



The MINKY PLAN (2009 updated version):

**A holistic plan where you do
5 things in 5 weeks to lose 5 inches, halt pre-diabetes and
naturally RAISE your HDL (Healthy Cholesterol)- Relearn
how to shop, cook & eat real foods the Minky Way!**

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Your Health-Info-tainer

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The Minky Plan: A Holistic Fat loss Plan

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“Why Is Everything I Want To Do BAD For Me?” Presented to your group by Minky, your Health-Info-tainer!
www.HotMinky.com

Acknowledgements

I'd like to acknowledge the following people and organizations for sharing their information, wisdom with the public and being courageous enough to tell the truth.

- Weston A. Price Foundation www.westonaprice.org
- Sally Fallon, President, Weston A. Price Foundation, Her wonderful book: "Nourishing Traditions", and with Dr. Mary Enig, their book, "Eat Fat, Lose Fat".
- Dr. Al Sears, M.D., and his many informative newsletters www.alsearsmd.com
- Richard Morris His book, "A Life Unburdened" www.breadandmoney.com
- Connie Bennett with Dr. Stephen Sinatra, M.D., and their book, "Sugar Shock!"
- Dr. Diana Schwarzbein, M.D., all of her books and newsletters www.schwarzbeinprinciple.com
- Shane Ellison, M.Sc. www.ThePeoplesChemist.com "Stinky Sulfur Awards"
- Mike Adams, The Health Ranger www.HealthRanger.org / www.NaturalNews.com
- Debra A. Dobies, R.D., MA, Although Deb does not agree with all of my opinions; she has utilized her years of experience and education to review much of the Minky Plan without hesitation and too harsh judgment.
- The group of ladies (you know who you are) who have stuck by me through the years and have virtually been my "Walking Billboards" for my ideas, classes, programs. Thank you. (O.K. I'll name you: Carol L., Michele W., Virginia L., Geri T., Tracy T., Candace B., Dawn A., Rashida C., Kay Kay D. and some others that I need to get in contact with again)
- A man I will always love. Fred Mutz. One day he said to me, "You're such a 'Hot Little Minky'!" And it stuck. Minky was born. Minky came from a place of love. I'll never forget that. For your creativeness, love and support, I am indebted and forever grateful.

- Finally, I have to acknowledge my family. Especially my mother. She was my biggest fan. Her untimely, sudden death has led me in the direction that I am now going. She dropped dead on a treadmill; she died 20 years earlier than her parents did at her age. The direction to find the truth about health and what really causes disease. I now follow a path with my heart and common sense about what I put into my body and how well I treat myself.

There are many more references of information throughout the Minky Plan and are listed in the reference list at the end of this book. For those of you who have dieted and exercised many, many times before, I acknowledge your efforts in the past. Also, I acknowledge your common sense and your willingness to re-learn how to grocery shop, cook, and eat normally again once and for all; for the rest of your life. The Minky Plan is designed to get you to change your limiting beliefs about our food supply and to enjoying the process of re-learning how to protect you and your family's health. You will be given the tools to change the way you nourish your body. Please take advantage of this information and form a lifestyle you and your family can live with, while trimming down and getting healthier day by day.

Introduction

What's a Minky? The Urban dictionary definition of a Minky is... "A **particularly** sexy woman. A **Hot** Minky is a particularly sexy woman who values the nourishing **hot** rays of the sun. (even if for only 15 minutes)

See 3-week jump start HOT Minky Plan if this is too overwhelming for you right now.

More information on the HOT Minky plan at www.jest4fitfood.com Need to read rules & staples of Minky Plan first.

Welcome to the Minky Plan. A 3-section holistic fat loss plan that you follow for 5 weeks. You *re-learn* how to shop for 'real foods', cook with real fats (feed your brain and your hormones and increase your satisfaction on many levels), eat to reduce risk of pre-diabetes, raise your healthy cholesterol (HDL) and lose fat while you enjoy the process. You may repeat the 5 weeks if you need to. But this plan is designed to get you to change your limiting beliefs about diet & exercise. You begin to think for yourself and use the common sense God gave you. Devise a custom plan through this information that works for you and your family to get you and keep you healthy. (The Fat loss By Phone Support classes are critical!)

Section 1: **Mind**-Where fat loss begins

Section 2: **Body**-Where fat manifests

Section 3: **Spirit**-Enjoy the process of losing fat

Straight up...the Minky Plan is a Politically Incorrect plan. There's no politically correct crap in this plan that states, "All foods can fit as long as you eat them in moderation." That's a joke, that's a way to say it's o.k.(or even that it's good for you) to eat man-made Frankenfoods. *"Because without you buying those crappy products, we can't get \$ for our organization"*. There are absolutely foods (rather fake shit in our foods) that you should NEVER eat, unless you were trying to kill yourself...which we'll talk about later. The basics of the plan are against what you hear on the t.v. and the standard 'sick' care establishments and organizations with 'diseases' in their names. Here are 5 of the main basic principles of the Minky Plan:

- 1. Sit/lie in the sun daily**
- 2. Decrease damaged fat intake and carbs/Increase virgin fats**
- 3. Drink alcohol**
- 4. Only eat 3 meals a day**
- 5. Only exercise q.o.d. (every other day)**

You will not get 'traditional support' on this plan. This is why the support group phone call is so vital. (you'll read about later) People will say to you, "What about your cholesterol?, I can't believe you're eating that?, What's the plan you're on...Atkins?" You'll learn to smile and not care what they think as your waist gets smaller and you feel better.

This plan is obviously not for vegans, vegetarians, those who wear their 'total cholesterol #' on their sleeve as a 'badge of good health', and those who religiously/politically won't eat certain foods. Please don't try to change the main food staples in the plan. Just pick another plan. This plan is simply not for you. There are 'no substitutions' for political correctness; only other choice suggestions for foods that you may dislike the taste of or are allergic to.

This is a simple plan that you follow for 5 weeks and then forever make better choices.

Being over fat means you are in a state of inflammation and malnutrition.

You will eat to reduce your inflammation and increase your nourishment.

You will heal yourself first; then fat loss is easier.

Although many people may lose inches/weight quickly at first on this plan, it is not designed for *quick* weight loss. It is designed for *fat loss*. There is a big difference.

This program is designed to take off fat while improving your health and reducing your risk of diabetes and increasing your HDL or Healthy cholesterol. You will eventually totally replace your cabinets and re-learn how you shop and how you cook.

You will halt pre-diabetes (type 2) and lose fat not only for you; but for your kids and grandkids too.

You will begin to change your limiting beliefs* about fat, cholesterol, diet & exercise.

*Limiting beliefs are beliefs that we have in our minds from popular opinion, political correctness, personal experience. I have them too. They become a problem when they interfere with your ability to reach your goals and you won't look beyond them for another solution. You keep doing the same things over and over again because that's what you have come to believe from 'the experts'. In this case, it is to get healthier and lose weight (fat).

Let's go over each principle of the Minky Plan. I may quote the science later. This plan is for easy readers and 'down-to-earth' folks.

1. Sit/lie in the sun** – Vitamin D has been hot in the news. God didn't create the sun to kill us. Our ancestors always new the magic of the sun. Vitamin D has been linked to reduce cancer (up to 77%, Creighton University School of Medicine), decrease risk of diabetes, and increases the absorption of other nutrients you eat. Without the absorption of vitamin D, other nutrients like calcium, will go right into the toilet. This is what I call "**Expensive Urine**".

**Depending where you live and /or how dark your skin is, you may have to take cod liver oil to supplement your limited sun exposure. Black folks have higher risks of cancer and they are very deficient in vitamin D. They need longer exposure to the sun because of the darker-complexion. But I see them often cover up from the sun. They may live/work in big cities where sun is blocked from skyscrapers. These cities are also very hot due to the asphalt and lack of air currents between the buildings. Who wants to sit in the 'hot sun'? No matter where you where born; if you are African-American, your ancestors originated from Africa.

Africa=Hot, sun. Darker-skinned people were made to be in the sun. When I hear black folk say, "I don't need to tan, I

have a natural tan.” They couldn’t be more wrong. It’s not about ‘the tan’, it’s about the vitamin D. Also many are lactose-intolerant so they don’t even get sufficient vitamin D from dairy products. Think about it.

15 min. for fair-skinned folks (no sunscreen during this time) and up to an hour for darker-skinned folks. The hours of 11a-1pm are best. Lunch time. Arms and legs have to be exposed. Vitamin D from the sun trumps any supplement or food.

2. Eat increased virgin fats – Yes, animal fats (meat & dairy) and tropical fats (coconut oil, palm oil) NOT hydrogenated or partially hydrogenated though! Eating fat does not make you fat. Eating too many calories makes you fat. Fat has 9 calories per gram so you get more energy from fat. You get more satisfaction and fullness from fat, so you eat less. You need to eat saturated fats to help you absorb the nutrient-activators, fat-soluble vitamins A & D. This will help with your malnourished state and your hormones will be happier. So again, if you don’t eat saturated fats, you don’t absorb fat soluble vitamins, if you don’t absorb fat soluble vitamins, all other nutrients go into the toilet.

Saturated fats do raise your cholesterol; but they also raise your good cholesterol (HDL). **It’s much better to have a total cholesterol of 240/HDL of 85; than a total cholesterol of 150/HDL of 25. (Especially as you age and being a woman!)**

Because on the Minky Plan you increase your intake of virgin fats, you must decrease one of the food stuffs. And that food stuff would be carbohydrates. By **decreasing your carbohydrate** intake you will decrease your triglycerides. Reducing triglycerides (by reducing your carb intake) is great for your heart (a side effect is fat loss; NOT memory loss or aching muscles)

Also by **decreasing your carbohydrates**, you decrease your insulin surges. Insulin is the fat-storing hormone **AND** too many insulin surges cause insulin insensitivity which is diabetes. Fat intake does not affect blood sugar/insulin levels.

Decrease damaged fat intake – Fats in nature are good and healthy. Man-made fats are damaged and cause disease and obesity. (Schwarzbein Principle, pp. 277-278)

Damaged fats:

Hydrogenated fats, Trans fats, Oxidized (rancid) fats (all processed under heat in high amounts) Body cannot recognize these fats. They increase the aging process too.

Healthy/safe fats in nature:

Fats in fish, nuts, seeds, meats and dairy. Also cold-pressed oils. Essential fatty acids too.

See Minky Oils for more information on fats. Also see Minky's Staples/shopping list for list of healthy/safe fats.

3. Drink alcohol – I couldn't believe the research on this one. Straight up...alcohol trumps exercise when it comes to raising your HDL (Healthy cholesterol). Your HDL has cardio-protective properties. Especially in women.

Any kind of alcohol. But I recommend red wine and vodka. (not necessarily together)

1 glass (4oz.serving wine; 1shot vodka) a day is the limit!

IF YOU CANNOT STOP DRINKING AT 2 DRINKS A DAY; THIS PLAN IS **NOT RECOMMENDED** FOR YOU! When you take your shot of vodka; say to yourself, "I'm taking my medicine". And like with most medicines; please take with food.

http://findarticles.com/p/articles/mi_m0BJI/is_12_30/ai_63922872?tag=rel.res4

4. Only eat 3 meals a day – Haven't you heard? You're supposed to eat 5-6 mini balanced meals a day. Every 2 hours or so. Check out this sample eating schedule that I received from an online fitness trainer: (Please don't follow this. NOT the Minky Plan)

Meal 1 - 7:30am - Whey protein shake, 1 bowl of oatmeal, 1 tbsp flaxseed oil

Meal 2 - 10:30am - 3 Whole Eggs, 1 cup of hash browns, 1 cup orange juice

Meal 3 - 1:30pm - 6 oz. chicken breast, 1/2 cup of brown rice

Meal 4 - 4:30pm - Meal replacement shake, 1 apple, handful of nuts

Meal 5 - 7:00pm - 6oz. lean beef, 1/2 cup of brown rice, 1/2 cup green beans

Meal 6 - 10:00pm - Whey protein shake, 1/2 cup cottage cheese, 1 tbsp. olive oil

Are they serious? I understand that this is for 'muscle-building'. But it's also for those who don't have a job. Aside from the food on the meal plan, the time schedule of eating 5-6 'balanced' mini meals is what's being promoted by many 'experts' in the diet/exercise field.

I would constantly be thinking about food on the above plan. As a nurse, I can barely get to the bathroom; let alone eat a 'balanced' mini meal every 2.5 hours. Besides a wonderful endocrinologist once told me, "You shouldn't snack. Snacking and eating too often doesn't give the pancreas a rest".

On the Minky Plan, you're full and satisfied. Every 4-5 hours you will eat. If you are still hungry in between meals you may have a snack. But the objective is to eat 3 full fat, quality protein, non-starchy carbohydrate meals, so you are full until your next meal. (**Some** limited types of rice, bread, potato are allowed see shopping list) Think: graze all day=cow. Want to look like a cow?

Finally,

5. Only exercise q.o.d. (every other day) – One of my first specialties. It took me a while but I finally figured it out. Nothing new. It's quite simple. Challenge your heart, lungs and muscles every other day *on purpose*. Then the other days or when you need your heart, lungs and muscles 'to step' up to a challenge (like racing for the train or on vacation swimming) you'll be ready without pain and/or embarrassment. Again a side effect of doing this is a decrease in your fat and an increase in your Headly cholesterol (HDL).

Do you have 60-75 min. daily to do exercise? Going for a mind-clearing 30-minute walk is fine. You can do that daily if you want to. I'm talking about those exercise fanatics (not athletes) that must be in their 'zone' for 60 minutes on a daily basis. And they still look the same after 6 months. If you are not getting positive results (decrease in inches/weight, sleep better, feel stronger, decrease in blood pressure, etc.) within 4 weeks, you need to change what you're doing.

On the Minky Plan you will change up your exercise. You will do 20 min. one day. Rest the next day. Then do 10 minutes of strength on the next day. Then rest the next day and so forth. (see Section 2 – The Body: Where fat manifests for example of exercises)

Rest is just as important; if not more important than exercising. You will challenge yourself for your ability. But it will be short. Exercise helps to raise your HDL (Headly cholesterol) too.

Remember exercise is a stressor. Be kind to your hormones. Rest your body when you're stressed; don't blow out your adrenal glands (which produce cortisol; which lays on abdominal fat) Don't exercise hard for an hour after you've been up all night, ate inflammatory foods and/or have been on a drinking binge, etc.

Ever wonder why you work out 'so hard' for 'so long' and you're not losing weight or getting smaller? This could be why. Or you could be malnourished and starving yourself too by eating a low fat/high carbohydrate diet. Or both.

Keep in mind that we are fatter and sicker than ever.

Could it be the food supply, how we cook, being sedentary and taking medicine like vitamins that is making so many people fat & sick? (Healthy people, you are now considered sick if you have a certain number not in a certain range and then are given pills for the rest of your life)

Let me also make the point that I realize we all can find data and research that supports our position. There are many books, articles and studies that will dispute my research. All I ask you to do is ask yourself, “Does this make sense to me?”, “Can I really eat/live like this forever?”

Of course my answer is “Yes”. Your ancestors did. If it’s good enough for great grandma and grandpa(90’s, never sick, no heart disease or diabetes); it’s good enough for me.

