# TABLE OF CONTENTS

## INTRODUCTION

Meet Dr. Mary Claire Haver.................................................................4

An Introduction to The Galveston Diet.............................................5

## BEFORE YOU BEGIN THE GALVESTON DIET

Ease Into This.................................................................8

Measurements.................................................................9

Products to Consider..........................................................10

A Word About the Meal Plans.................................................13

## PHASE 1: INTERMITTENT FASTING

What Is Intermittent Fasting?......................................................15

How Should I Fast?.............................................................17

## PHASE 2: LIMITING INFLAMMATION

What Is Inflammation?..........................................................22

Inflammation and Nutrition......................................................25

The Perfect Storm: Aging, Hormone Changes, and Inflammation........27

Foods That Cause Inflammation..............................................29
LET’S GET STARTED

Hi, I’m Dr. Mary Claire Haver. I am the mother of two girls, a wife, and an OB-GYN Board Certified physician and Culinary Medicine Specialist.

In this program, we are going to:

- Improve our eating patterns to decrease insulin levels
- Encourage fat burning and lean muscle retention
- Eliminate inflammatory foods
- Make our hormones work for us and not against us
- Shift to burning fat for fuel as opposed to relying solely on carbohydrates

The Galveston Diet is your plan, your way.

Though there are just a few hard and fast rules, there are plenty of options to personalize your plan. As with any lifestyle change, this plan will take commitment and discipline on your part. Some habits will be hard to break, but with the incredible results I have experienced and seen others experience, it will be worth it!
AN INTRODUCTION TO
THE GALVESTON DIET

I created *The Galveston Diet* after my brother died a few years ago. Through my grief process, I was filling myself with an unlimited amount of processed carbohydrates. As a result, I gained 15 pounds. I have been active and fit for most of my life, so when I had trouble fitting into my clothes, I knew I had to make some changes.

I was determined to get back into shape, so I did exactly what I had counseled my patients for years: *Eat less, exercise more.*

I ate less and exercised more; I would lose a pound or two...and that was it. I was frustrated that I was starving myself and not seeing any long-term results. I realized I was struggling just like so many of my patients who had fought against stubborn weight gain for years.

As a physician and scientist, I knew there had to be a better answer than the "eat less, exercise more" mantra. It didn't work for many of my patients, and it wasn't working for me. I stopped feeling sorry for myself and hit the books.

I started researching, and what I learned truly astonished me. In my research on current dietary trends that have the most impact on human lives, four themes kept recurring:

1. Hormone changes that work against our best health
2. Inflammation
3. Fasting
4. Fueling fat loss

I was fascinated. Once I read the data and understood what powerful tools they could be, I became convinced of their effectiveness. My plan started taking shape. Why not have more than one component in my plan? Why not incorporate **ALL FOUR**?

Based on my research, I created The Galveston Diet and tried it out on myself. Once I saw the amazing results, I enlisted a few girlfriends, and they also had the same fabulous results. Then, I introduced it to the world.
The Galveston Diet has worked beyond our wildest dreams! We have more energy, slimmer waistlines, and are sleeping better.

I named it *The Galveston Diet* in honor of the beautiful island my family calls home. What began as a way for me to get my body back on a path to good health has quickly grown. There are thousands of people that are following the plan, and they love the results. I know that you will, too!

The Galveston Diet includes three phases:

1. **Interruption Fasting (IF)** for the myriad of health benefits.
2. **Elimination of Inflammatory Foods**, which will make your hormones work FOR you, not against you.
3. **Fuel Refocus** for fat loss.

Some of you will want to jump in right away, but I caution you to **take at least a week to focus on your education**. Take this time to slowly empty your pantry and start changing your mindset. Prepare to change your life for the better.
I love this article from HEALTHLINE.COM. It contains results from obesity studies, demonstrating trends that may answer some of the main reasons why obesity has become such an epidemic. You may recognize a habit or two of your own in the article.
EASE INTO THIS

Don’t rush into it, and don’t worry! You have the rest of your life to master this. Remember, this is your plan, your way, and you will be able to customize your experience, meal plans, and dietary choices. There will be NO calorie guidelines, strict meal plans, or food swaps. You will create your own menus with our help. Exercise is recommended but not required.

Although many of you will want to jump in and get started immediately, I caution you against this. Take a week or two to go through this course. Let the information really sink in. Watch the videos more than once if you need to. Read ALL of the articles.

Science has proven that when individuals are armed with nutrition knowledge, positive eating changes are made, which can help reduce disease-related symptoms and complications.

Just as there is a lot underlying the visible top of an iceberg, in life, there is also a lot of underlying success of any kind. You can do this- I believe in you!
MEASUREMENTS

1. Weigh yourself TODAY and write it down (with the date) somewhere and keep it safe!! This is for YOU to keep track of what you have lost as far as pounds.

2. Buy a tape measure and measure your hips, abdominal circumference, and inner thigh. Write them down with your weight and keep it in a safe place.


4. We encourage you to take a photo of yourself before starting the program. It may feel uncomfortable or daunting to do, but trust us -- you will not regret being able to SEE your scale and non-scale results as you progress through the program and implement the 3 TGD components into your daily life.

In fact, you can use this space to do so…

<table>
<thead>
<tr>
<th>START DATE</th>
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<tbody>
<tr>
<td>Weight</td>
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<tr>
<td>Hip Circumference</td>
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<tr>
<td>Abdominal Circumference</td>
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<td>Thigh Circumference</td>
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<tr>
<td>Waist Circumference</td>
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WAIST:HIP ratio
PRODUCTS TO CONSIDER

I am thrilled to offer the highest quality, multipurpose, evidence-based supplements on the market!

Meet The Galveston Diet Omega 3 + Vitamin D, Fiber GDX, AND Collagen Skin Boost Plus by Sparkle Wellness

**Omega 3 + Vitamin D**

How are we different? Omega 3 + Vitamin D uses a fresh fish oil made from sardines sustainably harvested off the coast of Chile and Peru. The oil undergoes multiple distillations and refinements to eliminate and minimize heavy metals and other impurities. Each serving contains more EPA and DHA than many other omega formulas.

In addition to omega-3 fatty acids, each serving of Omega 3 + Vitamin D delivers 2000 IU (50 micrograms) of Vitamin D3. When the human body is exposed to sunlight, it can produce Vitamin D. However, more and more people are sitting in offices all day. Others live at more extreme latitudes where sun exposure is limited. These factors reduce the amount of Vitamin D in our bodies. Vitamin D is a fat-soluble nutrient that is absorbed better when dissolved in other fatty components.
Fiber GDX 5-Grain Blend

Buckwheat, chia, millet, amaranth, & quinoa

Fiber GDX’s gluten-free grain blend is not only rich in fiber, it's rich in protein and healthy fats. This blend is an age-old nutrition powerhouse composed of insoluble and soluble fiber that provides a "feast" for the good microbes in your digestive tract. Like psyllium husk, this blend can help manage blood sugar levels, cholesterol, and weight. The blend's omega-3s and antioxidants contribute to heart health.
One scoop of Sparkle Skin Boost Plus per day will feed your skin health, improving elasticity, reducing the appearance of fine lines & wrinkles, and reducing cellulite. Skin Boost Plus contains VERISOL Bioactive Collagen Peptides, which are clinically proven to boost the skin’s collagen levels by up to 60%. In a double-blind, controlled study amongst over 100 women, after 4-6 weeks of taking VERISOL daily, they experienced more evened skin surface and visible reduction in fine lines around the eyes.

