



The Metabolic Makeover

1. NO INFLAMMATORY GRAINS

- Certain grains contribute to inflammation in the body, which is what we want to avoid during the metabolic makeover.
- They are wheat, rye, barley, faro, cous cous (gluten grains) rice, corn, bread, pasta, cakes, crackers, cookies, etc.
- Avoiding these can be challenging! Gluten Free does not mean Grain Free.
- Acceptable grains are: Buckwheat, Gluten Free Oats (Bob's red mill), Quinoa, Millet and Resistant starches such as cooked and cooled rice and shirataki products (miracle noodles and miracle rice)
- Acceptable starchy vegetables include sweet potatoes, root vegetables, hard squashes.

2. NO SOY

- Avoid Tofu and other soy products.
- Why avoid soy? It is estrogenic, goitrogenic, and it is highly Genetically Modified.
- It hides in a lot of foods, so check labels. In general, the less processed a food is, the less chance of you running into soy.

3. NO COW DAIRY

- Cow dairy protein(casein) and sugar(lactose)are among typical allergens and anything that triggers an allergic reaction causes inflammation in the body!
- What you CAN eat is:
 - Nut milks, coconut milk, hemp milk.
 - Goat milk products and goat butter, grass fed butter or ghee

4. NO SUGAR

- Sugar causes inflammation.
- Do not use the pink, blue or yellow packets – those are chemical poisons
- “Raw sugar” and coconut sugar are still sugar. Do not eat those either!
- If you want to lose weight, pure stevia is the best option. If not, you can have small amounts of honey, agave nectar and real maple syrup.

Jeffrey S. Haskel, DC, PhD

1290 Palmetto Avenue, Winter Park, FL 32789 **Ph 407.647.2220** Fx 407.647.2221

askdrhaskel@gmail.com

5. NO VEGETABLE BASED OILS – Except for below

- Avoid oils coming from safflower, canola, corn, and soy. These oils are high in Omega 6 fatty acids, which cause inflammation. The typical American diet is way too high in Omega 6.
- Do not use margarine or “smart butter” which is a form of margarine.
- You can use Extra Virgin Olive Oil, Coconut Oil and Avocado Oil.

6. NO ALCOHOL AT THIS TIME

- You’re giving your body a break and alcohol throws a wrench into it for many reasons:
 - Inflammatory
 - Competes for antioxidants in the liver
 - Messes up blood sugar and hunger signals.

A NOTE ON BEVERAGES

Limit your amount of caffeine to 8 oz per day in the morning. Only drink organic coffee. Caffeine can stress your Adrenal Glands, which produce hormones that give you energy. Water should be your primary beverage and a good rule of thumb is to drink ½ your body weight in ounces per day.

The 4 Principles

1. THE METABOLIC BREAKFAST

Breakfast is mandatory and it starts with protein. Within 15 minutes of waking before coffee, eat protein. This can be 1 or 2 eggs, protein shake or meat. 30 minutes to an hour later eat a healthy carbohydrate, such as gluten free oatmeal or a sweet potato.

2. THE METABOLIC LUNCH & DINNER

Lunch and Dinner should consist of a protein (meat, fish, egg or protein powder) a healthy carbohydrate (a vegetable or fruit) and a healthy fat (olive oil, avocado, nuts) Examples: a large salad with vegetables and meat dressed with olive oil and vinegar, a fist sized portion of meat or fish, broccoli and 4 oz. of sweet potato with grass fed butter.

3. THE METABOLIC SNACK

Eat a balanced snack 2-3 hours after breakfast and lunch.

A balanced snack should be very small and consist of a protein and a healthy carbohydrate (vegetable, fruit or acceptable starch)

Examples: a slice of turkey wrapped in a romaine leaf, gluten free oatmeal with walnuts and berries, goat yogurt or goat cheese is both a protein and a carb and is one of Dr. Haskel’s favorite snacks.

4. METABOLIC HACKS

Limit fruit to berries and green apples and eat before 2 pm. If trying to lose weight, limit your fat intake to 1 TBSP per day. If not, you can eat 3 TBSP of olive oil, ½ avocado and a handful of nuts.