running survival mode;*



Calories burned with walking:70kg

“walking is man’s best medicine” said Hipocrates, father of modern medicine, running is better than walking and cycling is the best suitable for everyone, from young to old

- 3.0 Mph, Level, Moderate Pace, Firm Surface (70kg body weight) • 231K
- 3.5Mph, Level, Brisk, Firm Surface, Walking for Exercise • 266K
- 4.0 Mph, Level, Firm Surface, Very Brisk • 350k

Playing ping pong burns more calorie than walking!

How much water we need per day?

- The body needs of water varies with the body weight, the heavier, the more are needed;
- On average, 1lbs of body weight need 1/2 ounce of pure clean water per day;

for example: 200lbs needs 100 ounces/day

- Factors that effect water needs:
 - Exercises
 - Temperature
 - Physical state: such as fever, vomiting etc

Note: I recommend you drink no less than 3500ml of level 3 alkaline water on regular day, more when do exercises! (but start slowly)

Proteins: essential and fundamental components of the body

- Minimum need per kilo of body weight: 0.8g/day;
- Optimal for weight loss: 1.6g/kg/day;
- Optimal for muscle building: 1.6g/kg/day;
- Average protein grams per serving:
 - 1 cup milk: 8g•
 - ¼ cup nuts: 6g•
 - 6 oz. yogurt: 7g•
 - ½ cup cooked starch: 3–5g• 1
 - oz. meat or cheese: 7g•
 - 1 oz. bread: 3–5g•
 - ½ cup cooked legumes: 7g•
 - ½ cup cooked or 1 cup raw vegetables: 2g•
 - 1 egg: 6g•
 - 2 tbsp. peanut butter: 8g

Good sources of high quality protein

- Animal meats: egg, fish, chicken, beef...
- Milk:
- Healthiest nuts: walnut, almond, cashew, pumpkin seeds, peanut, sunflower seeds, sesame, flaxseed,
- Legumes:
- Soy foods: soy milk, tofu etc

Remarks: sprouted beans are better

- General principles:
mixed, diversified, changed regularly,
eat raw, avoid coated or roasted,
avoid sugar coated



Good sources of essential fatty acids

- Essential fatty acids(EFA) are that you need to get them from your diet because you need them for good health, but your body cannot synthesize them;
- Linoleic acid and linolenic acid are the essential fatty acids;
- Good sources of linoleic acid
- Almond,
Safflower
- Sunflower
- Corn
- Soya
- Evening primrose
- Pumpkin
- Wheatgerm.
- peanut



- Good sources of linolenic acid:
- Fish and fish oil
- Flaxseeds (linseeds)
- Mustard seeds
- Hemp seeds
- Walnut oil
- Green leafy vegetables
- Grains
- Spirulina

Fruits and veg: good sources of vitamins, minerals, fibre & antioxidants

- Eat various types and different color of fruits and veggies;
- Eat raw;
- Juice veggies with fruits
- Avoid high sugar contained fruits;
- Fresh, **raw fruits** and vegetables are nutritional powerhouses: eat raw;



Seaweeds: good sources of minerals

- Seaweeds draw an extraordinary wealth of mineral elements from the sea that can account for up to 36% of its dry mass.
- The mineral macronutrients include sodium, calcium, magnesium, potassium, chlorine, sulfur and phosphorus;
- the micronutrients include **iodine**, iron, zinc, copper, selenium, molybdenum, fluoride, manganese, boron, nickel and cobalt.
- Seaweeds are the best sources of iodine



Smart eating rules

- Eat at least 3 meals a day, 4~5 small meals works great to keep blood sugar stable thru the day;
- Keep half full, half hungry;
- Mixed and diversified;
- Eat the low GI, high fibre foods first, high GI foods such grains at the end;
- Eat raw: unrefined, unprocessed;
- Avoid sugar, unhealthy fats, transfats;
- Drink adequate water, more than 3500ml of alkaline water is recommended;
- Enjoy your chosen foods;
- Big breakfast, and light dinner;
- Pay attention to food labeling;
- Choices of food and ways of eating is more important than strict control of calories intake;

The law of the body organs: use or lose.

Build muscles while
Burn the Fat.
I recommend you
incorporate strength
training into your daily
routines, which can do
anywhere anytime
without a partner!

FitYaf's Fitness Friday Low Impact HIIT Workout

do each move for 50 seconds, then take 10 seconds rest, repeat 3 times through



Believing is Seeing

The way of faith



Dieting Guide for Health Weight Loss

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