

HEALTHY EATING
MADE SIMPLE

**The Weight
Loss Solution
That Works**

by CA York

STAY CONNECTED WITH US:

Join our eating healthy weight loss support group for healthy eating recipes, weight loss motivation, and healthy home and lifestyle tips.



I did not use standard referencing with footnotes as extensive referencing would be a distraction in the layout of this manual. Sources are included at the end of the book.

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Healthy Eating Made Simple

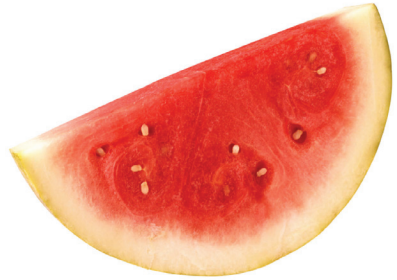
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ENDORSEMENTS

“As an acute care dialysis Registered Nurse, I provide treatments for hospitalized patients diagnosed with kidney failure. Although many people suffer from kidney disease and failure due to heredity, congenital defects, acute injury or illness beyond their control, the leading causes of end-stage renal disease, uncontrolled type II diabetes, and uncontrolled hypertension are preventable.

My role as a dialysis nurse is rewarding and unique in that I have the opportunity to sit one-on-one with my patients throughout a 3 to 4 hour treatment, teaching and encouraging them, as well as learning from them. Although my patients are of variety of ages, ethnicities, and social status, there is a common thread in many conversations.



I have heard time and time again how they wished they had made lifestyle choices to prevent the disease process instead of living with a disease that no longer offers choices beyond dietary compliance, dialysis, or death. If I could speak not only as a nurse but also as the voice of many of my patients, it would be my hope that you take the steps necessary to reduce your risks through embracing a healthy eating lifestyle as recommended in *Healthy Eating Made Simple*.”

Cynthia L. York, R.N.
Acute Care Dialysis Registered Nurse
Los Angeles, CA



“I have known Cheryl Olmstead for over twenty five years. I was thrilled to review the nutritional information set forth in *Healthy Eating Made Simple*. This small book is packed with sound nutritional advice and embraces an eating healthy lifestyle.

As a retired Chiropractor, Registered Physical Therapist, and Olympic Power Lifting Coach, I have spent my career encouraging people to improve their lives through exercise and nutrition.

Weight loss and nutrition play a vital role in preventing injury and disease.

I highly recommend this book and encourage everyone to make the healthy choices today that will benefit your health tomorrow.”

Ralph E. Gardner, D.C., R.P.T., M.A.
Chiropractor
Registered Physical Therapist
Master of Physical Education
Copperas Cove, TX



INTRODUCTION

Thank you for downloading this booklet, *Healthy Eating Made Simple*.

I'm excited that you've taken a step to join the thousands of people who are taking a proactive role to improve their health by losing weight, and preventing the diet related diseases that plague our country.

Healthy Eating Made Simple is **not** a diet. It's a solution to the problem of weight gain and body toxicity.

It is my hope that this booklet will encourage, educate, and motivate you.

My journey began when I took a 90 challenge to eat healthier. Since then and changing the way I eat and taking weight loss supplements, I feel fantastic. I have more energy, mental clarity, stamina, my skin is glowing, I've lost weight, I have a sense of well being that was missing, I'm happier, and I sleep better.

I have started and stopped countless diets in my lifetime and have always struggled with my weight, no matter how active I was.

My health issues began when I was two weeks old when I had my first bout of pneumonia due to allergies. I'm now pursuing the other side of forty and still struggle with allergies and asthma. I have taken medications and steroids my entire life.

My motivation came when I discovered why I wanted to lose weight. It all began one day after being on steroids for two months. Having gained more weight, I saw a picture of myself and decided I'd had enough. I was done, I needed to change. And, I did.



The deeper motivation was a strong desire to live my life free of pain (major back surgery in 2004), to continue to enjoy

the outdoors, keep up with my German Shepherd dogs, and to be an active partner with my husband.

I can press even deeper by saying that as I began my research I saw the dark road of potential diseases that lay ahead for me and found at the pinnacle my catalyst for my much needed weight loss motivation.

Through proper nutrition, you can lose weight, improve your



health, detoxify your body, regain vitality, and prevent premature aging.

If there was one purpose for the creation of this booklet, it would be to spark your interest in pursuing a eating healthy lifestyle. It is my hope that you find value in this booklet no matter where you are in your journey to better health.

WHAT IS YOUR MOTIVATION?

Do you want to eat healthier?

Do you want to lose weight?

