

*ACHIEVING AND MAINTAINING A
HEALTHY BODY COMPOSITION*

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MAKING CHANGES: If you truly wish to change your body and your health, you must realize that you're going to have to change in your mind first. You must decide to change first. *Even the best information will not help you achieve a desired goal if the decision to achieve that goal has not taken place.*

To paraphrase a quote by Jesus: "As a person thinks and believes in their heart, so shall it be". A modernized version of the same concept is "Conceive, believe, achieve."

If I can help you with the "conceive" and "believe" parts of that equation, it may be by stating this: It is absolutely within your power to achieve a healthy body and healthy body composition. By increasing your understanding of how your body works, and by the application of a few basic concepts, you can do it! But you must be willing to change.

You may have heard it said that it is a type of insanity to continue to do the same things over and over, and to hope for a different result.

The types of change I'm going to suggest are not difficult *in and of themselves*, but certainly change is difficult. We all have patterns of living our lives that are comfortable for us. They may not be wise or healthy patterns, but we are comfortable with them. People in general hate to change. How many people do you know who stay in abusive or unfulfilling relationships, jobs they hate, etc. simply because of their fear of change? Probably quite a few...maybe yourself. We are all guilty of this type of behavior to varying degrees.

So the first step is deciding to change, and realizing that *you're going to have to get out of your comfort zone to do it.*

The next step is to identify why you want to change. It may be for reasons of health, you may want to look and feel better, you may want to set an example for your kids, you may want to have more energy and be able to enjoy life more. Whatever they are, I strongly suggest that you write them down. Some powerful force in the universe is harnessed when you write things down. I would also strongly suggest that you read these reasons morning and night. You will not change until your commitment to change is stronger than your inherent desire to avoid change.

The next step is to vividly imagine and focus on your goal. It's OK if this goal evolves as you evolve, but you must make it real in your mind. Doing this will harness the power of your subconscious mind. You see, the subconscious mind doesn't know the difference between what's real and what's vividly imagined. If your goal is to become leaner and healthier, then you must develop a vivid image of the "new you" in your mind.

An ideal way to do this would be to find some “before and after” pictures that closely resemble your current body and the body you would like to have. The advantage of doing this is twofold. First, it will help you internalize the belief that *you can do it!* Second, the “after” picture will help you develop and maintain the vivid mental image you need to have.

Work on becoming focused on the future. Don’t agonize over your current physical condition. Don’t waste energy fretting over how you used to look or feel in the past. *Look forward!*

Most people are caught up in the present. This is necessary to a degree of course, but it is not conducive to change. If you want to go on a trip, you had better have a destination in mind, and you’d better have a workable plan to get there. You wouldn’t get in your car and just start driving. Being overly focused on the present would be like leaving to go on a car trip without knowing where you were going, or how you would get there. You might be constantly looking at the gauges and speedometer, maybe the road directly in front of you, or adjusting your seat to find the most comfortable position. If you were focused on the future however, you would still do these things; but you would have looked on a map, and decided where you were going, and how you were going to get there.

When you are focused on the future, it becomes much easier and more natural to do the things in the present which will help you get there.

Next, you need to transform your vision of your “future body” into specific goals, broken down into specific short-term goals, with specific time limits. “I’m going to get in better shape” is not a specific goal. “I’m going to lose 40 pounds of fat and gain 5 pounds of muscle within a year” is a specific goal. “I’m going to lose 5 pounds of fat in the next 30 days” is a specific short-term goal, with a specific time limit. It’s important that these goals be realistic and achievable; but it’s also important that you set goals that excite and inspire you! You will find that by achieving your short-term goals, your confidence and excitement will build. Your vision of the future will become much clearer and more real to you.

What is a realistic rate of fat loss to shoot for? For the average person I would suggest a pound a week. This rate of fat loss will not cause you to lose muscle at the same time, will not require huge changes in your calorie intake or energy expenditure, and is very achievable *and sustainable*. It may not sound like much, but in a year’s time you will have lost over 50 pounds!

Of course you will read about people who have made much more dramatic changes in much less time. And it is possible. But the time, energy, and single-minded focus it takes to pull off dramatic changes in a short period of time is simply not realistic for most people. I want to give you a realistic, achievable, and sustainable plan of action.

