



The Mac Diet

A Rapid Weight Loss System

Tier One of The Mac Protocol

Developed by The Macs

Written by Dr. Mac

Exclusively for
The Mac Institute

Weigh-Less Age-Less

1-800-788-7454
www.30lbsin30days.com
themacdiet@gmail.com

TABLE OF CONTENTS

INTRODUCTION

The Commitment

The Goal

The Importance of Goal Setting

Waist to Height Ratio

The Purpose

THE THREE COMPONENTS

One- Hormones

Hormone Balancing

A Short Course On The Sex Hormones

Estrogen

Progesterone

Testosterone

Estrogen Dominance and Weight Loss Resistance

The Other Causes of Estrogen Dominance

Xenoestrogens

PCB's

PBA

Phthalates

Xenoestrogen Conclusion

Phytoestrogens

Soy!

Phytoestrogens are Everywhere!

The Liver!

"I have gone through menopause. How can I be estrogen

Dominant?"

"How can I be estrogen dominant? I'm a man!"

Estrogen Dominance Quiz

The Root Cause

The Easy Way to Measure Your Inflammation

Do You Really Need Another Reason to Eliminate Estrogen

Dominance?

Two- Sustenance

"Optimal Sustenance"

Micronutrients vs. Macronutrients

Insulin Dominance and Ameribesity

Man-made Sustenance vs. God-made Sustenance

The Mac Diet is an Anti-Inflammatory Diet

The Mac Diet is a Low Glycemic Diet

The Mac Diet is a Micronutrient Dense Diet

The Mac Diet is a Gluten Free Diet

The Mac Diet is a High Fiber Diet

The Mac Diet is a Carnivorous Diet

The Typical Day

What About Fruit!

Detoxification

Micronutrient Dense Diet

Alkaline Water

Cruciferous Vegetables

Miscellaneous Musings

Medications

Cosmetics

Three- Metabolism

The Liver

Medications

Synthetic Chemicals

Alcohol

Saturated Fat

Trans Fat

Liver Detoxification

Vitamin B-12

D-3

Iodine

FDA Disclosure Statement

The Mac Diet

A Rapid Weight Loss System

Section One: The Tools

Introduction

Welcome and Congratulations!

You have just made the first step to optimizing your health. We truly look forward to sharing with you what we have learned over our thirty years of being a health optimization physician and coach. We promise to do our very best utilizing the multitude of tools we have available to us to move you to a much higher level of optimal health, to move you from where you are to where you want to be.

By reading this eBook, you are about to embark on a journey that we call health optimization. We are also on this journey. We can see the destination, but we know that it is not about that, it is about preparing ourselves for the destination. It's about the journey.

We have developed a guide, a memoir, so to speak, of how Vicky and I have become the healthiest people we know. As we watched us bloom, we found four pieces to the puzzle, four steps that optimized our health.

What do we mean by the healthiest people we know?

We are extremely motivated. We squeeze the juice out of life. I'm near sixty, she near fifty. We wake up each day knowing that we will take all that it has to offer. And guess what, motivation has nothing to do with money.

We are extremely healthy. We have not needed any health care in nearly a decade, none! We have not used any insurance plan or made any doctor visits in over six years. I personally have never missed a day of work in thirty-three years due to illness. Boy, do my children dislike hearing that every time they want to miss a day of school. I have never seen Vicky ill, not once!

We are extremely capable. We can work 18 hours day without even knowing it. At nearly sixty, I am able to lift personal bests. I played football in high school and on a nationally ranked rugby team in college and I am stronger now than I was then.

We extremely love. Today, Vicky and I were sitting on the couch watching a movie. I thought what am I doing watching a movie. I should be writing. I

looked over at her and asked why do I write? I write so I can reach my goals. What is my goal? To be sitting next to my wife loving her. Vicky and I have nearly spent every hour of everyday with each other for six years. And that is what we want to do! We wake everyday embracing each other and spend the next twenty four hours embracing each other until we wake in another embrace. Spend a day with us and you will see.

We call our health optimization system The Mac Protocol. There are four levels to our protocol. The first level has to do with being overweight. Vicky and I are overweight. We are not nearly as overweight as we used to be. But, we discovered that as we decreased our weight that we not only looked better and felt better, but we were able to do everything better, and we mean everything like live, love and laugh.

The first level, the surface level of The Mac Protocol, is a level we developed to eliminate excess fat. We do not care how much you weigh, we care about the fat. It not only make us less attractive to ourselves, Vicky would be attractive to me if she weighed 100 pounds more than she does, but I know that to her, she would feel less attractive. We call this first level of The Mac Protocol, The Mac Diet.

The Mac Diet is a multi-phase program that utilizes the four pieces of the puzzle.

The first piece of the puzzle is motivation. Motivation is governed by how young you feel. Hormones govern how young you feel and therefore govern how motivated you are. The first step of The Mac Diet is to balance your sex hormones.

The second piece of the puzzle is health. Health is governed by genetics and sustenance. Science states that about 33% of your health is governed by your genes. We cannot do anything about our genetics, at least not yet. Sustenance governs the other 66%. By sustenance we do not just mean food, but everything that enters your body.

The third piece of the puzzle is your capability. Capability is what your body and mind is capable of doing. Capability is not governed by one or the other. Some of us have a mind that is more capable than our body. Others have a body that is more capable than our mind. The fuel that runs our minds and

bodies is the sustenance. Activity is what makes them capable. The more active you are with either your mind or your body, the more capable you are.

The fourth piece of the puzzle is your ability to love. Love is a verb. The more you love the Creator, your family, your neighbors, yourself, the healthier you will be. In fact, you cannot be healthy, if do not love. Love is what makes the world go round, love is all you need, love, love love. Yes, listen to the music! It's all about love! No one is an island. Love is the glue, the bond the channel that makes us alive and healthy. Love is what makes relationships and health cannot be achieved without loving relationships.

So what is optimum health? It is wanting to jump in your sprinter RV and travel across the country, right now, and consume God made sustenance, because you love yourself, and we able to be mentally and physically be active all day and night, while loving everyone you meet and God.

While you are walking on the first level of The Mac Protocol, The Mac Diet, we will guide you step by step on how to become more motivated by balancing your hormones, on how to become healthier by consuming God made sustenance, on how to be more capable by becoming more active physically and mentally, and on how to become enlightened with contentment by loving relationships.

Oh! and by the way, you will lose between 20 to 40 pounds of unwanted fat!

The Macs

The Mac Diet has four primary purposes

- To eliminate estrogen dominance by balancing your hormones.
- To optimize the sustenance you consume to bring about a clean body.
- To improve your body's capability to burn fat efficiently.
- To love yourself, others and God.

The Most Important Component

I can hear myself a decade back reading this and saying, what the heck is this guy bringing religion into a diet program. What the heck does it have to do with losing weight. EVERYTHING!

