**Cholesterol:**

Cholesterol is not the enemy. Inflammation is. Watch this video:

https://m.youtube.com/watch?v=jZu52duIqno

He shows how he manipulates his cholesterol based on how much fat he eats.

If you really want to know your heard disease risk, look at CAC score. Calcium score is a cheap (usually $100) and easy test that measures the plaque buildup in your coronary arteries. The score given correlates to heart disease (and overall death risk) by orders of magnitude better that total cholesterol every does. Total cholesterol is only a couple percent correlation in the statin companies own tests. CAC score of 100 (vs. 0) correlates at 800% increase in death risk!!

<http://www.thefatemperor.com/blog/2016/8/10/repeat-after-me-calcification-score-blows-away-risk-factors-always?rq=cac>

Also watch this about statin drugs:

<https://www.youtube.com/watch?v=yX1vBA9bLNk>

And this at 22 minute mark especially about what causes heart disease:

<https://www.youtube.com/watch?v=DpZIXWpN1og>

**High Blood Sugar While Keto:**

This can be from physiological insulin resistance. That is where the muscles start using fat as the preferred fuel and reject glucose to leave it for other parts of the body like the brain. Your blood sugars should lower over time but your A1c should be great.

<http://high-fat-nutrition.blogspot.com/2007/10/physiological-insulin-resistance.html>

**Standard response about services (change links to yours):**

Hi,

I would be honored to help you. The best package is the phone consult as it gives us a month to work together to get you on the right track, a phone consultation, a health assessment and the VIP Keto Package with tons of videos and meal plans.

Phone Consult (at bottom):  
http://mariamindbodyhealth.com/my-services/   
  
Supplement plans and assessment:  
http://mariamindbodyhealth.com/supplement-plans/

Keto-Adapted.com Subscription site:

<http://keto-adapted.com/subscriptions/>

Another great option is our all NEW Keto Packages. You get tons of brand-new videos, instruction, education, 60 days of interactive meal plans and even weekly live webinars (with VIP). Plus lifetime access (except with starter course).

<http://keto-adapted.com/school/>

Thanks!  
Maria

**Platinum subscription (for affiliates):**

Hi,

Thanks for contacting me. I think a Platinum subscription would be perfect for you. You can make your own meal plans and grocery lists based on your needs, get personal macro targets from us based on your goals, and get tons of support including a weekly webinars with Craig and I to get all your questions answered!

http://keto-adapted.com/subscriptions/

Thanks!  
Maria

**Hair Loss:**

Any major change in diet will result in some hair shedding. It will stop after a couple months and grow back. Make sure to get enough protein, add l-tyrosine and take collagen and biotin to help limit it.

Add 1000mg l-tyrosine twice daily on empty stomach: <https://amzn.to/2xcpsJs>

Collagen (use coupon: MARIAMINDBODY for 5% off):

<https://www.furtherfood.com/shop/further-food-collagen/>

Biotin:

<http://amzn.to/2yRWMVo>

**Supplement questions (change to your link):**

I’d be honored to help but in order to recommend anything I need to know more about your situation. I can do that with a health assessment. There are too many interactions with medications, herbs, other supplements that can cause terrible issues. You can get a health assessment here:

<http://mariamindbodyhealth.com/supplement-plans/>

**Phone Consult Clients (change to your links):**

Hi,  
  
Thanks for purchasing the Phone Consultation Package.  I sent you a health assessment.  Please fill that out before our meeting.  Also, please watch this video before our first meeting:  
  
http://www.youtube.com/watch?v=iCVo8HbDpXI  
  
The instructions are in the document titled " Phone Consultation Package Instructions - READ ME FIRST.pdf”. You can get the VIP Package setup and start watching videos. The meal plans are at the end of the course.

My first opening is Tomorrow (Monday) at 12PM Central time.  If that works for you let me know and I will hold that time for you.   
  
Also, please send me your phone number (or Skype account name if outside of the USA).

