



My Diet
Coach ♡

▲ THE ▲
TRUTH
— ABOUT —
DIETING

Lose weight eating all
your favorite foods

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Mission

This book is dedicated to promoting the health, well-being, and longevity of all individuals, recognizing the interconnectedness of everyone. To achieve this, we must embrace the wisdom of nature and learn from practitioners of functional medicine and natural healing worldwide.

By educating ourselves and gaining support, we can address many chronic health conditions caused by modern living and lifestyles effectively. Blindly following profit-driven therapies of the conventional medical establishment has proven ineffective in curing ailments.

The pharmaceutical industry prioritizes profit over curing diseases, which creates a conflict of interest. Conventional medicine may not provide comprehensive solutions.

Our commitment is to empower you with the knowledge and tools needed to lose weight and attain better health naturally. Understanding how your body functions and embracing innovative natural healing methods is integral to achieving this goal.

Through the royalties from this book's sales, we are supporting the mission of promoting natural/functional healthcare and exposing corporate and government corruption.

The Fine Print

It is essential to include a legal disclaimer when discussing health and wellness topics to ensure clarity and responsibility. Please be advised that the information provided in this book is for educational purposes only, to empower you to make informed decisions about your health and well-being.

I am not a medical professional, but I am sharing my personal experiences, scientific knowledge, and alternative information to offer insights for your consideration.

I am not authorized to diagnose or treat any medical conditions. For proper diagnosis and treatment, consult a licensed physician or your preferred healthcare provider. The opinions and conclusions expressed in this book are solely my own. You may have differing perspectives, but my intention is to provide educational content to enable you to form your own opinions.

If you choose to act on any information presented here, please understand that you do so at your own risk. The outcomes may vary based on your unique physical, mental, and emotional health. Proceed with awareness, care, and attention while applying any suggestions or engaging in activities mentioned.

Now that we've addressed this, let's begin our journey of learning!

Introduction

Welcome to The **My Diet Coach**. Congratulations on making a wise decision to join this program, bringing you closer to your goals of looking and feeling great!

If you're anything like me, you might be feeling a mix of excitement and doubt right now. Perhaps you've been on numerous diets before, experiencing moments of frustration, hunger, and disappointment, without achieving lasting results. It's disheartening to put in effort and see no progress.

But worry not! This book is different. The knowledge you're about to gain will not only transform your body and well-being but also ensure that the changes last.

Why am I so certain? Because I've been in your shoes. I'm Chrissie Mitchell, a 43-year-old, busy mom, wife, and business owner who struggled with weight gain for years. After each pregnancy, the extra weight stuck around, and I couldn't find a lasting solution. My self-esteem suffered, and I felt old and defeated.

However, my journey led me to discover effective strategies and lifestyle changes that finally worked. I am now dedicated to sharing this knowledge with you, so you can experience similar positive changes and regain confidence in your body and yourself.

Let's leave behind the disappointments of the past and embark on this transformative journey together!

Now, let me clarify that some of the diets I've tried over the years did work temporarily, but the problem arose when I reverted to my comfort foods after the diet ended, resulting in regaining the lost weight and even more.

I can imagine you can relate to this cycle, which is why you're seeking a long-term solution. I am here to assure you that such a solution exists. After nearly giving up hope and believing I was destined to be overweight forever, my husband and I stumbled upon life-changing research.

This research not only transformed my life but also that of countless men and women worldwide. And now, I want you to be the next success story. You too can shed excess fat, achieve your dream body, and never feel deprived or starved while eating the foods you love.

I firmly believe I've discovered the key to effortless weight loss, and I'll back it up with scientific evidence. All the principles you'll learn have been independently tested by third-party experts to ensure their effectiveness.

I'm thrilled for you to begin your journey toward improved well-being and permanent weight loss. I'm holding nothing back because I want you to experience what I've achieved – the body of your dreams and a sustainable diet for life.

This book is a practical, no-nonsense guide to help you burn fat and restore your health with ease. There are three parts to it. In the first part, I'll present alarming statistics about obesity and its impact on personal well-being and our society as a whole.

Prepare to be astonished as you uncover the truth behind current weight loss programs and why most diets are destined to fail – despite what the weight loss and medical industries may claim.

In Part 2, you'll be enlightened about the genuine cause of weight gain, which goes beyond the common belief of overeating and lack of exercise. This revelation, backed by extensive research, is surprisingly straightforward, yet often disregarded by the diet industry due to its implications on the conventional system's profit motives.

Part 3 is all about the practicalities of achieving your weight loss goals while still enjoying your favorite foods. You'll receive a simple 3-step plan that addresses the vital nutrients for optimum results, guides you in selecting nourishing foods to support fat burning, and helps you create a sustainable diet and lifestyle plan for the long term. Additionally, I'll emphasize the importance of addressing emotional and mental well-being, as the mind-body connection plays a significant role in your success.

To ensure your journey to success, I've included a collection of delicious nutritionist-approved recipes for you and your family to relish during and after the program.

With my research and dedication poured into this book, I promise you that The My Diet Coach Diet is not just a claim; it's real, and it has transformed my life. Now, it's time for it to change yours. If you're ready to take action and embark on the last weight loss plan you'll ever need, let's begin!

Healthfully yours,



PART

01

**Weight-Loss
Industry Deception**



CHAPTER 1:

A Growing Problem

The modern world is undeniably expanding its horizons in various domains like business, technology, international relations, and education, which is encouraging. However, there's one alarming expansion that requires our vigilance – obesity. How concerned should we be?

The Center for Disease Control (CDC) has reported a staggering three-fold increase in childhood obesity rates (ages 2-19) in the U.S. over the past three decades, raising serious worries about our children's health and future.

While there are multiple theories behind this surge – including increased consumption of fast food with larger portions and reduced physical activity due to excessive screen time – the truth is that our children look to us as role models for healthy habits. Thus, if we struggle with obesity, our children are more likely to face similar challenges.

Regrettably, the situation for adults is even more distressing. Obesity, defined by a Body Mass Index (BMI) over 30, is a global issue, and the United States ranks highest in obesity rates.