The heart, mind, soul and strength of The Mac Diet is us convincing you to exchange your consumption of manmade products for God made sustenance. It is really that easy, OK, maybe it is not that easy, but it is that simple.

This is not a book about religion, but for those that will ask the question about clean and unclean foods here is my ten second answer. The New International Version of the Bible states that Jesus said no food was unclean, that everything could be eaten without discrimination. That is just a way pastors justify their affinity for Krispy Kreme Donuts. If you look at the King James version, you will see an interpretation that fits in the modern day world that screams eat God made sustenance over man made sustenance. That interpretation deals with clean food versus contaminated food. Enough of that, let's get into the meat and potatoes of The Mac Diet. Pun intended.

The Goal

"Science has proven over and over that we live as long as our waist is small."

Dr. Mac

THE IMPORTANCE OF GOAL SETTING

Imagine that you are playing in the seventh game of the world basketball championship. Your team is losing by one point. All you need is one basket to win the game. There is five seconds left and you receive the ball at the opposite end of the court. You dribble and run and dodge the defenders while you try to reach your goal. There are now four seconds left and the ball hits your foot and you have to run it down. There are now three seconds left. You look at the goal and there are five players in your way. There are now two seconds left and you dribble and spin and work your way to the other end. Now there is only one second left and you know you have to shoot the ball, NOW! You spring skyward and time slows down as your body soars upward toward the goal.

AND THERE IS NO HOOP!

How can you play the game of life without hoops, without goals? The same goes for your health. We know that science says we can determine how healthy we are by the size of our waists. But we also know that Americans measure weight not waist. Do us a favor set a weight goal and a waist goal.

YOUR ULTIMATE GOAL ON "THE MAC DIET" IS:

THE CORRECT WAIST SIZE FOR YOUR HEIGHT

There have been numerous published studies that associate longevity of life with the size of your waist. If you compile all of these studies together, a waist to height ratio can be determined to give you the best chance to live long and finish strong. The research indicates that a woman should have a 45 percent waist to height ratio and a man a 48 percent waist to height ratio.

Women

45% waist to height ratio

58" tall	26" waist	59" tall	26" waist
60" tall	27" waist	61" tall	27" waist
62" tall	28" waist	63" tall	28" waist
64" tall	29" waist	65" tall	29" waist
66" tall	30" waist	67" tall	30" waist
68" tall	31" waist	69" tall	31" waist
70" tall	32" waist	71" tall	32" waist
72" tall	32" waist	73" tall	33" waist
74" tall	33" waist	75" tall	34" waist
76" tall	34" waist	77" tall	35" waist
78" tall	35" waist	79" tall	36" waist
80" tall	36" waist	81" tall	36" waist

Men

48% waist to height ratio

58" tall	28" waist	59" tall	28" waist
----------	-----------	----------	-----------

60" tall	29" waist	61" tall	29" waist
62" tall	30" waist	63" tall	30" waist
64" tall	31" waist	65" tall	31" waist
66" tall	32" waist	67" tall	32" waist
68" tall	33" waist	69" tall	33" waist
70" tall	34" waist	71" tall	34" waist
72" tall	35" waist	73" tall	35" waist
74" tall	36" waist	75" tall	36" waist
76" tall	36" waist	77" tall	37" waist
78" tall	37" waist	79" tall	38" waist
80" tall	38" waist	81" tall	39" waist

These are measurements taken at your belly button. Not a "Texas" measurement. A Texas measurement is one taken by that 'good o'l boy' with a drawl who says, *"I wear the same size pants I did in high school"* as his belly jiggles over his large rodeo belt buckle hidden by his belly's immensity.

My Weight Will Soon Be _____

My Waist Will Soon Be _____

Component #1 of The Mac Diet

"Hormone Balancing"

"Hormones govern our metabolism, we all know that, but it is the imbalance of hormones that causes weight gain and the inability to lose weight. We all know a skinny Jack, you know the guy who can eat an entire pizza without gaining an ounce. Why? Hormones!"

Nearly daily in our practice we hear our patients and clients complain of having no motivation and not having the capability to lose weight. We have found that both are related to one problem. Imbalanced Hormones!

The Purpose of The Mac Diet is to dramatically decrease your waist size in a matter of weeks. Yes, that places it in the crash diet category. Yes, we hate crash diets. But after being in the health optimization business for over 33 years, there is one thing I have discovered about weight loss. If the dieter doesn't see the scale moving in the right direction daily, he or she quits! We can give up beer, pizza and chocolate cake, but is the reward, 1 pound in one week, worth the sacrifice. No way!

Estrogen dominance makes losing weight a nearly impossible task. You must balance the sex hormones to lose weight rapidly and efficiently!

Dr. Mac

A Short Course on The Sex Hormones

Estrogen

The Pretty Hormone

When we speak of estrogen, we are speaking of the three strongest estrogens. There are numerous weaker estrogens, in fact, scientists are discovering new estrogens yearly. According to our medical textbooks, estrogen is "the hormone that makes a woman a woman." The reason it is considered a woman's hormone is because it is the hormone that makes us pretty; it makes us have pretty skin, pretty hair, and pretty breasts.

We strongly disagree, not about estrogen making you pretty, but with it being a woman's hormone. We test men's estrogen levels several times a day at our clinics and older woman can't touch an older man's estrogen level. That's why men as they grow older become bitches. I'm sorry, I mean grumpy old men.

Estrogen is made in the ovaries of women and the testes of men, and in small amounts in our adrenal glands. But in today's society, our excess fat becomes our primary source of estrogen production. Fat, especially abdominal fat, becomes a hormone producing gland. And of course it produces all the wrong hormones.

Throughout each of the Three Phases of The Mac Diet, we are going to be concentrating on balancing your sex hormones to eliminate estrogen's dominance over the other two sex hormones. The one statement I want ruminating in your mind after this lesson is that Fat Makes Estrogen! Estrogen Makes Fat! Fat makes Estrogen! Estrogen makes fat! The fatter we become, the more estrogen we produce. ESTROGEN IS A FAT STORING HORMONE!

Progesterone

The Happy Hormone

Low levels of progesterone cause more problems than we can shake a stick at. You have just read about estrogen dominance. Let me refine its definition a bit more. Estrogen dominance is not caused so much by estrogen being too high but by progesterone or testosterone being too low. In fact, we want estrogen to be high. We just want it balanced with the other two sex hormones.

We call progesterone the "Happy Hormone." People with happy go lucky attitudes usually have high progesterone levels. They are more romantic, more compassionate and more loving than those with lower levels. Women start having problems with decreasing progesterone levels when they are in their thirties or after the birth of a child. Low progesterone levels are usually

the primary cause of what physicians call the triad of female psychoses—
sleeping disorders, anxiety and depression. Men with low levels of progesterone are just called ass-holes.