Week by week, for 5 weeks you will be given the opportunity to change the way you feel about food, cooking, health facts and exercise. The information presented here goes against all conventional methods to lose weight. Those methods, in my opinion, and research, has done nothing but make us fatter and sicker. So I’m glad you decided to go on this 5–week journey with me back to the early days and eat like our ancestors did. The days before diabetes, heart disease and cancer were rampant in our families. The days when things were simpler and made common sense. The days when we shopped for ourselves, cooked for ourselves, and thought for ourselves.

I realize that we live in a different world today. We sit all day, we’re not nomadic like our ancestors. We don’t hunt and gather much at the grocery store. The hardest thing to do is probably going the ‘courtesy booth’ to get a rain check for some food item that the store ran out of. We have microwave ovens and ‘quick mixes’ that we use to cook; rarely from scratch.

I DO get this. However here’s the big problem...our body doesn’t get it. Our bodies still function the same way our ancestors’ bodies did. For example:

“In 1801, historians estimate, each person consumed about 8.4 lbs. of sugar =2.2 teaspoons a day. By 1999, Americans’ consumption of added sugar hit an all-time high at 151.4 lbs. of added caloric sweeteners per person=83.5 lbs. per person. By 2005, consumption reportedly dropped slightly to 142.6 lbs., according to the USDA’s Economic Research

Service. That figure includes refined sugar from cane and beets (about 63.4lbs.); corn-based sweeteners, such as high-fructose corn syrup, glucose syrup, and dextrose (about 77.7lbs.); pure honey (1.1lbs.); and edible syrups (1.4lbs.)

Some experts believe that the USDA figure is grossly underestimated and the figure is more like 170lbs per year which equals a cup a day of added sugar.”

Sugar Shock! By Connie Bennett, pp. 36-37.

We went from 2.2 teaspoons a day back in 1801 to a cup a day in 2005 of added sugar. We surely ate less sugar before 1801! Same human body no matter what the year. You may say well my mother had diabetes and I say well maybe your mother ate too much added sugar, was addicted to carbohydrates, and didn't exercise and you live the same way. That's not hereditary; that's lifestyle.

Pre-diabetes is purely from lifestyle choices so you can turn it around!

Here is a paragraph quote from one of the books in my library and how I feel too:

“Surviving the Disease-Care System – Serious side effects from drugs are symptomatic of a much greater problem: modern medicine and health care are geared more toward disease diagnosis and management than toward disease prevention.

In 2006, a series of in-depth articles in the *New York Times* described some of the economics of health care specifically related to diabetes. One in 8 people in NYC has diabetes, 4 hospitals there established programs to help diabetics manage their disease through diet, exercise, and blood-sugar monitoring. The programs were a remarkable success and had a high rate of patient participation. But, the hospitals shut down 3 of the diabetes programs by the time the articles were published. The reason? The hospitals made more money from treating the complications of diabetes than by preventing or controlling the disease. In fact, the hospitals often lost money when it came to prevention.

We all hear about how better nutrition, more exercise, and vitamin supplements could save the U.S. (and other nations) billions of dollars in health-care costs. So why doesn't the health-care system focus on prevention? The reason is really very simple. If we were to save, let's say, \$10 billion in health-care costs, someone else would lose \$10 billion in revenues. Junk food companies, drug makers, surgical instrument companies, hospitals, physicians and organization with diseases in their name/title would probably be the biggest losers.

Success in health care is often based on revenues, profits, and large numbers of patients. While stomach-stapling surgery can earn \$50,000 for a hospital, there's little financial incentive to pay a nutritionist or dietitian \$100 an hour to provide regular counseling sessions to patients."

Stop Pre-diabetes Now by Jack Challem, pp. 72-73

Oh before I forget:

All content written in this plan is the opinion of the writer (it is my Truth) and sums up writer's research. It is protected under Free Speech. Yet, www.MinkyMayBeWrong.com But it makes sense to me to eat/live like my nanas did. The writer receives no money from recommendation of other's books. Information presented here is for educational and informational purposes only. The information should not be construed as professional medical advice. 'Jest' for Fitness & Food, HotMinky.com assumes no responsibility for use or misuse of this material. Please visit your physician (preferably holistic) before beginning this or any nutrition and/or exercise plan. If you are over 45 y.o. please have a physical by a physician/qualified health care professional prior to exercising.

Please note that even though I stress that you seek your physician's approval before beginning this or any other nutrition/exercise program; please note that this is basically a higher fat meal plan and that most 'conventional' physicians would not agree with it. In my reference list I have studied many physicians' (especially cardiologists & endocrinologists) work, PhD's, biochemists, health news writers, and many other professionals that would support the writings in this plan. The choice is yours.

Statements have not been evaluated by the FDA. The products included in this e-book are not intended to diagnose, treat, cure or prevent any disease.

Instructions

This plan is designed to be more of a manual/workbook than a textbook. You will be given instructions and suggestions of what and when to do things in each section.

1. Do Section 1 – weeks 1-3
2. Do Section 2 – week 4
3. Do Section 3 – week 5

However, if you need more guidance or have concerns and questions please write them down and call in and eavesdrop on **CHATTER OUTTA-THE-BOX with Minky & Tracy**. Go to www.MinkyTracyChatter.com for topics, dates, times, phone no. & access code.

2 Fed-up Nurses chatting about ‘not-your-ordinary’ health information and their opinion on ‘sickcare’ industry, nonsense on cholesterol & statins, the fattening of our kids and telling parents to feed their children Diabetes Starter Kits.

Here is a quote from Craig Ballantyne, founder of Turbulence Training, sent me about the importance of support groups:

*“We had some very controversial posts in the Nutrition Forum last week at TTMembers.com, did you see them?
And while those posts are not the #1 reason why you might fail on your weight loss program, I discovered that secret on the weekend.*

It came from a strange source. I was actually listening to an interview with a big-wig in the weight watchers business.

And this guy said...

"The #1 reason most folks fail to lose weight is because they don't

want to "change" and "lose their friends."

Isn't that crazy?!?!?!

That you'll sabotage your own weight loss success just to please others?

But if you think about it, it's true!

So many folks HURT themselves because they worry about offending their friends and family by getting healthier and losing weight.

And that's what happens when you do NOT have social support. If you don't hang out with friends and family members who also want to lose weight or at least want YOU to lose weight, then your chances of losing weight on your own are really slim.

So what's the solution?

*Simple...**find social support!***

Craig Ballantyne, Author Turbulence Training

Please, please, please utilize the support classes. Remember this information is slowly making it into the mainstream. But since it is not totally there yet, you won't find support easily. People will worry about your cholesterol, and you not exercising enough. You need these support classes to help validate that what you're doing is not only right and best for your health; it's the way God intended it to be. Feel great about listening to your common sense and enjoy eating real foods again!

The Minky Plan (a Holistic Fat loss Plan) is broken down into 3 sections. Mind: Where fat loss begins (3 weeks), Body: Where fat manifests (1 week), Spirit: Enjoying the process of fat loss (1 week). The first section begins with one or more questions that you must ask yourself. Some of the questions are commonly asked by women who are trying to lose weight; but they are all not 'good' questions. These types of questions set you up for failure. I give you a better question to ask at these sections.

Week one has a few questions because getting your mind set is MOST important! It is very important that you answer these questions first and don't just jump to the diet. You need to find '**your purpose**' for losing fat and halting pre-diabetes. Otherwise your determination will fade.

Let's get started...

Section 1 (Weeks 1-3)

The Mind: Where Fat loss begins...

Your questions at week 1: Self-management. You can't manage time. You can only manage yourself and your feelings.

"What do I really want?" (Outcome), "Why do I want it?" (Purpose), "What specific actions am I going to take today?" (Map)

Pertaining to the Minky Plan:

"How much do I eat?" (metabolism)

"How come if 'I cheat' I totally lose my interest in dieting and can't back on track?" & "Why can't I lose fat?"

Answer = Self-management, Day of Desire & The Minky Way

Your question at week 2:

"How do I cook & when do I eat to be healthy & lose fat?"

Answer = Minky oils, 'Edit your Diet' w/Sacred Diet foods example list

Your question at week 3:

"What stuff do I need?" "Why can't I stick to an exercise program?"

Answer = Minky Gear

Week 1 - When you decide to start: _____

Ask yourself:

“What do I *really* want?” (outcome)

If you answer, “I want to lose 20lbs.” or “I don’t want to get diabetes” or “I want to be able to see my feet?” or “I want to feel better and look better”, etc.

That’s fine. But the next important question is:

“Why do I want it?” (purpose)

You see, ‘the why’ is going to sustain you over the next 5 weeks and for the rest of your life. ‘The why’ has to be that strong & meaningful to you.

Why do you want to lose 20lbs? If you say, “Because I’m tired of carrying around all this extra weight.” That may not be enough. But if you said, “Because I know I am more than my weight and I want to set an example for my kids that I care about me; therefore I care about them.”

“Why don’t you want to get diabetes”, you answer, “Because it runs in my family”, that may not be enough. But if you said, “I don’t want to get diabetes like my mom and have my kids suffer watching me suffer like I watched my mom”.

“Why do you want to feel and look better?”, you answer, “I’m tired of being tired and not having any energy”, again that may not be enough...you have look deep inside and be honest with yourself. An answer like, “I want to look and feel better

because I want to prove to myself that I am in charge of my decisions. I want family and friends to say 'WOW', not only do I look and feel great, I follow through and I can teach this quality (improved self-esteem) to my kids".

If you're having difficulty answering "the why" with passion, then you may have to go back to the first question, "What do you really want?" "What do you want your outcome to be?" again.

This is very important. Do **NOT** skip these questions!

The final question before you start is:

"What specific action(s) are you going to take today to get you closer to question number one? (map)

This is NOT a 'To-Do' list! To-Do lists are stressful and are about you getting things done for other people; they are designed to make your life easier at that particular time.

These specific actions for your fat loss and you. It can be that you buy something needed from the Minky Gear list. It can also be that you start to inspect your kitchen cabinets and become aware of all the crap that you have in your cabinets and don't need. Write down an action(s) that you will do today.

Every night, don't go to bed with out doing at least one action that gets you closer to you answer to question number one. And remember the why!

Let's begin the actual Plan:

The Minky Plan questions: (still week one)

“How much do I need to eat?” (metabolism, how many calories)

First pick your activity level category:

Slug: If your picture is next to the word sedentary in the dictionary. You only move to sit from one location to another. Bed to toilet, toilet to car, car to office chair, office chair to toilet, toilet to office chair, office chair to car, car to sofa, sofa to bed.

Physical job: on your feet and/or moving at work most of the time spent there.

Regular ‘real’ exerciser: 3X a week minimum to do a regular exercise.

Devout exerciser (worshipper): 5-6 days a week

This formula gives you an *estimate* of your basic daily calorie intake:

140 is my current weight

your current weight (140) X 11=1540 calories. Take that number and:

Slug=subtract 300 calories

Physical job= subtract 200 calories

Real exerciser (3X a week)= subtract 100 calories

Devout exerciser (up to 5-6 times/5-6 hours a week)= use the number you come up with

Never ever eat under 1200 calories a day OR over 1800 calories a day!

Calorie count and gram examples: Start out with a 50% fat diet. Please note that just with the virgin fat supplementation, you could easily reach your fat calorie intake. For example on a 1200 calorie diet, @ 50% fat, **600 calories** with 1 tbsp. of butter, 1tbsp. of coconut oil, 1tbsp. of mayo, 1tbsp. of Minky oil mix, 1tbsp. peanut butter throughout the day = **578 calories**. Not hard to do. Fat intake does not equal greasy french fries, and fatty meats all the time:

1200 calorie – 50% fat = 600 cal/67gm, 20% Pro = 240cal/60gm, 30% Carb = 360cal/90gm

1500 calorie – 50% fat = 750 cal/83gm, 20% Pro = 300cal/75gm, 30% Carb = 450cal/113gm

1800 calorie – 50% fat = 900 cal/100gm, 20% Pro = 360cal/90gm, 30% Carb = 540cal/135gm

Eventually you should move to increase your fat intake (virgin fat) to 60% of your diet:

1200 calorie – 60% fat = 720 cal/80gm, 20% Pro = 240cal/60gm, 20% Carb = 240cal/60gm

1500 calorie – 60% fat = 900 cal/100gm, 20% Pro = 300cal/75gm, 20% Carb = 300cal/75gm

1800 calorie – 60% fat = 1080 cal/120gm, 20% Pro = 360cal/90gm, 20% Carb = 360cal/90gm

Once you get that number: _____ calories, estimate your *actual* calorie intake by keeping a food diary for a day or two. (See appendix for 24-hr. nutrition recall form) You should know approximately how many calories you eat. My guess is that you are not eating enough calories. Your metabolism is shot, you may be gaining weight only eating a 1,000 kcal per day and you are eating empty calories. Your carb intake is very important too. Start to pay attention to your carb intake. **Awareness** of what poisons you are putting into your mouth at the start is critical.

You need to make the association with certain foods to poison.

(See Minky's Poison list)

Measure your waist with a tape measure. Across your belly button. Take your measurements every 2 weeks.

Put that number here _____ in inches.

Take your blood pressure _____ (if possible morning blood sugar) _____

Still week one, Minky Plan questions:

“How come if ‘I cheat’ I totally lose interest in dieting and can’t get back on track?”

Better question, **“Why do I crave certain foods at certain times when I diet?”**

Answer:

The majority of dieters start a diet with good strong intentions to stick to it. But because most diets are not set-up for 'real people' they often 'cheat' on it and/or can't wait till the diet 'is over' so they 'can eat again'.

Also physiologically, you are in a state of malnutrition. Even though this first section is about the mind; I must, right now, discuss the physical some. After all, the mind and body are connected.

Food cravings are a direct response to hormones imbalances and nutrient deficiencies.

Food cravings are caused by a lack of trace minerals. Haven't you heard of people eating dirt, chalk, even paint to satisfy their need for minerals. Even though these items may taste terrible, cravings are so strong they override our natural repulsion. With our soil and water so depleted we are not getting the minerals we need. We crave salty foods for the minerals in natural salt. Unfortunately the salt sold in the grocery store is so processed that all the trace minerals are gone. Eating this processed salt, our salt craving is never completely satisfied.

Solution=take vitamin/mineral supplement(powder or liquid form), unrefined sea salt, kelp or thyroid supplement. (See list of VitaMinky & Spicy Minky)

Another source of trace minerals is in food. In whole grains and vegetables, particularly starchy root vegetables. Unfortunately from the heavy processing of grains and depleted soils of the root vegetables; the minerals are non-existent.

Our bodies crave these minerals from carbohydrates, rice and potatoes, sugary foods and beverages. Like with salt we eat high carbohydrate foods to satisfy our body's mineral cravings. When the cravings are not satisfied, we continue to eat high (processed) carbohydrate foods. We also crave the 'feel good' serotonin rush produced in our brain from carbohydrates. Sugar is a carbohydrate.

If you still crave carbs while on the Minky Plan, consider taking **5-HTP** a precursor to serotonin. Serotonin is a feel-good chemical that's produced when eating carbohydrates. See Appendix list of VitaMinky. OR

On your **Day of Desire** (see below) you may want to try a carb-blocker like **Carb Intercept with Phrase 2 by Natrol**. Visit link below for more info. http://www.sciencedaily.com/video/2007/0404-weight_loss_weapon.htm

Can order cheap from eVitamins banner at www.hotminky.com.

Will discuss both of these during any support class. Just ask!