Now, your next step is to write down any current habits that could keep you from succeeding. They might include skipping breakfast, eating while watching TV, eating “carb-only” snacks, eating “fast food”, eating large or unhealthy meals before bedtime, etc. Hopefully, as you read on, you will become clearer on which of your current patterns of action are potential roadblocks for you.

Along with this step, you now need to write down the new habits that you realize you must develop to reach your goal. Hopefully as you read this material, you will become very clear on just what those new patterns of action should be. Realize that it will probably take at least a month of consistently practicing these new patterns of action before they will start to become a part of you. It does get easier with practice.

Are you getting the point that you need to write these things down? I hope so, because it really is a helpful and powerful thing to do. Reading your goals, your “problem” patterns of action, and your “new” patterns of action morning and night might seem silly or superfluous, but it is not. Read them with confidence and certainty! Remember, your subconscious mind doesn’t know the difference!

SUPPORT:

Sharing your goals with people who will support you is also a powerful tool to use. If you are lucky enough to have a spouse or friend who has also decided to change their body, you are very fortunate. They can be a wonderful source of support.

I have always made the effort to have a workout partner whenever possible. I know I have made my greatest progress during the times that I had a steady workout partner. If you don’t have one now, notice who’s in the gym at the same time as you are, and see if they’d like to give it a try. Or put a note up on their bulletin board if they have one.

Avoid negative people at all costs. They will be particularly threatened by the changes you are making, and will hold you back if you let them. You may have a spouse or children that will protest the changes in menu or schedule, but let that be *their* problem, not yours!

You may have found yourself wondering why I haven’t covered any specific strategies for achieving a better body composition up to this point. That’s because it’s not the most important aspect of achieving success in this endeavor. It is very important, of course; but it’s what happens in your mind that will determine what happens in the rest of your body.

So let’s get to the specifics:

Here it is, boiled down to the basics: You’re going to be eating at least 6 times a day...3 meals and 3 “snacks”. Each of these meals and snacks are going to include a quality protein component and a quality fat component. I will elaborate on what “quality” means in each of these cases later. Carbohydrate intake will be very limited initially, and will

consist of complex carbs only. You are not going to count calories, but your goal will be to eat slightly less calories per day than your body's "maintenance" requirement. You are going to schedule 3 to 6 hours per week for exercise...both aerobic and resistance exercise. (That's only 2-5% of your waking hours, depending on how much you sleep.) And that's it!

Now let's back up, and flesh out these concepts, so that you understand the logic and wisdom behind them. I also want to make sure you understand how to make nutrition and exercise decisions which will consistently bring you closer to your goal.

OK, let's take a closer look at this program.

EATING 6 TIMES PER DAY:

Our bodies are the result of millions of years of evolution. Only very, very recently have we had the luxury of a virtually unlimited food supply. For most of our history, periods of famine were the norm. Our bodies are hard-wired to ensure our survival in the case of famine. Simply put, those people who were able to store the most body fat had the best chance of surviving.

One of the biggest mistakes you can make is to go on a low-calorie diet. Your body thinks you are starving, and will slow your metabolism down as a survival mechanism. When you do eat, that food will be promptly stored as fat. If you do manage to lose weight with this approach, much of the lost weight will be from muscle. (The less muscle you have, the less calories it takes for you to survive.) When you give in and start eating your previous quantities of food (and you will), the regained weight will be a greater percentage of fat than when you started.

Now, with less muscle and a slower metabolism, you will need to restrict your calories even more severely the next time you try to drop weight. And again you will lose more muscle. And your metabolism will slow down even more. And again you will gain even more fat. This is known as "yo-yo dieting", and it is the worst possible strategy you can use.

Instead, you need to lose the concept of "dieting", and adopt the mindset of properly nourishing your body.

The six feedings per day tell your body that "everything's OK, there's plenty of food". This approach also helps keep your blood sugar levels steady—a critically important point. The practice of always consuming some quality protein and quality "fat" (oil really) when you eat also helps regulate your blood sugar.

Diabetics know all about regulating blood sugar. It's a good idea to get a book for diabetics that lists the GI (glycemic index) and GL (glycemic load) of common foods. This will help you understand which foods will cause the biggest swings in your blood sugar. These are the foods you want to avoid altogether, or at least keep to a minimum.