**About Estrogenic Foods:**

Phytoestrogens:

Also here is a list of foods highest in phytoestrogens (micrograms per 100 grams):

Flaxseed (163,133)

Chia seeds (61,055)

Soybeans (45,724)

Soy nuts (21,306)

Tofu (8,688)

Soy milk (7,422)

Soy yogurt (6,576)

Tempeh (6,407)

That is why we avoid soy, flax and chia seeds.

**pH Diet or body being acidic eating meat:**

The body tightly controls the pH in a narrow window regardless of what you eat. Your urine can change, but that doesn’t mean your blood does. More on that here:

<https://chriskresser.com/the-ph-myth-part-1/>

**Blood type diet:**

There is no science backing a blood type diet. More on that here:

<https://chriskresser.com/ask-the-rd-probiotic-timing-and-the-blood-type-diet/>

**Getting started with Clients:**

Thanks! Before I make any comments please watch this and take note of what a “normal” blood sugar is: Sugar and Starch:

<http://www.youtube.com/watch?v=iCVo8HbDpXI>

Once you have watched that, email me back and we will get started!

Also, no skim milk...try unsweetened almond milk/unsweetened coconut milk. It is 90 calories and 12g sugar per cup for skim milk. Almond milk is 35 calories and 0g sugar. Plus almond milk has TWICE as much calcium as dairy!

No pistachios or cashews! Those are the only two nuts that are too high in starch/sugar...so I don't allow those... bummer! Those are always everyone's favorites:)

I also had a client lose 15 pounds just by changing the condiments he used! Granted, he had quite a bit of weight to lose, but still! I attached an amazon.com handout of all the products I recommend so you can see what brands I like.

How does that sound for a few "baby steps?"

**Other Content for clients:**

This is a very informative video on why WHEAT is worse than SUGAR!  
<http://www.youtube.com/watch?v=qn-qr2mDooc>

One thing that I do on Sundays is make a Protein Noodle Lasagna and breadsticks. I freeze a few lasagnas (I make 3 since I am doing it anyway).

LASAGNA RECIPE: <http://mariahealth.blogspot.com/2011/02/easy-protein-noodle-lasagna.html>

WHITE LASAGNA RECIPE: <http://mariahealth.blogspot.com/2011/01/protein-noodle-white-lasagna.html>

BREADSTICKS: <http://mariahealth.blogspot.com/2011/10/pizza-hut-breadsticks-and-muffins.html>

And since you have most of the ingredients out, make these for the morning! (I store the batter in the fridge for easy pancakes)

Protein PANCAKE RECIPE: <http://mariahealth.blogspot.com/2011/06/pancakes-and-why-aluminum-free-baking.html>

Coconut flour PANCAKE RECIPE: <http://mariahealth.blogspot.com/2011/08/perfect-pancakes-and-syrup-and-acid.html>

And since you have most of the ingredients out, make these for the morning! (I store the batter in the fridge for easy pancakes)

FOOD REVOLUTION

Morning! I would like you to watch this video. It is a Dr. from Sweden that I wrote a book with. He has a great presentation that I know you will love. Even if you only have time to watch 30 minutes. I downloaded it on my phone and watched it when I we were traveling (I wasn't driving!)  
<http://www.youtube.com/watch?v=FSeSTq-N4U4>  
  
Also, please rent the movie FAT HEAD. You can get it at any movie rental place; NetFlix has it. I rented it from our library.

**EXERCISE AND LUNCH IDEAS**

I hope all is well!

People complain that it costs a lot to eat this way, BUT if you do the math… it is way cheaper to make “healthified” foods at home and pack them with you! Metabolism's 3rd component (most variable) is exercise, we have **Planned exercise** and **Unconscious movements** that we perform in the course of daily life; which is about **15 to 30%** of metabolism (depending on our job and how much we move each day). With work and family, we're lucky to squeeze in 3 workouts/week. So let’s do the math…

-  168 hours of each week, 3 hard hours = **less than 2% (really not that much!)**

-  When you run a Marathon, you burn 2,500… It takes 3,500 calories to lose 1lb! I often GAIN weight when I train for marathons! You put your muscles in a ‘catabolic’ state!