1/3 of Americans Are Obese



According to the Harvard School of Public Health, approximately 69% of the U.S. population is currently overweight or obese, with 36% falling into the obese category. This represents a more than twofold increase compared to 30 years ago. If present trends persist, projections indicate that by the year 2030, around half of all American men and women will be classified as obese.

Do You Know Your BMI?

To make matters more concerning, it is estimated that annual medical costs in the U.S. for people who are obese are roughly \$1,500 higher than costs for those in a healthy weight range. Just think about how many hundreds of billions of dollars in extra medical costs per year that will add up to!

The Scary Complications of Being Obese

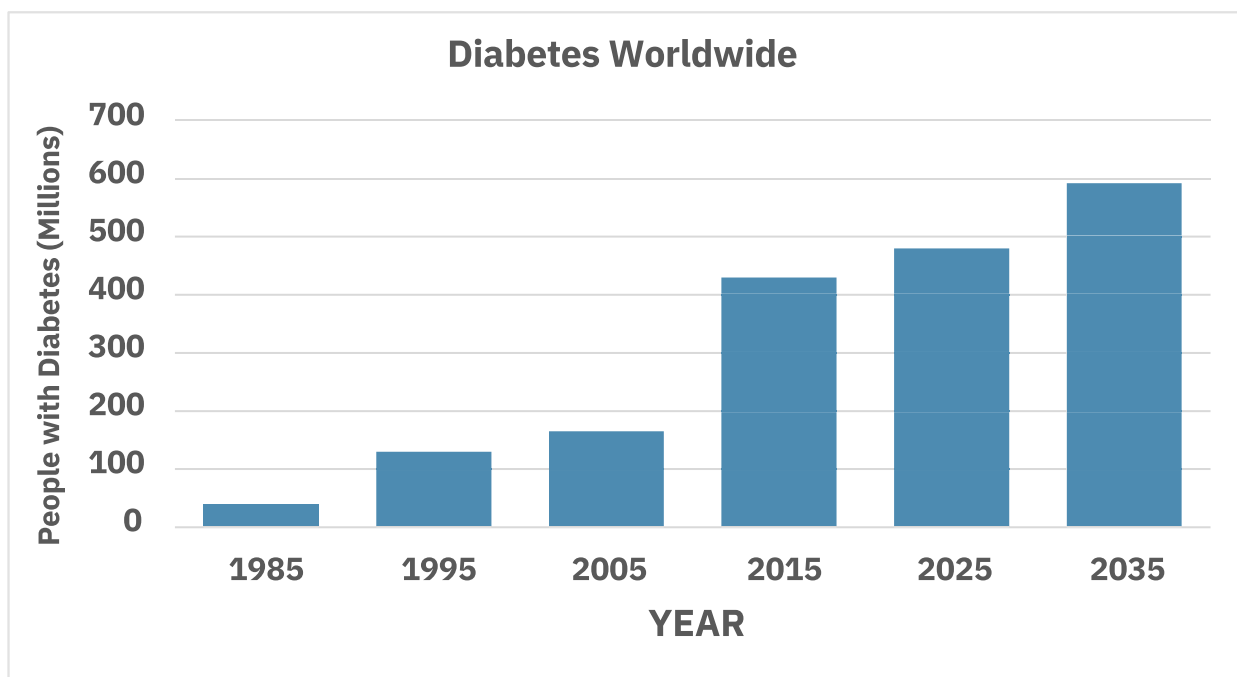
Being overweight increases the risk of numerous chronic health issues. Therefore, it's crucial to prioritize weight loss and find a sustainable approach to maintain a healthy weight in the long term. While you may feel fine at the moment, statistically, overweight individuals face a higher likelihood of encountering various health challenges, which include

Heart Disease & Strokes

Heart disease and strokes rank as the primary causes of mortality in the United States. Adults who are obese face a 50% higher risk of developing heart disease and strokes.

Diabetes

In a groundbreaking study, the Nurses' Health Study revealed that women who were obese had a staggering 93 times higher risk of developing Type 2 diabetes. With diabetes rates on the rise annually, this should raise significant concern.



Cancer

Extensive evidence consistently links obesity to various types of cancer, including esophageal, pancreatic, colorectal, breast, and kidney cancers, among others.

Depression

Epidemiological studies establish a clear link between obesity and depression. In fact, research has revealed that individuals who are obese face a 55% higher likelihood of developing depression.

Reproduction

As per the renowned Mayo Clinic, obesity can impact several aspects of reproduction, ranging from sexual activity to fertility and the successful carrying of a healthy baby to full term. Obesity escalates the risk of developing preeclampsia, a life-threatening condition for both the mother and baby, gestational diabetes, early- and late-term miscarriages, and complications during labor and delivery.

Lung Function & Respiratory Disease

Asthma and obstructive sleep apnea are prevalent respiratory conditions associated with obesity, as excess weight negatively impacts respiratory function through both mechanical and metabolic pathways.

Memory & Cognitive Function

An extensive study conducted by the British Medical Journal (BMJ) involving more than 10,000 individuals unveiled that being obese in mid-life escalates the risk of developing dementia by 74%.³ Furthermore, a mounting body of evidence indicates that obesity is also linked to the onset of Alzheimer's Disease.

Musculoskeletal Disorders

Carrying excess weight places mechanical and metabolic stresses on bones, muscles, and joints. Surprisingly, every pound of extra weight exerts four pounds of additional pressure on the knees. As a result, obese patients constitute a third of all joint replacement surgeries. Moreover, there is an elevated risk of experiencing back pain, lower limb pain, and disability.

Other Complications

The ramifications of obesity are abundant and encompass the emergence of gallstones, gout, chronic kidney disease, and non-alcoholic fatty liver disease, among various others.

Mortality

Undoubtedly, obesity can have fatal consequences. A comprehensive study involving over 10 million individuals across 45 years established that overweight and obese individuals face a heightened risk of premature death due to various causes, including cardiovascular disease, cancer, and other serious chronic ailments.