Testosterone

The Sex Hormone

It is easy to know if you have high or low testosterone levels. If you have high levels of testosterone, you will have a high sex drive. If you have low testosterone levels, you will have a low sex drive. Low testosterone will also cause excess abdominal fat (beer belly), depression, weakness, low self-esteem and low self-confidence. People with high levels of testosterone have high sex drives, flat bellies, enthusiasm, muscle strength, self confidence, sometimes to the point of arrogance, high energy and be success motivated.

We have found that the more abdominal fat you have the less testosterone you have. One of the reasons is an enzyme called aromatase. It converts testosterone into estrogen. And we can't say this enough, estrogen makes us accumulate fat in the abdominal fat stores and this excess fat stores causes an increase in the aromatase enzyme that converts more testosterone into estrogen and so on and so on. When you increase your testosterone levels, it will mobilize your belly fat out of its abdominal storage areas and utilize it to turn it into muscle.

Estrogen Dominance & Weight Loss Resistance

Fat makes estrogen. Estrogen makes fat.

We started realizing how important the sex hormones were to weight loss when we started seeing one client after another suffer from a condition we call Weight Loss Resistance. We define Weight Loss Resistance as the inability to lose weight no matter what you do. You decrease your calories, you join a gym and you gain two lbs. We assumed that this problem was being caused by the decrease in our clients' hormones due to the aging process. But, we began to see weight loss resistance occurring at all ages.

We started testing the hormone levels of all our clients, and just not the older ones. We found that those with weight loss resistance had high levels of estrogen when compared to the other two sex hormones. The more and more we tested our patients the more and more we would see this hormonal condition. We call this hormonal imbalance estrogen dominance.

Estrogen dominance occurs when your estrogen levels are high in comparison to your progesterone and/or testosterone levels. We could easily call it progesterone deficiency in women or testosterone deficiency in men. As I will state numerous times, estrogen is a fat storing hormone. There is only one other hormone that we have found to influence fat storing more than estrogen, and that is insulin. We will spend more time discussing insulin when we move onto the next component of The Mac Diet.

As we continued our investigation into weight loss resistance, we found that estrogen dominance had much deeper roots than we had ever expected. That is when we discovered that our fat cells had enzymes that converted our fat burning hormones into estrogen. What this means is that our fat cells not only increase the body's estrogen levels but also decreases the body's testosterone and progesterone levels.

With estrogen high in comparison to testosterone and progesterone, your fat storing hormone (estrogen) is the dominant hormone and your fat burning hormones (progesterone and testosterone) are subordinate. You are stuck in a fat storing state. Nearly everything you eat turns into fat! I know that I am being repetitive here but I want to make sure you get it.

It gets worse!

The problem is that fat is not the only thing that is making estrogen. Some of us are drinking estrogen. The plastic bottles that contain your water have a compound in them called BPA, a very powerful xenoestrogen. Others of us are snacking on edamame as an appetizer at Japanese restaurants. Edamame are soy beans. We actually make bioidentical estrogen from soy. Due to industrialization, estrogens are flooding our system through a multitude of pathways nearly making all of us estrogen dominant and fat!

The Other Causes of Estrogen Dominance

God Made Food Vs. Man Made Food

The primary cause of estrogen dominance in young women is their diet. Did you know that as little as 60 years ago it was a rarity to have a hormonal problem? If you research the literature, you will find an amazing fact: there is no mention anywhere about abnormal menstrual cycles or PMS before 1950. Why? In the 1940's our ancestors ate approximately 50 grams of fiber a day. The average American Teenage girl today eats 5! God made food is filled with fiber. Man made food has very little if any.

Estrogen is digested within the liver and is dumped through the bile duct into our intestines. The excess estrogen is then carried out of the body by the fiber. Since we eat man-made foods that have very little fiber, the excess estrogen cannot be eliminated in this way. The estrogen recirculates. This can add or in some cases be the cause of estrogen dominance.

Modern day PMS symptoms have become so painful that many of our teenage daughters have to miss school during their periods due to the pain they suffer. We have raised 4 daughters and we encourage that everyone place their daughters on HIGH FIBER DIETS BEFORE YOU SHOOT THEM! Just kidding on the shooting part, but you know what we mean.

Xenoestrogens

The primary cause of estrogen dominance in older or heavier clients is fat. The secondary cause, especially in our younger and thinner clients, is a lack of fiber in the diet. But these are not the only causes. The next cause of estrogen dominance that we are going to discuss are xenoestrogens. They are the synthetic estrogens that have become profuse within our environment. We want you to avoid them as well as you can.

There are primarily three xenoestrogens that have strong estrogenic effects. They are PCBs, BPA and phthalates.

PCB's

PCBs are man made chemicals that were primarily manufactured by Monsanto. These chemicals were banned in the United States way back in 1979 by the EPA. Even though they were banned decades ago, they are still

found throughout the environment. Nearly half of all the PCBs that were ever manufactured can still be found within the environment. They just won't go away! One of the reasons PCBs are so persistent is that they easily bind to soil. PCB's are found in the air, water, and soil throughout the entire world. Because of this, PCBs enter our bodies through the food we eat, the water we drink, the air we breathe and actually pass right through our skin.

These estrogenic toxins settle in our fat where they cause inflammation and of course contribute to our fat producing estrogen. Our primary sources of PCBs are fish, meat and dairy products. Another form of consumption is from the soil left on our fruits and vegetables. While on The Mac Diet, you will only be allowed to eat the fish that have the least amount of contaminants. These include fish that are low in fat, young and small. We recommend that you primarily eat what are called 'white fish.' To avoid PCBs, thoroughly wash your fruits and vegetables before eating.

PBA

Another xenoestrogen that adds to our estrogen dominance is called BPA, or bisphenol A. This chemical is found within plastics. Our primary consumption occurs through the use of canned foods, plastic tableware, food storage containers, water bottles and baby bottles. Whenever these plastics are heated the BPA is released into the contents. BPA is so prevalent that it is found in mother's breast milk, not Good!

The CDC, Center of Disease Control, tested thousands of samples of urine and BPA was found in 93% of the samples. There are numerous studies that report abnormalities in the fetuses and newborns of animals exposed to BPA. To optimize your health, do not heat food in plastic food containers, do not use recycled plastics that have the codes 3 or 7 on their bottom, do not use canned foods, and do not drink or eat out of any plastic container unless it states that it is BPA free.

Phthalates

One last xenoestrogen are phthalates. These chemicals are also found in plastics and vinyl products. They are used to make plastics soft and flexible. You will also find phthalates in hair sprays, perfumes, shampoos, soaps, nail polishes and moisturizers. They are also found in toys, shower curtains,

wallpaper, vinyl mini blinds, food packaging and plastic wrap. They are also found in wood cleaners, detergents, adhesives, plastic plumbing, lubricants, medical tubing, plastic bags, solvents, insecticides, building materials and vinyl flooring. Phthalates were used in pacifiers, rattles, and teething rings until 1999 when they were finally banned in baby products. But if you're not a baby, go ahead- poison yourself. Just like BPA, phthalates pass into our bodies through the air, water food and skin.