Now let's talk a little about fat. NOT DAMAGED FATS! (See Minky Oils for more info)

On the Minky Plan, you will use fat to help you halt food cravings. If you don't get enough fat in your diet you can become malnourished. Fat is essential for good nutrition.

An adequate amount of 'good fats' (not damaged fats) must be present in the diet in order to properly digest and absorb the vital nutrients.

No such thing as WILLPOWER. And nutritionally sound Diets DO WORK...if you follow them☺

Low fat diets limit our ability to absorb minerals, thus promoting nutritional deficiencies, unhappy hormones and food cravings. Nutritional deficiencies squash good intentions and make food cravings uncontrollable. This combined with calorie reduction sets up most dieters for failure.

O.K. back to the MIND. Now that you know something about physical cravings; here's how we are going to handle the mental piece. The piece that has you thinking, "Well I was so good for the past 3 days; why can't I have one sweet roll?"

You don't even really want the sweet roll. But your mind is following old patterns of old dieting. Because when you think you can't have something anymore...well, that means you **have to have it**. You know that. This is why in the Minky Plan we put in a safety net. It's called the '**Day of Desire**'. (D.O.D.)

Begin DAY ONE (1) with "Day of Desire". You simply pick a day that you want to start the Minky Plan. On that day, you eat and drink whatever you want. (This is what I call "Eat like you want to kill yourself" D.O.D.).

This does not mean to 'binge'. Unless you want to. It simply means eat what you already have in your cabinets, you may eat fast food, you may have chips for dinner.

Whatever.

You have permission to eat what you want on your 'Day of Desire'. And you start the Minky Plan with your 'Day of Desire'.

For the next 6 days following the ‘Day of Desire’, you “Eat as though your life depended on it”. (HM=Healing Meal)

The next 6 days you pick your food choices on the Sacred Foods Diet and ‘edit your diet’ choices. You start by buying and preparing foods that are going to be the **‘staples’** of your eating for life. You will always have these foods in your kitchen, unless you are allergic to them or you will absolutely start to gag in that foods presence (you don’t like it). (See Minky Staples list, which includes the Sacred Diet foods on it)

On day 7 again, and it doesn’t have to be Sunday, you eat like you are trying to kill yourself again and have your **‘Day of Desire’**.(D.O.D.) If you plan on eating a plate of pasta as big as your head, you might want to take a carb blocker. (See Carb Intercept w/Phase2 on previous page)

This pattern continues throughout the 5 weeks until your ‘Day of Desire’ is ‘no big deal’.

Oh, let’s say you had your ‘Day of Desire’ and then began eating like your life depended on it (HM) for 4 days, but on day 5 you ate like you wanted to kill yourself...well, you immediately count that day as your ‘Day of Desire’ and start eating like your life depended on it for the next 6 days. (Sample weekly meal plan at the end of section 1)

P.S. You do not have to Start on Monday

Last Minky Plan question for week one:

If you ask yourself, “Why can’t I lose fat?”A better question might be, **“What am I doing or not doing to tell my body it’s o.k. to release fat for energy?”**

Answer#1 **The Minky Way** is that you get yourself healthier first; then fat loss is easier.

“If you are overdoing cardiovascular exercise *along with your destructive diet*, such as running, aerobics, kickboxing or spinning, you’re killing yourself even faster.”

The Program, Dr. Diana Schwarzbein, MD, p.3

Stop burning precious lean tissue! You may be losing weight; but you are NOT losing fat when you behave like this.

You begin this fat loss plan with the attitude that “I can eat healthy, nutrient dense, real fat food and enjoy my foods and lose fat (on my body) as a by-product. Because my hormones are now happy with my increased non-damaged fat &

cholesterol intake. I am no longer malnourished and starving myself and burning my valuable lean tissue. I am well rested AND I don't care what people think while I'm on this plan (for life) because I'm satisfied, I'm full, I'm leaner and I'm happy!"

Answer #2 Use Fat 2 Lose Fat!

To get yourself healthier first. Stop eating so many carbohydrates! Get off your low fat kick! Here's some more mind food to get you to change your limiting beliefs about diet & exercise. **PLEASE take heed to the following quotes** and dare to think for yourself and not think for what those who will profit from you being fat & sick. You have been brainwashed.

"The best diet for weight loss is high-fat, low carbohydrate because:

Average daily losses on high carbohydrate/low fat diet – 49g (like modern slimming diets)

Average daily losses on a low carbohydrate/high fat diet – 205g (like recommended)

'The most striking feature of the table is that the losses appear to be inversely proportionate to the carbohydrate content of the food. Where the carbohydrate intake is low the rate of loss in weight is greater and conversely.'

Quarterly Journal of Medicine, 1932, 1: 331-52 (They knew back in 1932, even before then, they knew back in the 1800's!)

"In general, study has demonstrated that multiple risks factors for coronary heart disease worsened for diabetics who consume the low fat/high carbohydrate diets so often recommended to reduce these risks."

Diabetes Care 1995; 18: 10-16

"Poor eating and lifestyle habits have led to an imbalance of insulin (a hormone) level; because the systems of the human body are interconnected, one imbalance creates another imbalance.

This is beautifully illustrated by the current low-fat movement. Low-fat dieting upsets the balance within the human body by initially increasing insulin levels, in turn causing a cascade of hormone imbalances.

The low-fat, high-carbohydrate movement promised long, healthy lives and trim, athletic bodies. But instead it caused prolonged high insulin levels, which in turn increased the number of people with heart disease, Type II diabetes, excessive weight gain and many more chronic conditions and diseases."

The Schwarzbein Principle, Dr. Diana Schwarzbein, M.D., pp.xxii-xxiv

“Before the discovery of insulin, the *only* treatment for diabetes was a diet largely consisting of fat. Unfortunately today, we have replaced healthy fats with trans fats. Trans fats interfere with the insulin receptors in the cells. We need to switch back to eating healthy fats. By replacing trans fats with healthy fats/coconut oil is the number one measure for preventing and reversing the insulin resistance so characteristic of type 2 diabetes.”

Eat Fat, Lose Fat, Dr. Mary Enig, Sally Fallon, p.143

“The failure of fat people to achieve a goal they seem to want and to almost above all else must now be admitted for what it is; a failure not of those people but of the methods of treatment that are used.”

British Medical Journal, 1994; 309: 655-6

“Weight gain is caused by an excess of carbohydrates in what is eaten. They are converted into fat and stored in fat tissue. Fat in a human body never comes directly from the fat that is in what is eaten.”

Dr. Jan Kwasniewski, The HomoDiet/Optimal Diet

“Eating a low-fat diet causes heart attacks. High insulin levels produced by a low-fat, high-carbohydrate diet result in plaqueing of the arteries, because insulin directs all the biochemical processes that lead to plaque formation in arteries. Eating fat and cholesterol can prevent heart attacks by lowering insulin levels and switching off the internal production of cholesterol.”

The Schwarzbein Principle, Dr. Diana Schwarzbein, MD, p. xxiv

“The cause of heart disease is not animal fats and cholesterol but rather a number of factors inherent in modern diets, including excess consumption of vegetable oils and hydrogenated fats; excess consumption of refined carbohydrates in the form of sugar and white flour; mineral deficiencies, particularly low levels of protective magnesium and iodine; deficiencies of vitamins, particularly vitamin A, D and C, needed for integrity of the blood vessel walls and of antioxidants like selenium and vitamin E, which protect us from free radicals; and, finally the disappearance of antimicrobial fats from the food supply, namely, animal fats and virgin tropical oils. These once protected us against the kinds of viruses and bacteria that have been associated with the onset of pathogenic plaque leading to heart disease.”

Nourishing Traditions, Sally Fallon, President, Weston A. Price Foundation, p.13

Let's finally answer the question of where did the 200 come from when talking about 'normal' total cholesterol level...

The enclosed three paragraphs, which I wrote last week for the Weston A Price Foundation website to add to the "Oiling of America" article tells how the 200 mg/dl cutoff for serum cholesterol was decided back in 1984.

Dr. Mary Enig

“Gary Taubes, a staff writer for Science wrote an article called "The Soft Science of Dietary Fat" for the 30 March 2001 issue of Science. He had reviewed all the available information on the demonization of dietary fat and the cholesterol issues and listened to the tapes of the 1984 Cholesterol Consensus Conference. He presented the graph which showed quite clearly that serum cholesterol levels of 200 mg/dl to 240 mg/dl were definitely in the normal cholesterol range for which there was no increased risk of heart mortality in males and even above 240 mg/dl there was a decrease in risk for women.

But what Gary Taubes didn't know was that there was a political decision being made on the floor of the NIH (Building 10) Mazur Auditorium that day in December 1984. The decision would allow the National Heart Lung and Blood Institute (NHLBI) to have yet another even more extensive long-term "trial" to work on. The NHLBI could not get more money from Congress for more large trials such as the MRFIT or LRC and they were developing the National Cholesterol Education Program. With the cutoff number at the lower end of the normal range (200 mg/dl), they could include all of the healthy normal citizens in the range that would need treatment with diet, and since the diet would never work to permanently lower those normal levels (e.g. 200 mg/dl to 240 or 260 mg/dl) to below 200 mg/dl, they could recommend that all these people should go onto cholesterol-lowering medications.

The three men who were heading the NHLBI (Cleeman, Lenfant, and Rifkin) were standing together in the Mazur Auditorium just before the Cholesterol Consensus Conference began. They were discussing the cutoff level of serum cholesterol to put into the consensus report. One said to the other two, "but we can't have the cutoff at 240 [mg/dl]; it has to be at 200 [mg/dl] or we won't have enough people to test." Several of us from the University of Maryland

Department of Chemistry Lipids Research Group were standing directly behind them and within clear earshot. We looked at each other and of course were not surprised when the final numbers came out. This small chat did not get onto the tapes that Taubes reviewed.”

Dr. Mary Enig, Weston A. Price Foundation

"The reason more cardiologists haven't focused on the evils of sugars and simple carbs rather than cholesterol is because there is no patent on blood sugar. Basically, I'm saddened to admit, most doctors are indoctrinated or educated by the pharmaceutical industry. Drug representatives often come to doctors' offices with their briefcases full of samples of cholesterol-lowering drugs. These drug reps are there to talk about how the meds work, and they're armed with all kinds of literature-periodicals and copies of research studies- that "prove" the meds work. There's no money in talking about the studies that show the relationship between excess sugar consumption and heart disease."

"My grievance is when we aggressively treat high cholesterol numbers and not patients, and when we overprescribe these drugs for healthy people, **especially women**. Tragically, despite the studies showing the downside of cholesterol-lowering drugs, the medical community, including cardiologists nationwide, have concentrated on the alleged wonders of lowering cholesterol and continue to ignore the relationship between high blood sugar, insulin surges and heart disease."

Sugar Shock!, Dr. Steven Sinatra, MD, co-author

“Whereas Steinberg cites only seven studies in his treatment of this issue, Colpo cites nineteen. Among the research Steinberg leaves out stand the following 2 embarrassing studies; 1) a 1965 study by Rose and his team found that replacing animal fat with corn oil for two years lowered serum cholesterol by 23 mg/dl but quadrupled cardiac and total mortality; and 2) the 1978 Sydney Diet-Heart Study found that replacing animal fat with vegetable fat for 5 years lowered cholesterol by 5% but increased total mortality by 50%. Granted, Steinberg only means to cover pre-1970's studies-but missing the extremely embarrassing Rose study is hardly an excusable oversight

In his own analysis, Colpo cites a number of other unsuccessful trials that attempted to reduce

heart disease by reducing the intake of total or saturated fat or replacing saturated fat with vegetable oil, despite a large decrease in serum cholesterol...Clearly these trials fail to indict saturated fat, and, if anything suggest that polyunsaturated fat contributes to disease and cancer.

Since saturated fatty acids are not vulnerable to oxidative damage and since it is the unsaturated fatty acids in the LDL membrane that oxidize, we should expect a diet rich in saturated fat and low in polyunsaturated fat to protect LDL from damage. Any benefit from low fat diets should be seen as benefits of *polyunsaturated fat* restriction, not *saturated fat* restriction.”

“Vitamin E and HDL protect LDL from damage. The fact that HDL inhibits the oxidation of LDL may be another reason for some of the observations suggesting that higher HDL levels are protective against heart disease.”

All Thumbs Book Review, Wise Traditions, Fall 2008, pp. 63-71, by Chris Masterjohn (pursuing his PhD in Biochemical and Molecular Nutrition at the University of Connecticut)

www.Cholesterol-and-Health.com

He is reviewing *The Cholesterol Wars: The Skeptics vs. the Preponderance of Evidence* by Daniel Steinberg, MD, PhD. And refers to *The Great Cholesterol Con* by Anthony Colpo, when comparing studies.

Just two more for now, I promise...

The following writing is from Dr. Al Sears. He has a wonderful website at www.alsearsMD.com. Sign up for his newsletter!

“Then a recent “meta-study” came along and took a wrecking ball to the cholesterol myth. Published in the internationally prestigious *Quarterly Journal of Medicine*, it extensively surveyed results from decades of research on heart disease involving hundreds of thousands of individuals.

The conclusion? Absolutely no correlation exists between cholesterol and heart attack risk. People with high cholesterol had a lower overall mortality rate those with low cholesterol, period. In fact the study showed that cholesterol protects *against* hardening of the arteries—

and wards off infectious disease.

This gets at another important fact about cholesterol you won't hear from most doctors: it's a powerful immune booster. It helps your body guard against cold, flu, and even more serious illnesses like staph infection.

For instance, LDL cholesterol—the so-called “bad kind”—binds to dangerous bacterial toxins and helps your body eliminate them. If your cholesterol levels are too low—from taking a statin drug like Lipitor, for instance—you're putting your health in jeopardy.

The science proves it. In 19 studies of more than 68,000 deaths, people with the lowest cholesterol numbers had the highest mortality rate from gastrointestinal and respiratory diseases.

A similar look at the health profiles of 100,000 people over 15 years found that those most frequently admitted to the hospital with an infectious disease...had the lowest cholesterol levels from the beginning of the study onwards.

Even individuals who already suffer from serious health problems benefit from cholesterol. One study of patients on dialysis showed that those with higher cholesterol levels had a significantly higher survival rate than the low cholesterol group.

So what's the real deal on cholesterol?

It's a critical component of every cell membrane in your body. It serves as your cells' “skin,” preventing bad stuff from getting in and maintaining their internal strength. Your body also uses cholesterol to repair itself. In fact, you'll find high concentrations of cholesterol...in scar tissue.

Your brain's rich in cholesterol; it's one of the main compounds that keep it functioning properly. It's critical to boosting memory and brainpower. Your entire nervous system needs it to function normally.

It helps your brain absorb serotonin, the “feel-good” neurotransmitter, which is why abnormally low cholesterol levels can often lead to memory loss, depression, “brain fog,” and lowered sex drive (again, commonly reported side effects of statin drugs like Lipitor and Mevacor).

Cholesterol’s also one of the basic building blocks for a number of critical hormones. Your adrenal glands need loads of it to produce the hormones that enable your body to metabolize and regulate blood sugar and mineral absorption. You also wouldn’t be able to make testosterone or estrogen without it.

This means that cholesterol lies at the core of healthy metabolism, muscle strength and power, optimum organ function, sex drive, and virility.

Cholesterol plays a critical role in enabling your body to absorb fat-soluble vitamins, including A, D, E, and K. Taken together, these nutrients are responsible for the optimal health and functioning of nearly every system in your body.

