

# **The Enzyme Health Diet Plan**

## **A Step-by-Step Guide to a Healthy Lifestyle**

### **Introduction**

The Enzyme Health Diet Plan can be used by anyone, but it is especially good for those who have problems losing weight and sticking with diets. Some people like to jump into a new diet with a big splash, but some people feel the pool of change is too cold and need to wade in slowly. This Diet Plan is a step-by-step process that will help you make healthy lifestyle changes in the way that you are most comfortable with. As with any diet or exercise plan, check with your doctor before making any major diet or exercise changes, to be sure you do not have any underlying health conditions.

This isn't an ordinary fad diet. It is really a more of a guide to help you make healthy nutrition and lifestyle changes. "Dieting" is temporary food restriction to lose weight quickly. The problem with most diets is that over 95% of the time they are unsuccessful. People may lose weight initially, but will eventually gain more weight than they had when they started. What is needed is a healthy lifestyle change. There are no shortcuts.

A true diet is part of a permanent lifestyle change. A change to a healthy lifestyle will bring you to your perfect body weight and optimum health.

But sometimes a change to a healthy lifestyle can become overwhelming and confusing. The Enzyme Health Diet Plan shows you how to make healthy changes in your diet and lifestyle in small, easy to take pieces, that will add up to a whole new you.

When you eat a healthy enzyme-filled diet and you begin exercising regularly, you will find that you will naturally begin moving to your perfect weight. If you are already at your perfect weight, you will feel better and have more energy and health than you ever had, and you will be on the road to a longer healthier life.

This diet is for anyone, of any age, health, and body size (unless your doctor has told you to avoid certain foods because of allergies or health reasons, of course.) The whole family will benefit by eating healthier and living a healthier lifestyle.

Remember, you are in charge of your diet changes. Move as fast or as slow as you (or your family) need to, to stay on target. Even if you stop on Step One for a while, at least you will be 50% healthier than you were before. But I believe that once you experience benefits of the Enzyme Health lifestyle, you will be so excited that you will be ready to splash further into the pool of good health.

So, are you ready to get healthy! There is no time like the present!

Here are a few easy changes you can make that will bring you closer to a healthier lifestyle and permanent weight loss.

### **Diet Changes**

- \*Eat one cup of raw organic fresh fruit or vegetable before each meal. (This is in addition to any produce that you will eat at the meal.)
- \*Snack on raw or dried fruits, vegetables, whole grain breads and crackers, seeds, nuts, hard sausage, or cheese. Avoid soda, diet drinks, sugary snacks and prepared foods with vegetable oils, white flour, and corn syrup.
- \*Substitute whole grain rice, breads and cereals for white processed ones.
- \*Substitute coconut oil and butter for all cooking oils or fats. (Virgin olive oil is fine uncooked.) Avoid all liquid vegetable oils and solid vegetable oils such as lard, shortening, and margarine.
- \* Switch from white processed sugar and corn syrup to healthier natural sugars like turbinado (raw) sugar, barley malt, date sugar, raw honey and maple syrup.

### **Exercise** (Sorry, but you need to do this to be healthy.)

- \*Start 3 days a week doing stretching, toning, and/or weight lifting exercises for 20 minutes.
- \*Add aerobic exercises 3 days a week for 20-30 minutes - alternating days with toning exercises.

#### *Weekly Exercise Example:*

Monday - 20 minutes of Pilates  
Tuesday - walk for 20 minutes  
Wednesday - 20 minutes of Pilates  
Thursday - play tennis 20 minutes  
Friday - 20 minutes of Pilates  
Saturday - walk for 20 minutes  
Sunday - day off

## **About The Enzyme Health Diet Plan**

On the Enzyme Health Diet Plan you don't keep track of calories or carbs. The oils in this diet may bring the calories up fairly high. Don't worry, you will still lose weight. Counting calories is a thing of the past. Our bodies need fuel to run.

Also, eating snacks between meals is not only recommended, but encouraged, as long as they are healthy snacks.