Things were different for our ancestors. We need to banish Sedentary Habits!  Could you imagine if they saw us running on a treadmill? SO I suggest to walk around grocery store and cook dinner = 350 calories. Rather than pick up drive-up. This is WAY more interesting than treadmill for 35 minutes! AND you SAVE money!

**Times** Magazine wrote an article: “Exercise Doesn’t Help With Weight Loss”…it claims that it increases Ghrelin Hormone (hunger) and we too often reward ourselves for working out…and remember, it takes 3,500 calories to lose 1 pound of fat!

BUT if you are in a pinch and need to get an easy lunch, check out this awesome website:  <http://www.chipotlefan.com/index.php?id=nutrition_calculator> I would order a CHIPTOLE Bowl: with (any meat), double lettuce, fajitas, tomato salsa, cheese, sour cream and guacamole (NO BEANS, TORTILLA, RICE, Corn salsa or DRESSING)! If you do the math it becomes: 605 calories, 19 carbs, 7g fiber …so we can subtract 7 from 19, which = 12, divide that by 4 and you get 3 tsp of sugar in your blood for a TON of food! If you add the beans (which people THINK is a protein, but it is a 4:1 ratio…carb to protein) and you get 8.5 tsp of sugar in your blood and only 8 more grams of protein. PLUS animal protein is the only type of protein that can build serotonin!

Happy Eating!

**Alzheimer’s:**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2769828/>

<http://www.guardian.co.uk/commentisfree/2012/sep/10/alzheimers-junk-food-catastrophic-effect>

Researchers are now explicitly claiming that "T3DM [Type 3 diabetes mellitus] represents a major pathogenic mechanism of AD [Alzheimer's Disease] neurodegeneration." In other words, they think **Alzheimer's is caused by Type 3 diabetes**. They think the two diseases may in fact turn out to be one disease, even though there are two distinct diagnoses at the moment.

So a better analogy would be HIV and AIDS. Which is often referred to as HIV/AIDS nowadays even though it's technically speaking absolutely not the same thing. HIV causes AIDS, but you can be HIV positive and not have AIDS as there are no symptoms yet. You can also show the symptoms of AIDS without being HIV positive, although this is rare.

EDIT: a study that may make it clearer: [Alzheimer's Disease Is Type 3 Diabetes - Evidence Reviewed, Drs. de la Monte & Wands MD](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2769828/)

**Response about Sweeteners not being “Natural”**

There is nothing more un-natural about what I use and coconut sugar or honey. Honey is made by bees collecting nectar from flowers with their tongues, storing it in their body and regurgitation it into the hive. Other bees add an enzyme from their body which helps turn it into honey. Erythritol is made by fermenting glucose with Moniliella pollinis (a natural microorganism found in honeycomb) which breaks down the glucose and yields erythritol. Erythritol also naturally occurs in many fruits and vegetables like melons, grapes, asparagus as well as fermented foods. I don't see a difference in a good non-GMO sourced Erythritol (like Swerve) and Honey, other than their effects on our health.

**Blood Tests to get done:**  
But in order for me to help more, I would like you to schedule these tests that I recommended:  
Get a full panel thyroid test with antibodies (including reverse t3)  
as well as a progesterone test (can cause anxiety, waking up too early in AM, and less caloric burn daily)  
Ferritin test (can cause anxiety, dark circles under eyes, and poor ability to oxidize fat)  
Vitamin d (can cause low moods, high BP, insulin resistance, as well as many other issues)  
Cortisol test (morning and night)  
Liver enzymes test (can cause poor moods and inability to lose weight)  
DHEA hormones (it is our youth hormone that determines weight loss)  
Iodine deficiency (can cause thyroid issues and is easy to fix)  
Excess Bromide (excess is a huge cause of thyroid issues)

**Standard response about supplements (a lot):**

I know there are a lot of supplements, and you don’t need to take them forever! There are some that I will always take though (and different ones than what you are taking). Our food supply no longer has been grown in good soil and since you are no longer going to eat packaged foods that have just been “fortified” with vitamins and minerals, the veggies and real foods just can’t fuel your body to the maximum capacity of what you need (for things like magnesium and zinc for example). Even orange juice and skim milk is fortified with vitamin D (which is dumb because vitamin D is fat soluble and you need a fat to have it be absorbed).