Vitamin D is one of Nature’s most potent cancer fighters and the key strong bones, balanced insulin levels, good mood—and a healthy heart. Vitamin A is a powerful antioxidant, and vitamin E is crucial to preserving your eyesight as you age.

And you already know about its immune-strengthening benefits...

Bottom line: people with low cholesterol are in serious danger for a wide variety of health threats, including heart attack.

So what’s really the main culprit behind most kinds of heart disease?

What You Should *Really* Watch Out For

Now you know that contrary to everything you’ve ever heard, total cholesterol has nothing to do with heart disease risk.

The fact is that serious heart disease isn’t caused by any one *substance*, but rather by a

condition. I can sum up this dangerous condition in a single word: inflammation. And almost all the heart drugs on the market today don't do anything treat it.

Chronic inflammation is your heart's worst enemy. The good news is it's easy to monitor and even easier to control—safely and naturally, without drugs.

Here's why when it comes to heart disease, it's the real "Enemy Number One":

We've known for years that inflammation of the tissue that lines your arteries (the "endothelium") is the main cause of atherosclerosis, or hardening of the arteries. Endothelial damage leads to the build-up of arterial plaque—a substance made up of bad stuff that gets trapped in damaged tissue, including triglycerides, waste from cellular metabolism, and calcium.

As plaque builds up over time, it blocks the flow of vital nutrients and oxygen to the rest of your body, including your heart. Starve your heart of oxygen and pretty soon you'll have a heart attack.

Plaque build-up around damaged arterial tissue can also cause small ruptures that lead to blood clots. These clots can eventually starve the heart of oxygen by blocking blood flow. And if they break free, they can do damage elsewhere, interfering with your heart's pumping action—or going to your brain and causing a stroke.

So the main thing you want to keep an eye on is not your total cholesterol levels. You want to have your doctor check for signs of an inflammatory response in your body.

Inflammation of the arterial linings happens for two main reasons. The first may surprise you. It's...infectious disease."

AI Sears, MD, Health Confidential, August 2008, Issue No.3

If you're going to care about cholesterol; let it be your HDL, NOT your TOTAL...

Lower your heart disease risk by raising your HDL (healthy/good cholesterol level)

“HDL is the single most important cholesterol factor in determining your risk of developing heart disease”.

“The Framingham study shows that high levels of HDL are directly related to lower risk of heart disease. If your HDL is above 85, your total cholesterol can be 350.”

Al Sears, MD, The Doctors’s Heart Cure, p.39

How do you raise your HDL? Sure you can exercise and you *will* exercise. But what’s more effective is that you will have a drink. That’s right drinking trumps exercise when it comes to raising your HDL - **one** alcoholic drink daily on the Minky Plan.

If you can’t stop at more than 2 drinks a night; this plan is NOT recommended for YOU!

Why alcohol? “Because the research supports that moderate alcohol intake reduces your risk of heart attacks when compared to not ever having a drink. Also, that new findings from the NHLBI Family Heart Study demonstrate that exercise has only a modest ability to boost cardioprotective HDL, compared with responsible drinking.”

Family Practice News -

http://findarticles.com/p/articles/mi_m0BJI/is_12_30/ai_63922872?tag=rel.res4

Are you starting to realize how unhealthy you’ve been and that’s a major reason why you can’t lose fat? Beginning to change your limiting beliefs?

I warned you that this was a Politically Incorrect plan. But I’d rather be **trim, healthy and Politically Incorrect** than **fat, sickly and Politically Correct**. Again, the choice is yours.

On the Minky Plan you will:

- Forget about the number 200 and total cholesterol
- Raise your HDL (Healthy cholesterol) by exercising, drinking alcohol and eating virgin saturated fats (you have to raise your total cholesterol to raise your HDL too)
- Reduce your triglycerides by reducing your sugar and carbohydrate intake
- Reduce your risk for diabetes by reducing your sugar and carbohydrate intake
- Reduce your waist size by reducing your sugar and carbohydrate intake, increasing

your virgin fats for good hormone production, only exercising q.o.d. (every other day) as to NOT 'burn' your self out and be an adrenaline junkie. (^adrenaline=^belly fat)

- Feel great as you lose inches
- Sleep better, have improved skin, hair and nails
- Change your attitude about what's really 'healthy' & what makes sense once and for all

Now that you've got your mind together, let's sum up what you will do in week 1:

- Answer all questions in first week packet
- Read information because you have to believe this is true and best for you to keep you strong over the next 5 weeks
- Calculate your calories and carbohydrate grams. (Start at 50% Fat- 20% Pro- 30% Carb)
- Decide what day you will start
- On that day, "Eat like you want to kill yourself" D.O.D. and if you are a slug, watch "My Time Exercises" DVD (16-minutes)
- Watch or do your suggested exercise in the afternoon or evening (q.o.d.)
- Get more sleep on the night that you start your D.O.D. (just go to bed!)
- This week (week one) as far as food is concerned, start stocking new foods (see Minky's Staples list and editing your meals sample). (Example: stop cooking with vegetable oils, cook with Minky's oil mix, have 3 meals a day)
- Increase your fluid intake (8 ozs. of water w/ meals, w/pinch of psyllium husks)
- Buy your supplements (see VitaMinky & Spicy Minky list)

How to Start your Exercise Program: I suggest you *watch* the exercise videos during week one. You have enough to do during week one. Try to just make time for them to watch only. If you're really motivated you can try them. But it's recommended to watch them only the first week. (q.o.d.=every other day)

Exercise for slugs: Watch "My Time Exercises" dvd q.o.d for 1 or 2 times first before doing it.

Exercise for those with a physical job: Watch the Minky's Shakin' N' Bakin' dvd , (part 3) with the cords for 1 or 2 times before doing.

Real exercisers: Because you are already exercising, you may start with kickboxing routine dvd during week one, q.o.d. Replace this with other exercise for now. **Do not** exercise more. Never 5-6 times per week.

Devout exerciser: Continue what you do; but cut it back to q.o.d. for now. You may also substitute any Minky Plan exercise routine with what you currently do. I recommend The Shakin' N' Bakin Pilates Routine (part 2) Remember only q.o.d.!

www.HotMinky.com

(732) 620-2193

Minky Plan Rules:

HOT Minky Plan rules too (No Day of Desire on HOT Minky Plan):

Remember fat loss is ~80% diet; 20% exercise

- Daily sunshine 15 min.(very fair-skinned) -1hour (darker-skinned) (Cod liver oil if it's too cold outside!)
- Eat one day "like you're trying to kill yourself" (Day of Desire D.O.D.)
- Eat for the next 6 days "like you life depended on it" (Healing Meals HM)
- Eat Breakfast (always a protein & a fat)
- Supplements daily (See VitaMinky/Spicy Minky list and www.jest4fitfood.com for HOT Minky Plan)
- Eat only 3 nutrient-dense meals a day (some snacking if you're an extreme exerciser or are *really* still hungry)
- Eat slowly & enjoy your food
- Don't believe the food box's advertising & marketing (buyer beware)
- Read Ingredients 1st; Nutrition Facts 2nd on food labels
- Eat organic foods as often as you can

- Eat mostly fat, protein, vegetables (non-starchy), for each meal (see non-starchy veggie list)
- Try very hard to eat less than 30% carbohydrates(CHO) on the 6 days
- Eat 50-60% of your diet from NON-damaged fats (will calculate in support class)
(see gall bladder disease & the 4 F's)
- Exercise q.o.d. (q.o.d.=every other day)
- Absolutely avoid, like you're deathly allergic to: HCFS (high fructose corn syrup), partially hydrogenated vegetable oils, and processed soy
- Do not ever cook with damaged polyunsaturated vegetable oils; cook only with fully saturated fats and limited monounsaturated fats (olive oil) (see Minky oils)
- Have nothing low-fat or sugar-free in your kitchen
- Always grocery shop with a list (you add to the list as you need items)
- Be safe, listen to your body, check your measurements/get a physical prior
- Drink 1 serving of alcohol a day
- Drink a full glass of water prior to every dinner (with a tsp./tbsp. of psyllium husks)
- On every Day of Desire, you will fill out a 24-hour Nutrition Recall and write down how you feel before bed/sleep
- Keep & eat the skin on your chicken breast! www.HotMinky.com

Minky's Kitchen Staples (MUSTS on your shopping list)
Also use the suggested serving sizes for the HOT Minky plan too

Why liver? Liver is a sacred food in many cultures. Traditionally, Americans ate calf's liver once a week. Also, other organ meats in sausages and pate. Unfortunately, today, this nutrient-dense food is often shunned by doctors claiming that it contains toxins. The livers of animals raised in clean conditions, out of doors and eating grass are both safe and healthy. Synthetic vitamin A, in studies, can be harmful; but natural vitamin A found in liver, actually prevents bone loss and birth defects. Liver also has many minerals and B vitamins. Particularly vitamin B12, liver is our *best* source. ¹ If you absolutely cannot 'stomach' the taste of liver you may take dessicated liver tablets (See Full VitaMinky list in Appendix)

These are the foods you will have in your kitchen at all times.

The **bolded** staple foods are a **MUST**. Eat these foods 2-3X a week! Try to buy organic when you can.

The serving sizes/calories are listed directly below the food item.

Choose your future menus from this list also. If there is no calorie or fat info; it is an unlimited food. Please see non-starchy veggie list also. Most are unlimited.

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	
Butter (grass -fed) 1 tbsp. ~120 kcal	Eggs (brown) cage free 1 egg (large) ~100kcal	Green leafy veggies (see non-starchy veggie list) <i>1cup cooked</i>	Raw vinegar	Cod liver oil 1 teaspoon 45 kcal	-

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	
Extra-virgin cold pressed olive oil 1 <i>tbsp.=120kcal</i>	Liver (any kind-calf, eel, chicken, fish, beef, any animal liver will do) 3-4 oz. piece ~300-400kcal	Sour dough bread <i>(1 slice)</i> <i>~100kcal</i> <i>~20gm carb</i>	Unrefined sea salt (see Spicy Minky)	Psyllium husks <i>½ - 1</i> <i>teaspoon</i>	-
Palm oil NOT hydrogenated 1 <i>tbsp.=120kcal</i>	Organ meats 3-4 oz serving ~300-400kcal	Grapefruit <i>½ grapefruit</i> <i>~60kcal</i> <i>15gm carbs</i>	Cinnamon (see Spicy Minky)	All One powder (see VitaMinky)	-
Flaxseed oil <i>½ teaspoon</i> <i>~25 kcal</i>	Red Meat, pork, veal, grass-fed preferred (any cut) www.uswellnessmeats.com 3-4 oz serving 300-400kcal	Stevia or Somers- sweet brand		Kelp (not needed if taking Citrimax)	-

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	
Coconut oil 1 tbsp. 120kcal	Full-fat plain yogurt <i>6 oz. serving ~300kcal</i>	Lemons / limes			-
Lard recommended <i>1 tbsp. 125kcal</i>	Fish (deep water) (salmon, wild) 3-4 oz. serving ~250kcal	Mushrooms ¼ cup		Super Citrimax (VitaMinky)	-
	Sardines in 'sild' their own sardine oil (or in olive oil w/bones) <i>1 can ~200kcal</i>				-
	Whole, hard cheese (raw) <i>2 oz. serving ~200kcal</i>				-

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	snack
Spam <i>1/4" slice</i> 2 ozs. = ~140 <i>kcal</i>	Turkey for the tryptophan 3-4 oz. <i>serving</i> ~300kcal Chicken same info	Spaghetti squash, instead of pasta (<i>see</i> <i>how to cook</i>) 1cup, 160 <i>kcal, 30gm</i> <i>carbs</i>	Parsley, fresh		Caviar
Roasted almonds & other nuts 6-10 nuts 8 nuts ~170 <i>kcal</i>	Cheeses, full fat 2 oz. <i>serving</i> ~200 kcal	Artichokes	Hot pepper		Water crackers (4-6 crackers) 150 Kcal

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	snack
Coconut milk full fat 2 ozs. = 120 kcal	Kefir 4 oz. <i>serving</i> 100kcal	1 small slice rye bread 90kcal 15 gm carb	Sesame oil 1tbsp. = 45kcal		Raw honey 1tbsp.=70kcal 17gm carbs
Beef tallow (internet) US wellness meats (<i>if you must deep fry use this!</i>)still 1tbsp=120kcal	Tuna (chunk light, tonna, in olive oil, NOT albacore =too much mercury 1 can =~240kcal	Organic garlic, fresh, cooked, powdered <hr/> Grape Nuts Cereal ½ cup ~200 kcal 48 gm carb!	Oregano (preferably wild)		UTZ's Grandmas potato chips in lard (10 chips) 210 kcal 25gm carb

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	snack
Mayo full fat (any kind except w/soy bean oil) <i>1 tbsp.</i> <i>=120kcal</i>	Cow's milk (if tolerable & whole, raw if legal) <i>6 oz. serving</i> <i>~120 kcal,</i> <i>12gm carb</i>	Wild rice or organic brown rice <i>½ cup</i> <i>~110kcal</i> <i>21gm carb</i>			Jennies Coconut macaroons <i>½ to 1 whole</i> <i>~310 kcal</i> <i>(whole)</i> <i>15gm carb</i>
Hot dogs, all beef, NO roll 1 hotdog <i>~150-170 kcal</i>	Roast beef 3ozs. <i>~320 kcal</i>	Spinach <i>1-2 cups</i> <i>cooked</i>			Pork rinds <i>½ bag</i> <i>~140kcal</i>

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	snack
Sour cream, full fat <i>2 tbsp.</i> = <i>~60kcal</i>	Shellfish, (shrimp, lobster) Mollusks (clams, oysters, mussels, scallops) 6-8 oz. <i>serving</i> <i>~350 kcal</i>	Broccoli, never raw (see non- starchy veggie list) <i>1 cup cooked</i>			Popcorn, cooked old- fashioned way in virgin palm oil or lard with melted butter and Celtic sea salt <i>1 cup</i> <i>~250kcal</i> <i>~20 gm carb</i>
Avocados <i>1/8 slice</i> <i>serving</i> =45 kcal (see <i>avocado dip /</i> <i>spread recipe</i>)	Chicken breasts w/skin 3-4 oz. ~300- 400kcal	Sweet potatoes <i>¼ cup =</i> <i>80kcal</i> <i>15gm carb</i>			Organic pickles, jalepenos

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	snack
Organic cream cheese 2 <i>tbsp.</i> ~100kcal	Bacon, no nitrite, cold cuts too 2-3 <i>slices</i> ~60-90 <i>kcal</i>	Steel oats, never instant $\frac{1}{2}$ <i>cup</i> serving 150 <i>kcal</i> 27gm <i>carb</i>			Breyers all natural ice cream $\frac{1}{2}$ <i>cup</i> 150 <i>kcal</i>
Peanut/almond butter, NOT hydrogenated 2 <i>tbsp.</i> = ~195kcal	Cottage cheese, full fat $\frac{1}{2}$ <i>cup</i> 150kcal	Turnip greens 1 <i>cup</i>			Pumpkin pie $\frac{1}{2}$ <i>inch</i> slice ~350 <i>kcal</i> 30gm <i>carb</i>
	All beans. See below, they are high in fiber! (should have 3X a week)	Low carb wraps/breads 1 wrap is serving ~80kcal 11gm <i>carb</i>			