In addition, this powerful blend of ingredients will improve nail appearance and strength, plus lead to a noticeable hair thickness. Actual results will vary from person to person.

Sparkle for The Galveston Diet has a delicious Açai Lemonade Flavor that will soon be your favorite beverage of the day!
A WORD ABOUT THE MEAL PLANS

I am THRILLED to offer you comprehensive meal plans with shopping lists, BUT I urge you NOT to jump into them right away. This may seem counterintuitive, but I will explain the reasoning behind this suggestion. Take time to invest in yourself. Go through the entire program so that you can learn WHY the meal plans contain what they do and WHY I chose what I chose. It is impossible for me to know what your personal food allergies or likes and dislikes are, so feel free to substitute and adjust your macros accordingly!

After shepherding thousands of people through this plan, I have found that those who are the most successful master one phase at a time and in order.

TRACKERS

You will need a way to track what you eat - There are SEVERAL options out there, many with free or minimal costs.

To follow the plan, it is crucial to keep track of what you are eating and know your "macro" percentages are on target by the end of each day (more on this later).

Make sure whatever app you choose can:

[1] track macro percentages (not necessarily grams)

[2] track net carbs (total carbs minus fiber)

My favorite tracking app is Cronometer, but you can use whatever app you like best. Some other commonly used apps among TGD students are Carb Manager, My Fitness Pal, Fitbit, LoseIt!, and MyNetDiary.

Get whatever app you decide loaded, and AS AN EXPERIMENT, start keeping track this week. We will follow up on the details of tracking macros for TGD purposes later!
Phase 1: Intermittent Fasting
WHAT IS INTERMITTENT FASTING?

*Intermittent Fasting* (IF) is an eating pattern that cycles between periods of eating and not eating (fasting).

There are several styles of IF. Some people choose to fast for 2 days and eat for 5 days during a week, while others opt to fast every other day. For the Galveston Diet, I recommend the 16/8 method. It is a daily fasting program where one fasts for a 16-hour window, then eats within an 8-hour window.

I like this method - it seems easier to me because I’m sleeping for 8 of the 16 fasting hours. When I wake up, I enjoy a cup of black coffee (*unsweetened* tea is fine, too). I break my fast by having a healthy lunch at 12:00 noon and make sure my last meal is finished by 8:00 pm. I also like this plan because I have to do it every day making it part of my normal routine. I never have to "remember" if this is an "eating day" or a "fasting day."

**HARD AND FAST RULE**

On the Galveston Diet, it is important that you do not intake *any* calories during your fasting period.
Black coffee, *unsweetened* tea and water are fine.
"WHY" & "HOW" OF INTERMITTENT FASTING

Why To Consider Fasting
You want to lose weight.
You want better mental clarity and focus.
You want to increase insulin sensitivity.
You want to lower markers of inflammation.
You want to prevent disease.
You want better overall health.

How Do I Do This?
Start by cutting out snacks.
Slowly increase the time each day you break your fast.
Slowly move your dinner to an earlier time.

Goal Of 16:8
Eating window of 8 continuous hours
Fasting window of 16 continuous hours
Example: Eat from noon-8pm
Example: Eat from 8am-4pm

The Research
There is indeed a large body of research to support the health benefits of fasting, though most of it has been conducted on animals, not humans. Still, the results have been promising. Fasting has shown to improve biomarkers of disease, reduce oxidative stress, and preserve learning and memory functioning, according to Mark Mattson, senior investigator for the National Institute on Aging, part of the US National Institutes of Health. Mattson has investigated the health benefits of intermittent fasting on the cardiovascular system and brain in rodents, and has called for “well-controlled human studies” in people “across a range of body mass indexes” (J Nutr Biochem 2005;16:129–37).
INTERMITTENT FASTING BENEFITS

When you fast, several things happen in your body both at the cellular and molecular level. For example, your body changes hormone levels to make stored fat more accessible.

When you fast, your cells undergo a small amount of stress. That stress makes your cells respond to the stress adaptively by enhancing their ability to cope with stress and, maybe, to resist disease. Cells also initiate important repair processes and change the expression of genes. Studies are demonstrating that fasting improves insulin resistance, lowers blood sugar, lowers insulin levels, decreases inflammation and reduces harmful lipids in the bloodstream. Several studies also suggest a decrease in the risk of some types of cancer. Here are some specific changes that occur in your body when you fast:

- **Human Growth Hormone (HGH):** The levels of growth hormone skyrocket, increasing as much as 5-fold. This has benefits for fat loss and muscle gain.

- **Insulin:** Insulin sensitivity improves and levels of insulin drop dramatically, making stored body fat more accessible.

- **Cellular repair:** When fasting, your cells initiate cellular repair processes. This includes autophagy, where cells digest and remove old and dysfunctional proteins that build up inside cells.

- **Gene expression:** There are changes in the function of genes related to longevity and protection against disease.

HOW SHOULD I FAST?

Fasting is a common practice in many cultures. While thousands of people fast for spiritual reasons, others fast for the many health benefits.
People who fast report overall improved health and weight loss – in addition, many studies support these claims. *Science has shown that fasting can have remarkable effects on your brain and body, helping you live a longer life.

Fasting was normal before food was available 24/7. In fact, only in this century and only in industrialized nations has food been so readily available. From an evolutionary perspective, three meals a day is a strange, modern invention.

Volutility in our ancient ancestors’ food supplies most likely brought on frequent fasting—not to mention malnutrition and starvation in severe cases. Scientists believe that such evolutionary pressures selected genes that strengthened brain areas involved in learning and memory, which increased the odds of finding food and surviving.

*I encourage you to read and watch the many linked resources provided in the course under “Eat, Fast, and Live Longer…Scientific Proof from Experts.” These videos and scientific articles support the many health benefits of fasting.
INTERMITTENT FASTING TIPS

Part 1

Get Plenty of Sleep
Numerous studies have shown that getting a good night’s sleep suppresses your appetite and keeps your hunger cravings under control. Shoot for 6-8 hours!

Exercise
Light exercise enhances circulation, and will improve your energy levels and your mood. The timing of exercise is up to you, but you may want to experiment with what timing is best for you.

Take Time to Relax
Rest and relaxation are things you should be making time for every day.

Reward Yourself
After you hit your intermittent fasting goals for the day, week, or month, be sure to reward yourself! Whether it is carving out consistent time for YOU in the day, taking a long bubble bath, getting a manicure, etc., find something that brings you joy! This tip is huge- do not overlook or discount it.
INTERMITTENT FASTING TIPS

Part 2

Flexibility
Many will choose to utilize the 16/8 fasting/fed pattern. That may not work for everyone. If you find that a 14/10 or an 18/6 works better for you then that is completely OK. The only eating pattern that will work is the one that will work for you.

Stay Hydrated
Making sure that you are drinking plenty of water is always important, but ESPECIALLY when you are fasting. When you don’t eat, you miss out on the water in foods, so you will need to be drinking more fluids to compensate for this. In addition, drinking plenty of fluids helps you feel full during the periods of fasting and reduces your cravings for food.

Avoid Temptation
Being around tempting foods makes fasting unnecessarily difficult. The look and smell of foods will set off your appetite and make you crave them.

Make Use of Spare Time
When you fast, you create free time in your schedule during the slots where you would usually be eating. This spare time is a perfect opportunity to do something you love such as reading, listening to music, or going for a walk.
Phase 2: Limiting Inflammation
WHAT IS INFLAMMATION?

