

THE NEW RULES FOR LIVING YOUNGER



The New Rules for Living Younger.

This EBook aims to provide a science-backed approach to achieving sustainable results. It is a beginner's guide for those that are lost in the sea of misinformation, or simply have no idea where to start. I have helped thousands of people lose weight and achieve better health over the last 18 years. Even those that say they absolutely cannot lose weight no matter what. They are delighted with more energy, refreshing sleep, healthy mood and joy for life through the process. Extra body fat is only a symptom that something is wrong. When you bring your body to balance, everything settles and you live more vibrantly. We'll delve into the effectiveness of popular diet trends, the importance of healthy fats, and the role of certain metabolic blockers in a holistic weight management plan. Most importantly, we will create a roadmap to achieve optimal health amidst a sea of myths and fads, and create a path for optimal hormone balance which is the key to longevity and vitality.



by Dr. Natasha Iyer, MD

Foodstyle

When I work with patients for weight loss or in advanced Longevity protocols to optimize their health and vitality, I request patients switch from thinking about 'diet' to Foodstyle. This is a term I coined to help patients understand that weight loss (which should be referred to as FAT loss) takes more than a focus on food. ALL health begins with your food choices, whether you have low energy, poor sleep, trouble burning fat or aches and feeling old.

There are many factors that affect your health and ability to burn fat. A few metabolic blockers to consider are hormones of metabolism, sleep quality, inflammation, digestive health and toxic burden. These are the more advanced areas we attend to when we work together on my 28 day reset program.

Foodstyle vs Diet

Diet is a dirty word for most people. Every day, I see people who cannot even step on a scale because they are so traumatised by trying to lose weight and be on diets. The word 'diet' screams of restriction, 'rabbit food', suffering and constant hunger or cravings.

When you are on a diet, you restrict calories and you restrict energy intake. To burn fat, make energy, make balanced brain chemistry, grow healthy hair and skin and have overall hormone balance, you need to eat enough food. Diets do not give you enough fuel for your body to work efficiently. You need macro- and micro-nutrients for every system in your body.

With the right Foodstyle, you do not need to count calories, or feel deprived or hungry. Your metabolism and hormones operate the way they are supposed to. Cellular metabolism gives you energy to do everything you need to. Hormones, when balanced, manage every function in your body. Mood, appetite, satiety, metabolism, energy, repair of tissues, sleep, muscle mass are some of the functions you need balanced hormones for.

Some common side effects of long term dieting is a slow metabolism and weight gain; hair loss, dry skin, fatigue, and irritable mood. Other areas of significance to long term health affected by dieting is the digestive system and muscle mass. You need a healthy digestive system to absorb the nutrients you need for your body to work well and to build muscle. Muscle is the currency of longevity. Since you start to lose muscle each year, dieting adds to muscle loss and affects your ability to live long and well. Studies prove that those who have more muscle live longer.

An introduction to Foodstyle

No one wants to be on a long term diet or diet all of their lives. No two people get the same results from the same program. This is why it is important to customize a Foodstyle for each person.

I want you to think about your lifestyle and food choices as one and the same. The goal is long term health and hormone balance. Fat loss is a byproduct of being healthy.

FOOD FOR NOURISHMENT: Food can fuel your metabolism or feed disease. Beyond your weight, all chronic diseases can be avoided based on your Foodstyle. When you choose foods, ask yourself: am I fuelling my metabolism or am I feeding disease.

STRESS: No one can live a completely stress free life. What is also certain, is that stress slows down your metabolism and blocks fat loss. Meditation, mindfulness, Yoga, Sound bathing and Acupuncture have been shown to help you reduce the impact of stress on your health and metabolism.

DIGESTIVE HEALTH: Your gut microbiome affects your entire body and health. From immune function and brain health to affecting your body fat percentage and metabolism, digestive health is the foundation to optimal metabolism and fat loss. Aim for 2-3 healthy bowel movements a day.

INTERMITTENT FASTING: While this was a popular strategy I used with patients a few years ago, I have since decreased the amount of time between meals. This is because it does not allow adequate protein consumption. Without adequate protein intake, you cannot burn fat or build muscle. I do not recommend snacking. Eat your last meal 3 hours before bed, and ensure a minimum of 12 hours between your last meal at night and your first meal the next day.