Xenoestrogen Conclusion

These man-made estrogens are much more powerful than the natural occurring ones found in our bodies. Studies have allowed us to point our fingers at a multitude of hormonal changes caused by these chemicals including, early puberty, breast cancer, prostate cancer, infertility, diabetes, birth defects and menstrual irregularities.

All of these chemicals are known to be hormone disruptors. The Mac Protocol encourages everyone to steer away from man made containers and steer back into God made materials. We do not expect you to be a fanatic, we are fanatics only about one thing, more on that later. We know that it is impossible to avoid xenoestrogens. We do cook on ceramic pans and drink out of glasses. We just ask that you be aware and do your best to eat, drink, and breathe God made stuff. The first and easiest step is to drink your fluids from plastics that are BPA free. Yes, it is best not to use plastic at all. We will guide you one step at a time. We will address other sources of these man-made estrogens as we travel on our adventure, including the cosmetic and household xenoestrogens.

If fat, lack of fiber and xenoestrogens weren't enough to cause estrogen dominance, there is another cause, phytoestrogens!

Phytoestrogens

Phytoestrogens are estrogens that are found in plants that look and act like estrogen. As mentioned, bioidentical hormones are made from the phytoestrogens found in soy and wild yams. Phytoestrogens are actually micronutrients. Examples of micronutrients are polyphenols, carotenoids, bioflavonoids, vitamins and minerals. Examples of macro-nutrients are

carbohydrates, proteins, fats and alcohol. We will speak much more on that subject when we enter the second component of our protocol.

Vicky and I are advocates of all beneficial God-made micronutrients. Micronutrients are God's little soldiers that He placed on this planet so that we would enjoy optimal health. The problem is we quit eating them. Another problem when it comes to micronutrients is that even if we think we are eating them, we are not. What we mean by that is our food has been man-stardized. Man-stardization is defined as taking something God-made and turning it into a man-made product. Man-stardization is the ultimate sin when it comes to our nutrients. It is caused by our pride. We actually believe that we can make something better than God, so we change it from a God-made substance to a man-made substance.

Phytoestrogens are prevalent within some of our most micronutrient dense foods. Foods with the highest levels of phytoestrogens are nuts, seeds, soy, grains, legumes, and even some fruits and vegetables. We are not about to say that you should completely avoid these foods. But, we do want you to avoid the foods with the highest levels of the strongest phytoestrogens while you are on The Mac Diet; therefore, you will be avoiding all nut and seed oils and all soy products including edamame, tofu and tempeh.

Flax is also very concentrated with phytoestrogens and it has also become very trendy. Under certain conditions, we may request you add a small amount of flax into your diet.

Soy!

There are three forms of soy phytoestrogens we want you to avoid while on the first phase of our protocol. The first form is found in processed foods. Processed foods use soy as a protein filler. You will find man-stardized soy in hot dogs, sausages and meat extenders. We also want you to avoid soymilk. Lastly, we want you to avoid protein powder made from soy.

There is just too much evidence that phytoestrogens found in soy are hormonal disruptors. Small amounts of soy milk has been proven to disrupt menstrual cycles. Another alarming finding is that it also inhibits the conversion of T4, our inactive thyroid hormone, to T3, our active thyroid

hormone. Both of these hormonal changes will affect your ability to lose weight while on The Mac Diet.

Phytoestrogens are Everywhere!

We are going to avoid soy for now. There is lots of evidence against soy. I am not totally sold that soy is that bad for you. Why I bring this up is that someday I might allow soy. This is my preemptor.

Phytoestrogens are everywhere. They are found in some of The Mac Diet's favorite foods. Here is list of the micronutrients that are phytoestrogens along with the foods they are found in:

Polyphenols like resveratrol found in grape skins and red wine.

Flavonoids like flavanones found in citrus fruits and juices.

Flavonoids like flavones found in parsley, celery, and capsicum pepper.

Flavonoids like flavonols found in kale, broccoli, onions, apples, grapes.

Flavonoids like catechins found in chocolate, green tea, beans, cherries.

Isoflavonoids like isoflavones found in soybeans and other legumes.

Isoflavonoids like isoflavans found in the metabolites of daidzein.

Isoflavonoids like coumestrol found in clover, alfalfa, spinach.

As you see many of the phytoestrogens are found in what we would call super foods. We have found that many phytoestrogens have substantial benefits that by far outweigh the estrogenic effects they may have. Our stance on phytoestrogens is easy; if you consume phytoestrogens found in their all-natural God-made form, they are very likely to be very healthy for you. If you consume phytoestrogens in a man-stardized form, they are very likely to be very unhealthy for you.

While on the second path of our protocol, we will coach you on how to utilize micronutrients like phytoestrogens to optimize your health.

The Liver!

If fat, lack of fiber, xenoestrogens and phytoestrogens were not enough when it comes to the causes of estrogen dominance, there does exist another important cause, our livers. Most of us have malfunctioning livers due to our man-made society. We will address the liver more thoroughly in

the optimization component. In the optimization component we will be detoxifying and optimizing the liver. So we will wait until that strand to discuss the liver.

“I have gone through menopause. How can I be estrogen dominant?”

When a woman reaches menopause, her estrogen levels will drop anywhere from 40 to 60%. This drop causes the classic symptoms of hot flashes, night sweats, food cravings, and moodiness. The problem is that even though there is a drastic reduction in estrogen, there is even a more drastic reduction of progesterone and testosterone. These two sex hormones decrease to nearly nothing. Any woman who has reached menopause is automatically thrown into an estrogen dominant state.

“How can I be estrogen dominant? I’m a man!”

Men in today’s society have way too much estrogen. In fact I am seeing our estrogen levels climb and climb. Just look around and take a look at the younger generation of men. They are filled with estrogen. The sad thing is women are starting to like estrogen dominant men more than they like testosterone dominant men. Estrogen dominant men are prettier and they are more sensitive. An estrogen dominant man will be more like a girlfriend. He will be more interested in doing the things his girlfriend or spouse likes to do, like shopping, cooking and such.

There was a major study done in Russia where women looked at photos of men. They ranked the men with the highest estrogen and lowest testosterone levels as being the most attractive and they ranked the men with highest testosterone and lowest estrogen levels as being the least attractive. It just proves what we all knew anyway that all women are lesbians!

When it comes to men and their menopause, called andropause, it works a little differently. Their testosterone levels decrease much more subtly than a woman’s estrogen levels. Where a woman’s estrogen levels drop suddenly over a short period of time, testosterone slowly decreases decade by decade. When a man’s testosterone decreases, his estrogen levels increases.

Increasing estrogen levels is the last thing a man needs. In most cases, it will be necessary to decrease a middle aged man's estrogen levels. As a man's estrogen levels increase, they become bitches and boring. You can always spot a man that has switched from being testosterone dominant to estrogen dominant. If your husband used to be the life of the party, but now he fights you tooth and nail when you want him to go a party, and then when he gets there is finda a soft chair in the corner and falls asleep. Guess what, He is most likely oozing estrogen.