Dieting Myths

The weight loss industry, encompassing commercial diet programs, so-called diet doctors, and major food and pharmaceutical companies, employs various tactics to confound and hinder your path to lasting weight loss. For them, assisting you in achieving long-term success is not a lucrative business model, as it may diminish their profits. Consequently, they perpetuate the same myths repeatedly to deter you from attaining genuine results. Let's examine a few of these exploited myths that impede your progress.



CHAPTER 2:

The 'Stay Fat' Conspiracy

The Fake Search for the 'Weight Loss Cure'

Just take a moment to reflect on the thousands of dollars you've invested in attempts to lose weight and achieve better fitness. After all that expenditure, have you achieved lasting results? Are you now in the best shape that money can buy, or are you still struggling with excess weight, feeling unhappy, and worried about your future well-being?

I understand the guilt and disappointment you may feel from spending considerable amounts of money without achieving desired outcomes. I've experienced those emotions for many years as well.

The diet industry is enormous, encompassing gym memberships, diet books, weight loss medications, surgical interventions, and diet-specific foods.

Did you know that Americans spend over \$60 billion annually on weight loss efforts? This figure surpasses spending in any other country. However, despite this substantial investment, our rates of obesity remain among the highest globally. The reason behind this apparent paradox is relatively straightforward: it all comes down to following the money.



How Diet Industry Cashes In

Cosmetic mogul Estee Lauder cleverly marketed her beauty products as “hope in a jar,” capitalizing on people’s desire to resemble movie stars and fashion models. With this approach, she successfully sold billions of dollars worth of creams and makeup repeatedly. However, while customers sought attractiveness and perfection, the product often fell short of delivering the promised results. Despite this, Mrs. Lauder amassed a fortune from her “hope in a jar” positioning.



The diet industry follows a similar strategy. Year after year, diet books, commercial weight loss programs, quick-fix remedies, and exercise infomercials generate millions in sales. Celebrity spokespeople and influencers further promote and glamorize these products, yet many struggle to maintain their own weight once the endorsement is over.

The likes of Valerie Bertinelli, Jessica Simpson, Kirstie Alley, and even Oprah Winfrey herself, who now owns a part of Weight Watchers, have experienced ups and downs in their weight journeys.

As these diet companies expand their product lines and profits, individuals desperate to shed pounds approach them with credit cards in hand, hoping for a solution that will finally make them slim. Considering this, it’s not surprising that conventional diet approaches often fail. After all, these companies don’t necessarily want you to lose weight; they benefit from your continued struggle.

What Benefits the Food Companies Most?

Since the advent of modern food processing in the 1950s, our food quality has progressively deteriorated, becoming nutrient-deficient and loaded with chemicals and calories. Consequently, an obesity epidemic has emerged.

The majority of Americans have abandoned cooking and embraced a culture of fast food. Although the convenience of ready-to-eat meals appeals to busy individuals and families, the truth is that these choices are nothing more than junk.

The ingredient panels of these highly processed foods reveal their manufactured and manipulated nature, rendering them unrecognizable as actual food by our bodies. Instead, our bodies struggle to eliminate these foreign and toxic substances.

Even though people consume abundant food and calories, they remain undernourished due to the destruction of essential nutrients during food processing. As a result, they feel perpetually hungry and crave nutrients that have been stripped away. Food companies use special chemicals to manipulate taste buds and increase hunger, all designed to sell more food and maximize profits.

Furthermore, these companies intentionally add extra fat and sugar, which spike certain hormones that promote fat storage and lead to rapid weight gain. Engineered chemicals in these foods can act on the brain's neural pathways similarly to drugs, fostering addictions to packaged and processed foods, contributing to the obesity crisis.

It's quite a brilliant scheme when you think about it, but it's a disgraceful one as well, to say the least. Don't you wonder how these companies are all allowed to keep on doing this?



Where's the Government Protection for Consumers?

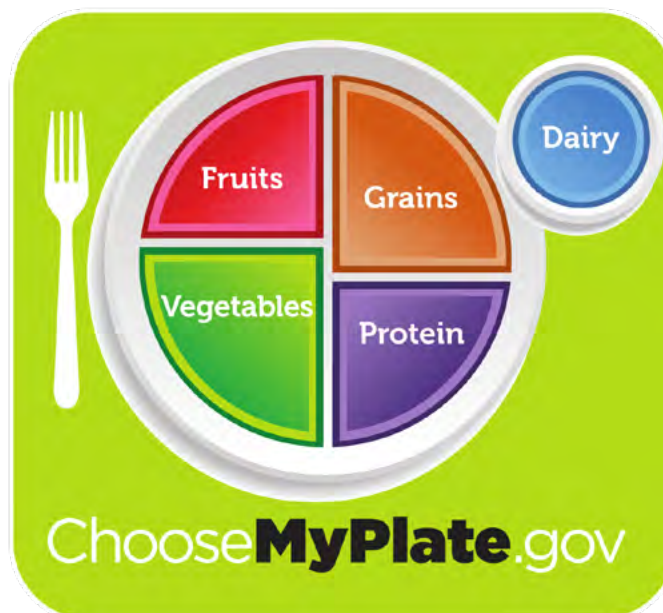
Where's our government in all this, you might ask. Isn't it the role of the Food and Drug Administration (FDA) to step in and make sure food and drug companies stay honest and keep us safe and healthy?

That may have been its role some 100 years ago when it was originally formed, but today, it doesn't work anything like that. Now, well-paid and cunning lobbyists from both the pharmaceutical and food manufacturing industries ensure that they keep these industries profitable by influencing lawmakers and FDA officials so that regulations, investigations and consumer protections are kept to a minimum.

In fact, most of the top executives at the FDA have either worked for Big Pharma in the past or were parachuted into high-paying jobs in the industry right after their terms in office were completed. It's the definition of conflict of interest.

So, can you trust any of their recommendations – on food or drugs – on what's best for your health? Who is really being served?