ACTIVITY: So you don't love exercise. What do you enjoy? Exercise snacking is a real thing! Studies show that if you add 5-7 min of exercise into your day; you can enjoy the benefits of exercise. Try dancing to your favourite song, do some jumping jacks, some biceps curls with water bottles. Just do something. Sitting disease is worse than smoking. When you sit for long periods of time without moving, you release inflammatory markers that affect your health and increase your risk for chronic diseases like heart attacks, strokes, diabetes, cancer. Time magazine reported that Sitting Disease was actually worse for health than smoking. (I am not saying keep smoking!)

MINDSET: This is one of the first steps to take when wanting to improve your health and achieve fat loss. Create affirmations that you say to yourself each day. I encourage patients to not think about cheat days. If you make a choice that is off plan, make sure you enjoy every single bit of it. Then get back to your Foodstyle.



FOOD AS FUEL:

Next is to become aware of what is in the food you are eating.

Label reading is the most important skill you can have for fat loss and maintaining your results. Processed foods are your enemy for fat loss.

Choose whole foods: the way it is found in Nature. Eg. Rice instead of rice flour or rice pasta. Ground beef instead of sandwich meat. You may not be aware that processed meats have food additives and sugar.

TOP 5 INGREDIENTS TO AVOID:

1. High-Fructose Corn Syrup (HFCS):

- A sweetener made from corn, HFCS is linked to obesity, insulin resistance, fatty liver disease, and other metabolic problems. It is often found in soda, beverages, cereals and processed snacks.

2. Artificial Sweeteners (e.g., Aspartame, Sucralose):

- Used as sugar substitutes, they interfere with metabolism. Artificial sweeteners lead to increased cravings for sugary foods by spiking insulin. They disrupt gut bacterial balance, which is important for a healthy metabolism and fat loss. Some studies have also linked them to headaches and digestive issues.

3. Trans Fats (Partially Hydrogenated Oils):

- Trans fats are artificially created fats from vegetable oils. They are found in fast food and many processed foods. Even though they are banned, Trans Fats raise LDL (bad) cholesterol and lower HDL (good) cholesterol, increasing the risk of heart disease, stroke, and type 2 diabetes. Trans Fats are banned in Canada, yet they still occur under a different name: partially hydrogenated oil.

4. Refined Grains (e.g., White Flour):

- Commonly used in bread, pasta, and baked goods, refined grains lack fiber and important nutrients. They spike blood sugar levels and contribute to insulin resistance, obesity, and heart disease.

5. Artificial Flavors:

- Synthetic chemicals that mimic the taste of natural ingredients. They are used to enhance or replace flavors in processed foods. This makes processed food more appealing and increases your desire and intake for these foods with low nutritional value and high obesogenic potential. They often contain harmful chemicals, with potential links to allergic reactions, digestive issues, and long-term health risks. They increase inflammation and leaky gut.

While occasional consumption of processed foods containing these ingredients may not be harmful, long-term, excessive intake can lead to various chronic health issues. It's always a good idea to focus on whole, minimally processed foods for a healthier diet.

Food Habits and Food Choices

Let's start with some strategies for fat loss and optimizing metabolism. Then we can move on to other areas of health so you can enjoy a healthy life free to do the things you want to do without disability and pain.

FOOD CHOICES: First start with noticing what you eat in a day. How many times a day do you eat? Do you snack? Walk past food and put some in your mouth without thinking whether you are hungry or not? Do you eat because you are stressed or bored?

Eating food that doesn't work for your body can be the simple reason you have joint and body pain, low energy, poor sleep and mood issues.

Recent studies have made headlines regarding processed food causing mental health issues. Depression and Anxiety, ADHD are the big ones. We have always talked about processed food as a cause for obesity and cancer. Today it is implicated in dementia and memory problems as well.

We need to eat food to fuel our body and systems. Not feed disease.

Food habits are some of the hardest to break. This is why I recommend you start with simply journaling your food habits.