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook	Protein	Carbs	cook	supp.	snack
	Lentils(really a starch) ½ cup ~120kcal 20gm carb High in fiber!	Frozen fruit, no added sugar or syrup 1/4 to ½ cup ~50kcal	>>>>12gm carbs		Ben & Jerry's Chunky Monkey ½ cup = 290kcal (WOW!)
	Liverwurst, pate 2slices ¼ cup ~150kcal	Ezekiel 4:9 products 2 ozs.pasta = 210kcal ~ 39 gm carb			

~ = approximately kcal=calories supp.=supplement cook=cook with

Fat/cook Protein Carbs cook supp. snack

	Ham, preferably no nitrite 3 ozs. ~310kcal	Muir Glen ketchup			
		Mustard Dijon, brown			
		Almond flour ¼ cup =20kcal 26gm carb			
		Cantaloupe			

These are additional items for your shopping list. They are highly recommended:

Fat/cook	Protein	Carbs	cook	supp.	snack
		Frozen mixed veggies ½ cup = ~50 kcal 10gm carb			
		Apricots sun-dried, NO sulfites>>>>>	2-3 Apricots is serving ~90kcal 22gm carb		
		Seeds>>>>>	¼ cup		
		Agave syrup>>>>>	1 tbsp.= ~60 kcal 16gm carb		

These are additional items for your shopping list. They are highly recommended:

Fat/cook	Protein	Carbs	cook	supp.	snack
		Green/black tea unsweetened (Tea's Tea, Honest Tea)			
		Kombucha (fermented, carbonated beverage)			
		Sauerkraut			
		Tomatoes, > V-8 juice, >> tomato sauce, NO soybean oil or HFCS	8 oz. tomato juice serving 1 cup of sauce ~70kcal 14gm carb		

Minky's Poison List

The crap listed below is POISON. When you eat these substances you are killing yourself and if you feed it to your kids to 'keep them quiet', you're cutting 20 years off their life and setting them up for years of embarrassment and struggle. (Kids are not nice to each other) **AVOID:**

- Hydrogenated and partially hydrogenated fats & oils
- All vegetable oils (except olive and sesame, nut oils) NEVER cook with polyunsaturated oils!
- Imitation anything
- Margarine and all 'tub' spreads
- All commercial salad dressings
- HFCS (High Fructose Corn Syrup), corn syrup, malt barley, maltodextrin, sucrose, fructose, polydextrose, maltose, brown rice syrup,
- MSG (autolyzed, hydrolyzed, yeast extract, natural flavorings)
- Refined sugar (Must I List? Too many to list)
- Refined flour/grains (Must I list? Too many to list)
- Processed SOY, (yes this means soy milk! Sorry, but it is processed worst than cow's milk) soy bean oil (this is in everything in a box, package, or jar!)
- Sodium Nitrite in lunch meats and bacon (look for no-nitrate meats)
- Chemical sweeteners, sugar-free products (aspartame, sucralose, saccharin)
- Low fat, No fat foods www.HotMinky.com
- Processed foods (with more than 5-8 ingredients)

The following lists (VitaMinky & Spicy Minky) Must products can be found at www.hotminky.com

Or

www.youngevityonline.com/Minky

Visit here for **side effects and herbal interactions of more than 540 popular brand name drugs:**

http://www.newstarget.com/DrugWatch_home.html

Another note: If you want to purchase these items on your own, feel free. There are so many brands of supplements. If you choose another brand, I may or may not have an opinion on it. This list is for your convenience. (For one-stop shopping please visit www.youngevityonline.com/Minky if you can't find an item) Also, buy them when you are able. All are important.

The following vitamins & spices you can purchase at your supermarket and/or natural food store:

*Not available in store.

- *Somersweet - No calories, no aspartame, no sucralose. I find that it has no aftertaste like stevia does. You can have a free taste at your own Minky Party www.HotMinky.com or order it here: www.youngevityonline.com/Minky
- Kelp supplement. I Like *Ocean's Gold also available at www.youngevityonline.com/Minky
- *Woman's Hormone Balancer (I Lovelt! Such a reduction in breast tenderness and moodiness) also available at www.youngevityonline.com/Minky
- Unrefined Sea Salt (Celtic (gray) or Himalayan (pink))
- Psyllium Husks
- Virgin Coconut oil
- Cod liver oil
- Whey protein isolate
- 5HTP

- Coenzyme Q10
- Vitamin C
- Liquid minerals
- Parsley (fresh, always eat the garnish! chopped)
- Garlic (fresh, chopped, powder, NOT salted!)
- Cumin/Coriander
- Turmeric
- Cinnamon (ground, sticks, NOT sugared!)
- Nutmeg
- Cloves
- Stevia
- Dill
- Horseradish
- Sesame seeds
- Mustard (dry)
- Red pepper/ cayenne pepper
- Black pepper

- All spices are good as long as they don't have added salt and sugar. Feel free to purchase other ones; these are the ones that assist with blood sugar and metabolism.

IF THIS IS OVERWHELMING TO YOU; PLEASE TRY THE **3-WEEK HOT MINKY** PLAN FIRST TO JUMPSTART YOUR FATLOSS. SAME PRINCIPLES; LESS COOKING. See www.jest4fitfood.com and click on 3-wk. Hot Minky plan for FREE 3 week meal plan.

Gall bladder disease & the 4 F's:

The Minky Plan is primarily a higher fat (virgin fat) diet. I eat a 60% fat diet. But I can handle that. You may not be able to. If you are 40+, Female, Fat, and still Fertile, these are the 4 F's for gall bladder disease. You may not be able to tolerate the increase in fat intake. **DON'T BE UNCOMFORTABLE!** See 'Edit Your Diet' samples. Replacing your bad fats (trans fats) with non-damaged fats is better than adding additional fats if you cannot handle the increase in your fat intake. But it's crucial to eat the right fats.

"When you eat a lot of bad fats (vegetable oils and trans fats), the gall bladder can become easily inflamed. What if your gall bladder has been removed? Conventional advice is to go on an extremely low fat diet. But, your body still needs good fats and it still produces bile to digest them. The liver is a rhythmical organ that secretes bile at certain times of the day, ideally at meal times. Eating 3 meals a day will help you digest your fats better. Try eating rhythmically (the same time each day) with no snacks in between. Also most of the fatty acids in coconut oil do not require bile for digestion"

Eat Fat, Lose Fat, Dr. Mary Enig and Sally Fallon, pp.146-147

Increase your fat intake slowly. But *change* your fat intake immediately. Replace damaged fats with virgin fats.

What's very important here is that your calorie count is correct and your carbohydrate intake is 20-30% only. NEVER more than 30%! Multiply your estimated total calories by .20-.30 for carb calories. If you eat ~1500 calories X.30=450 cal. from carbs. In grams that would be: 450 divided by 4=112.5 gm. If you can't increase your fat intake, you have to decrease your damaged fat intake and eat a lot of non-starchy vegetables. Replace damaged fats with virgin fats. Increase your coconut oil and butter intake. You don't want to eat over 20% protein either.

Carbohydrates=4 cal/gm

Protein=4 cal/gm

Fat=9 cal/gm

Eventually this will become second nature for you. For learning purposes and to increase your independence from advertising and false information about foods and weight loss, you **will need to** count calories and carbohydrate grams until you know by heart where your favorite foods fall. You also will learn the proper portion sizes to the amount of calories/carbohydrate grams.

The 24-hour Nutrition recall will assist you with keeping a quick check list of healthy foods you are now eating.

I will help you figure this in the support class or you can e-mail me at minky@hotminky.com with your questions.

www.HotMinky.com

Non-Starchy vegetable list:

www.HotMinky.com

This list is roughly arranged from lowest to highest carbohydrate counts, but all are non-starchy and generally low in carbohydrates. You can eat as many of these vegetables as you'd like; as long as you don't go over your estimated metabolism/calorie count.

Most vegetables should never be eaten raw (except salad foods). **They should be cooked with sea salt and butter to liberate the nutrition, increase absorption and reduce the effects of binding agents. Steaming is a minimum. Do not over cook.

- Sprouts (bean, alfalfa, etc.)
- Greens – lettuces, spinach, chard, etc. (cooked spinach**)
- Hearty Greens - collards, mustard greens, kale, etc.**
- Radicchio and endive count as greens
- Herbs - parsley, cilantro, basil, rosemary, thyme, etc.
- Bok Choy
- Celery
- Radishes
- Sea Vegetables (Nori, etc)
- Broccoli **
- Cauliflower **
- Cabbage (or sauerkraut) **

- Mushrooms **
 - Jicama
 - Avocado
 - Cucumber (or pickles without added sugars)
 - Peppers (all kinds)
 - Summer Squash (including zucchini) **
 - Scallions or green onions
 - Asparagus **
 - Bamboo Shoots
 - Leeks
 - Brussels Sprouts **
 - Snow Peas (pods) **
 - Green Beans and Wax Beans **
 - Tomatoes
 - Eggplant **
 - Artichoke Hearts **
 - Fennel
 - Onions
 - Okra **
 - [Spaghetti Squash](#) ** See “How to prepare spaghetti squash” And Spaghetti Squash Dinners near you!
 - Celery Root (Celeriac)
 - Carrots **
 - Turnip **
 - Water Chestnuts **
- [Pumpkin](#) **

Starchy (High Carb) Vegetables

The main veggies to be avoided when reducing carbohydrates are the starchier vegetables:

- Beets
- Carrots (depends on diet) **
- Corn **

- Parsnips **
- Peas **
- Plantains **
- Potatoes in all forms (have sweet potatoes once in a while)**
- Winter Squashes (particularly acorn and butternut)**

From About.com:

***How to Prepare and Cut Up Spaghetti Squash** (method I prefer) *Please see www.Hotminky.com for nearest Spaghetti Squash Dinner near you.

Advantages to cutting the spaghetti squash up before cooking: It cooks faster.

Disadvantages: Like any winter squash, hacking it up takes muscle and a sharp knife or cleaver. It's also a bit more work to scrape out the seeds and pulp when they are raw.

Method: Just get in there and cut it in half (lengthwise) or quarters. You don't want to cut it up too small unless you want short strands. Scrape out the seeds and pulp as you would with any squash or pumpkin.

Bake open side up about 30 to 40 minutes at 375 F. Put butter on inside. (Best outcome)

Microwave 6 to 8 minutes (let stand for a few minutes afterwards)

Boil 20 minutes or so.

Separate strands by running a fork through in the from stem to stern direction.

Cook more than one and FREEZE in freezer bags to have all year long. Great replacement for pasta!

Cooking Spaghetti Squash Whole (I don't recommend)

Advantages to cooking the squash whole: It's easier.

Disadvantages: It takes longer to cook, and you need to watch out for burns when removing the pulp and seeds.

Method: Pierce the squash several times with a sharp knife. (Do this especially if you're microwaving it, or you may end up with a Squash Explosion.")

Bake about an hour in the oven at 375 F.

Microwave 10 to 12 minutes, then let stand for 5 minutes or so afterwards to finish steaming.

Boil for half an hour or so.

Slow Cooker/Crock Pot: Put it in with a cup of water and let it go on low all day (8 to 10 hours).

When done, cut open at the equator, remove seeds and pulp (I use tongs and an oven mitt -- it is HOT) and separate strands with a fork.

Did You Know? Any squash seeds can be roasted just like pumpkin seeds (pumpkin is a kind of squash). They are low-carb, nutritious, and delicious.

Spaghetti Squash Storage Tip

Like pumpkin and other winter squashes, whole uncooked spaghetti squash is best stored between 50 to 60 degrees, and will last up to six months this way. Spaghetti squash will keep several weeks at room temperature.

Week 2: (glass containers are recommended, but I know, are not realistic in some instances)

How to make supplement baggies:

Buy snack bags with zipper. Put a weeks worth of capsule supplement (kelp supplement, etc.) into baggie.

Buy Stevia packs to put into baggie or use a separate baggie for Somersweet sugar. Somersweet is not sold in individual packs. You need to make your own pack and have it on you!

Have another baggie for your sea salt. You will notice how often you have coffee out and eat out and want to add sugar or salt to your foods! A must, must, must have with you baggie! Don't leave home with out your baggies!

Also can have a baggie for your psyllium husks.

You can keep your baggies in your desk at work too. Don't forget to replace!

Week 2 continued:

Question for week 2: "How do I cook to be healthy and lose fat?"

Answer: Minky Oils, Sacred Diet and 'Edit Your Diet'

Minky Oils: Your very quick lesson on fats.

Fats are identified by their predominant fatty acid. Even though beef is mostly saturated, it still contains some monounsaturated and polyunsaturated fatty acids.

Saturated fats are fatty acids made up of carbon atoms fully saturated with hydrogen. Hard at room temperature and won't become rancid under heat.

Examples:

Butter – important source of vitamins A & D and contains butyric acid, which fights cancer.

Coconut oil – fights viruses and raises HDL (Healthy cholesterol)

Beef and Chocolate – (stearic acid) Has neutral effect on cholesterol

Monounsaturated fats are fatty acids made up where 2 carbon atoms form one (mono) unsaturated carbon bond. Hard in the refrigerator. Liquid at room temperature.

Olive oil and lard. Yes...lard is mostly monounsaturated!. Lard and bone marrow are rich in monounsaturated fat, the kind that lowers LDL (Lethal or bad cholesterol) and leaves HDL alone.

Cardiologists like olive oil because it is 70% monounsaturated oleic acid, which lowers LDL (Lethal cholesterol). It also inhibits platelet stickiness, lowers blood pressure, and reduces inflammation. The polyphenols, powerful antioxidant, prevent oxidation of the oil.

Olive oil also contains 14% saturated palmitic acid (also found in virgin palm oil, butter and beef), which has a neutral effect on cholesterol. Palmitic acid lowers LDL. Olive oil also contains about 10% linoleic acid an essential fatty acid (polyunsaturated, omega 6). This is why you only need to use EXTRA-VIRGIN COLD PRESSED olive oil for all of your oil needs. You get too much omega 6 in other foods and oils already. Too much omega 6 causes sickness from inflammation. (see below)

Polyunsaturated fats are fatty acids made up where carbon atoms form 2 or more unsaturated carbon bonds. They are essential fatty acids occurring naturally in fish oils and nuts and seeds but the oils you see and buy on the grocery store shelf are man-made processed *damaged fats*.

Corn oil (linoleic acid), soybean oil, safflower oil, vegetable oils are not in their health natural state. It's better to eat the fish, eat the nuts, eat the seeds than cook with these processed damaged fats. I know you may say, "Vegetable oils have essential omega 6 fatty acids". This is true but they are consumed way more than essential omega 3 fatty acids. We need to cut way back on vegetable oils and omega 6. Because of the increase of man-made damaged vegetable oils/fats, there is an increase in inflammation because of too many Omega 6's in the diet.

You'll get your fix just using olive oil. Never use the other vegetable oils in your kitchen. Unfortunately, on your 'Day of Desire' you may have some out on the town.

But don't buy vegetable oils for *your* kitchen any more...promise?

More on damaged fats - Polyunsaturated oils/fats don't hold up under heat and oxidize quickly. Oxidized fats contribute to heart disease and cancer. Oxidized fats (rancid fats) can also cause diarrhea, poor growth, loss of hair, skin lesions and intestinal problems. This is why it was really bad news for health when fast food restaurants stopped using saturated fat (beef and lamb tallow) and started frying foods in rancid polyunsaturated oils. Polyunsaturated oils did lower cholesterol, but we now know that cholesterol, especially for older women is needed and is only a small predictor of heart disease...so is the loss of your hair and diarrhea worth the 10 point drop in your total cholesterol?