Do you need to lose weight?

What has happened that caused you to gain weight?

What is your motivation to lose weight?

What is your why?

Where does your motivation come from?



fall away, you begin making excuses, or feel like giving up, what is that one “why” that can keep you going?



If you are able tap into your core truth and hang onto it, it will provide you with the weight loss motivation that you need to change your diet and embrace an eating healthy lifestyle so you can live the life you desire.

By digging deep within yourself, to break past the obvious reasons for wanting to lose weight, you may discover the deeper truth that you can use to change other areas of your life too.

The deeper truth is your “why.” When all of your other reasons for desiring to lose weight

Challenge: Commit to your own 90 Day Challenge by eating healthy, drinking more water, and taking your nutritional supplement for the next 90 Days! Take your own before and after photos to see the changes.

OVERWEIGHT AND OBESITY FACTS

Whether you have five or five hundred pounds to lose, eating right is vital to health and weight control.

Not all weight related issues are caused only by overeating. Many people struggle with their weight because of health conditions, the condition their body is in, and a diet consisting of processed foods.

If you need to lose weight, you are not alone. Overweight and obesity Rates in the United States:

Overweight is a body mass index of 25 – 29.9; Obesity is a body mass index of 30 or more.

One third (37.5%) of all adults in the United States are obese.

Approximately 17% (or 12.5 million) of children and teens aged 2—19 years are obese.

Along with the personal, dispiriting aspects of obesity (let’s face it, no one wants to be heavy), the risks increase for the following diseases:

Coronary heart disease	Type II diabetes
Cancers	Hypertension (high blood pressure)
High cholesterol	High triglycerides
Stroke	Liver disease
Gallbladder disease	Sleep apnea
Respiratory problems	Osteoarthritis
Gynecological problems	Metabolic Syndrome
Non alcoholic fatty liver disease	Osteoarthritis
Skin problems	Poor wound healing
Erectile dysfunction	Infertility

Being overweight also plays a role in emotional health:

Low self esteem	Depression
Social discrimination	Disability
Physical discomfort	Sexual function
Shame	Social isolation
Lower quality of life	Stigma

Factors That Contribute to Weight Gain:

Environment	Social status, prejudice
Culture	Genetics
Lack of exercise	Health problems
Disability	Low metabolism
Thyroid, hormones	Cushing’s disease
Polycystic ovary syndrome	Medications, Steroids, Antidepressants
Asthma, Allergies	Body is not in condition to lose weight

That’s enough of the negative! You’re going to avoid these problems by getting your body into the condition it needs to be in to lose weight.

You’re going to learn how to optimize your weight loss efforts by eating fat burning foods while abolishing the pound packing processed foods.

And, you’re going to get the extra help you need through healthy supplements that

optimize your weight loss efforts so you lose it for good!

TOXICITY AND CLEANSING

Our bodies accumulate toxins from the processed foods we eat and the environment. These unhealthy toxins cause:

- Weight gain
- Disease
- Stress
- Fatigue
- Allergies
- Depression, and more.

You can help reduce these toxins by eliminating processed foods, eating more fresh fruits and vegetables, drinking

more water, and through the nutritional supplements you purchased.

SAY GOODBYE TO FAT

The concept is simple:

**Reduced calories
+ Fat burning food
+ Fat burning supplements +
Detox = Permanent weight loss.**

It takes approximately 3,500 calories to lose a pound of body fat (you need to burn 3500 calories more than you take in to lose a pound). To lose about 1 to 2 pounds per week, you'll need to reduce your caloric intake by 500—1000 calories per day depending on activity level.

When you eat wholesome fat fighting foods, calories go a lot farther so you will feel full and put an end to cravings.

Create an eating plan that works for you. Start by writing down everything you consume, so you can see just how much you unconsciously eat!

The Mayo Clinic provides an excellent free tool that will

create a personalized food pyramid for you!

Challenge: Create a free personalized food pyramid and calorie/exercise calculator at: <http://www.mayoclinic.com/health/weight-loss/NU00595>

The results will breakdown how many calories to consume a day from each category:

- Sweets
- Protein
- Fruit
- Vegetables
- Carbohydrates
- Fats
- Plus, how much exercise you need each day.

Get ready to say goodbye to the processed pound packing foods that have caused you to gain weight and say hello to food that will boost your weight loss efforts by helping you burn off the fat for good.

PROCESSED FOODS CAUSE WEIGHT GAIN

Processed foods are convenience foods that have been commercially prepared and packaged for easy consumption. They typically contain high amounts of trans fats, salt, preservatives, sugars, and other additives. They are often criticized due to their contribution to obesity and other health related problems.