NO-NOs

Eating carbohydrates by themselves causes a large rise in your blood sugar, especially simple or refined carbs. This triggers a large insulin response by your body, which causes your body to store the food you've just eaten as fat. Complex carbohydrates (most unprocessed vegetables, fruits, and whole grains) cause the lowest insulin response, but should still be eaten with a serving of protein or oil; as they will slow the absorption of the carbohydrates into the bloodstream, thereby moderating your body's insulin response.

Eating simple carbohydrates by themselves (most sugary, processed foods such as sugar, cookies, doughnuts, pastries, white bread, white rice, white flour products, sugary cereals, etc.) will quite simply stop your fat-loss effort dead in its tracks.

The other types of eating which will absolutely keep you from achieving your fat-loss goals are:

- 1) Eating simple carbs and fats (especially "bad" fats) together in one feeding. Some examples would be pastries, coffee with sugar and cream, ice cream, white bread or rolls with butter, french fries, or any type of deep-fat fried foods.
- 2) Eating too many calories of any type at one sitting (but especially "bad" fat calories).
- 3) Eating a high-carb or large meal before going to bed.

The simple carbs and fats together cause a spike in blood insulin levels, which causes those calories to be stored as fat. The same happens with high-calorie feedings of any type.

So as much as possible, avoid simple carbs, saturated fats, simple carbs and fats together, and high-calorie meals of all types. And try to include a serving of quality protein with each meal or snack. The goal, as we've stated previously, is to keep your blood sugar levels as even as possible.

Alcohol: Alcohol consumption on a regular basis will prevent your body from losing fat. Alcohol itself is a type of carbohydrate, but is processed by your body as a toxin, which it also is. While your liver is working to eliminate the alcohol from your bloodstream, all other carbohydrate metabolism is put on hold. The bottom line is that it will cause you to gain fat. A drink now and again won't derail your efforts, but it's best to avoid it.

OK, now let's talk about what makes for a "good" or "bad" protein, carbohydrate, or fat.

Protein: Good sources of protein will be complete proteins. All proteins have an amino acid "profile"; which in essence describes how efficiently they can be used by your body. There are 20 amino acids which your body uses to make proteins. 10 of these are called "essential amino acids", meaning that they must be derived from your diet. The other 10 can be made if need be. So if a protein is lacking in any of the essential amino acids, it severely limits how well your body can use it.

Many vegetables have small amounts of protein, but are lacking certain essential amino acids. You can increase the quality of vegetable proteins by combining them in ways that complement each other's weaknesses. In other words, one will supply the essential amino acids that the other is missing, and visa versa. Beans and rice (whole grain brown rice, not white rice) are a classic example of two complementary vegetable protein sources.

By the way, if you've never tried short-grain brown rice, I highly recommend it. It's not always easy to find, but it's worth the effort. It's delicious, and very nutritious. If you have a food coop or natural-foods store nearby, they will probably have it.

Most animal proteins are complete proteins, but you have to be watchful of their fat content. Not only are large quantities of animal fats fattening and bad for your heart and circulatory system; but most commercially-raised meats contain biologically-active growth hormones, synthetic male hormones, and synthetic female hormones. The animals are given these hormones to increase their meat or milk production, but these hormones are subsequently stored in the animal's fat. In addition, pesticide residues from the food they are fed also get stored in the animal's fat. Many of these pesticide residues are known as xenoestrogens. They have estrogen-like effects in our bodies, and they are extremely toxic. Some examples are DDT, DES, dioxins, and PCBs.

So simply remove as much fat as possible from the meats you eat...preferably before cooking, and definitely after. Organic meats are a good but expensive option; but removing all visible fat from "regular" commercial meats will make a huge difference.

If you can find a source of grass-fed beef, it is far healthier than grain-fed beef. Grain-fed domestic animals in general have extremely high omega-6 to omega-3 ratios, which causes chronic low-grade inflammation in our bodies. Many health problems such as heart disease and arthritis can be blamed in part on a diet much too high in omega-6 fatty acids. Taking 4-5g of fish oil daily will help to balance out this skewed ratio, and can really make a noticeable difference with these inflammation-related health problems.

The omega-3 fatty acids have a very powerful anti-inflammatory effect in our bodies, and should be a part of everyone's supplement protocol. I have significant wear and tear in both of my knees, and had been forced to use a prescription anti-inflammatory medication for 2 years before discovering the benefits of fish oil. I take 10-12g every night before going to bed, and my knees are feeling better than they have for 7 years...without any medication at all! And there are many, many other significant health benefits from supplementing with fish oil as well.