We only have to look at the dietary guidelines that the U.S. government has put in place. You know, the dinner plate visualization they adopted just a couple of years ago to show proportions of food types to eat for a balanced diet:

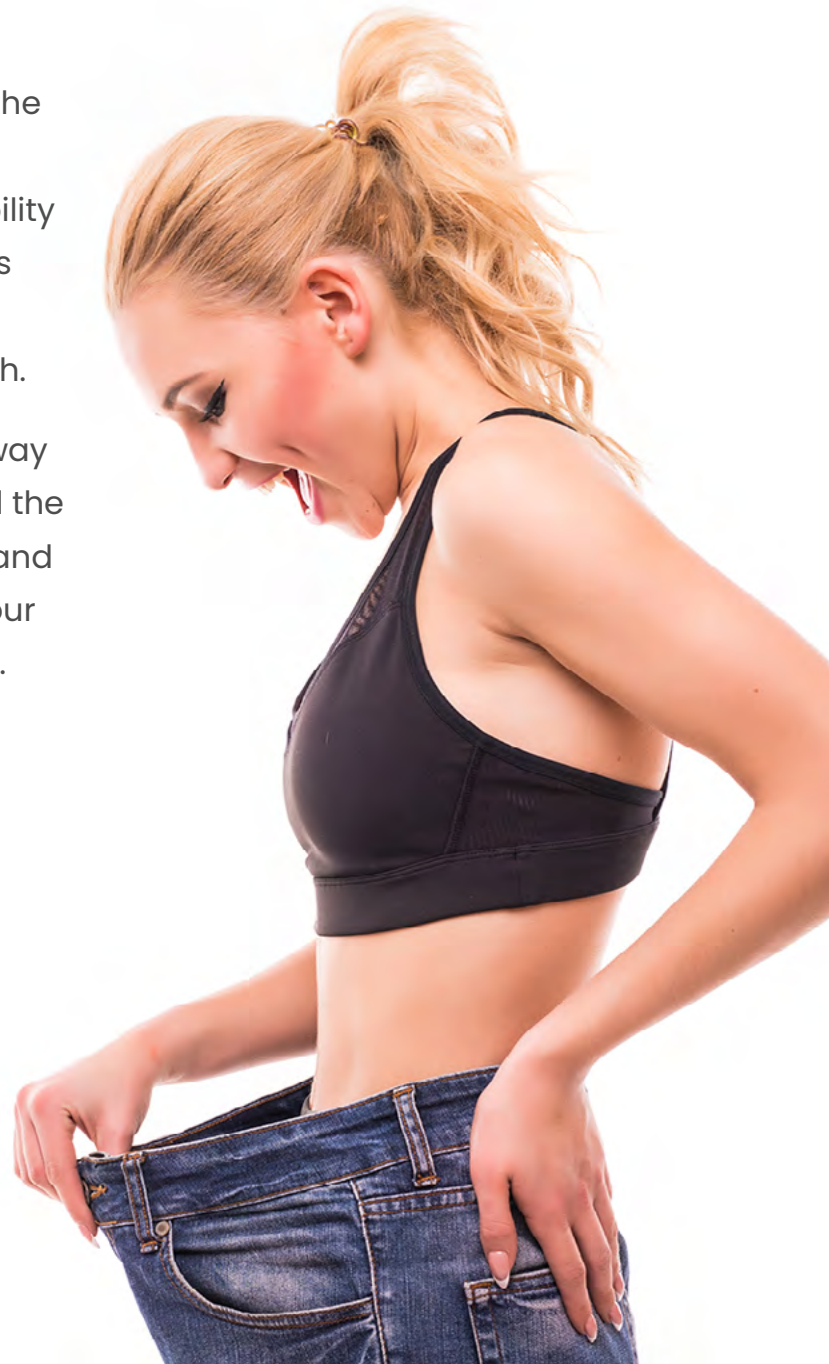


This marks the eighth attempt at creating “best” dietary guidelines, supposedly through consultations with scientific and nutrition experts. However, instead of relying on independent real-world science, these panels consist of representatives from the processed food and pharmaceutical industries. Their influence leads to the inclusion of their products and commodities in the official government recommendations.

It begs the question, whose interests are truly being served? The public’s or the shareholders of these mega corporations? The consistent changes in guidelines seem to coincide with a sharp increase in obesity and declining health.

While the cause of obesity is well-known, the government’s suggestions often go in the opposite direction. Despite their responsibility to look out for our best interests, it appears that corporate America has a different agenda that doesn’t prioritize public health.

But there’s good news – there is a better way for you to take control of your health, shed the weight, and still enjoy your favorite foods and your life to the fullest. It’s time to listen to our bodies and take charge of our own health.



PART

02

**The True Cause of
Obesity**



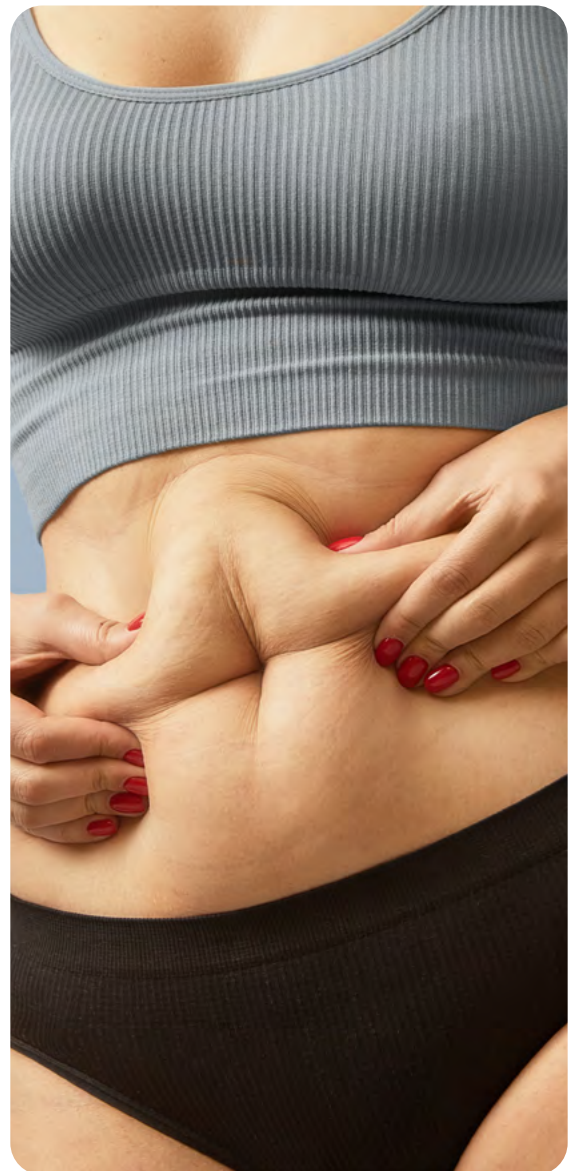
CHAPTER 3:

How Your Body Stores Fat

Now that we are aware of how the diet, food, and drug industries, along with the government, have contributed to keeping us overweight, it's time to uncover the truth. Though you might feel like a victim right now, you'll soon discover that the solution to obesity is surprisingly simple. We have just been approaching it in the wrong way. To understand what to do about the problem, let's delve into how our body stores fat. Interestingly, the common places where men and women tend to gain fat can indicate hormonal imbalances.

If you've struggled with weight loss or maintaining it, rest assured that hormones are at play. They govern various aspects of weight loss, including energy expenditure, fat storage locations, appetite control, and cravings.

Among the many hormones affecting weight gain, insulin is the most crucial one, and that's where our focus will be



Insulin = Fat

This is precisely why the majority of individuals with Type 2 diabetes are overweight. Their bodies become resistant to insulin, leading to an overproduction of it as a compensatory mechanism.

However, you don't need to have diabetes to experience excessive insulin levels. If you are overweight, it's highly likely that you suffer from some degree of insulin resistance, which is also referred to as Metabolic Syndrome or pre-diabetes.

Diabetes and obesity are two sides of the same coin.

We know that excess carbohydrates, particularly those that are highly refined and processed foods like high fructose corn syrup are a culprit in elevating insulin levels. But there's another factor, equally at play – and we need to understand that before we can overcome our metabolic imbalances and start to lose weight.



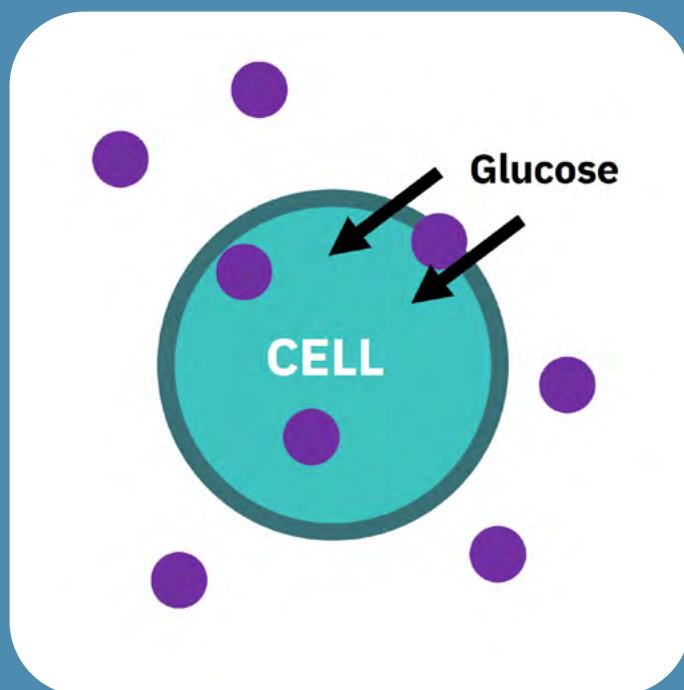
Fat/Sugar Connection

Diabetes and obesity are interconnected issues, both stemming from the same underlying causes.

While it's evident that excessive consumption of refined and processed carbohydrates, such as high fructose corn syrup, contributes to elevated insulin levels, there's another crucial factor that plays an equally significant role. We must comprehend this aspect before we can address our metabolic imbalances and initiate successful weight loss.

All carbohydrates you eat be it fruit, bread, pasta, or rice ultimately get broken down by your digestive system and converted into glucose and sent into your bloodstream.

In a perfectly healthy environment, glucose easily absorbed through the cell walls.



Healthy Glucose Metabolism

Healthy cells can easily absorb glucose from the bloodstream.

Insulin is not required for this to take place as the conventional medical industry has led you to believe.

I'll repeat, healthy cells DO NOT require insulin to absorb glucose.

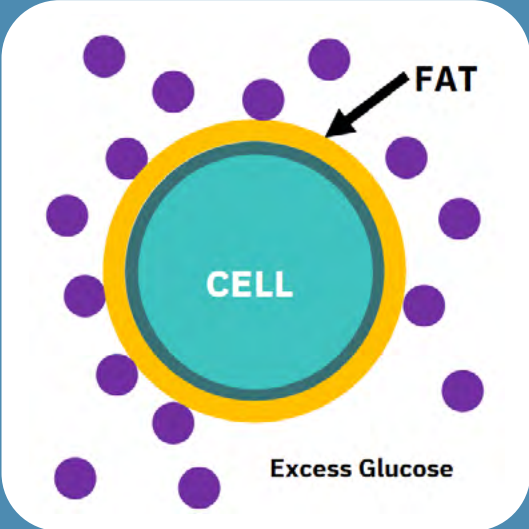
Recent scientific findings indicate that our cells possess the ability to function optimally independently, provided specific conditions are met and we consume foods that promote these conditions. However, the standard American diet (S.A.D) does not foster these ideal conditions.

For instance, when consuming a typical meal like pork chops and potatoes, your body ingests significant amounts of dietary fat and glucose. The fat comes from the pork chops, often fried, while the glucose is derived from the carbohydrates in the potatoes once broken down.

After such a meal, if you were to take a blood sample and centrifuge it, you'd notice a layer of fat floating at the top, indicating that the fats from your meal are circulating in your arteries. High levels of fat in the bloodstream lead to fat coating your cells, obstructing the entry of glucose.

Due to this resistance, cells are unable to receive nourishment, become weakened, and cause glucose to accumulate in the bloodstream. Consequently, you might be diagnosed with high blood sugar levels and elevated blood lipids, including cholesterol and triglycerides.