Inflammation is a process that allows our immune system to fight a stimulus. That stimulus can be injury, infection, a foreign body, an ingested irritant, or even cancer. Think of a sprained ankle that becomes red and swollen or a cut on your finger that becomes tender and angry. These are normal, acute responses to our inflammatory system and are designed to speed healing and/or fight off infections. Once the stimulus has been removed or destroyed, the tissue heals.

Acute inflammation is a normal, healthy response that removes the source of irritation or infection and helps to speed healing.

Chronic inflammation is a slow, ongoing, and destructive process. When inflammation doesn’t turn off as it should, it becomes harmful. Essentially, inflammation is at the root of almost all diseases. Chronic inflammation is damaging because it acts like a slow-burning fire, continuing to stimulate pro-inflammatory immune cells that attack healthy areas of your body.

Chronic inflammation is often below the pain threshold, meaning our brain does not register when it is happening. It can therefore remain unnoticed by the body for long periods of time. This is why persistent inflammation is so dangerous and plays a role in at least 7 of the top 10 causes of death for adults in the United States.
Chronic inflammation can occur everywhere in the body, and plenty of research indicates that it is a common trigger and contributor to multiple chronic diseases. For example, excess immune cells and their signaling molecules circulating in your system can damage blood vessel linings (in atherosclerosis), pancreatic tissue (in diabetes), and joint tissue (in arthritis).
# TYPES OF INFLAMMATION

## The Differences Between ACUTE and CHRONIC Inflammation

While your body can heal itself from acute inflammation rather quickly, it takes more time and effort to heal from chronic inflammation.

<table>
<thead>
<tr>
<th></th>
<th>ACUTE</th>
<th>CHRONIC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Caused by</strong></td>
<td>Harmful bacteria or tissue injury</td>
<td>Pathogens that the body cannot break down, including some types of virus, foreign bodies that remain in the system, or overactive immune responses</td>
</tr>
<tr>
<td><strong>Onset</strong></td>
<td>Rapid</td>
<td>Slow</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>A few days</td>
<td>From months to years</td>
</tr>
<tr>
<td><strong>Outcomes</strong></td>
<td>Inflammation improves, turns into an abscess, or becomes chronic</td>
<td>Tissue death and the thickening and scarring of connective tissue</td>
</tr>
</tbody>
</table>
INFLAMMATION AND NUTRITION

Research shows that a significant contributor to chronic inflammation comes from what we eat. You may find that many of the following inflammatory foods have a place in your diet. When you eat them daily, you constantly turn on your body’s immune system in the form of chronic inflammation. These foods are inflammatory for a variety of reasons: everything from allergies (as in half of the world’s population to dairy) causing changes in the gut biota, chemicals that are recognized as foreign such as artificial colors and flavors, irritants such as nitrites/nitrates, and much more.
### INFLAMMATORY FOODS

<table>
<thead>
<tr>
<th>Sugar</th>
<th>Processed Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Oil</td>
<td>All Fast Food</td>
</tr>
<tr>
<td>Artificial Additives</td>
<td>Refined Flour</td>
</tr>
<tr>
<td>Cookies</td>
<td>Known Toxins To You</td>
</tr>
<tr>
<td>Saturated Fats</td>
<td>Vegetable Oil</td>
</tr>
<tr>
<td>Artificial Sweeteners</td>
<td>Trans Fats</td>
</tr>
<tr>
<td>Gluten</td>
<td>Canola Oil</td>
</tr>
<tr>
<td>Refined Grains</td>
<td>Fried Foods</td>
</tr>
<tr>
<td>Cereals</td>
<td>Alcohol Indulgence</td>
</tr>
<tr>
<td>Crackers</td>
<td>Diet Soda</td>
</tr>
<tr>
<td>Cured Meats</td>
<td>Sugar-Filled Beverages</td>
</tr>
<tr>
<td>Processed Lunch Meats</td>
<td>Artificial Colors</td>
</tr>
</tbody>
</table>
THE PERFECT STORM:
AGING, HORMONE CHANGES, 
AND INFLAMMATION

Aging is the decline of the body in function, integrity, and the ability to repair itself. This process is just as affected by environmental factors as it is by genetics. The aging pathway seems to be particularly susceptible to nutritional choices: some choices cause rapid progression of the aging process, while others curb the speed of the inevitable. We will review those nutrition choices in the next few sections.

Furthermore, as women approach menopause, typically between the age of 45 and 55, our bodies go through several radical hormonal fluctuations that can affect us in many ways. Changing levels of estrogen, progesterone, and testosterone have a role to play in age-related inflammation. For example, researchers believe that the declining levels of estrogen play a major role in joint pain during menopause. It appears that a decrease in estrogen corresponds with a rise in the inflammatory markers called cytokines, interleukin-1, and interleukin-6 (pro-inflammatory chemicals). Estrogen affects joints by keeping inflammation down; therefore, as estrogen levels begin to decline during perimenopause, joints get less and less estrogen and pain is often the result.

The hormonal changes leading up to menopause also contribute to weight gain. There is clear evidence that extra fat cells, especially around the middle of the body, add to systemic inflammation by creating extra cytokines and C-reactive protein (chemicals in the body that promote inflammation).

As our levels of inflammation rise, so does our susceptibility to disease, weight gain, and chronic illness. Hence the title of this section - “The Perfect Storm.”
FOODS THAT CAUSE INFLAMMATION

Pro-Inflammatory Foods (PART 1)

SUGAR
Too much sugar causes an elevation in pro-inflammatory markers called cytokines, and C-reactive protein. Watch out for added sugars in processed foods.

FRIED FOODS
These vegetable-oil-fried and processed foods contain high levels of inflammatory advanced glycation end products (AGE’s). AGE’s are compounds that form when products are cooked at high temperatures, pasteurized, dried, smoked, fried, or grilled. Eating these increases markers of inflammation in the body.

CORN OIL
It’s high in Omega-6 fatty acids, which triggers inflammation, and found in many baked goods and snacks.

REFINED FLOUR
Stripped of their slow-digesting fiber and nutrients, these foods spike your blood sugar and insulin levels which is associated with an inflammatory response.

ARTIFICIAL SWEETENERS
These sweeteners increase glucose intolerance by changing the gut biome. Researchers also found an increase in bad gut bacteria that have previously been associated with type 2 diabetes.

ARTIFICIAL ADDITIVES
These chemicals are recognized as "foreign" by our bodies and initiate the immune response in retaliation, leading to inflammation.

SATURATED FATS
Saturated fats trigger white fat inflammation, and the more you eat them, the bigger and fatter white fat cells get—thus triggering a stronger inflammatory response.
Pro-Inflammatory Foods (PART 2)

TRANS FATS
Because man-made partially hydrogenated oils, also known as trans fats, do not occur naturally in foods, our body doesn't possess an adequate mechanism to break them down. When your body senses an unknown, foreign object, it can stimulate an inflammatory response.

GRAIN FED MEAT
Because cattle, chicken, and pigs didn't evolve on a grain-fed diet, they are fed antibiotics and hormones to grow faster and stay well in the feed pens. Altogether, this means you're eating meats higher in inflammatory saturated fats and that have greater levels of inflammatory omega-6's from the corn and soy diet. Your body thinks it's in a constant state of attack due to ingesting leftover levels of antibiotics and hormones.

PROCESSED MEATS
Processed meats are the worst of both worlds. They're typically made from red meats high in saturated fats, and they contain high levels of AGE's. Not to mention the fact that these sometimes “mystery meats” are injected with a slurry of preservatives, colorings, and artificial flavorings that also register as foreign attackers to our immune system.

ALCOHOL INDULGENCE
While some research has shown a drink a day can actually lower levels of inflammatory biomarker C-reactive protein (CRP), too much alcohol actually has the opposite effect. That's because the process of breaking down alcohol generates toxic by-products which can damage liver cells, promote inflammation, and weaken the body’s immune system.