Diet Trends: Old and New

Calorie counting is old news. It doesn't work. If it did, no one would have trouble losing fat and keeping it off. Yet the diet industry makes BILLIONS a year. That's why I guide you to find your Foodstyle. Eating low calorie diets are bound to give you 'weight loss' results at the start. However it is not sustainable, and most people regain all the weight lost, and more, upon stopping the diet.

There are a few diets that are gaining popularity and show promise. Components of these are worth adding into your Foodstyle.

Low-Carb/ Keto Diets

Low-carb diets often focus on restricting carbohydrates, leading to a decrease in insulin levels and promoting fat burning. It is the approach I use with patients. How many carbs a day depends on the level of insulin resistance. In the extreme, a ketogenic diet is 'ultra low carb'. While effective, it is not often sustainable. It is counterproductive to start and stop a keto diet and interferes with your metabolism.

Insulin resistance is a state where your cells cannot use the insulin you make. This leads to fat storage. Belly fat predominantly. Insulin production is stimulated each time you eat carbohydrates. Insulin takes excess sugar and stores it as fat. Internal (visceral fat) makes you high risk for heart disease and early death.

Insulin resistance is an epidemic due to the high carb intake in the standard American Diet and easy access to convenience food.

Start by decreasing your intake of carbohydrates. To not feel hungry, increase your protein, fats and fibrous vegetables.

High-Protein Diets

High-protein diets are necessary for long term weight management. Almost no-one eats adequate protein, which can help with satiety and muscle building. For my patients, we aim for 1g/lb of ideal body weight.

That seems like a lot!! However, it is not a high protein diet, it is ADEQUATE protein to sustain your body's needs. Your immune system, muscle, hormones, brain chemistry, and many other biochemical processes need amino acids that come from protein.

Choose animal protein as your primary source. Plant based protein is only 40-60% bioavailable, and can increase digestive upset in the greater majority of people. Plant protein in food is always accompanied by starch, which increases the carb count and thereby increase insulin resistance.

Numerous studies show that we should not avoid animal protein and that it is the most bioavailable source of protein for humans. 100% of it is available and used.

Fasting

In the last few years, fasting has become popular. Other than weight loss, fasting is known for the benefits of autophagy. Consider this a cleansing system of dead and damaged cells and debris. In the field of Longevity, harnessing autophagy extends lifespan. Autophagy, while sounding like an interesting key to living longer, is still being researched as we do not know if you need 24h, 72h or longer fasts to gain the longevity benefits.

Fasting means no food and no caloric intake for 1 or more days. Pure water fasting is the ultimate. Other long fasts recommend black tea, black coffee, water with or without bone broth for the number of fasting days.

Time restricted eating (TRE) is the most common form of fasting that people practice today. The most common is 16-8. Some 'experts' recommend a combination of different alternating fasting lengths.

While fasting does help reverse diabetes, and lead to significant weight loss; I no longer recommend fasting for weight loss or to correct insulin resistance. There are 2 reasons: muscle loss and thyroid function. Over the years I have monitored thyroid function closely in patients who fast for 3-7 days at a time. In many, their thyroid function slows down and their levels of rT3, a metabolic blocker, rises. While this can be monitored and can lead us to find the ideal fasting period per person; there are other ways to achieve fat loss that reverse insulin resistance that do not lead to muscle loss.

As you age, your muscle mass is of highest importance to protect your health and independence. The science is very clear that protecting muscle mass is vital for longevity.

Muscle loss begins in your 30's. There is also anabolic resistance: when there is a decreased response to protein and amino acids. This situation of muscle loss and the decreased ability to build it makes fasting lower on the list of strategies I recommend for healthy aging and longevity, and weight loss.



The Role of Good Fats in Weight Loss and Long Term Health

Contrary to popular belief, healthy fats are essential for weight loss and overall health. They contribute to satiety, hormone production, and nutrient absorption. Monounsaturated and polyunsaturated fats, found in avocados, nuts, seeds, and olive oil, are beneficial for heart health and help with weight management. My motto is 'Eat fat to burn fat'. Yes, even butter, eggs and steak. Recent nutrition science publications have shown that weak science lies behind the vilification of saturated fats. That is not to say you should consume them in large amounts. This information together with the studies showing that red meat (unprocessed) is safe. They deserve to be part of a healthy diet.