Sex Hormone Quiz

- Do you need to lose weight?
- Do you have difficulty losing weight?
- Do you have increased abdominal or hip fat?
- Do you have trouble sleeping?
- Do you suffer from anxiety?
- Do you suffer from mild bouts of depression?
- Do you have a decrease in your sex drive?
- Do you have a decrease in your self-esteem and self-confidence?
- Do you have a decrease in your energy levels?
- Do you wake feeling tired?
- Have you noticed a thinning of your pubic hair?
- Have you noticed an increase in joint pain?

If you answered yes to any of the first three, you more than likely estrogen dominant.

If you answered yes to any of the next three, you more than likely progesterone deficient.

If you answered yes to any of the next three, you more than likely testosterone deficient.

If you answered yes to any of the last three, you more than likely DHEA deficient.

The more yes answers in each category, the more likely you have a problem within that category.

The Root Cause

As you can see, estrogen dominance is caused by several very different reasons. It is our opinion that it all starts with inflammation. Inflammation seems to appear in our clients' biomarkers whenever we see hormonal imbalances. The more inflamed you are the worse your hormones are.

The Easy Way to Measure Your Inflammation

We have found that there is a direct correlation between the amount of abdominal fat you have and the amount of inflammation you have. There is an easy way to diagnose your own personal amount of inflammation. All you have to do is find your waist to height ratio. First measure your waist then divide that by your height. If you are 5'4" and your waist is 30" at your belly button then divide 30 by 64. That gives you a waist to height ratio of 47%. If your waist to height ratio is more than 50%, then you are somewhat inflamed. If it over 55%, then your moderately inflamed. If it is over 60%, then you are severely inflamed.

Do You Really Need Another Reason to Eliminate Estrogen Dominance?

Estrogen dominance is associated with a multitude of cancers. It is a known fact that estrogen dominance is associated with the two sex cancers, breast cancer in women and prostate cancer in men. Most researchers associate these cancers with increased levels of estradiol. Remember it is not estradiol that is the actual culprit but the imbalance of estrogen with the other two sex hormones. You can see how it becomes very important to balance estrogen first.

We have taught you how and why you become estrogen dominant. Now, we are going to eliminate it. But before we do I will answer some questions before they are asked.

But my doctor says my hormones are normal.

Hormones therapy is more of a subjective art than an objective science. What this means is that everyone is different. We all have different hormone levels. You will know when you have balanced or optimized your hormones

when your hormone imbalance or deficiency symptoms have been eliminated. When it comes to hormones, do not treat the numbers, treat the symptoms. Your number may be 250 or 2500. It's not the number it's how well you feel. We are going to tell you a secret. The profession that seeks us out more than any other are physicians. The specialty that seeks us out more than any other are obstetricians. Who would have thunk? Like nutrition physicians are not that well trained when it comes to hormones.

Isn't Hormone Therapy Dangerous?

Synthetic hormones have been proven to be very risky. While on The Mac Diet you will be using very low doses of bioidentical hormones. We believe that hormones should be the primer not the fuel. We are using hormones to increase your motivation to optimize your health.

The first step of The Mac Diet is to assist in the balancing of estrogen by increasing testosterone and progesterone through temporary supplementation of low doses of bioidentical hormones; therefore, eliminating estrogen dominance and its symptom, weight loss resistance.

Component #2 of The Mac Diet

"Optimal Sustenance"

Insulin Dominance and Ameribesity

"Americans love to spike their insulin levels, over and over all day long!"

Man-made Sustenance vs. God-made Sustenance

"This all started when man thought they could improve on God."

Micronutrients vs Macronutrients

"God-made cleans, Man-made dirties"

You've made it to the second component of The Mac Diet. The primary purpose is to break you of your bad eating habits and replace them with healthy eating habits. Unlike Component One , where there was only one step, balance your sex hormones, Component Two has three steps. The first step deals with insulin dominance, the second step deals with switching you from man made to God made, and the third step is body optimization through food optimization.

Einstein defined insanity as doing the same thing over and over and expecting different results. Research states that you can break any habit if you quit for 21 days. It also states that you gain a new habit if you do it for 21 days. We are going to break you of the Great American Diet of simple sugars, excess salt, toxic fat and processed man made foods and place you on a diet of plant based whole foods that are God Made.

Insulin Dominance and Ameribesity

"Americans love to spike their insulin levels, over and over all day long!"

I want you to imagine that you ate the great American Breakfast, a bowl of cereal with a banana and milk. That meal contains approximately 1000 calories of nearly pure sugar. We don't care if it's the organic high fiber stuff or not. It's still going to turn into sugar. This will cause your blood sugar levels to spike. This increase in your blood sugar will stimulate the release of insulin from the beta cells from your pancreas. Insulin's job is to clear the glucose from the blood. As insulin increases and circulates, it goes to your muscle and fat cells, attaches itself to the receptor sites and opens the doors to these cells allowing the glucose to pass into the cell.

The problem is the cells don't need the fuel right now. It's not like you are running a marathon. The cells convert the glucose into storage forms. The two storage forms are glycogen and triglycerides. Glycogen are clusters of glucose molecules, about 30,000. Triglycerides are fat!

As the blood sugar passes into your cells and is converted into its storage forms, the blood sugar decreases, and as the blood sugar decreases insulin decreases. In today's society, it is not uncommon for the blood sugar levels

to land around 100 milligrams per deciliter of blood. Our grandparents blood sugar landed around 75 milligrams per deciliter.

The reasons Americans have such high sugar levels are three fold. We eat too many calories. We eat high carbohydrate meals. We snack.

The Mac Diet is a food restricted diet. I am going to scream that statement. THE MAC DIET IS A FOOD RESTRICTED DIET! IT IS NOT A CALORIC RESTRICTED DIET! The Mac Diet is designed to decrease your blood sugar levels and therefore your insulin levels to a point that it activates glucagon.

Glucagon is the sister hormone to insulin. It is released by the alpha cells of the pancreas. Glucagon has the same job as insulin but in the opposite direction. As the blood sugar levels drop and glucagon is released, it attaches to the same receptor sites as insulin and opens up the same doors that insulin opened. But this time, it releases the glycogen and fat from the cells so that it can be converted back into glucose.

Insulin clears the blood of glucose by delivering it into the cells where it is stored as glycogen and fat. Glucagon releases the glycogen and fat so that it can be converted back into glucose.

Glucagon's purpose is to makes sure that the blood sugar levels do not become too low. The problem, Americans cannot lower their blood sugar levels enough to activate glucagon. I'm picking on Americans because we taught the world how to be fat. The reasons we cannot lower our blood sugar levels are; we eat too many calories, we eat high carbohydrate meals and we snack between meals. When it comes to Americans, once the sugar is converted into fat within the cell, it's imprisoned, it's received a life sentence! Pun intended, cell, imprisoned, life sentence. Ok, sorry!