**The Enzyme Health lifestyle is based on seven major principals:**

- 1. Increasing your enzyme intake by adding an abundance of fresh uncooked fruits and vegetables, sprouts, seeds and nuts.**
- 2. Changing the fats and oils in your diet to healthy ones.**
- 3. Eating whole grains and healthy carbohydrates instead of bad simple carbs.**
- 4. Switching from white sugar and corn syrup to unrefined sugars like honey.**
- 5. Avoiding unhealthy processed and fast foods.**
- 6. Exercising at least 5 days a week for at least 20 minutes a day.**
- 7. To live in as healthy of an environment as we can, from the water we drink to the air we breath.**

**The goal of the Enzyme Health Diet is to focus on a more natural diet, one that feeds and nourishes the body, giving you energy, health, and moving you toward your perfect weight.**

### **The Introduction Step-**

Start a food journal. Write down everything you eat each day for a week before you start, and keep on writing it down as you go through the first 12 weeks. If you jump right into the diet, note when you have a half portion of what you would usually eat. Also note your weight and measurements. Write down anything you notice about your health and physical condition. Take a picture if you want. Also write on the front of the journal some inspirational note such as "This is the diet that is really going to work!" or "I know I can do it."

Now avoid the scales for a week or two. Since you will be converting muscle to fat, you may even gain a few pounds at first, but don't worry about it. More muscle means that

you will be burning off more fat as you go along. This is real weight loss, not water loss. It may take a little longer, but it is healthier and more permanent.

You will notice that this diet plan uses percentages. That is because everyone is at a different place health wise. No one diet is good for everyone. That is why there are several steps in the Enzyme Health Diet Plan. This plan can be made unique for you. You know where you are. Start where you are comfortable. Perhaps cutting your sugar intake in half for you may be one teaspoon of sugar instead of two in your tea, or half a candy bar. Or it may mean only three donuts instead of six.

You have the control. Take charge of your health habits. If you want intense results quickly, jump right into Step 3. If you need a little time to change some old habits, then stick with Plan 1 for a while, until you are ready to move on to Plan 2. Perhaps you have already been living close to Plan 1, so start with Plan 2. It is all up to you. But the goal is to move toward a lifestyle at Plan 3.

Write down your goals and dates for accomplishing the steps in your diet journal. Now you are ready to begin.

## **Step 1 (The 50% Plan)**

*Wading into the diet pool-- Don't expect to experience a lot of results yet, since you are starting slow. Be patient, good things will happen if you hang in there. (Some people do get amazing results as early as Step 1, but everyone is different.)*

**Week 1 -** Eat 1 Cup of raw organic fruits and vegetables before each meal. (This is in addition to and not a substitute for the vegetables in your meal.)

Add virgin coconut oil (VCO) and virgin olive oil (VOO) to your diet and your cooking,, and cut bad fats and oils by 50%.

Start exercising 3 days a week for 15 minutes a day.

**Week 2 -** Cut Sugar and corn syrup intake by 50%. When possible, instead of processed sugars, use raw (natural) sugars (like raw honey, turbinado sugar, maple syrup and brown rice syrup.)

Change at least 50% of your dairy products, meat and eggs to organic (grass fed and free-range). Eat plenty of these good saturated fat foods.

**Week 3 -** Increase whole grains and legumes, Cut white flour and rice by 50%.

Start exercising 6 days a week for 15 minutes a day, alternating toning exercise days and aerobic exercise days.

**Week 4 -** Drink good drinks-- pure water, tea, and fruit juice and cut down on 50% of your caffeine consumption. Avoid diet drinks and sodas.

Start eating 1-2 healthy snack foods a day.

## **Step 2 (The 75% Plan)**

*You are in the water, now it is time to start swimming.  
Now you will start seeing and feeling results.*

**Week 5 -** Eat 1 to 1 1/2 cups of raw organic fruits and vegetables before each meal.

Cut Sugar and corn syrup intake by 75%. Start replacing most refined sugars with raw sugars.

Start exercising for 20 minutes a day, 6 days a week.

**Week 6 -** Use plenty of virgin coconut oil (VCO) and virgin olive oil (VOO) in your diet and your cooking,, and cut all bad fats and oil intake by 75%.

Try some new healthy recipes for mayo, salad dressings, and snacks.

Avoid fast foods, especially fried foods.

**Week 7 -** Increase whole grains to 75%. Cut white flour and white rice to 25%.

Change at least 75% of your dairy products, meat and eggs to organic (grass fed and free-range). Eat plenty of these good saturated fat foods.

Try some new healthy dinner recipes.

**Week 8-** Drink mostly good drinks-- pure water, tea, fruit juice.

Start eating healthily foods for 75% of your snacks.