Damaged Man-made Fats Hydrogenated/partially hydrogenated fats are man-made shit that causes trans fat. This what is in just about all snack foods and packaged foods.

Trans fat LOWER your HDL (Healthy cholesterol) and increase your risk of cancer, obesity, diabetes, heart disease. Avoid trans fats. Look at ingredient listing first!

How should I cook?

<u>Saturated</u>	<u>Monounsaturated</u>	<u>Polyunsaturated</u>
Heat-stable	Moderately stable	Unstable
<u>Best/Ideal for cooking</u>	<u>Acceptable for moderate heat</u>	<u>Ideally used COLD</u>
Butter	Olive oil	Flaxseed oil
Beef tallow	Lard	Fish oil
Coconut oil	Sesame oil	Walnut oil

Traditional native people and today, the best chefs in the world, know that fat is needed for digestion and proper assimilation and absorption of nutrients. Saturated fats protect the liver and are needed to digest protein. So remember, when you have your drink make sure you have it with your broiled chicken breast with the skin! YUMMY!

Examples of classic food dishes:

Fats and Protein:

Egg with yolk
Chicken breast with skin

Fats and Vitamins:

Vitamins A, D, E, K are all fat soluble and need to be eaten with fat

Fats and Beta-carotene:

Collards with fatback
Spinach salad with bacon
Beef with broccoli
Carrots with butter

Saturated fat and Omega 3 fats:

Fish with cream sauce or butter

Saturated fat and Calcium:

Yogurt, cheese, sour cream, cream
Whole milk

Are you hungry yet? This is how my grandparents ate. No guilt. Amazingly, no sickness either.

Remember if you eat the right virgin fats, the right amount of calories, and move w/purpose every other day. You will feed your malnourished body, feel better and lose inches.

Just one more thing about cholesterol. **Cholesterol is needed to make vitamin D**, bile acids (which digest fats), adrenal hormones (unhappy adrenal glands lay on belly fat), and the sex hormones estrogen and testosterone.

The section on Minky Oils was adapted from the book *“Real Food” by Nina Planck*. Please go buy it. It will change your limiting beliefs!

On the Minky Plan you will eat a lot of eggs, so I want you to change your limiting beliefs about cholesterol and nourish your body the Minky Way: so you can get healthier first; so fat loss is easier.

'Edit Your Diet'w/Sacred Foods:

With this section you will be given examples of how to use foods from the Sacred Foods Diet (the sacred foods are on the Minky's Staples list) and you will be editing your diet. Please be aware of portion sizes: (See shopping/staples list for portion sizes)

Instead of Eating this:

Eat this:

Pasta	Spaghetti squash (see how to cook spaghetti squash)
Equal, Nutrasweet, Splenda	Somersweet or Stevia
Instant oatmeal w/sugar	Steel oats with cream/butter/stevia
Diet soda	Unsweetened iced tea (black/green) w/ stevia & lemon OR kombucha (health food store)
Albacore tuna in water (mercury^)	Tonna tuna in olive oil (chunk light)
Margarine, tub spreads	Lard, butter and if possible, butter from grass-fed cows (internet: www.uswellnessmeats.com)
Regular salt (processed w/aluminum)	Unrefined sea salt (Kelp?) (Celtic/Himalayan) see Spicy Minky
Just Egg whites	Whole eggs (brown) cage free
Vegetable oils (for cooking)	Virgin Coconut oil/palm oil/beef

	tallow, Minky's oil mix (see recipe)
High-fiber overly processed wheat bread (extruded grains)	Sourdough, pumpernickel, rye fresh-baked breads (artisan type breads)
Commercial salad dressings	Make your own salad dressing (see recipe for salad dressing)
Low fat/fat free yogurts and cheeses	Full fat milk products (raw cheese)
Boneless skinless chicken breasts	Split chicken breasts with skin and bones (cheaper too)
Commercial popcorn	Make your own on stove top w/corn kernels and virgin palm oil w/butter and Celtic sea salt (see recipe)
Just ground beef for spaghetti sauce	Add small pieces of liver (have to get in the liver in creative ways)
<u>Instead of Eating this:</u>	<u>Eat this:</u>
Candy	Dark chocolate, sulfite-free dried apricots, Jennie's macaroons
Lay's potato chips	Utz's Grandma's potato chips (brown bag/cooked in lard) or pork rinds
White rice any form, Rice-A-Roni, boil in bags/microwave	Wild organic rice or organic brown rice (not instant) or have beans
So much chicken	Any fish with butter/cream sauce
So much chicken	Turkey with skin
Chicken Caesar Salad and dressing	Roast beef wrap(lo-carb) w/ jalepeno cheese, mayo, greens, tomato

Buying out lunch	Have your leftovers from dinner
Extruded grains-cold cereal w/skim milk	Grape-Nuts cereal w/2% or full fat milk/ or mix with full fat plain yogurt
Vitamin A & D pills with no soluble fat to absorb them	Liquid cod liver oil (see VitaMinky)
Flatbread sandwich on the go	'All One' blueberry protein smoothie (see recipe) and take with you
Cup of warm tea with sugar /skim milk at night	Glass of red wine or shot of vodka with water
Peanuts in hydrogenated oil & salt	Roasted Almonds w/sea salt
Ice cream made with 50 ingredients	Ben & Jerry's Chunky Monkey/ all natural Breyer's (NOT GOYA)
Instead of Eating this: ^	Eat this: ^

Start changing your foods in your kitchen. Don't feel like you must 'throw out' food that you already have. But I'd like you too. I understand that food, even crap food, is expensive.

Summation of week 2:

- Done all of week 1 summary or finishing it this week.
- Know your approximate calorie count w/ 50% fat and carb grams
- At least have the bolded staples Sacred foods in your kitchen. Have your supplements.
- Make your supplement baggies to carry in your purse (This is crucial for eating out)
- Began editing your diet with some of the above suggestions. Also look at weeks 1 & 2 examples (pp. 69-72)
- Began exercising q.o.d. See weeks 1& 2 examples (pp. 69-72)
- Eating 3 meals a day and brown bagging it to lunch with leftovers.
- Stopped snacking everyday
- Have some of your exercise (Minky gear) equipment. TRX, mat, cords, ring, etc. (don't have to buy all at once)

Week 3:

Question for week 3: “What stuff do I need?” “Why can’t I stick to an exercise program?”

Answer: Minky Gear. And don’t start out doing too much too soon. Eating 3 full meals, exercising q.o.d.

Minky Gear List

- 1) Exercise DVD’s (available for purchase from www.HotMinky.com or mail)
- 2) 14”-15” Pilates ring or fitness circle ring (available at large sporting good stores)
- 3) Elastic cords w/ handles (different strengths/colors, get at least 2 colors)
- 4) Heart rate monitor (strap preferred) (available at sporting goods store) To make sure you are safe and to help you identify with how you’re feeling, how hard your heart is working and recovery heart rates.
- 5) Mixer/blender/shaker(any department store) For making your delicious smoothies. Try Minky’s recipes.
- 6) Experiment with the *sample* meal & activity plans.
- 7) Tape measure. To take your measurements and track your progress.
- 8) Mat (Target, K-Mart, Walmart, etc.) I like thick ½” to 1” exercise mats. You may like yoga mats; but I think they are too thin and too sticky.
- 9) Go to www.fitnessgear101.com to look up great information on equipment and how to use it. You can always ask at the phone support classes too!
- 10) **TRX suspension exercise equipment.** Very versatile. I will soon be training women on this privately. See more at ‘**Make your body your machine**’ at www.hotminky.com Let me know if you are interested in training on this.

This is what I feel you need to successfully get started for the next 3 weeks. More information about exercise stuff in **Section 2 – The Body: Where Fat Manifests.**

Minky's recipes

Minky's Salad dressing:

One of the healthiest things you can easily do is stop using, purchasing commercial salad dressings! ALL COMMERCIAL SALAD DRESSING! Only one exception...if you are offered oil & vinegar; then please ask if the oil is olive oil.

Buy 7 Seas carafe. Fill Vinegar line with raw vinegar. Raw vinegar tends to be stronger than other vinegars, so you may want to add less vinegar and more water.

Use ½ the package of 7 Seas or season or with your own spices. Add Water. Shake.

Add oil to the "O" line (Extra-Virgin Olive Oil, cold-expeller-pressed). Shake.

1 teaspoon of flax oil. (optional) Shake.

Always keep refrigerated. Will get hard in fridge. Let sit at room temperature for a few minutes before putting on salad. Shake it up!

Salad dressing also serves as a great marinade for meats and fish. Poke holes in steak/London broil, put in zip lock bag with salad dressing and refrigerate over night is best. Always try to marinate your meats!

'Minky' Shake:

1 tablespoon of **Suzanne Somers** vanilla whey powder supplement (see VitaMinky **Must** list)

½ cup full fat coconut milk OR regular whole milk

¼ to ½ cup of frozen blueberries (no sugar added)

¼ cup frozen peaches (no sugar added) OR ½ frozen banana

½ cup of water (may add more if needed to liquefy more)

~6 ozs. of Fage or another brand of full fat plain yogurt

Sweeten to taste with stevia or Somersweet (see Spicy Minky **Must** list)

Mix all food items in blender. Clean blender immediately. You'll be happier later or the next time you want to use it.

Minky's Avocado Spread/Dip:

1 ripe avocado
 ½ teaspoon of lemon juice
 ¼ - ½ cup of Fage full fat plain yogurt or full fat sour cream
 ½ package of Simply Organic guacamole dip mix

Minky's Oil Mix - is actually Mary's Oil Blend (Taken from Eat Fat, Lose Fat recipe section, p.188, I give you credit Mary Enig, But I had to put Minky in the name! Please forgive me):

A blend of three oils that can be used in salad dressings or as a cooking oil.
 This recipe makes 4 ½ cups only. Serving 1 tablespoon=~120 calories

1 ½ cup of virgin coconut oil, gently melted
 1 ½ cup expeller-expressed or cold pressed (very important) sesame oil
 1 ½ cup extra-virgin olive oil

You will cook with this oil a lot. Please store at room temperature. Coconut oil may harden. Olive oil will get hard in the refrigerator. Put container of Minky's oil mix in warm water if it hardens.

Minky's Movie Popcorn:

½ cup of organic popcorn kernels
 1 tablespoon of virgin palm oil
 ½ stick of butter
 1 teaspoon to 1 tablespoon of Celtic or Himalayan sea salt

Heat virgin palm oil and place popcorn kernels in deep pan. Place lid securely on top. Stand next to pan and gently shake over stove eye while kernels pop. Remove from heat once kernels stop popping. Melt the butter in microwave or on stove top till melted; do not burn butter!

Once popped, pour melted butter over popcorn and sprinkle sea salt to taste. Yummy.

Serving ½ to 1 cup

Minky's Spaghetti Squash meal:

See how to cook spaghetti squash

Brown package of ground beef in deep frying pan with 1tbsp. Minky's oil mix and sea salt

Do not drain

Buy *store brand vodka sauce. You may use *store brand tomato sauce if you'd like.

Pour in entire jar of vodka sauce over cooked ground beef.

Heat spaghetti squash if previously refrigerated or frozen.

Put vodka sauce over spaghetti squash. Add parmesan cheese. Yummy tastes just like pasta!

You can also use portabella mushroom instead of ground beef.

*Usually \$5-\$8 a jar because of natural ingredients, no HFCS, no soy bean oil, or artificial flavoring

The next few pages are SAMPLE meal and activity plans. You do not have to follow them exactly. You can do what I did to make them and decide what to eat. What I did was take a 3-4oz. protein, a full fat serving, and a non-starchy carb from the Minky's staples/shopping list for each meal. The first week has snacks. But snacks are discouraged. After the first week there are no snacks in the sample meal plans. There are, however, snacks to choose from on the Minky's staples/shopping list when and if you feel you need a snack. Remember never go under 1200 calories or over 1800 calories while on the Minky Plan. You'll read more about exercise in Section 2, but the best time to exercise is when you'll do it. Otherwise it is in the late afternoon or evening; NOT morning. Also exercise every other day. (q.o.d.)

Minky Tips: Boil ½ to 1 dozen eggs in the beginning of the week. Use for snacks, salads, egg salad, etc. Cook liver with a slight dusting of almond/ whole wheat flour. Pan fry with butter or Minky's oil mix and sea salt & pepper. Don't over cook! Keep in fridge to crumble into taco mix, hamburgers, soups, etc.

If the following Minky Plan meal plan is way too much for you to start with; please go to www.jest4fitfood.com and click on 3-week HOT Minky Plan and jump start your fat loss with that. Less cooking and it involves a gentle herbal cleanse, not a fast.

Week 1- Start eating what you already have in your kitchen. Calculate your estimated metabolism/calorie intake. Watch exercise DVD's. Start eating 3 meals a day. Start purchasing staples and supplements. Please see Minky's Staples List, Minky's Recipes, VitaMinky and Spicy Minky, (don't just purchase any sea salt or cod liver oil!) This is just a **sample** weekly schedule and meal plan for your first week. As long as you pick a FAT, PROTEIN, CARB and SUPPLEMENT from the Minky's Staples/Shopping list for each meal and exercise q.o.d (every other day) you will be fine. *You may pick a snack if you have extra calories.

*You may also double your serving size if you have extra calories to use. Remember the shopping list has the serving size/calories and the supplement lists (VitaMinky & Spicy Minky) have when you should take your supplements and which ones are musts.

The main thing you will learn to do is count your estimated calories of the foods you take in and your intake of carbohydrate grams. Never mind the fat and protein as long as you are following the Minky Rules. **Try very hard to keep your carbohydrate intake below 30% of your estimated metabolism/calorie intake and your fat intake at least 50%.** I will help you figure this if you e-mail me.

(See 4F's/gall bladder for math example) Water is unlimited. 30-minute casual walks are unlimited

Breakfast: before 9am -1 hour later on the weekends / ***If** Snack: 11-11:30am /Lunch: 12:30-2pm /***If** Snack: 3-4pm / Dinner: 5-8pm

*Snacking is discouraged; snack only if still hungry

EE=Exercise Evening

EA=Exercise Afternoon

D.O.D. = Day of Desire = Eat like you want to kill yourself.