FAST FOOD
**ADDITIONAL INFORMATION**

*Processed Meats*
A recent study found that men who ate cured meats at least 14 days each month had a more than a two-fold risk of chronic obstructive pulmonary disease. This is likely linked to the high nitrogen content in these foods.

*That "Second Round" of Alcohol*
While the flavonoids and antioxidants found in wine—as well as the probiotics in beer—might actually contribute an anti-inflammatory effect, according to a study published in the journal *Toxicology*. I literally cannot stress this enough: moderation is key!

*Sugar*
When we eat too much glucose-containing sugar, our body can’t process the excess glucose quickly enough, and it increases levels of pro-inflammatory messengers called cytokines. Sugar also suppresses the effectiveness of our white blood cells’ germ-killing ability, weakening our immune system and making us more susceptible to infectious diseases.

A study in the *Journal of Nutrition* discovered that on an equal calorie diet, overweight participants who ate a *low simple carbohydrate diet* reduced levels of the inflammatory biomarker C-reactive protein whereas participants on a high simple carbohydrate diet did not. When you eat something loaded with sugar, your taste buds, your gut, and your brain all take notice. This activation of your reward system is not unlike how bodies process addictive substances such as alcohol or nicotine -- an overload of sugar spikes dopamine levels and leaves you craving more.
**Fried Foods**

Many fried foods are fried in vegetable oils (see below), making them loaded with omega-6s. Another issue with these fried and processed foods is that they contain high levels of inflammatory **advanced glycation end products** (AGEs), which are compounds that form when sugar, dairy, and meats are cooked at high temperatures, pasteurized, dried, smoked, fried, or grilled. AGEs cause oxidative stress and their receptors are found in high numbers in the heart, lungs, and skeletal muscle. Researchers from the Mount Sinai School of Medicine found that when people cut out processed and fried foods that have high levels of AGEs, markers of inflammation in their body diminished.

**Vegetable Oil**

Once US consumers became aware of the artery-clogging ill effects of trans fats, food manufacturers switched to injecting or frying their products with vegetable oils such as **soy, corn, sunflower, safflower, or palm oil**—which wasn’t much better. These vegetable oils have a **HIGH** concentration of the inflammatory fat, omega-6, and are **LOW** in the anti-inflammatory fat, omega-3. In fact, Americans are eating so many vegetable-oil-laden products that the average person has an omega-6 to omega-3 ratio of around 20:1 when it should be 1:1. Too much omega-6 can raise your blood pressure, lead to blood clots that can cause heart attack and stroke, and cause your body to retain water. We don't eat nearly enough omega-3 (found in fish and fish oil, all green leafy vegetables, flaxseed, hemp, and walnuts), which can reduce our risk for heart disease and cancer.

**Processed Flours**

Since refined wheat flours have been stripped of their slow-digesting fiber and nutrients, your body can break down foods made from this ingredient very quickly. The faster your body digests glucose-containing foods, the faster your blood sugar levels spike, which also spikes your insulin levels—this process is associated with a pro-inflammatory response. A *Journal of Nutrition* study found that a diet high in refined grains showed a greater concentration of the inflammatory marker, PAI-1, in the blood. On the other hand, a diet rich in whole grains resulted in a lower concentration of the
same marker as well as one of the most well-known inflammatory biomarkers, C-reactive protein (CRP).

**Artificial Sweeteners**
A 2014 study published in *Nature* found that artificial sweetener consumption in both mice and humans enhances the risk of glucose intolerance by altering our gut microbiome. Researchers also found an increase in bad gut bacteria that have previously been associated with type 2 diabetes where large amounts of artificial sweeteners were consumed. Humans cannot fully digest the chemicals in these sweeteners, but interestingly enough, gut bacteria can. Gut bacteria can process sweeteners into various short-chain fatty acids (SCFA) that negatively shift the bacterial balance- lowering the levels of "good gut bacteria" while raising the levels of the "bad gut bacteria." Furthermore, gut bacteria process the chemicals into byproducts that stimulate the inflammatory pathways in our bodies.

**Artificial Additives**
Artificial means not found naturally in nature, which means your body usually doesn’t have a way to process it. Ingredients like artificial coloring—which is made from petroleum (oil)—have been implicated in a host of health issues, from disrupting hormone function to causing hyperactivity in children, to tumor production in animal studies. And a meta-analysis in the journal Alternative Therapies in Health and Medicine found that our immune system attempts to defend the body from these synthetic colorants, which activates the inflammatory cascade. Another study by researchers at Georgia State University found that additives like emulsifying agents used to thicken foods can disrupt the bacterial makeup of the gut, leading to inflammation and weight gain in animals. The evidence in humans is sparse, but your best bet would still be to steer clear of these ingredients and stick to their natural counterparts.

**Saturated Fats**
Several studies have shown that an abundance of saturated fats triggers adipose (fat tissue) inflammation, which is not only an indicator for heart disease but also worsens arthritis inflammation. Pizza and cheese are the biggest sources of saturated fats in the average American diet, according to the National Cancer Institute. Other culprits include meat products (especially red meat), pasta dishes, and grain-based desserts. The Galveston Diet encourages smart choices in fats: choosing lean meats; leaning on unsaturated and polyunsaturated fats is a far better choice than a diet rich in saturated fats as your main source of fats.

**Trans Fats**
According to the Mayo Clinic, trans fats can cause inflammation by damaging the cells in the lining of blood vessels. A study in the *American Journal of Clinical Nutrition* found that women who ate foods high in trans fat also had higher levels of markers of systemic inflammation, like interleukin 6 (IL-6) and C-reactive protein (CRP).

**Gluten from Store-Bought Bread**
Many of the breads on the market can go from flour and yeast to baked bread in just a few hours - shortening the period of fermentation causes a decrease in the amount of starch and gluten the yeast typically can pre-digest for us. Without assistance in digestion, it can be harder for our bodies to digest the bread’s gluten, causing inflammation in the lining of your intestines. Experts believe this could be one reason for the rise in gluten sensitivity among Americans. Another theory is that modern strains of wheat contain a super starch known as amylopectin A, which has been shown to have inflammatory effects. However, I do have good news: *bakery-made sourdough bread* is one of the surprising fermented foods that provide healthy probiotics to help heal your gut—key in helping to reduce inflammation.
FOODS THAT FIGHT INFLAMMATION

Some vitamins and minerals are referred to as antioxidants and are valued for their potential in fighting cellular damage. An antioxidant is a substance that may protect cells from damage caused by free radicals. Vitamin antioxidants include vitamins A, C, and E, and mineral antioxidants include zinc, selenium, copper, and manganese. Research shows that antioxidants may help prevent certain cancers, reduce cholesterol levels, and increase immune functions.

Blueberries, blackberries, raspberries, strawberries, and cranberries are among the top fruit sources of antioxidants. Artichokes, kale, and bell peppers top the list of vegetables high in antioxidants. Other options include asparagus, beets, broccoli, red cabbage, and tomatoes. Walnuts, pistachios, pecans, hazelnuts, and almonds are some of the top nuts for antioxidant content. Not crazy about nuts? Try sunflower, sesame, or ground flaxseed in recipes. Legumes — such as kidney beans, edamame, and lentils — also pack an antioxidant punch. Many spices are also incredible sources of antioxidants (the freshest and least processed varieties are the best: cloves, turmeric, coffee, tea, and red wine are also rich in antioxidants).