Nuts are not considered a protein source but fall under 'fats'.

Your brain is made of fat. Your skin needs fat to look radiant. Every cell in your body has phospholipids and need cholesterol and fat to maintain cellular health and metabolism. Fat is not your enemy.

Debunking the Myth of Carbs Being Essential.

Carbohydrates are the enemy of fat loss for most people. Many new studies have confirmed that low carb diets work well and help reverse insulin resistance. Ketogenic diets are used to treat certain medical problems and are very effective at fat loss. They are very difficult to sustain for most people. Contrary to the Canada food guide, you do not need grains in your diet. It's the simple carbohydrates, such as those found in processed foods and sugary drinks, that contribute to weight gain and numerous other health problems including depression and anxiety. When you choose to eat carbs, focus on consuming complex carbs, which are digested slowly and provide sustained energy. These are typically root vegetables, and whole grains, if you are not following a low carb Foodstyle.

The Importance of Portion Control

Portion control is a fundamental aspect of weight loss. Regardless of your Foodstyle, consuming appropriate portion sizes is crucial to avoid overeating and weight gain. This involves being mindful of the amount of food you consume at each meal. A common method is to use smaller plates and bowls, which can trick your brain into feeling satisfied with less food. It's also essential to pay attention to your hunger and fullness cues and to avoid eating out of boredom or emotional distress. Your largest portion on your plate should be protein. Next are your fibrous veggies that are important for your gut health. Add good fats freely to your plate. Sprinkle nuts and seeds or olive oil to add additional fat to your plate above what is coming from the protein. The smallest portion is your complex carbohydrate like root vegetables. If you choose to keep grain in your diet, ensure it is whole grain, and a small amount. Eg. Rice, quinoa. When you eat the right amount of food for your body in the ratio mentioned above, you should not feel hungry between meals. Avoid snacking at all costs.

Staying Hydrated for Optimum Weight Loss

Adequate hydration is often overlooked but crucial for weight loss. Drinking plenty of water throughout the day can help with satiety, and reduce calorie intake. We often confuse thirst with hunger. Staying hydrated can also help with muscle recovery and improve overall health. Aim for 8 glasses of water per day, and adjust your intake based on your activity level and climate. Water is the best choice, but you can also include hydrating beverages like herbal tea or unsweetened infused water. (adding lemons, cucumbers, strawberries or different combinations of herbs to water).

Supplements for Weight Loss

Food today is nutrient depleted. It is sprayed with chemicals and pesticides, it is harvested before being fully ripened, it comes from countries we have not been to. Over farming and modern day farming practices also lead to depleted nutrient content in the 'healthy' food you are choosing.

Daily life, stress and toxins all cause your body to need more micronutrients. It is very difficult to get this from food. For efficient fat burning, stress management and overall well being, the bare minimum recommended supplements to take each day are:

1. Vital Nutrients: a combination of vitamins and minerals sourced of high medical grade quality. These nutrients support your muscle health, thyroid function, glucose metabolism, immune function and eye health. It also supports bone and teeth health and connective tissue.
2. Super B: This complex of B vitamins contains methylated folate and cobalamin. Methylation is important to help your body remove toxins which get stored in fat. It supports healthy metabolism of carbohydrates, fats, and proteins. B complex is known to help repair the stress response, and improving your stress response improves your ability to burn fat.
3. Vit D: Beyond brain, heart, bone and immune health; several studies show that optimal vitamin D levels are required for fat burning.
4. Super Mag: Magnesium has over 400 functions in your body. Of note it helps muscle health, metabolism of fats and carbohydrates, and improves glucose utilization and helps decrease insulin resistance.

LEG DAY EXERCISES



Bulgarian Split Squat



Standing Single-Leg Deadlift



Hamstring Curl



Sumo Squat



Walking Lunge



Curtsy Lunge

@shape

Incorporating Exercise into your Foodstyle.