HM = Healing Meals = Eat as though your life depended on it.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<u>Week 1</u> Buy oils, make salad dressing Make Minky oil mix (see recipes) Get rid of by eating your prepared dinner meals Use up all your low-fat products to make room for full fat ones When you do exercise;	Begin with D.O.D. Eat whatever you want. Pay attention to what's on the labels of food that's already in your cabinet/fridge <u>Watch</u> a dvd	HM No exercise. Continue to eat the food you already have. Begin to eat only 3 meals a day. Have an egg for breakfast (prepare any	HM EE <u>Breakfast:</u> Minky Shake with 1tsp. cod liver oil, 1tbsp coconut oil (melted) <u>Snack:</u> string	HM No exercise =Rest <u>Breakfast:</u> 1 egg cooked in butter Minky oil mix ½ slice sourdough	HM EE <u>Breakfast:</u> Minky Shake with 1tsp. cod liver oil, 1tbsp coconut oil (melted) <u>Snack:</u> 1 hard boiled egg,	HM No exercise <u>Breakfast:</u> scrambled eggs (2) 2 slices no-nitrite bacon ½ slice rye bread w/butter	HM EA 1 slice of French toast w/sour dough bread w/tbsp. Agave syrup 1 slice of

<p>exercise in the evening</p> <p>SS=SomerSweet</p> <p><u>Week 1 con't.</u></p>	<p>Read and answer first 3 questions. Make own salad dressing (see recipes)</p> <p>Before you go to sleep: How do you feel? & Fill out your 24-hour Nutrition recall (very important – can be on a scrap piece of paper. Write down everything you ate that <u>you thought</u> was healthy. That's all.</p>	<p>way, whole eggs please) At lunch & dinner have a salad w/salad dressing recipe @ 2 separate meals. Increase water intake. Begin purchasing Staples and some supplements. Start with cage-free eggs, Suzanne Whey powder, sea salt, cod liver oil, butter</p>	<p>cheese apple peels (fresh skins) <u>Lunch:</u> Super Egg salad on 1 slice of sourdough bread, serving of UTZ's Grandma's chips, ice tea w/SS</p> <p><u>Dinner:</u> Psyllium husks in 8oz. of water Roasted Chicken w/skin, 1cup spinach, cook w/ sea salt, ½ cup brown rice, butter Ice tea, <u>1st pt. Minky S'n'B' dvd</u> <u>and/or</u> 16-min "My</p>	<p>bread w/butter 1tsp. cod liver oil,</p> <p><u>Lunch:</u> Super Leftover chicken, side salad, homemade dressing, 1-2 dried apricots</p> <p><u>Dinner:</u> Psyllium husks in 8oz. of water 1-2 Beef tacos with organic sauce mix, lettuce, tomatoes, onions. Taco sauce mix. Season beef with</p>	<p>celery sticks 1 cup tea with lemon/SS <u>Lunch:</u> Super. Roast beef wrap w/avocado spread (see recipe), lettuce, tomato, 1 pepperocini, iced tea w/SS</p> <p><u>Dinner:</u> Psyllium husks in 8oz. of water Shrimp stir fry w/Minky's oil mix w/frozen mixed veggies ½ cup brown rice Kombucha/iced tea Do "My Time" <u>exercises</u> dvd 1 glass of red wine</p>	<p><u>Snack:</u> ½ grapefruit w/SS ¼ cup cottage cheese <u>Lunch:</u> Make time to cook spaghetti squash. Have ground beef with vodka sauce over spag. Squash (see recipe) small salad w/salad dressing (see recipe)</p> <p><u>Dinner:</u> Psyllium husks in 8oz. of water 3-4oz. roasted chicken, roasted sweet potatoes w/olive oil</p>	<p>spam (fried) Coffee full cream w/SS <u>Exercise</u> after 1pm <u>Lunch:</u> 6 ozs. yogurt w/SS & raspberries 1 glass iced tea</p> <p><u>Snack:</u> ½ bag of pork rinds</p> <p><u>Dinner:</u> Psyllium husks in 8oz. of water Baked 3-4ozs. of salmon w/butter ½ cup spinach Cook w/sea salt then add butter salad w/</p>
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			Time" exer. dvd 1 glass of red wine <u>OR</u> a shot of vodka	all kinds of spices. Low-carb tortilla ½ cup beans <u>Snack:</u> ½ cup Breyers vanilla ice cream		and sea salt ½ potato 1 glass of wine	salad dressing ½ cup wild rice w/butter Before bed have 1 shot of vodka
	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>
<u>Week 2:</u> No snacks this week. After counting 6 days of HM you are now at your D.O.D. The weekly meal plans are samples only. You may not follow them in a weekly pattern which is o.k. I Have my D.O.D. then count 6 days on HM, then I	D.O.D. Go to bed extra early after D.O.D. days No exercise Eat what ever you want Before you go to sleep:	HM EA <u>Breakfast:</u> 1tsp. cod liver oil, spinach & feta cheese omelet cook w/ Minky oil <u>Lunch:</u> Chicken salad w/mayo, serv. of	HM REST no exercise <u>Breakfast:</u> 1tsp. cod liver oil, 1tbsp coconut oil (melted) 2 poached eggs buttered ½ whole grain	HM EE <u>Breakfast:</u> Minky Shake with 1tsp. cod liver oil, 1tbsp coconut oil (melted) <u>Lunch:</u> Sliced steak (dinner	HM REST no exercise <u>Breakfast:</u> ½ cup steel oatmeal, butter, heavy cream, stevia with 1tsp. cod liver oil, 1 slice no- nitrite bacon or	HM EE <u>Breakfast:</u> Minky Shake with 1tsp. cod liver oil, 1tbsp coconut oil (melted) <u>Lunch:</u> Tuna fish sandwich on	HM REST no exercise <u>Breakfast:</u> 1tsp. cod liver oil bowl ½ cup Grape nuts cereal (48gm of carbs!) w/ 2% or whole milk

<p>have my D.O.D. again. If you have your D.O.D. before the 6 days of HM are up; just simply begin your HM meals again right after that D.O.D. If you keep having your D.O.D. every other day or daily; then you're not on the Minky Plan.</p> <p>SS=SomerSweet</p>	<p>How do you feel? & Fill out your 24-hour Nutrition recall (in appendix) - very important – can be on a scrap piece of paper. Write down everything you ate that <u>you thought</u> was healthy. That's all.</p>	<p>avocado, sliced tomato, 3-4 cubes of honeydew melon, iced tea w/SS & lemon <u>Exercise</u> Part 3 of Minky's S'N'B' dvd exercise <u>Dinner:</u> Psyllium husks in 8oz. of water 3ozs. Roasted pork loin, frozen mixed vegetables w/ sea salt & butter side salad w/salad dressing 1 glass of red wine</p>	<p>toasted English muffin ½ grapefruit with SS <u>Lunch:</u> Chicken liver pate with whole wheat crackers & ½ macaroon iced tea w/lemon & SS <u>Dinner:</u> Psyllium husks in 8oz. of water Sirlion steak (preferably marinated overnight or a few hrs. in fridge)3 ozs. ¼ cup lentils over small salad w/ Minky's salad dressing</p>	<p>leftover) over salad with Minky's salad dressing 8oz. V-8 juice <u>Exercise</u> Part 3 Minky's S'N'B', pt.3 <u>Dinner:</u> Psyllium husks in 8oz. of water Ground beef with vodka sauce over spag. Squash (see recipe) small salad w/salad dressing (see recipe) 1 glass of red wine</p>	<p>ham Hot tea w/lemon w/tsp. coconut oil (melted) <u>Lunch:</u> ¼ cup Hummus w/4 whole wheat crackers 5oz. Fage yogurt plain with stevia & fresh berries <u>Dinner:</u> Psyllium husks in 8oz. of water Sauteed Fillet of sole 3-4ozs. ½ cup broccoli ½ cup brown rice 1 shot of vodka</p>	<p>rye bread lettuce & tomato w/ orange, iced green tea w/SS <u>Exercise</u> Minky's kickboxing <u>Dinner:</u> Psyllium husks in 8oz. of water Hamburger, ½ whole wheat bun, mayo. L&T, onion, pickle, 4 roasted potato fries, w/sea salt, ketchup Lemonade w/stevia</p>	<p>and 1 hard boiled egg, coffee/tea <u>Lunch:</u> Ham & swiss on ½ rye w/ hot mustard tea (iced) <u>Dinner:</u> Psyllium husks in 8oz. of water Baked chicken breast w/skin ½ cup rice pilaf, string beans cooked w/ sea salt add butter 1 glass of wine</p>
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	<u>Day1</u>	<u>Day2</u>	<u>Day3</u>	<u>Day4</u>	<u>Day5</u>	<u>Day6</u>	<u>Day7</u>
<p>Week 3 Now it's your turn. Try it. You pick the foods that you will eat off the Minky's Staples/Shopping List. Remember 3 full meals daily: 1 Protein serving 1 Full fat serving 1-2 Non-starchy carb OR ½ Starchy carb No snacking! Look at the calorie/carb examples for your calorie estimate. Try to keep your carbs under 30 % of your calories. Increase your virgin fat intake to at least 50% of your calories. If you are having difficulty snacking after week</p>	<p>D.O.D – Go to bed extra early after D.O.D. days No exercise Eat what ever you want Before you go to sleep: Write down, How do you feel? & Fill out your 24-hour Nutrition recall (very important – can be on a scrap piece of paper. Write down</p>	<p>HM EE <u>Breakfast:</u> 1tsp cod liver oil Cook w/ Minky oil mix 1 Protein serv 1Fat serving (cod liver oil +cooking w/Minky oil) 1non-starchy carb (citrus fruit preferred) <u>Lunch:</u> 1 Protein serving 1 Full fat serving 1-2 Non-starchy carb OR ½ Starchy carb</p>	<p>HM REST no exercise <u>Breakfast:</u> 1tsp cod liver oil Cook w/ Minky oil mix 1 Protein serv 1Fat serving (cod liver oil +cooking w/Minky oil) 1non-starchy carb (citrus fruit preferred) <u>Lunch:</u> 1 Protein serving 1 Full fat serving 1-2 Non-</p>	<p>HM EE <u>Breakfast:</u> 1tsp cod liver oil Cook w/ Minky oil mix 1 Protein serv 1Fat serving (cod liver oil +cooking w/Minky oil) 1non-starchy carb (citrus fruit preferred) 1non-starchy carb (citrus fruit preferred) <u>Lunch:</u> 1 Protein serving 1 Full fat serving 1-2 Non-starchy carb OR ½ Starchy carb</p>	<p>HM REST no exercise <u>Breakfast:</u> 1tsp cod liver oil Cook w/ Minky oil mix 1 Protein serv 1Fat serving (cod liver oil +cooking w/Minky oil) 1non-starchy carb (citrus fruit preferred) <u>Lunch:</u> 1 Protein serving 1 Full fat serving 1-2 Non-starchy carb OR ½ Starchy carb</p>	<p>HM EE <u>Breakfast:</u> 1tsp cod liver oil Cook w/ Minky oil mix 1 Protein serv 1Fat serving (cod liver oil +cooking w/Minky oil) 1non-starchy carb (citrus fruit preferred) <u>Lunch:</u> 1 Protein serving 1 Full fat serving 1-2 Non-starchy carb</p>	<p>HM REST no exercise <u>Breakfast:</u> 1tsp cod liver oil Cook w/ Minky oil mix 1 Protein serv 1Fat serving (cod liver oil +cooking w/Minky oil) 1non-starchy carb (citrus fruit preferred) <u>Lunch:</u> 1 Protein serving 1 Full fat serving 1-2 Non-starchy carb</p>

<p>one PLEASE CONTACT ME! If you want to try a food that you are not sure of e-mail me Minky@hotmail.com You can always ask at the phone support class also. There are so many great ideas there!</p> <p>Repeat for weeks 4 and 5</p>	<p>everything you ate that <u>you thought</u> was healthy. That's all. Write down how your feel at the moment you are writing down the healthy foods you ate on D.O.D. day</p>	<p><u>Dinner:</u> Psyllium husks in 8oz. of water 1 ser. PRO 1 full fat serving non-starchy carbs <u>Exercise</u> Minky's kickboxing 1 alcoholic drink serving</p>	<p>starchy carb OR ½ Starchy carb <u>Dinner:</u> Psyllium husks in 8oz. of water 1 ser. PRO 1 full fat serving non-starchy carbs 1 alcoholic drink serving</p>	<p>1 Full fat serving 1-2 Non-starchy carbs OR ½ Starchy carb <u>Dinner:</u> Psyllium husks in 8oz. of water 1 ser. PRO 1 full fat serving non-starchy carbs <u>Exercise</u> Minky's S'N'B' pt. 3 1 alcoholic drink serving</p>	<p><u>Dinner:</u> Psyllium husks in 8oz. of water 1 ser. PRO 1 full fat serving non-starchy carbs 1 alcoholic drink serving</p>	<p>OR ½ Starchy carb <u>Dinner:</u> Psyllium husks in 8oz. of water 1 ser. PRO 1 full fat serving non-starchy carbs <u>Exercise</u> Minky's S'N'B' pt. 3 1 alcoholic drink serving</p>	<p>serving 1-2 Non-starchy carb OR ½ Starchy carb <u>Dinner:</u> Psyllium husks in 8oz. of water 1 ser. PRO 1 full fat serving non-starchy carbs 1 alcoholic drink serving</p>
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Calorie count and gram examples: Start out with a 50% fat diet. Please note that just with the virgin fat supplementation, you could easily reach your fat calorie intake. For example on a 1200 calorie diet, @ 50% fat, **600 calories** = 1 tbsp. of butter, 1tbsp. of coconut oil, 1 tbsp. of Minky oil mix, 1tbsp. of mayo, 1 tbsp. of peanut butter = **578 calories**. Not hard to do. Fat intake does not equal greasy french fries, and fatty meats all the time:

1200 calorie – 50% fat = 600 cal/67gm; 20% Pro = 240cal/60gm; 30% Carb = 360cal/90gm

1500 calorie – 50% fat = 750 cal/83gm; 20% Pro = 300cal/75gm; 30% Carb = 450cal/113gm

1800 calorie – 50% fat = 900 cal/100gm; 20% Pro = 360cal/90gm; 30% Carb = 540cal/135gm

Eventually you should move to increase your fat intake (virgin fat) to 60% of your diet:

1200 calorie – 60% fat = 720 cal/80gm; 20% Pro = 240cal/60gm; 20% Carb = 240cal/60gm

1500 calorie – 60% fat = 900 cal/100gm; 20% Pro = 300cal/75gm; 20% Carb = 300cal/75gm

1800 calorie – 60% fat = 1080 cal/120gm; 20% Pro = 360cal/90gm; 20% Carb = 360cal/90gm

Summation of week 3:

- Able to pick protein serving, full fat servings to meet at least 50% of calorie intake, have limited carbohydrate grams to calculated amount. Try to lower carbs to only 20% of calorie intake. No higher than 30% carb intake.
- No snacking
- Exercising q.o.d. Determining time of day and how often to exercise
- Getting good rest. Going to bed early on D.O.D. days. See section 3 about enjoying the process and sleep
- Tried easy Minky recipes
- If you want to Jumpstart your fat loss with out so much cooking go to www.jest4fitfood.com for 3-wk. HOT Minky Plan. Do 3 things in 3 weeks to lose 3 inches. Involves a week long herbal cleanse (not fast!) for week 1.
- Visit www.supplementalscience.wordpress.com for more supplemental info from physicians.

Section 2 (Week 4):

Body: Where Fat manifests . . . The REAL work begins

Your question at week 4: “How come I exercise but I’m not getting any smaller?”

(Exercise q.o.d., PPC, & G.P.P.G. exercise examples)

Answer = Working out too hard, too often, not working out hard enough, not enough rest, no consistency...Confused?

Read on...

“How come I exercise but I’m not getting any smaller?”

I've seen it and I know you have too...People in the gym daily or almost daily and after 6 months they look the same as when they started. Maybe this person is you? We can all agree that simply going to the gym doesn't promise anything. It's what you do with the time you dedicate to exercise wherever you do it. Now saying that...

Do you really believe that people exercise to just feel better? If you were exercising 5-6 times a week, 45-60 minutes a pop, you wouldn't care about getting any smaller?