Foods rich in Omega-3 Fatty acids are also powerful sources of anti-inflammatory components. Fatty fish such as salmon and mackerel or supplementing with Omega-3 rich fish oils is an option if fish is not available.

Remember, when it comes to adding antioxidants to your diet, no one food or food group should be your sole focus. Instead, be sure to incorporate a variety of fruits, vegetables, nuts and legumes, and spices into your diet.
Foods That Fight Inflammation

- Tomatoes
- Nuts
- Berries, Cherries, & Oranges
- Olive Oil
- Leafy Greens
- Fatty Fish
- Avocado
- Turmeric, Ginger, & Other Spices
- Garlic

These foods are naturally packed with antioxidants and anti-inflammatory components.

Diets rich in these foods have been shown to have lower markers of inflammation and disease than diets lacking in them.
THE POWER OF THE OMEGA 6: OMEGA 3 RATIO

You may have heard me say it before – “it is important to lower your omega 6: omega 3 ratio…..” But why? What is the difference between these two types of fatty acids? Should you really be concerned?

The answer – absolutely YES! Biochemically speaking (and put on your thinking caps for this one), omega-3 and omega-6 are both polyunsaturated fatty acids (PUFAs); the main difference between the two is that the last double bond is 6 carbons away from the omega end of the fatty acid molecule in omega-6, while only 3 carbons away in omega-3. This might not mean much to you; in fact, you may be thinking they both sound pretty similar. However, the difference could not be more drastic or pronounced in terms of the harm an unbalanced ratio can have on your body.

Let’s break it down:

- Humans essentially evolved on a 1:1 ratio of omega-6: omega-3 fatty acids
- Our genetic patterns and overall development thrived on this very particular ratio
- Fast forward to modern-day and the ratio of omega-6: omega-3 fatty acids in the Western Diet, on average, is an astounding 20:1. Yes, TWENTY TO ONE.
- When Omega 6 is broken down during normal body processes, the by-products are HIGHLY inflammatory
- The more Omega 6, the more inflammation, and the diseases associated with it

It is no wonder the prevalence of disease, specifically cardiovascular disease, cancer, and inflammatory-driven, autoimmune diseases, in Western societies is continuously sky-rocketing. It will get worse unless we make radical changes to our omega-6: omega-3 fatty acid consumption. Omega-3s have been shown to have profound anti-
inflammatory effects; in fact, increased dietary intake of these fatty acids can positively alter the manifestation of disease. Amazing results published in a recent abstract show promising benefits of lowering this ratio:

- **4:1 Omega-6: Omega-3 ratio** was associated with a **70% decrease** in total mortality
- Decreased **Omega-6: Omega-3 ratio** exerted **suppressive effects** on cardiovascular disease, cancer, and inflammatory-driven, autoimmune diseases
- **2.5:1 Omega-6: Omega-3 ratio** successfully **reduced inflammation** in patients with rheumatoid arthritis
- **10:1 Omega-6: Omega-3 ratio** had adverse health consequences

![Diagram of Omega-6 and Omega-3 fatty acids]
Accurate omega information can be hard to find and track, so I recommend that you consume at least one great source of omega 3 per day through nutrition and/or supplementation.
Phase 3: Fuel Refocus
WHAT IS FUEL REFOCUS?

The macros of the typical American diet consist of 50% of calories from carbohydrates, 15% from protein, and 35% from fat.

If you’re otherwise healthy and eating a carbohydrate-centric diet, your body burns those carbohydrates for energy and stores any excess as fat. So, in order to burn fat stores, we must deplete carbohydrates. During the Fuel Refocus phase of The Galveston Diet, we will be adjusting our macros to enhance fat burning: fueling our bodies with healthy fats, protein, and good carbohydrates in percentages that encourage the body to utilize fat for fuel.

The Science of Fat Loss

Our bodies prefer to burn glucose for fuel, derived from the carbohydrates in our diet, and from a process called gluconeogenesis, which takes place in the liver. Once those sources of glucose are burned up, our bodies then switch to fat-burning for fuel. Heavy carbohydrate diets, as in the typical American diet, provide a lot of carbohydrates in the form of bread, pasta, rice, and added sugars. These types of diets then provide a large amount of glucose for our bodies to use as energy. The problem usually lies in the fact that modern living usually includes a diet that is carbohydrate-heavy and exercise light. If you don’t burn the glucose you have in your bloodstream, the excess will be stored as fat.

When we refocus our macros and adjust our percentages away from the typical American diet towards percentages that encourage fat burning, our bodies will create ketone bodies as fat stores. These can then be broken down into fatty acids which are a form of fuel that helps the body burn fat as the main source of fuel, instead of using the glucose (sugar) from carbs.
The Science of Fat Loss with Fuel Refocusing

Western Diet: High Carbohydrate

- Glucose Levels Rise
- Pancreas Secretes Insulin
- Insulin Shuttles Glucose into Cell
- Energy for Body Function

Fuel Refocus: High Healthy Fat

- Glucose Levels Fall
- Lipase Releases Triglycerides
- Ketones Created in Liver
- Energy for Body Function
Why Simple Carbs May Not Be Your Best Choice
All carbohydrates raise our blood sugar levels; however, heavily processed simple carbs are absorbed by our bodies faster than the complex, fiber, and nutrient-rich carbs that are closer to their natural state.

The natural process of carb consumption is that carbs are turned into sugar, also known as glucose, and then released into the bloodstream to be used as fuel. This increase in blood sugar levels gives us energy. Our pancreas releases insulin to help these sugars be used by our bodies for fuel. The issues begin when we consume too many carbs because this can cause our blood sugar levels to rise so quickly that the corresponding insulin that is released blocks our body’s ability to use this increase in sugar as fuel. As a result, fat deposition and weight gain occur.
Why Carbs Matter

Carbohydrates To Enjoy vs. Avoid

**Enjoy**

**Complex Carbs**
Good carbohydrates are referred to as complex carbohydrates. Their chemical structure and fiber content require our bodies to work harder to digest, and energy is released over a longer period of time, causing a slower rise in insulin.

**Avoid**

**Simple Carbs**
Simple carbohydrates are smaller molecules of sugar that are digested quickly into our body. They cause a rapid increase in insulin and if they are not burned quickly, are converted to fat. They are often processed and stripped of fiber.
**SIMPLE SUBSTITUTIONS TO ENCOURAGE FUEL REFOCUSING**

**Food Substitution Ideas**

<table>
<thead>
<tr>
<th>High Carb</th>
<th>Low Carb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>Lettuce Wraps or Low Carb Tortillas</td>
</tr>
<tr>
<td>Breading</td>
<td>Grated Cheese / Almond Meal</td>
</tr>
<tr>
<td>Chips</td>
<td>Pork Rinds / Cheese Crisps</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Mashed Cauliflower</td>
</tr>
<tr>
<td>Pasta</td>
<td>Zoodles</td>
</tr>
<tr>
<td>Rice</td>
<td>Cauliflower Rice</td>
</tr>
<tr>
<td>Soda</td>
<td>Sparkling Water</td>
</tr>
<tr>
<td>Wheat Flour</td>
<td>Almond Flour</td>
</tr>
</tbody>
</table>
First of all, what are macros?

All the nutritional content of food can be broken into two groups:

- Macronutrients
- Micronutrients

The macronutrients (macros) are protein, carbohydrates, and fats. These nutrients provide the energy content (calories) of your diet. Most of the actual weight of the food you consume comes from your macros and these nutrients are usually measured in grams.

Micronutrients are vitamins and minerals, all found in very small amounts (milligrams) in your food. Most of these come from fruits, veggies, and whole grains.