Challenge: Next time you're in line at the grocery store, take note of the processed foods that surround you. Compare that to the healthy foods within arm's reach. How many healthy foods can you grab?

Trans fats, sugars (ingredients that end with "ose's" are sugars), high fructose corn syrup, and processed foods pack on pounds, sabotage weight loss efforts, and lead to increased hunger.

Be aware of the sugar you consume and don't let the packaging fool you! Food manufacturers pump sugars, additives, and preservatives

into processed foods to give them extra flavor. By identifying and eliminating these sneaky sources of extra sugar and fat, and eliminating them from your diet, you will lose weight.

Added sugar also prevents the absorption of the micronutrients you need to burn fat, lose weight, and sugar prematurely ages you.

Challenge: Fat free and low fat foods are not your friend. Begin checking labels and compare sugar content, preservatives, sodium, and calorie content with their full fat counterparts.



WHY PROCESSED FOODS CAUSE WEIGHT GAIN

Baked goods: Regular and low fat cookies, cakes, and crackers contain higher amounts of sugar than natural baked goods. Too much sugar leads to high triglyceride levels, pre-diabetes, coronary artery disease, cancer, and weight gain. (Tip: choose all natural or bake your own.)

Frozen dinners: Regular and low fat frozen meals contain high levels of sodium. Some frozen meals contain half the



daily allowance of sodium in one serving and also contain hidden sugars. (Tip: freeze your own meals and read labels.)

Low fat Yogurt: Lowfat yogurt often contains more sugar than its counterpart. Sugar free varieties may cause you to

crave more sugar and increase hunger. Try Greek yogurt which nearly has double the protein and half the sugar. (Tip: Top Greek yogurt with fresh fruit and slivered nuts.)

Processed Foods: All processed foods (condiments, salad dressings, nut butters, frozen prepared meats, lunch meats, breads, cereals, soups, snacks) contain added sugar and preservatives. (Tip: Look for sugar free, organic, unprocessed foods or eat fresh food).

The concept is simple: Choose foods that have no sugar or have sugar as the 5th ingredient or lower.

Diet Soda: Diet drinks containing artificial sweeteners increase hunger and contribute to obesity. If you are interested in learning more, I recommend these videos about the danger of sugar and artificial sweeteners:

<http://products.mercola.com/sweet-deception/>
<http://articles.mercola.com/sites/articles/archive/2010/04/20/sugar-dangers.aspx>

The concept is simple: Americans consume more sugar in foods rather than in soft drinks. That

is shocking considering that half the population drinks sugary drinks each day! Reduce the sugar source.

TRANS FATS AND HIDDEN SUGARS CAUSE WEIGHT GAIN



Highly processed foods increase blood sugar levels, which contribute to diabetes, heart disease, weight gain, and some cancers. Your major source of energy comes from carbohydrates and by choosing the right (low glycemic) carbohydrates, you sustain energy and burn fat.

The glycemic index provides a guideline to give you an idea of which foods raise your blood glucose fastest and highest. The higher the glycemic index

the higher sugar content. Foods with a lower glycemic index keep you feel fuller for a longer time and help control appetite.

Trans fats are used to enhance the flavor, texture, and shelf life of many processed foods. However, they contain health risks and are a contributing factor to heart disease. The American Heart Association advises limiting trans fat consumption to less than 1% of your diet.

The concept is simple: The key to sustained weight loss is to replace foods high in trans fats and sugar with powerful fat burning foods that keep you feeling full, increase energy, and prevent disease.

Examples of Foods That Contain Trans Fats and Hidden Sugars:

- Spreads (margarine, non butter spreads and shortening)
- Boxed and packaged foods
- Soups (ramen noodles, soup cups, packaged soup mixes, canned chili)
- Fast Food (battered/ fried food, breakfast sandwiches, pancakes, grilled sandwiches, etc.)
- Frozen Food (fried chicken, pot pies, waffles, pizzas, fish sticks, dinners, including low fat)
- Dessert (pie crust, icing, cake mixes, packaged cookies)
- Ice cream, frozen creamy beverages, packaged pudding

- Non dairy creamer
- Microwave popcorn
- Ground beef
- Biscuits and rolls
- Meat sticks, jerky
- Crackers, chips
- Cereal bars, breakfast bars, some 'healthy' nutrition bars
- Sausage
- Bacon
- Lunch meat
- Hotdogs
- Frozen prepared meat

Challenge: Replace processed hot dogs, lunch meats, bacon and sausage with organic, unprocessed, preservative free varieties or cook your own.