The Mac Diet is designed to decrease insulin and increase glucagon by restricting your foods to foods that decrease insulin and increase glucagon. By restricting your foods, you will be eating less calories in most cases, a lot less calories, but we don't want you counting calories. The first step of the second component of The Mac Diet is to eat foods that will lower blood sugar so glucagon is activated and releases your stored fat.

Man-made Sustenance vs. God-made Sustenance

The Mac Diet is an Anti-Inflammatory Diet

The heart and soul of our program sits right here in the middle of our first level of The Mac Protocol. As we sit in front of and consult thousands of patients, the one problem we see that is the original cause of accelerated aging and modern diseases is inflammation. Inflammation is the root cause of cancer, diabetes, heart disease, strokes, Alzheimer's and hormonal disruption.

Inflammation occurs when the body has been injured or when a foreign substance enters the body. When man-made substances are consumed, the body will attack this foreign unknown entity. Since the 1950s, when man began to think that they could make things better than God, we began experimenting and making food from chemicals or refining the food. This is when all those degenerative diseases listed above began exponentially increasing.

To defeat inflammation the most important rule we have is to stop consuming food that has been made or altered by man. We know that this is a nearly impossible task unless you have five acres and independence. The U.S. government states that 77% of all food in a grocery store is now man-made. The problem is we have no way of knowing what food is made by God and what food is made by man.

The best chance you have is to eat food that you buy from the local Farmer's Market. These foods are much fresher and most likely organically grown, even if they are not certified organic, there is a good chance they were grown with organic methods.

The Mac Diet is a Low Glycemic Diet

Most of the foods you buy that are God made will be low glycemic. We will be restricting your foods to those that have low caloric density and therefore are low glycemic. We have already explained the importance of keeping insulin low and glucagon high. The foods that are allowed on The Mac Diet will do this for you automatically.

The Mac Diet is a Micronutrient Dense Diet

Americans love their macro-nutrients such as Carbohydrates, Proteins, and Fats. The Mac Diet emphasizes eating micronutrients. Micronutrients are God's little soldiers that God placed in fruits and vegetables to combat toxins that cause degenerative diseases. Those soldiers are antioxidants like vitamins, minerals and phytochemicals like polyphenols, flavonoids and carotenoids.

Free radicals are the waste products of glucose being made into energy. Micronutrients neutralize free radicals. They sacrifice themselves to save our lives and improve our health. These guys should be appreciated, just like our soldiers. You probably have read or heard about eating a rainbow of colors. These micronutrients are what make fruits and vegetables have different colors.

The Mac Diet is a Gluten Free Diet

We test people weekly for gluten intolerance. It is not nearly as prevalent as the media would like to make you think. Gluten is not really that bad for you. The problem with gluten is that the grains we consume today have too much gluten in them.

All that remains are high gluten grains. We have literally allowed many of the low gluten grains to go extinct. High gluten grains are heartier. What this means is that they can grow closer together, they do not need as much water, and they are pest resistant. What this really means is that high gluten grains make more money. Since they do make us more money, we have genetically modified the grains to be even higher in gluten. We have nothing against profit. That is what makes America great. We've read Ayn Rand! We just want you to be on the look out for your health and to choose wisely when it comes to your food products.

Gluten is what we used in kindergarten to make paste. Remember that stuff we made by adding water that looked like Elmer's Glue? The problem is that gluten creates a film that covers the insides of your intestines. This film makes it difficult to absorb nutrients especially the micronutrients. The absorption of these nutrients help turn off the hunger hormones, such as ghrelin and leptin. Gluten causes you to be hungry even though you just ate.

There is no gluten allowed on The Mac Diet to assist with intestinal cleansing and assisting in turning off your appetite.

The Mac Diet is a High Fiber Diet

Did you know that before the 1950s there was no such thing as PMS or PCOS, or endometriosis? These are conditions caused by estrogen dominance. The theory behind why there was no estrogen dominance back then is that they ate 50 grams of fiber a day in the 1940s.

Excess estrogen is digested by the liver. This excess estrogen travels down the bile duct from the liver to the intestine. Once this estrogen reaches the intestine, it attaches to the fiber and is carried out of the body through the stool.

Today, the average American teenage girl eats 5 grams of fiber a day. They severely suffer from estrogen dominance and their PMS can be so bad that many girls have to miss school during their periods due to PMS cramps.

The Mac Diet is a Carnivorous Diet

While on The Mac Diet, we will teach you how to eat meat correctly. There is not a wild animal on the planet that has more than 10% within its muscle. Domesticated pork, domesticated beef and now domesticated man has more than 50% fat within their muscle. Do you think there is a correlation? A grass fed pasture raised cow will live twenty years. A corn fed industrialized raised cow will live eighteen months. Cows are not supposed to eat corn! They are supposed to eat grass! The industrialized cow becomes so fat that they have to slaughter it before it dies of arteriosclerosis or has a heart attack. Within the fat of industrialized beef and pork is where all the medications, hormones, antibiotics are stored. Any industrialized animal protein will have fat filled with toxins, thus that is why we call it toxic fat.

One last comment, lean animal protein increases glucagon, that's a good thing!

The Typical Day

Breakfast

The typical breakfast would be a veggie omelet with organic coffee or tea.

Lunch

The typical lunch would be a large salad made from the vegetables on The Mac List of allowable vegetables and a piece of white fish.

Dinner

The typical dinner would be a large plate of asparagus with a large piece of skinless chicken breast.

Remember, The Mac Diet is not a caloric restricted diet, it is a food restricted diet. Women always want to know numbers when it comes to calories. Men never ask. If you added up all the calories in the above three meals it wouldn't add up to much. Instead of telling you how many calories you should eat, we would rather tell you the minimum amount of calories you should eat.

Women should never eat less than 600 calories while on The Mac Diet

Men should never eat less than 750 calories while on The Mac Diet

In the old days when we used to follow the old Simeon Protocol for very low caloric diets, we used to limit the calories to 500 calories. We saw many side effects with this reduced amount of calories. The one most often seen was loss of hair.

We want you to eat all the vegetables you can that are on our list. Then we want you to eat a piece of lean correctly raised animal protein about the size of your palm, both in circumference and width.

Even though The Mac Diet is not a caloric restricted diet, your calories will be greatly reduced. We have taken out all high glycemic foods which really means we have removed all of the high caloric foods. An entire plate of asparagus is only 50 calories. That is 12 long spears!

What About Fruit!

The Mac Diet removed fruit from our program many years ago. We found that half the women had a hard time while eating fruit on a rapid fat loss program. Men have no problem. We have taken fruit out of the program for both men and women. The reason we took it away from men was that they are usually doing The Mac Diet with their spouses and its just not fair to have the husband eating a bowl of berries while the wife watches salivating.

The only reason we have found why men have no problem with fruit is that men have enzymes that breakdown fructose more efficiently than women. Men need fructose to produce semen. Women don't.