The weight-loss component of The Galveston Diet is based on the percentages of macros in our diet, **not calories**. You will be expected (with the help of an app) to calculate the percentage of your total dietary intake that is coming from each major group.

Your WEIGHT LOSS MACRO goals for The Galveston Diet:

70% Healthy Fats, 20% Lean Protein, 10% Carbohydrates
Below are examples of foods to focus on for each respective macro:

### 70% HEALTHY FATS
Even though the fat takes up most of your calories, it won't fill up most of the plate.
Avocado, Avocado Oil, Coconut Oil, Olive Oil, Olives, Seeds (especially flax and chia), Butter, Raw Nuts (especially walnuts, almonds, pecans, and macadamia nuts), Nut Butters (no added sugar), Mayonnaise (olive or avocado oil based)

### 20% LEAN PROTEIN
Grass Fed Animal Protein (beef, chicken, turkey, lamb, pork, bison), Wild Caught Fish and Seafood, Anchovies and Sardines, Eggs, Nitrate-Free Beef Jerky, Protein Powder (low carb)

### 10% CARBS
Even though the carbs take up most of your plate, it won't be the majority of your calories.
Leafy Greens, Asparagus, Mushrooms, Bell Peppers, Artichokes, Green Beans, Broccoli, Broccoli Slaw, Cauliflower, Beets, Brussel Sprouts, Apples, Pickles, Nuts and Seeds
Prioritize non-starchy vegetables over starchy.
### STARCHY VS. NON-STARCHY

#### Vegetables

<table>
<thead>
<tr>
<th>STARCHY</th>
<th>NON-STARCHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>Artichoke</td>
</tr>
<tr>
<td>Yam</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Squash</td>
<td>Eggplant</td>
</tr>
<tr>
<td>Peas</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Corn</td>
<td>Mushrooms</td>
</tr>
<tr>
<td>Plantain</td>
<td>Wax Beans</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Onions</td>
</tr>
<tr>
<td>Succotash</td>
<td>Italian Beans</td>
</tr>
<tr>
<td></td>
<td>Peppers (all)</td>
</tr>
<tr>
<td></td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Salad Greens</td>
</tr>
<tr>
<td></td>
<td>Brussels</td>
</tr>
<tr>
<td></td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>Sprouts</td>
</tr>
<tr>
<td></td>
<td>Zucchini</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
</tr>
<tr>
<td></td>
<td>Tomato</td>
</tr>
</tbody>
</table>

*The Important Distinction between Net Carbs vs Total Carbs*
The concept of net carbohydrates is based on the principle that not all carbohydrates affect the body in the same manner. Some carbohydrates, like simple or refined starches and sugars, are absorbed rapidly and have a high glycemic index, meaning they cause blood sugar levels to quickly rise after eating. Excess simple carbohydrates are stored in the body as fat - examples of these include potatoes, white bread, white rice, and sweets. Other carbohydrates, such as the fiber found in whole grains, fruits, and vegetables, move slowly through the digestive system, and much of it isn't digested at all (insoluble fiber).

Net carbs = Total Carbs - Fiber - Sugar Alcohols

In the Galveston Diet - you will be counting your NET CARBS. This can make a huge difference in your carb counts. Certain applications will track NET carbs for you automatically, and some will not - so be careful when you are calculating your macros.
COMMON STRUGGLES WITH FUEL REFOCUSING

Quick Note About Adapting to this Fuel Refocus
It is important to understand that your body has been fueled by carbohydrates for most of your life. You are now asking your body to completely switch metabolisms and start using stored fat for energy instead of carbs.

Studies show that becoming fat-adapted is a process of weeks, not just days. Most people need 3-4 weeks to reach peak fat-burning adaptation.

Be Weary of Not Getting Enough Electrolytes
Electrolytes are important no matter how you eat, but they're absolutely critical to this program. If you do not have enough sodium, magnesium, and potassium in your diet, you will experience headaches, fatigue, constipation, lethargy -- and your risk of quitting the plan increases.

Potassium is a major electrolyte that is used in all different kinds of muscle contractions and by your major organs. To get enough potassium, eat lots of green leafy vegetables and avocados. Honestly, I recommend eating 1-2 whole avocados a day. These “fat bombs” can be your best friend!

Finally, there’s magnesium, which is used in almost every chemical process in your body. You can get magnesium from nuts and seeds like walnuts, almonds, pistachios, pecans, and pumpkin seeds.
Common Struggles with Fuel Refocus

Impatience
Getting Impatient with Adaptation
Your body has been fueled by carbohydrates your entire life. You will have some withdrawal effects during this time, commonly known as the “keto flu.” Stay the course, the flu will pass (more on this below), and all of a sudden, you will be in ketosis and you will feel better than when you first started. Studies show that becoming fat-adapted is a process of weeks, not just days. Most people need 3-4 weeks to reach peak fat-burning adaptation.

Not Enough Fat
You’re used to avoiding fats. Fat is your new energy source. You’re not running on carbs anymore. You need fat! If you don’t get enough fat, your energy levels will go down, as will your commitment to this plan.

Too Much Protein
The amount of protein you need to preserve muscle mass differs for each person. Too much or too little can affect your progress. See the post about how much protein you should be eating during the nutritional ketosis.

Hidden Carbohydrates
Read labels! When you buy something, see how many carbohydrates are listed in the nutrition facts, but just as importantly, look at the ingredient list to see if you can find any different names for sugars. A few include sucrose, fructose, corn syrup, lactose, barley malt, dextrose, rice syrup, maltose, agave, molasses, cane juice, fruit juice, honey, and malt syrup.
Quick Note About Protein
To prevent sarcopenia and maintain muscle at any age, it is best to eat your protein throughout the day, not just at one meal. The right amount of protein varies significantly from person to person and can only be accurately calculated using very sophisticated machinery.

To provide you with some guidelines, I recommend consuming 0.8 to 1.2 grams of protein per kilogram of lean body weight, and up to 1.5 grams of protein per kilogram if you participate in regular, strenuous exercise. Please keep in mind that 1 kilogram is equal to 2.2 pounds and lean body mass is your overall weight minus your weight from body fat. Basically, you will subtract the estimated amount of weight that comes from fat (your body fat percentage) from your total weight, to calculate your lean body mass.

To simplify this recommendation further, aim to consume around 25 to 30 grams of protein at each of your meals and 10 to 20 grams of protein in your snacks, ensuring that your protein is accompanied by healthy fats and carbs.

I also encourage you to be mindful of not consuming too much protein (I know, slippery slope). If there is an excess of amino acids “floating around” in your bloodstream, your body will convert them to glucose to use for fuel, defeating your body’s desire to burn fat for fuel. Excessive protein intake would be more than 2 grams of protein per kilogram of lean body weight.

The “Keto” Flu
You will have some withdrawal effects during this time, commonly known as the “keto flu.” I don’t like this term for the Galveston Diet purposes because it insinuates use of the traditional ket diet.

Traditional ketosis is extremely inflammatory for most people; however, the Galveston Diet recognizes that not all fats (or carbohydrates for that matter) are created equal. Remember, we focus on lowering inflammation (review Phase Two) rather than promoting it. Unfortunately, adapting to this new way of fuel can initially cause similar symptoms as traditional ketosis – hence the name, “keto flu.” It may feel uncomfortable but I encourage you to stay committed. There are ways to minimize these symptoms, even if you can’t eliminate them completely when first utilizing fat for

And, don’t worry - it’s not actually the flu and definitely not contagious, but it can become quite tiring. Keto flu symptoms are very similar to that of your regular flu and can last up to several days! You may experience...
Many people who experience these symptoms at the beginning of the program might believe the diet is to blame and carbs are good after all. Ironically, seeing these symptoms is a sign that you were very dependent on carbohydrates! Your body is going through withdrawal from sugar and high carbohydrate-containing foods. Headaches and fatigue can come from a sudden drop in carbs. When our bodies are accustomed to using carbs for energy, it takes a little bit of time to readjust to using fat. This is the process of becoming adapted!