FAT BURNING TIPS

If you're tired of dieting, feeling deprived, and battling your weight, powerful fat burning foods can help you lose weight, restore energy, reduce cravings, and keep you feeling full.

**The concept is simple:
By eating fat**

burning, fresh, and wholesome foods, you will naturally lose weight and keep it off.

Fat Burning Tips:

Fats are not created equal. Essential fats protect you from heart disease, dementia, and certain cancers. They promote

brain development, regulate your moods, and assist in vitamin, mineral and enzyme absorption.

Salad dressing made from olive oil or vinegar actually helps you absorb the nutrients from healthy foods while low fat dressing may block the absorption of nutrients.

Nut butters, such as peanut and almond (sugar and trans fat free), contain monounsaturated fat, which has been shown to decrease inflammation, raise healthy cholesterol levels, promote weight loss, and fight belly fat.

Eating a low carbohydrate plan is healthy and includes foods that contain a host vitamins and minerals essential for good health. Simply replace processed (high glycemic) carbohydrates with unprocessed (lower glycemic) carbohydrates.

Replace high sugar drinks with lighter versions. Drinking fat flushing waters and green tea prevents chronic dehydration, reduces appetite, fills you up, and promotes weight loss.

Enjoy adult beverages in moderation. Red wine contains resveratrol-four ounce glass

a day may promote weight loss. Resveratrol contains antioxidants that protect you from heart disease, cancer, and diabetes. It can be found in the skin of red grapes, Spanish peanuts, and berries.



Foods rich in calcium and vitamin C help your body let go of fat. The top foods high in vitamin C include, papaya, bell peppers, strawberries, broccoli, pineapple, Brussels sprouts, kiwi, oranges, cantaloupe and kale.

Challenge: Replace diet soda and sports drinks with fat flush waters (water containing fresh, sliced lemon, lime, orange, grapefruit, cucumber, ginger or apple cinnamon). These can also be made with green tea and unsweetened coconut waters.

By combining these fat burning tips with the following fat fighting foods, you will help your body get into the condition it needs to be to naturally lose weight and improve your health.

POWERFUL FAT FIGHTING FOODS

Challenge: Eat fat fighting foods while eliminating processed foods from your diet for the next 90 days.

Foods That Contain Essential Fats:

Dark chocolate, unsweetened cacao	Coconut oil
Dark green vegetables	Cauliflower, Brussels sprouts
Garbanzo beans (hummus)	Avocado (guacamole)
Nuts, walnuts, almonds	Olive oil, canola oil, peanut oil
Pinto and kidney beans (dried)	Olives
Sunflower seeds, flax seeds, pumpkin seeds	Seafood, tuna, salmon, sardines, mackerel, shrimp
Winter squash	Fresh fruit, cantaloupe, papaya

Good Carbohydrates:

Fruits, red grapes	Vegetables
Beans	Legumes
Sweet potatoes	Potatoes
Plant foods	Corn tortillas, Ezekiel Bread, Whole grain wraps
Whole wheat pasta	Coconut flour
Popcorn (air popped)	Brown rice
Steel cut oats	Quinoa
Whole wheat	Barley
Bulgur	Wheat berries

Fiber Rich Foods:

Avocado	Blackberries, Raspberries, Blueberries
Plums	Squash
Apples	Pears
Watermelon	Tomatoes
Almonds	Brazil nuts
Flaxseed	Pistachios
Pecans	Sesame seeds
Sunflower seeds	Radishes
Couscous	Beans, white, black, kidney
Chickpeas	Edamame
Lentils	Peas
Artichokes	Broccoli
Lettuce/Spinach/ Watercress	Greens/Bok Choy/Kale

The concept is simple: Incorporate these healthy foods into your regular diet, create smoothies, snacks, and treats using these ingredients rather than eating processed foods.



Heart Healthy Protein:

Chicken	Beans
Turkey	Baby lima beans
Beef	Soybeans
Pork	White beans
Veal	Legumes
Cod	Barley

Continue Heart Healthy Protein:

Crab	Whole grain/wheat bread or tortillas
Halibut	Couscous
Lobster	Oats
Salmon	Almonds and almond butter
Shrimp	Hazelnuts/Brazil nuts
Sardines/anchovies	Peanuts and peanut butter
Tuna	Pistachios/Spanish peanuts
Seeds	Eggs

Challenge: Replace flour tortillas with corn tortillas, white bread for whole grain bread, potato chips for baked corn chips, and fried food for grilled.