While a balanced diet plays a vital role in weight loss, regular exercise is equally important. It used to be thought that exercise plays a large role in fat loss. Maybe. It is now understood that without exercise and the right Foodstyle for you, you can burn fat. Exercise is indeed critical for healthy aging and longevity. It builds muscle, which is a key marker of healthy aging and predictor of how long you will live. It also improves mood, reduces stress, and boosts energy levels. Aim for at least 30 minutes of moderate-intensity exercise 2-3 days of the week. This could include brisk walking, swimming, cycling, or dancing. Lift weights and do resistance training 3-5 times a week. The more muscle you build will ultimately improve your metabolism. Find activities you enjoy and that fit into your lifestyle. It's important to listen to your body and to avoid overexertion, especially if you are new to exercise.

Sustainable Lifestyle Changes for Long-Term Results: Your Foodstyle.

Achieving and maintaining fat loss is about making sustainable lifestyle changes rather than quick fixes. It involves adopting healthy eating habits, incorporating regular exercise, and making gradual adjustments that fit into your routine. Focus on developing a balanced approach to food and exercise that you can enjoy and sustain over the long term. Remember, health is a journey, and setbacks are inevitable. It's important to be patient, kind to yourself, and to celebrate small victories along the way. It's also essential to consult with a healthcare professional for personalized advice and to address any underlying health conditions that might affect your weight loss goals.

Health Focus #1: Inflammation:

While inflammation is necessary as a healing response, we find that many people today have an abnormal response and develop chronic inflammation. It harms health.

This causes aging. Inflammation drives many diseases. It can be the reason you feel stiff and achy. It can be why you develop cancer, heart disease, diabetes, autoimmune disease, weight gain and arthritis.

Food is one major cause of inflammation. The most important ones to look out for are: Grain, Dairy, Sugar, Alcohol. The Mediterranean diet is highly studied and shown to decrease inflammation.

Start with avoiding the 'big deals' mentioned above to lower inflammation. When it comes to grain, most people get stuck. If you insist on keeping grain in your diet, at the very least eliminate all grain that contain gluten (wheat, rye, barley and contaminated oats).

Sitting Disease:

Times magazine noted that Sitting Disease is worse than smoking. Living a sedentary lifestyle increases inflammation. Unfortunately, an hour at the gym a day does not counteract this. Your body releases inflammatory mediators when you sit for prolonged periods of time.

Set your alarm to ring every 1-2 hours and take a break. Stretch, Walk around, Exercise Snack.

Health Focus #2: Toxins

Toxins are man made molecules that affect how your cells work. Some are called endocrine disrupting chemicals because they affect your hormones. In the recent years, more and more prominent scientists are publishing work on the impact of toxins on long term health and quality of life. Toxins suppress your immune system. They affect your cell membrane health and how your cell machinery works. They can increase inflammation. It is easy to think that everything 'allowed' is safe. Recent scientific studies have shown that toxins affect heart disease risk, autoimmune disease, metabolic disease like diabetes (and weight gain).

I recommend you look for the sources of toxins in your life in categories:

1. Food: herbicides, pesticides, chemicals, dyes, additives. Plastic deserves its own category. However since your biggest exposure is through storing food in plastic and wrapping food in plastic, we will think about it under 'food'.
2. Home care: Look at all the cleaning products in your kitchen and bathroom. Switch to natural alternatives.
3. Body Care: Everything from your toothpaste and hair shampoo to hair dye and deodorant. Everything you put on your body absorbs through your skin. Should you not be able to eat it? Switch to all natural alternatives that are chemical free. Try to use products that come in glass and metal containers.
4. Medications and Supplements: These can contain dyes and other chemicals. It might be unavoidable if your blood pressure pill has a colourant added. When it comes to supplements, you can certainly screen carefully.
5. Habits and Hobbies: Do you paint? Do you work with chemicals in your hobbies like making jewelry, building or woodworking? Do you drink cocktails and alcohol regularly? Think about where you have man made chemical exposure.
6. Environment: Always consider air quality. You can control the air quality inside your home by choosing a high quality air purifier that removes airborne chemicals and not just particles. Older homes may have mold and other toxins like lead. New homes off gas many chemicals that harm your hormone balance.

First, start to reduce the exposure to toxins.

Then focus on ways to help your body eliminate them: Sauna and sweating, and taking liver supportive nutrients like Cell Deep Clean, The Optimiser, and Glutathione.