In response to excess glucose in the bloodstream, your body releases insulin to address the situation.

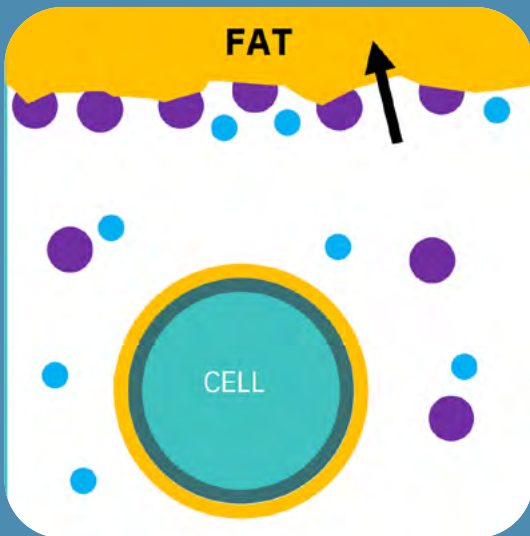


The diagram shows a central teal circle labeled 'CELL'. It is surrounded by a thick yellow ring labeled 'FAT' with an arrow pointing to it. Numerous purple dots, labeled 'Excess Glucose', are scattered around the cell, but they are blocked from entering by the fat coating.

High Lipid Glucose Metabolism

High blood lipids (fat) are very sticky and coat the outside of your cells, making it very difficult for the glucose to be absorbed by the cells.

This is why your blood sugar spikes and you still feel tired. High blood sugar is dangerous, and that's where insulin comes in.



Insulin Function

The body releases insulin to get rid of **Glucose Stored as Fat** excess glucose in the bloodstream.

Without insulin, your body would go into shock as it tries to cope with this imbalance.

Insulin

TO CLARIFY

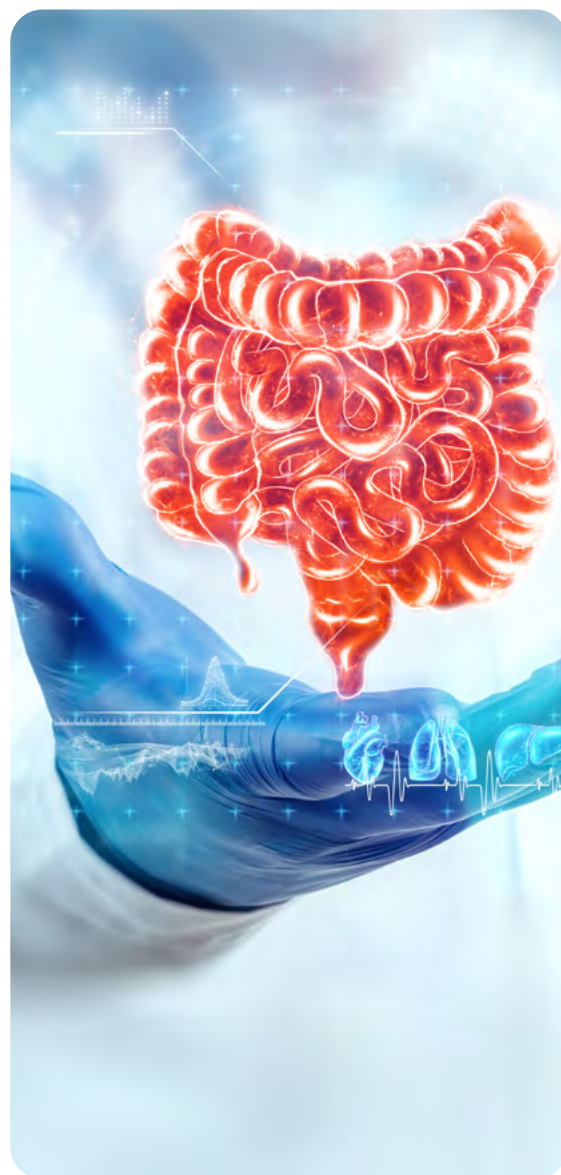
the reason your body makes too much insulin is a deadly combination of **TOO MUCH FAT and TOO MUCH SUGAR/CARBS** in your bloodstream at the same time.

CHAPTER 4:

The True Cause of Obesity

In the previous chapter, we discovered that excessive insulin leads to unwanted fat gain, and this is primarily triggered by consuming high amounts of both fats and sugars (carbohydrates) simultaneously.

Now, let's explore how some individuals can seemingly eat anything they want, combining fats and carbs, without suffering weight gain. The key lies in their gut health! Gut health has far-reaching implications beyond digestive issues; it is believed to influence various health conditions such as asthma, heart disease, cancer, dementia, mood disorders, and metabolic imbalances leading to Type 2 diabetes and obesity. The human intestinal tract houses trillions of bacteria and yeasts, weighing approximately 2 pounds. These bacteria are not just important but vital for sustaining life, as they break down the food we eat, enabling our survival.



The collection of these microorganisms is referred to as the “Microbiome,” consisting of numerous species, and though we have discovered thousands, their complete functions are not yet fully understood. Among these microbes, some are beneficial, while others are harmful. The balance between good and bad bacteria significantly impacts not only your overall health but also determines whether you can successfully lose weight.