Dairy:

Cheddar cheese	Parmesan cheese
Cottage cheese	Ricotta cheese
Cream cheese	Swiss cheese
Feta cheese	Mozzarella cheese
Milk/ Buttermilk	Yogurt

Non Dairy Fat Releasing Foods:

Coconut oil	Olives
Resveratrol	Red wine
Nut butters	Unsweetened organic cocoa
Dark chocolate	Seeds
Vinegar, cider, balsamic, malt, red wine, rice	Honey
Polyunsaturated fatty acids	Monounsaturated fatty acids

Challenge: Replace high calorie coffee beverages with a healthy coffee mocha by adding two teaspoons each of honey and unsweetened cacao powder to your favorite blend.



Fat Fighting Spices:

Basil	Ginger
Black pepper	Marjoram
Cayenne pepper	Onion
Celery seeds	Oregano
Chile peppers	Parsley
Cinnamon	Red pepper
Thyme	Lemon pepper

Enzymes that help you lose weight:

Enzymes work because they assist your body with the absorption of micronutrients while supplying a powerhouse of natural energy.

Enzymes help fight fatigue, digestive discomfort, weight gain, joint pain, depression, migraines, gas, bloating, diarrhea, constipation and thyroid problems-to name a few.

Enzymes are the spark of life and promote weight loss while promoting a dynamic source of energy. They are effective in reducing pain, inflammation and promoting healing. They assist in the break down of fats and starches while improving digestion.



- Amylase (enzyme needed to breakdown sugar).
- Protease (enzyme needed to digest protein).
- Glucoamylase (digestive enzyme that creates energy from the plants we eat).
- Papain (enzyme that breaks down toxins, is a powerful antiseptic, digestive aid, antioxidant and anti-inflammatory agent).
- Cellulase (enzyme that breaks down plant cellulose into energy-sustaining blood sugar that help maintain optimal blood sugar levels).
- Bromelain (enzyme that plays a key role in digestion and is used as an agent in wound healing and the prevention of infection and inflammation).
- Lipase (enzyme responsible for breaking

down healthy fats so that it can readily be absorbed through the intestines).

Fiber and other plant based ingredients:

- Glucomannan: Promotes weight loss by creating a feeling of fullness so you eat less, absorbs the unhealthy fats in foods, and helps in the absorption of health nutrients. Research has shown that supplements containing Glucomannan, appear to work better on the three mechanisms

that affect appetite: mechanical (physically taking up rooms in the gut); hormonal (controlling appetite hormones), and transition time (slowing down the absorption of food).

- Carralluma: Natural appetite suppressant that supports metabolism and sustains energy.

- Cha De Burge: Natural appetite suppressant that supports a healthy metabolism and sustains energy.

A FINAL WORD

By no means are the foods listed the only foods you should consume. The foods included on the list are powerful fat burners that will help you lose weight faster if you include them in your diet. However, a diet filled with a variety of fresh vegetables, fruits, lean meats, dairy, heart healthy proteins are important.

By eating a wide variety of colorful fruits and vegetables you will provide your body with

an assortment of the vitamins and minerals it needs.

By embarking on the 90 Day Challenge, you will notice weight loss, vitality, and cravings for the old foods diminished.

However, we're not advocating that you can never eat your favorite foods again! If you view them as the occasional treat, you can incorporate them in moderation. By planning ahead, reducing calories in

the days before and after the occasional splurge meal, you will be embracing a healthy lifestyle change.

Change does not happen overnight. Begin with the choices that are easiest for



you to make and build success upon success. Celebrate your accomplishments!

Challenge: Eliminate high fructose corn syrup from your diet!

If you are going to splurge, try to make it count toward your health and focus on unprocessed foods such as baked corn tortilla chips, all

natural ice cream, and organic candy. Read labels and



begin eliminating everything with high fructose corn syrup. Remember, there are many delicious treats that do not include high fructose corn syrup, added sugars, and preservatives.

Final Challenge: Be proactive, take charge of your health and diet, live your life to its fullest!

Sources:

Centers for Disease Control: <http://www.cdc.gov/>

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Harvard EDU: <http://www.hsph.harvard.edu/nutritionsource/sugary-drinks-fact-sheet/>
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Global Healing Center: www.globalhealingcenter.com
Glycemic Index, Making Healthy Eating Easier: <http://www.gisymbol.com.au/>

These claims have not been approved by the FDA, because, all natural ingredients, vitamins and minerals don't require FDA approval. This product is not intended to diagnose, treat, cure or prevent any disease.