### **Step 3 (The 95% Plan)**

*Hurrah! You are doing laps in the pool. Now things are really going to happen!*

*If you are doing well at this step, you can now reward yourself. Take one meal a week to eat whatever you want. (You can eat out at this one if you chose.) Any “bad” food will be balanced by all the good food you have been eating all week.*

- Week 9 -** Eat 1 1/2 cups of raw organic fruits and vegetables before each meal.  
Cut sugar and corn syrup intake by 95%. Use raw sugars in moderation.  
Start exercising 6 days a week for at least 30 minutes a day.
- Week 10 -** Use 95% good oils, like coconut oil , butter, and uncooked olive oil.  
Avoid fast foods and most restaurants (most of them use the wrong oil, flour, and sugar.)
- Week 11 -** Increase whole grains and legumes to 95%, and cut white flour and rice to only about 5% of grain intake.  
Change as much of your dairy products, meat and eggs to organic (grass fed and free-range). Eat plenty of these good saturated fat foods.  
Try some new dinner recipes with coconut, coconut cream or coconut milk in the main dishes.
- Week 12-** Drink mostly good drinks-- pure water, tea, fruit juice and cut down on your caffeine consumption.  
Start eating fresh fruits, vegetables, nuts, seeds, and other healthily foods for 95% of your snacks.

## **What to Eat--**

### **The Best Foods- Enzyme Rich. Eat lots of these.**

Raw fresh organic fruits (especially tropical fruits which are high in enzymes), such as: coconuts, bananas, papaya, pineapple, kiwi, grapes, figs, avocados, dates, cranberries, lemons, limes, berries, mangos, apples and oranges.

Fresh organic vegetables, especially the dark green and bright colored ones, like: spinach, broccoli, tomatoes, carrots, peppers, onions, asparagus, beans, beets, brussels sprouts, cabbage, radishes, lettuce, mushrooms, parsley, and peas.

Fresh vegetable and fruit juices and smoothies

Raw seeds and nuts

Raw grains and bean sprouts, such as wheat grass and mung bean sprouts. (Excellent sources of enzymes.)

### **Good Foods- Healthy Diet Staples. Eat plenty of these.**

Whole grains and products such as pasta and bread made with whole grains, such as: whole wheat, brown rice, wild rice, oats and old fashioned oatmeal, rye, buckwheat, barley, amaranth, cornmeal, millet, quinoa, spelt. Sourdough bread is especially good.

Unrefined oils such as virgin coconut oil, extra virgin olive oil, and raw macadamia nut oil, and products made with these oils, such as healthy mayo spread (recipe in index).

Roasted nuts and seeds, and nut butters (Watch what oils they are roasted in.- check your health food store.)

Dried fruits (Watch the preservatives- check your health food store.)

Beans and legumes

Cooked and/or steamed vegetables and fruits

Potatoes, sweet potatoes, squash, and corn

Any organic grass fed or free-range meat and eggs (aged or marinated meats are especially good.)

Mercury free fish and seafood

Fermented products like soy sauce, miso, pickled products and sauerkraut

Herbal teas and green tea

Spices (fresh and/or spicy herbs are good for you.)

Organic milk products, such as milk, yogurt, and cheese (especially feta, goat, gruyere, mozzarella, ricotta, and Swiss). Raw milk is the very best, if you can get it.

Almond milk, coconut milk, and rice milk

### **OK Foods- Eat Sparingly**

Non-organic milk products

Raw honey

Raw sugar and health food sugars like malt barley syrup and brown rice syrup

Molasses

Maple syrup

Coffee and black tea

Chocolate (made with coconut oil)

Sea Salt

### **Bad Foods- Foods to Seriously Cut Back.**

Most polyunsaturated processed cooking oils, such as corn, soy, vegetable, canola, safflower, sesame, peanut, and sunflower.

White and brown sugar

White flour

White rice

Any packaged or prepared products containing the above ingredients, such as ordinary noodles, white bread, crackers and muffins

Soy products (not fermented)

Sugary foods like candy bars, ice cream, and jams or jellies

Processed meats such as bologna and deviled ham spread

Processed cheese food and spreads

Processed white table salt

### **Very Bad Foods- Try to Avoid or Eliminate From Your Diet.**

Margarine, shortening and all products made with trans-fatty oils, especially fried fast foods.

Corn syrup and corn sweeteners

Artificial sweeteners

MSG, artificial flavors and colors

Any junk (snack) or prepared foods with any of the above items, such as potato chips, crackers, pastry, sodas, diet sodas, and sports drinks.