It is important to note that you should always consume an antioxidant formula several times a day if you are supplementing with fish oil.

Chicken breast, turkey breast, fresh fish or canned fish in water, lean beef or pork, venison or other wild game, shellfish, and non-fat or low-fat dairy products are all excellent choices for your protein sources.

Soy proteins, contrary to popular opinion, are not a good protein choice for a number of reasons. Soy proteins contain biologically-active “phytoestrogens” that can negatively affect our bodies’ hormonal balance...especially in men. And they have a negative effect on your thyroid gland. If you would like to learn more on this subject, I recommend a book by Dr. Kaayla T. Daniel entitled “The Whole Soy Story”. It is an eye opener. She also has a website, which is www.thewholesoystory.com.

Many people (myself included) find a good quality protein powder (either whey or whey/casein blend) to be an invaluable tool in getting enough high-quality, low-fat protein throughout the day. I like Biotest’s protein powder called “Metabolic Drive”. It comes in low-carb or moderate (complex) carb versions. It is delicious, mixes easily in water, digests well; and is, in my opinion, the highest-quality protein powder available. To keep costs down, it is only available online at www.t-nation.com. This site is aimed at serious bodybuilders, powerlifters, and female fitness trainees, so be prepared for that when you log on. I have been using Biotest supplements for over 5 years now, and I can tell you that they are all of the highest quality, and live up to their claims.

An excellent option for your 3 “snacks” during the day is to drink a protein shake along with some raw nuts and a piece of fruit or a vegetable. Low-fat cheeses are a good choice, as unlike most dairy products, they have no sugar content. I really enjoy fresh mozzarella.

Carbohydrates: What makes a “good” carbohydrate, or “carb”? As we’ve discussed, good carbs will be absorbed slowly into your bloodstream. These will include whole, unprocessed, minimally cooked vegetables and fruits. Whole grains and whole-grain products can be eaten in moderation, but should be avoided when you’re trying to lose fat. Bad carbs will be highly refined and/or processed, and will cause a huge spike in your blood sugar and insulin levels...causing your body to store them as fat.

Any carb can be made into a “better” carb by combining it with a quality protein source and/or a small amount of “good” fat, which will lower your body’s insulin response to that carb. And you should strive to include a green vegetable in at least two meals each day, both for their fiber content and their vitamin and mineral content.

It’s essential to remember, when undertaking any fat-loss program, that your body will always use dietary carbs and stored carbs (glycogen) as its preferred energy source. It can use fats or proteins for energy if it has to, but it always prefers to use carbs. It’s a much easier and “cleaner” biochemical process. It will only use fat for energy if it has to. Remember, it’s saving it so you can survive any upcoming famines.

So you should always strive to create a situation where your body has no choice but to burn fat for fuel. The simplest way to do this is to limit your carb intake, especially when starting your program. Your body can only store enough glycogen to last for a day or 2, so by severely limiting your carb intake, you will begin to burn bodyfat as fuel within a couple of days. This is assuming, of course, that you keep your total calorie intake just below “maintenance” levels.

Fats: Fats are a much-misunderstood food source. Good fats are absolutely essential for our bodies and our health. They are your body's raw material for all of your hormones, including the ones that help you lose fat. Your brain is composed primarily of fat. The walls of your arteries and veins are primarily comprised of fat. The walls of all of your cells are made primarily of fat. The "insulation" for your nerves is made of fat. Without some types of fat, we die. That is why some fats are known as "essential fatty acids".

But don't go overboard. Fats contain 9 calories per gram, whereas proteins and carbs contain only 4 calories per gram. They are a critical part of your diet, but you don't need a lot.

"Good" fats are going to be oils. Good sources of fat are fish and fish oils, olive oil, flaxseed oil, borage oil, primrose oil, avocados, natural peanut and nut butters, nuts, seeds, and products made from seeds, such as tahini. Unprocessed canola oil is acceptable when a "light" cooking oil is needed.

Less desirable fats would include animal and dairy fats.

The worst kinds of fats include highly processed fats and oils comprised of trans-fatty acids. Some examples would include shortening, most margarines, cooking oils, any food that's been deep-fat fried, and most cookies and pastries. These oils have been subjected to extremely high pressure and temperature; and are now in a form (the "trans" form) that is not found anywhere in nature.