**Traveling and Staying Keto:**

I pack my protein bread. I freeze it and then put it in my suitcase. Then I can use that for a hamburger/sandwich!

Some ideas are here:   
<http://mariamindbodyhealth.com/keto-shopping-guide/>

Some other ideas are:

Pederson’s cooked bacon: <https://amzn.to/2pG8Whh>

Epic bacon bites: <https://amzn.to/2pJ90wU>

Mission meats graze bars: <https://amzn.to/2pFAwLA>

Quality pork rinds: <https://amzn.to/2E7LHXH>

Salsa or Guacamole with celery or Pork Clouds (pork rinds)  
Trader Joe’s Jerky (or other gluten free jerky)  
Sardines (canned)  
Smoked salmon  
Summer Sausage  
Olives  
Tuna (in packet), with Celery and Pickles and Pork Clouds  
Smoked oysters in can

Hard boiled eggs

Lettuce wrapped sandwiches of organic meats  
Deviled eggs

Things at Deli: deviled eggs, roasted chicken with guacamole, Applegate farms lunch meat, roast beef, and other meats.

Safe travels!

**SUPPLEMENTS (how long to take):**

I suggest doing them for at least 4 months (which some bottles will last that long). They are all therapeutic doses of nutrients our body screams for.

I listed what each one does so you can be your best advocate. For example, if you no longer have sleep issues and moods great and cravings are gone, you can stop the 5-htp. But that is why I listed what each one does, so you can be the judge:)

But the ones I would always take are:

1. Probiotic (even my kids take)

2. Vitamin D (even my kids take)

3. Vitamin K2 (even my kids take)

4. Magnesium

5. Emu oil OR Evening primrose oil (emu is preferred)

Hope that helps!

**DAIRY TESTING:**

So, after 2 weeks of being 100 percent dairy free, step on the scale. Then have dairy that day (butter or ghee would be advised to test with first). Then weight yourself the next day at the same time. If the scale stalled (and you were losing) or your weight went up, it signifies that you are not digesting dairy well and I would cut it all out and try again in a month.

If the scale didn't go up, then test with cheese in two days. If the scale didn't go up then, you are good with dairy:)

**MOTIVATION**

You deserve this!!!

Plan plan plan is the key to success. Always having easy options for meals is how I do it. My mom never had anything planned for dinner which often meant a frozen pizza. I learned from her mistakes. I often prepare dinner for the next night while my kids help clean up dinner. I sometimes fill my slow cookers with short ribs or a recipe from the meal plans. Or I take out steaks to thaw for easy dinner to fry up. Or take out ground beef for hamburgers or taco night. Those meals only take seconds to make. I also always have Keto buns and bread in the freezer for easy sandwiches. I also have leftover chili and soups in the freezer for easy meals.

Remember how 5 minutes of pleasure can cause days of feeling awful.  I don't feel deprived at all. The food tastes so good I feel like I'm cheating;)  
  
Make today special! Treat yourself with honor!

You DESERVE this!

Did someone trigger you? I don't mean to point fingers but did someone in your family say something? Are you upset about anything? You are NOT a failure!

You need to journal this. You need to remember how such a tiny moment in time can make you feel just awful for days. It is crazy how these short moments of tasty food can make us feel ill and despise ourselves for days or weeks!

Even if you get back in to ketosis, remember that you want lipolysis... which means you are an efficient fat burner. You may get back into ketosis after a day or two of my meal plans; however, it takes months of eating this was to get into lipolysis.

**Eating meat and Vegetarian or Vegan questions.**

What the Health documentary:

This post by Robb Wolf shows all the flaws in the “Science” they point to in this documentary.

<https://robbwolf.com/2017/07/03/what-the-health-a-wolfs-eye-review/>

Eating meat in general:

Eating meat is the healthiest option for long term health. More here about the science that shows this:

<https://chriskresser.com/why-you-should-eat-meat-my-appearance-on-the-joe-rogan-experience/>