How Your Gut Microbiome Affects Your Weight Gain

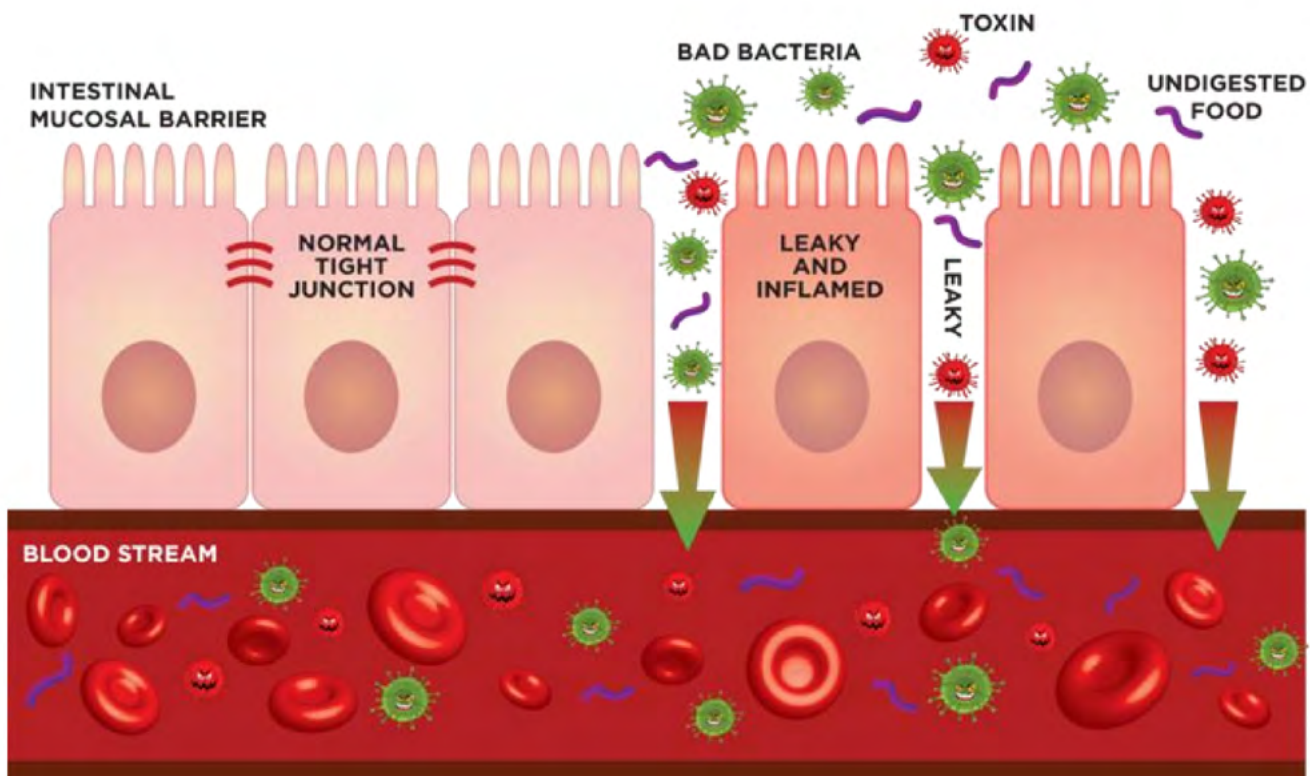
You might find it a bit perplexing because in the last chapter, I emphasized that fat gain is primarily caused by excessive insulin, whereas now I am attributing it to gut bacteria. However, the reality is that it’s not an “either-or” situation; both factors are deeply interconnected and play vital roles in promoting overall health and effective weight loss.

Within your intestines resides an extensive ecosystem known as the microbiome, composed of trillions of bacteria. Some of these microbes are beneficial and supportive, while others may not be as helpful. When the microbiome is balanced, with these bacteria coexisting harmoniously, your body functions smoothly.

However, if this delicate balance is disrupted, various problems can arise. The friendly bacteria in your gut have a crucial responsibility: aiding in the breakdown and absorption of nutrients from the foods you consume. But beyond that, these beneficial bacteria also serve two additional critical functions that directly impact overall health and success in weight loss.



Beneficial Bacteria Maintains Microbial Balance: In your gastrointestinal system, maintaining the appropriate ratio of friendly (about 85%) to unfriendly (about 15%) bacterial species is crucial. This balanced composition ensures that the army of good gut bugs effectively keeps the unfriendly bacteria in check. Moreover, these beneficial bacteria play a vital role in controlling the growth of another type of microorganism – fungus. Fungal overgrowth can be problematic, as these organisms have the ability to transform into rod-like structures, potentially causing microscopic perforations in your intestinal lining. This condition is referred to as “leaky gut.”



1.

If these perforations exist (and they are common in overweight individuals), undigested food particles can pass through the intestinal lining, leading to various health issues. One significant consequence is a chronic inflammatory response that may contribute to conditions such as arthritis, eczema, and inflammatory bowel syndrome (IBS).

Additionally, this “leaky gut” allows surplus fat to enter the bloodstream. As we discovered in the previous chapter, the presence of excess fat in the bloodstream leads to the coating of cells, obstructing their function and preventing glucose from entering. This disruption plays a key role in insulin resistance and fat gain.

Using glucose which results in insulin resistance. In turn, your body keeps producing excessive insulin to keep blood sugar down. Now you know how good bacteria and insulin are related.

2.

Good Bacteria Slows the Release of High Sugar Foods

Friendly bacteria also help your body digest food more thoroughly as it passes through your digestive tract. This is important for good digestion in general but especially for weight loss because it means complex carbohydrates (such as bread, pasta, and potatoes) digest more slowly. This ensures that insulin can be produced and released more slowly as well so it can be better controlled.



Now that you know why good bacteria are critical to weight loss, how's the balance in your microbiome?

If you have any of the following symptoms, you can be certain you need to work on your microbiome and that your gut health is a fundamental cause of your weight gain.

Gut Imbalance Symptoms

- **Digestive Issues** – The initial signs of gut imbalance often manifest as digestive issues, such as excessive gas, bloating, heartburn, indigestion, diarrhea, constipation, and symptoms associated with irritable bowel syndrome (IBS). Some individuals may even experience foul-smelling gas or notice undigested food particles in their stool.
- **Mood and Brain Issues** – Indeed, the condition of your gut can significantly impact your brain's health. Researchers have found that gut bacteria play a role in producing neurotransmitters that influence mood and promote feelings of calmness and happiness. For individuals experiencing depression, anxiety, brain fog, and neuropsychic (change words) issues, addressing gut health can have a positive impact on their mental well-being.
- **Skin Conditions** – You're absolutely right – gut health plays a crucial role in overall well-being, even influencing the condition of your skin. Many chronic dermatological issues, such as acne, rosacea, psoriasis, or eczema, are often linked to an unhealthy or leaky gut. By addressing gut imbalances, you can improve the health of your skin and alleviate these skin conditions.
- **Low energy** – When your gut microbiome is imbalanced, your body struggles to extract the essential nutrients it needs, leading to low energy levels and constant fatigue. Do any of these symptoms sound familiar to you? If you experience any or all of the symptoms mentioned above, it's highly likely that you have some form of gut imbalance. Imagine the incredible difference you could experience in both your well-being and weight if your microbiome were restored to balance.