When they make up a large percentage of your fat intake, your body has no choice but to use them for many critical components and functions of your body, with very serious long-term consequences for our health. They are a major cause of cardiovascular disease. They cause serious disruption of normal cell wall permeability and your ability to correctly process the "instructions" of the thousands of enzymes and hormones that direct our body's functions.

One of the first outward signs of trans-fatty acid toxicity is a compromised immune system. Children are particularly vulnerable. Children eating a diet high in trans-fatty acids, and low in vitamins and minerals (deep-fat fried meats, french fries, sodas, sweets and pastries, etc.) will constantly be sick or "not feeling well". You wouldn't put heating oil in your car and expect it to run normally. Don't feed your body these foods and expect it to work normally either! *And especially don't feed your children these foods, even if they "like" them.*

It is one thing to eat unhealthy foods yourself. It is quite another to feed them to your children. They are innocents, and are depending on you to make wise food decisions for them. And the eating habits you instill in them now are the ones they will tend to keep throughout their lives.

SUPPLEMENTAL VITAMINS AND MINERALS:

Unfortunately, unless your diet is extraordinarily high in organic produce and meats, it is highly unlikely that you are getting optimum amounts of many essential vitamins and minerals. It really is very cheap “health insurance” to supplement with vitamins and minerals. I highly recommend using (at the very least) a high-quality, high-potency multi vitamin and mineral supplement, taken with food.

You will probably also want to take extra Vitamin C (shoot for a total daily Vitamin C intake of 3-5,000 mg). Iron is very important, but should be taken separately, and should not be taken with calcium or Vitamin E. Iron is also one of the few vitamins or minerals that can be toxic in excess. And Vitamin A can be toxic in excess, so always take it in the form of Beta Carotene.

A good antioxidant formula is also a good supplement to use. Antioxidants can protect against cancer and many of the aging processes. A good formula should contain Vitamin C, Vitamin E, Beta Carotene, and Selenium. There are other antioxidants that can be helpful, but those are the basics.

HYDRATION:

Your body is approximately 2/3 water. Many of your body’s functions depend on proper hydration. Do yourself a big favor, and make sure you get enough water each day. Coffee, sodas, fruit juices, etc. don’t count. You need to drink plain old water. The average person needs at least 64 oz. (8 cups) per day. If you are active, you need significantly more.

Being optimally hydrated will help your fat loss efforts considerably. And it will help your body get rid of toxins. As body fat is broken down for energy, you will be releasing toxins into your bloodstream; as most toxins you ingest are stored in your bodyfat. Don’t undermine your efforts by not drinking enough water. It is also notable that if you are trying to add muscle (and you should be), a dehydrated muscle cell will not grow, no matter how otherwise excellent your training program might be.

EXERCISE:

Now we come to exercise: It is actually possible to lose fat without exercise, but it is much more difficult. And it is not possible to be truly healthy without exercise.

Many people don’t realize how little exercise it really takes to make a big difference in their health. A modest commitment of 3 to 6 hours a week of both aerobic and resistance exercise is all you really need to reap many of the benefits to your waistline and your health. As I pointed out earlier, that’s a paltry 2%-5% of the waking hours available to you. You may feel like you don’t have time to exercise; but if you stop and think about it, you absolutely do. It’s all a matter of priorities and time management. How many hours per week do you spend watching TV, reading magazines, talking on the phone?

30 minutes of aerobic exercise 3 times per week, along with 30 minutes of resistance exercise 3 times per week adds up to 3 hours. You can handle that. In time, most people come to enjoy exercising, and will want to add more time to these sessions for optimal results.

Aerobic exercise is important for many reasons. It burns calories while you're exercising of course, and also causes an increase in your metabolism which continues to burn calories long after you stop. And of course it's good for your heart, for eliminating toxins from your body, and for generally increasing your energy and sense of well being.

Resistance training, whether with machines or weights also has many important benefits. Did you know that your bones are constantly being "remodeled" according to the demands put on them? And that resistance exercise will actually increase the density of your bones? Anyone concerned about osteoporosis would do well to incorporate resistance exercise into their lives.

And more intense resistance exercise, particularly with free weights, will help increase your lean muscle mass. Muscle tissue is very metabolically active; so more muscle mass means more calories burned all the time, not just while you're exercising. Muscle is your friend!