We do allow fruit for breakfast on some occasions. This is because many of our clients become bored with eggs. We allow fruit to be mixed with nonfat cottage cheese or in a protein shake. We do not fans of dairy but we have found that variety helps with weight loss. We will discuss this in the practical portion of The Mac Diet-The Rules.

Food Optimization

The third step of the second component deals with the optimization of our food. We used to call this section detoxification. The more and more I researched, the more and more I found that nothing can compare to you. Yes, I heard the melody too. No, what I mean is the body does an incredible job of detoxification. If it didn't everyone of us would be ill right this second. Therefore, we changed the name from detoxification to optimization. What we want to do is optimize our sustenance so the body's detoxification system doesn't have to be so burdened.

There are three components we will be concentrating on to optimize our food:

1. Micronutrients
2. Alkaline Water
3. Cruciferous Vegetables

Micronutrient Dense Diet

We touched lightly on micronutrients in the last section. Macronutrients are carbohydrates, proteins and fats. Micronutrients are polyphenols, carotenoids, bioflavonoids, vitamins, minerals, etc. Micronutrients are God's little soldiers placed on the planet to detoxify us and to decrease inflammation. God made foods are filled with micronutrients. Man made food in most cases have none.

If we went down to the local grocery store and bought a tomato, it would be very large, very red, very round, very waxy, very perfect. Your pretty store-bought tomato has never seen a ray of sun. It is grown indoors. That tomato has never seen soil. It is grown in water. That tomato has been infused with gases and chemicals to make it look pretty. It has chemicals placed on it to fend off bacteria and diseases. That tomato has been genetically modified to to grow in a matter of weeks. It was harvested weeks ago in another country while it was still green. It had to ripen on a freighter as it traveled the oceans. And it's tasteless.

Now, if you grew a tomato in your backyard, it would not be nearly as pretty. It may be deformed, have yellow spots, and be much smaller. But this tomato would have dealt with the sun and its heat and the moon and the cold, and the wind and rain, etc. This makes the tomato stronger. The tomato would have been raised in soil; therefore, infused with God's chemicals, not man's. The tomato would not have chemicals placed on it to protect it from bacteria and diseases. It would have to fend for itself. What does it make to fend for itself? That's right, micronutrients! Polyphenols, carotenoids, bioflavonoids! These assist its immune system, and in many cases it is the immune system. This tomato was picked today and it tastes like a tomato.

According to research, the fresh tomato grown with organic methods have up to a thousand times more micronutrients than the store bought tomato. While on The Mac Diet, always eat fresh organic vegetables and fruit when in season. Utilize your local Farmer's Markets. When fruits and vegetables are out of season, utilize Whole Foods, Trader Joes and Sprouts to purchase organic vegetables and fruits. Again when in season use Farmer's Markets. Our greens lady picks her greens that morning. That's what we call fresh.

When it comes to that pretty tomato at the local grocer, it's our own fault. If we placed the backyard grown tomato in the bin at the grocer's, we would

have to throw it away at the end of the night. Our lust for beauty goes beyond our movie stars but also for our food.

Remember micronutrients are God's little soldiers that cleanse, detoxify and decrease inflammation when eaten. Man made foods have very little if any micronutrients. God made food is filled with them.

Alkaline Water

We want you to drink lots of alkaline water. Alkaline water has become very trendy, even Mark Wahlberg has an alkaline water company. The reason alkaline water became trendy is that research shows that cancer cannot live in an alkaline environment. If you study biochemistry, you will find that drinking alkaline water will most likely not change the pH of your body. The body's buffering system is amazing.

The reason we want you to drink alkaline water is that it is more God like. If you drink water down in the Yosemite Valley, it will be filled with minerals that it picked up as it ran over the granite mountains. The more minerals in that water the more alkaline it will be. We want you to drink water that is as close to God made as possible.

Another reason is that during the beginning of The Mac Diet, you will lose a lot of water. During the first few days on The Mac Diet, your fuel source will be your stores of glycogen and muscle. Glycogen and muscle are 80 to 85% water. You will be urinating frequently causing dehydration. With all this dehydration, you will also be demineralizing. We want you to replace the water and the minerals by drinking alkaline water.

The third reason we want you to drink alkaline water is that it makes you thirsty. As we age we lose the ability to thirst. That is why most mature people test with dehydration and its related kidney signs. I used to be a diet soda addict. I hated water. The first time I drank alkaline water, I was literally transformed. I became so thirsty that I drank at least a gallon of alkaline water and urinated more than I can ever remember.

Cruciferous Vegetables

Cruciferous vegetables are God's vegetables. I mean how blatant can you get. They are called cruciferous because they have crucifixes on them. These vegetables are filled with very powerful enzymes. In fact these vegetables are so powerful, your doctor may tell you not to eat cruciferous vegetables while on my medication. They should tell you to eat cruciferous vegetables and you won't have to take my medication.

Cruciferous vegetables are called the anti-cancer vegetables. Like alkaline water, I don't think they have anything directly to do with cancer. They are liver detoxifiers. If the liver is optimized, the liver will detoxify the body more efficiently and you will have a less likely chance of procuring cancer.

The enzyme that gets all the press when it comes to cruciferous vegetables is called indole-3-carbinol. We love this enzyme, we love these vegetables. They not only detoxify the liver, they also decrease excess estrogen by working as an estrogen blocker. Indole-3-carbinol is the active portion of DIM the most powerful of all the natural estrogen blockers. As you already know we do not like estrogen dominance. Cruciferous vegetables assist in hormone balancing.

Cruciferous vegetables are broccoli, cauliflower, spinach, kale, Brussels sprouts, watercress, celery, bok choy, etc. We want you to eat one large serving a day. If you are on medications that may be affected by cruciferous vegetables do not eat more than that. If you are not on any medications eat them as often as you like with meals.

Miscellaneous Musings

"Genetics may be the gun but toxicity pulls the trigger"

Dr. Mac

Medications

Medications stress the liver and this slows fat burning. If you voluntarily take medications, this is a good time to stop. If you are on prescription medications, it is very important to monitor your signs and symptoms for whatever reason you are taking them. Many clients, while on our program, find that they have to decrease the dosage. Upon completion of the program many no longer need medications.

The liver breaks down medications so they can be eliminated from the body. The amount and the complexity of medications that we take today places a major burden on the liver, causing numerous documented adverse effects on its functions and structures. The reactions range from mild to complete liver failure and death. The list of drugs that affect the liver is too immense for a book of this size. Make it a goal to get off medications by eating a healthy diet and exercising. Always consult the prescribing physician before reducing or stopping a medication. Medications along with our fatty diets are the main culprit to nonalcoholic fatty livers. While on The Mac Diet, we will be treating the liver with The Mac Nutraceuticals.

