



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.

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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 2-1/2-3 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. Use at least ½ tsp. pink salt per day (if hypothyroid 1 tsp) to support protein digestion, mineral absorption and to help kill harmful microorganisms.