To Alleviate Keto Flu = Replenish Electrolytes!

One of the main causes of keto flu is the lack of electrolytes as mentioned above. Electrolytes are minerals in your body that carry an electric charge. Electrolytes affect the amount of water in your body, the acidity of your blood (pH), your muscle function, and other important processes. An electrolyte deficiency can be caused by a few things, most prevalent of which is your water intake not consuming enough electrolyte-containing foods.

During this program, drinking water is extremely important. The fat inside your cells will become replaced with water as a placeholder when losing weight. For this reason, many people experience water retention during the program; their cells are storing water, instead of fat. They do this in case of dehydration. Drinking more water during water retention can help combat it! Your body will let go of that emergency water it’s been storing when it sees water is flowing freely.

The one drawback of drinking a lot of water is that electrolytes can flush out with it so you will be peeing a lot! The more water you’re drinking, the better, until you start to expel more electrolytes than you’re ingesting. Many people can become deficient in magnesium, potassium, sodium, calcium, phosphorus, or chloride, to name a few. Make sure to replenish your electrolytes, whether by a supplement or simply introducing foods that are high in electrolytes into your diet.
Putting It All Together
FRUSTRATIONS WITH FLUCTUATIONS IN WEIGHT LOSS

Some of you might be a little frustrated right now... I completely understand! The fact of the matter is this: your weekly weight loss is never going to be consistent and you’ll most likely experience ups and downs during this journey. One week you may lose 2lbs, and the next you may stay the same even though you’ve been consistent with your food and exercise. You resisted that chocolate bar or bag of chips when you so easily could have demolished it, and you want to enjoy the reward on the scale - but NOTHING has happened.

Kudos for making healthy choices, by the way. Hang in there, it is going to get better and I will explain why. The fluctuations may be due to something known as “whoosh.” When the whoosh occurs, fat suddenly tightens up making you look leaner and creating a weight drop on the scale.

So why does the whoosh happen? The main factor in this pattern is water retention. In theory, when your body burns fat for energy, your body’s fat cells are emptied of triglyceride. However, when this occurs, your fat cells replace the triglyceride with water. Due to this phenomenon, your fat cells do not immediately shrink and due to the uptake of water, there is no immediate drop in body weight either. After a period of time, however, which may be different for everyone, the fat cells suddenly flush the retained water out. This results in the fat cells shrinking, and the scales finally registering your positive changes...the whoosh is in action!

It is likely that you have actually been consistently burning fat like you thought you were but this will only be evident once the whoosh has happened. Even though your weight loss plateaued, the fat loss didn’t. So again, hang in there!
The WHOOSH

- Fully Loaded Fat Cell
- Some Fat Gone, Cells Starts Collapsing, Waiting for More Fat to Fill Back Up
- More Fat Gone, Cell Begins to Fill with Water, Still Waiting for More Fat
- No Fat Left, Only Water Staying Open Hoping to Replace Fat
- Water Flushes Out of Cell The Whoosh
**Shopping LIST**

**FATS**
- Olive Oil
- Coconut Oil
- Butter
- MCT Oil
- Ghee
- Avocado Oil
- Sesame Oil

**NUTS & SEEDS**
- Walnuts
- Pecans
- Almonds
- Pumpkin Seeds
- Flax Seeds
- Almond Flour
- Chia Seeds
- Hemp Hearts

**PROTEIN**
- Lean Ground Beef
- Chicken
- Lean Beef
- Turkey
- Lean Pork
- Salmon/Trout/Tuna
- Shellfish
- Uncured, Nitrate-Free Bacon

**DAIRY**
- Heavy Cream
- Cheese
- Cream Cheese
- Sour Cream
- Plain Greek Yogurt
- Nut Milks (Dairy Aisle)

**PRODUCE**
- Leafy Greens
- Avocado
- Celery
- Broccoli
- Cauliflower
- Cucumber
- Zucchini
- Mushrooms
- Asparagus
- Peppers
- Brussels Sprouts
FREQUENTLY ASKED QUESTIONS

General Questions

Q: What is The Galveston Diet?

A: TGD consists of three components: intermittent fasting, an anti-inflammatory approach to nutrition, and shifting our bodies to fuel our bodies.

Q: What app do you suggest to track my macronutrients?

A: You can use any that you’d like! Some common ones are Cronometer, MyNet Diary, MyFitnessPal, LoseIt, MyPlate, CarbManager and Fitbit. It is best if the program will calculate net carbs (carb – fiber = net carbs). Many of the apps offer this feature, but you may have to pay a small charge. My favorite is Cronometer.

Q: Are any supplements necessary?

A: I always prefer that you get your nutrition from real food, but in situations where you can’t get critical nutrients, for example, Omega 3 Fatty Acids or Fiber, I think supplementation is a great idea.

Q: Is there a list of what I need to eat and when?

A: There is no absolute list or guide. We will certainly have suggestions through the meal plans, but in order for this to be an effective lifestyle change, this must be your plan, your way. You are going to eat what you want and when you want it as a decision YOU make based on the research I present to you and your personal taste.

Q: How long is the program?

A: This is less of a time-limited program and more of a lifestyle change. There are no quick fixes, no easy answers or fads. All of the information is based on medical science with long-term health and wellness as a goal.
Phase 1: Intermittent Fasting (IF)

**Q: What is intermittent fasting?**

A: IF is an eating pattern that restricts eating to windows of time. The remaining hours are for fasting in which you intake zero calories. I recommend a 6 - 8 hour consecutive eating window per day.

**Q: What are the benefits of IF?**

A: The benefits of fasting focus on long-term health. It reduces the risks of several long-term diseases such as diabetes, heart disease, Alzheimer’s, Parkinson’s and even cancer. IF can reduce overeating and increase the body’s ability to burn fat for fuel. Blood pressure, insulin resistance, cholesterol levels, and inflammation all decrease with fasting. Memory and mood often improve with IF.

**Q: Why does IF work?**

A: A time-restricted diet gives your body time to exhaust its supply of glycogen, start burning fat, and produce ketones. Fasting is a challenge to your brain, and the brain reacts by activating adaptive stress responses that help it cope with disease.

**Q: How long should I fast?**

A: Fasting is recommended for 16 consecutive hours daily. This creates an eating window of 8 hours of the day.

**Q: When should I fast? Can the times be varied?**

A: You should fast whenever it is convenient for you and makes sense with your schedule. A common option is to eat from noon - 8 pm, fasting 8 pm - noon. Shift the fasting window as needed! Just try to maintain 16 hours of fasting as best as you can.

**Q: Can I have coffee during my fasting hours?**
A: In the studies on intermittent fasting, during the fasting, no calories were taken. Calorie-free drinks are allowed, for example, water, black coffee, and unsweetened tea.

Q: **Black coffee! Can I at least use Stevia?**

A: Stevia is an herb that tastes sweet but has no calories. It is NOT an artificial sweetener. The theoretical worry is that it does stimulate the sweet sensors of the digestive tract which signals other parts of your body that "sugar is coming". Insulin levels rise in preparation for a sugar load. If you choose to use zero-calorie sweeteners, pay attention to your hunger level afterward.