Now, let's delve into the factors that cause this imbalance in the first place before I show you how to restore harmony in your gut microbiome.

Enemies of Good Bacteria

Establishing and nurturing a healthy microbiome begins from the very early stages of life. During birth, as you pass through the birth canal, your mother provides the initial dose of friendly bacteria, and if she breastfed you, her milk continues to contribute to populating your gut with beneficial microbes. However, individuals born via cesarean section or those who couldn't be breastfed might miss out on these foundational beginnings for a thriving microbiome.

1.

Antibiotics

Antibiotics are potent medications designed to eliminate bacterial infections in the body. When prescribed and used appropriately, they can be life-saving and essential for treating bacterial illnesses. However, it's crucial to use them prudently and only when necessary, as they can also disrupt the balance of good bacteria in the body.

Unfortunately, many people who take antibiotics don't take steps to restore their good bacteria after completing the course of medication. This lack of proactive action can lead to imbalances in the gut microbiome and potentially contribute to various health issues.

Therefore, it's important to be mindful of the impact antibiotics can have on our microbiome and take measures to support its restoration after antibiotic use.



2.

Prescription Drugs

Numerous pharmaceuticals, not limited to antibiotics, can have adverse effects on your gut bacteria. Painkillers such as NSAIDs (non-steroidal anti-inflammatories) and medications used for acid reflux and heartburn known as PPIs (protein pump inhibitors) can disrupt the balance of microbes in your gut. It's essential to be cautious about the use of these drugs and consider alternative approaches to address the underlying causes of your health issues unless there is a genuine medical emergency. Prioritizing alternatives that do not harm your gut microbiome can lead to better long-term health outcomes.



3.

Glyphosates & Pesticides

Pesticides are specifically formulated to eliminate harmful bacteria and fungus on crops. However, these chemicals can inadvertently harm our microbiome. Glyphosate, in particular, found in the pesticide Roundup and widely used on crops like GMO corn, poses a significant threat to our gut bacteria. This pesticide is prevalent in numerous processed or packaged food items commonly found in most grocery stores, such as corn syrup and high-fructose corn syrup – just check the product labels! In the future, you will likely encounter increasing awareness about the potential dangers associated with glyphosate exposure.



4.

Chlorinated/ Fluorinated Water

Drinking chlorinated/fluoridated water can make it almost impossible to maintain deal bacterial flora in the gastrointestinal (GI) tract because they kill all bacteria, regardless of whether they are good or bad.



5.

Amalgam Dental Fillings & Vaccines

If you have a mouthful of old silver fillings, you might be subjecting yourself to exposure to mercury, which is highly toxic. It is widely acknowledged that mercury and other heavy metals can disrupt the normal microflora in your mouth. Recent research suggests that these toxins can be detected in various tissues and locations throughout the body. This phenomenon is likely due to a significant alteration in the gut microbiome, which hampers its ability to help eliminate these toxins, resulting in their seepage into the tissues.



6. Stress

By now, it is widely understood that stress has detrimental effects on our health. It elevates blood pressure, weakens the immune system, disturbs sleep patterns, triggers headaches, and can even elevate blood cholesterol levels. However, what surprised me was the impact of human stress on our gut microbiome. Even as little as 24 hours of stress can significantly alter the population of gut bacteria and disrupt metabolism. What's more concerning is that an unhealthy microbiome isn't merely a consequence of stress; it can actually contribute to increased stress levels as well. Research has demonstrated that an imbalanced gut can lead to heightened anxiety and depression.



7. Excess Meat or Dairy Consumption

Meat and dairy products, especially those from conventionally raised animals, often contain numerous hormones and antibiotics used in factory farming operations. These substances are then absorbed into your gut, leading to an unfavorable alteration of your microbiome balance.



PART

03

**The Favorite Food
Diet Program**



The my diet coach Formula for Losing Weight

So far, I've provided an overview of the current obesity epidemic and explained why conventional diet approaches are ineffective. Additionally, I introduced you to the new science that enables effortless weight loss and long-term success by rebalancing a healthy gut microbiome, all while enjoying your favorite foods!

Now, it's time to delve into the specifics of The my diet coach Diet Program and unveil the formula that will set you on the path to successful weight loss. I've dedicated years to studying the principles of genuine weight loss, and I assure you – this program is highly effective! But you don't have to take my word for it. Just take a look at what other happy and healthy customers had to say



“

Wow, wow, wow. The Favorite Food Diet is exactly what you said it was and much more. I'm on day 4, and I've already lost 2 pounds. I have tried for months to get my weight to budge ... and here I am with an ice cream sundae and loving every minute of it ... Chrissie, you are my hero!

”

I promise you'll be shocked at how quickly your fat melts away and how much more confident you feel when you look in the mirror.

I'll explain everything in detail in the next few chapters, but all you truly need to do is follow **3 SIMPLE STEPS**:



Re-Introduce Fat Burning Probiotics

Having a healthy balance of beneficial bacteria in your gut is essential for achieving sustainable weight loss. In step 1 of the program, you'll harness the potency of a specialized blend of probiotics that have been scientifically proven to accelerate fat burning!

STEP
02

Eat To Feed Your Microbiome

Having a healthy balance of beneficial bacteria in your gut is essential for achieving sustainable weight loss. In step 1 of the program, you'll harness the potency of a specialized blend of probiotics that have been scientifically proven to accelerate fat burning!

STEP
03

View Your Future Success

Finally, I'll demonstrate how to align your mindset to effect transformative changes at the cellular level. Our minds possess immense power, and it's fascinating to discover that merely thinking and believing in your success can actively contribute to making it a reality. Scientific research confirms this as an undeniable truth!