A lot of people think weight training would not be appropriate for them, but that's simply not true. It's one of the very best things you can do to achieve a leaner, healthier body, no matter what your age, gender, or condition. Women in particular tend to shy away from weight training. There is a common misconception that it will make you bulky. Nothing could be farther from the truth.

Men gain muscle size when they lift weights intensely because of the male hormone testosterone. Women have very small amounts of this hormone. The "she-male" bodybuilders you may have seen in magazines have all taken male hormone analogs (anabolic steroids) to achieve that look. Weight training in normal women will help shape and tone your muscles better than any other method.

For more detailed information about optimal exercises and routines, I recommend an excellent book by Bill Phillips, entitled "Body for Life". His book also covers all aspects of optimal nutrition, and is very much in line with what we've just discussed. It is also full of stories written by people who have made the very changes you would like to make. Most people will find them both helpful and inspiring.

SUMMARY:

So to review:

- 1) Realize that changing your body is possible, but that you must change your mind first.
- 2) Understand that it will require change, and that change is uncomfortable at first.
- 3) Identify why you want to change, then stay in touch with those reasons.
- 4) Visualize what you would like your body to look and feel like; and do this regularly until this vision becomes very real to you.
- 5) Transform your future vision into specific goals, with specific time frames
- 6) Identify current habits which will need to be eliminated or minimized if you are to reach your goals.
- 7) Come up with new patterns of action to replace the old ones
- 8) Share your goals with those who will support you.
- 9) Take action. Take the actions necessary to evolve a long-term lifestyle which will continually move you closer and closer to your goals.

Good luck!

THE GOOD, THE BAD, AND THE UGLY

THE GOOD

PROTEINS: Fish (fresh or canned in water), chicken breast, turkey breast, venison, lean beef or pork, eggs and egg whites, whey/casein protein powders, beans + brown rice, shellfish, low-carb yogurt, low-fat cottage cheese, low-fat cheeses, fresh mozzarella cheese

CARBOHYDRATES: Raw or lightly cooked vegetables, esp. greens (frozen veggies are fine), sweet potatoes, carbs from raw nuts, whole grains, brown rice, fresh fruit in moderation

FATS: Fish oil, olive oil, flaxseed oil, borage oil, primrose oil, avocados, nuts, seeds, tahini, natural peanut and nut butters in moderation

THE “BAD” (OK IN MODERATION)

PROTEINS: Dark chicken or turkey meat, fattier cuts of beef, pork, lamb, cultured soy products (miso, tempeh, natto and shoyu or tamari soy sauce), 2% or whole milk products, cheese

CARBOHYDRATES: White potatoes, whole-grain pastas, whole-grain cereals, carbs (sugar) from dairy products

FATS: Canola oil, butter, animal fats

THE UGLY

PROTEINS: Fried, fatty meats (hamburgers, breaded, deep-fat fried meat or fish of any kind), soy protein

CARBOHYDRATES: White flour products, white rice, sugar, sugary cereals, cookies, cakes, or pastries, anything with high sugar content

FATS: Any and all fats and oils containing trans-fatty acids (margarine, shortening, cooking oils, hydrogenated and partially hydrogenated oils, and any foods made with them...read section on fats) **WARNING:** These fats are in almost all processed foods! Read the label!

SAMPLE DAILY MENU

(Items in parentheses would not be eaten at first)

6:30 (Oatmeal), 1 whole egg + 1 or 2 egg whites

9:30 Protein shake, fresh fruit, raw nuts

12:30 Chicken breast or tuna, (brown rice), salad or greens

3:30 Fresh mozzarella cheese, celery or tomato, raw nuts

6:30 Fresh fish, broccoli, (sweet potato)

9:30 Protein shake

Use the concepts presented in this booklet, and find what works for you. Food preferences, likes, and dislikes are a very individual matter. There are many excellent low-carb cookbooks on the market, which can give you good ideas and starting points. The goal is to develop a personal diet that is both enjoyable and sustainable!

It is also important to realize that people from different ethnic and racial backgrounds will have different needs. For instance, many ethnic groups will not tolerate dairy or grain products if those foods have not been widely used in their ancestral cultures. There is no “one size fits all” diet. But with the basic concepts under your belt, and the proper mindset, anyone can achieve a lean, healthy body.