Health Focus #3: Digestive Health

Your digestive system is one of the most important organ systems in your body. In the last decade or 2, more light has been shed on the microbiome: trillions of microorganisms (bacteria, fungi, viruses) live in your gut. These help train your immune system. They modulate brain chemistry. They assist in excreting certain drug and hormone metabolites.

When your microbiome is upset, it can be traced as the root cause for many diseases including anxiety, autoimmune disease, slow metabolism and difficulty burning fat.

Eating foods that are fermented can help balance your microbiome. Sauerkraut, Kimchi, yogurt are examples of foods that contain probiotics. Taking a high quality probiotic that is shelf stable like Super Pro 2, is helpful.

Leaky Gut: This is a term used to describe interruptions in the tight junctions between the delicate lining of your single cell lining in your gut.

The foods that cause inflammation also cause leaky gut. Stress also causes leaky gut.

Your liver and gall bladder are part of your digestive system. These are organs that need attention as you advance along your journey to optimize your overall health.

Health Focus #4: Stress Management.

First we must note that there is a difference between Stress Management and Stress Reduction. We are not always able to reduce the stressors that come into our lives. Taking time out of your day for self care is important to take a break from stress and allow yourself a time out,. Making yourself important enough to take a break is a good first step.

Stress management is the activities you must do to lower the impact of stress on your nervous system and body.

Humming and chanting and singing can help calm your nervous system.

Meditation and Mindfulness have numerous scientific studies to show that these help you overcome the negative effects of stress on your body and mind. Even your IQ improves! These daily practices rebuild neural pathways, lower your blood pressure, improve immune system health. If you can't meditate on your own, try an app or YouTube video.

Walking outdoors, cuddling and hugging pets and loved ones have been shown to help your stress response improve.

Other methods that help improve your stress response and help you restore your health and protect it despite ongoing stress are: Acupuncture, Hypnotherapy, Sound Therapy/ Sound bathing.

Health Focus #5: Hormone Balance

While hormone balance is the most important to get you all the results you are searching for, it is #5 because we cannot balance hormones without getting the rest of your body in balance and optimized. They simply do not work as well. This is why so many people come to us after starting hormones and not seeing results.

Hormones are chemical messengers that control every function in your body. From your mood to your appetite, from amazing sleep to burning fat... and everything in between. These tiny little chemicals are the foundation for Longevity and healthy aging. Studies show that in communities where people are active, healthy and independent in their old age, the secret is that they naturally maintain their hormone levels to those of younger people.

Simply taking a hormone prescription is not the place to start. Start with all of the above first. Then your body is ready for hormones to unlock your vitality.

Many of you feel like your hormones are off balance. Many of you are frustrated that your tests are all normal, but you don't feel like it. I can promise you that you have help at hand. Our programs have worked for almost 20 years to restore your body back to balance. Your hormones back to balance. And everything works beautifully. Your weight is easily managed. You can build muscle. You feel great mentally and physically. Your sex drive is back to what it was in your 20's...

Beyond estrogen, progesterone and testosterone; there are many hormones that all play together like a symphony. There are life sustaining hormones (eg cortisol, thyroid and insulin) and your feel good hormones (eg. estrogen, progesterone, testosterone). You need to balance ALL of them to feel amazing and live younger.

The path forward:

Making health a priority is important if you want to live a full and independent life. I always think that I want to travel when I'm older and I had better be able to lift up my bags to put up above my seat on an airplane. I want to hike and walk my dogs. What do you want?

I absolutely do not want to end up in a nursing home. The sad reality is that this is very likely to happen if you take no action, and continue on with your daily life. Health takes time. There's a saying, 'If you don't take time for your health; you will be forced to make time for sickness'.

Do you feel the same?

Start with small steps. Find something you can do easily, master that and then move on to adding something else. The fastest way to fail is to try everything all at once and then stick to nothing. It is easy to go back to old habits and familiar ways when we get busy or stressed. Seek support by joining groups and meeting people with the same goals and value for health. Attend one of our webinars or live workshops.

Your health is in your hands. The best time to start is now, because it is never too late to start. Book into your First Steps to Wellness program by emailing clientcare@liveyounger.ca to begin your life changing program to balance your hormones and Live Younger.