Q: **Do I fast every day?**

A: If you are following my recommendation of a 16/8 window, this is something that you would practice every day. This being said, there are several ways to fast. One common fasting schedule is a 5:2 fast (five days of no restriction, two days of a restriction to 500 calories). TGD is your plan, your way, so if your schedule (or a vacation!) doesn’t allow everyday fasting, then that is ok. **Do what works for you!**

**Phase 2: Decreasing Inflammation**

Q: **Why are some foods considered inflammatory?**

A: Foods that provoke an inflammatory response because they are foreign to the immune system or are full of inflammatory nutrients may cause chronic bloating or fatigue and should be eliminated from your diet.

Q: **Which foods should be avoided?**

A: Sugars, fried foods, corn oil/canola oil, refined flour, artificial sweeteners, artificial additives, trans fats, processed meats, fast food, and excessive alcohol. Avoid anything known to be problematic to your body as well, even if it is a recommended food such as nuts or dairy.
Phase 3: Fuel Refocus

Q: What is fuel refocusing?
A: Fuel refocusing involves shifting our macronutrients to burn fat for energy instead of sugar.

Q: How does fuel refocusing work?
A: Our program encourages the body to burn fat for energy after it has burned the carbohydrates in your body for energy. This results in fat loss.

Q: What are macronutrients (macros)?
A: Macros are fat, protein, and carbohydrates.

Q: What ratio should my macronutrients be if I want to lose weight?
A: You should aim for 70% fats/20% protein/10% carbohydrates each day to obtain a fat-burning state. TGD does not focus on calories, so there is no need to count them!

Q: What ratio should my macronutrients be if I want to maintain my weight?
A: Long term, you should have a diet that has a 40/20/40 ratio of fat, protein, and carbohydrates for optimal health. I recommend that you spend some time at your goal weight before transitioning to maintenance macros. How long you wait is up to you and how your body feels.

When you’re ready, you will slowly transition to the maintenance macros of 40/20/40 fat/protein/carb keeping in mind that the intermittent fasting and anti-inflammatory components stay the same. It’s at this point that you will begin to reintroduce whole grains (steel cut oats, quinoa, brown rice, etc.) as well as other fruits and vegetables back into your diet. The following transition is recommended to avoid any gastrointestinal discomfort.

- 1 week: 60/20/20
- 1 week: 50/20/30
- 1 week: 40/20/40
Q: Are fruits ok to eat?

A: Fruits are fine! Aim for low glycemic fruits (examples: avocados, tomatoes, blueberries, cranberries, strawberries, and apples occasionally) and low carb veggies too (examples: greens, cauliflower, peppers, squash, onions, asparagus, mushrooms).

Q: What does fat-adapted mean?

A: Becoming fat adapted means that your body is easily and readily converting fatty acids into ketones. Once adapted, your body can re-enter a fat-burning state much more quickly if you fall out due to a higher carbohydrate day or meal.

SUGAR ALTERNATIVES

Stevia and Erythritol (with or without Monk Fruit) are the only acceptable sugar alternatives known to not cause a spike in your insulin or glucose.

Many ask if these can be consumed during the fasting period... Personally, I do not consume anything sweet during fasting, but the jury is still out if it definitely affects fasting or not.

There are scientists that believe that when the sweet receptors of the digestive tract are stimulated by these substances, insulin is released, negating some of the benefits of fasting.

Swerve is a popular Brand of Erythritol blends and has both a confectioners' style and granular style.
ALCOHOL AND THE GALVESTON DIET

HEALTH BENEFITS OF WINE
I know many of you will be happy to read that wine does indeed have numerous benefits to your health:

- Improves the gut microbiome
- Raises levels of omega-3 fatty acids
● Promotes overall heart health
● Prevents vision loss
● Decreases the risk of developing dementia
● Reduces risk of depression

You may look at the above benefits and wonder, “How on earth does wine achieve all of the above advantages to your health?”

The answer lies in the resveratrol component of wine, which is found in, and fermented with, the skin of grapes used to produce wine. Resveratrol is an antioxidant that has extreme anti-inflammatory properties – woohoo!

It is important to note that red wine contains a significantly larger amount of resveratrol than white, so red may be the better choice to reap the benefits listed above.

Although we just discussed all of the benefits drinking wine can have, it is absolutely imperative to keep in mind these benefits are maximized when consumption is in moderation. This is absolutely key and commonly disregarded. Overconsumption will lead to many consequences that greatly outweigh the potential benefits discussed above. The current US Dietary Guidelines suggest that women consume no more than one drink per day and men no more than two.

The bottom line – wine, specifically red, is an excellent beverage to choose if you decide to consume alcohol; it is within the healthy guidelines. But like anything else in this world, too much of a good thing is in fact bad.
WEIGHT LOSS CHALLENGES

DAIRY
You may be lactose intolerant and don’t know it. Too much dairy could be raising your inflammatory markers. Try cutting back on dairy and see if this helps.

CALORIES
You may simply be consuming too many calories. Go back to your calculator and see how many you have been consuming to hit your macros— you might be surprised.

NUTS/NUT BUTTER
Many of us simply scoop up the nuts and butters and go, but without measuring the actual serving size you may be grossly underestimating the amount of fat you are consuming.

HYDRATION
Are you getting enough water? Are you tracking to make sure you are getting at least 64 ounces a day?

SLEEP
If you are short on sleep you lose critical mental clarity, and are more likely to fall back into bad habits, skimp on exercise, and the impulse control center is impaired. Adults need 7-9 hours each night.

PROTEIN
The amount of protein you need to preserve muscle mass differs for each person. Too much or too little can affect your progress. See the lesson about how much protein you should be eating during nutritional ketosis.
Congratulations! You have successfully completed the materials of the Galveston Diet Signature Program.

Please note that the online course allows access to my recorded lectures that detail the previous information even more extensively. In addition, there are links to a multitude of scientific articles and studies on which this program is based – most commonly under the sections titled “Scientific Proof and Meet the Experts” for the three main phases of the program.

To access all of this information, use the email and password you created upon enrollment at thegalvestondiet.com – if you need assistance with your login information, please email our Success Team at success@galvestondiet.com.
THE GALVESTON DIET BOOTCAMP

You may be interested in TGD Bootcamp; Over the course of 4 weeks, we will guide you through the Signature Course in an interactive way on a private Facebook group.

We post 4-5 times each day so that you are able to digest the information at a reasonable pace and slowly implement the components of the program into your daily routine by the time the 4 weeks are up.

A TGD certified coach will be in the group each day to provide support and encouragement and will go LIVE multiple times in the group to interact with members and answer any and all questions. No topic is off-limits!

One of the most beneficial aspects of the program, however, is the supportive, encouraging, and uplifting community of like-minded women that forms as a result of participation. You can visit our website to see when the next Bootcamp begins!
I truly hope you have a better understanding of the physiology behind this diet. I believe that knowledge is power and if you have a better understanding of nutrition, you are more likely to make better health choices for yourself and your family.

Galveston For Live is a community of like-minded women, all focusing on nutrition, fitness, and wellness, cheering each other on while working towards the same goal.

This online community is invaluable for those looking for accountability, education, and support related to all things diet, exercise, and lifestyle. Galveston Diet Certified Coaches and I provide daily encouragement and accountability, master classes on Galveston Diet related topics, monthly LIVE Q&As and challenges, meal preps, book studies, and more.

As with most things in life, you get out what you put in. I highly encourage you to engage with - and lean on - the Galveston For Life community!

For any questions or assistance with access, email success@galvestondiet.com.