Cosmetics

Make-up, soaps, skin lotions, shampoos, sun blocks and shaving creams are full of synthetic materials and parabens. Synthetic chemicals will pass right through your skin. Guess what organ has to break them down? That's right, the liver. When we have all these chemicals entering our body the liver is having to work more than it should. Also many of the cosmetics are filled with parabens. Parabens are estrogens. We don't need anymore estrogens in our body. Parabens will spike your estrogen and slow, and even stop your metabolism while on our program. While on The Mac Diet, use only natural mineral based make-up and synthetic and paraben free creams. In fact, learn to live without these products for the rest of your life. You'll be more beautiful, slimmer and healthier. In the July 2002 issue of the Archives of Toxicology, it was reported that exposure to parabens "adversely affects the secretion of testosterone and the function of the male reproductive system." Enough said!

Component #3 of The Mac Diet

"Liver Optimization"

"The secret to any successful weight loss program is to isolate fat burning and protect muscle. We know how to manipulate the hormones to accomplish this, but it is the liver that holds the key to metabolism."

Dr. Mac

The Liver

The liver is in-charge of fat burning. We have really bad livers. Americans suffer from nonoptimal livers because of a multitude of reasons.

Medications

We take way too many medications. There is nothing that affects the efficiency of a liver like medications. Most medications are foreign molecules to the body and liver. The liver has to break down these foreign substances then decide what to do with them. Anything that burdens the liver will cause fat burning to slow. Obviously, you cannot stop taking your medications. We want you to realize that if you are medications, you may not lose as much weight as your neighbor that does not take medications. You will have to monitor your medications especially if you are taking them to reduce blood sugar or blood pressure. With fat loss and clean eating, you will find that both blood sugar levels and blood pressure will decrease.

Synthetic Chemicals

There was a study done years ago that found over 700 synthetic chemicals stored in belly fat. We challenge you to look at the ingredients found in your shampoo. We bet you cannot pronounce most if not all the ingredients. Those synthetic chemicals pass right through your scalp and skin and into your bloodstream. Your liver has to filter them out. The liver doesn't know what to do with these chemicals so it stores them in your toxic dumpyard, your abdominal fat. Remember what happens to your fat burning when the liver has to concentrate on filtering these man-made chemicals out of your system. Yes, it slows!

Alcohol

The liver can handle one half an ounce of alcohol per hour. When we drink, we usually drink a half ounce every few minutes. This causes the liver to become fatty and again less efficient at burning fat. We do not need to speak of alcohol, since alcohol is not allowed on The Mac Diet.

Saturated Fat

While we were growing up, our mothers always had a can of Crisco on the stove and she saved the bacon fat. Saturated fat is not bad for you. Too much is! All that saturated fat caused our livers to become plugged and even more fatty.

Trans Fats

Then our mothers switched us to trans fats like margarine. Trans fats are a man-made product made in a laboratory and not found in nature. This is a perfect example of what man-made products do to the body. If you left a tub of trans fat out your back door, it will still be there a decade later. It will not spoil and insects or animals will not touch it. Trans fats are horrible for the body and the liver.

The Mac Liver Optimization Formula

We will be supplying you with The Mac Liver Optimization Formula. This formula is lipotropic. This means that it will assist with the removal of fat from the liver. The liver is in charge of all fat burning and nearly all of the fat burning hormones. This formula will not only help to rejuvenate the liver but also detoxify the liver. The Mac Formula contains Milk Thistle Extract, which has been shown in clinical studies to improve the liver's enzymatic activity. In addition this formula contains N-Acetyl Cysteine and Methionine, two amino acids known to enhance the production of glutathione in the liver. Glutathione is a major cellular antioxidant that plays an essential role in liver detoxification mechanisms. We have also added inositol and choline. When these are combined with the Methionine, they create a lipotropic formula. Also included are other herbs that have been shown in studies to support healthy liver function.

Vitamin B-12

The world has quickly become deficient in B-12. It comes down to the unnaturalness of our foods and our malfunctioning livers. We will be stimulating your metabolism with Vitamin B-12. Optimum levels of B-12 have been shown to significantly improve your energy levels. By increasing your energy levels, you will obviously burn more calories. B-12 is stored in the liver, and as your stores of B-12 start to drop, your liver malfunctions. If you have liver damage from alcohol, diabetes, smoking or liver disease, your store of B12 will be reduced and its delivery to your body decreased. Vitamin B-12 plays a significant role in enhancing the metabolic rate of the body. It acts in decomposing the fat and protein to produce energy. This is why B-12 in itself is a weight loss program.

D-3

We will supplement the diet with 5000 IU's of Vitamin D3 daily. We all seem to be suddenly deficient, in fact it has been published that 75 percent of American teens and adults are deficient in vitamin D3. Vitamin D3 deficiency is linked to serious illnesses including cancer, diabetes and heart disease. Another recent study found that people with high vitamin D3 levels lost 33 % more weight than people with low Vitamin D3 levels while on a Very Low Caloric Diet. Vitamin D3, in conjunction with

calcium and sunlight, helps to properly assimilate food and regulate normal blood sugar levels. When there is a lack of calcium, often times due to a vitamin D deficiency, the body increases production of synthase, a fatty acid enzyme that converts calories into fat. While on The Mac Diet, you will be eating lots of green leafy vegetables which are full of calcium.

Iodine

The thyroid runs slow in most women. Because of this synthroid has become the most prescribed medication in America. The reason thyroids are having so much difficulty in functioning properly, is our pro-inflammatory diet. Because of our diets and its associated inflammation, our thyroid glands have become dramatically deficient. Thyroids need iodine and without it our energy levels become very low and our metabolism slow. We will be supplementing your program with high tech iodine to help assist the thyroid in thermogenics (fat burning) and increasing energy levels.

Congratulations!

If you would like to lose some fat, and feel that your are hormonally challenged, and know that it is time to make some permanent diet changes, we invite you to start The Mac Diet today.

We have celebrities, professional athletes and people all over the world on our programs. Our program is offered both online and in-office. If you would like to be the next success story and receive the second section of The Mac Diet, The Rules, which explains detail by detail how to lose a minimum of ½ lb. a day if you are a woman and a minimum of ¾ lb. a day if you are a man, then all you have to do is call us. Our phone number is 1-800-788-7454.

DISCLAIMER

The medical information on this site is provided as an information resource only, and is not to be used or relied on for any diagnostic or treatment purposes. This information is not intended to be patient education, does not create any patient-physician relationship, and should not be used as a substitute for professional diagnosis and treatment.

Please consult your healthcare provider before making any health care decisions or for guidance about a specific medical condition. We, David B. McDaniels and or Vicky McDaniels, expressly disclaim responsibility, and shall have no liability, for any damages, loss, injury, or liability whatsoever suffered as a result of your reliance on the information contained on this site of in this eBook.

By visiting this site you agree to the foregoing terms and conditions, which may from time to time be changed or supplemented by David & Vicky McDaniels. If you do not agree to the foregoing terms and conditions, you should not enter this site or read this eBook..