I ask this because over my 20 plus years experience in the field, in many different venues, many different people, when I ask people why they exercise 5-6 times a week, 45-60 minutes a pop?...they say, "It makes me feel better, I do it for stress relief, etc." I pause...then I smile and say well that's great. I'm glad you 'feel good'. Then I say **to myself**...you don't care that your belly and back fat are coming out of your clothes and your thighs resemble the likelihood of a linebacker? I think the opposite. If you reduced your belly, back and thigh fat in an efficient manner, you'd automatically feel better and wouldn't need to 'kill' yourself, staying in the zone exercising 5-6 times a week, 45-60 minutes a pop.

Let's face it, be honest...We care how we look just as much, if not more, than how we feel.

I do believe that when we feel better we will be more equipped to stick to changing our lifestyle behaviors for the long term. But very soon into the state of feeling better, we need to see change in our physical appearance too. This is what motivates us. Compliments from others like, "You look great, have you lost weight?, etc.", your response is then...I feel great too!

The women that I work with usually can not maintain 10-15 minutes of steady state exercise; let alone an hour. Even when they progress and get into better shape, previous joint injuries and other medical concerns would put them at risk for further injury and burning lean tissue exercising hard on an almost daily basis for 45-60 minutes.

The answer: Exercise short; yet hard. Interval training for fat loss and a healthier, stronger heart.
www.minkysexybootcamp.com

According to Dr. Al Sears, MD, "Most people think the longer they work out, the more weight they will lose...*Long-term exercise calls on the body to store more fat!* The following chart helps us understand how this misconception became so widespread:

Nutrient	At rest	Low Intensity	Moderate Intensity	High Intensity
Protein	1-5%	5-8%	2-5%	2%
Carbs	35%	70%	40%	95%
Fat	60%	15%	55%	3%

By studying the chart, you see that the body burns the greatest amount of fat (55%) during moderate-intensity exercise. This led many people to the false conclusion that you burn the greatest amount of fat by long, moderate-intensity exercise...it does not take into account the changes in your metabolism after you stop exercising. Your body is always adapting to the demands put on it. When you burn fat during exercise, you are telling your body to maintain fat stores so that they will be available for the next exercise session. In essence, your body hoards your fat reserves to use as fuel for future workouts. Instead of decreasing fats, this type of endurance exercise triggers your body to make more fat whenever possible. Now look back at the chart, you would get your highest percentage of your energy needs from fat while at rest. But you wouldn't use this strategy to burn fat!"

"One of the primary reasons people choose the wrong form of exercise is that they presume that their body changes during an exercise session. It never does. All the important changes begin *after you stop working out*".

ALSO, he states:

"Long-duration exercise is a waste of your time, and can actually cause other health problems. This type of exercise makes the heart and lungs more efficient, but it *reduces their reserve capacity*. Simply put, your reserve capacity is your body's ability to respond effectively to sudden demands you place on it. For heart, reserve capacity is crucial. It can mean the difference between a long healthy life and sudden death from a heart attack"

The Doctor's Heart Cure, Dr. Al Sears, MD, pp.15, 19-20.

The after burn:

In one of many studies, researchers at the University of Colorado State University measured how long our bodies continue to burn fat after brief periods of exercise. Study participants exercised for 20 minutes in sets of 2-minute

intervals of exercise and 1-minute rest periods. The researchers found that the participants still burned fat 16 hours after the interval exercising! At rest their fat oxidation was up by 62%, and their resting metabolic rate went up 4%.²

This is stating that interval training continues to trigger fat burning long after the exercise is over.

What is PPC?

PPC is Pogo Panting Cardio. Pogo is a pug. My mother's baby. When he was younger, he would run as fast as he could jump to try and catch a bird or squirrel, then he'd stop, he'd pant, recover; then he'd run and jump after another bird, he'd stop, pant, recover and then he'd repeat for about 10-15 min. When he's finally done, he's really done. He gets on your lap for the rest of the day.

This is how I train many of my female clients. For that wonderful after burn! They work out 'hard' to challenge their heart and lungs, they pant, they recover and then they repeat. They DO NOT, however, sit on my lap for the rest of the day. Depending on your fitness level and ability, walking may be 'hard' for you.

I always use heart rate monitors. Go to www.fitnessgear101.com for more information about heart rate monitors and how to use them. Or you can ask me during the phone support classes.

What are G.P.P.G. exercises?

Get up. Pee. Pajamas. Go. exercises.

These are exercises where you do early in the am. They are for the very de-conditioned and those who know that they absolutely won't exercise in the afternoon or evening. See Section 3 about rest & the best time to exercise so you increase your chances of enjoying it! (exercise)

Examples of G.P.P.G. exercises:

- All exercises on Part 1 of Minky's Shakin' N' Bakin' Workout dvd* Available at www.HotMinky.com
- Minky's favorite exercises – Full frontal plank, Simultaneous leg & arm raise, leg curl w/ Pilates ring, Standing-moving balance w/ring, various stretches (hips, back, and chest particularly) Will also discuss anytime on phone support classes.

* You do not have to purchase Minky's dvd's to participate in the plan; but they are highly recommended.

Exercise Q.O.D. or every other day:

As you see on the weekly samples of eating and activity, the Minky Plan alternates between a day of exercise and a day of rest. The Minky Plan also alternates on the days that you do exercise, between cardio (PPC-type exercising) or 20 minutes of continuous highs and lows and strength exercises.

When doing strength exercises. If you are pear-shaped, big butt and thighs, you might want to re-evaluate doing lots of squats and lunges. They are necessary to a small degree; but they will make your butt and thighs bigger. Try Minky's Shakin' N' Bakin' Workout, part 2. It is the Pilates mat routine. No squats ever. www.HotMinky.com

Your resting heart rate is taken in the morning immediately after waking up. No coffee or food. Your resting heart rate should decrease as you improve in time. If it doesn't, you may be over-exercising. You may have to take 2 days off.

I promise not to bog you down with more and more research. I give you my reference library of books, articles and websites, so you can look up stuff yourself. Hey, what do you want for free?

Also you could just try it and your results will be your research. Please call in the phone support class with your concerns and questions.

Summation of week 4:

- Understand that you need to burn more calories, not fat percentage over time, for quicker, better results
- Create after burn with increased, controlled intensity, less time
- Learn about *heart rate*. Resting HR, irregular heart beats?
- Involve your doctor
- Hire a personal trainer if you need to. I will tell you what to look for. A good personal trainer should try to work themselves 'out' of a job. They are not there to create dependency!
- I am available in for Personal training where I use my Suspension TRX system with my clients. More information on this product click here:
http://www.fitnessanywhere.com/Merchant2/merchant.mvc?Screen=SFNT&Store_Code=000-94127&AFFIL=YWV98MK0 Or go to www.HotMinky.com and click on **Make Your Body Your Machine**

Section 3 (Week 5):

Spirit: Enjoy the Fat Loss Process...

Get rid of the energy drainers!

(Week 5) – “What/who can I get rid of this week that’s/who’s holding me back?”
(De-clutter stuff & people) (Think for yourself)
Answer: Clean out clutter...period. Get more rest.

“What/who can I get rid of this week that’s/who’s holding me back?”

Dealing with saboteurs and clutter

Often saboteurs are those closest to us. Low self-esteem, like high self-esteem, is very powerful. When those closest to us need us for comfort and identity, they may fear they will lose us therefore this comfort if we get more attention, increased self-esteem as we lose weight.

Try this:

Besides answering those important questions in section 1, for you, you need to ask that person who’s closest to you, “What will happen to us when I lose weight?” If they say, “Nothing, ‘cause I’m not involved with your weight problems” or “You’ll never lose weight” or “Let’s wait and see because you know you always gain it back anyway” or “You can’t get too thin, because then I’d have to put tabs on you” or even “Baby, don’t lose that big butt, you know how much I like that big ass!”, **you might consider getting rid of them.** Look for responses like, “That’s wonderful you’re trying to lose weight, I need to lose some too” or “We’re going to be fine. I want you to be around for a long time” or “*When* you lose weight, I’ll love you as much as I do right now”.

If you keep this person that answered the above question inappropriately around, your process of fat loss will be a trying one.

Also clutter around you, weighs you down. I know. I recommend “It’s All Too Much” by Peter Walsh. It’s on CD, so you can listen to it in your car.

Do your friends really have your best interest at heart. I tell my friends to be careful about calling people at work your friends. Many times the workplace brings people together because of common work-related duties and time spent there; but there is also room for pettiness, cattiness, jealousy and competition. This often becomes apparent during stressful times at work. “You or me” mentality shows its ugly head when someone gets attention over someone else. Especially when it’s not the ‘usual’ way of doing things. If you begin to feel great, have a positive attitude and lose weight, and start to get the attention of others, the above could easily happen. That’s why I say:

Lie, lie, lie.

When someone asks you why you are eating or not eating something... you lie. Tell them, "I just found out I was allergic to soy (processed soy is in all junk foods) and I get this horrible rash on my ass. It's just getting better. Want to see?"

OR say,

"Wheat gives me explosive diarrhea. I just have to try to avoid it"

And be polite about it. Don't let them think that they are stressing you out. Don't make a big deal or production out of your meal time. Be light-hearted and gossip like you always do.

I don't agree that you should tell everyone you are 'on a diet'. That is giving your 'so-called' friends, especially at work, permission to sabotage you.

Get rid of clutter; people clutter and stuff clutter. Let me know if you need help with this.

Remember this is a plan to eat better, to feel better while doing it and to lose fat. Don't torture those closest to you about food they now have to eat because 'you're on a diet' or no one, including you, will want to be around you. Don't make people eat foods that they don't like. Experiment and serve your family tasty meals. If you tell them everything that you're putting into your meals, they typically won't like it before even tasting it. Especially kids.

Excluding supplements, do not force yourself to eat something that you gag on. Find another choice. Don't tell yourself that you can never have a food that is salty, sweet, bitter or sour ever again. These are taste buds that God gave you. You should and will utilize these taste buds in many delicious foods you eat in their purest state (if possible).

Get more rest

"The typical American adult sleeps just under 7 hours per night during the workweek, about 40 minutes longer during the weekend. Women aged 36-60 are the most sleep-deprived. The effects of lost sleep night after night build up. People become 'stupid' and clumsy. This lasts till you pay back your sleep debt, which usually requires several nights of extended sleep"

The Body Clock Guide to Better Health, Michael Smolensky, PhD., p.69

Just recently (late October), I saw a news story where the Doctor Reporter did a piece on how there will be less heart attacks simply because of turning the clocks back on Saturday overnight. Because we will get more sleep.

When it comes to exercise what time is best time to do it, when to have committed to do it:

The type of muscle soreness that comes on 2 or 3 days after vigorous exercise is least severe in those who exercise in the evening. If you have heart disease, after your doctor's approval, and are just beginning an exercise program, work out in the late afternoon. The strain on the heart is less than exercising when in the morning. Start slowly and cool down gradually. Also if you have rheumatoid arthritis, exercise in the late afternoon or early evening are when joints are most flexible. If you are a slug, exercise in the after noon until you get in better shape. Also exercise outdoors, if possible, to boost your daily exposure to bright light, keeping rhythms in sync.

Oh, before I forget, please don't do the 'cardio confessional'. I got this term from Craig Ballantyne, from www.TurbulenceTraining.com. This is when you have a weekend or night of too much eating, drinking, partying or all of the above (i.e. after Thanksgiving) and the next day you go on treadmill for 60-75 minutes to try and 'burn off' the damage. Unfortunately, all this does is wreak havoc on your adrenal glands. After a night of over-doing it, your adrenal glands are already stressed. They just pump out *more* cortisol and lay on *more* belly fat. Cortisol raises blood glucose (sugar) levels. You stress them (adrenal glands) out *more* by exercising hard for 60 minutes or longer. You need to rest. Hydrate. Deep breaths. Casual walk. Eat well. Rest.

Finally, THINK FOR YOURSELF! This is one of hardest things I find for people to do. We trust commercials, t.v., celebrities, drug ads, 'experts', politicians and many more in spite of if it makes common sense to us. Ask your doctor, "Do I have to take this medication like a vitamin pill?", "Is there anything else I can try first?" Often, if we have an opinion, others may talk louder than us or quote something out of *Prevention* magazine and we back down. You don't have to agree with people. You don't even have to agree with me. Just ask if something makes sense to you and step outside the box of your limiting beliefs, research a little, and try something that has worked for thousands of years, instead of what has made us fatter and sicker over the last couple of hundred.

Feel good about what you're doing and enjoy the process! Thank you.

Remember to,

Keep It Real...Food,

www.HotMinky.com

Minky P.S. Please feel free to pass on this information to others. All that I ask is that you do it in this **original pdf file**.

Appendix:

Visit here for **side effects and herbal interactions of more than 540 popular brand name drugs:**
http://www.newstarget.com/DrugWatch_home.html

24-Hour Nutrition recall:

To be filled out on your Day of Desire (D.O.D.) before bed/sleep:
(Copy this page as often as needed)

What I ate today that I consider good for me:

How I feel right now as I write this is:

Reference List:

¹Weston A. Price Foundation. www.westonaprice.org

²Osterberg, K. and Melby, C. *Effect of acute resistance exercise on post-exercise oxygen consumption and resting metabolic rate in young women. International Journal of Sport Nutrition and Exercise Metabolism.* March 2000 10(1):71-81.

The 24-hour Pharmacist, Suzy Cohen, R.Ph

The Hidden Truth about Cholesterol Lowering Drugs, Shane Ellison, M.Sc

The Program, The Schwarzbein Principle, Dr. Diana Schwarzbein, M.D.

Supermarket Remedies, Dr. Cass Ingram

Stop Pre-diabetes Now, Jack Challem

The Great Cholesterol Con, Anthony Colpo

Nutritional and Physical Degeneration, Weston A. Price, D.D.S.

Real Food, Nina Planck

Nourishing Traditions, Sally Fallon

A Life Unburdened, Richard Morris

The Doctor's Heart Cure, Dr. Al Sears, M.D.

Eat Fat, Lose Fat, Dr. Mary Enig & Sally Fallon

Good Calories, Bad Calories, Gary Taubes

The Cholesterol Myths, Dr. Uffe Ravnskov

Ultimate Fitness, Gina Kolata

The Rosedale Diet, Dr. Ron Rosedale, M.D.

The Body Clock Guide to Better Health, Michael Smolensky, Ph.D. & Lynne Lamberg

Fat Won't Make You Fat (Not all by itself), L. Lee Coyne, Ph.D.

Does This Clutter Make My Butt Look Fat?, Peter Walsh

Eat Fat, Look Thin, Bruce Fife, N.D.

Out Smarting the Female Mid-life Fat Cell, Debra Waterhouse, M.P.H., R.D.

Fats Are Good For You and other secrets, Jon J. Kabara, Ph.D.

Sugar Shock!, Connie Bennett, C.H.H.C., & Dr. Stephen Sinatra, M.D.

The Paleo Diet, Loren Cordain, Ph.D.

The Obesity Myth, Paul Campos

The New Rules of Posture, How to sit, stand, move, Mary Bond

There are many more, above are the most recent books that I have referred to.

Websites: www.HotMinky.com / www.MinkyTracyChatter.com / www.Hungry-Tired-Broke.com

www.westonaprice.org

www.schwarzbeinprinciple.com

www.naturalnews.com

www.thepeopleschemist.com

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www.turbulencetraining.com

www.breadandmoney.com

www.healthranger.org

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www.youngevityonline.com/Minky

www.fitnessgear101.com